

El Segundo Herald

The Weekly Newspaper of El Segundo

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Gundo Boys Win Section 1 Title



Section 1 Champions! Left to Right: Willem Siegloch, Ian Smigelski, Marcus Dell, Johnny Amaral, Lucien de Saint-Aignan, Cooper Bartha, Coach Anthony Gomez, Leo Toivanen, Xavier Gomez, Louis Lappe, Van Parker, Caz Inghram. For story see Sports on page 3. Photo provided by Anthony Gomez.

Jason Haffley: El Segundo's "Pollinator of Positivity"

By Duane Plank

If you look in the dictionary for the definition of "eclectic," you might find a picture of El Segundo's Jason Haffley, whose career has encompassed numerous forays into the work world, including captaining a horse ranch in Montana; delving into music marketing, and hotel management, working as a business banking specialist, small business consultant, and, his current endeavor with OneNinth Media, where he and partner, Lenny Vallone offer their clients a host of services, including "Marketing & Promotional Content Strategies, and Video Production & Post-Production Services."

While you are dusting off that old dictionary (I know, I know, no one, even relics like me, uses a dictionary. Google rules the world) and look up "vagabond," you would see the definition of "a person who wanders from place to place without a home or job."

Well, that definition does not entirely fit Haffley, who has had multiple homes and jobs and was raised, at least for his first few years, in El Segundo. After his parents divorced when he was three years old, Haffley and his Mom started moving around the country, mainly because of job opportunities. He bounced from Williamsburg, Virginia, to Washington D.C., returning to El Segundo for his fifth and sixth grade school years.

Next was a move to Ann Arbor, Michigan, where he wrapped up his elementary school studies. Then there was a brief stop in Aurora, Colorado, until another return to El Segundo for his sophomore school year. He then spent his junior and half of his senior school year in Rancho Cucamonga, before deciding that he wanted to graduate with his prior El Segundo

mates, so he returned to our city mid-way through his senior year to wear his tassel and gown at senior graduation ceremonies.

"Even though I moved around," Haffley said, "I still spent the summers here," which allowed him to continue to cultivate friendships with El Segundo locals. "I had the best of both worlds," he said.

All told, Haffley said that he has resided in seven different states, but he has again landed in El Segundo.

Post graduating from El Segundo High School in 1996, Haffley went to the college route, attending a couple of institutes of

See Jason Haffley, page 10



Jason and Sara Haffley.

Adrian Grey Marsden Unravels El Segundo Mysteries

By Kiersten Vannest

A mysterious man with a kite is cropping up all over El Segundo, at strange times and for fleeting moments. Neighbors swear they saw the same person. No one can be sure, but they know without a doubt that he carried his somber kite, haunting the streets of town. Telephone poles and even entire churches are disappearing, but no one seems to remember their existence when asked to recall them. Reports are surfacing of a doll sold at an El Segundo antique store that locals claim is cursed, wreaking havoc among the sleepy town by the sea.

At least, that's the story that local film editor Adrian Grey Marsden is proffering

with his passion project, *The Gundo Ghost*.

"I've always been a gigantic fan of Halloween," says Marsden. Originally from the Lake Tahoe area, Marsden grew up playing with consumer cameras and filming stories with his friends, who were also major fans of the spooky holiday. To this day, around Halloween time, the lifelong friends gather up north at a Christmas tree farm where one of them lives and have a massive bonfire, complete with spooky stories and quests with old-school lanterns.

As time went on, Marsden discovered editing and sound design and found his career through doing what he loves. His love for Halloween and storytelling has

See Adrian Marsden, page 15

Weekend Forecast

Friday
Sunny
70°/49°



Saturday
Mostly Sunny
73°/51°



Sunday
Mostly Sunny
69°/51°



Obituaries

Mike Doucette

Michael James Doucette, beloved husband, father, son and brother, left this world suddenly for Heaven on December 23, 2021.

Mike was one of a kind and a blessing to all who knew him. He was a true friend, always treating others with kindness and ready to help out anyone, anytime with his knowledge, skills, and enthusiasm to see



others succeed. Mike will be remembered for his huge heart, easy smile and laugh, as well as his passionate, genuine and honest approach to life. Most of all he will be remembered for his love for and dedication to his family.

Mike was born on August 24, 1962 and grew up in El Segundo, first with his parents Carl and Marie, brother Patrick and sister Jennifer, and later with his wife of 35 years, Elayne, both 1980 graduates of El Segundo High School. His love for Elayne began when they were 17 and grew each day, as did his love for his four children, Lindsey, Daniel, Carlie, and Joseph. His strength and spirit live on in each of them, and with his parents and huge extended family.

Mike could get more out of a day than anyone, constantly moving and thinking. He was always planning the next family adventure or travel to experience the world together. Mike avidly followed the news and sports, and enjoyed live music, golf, history, architecture, cooking and entertaining on the

4th of July. Mike loved to build and always had a project. He built several homes in El Segundo including the family home and his parents' home.

Mike was a licensed architect with over 33 years of experience and an industry leader in the field of airport terminal planning and development. He worked on over 40 airports throughout the United States and internationally. A career highlight, after many years as a consultant on the LAX Master Plan, was working at Los Angeles World Airports for over a decade as the project manager on the renovation of the Tom Bradley International Terminal that opened in 2013, and later serving as Deputy Executive Director. Mike went on to make significant contributions to the Chicago Department of Aviation for the terminal redevelopment in progress at O'Hare International Airport.

Even with his distinguished career and many accomplishments, Mike's proudest moments always involved his family and the many people he felt fortunate to call his friends. An eternal mentor, Mike lived his life to make a positive difference in the lives of others.

Mike will live on in our hearts forever.

Services and a Celebration of Life were held at St. Anthony Church and the family home in El Segundo on January 22, 2022. The family would like to thank everyone for the outpouring of love and support. •

Walter John Liedke

Walter John Liedke passed away surrounded by his loved ones just shy of his 79th Birthday so that he could celebrate in heaven. Walter was born to Walt and Mary Rose Liedke on February 23rd, 1943 in Rockford, IL. He grew up in El Segundo, CA and then joined the Air Force as a jet mechanic. After his service, he moved to Hawaii and worked as a jet mechanic for Pan Am. When Pan Am shut down, Walter moved to Anchorage, AK where he worked in Carpentry. Over the years, he became an amazing wood worker and it continued to be a hobby of his as well as building model airplanes.



Walter was preceded in death by his daughter Elizabeth Liedke. He is survived by his wife of almost 30 years, Alice Liedke and his 6 children and 9 grandchildren: Kelli & Gary Barnes (Wyatt & Lauren), Wally Liedke & Lynne Hogan, Erin & Matt Jordan (Maddie & Jaxston), Jasmyn & David Liedke (Jameson & Camden), Jennifer & Monte Craft (Kaelin), Melissa & Pat Montague (Cameron & Nolan). He is also survived by his sister and brother, nephew and niece: Pat & Dave Bonham (Matt & Nicole) and Brad & Greta Liedke and lastly, his beloved dog, Diesel.

There will be a celebration of life this summer in Alaska as well as in El Segundo, CA. To receive updates on the details as they are put together, please email Jasmyn at jasmyn-liedke@hotmail.com with the subject "Walter Liedke". To honor him, feel free to tell a joke over a bowl of ice cream, a couple of his favorite things. If you feel inclined to make a donation, please do so in his name at one of the following charities: Give.skincancer.org, Stjude.org/donate •

Walter loved surfing, cycling and cross-country skiing. He had a wicked sense of humor and was also compassionate of others. That is what drove him to go back to school after a career in carpentry to pursue nursing. He always advocated for education and community service. He volunteered with Compeer as a mentor to friends looking to improve their mental health, for his church and for different nursing organizations.

Don Curtis Pickard

The world is a little less bright because the charismatic smile of Don Curtis Pickard will shine no more. Don passed peacefully on February 27, 2022 due to heart failure.

On May 10, 1967, Don was born in Long Beach, California to his parents, Tom and Jan. His brother, Kelly, was delighted. When Don was a year old, his family moved to El Segundo where he attended Center Street Elementary School and graduated in 1983 from El Segundo High School. Don's interests were many, especially those dealing with the great outdoors. His graduation gift from high school was driving solo to Alaska. He loved it so much, he returned years later and lived there for a while.

In sports, he played soccer, water polo and football. He was lineman of the year. He loved boating, fishing, hunting and camping. He even obtained his sea captain's license.

On a trip to Catalina he met his lovely future bride, Jessica Kobdich from Bakersfield. She moved to El Segundo, and they were married



in 1999 in Carmel, California.

Don wanted to have his children before he was forty, and he missed his goal by one month. Today Laura is 20, Leona 18 and Tom 16. His family was his center. They enjoyed so many vacations and experiences together: safari in South Africa, shopping in Dubai, houseboating on Lake Mead, trips to Cancun, Costa Rica, Hawaii and Mexican cruises.

Don's talents were many both in his private life and in business. He founded the band The Baby Tomatoes and was the drummer. In business, he joined his dad in an independent insurance agency that was founded in El Segundo in 1974 and later moved to Hermosa Beach. Don was responsible for making the agency even more successful.

He is survived by his father Tom, mother Jan Peebles, stepmother Georgia Cox, wife Jessica, and his three children. Don will be remembered as a kind, generous and loving man, a loss to so many. Services will be private. •



AAA Travel Offers Tips for First-Time and Repeat Visitors to The Aloha State

The Hawaiian Islands are welcoming visitors back just in time for the spring and summer travel seasons. Now that Omicron cases are on the decline worldwide and fears of the variant are easing up, the State of Hawaii is inviting travelers from the mainland United States, as well as international travelers, to return to the island chain's colorful sandy beaches, jagged coastline, lush forest reserves, and majestic volcanoes.

Hawaii Entry Requirements:

Hawaiian state officials recently announced that travelers are not required to have a COVID-19 booster shot to enter the state.

U.S. citizens traveling to any of the islands, who wish to bypass the state's 5-day quarantine mandate, must be fully vaccinated at least 14 days prior to arrival or have had a *Nucleic Acid Amplification Test* (NAAT) no more than 72 hours prior to arrival.

Before your departure for Hawaii, if you are an adult (age 18 years or older) you will need to create an online user account and register with the State of Hawaii Safe Travels Hawaii program. This applies only for domestic passengers from the U.S. and its territories.

Once you create your Safe Travels Hawaii account, you will then need to enter your traveler information and trip details on the program's application form. It is important to get the correct test and upload the correct form or vaccination record document.

Completing the State of Hawaii's Safe Travels Hawaii program application form, uploading COVID-19 test results or vaccination record document (if applicable) and obtaining your QR code PRIOR TO departure will significantly reduce your airport screening and processing time at arrival.

The Department of Health is currently working on criteria and conditions that would allow the state to eventually end its Safe Travels Hawaii program.

Hawaii Statewide Mask Mandate:

Governor David Ige's Emergency Proclamation requires individuals across the state to wear a face covering when indoors in public places unless they are actively eating or drinking.

Oahu: The Hawaiian Island of Oahu has announced that it will drop its "Safe Access Oahu" program on March 6th, ending many

See Travel, page 13

Love Thy Neighbor

Dear El Segundoans,

We love the profiles we've done, and we've learned so much about El Segundo's residents. We want to do more, so please keep the suggestions coming. With over 16,000 residents, we're sure there are some gems we may have overlooked or not been aware of them. Do you have a unique and interesting friend, neighbor, co-worker, colleague or student? All you have to do is ask their permission and send us their contact information. Of course, if you find yourself fascinating, you are welcome to send us your information too. 🤗

- Best to you all. HM.

Send your suggestions in to letters@heraldpublications.com

Please have your nominee's approval before you submit them as a nominee.



Sports

AYSO Region 92 Success Highlights

The B12U Gundo boys did it again! After winning the Area 1D TOC Championship, the boys traveled to Redlands to battle for the Section 1 TOC Title. They would have to survive three Pool Play games to advance to the Section KO round. And these boys came to play!

They opened the first game with a convincing 3-0 win over West Torrance. Willem Siegloch, Louis Lappe, and Xavier Gomez all picked up goals.

Once again, Louis and Lucien led the defense, limiting Chino to three goals en route to a 6-3 victory. It was a good start in pool play, but the stats showed we would need a win to take the group, while a tie would allow us to advance as the wildcard – but a Loss would leave them on the outside looking in.

The final pool play game came against a strong Temple City team. This would be a challenge as the boys are not used to playing this many games in one day and were now



Xavier Gomez pushed the ball forward while Louis Lappe, Marcus Dell, and Leo Toivanen support on defense and Cooper Bartha mans the goal.

Van Parker, Leo Toivanen, and Caz Inghram also played key roles in the attack, keeping the ball moving while applying pressure on change of possessions. The defense limited the scoring opportunities, led by Louis and Lucien de Saint-Aignan in the center. Ian Smigelski, Marcus Dell, and Johnny Amaral all pitched in on the defensive wings, while Cooper Bartha was the man in goal ensuring the clean sheet. One game down, a good start, but a long way to go.

In the second game, the boys would face Chino. The Gundo boys came out firing in this game as Leo found the back of the net twice before Chino knew the game had started. Xavier also had a pair, while Lucien and Caz chipped in with a goal apiece.

running on fumes – but their conditioning and their will to win would prove to be the edge they needed. Louis would score the game's first goal on a free kick from about 20 yards out, putting the Gundo boys up. Temple City responded, scoring two goals in the first half to take the lead.

The boys hung tough in the third as the defense locked down Temple City holding them scoreless. But we needed goals. In the fourth quarter, the boys finally got their opportunity.

Xavier would receive the ball on the left flank outside the box. He carried the ball back to the middle, weaving through traffic, and as the goalie followed him to the right,

See AYSO, page 15



Louis Lappe leads with the defensive stop as Caz Inghram, Van Parker, and Lucien de Saint-Aignan support on defense.

Eagles Dream Season Ends in SoCal Region Finale

By Gregg McMullin

The remarkable dream soccer season ended in dramatic fashion for the El Segundo girls' soccer team. The Eagles had defeated West Torrance for the CIF-Southern Section Division 3 championship on the Warriors' home field. The Eagles advanced as the top seed in the CIF SoCal Regional and drew a bye in the first round. They defeated San Pasqual 3-0 in the semi-final and faced West Torrance in the final. The Eagles started slowly but

five saves, two from close range, to nullify the Golden Eagles scores.

The Eagles have employed two talented goalies all season long. Tanner Ijams, just a sophomore, would play the first half while Kovacs, a senior, would finish the second half. For the Regional final, Ijams was away and wasn't available, so Kovacs was in goal. Head coach Skip Jones said, "We have two very good goalies with no drop off."

In the second half, El Segundo's offense



El Segundo goalie Nili Kovacs goes high for a save in the first half of the CIF Southern California Regional Final.

fought back valiantly, but in the end, West Torrance avenged their loss to El Segundo in their 2-1 win over the Eagles to claim the Southern California Regional championship.

Fresh off their CIF-SS Division 3 championship, the Eagles drew a bye in the first round of the Southern California Regional. They played host to the San Pasqual Golden Eagles, who were the San Diego Section Division III champions. The Golden Eagles played an aggressive game in the first half that hounded El Segundo's offense and interrupted the Eagle's passing. The Eagles had few good looks at the net and were shut out in the first half. When the Golden Eagles' attention was on offense, they created open looks and had opportunities to score. El Segundo's goalie, Nili Kovacs, came up with

found its rhythm. Ciara Doggett found an opening and scored early in the second half. Chelsie Charles, El Segundo's scoring leader, scored from in close to make it 2-0. Bella Munoz completed El Segundo's scoring with a powerful attempt late in the second half.

The win propelled the Eagles into the CIF Southern California Regional final at home against West Torrance. On a very cool and blustery evening, a large crowd of fans braved the elements to watch two teams battle for the Division III Regional championship.

West Torrance would be looking for a measure of revenge after they were defeated by El Segundo in the CIF-SS finals the week before. The Eagles were out to prove that beating the Warriors a second time would be

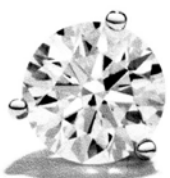
See Eagles, page 6



Chelsie Charles capped her brilliant high school career with El Segundo's only goal in the CIF Southern California Regional Final.

Friends will stare

Make it worth their while.



The Jewelry Source
337 Main St. El Segundo. 310-322-7110
www.jewelrysourceUSA.com

Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

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EMPLOYMENT

Bellwether Asset Management, Inc. seeks Associate (Financial) in El Segundo, CA to analyze market dynamics and financial condition of real estate assets, evaluate business plans, adjust financial statements, and build cost allocation models. Travel to meetings and property sites may be needed domestically, up to 40%. Send CV & cover letter to kwolcott@bellwetheram.com, ref #pkn5k

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To appear in next week's paper, submit your Classified Ad by Noon on Tuesday. Late Ads will incur a \$20.00 late fee.



CLASSIFIED ADS - ONLY \$40
for twenty words or less.

Email class@heraldpublications.com or call 310-322-1831 for more information.

Police Reports

Monday, February 28th

A traffic accident (with injuries) occurred at 0708 hours from the 100 block of Center Street, vehicle versus vehicle.

A female adult and a male adult were arrested at 1438 hours from the 100 block of South Pacific Coast Highway. The female driver was arrested possession of a stolen vehicle and the male for identity theft.

One male adult was arrested at 1521 hours for strongarm robbery from the 700 block of South Pacific Coast Highway. The male stole a backpack and clothing.

A strongarm robbery report was taken at 1639 hours from Grand Avenue and Pacific Coast Highway.

A felony evading and hit and run report were taken at 2340 hours from Sepulveda Boulevard and Imperial Highway. The suspect vehicle collided with another vehicle during the pursuit. No injuries were reported.

Tuesday, March 1st

A burglary (residential) report was taken at 0641 hours from the 500 block of East Grand Avenue. Unknown suspect(s) broke into the victim's house and ransacked one of the rooms.

A burglary (residential) report was taken at 1338 hours from the 200 block of Sheldon Street. An unknown suspect entered the

victim's house with intent to commit theft.

A vandalism report was taken at 1430 hours from the 2100 block of Mariposa Avenue. A male suspect kicked the victim's vehicle causing damage.

One male adult was arrested at 2100 hours from Maple Avenue and Pacific Coast Highway. A male suspect used a tool to damage the victim's vehicle. The suspect was released in the field with a citation.

One male adult was arrested at 0006 hours from Imperial Highway and California Street for misdemeanor DUI with a BAC of .08% or above and driving without a license.

Wednesday, March 2nd

A stolen vehicle was recovered at 1509 hours from the 800 block of North Nash Street. Recovered was a 2012 Hyundai.

A stolen vehicle report was taken at 1616 hours from the 200 block of Douglas Street. Stolen was a red 2004 Chevrolet Silverado.

One male adult was cited and released at 1815 hours from the 300 block of Whiting Street for battery. The suspect sprayed the victim with a water hose.

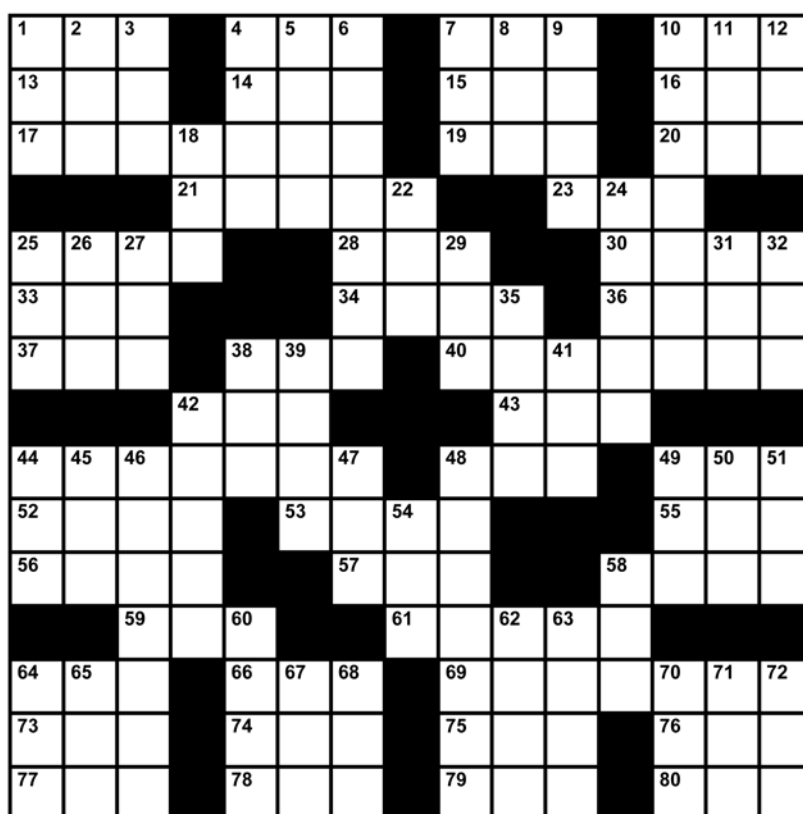
An attempt petty theft report was taken at 2012 hours from the 1600 block of Franklin Avenue.

One male adult was arrested at 2104 hours

See Police Reports, page 5

WEEKLY CROSSWORD

See Answers Next Week



Across

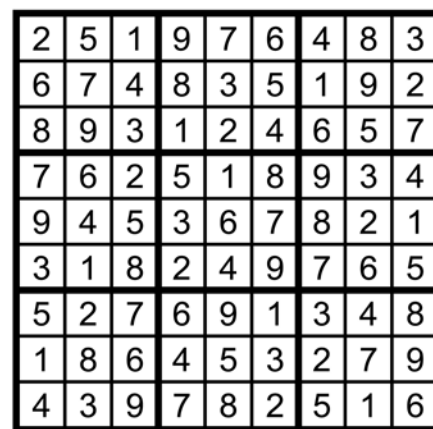
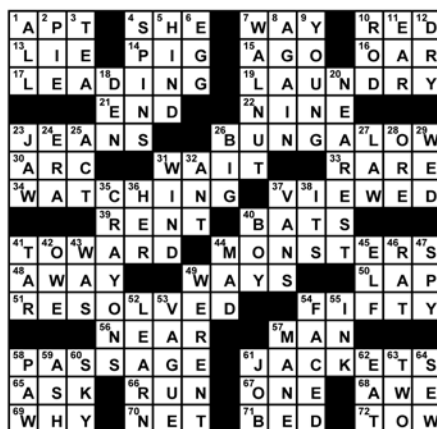
1. Refreshingly cool
4. Get to act as a pawn
7. ___ in, nothing held back
10. Kind of music
13. "This ___ shall pass"
14. Dice high roll
15. Apple or blueberry dessert
16. Amaze
17. High schooler
19. Gymnast's score
20. Despite all that
21. Just wins over, with out
23. Badly lit
25. Haunted house sound
28. Previously unknown
30. Back
33. Competed in a race
34. "Let's Make a ___"
36. ___ the fire
37. Blue shade
38. Do some restaurant work
40. Cooked beef, perhaps
42. "To each ___ own"
43. Fallout after a blast
44. Pittsburgh or Penzance group
48. Pen filler
49. Survey info
52. Italian treats
53. As ___ on TV!
55. Gal's partner
56. Reason to cram
57. "What's more..."
58. Missing

Down

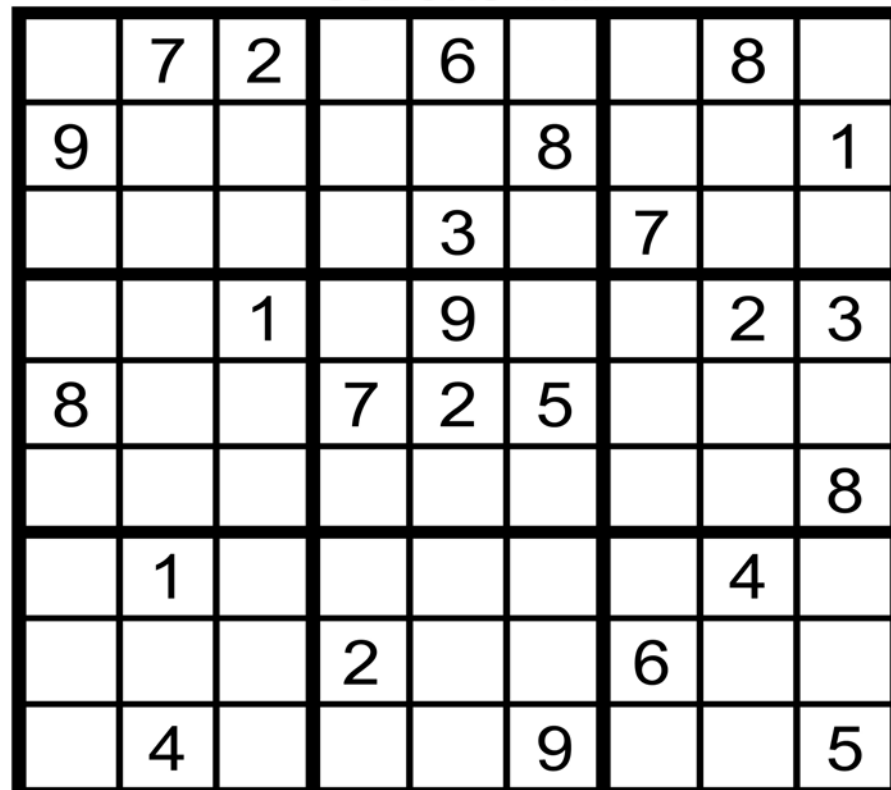
1. "___ me" (phone response)
2. Makeshift bed
3. "___ make me feel brand new" The Stylistics
4. Car category
5. Spill the beans
6. Lengthens
7. Relevant
8. "I cannot tell a ___!"
9. Give temporarily
10. Creditor's demand
11. Have a balance
12. Dog or cat e.g.
18. Lion's refuge
22. Catch on
24. March marchers
25. ___ Malaprop (Sheridan character)

26. Durable wood
27. "___ Time at All." Beatle tune
29. Tolstoy title word
31. Bothered (with "at")
32. Slender bar
35. Student aid
38. Routine part
39. Puts into service
41. "Don't ___!"
42. Urgency
44. Indy 500 service area
45. You may break it with guests
46. Regard
47. Multitude
48. Cleveland team
49. "Give it ___!"
50. Paintball player's need
51. Where a contact might go
54. Reach a conclusion
58. Caught
60. What fans do
62. Break sharply
63. Cheat, in a way
64. Luggage label
65. Load from a lode
67. Stole
68. Use a griddle
70. Overdo, a role for example
71. Baseball performance measurement
72. Garnet

Last Week's Answers



SUDOKU Medium



Each Sudoku puzzle consists of a 9x9 grid that has been subdivided into nine smaller grids of 3x3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.



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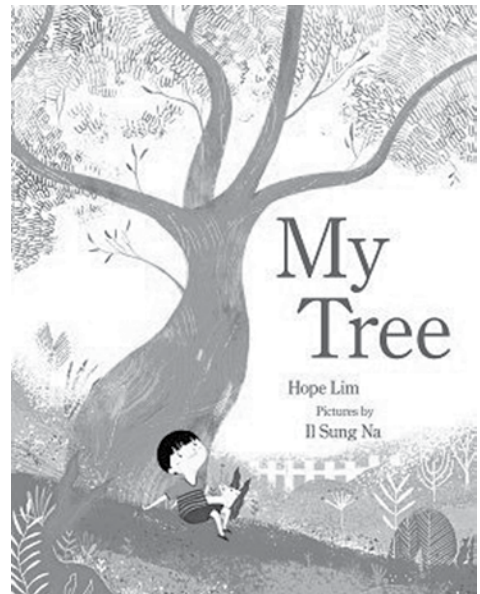
Entertainment

Check It Out

My Tree by Hope Lim, Illustrated by Il Sung Na

By **Kristina Kora-Beckman, Senior Librarian, El Segundo Public Library**

In *My Tree* by Hope Lim, illustrated by Il Sung Na, a young immigrant boy finds solace amidst his new surroundings in "Plumee," an old plum tree in his new backyard, which reminds him of his former home in Korea. Plumee becomes his center as he celebrates birthdays, meets neighbors and studies in his new land. When Plumee falls during a winter storm, the boy and his friends imaginatively utilize the tree for more adventures. When they end, and Plumee is taken away, the



My Tree by Hope Lim

boy experiences grief and loss. But hope comes and with patience and care, a new friend grows.

Gorgeous illustrations, and poetic text capture a range of emotions and experiences that many can relate to. This beautiful story weaves new experiences with old, in a cyclical way that I found comforting during tumultuous times.

To check out *My Tree* or other inspiring books, stop by our youth section, located on the lower level of our library. For youth programs for all ages, please check out our online event calendar on our website, www.elsegundolibrary.org. We look forward to seeing you around the library! •



Kristina Kora-Beckman

Police Reports

from page 4

from the 1200 block of Imperial Avenue for burglary, identity theft, and possession of drug paraphernalia.

A vehicle burglary report was taken at 2102 hours from the 2100 block of El Segundo Boulevard.

One male adult was arrested at 0404 hours from Imperial Avenue and Virginia Street for conspiracy to commit a burglary, conspiracy to commit a grand theft, possession of drug paraphernalia, possession of burglary tools, identity theft, and possession of stolen property.

One male adult was arrested at 0404 hours from Imperial Avenue and Virginia Street for conspiracy to commit a burglary, conspiracy to commit a grand theft, possession of drug paraphernalia, possession of burglary tools, and possession of a controlled substance.

Thursday, March 3rd

A found property report was taken at 1049 hours from the 2000 block of East Mariposa Avenue. A binder was found and booked for safekeeping.

An online vandalism report was taken at 1251 hours from the 200 block of Penn Street. Unknown suspect(s) slashed the tire of the victim's vehicle.

A burglary (commercial) report was taken at 1617 hours from the 1000 block of El Segundo Boulevard. Unknown suspect(s) broke into a storage unit.

A stolen plate(s) report was taken at 1847 hours from Franklin Avenue and Richmond Street.

A stolen vehicle plate was recovered at 1847 hours from Franklin Avenue and Richmond Street and booked as found property.

Friday, March 4th

A vehicle was reported stolen at 0737 hours from the 900 block of Hornet Way. Taken was a 2007 Toyota Sienna.

A battery report was taken at 1326 hours from the 200 block of North Douglas Street, two male juveniles were in an altercation.

A burglary report was taken at 2105 hours from the 300 block of North Pacific Coast

Highway. The suspects entered the store and attempted to make a fraudulent transaction.

An online petty theft report was taken at 0015 hours from the 100 block of North Pacific Coast Highway. A notebook was taken.

One male adult was arrested at 0141 hours from Vista Del Mar and Grand Avenue for grand theft auto.

Saturday, March 5th

A burglary (commercial) report was taken at 0600 hours from the 700 block of South Pacific Coast Highway. The suspects smashed the front glass window, entered the store then stole merchandise valued over \$4000.00

One male adult was arrested at 0717 hours from the 600 block of Vista Del Mar for trespassing, resisting arrest, and one MBPD misdemeanor warrant.

A property damage report was taken at 1303 hours from the 500 block of Concord Street. A tree fell on a fence and sidewalk.

A petty theft report was taken at 1753 hours from the 400 block of East Grand Avenue. Two male juveniles stole property from the victims.

One male adult was arrested at 2112 hours from the 700 block of South Pacific Coast Highway for one out of state felony warrant.

One male adult was arrested at 0143 hours from the 300 block of North Pacific Coast Highway for one LASD felony parole violation warrant.

Sunday, March 6th

A found property report was taken at 0756 hours from Walnut Avenue and California Street. A wallet was found and booked for safekeeping.

An animal cruelty report was taken at 0912 hours from the 600 block of East Imperial Avenue.

A vandalism report was taken at 1008 hours from Holly Avenue and Kansas Street. Unknown suspect(s) spray painted inside a public restroom.

A burglary (residential) report was taken at 1029 hours from the 700 block of East Pine Avenue. Unknown suspect(s) stole a computer. •

Film Review

In *FRESH*, Sebastian Stan Takes a Deliciously Twisted Turn

By **Morgan Rojas for Cinemacy**

Recently debuting in the Midnight category at the Sundance Film Festival, *FRESH* is a campy thriller set in the contemporary dating scene that will make any young woman think twice about trusting a tall, dark, and handsome stranger with their life. Noa (Daisy Edgar-Jones) is a frustrated twenty-something whose dating life is on life support. After a truly unbelievable awkward date, she is hesitant to fall for the charms of Steve (Sebastian Stan), the handsome doctor she serendipitously

fortability. Daisy Edgar-Jones holds it down as our vulnerable turned empowered heroine. So much of her performance is dependent on her body language, and if awards were given for best non-verbal performance, Edgar-Jones would take the gold.

Director Mimi Cave built up quite the reputation as someone to watch in the music video space, working with artists like Sleigh Bells and Sylvan Esso. Using her experience of marrying sound to picture, Cave relies heavily on chart-toppers and deep cuts to help



FRESH, courtesy Hulu.

meets at the local grocery store.

Steve makes Noa feel special, important, beautiful, and his suave moves cause Noa to lose any sense of caution as she agrees to take an extended trip out of town to a "surprise" location with this man who she's only known for a few days.

Of course, things don't go well for Noa, who slowly realizes that the drink Steve handed her is making her slowly lose consciousness. In the classic "wolf in sheep's clothing" reveal, Noa awakens, chained. It's now when Steve admits that he kidnaps and dismembers young women to sell their body meat on the black market. And Noa is for sale next.


If you're one who keeps up with Hollywood gossip, you might have immediately thought "Armie Hammer!" (which is where my mind went too). *FRESH* benefits from this real-life correlation, making the absurd seem, actually, not so farfetched (which is the real horror here!). Sebastian Stan is captivating to watch on screen as the charming narcissist. It's easy to see how he was able to win Noa over so quickly with his sultry stare and quick com-

guide the characters throughout the film, the music almost acting like a secondary character. Furthering the film's ominous disposition is the sweepingly tense score by composer Alex Somers.

Now streaming on Hulu *FRESH* is a satiating watch if you're looking to whet your horror palate. •



Morgan Rojas



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Eagles

from page 3

no fluke. With West Torrance's track record of eight consecutive wins over El Segundo broken by the loss in the CIF-SS finals, the Eagles wanted to show the championship win was no accident.

El Segundo won the flip for direction and would defend the west goal while attacking

with the loss in the CIF championship game being the fuel for revenge.

The Eagles' play was stymied throughout the first half, and they didn't challenge Warrior goalie Amaya Sayles. According to Coach Jones, the Warriors' play was obvious that they were playing with more urgency. "I

kick to increase their lead to 2-0.

El Segundo's second-half approach mirrored the first half of play for the first twenty minutes. Then something triggered their pace of play and their approach. The defense tightened up, and the offense moved the ball with more pressure but still couldn't get any clear looks.

in their own tournament. They did, however, defeat St Paul 3-0, leading up to the pair of losses.

Against St Paul, the Eagles pounded out ten hits but lacked timely hitting in the 3-0 win over the Swordsmen. Dylan Immel continued his hot hitting collecting three hits and scoring



Bella Munoz was hounded all game long by West Torrance defenders in the CIF Southern California Regional Final.

the east goal. With the wind gusting at 30 mph and the sun setting an issue, the Eagles had the benefit of the wind to their backs and the sun facing the Warriors goalie. Early on, the Eagles had an opportunity to score, but the wind took two shots, on goal, out of play. The elements didn't seem to hinder West

thought the weather would play in our favor, but it just gave them (West Torrance) more motivation. There's a reason why they were the top-ranked team, and they showed it tonight."

The Eagles' offense thrives on corner kicks, but in the championship game, the Warriors used two first-half corner kicks to score. In



Cara Doggett handles a pass in the CIF Southern California Regional Final. She scored the game-winner in the semi-finals.

The closest the Eagles came to a score was Bella Munoz's free kick from thirty yards out sailed just high over Sayle's hands but over the goal. With time running out on the Eagles, Chelsie Charles took a pass from freshman Lauren Nguyen and crossed it into the net in the 75th minute to cut the deficit to 2-1.

Though the Eagles showed more exigencies, time was not on their side. Charles' goal would be the last scoring opportunity they would have, and for the second consecutive season, the Eagles won a CIF championship but fell in the CIF Southern California Regional championship game.

Coach Jones said he was proud of the team's playing the past two seasons. "Last year's playoff run was uncharted territory for the team and program. We were never out of the game, and we won some with timely last-minute scores. Tonight, it didn't happen. We were a little out of sync, and the urgency and energy didn't match that of West." Still, Jones said the two-year run doesn't have to end here. "I'll speak with the returners in the coming weeks or months, and we'll turn our attention on a three-peat."

Baseball Team Falls in Stevenson Tournament

The Eagles finished the Stevenson Tournament by falling to South Torrance 4-1 and getting mauled by Mira Costa to finish 2-2

twice. Jack Stoker doubled in the seventh inning and scored on Anthony Temesvary's RBI single to make it 3-0. Owen Kirsten went the distance giving up five hits while striking out eight with no walks.

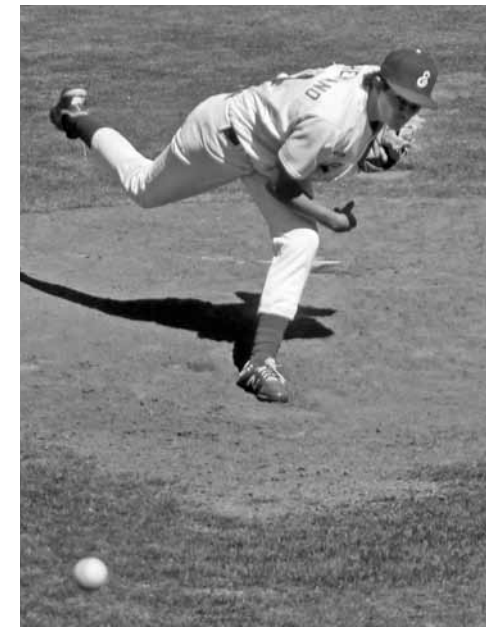
The Eagles faced South Torrance in the Gold Division semi-final and ran into some



Charlie Gerson was a key defender and helped shut down West Torrance in the second half of the CIF Southern California Regional final.

Torrance's approach on offense or their up-tempo style of play. On defense, their aggressive and physical style was obvious,

the 18th minute, Makenna Irvine took the kick and hit home for the first score. Three minutes later, Lindsey Park scored on a corner



Colby Sutherland delivers a strike against Mira Costa.

good pitching the Spartans threw at them. The Spartans scored single runs in the first, second, fifth, and sixth innings in their 4-1 win over the Eagles. El Segundo had their troubles against Spartan starter Tyler Steere. The hard-throwing junior kept the Eagles bats silent, giving up just four hits, including a double by Lucas Bonham in the seventh inning. Bonham would end up scoring his team's only run on a fielder's choice.

El Segundo faced Bay League power Mira Costa Mustangs in the Gold Division consolation game. The Mustangs took advantage of every break the Eagles gave them in their lopsided win. In the first inning, the Mustangs scored three runs on two hits, but they scored three runs on one error in the second inning. The downside was there were two outs, and each of the runners who scored had drawn a base on balls.

In the third inning, Immel had a sacrifice fly that scored Jack Aguilera, who had singled. Jack Stoker's RBI single scored Evan Smith to make it 5-2. Leading 8-2 in the sixth inning, the Mustangs scored nine unearned runs on six hits and benefitted from two errors. Immel had an RBI single to highlight a two-run rally in the seventh inning. The defense let the game get away, giving up 15 unearned runs in the 18-4 defeat. Trevor Steele started and picked up the loss giving eight runs (two earned) over 3.2 innings.

The Eagles faced Grace Brethren last night and hosts Redondo Friday night at 6 p.m. and Chatsworth on Saturday morning at 10 a.m. •



It's been a great two-year run as the Eagles pose with their CIF Championship plaques for 2021 and 2022 and this season's CIF Southern California Regional Runners-up plaque.

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Coastal contemporary recently remodeled 4 bedroom, 3.5 bath end-unit townhome. The main living space is light and bright filled with windows, the walls are beautifully adorned with shiplap, stylish flooring, private patio area, and a fireplace. Gourmet kitchen with custom cabinetry, stainless steel appliances, Caesarstone quartz countertops, glass tile backsplash, farmhouse sink, and immense center island with barstool seating.



LUXURY FAMILY HOME
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Westside two-story 5 bedroom, 3.5 bath family home with spectacular floorplan and finishes. The main level of this home has an incredible flow with impressive formal living and dining room. Enormous open concept gourmet kitchen and family room. Exceptional primary suite with a breathtaking ensuite bathroom.

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NEW LISTING



424 Bungalow Dr.

Welcome to this beautiful 3 Bedrooms 2 1/2 bathrooms with family room home located within walking distance to El Segundo middle school and center elementary. Interior paint and hardwood floors completed in march 2020 throughout the first floor, updated kitchen with Thomasville cabinets granite counters and built-in appliances. Family room with fireplace, built-in cabinetry and direct access to a cozy back yard. New exterior paint. 2 car garage detached and a long driveway.

NEW LISTING



**350 Concord St.
Offered at \$3,099,000**

We are pleased to present 350 Concord Street, a 5-unit multi-family. The Property is just minutes from LAX and the Pacific Ocean. The front house consist of 4 bedroom 2 bathrooms recently remodeled and it has newer Central air and A/C . The back building consist of 4 large 2 bedroom 1 bath units the building was built in the 1984 and is comprised of approximately 3640 SQ. FT. The property is separately metered for gas and electricity, features ample parking, and the tenants benefit from the property's central location. This is an outstanding opportunity to acquire a desirable multi-family asset and would be a great addition to any investors portfolio.



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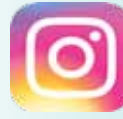
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641 CENTER ST
EL SEGUNDO**

3 BED | 1 BA | 1100 SF | 6500 SF LOT
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Seniors

Research: Vitamin D Plays An Important Role In Immune Health

(BPT) - Vitamin D is known for helping with bone health, but its benefits extend beyond that. Due to its positive effects on the respiratory and immune systems, more than 100 clinical trials have been conducted since the onset of the COVID-19 pandemic to look for links between vitamin D and COVID-19.

Thirteen recent meta-analyses examined data from 100-plus independent studies.

of COVID-19," said Luke Huber, vice president of scientific and regulatory affairs at the Council for Responsible Nutrition (CRN). "We have known for years that vitamin D plays an important role in immune health, and now there are multiple meta-analyses that appear to demonstrate the benefits of this nutrient in COVID-19."

One statistical review found that intervening with vitamin D in an active case of



Most studies focused on vitamin D blood levels and COVID-19, while two exclusively looked at vitamin D consumption in relation to the illness. Most analyses reveal that higher blood levels of vitamin D appear to be correlated with lower incidence or severity of COVID-19, whereas lower blood levels of vitamin D appear to be correlated with a more severe case of COVID-19.

"Increasing evidence suggests a link between higher vitamin D levels and lower incidence

COVID-19 reduced chance of death, though another, smaller meta-analysis did not see a statistically significant relationship. Timing and dosage of those vitamin D interventions may have led to different results. Summaries of the meta-analyses and links to the research are available on the CRN Foundation's "Vitamin D & Me!" website.

Low vitamin D status is increasingly common. The prevalence of vitamin D deficiency

See Seniors, page 13

Jason Haffley

alleged higher learning, including Cleveland State University, but never received a college degree, instead working in hotel management in Indiana after he left his first college, Indiana University, Purdue University, Indianapolis.

He said he felt that he should give college another attempt and enrolled at Cleveland State at that point in his life. But higher education was still not the path that he wanted to follow. "I was still not interested (in college) at all," he said, so he moved on. Unsure at that point in his life which path he wanted to follow, he said that, after residing for a couple of frigid winters in Indianapolis and Cleveland, he was ready to again embrace the warm climate of California.

Once back in California, Haffley, a huge fan of hip-hop music, was quickly offered an internship with a hip-hop record label. He "fell in love" with the artistry of hip-hop recording sessions, he said. At that point, he was living in a place on Sunset Boulevard, but was not feeling the vibe. So, he went to Montana to spend some time, was enamored with Big Sky Country, sold his Los Angeles possessions, and landed a job as a construction framer in Montana. He ended up meeting and dating a gal who was helping train horses on a 200+ acre ranch that was owned by "a renowned heart surgeon."

Haffley was offered the job to manage the ranch. Haffley said he had no real qualifications to manage the ranch, but the job was offered, and he took the post, a gig that lasted for four+ years.

Alas, Haffley and his girlfriend parted ways. He "put the Bat-signal out there," seeking his next employment opportunity, and he ended up in Virginia, working with a sports marketing firm. He also later landed in Cleveland, working for a tax service.

As Haffley recounted his differing employment travails, he agreed that "eclectic is a good word."

Haffley later returned to California when he was recruited by a "buddy starting a mortgage business in Dana Point." Looking for "what's next," Haffley quickly attained a real estate license and "dove into the mortgage business," living in Laguna for a year. Still, Haffley was not enamored with his situation at the time and was looking to "get back to L.A."

He ended up back in El Segundo in 2008.



Jason Haffley directing a commercial shoot. Photos courtesy of Jason Haffley.

Finance

Smart Ways To Save Money For Your Kids

(BPT) - Paid Content by Vanderbilt Mortgage and Finance, Inc.

While there are many ways to set your kids up for a successful future, money in the bank is one of the most powerful financial tools you can pass along. Every dollar you save or invest can help your child create a productive and stable foundation for many years to come.

To help you get started, consider these several ways to save wisely for your kids.

investment account where funds are designated for qualified college expenses. Be sure to consult a tax advisor to assist with your specific circumstances as this is only intended to provide general information.

2. Invest in a home

Purchasing a home can be one of the most secure and highest-return investments you can make for your children, especially in today's housing market. A home can be passed down



1. Open a college savings account

If higher education is in your child's future, consider a 529 savings plan. This is a tax-advantaged investment plan that can be opened as soon as your child is born. The money grows tax free and can be withdrawn without taxes. There are two types of 529 plans: prepaid tuition and education savings. Prepaid tuition plans can purchase credits at a participating university and lock in current tuition costs. An education savings plan is an

through generations or sold when the value has increased.

If you're looking to invest in a home for your children, consider manufactured housing. Manufactured homes attached to a permanent foundation appreciate at an average rate of 3.4%, while traditional homes appreciate at an average rate of 3.8%. So, while manufactured homes may not appreciate at the exact same rate, they're pretty close! Vanderbilt Mortgage

See Finance, page 13

from front page

sense."

The company has evolved from becoming just "content producers, to a boutique creative agency that can develop (effective) strategies."

Haffley and Vallone were looking to start a company that had the mission of embarking on "projects of substance. Our mission is to make conscious businesses of the world massively successful with the intention of inspiring the inception of more companies that are dedicated to making a difference and a profit."

When OneNinth launched, there were naysayers in the industry who scoffed at a start-up that wanted to make a profit and inspire and influence their communities with their digital footprint.

He and Vallone blocked out the noise generated by the doubters and are thriving nine years later.

Part of making a difference in his old hometown: Haffley is an Executive Member of the El Segundo Chamber of Commerce. "I have a lot of love for El Segundo," he said, noting how, despite his many forays outside the friendly confines of Mayberry, he is here, again. He said that his giving back to the community is a family tradition, noting that his grandparents were always active in their community. "Being involved in community events has always been really important to me."

On the recreation side, Haffley and wife Sara consider themselves "beach bums," with occasional forays into local nature areas, exercising while hiking, and exploring the nearby environs.

Summing up what drives him, Haffley said: "I like to be a pollinator of positivity, taking a little from this place, and sprinkle it over there." What does the future hold for Haffley? No one has a crystal ball, but he did say that "the best way to predict the future is to create it." •

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The following person(s) is (are) doing business as 1) JASON'S WINE & SPIRITS, 2) JASONS WINE AND SPIRITS, 1034 E ORANGE GROVE, BURBANK, CA 91501, LOS ANGELES COUNTY. AI #ON: 200907510019. Registered Owner(s): SSQUARED LLC, 1034 E ORANGE GROVE, BURBANK, CA 91501. 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: N/A. Signed: SSQUARED LLC, PARMJIT SIDHU, MEMBER. This statement was filed with the County Recorder of Los Angeles County on February 2, 2022. NOTICE: This Fictitious Name Statement expires on February 2, 2027. A new Fictitious Business Name Statement must be filed prior to February 2, 2027. 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. 2/17, 2/24, 3/3, 3/10/22 H-2475

Fictitious Business Name Statement 2022025932

The following person(s) is (are) doing business as BINSKE, 191 UNIVERSITY BOULEVARD, SUITE 331, DENVER, CO 80206, DENVER COUNTY. AI #ON: C4782777. Registered Owner(s): PRAETORIAN GLOBAL, INC., 191 UNIVERSITY BOULEVARD, SUITE 331, DENVER, CO 80206, DELAWARE. 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: PRAETORIAN GLOBAL, INC., JACOB PASTERNAK, CEO. This statement was filed with the County Recorder of Los Angeles County on February 3, 2022. NOTICE: This Fictitious Name Statement expires on February 3, 2027. A new Fictitious Business Name Statement must be filed prior to February 3, 2027. 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. 2/17, 2/24, 3/3, 3/10/22 H-2476

Fictitious Business Name Statement 2022025938

The following person(s) is (are) doing business as INTERVAL PRESENTS, 777 SOUTH SANTA FE AVENUE, LOS ANGELES, CA 90021, LOS ANGELES COUNTY. Registered Owner(s): WARNER MUSIC INC., 777 S. SANTA FE AVENUE, LOS ANGELES, CA 90021. DELAWARE. 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: WARNER MUSIC INC., THOMAS MARCOTULLIO, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 3, 2022. NOTICE: This Fictitious Name Statement expires on February 3, 2027. A new Fictitious Business Name Statement must be filed prior to February 3, 2027. 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. 2/17, 2/24, 3/3, 3/10/22 H-2477

Fictitious Business Name Statement 2022026990

The following person(s) is (are) doing business as 1) ATLANTIC AVIATION BURBANK, 10725 SHERMAN WAY, BURBANK, CA 91505, 2) ATLANTIC AVIATION, 5201 TENNYSON PARKWAY SUITE 150, PLANO, TX 75024, LOS ANGELES COUNTY. Registered Owner(s): MERCURY AIR CENTER-BURBANK, INC., 5201 TENNYSON PARKWAY, SUITE 150, PLANO, TX 75024. 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: 08/2007. Signed: MERCURY AIR CENTER-BURBANK, INC., LOUIS T. PEPPER, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 3, 2022. NOTICE: This Fictitious Name Statement expires on February 3, 2027. A new Fictitious Business Name Statement must be filed prior to February 3, 2027. 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. 2/17, 2/24, 3/3, 3/10/22 H-2478

Fictitious Business Name Statement 2022026987

The following person(s) is (are) doing business as 1) ATLANTIC AVIATION, 2828 DONALD DOUGLAS LOOP NORTH, SANTA MONICA, CA 90405, 2) ATLANTIC AVIATION SANTA MONICA, 5201 TENNYSON PARKWAY, SUITE 150, PLANO, TX 75024, LOS ANGELES COUNTY. Registered Owner(s): AVIATION CONTRACT SERVICES, INC., 5201 TENNYSON PARKWAY, SUITE 150, PLANO, TX 75024. 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: 05/2007. Signed: AVIATION CONTRACT SERVICES, INC., LOUIS T. PEPPER, CEO. This statement was filed with the County Recorder of Los Angeles County on February 3, 2022. NOTICE: This Fictitious Name Statement expires on February 3, 2027. A new Fictitious Business Name Statement must be filed prior to February 3, 2027. 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. 2/17, 2/24, 3/3, 3/10/22 H-2479

Fictitious Business Name Statement 2022026984

The following person(s) is (are) doing business as 1) ATLANTIC AVIATION, 6411 WEST IMPERIAL HIGHWAY, LOS ANGELES, CA 90045, 2) ATLANTIC AVIATION LOS ANGELES, 5201 TENNYSON PARKWAY SUITE 150, PLANO, TX 75024, LOS ANGELES COUNTY. Registered Owner(s): MERCURY AIR CENTER-LOS ANGELES, INC., 5201 TENNYSON PARKWAY, SUITE 150, PLANO, TX 75024. 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: 08/2007. Signed: MERCURY AIR CENTER-LOS ANGELES, INC., LOUIS T. PEPPER, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 3, 2022. NOTICE: This Fictitious Name Statement expires on February 3, 2027. A new Fictitious Business Name Statement must be filed prior to February 3, 2027. 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. 2/17, 2/24, 3/3, 3/10/22 H-2480

Fictitious Business Name Statement 2022036596

The following person(s) is (are) doing business as SUNRISE AT PALOS VERDES, 1) 25535 HAWTHORNE BLVD., TORRANCE, CA 90505, 2) 7902 WESTPARK DRIVE, MCLEAN, VA 22102, LOS ANGELES COUNTY. Registered Owner(s): SUNRISE SENIOR LIVING MANAGEMENT, INC., 7902 WESTPARK DRIVE, MCLEAN, VA 22102. VIRGINIA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 08/2016. Signed: SUNRISE SENIOR LIVING MANAGEMENT, INC., EDWARD FRANTZ, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on February 14, 2022. NOTICE: This Fictitious Name Statement expires on February 14, 2027. A new Fictitious Business Name Statement must be filed prior to February 14, 2027. 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. 2/24, 3/3, 3/10, 3/17/22 H-2482

Fictitious Business Name Statement 2022036599

The following person(s) is (are) doing business as SUNRISE OF HERMOSA BEACH, 1) 1837 PACIFIC COAST HIGHWAY, HERMOSA BEACH, CA 90254, 2) 7902 WESTPARK DRIVE, MCLEAN, VA 22102, LOS ANGELES COUNTY. Registered Owner(s): SUNRISE SENIOR LIVING MANAGEMENT, INC., 7902 WESTPARK DRIVE, MCLEAN, VA 22102. VIRGINIA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 09/2016. Signed: SUNRISE SENIOR LIVING MANAGEMENT, INC., EDWARD FRANTZ, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on February 14, 2022. NOTICE: This Fictitious Name Statement expires on February 14, 2027. A new Fictitious Business Name Statement must be filed prior to February 14, 2027. 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. 2/24, 3/3, 3/10, 3/17/22 H-2483

Fictitious Business Name Statement 2022036474

The following person(s) is (are) doing business as 1) CHIROMATRIX, 2) VETMATRIX, 3) WEBMD CARE, 909 N. PACIFIC COAST HWY, 11TH FL, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): MH SUB I, LLC, 909 N. PACIFIC COAST HWY, 11TH FL, EL SEGUNDO, CA 90245. DELAWARE. 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: N/A. Signed: MH SUB I, LLC, B. LYNN WALSH, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on February 14, 2022. NOTICE: This Fictitious Name Statement expires on February 14, 2027. A new Fictitious Business Name Statement must be filed prior to February 14, 2027. 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. 2/24, 3/3, 3/10, 3/17/22 H-2484

Fictitious Business Name Statement 2022039604

The following person(s) is (are) doing business as C.T.F. MANUFACTURING, 16706 HAWTHORNE BLVD, LAWNDALE, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): CALIFORNIA TACTICAL FIREARMS LLC, 16706 HAWTHORNE BLVD, LAWNDALE, CA 90260. 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: N/A. Signed: CALIFORNIA TACTICAL FIREARMS LLC, WILLIAM J. MULLAN II, CEO. This statement was filed with the County Recorder of Los Angeles County on February 17, 2022. NOTICE: This Fictitious Name Statement expires on February 17, 2027. A new Fictitious Business Name Statement must be filed prior to February 17, 2027. 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. 3/3, 3/10, 3/17, 3/24/22 H-2485

Fictitious Business Name Statement 2022029983

The following person(s) is (are) doing business as 1) WEXFORD INSTITUTE, 28633 S. WESTERN AVE STE. 203, RANCHO PALOS VERDES, CA 90275. 2) WEXFORD INC, P.O. BOX 4089, PALOS VERDES PENINSULA, CA 90274, LOS ANGELES COUNTY. AI #ON: C1990762. Registered Owner(s): WEXFORD INC, 27520 HAWTHORNE BLVE STE. 130, ROLLING HILLS ESTATES, CA 90274. 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: 01/2007. Signed: WEXFORD INC, SARANDON BRACERO, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on February 7, 2022. NOTICE: This Fictitious Name Statement expires on February 7, 2027. A new Fictitious Business Name Statement must be filed prior to February 7, 2027. 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. 3/3, 3/10, 3/17, 3/24/22 H-2486

Fictitious Business Name Statement 2022042261

The following person(s) is (are) doing business as GRAPHIC COMMUNICATIONS, 2600 S COMMERCE WAY, CITY OF COMMERCE, CA 90040, LOS ANGELES COUNTY. Registered Owner(s): VERITIV PUBLISHING & PRINT MANAGEMENT, INC., 1000 ABERNATHY RD BLDG 400, STE 1700, ATLANTA, GA 30328. 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: 01/2017. Signed: VERITIV PUBLISHING & PRINT MANAGEMENT, INC., MARK W. HIANIK, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 22, 2022. NOTICE: This Fictitious Name Statement expires on February 22, 2027. A new Fictitious Business Name Statement must be filed prior to February 22, 2027. 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. 3/3, 3/10, 3/17, 3/24/22 H-2487

Fictitious Business Name Statement 2022041685

The following person(s) is (are) doing business as BULKLEY DUNTON, 2600 S COMMERCE WAY, CITY OF COMMERCE, CA 90040, LOS ANGELES COUNTY. Registered Owner(s): VERITIV PUBLISHING & PRINT MANAGEMENT, INC., 1000 ABERNATHY RD, BLDG. 400, STE 1700, ATLANTA, GA 30328. 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: 01/2017. Signed: VERITIV PUBLISHING & PRINT MANAGEMENT, INC., MARK W. HIANIK, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 22, 2022. NOTICE: This Fictitious Name Statement expires on February 22, 2027. A new Fictitious Business Name Statement must be filed prior to February 22, 2027. 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. 3/3, 3/10, 3/17, 3/24/22 H-2488

Fictitious Business Name Statement 2022041645

The following person(s) is (are) doing business as CELLIPONT BIOSERVICES, 12860 DANIELSON COURT SUITE B, POWAY, CA 92064, SAN DIEGO COUNTY. Registered Owner(s): PERFORMANCE CELL MANUFACTURING, INC., 12860 DANIELSON COURT SUITE B, POWAY, CA 92064. 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: PERFORMANCE CELL MANUFACTURING, INC., DEBORAH WILD, CEO. This statement was filed with the County Recorder of Los Angeles County on February 22, 2022. NOTICE: This Fictitious Name Statement expires on February 22, 2027. A new Fictitious Business Name Statement must be filed prior to February 22, 2027. 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. 3/3, 3/10, 3/17, 3/24/22 H-2490

Fictitious Business Name Statement 2022041693

The following person(s) is (are) doing business as LIEM HOSPICE, 3089 N. LIMA ST., STE. A, BURBANK, CA 91504, LOS ANGELES COUNTY. Registered Owner(s): GOLDEN SEASONS HOSPICE, INC., 1164 N. BRAND BLVD., SAN FERNANDO, CA 91340. 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: 01/2022. Signed: GOLDEN SEASONS HOSPICE, INC., LETICIA ALDABA, CEO. This statement was filed with the County Recorder of Los Angeles County on February 22, 2022. NOTICE: This Fictitious Name Statement expires on February 22, 2027. A new Fictitious Business Name Statement must be filed prior to February 22, 2027. 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. 3/3, 3/10, 3/17, 3/24/22 H-2491

Fictitious Business Name Statement 2022044442

The following person(s) is (are) doing business as ALDERUS MORTGAGE, 1551 SAWGRASS CORPORATE PKWY SUITE 300, SUNRISE, FL 33323, BROWARD COUNTY. AI #ON: 3387651. Registered Owner(s): HAMILTON HOME LOANS, INC., 1551 SAWGRASS CORPORATE PARKWAY, SUITE 300, SUNRISE, FL 33323. FLORIDA. 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: HAMILTON HOME LOANS, INC., TAMMY SCOTT, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 24, 2022. NOTICE: This Fictitious Name Statement expires on February 24, 2027. A new Fictitious Business Name Statement must be filed prior to February 24, 2027. 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. 3/10, 3/17, 3/24, 3/31/22 H-2492

Fictitious Business Name Statement 2022042896

The following person(s) is (are) doing business as PROVIDENCE LITTLE COMPANY OF MARY HOME HEALTH, 1) 5315 TORRANCE BLVD., SUITE B169, TORRANCE, CA 90503, 2) DEPT. LEGAL AFFAIRS, 1801 LIND AVE. SW #9016, RENTON, WA 98057, LOS ANGELES COUNTY. Registered Owner(s): PROVIDENCE HEALTH SYSTEM - SOUTHERN CALIFORNIA, 1801 LIND AVE SW #9016, RENTON, WA 98057. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2017. Signed: PROVIDENCE HEALTH SYSTEM - SOUTHERN CALIFORNIA, JOHN WHIPPLE, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on February 23, 2022. NOTICE: This Fictitious Name Statement expires on February 23, 2027. A new Fictitious Business Name Statement must be filed prior to February 23, 2027. 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. 3/10, 3/17, 3/24, 3/31/22 H-2493

Fictitious Business Name Statement 2022042893

The following person(s) is (are) doing business as PROVIDENCE LITTLE COMPANY OF MARY HOME HEALTH, 1) 3551 VOYAGER STREET #201, TORRANCE, CA 90503, LOS ANGELES COUNTY. Registered Owner(s): PROVIDENCE HEALTH SYSTEM - SOUTHERN CALIFORNIA, 1801 LIND AVE SW #9016, RENTON, WA 98057. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2017. Signed: PROVIDENCE HEALTH SYSTEM - SOUTHERN CALIFORNIA, JOHN WHIPPLE, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on February 23, 2022. NOTICE: This Fictitious Name Statement expires on February 23, 2027. A new Fictitious Business Name Statement must be filed prior to February 23, 2027. 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. 3/10, 3/17, 3/24, 3/31/22 H-2494

Fictitious Business Name Statement 2022035461

The following person(s) is (are) doing business as XFINITY HOME, 1701 JOHN F. KENNEDY BOULEVARD, PHILADELPHIA, PA 19103, PHILADELPHIA COUNTY. AI #ON: 4798815. Registered Owner(s): COMCAST BROADBAND SECURITY, LLC, 1701 JOHN F. KENNEDY BOULEVARD, PHILADELPHIA, PA 19103. DELAWARE. 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: 01/2017. Signed: COMCAST BROADBAND SECURITY, LLC, THOMAS J. REID, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 11, 2022. NOTICE: This Fictitious Name Statement expires on February 11, 2027. A new Fictitious Business Name Statement must be filed prior to February 11, 2027. 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. 3/10, 3/17, 3/24, 3/31/2022 H-2495

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

Current File #2021270034 The following person has abandoned the use of the fictitious business name: AMADA HOSPICE, 3089 N. LIMA ST. #A, BURBANK, CA 91504. The fictitious business name referred to above was filed in the County of Los Angeles on DECEMBER 13, 2021. Registrants: GOLDEN SEASONS HOSPICE, INC., 1164 N. BRAND BLVD, SAN FERNANDO, CA 91340. CALIFORNIA. This business was conducted by a Corporation. Signed: GOLDEN SEASONS HOSPICE, INC., LETICIA ALDABA, CEO. This statement was filed with the County Clerk of Los Angeles County on MARCH 4, 2022. EL SEGUNDO HERALD: Pub. 3/10, 3/17, 3/24, 3/31/2022 H-2496

Fictitious Business Name Statement 2022031529

The following person(s) is (are) doing business as UNITED PACIFIC SURGERY CENTER, 18133 VENTURA BLVD. STE 400 TARZANA, CA 91365, LOS ANGELES COUNTY. Registered Owner(s): NORTH ANAHEIM SURGERY CENTER, LLC 18133 VENTURA BLVD STE 400, TARZANA, CA 91365. 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: N/A. Signed: NORTH ANAHEIM SURGERY CENTER, LLC, JAMES BOWDEN, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 8, 2022. NOTICE: This Fictitious Name Statement expires on February 8, 2027. A new Fictitious Business Name Statement must be filed prior to February 8, 2027. 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. 3/10, 3/17, 3/24, 3/31/2022 H-2497

Fictitious Business Name Statement 2022034544

The following person(s) is (are) doing business as EYESTONE ENVIRONMENTAL, 2121 ROSECRANS AVE STE 3355, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): EYESTONE-JONES ENVIRONMENTAL, LLC, 2121 ROSECRANS AVE STE 3355, EL SEGUNDO, CA 90245. 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: 04/2015. Signed: EYESTONE-JONES ENVIRONMENTAL, LLC, STEPHANIE EYESTONE-JONES, MANAGER. This statement was filed with the County Recorder of Los Angeles County on February 11, 2022. NOTICE: This Fictitious Name Statement expires on February 11, 2027. A new Fictitious Business Name Statement must be filed prior to February 11, 2027. 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. 3/10, 3/17, 3/24, 3/31/2022 H-2498

PUBLISH YOUR PUBLIC NOTICES HERE ABANDONMENTS: \$125.00 ABC NOTICES: \$125.00 DBA (Fictitious Business Name) \$75.00 NAME CHANGE: \$200.00

FOR MORE INFORMATION CALL 310-322-1830



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PUBLIC NOTICES

City of El Segundo
Public Hearing Notice

The PLANNING COMMISSION will consider on the consent calendar:

Administrative Use Permit for a Monument Sign taller than 8 feet high

Project Address: 400 South Pacific Coast Highway, El Segundo, CA 90245 (Topgolf)

Project Description: A new 9-foot 4-inch tall monument sign at the northwest corner of the Topgolf parking lot. (Environmental Assessment No. EA-1135 and Administrative Use Permit No. 22-01)

Applicant: Adrian Castaneda
Hearing: Thursday, March 24, 2022, 5:30pm (in-person)
 Council Chamber, 350 Main Street, El Segundo, CA 90245

Virtual Meeting via Zoom Teleconferencing at the following URL
<https://us06web.zoom.us/j/82909051992?pwd=aXBPTfQ4dGZMRHhsVWpSNGdtNTgwUT09>

OR

Join by phone: 1-669-900-9128 US El Segundo Herald Pub. 3/10/22
 Enter Meeting ID: 829 0905 1992 H-27491
 Passcode: 773400

Environmental Determination: The project is categorically exempt from the requirements of the California Environmental Quality Act (CEQA) pursuant to 14 California Code of Regulations § 15311 as a Class 11 categorical exemption (Accessory Structures).

Further Information: The public can participate in person at the location above, virtually by using the teleconferencing information above, and may provide comments via email to Planning@elsegundo.org by no later than noon on March 24, 2022. In the subject line please state, "Public Hearing for EA-1135." Comments may also be submitted by mail to 350 Main Street, El Segundo, CA 90245 (Attn: Maria Baldenegro). Any appeal of a decision made following a public hearing may be limited to the issues raised by evidence submitted before or during that public hearing.

PUBLISH YOUR PUBLIC NOTICES HERE

ABANDONMENTS: \$125.00
ABC NOTICES: \$125.00
DBA (Fictitious Business Name) \$75.00
NAME CHANGE: \$200.00

Other type of notice? Contact us and we can give you a price.

For DBA's email us at: dba@heraldpublications.com
 All other legal notices email us at: legalnotices@heraldpublications.com
 Any questions? Call us at 310-322-1830

*The best thing to do to show you care...
is to just be there and listen... - Love You Always!!, - Mom*

Order to Show Cause for Change of Name
Case No. 21TRCP00420
 Superior Court of California, County of LOS ANGELES
 Petition of: TYLER JOSEPH MOZDEN for Change of Name
 TO ALL INTERESTED PERSONS: Petitioner TYLER JOSEPH MOZDEN filed a petition with this court for a decree changing names as follows:
TYLER JOSEPH MOZDEN
 to
TYLER JOSEPH NUNNALLY
 The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
 Notice of Hearing:
 Date: APRIL 8, 2022, Time: 8:30 AM., Dept.: M
 The address of the court is:
 825 MAPLE AVE
 TORRANCE, CA 90503
 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
 EL SEGUNDO HERALD
 Date: NOV. 24, 2021
 DEIRDRE HILL
 Judge of the Superior Court
 El Segundo Herald Pub. 3/10, 3/17, 3/24, 3/31/22
H-27492

Order to Show Cause for Change of Name
Case No. 22TRCP00064
 Superior Court of California, County of LOS ANGELES
 Petition of: GLADYS NITURA DIAZ for Change of Name
 TO ALL INTERESTED PERSONS: Petitioner GLADYS NITURA DIAZ filed a petition with this court for a decree changing names as follows:
GLADYS NITURA DIAZ
 to
GLADYS HAZEL DIAZ ASADA
 The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
 Notice of Hearing:
 Date: 4/29/22, Time: 9:00 AM., Dept.: M
 The address of the court is:
 825 MAPLE AVE
 TORRANCE, CA 90503
 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
 EL SEGUNDO HERALD
 Date: MARCH 7, 2022
 DEIRDRE HILL
 Judge of the Superior Court
 El Segundo Herald Pub. 3/10, 3/17, 3/24, 3/31/22
H-27496

NOTICE OF ORDINANCE CITY OF EL SEGUNDO ORDINANCE 1632
 AN ORDINANCE ADDING NEW CHAPTER 12 TO TITLE 1 OF THE EL SEGUNDO CITY CODE TO MANDATE ELECTRONICS AND PAPERLESS FILING OF FAIR POLITICAL PRACTICES COMMISSION CAMPAIGN DISCLOSURE STATEMENTS AND STATEMENTS OF ECONOMIC INTEREST
 SUMMARY OF ADOPTED ORDINANCE THE CITY OF EL SEGUNDO SWITCHES FROM PAPER FILINGS OF CAMPAIGN FINANCE DOCUMENTS (FPPC FORMS 410, 460, 497) AND STATEMENTS OF ECONOMIC INTEREST (FORM 700) TO ELECTRONIC FILING, USING THE NETFILE SYSTEM. ELECTED OFFICIALS, COMMISSIONERS, CANDIDATES, AND EMPLOYEES REQUIRED TO FILE ANY OF THESE DOCUMENTS WILL BE NOTIFIED BY EMAIL, WITH A LINK TO THE FORMS TO COMPLETE.
 The whole number of the City Council of said City is five. The foregoing Ordinance No. 1632 was duly introduced by said City Council at a regular meeting held on the 1st day of February, 2022, and was duly passed, approved and adopted by said City Council, approved and signed by the Mayor, and attested to by the City Clerk, all at a regular meeting of said Council on the 15th day of February, 2022, and the same was so passed and adopted by the following vote:
 Ayes: Mayor Boyles, Mayor Pro Tem Pimentel, Council Member Pirsztuk, Council Member Nicol, and Council Member Giroux
 Noes: None
 Absent: None
 Abstain: None
 A copy of the ordinance is available for viewing in the City Clerk's office, 350 Main St. El Segundo, CA or the City's website at <http://www.elsegundo.org> then go to Government, View, and then Municipal Code.
 El Segundo Herald Pub. 3/10/22
H-27486

NOTICE OF ORDINANCE CITY OF EL SEGUNDO ORDINANCE 1633
 AN ORDINANCE AMENDING EL SEGUNDO MUNICIPAL CODE TITLE 14 (SUBDIVISION REGULATIONS) TO ADD NEW CHAPTER 6 AND TITLE 15 (ZONING CODE) CHAPTER 4 TO ADD NEW ARTICLE G ALLOWING CERTAIN SUBDIVISIONS AND MULTIPLE RESIDENTIAL UNITS IN THE SINGLE FAMILY RESIDENTIAL ZONE AND ESTABLISHING OBJECTIVE STANDARDS PURSUANT TO SENATE BILL NO. 9.
 SUMMARY OF ADOPTED ORDINANCE Amendment to Chapter 15-4A (Single-Family Residential Zone) of the El Segundo Municipal Code adding a new section that allows subdivisions and allows construction of multiple units on properties in the Single Family Residential Zone, and creates objective standards to implement the requirements of Senate Bill No. 9; and, amendment to Title 14 (Subdivision Regulations) to include subdivision standards for General Urban Lot Splits as required by Senate Bill No. 9.
 The whole number of the City Council of said City is five. The foregoing Ordinance No. 1633 was duly introduced by said City Council at a regular meeting held on the 15th day of February, 2022, and was duly passed, approved and adopted by said City Council, approved and signed by the Mayor, and attested to by the City Clerk, all at a regular meeting of said Council on the 1st day of March, 2022, and the same was so passed and adopted by the following vote:
 Ayes: Mayor Boyles, Mayor Pro Tem Pimentel, Council Member Pirsztuk, Council Member Nicol and Council Member Giroux
 Noes: None
 Absent: None
 Abstain: None
 A copy of the ordinance is available for viewing in the City Clerk's office, 350 Main St. El Segundo, CA or the City's website at <http://www.elsegundo.org> then go to Government, View, and then Municipal Code.
 El Segundo Herald Pub. 3/10/22
H-27487

Travel

from page 2

restrictions on restaurants, bars, and gyms. This means patrons will no longer be required to show proof of full vaccination or a negative COVID-19 test before entering businesses.

Maui: As of Feb. 21, proof of vaccination or testing is no longer required for indoor service at restaurants, bars and gyms. Maui County's indoor mask requirement will remain in place until lifted by the Governor.

"Other requirements which vary from island to island have either ended or will soon be ending, which makes now an ideal time to book a trip to Hawaii," said Auto Club Corporate Communications Manager Doug Shupe. "However, it is important to work with a reputable travel advisor, like the ones at AAA, who can help you avoid any confusion before traveling and ensure you don't encounter entry problems into any of the islands that you wish to visit."

Traveling to Hawaii in 2022 is more affordable than in previous years. According to AAA Travel Advisors booking data, roundtrip flights to Hawaii from California start at \$240 and the average roundtrip flight from across the U.S. is \$625. Rental car costs in Hawaii average between \$70 to \$100 per day.

There are six major islands to visit in Hawaii: Oahu, Kauai, Maui, Island of Hawaii, Molokai and Lanai. Each has its own distinct personality, adventures, activities and sights.

OAHU

- Attend a Luau with live music, drums, the fiery drama of four fire knife dancers on

stage as well as traditional Samoan, Tahitian and Hawaiian dance. Indulge in a feast of unforgettable tropical flavors created with traditional island ingredients.

- Visit the National Memorial Cemetery of the Pacific at Punchbowl Crater in Honolulu to see beautiful grounds and scenery and learn about its military historical significance.

- Take a Majestic Circle Island Tour. Visit Diamond Head crater, the explosive water spray of Halona Blowhole and explore Dole Plantation to learn about Hawaii's iconic pineapple industry.

- Snorkel in the serene Kaneohe Bay to explore amazing shallow coral reefs and see exotic sea creatures.

- Visit Waimea Bay to watch seasoned surfers during big-wave season (November through February).

- Explore Honolulu's Chinatown neighborhood for shopping and markets.

- Take an ATV tour at Kualoa Ranch, also known as "Jurassic Valley."

KAUAI

- Kayak the majestic Wailua River. Learn about the flora and fauna of Kauai's most sacred area.

- Hike to enchanting Secret Falls, an 80-foot waterfall that descends into a refreshing pool.

- Visit Waimea Canyon State Park.

- Take a bike tour along Lihue's coastal bike path.

- Take a guided tour of Makauwahi Cave Reserve (a limestone cave known for its

paleo ecological and archaeological value).

- Snorkel on Poipu Beach.
- Hike the trails of Kokee State Park.
- Zipline above Kauai's lush valleys.

MAUI

- Learn about paniolo (cowboy) culture in Upcountry Maui towns like Makawao, Kula, and Pukalani.

- View magnificent sunrises and sunsets at Haleakala National Park (reservations required).

- Explore the art galleries and shops of the historic fishing village of Lahaina

- Experience the enchantment of a romantic dinner cruise at sunset.

- Marvel in sweeping coastal scenery along the Road to Hana as you wind your way by bamboo jungles, roadside fruit stands and other slices of Maui life.

HAWAII ISLAND

- Enjoy an aerial tour (helicopter or plane) of Hawaii Volcanoes National Park to see snow-capped heights of Maunakea, the lush valleys of the Hilo and Hamakua Coasts, and the jet-black sands of Punaluu Beach.

- Swim with manta rays, take a horseback ride and go whale watching

MOLOKAI

- Visit Kalaupapa National Historic Park, site of Saint Damien's legendary work with victims of Hansen's disease.

- Visit Papohaku Beach Park in West Molokai, one of the state's largest white-sand beaches.

LANAI

- Drive rugged back roads in a 4-wheel-drive vehicle to explore off-the-beaten-path treasures, including Kaiolohia (Shipwreck Beach) to capture views of Molokai and Maui.

- Enjoy luxurious resorts and indulge in world-class amenities and championship-level golfing.

When planning a trip to Hawaii, the Auto Club recommends the following:

Work with a trusted AAA travel advisor who can help you navigate the complexities of traveling these days and help you find the best rates on airfare, car rentals, accommodations and excursions by building a Hawaiian vacation package through Pleasant Holidays. Pleasant Holidays has been sending travelers to the Hawaiian Islands since 1959.

Purchase travel insurance to protect your investment, choosing one that provides coverage for travel interruption and additional expenses associated with COVID-19.

Notify credit card providers of your travel details (specify location and duration) to reduce the risk of cards being frozen due to unusual activity.

Pack masks, hand sanitizer, disinfecting wipes (sanitizing hand wipes are a good alternative) and disposable gloves in your carry-on bag.

— Provided by Southern California Auto Club (AAA) •

Finance

from page 10

and Finance can help you finance manufactured housing with their newly improved loan process, which allows you to apply online and track your progress digitally. Vanderbilt's Home Loan Guide offers more ideas on how to budget and prepare for buying a home.

3. Use Roth IRA contributions

If you have a Roth IRA account, you can use some of the funds to pay for qualifying education expenses. If your account is at least five years old, you can withdraw up to your original contribution amount. Be sure to consult a tax advisor to assist with your specific circumstances.

4. Allow kids to use debit cards

Consider teaching your kids money management skills early on by allowing them to use a debit card co-owned by you. If you have teenagers who earn an income, this is a great tool for learning how to deposit checks, set aside money for savings and more.

5. Open a high-yield savings account

A high-yield savings account can be a great place to stash birthday and holiday gift money over the years and watch it continue to grow. This type of account can typically be co-owned and managed by parents until your child is responsible enough to manage it on their own.

6. Set aside money in a trust fund

Putting money for your kids in a trust doesn't have the same tax benefits as a 529 plan, but it does pose some important benefits. Trust accounts allow you as parents to create exact rules around how you want the funds dispersed to your children. For example, you can give the money in a series of installments or request that it be used only toward tuition.

Whether you're thinking about your child's education or simply want to set aside funds for when they reach a certain age, plan ahead and consider these tips and options for reaching your goals. •

Seniors

from page 10

(VDD) was found to be 28.9%, and vitamin D insufficiency (VDI) 41% in 26,010 U.S. adults surveyed as part of the ongoing National Health and Nutrition Examination Survey from 2001-2010.

Recent studies in the British Journal of Nutrition, European Journal of Clinical Nutrition, and Aging Clinical and Experimental Research revealed that the following people are more at risk for VDD and VDI:

- People of color, especially the Black community
 - Less educated populations
 - Those of lower socioeconomic status
 - Smokers
 - Physically inactive people
 - Obese individuals
 - Infrequent milk drinkers
 - Individuals with chronic diseases, especially of the liver, kidney and heart
 - Anyone with a disease that leads to malabsorption, such as Crohn's disease
 - Older adults, due especially to aging skin's reduced ability to synthesize vitamin D
 - People with pre-existing conditions, such as diabetics
 - Anyone with reduced exposure to sunlight, such as those hospitalized and institutionalized
 - Those taking certain medications
- Vitamin D comes from three potential

sources: food, sunlight-dependent production in the skin and supplements. Because vitamin D is not easily obtained from food, many countries have regulations that require vitamin D fortification of commonly consumed foods, such as milk, orange juice, other dairy products and cereals.

With regular sun exposure, a healthy diet and healthy kidneys, many people can make the vitamin D they need; however, most people are not regularly exposed to the sun, and diets vary. According to the American Journal of Clinical Nutrition, few people can obtain enough vitamin D from food sources alone, making supplementation important.

"This growing body of research does not indicate that vitamin D is a substitute for vaccines, mask wearing, social distancing or other behaviors to mitigate the spread of the coronavirus," said Huber. "But the data indicate that vitamin D levels may play a role, in combination with other therapies, in strengthening the immune system to resist the virus."

The CRN Foundation, a nonprofit educational organization of the dietary supplement industry that provides information about responsible use of dietary supplements, has put together a "Vitamin D & Me!" educational initiative to explore the science: VitaminD-AndMe.org. •

"Wandering re-establishes the original harmony which once existed between man and the universe."

— ANATOLE FRANCE

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GUNDOGRAM

SUBMIT YOUR YUM DISH!!

French Onion Burgers

Provided by Campbell's Kitchen

French Onion Burgers are a pub menu staple that you can make at home in 25 minutes! It's the perfect marriage of two comfort food favorites. Sear the burgers, then simmer to finish in condensed French onion soup. The soup seasons the burgers perfectly with the flavors of beef stock and onions. Melt some cheese on top (we like American but Swiss is great, too!). You can even toast the buns to get that toasted bread with melty cheese everyone loves about French onion soup! Make these French Onion Burgers at home instead of ordering takeout- you won't be sorry!



Ingredients

- 1 pound ground beef
- 1 can (10 1/2 ounces) Campbell's® Condensed French Onion Soup
- 4 slices American cheese
- 4 Pepperidge Farm® Sesame Topped Hamburger Buns

Send us a photo and recipe of your favorite dish. We'd love to share it with the community. Send to: web@heraldpublications.com

Directions

- **Step 1:** Season the beef with salt and pepper. Shape the beef into 4 (1/2-inch-thick) burgers.
- **Step 2:** Heat a 10-inch skillet over medium-high heat. Add the burgers and cook until well browned on both sides (to prevent sticking- make sure the skillet is hot before adding the beef). Remove the burgers from the skillet. Pour off any fat.
- **Step 3:** Stir the soup in the skillet and heat to a boil. Return the burgers to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the burgers are done. Top the burgers with the cheese and cook until the cheese is melted. Serve the burgers on the buns with the soup mixture for dipping.

Tip

- **Skip the buns:** and try serving these in a bowl, on top of hot mashed potatoes!

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Adrian Marsden

from front page

only multiplied with time, and he cultivates this creative side through art, singing, song-writing, and most recently, a complete podcast from start to finish.

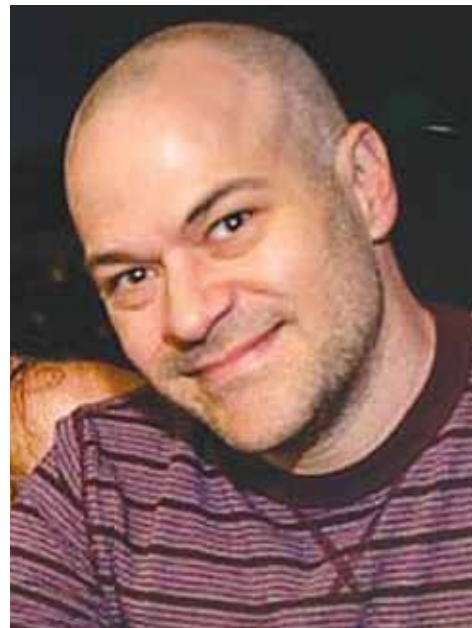
The Gundo Ghost is a podcast written, created, recorded, and edited by Marsden. With a flair for narrative design, a love for the paranormal, and experience as a voice actor, a podcast seemed the perfect medium for a campfire tale about the creepy and abnormal happenings in Mayberry-by-the-Sea.

During the pandemic, like many people, Marsden picked up an almost ritualistic daily walk. These walks allowed his imagination to run wild, and as he observed strange artifacts and unusual sights around town, he began to spin stories in his mind to explain their existence. These stories, of course, aligned with his appreciation for the eerie and uncanny.

Marsden's works are akin to modern tales like those found on Creepypasta, a horror fiction website featuring user-submitted stories, and the birthplace of legends like Slenderman and Jeff the Killer. Most of the things in the stories are real and can be seen around town, making the fictional parts almost believable.

"It's a little bit like War of the Worlds or Twilight Zone," he says. When the radio adaptation of Orson Wells's War of the Worlds was first broadcast on October 30th, 1938, the station failed to insert enough reminders that the story was in fact fiction, and the audience of listeners believed they were hearing a real news broadcast of aliens taking over the earth.

Marsden says he has had a couple stories of listeners being concerned about the reality of his words. However, he thinks his work is rather "heavy-handed" in the paranormal horror category.



Adrian Grey Marsden is El Segundo's purveyor of the paranormal.

The podcast premiered last October, everywhere that podcasts are played. Though the story is accessible to a wider audience, Marsden hid easter eggs throughout the episodes, specifically for El Segundo residents.

Always creating, Marsden has also had art gallery shows of masks that he made, with four-line poems or stories to accompany

them. His taste in horror gravitates toward vintage Halloween, which is the inspiration for his mask art.

"Halloween outfits from the 1920s and 30s [have] so much personality, and they're so



Marsden's masks vary greatly in their design and are accompanied by a four-line written work.

distorted and wrong. And they do not mean to be that way," he laughs. He enjoys the charm of a child trying to create something specific and getting a unique and custom result compared to mass-produced plastic masks produced in the 1980s to today.

Marsden's wife and kids appreciate his love

for Halloween and are well versed in the world of Halloween's Eve and content revolving around the holiday. Marsden jokes that he may have oversaturated them with Halloween, so their interest may not be as strong as his.

If working for major film studios, creating a podcast from start to finish, and crafting custom masks wasn't enough, he's also written and released music. Marsden's music has been described as a cross between Tracy Chapman and the Dave Matthews Band. His singing is not about love or sorrow, but in true Marsden fashion, it tells an unusual story. Marsden mentions a wild dream he had that inspired one of his songs, and he explains that there is a numeric theme building between albums. His first album is called *One Wrong Step*, his second being *Two Red Herrings*. He says if a third album is on the way, he'd like to tie it into the first two this way.

The Gundo Ghost was created as a complete and round story, able to exist as a standalone project, which is where it stands for now. Marsden says if interest builds or residents want to interact with his local stories more, a second season is not out of the question. In the meantime, he says his project can best be enjoyed with headphones and dimmed lights.

Marsden loves living in El Segundo, and perhaps his only regret is that he didn't live there sooner. He sees the town through curious eyes, and whether he continues his project or not, he has created some local legends that will live on for years to come. •

AYSO

from page 3

Xavier slammed on the breaks and shot the ball to the back post across his body for the score. Then, with two minutes left, we were fouled at midfield in Temple City territory. Louis lined up to take the kick while his teammates loaded up the box. Louis launched the ball towards the goal. Xavier, in the middle of the box, immediately started tracking the ball, and as it approached the box, he opened his hips, turning sideways, brought his foot up, and hit the ball with just enough touch to flick it up over the goalie's head and into the net! The boys would hold on for the 3-2 victory, taking the top seed heading into the KO stage.

The semifinal game would be against Perris. The boys came out fast and strong as Leo opened the scoring with a blast from the left-wing. Xavier would end up with a hat trick while Lucien and Louis added a goal each. The final score would be 6-4 but was never in any doubt as the Gundo boys controlled the game.

The final came against another strong opponent in Upland, a team with no real weak spots on their roster.

They were fast, good on the ball, and kept the pressure on. Upland would score first on a low free-kick from just outside the box. But Gundo never flinched, staying calm and collected. Caz contorted his body in the box in the second quarter to strike the ball in the air, hitting it almost over his own shoulder

and into the net to tie the game. Then in the third quarter, on a corner kick, the ball came down in the box, and Louis was able to corral it and knock it into the back of the net, giving the boys the lead! But Upland was not going away. They played tough the whole way through, constantly applying pressure. Outstanding defensive play from Louis, Lucien, Johnny, Marcus, and Ian, limited Upland's opportunities. Their best chance came on a shot from the right side of the box towards the back post.

Cooper made an amazing diving stop, punching the ball past the post and out of bounds. Then early in the 4th, Xavier took a shot from 35 yards out, just under the crossbar and in a spot where the goalie never had a chance. Upland tried frantically to get a goal to stay in the game, but finally, Xavier delivered a through ball to Caz, leading to a one-on-one with the goalie, and with one move, Caz was able to walk the ball into the net. The Gundo boys walked away with a 4-1 victory to take the Section 1 TOC crown!

These boys left it all on the field, representing El Gundo with pride and class, and they did the city proud! They will now advance to the Western States Championship on March 12 in Morgan Hill to see who the "best of the best" is in Alaska, Washington, Oregon, Nevada, and Cali!

Let's Go Gundo!



Xavier Gomez carries the ball forward to build the attack as Ian Smigelski follows in support.



Marcus Dell shields the ball with his body while Loius Lappe and Lucien de Saint-Aignan provide defensive support.



Louis Lappe battles for the ball as Lucien de Saint-Aignan and Johnny Amaral provide support.

PETSPETS **Pets** PETSPETS

Featured Pets of the Week

Provided by Hannah Collett, spcaLA

Abby is a sweet 2.5 year old female Chihuahua mix looking for a special home. She will bloom in a calm atmosphere. She can be fearful, but has improved in her time with us. If you approach gently, she will adapt to you. She likes pets, but is a little leary of the leash. Once applied, she is good for walks and it can be removed easily. Will become a faithful companion for a kind & loving family. <https://spcala.com/adoptable/pet/?ss=LACA-A-2956>

Meet **Yosemite**, a cute little 4-month-old domestic short hair boy kitten who came in with his three siblings. They are named after National Parks. This is a good age to

begin leash training, so maybe Yosemite will be your camping adventurer. <https://spcala.com/adoptable/pet/?ss=LACA-A-2893>

Shelly is a pretty little 2 year old female Torti kitty. She is very friendly but can be a little timid. A kind companion will forge a true friendship with her. <https://spcala.com/adoptable/pet/?ss=LACA-A-2894>

That smile! **Mystique**, a 5 year old female Shepherd mix, has a lot of personality plus good manners. She's social, enjoys pets, and is tolerant of brushing, which is good, because she has a beautiful coat. She's fairly easy to leash and likes treats. A very good girl! <https://spcala.com/adoptable/pet/?ss=LACA-A-3049> •



Yosemite



Shelly



Abby



Mystique

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