

# El Segundo Herald

The Weekly Newspaper of El Segundo

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## The Rotary's Motto "Service Above Self and One Profits Most Who Serves Best"



This week's front-page headline is Rotary International's official motto and can be traced back to the early days of the organization. Rotary's mission is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. The El Segundo Rotary featured this in this issue has been an integral part of El Segundo and a leader in community support.

## Rotary Continues Quest to Better Lives

By Brian Simon

It's hard to fathom that the popular El Segundo Rotary Club fundraiser Movie in the Park is now in its 24th year. The festivities typically draw about 2,000 attendees to Chevron Employees Park, an ideal and idyllic setting to welcome the crowds. Event chair and longtime Rotarian Lily Craig said she remembers the debut night like it was yesterday. "Movie in the Park was the first of its kind when Rotary brought it to El Segundo in the late '90s, long before DVDs were a thing," she noted. "I remember that first year, feeling the anticipation of the projector starting to roll the film when, all of a sudden, the sprinklers came on. I still have not lived that one down."

Organizers promise to keep the park nice and dry on Saturday, Aug. 3, when guests of all ages pop in to view the Disney P.L.X.A.R. hit Elemental starting at dusk. Entertainment before the film will include live music, train rides, a moon bounce, and face painting. Food, wine and beer will also be available. "Over the years, it has been fun to watch not only young families attend, but also teens and those of us 'older' folks as well," said Craig. "In fact, some of the toddlers who attended in the early years are still attending, but now with their own young families, It's the coolest thing to see."

Movie in the Park is one of Rotary's biggest fundraising events, with all of the proceeds benefiting the many projects that support the youth and community of El Segundo and programs in developing countries. These days, the local service organization has more on its plate than ever—with enough activities on the docket to keep the membership busy year-round.

"Service above self" is the motto that guides the tens of thousands of Rotary clubs worldwide. Founded in 1952 and now over 50 members strong, the El Segundo branch strives to make a difference locally and internationally with initiatives supporting education, public safety, charities and global concerns such as polio eradication.

The way time flies, it will be autumn before the blink of an eye, but that's also when El Segundo Rotary plans to unveil its newest project—a Peace Pole at El Segundo High School (E.S.H.S.)—soon after fall studies resume. As part of an international call for peace, the pole will display the message, "May Peace Prevail on Earth." Designed and painted by high school art students and sponsored/funded by Rotary, the pole will be entitled "Reaching for Peace" with imagery

that celebrates cultural diversity within the community while promoting understanding, empathy and harmony. The top of the four-sided pole will be painted to look like the E.S.H.S. bell tower in the clouds, with the aforementioned message of peace presented in eight different languages (two per side). The bottom half of the pole will feature layered sections separated by bands of multicultural patterns highlighting various countries. The dedication ceremony will occur at the installation site near the football stadium, with the date to be announced in the coming weeks.

Local schools continue to top El Segundo Rotary's priority list. The E.S.H.S. Pathways programs focus on Engineering, Biomedical, Business, and the Arts. Each year, the principal

**See Better Lives, page 10**



Rotary's Rubber Ducky Adoption Day. Photo courtesy El Segundo Rotary Club.

## Weekend Forecast

### Friday

Partly  
Cloudy  
75°/64°



### Saturday

Partly  
Cloudy  
74°/61°



### Sunday

Partly  
Cloudy  
73°/61°





# Obituaries

## Frederick Anthony Curcio

It is with heavy hearts that we announce the passing of our beloved family patriarch, Frederick Anthony Curcio. On July 15, 2024, at the age of 93, he left the world as he lived in it—peacefully and with dignity.



by his sister, Vera (Curcio) Herr, his son, Fred Curcio, Jr. (and his wife, Georgie), his daughter, Janine Curcio Akstens (and her husband, Kenneth), and his five grandchildren, Nicolas, Christopher, Terrin, Beth, and Daina. Our beloved Papa Fred has now taken his final walk up that stairway to heaven. If you were touched by his honest and kind-hearted ways, we hope you

After serving in the US Coast Guard, he met the love of his life, MaryAnn (Kearney) Curcio. It was El Segundo where they chose to build a home and raise their children. Fred was selfless in his love for his family. But his generosity didn't stop there. Over a span of sixty plus years, he walked thousands of miles through the streets of town, befriending people from all walks of life, and spending countless hours lending a helping hand. He was a true, local treasure. Fred is survived

will keep his legacy alive by following the example he set. A church service will be held at Holy Cross Cemetery (5835 W. Slauson Ave. Culver City 90230) on Saturday, July 27 @ 12 noon, followed by a celebration of life at Richmond Bar & Grill @ 2:30pm. All family and friends will be welcomed. •



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# Herald in Canada



Kate and Cora Humphries with the Herald in front of Le Château Frontenac ("the most photographed hotel in the world") in Québec City, Canada.

# El Segundo Rotary Club Making a Difference

Photos provided by the El Segundo Rotary Club



For more photos see page 10



# Letters

## Carol Pirsztuk Lied

City Council Member Carol Pirsztuk blatantly lied to her constituents in a Facebook comment that admonished residents for asking questions about how long the Water Tower would be lit for Pride Month. Residents noticed that the tower had switched from Rainbow lights to Red, White, and Blue on June 14, and asked why, and how the decision to switch was made. Pirsztuk claimed in a Facebook comment that the lights would be switched back to Rainbow colors, but would not say when. Pirsztuk didn't answer questions about who decides the schedule of the lighting, but instead told a diversionary tale about the water tower being turned into a Great Pumpkin when she was a child. Then

she stated the switch was made for Flag Day and for President Biden's arrival at LAX. A public records request revealed that Pirsztuk herself texted the head of Public Works and asked him to switch the lighting from Pride colors to Red, White, and Blue on June 14 and that they should remain Red, White, and Blue until July 5th. Because of the pushback she got on Facebook, Pirsztuk texted the Head of Public Works over that weekend, asking him to restore the lights to Rainbow colors. The recognition of Pride by El Segundo, and the display of lights means a lot to our residents. We don't deserve gaslighting or lies. Carol Pirsztuk owes her constituents an apology.

- Kat Glaudini •

# Police Reports

## Monday, July 15th

A grand theft report was taken at 0819 hours from the 800 block of Penn Street. Unknown suspect(s) broke into the victim's unlocked vehicle and stole miscellaneous items.

One male adult was arrested at 0850 hours from the 800 block of North Aviation Boulevard for possession of drug paraphernalia.

Four male adults were arrested at 1453 hours from the 700 block of South Pacific Coast Highway for grand theft and conspiracy to commit grand theft.

A petty theft report was taken at 1517 hours from the 700 block of South Pacific Coast Highway. Unknown suspect(s) stole the victim's backpack.

An injury report was taken at 1556 hours from East Maple Avenue and North Pacific Coast Highway. A male juvenile fell and injured himself while skateboarding.

A stolen vehicle and recovery report was taken at 1447 hours from the 2200 block of East Imperial Highway. Unknown suspect(s) stole the victim's vehicle. The vehicle was subsequently recovered and located a short distance away.

A stolen vehicle report was taken at 2017 hours from the 2400 block of East El Segundo Boulevard. Taken was a 2023 Toyota Tacoma.

A property report was taken at 0108 hours from the 300 block of Main Street. Ammunition was booked for destruction.

A property report was taken at 0048 hours from Pacific Coast Highway and Sycamore Avenue. A bicycle was booked for safekeeping.

One male adult was arrested at 0220 hours from Virginia Street and Holly Avenue for possession of drug paraphernalia.

One female adult was arrested at 0220 hours from Virginia Street and Holly Avenue for possession of a controlled substance.

## Tuesday, July 16th

One male adult was arrested at 1009 hours from the 300 block of North Pacific Coast Highway for shoplifting.

A theft by false pretenses report was taken

at 1327 hours from the 300 block of Indiana Street. Unknown suspect(s) tricked the victim into buying multiple gift cards and sent the card numbers via text.

A property report was taken at 0002 hours from the 400 block of Sheldon Street. Narcotics were found and booked for destruction.

## Wednesday, July 17th

A grand theft (vehicle) report was taken at 0712 hours from the 800 block of Center Street. Taken was a catalytic converter from a 2012 Toyota Corolla.

One male adult was arrested at 1312 hours from Douglas Street and Coral Circle for misappropriation of found property, possession of drug paraphernalia, and possession of a dirk or dagger.

A petty theft report was taken at 1407 hours from the 700 block of Sheldon Street. Unknown suspect(s) stole the victim's bicycle from their front yard.

A burglary report was taken at 1513 hours from the 1900 block of Hughes Way. Unknown suspect(s) stole miscellaneous items from a storage unit.

## Thursday, July 18th

A stolen license plate report was taken at 1129 hours from the 300 block of Main Street. Unknown suspect(s) stole the victim's rear license plate.

A hit and run report was taken at 1424 hours from the 200 block of East Sycamore Avenue, vehicle versus vehicle.

A shoplifting report was taken at 1735 hours from the 300 block of North Pacific Coast Highway. An unknown male suspect stole miscellaneous items.

One female adult was arrested at 2058 hours from Atwood Way and Douglas Street for public intoxication and one Redondo Beach PD misdemeanor warrant.

One male adult was arrested at 0042 hours from Mariposa Avenue and Sierra Street for misdemeanor driving under the influence and driving under the influence with a BAC of 0.08% or above.

See Police Reports, page 13

# Sports

## Frank Glynn Running All Over the World

By Gregg McMullin

We all know the story of Pheidippides. He was the messenger soldier who famously ran a long distance from the battlefield at Marathon to Athens Greece. He ran the arduous distance in order to tell the people that the Athenians had, in fact, won the battle. After delivering the message he promptly dropped dead from the exhaustion of running 26 miles non-stop.

In 1896, the first marathon was conceived at the Olympic Games in Athens. The first 26-mile race followed the route of the ancient Athenians in order to remember the Battle of Marathon. At the 1908 Olympic

Games in London, an extra 385 yards was added. It was to accommodate Queen Alexandra's request that the marathon start on the lawn of Windsor Castle. It was so she and her family could watch it and the finish from the Royal Box at White City Stadium. Over the next 128 years, marathon running has swelled to every continent on the globe.

Completing a marathon takes a little motivation and a lot of discipline. In 490 BC, Pheidippides' death was due to exhaustion from not training. These days, first-time

See Sports, page 6



Frank Glynn took second place at the Yuma Marathon.



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**Part-time Writer:** Writer wanted to write one or two articles a month. Topics can be profiles, pros and cons of new CA laws, local charities, pet related features, etc. Anything educational, interesting and always positive for our readers. Please email resume to: [letters@heraldpublications.com](mailto:letters@heraldpublications.com)

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### SEEKING ROOM

Lived in El Segundo for 18 yrs, current house being sold. Out of town 25% time. Require off street parking. Skip, 310.322.1604

### WANTED

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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.

## WEEKLY CROSSWORD

See Answers Next Week

1	2	3		4	5	6	7		8	9	10	11
12			13		14				15			
16				17		18				19		
20					21		22			23		24
				25			26		27			28
29	30	31				32		33				
34					35			36		37		38 39 40
41					42			43			44	
45			46 47		48					49		
			50		51		52			53		
54 55 56					57		58					
59				60			61		62		63 64 65	
66			67		68			69		70		
71					72					73		
74					75						76	

### Across

- Due process
- Word of regret
- Hurt
- Ring
- Deep
- Goatee's home
- Throng
- \_\_\_ mortals
- Watch
- Not standing
- Bargain
- Bronze or ice
- Songbird
- Discontinued
- Term
- What?
- Once more
- Skirmish
- Travolta dance
- Container for cookies
- Movie shots
- Freight volume
- Storage room
- Tidy
- Auction off
- \_\_\_ easter
- Access to one's garage
- Fixed up

### Down

- Walkers
- Decent lot
- Rider's command
- Starfish feature
- Told a whopper
- Lot units
- Weapon case
- Shakespeare division
- Unsportsmanlike
- Depend
- Wrapped up
- Nix
- Fertilizer

- Snowbank
- Too noisy
- Holy text
- \_\_\_ Beta Kappa
- Computer info
- Kind of pricing
- Landlord's due
- Wearing no clothes
- Quite a spell
- Crock-Pot dinner
- Pepsi
- Solely
- Stationary
- Country house
- Moral regulations
- Agree out of court
- Good sense
- Air, in a way
- Anticipate
- Quagmire
- Banish
- Honeybee, male
- Lounges
- Ripped
- Malicious
- Sand ridge
- Animal house
- Auction section

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### Last Week's Answers

1	A	C	T		4	D	A	M		7	S	P	I	N			
11	T	H	U	S		13	W	A	G	E		14	A	L	S	O	
16	M	I	N	E		17	E	R	O	D	E		18	F	O	L	D
19	C	A	R	P	E	T		21	I	N	M	A	T	E	S		
23	M	O	D	E	R	A	T	O	R								
26	E	G	O	S		27	D	O	T		28	B	I	A			
31	E	A	R	N	E		32	D	O		34	S	P	A			
37	G	R	A	S	S	E	S		39	R	A	N	C	H	E	R	
40	O	L	D		43	N	O	R		44	T	A	L	E	N	T	
44	Y	E	A	H		45	N	A	H		46	F	A	S	T		
52	S	E	D	I	M	E	N	T	S								
55	A	S	P	I	R	I	N		56	L	E	A	S				
61	G	A	L	A		62	S	L	E	P	T		64	I	R	O	N
66	E	V	E	N		67	H	A	T	E	S		68	C	A	M	E
69	S	E	A	S		70	W	A	R		71	S	E	T			

5	1	2	9	7	4	3	8	6
7	9	4	3	8	6	5	1	2
6	8	3	2	1	5	4	7	9
8	2	5	7	6	1	9	3	4
1	4	6	5	3	9	7	2	8
9	3	7	4	2	8	6	5	1
4	7	1	6	5	2	8	9	3
3	6	8	1	9	7	2	4	5
2	5	9	8	4	3	1	6	7

### SUDOKU Medium

						1	4	7	6
	9				7	4	1		
			8						9
	1	4				2			
7	8		9						
			4					6	
9	6								
					2	9			
8	5	1					2		

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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**Staff and Departments**  
**Editor-in-Chief:** Heidi Maerker  
**Classifieds:** Clara Nilles • [class@heraldpublications.com](mailto:class@heraldpublications.com)  
**DBA:** [dba@heraldpublications.com](mailto:dba@heraldpublications.com) • For Fictitious Business Name (DBAs) filings  
**Display Ad Sales:** [marketing@heraldpublications.com](mailto:marketing@heraldpublications.com)  
**Production:** Michael Gonzales • [ads@heraldpublications.com](mailto:ads@heraldpublications.com)  
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Entertainment

## Film Review

### *Sing Sing* is an Achingly Beautiful Portrait of Rehabilitation

**By Morgan Rojas for cinemacy.com**

When I walked out of the theater after watching *Sing Sing*, I knew I had just witnessed the best film of 2024. All but guaranteed to be an early Oscar contender, *Sing Sing* is a quiet powerhouse of a film that rings loud with authenticity and heart. Based on a true story of incarcerated inmates who find purpose through a prison theater program, director Greg Kwedar crafts an incredibly absorbing and beautiful portrait that will leave you smiling through tears, much like the symbolic tragedy and comedy masks the theatre is represented by.

*Sing Sing* tells a powerful story of brotherhood set within the titular Sing Sing Maximum Security Prison in New York. Based on the real-life program Rehabilitation Through the Arts (RTA) and the people who experienced it firsthand, most of *Sing Sing*'s cast includes formerly incarcerated actors and alumni of the program. Colman Domingo gives a rousing performance as "Divine G", a former ballet dancer serving a sentence for a crime he didn't commit. Despite his wrongful conviction, Divine G stands tall as a man of grace and goodwill. His inspirational outlook benefits the other men within the program, who learn to process their trauma through performances on stage.

The group dynamic shifts when a newcomer to the program joins the troupe. Clarence "Divine Eye" Maclin (played by the real Clarence Maclin) is skeptical about the program's decision to perform dramatic material consistently. Life in prison is dramatic enough, he eloquently and brutally states. Despite

Divine G's initial hesitation to change course, the program's director Brent Buell (Paul Raci) agrees that maybe a little comedy would be good for the soul. The group works together to create an original production called "Breakin' The Mummy's Code" which ends up being a mash-up of comedy, Shakespeare, historical drama, and Freddy Krueger. The rest of the film follows the men's lead-up to their opening night performance, including emotional highs and lows, and an unexpected tragedy.

There are many moments throughout *Sing Sing* that deserve a standing ovation. It took everything in me not to start clapping in the theater. The definition of a true ensemble cast, every single person who graces the screen gives a phenomenal performance. Colman Domingo's ability to suck the air out of the room with his monologue delivery leaves the audience utterly gobsmacked. His rendition of Hamlet's famous "To Be or Not To Be" sent chills through my whole body. Equally as stunning is Clarence Maclin, who uses his background as a formerly incarcerated person to bring real-life experience to the part.

Complimenting the onscreen performances is the angelic score by composer Bryce Dessner (The National) and the London Contemporary Orchestra. The music weaves in and out of scenes so beautifully and without forcing an emotional reaction. Captured by cinematographer Pat Scola (*Pig*, *A Quiet Place: Day 1*) in stunning detail, the world of *Sing Sing* explodes from the screen into our hearts. Its impact resonates long after the credits stop rolling.

More than just a movie, *Sing Sing* is a testament to the transformative power of art and humanity. The message conveyed here is a universal one: healing through art isn't just possible but essential. •



*Sing Sing*, courtesy of A24.



Morgan Rojas

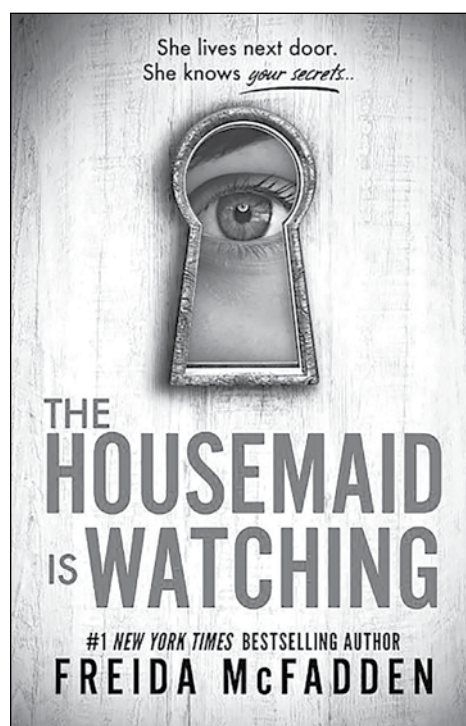
## Check It Out

### *The Housemaid is Watching* by Freida McFadden

**By Kristen Morell, Librarian, El Segundo Public Library**

This month I am reviewing book three in *The Housemaid* series by Freida McFadden. Freida McFadden's books have become very popular and for good reason, they are the type of books you want to finish reading in one sitting. This book is no exception. In the first two books of this series, we learn about Millie and the families she works for and helps in more ways than one. In *The Housemaid is Watching*, we instead learn more about Millie and her family, including her husband Enzo, and her two children, Ava, and Nico. You will have to read the first two books in the series to learn about the history between Millie and Enzo. The story begins with the family moving to a new suburb to buy what Millie thinks will be the perfect home for their family. After all, they were

living in a small apartment in New York City before and are now thrilled about all the extra space. Millie does her best to get her children to be excited about the home too. Ava and Nico are unhappy and miss their friends from their old home. While the new strain of the large mortgage is beginning to stress Millie and Enzo out, they remain optimistic about their new neighborhood and hope to become great friends with their neighbors. Unfortunately, Millie learns that her new neighbors are anything but neighborly. One neighbor, Suzette Lowell constantly comments on how small and outdated Millie and Enzo's home is compared to her home. Suzette also flirts with Enzo constantly and Millie can't help but notice that Andrew, Suzette's husband, Jonathan doesn't seem to mind. The housekeeper, Martha, who works for the Lowell's also seems to be giving Millie a hard time. Millie notices Martha staring at her every time she enters the room. Are all of these warning signs enough to force Millie and Enzo leave their neighborhood before it's too late? To find out how this story ends, visit [www.elsegundolibrary.org](http://www.elsegundolibrary.org) to place it on hold. •



*The Housemaid is Watching* by Freida McFadden.



Kristen Morell



El Segundo Herald

## 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](mailto:letters@heraldpublications.com)



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



# Sports

from page 3

marathon runners take as long as eleven months to train for a marathon. That's exactly what Frank Glynn did to prepare for his first of thirty-seven marathons.

How did Glynn, who had run 10Ks, get into marathon running? He was in a work meeting when he was convinced to run his first marathon. "I was in a meeting with the CEO of Tata Consultancy Services in Mumbai, India, in December 2013. The CEO, Natarajan Chandrasekaran (Chandra), is an avid runner and had just signed an eight-year deal to become the title sponsor of the New York City Marathon. Chandra asked me if I would like to participate. I thought about it on the flight home and decided to go for it. Luckily, there were almost 11 months for me to start training."

Once Glynn completed his first marathon, he was hooked and wanted to challenge himself, so he devised a training schedule. He says he does his training at 6 a.m., whether it is a short run, long run, or track workout. "Running that early usually allows me to get to work by 8 a.m.; long runs are on Sunday mornings." Over time, he says he cut his running to three days a week with cross-training on the other days.

With daily training on his plate, Glynn started running more races. He completed nine of them before gearing himself up to run the alphabet series of marathons. The alphabet series is the name of each marathon, and it has taken him around the nation and around the globe. "Before I started the quest to run the alphabet in order, I mapped it out using the current marathon calendar." Because marathons tend to get clustered in February to May and September to November, he says it was difficult to fit any more than four in a calendar year.

Over the past thirteen years, Glynn has completed 37 marathons, including the alphabet series. He says he has run the Austin (Texas), Big Sur, Chicago, Dublin (Ireland), Eugene (Oregon), Fargo (North Dakota), Gdansk (Poland), Honolulu, Ibusuki (Japan), Jackson River (Virginia), Kenai (Alaska), Long Beach, Mt. Charleston (Nevada), Newport (Rhode Island), Old Forge (New York), Portland, Quixote (Spain), Rome, San Francisco, Tauranga (New Zealand), Uppsala (Sweden), Vancouver, Waterford (Ireland), X-Ray (Germany), Yuma (Arizona) and Zurich (Switzerland).

When you talk about marathons the prestigious LA, Boston, NY and Chicago come to mind and Frank Glynn has qualified and run in each. "Yes, I have run all four and each one is special in its own way."

He says Chicago is the only one of these marathons that begins and ends in the same park. It is also a very flat route, so it gives the runner the best chance to run a PR. "The race is in October, and conditions (mid-50s) tend to be perfect for running."

Logistically, he says the New York is the most complicated and the largest marathon in the world, with over 50,000 finishers. There are three start lines on Staten Island, and all three groups cross the two-mile Verrazano Bridge before converging in Brooklyn. There are parts on the race course where you have no choice but to walk because of the sheer number of runners squeezing through some inevitable pinch points along the course. Glynn says there is a wall of sound running up 1st Avenue where the sidewalks are five deep with spectators. "It's a wonderful experience."

The Boston is Marathon central and host to the longest-running marathon series in

the world; this year was number 128. It is consistently the most challenging marathon to qualify for and is world-renowned for its BQ (Boston Qualifying Time). More so than any other marathon in the world, you will find runners from a wide range of nationalities and age groups. Because most of the route is on a two-lane highway, the starting times are strictly staggered by your qualifying speed, so competitors tend to run in a similar-paced group for the majority of the race.

Glynn has completed the LA Marathon three times when the course was from Dodger Stadium to the Santa Monica Pier, passing through Hollywood and Beverly Hills along the way. "It is nice not to have to travel a long distance for a marathon but you do have to be up super early to catch the bus from the finish line to the start line."

Since running a marathon takes a lot of mental preparation, how does Glynn cope while training and during the race? He says it depends on whether you are running alone or solo. "I have been fortunate to have had a running partner, Ron Bijlsma, for my long runs. Having someone to carry on a conversation with makes the miles go by faster."

Most marathons can be challenging, and Glynn didn't hesitate to name a few that he completed. "I ran a marathon in Ibusuki at the southern tip of Japan. Somewhere along the way, I picked up a cold and felt pretty feeble by the start of the race. I made it to about mile 20 before I had to stop and walk for about 5 miles." He says he managed to run the last mile to the finish. He said the runners were greeted with an unseasonably cold day in Zurich, Switzerland. "It got into the low 30s, and along the way, we had wind, rain, sleet and hailstones, not ideal running conditions."

If those were the most challenging races what was the most enjoyable race? Glynn says the Honolulu Marathon which is the first weekend of December, is his favorite because everyone is already in the holiday spirit. The start is in the dark at 5 a.m. in downtown Honolulu and commences with a fireworks display. "The route takes you east out of the city towards Waialua so that you are greeted by a beautiful sunrise somewhere around the halfway point." The route takes you around Diamond Head and ends in Kapiolani Park, where there is a big post-race festival.

Another favorite was the Uppsala Marathon (Sweden), which started and finished at the historic Uppsala Castle. "I wore yellow and blue, the colors of the Swedish flag."

Frank Glynn has had plenty of success competing in his thirty-seven marathons. He has finished in the top ten percent for his age group in eight of those races. Frank's PR is 3:29:46 on a course from Ojai to Ventura in 2016. Taking age and course configuration into account, his best races were Eugene in 2019 (3:46:08), San Francisco in 2022 (3:47:55), and Boston in 2023 (3:48:12).

So, what's next for Frank in his running quest? Completing the Abbott World Marathon Majors, which includes Tokyo, Boston, London, Berlin, Chicago, and New York City Marathons, is on the list. Since he's completed three of the six, he wants to complete the 'majors.' He said, "With the popularity of marathon running and the limited number of spaces, London, Berlin, and Tokyo all have a lottery system with no guaranteed entries. I will continue to submit applications and hope I get lucky."

Frank Glynn is running all over the world and enjoying every step of the way. •



The Uppsala, Sweden Marathon was picturesque.



Frank's biggest fan, his wife Susan, at the Boston Marathon.



Crossing the Austin Marathon finish line.

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# Real Estate



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## TIPS FOR LOWER HOME COOLING BILLS THIS SUMMER



(BPT) - The Energy Information Administration (EIA) estimates that home cooling accounts for 12% of the average household's monthly electric bills. As many homeowners experience higher-than-average utility costs, simple HVAC upgrades and routine maintenance can help reduce cooling expenditures by improving system efficiency. Before setting the thermostat to cool, homeowners should try these cost-saving tips:

\* **Replace Filters and Clean Vents:** HVAC filters help keep dust and debris from being recirculated throughout a home. Maintaining a filter replacement routine can help improve efficiency and extend the life of the HVAC system. For most systems, the recommendation is to replace the filter every one to three months, but homeowners should follow the frequency indicated by the HVAC system manufacturer.

\* **Schedule Preventative Maintenance:** The Indoor Air Quality Association (IAQA) estimates that routine HVAC maintenance can reduce annual heating and cooling bills by

as much as 30%. Routine maintenance involves cleaning and inspecting the evaporator coil, examining the drain pan and condensation line, evaluating blowers and fans, testing system controls and checking refrigerant levels.

\* **Cover Windows:** The Department of Energy (DOE) estimates that as much as 76% of the sunlight that hits a standard, double-pane window will transfer as heat into the home. Window coverings of nearly any nature will help to reduce solar heat gains, especially when installed in south-facing rooms or homes with little to no exterior shade. \* **Inspect and Seal Ductwork:** EnergyStar estimates that as much as 20% of HVAC efficiency is lost to poorly connected or damaged ductwork. Ductwork located within basements, attics or crawl spaces can also be a point of efficiency loss if the ductwork isn't properly insulated.

\* **Update the Thermostat:** The U.S. Department of Energy (DOE) estimates that the average homeowner could reduce their annual heating and cooling bills

by as much as 10% by using a programmable thermostat to reduce HVAC demands overnight or while away from the home. Some smart thermostats incorporate geo-fencing features to further reduce energy use by detecting homeowners' proximity to the house and adjusting the temperature based on home and away settings.

\* **Utilize Inflation Reduction Act Savings:** With higher-efficiency HVAC equipment from YORK®, homeowners can reduce their heating and cooling costs by as much as 50% compared to low-efficiency systems, helping homeowners see a reduction in their energy bills while lowering their environmental impact. The Inflation Reduction Act (IRA) has made the transition to high-efficiency systems, including heat pumps, even more affordable by offering tax rebates up to \$2,000 dependent on household income. IRA incentives can also be combined with local and manufacturers rebates to further increase cost-savings.

For more information on rebates, visit [YORK.com](http://YORK.com).\*



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- 1 cup Swanson® Beef Broth or 50% Less Sodium Beef Broth
- 2 tablespoons vegetable oil
- 1/2 teaspoon dried thyme, crushed
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon garlic powder or small clove garlic, minced
- 1 pound boneless beef sirloin steak or boneless beef top round steak, cut into 1-inch pieces
- 2 medium green pepper or red peppers, cut into 1-inch pieces (about 2 cups)

**Directions**

- **Step 1:** Stir the soup mix, broth, oil, thyme, black pepper and garlic powder in a shallow nonmetallic dish or gallon size resealable plastic bag. Add the beef and stir to coat. Cover the dish or seal the bag and refrigerate for one hour.
- **Step 2:** Remove the beef from the marinade. Thread the beef and peppers alternately onto 4 skewers.
- **Step 3:** Lightly oil the grill rack and heat the grill to medium. Grill the kabobs for twenty minutes for medium or to desired doneness, turning and brushing often with the marinade. Discard the remaining marinade.

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



## Rotary Club

from page 2



*“The best way to find yourself, is to lose yourself in the service of others.”*

– MAHATMA GANDHI

## Better Lives

from front page

recommends which of the above four needs additional funding. The Business Pathway was the target for the past year.

Rotary also awards annual arts scholarships to high school seniors in Vocal Performance, Instrumental Performance, Visual Arts, Dance and Speech. The first-place winner in each category moves on to an areawide competition. “With 67 clubs in Rotary District 5280, El Segundo performed extremely well, placing first in Instrumental Performance as well as in Dance and third in Vocal Performance,” said Rotary outgoing president Gilda Dyckman. “The El Segundo Rotary Club is a strong supporter of the arts. The Pageant of the Arts Committee’s goal is to reach out to the community and to get as many students as possible to participate. The number of competitors has increased each of the past three years.”

Each year, Rotary awards over \$10,000 in scholarships to three deserving graduating seniors selected for their strong community service. The monies help defray college costs. Additional educational support includes a \$100 award to every graduating senior from Arena Virtual High School. Outside of El Segundo, Rotary provided \$500 scholarships to six underprivileged graduating seniors from Lennox Academy and donates \$1,000 annually to the El Camino College scholarship fund.

Another key Rotary program provides mini-grants for local teachers to acquire items

not funded through the El Segundo Unified School District. All teachers from the Eagles’ Nest preschool through high school may apply for a \$200 grant request. Oftentimes, all the elementary school teachers band together to ask for the same item,” reported program coordinator Melissa Albers. “Last year, we had a \$7,000 budget, but this year, we bumped up our amount to \$10,000,” she said. “Considering how much money is budgeted, we choose requests that make the most impact for the students. The checks are then given to the teachers to purchase their requests.”

Rotary’s Rubber Duck adoption day is a fundraiser centered around the annual Hometown Fair at Library Park in early May. The proceeds go to schools and other community causes. Attendees could purchase anything from one ducky (\$5) to a “flock of quackers” (25 ducks for \$100). Dyckman noted that funds from these sales particularly supported the high school robotics program.

Rotary’s educational focus extends beyond town borders. The club awards an annual scholarship to a student in El Segundo’s sister city of Guaymas through a program called Castaway Kids. Rotary is also part of an international global grant project in which it joins with a club in a host country to collaborate and complete a project in a key focus area. In this case, Rotary worked with an organization in Budapest, Hungary,

to expand a K-12 school formed last year with 130 Ukrainian refugee children. Due to extremely high demand, the school will expand to accommodate 700 students. The Rotary grant will subsidize equipment such as chairs, desks, storage cabinets and Smart boards. “Having a local Rotary club, along with oversight from Rotary International heading the project, we are certain that the funds will be spent correctly,” said El Segundo Rotary President Valerie Smith. “Our intent is once the project is completed, to send a team of El Segundo Rotarians to Budapest to see the school first-hand.”

In addition to its dedication to schools, El Segundo Rotary is a strong supporter of scouting. “We have been the chartering organization for close to 50 years for Scout Troop 773 and Cub Pack 268,” said Rotary youth coordinator John Stabile. “We provide financial and organizational support for both organizations.”

El Segundo Rotary provides cash funding to help C.A.S.E., the community food bank, buy additional groceries, and help cover utility bills for low-income residents. Speaking of food, two annual holiday events provide plenty of delicious eats for those in attendance. Annually, Rotary sponsors a luncheon for residents of Park Vista on the first Thursday in December, followed by a Christmas Eve lunch open to anyone in the community.

Meanwhile, the annual Community Service

Employees Luncheon recognizes local elected officials and public servants via special awards. “The recipient, fellow employees and family attend this event,” said Dyckman. “We honor police, fire, teacher, school classified employee, and City employee of the year.”

Oh, and Rotary also made sure not to neglect another El Segundo resident in need—the blue butterfly. “Through a district grant, we brought in plants to bring more butterflies into the community,” said Smith. The hope is that the plants placed at the conservancy along the Chevron fence will help grow the endangered insect’s numbers.

Polio eradication remains the chief cause for Rotary International. Many El Segundo club members have traveled to remote locales over the decades to help vaccinate children and assist doctors performing corrective surgeries as part of the PolioPlus campaign originally established in 1985. Polio cases have reduced by 99.9 percent since 1979, with Rotary members worldwide contributing over \$2.1 billion towards the effort. The goal to entirely rid the globe of polio is close to reality, but the disease persists as endemic in the countries of Afghanistan and Pakistan.

Whether the cause is international or local, the members of El Segundo Rotary remain on the same page. “The most fulfilling part is giving back and working with other members,” said Dyckman. “We all strive for the same goal—bettering lives.” •



# Seniors

## How to Stay Safe and Stay Fit When Temperatures Climb

(BPT) - If you're an older adult, staying fit may be one of your top wellness goals. But how can you exercise during a heat wave? Concerns about the heat are justified, as seniors are more likely to suffer from the effects of high temperatures.

According to the Centers for Disease Control and Prevention, heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness. As you get older, your body's ability to regulate temperature decreases, making you vulnerable to the effects of overheating. You also sweat less - which is a main way your body cools you down. At the same time, your thirst impulse may be dulled, so you may not feel thirsty until you're dehydrated.

Various health conditions can also be exacerbated by high temperatures, and many medications may also increase your risk of heat exhaustion or heat stroke. For all these reasons, seniors are more vulnerable to heat, so it's crucial to take the risk seriously and not overdo it when the thermometer starts to climb. At the same time, the benefits of exercise are well-documented, helping seniors with cardiovascular health, mobility and balance, and mental health and acuity. The good news is, there are ways to both stay safe and active during a heat wave.

It's vital to know when you may need immediate help to cool down. Heat can cause mild symptoms like heat rash (resembling small blisters) or heat edema (when ankles and feet swell during high temps), but it can also cause much more serious conditions.

Heat exhaustion can occur when your body overheats. It's important to take action quickly, to prevent progression to heat stroke. Symptoms include:

- Wave of weakness or fatigue
- Headache
- Decreased urine
- Profuse sweating
- Thirst
- Lightheadedness
- Rapid pulse
- Irritability

Don't wait to see if more symptoms develop. Act quickly:

- Rest in a cool place, preferably air-conditioned
- If you can't get inside, rest in shade
- Drink small sips of cool fluids like water or sports drinks
- Remove excess clothing like outerwear, shoes and socks
- Use cool compresses (like a cold, damp

towel) to lower your temp

- Take a cool shower or bath

Heat stroke is the most dangerous condition, which occurs when your body can no longer control its temperature. Without emergency medical treatment, heat stroke can lead to permanent disability or death.

Symptoms of heat stroke include:

- Confusion
- Elevated body temperature
- Hot, dry skin or profuse sweating
- Loss of consciousness
- Seizures
- Slurred speech

If you think you or someone you're with is experiencing heat stroke, act immediately: Call 911 and use water or ice to cool the body down while waiting for an ambulance.

Heading outside? Check the weather forecast first, not just for the actual temperature, but the "feels like" heat index, which takes humidity into account. When temps approach 90 degrees Fahrenheit or higher, it may be best to avoid the heat. If you're planning to head outside to exercise when it's hot, make sure you:

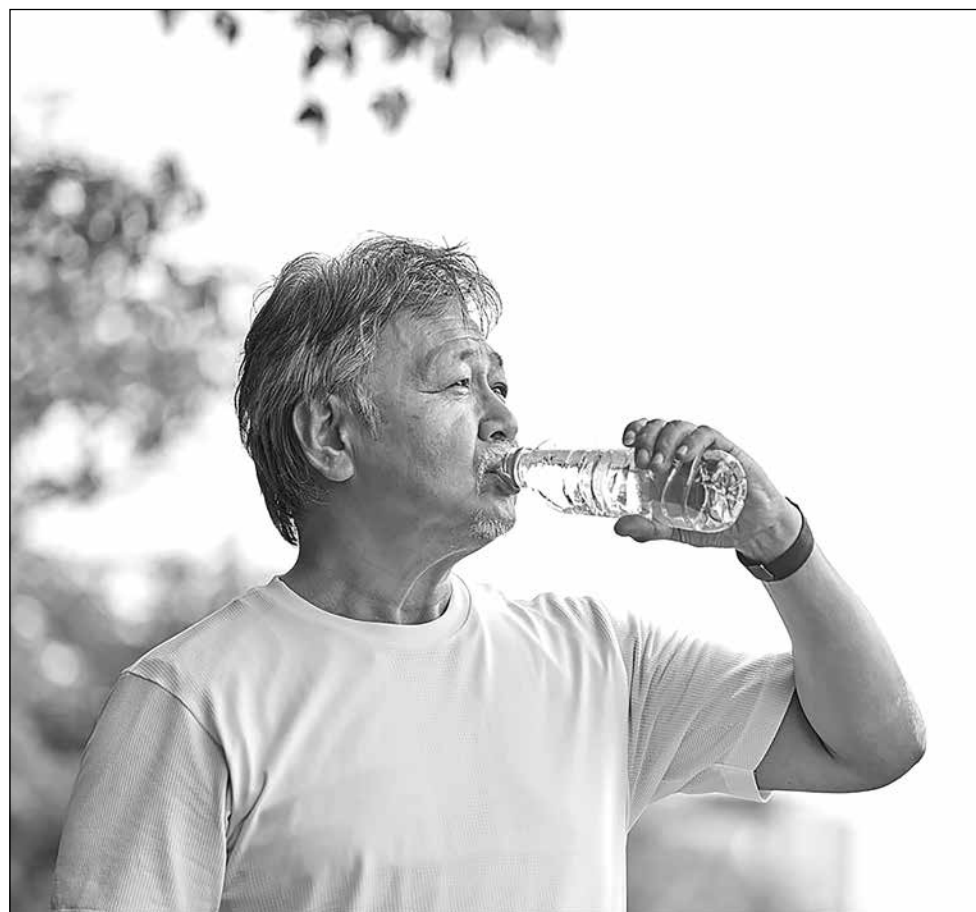
- Bring cool water and sip often, even if you're not thirsty
- Seek shade
- Choose cooler hours, like morning or evening
- Pace yourself - reduce exercise intensity and duration, like taking shorter, slower walks

You can stay fit no matter the temperature by exercising safely indoors. Consider working out in the comfort of your home with programs through SilverSneakers, the nation's leading fitness program for older adults. You'll enjoy a variety of online classes, from cardio and strength training to yoga and mindfulness, through SilverSneakers LIVE, which streams hundreds of classes designed for all fitness levels and abilities, seven days a week.

Gyms, community centers and other indoor fitness locations can also help you beat the heat and remain active. SilverSneakers enables you to visit thousands of fitness locations nationwide, including community FLEX locations such as senior centers and community centers.

"Don't let heat waves stop you from staying active this summer," said O'Callaghan. "There are plenty of fun and safe options to keep you moving, without risking your health due to the heat."

If you have Medicare, your plan may include SilverSneakers at no additional cost. You can check your eligibility at [Tools.Silversneakers.com/Eligibility](https://Tools.Silversneakers.com/Eligibility).



# Finance

## Parents of College-Bound Students: How to Help Pay for School



(BPT) - The summer months before college begins are exciting, as everyone anticipates the journey ahead and the educational dreams of every parent and child become realized. It can also be a stressful time, however, as educational costs - plus many other expenses - become a reality and quickly add up. A recent College Ave survey found that parents overwhelmingly believe in the importance of a college degree for their child's future (89%), but also agree the costs of college are stressful and surprisingly high.

In the survey, 67% of parents say the cost of room and board was much higher than expected, while 65% also find tuition and fees to be more than anticipated. Over half (55%) say they were surprised by the amount their family was expected to contribute when financial award letters arrived. Parents also mention spending more on things like electronics, transportation and dorm room essentials.

Because college is viewed as crucial to their future, families use a combination of methods to fund their child's education. The first step in the college funding process is filling out the Free Application for Federal Student Aid (FAFSA), which can be completed online and will determine eligibility for financial assistance like grants, merit aid, work-study jobs and federal student loans.

While 3 out of 4 parents report setting aside money for their child's college education, just over half were comfortable with their current level of savings. To cover financial gaps, families often use a mix of methods to pay. More than half (62%) say they are using scholarships and grants, 45% will borrow federal, private or parent student loans, and 17% say the parent will take on a side hustle or second job to help cover college costs.

Parents also report using strategies to save money such as placing emphasis on their child graduating within four years (56%) and working while in college (46%). Most parents manage extra costs by using more of their income and savings, as well as having their child apply for student loans and encouraging them to seek more scholarships.

One of the fastest ways to immediately cover any college financing gap, especially when time is running short, is through student loans. First, make sure to take out any federal student loans in the student's name, as these loans come with unique benefits such as income-based repayment plans that are not typically offered by private student loans.

However, because there's an annual maximum amount you can borrow in federal

student loans, many families also need to explore other options like private loan options. It pays to shop around for the best private student loan lender, as each one offers different rates and repayment terms.

To help determine how student loan repayment will impact your family's budget, you can use an online Student Loan Calculator to better understand the total cost of the loan and estimate what your monthly payments will be. One customer-friendly student loan provider to explore is College Ave. They offer competitive rates and a variety of loan repayment terms that can fit your family's budget. Better yet, the application process takes less than three minutes.

Although many scholarship deadlines have passed, you can still find options to supplement college costs. Consider searching for smaller or local options with flexible deadlines or less competition, such as through your child's high school career counselor, civic and community organizations, local businesses or your (or your child's) employer. Keep in mind that the College Ave \$1,000 scholarship sweepstakes is continuous, so you and your child can enter online every month.

The college journey is an important milestone in every young person's life, so it's crucial to provide them the support they need. With continued effort, you can help them achieve their dream, so they can earn the education they deserve. Find more information and tips on funding college at [CollegeAve.com](https://CollegeAve.com).

## DEADLINES

- OBITUARIES:** Monday at noon.
- CALENDAR ITEMS:** Monday at noon.
- PEOPLE ITEMS:** Monday at noon.
- CLASSIFIEDS:** Tuesday at noon.
- LEGAL NOTICES:** Wednesday at 11:00 am.
- REAL ESTATE ADS:** Monday at noon.
- AD CANCELLATIONS:** Prior Thursday.

LATE CANCELLATIONS WILL BE CHARGED 50% OF AD



HERALD  
PUBLICATIONS



## PUBLIC NOTICES

<p><b>Fictitious Business Name Statement</b> <b>2024136030</b></p> <p>The following person(s) is (are) doing business as 1) LUCID; 2) LUCID MOTORS, 22715 HAWTHORNE BLVD., SUITE A, TORRANCE, CA, 90505, LOS ANGELES COUNTY. AI #ON 4644944</p> <p>Registered Owner(s): LUCID GROUP USA, INC., 7373 GATEWAY BOULEVARD, NEWARK, CA, 94560. CORP: DE</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2024.</p> <p>Signed: LUCID GROUP USA, INC, SECRETARY, MATTHEW EVERITT. This statement was filed with the County Recorder of Los Angeles County on June 25, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on June 25, 2029. A new Fictitious Business Name Statement must be filed prior to June 25, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3520</b></p>	<p><b>2024139142</b> <b>STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME</b> <b>Current File #2019330239</b></p> <p>The following person has abandoned the use of the fictitious business name: CARS MUFFLER &amp; AUTOMOTIVE, CARS AUTOMOTIVE &amp; MUFFLER, 2617 ARTESIA BLVD, REDONDO BEACH, CA, 90278. The fictitious business name referred to above was filed in the County of Los Angeles on DECEMBER 27, 2019. Registrants: CARS MUFFLER &amp; AUTOMOTIVE, INC., 2617 ARTESIA BLVD., REDONDO BEACH, CA, 90278. This business was conducted by a Corporation. Signed: CARS MUFFLER &amp; AUTOMOTIVE, INC., VICE PRESIDENT, GILDA DYCKMAN. This statement was filed with the County Clerk of Los Angeles County on June 28, 2024.</p> <p>EL SEGUNDO HERALD: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3521</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024137887</b></p> <p>The following person(s) is (are) doing business as DTS HOLDINGS LLC, 2301 ROSECRANS AVE. SUITE 4130, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY. AI #ON 4674821</p> <p>Registered Owner(s): DTS PARTNERS LLC, 2301 ROSECRANS AVE. SUITE 4130, EL SEGUNDO, CA, 90245. CORP: DE</p> <p>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: 06/2024.</p> <p>Signed: DTS PARTNERS LLC, MEMBER, KYLE RANSFORD. This statement was filed with the County Recorder of Los Angeles County on June 27, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on June 27, 2029. A new Fictitious Business Name Statement must be filed prior to June 27, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3522</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024118122</b></p> <p>The following person(s) is (are) doing business as 1) HEALTH FIRST MEDICAL GROUP; 2) HEALTH FIRST PHYSICIAN ASSOCIATES MEDICAL GROUP; 3) G-TUBE SPECIALIST 1416 AVIATION BLVD SUITE D, REDONDO BEACH, CA, 90278, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): HEALTH FIRST PHYSICIAN ASSOCIATES MEDICAL GROUP, 1416 AVIATION BLVD SUITE D, REDONDO BEACH, CA, 90278. CORP: CA</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2024.</p> <p>Signed: HEALTH FIRST PHYSICIAN ASSOCIATES MEDICAL GROUP, CEO, HENRY OKONKWO. This statement was filed with the County Recorder of Los Angeles County on MAY 31, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on MAY 31, 2029. A new Fictitious Business Name Statement must be filed prior to MAY 31, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3523</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024118114</b></p> <p>The following person(s) is (are) doing business as 1) WOUNDCAREADDRESS.COM; 2) ONE HEALTH GROUP; 3) ONE HEALTH MEDICAL SUPPLIES, 1416 AVIATION BLVD SUITE C, REDONDO BEACH, CA, 90278, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): THE ONE HEALTH GROUP, INC., 1416 AVIATION BLVD SUITE C, REDONDO BEACH, CA, 90278. CORP: CA</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2024.</p> <p>Signed: THE ONE HEALTH GROUP, INC., CEO, HENRY OKONKWO. This statement was filed with the County Recorder of Los Angeles County on MAY 31, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on MAY 31, 2029. A new Fictitious Business Name Statement must be filed prior to MAY 31, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3524</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024136071</b></p> <p>The following person(s) is (are) doing business as FOCUS INVESTMENT PARTNERS, 1900 AVENUE OF THE STARS SUITE 2450, LOS ANGELES, CA, 90067, LOS ANGELES COUNTY. AI #ON 3543977</p> <p>Registered Owner(s): SCS CAPITAL MANAGEMENT LLC, 875 THIRD AVENUE 28TH FLOOR, NEW YORK, NY 10022. CORP: DELAWARE</p> <p>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.</p> <p>Signed: SCS CAPITAL MANAGEMENT LLC, MANAGING MEMBER, J. RUSSELL MCGRANAHAN. This statement was filed with the County Recorder of Los Angeles County on June 25, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on June 25, 2029. A new Fictitious Business Name Statement must be filed prior to June 25, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3525</b></p>
<p><b>Fictitious Business Name Statement</b> <b>2024133636</b></p> <p>The following person(s) is (are) doing business as 1) COVINA KIA; 2) KIA OF COVINA 626 S. CITRUS AVENUE, COVINA, CA, 91723, LOS ANGELES COUNTY. AI #ON 202461416067</p> <p>Registered Owner(s): HANG10, LLC, 8801 E. KELLOGG DR., WICHITA, KS, 67207. CORP: KANSAS</p> <p>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: 06/2024.</p> <p>Signed: HANG10, LLC, MANAGER. BRANDON J. STEVEN. This statement was filed with the County Recorder of Los Angeles County on June 21, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on June 21, 2029. A new Fictitious Business Name Statement must be filed prior to June 21, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3526</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024127796</b></p> <p>The following person(s) is (are) doing business as PHOENIX RISING RECOVERY, 35450 PEGASUS COURT, PALM DESERT, CA 92211, RIVERSIDE COUNTY. AI #ON 3790152</p> <p>Registered Owner(s): EXECUTIVE RECOVERY GROUP, INC. 516 NORTH LARCHMONT BLVD., LOS ANGELES, CA 90004. CORP: CALIFORNIA</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 09/2015.</p> <p>Signed: EXECUTIVE RECOVERY GROUP, INC., CFO, ELLIOTT LIEBHARD. This statement was filed with the County Recorder of Los Angeles County on June 13, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on June 13, 2029. A new Fictitious Business Name Statement must be filed prior to June 13, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3527</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024140509</b></p> <p>The following person(s) is (are) doing business as JADLIMO SERVICE, 14135 CERISE AVE 314, HAWTHORNE, CA, 90250, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): ELIAS S SIRAG, 14135 CERISE AVE 314, HAWTHORNE, CA, 90250.</p> <p>This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2024.</p> <p>Signed: ELIAS S SIRAG, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 1, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 1, 2029. A new Fictitious Business Name Statement must be filed prior to July 1, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/4, 7/11, 7/18, 7/25/24 <b>H-3528</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024142142</b></p> <p>The following person(s) is (are) doing business as AL'S JAGUAR AND LAND ROVER, 3735 NEWTON STREET, TORRANCE, CA, 90505, LOS ANGELES COUNTY. AI #ON 6165652</p> <p>Registered Owner(s): SOLTY INVESTMENTS, 4804 AVENUE C, TORRANCE, CA, 90505.</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 04/2024.</p> <p>Signed: SOLTY INVESTMENTS, CEO, EDWARD W. SOLT. This statement was filed with the County Recorder of Los Angeles County on July 3, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 3, 2029. A new Fictitious Business Name Statement must be filed prior to July 3, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3529</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024141472</b></p> <p>The following person(s) is (are) doing business as 1) COINS4LESS.COM, 2) COINS4LESS, 4733 TORRANCE BLVD. #567, TORRANCE, CA, 90503, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): RARE COLLECTIBLES TV, LLC, 21213-B HAWTHORNE BLVD. #344, TORRANCE, CA, 90503. Corp: DE</p> <p>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: 06/2024.</p> <p>Signed: RARE COLLECTIBLES TV, LLC, MEMBER, JOHN MCNAMARA. This statement was filed with the County Recorder of Los Angeles County on July 2, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 2, 2029. A new Fictitious Business Name Statement must be filed prior to July 2, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3530</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024142103</b></p> <p>The following person(s) is (are) doing business as NICOLE OHARA, 2310 W 184TH ST., TORRANCE, CA, 90504, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): NICOLE DUNSEITH, 2310 W 184TH ST., TORRANCE, CA, 90504.</p> <p>This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A</p> <p>Signed: NICOLE DUNSEITH, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 3, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 3, 2029. A new Fictitious Business Name Statement must be filed prior to July 3, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3531</b></p>
<p><b>Fictitious Business Name Statement</b> <b>2024142463</b></p> <p>The following person(s) is (are) doing business as 1) FIRST LEGAL, 2) FIRST LEGAL DEPOSITIONS, 3) FIRST LEGAL DIGITAL 4) FIRST LEGAL DISCOVERY, 5) FIRST LEGAL INVESTIGATIONS 6) FIRST LEGAL NETWORK, 7) FIRST LEGAL RECORDS, 8) FIRST RECORDS RETRIEVAL, 9) FIRST REPROGRAPHICS, 11611 SAN VICENTE BOULEVARD SUITE 800, LOS ANGELES, CA, 90049, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): FIRST LEGAL BUYER, INC., 11611 SAN VICENTE BOULEVARD SUITE 800, LOS ANGELES, CA, 90049. CORP: DELAWARE</p> <p>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</p> <p>Signed: FIRST LEGAL BUYER, INC, CFO, ROBERT K. WEST. This statement was filed with the County Recorder of Los Angeles County on July 3, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 3, 2029. A new Fictitious Business Name Statement must be filed prior to July 3, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3532</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024143311</b></p> <p>The following person(s) is (are) doing business as CVS/PHARMACY #11608, 221 N. MARKET STREET, INGLEWOOD, CA, 90301, LOS ANGELES COUNTY. AI #ON 200432010237</p> <p>Registered Owner(s): GARFIELD BEACH CVS, L.L.C., ONE CVS DRIVE, WOONSOCKET, RI, 02895. CORP: CALIFORNIA</p> <p>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</p> <p>Signed: GARFIELD BEACH CVS, L.L.C., SECRETARY, MELANIE K. ST ANGELO. This statement was filed with the County Recorder of Los Angeles County on July 5, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 5, 2029. A new Fictitious Business Name Statement must be filed prior to July 5, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3534</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024143308</b></p> <p>The following person(s) is (are) doing business as FLOURISH RESEARCH, 18433 ROSCOE BLVD SUITE 210, NORTH RIDGE, CA, 91325, LOS ANGELES COUNTY. AI #ON 3285993</p> <p>Registered Owner(s): VALLEY CLINICAL TRIALS, LLC, 18433 ROSCOE BLVD, NORTH RIDGE, CA, 91325. CORP: CALIFORNIA</p> <p>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</p> <p>Signed: VALLEY CLINICAL TRIALS, LLC, CEO, REINHOLD SCHULZ. This statement was filed with the County Recorder of Los Angeles County on July 5, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 5, 2029. A new Fictitious Business Name Statement must be filed prior to July 5, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3535</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024144274</b></p> <p>The following person(s) is (are) doing business as DNS FINANACIAL SERVICES AMERICAN, 370 PASCACK ROAD, TOWNSHIP OF WASHINGTON, NJ, 07676, BERGEN COUNTY.</p> <p>Registered Owner(s): HIGHLAND LEASING CORP, 370 PASCACK ROAD, TOWNSHIP OF WASHINGTON, NJ, 07676. CORP: NEW JERSEY</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2024</p> <p>Signed: HIGHLAND LEASING CORP, PRESIDENT, SEAN O'NEIL. This statement was filed with the County Recorder of Los Angeles County on July 8, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 8, 2029. A new Fictitious Business Name Statement must be filed prior to July 8, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3536</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024144271</b></p> <p>The following person(s) is (are) doing business as KAPLAN INTERNATIONAL LANGUAGES, 1100 GLENDON AVENUE SUITE L1, LOS ANGELES, CA, 90024, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): KAPLAN INTERNATIONAL NORTH AMERICAN, LLC, 11 BEACON STREET, MA, 02108. CORP: CALIFORNIA</p> <p>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: 08/2019</p> <p>Signed: KAPLAN INTERNATIONAL NORTH AMERICAN, LLC, SECRETARY, ASHLEY POMONIS. This statement was filed with the County Recorder of Los Angeles County on July 8, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 8, 2029. A new Fictitious Business Name Statement must be filed prior to July 8, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3537</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024144673</b></p> <p>The following person(s) is (are) doing business as A3GEO, 9854 GLENOAKS BOULEVARD, SUN VALLEY, CA, 91352, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): RMA GEOSCIENCE, INC. 9854 GLENOAKS BOULEVARD, SUN VALLEY, CA 91352. CORP: CA</p> <p>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</p> <p>Signed: RMA GEOSCIENCE, INC., SECRETARY, ANAM USMAN This statement was filed with the County Recorder of Los Angeles County on July 9, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 9, 2029. A new Fictitious Business Name Statement must be filed prior to July 9, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/11, 7/18, 7/25, 8/1/24 <b>H-3538</b></p>
<p><b>Fictitious Business Name Statement</b> <b>2024149432</b></p> <p>The following person(s) is (are) doing business NOVELLA, 4100 WEST ALAMEDA AVENUE SUITE 300 - #1216, BURBANK, CA, 91505, LOS ANGELES COUNTY. AI #ON 5815109</p> <p>Registered Owner(s): NOVELLA AI, INC., 4100 WEST ALAMEDA AVENUE SUITE 300 - #1216, BURBANK, CA, 91505. CORP: DELAWARE</p> <p>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</p> <p>Signed: NOVELLA AI, INC, CFO, MICHAEL MORELLO. This statement was filed with the County Recorder of Los Angeles County on July 15, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 15, 2029. A new Fictitious Business Name Statement must be filed prior to July 15, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/25, 8/1, 8/8, 8/15/24 <b>H-3539</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024150564</b></p> <p>The following person(s) is (are) doing business INTERSCOPE FILMS, 2220 COLORADO AVENUE, SANTA MONICA, CA 90404, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): POLYGRAM ENTERTAINMENT, LLC, 2220 COLORADO AVENUE, SANTA MONICA, CA 90404. CORP: DELAWARE</p> <p>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: 05/2019</p> <p>Signed: POLYGRAM ENTERTAINMENT, LLC, MEMBER, SHERYL L GOLD. This statement was filed with the County Recorder of Los Angeles County on July 16, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 16, 2029. A new Fictitious Business Name Statement must be filed prior to July 16, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/25, 8/1, 8/8, 8/15/24 <b>H-3540</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024152128</b></p> <p>The following person(s) is (are) doing business MORTGAGETREE LENDING FINANCIAL SERVICES 402 WEST ARROW HIGHWAY UNIT 1, SAN DIMAS, CA, 91173, LOS ANGELES COUNTY. AI #ON 1963109</p> <p>Registered Owner(s): AMERICAN PACIFIC MORTGAGE CORPORATION, 3000 LAVA RIDGE CT.#200, ROSEVILLE, CA, 95661. CORP: CA</p> <p>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</p> <p>Signed: AMERICAN PACIFIC MORTGAGE CORPORATION, CEO, EDMUND PAYANT. This statement was filed with the County Recorder of Los Angeles County on July 18, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 18, 2029. A new Fictitious Business Name Statement must be filed prior to July 18, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/25, 8/1, 8/8, 8/15/24 <b>H-3541</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024150211</b></p> <p>The following person(s) is (are) doing business 1) CAFÉ DOLCE, 2) DOLCE COFFEE, 2814 SEPULVEDA UNIT G, TORRANCE, CA, 90505-2863, LOS ANGELES COUNTY.</p> <p>Registered Owner(s): BONBON B&amp;F COMPANY, 2814 SEPULVEDA BLVD UNIT G, TORRANCE, CA, 90505-2863. CORP: CA</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2024</p> <p>Signed: BONBON B&amp;F COMPANY, PRESIDENT, EUGENE YOO. This statement was filed with the County Recorder of Los Angeles County on July 16, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 16, 2029. A new Fictitious Business Name Statement must be filed prior to July 16, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/25, 8/1, 8/8, 8/15/24 <b>H-3542</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024136968</b></p> <p>The following person(s) is (are) doing business HUDSON PEROU PLASTER DRYWALL &amp; STUCCO, 553 N. PACIFIC COAST HIGHWAY SUITE B332, REDONDO BEACH, CA, 90277, LOS ANGELES COUNTY. AI #ON 6277648.</p> <p>Registered Owner(s): HUDSON PEROU PLASTER DRYWALL &amp; STUCCO, INC., 553 N. PACIFIC COAST HIGHWAY SUITE B332, REDONDO BEACH, CA, 90277. CORP: CA</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2024</p> <p>Signed: HUDSON PEROU PLASTER DRYWALL &amp; STUCCO, INC., CFO, ANDREW PEROU. This statement was filed with the County Recorder of Los Angeles County on June 26, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on June 26, 2029. A new Fictitious Business Name Statement must be filed prior to June 26, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/25, 8/1, 8/8, 8/15/24 <b>H-3543</b></p>	<p><b>Fictitious Business Name Statement</b> <b>2024146294</b></p> <p>The following person(s) is (are) doing business 1) RUFTA INC, 2) AL SALAM MARKET, 1807 LOMITA BLVD, LOMITA CA 90717, LOS ANGELES COUNTY..</p> <p>Registered Owner(s): RUFTA INC, 1807 LOMITA BLVD, LOMITA CA 90717. CORP: CA</p> <p>This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2024</p> <p>Signed: RUFTA, INC, SECRETARY, FATIMA ANSARI. This statement was filed with the County Recorder of Los Angeles County on July 10, 2024.</p> <p>NOTICE: This Fictitious Name Statement expires on July 10, 2029. A new Fictitious Business Name Statement must be filed prior to July 10, 2029. 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).</p> <p>El Segundo Herald: Pub. 7/25, 8/1, 8/8, 8/15/24 <b>H-3544</b></p>



**Police Reports**

from page 3

One male adult was arrested at 0131 hours from the 600 block of North Pacific Coast Highway for resisting/delaying arrest, felony vandalism, and one LAPD misdemeanor warrant.

A felony vandalism report was taken at 0332 hours from the 500 block of North Pacific Coast Highway. The window to the business was broken.

**Friday, July 19th**

One male adult was arrested at 0838 hours from North Pacific Coast Highway and Maple Avenue for burglary, possession of burglary tools, possession of a controlled substance and two Orange County felony warrants.

One female adult was arrested at 0838 hours from North Pacific Coast Highway and Maple Avenue for burglary and bringing a controlled substance into a jail.

A found property report was taken at the 300 block of Main Street. Property was booked for destruction.

An injury report was taken at 1048 hours

from the 200 block of Vista Del Mar. A lifeguard was injured.

A burglary (commercial) report was taken at 1148 hours from the 700 block of South Pacific Coast Highway. Unknown suspect(s) broke into the business and stole miscellaneous items.

One male adult was arrested at 1337 hours from the 700 block of North Pacific Coast Highway for felony vandalism.

One male adult was arrested at 0312 hours from Imperial Avenue and Main Street for misdemeanor DUI with a BAC of .08% or above.

**Saturday, July 20th**

One male adult was arrested at 0732 hours from the 200 block of Main Street for possession of drug paraphernalia and possession of a controlled substance.

A burglary/identity theft report was taken at 0958 hours from the 2200 block of East Park Place. Unknown suspect(s) stole a wallet and used the victim's credit cards.

A vandalism report was taken at 1149 hours from the 2100 block of East Maple Avenue. Unknown suspect(s) smashed the victim's car window.

A petty theft was taken at 1247 hours from the 700 block of South Pacific Coast Highway. The suspects stole property from the victim's vehicle.

One male adult was arrested at 2000 hours from El Segundo Boulevard and Eucalyptus Drive for exhibition of speed.

A burglary (residential) report was taken at 2016 hours from the 600 block of East Mariposa Avenue. Unknown suspect(s) stole miscellaneous documents from the victim's residence.

A found property report was taken at 2144 hours from the 100 block of South Pacific Coast Highway. The suspect attempted to use a counterfeit bill that was booked for destruction.

One male adult was arrested at 2245 hours from El Segundo Boulevard and Pacific Coast Highway for one RBPD misdemeanor warrant

and one LASD felony warrant.

One male adult was arrested at 0052 hours from Imperial Avenue and Main Street for misdemeanor DUI.

**Sunday, July 21st**

One female adult was arrested at 1311 hours from the 2100 block of East El Segundo Boulevard for possession of drug paraphernalia.

A dead body report was taken at 1327 hours from the 200 block of Concord Street. An elderly male adult died from a fall.

A found property report was taken at 1812 hours from the 300 block of Main Street. Property was booked in for safe keeping.

A resisting arrest/possession of drug paraphernalia report was taken at 2045 hours from the 100 block of South Pacific Coast Highway.

A found property report was taken at 2045 hours from the 200 block of East Grand Avenue. A counterfeit bill was booked for destruction. •

*“Don't sit down and wait for the opportunities to come. Get up and make them.”  
— MADAM C.J. WALKER*

**PUBLIC NOTICES**

**Order to Show Cause for Change of Name Case No. 24LBCP00211**

Superior Court of California, County of LOS ANGELES  
Petitioner of: MATTHEW ALEXANDER SCHNEE for Change of Name  
TO ALL INTERESTED PERSONS:  
Petitioner MATTHEW ALEXANDER SCHNEE filed a petition with this court for a decree changing names as follows:  
MATTHEW ALEXANDER SCHNEE to

MATTHEW ALEXANDER SNOW  
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: August 23, 2024, Time: 8:30 AM., Dept.: S-27  
The address of the court is:  
275 MAGNOLIA AVENUE  
LONG BEACH, CA 90802

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: July 8, 2024  
MARK C. KIM  
Judge of the Superior Court  
EL SEGUNDO HERALD PUB: 7/11, 7.18, 7/25, 8/1/24  
H-28700

**SUMMONS BY PUBLICATION, CARE AND PROTECTION, TERMINATION OF PARENTAL RIGHTS,**

**DOCKET NUMBER 23CP0286LY,**  
Trial Court of Massachusetts, Juvenile Court Department, COMMONWEALTH OF MASSACHUSETTS, Essex County Juvenile Court, 139 Central Avenue, Lynn, MA 01901, 781-586-0415. **TO: Any Unknown/Unnamed Father:**  
A petition has been presented to this court by Lynn DCF, seeking as to the following child: **Valeria Guzman**, that said child be found in need of care and protection and committed to the Department of Children and Families. The court may dispense the rights of the person(s) named herein to receive notice of or to consent to any legal proceeding affecting the adoption, custody, or guardianship or any other disposition of the child named herein, if it finds that the child is in need of care and protection and that the best interests of the child would be served by said disposition.  
You are hereby ORDERED to appear in this court, at the court address set forth above, on the following date and time: **09/24/2024 at 09:00 AM Status Hearing**  
You may bring an attorney with you. If you have a right to an attorney and if the court determines that you are indigent, the court will appoint an attorney to represent you.  
**If you fail to appear, the court may proceed on that date and any date thereafter to a trial on the merits and adjudication of this matter.**  
For further information call the Office of the Clerk-Magistrate at 781-586-0415.  
WITNESS: Hon. Kerry A. Ahern, FIRST JUSTICE, DATE ISSUED: 06/17/2024, Judith M. Brennan, Clerk-Magistrate.  
El Segundo Herald Pub. 7/18, 7/25, 8/1/24  
H-28698

**Fictitious Business Name Statement 2024152511**

The following person(s) is (are) doing business SHEPHERD DYNAMICS, 5328 W 124TH ST, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): ALEXANDER SMITH-KONECNY, 5328 W 124TH ST, HAWTHORNE, CA 90250.  
This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A  
Signed: ALEXANDER SMITH-KONECNY, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 19, 2024.  
NOTICE: This Fictitious Name Statement expires on July 19, 2029. A new Fictitious Business Name Statement must be filed prior to July 19, 2029. 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. 7/25, 8/1, 8/8, 8/15/24  
H-3545



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# Kid's Entertainment



## Film Review

## Kid News

### Inside Out 2 Introduces New Emotions For Another Exciting Adventure

By Ryan Rojas, Cinemacy.com

All your favorite emotions from Pixar's animated classic *Inside Out* are back in the sequel *Inside Out 2* (now playing in theaters). And this time, they're joined with even more emotions and crazier adventures that make for another fun, exciting, and heart-warming time.

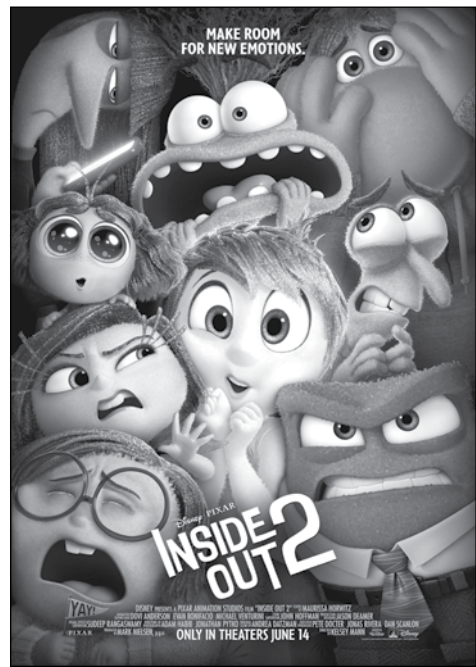
The sequel continues with our main character from the first film, Riley (Kensington Tallman). Not only has Riley settled into her new life after unexpectedly moving to San Francisco with her family, but she's thriving in her new life. Riley easily zips through the hockey rink and laughs with her new best

friends, clearly loving life. And we see that all of her emotions are still inside her mind helping her every step of the way.

There's Joy (Amy Poehler), Riley's main emotion, who smiles and spins while manning Riley's main control board. She leads the rest of her emotions that we've met before, including Sadness (Phyllis Smith), Anger (Lewis Black), Fear (Tony Hale), and Disgust (Liza Lapira). For those who remember in the first movie, Joy had to accept that Sadness (as well as all kinds of negative emotions) was essential to feel as they help you grow and get through life's challenges.

It's the final days of summer, and before Riley enters high school, she and her two best friends are going to an overnight hockey camp, which will decide if they make the school's hockey team. Joy and the rest of the emotions are ready to impress, however, a new twist

See Kid's Film, page 15



Inside Out 2, courtesy Disney/Pixar.



Ryan Rojas

### Is Social Media Bringing You Down?

(BPT) - When it comes to your social media feed, do you ever feel like you're stuck in a bad place? Do you even dread opening up your feed sometimes because of all the negativity you might find there? Whatever happened to those funny memes, animal videos, positive interactions with friends and family, even informational DIYs and hacks?

Sometimes, it can feel like social media algorithms are not generating the mix of content needed to live a well-balanced life.

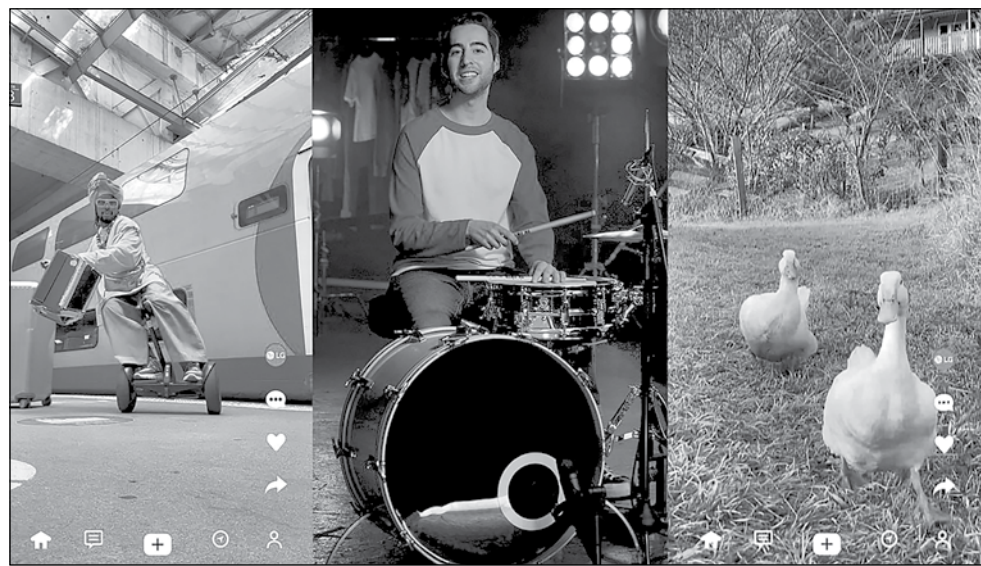
Algorithms can be a mystery to people who aren't data analysts, but they play a significant role in what we see on social media. While designed to make our feeds more interesting and relevant, recent research has shown that these algorithms can send us down niche rabbit holes and promote negative conversations that can directly impact mental health.

Sure, some negative content on your feeds is expected, especially because world events are an important element of a diverse social media diet. But algorithms could be pushing down the feel-good content to encourage more doomscrolling. It happens more than you think.

But can you do anything about it? It turns out, you can.

LG Electronics recently commissioned a new global survey, in keeping with their mission to spread the ethos of Life's Good, to understand how social media platforms affect users' well-being. It found what many of us experience every day - social media is a source of anxiety and stress, but also a place where we turn to be entertained. More than half of survey respondents reported

See Kid News, page 15



We're having a get-together to...



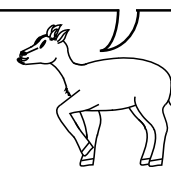
# Newspaper Fun!

www.readingclubfun.com



Annimills LLC © 2024 V

...watch and cheer on the athletes!



Kids: color stuff in!



Are **you** catching all the excitement of the Summer Olympics in Paris, France?

The athletes have been training for years and are among the best in the world. They will compete in events in 32 different sports such as gymnastics, table tennis and judo.

Read the clues to fill in the crossword puzzle:

1. The first Olympic games were held in Olympia, \_\_\_\_\_.
2. The games' first competition was a \_\_\_\_\_, which was run barefoot.
3. Our modern winter or summer \_\_\_\_\_ are held every two years.
4. The Olympic \_\_\_\_\_ is being carried from Olympia, Greece across the Mediterranean Sea to Marseille, France. Runners will carry the torch throughout France for 68 days before the final runner arrives in Paris on Friday, July 26, 2024, for the games' opening ceremony!
5. This year, the host city of the summer games is \_\_\_\_\_, France.
6. Over 10,000 athletes will be on boats for the opening ceremony \_\_\_\_\_!
7. The athletes will live together in the Olympic \_\_\_\_\_ during the games.
8. About 10 million \_\_\_\_\_ may be sold for people to watch the games.
9. People all over the \_\_\_\_\_ watch T.V. and cheer for the athletes.
10. We hold our breath while we wait for the \_\_\_\_\_.
11. \_\_\_\_\_ cross and breakdancing will be part of the Olympics for the first time.
12. \_\_\_\_\_ will be one of the most watched sports this summer.
13. Paris will feature \_\_\_\_\_, a sport that first appeared at the 2020 Olympics in Japan.
14. This year's Olympic medals will have a piece of the original \_\_\_\_\_ - a special kind of wrought **iron** - that was used to build the famous Eiffel Tower 135 years ago.
15. The \_\_\_\_\_ person ever to win a Gold Medal was 13-year-old diver Marjorie Gestring.
16. Michael Phelps, a U.S. swimmer, has won 28 Olympic \_\_\_\_\_, more than any other athlete.
17. Look for the 2026 Winter Games to be held in Milan-Cortina, \_\_\_\_\_!

## 2024 Summer Olympics

July 26 - August 11

Welcome to Paris, France!

14 16 8 Greece scores

13 12 world 11 Italy torch metal

7 17 Paris kayak

10 2 skateboarding

9 4 parade 3 youngest

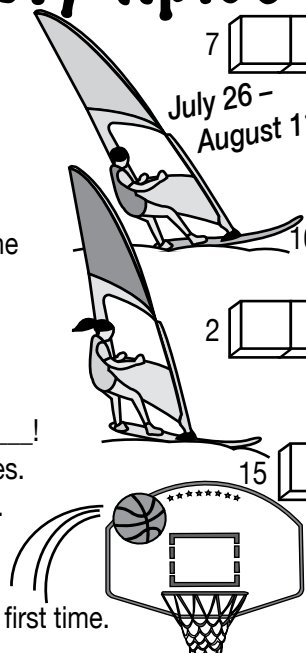
15 6 5 medals

swimming tickets

footrace

Hey! Where's the fifth ring for the floating Olympic Rings barge?

Village Over here. I've got it!





# PETSPETS **Pets** PETSPETS

## Featured Pets of the Week

Provided by Hannah Collett, spcaLA

Meet **Mufasa**! He is a 2-year-old, black and tan, medium haired male German Shepherd Mix. This handsome boy will proudly shake your hand in exchange for treats. He walks well on leash and enjoys spending time with staff and volunteers. If you are looking for a sweet and active furry Friend for Life, Mufasa is your guy! <https://spcala.com/adoptable/pet/?ss=LACA-A-15507>

Meet **Libby**! She is a 2-year-old, female black and white Labrador Retriever mix. She is your typical Labrador that loves to sleep, eat, and play in the pool! Libby will sit for treats and enjoys playing with her toys. If you're looking for an active walking partner or a water buddy, Libby is your girl! <https://spcala.com/adoptable/pet/?ss=LACA-A-14939>

Meet **Garfield**, a 2-year-old orange male domestic short hair Tabby. Coming in at just

under 11-pounds, Garfield has a lot of love to give. This gorgeous boy enjoys being pet and spending time with staff and volunteers. He can be quite chatty when he's trying to get your attention. You can usually find him napping, playing with his mouse toys, or napping some more. If you're looking for an easy-going guy to keep you company, Garfield is a cat you don't want to miss. <https://spcala.com/adoptable/pet/?ss=LACA-A-14932>

Meet **Blueberry**! She is a 6 month old all-black female Domestic Shorthair. She is a spunky sweetheart who enjoys all the attention she receives from staff and volunteers. She's typically playing with her string toys or nose down in her food bowl. Blueberry is a wonderful, fun kitten that would bring joy to any family looking for their Friend for Life. <https://spcala.com/adoptable/pet/?ss=LACA-A-15139>



Garfield



Blueberry



Mufasa

### Kid's Film

from page 14

occurs the night before: Riley's turned into a true teenager overnight entering puberty!

Riley is instantly confused, tired, and irritable, leaving Joy and the rest of Riley's emotions to deal with a flurry of unexpected confusion that throws their entire system out of whack. Enter, a new set of emotions!

The new main emotion is Anxiety (Maya Hawke) who greets Riley's emotions with nervousness. There's also Embarrassment (Paul Walter Hauser), Envy, (Ayo Edebiri), and Ennui (Adèle Exarchopoulos). Joy and the original emotions realize that these are more complex emotions that may need to take over and help Riley in ways that they can't. After being booted from Riley's main

operating room, and sent to the back of Riley's mind, Joy and the emotions must journey back before Anxiety changes Riley for the worse, forever.

*Inside Out 2* is a fun movie that does an incredible job at showing what life is like for kids as they grow up. There is a lot of confusion, fear, and anxiety when you experience new things in life. But the film shows that you need to balance all of your emotions together in order to overcome life's challenges. *Inside Out 2* is a perfect film for the whole family that will remind us all what it's like to be a kid again.

1h 36m. Rated PG for some thematic elements. •

### Kid News

from page 14

their social media feeds consist of an equal or greater amount of negative content vs. positive content, with nearly a quarter saying that negative content on their social media feeds has increased their anxiety and made them unhappy. Sound familiar? Here's what can you do to bring that happy feeling back to your social media feed.

- Proactively search for the content you like. From funny cat videos to food hacks to motivational speeches, the content is out there if you look for it.

- Encourage your favorite creators to keep making content that you enjoy.

- Engage with posts you like and disengage with content you don't. This sounds obvious, but people don't often think about it.

- When engaging with content you enjoy, keep in mind, there are real humans with emotions behind the screens. Like or comment something positive on uplifting content and the algorithm will continue to feed you more of the same.

A great example of this is LG's new "Optimism Your Feed" campaign, which gives social media users a head start on shaping the content they want to consume by creating a positive playlist of TikTok and YouTube content. The playlist features

feel-good content from popular creators and aims to help those who want to retrain their algorithm to bring more optimism to their feed by inviting them to proactively engage with positive content.

Here's how it works:

- Search for @lg\_lifsgood on TikTok, or go to LG's channel on YouTube.

- Find Optimism Your Feed and start scrolling!

- Engage with content you like by tapping, liking, commenting or sharing.

This isn't just about getting people to interact with fun videos. It's about using that positive content to give people the power to change the algorithms on their feeds. By interacting with this content, it will, in turn, draw in even more positive content from other sources.

Social media can be both good for us and bad for us at the same time, so it's important to remember there are ways we can try to proactively take more control of our social media experience. By being more conscious about what we choose to engage with, we can bring stronger balance, inspiration and happiness to our lives. If we focus on optimism, we will be better equipped to deal with life's challenges and build a happier life. •



Libby



# El Segundo Rotary Club



Supporting the El Segundo  
Community and the World

Providing over \$80,000  
of outreach thanks to  
our members and our supporters

## **Support for our Community**

- Student Scholarships
- Teacher Mini-Grants
- Awarding exceptional students in the performing and visual arts
- CASE Food Bank
- El Segundo High School Pathways Programs
- El Segundo Education Foundation
- Park Vista Holiday Lunch
- ESHS Performing Arts Programs
- Luncheon honoring educators, fire and police officers
- El Segundo Blue Butterfly Habitat
- Local Scout Troop 773
- Mama Hill's Help after school program
- Joslyn Christmas Eve lunch
- Old Town Music Hall
- ES PTA Run for Education
- Homeless Organizations
- Veterans Support
- El Segundo Library Park rose garden
- Just to name a few...

## **Support for our World**

- Rotary International Ukranian Refugee School
- Polio Eradication
- Peach Foundation
- Equador Humanitarian projects
- Castaway Kids Guaymas Mexico (El Segundo Sister City)
- Rise Against Hunger
- Lahaina disaster relief

**These grants are made possible by the support of our members, our community and our business sponsors!**

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