

El Segundo Herald

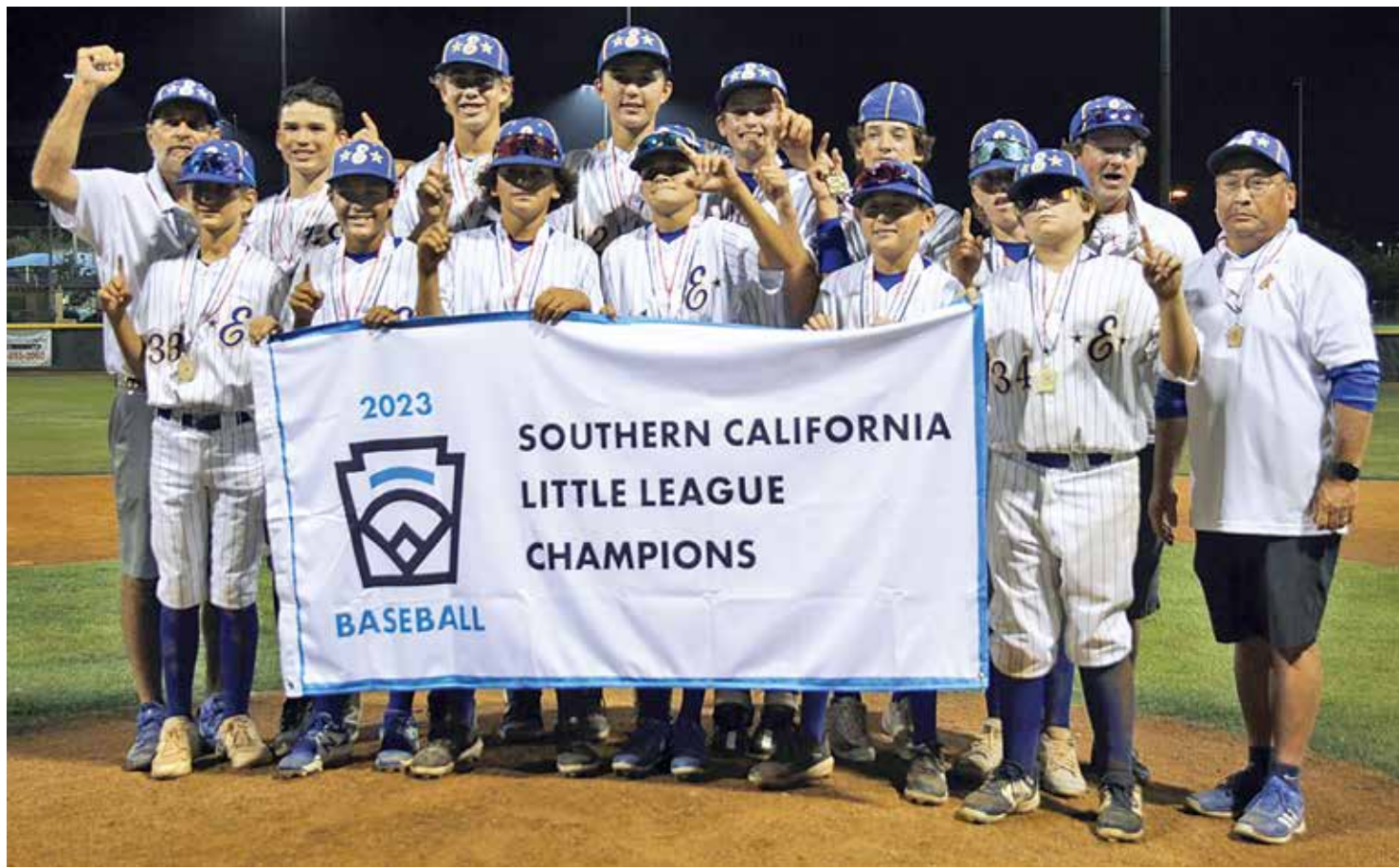
The Weekly Newspaper of El Segundo

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Ten Year Old All-Stars Are the Southern California Champions



The 2023 Little League Southern California Champions pose after defeating Sherman Oaks 3-2. Photo provided by Gregg McMullin. To read more, see story below and Sports on page 2.

These Little Leaguers Playing on the Big Stage

By Gregg McMullin

It's August 2, 2021, and the El Segundo Little League 10-year-old All-Stars have just defeated Sherman Oaks Little League 2-1 to win their first Little League state championship at any age level. Oh, the El Segundo Little League has played in state tournaments before, but this was the first championship. Fast forward to the present, and El Segundo is playing Sherman Oaks for the 2023 Southern California Little League 11-12-year-old State championship. The tournament winner advances to the Little League Western Regional and the last stop before advancing to the World Series played in Williamsport, Pennsylvania.

Ten of the 14 members on that 2021 10-year-old state championship team return to this year's team. This same group of players played for a state title last summer, placing third. So for the third time in as many years, this team and their coaching staff have competed for a state title.

For three consecutive summers, our community, filled with baseball history, has followed these players and their accomplishments at the All-Star level. I have been fortunate to have been on their three-year ride, covering them at each stop along the way and reporting on their successes. Let's take a peek at the team that has taken us on this thrilling ride that isn't over yet.

With all good teams, it takes a good coaching staff to make it successful. For three seasons, the coaching staff has molded a group of players into a team set on one common goal. Manager Danny Boehle, who is related to the Lennon sisters of the popular Lawrence Welk show, has a deep knowledge of baseball and is well respected amongst his peers. He picked up his knowledge in

high school and played for and coached with Benny Lefebvre at St Bernards high school. His athleticism led him to play on the AVP pro volleyball circuit in the early 90s. His managing skills may have come from owning the popular Fonz's restaurant in Manhattan Beach. Danny is married to his biggest supporter and best friend, Nikki.

Tim Abrams is a twenty-year El Segundo resident but grew up in Manhattan Beach. Tim's baseball talents at Mira Costa led him to play at the collegiate level at Azusa Pacific. He coaches third base on the all-star team, works with the infielders, and hitting pre-game. Tim and his wife, Sondra, have a son Reed who plays baseball at ESHS, and two daughters, Addylynn and Riley.

Ed Lee is a long-time resident who has coached at the Little League level for 15 years. He helped coach his sons Alex, Ben, and Colby through their Little League careers. Ed oversees the pitching staff and is a source of composure when adversity arises. His wife Sam and he are enormous baseball enthusiasts and big Angels fans.

#1 Max Baker: Centerfielder, SS, Pitcher (nickname Chef Baker)

Max hits fifth in the lineup, hitting .456 with two home runs and three doubles. His play in the outfield starts with his speed in the gaps running down fly balls. His arm strength is another tool that sets him apart from other outfielders. His favorite food is fried chicken, and he takes pride in saying he is a state champion. Max's favorite team is the Red Sox, and his favorite player is all-star outfielder Masataka Yoshida.

#3 Lennon Salazar: Outfielder (nickname Tootie)

Lennon is a speedy athlete who has a magic touch when asked to bunt for a sacrifice

or hit. He says his favorite song is 'Viva La Vida' by Cold Play, and when he's not practicing or playing baseball, you can find him surfing. After a day of playing baseball or at the beach, you can find him refueling on his favorite sandwich; a hamburger. He is a San Francisco Giants fan, and his favorite player was All-Star catcher Buster Posey.

#5 Colby Lee: Second base (nickname Colbs)

Colby is a slick-fielding second baseman on defense. On offense, his bat control to bunt runners over is impressive. Colby would have AC/DC's 'Thunder Struck' as his walk-up song, and his favorite meal includes a great steak. Colby is a big Angels fan because Mike Trout is his favorite player to follow and watch.

#9 Brody Brooks: Shortstop, Pitcher (nickname Brodz)

Brody combines size, strength, speed, and athleticism to help lead his team. As a leadoff hitter, he's hitting a torrid .654 batting average with four home runs. On the mound, he's an overpowering pitcher with a fastball that touches 70 mph. He's been selected to play at the Power Select Showcase in Florida, and his favorite meal includes a thick juicy steak. Brody is a big Angel fan and says Hall of Fame member Ken Griffey Jr. is his favorite MLB player.

#11 Quinn Boehle: Utility (nickname QB)

Quinn is a natural athlete who plays anywhere he's asked to. He is hitting down in the lineup for a reason. He's hitting .444 and helps keep rallies intact. He likes to collect sports caps and loves Chick-fil-A nuggets. He enjoys a wide range of music, but his favorite song is 'Space Cadet' by Metro Boomin. Quinn's favorite MLB player is

See Little Leaguers, page 13

Weekend Forecast

Friday
Partly
Cloudy
75°/64°



Saturday
Partly
Cloudy
77°/64°



Sunday
Sunny
79°/65°



Obituaries

Janet Gail Montrelli

Janet passed away Monday May 15, 2023, just short of her 76th Birthday. Janet was born May 21, 1947 at Hawthorne, California Hospital.

Janet lived in El Segundo for 30 years. She worked at the Northrup Credit Union for 40 years. Janet enjoyed many trips with family and friends to Las Vegas, Nevada and Maui, Hawaii.

Janet is survived by her Brother Dennis Miller, Nephew



Dennis Miller, Sister In Law Rebecca Miller, all from Summerlin Nevada. Great Nieces, Marissa Miller from El Segundo and Corinna Miller from Stafford, Virginia.

Janet's viewing will be Thursday, August 3rd at Douglas Mortuary on Imperial in El Segundo from 4:00 - 7:00 pm. Graveside Service on Friday August 4th at 11:00 am. at Inglewood, California Cemetery. •

Herald in



El Segundo resident and high schooler Alex Garcia Takata (holding the ES Herald) in the Korean Demilitarized Zone on an educational school field trip in July. Photo provided by Ken Takata.

Living a Quality of Life with Parkinsons

By Lauren Mahakian,
Family Connect Memory Care

I never know what to expect when answering a call from an unknown number. Lately, however, a surprising number of phone conversations involve the caller needing help with their loved one diagnosed with Parkinson's disease. In some cases, the diagnosis is recent. In most cases, the call is a desperate cry for help after years of caring for their loved one, and that care is becoming more challenging to provide alone.

While Parkinson's can be a devastating diagnosis, I remind families the person with the disease can and should enjoy their remaining days with respect and dignity. Unlike Alzheimer's disease, for which the average life expectancy is a handful of years post-diagnosis, a diagnosis of Parkinson's does not significantly affect a person's life expectancy. This difference is significant for families who need to plan for a lifetime of care.

When I discuss Parkinson's and how to proactively engage affected loved ones, I usually point out differences from Alzheimer's disease, which is far more common. Both are degenerative diseases of the brain, including brain-related symptoms like confusion and memory problems. However, Parkinson's is usually diagnosed based on its primary symptoms involving movement: a hand, arm, or leg tremor; slowed movements; decreased facial expression; balance and coordination issues; and muscle stiffness. Parkinson's also affects more men than women. As the disease progresses, other symptoms may develop, including constipation or urinary issues, skin problems, poor sleep, and difficulty chewing, swallowing, or speaking.

No matter how Parkinson's presents, however, we must always focus on quality of life. Too often, families want to isolate their

loved ones, with devastating consequences. Depression is another common symptom of Parkinson's. We need to work to bring the family closer, not more distant. Assuring our loved ones are important to us and helping them maintain a sense of purpose can help avoid depression and withdrawal.

In short, we need to focus on our loved ones, not the disease.

Because Parkinson's primarily affects movement, especially in the early stages, our loved ones must continue active daily activities like oral hygiene, bathing, and toileting for as long as possible to help maintain their dignity and self-worth. We can help with or modify these activities as the disease progresses and abilities degrade. We need to support a person with Parkinson's by allowing them to continue to do things, not taking something away.

For those caring for a loved one with Parkinson's disease, I recommend low-stress activities that encourage movement while being sensitive to diminished ability. Boxing is one activity clinically proven to help manage some symptoms of Parkinson's, inspiring a non-contact fitness program designed specifically for people with Parkinson's disease. I also recommend any daily routine with movement to improve mobility, such as walking, sensory gardening, tossing a ball, sinking putts on a putting green, Tai Chi or yoga, dancing, marching to music, or using stationary pedal exercisers.

If you are overwhelmed caring for your loved one, find a local support group to share and learn from others facing similar challenges. Lauren offers both in-person and online support groups for anyone caring for a loved one with a memory impairment. See familyconnectmemorycare.com for the latest updates. •

Sports

Little League All-Stars' Historic Run Continues

Story and Photos by Gregg McMullin

The El Segundo Little League's 11-12 All-Star team has had a magical and historic summer. The team is made up of twelve 12-year-olds and has breezed through the District 36 tournament, the Section 4 tournament, and the Southern California State Little League 11-12-year-olds tournament going 11-0 in their first eleven games and outscoring their opponents 92-9.

The Southern California Little League State tournament was supposed to be more of a challenge for El Segundo, but it turned out to be just another day at the park, that is, until the championship game. Of the ten teams,

McRoberts had an RBI single to make it 5-0. In the fifth inning, Brooks singled and advanced on a wild pitch, and scored on Jaxon Kalish's RBI single. Lappe and Colby Lee each had RBI singles to make it 7-0. El Segundo would score two more runs in the sixth inning and go on to win 9-0.

With the win, El Segundo would face East Hills (Yorba Linda). Once again, El Segundo took advantage of wildness and errors to cruise to a 10-0 win. It started with a nine-pitch to Brody Brooks to start the game. Louis Lappe then tripled in the gap scoring Brooks. Jaxon Kalish's ground ball scored Lappe. Max Baker was hit by a pitch and



Jaxon Kalish had a key double in the sixth inning, helping to set up the winning run in El Segundo's 3-2 win in the championship game. six were repeats from the 2022 Southern California 11-year-olds State tournament. El Segundo's businesslike approach was evident in their approach and how they played each game. After defeating Fontana Community in the opener 7-0, they defeated La Verne Little League 9-0, East Hills Yorba Linda 10-0. Facing Sherman Oaks for the Southern California championship proved to be a more daunting task, but after dropping the first game 4-3, they won the title game 3-2 in dramatic fashion.

El Segundo takes advantage of their opponent's flaws. In the La Verne game, they were gifted extra bases on wild pitches and passed balls that led to runs. In the first inning, Louis Lappe singled, advanced to third base on two wild pitches, and scored on a passed ball. In the third inning, Quinn Boehle walked advanced on a wild pitch and scored on an RBI single by Lennon Salazar. Lappe's RBI single gave El Segundo a 3-0 lead, and Brody Brooks, who singled, later scored on a passed ball to make it 4-0.

In the fourth inning, Max Baker doubled, a pitch hit Crew O'Connor and Declan

later scored on Crew O'Connor's RBI single.

In the third inning, El Segundo scored five unearned runs with two outs. Brooks walked and advanced on a wild pitch. Lappe's sharp ground ball to the shortstop went for an error, scoring Brooks. Kalish hit a ground ball that was misplayed for an error then consecutive RBI singles by Lucas Keldorf, Max Baker, and Crew O'Connor gave El Segundo an 8-0 lead. In the fourth inning, Lennon Salazar drew a walk with two outs. Brooks, who had walked in his two previous at-bats, unleashed a towering 250-foot two-run homerun to cap the scoring and give El Segundo the 10-0 win.

Needing one win against Sherman Oaks to punch their ticket to the Little League West Regional Tournament proved to be their biggest challenge during their summer run. Since Sherman Oaks was coming through the loser's bracket meant they would need two wins against El Segundo, a team that hadn't even trailed in a game in their first eleven games. Sherman Oaks scored all four runs in the first inning of the first game.

See Sports, page 15



Brody Brooks singled and scored in the first inning of the championship game. In the sixth inning, he hit a game-tying home run.

Entertainment

Film Review

Oppenheimer is a Visually Spectacular, Towering Epic

By Ryan Rojas for Cinemacy

At a time when the future of movie theaters continues to grow more unstable and uncertain, every new film from Christopher Nolan—who intends for his films to be seen on the biggest screens possible—is a moment that cinephiles should celebrate. I saw *Oppenheimer* in its premiere format: at Hollywood's TCL Chinese Theater projected



Oppenheimer, provided by Cinemacy. on 70mm IMAX film. It is, of course, nothing short of visually spectacular. *Oppenheimer* is a towering, magnificently made epic that showcases the very best of cinema's power.

Nolan's first biopic tells the story of the father of the atomic bomb, J. Robert Oppenheimer, aka "the most important man in history" as the film quite literally states. In classic Nolan fashion, there are multiple timelines that make up the film. There's "Fission," in which we are introduced to the brilliant theoretical physicist (Cillian Murphy) and see how his expertise in atomic energy leads to him being called upon by the U.S. military to lead a secret project to weaponize the explosive power of the atom, as fascism and communism threaten the U.S. amid world war. And then there's a timeline labeled "Fusion," which takes place at a later, post-war time, in which Oppenheimer must defend his actions and character from a government that has turned on him and is eager to strip him of his celebrity, credibility, and power.

The leaps between timelines also come with visual format changes. Shot by longtime Nolan cinematographer Hoyte van Hoytema, we see Oppenheimer's rise and the development of the a-bomb at Los Alamos, New Mexico, presented in color, while the courtroom sequences featuring Lewis Strauss (Robert Downey Jr.)—the hopeful Presidential Cabinet Member trying to discredit Oppenheimer—is presented in black and white. The film further cuts between fullscreen and widescreen sizes, depending on IMAX-specific sequences (which may even distract audiences).

Unfortunately, the emotional toll that should be the film's most fascinating element is not something that Nolan dives into fully. Nolan's introspective storytelling has always had trouble meeting the level of his intellect. *Oppenheimer* is both an incredibly accomplished film but also short-sighted in failing to show the emotional toll that Oppenheimer felt after its use. While Nolan experiments with surrealistic flourishes that surprised me, the film doesn't fully wish to penetrate into Oppy's brilliant, tortured mind that a man who acknowledges himself as "becoming death, destroyer of worlds" would really feel.

The fact that *Oppenheimer* has opened with a massive debut is really something to celebrate, both for theaters and cinema on the whole. But although the film depicts the nail-biting development of the atomic bomb with a grand vision—one that I'll always remember where I was when I saw it—I think that after the dust settles, I'll still be left wondering what the emotional fallout was for this brilliant, lonely destroyer of worlds.

180 minutes. Rated R for some sexuality, nudity, and language. •



Ryan Rojas

Check It Out

The Canyon's Edge by Dusti Bowling

By Cathie Hinkle - Library Assistant, El Segundo Public Library

On the day of Nora's birthday, one year ago, her family's celebration dinner at a local restaurant suddenly turns into a horrific nightmare when a random shooting occurs.

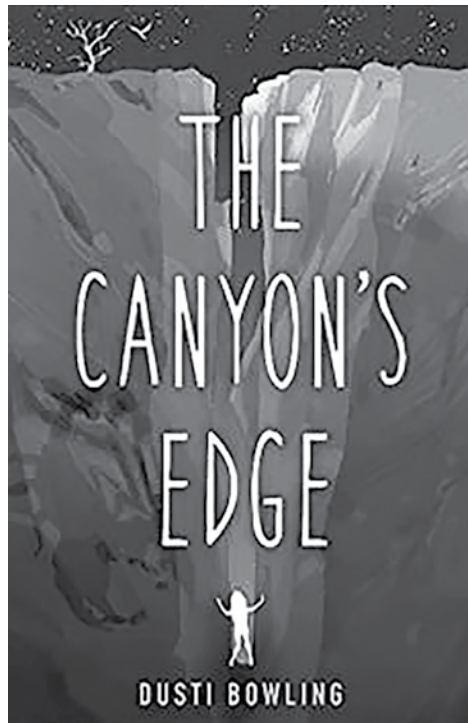
As she wakes up on the day of her birthday a year later it is to a new normal. Another year without her mom, another birthday, another day of just her and her dad and his

what happened a year ago. Asking herself "what if" questions when the day takes a turn. An unexpected flash flood hits the canyon and Nora is now alone, watching helplessly as her father washes away. No idea where her father is, if he is alive or dead. She is hungry, thirsty, suffering from exposure to heat and being chased by her worst fears. She sets out to find help and hopefully her father and along the way processes that horrible day, her present circumstances and looks closely at her inner self.

Dusti Bowling uses novel-in-verse to take the reader on a heartfelt journey through grief, resilience and courage. Taking extremely hard topics; PTSD, internal fears, grief and gun violence and handling them with grace; validating feelings and giving reassurance.

Please note, this title contains possible triggers that may not be appropriate for younger readers.

This book and others written by Dusti Bowling are available for check-out at El Segundo Public Library. Library events for all ages, including programs celebrating the Library's diamond jubilee, can be found on our library website, www.elsegundolib.org.



The Canyon's Edge by Dusti Bowling.

rules. During the past year her father has changed. Nora is no longer in school and slowly the bright big world Nora used to know has become one filled with her father's fears. They no longer go to places that are populated which is why today, on Nora's birthday, her father has chosen to hike a canyon in Arizona. It isn't very far from where they live, and her father knows it is not populated so it will be "safe."

When they begin the hike, early in the morning, Nora is understandably processing



Cathie Hinkle

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

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

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

EMPLOYMENT

Mattel HQ, Inc. has the following position available in El Segundo, CA: Key Sr. Product Dev. Engineer (CIPMB): Design & develop manufactured products, such as children's toys. Annual salary range for this position is \$121,916.00 to \$141,916.00. Solutions Architect (CIPSC): Design & develop solutions to complex applications problems for data architecture & data mgmt. Annual salary range for this position is \$151,632.00 and \$171,632.00. Sr. Packaging Design Engineer (CIPOT): Develop & design innovative structural packaging solutions to support worldwide product launches through a comprehensive knowledge of technology, materials & competitive analysis. Some telecommuting permitted. Annual salary range is \$124,134.00 and \$144,134.00. Send resume to: talentacquisition@mattel.com. Must reference job title and job code.

WANTED

VINYL RECORDS, cassettes, CD's, 78's, anything musical & collectible. T-shirts, programs, posters, tickets, audio equipment. Buy/Sell. Studio Antiques & Vinyl. 310.322.3895. El Segundo.

GARAGE SALE

Community Garage Sale. Saturday, August 5, 8-2. El Segundo Woman's Club: 541 Standard Street. Over 25 individual and organizational sellers.

WRITER WANTED

WRITER WANTED for covering local events, issues, school board, etc for local newspaper. Experience necessary. Please send resume to: Letters@heraldpublications.com.

EMPLOYMENT

Moose Toys LLC is hiring a Senior Brand Manager (El Segundo, CA) to manage and drive marketing strategy & perform agency briefings & campaign management, such as pre/post brand performance analysis, market analysis, & external stakeholder management ensuring strong relationships. Requires a Bach Degree in Marketing, Communications, or a related field (foreign equiv. is accepted) & 3 yrs. exp. in brand management, brand development, retail strategy, & marketing campaigns. Mail resumes to Moose Toys LLC, Attn: A. Min, 737 Campus Square West, El Segundo, CA 90245.

FOR RENT

3 bedrooms, 2 new baths, 1600+ sqft. New kitchen, all appliances, large laundry room, 2 car garage w opener, fireplace. Available now. \$4,950. 362 Virginia. 310.963.7653.

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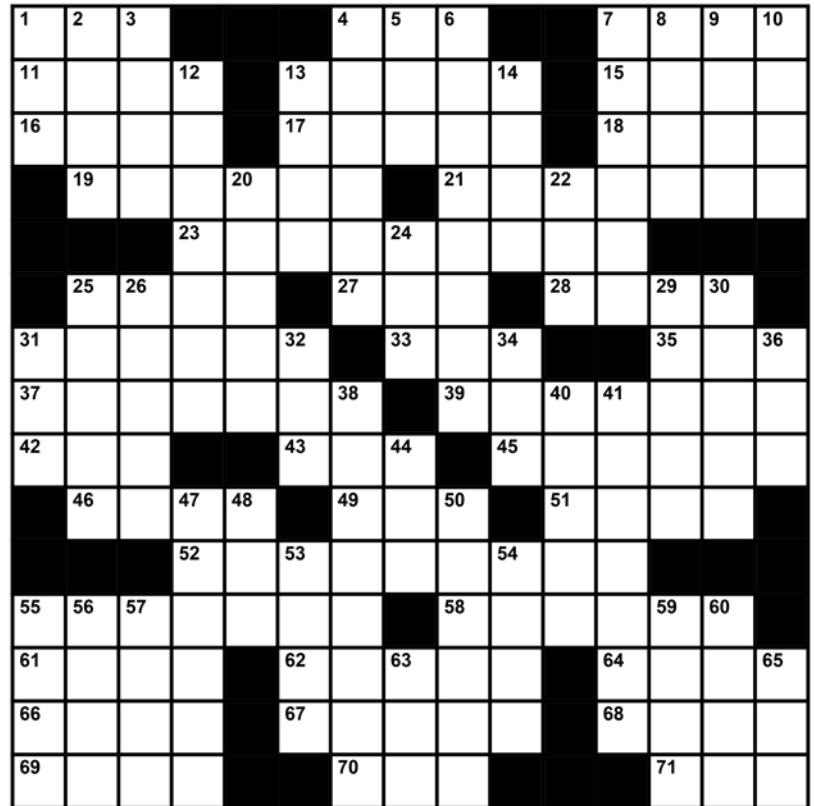
EMPLOYMENT

Moose Toys LLC is hiring a Senior Director, Global & US Marketing (El Segundo, CA) to direct the mgmt of Moose's existing product portfolio & identify mkt gaps & trends to dvlp new brands/products. Reqs a Bach Deg in Mrktng, BA, or a rtd field (frgn equiv. is acceptable) & 5 yrs exp. in the toy ind w people mgmt, brand mrktng, brand mgmt, & bldg & mngng multi-million-dollar budgets. Mail resumes to Moose Toys LLC, Attn: A. Min, 737 Campus Square West, El Segundo, CA 90245.

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



Across

- Instagram or Pinterest
- Touch clumsily
- One who takes orders
- Nation grouping
- Cooked in a skillet
- Return to health
- Stag
- No-man's-land
- Alternative indicator
- Chucks
- Soaked in hot water
- Speculative people
- grapes
- "Only kidding!"
- Change component
- Pre-match exercise
- Soaked
- Disaster relief, e.g.
- Math with letters
- Coastal area
- Caribbean or Mediterranean
- Pick
- "Ocean's ___" film
- Hike
- Where to find ales and stouts
- Links
- United Nations representatives

Down

- Workout target
- Story outline
- Water ___
- Slammer
- Ambition
- Surfers' destinations
- Pizza topper
- Assist
- Take the stress off
- Vamoosed
- Halloween wear
- Head for the hills
- Specks
- Yard adornment
- End-of-sentence abbr.

- Seating arrangement
- Corporate department
- Heart or lung, e.g.
- Overly trustful
- The Prince of ___, Conroy novel
- Is no longer
- Old hand
- Golf bag item
- Retreat
- Challenged a verdict
- Modify
- Earth movement description
- Big jerk
- Put on a pedestal
- Signature writer
- Zoo snack, maybe
- Double-dealer
- Ballerina's money maker
- Cupboard invaders
- Set of courses
- Like a buck or boar
- Dashing horse
- Zero, on a court
- Card game
- Cyberspace

Police Reports

Monday, July 24th

A found property report was taken at 1005 hours from the 300 block of Standard Street. A Chase Visa debit card was found.

A hit and run report was taken at 1139 hours from the 300 block of Virginia Street, delivery truck versus vehicle.

A forgery report was taken at 1141 hours from the 300 block of Main Street. Unknown suspect(s) fraudulently cashed the victim's stolen checks.

A battery report was taken at 1745 hours from the 1900 block of East Mariposa Avenue, male adult versus female adult.

One male adult was arrested at 0203 hours from the 400 block of North Nash Street for recklessly causing a fire.

One male adult was arrested at 0308 hours from the 900 block of Hillcrest Street for possession of drug paraphernalia.

One male adult was arrested at 0308 hours from the 900 block of Hillcrest Street for possession of a controlled substance.

Tuesday, July 25th

A grand theft report was taken at 0632 hours from the 1100 block of East Walnut Avenue. Unknown suspect(s) broke into the bed of the truck and stole miscellaneous tools and toys.

A grand theft report was taken at 0707 hours from the 200 block of Vista Del Mar. Unknown suspect(s) stole the victim's e-bike.

A petty theft (vehicle) report was taken at

0704 hours from the 400 block of Valley Street. Unknown suspect(s) stole miscellaneous items from the victim's unlocked vehicle.

A battery report was taken at 0709 hours from the 1700 block of East Pine Avenue. A resident and a citizen were involved in a physical altercation involving an animal trap.

A found property report was taken at 1215 hours from the 800 block of Hillcrest Avenue. A rifle was turned in for destruction.

A grand theft report was taken at 1410 hours from the 900 block of East Grand Avenue. Unknown suspect(s) stole an e-bike valued at \$2,000.

A shoplifting report was taken at 1543 hours from the 700 block of South Pacific Coast Highway. Unknown suspect(s) stole miscellaneous clothing and fled location without paying.

One male adult was arrested at 1721 hours from the 2100 block of East El Segundo Boulevard for one outstanding LAPD misdemeanor warrant.

A stolen vehicle report was taken at 2046 hours from the 1400 block of East Oak Avenue. A 2022 Toyota Highlander was taken.

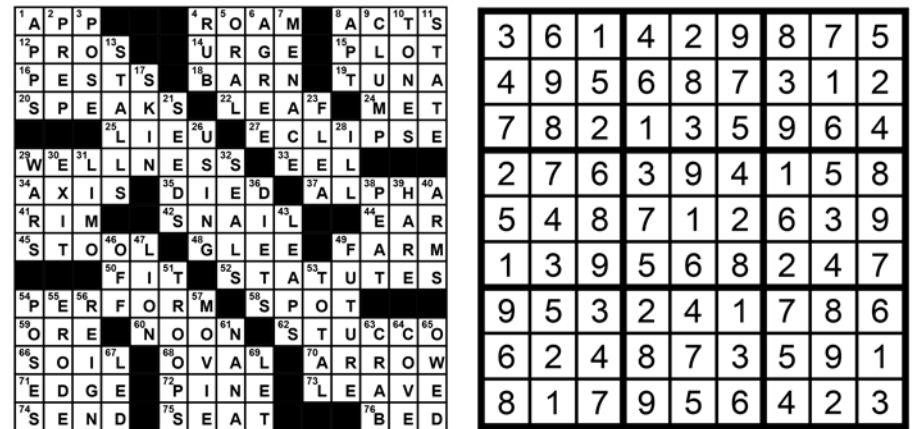
A grand theft report was taken at 2154 hours from the 100 block of North Continental Boulevard. A tailgate was taken from a 2022 Toyota Tacoma.

Wednesday, July 26th

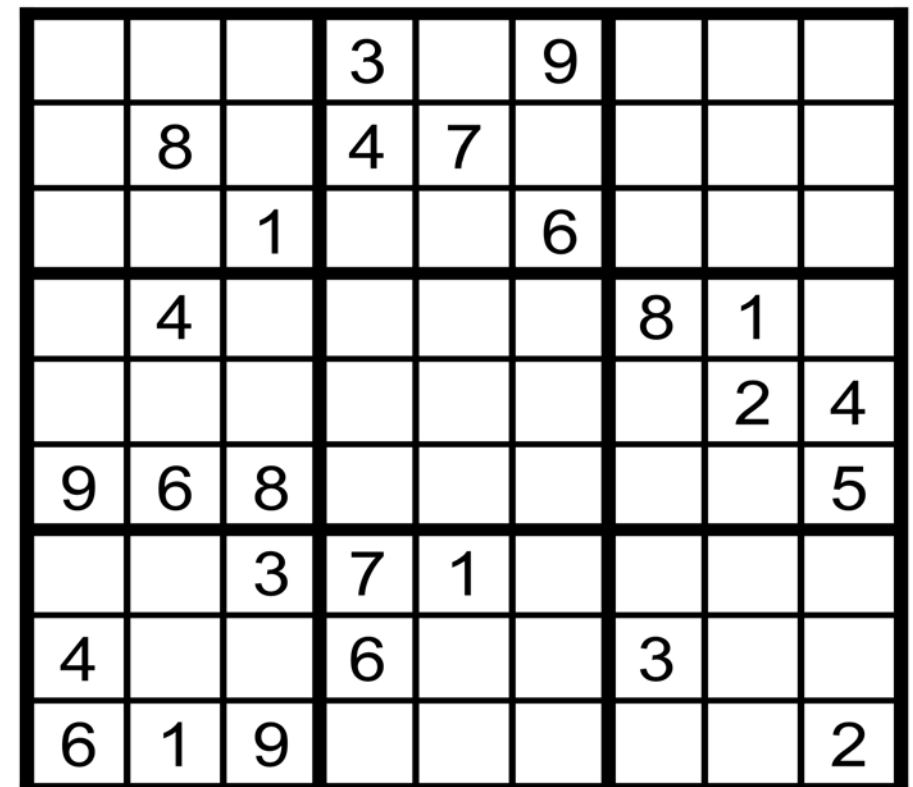
One male adult was arrested at 0602 hours

See Police Reports, page 13

Last Week's Answers



SUDOKU Medium



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



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Seniors

Myths, Stereotypes and Misinformations Related to Menopause

(BPT) - Menopause is a biological process that marks the end of a woman's reproductive years. While it's a natural and normal stage of life, it's also one that's surrounded by numerous misconceptions.

"Menopause is often shrouded in myths, stereotypes and misinformation, which can lead to confusion, and unnecessary anxiety for women who are approaching this life transition," said Dr. Kira Halak, a board-certified naturopathic doctor. "It's important to get the facts straight about this life stage for women, and through awareness, preparation and helpful solutions, we can feel more empowered to thrive during menopause."

Halak shares some of the most common menopause misconceptions and provides accurate information to help dispel these myths and empower women to better understand and navigate this important stage of life.

Facts: Hot flashes are the most common

symptom of menopause, affecting approximately 85% of menopausal women. However, this doesn't mean you have to suffer through regular discomfort, by making simple lifestyle adjustments. First, it's important to avoid triggers such as smoking, wearing tight and restrictive clothing, using heavy blankets on your bed, and excessive stress. Next, adjusting some everyday habits can help prevent hot flashes altogether, including: establish a calming or de-stress routine, exercise during the day, dress in layers to more easily remove or add clothing based on your body temperature, use a bedside fan, turn the thermostat down, and maintain a healthy weight.

Facts: Menopause symptoms can start occurring as early as a woman's mid-30s, so being more aware about symptoms can better equip women to seek out helpful solutions. There are several stages of the menopause transition.

See Seniors, page 13



Finance

Are Your Business Finances in Shape? a Checklist to Get You Organized

(BPT) - By Irana Wasti, Chief Product Officer of BILL

As a business owner, keeping your finances thriving is critical, especially if you're looking to do more with less as many small and midsize businesses (SMBs) are. Having your finances in shape can open the door to new markets, products and services, customers, and expanded advertising and hiring.

Staying organized - especially with cashflow records - is one of the best ways to ensure your business continues to succeed. If you want to manage and optimize your finances and ensure your business finances are in good shape, follow these five simple, effective steps.

Drowning in paper? Opting out of reconciling credit cards and bank statements on paper and transitioning your accounts payable (AP) and accounts receivable (AR) to a digital system can easily declutter your finances. By switching your payables and receivables over to a digital

system, you'll virtually eliminate the need for managing everything on paper.

You can save money and time by sending payments with just a few clicks and automating recurring payments. Also, automation can optimize approval and review workflows, and reduce human error and time spent on routine tasks. With smart, AI driven software, getting started can be as easy as taking a picture of your next bill.

Without so much paper, you may find it easier to keep all your financial records organized, secure and easily accessible. For example, when customer Mount Tamalpais College adopted BILL, they were able to more easily adapt to hybrid work (physically working on site and virtually), streamline AP and spend far less time shepherding documents for signatures and approvals. If they go through an audit, they'll have all their important documents stored in

See Finance, page 13



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3/16	450	350	300	250	150
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1/16	200	150	125	100	75

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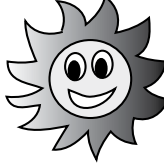

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More than one cactus under the...  ...hot sun are "cacti" or "cactuses."  Kids: color stuff in! 

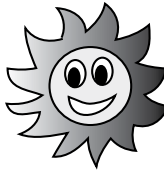
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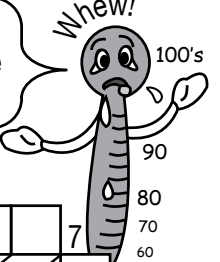
Summer is here and that means plenty of sunshine and heat! It has been **hot** and we all want to be **cool**. We want to look cool, do cool things and keep cool while doing them.

Have you heard the expression "as cool as a cucumber?" I'm so cool that I get to be the guest host on the page this week while all of the regular animals are chillin' out on vacation. Now *that's* cool!

It's Hot! Stay Cool!



It's too hot in the sun for me to do **my** job!



It's important to keep **your** cool and **yourself** cool during sizzling, hot weather. Fill in the crossword puzzle with things that you can use to keep yourself "as cool as a cucumber."

1. use it to protect your skin from burning
2. your body gives off drops of this to balance its temperature
3. holds liquid for biking and hiking
4. brand name for flavored frozen water on a stick
5. protect your eyes from the harmful rays of the sun
6. swim or float in this to keep cool
7. a gentle wind
8. moves air around
9. when the sun's rays are blocked, we are resting in this
10. cover for the head (bigger is better)
11. large one for the beach can protect your whole family
12. machine controlling temperature and amount of water in the air
13. H₂O – drink plenty of this
14. sweet dessert; frozen cream and eggs



sun 1 sunglasses 2 ice cream 3 4 umbrella 5 6 7 8 9 10 11 12 13 14

air conditioner hat fan breeze Popsicle®

water sweat shade pool

We cacti are keeping cool by wearing our cowboy hats. Can you find and circle 12 words that start with the letter "c"?

I hope the cat doesn't see me!

I love the cool greens, blues and purples of the grapes.

Check the correct box:
To be as "cool as a cucumber" means to be:
1. calm and relaxed
or
2. rushing and excited

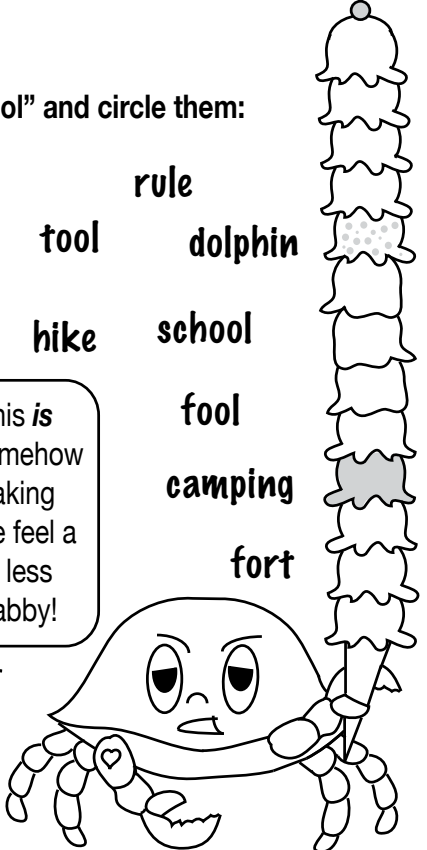
Phew! Chitter finished his chores and is sweating. He's ready to sit in the shade with a good book and lemonade. **Help him find his cool drink.**

Fun, Cool Puzzles

Find nine words that rhyme with "cool" and circle them:

- | | | |
|----------|---------|---------|
| vacation | bicycle | rule |
| lemonade | tool | dolphin |
| stool | picnic | school |
| swings | zoo | hike |
| race | spool | park |
| drool | pool | play |
| picnic | park | you'll |
| baseball | you'll | seesaw |
| lake | seesaw | |

This is somehow making me feel a bit less crabby!



(Hint: 2 of the words have the same sound, but are not spelled like "cool".)

"Cool" Things to Do, Use or See!

Find and circle these 20 things that are a lot of fun in hot weather:

I like boating and fishing.



I like swimming... away that is!

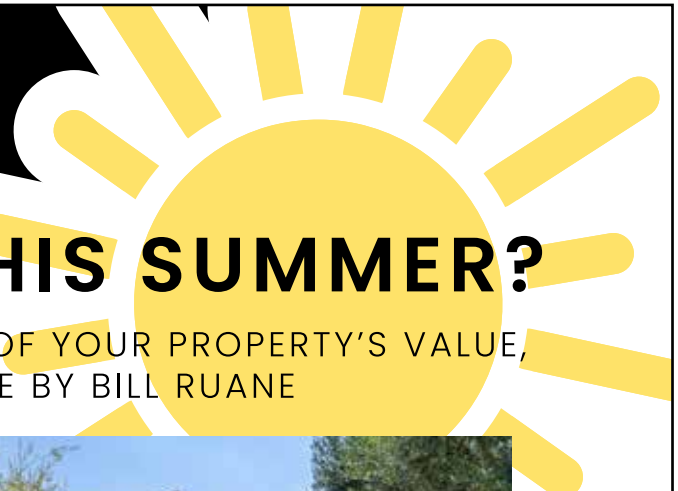


- | | |
|-------------|----------------|
| computer | movie |
| reading | sprinkler |
| badminton | batting cages |
| squirt guns | frisbee golf |
| tree house | picnicking |
| garden | go-carts |
| auto show | soccer |
| | arcade games |
| | drive-in |
| | miniature golf |

A	R	C	A	D	E	G	A	M	E	S	I	N	E	S	N	I	J	H	F	B	K	S	D	E	F	A
B	K	H	T	F	E	S	R	O	L	J	G	V	G	N	I	D	A	E	R	O	P	Q	I	N	T	U
A	N	L	P	U	G	E	C	V	V	P	I	H	G	R	F	E	D	C	B	A	K	U	G	E	V	T
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Z	V	J	O	C	T	R	E	I	J	G	N	I	K	C	I	N	C	I	P	N	G	T	O	A	F	H
B	I	S	K	H	F	F	I	S	H	I	N	G	I	H	B	G	R	F	E	G	K	G	I	G	J	O
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J	O	T	R	E	E	H	O	U	S	E	M	N	O	T	N	I	M	D	A	B	V	S	K	M	P	O
G	H	J	I	G	R	G	O	C	A	R	T	S	K	G	S	E	G	A	C	G	N	I	T	T	A	B

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Status	Address	Bd/Ba	Est. Sq. Ft.	Current List Price
Under Contract	123 E Oak Avenue #207	2/2	1,256	\$795,000
Under Contract	439 Valley Street	3/2	1,288	\$1,339,000
Under Contract	825 McCarthy Court	3/2	1,350	\$1,497,000
Under Contract	720 W Oak Avenue	5/4	3,510	\$2,399,000
Under Contract	1420 E Sycamore Avenue	4/3	2,188	\$2,495,000
Pending	745 Main Street #107	2/2	1,173	\$739,000
Pending	605 W Maple Avenue	3/1	951	\$1,199,000

Status	Address	Bd/Ba	Est. Sq. Ft.	Original List Price	Sold Price	Sold Date
SOLD	634 W Palm Avenue	4/2	2,248	\$1,980,000	\$1,760,000	7/21/23



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PROTECT YOUR HOME FROM SUMMER'S HEAT

(BPT) - The summer of 2023 is shaping up to be one of the hottest on record. Hotter conditions don't just make it uncomfortable for you; it also takes its toll on your home. This extreme heat can lead to significant damage and costly repairs. "Scorching temperatures can cause your home's structure to expand and contract, putting stress on the physical building," said Bonnie Lee, Vice President of Property Claims at Mercury Insurance. "Homeowners can protect their property by performing routine inspections of their home to identify any problems and take appropriate measures to address them." Hot weather has a major impact on your roof. Roofs are particularly vulnerable to heat damage because of their constant exposure to the elements. Under persistent exposure to high temperatures, roofing

materials can warp and crack, leading to leakages. Heat also tends to dry out caulking and may weaken the structural integrity of roofing components. During the summer, check on your roof's insulation. Schedule a routine roof inspection and attend to any small repairs that may be needed before the rainier weather sets in. Dry soil affects your foundation. The dehydrating effects of heat from the hotter months can cause structural damage to the foundation of your home. The foundation relies on the surrounding soil as a consistent support system. As the ground heats up and moisture evaporates, the soil can separate from the home which can lead to instability. Large trees close to the home can compromise the ground around your foundation, as they draw

moisture through their roots and quickly dry out the dirt. If you have large trees near the perimeter of your home, make sure they are getting adequate moisture so they don't drain all the water from the surrounding soil. Protect pipes from extreme heat. It may come as a surprise, but water leaks in your home tend to occur more frequently when temperatures rise. Heat can cause pipes to expand, leading to leaks and bursts. In fact, August is known to be one of the busiest months for homeowners' claims related to water damage, especially those caused by blocked HVAC drains. Water damage accounts for nearly half of all homeowners' claims. Water leak detection devices are an excellent tool for identifying various types of leaks, even the ones that are hidden

from sight. Professionally installed water pressure sensors that monitor water flow, for example, can send a notification to a homeowner's smartphone to let them know of a potential issue. Insurance companies like Mercury will often provide a discount for homes that implement water leak detection devices. Safeguard areas around windows and doors. Prolonged exposure to heat can cause caulking around windows and doors to dry out and crack, compromising their energy efficiency and making them vulnerable to air and water leaks. Weather stripping installed in these areas will help to keep hot air from entering the home and cool air from escaping. "A little preventive maintenance can go a long way in avoiding heat-related damage to your home." *



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PUBLIC NOTICES

Fictitious Business Name Statement 2023147187

The following person(s) is (are) doing business as A+N CREATIVE LLC, 5450 STRAND UNIT 301, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. AI #ON: 201217510732. Registered Owner(s): A+N CREATIVE LLC, 5450 STRAND UNIT 301, HAWTHORNE, CA 90250. CA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: A+N CREATIVE LLC, AMANDA BLACKARD, MEMBER. This statement was filed with the County Recorder of Los Angeles County on July 6, 2023. NOTICE: This Fictitious Name Statement expires on July 6, 2028. A new Fictitious Business Name Statement must be filed prior to July 6, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3078

Fictitious Business Name Statement 2023143533

The following person(s) is (are) doing business as LIVE SOUTH BAY LOCAL, 303 N. GLENOAKS BLVD. SUITE 200, BURBANK, CA 91502, LOS ANGELES COUNTY. Registered Owner(s): YOSHIKO OEST, 6854 CREST RD, RANCHO PALOS VERDES, CA 90275. CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 09/2021. Signed: YOSHIKO OEST, OWNER. This statement was filed with the County Recorder of Los Angeles County on June 30, 2023. NOTICE: This Fictitious Name Statement expires on June 30, 2028. A new Fictitious Business Name Statement must be filed prior to June 30, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3079

Fictitious Business Name Statement 2023147460

The following person(s) is (are) doing business as FIVE POINT FIVE BREWING COMPANY, 137 NEVADA ST., EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): PACIFIC STANDARD PARTNERS LLC, 13 LAGUNA CT., MANHATTAN BEACH, CA 94010. CA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: PACIFIC STANDARD PARTNERS LLC, JOSEPH BELLA, MANAGER. This statement was filed with the County Recorder of Los Angeles County on July 6, 2023. NOTICE: This Fictitious Name Statement expires on July 6, 2028. A new Fictitious Business Name Statement must be filed prior to July 6, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3080

Fictitious Business Name Statement 2023144137

The following person(s) is (are) doing business as DOMETIC SANITATION US, 15235 BRAND BLVD. A101, MISSION HILLS, CA 91345, LOS ANGELES COUNTY. Registered Owner(s): VALTERRA PRODUCTS, LLC, 15235 BRAND BLVD. A101, MISSION HILLS, CA 91345. DELAWARE. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2023. Signed: VALTERRA PRODUCTS, LLC, DANIEL R. FULLER, DOMETIC CORPORATION, SOLE MEMBER, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June 30, 2023. NOTICE: This Fictitious Name Statement expires on June 30, 2028. A new Fictitious Business Name Statement must be filed prior to June 30, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3081

Fictitious Business Name Statement 2023144574

The following person(s) is (are) doing business as ASPIRE HEALTH MEDICAL PARTNERS OF CALIFORNIA, PC, 12900 PARK PLAZA DRIVE, CERRITOS, CA 90703, LOS ANGELES COUNTY, 5813 ABBOTT AVENUE S., EDINA, MN 55410. AI #ON: 3853682. Registered Owner(s): ALBION MEDICAL PARTNERS OF CALIFORNIA, P.C., 12900 PARK PLAZA DRIVE, CERRITOS, CA 90703. CA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2023. Signed: ALBION MEDICAL PARTNERS OF CALIFORNIA, P.C., NANCY ARMATAS, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on July 3, 2023. NOTICE: This Fictitious Name Statement expires on July 3, 2028. A new Fictitious Business Name Statement must be filed prior to July 3, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3082

Fictitious Business Name Statement 2023147379

The following person(s) is (are) doing business as 1) JON D. IMME OPERATION COMPASSION, 2) JON D. IMME ENLIGHTENED GIVING, 3) JON D. IMME FOUNDATION, 4) AGABUS CHRISTIAN MEDIA, 23890 COPPER HILL DRIVE 407, VALENCIA, CA 91354, LOS ANGELES COUNTY. AI #ON: 5373159. Registered Owner(s): AGABUS CHRISTIAN PUBLISHING, 23890 COPPER HILL DRIVE #407, VALENCIA, CA 91354. CA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2023. Signed: AGABUS CHRISTIAN PUBLISHING, SHEILA IMME, CEO. This statement was filed with the County Recorder of Los Angeles County on July 6, 2023. NOTICE: This Fictitious Name Statement expires on July 6, 2028. A new Fictitious Business Name Statement must be filed prior to July 6, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3083

Fictitious Business Name Statement 2023141570

The following person(s) is (are) doing business as COQUETTEKOUTURE TOP DIVERSIFIED AFRICAN FASHION, 238 S MARKET STREET, INGLEWOOD, CA 90301, LOS ANGELES COUNTY. Registered Owner(s): COQUETTEKOUTURE TOP DIVERSIFIED AFRICAN FASHION LLC, 238 S MARKET STREET, INGLEWOOD, CA 90301. CA. 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: 06/2023. Signed: COQUETTEKOUTURE TOP DIVERSIFIED AFRICAN FASHION LLC, MAIMOUNA A. LY, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June 28, 2023. NOTICE: This Fictitious Name Statement expires on June 28, 2028. A new Fictitious Business Name Statement must be filed prior to June 28, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3084

Fictitious Business Name Statement 2023134817

The following person(s) is (are) doing business as SHOYA, 1920 PACIFIC COAST HWY, LOMITA, CA 90717, 23701 S WESTERN AVE SPACE 47, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): MIKI STEIN, 1920 PACIFIC COAST HWY, LOMITA, CA 90501. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2013. Signed: MIKI STEIN, OWNER. This statement was filed with the County Recorder of Los Angeles County on June 20, 2023. NOTICE: This Fictitious Name Statement expires on June 20, 2028. A new Fictitious Business Name Statement must be filed prior to June 20, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3086

Fictitious Business Name Statement 2023147352

The following person(s) is (are) doing business as WINDSOR COMMUNITIES, 1235 TOWN AND COUNTRY ROAD, SUITE 1, ORANGE, CA 92868, ORANGE COUNTY, 125 HIGH STREET HIGH STREET TOWER, 27TH FLOOR, BOSTON, MA 02110. Registered Owner(s): WINDSOR PROPERTY MANAGEMENT COMPANY, 125 HIGH STREET HIGH STREET TOWER, 27TH FLOOR, BOSTON, MA 02110. DELAWARE. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2005. Signed: WINDSOR PROPERTY MANAGEMENT COMPANY, CRAIG A. ROONEY, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on July 6, 2023. NOTICE: This Fictitious Name Statement expires on July 6, 2028. A new Fictitious Business Name Statement must be filed prior to July 6, 2028. 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). Pub. 7/13, 7/20, 7/27, 8/3/23 H-3085

Fictitious Business Name Statement 2023150501

The following person(s) is (are) doing business as ONYX AUTO PRESERVATION, 813 S. CATALINA AVE APT B, REDONDO BEACH, CA 90277, LOS ANGELES COUNTY. Registered Owner(s): BRAD MEYER, 813 SOUTH CATALINA AVENUE APT B, REDONDO BEACH, CA 90277. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2023. Signed: BRAD MEYER, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 11, 2023. NOTICE: This Fictitious Name Statement expires on July 11, 2028. A new Fictitious Business Name Statement must be filed prior to July 11, 2028. 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). Pub. 7/20, 7/27, 8/3, 8/10/23 H-3088

Fictitious Business Name Statement 2023147361

The following person(s) is (are) doing business as HOLLYWOOD INNOVATION CENTER, 1440 FLOWERS STREET, GLENDALE, CA 91201, LOS ANGELES COUNTY. Registered Owner(s): PANASONIC CORPORATION OF NORTH AMERICA, TWO RIVERFRONT PLAZA, 12 FLOOR, NEWARK, NJ 07102. DELAWARE. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2023. Signed: PANASONIC CORPORATION OF NORTH AMERICA, KENJI SHIMONISHI, CFO. This statement was filed with the County Recorder of Los Angeles County on July 6, 2023. NOTICE: This Fictitious Name Statement expires on July 6, 2028. A new Fictitious Business Name Statement must be filed prior to July 6, 2028. 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). Pub. 7/20, 7/27, 8/3, 8/10/23 H-3087

Fictitious Business Name Statement 2023150826

The following person(s) is (are) doing business as JACKSON INVESTMENT HOLDINGS, 7001 JACKSON STREET, PARAMOUNT, CA 90723, LOS ANGELES COUNTY. AI #ON: 202355518389. Registered Owner(s): MARK SANDERS LLC, 11 HERKIMER PLACE, BROOKLYN, NY 11216. NEW YORK. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: MARK SANDERS LLC, DANIEL CHITRIK, CEO. This statement was filed with the County Recorder of Los Angeles County on July 11, 2023. NOTICE: This Fictitious Name Statement expires on July 11, 2028. A new Fictitious Business Name Statement must be filed prior to July 11, 2028. 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). Pub. 7/20, 7/27, 8/3, 8/10/23 H-3089



Fictitious Business Name Statement 2023149878

The following person(s) is (are) doing business as LRJ GLOBAL CONSULTING, 6633 W 86TH PLACE APT 1, LOS ANGELES, CA 90045, LOS ANGELES COUNTY. Registered Owner(s): LATRECE JOHNSON, 6633 W 86TH PL, APT 1, LOS ANGELES, CA 90045. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2023. Signed: LATRECE JOHNSON, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 10, 2023. NOTICE: This Fictitious Name Statement expires on July 10, 2028. A new Fictitious Business Name Statement must be filed prior to July 10, 2028. 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). Pub. 7/20, 7/27, 8/3, 8/10/23 H-3090

Fictitious Business Name Statement 2023150279

The following person(s) is (are) doing business as SUMMIT LAWN CARE, 3758 W 119TH PLACE, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): STEVEN JAMES GONZALEZ, 3758 W 119TH PLACE, 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: STEVEN JAMES GONZALEZ, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 11, 2023. NOTICE: This Fictitious Name Statement expires on July 11, 2028. A new Fictitious Business Name Statement must be filed prior to July 11, 2028. 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). Pub. 7/20, 7/27, 8/3, 8/10/23 H-3091

Fictitious Business Name Statement 2023154646

The following person(s) is (are) doing business as AMAZING BALLOONS BY GEE LLC, 4516 W BROADWAY, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): AMAZING BALLOONS BY GEE, LLC, 4516 W BROADWAY, HAWTHORNE, CA 90250. CA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2001. Signed: AMAZING BALLOONS BY GEE, LLC, CLAUDIA GEE, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on July 17, 2023. NOTICE: This Fictitious Name Statement expires on July 17, 2028. A new Fictitious Business Name Statement must be filed prior to July 17, 2028. 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). Pub. 7/20, 7/27, 8/3, 8/10/23 H-3092

Fictitious Business Name Statement 2023154326

The following person(s) is (are) doing business as AIRSCULPT, 436 N BEDFORD DRIVE, SUITE 448B, BEVERLY HILLS, CA 90210, LOS ANGELES COUNTY. Registered Owner(s): ELITE BODY SCULPTURE, INC., 448B NORTH BEDFORD DRIVE, BEVERLY HILLS, CA 90210. CALIFORNIA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: ELITE BODY SCULPTURE, INC., AARON ROLLINS, M.D., CEO. This statement was filed with the County Recorder of Los Angeles County on July 17, 2023. NOTICE: This Fictitious Name Statement expires on July 17, 2028. A new Fictitious Business Name Statement must be filed prior to July 17, 2028. 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). Pub. 7/27, 8/3, 8/10, 8/17/23 H-3093

Fictitious Business Name Statement 2023148153

The following person(s) is (are) doing business as HERBARIUM, 11425 HAWTHORNE BLVD, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): HERBARIUM HAWTHORNE LLC, 11425 HAWTHORNE BLVD, HAWTHORNE, CA 90250. CA. 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: 06/2023. Signed: HERBARIUM HAWTHORNE LLC, ADIE MEIRI, CEO. This statement was filed with the County Recorder of Los Angeles County on July 7, 2023. NOTICE: This Fictitious Name Statement expires on July 7, 2028. A new Fictitious Business Name Statement must be filed prior to July 7, 2028. 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). Pub. 7/27, 8/3, 8/10, 8/17/23 H-3094

Fictitious Business Name Statement 2023161109

The following person(s) is (are) doing business as WANDERLUST ADVENTURES, 18315 DORMAN AVE, TORRANCE, CA 90504, LOS ANGELES COUNTY. Registered Owner(s): PIPER O'BRIEN ADAMS, 18315 DORMAN AVE, TORRANCE, CA 90504. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2023. Signed: PIPER O'BRIEN ADAMS, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 26, 2023. NOTICE: This Fictitious Name Statement expires on July 26, 2028. A new Fictitious Business Name Statement must be filed prior to July 26, 2028. 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). Pub. 8/3, 8/10, 8/17, 8/24/23 H-3096

Fictitious Business Name Statement 2023159817

The following person(s) is (are) doing business as MAGPIE CULTURAL STRATEGIES, 2940 W CARSON ST UNIT 6, TORRANCE, CA 90503, PO BOX 3091, TORRANCE, CA 90503, LOS ANGELES COUNTY. Registered Owner(s): MEENA MALIK, 2940 W CARSON ST UNIT 6, TORRANCE, CA 90503. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2023. Signed: MEENA MALIK, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 24, 2023. NOTICE: This Fictitious Name Statement expires on July 24, 2028. A new Fictitious Business Name Statement must be filed prior to July 24, 2028. 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). Pub. 8/3, 8/10, 8/17, 8/24/23 H-3097

Fictitious Business Name Statement 2023152634

The following person(s) is (are) doing business as PICTURE PEOPLE, 1815 HAWTHORNE BLVD. STE.338, REDONDO BEACH, CA 90278-3443, LOS ANGELES COUNTY, 1101 SUMMIT AVE, PLANO, TX 75074. Registered Owner(s): SUMMIT PORTRAITS, LLC, 1101 SUMMIT AVE, PLANO, TX 75074. TX. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SUMMIT PORTRAITS, LLC, ANGIE CELESTIAL, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on July 14, 2023. NOTICE: This Fictitious Name Statement expires on July 14, 2028. A new Fictitious Business Name Statement must be filed prior to July 14, 2028. 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). Pub. 8/3, 8/10, 8/17, 8/24/23 H-3098

Fictitious Business Name Statement 2023156835

The following person(s) is (are) doing business as ZELDA'S PET BOUTIQUE, 2014 TORRANCE BLVD 217, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): DAMMARIZ M FLORES, 2014 TORRANCE BLVD 217, TORRANCE, CA 90501. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2013. Signed: DAMMARIZ M FLORES, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 19, 2023. NOTICE: This Fictitious Name Statement expires on July 19, 2028. A new Fictitious Business Name Statement must be filed prior to July 19, 2028. 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). Pub. 8/3, 8/10, 8/17, 8/24/23 H-3099

Fictitious Business Name Statement 2023161157

The following person(s) is (are) doing business as APEX SPACE & DEFENSE SYSTEMS, 880 APOLLO STREET SUITE 347, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): OC COMPOSITE WORKS, LLC, 880 APOLLO STREET SUITE 347, EL SEGUNDO, CA 90245. DE. 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: 03/2023. Signed: OC COMPOSITE WORKS, LLC, TRACY GLENDE, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on July 26, 2023. NOTICE: This Fictitious Name Statement expires on July 26, 2028. A new Fictitious Business Name Statement must be filed prior to July 26, 2028. 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). Pub. 8/3, 8/10, 8/17, 8/24/23 H-3100

Fictitious Business Name Statement 2023163946

The following person(s) is (are) doing business as ANTHEM BLUE CROSS PARTNERSHIP PLAN, 21215 BURBANK BLVD., WOODLAND HILLS, CA 91367, LOS ANGELES COUNTY, C/O JAMI J. MEISTER 220 VIRGINIA AVENUE, INDIANAPOLIS, IN 46204. Registered Owner(s): BLUE CROSS OF CALIFORNIA PARTNERSHIP PLAN, INC., 21215 BURBANK BLVD., WOODLAND HILLS, CA 91367. CA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 09/2007. Signed: BLUE CROSS OF CALIFORNIA PARTNERSHIP PLAN, INC., KATHLEEN S. KIEFER. This statement was filed with the County Recorder of Los Angeles County on July 28, 2023. NOTICE: This Fictitious Name Statement expires on July 28, 2028. A new Fictitious Business Name Statement must be filed prior to July 28, 2028. 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). Pub. 8/3, 8/10, 8/17, 8/24/23 H-3101

Fictitious Business Name Statement 2023166079

The following person(s) is (are) doing business as ANTHEM BLUE CROSS, 21215 BURBANK BLVD., WOODLAND HILLS, CA 91367, LOS ANGELES COUNTY, 220 VIRGINIA AVENUE, INDIANAPOLIS, IN 46204. Registered Owner(s): BLUE CROSS OF CALIFORNIA, 220 VIRGINIA AVENUE, INDIANAPOLIS, IN 46204. CA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 09/2007. Signed: BLUE CROSS OF CALIFORNIA, KATHLEEN S. KIEFER. This statement was filed with the County Recorder of Los Angeles County on August 1, 2023. NOTICE: This Fictitious Name Statement expires on August 1, 2028. A new Fictitious Business Name Statement must be filed prior to August 1, 2028. 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). Pub. 8/3, 8/10, 8/17, 8/24/23 H-3102

PUBLIC NOTICES

**NOTICE INVITING SEALED BIDS
FOR THE
CITY HALL PHASE 2
IMPROVEMENTS
IN THE CITY OF EL SEGUNDO
PROJECT NO.: PW 23-09**

The City of El Segundo is accepting sealed bids in the City Clerk's office, 350 Main Street, El Segundo, California 90245, until 11:00 a.m. on:

TUESDAY, AUGUST 22, 2023

at which time they will be publicly opened. Bids will not be accepted after that time.

As described in the Bidding Documents, the bids are for a public works project ("Project") which consists of furnishing all supervision, materials, labor, tools and incidentals, as required in the specifications and contract documents for the following project: "City Hall Phase 2 Improvements Project", on file with the City's Public Works Department. The work will take place within City Hall at 350 Main Street in El Segundo CA, 90245.

Work on the Project must be performed in strict conformity with Specifications No. **PW 23-09: City Hall Phase 2 Improvements Project** as adopted by the El Segundo City Council on **June 20, 2023** which is filed with the Public Works Department. Contractors bidding the project shall provide a minimum of five government agency references, preferably municipal, for building similar projects (in terms of scope, size, type, magnitude and complexity) as the prime contractor in the past five (5) years. Bidders shall include references, etc. to

demonstrate qualifications.

Copies of the Plans, Specifications, Contract Documents and Engineer's estimate are available electronically via <https://www.elsegundo.org/government/departments/city-clerk/bid-rfp>.

A pre-bid meeting is scheduled for **Tuesday, August 8, 2023, at 9:00 am**, at City Hall Courtyard, 350 Main Street, El Segundo, CA 90245. Bidders' attendance at this meeting is **mandatory**.

Questions regarding the bid shall be submitted by **4:00 pm on Friday, August 11, 2023** to <https://www.elsegundo.org/government/departments/public-works/request-public-works-bid>.

The terms and conditions for bidding on the Project are described in the attached Bidding Instructions.

This project requires payment of State prevailing rates of wages for Los Angeles County. The contractor must post copies of the prevailing schedule at each job site. Copies of these rates of wages are available from the State of California Department of Industrial Relations Prevailing Wage Unit, Telephone No. (415) 703-4774. The website for this agency is currently located at www.dir.ca.gov.

Note that the Project is subject to compliance monitoring and enforcement by California Department of Industrial Relations. Pursuant to California law, the City must find bids failing to comply with all applicable Labor Code requirements including, without limitation, Labor Code §§ 1725.5 and

1771.4 to be nonresponsive.

The contractor to whom the contract is awarded must assist in locating, qualifying, hiring and increasing the skills of minority group employees and applicants for employment, as set forth in Executive Order 11246 and 11375.

Any contract entered into pursuant to this notice will incorporate the provisions of the State Labor Code. Compliance with the prevailing rates of wages and apprenticeship employment standards established by the State Director of Industrial Relations will be required.

Affirmative action to ensure against discrimination in employment practices on the basis of race, color, national origin, ancestry, sex, or religion will also be required.

The City of El Segundo hereby affirmatively ensures that minority business enterprises will be afforded full opportunity to submit bids in response to this notice and will not be discriminated against on the basis of race, color, national origin, ancestry, sex, or religion in any consideration leading to the award of contract.

Prevailing Wage: Federal Labor Standards Provisions, including prevailing wage requirements of the Davis-Bacon and Related Acts will be enforced. In the event of a conflict between Federal and State wage rates, the higher of the two will prevail.

The Contractor's duty to pay State prevailing wages can be found under Labor Code Section 1770 et. Seq. and Labor Code Sections 1775 and

1777.7 outline the penalties for failure to pay prevailing wages and employ apprentices including forfeitures and debarment.

Five percent (5%) will be deducted from each progress payment and retained by the City. The remainder less the amount of all previous payments will be paid to the Contractor. Pursuant to Public Contracts Code ("PCC") § 22300, the Contractor may substitute securities for retention monies held by the City or request that the City place such monies into an escrow account. The Contractor is notified, pursuant to PCC § 22300, any such election will be at the Contractor own expense and will include costs incurred by the City to accommodate the Contractor's request.

In entering into a Public Works contract, or a subcontract, to supply goods, services, or materials pursuant to a public works contract, the Contractor, or Sub-Contractor, offers and agrees to assign to the awarding body all rights, title and interest in, and to, all causes of action it may have under Section 4 of the Clayton Act (15 U.S.C. Section 15) or under the Cartwright Act (Chapter 2 [commencing with Section 16700] of Part 2 of Division 7 of the Business and Professions Code), arising from purchases of goods, services, or materials pursuant to the public works contract or the subcontract. This assignment shall be made and become effective at the time the awarding body tenders final payment to the Contractor, without further acknowledgment by the parties.

Bids must be prepared on the approved Proposal forms in conformance with the Instructions to Bidders and submitted to the Public Works Department, 350 Main Street, City of El Segundo, in a sealed envelope plainly marked on the outside: **"SEALED BIDS FOR PROJECT NO.: PW 23-09**

**CITY HALL PHASE 2
IMPROVEMENTS**

**IN THE CITY OF EL SEGUNDO
DO NOT OPEN WITH REGULAR
MAIL"**

No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of the State Business and Professions Code. For these projects, those acceptable classes of license shall be "A" or "B". The successful Contractor and his Sub-Contractors will be required to possess the correct license for their project classifications, and valid City Business Licenses from the City of El Segundo.

The City of El Segundo reserves the right to reject any or all bids, to waive any irregularity, and to take all bids under advisement for a period of **ninety (90) calendar days**.

Any contract entered into pursuant to this notice shall become effective or enforceable against the City of El Segundo only when the formal written contract has been duly executed by the appropriate officer(s) of the City of El Segundo.

DATED this 20th day of June, 2023.

CITY OF EL SEGUNDO, CALIFORNIA
Tracy Weaver, City Clerk

El Segundo Herald Pub. 7/27, 8/3/23
H-28100

**NOTICE INVITING SEALED BIDS
FOR THE
GEORGE BRETT FIELD RESTROOM
IMPROVEMENTS
IN THE CITY OF EL SEGUNDO
PROJECT NO.: PW 23-10**

The City of El Segundo is accepting sealed bids in the City Clerk's office, 350 Main Street, El Segundo, California 90245, until 11:00 a.m. on:

TUESDAY, AUGUST 22, 2023

at which time they will be publicly opened. Bids will not be accepted after that time.

As described in the Bidding Documents, the bids are for a public works project ("Project") which consists of furnishing all supervision, materials, labor, tools and incidentals, as required in the specifications and contract documents for the following project: "George Brett Field Restroom Improvements Project", on file with the City's Public Works Department. The work will take place within the George Brett Field Restrooms at 401 Sheldon Street in El Segundo CA, 90245.

Work on the Project must be performed in strict conformity with Specifications No. **PW 23-10: George Brett Field Restroom Improvements Project** as adopted by the El Segundo City Council on **June 20, 2023** which is filed with the Public Works Department. Contractors bidding the project shall provide a minimum of five government agency references, preferably municipal, for building similar projects (in terms of scope, size, type, magnitude and complexity) as the prime contractor in the past five (5) years. Bidders shall

include references, etc. to demonstrate qualifications.

Copies of the Plans, Specifications, Contract Documents and Engineer's estimate are available electronically via <https://www.elsegundo.org/government/departments/city-clerk/bid-rfp>.

A pre-bid meeting is scheduled for **Tuesday, August 8, 2023, at 10:00 am**, at City Hall Courtyard, 350 Main Street, El Segundo, CA 90245. Bidders' attendance at this meeting is **mandatory**.

Questions regarding the bid shall be submitted by **4:00 pm on Friday, August 11, 2023** to <https://www.elsegundo.org/government/departments/public-works/request-public-works-bid>.

The terms and conditions for bidding on the Project are described in the attached Bidding Instructions.

This project requires payment of State prevailing rates of wages for Los Angeles County. The contractor must post copies of the prevailing schedule at each job site. Copies of these rates of wages are available from the State of California Department of Industrial Relations Prevailing Wage Unit, Telephone No. (415) 703-4774. The website for this agency is currently located at www.dir.ca.gov.

Note that the Project is subject to compliance monitoring and enforcement by California Department of Industrial Relations. Pursuant to California law, the City must find bids failing to comply with all applicable Labor Code requirements including, without limitation, Labor Code §§ 1725.5 and

1771.4 to be nonresponsive.

The contractor to whom the contract is awarded must assist in locating, qualifying, hiring and increasing the skills of minority group employees and applicants for employment, as set forth in Executive Order 11246 and 11375.

Any contract entered into pursuant to this notice will incorporate the provisions of the State Labor Code. Compliance with the prevailing rates of wages and apprenticeship employment standards established by the State Director of Industrial Relations will be required.

Affirmative action to ensure against discrimination in employment practices on the basis of race, color, national origin, ancestry, sex, or religion will also be required.

The City of El Segundo hereby affirmatively ensures that minority business enterprises will be afforded full opportunity to submit bids in response to this notice and will not be discriminated against on the basis of race, color, national origin, ancestry, sex, or religion in any consideration leading to the award of contract.

Prevailing Wage: Federal Labor Standards Provisions, including prevailing wage requirements of the Davis-Bacon and Related Acts will be enforced. In the event of a conflict between Federal and State wage rates, the higher of the two will prevail.

The Contractor's duty to pay State prevailing wages can be found under Labor Code Section 1770 et. Seq. and Labor Code Sections 1775 and 1777.7 outline the penalties for failure

to pay prevailing wages and employ apprentices including forfeitures and debarment.

Five percent (5%) will be deducted from each progress payment and retained by the City. The remainder less the amount of all previous payments will be paid to the Contractor. Pursuant to Public Contracts Code ("PCC") § 22300, the Contractor may substitute securities for retention monies held by the City or request that the City place such monies into an escrow account. The Contractor is notified, pursuant to PCC § 22300, any such election will be at the Contractor own expense and will include costs incurred by the City to accommodate the Contractor's request.

In entering into a Public Works contract, or a subcontract, to supply goods, services, or materials pursuant to a public works contract, the Contractor, or Sub-Contractor, offers and agrees to assign to the awarding body all rights, title and interest in, and to, all causes of action it may have under Section 4 of the Clayton Act (15 U.S.C. Section 15) or under the Cartwright Act (Chapter 2 [commencing with Section 16700] of Part 2 of Division 7 of the Business and Professions Code), arising from purchases of goods, services, or materials pursuant to the public works contract or the subcontract. This assignment shall be made and become effective at the time the awarding body tenders final payment to the Contractor, without further acknowledgment by the parties.

Bids must be prepared on the approved Proposal forms in conformance with the

Instructions to Bidders and submitted to the Public Works Department, 350 Main Street, City of El Segundo, in a sealed envelope plainly marked on the outside: **"SEALED BIDS FOR PROJECT NO.: PW 23-10**

**GEORGE BRETT FIELD RESTROOM
IMPROVEMENTS**

**IN THE CITY OF EL SEGUNDO
DO NOT OPEN WITH REGULAR
MAIL"**

No bid will be accepted from a Contractor who has not been licensed in accordance with the provisions of the State Business and Professions Code. For these projects, those acceptable classes of license shall be "A" or "B". The successful Contractor and his Sub-Contractors will be required to possess the correct license for their project classifications, and valid City Business Licenses from the City of El Segundo.

The City of El Segundo reserves the right to reject any or all bids, to waive any irregularity, and to take all bids under advisement for a period of **ninety (90) calendar days**.

Any contract entered into pursuant to this notice shall become effective or enforceable against the City of El Segundo only when the formal written contract has been duly executed by the appropriate officer(s) of the City of El Segundo.

DATED this 20th day of June, 2023.

CITY OF EL SEGUNDO, CALIFORNIA
Tracy Weaver, City Clerk

El Segundo Herald Pub. 7/27, 8/3/23
H-28101

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF:
MATTHEW STERN
CASE NO. 23STPB07881**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MATTHEW STERN A PETITION FOR PROBATE has been filed by LINDA STERN in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that LINDA STERN be appointed as personal representative to administer the estate of the decedent.

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

A HEARING on the petition will be held in this court as follows: 8/25/23 at 8:30AM in Dept. 79 located at 111 N. HILL ST., LOS ANGELES, CA 90012
IF YOU OBJECT to the granting of the petition, you should appear at the

hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

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

Attorney for Petitioner:

AMY SCHIFF
23371 MULHOLLAND DR., #351
WOODLAND HILLS, CA 91364
818-877-4161

El Segundo Herald Pub. 8/3, 8/10, 8/17/23

H-28102

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF
JOAN CLAIRE SEWALD
Case No. 23STPB08044**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of JOAN CLAIRE SEWALD A PETITION FOR PROBATE has been filed by Jennifer L. McMullen in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that Jennifer L. McMullen be appointed as personal representative to administer the estate of the decedent.

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

A HEARING on the petition will be held on Oct. 5, 2023 at 8:30 AM in Dept. No. 5 located at 111 N. Hill St., Los Angeles, CA 90012.

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

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

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

Attorney for petitioner:

MARK E SWATIK ESQ
SBN 269542

LAW OFFICES OF
MARK E SWATIK APC

2377 CRENSHAW BLVD
STE 201

TORRANCE CA 90501
CN998623 SEWALD Aug 3,10,17,

2023
El Segundo Herald Pub. 8/3, 8/10, 8/17/23

H-28105

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Little Leaguers

from front page

former Mets third baseman David Wright, and he is a big Dodgers fan.

#12 Louis Lappe: Third base, Pitcher (nickname Lou)

Louis is advanced beyond his years. Baseball is his passion, but he plays other sports too. He leads the team with a sizzling .714 batting average hitting second in the lineup. On the mound, his fastball can reach in the low 70s or a Major League equivalent to a mid-90s fastball. He has played on the number one nationally ranked travel ball team as a nine-year-old, ten-year-old, and recently as a twelve-year-old. Louis is always up for his favorite meal, a good cheeseburger. His favorite MLB team is the Atlanta Braves, and his favorite player is all-star outfielder Ronald Acuna Jr.

#13 Jaxon Kalish: First Base, Pitcher (nickname Jax)

Besides being one of the bigger players, one of the things that stands out when you see Jaxon play is his swing when he's batting. Hitting third in the lineup might be intimidating for some but not for this pure hitter. He's hitting .421 with a team-high 17 RBIs and four home runs. He also pitches and is another one who throws hard. Jaxon

is a multi-sport athlete who has played on a club basketball team. Besides sushi being his favorite meal, his walk-up song, if he could choose one, would be 'Gasolina.'

#25 Lucas Keldorf: Catcher (nickname Big Pookie)

Lucas comes from a gifted athletic family. His father, Chris, was a first-team All-ACC quarterback for the North Carolina Tar Heels during the 1996 football season. For the third straight summer, Lucas has handled the catching duties and has excelled. With a pitching staff that averages throwing in the upper sixties, Lucas has handled the catching duties with excellence. Hitting fourth behind Lappe and Kalish gives Lucas reason to smile; he's batting .450 with twelve RBIs and three home runs.

#30 Declan McRoberts: Pitcher, Infielder (nickname Deck)

Declan has demonstrated that he can be just as dominant on the mound as he is hitting. He has thrown the most innings of anybody on the team and for a good reason. His fastball handcuffs hitters when he throws inside, and he has an off-speed pitch that catches the hitters off guard. Declan is a serious taco lover and says it's his favorite meal.

#33 Finley Green: Third Base, Outfield, and Pitcher (nickname Finn-dog)

Finley is a multi-talented player who gives his team depth in nearly every position. He's a solid third baseman, covers either one of the corner outfield positions well, and has given the pitching staff even more depth. Finley is hitting .375 with some power to the alleys. He loves all kinds of music, but his favorite song is 'Brass Monkey' by the Beastie Boys, and his favorite to snack on is mangos.

#34 Crew O'Connor: First Base, Catcher (nickname Crewzer)

Crew may be one of the most popular players among his teammates and fans. He has a wide grin wherever he goes, but he is all business once he steps on the field. His timely hitting has contributed to his .390 batting average and gives the team depth when he is asked to play on defense. His favorite meal is a chicken sandwich with all of the extras on the side. His favorite MLB team is the Angels, and his favorite player is Shohei Ohtani.

#44 Ollie Parks: Outfielder, Pitcher (nickname Ollie)

Ollie is a two-way player who excels on

offense with a .390 batting average. He hits with some power, but his speed is why he leads the team in doubles. On defense, you can find him locking down one of the corner outfield positions or putting up scoreless innings on the mound. He loves a good steak for dinner and will compete in the ISF North American Regional Scooter Championships in Tehachapi towards the end of summer. His favorite MLB player is all-star center fielder Julio Rodriguez, and his favorite team is the Dodgers.

As you can see, these twelve-year-olds have some common interests in their favorite music, some differences in their favorite food, and follow different MLB teams and players. But they have one common goal, and that's becoming a championship team. This team will have plenty of memories of the last three years that will last a lifetime. The year they may remember most is 2023, when they advanced to the Little League Western Regional. It means they were one of the two top teams in California and one of the top forty Little League all-star teams vying for one of ten spots in the Little League World Series. To start the summer, there were over 1500 all-star teams in the country with one goal, to reach Little League World Series. •

Seniors

from page 5

Perimenopause happens first, when periods start to become irregular and initial symptoms start to appear. Menopause is officially marked by the absence of menstruation for 12 months. After this point a woman is considered to be in post-menopause, which marks the end of reproductive years.

Facts: Hormone replacement therapy and prescription medication are options women can use to deal with menopause symptoms, but they are not the only options available. Alternatively, a healthy diet made up of whole foods such as fruits, vegetables, whole grains and high quality lean proteins, along with stress relief techniques and certain dietary supplements, can be extremely helpful in alleviating menopause symptoms. Estroven® Complete Multi-Symptom Menopause Relief provides naturally sourced rhapontic rhubarb root extract that is shown to relieve all major menopause symptoms and is proven to provide up to 90% reduction in hot flashes and night sweats. Learn more at Estroven.com.

Facts: Exercise has an overall positive impact on your physical and mental well-being, and many women find that yoga, in particular, can help alleviate menopause symptoms, likely due to its capacity to lower stress, encourage a healthy lifestyle, foster a happy outlook, help regulate sleep and lower blood pressure.

Facts: There is no "one size fits all" when it comes to menopause and symptoms women experience will vary. Many women assume they will experience all of the worst symptoms of menopause, but many women can sail smoothly through this phase of their lives, and it's important to know there are a wide range of options available to help women thrive through this journey.

Menopause is just another life stage just like experiencing puberty or adolescence - you can cope with the changes leading up to it and enter this new chapter confidently. You may find that you'll try a few different options until you find what works best for you, and you may find that sometimes you need to seek the help of others to get you through.

"There are many myths and misconceptions surrounding menopause that can be confusing," said Halak. "But knowledge is power, and by seeking out accurate information and support, women can navigate the menopausal journey with greater confidence and ease, empowering themselves to lead happy, healthy and fulfilling lives. The more that women talk openly and educate themselves, the more we can shift the mindset from women suffering with menopause - or avoiding their symptoms altogether - to women thriving with menopause." •

Finance

from page 5

one convenient, accessible place.

Another helpful step is to take a financial inventory and review your business spending habits. The goal is to gain more comfort and clarity over your finances and to use this information to make more informed financial decisions. This can be even easier if you're using financial automation software that provides visibility into your cash flow and lets you generate reports.

You should review to see if:

- You can cut back or reallocate funds to better align with your goals.
- Your cash flow is consistently challenged, and if you can implement strategies to improve it.
- Your business has any outstanding debt and if you can pay off or consolidate debt.
- You can negotiate vendor contracts for better terms or switch to more cost-effective vendors.

According to a study by PYMNTS, 49% of invoices become overdue. Since getting paid on time is essential to your company's financial health, it's time to roll up your sleeves and do a deep clean of your AR.

Use your reporting system to pull up all your unpaid invoices. This will quickly give insights into which clients owe you money and if some regularly take too long to pay. If you use BILL, you can set up auto reminders

to let clients know when payments are due or if anything is overdue.

Take control of your cash flow and avoid late payments by making your payment process easier. You can do so by expanding payment options, such as accepting credit cards, ACH bank transfers, PayPal and more, so your clients can have more options to pay you. You can also consider using an online portal to enable customers to pay invoices online and set up autopay and flexible payment plans to improve your cash flow.

If you've reached your initial business goals, it doesn't mean you should sit on your laurels. It's essential to spend a little time planning the future of your business. This could include setting aside funds for future investments, building an emergency fund, preparing for potential market changes, or even succession planning and contributing more to your personal retirement accounts.

By going paperless, organizing your financial documents, doing a thorough financial inventory, reviewing unpaid invoices and planning for the future, you can ensure that your business is on the right path to meet its financial goals and thrive this year and beyond. To see how it works, visit Bill.com/Signup to start your risk-free trial. •

Police Reports

from page 4

from Riverside County for possession of stolen property and resisting/obstructing a police officer.

One male adult was arrested at 0602 hours from Riverside County for felony reckless evading, driving a stolen vehicle and resisting/obstructing a police officer.

A criminal threats report was taken at 0853 hours from the 200 block of North Douglas Street. Unknown suspect(s) sent the victim threatening messages.

One male adult was arrested at 1355 hours from the 800 block of East Pine Avenue for battery.

A hit and run report was taken at 1600 hours from the 700 block of South Allied Way, vehicle versus parked vehicle.

A petty theft report was taken at 1737 hours from the 1100 block of East Imperial Avenue. Unknown suspect(s) took miscellaneous items from the victim's unlocked vehicle.

A fraudulent use of an access card report was taken at 1911 hours from the 800 block of North Pacific Coast Highway. The victim received unauthorized charges on their credit card.

Thursday, July 27th

A burglary (vehicle) report was taken at 0743 hours from the 100 block of South Pacific Coast Highway. Unknown suspect(s) smashed the rear window of the victim's vehicle and took miscellaneous items.

A forgery report was taken at 1441 hours from the 300 block of Main Street. Unknown suspect(s) stole victim's mail from the post office and cashed a check.

A shoplifting report was taken at 1746 hours from the 2500 block of East El Segundo Boulevard. An unknown suspect stole merchandise.

A grand theft report was taken at 1819 hours from the 200 block of North Douglas Street. Unknown suspect(s) stole an e-bike.

A burglary (vehicle) report was taken at 1841 hours from the 2200 block of East Park Place. Unknown suspect(s) smashed the window to the vehicle and took the victim's property.

One male adult was cited and released in the field at 1932 hours from the 200 block of North Pacific Coast Highway for shoplifting.

A theft by false pretenses report was taken at 1928 hours from the 300 block of East Sycamore Avenue. Unknown suspect(s) scammed the victim to transfer money.

One male adult was arrested at 0429 hours from the 600 block of West Elm Avenue for battery and drunk in public.

Friday, July 28th

A burglary (commercial) report was taken at 1036 hours from the 2200 block of East Imperial Highway. Unknown suspect(s) broke into a business and stole miscellaneous items.

A stolen vehicle report was taken at 1129

hours from the 200 block of South Aviation Boulevard. Taken was a 2002 Chevy Silverado.

One female adult was detained at 1820 hours from the 2100 block of East El Segundo Boulevard for one San Bernadino Sheriffs misdemeanor warrant. She was given a citation and released in the field.

A misdemeanor hit and run report was taken at 1720 hours from the 400 block of Main Street, vehicle versus vehicle.

A grand theft report was taken at 2031 hours from the 100 block of North Pacific Coast Highway. The suspect stole the victim's property.

One male adult was arrested at 0459 hours from California Street and Imperial Avenue for misdemeanor DUI.

Saturday, July 29th

A found property report was taken at 0747 hours from West Grand Avenue and Whiting Street. A wallet was found.

A burglary (commercial) report was taken at 1335 hours from the 700 block of South Pacific Coast Highway. Unknown suspect(s) entered a store and stole miscellaneous items.

A burglary (vehicle) report was taken at 1410 hours from the 600 block of North Pacific Coast Highway. Unknown suspect(s) smashed the rear window of the victim's vehicle and stole luggage.

A forgery report was taken at 1703 hours from the 300 block of Main Street. Unknown suspect(s) stole victim's mail from the post office and cashed a check.

Sunday, July 30th

A vandalism (vehicle) report was taken at 1423 hours from the 400 block of Virginia Street. Unknown suspect(s) damaged a vehicles door handle and smashed one of its windows.

A found property report was taken at 1509 hours from the 200 block of West Grand Avenue. A US passport card was found.

A found property report was taken at 1509 hours from the 400 block of Main Street. A wallet was found.

One male adult was arrested at 1632 hours from the 200 block of North Douglas Street for one LASD misdemeanor warrant.

One male adult was detained at 1701 hours from the 700 block of South Pacific Coast Highway and issued a citation in the field for shoplifting.

A petty theft report was taken at 1708 hours from the 700 block of South Pacific Coast Highway. Three female suspect(s) entered the store and stole miscellaneous items.

A found property report was taken at 2004 hours from Center Street and Imperial Avenue. A blanket was found.

One male adult was arrested at 0130 hours from the 500 block of West Grand Avenue for misdemeanor DUI and misdemeanor hit and run. •

PETSPETS **Pets** PETSPETS

Purrrfect Companions



Baby Ruth

Kitten Rescue rescues cats and kittens from a variety of situations. Most are fostered in our volunteers' homes until we can find permanent homes for them. Young or old, Siamese or calico, we care for orphaned and abandoned kittens that need to be bottle-fed around the clock, moms with litters, cats that need socialization, and sick or injured animals. When they are finally ready for their forever home, we will help match you with the purrfect one. When you adopt, you save a life... and in turn enrich your own.

Baby Ruth is the only girl in the litter with her four brothers. She is quite a friendly girl but does not rough house as much as her brothers. This litter was born on April 12th when her mom was rescued from the streets and gave birth in their foster home. Being in a home since birth, this little lady is very comfortable being petted and handled. Baby Ruth likes to have a place to go where she is up high such as a cat tree. She spends a lot of time just surveying her environment and comes down to play in the morning and evenings. Baby Ruth would do well as an only kitty or would like to have a kitty buddy as well.

If you are looking for a perfect cuddle-bug, look no further. There is nothing **Rosie** would rather be doing than sitting on top of you, loudly purring, and sucking on one of your fingers. That is, unless it is performing acrobatic flips and flops while playing with a wand toy - this girl can catch some major air! Rosie would love to be adopted with her sister Vivian. See how rosy life can be with a gal like Rosie!

Vivian's favorite hobbies include cuddling, smashing her face into her favorite people to try to get even closer to them, and chasing

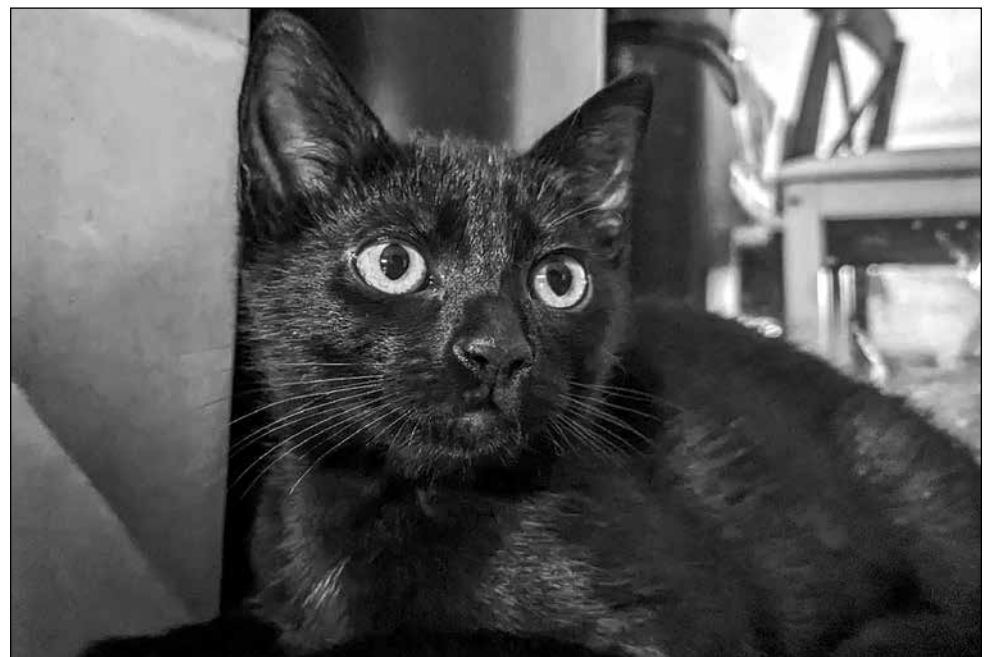
and leaping acrobatically after a wand toy. She is very people-oriented and will run to you for attention when you walk into the room. Vivian also loves spending time wrestling with her sister Rosie.

Parmesan is a sweet and gentle boy. He is very mellow and takes his relaxation quite seriously! You are most likely to find him



Bentlie

flopped over a cat bed, cozied up in a fuzzy blanket on your lap, or if he is feeling spunky you might find him playing with his sister to chase after whichever toy she has. He can be a bit of a shy guy at first. However, Parmesan is so loving and loyal once he feels comfortable. Parmesan's sister **Famous** is also available for adoption; it is preferred that they are adopted together. The two of them would make an excellent addition to any home looking for



Rosie

friendly, calm, low maintenance kitties.

Sweet **Bentlie** was so named because her legs are bent. Everyone who meets her loves her darling face and big personality. She was found last Labor Day in 106 degree heat in the San Fernando Valley, dragging my back legs on a hot sidewalk...ouch. Bentlie has special needs and will need to have her bladder

dogs who are nice to her.

These cats and kittens are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. For additional information and to see these or our other kittens and cats, please check our website www.kittenrescue.org.

Please check our website for the schedule of weekly adoption events or to make an appointment at the Kitten Rescue Adoption Center. To virtually browse our adoptable cats, please visit our Adoption Gallery where you can find photos and profiles of all the cats and kittens we have up for adoption from our network of foster homes and from the Sanctuary. At the end of each cat's profile is a link to the email address of the foster parent or adoption counselor, and you may reach out directly with questions or to arrange a virtual meeting.

The donations and support we receive from individuals like you, who share our love and commitment to helping cats and kittens in Los Angeles, are the sole reason we are able to do what we do. We are grateful for your financial help. By making even a small donation today, you can touch the lives of the many deserving, wonderful animals in our care. There are many ways you can donate and help, and every dollar means so much. Kitten Rescue is a 501(c)(3) nonprofit. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 3519 Casitas Ave., Los Angeles, CA 90039.

Saving one animal won't change the world, but the world will surely change for that animal. •



Parmesan and Famous



Vivian



Score Free Pizza and Swag at Oath Pizza's Grand Opening

Oath Pizza, the craft-focused pizza brand known for its 100% feel-good pies and inclusive pizza-making, is celebrating the launch of its first California location in El Segundo! Join the Grand Opening event on Saturday, August 5th beginning at 11 am, where guests can score free food and branded swag. The first 25 people in line will receive a free personal pizza, and the next 50 people will score a free hat or t-shirt! Throughout the day, all orders over \$30 (in-store or through Oath online ordering) will receive a free dessert pizza (Chocolate Chunk Cookie Pizza, baked on a fluffy mini crust, and topped with chocolate chunk cookie dough, ricotta, chocolate drizzle, and powdered sugar) with their purchase.

Oath Pizza, born in 2015 on Nantucket Island off of Massachusetts, has gained recognition for its commitment to offering



a healthier, *better-for-you* alternative starting with its crust. Hand-stretched, grilled, and seared in avocado oil, every pizza is then topped with a housemade sauce, alongside hand-cut veggies, premium cheese blends, and organic proteins. To accommodate dietary preferences the pizzas can be substituted with vegan cheese, Beyond Meat crumbles, or a Banza® Chickpea Crust, to offer vegan and gluten-free options.

Favorites include Muffled Trushroom, the Spicy Mother Clucker, topped with roasted chicken, pickled red onions, sriracha, spicy aioli, and scallions, as well as a Build Your Own option that allows guests to create a pizza from the crust-up.

The Oath Pizza El Segundo is located at 720 S Allied Way Unit B, and is open Monday - Saturday from 11 am - 10 pm and on Sunday from 11 am - 9 pm. •

Sports

from page 2

Sherman Oaks pounded out four consecutive hits to start the first inning and scored four runs on five hits, including a two-run double by Cooper Frost to take a 4-0 lead. El Segundo had problems solving Sherman Oaks pitcher hard-throwing Nate Englander, who struck out 12. The locals cut into their deficit in the third inning when Ollie Parks and Declan McRoberts each had infield singles, and Quinn Boehle drove in Parks with a single. Colby Lee's ground ball scored McRoberts to make it 4-2. In the fourth inning, Louis Lappe hit a mammoth solo homerun to make it 4-3. Englander struck out the side in the sixth inning, and El Segundo fell 4-3. Ollie Parks came in relief in the second inning, held Sherman Oaks to one hit, struck out four, and induced an inning-ending double-play.

The loss meant a winner-take-all championship game. El Segundo sent Louis Lappe to the mound to quiet Sherman Oaks' tough-hitting lineup. Sherman Oaks countered with Cooper West and his awkward delivery. El Segundo took a first-inning 1-0 lead thanks to an error. Brody Brooks led the inning off with a sharp single to left field. Lappe was hit, putting runners on first and second base. With one out, Lucas Keldorf hit a ball that was misplayed for an error, scoring Brooks for the game's only run until the sixth inning.

Lappe walked Cooper Frost to open the sixth inning. Luke Manpearl singled but was erased on a fielder's choice by Marcus Spinks, sending Frost to third base. Matt Kriegler's single scored Frost to tie the game at 1-1. Spinks later scored the go-ahead run on a passed ball, giving Sherman Oaks a 2-1 lead. Jaxon Kalish relieved Lappe and struck out

Englander to end the inning.

In the bottom of the sixth inning, El Segundo showed why they were such a juggernaut this summer. With one out, Brody Brooks unleashed a swing that destroyed Cooper West's fastball for a game-tying solo home run. Lappe followed



Ollie Parks threw four scoreless innings against Sherman Oaks, with a single, and Kalish hammered a double to right-center, putting runners on second and third. Lucas Keldorf was intentionally walked to load the bases. With a 1-0 count on Max Baker, the next pitch was thrown to the backstop, and Lappe raced home with the winning run. The 3-2 win ignited a wild celebration on the field and in the stands.

The last time the El Segundo Little League's 11-12 all-star team had advanced this far was the 2010 team featuring Lars Nootbaar, Willem Mostert, and Tyler Smith. That team won the District 36 and Section 4 tournaments.

Instead of a ten-team state tournament, the Southern California representative came from the winner of the Southern and Northern Sub-Division playoff.

In the same 2010 game, North Sub-Division playoff, El Segundo defeated Northridge City 3-0, Moorpark 4-2, and Northridge City 6-5 to advance to the Sub-Division best-of-three series against Ocean View. Each team had won once in the best-of-three series, with Ocean View grabbing an 8-6 victory in the first game and El Segundo prevailing by a 1-0 margin in extra innings in the second game.

In the deciding game that would send the winner to the Little League Western Regional, El Segundo was out of pitching and gave up an eight-run second inning and fell to Ocean View.

This year's win sends El Segundo to the Little League Western Regional for the first time in league history. They'll face Northern California's Bellinger Canyon (San Ramon) in the first game on Saturday at 7:30 p.m. and televised by ESPN-Plus. Should they win, they would face the winner of the Hilo (Hawaii) and Canyon View (Arizona) on Monday at 2 p.m.

A loss in the first game would send them into the loser's bracket to be played on Sunday at 4 p.m.; those games would also be televised by ESPN-Plus and ESPN. The championship game is slated for next Friday, with the winner advancing to the Little League World Series in Williamsport, Pennsylvania. The games are being played at iconic Al Houghton Stadium at 6707 Little League Drive, San Bernardino.

Eagle Softball Players Playing on the National Stage

Two current Eagles are playing on high-level club softball teams that played in a National Championship tournament. Eagle shortstop

Sienna Mayer's travel team, the BSC Bengals Briggs, just completed a successful run in the PGF 16u Premier National Championships held in Orange County. Competing amongst 80 of the top softball teams in the country in the 16u age division, the Bengals finished in third



Louis Lappe held Sherman Oaks to two runs on three hits in the championship game El Segundo won 3-2.

place, losing a tough 1-0 game to the eventual champs. Their run included knocking off four of the top five ranked teams in the country. They defeated some of the elite teams around that are full of Division 1 committed players.

Another Eagle standout, outfielder Charli Pages, had a similar run with her travel team, the Wildcats Weil Knight Kingery. They bounced back after losing their first game to run off seven consecutive wins before losing a heartbreaker in extra innings and finished an impressive 8th place. •



Another Eagle standout, outfielder Charli Pages, is all smiles at the PGF 16u Premier National Championships.



The number one fans behind the Southern California Little League Champions, the player's parents, pose with the winning banner.



Eagle standout softball player Sienna Mayer played for her travel ball team that finished third in the PGF 16u Premier National Championship Tournament.

El Segundo Rotary Club presents the 23rd



MOVIE *in the* PARK



SATURDAY • AUGUST 5, 2023

Gates Open: 4:00pm • Movie Starts at Dusk

GIANT MOVIE SCREEN • BEER • WINE • FOOD • KETTLE CORN & MORE!
ENTERTAINMENT • TRAIN RIDES • BOUNCE HOUSE • FACE PAINTING

Chevron Park, El Segundo - Parking at Illinois & El Segundo Blvd.

Admission: \$5 (kids 2 and under are free)
bring blankets & beach chair - no high-back chairs

Tickets available at Industrial Lock & Security,
Code Ninjas on Allied Way,
El Segundo Chamber of Commerce

No Pets
No Outside Alcohol
No Drop-Offs or Pick-Ups Permitted








































Albers Family • Bonilla Family • Davis & DeRosa Physical Therapy • El Segundo Brewing Company • Shiela Fowler, Beach City Brokers
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