

# Hawthorne Press Tribune

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## “The Nutcracker” at El Camino



The South Bay Ballet delivers a holiday classic Dec. 19 and 20: “The Nutcracker,” directed by Diane Lauridsen and Elijah Pressman, is an annual tradition at El Camino College’s Center for the Performing Arts, 16007 Crenshaw Blvd, Torrance. Tickets are \$33; Children (12 & under) \$22 and are available at [www.centerforthearts.org](http://www.centerforthearts.org).

## Hawthorne Police Sergeant Honored for Representing City on National Level

By Derrick Deane

Imagine having the opportunity to represent your city on a national level and effect policy changes to the way policing is done. That is exactly what happened to Hawthorne police sergeant Chris Cognac who was honored during the November 10 council meeting.

“A few years ago an inroad was built through the hard work of Chris Cognac, the U.S. Department of Justice and their community oriented policing office,” Hawthorne police chief Robert Fager said. “As we work on different programs together, I find it unique now because we all know the scrutiny on law enforcement.”

Fager says that the relationships the police department has created have been both fruitful and beneficial for the city.

“A lot of the programs out of the D.C. office that they wanted to see rooted and get feedback from got implemented and we were one of the few police departments to get that kind of recognition in the country,” Fager said. “One of the best case and points that everybody in our city knows that we’re touting nationally is Coffee with a Cop. This is the same office that gave us the inaugural grant that helped us get that off the ground and build it out.”

“That was just one chapter and another one was just completed by Chris Cognac,” Fager adds.

Community Oriented Policing System (COPS) was created 20 years ago by President Bill Clinton and functions as an independent arm of the Department of Justice. The director of the organization, who works directly with the Attorney General, works out of Washington D.C. and is appointed by the president.

The organization is responsible for giving out more than \$30 million in grants to state, local and tribal agencies. Among the organization’s responsibilities include developing policy and making recommendations for better police practices.

“One of the things you’re going to hear about is collaborative reform,” Cognac said. “We all know about Baltimore, Ferguson, all

those things, all the reports that come out from that are authored by the COPS office.”

About two years ago, the organization put out a call for a local police officer to work in Washington D.C. in the COPS office. Cognac applied, interviewed, and was ultimately chosen to fill the role.

“In March, I worked in the Community Policing Advancement and Research and Development section,” Cognac said. “One of the things that we did was develop and try out policy that worked.”

Cognac adds that he also participated in collaborative reform which he explains is when a team of individuals come into a city and assesses the reaction to a particular incident and how the police department engages with the community.

“There were a lot of guys with PhDs and I was the only one who didn’t have one so it was kind of intimidating at first,” Cognac said. “They’re all nice guys though. We got to have input on national policy from our level of experience. They looked at how policy would work practically. There are a lot of social scientists and think tank people there but not a lot of people who apply those policies.”

Cognac says that the city of Hawthorne got to serve as the de facto police department when questions were raised if certain policies and procedures would work.

“It was fantastic,” Cognac said. “We got to see where the pulse of policing and the Department of Justice is going. One of the things I did when I was in Washington was if there was a major incident, I would be part of that response team.”

Cognac traveled to Pasco, Washington to assess a controversial shooting and subsequent riots. He was also a part of the collaborative reform team that assessed the Baltimore Police Department and the actions leading up to their riots as well as interviewing 60 officers, residents, and activists in Salinas, California in response to shootings and use of force.

“They would say, ‘Get on an airplane,’ and

so I would go with a couple other people and we would go to work,” Cognac said. “We tried to make things better and it was interesting to get that national picture. What was neat was I was this officer from this little city in California, but it was great to say I’m with the city of Hawthorne. People knew who we were. It was great.”

Reviewing the Ferguson and St. Louis reports for content and policies on issues that may or may not have been correct also fell under Cognac’s responsibilities.

“It was kind of neat because it was kind of like James Bond,” Cognac mused. “I got to see all the stuff before it actually came out. What that did was then gave us an idea of potential problems that we could then head off here in Hawthorne.”

Cognac says that the experience of seeing what was and wasn’t working in other cities helped him communicate ideas and potential issues to be aware of in the future with chief Fager.

As an avid writer, Cognac also published numerous articles on community policing, fairness, social issues and media that were published through COPS that then went national and people would call him about the topic. With his background as a television host, he also provided media training since, “a lot of PhDs don’t do well on TV.”

“One thing you realize is the world is a small place now,” Cognac adds. “What we do really does resonate around the world.”

The program helped establish Hawthorne as a true leader in community policing and engagement on a national level while also promoting the image of Hawthorne being innovative with their policing efforts.

“We’re one of the cities they look to now, as a model and say, ‘these are the things you are doing with the resources that you have’ and it’s fantastic,” Cognac said. “When people think of Hawthorne they think we have a great police department, we’re forward-thinking and that enhances the reputation of the city as a whole.” •

## Weekend Forecast

**Friday**  
Partly  
Cloudy  
63°/46°



**Saturday**  
Sunny  
63°/48°



**Sunday**  
Sunny  
63°/46°



## Kiwanis Club of Hawthorne Installs New Officers and Board



Outgoing Officer (2014-2015) Gregg McClain presides over meeting.

### Provided by Bill Salfity, Kiwanis Club

The Kiwanis Club of Hawthorne recently held their Annual Installation as they celebrated their 76th year of community service. Past President Chip Errera served as Master of Ceremonies.

Past President and Past Region 8 Trustee Dick Huhn was on hand to officially retire the Outgoing Board of Directors for 2014-2015: Marco Cueto, Chip Errera, Jerry Flory, Don Harris, Doug Herbst, Andrew Jacoby, Norm Morton, and Bill Salfity.

He then retired the Outgoing Officers for 2014-2015: Treasurer Dick Huhn, Secretary Sharon Skaff, Immediate Past President Rick Carver, President-Elect Gregg McClain, and President Silvio Serrapica

Outgoing President Silvio Serrapica presented Bill Salfity with 2014-2015 Kiwanian of The Year Award and Secretary Sheron Skaff with Fine Fellow Award.

Dick Huhn then installed the new Board of Directors and Officers for the 2015-2016 term: New Directors are Chip Errera, Jerry Flory, Don Harris, Dick Huhn, Andrew Jacoby, Norm Morton, and Bill Salfity.

The new Officers for 2014-2015 term: Treasurer Doug Herbst, Secretary Sharon Skaff, Immediate Past President Rick Carver, President-Elect Marco Cueto, and President Gregg McClain.

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time. •

## Wiseburn School District Shares Common Core Results

### By Cristian Vasquez

Back in August of 2010, the California State Board of Education adopted the new K-12 California Common Core Standards for school districts across the state. For the Wiseburn School District, like all the other district across the state, those new testing standards' have been made available.

However, the new testing standards, designed to provide a more detailed and accurate description of achievement and which have been implemented, are a significant departure from the old system used by the state. Due to the change, the district has been working with its LCAP [Local Control and Accountability Plan] committee to include parents and stakeholders into the transition phase of state testing.

"The LCAP Committee members have been very understanding about this being a baseline year and that we are in a new

that is focused on improving classroom instruction based on Cognitively Guided Instruction for Math. For ELA we can look across our data and see if we have achievement gaps with different groups, such as special education or English learners."

Despite the new state-imposed testing standards, state officials are offering few guidelines as to how school districts assist students who fall below the established standards. Unlike the days of No Child Left Behind, the state is now allowing the district's administrators the flexibility and responsibility to bring students who do not meet or exceed testing expectations up to par.

"Under the old system of No Child Left Behind, you as a school district have to follow federal and state guidelines exactly to the one-size, fits-all approach and it was not successful on a national level," Dr. Jones said. "I hope we are headed into a more

*"It really is challenging to students on a variety of levels but the most important thing is that it challenges them to think in the assessment."*

system," Wiseburn Deputy Superintendent Instructional Services Dr. Chris Jones said. "I believe this is a better system than what we had previously but it is also a harder system. It really is challenging to students on a variety of levels but the most important thing is that it challenges them to think in the assessment."

The scores not only reflect the state's new measure of academic competency among students, but also represent a change in the test-taking mechanism implemented by the state. Among the many differences in state testing is that achievement on the tests within the new California Assessment of Student Performance and Progress (CAASPP) system is reported along two lines: broad achievement on the subject area test is reported as either Standard Exceeded, Standard Met, Standard Nearly Met, or Standard Not Met. Second, achievement on more specific topics [referred to as claims] within the subject area test is reported as being either Above Standard, At or Near Standard, or Below Standard.

In every grade level tested, Wiseburn students were either at Standard Met or Standard Exceeded at higher rates than the state average. Overall, in the English Language Arts test, 60 percent of Wiseburn third through eighth graders met or exceeded the test standards in comparison to 42 percent at the state level. In the Math SBAC results, those same students out performed the state average 37 percent to 35 percent.

The test results also determined that in ELA, 14 percent of Wiseburn students were at Standard Not Met [34 percent at state level] while 26 percent of the district's students nearly met that same standard [25 percent]. In math, 23 percent of district kids fell into the not met category [36 percent state level] in math, while 40 percent registered as nearly met [30 percent state level].

"We had stronger results in English Language Arts than we did math so we are looking at that. [Nearly Met] is a group we definitely want to focus on," Dr. Jones said. "Now we have a baseline and we know where we are at but we had an intuition about where we need to work on things. We are now working with the Math Leadership Corps at Loyola Marymount University on a coaching model

reasonable system of accountability and it looks like our state is headed that way. If the federal government allows states to go in that direction, it's going to be a good thing."

New to the state testing approach is that with CAASSP, which tests for English language arts/literacy and math among third through 11<sup>th</sup> grader students, is test taking on a computer that gives the student a follow-up question based on their answer. This is a significant departure from the multiple-choice, paper-based test used for the STAR testing, which had been the norm since 1998. Knowing about the changes to come, district officials were as proactive as possible to prepare students.

"Last year we helped prepare kids via computer labs where students were rotated through the labs because we didn't have enough computers," Dr. Jones said. "That shifted this year since the bulk of our kids will be taking the test on Chromebooks, as part of our implementation of a 1:1 ratio of students to computers in the classroom. So students should be more familiar with the machine they are using when taking tests online."

Assessments were so different under the prior testing standards that it was more challenging for districts track student achievement. Under the new requirements, assessments are so closely aligned that it is easier to analyze a student's achievement throughout their academic career.

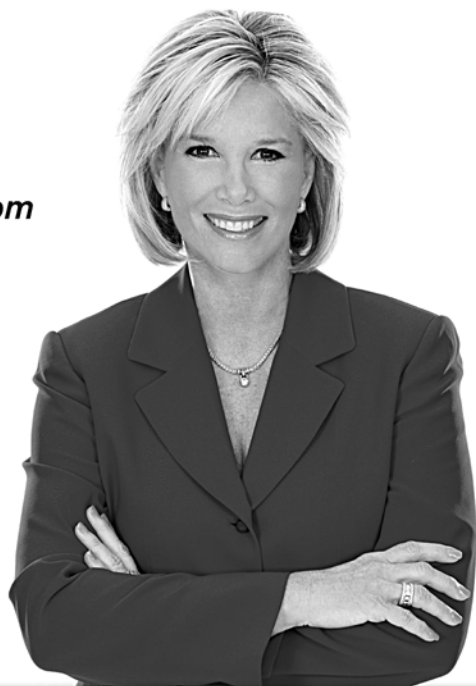
Part of the district's goals for students is to develop "college and career" readiness for 100 percent of students via the implementation of Common Course State Standards at all grade levels. Class reduction in TK- third grade, increased staffing, increased support for arts education, providing supplemental common core instruction, are just some of the steps to be taken in order to better prepare students.

"The tough part is that this is new for our students, so our baselines do not translate from the old system," Dr. Jones said. "Our LCAP committee understood that concept, as do our school site councils who analyze the data for each individual school; our parents are great partners. We aren't trying to simply teach to a new test; we are trying to help the kids think and learn."•

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*"Gratitude can transform common days into thanksgivings,  
turn routine jobs into joy, and  
change ordinary opportunities into blessings."*

— WILLIAM ARTHUR WARD

# Board Approves Agreement for Enrichment Art Program at Local School

**By Cristian Vasquez**

Members of the Hawthorne School Board unanimously approved an agreement with Art To Grow On Children's Art Center, Inc. to provide enrichment art classes for students at Jefferson Elementary School.

Recommended by Assistant Superintendent Educational Services Dr. Brian Markarian and Chief Business Official Ambur Borth, the partnership is expected to help Jefferson School students to "expand and strengthen their knowledge and understanding of art," states the agenda item.

With the exception being made to reimburse processing fees approved by the district, the agreement is not to exceed \$4,725 in total cost. Funding for the program is available through the district's LCFF Supplemental Concentration Enrichment Art.

"Art To Grow On instructors will provide all second and third grade students two

## District Enters Agreement With Therapy Lounge Center to Provide Language and Speech Services

In effort to reduce the large volume of cases being handled by the district's speech teachers, members of the Hawthorne School Board approved a language and speech services agreement with Therapy Lounge Center.

Part of the district's approach to reduce the current caseload included the active effort to hire additional speech teachers to fill several positions, but as of the agreement with TLC, the district has been unsuccessful in finding any candidates.

"As a result we have contacted outside agencies who place Speech and Language Pathologist Assistants (SLPA) and Speech and Language Pathologists (SLP) in school districts as well as other therapeutic settings," states the agenda item presented at the board meeting.

*"Every student is successful and has a gift. We are here to increase their self-esteem, self-confidence and ability to not only survive but thrive in their future endeavors."*

art lessons," states supporting document to the agenda item. "All students will receive instruction, art history education, and materials."

Art To Grow On Children's Art Center, Inc. has been a mobile art enrichment company reaching out to schoolchildren, ages 2-16, in the Los Angeles and South Bay areas since 2000. Through art, this art enrichment center works to help children develop skills such as "critical thinking, problem solving, independent learning and strengthened imagination are life skills that each and every child needs in today's world," states the center's website.

At Art To Grow On Inc. it is believed children should not only be given opportunities to create, but that they be given the ability to transform themselves into "optimal thinkers."

"From Van Gogh to Matisse to Leonardo Da Vinci to Degas and Frank Lloyd Wright, students learn technique, composition, design, problem solving and resourcefulness with each and every lesson," states the center's website. "Every student is successful and has a gift. We are here to increase their self-esteem, self-confidence and ability to not only survive but thrive in their future endeavors."

As part of the agreement, Art To Grow On will provide all supplies and materials needed for the lessons taught.

"All lessons will be on hand and interactive," states the document attached to the agenda item. "The art classes will encourage self-expression, creativity, and problem solving."

At present the school district's speech teachers work with a student population of 476, including 44 additional students who are pending services. As a result, the current caseload for these teachers is averaging one teacher per 59.5 students. California guidelines require that a caseload average no more than 55 students.

The agreement sets the hourly rate for a SLPA \$65 per hour, including all necessary supervision by a qualified SLP. The SLP hourly rate is set at \$85. At those agreed-upon rates, it is estimated that the cost for both the SLPA and the SLP positions will be \$3,217.50 per week.

"Therapy Lounge Center (TLC) will provide up to two (2) SLPA's in the Hawthorne School District as well as one SLP," states the agenda item. "There is the possibility that this rate will increase if there are any changes in Hawthorne School District speech teacher staffing levels."

With the new established positions it is projected that the district's current caseload average will drop to 51 students per caseload. Furthermore, the SLP assigned by TLC will be responsible for providing speech and language evaluations for any and all necessary assignments.

"Any additional speech and language evaluations that cannot be completed by HSD staff or TLC staff can be completed by additional TLC qualified personnel at a fee of \$415 per evaluation," states the agenda item. •

# Police Reports

**Mon 11/9/15 to Sun 11/15/15**

**ROBBERY** 2300 W EL SEGUNDO BL PARKING LOT, GARAGE, PAID Tue 11/10/15 08:44

Property Taken: Apple Iphone 6 Plus, Black Leather Wallet, Cash, California Cdl/Social Security Card Bank Cards, Gold Necklace 14" With Gold Cross, Gold Ring

**ATTEMPT ROBBERY** W 139TH ST/S LEMOLI AV STREET, HIGHWAY, ALLEY Thu 11/12/15 00:28

**ROBBERY** 14400 S INGLEWOOD AV GENERAL MERCHANDISE STORE Fri 11/13/15 18:10

**ROBBERY** 4800 W 118TH PL WAREHOUSE Fri 11/13/15 18:08

**ROBBERY** 14700 S CRANBROOK AV STREET, HIGHWAY, ALLEY Sat 11/14/15 11:19

**ROBBERY** 11800 S OXFORD AV OTHER Sat 11/14/15 21:00

Property Taken: Rose Gold Apple Iphone 6 16gb, \$20.00 Cash (Us Currency)

**BURGLARY - RESIDENTIAL** 12100 S YORK AV DUPLEX/FOURPLEX Mon 11/09/15 06:40

Property Taken: Unknown Items Of USPS Delivered Mail

**BURGLARY - RESIDENTIAL** 4900 W 123RD ST HOUSE Tue 11/10/15 13:00

Property Taken: Gold Ring, Pair Of Gold Plated Earrings, Apple Desk Computer, American Citizenship Certificate

**BURGLARY - COMMERCIAL** 4900 W 147TH ST AUCTION HOUSE OTHER Tue 11/10/15 16:30

Property Taken: Black Colored "Dell" Laptop, Blue Combination Lock

**BURGLARY - RESIDENTIAL** 4000

W 138TH ST APARTMENT/CONDO Sun 11/01/15 21:30

Property Taken: Portable Wifi Hotspot, Pair Of Sterling Silver Cufflinks, Silver Tie Clip, 2 Non-Working Cell Phones

**BURGLARY - RESIDENTIAL** 4500 W BROADWAY APARTMENT/CONDO Wed 11/11/15 18:02

Property Taken: Mountain Bike

**BURGLARY - RESIDENTIAL** 4500 W BROADWAY APARTMENT/CONDO Fri 11/06/15 18:02

Property Taken: Beach Cruiser

**BURGLARY** 13100 S ROSELLE AV STREET, HIGHWAY, ALLEY Thu 11/12/15 07:30

**BURGLARY** 4000 W 130TH ST Thu 11/12 11:21

**BURGLARY - RESIDENTIAL** 5400 W 142ND ST HOUSE Fri 11/13/15 10:09

**BURGLARY - RESIDENTIAL** 11800 S TRURO AV HOUSE Fri 11/13/15 20:58

Property Taken: White Apple Desktop Computer, 32g Ipod Blk "Ola. Aloha. Mele" Inscribed On Back, Apple Tv Device, Flatscreen Tv (32" Or 40" Unsure), 6 Bottles Of Misc Wine, Blue Ralph Lauren Shirt With Spain Flag/Polo Rider, Cash

**BURGLARY** 12500 S YORK AV Sat 11/14 09:25

**BURGLARY - RESIDENTIAL** 5000 W 118TH ST HOUSE Sun 11/15/15 13:40

Property Taken: Approx 16x20 "Century" Safe, Deed To Victims House., Pink Slips For Two Vehicles #\*\*\*\*\*, #\*\*\*\*\*, Medical Plan For Both Victims., House Insurance Docs For Victims House., Passport Bearing Name, "Bridget Duffy-Thorn" •

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# Sports

## Calabasas Wears Down Injury Plagued Lawndale

By Joe Snyder

Photos by Joe Snyder

After opening the CIF-Southern Section Western Division playoffs with an impressive 40-7 victory over host Buena High on November 13 in Ventura, Lawndale High's football team was faced with an extremely stiff test at home against top seeded Calabasas in the quarterfinals last Friday. The Cardinals had to face an extremely physical Coyote squad whose line averaged around 260 pounds and about six-feet-one in height.

Early in the game, Lawndale lost key running back Zach Cooper to a knee injury and quarterback Chris Murray also got banged up with a knee injury but continued to play the whole game. The Cardinals were able to stay with Calabasas but the Coyotes proved too much for the injury plagued squad and pulled away for a 33-7 victory to improve their record to 11-1.

Lawndale ended its season with an official record of 6-6, due to four forfeit losses caused by use of an ineligible player, but was 10-2 on the field. The Cardinals took a brief 7-6 lead when Murray scored on a two-yard run midway in the first quarter, but Calabasas wasted no time in taking the lead for good when Marquel Dismuke took the ensuing kickoff and raced 85 yards for a touchdown. The Coyotes added a two-point conversion for a 14-7 lead. Lawndale, then, had trouble containing Calabasas' premiere junior quarterback Tristen Gebbia, who threw



Lawndale quarterback Chris Murray prepares to throw to a receiver during last Friday's CIF-Southern Section Western Division quarterfinal against Calabasas. The top seeded Coyotes eliminated the Cardinals 33-7. by Joe Snyder

for more than 300 yards in the contest. Gebbia completed an 11-yard TD pass to junior wide receiver Darnay Holmes to give the Coyotes a 20-7 lead with 15 seconds left before halftime. Gebbia went to work, again, in the third quarter. Completing a series of more passes, he finished off a drive on an 18-yard scoring pass to senior wide receiver Dismuke to extend Calabasas' lead to 26-7 with 2:08 remaining.

The Coyotes scored their final touchdown with 3:50 to go in the game on a seven-yard keeper by Gebbia.

Lawndale got in the red zone on a few occasions but could not reach the end zone. On one drive in the third period, the Cardinals got as far as the Calabasas seven-yard line only to see pass from Murray to Bryant Perkinson fall inches shy of a first down and the Coyotes took over on downs. "It was a tough 33 points for them (Calabasas)," Lawndale head coach Travis Clark said. "We did what we could. I'm proud of my team. We played without Cooper and the injury slowed Murray down."

Outside of the forfeits, the Cardinals had their best season since their 1966 CIF-Southern Section Class 2A championship team. The Coyotes move on to host Redondo, one of three Bay League teams in the Western Division semifinals, Friday at 7:30 p.m. The Sea Hawks

improved to 10-2 overall after winning a defensive battle at home over Oxnard 7-0 in the quarterfinals last Friday. Champion Palos Verdes defeated host Oxnard Pacifica 20-3 and host Mira Costa used a big second half to eliminate North Torrance 35-21 last Friday.

### PREP BASKETBALL BEGINS

Hawthorne High's boys' basketball team began its season on Wednesday in the Los Angeles Harbor Thanksgiving Tournament as it faced Maywood High from the CIF-Los Angeles City Section. Off today (Thanksgiving Day), the Cougars resume the classic on Friday and Saturday at Veterans Park in Wilmington. Hawthorne hosts Manual Arts from the L.A. City Section next Thursday at 4 p.m.

The Cougars also play in the Artesia Tournament in Lakewood from December 7-12 before hosting rival Leuzinger in a non-league contest on December 15 at 7:30 p.m. Hawthorne hosts Vista del Lago from Moreno Valley on December 18 before playing in the Sacramento Tournament right before Christmas from December 19-23. The Cougars begin the Ocean League at home against Santa Monica on January 13.

Inglewood is currently playing in the highly competitive Redondo Pacific Shores Tournament where it opened against Hart High from Newhall

last Monday. The classic runs through Saturday with teams taking Wednesday and today off. The Sentinels open the Bay League against Redondo in what could be a league showdown on January 12. Last year, Inglewood placed second in the Bay behind Redondo but the Sents, who finished one game behind the Sea Hawks, defeated Redondo at Inglewood.

Morningside starts its season in the Westchester Tip-off Classic on Monday. The Monarchs also play in the Titan Pride Classic (Site unknown) from December 14-19 and the San Pedro Pirate Shoot Out from Dec. 26-30. Morningside begins Bay League play at Peninsula on January 13.

After advancing to the CIF-Southern Section Division IIAA and Southern California Division II championship games last season, Lawndale, which appears to be rebuilding, starts its season on December 9 in the El Rancho Blue Pride Classic against Schurr High from Montebello. That classic runs through December 12.

The Cardinals also play in the St. Hope Elite Classic in Sacramento from December 19-23 and Santa Ana Century Classic from December 28-30. Lawndale begins the Ocean League at Culver City on January 13. Under first year head coach Arturo Jones, Leuzinger starts its season in the Rose City Roundball Classic against Pasadena next Monday at 8 p.m. at Maranatha High in Pasadena. The Olympians start the Pioneer League at West Torrance on January 13.



Lawndale quarterback Chris Murray attempts to throw to a receiver during last Friday's CIF-Southern Section Western Division football quarterfinal against Calabasas.



Lawndale High's Bryant Perkinson attempts to get past Calabasas defenders in last Friday's CIF-Southern Section Western Division quarterfinal. The top seed Coyotes pulled away from the Cardinals 33-7.

## Seniors

### 5 Things You Didn't Know About Living with Moderate to Severe Rheumatoid Arthritis

(BPT) - Many people don't realize the impact moderate to severe rheumatoid arthritis (RA) can have on a person's life. Find out from Gretchen what it's like to live with the condition and things you should know.

#### 1. There's More to RA than the Hands

Moderate to severe RA isn't characterized by just one symptom such as swelling of the joints, but a variety of symptoms that appear differently in each person. "When I first started feeling symptoms, I was surprised because I thought RA was only in the hands," said Gretchen. "I enjoy gardening. But, I wasn't just struggling holding my gardening tools; I was struggling to even kneel down to pick a few vegetables. I've since learned RA is most common in the hands, but also affects other joints." RA comes in many forms, ranging from mild to more severe and can affect the neck, elbows, hips, knees, and feet.

#### 2. Age Doesn't Matter

Though it is more common in women, RA can affect adults at any age. "I didn't see my doctor right away because I never suspected it could be RA. I was only 27, and I thought RA affected elderly women,



not people like me. Turns out I was wrong. I encourage anyone who thinks they have symptoms to see a rheumatologist right away."

#### 3. Stiffness is Often the Worst in the Morning

Joint stiffness associated with moderate to severe RA is often at its worst first thing in the morning. It can last for a few hours or the entire day. "I work a full-time job and also care for my three kids, so I thought my stiffness was just due to long days on

my feet. But when it was happening every morning, I knew it was time to see my doctor," said Gretchen. Joint stiffness for a long time in the morning can be a clue that you may have RA, since few other arthritic diseases present the same way.

#### 4. Low-Impact Exercise Can Help

When you're in pain, the last thing you want to do is move around. But, movement is actually one of the best ways to manage your pain from moderate to severe RA. Low-

impact aerobic exercises and exercises that boost muscle strength are best not only for reducing pressure on joints, but also overall health. "I love to go on walks because it's a great workout without putting a lot of stress on my joints," said Gretchen. "Walking is something I can enjoy with my husband and sons that helps me relax. I also try to stretch; it keeps my joints flexible." Patients should follow up with their healthcare providers to understand what may work best for them.

#### 5. Appropriate Treatment is Key

"For my patients, early diagnosis and appropriate treatment are important for managing their moderate to severe RA," said Alan Epstein, M.D., Pennsylvania Rheumatology Associates, PC. "There are a number of available treatment options, including a biologic therapy called ORENCIA, which are approved to help relieve symptoms and slow the progression of further joint damage in moderate to severe RA. If you experience RA symptoms like pain, stiffness, and swelling in your joints, I encourage you to work with your doctor right away to identify the most appropriate therapy for you." •

# PETSPETS **Pets** PETSPETS

## Purrrfect Companions



Frissy is a flame-point Siamese who needs a calm environment.

Looking for your purr-fect match? Kitties of all colors and sizes are ready for their forever home with you.

**Frissy** may be small, but she has big personality! This beautiful flame-point Siamese has striking markings and a bright blue eye (she only has one and doesn't remember what happened to it as she was rescued with just one eye), which makes her a unique and gorgeous cat! Frissy can be a bit timid at first, but once she feels comfortable, you'll soon discover how affectionate and sweet-natured she is. She's a barely an adult and still acts like a kitten when it's playtime! Frissy would love to cuddle up for snuggles with you after playing together for a little while. She would be a great cat for any loving home and get along with other cats too. Frissy is also good with children and would fit in well with a family with calm kids who know to give her gentle pets.

**Zena** is a sweet and playful kitten with a lovely purr and the tiniest meow. She loves to play and cuddle, and announces her entry into a room with a little chirp. Her best friend, Juliette, is her favorite playmate, but she will happily entertain herself with a small stuffed mouse or a piece of string. When she is all tired out, she will call out to Juliette with her signature chirp and they will meet on the sofa for a snuggle and a nap. Zena's stripes are gorgeous, and pale only in comparison to the leopard spot coloring on her tummy. She is also very loving with adult cats and human children, enjoying both their playfulness and parenting.

**Juliette** is a loving, playful kitten with an unstoppable purr. She loves to play and

cuddle, and, as if she wasn't cute enough, can sometimes be found sleeping with the tip of her tongue sticking out. Her best friend Zena is her favorite playmate, but she will happily entertain herself with shoelaces or her own tail. When she is all tired out, she will call out to Zena and they will meet on the sofa for a snuggle and a nap. Her soft white paws and green eyes are stunning, but her sweet nature is just as captivating. Juliette is also very loving with adult cats and human children.

**Telly** is the most unimaginably soft little fluff you have ever touched and his character is just as unique and special. Seriously, he's like petting a cloud. He is a consummate explorer and adventurer. "Play 'til I drop" is most assuredly his motto; running and



Telly loves to play!



Casanova prefers a home with other kitties.

wrestling until he's panting. Telly is a cuddling maniac. Unless of course, he is in the midst of a life or death chase with a little piece of crumpled up paper -- yes, he is that easily pleased with a simple, small ball of paper and will carry it around until it basically falls apart -- at which point you just have to crumple up another post-it note. He does love climbing as well and is a bit of an escape artist. He will be a great little dear to you and your family

**Casanova** was rescued from the shelter before he was euthanized. He is simply one of the most wonderful kittens we've ever met. He loves to be petted and held and purrs when you pet him. Casanova often rolls on his back and makes biscuits in the air. He loves tummy rubs! This sweet boy

gets along with everyone. He plays with all the other kittens and also loves his toys. Casanova is still a young kitten so we'd like him to go to a home with another kitten/cat or be adopted with one of his brothers or another kitty, so he has a feline friend and playmate.

These kitties are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. For additional information and to see these or our other kittens and cats, please check our website [www.kittenrescue.org](http://www.kittenrescue.org) or email us at [mail@kittenrescue.org](mailto:mail@kittenrescue.org). Your tax deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Blvd. #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Blvd. just south of Manchester Ave. and also in Mar Vista at 3860 Centinela Ave, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location. •

*Be kind. Save a life.  
Support animal rescue.*



Zena (left) is a playful little chirpy kitten. Juliette has a sweet nature and loves to snuggle.

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illustrated by Lili Chin [www.doggiedrawings.net](http://www.doggiedrawings.net)

**PUBLIC NOTICES**

**NOTICE THAT THE HAWTHORNE CITY COUNCIL WILL CONSIDER ADOPTING AN ORDINANCE EXTENDING THE PROHIBITION ON THE APPROVAL OF ANY BUSINESS LICENSE, USE PERMIT, OR ANY APPLICATION FOR MASSAGE ESTABLISHMENTS IN ANY CITY ZONE DURING THE PENDING OF THE CITY'S CONSIDERATION OF AMENDMENTS TO THE HAWTHORNE MUNICIPAL CODE.**

NOTICE IS HEREBY GIVEN that on December 8, 2015, at 6:00 P.M., the Hawthorne City Council will consider adopting an ordinance extending the moratorium on the approval of any business license, use permit, or any application for a new massage establishment in any city zone during the pendency of the City's consideration of amendments to the Hawthorne Municipal Code.

On December 16, 2014, the City Council adopted Ordinance No. 2084, "An Interim Urgency Ordinance of the City of Hawthorne, California, Prohibiting the Approval of any Business License, Use Permit, or any Application for Massage Establishments in Any Zone during the Pendency of the City's Consideration of Amendments to the Hawthorne Municipal Code and Declaring the Urgency Thereof Pursuant to Government Code Sections 65858, 36934 and 36937."

On January 27, 2015, the City Council adopted Ordinance No. 2085, extending the moratorium that prohibits new massage establishments in the City of Hawthorne for 10 months and 15 days pursuant to California Government Code sections 65858(a), 65090 and 6061.

At the December 8, 2015 Public Hearing, the City Council will consider adopting an Ordinance extending the existing moratorium for another 12 months. If you challenge the subject matter of this public hearing in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing. Further information may be obtained by contacting the City Clerk at 4455 West 128th Street, Hawthorne, CA 90250 310-349-2915. Hawthorne Press Tribune Pub. 11/26/15

H-24932

**NOTICE OF PETITION TO ADMINISTER ESTATE OF: WILLA E. BENNETT CASE NO. BP168020**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of WILLA E. BENNETT. A PETITION FOR PROBATE has been filed by FLOYD B. SMITH in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that FLOYD B. SMITH be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 12/03/15 at 8:30AM in Dept. 29 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the

court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner  
NEIL R. HEDTKE, ESQ.  
SBN 273319  
HEDTKE LAW GROUP  
336 1/2 S. GLENDORA AVENUE  
SUITE K  
WEST COVINA CA 91790  
11/12, 11/19, 11/26/15  
CNS-2815710#  
Inglewood News Pub. 11/12, 11/19, 11/26/15  
HI-24921

**NOTICE OF SERVICE OF PROCESS BY PUBLICATION DISTRICT COURT DIVISION STATE OF NORTH CAROLINA CUMBERLAND COUNTY FILE NUMBER 15 CVD 6979**

SIDNEY EUGENE JOHNSON, Plaintiff  
-vs-  
SAMANTHA ELLIOTT JOHNSON, Defendant

Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows:

**ABSOLUTE DIVORCE**  
You are required to make defense to such pleading no later than 40 days from November 11, 2015 and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This the 11th day of November, 2015  
Zshakira J. Carthens  
Attorney for the Plaintiff  
The Carthens Law Firm, PLLC  
PO Box 35416  
Fayetteville, North Carolina 28303  
Publication Dates:  
11/19/2015, 11/26/2015, 12/3/2015, 12/10/2015  
Inglewood News Pub. 11/19, 11/26, 12/3, 12/10/15

HI-24926

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# Community Briefs

## ECCC District Board Appoints New Superintendent/President

The El Camino Community College District Board of Trustees voted unanimously Monday to appoint Dr. Dena Maloney as the Superintendent/President, effective February 1, 2016.

Maloney, who will become the sixth Superintendent/President in the El Camino Community College District's 68-year history, has ties to the South Bay. She was born at Centinela Hospital in Inglewood, lived in Hawthorne spent her summers with her grandparents in Inglewood.

Maloney currently serves as Superintendent/President of the West Kern Community College District/Taft College. She began her career in higher education at College of the Canyons in Santa Clarita, where she served as director of the Employee Training Institute and director the

Center for Applied Competitive Technologies. She then became dean of economic development for the Santa Clarita Community College District. In 2007, Maloney was named founding dean of the Canyon Country Campus, a new educational center within the Santa Clarita Community College District. She then became assistant superintendent/vice president, with responsibilities for the Canyon Country Campus, as well as the district's economic development programs. In May 2012, she was appointed to her current position.

Maloney's educational background includes a doctorate in education from the University of La Verne, a master's degree in government from Georgetown University, and a bachelor's degree in political science from Loyola Marymount University.

## LAX To Be Busiest U.S. Airport This Thanksgiving

Airport officials to announce that a record 2.1 million travelers will pass through Los Angeles International Airport (LAX) this Thanksgiving. Travelers can check our LAXisHappening.com website for real-time traffic and flight conditions before coming to the airport.

Travelers are strongly encouraged to take public transportation to and from LAX, including the inexpensive LAX FlyAway bus and Metro Rail Green Line, as well as taxis, long-distance buses, and other shared-ride services. Airport officials also recommend motorists picking up arriving passengers to

use the LAX Cellphone Waiting Lot at 96th Street and Vicksburg, where they can wait up to two hours for free. Motorists can avoid driving in the terminal area altogether by asking arriving passengers to take the free LAX Shuttle C bus to Parking Lot C, adjacent to the LAX Cellphone Waiting Lot. Passengers planning to depart LAX during daily peak travel periods from 6 a.m. to 9 a.m.; from 11 a.m. to 2 p.m.; and from 7 p.m. to 11 p.m. arrive in their airline's ticketing lobbies two hours before domestic flights and three hours before international flights.

*"Wherever you go, go with all your heart."*

-CONFUCIUS

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#### Fictitious Business Name Statement 2015266806

The following person(s) is (are) doing business as VISTA DESIGN BUILD, 2225 CAMPUS DRIVE, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): VISTA INVESTMENTS MGMT. CO., 2361 ROSECRANS AVENUE SUITE 150, EL SEGUNDO, CA 90245, California #C2224635. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 08/15/2015. Signed: VISTA INVESTMENTS MGMT. CO., JUAN LLACA, President. This statement was filed with the County Recorder of Los Angeles County on October 19, 2015. NOTICE: This Fictitious Name Statement expires on October 19, 2020. A new Fictitious Business Name Statement must be filed prior to October 19, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 11/5, 11/12, 11/19, 11/26/2015. H-1338

#### Fictitious Business Name Statement 2015276537

The following person(s) is (are) doing business as Nuna Consulting Group, 3220 Sepulveda Blvd. Suite #204, Torrance, CA 90505, Los Angeles County. Registered Owner(s): Ricki L. McCarroll, 1900 W. 25th Street, San Pedro, CA 90732. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: Ricki L. McCarroll, Founder & Principal Consultant. This statement was filed with the County Recorder of Los Angeles County on October 29, 2015. NOTICE: This Fictitious Name Statement expires on October 29, 2020. A new Fictitious Business Name Statement must be filed prior to October 29, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: Pub. 11/5, 11/12, 11/19, 11/26/2015. HT-1339

#### Fictitious Business Name Statement 2015264896

The following person(s) is (are) doing business as Pacific F2000, 24508 Vantage Point Terrace, Malibu, CA 90265, Los Angeles County. AI #ON: 201504010161. Registered Owner(s): PW Motorsports LLC, 24508 Vantage Point Terrace, Malibu, CA 90265, California. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: January 16, 2015. Signed: PW Motorsports LLC, by Peter G. West, Jr., Sole Member, PW Motorsports LLC. This statement was filed with the County Recorder of Los Angeles County on October 16, 2015. NOTICE: This Fictitious Name Statement expires on October 16, 2020. A new Fictitious Business Name Statement must be filed prior to October 16, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 11/12, 11/19, 11/26, 12/3/2015. H-1342

#### Fictitious Business Name Statement 2015281311

The following person(s) is (are) doing business as POWER OF COMMUNICATION, 2825 ONRADO ST, TORRANCE, CA 90503, LOS ANGELES COUNTY. Registered Owner(s): ROBERT E. COX, 2825 ONRADO ST, TORRANCE, CA 90503. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: ROBERT E. COX, Owner. This statement was filed with the County Recorder of Los Angeles County on November 4, 2015. NOTICE: This Fictitious Name Statement expires on November 4, 2020. A new Fictitious Business Name Statement must be filed prior to November 4, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: Pub. 11/12, 11/19, 11/26, 12/3/2015. HT-1343

#### Fictitious Business Name Statement 2015275081

The following person(s) is (are) doing business as ROLLING WHEELS PUBLISHING, 15502 SOUTH STANFORD AVENUE, RANCHO DOMINGUEZ, CA 90220, LOS ANGELES COUNTY. Registered Owner(s): KELLIE KNIGHT, 15502 SOUTH STANFORD AVENUE, RANCHO DOMINGUEZ, CA 90220. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: KELLIE KNIGHT, OWNER. This statement was filed with the County Recorder of Los Angeles County on October 28, 2015. NOTICE: This Fictitious Name Statement expires on October 28, 2020. A new Fictitious Business Name Statement must be filed prior to October 28, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 11/19, 11/26, 12/3, 12/10/2015. H-1346

#### Fictitious Business Name Statement 2015277034

The following person(s) is (are) doing business as DON JULIO INSURANCE SERVICES, 10719 S. INGLEWOOD AVE. #B, INGLEWOOD, CA 90304, LOS ANGELES COUNTY. Registered Owner(s): JULIO WASHINGTON MORA, 31101 TECUMSEH CT., TEMECULA, CA 92592. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: JULIO W. MORA, OWNER. This statement was filed with the County Recorder of Los Angeles County on October 29, 2015. NOTICE: This Fictitious Name Statement expires on October 29, 2020. A new Fictitious Business Name Statement must be filed prior to October 29, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: Pub. 11/19, 11/26, 12/3, 12/10/2015. HI-1347

Mind is the forerunner of all things. - Buddha

#### Fictitious Business Name Statement 2015282009

The following person(s) is (are) doing business as ANDROGEN EXCESS SOCIETY, 12520 MAGNOLIA BLVD, SUITE 212, NORTH HOLLYWOOD, CA, 91607, LOS ANGELES COUNTY. AI #ON: C2472264. Registered Owner(s): THE ANDROGEN EXCESS AND PCOS SOCIETY (AE-PCOS), 12520 MAGNOLIA BLVD., SUITE 212, NORTH HOLLYWOOD, CA 91607, California. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: THE ANDROGEN EXCESS AND PCOS SOCIETY (AE-PCOS), JAMES MORROW, MANAGING DIRECTOR. This statement was filed with the County Recorder of Los Angeles County on November 4, 2015. NOTICE: This Fictitious Name Statement expires on November 4, 2020. A new Fictitious Business Name Statement must be filed prior to November 4, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 11/12, 11/19, 11/26, 12/3/2015. H-1344

#### Fictitious Business Name Statement 2015277449

The following person(s) is (are) doing business as 1) MN WATCH CO, 2) OMAX WATCH COMPANY, 1314 SOUTH HILL STREET, LOS ANGELES, CA 90015, LOS ANGELES COUNTY. AI #ON: C2194781. Registered Owner(s): LAKHANI ENTERPRISE INC, 1314 SOUTH HILL STREET, LOS ANGELES, CA 90015. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: LAKHANI ENTERPRISE, INC., GULREZ MERCHANT, President. This statement was filed with the County Recorder of Los Angeles County on October 30, 2015. NOTICE: This Fictitious Name Statement expires on October 30, 2020. A new Fictitious Business Name Statement must be filed prior to October 30, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 11/5, 11/12, 11/19, 11/26/2015. H-1340

#### Fictitious Business Name Statement 2015262559

The following person(s) is (are) doing business as LANDMARK TILE, 4435 W. 167TH STREET, LAWDALE, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): HUMBERTO MOLINA, 4435 W 167TH STREET, LAWDALE, CA 90260. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: HUMBERTO MOLINA, OWNER. This statement was filed with the County Recorder of Los Angeles County on October 14, 2015. NOTICE: This Fictitious Name Statement expires on October 14, 2020. A new Fictitious Business Name Statement must be filed prior to October 14, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Lawndale Tribune: Pub. 11/5, 11/12, 11/19, 11/26/2015. HL-1341

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#### Fictitious Business Name Statement 2015281678

The following person(s) is (are) doing business as CURB PURCOLATION, 20430 WAYNE AVENUE, TORRANCE, CA 90503, LOS ANGELES COUNTY. Registered Owner(s): DAVID DANIAL JAMIESON, 20430 WAYNE AVENUE, TORRANCE, CA 90503. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: DAVID DANIAL JAMIESON, Owner. This statement was filed with the County Recorder of Los Angeles County on November 4, 2015. NOTICE: This Fictitious Name Statement expires on November 4, 2020. A new Fictitious Business Name Statement must be filed prior to November 4, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: Pub. 11/12, 11/19, 11/26, 12/3/2015. HT-1345

#### Fictitious Business Name Statement 2015295551

The following person(s) is (are) doing business as 1) LUCILLE'S SMOKEHOUSE BAR B QUE, 21540 HAWTHORNE BLVD. #401B, TORRANCE, CA 90503, 2) LUCILLE'S SMOKEHOUSE BAR-B-QUE, 2601 E. WILLOW STREET, SIGNAL HILL, CA 90755, LOS ANGELES COUNTY. Registered Owner(s): HOF'S HUT RESTAURANTS INC, 2601 E. WILLOW STREET, SIGNAL HILL, CA 90755. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: HOF'S HUT RESTAURANTS INC, CRAIG HOFMAN, President. This statement was filed with the County Recorder of Los Angeles County on November 20, 2015. NOTICE: This Fictitious Name Statement expires on November 20, 2020. A new Fictitious Business Name Statement must be filed prior to November 20, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: Pub. 11/26, 12/3, 12/10, 12/17/2015. HT-1350

#### Fictitious Business Name Statement 2015292933

The following person(s) is (are) doing business as MEINEKE CAR CARE CENTER #2432, 121 E. WHITTIER BLVD # A, MONTEBELLO, CA 90640, LOS ANGELES COUNTY. Registered Owner(s): LOECAS INC., 121 E. WHITTIER BLVD. #A, MONTEBELLO, CA 90640, California. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: LOECAS INC., CUAUHTEMOC LOEZA, Owner. This statement was filed with the County Recorder of Los Angeles County on November 17, 2015. NOTICE: This Fictitious Name Statement expires on November 17, 2020. A new Fictitious Business Name Statement must be filed prior to November 17, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 11/26, 12/3, 12/10, 12/17/2015. H-1349

#### Fictitious Business Name Statement 2015281334

The following person(s) is (are) doing business as FOR IT GIRLS, 16421 S. MANHATTAN PLACE UNIT C, GARDENA, CA 90247, LOS ANGELES COUNTY. Registered Owner(s): JEANNIE KIM CHUNG, 16421 S. MANHATTAN PLACE UNIT C, GARDENA, CA 90247. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: JEANNIE KIM CHUNG, Owner. This statement was filed with the County Recorder of Los Angeles County on November 4, 2015. NOTICE: This Fictitious Name Statement expires on November 4, 2020. A new Fictitious Business Name Statement must be filed prior to November 4, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 11/19, 11/26, 12/3, 12/10/2015. H-1348

# Pumpkin Spice Cake Roll



Makes 12 servings

## Ingredients

- 3 large Egglan's Best eggs
- 3/4 cup all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1 cup pumpkin puree
- 1 teaspoon lemon juice

### FILLING

- 6 ounces low-fat cream cheese, softened
- 1 teaspoon vanilla extract
- 1/2 cup confectioners' sugar, plus additional for sprinkling
- 1/2 teaspoon lemon zest

## Preparation

1. Preheat oven to 375 degrees F. Line the bottom of an 18x13 inch cookie sheet with parchment paper.
2. In a large bowl, whisk together flour, sugar, baking soda, cinnamon, ginger and nutmeg. Stir in pumpkin, Egglan's Best eggs, and lemon juice. Pour the batter into prepared pan and spread evenly.
3. Bake for about 10-15 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 5 minutes. Invert onto a damp kitchen towel dusted with confectioners' sugar. Gently peel off parchment paper. Roll up cake in the towel jelly-roll style, starting with a short side. Place the cake on a baking sheet and let cool in the refrigerator for about 20 minutes.
4. Meanwhile, make the filling: In a medium bowl, blend cream cheese, vanilla, lemon zest, and sugar with an electric mixer until fluffy. Chill in the refrigerator while the cake is cooling.
5. Unroll cake; spread filling evenly over cake, leaving a 1/2 inch border all around. Carefully reroll. Wrap tightly with plastic wrap and refrigerate for 1 hour (or more) before serving. Slice and enjoy! Store leftovers in the refrigerator. Optional: sprinkle additional confectioners' sugar on top for garnish. •

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