

El Segundo Herald

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Inside This Issue

Certified & Licensed Professionals14

Classifieds4

Crossword/Sudoku4

Entertainment5

Legals 12-13

Pets15

Police Reports2

Real Estate 7-9

Sports 3,11

Travel2

Young Citizens Keeping Us Safe



These kids know how to "See Something, Say Something!" Chief Bermudez recognized these brave young men for calling 911 when they knew something was not quite right. Photo courtesy El Segundo Police Department.

Wagner Deabreu: Living the El Segundo Version of the Endless Summer

By Duane Plank

It is not a coincidence that El Segundo's Wagner Deabreu makes his living teaching his charges how to surf, not only in the ocean, but on the pavement, while also imparting life lessons that can be cultivated in the water and on land.

Said Deabreu: "Surfing is above all transformative and healing; I am enjoying the benefits of devoting my whole life to it and hope to inspire others to do the same."

It was some 40-or-so years ago when he started diving into the magic of surfing, scouring surf magazines. "Within three years, I was getting tubed and punting airs when other kids started asking me how I was doing that. Most people answer that by saying, 'I don't know, I just did it,' but I dove inside my brain, [and] searched for detailed information on how I was accomplishing those moves."

As Deabreu tells it, he was "almost born in the ocean" in a Brazilian waterway. His mother was nine months pregnant, but was not content to sit around the house and wait for her water to break. So, Deabreu's parents decided to go deep-sea fishing. Which was when Deabreu's mother's water *did* break. Dad steered the boat to the nearest island, beached the boat, and found the nearest hospital where Wagner was born.

He was raised in Brazil with an older brother and younger sister. He touted [most of] his Brazilian upbringing while noting that there are definitely sketchy patches of his home country. He said his father was keenly aware of the proclivities of some of the local knuckleheads and steered Wagner into martial arts courses. "My Dad knew the roughness of the place," Deabreu said, "and wanted me to know how to defend myself."

The discipline gleaned from studying and participating in the martial arts, Deabreu said, has helped to shape his approach and philosophies that he utilizes as a surfing coach/consultant.

About growing up in a "rough" neighborhood, Deabreu said, "The first time that I got robbed, I was like eight-years-old." He also detailed having his wallet and watch heisted by hooligans when he was nine. And he related a story about how, when he was "twelve-or-thirteen," some older, disgruntled surfer took umbrage to getting sprayed by water while in the ocean and, once back on the beach, attacked Deabreu's surfboard with a sneak salvo, smashing the youngster's

board with a two-by-four.

Then there was the time Deabreu was held hostage during an armed robbery. He was twenty at the time, he remembers, working at a tech support job. Armed hombres entered Deabreu's workplace and kicked and assaulted Deabreu, using him as a shield as they attempted to ransack the business.

"That was a very traumatic experience," he said, "with the cold metal of a gun in your ear." He and his co-workers were herded into a small room as the criminals made the hostages remove their shoes, busted up anything they did not steal, and spread shards of glass on the floor, making it exceedingly

See Wagner Deabreu, page 10

For the Love of Dogs (and Cats!)

By Allison Armijo

Ask anyone what their favorite thing to do in El Segundo is, and they might tell you a variety of different things: attending the weekly farmer's market, grabbing dinner on Main Street, or, in the case of Mike Barbella and his wife Maggie—walking. Mike and Maggie are the owners of the recently founded pet supply store, Wags and Whiskers.

The couple moved to El Segundo two years ago, previously living in Westchester. Before living in town, they would come to walk their French bulldog, Oreo. "Just like everyone else, we know El Segundo is a terrific town to walk in," Mike explained, "sometimes we will walk three times a day, up to three miles a day." After spending so much time around town, Mike and

Maggie realized that El Segundo would be a perfect location for their business. They even toyed around with the name Bark by the Park, an homage to their time at the many parks around town.

The idea for the business, however, started over five years ago. Aside from a natural love for animals, Maggie became well-versed in cat and dog nutrition after reading the ingredients in the food she gave to Oreo. "The trainer said not to feed him chicken, and sure enough, the first ingredient was chicken," she said, "Something wasn't right, so I started paying attention to labels." She began attending seminars on animal nutrition, where she would ask questions. "I just kind of learned along the way," she reflected.

See Wags and Whiskers, page 10

Weekend Forecast

Friday
Sunny
83°/70°



Saturday
Mostly Sunny
83°/73°



Sunday
Sunny
86°/73°





Travel

Essentials for Summer Travel

(BPT) - Vacation season is in full swing, with summer travel in 2022 likely to surpass that of 2021. This season, August and September are projected to be some of the most popular vacation months too, representing 45% of all summer trips in 2022.

If you're planning on traveling before the year's end, you may also be looking for suggestions on must-have gear to help maximize your fun and relaxation, without over-packing your suitcase. Whether you're flying halfway across the world, or driving just a couple hours from home, here are some tips for a few different summer travel scenarios to help you get a head start on collecting the perfect vacation essentials.

Heading to a music festival

If you're one of the dedicated fans willing to travel hundreds of miles to see bands perform all day long, you aren't alone. Many are willing to go to great lengths to see their favorite artist, with the average distance traveled to

attend a music festival between 2021-2022 being 433 miles. To make the most of your festival experience, try using smart audio glasses like Amazon's Echo Frames - they give you hands-free access to Alexa while also helping you stay present in reality:

While you're traveling to the festival, you can use Echo Frames to jam out to your favorite artists before you see them perform - just say, "Alexa, play Harry Styles on Amazon Music." Designed with open-ear audio, Echo Frames direct sound to your ears while minimizing what others around you can hear. That means you can listen to the top hits and not disturb your friends who may be resting before the day ahead.

If you've traveled far from home, Alexa can also help you find local spots to fuel up at before the show. For example, if you're heading to Burning Man, you can ask, "Alexa, where are the top restaurants

See Travel, page 6



El Segundo School District Found Liable in Lawsuit

The El Segundo Unified School District was ordered to pay a million for failing to stop bullying of a student at the El Segundo Middle School. The student was 13 at the time and the school was accused of failing to supervise and protect her from bullying, torment and verbal assault.

The school has addressed the issue by adding two student safety assistant positions at the two elementary schools, implementing a safety plan, adding a phone app for students to report safety concerns and training of staff in behavioral threat assessment protocols.

El Segundo Unified School District Superintendent Dr. Melissa Moore has released the following statement in response to an August 25 judgment in a lawsuit involving the district.

"As a school district, we respect the ruling of the court and acknowledge the findings of the lawsuit. The next steps are up to our legal counsel. As we move forward, we are committed to self-improvement and doing everything we can to prevent bullying in our schools.

We have taken a number of actions to make this happen. These include adding two Student Safety Assistant positions at Center Street and Richmond Street elementary schools, the adoption of a tailored security assessment for all schools, and the implementation of a comprehensive school district safety plan.

Additionally, we have implemented a series of recommendations from a third-party comprehensive safety assessment that was conducted in 2018. These include behavioral threat assessment protocol training for staff, the use of We Tip website to anonymously report concerns related to bullying, physical safety enhancements at our middle and high schools, and two new safety staff members. As an extra layer of protection, our Gaggle alert system flags any potential bullying occurring online.

The safety and wellbeing of our students is our top priority. We will continue to take the steps necessary to ensure a safe, welcoming, and inclusive learning environment for all." •

Police Reports

Monday, August 22nd

A vandalism report was taken at 0928 hours from Douglas Street and Coral Circle. An Uber passenger threw rocks at an Uber driver's vehicle.

A court order violation report was taken at 0954 hours from the 300 block of Virginia Street.

One female adult was arrested at 1625 hours from the 900 block of East Grand Avenue for burglary.

Tuesday, August 23rd

A stolen vehicle recovery report was taken at 0753 hours from the 300 block of Kansas Street. A 1999 Toyota Corolla was recovered.

One male adult was arrested at 1136 hours from the 1000 block of East Imperial Avenue for possession of a

An online lost property report was taken at 1625 hours from the 500 block of Washington Street. Lost was a drivers license and a credit card.

A vandalism report was taken at 1635 hours from the 2300 block of East Rosecrans Avenue. Unknown suspect(s) broke a lock to a porta-potty.

A burglary (residential) report was taken at 1926 hours from the 400 block of Indiana Street. Unknown suspect(s) entered the attached

See Police Reports, page 13



Jordan's Keck Effect

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Sports

Previewing 2022 Boys Water Polo, Girls Volleyball, Tennis and Golf

By Gregg McMullin

With the new school year beginning and the first football game in the books, it's time to preview some other sports. This will be the first season for a girl's golf team in the school's history. The girls' volleyball team is on everybody's radar, and the girl's tennis team looks strong. The boy's water polo team looks to defend their Pioneer League championship while going deep into the playoffs.

Girl's Golf Team Making History

For the first time in over four decades, the Eagles will field a golf team. The Eagles will have a girls' team for the first time in school history. Head coach David March is excited about the school's newest team and is looking forward to the challenge of leading a new program. He said, "I have previous high school golf coaching experience at St. Monica HS. When the job opened up, I applied." He says the leadership team believed in his vision and gave him the opportunity to build the program from the beginning.

To prepare for the season, they held a three-week free summer camp at TopGolf for all current ESHS students to help bring awareness to the upcoming golf program. The camp included range time, short game work, and simulated match sessions. At the end of the summer camp tryout was held at The Lakes.

Coach March expects the team to show up every day and work to improve individually and collectively as a group. "The league has some of the best teams and toughest courses in Southern California. Our motto is to play the course with the goal of improving each day." From what he's seen already, this summer could be a good barometer of what he expects to be a successful inaugural season. "The team has had a great attitude and enjoys being around each other, which is a good start."

The Eagles' home course will be Westchester GC, and practices are held at TopGolf and The Lakes. The team will play two matches a week, practice twice a week and have a weekly weight room session. El Segundo's league schedule includes Palos Verdes, Peninsula, North Torrance and Torrance high schools. Their home courses are Palos Verdes GC, Rolling Hills CC, Los Verdes GC and

Victoria GC.

The Eagles have 17 golfers on their roster, but experience will be their Achilles heel. With only a handful of girls who have played, it could be a challenge in their inaugural year. Incoming 9th grader Ashley Perkins will lead the Eagles. She is a multi-sport athlete that has valuable experience playing junior golf. Her ability to lead the program over the next four years could be key to the growth of golf at ESHS. Others who will be counted on could be senior Elli Vincent and junior Ashley Davis, who both have experience.

Coach March says each of the players on the roster is a multi-sport athlete, which will help their development. "They are eager to learn and improve and being athletes playing other sports, so they know how to compete."

Girls Volleyball Looks to Compete for League Title

The Eagles had a successful 2021 season in which they went 16-6 and reached the CIF Southern Section Division 4 playoffs before dropping to the Alemany Warriors, the eventual CIF champions, in five games. This season looks promising, with the returning players looking to make a statement.

Returning starters include seniors Marly Smith (last season First Team All-Pioneer League and All-CIF, committed to Villanova), Summer Breneman (who will be taking the lead in the setter position), Tala McGill (opposite/libero), and Kira Cullinan (middle blocker). The Eagles have one returning junior Lauren Neely (middle blocker, 2021 2nd team All-Pioneer League).

New players include freshman Macy Ludwig, senior Sara Allen (hitter/defensive specialist), junior Riley McAndrews (middle blocker), and sophomores Allie Stevenson and Ava Adlam both multi-sport athletes.

According to head coach Natasha Nguyen and assistant coach Jacob Richmond the team has prepared for this season with two weeks of summer practice with some light lifting and track workouts and competed in the Lakewood tournament (2-2). Coach Nguyen said, "The expectations this season are to build strong team chemistry to support our standout seniors and develop our up-and-coming underclassmen. If we can do that, we will

See Sports, page 11



Marly Smith will lead an experienced and talented team this season.

Does My Loved One Know They Have Dementia or Alzheimer's?

By Lauren Mahakian, Family Connect Memory Care

I have spent many years working with individuals affected by dementia and Alzheimer's, as well as their families. As the disease advances, often I get asked if I believe that the person with dementia knows they have a disease; and I believe that the question is asked for a couple of reasons.

It is our hope and desire to believe that our loved ones do not suffer through a disease. Though the affliction may be present, it might bring us comfort to know that they are not really aware and thus, not suffering through it. So families often ask in an attempt to find comfort.

A second reason this question is asked is to try to come to terms with the motivations of combative behavior that abounds in patients with dementia or Alzheimer's. If they don't have the understanding of the disease, they may also not realize they are often being hurtful in their responses or reactions. Believing that the new behaviors stem from the disease make us more sympathetic and understanding.

And a third is to understand their impaired judgement. A common example is the "battle for the keys" and driving. We often question their judgement by wondering 1) do they think they are still good drivers, 2) if they are aware of their "close calls" or that they can easily get disoriented, and 3) if there is selfishness and irresponsibility in disregarding the dangers of their

Early on in the disease, the person afflicted may say things like "my brain is just not right lately," or "I just don't remember things and I feel a little slow." They are clearly acknowledging a problem. When these comments stop, it is easy to wonder if they simply no longer want to indulge the subject, or if the case has advanced such to reach a level of lack of acknowledgement.

Brain trauma and cognitive disease do not reverse or get better; and the disease affects and progresses differently for different people. The cause, trauma, and/or injury will also be a factor. Cognitive decline can affect memory,

language, thought association, reason, emotions, etc. Someone may be able to bake a pan of cookies but not remember they require a walker to walk down the room.

But as the disease advances and decline progresses, there is also a possibility of entering a stage of "anosognosia," meaning "without knowledge of disease."

When anosognosia occurs there is reduced or limited ability to understand one's true condition. It can be selective or complete. As such, the person may truly not recognize the symptoms of their dementia.

How do we cope with their anosognosia?

- Anosognosia can cause the person with dementia to speak or behave in hurtful or bizarre ways. Remember that this is not the person of the past but their disease talking.

- Don't take it personally and try not to argue.

- Connect with their emotions, not their words or actions

- Validate, Defuse and Re-direct: When an argument arises, such as wanting to continue driving, *validate* that not being able to drive is difficult. *Defuse* by telling them that you will drive or that the drive is not necessary, and *re-direct* the conversation to another subject

- Keep this interaction very short since the attention span is probably short

- Don't rehash it later

So, does my loved one know they have dementia?

Maybe, maybe not. In the earlier stages, it is more likely that they understand the decline. Later, the stage they are at and/or the type of cognitive disorder may not allow them to know they have a disease. And as the disease progresses and they become less aware of their surroundings, they could further reduce their awareness of their disease.

As we care for a loved one with dementia, we hope to provide the proper care, affection, comfort, and dignity they deserve. Beyond that, it is probably best to not try to speculate too much. Instead, attempt to live and enjoy as much as you can with them in the present moment. •



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EMPLOYMENT

Staff Engrs, S/W at Beachbody in El Segundo, CA. Lead s/w dvlpmnt for

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EMPLOYMENT

VICE PRESIDENT sought by Strandview Capital, LLC in El Segundo, CA. Req Master's in Bus Admin + 2 yrs exp in fincial mgmt or rel analysis exp. Send resume to: Mark Dewey, Strandview Capital, LLC, 2121 Rosecrans Ave. #2350, El Segundo, CA 90245.

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Discovery Communications, 9721 Sherrill Blvd, Knoxville, TN 37932.

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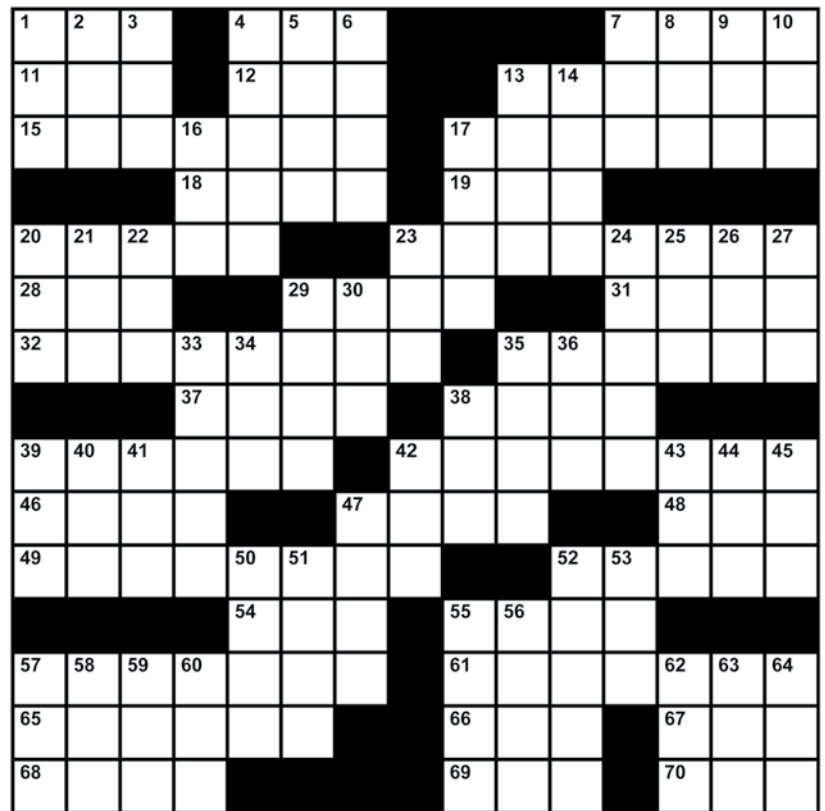
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To appear in next week's paper, submit your Classified Ad by Noon on Tuesday. Late Ads will incur a \$20.00 late fee.

WEEKLY CROSSWORD

See Answers Next Week



Across

- 1. Big part of a crocodile
- 4. Sentence starter
- 7. Give
- 11. Years alive
- 12. Stair runner, e.g.
- 13. Originator
- 15. Mugging
- 17. Indicated a direction
- 18. Packs away
- 19. Every
- 20. Car part
- 23. Flourishes
- 28. Vacuum's lack
- 29. Shaving stuff
- 31. Volume
- 32. Bang-up
- 35. Modern
- 37. Donut middle
- 38. Teller's place
- 39. Subject of a will
- 42. Tough time
- 46. Clothing, in slang
- 47. Anniversary, e.g.
- 48. Noshed
- 49. Not at all stingy
- 52. Among
- 54. Squids squirt it
- 55. Think ahead
- 57. Account amount
- 61. Colorful arc

- 65. Valencia fruit
- 66. Connecting word
- 67. Intimidate
- 68. Broke down
- 69. "Without a doubt!"
- 70. Furthermore

Down

- 1. Rattle
- 2. Signifying a time in the past
- 3. Blogger's place
- 4. What a case may go to
- 5. Stalk, as prey
- 6. Breakfast choice
- 7. Kicks
- 8. Getty Museum pieces
- 9. Rocks, in a nightclub
- 10. Digital clock
- 13. Concert highlight
- 14. Lubricates
- 16. "Akeelah and the ___" - spelling movie
- 17. Tree in Miami
- 20. "I ___ had!"
- 21. Accusatory exclamation
- 22. Themed period
- 23. Do a supermarket job
- 24. Gridiron stat
- 25. Placer material
- 26. "___ in black"
- 27. Used chairs
- 29. Portfolio
- 30. Buck
- 33. Allotted portion
- 34. In great demand
- 35. Priceless
- 36. Draw to a close
- 38. Flying mammal
- 39. It has a yolk and a white
- 40. Glimpse
- 41. Beach color
- 42. Cat Stevens "Morning ___ Broken"
- 43. Deceived
- 44. "___ nothing"
- 45. Darling
- 47. "___s of Hazzard"
- 50. One year in a tree trunk
- 51. Fraction of three
- 52. Housekeepers
- 53. Post-tour vacation spot
- 55. Make a devout request
- 56. Runner's assignment
- 57. Theatrical finale
- 58. Have being
- 59. Waist to the knees
- 60. Hard-working insect
- 62. Window type
- 63. Have a marker out
- 64. Freshly painted

Garage Sale

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Love Thy Neighbor

Dear El Segundoans,

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

send us their contact information. Of course, if you find yourself fascinating, you are welcome to send us your information too. 😊

- Best to you all. HM.

Send your suggestions in to letters@heraldpublications.com

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

Last Week's Answers



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

SUDOKU Medium

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

Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.



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Entertainment

Film Review

In *Breaking*, A Desperate John Boyega Holds a Bank Hostage

By Ryan Rojas, Cinemacy

Based on the true story of when former U.S. war veteran Brian Brown-Easley held a bank hostage after being denied his disability pay from the VA, *Breaking* (formerly *892*) is a suspenseful thriller that also shines a poignant light on the injustices that veterans still suffer in our country today.



John Boyega in *Breaking*. Courtesy of Bleecker Street.

Directed by Abi Damaris Corbin from a script she wrote with Kwame Kwei-Armah, *Breaking* combines the best of big-screen movie-making with more emotional, human storytelling. I've seen and enjoyed Hollywood's exciting hostage standoffs before, but knowing that this story was based on a real event makes the film resonate a little differently while watching.

In the lead role, John Boyega plays the aforementioned Brian, a former U.S. Marine who now collects disability payments just to get by—which he's barely doing. He makes long walks to his low-income motel where he stays, and his only relief is talking with his daughter on the phone every night (but even that gets cut off). When a processing error from the VA denies Brian's latest disability payment, he's threatened with becoming homeless, and he's finally pushed to the brink.

The next day, Brian calmly walks into a local Wells Fargo bank in Atlanta and, after politely interacting with the bank teller, calmly informs her that he has a bomb in his backpack. Here, the story is set on its suspenseful course. But something's different about this holdup. Brian lets most of the people in the bank go right away, and calmly requests his demands: to speak to a hostage

negotiator and have his story televised by the local news outlets.

We find that Brian is a man who, although incredibly conflicted, still has a good heart. It's clear he doesn't intend to do harm to anyone, including his two hostages, Estel Valerie (Nicole Beharie) and Rosa Diaz (Selenis Leyva). He apologizes repeatedly to them for the situa-

tion he's put them in, and at one point even answers one of the bank's phone calls from someone asking questions about her 401k—who he attempts to help. When the bank offers to credit his account, he denies the offer. It needs to come from the VA, and the events that he's creating are the only way that they, and the rest of the world, will finally listen.

It's exciting to see Boyega in this role, playing a real-life character from this world, and not a galaxy far, far away. Boyega's baggy

See Film Review, page 11



Ryan Rojas

Check It Out

Fellowship Point by Alice Elliott Dark

By Mary Martes

The fictional *Fellowship Point* is located on a Maine peninsula with soaring coastlines and sweeping natural meadows and pine forests. Wildlife runs abundant and undisturbed, eagles circling the sky above. A generations old partnership created a stewardship to protect it from outside development and urban growth. It was the summer refuge for a group of likeminded families, a sort of dynasty of moneyed Philadelphian Quakers, who built large summer homes, but called them "cottages" to preserve the myth of unpretentious simplicity.

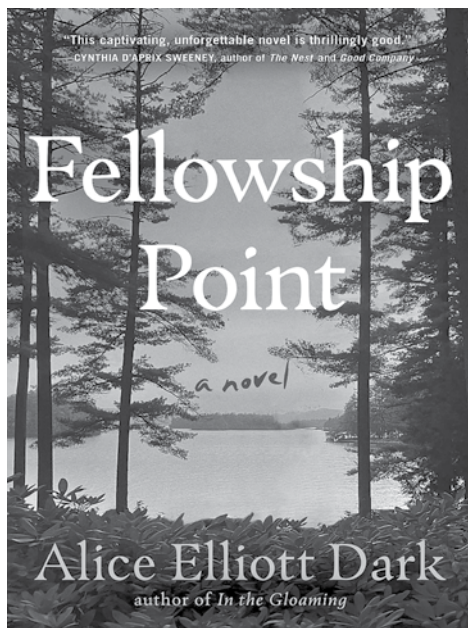
Agnes Lee, an irascible, self-described know it all, now in her 80's, is unmarried, childless and a bestselling children's author. Her series of "When Nan" adventures has created a cottage industry and spawned numerous theses and studies. Unbeknownst to no one but her editor, she is also the author of a bestselling series of satirical novels entitled "Franklin Square." In these books, she bases her characters on her friends and parodies them with malicious glee, hence

the pseudonym.

Agnes is of the old guard and fervently intent on dissolving the partnership and creating a land preserve to protect the untamed wilderness. To do this, she must convince two of the remaining five partners to vote with her. Her best friend since birth, Polly, also a partner, should be an obvious vote. Polly, however, must continually choose between her friendship and her family. Where Agnes is prickly and authoritarian, Polly is all kindness and loyalty. She defers to her husband and children in all things. Her family is resistant to any change in ownership. Polly may seem like a pushover, but she is just as strong and intelligent as Agnes.

Polly and Agnes both have secrets despite their deep and abiding friendship. Getting to know these octogenarians intimately over a lifetime is a journey worth taking. A novel of love, loss, and legacy, it spans a generation of intertwined families and shared histories. It examines class, social mores, and women's roles through the years with humor and irony.

Check out these and other fiction finds at the Main library. eBooks and eAudiobooks can also be checked out in the Libby App with your El Segundo Public Library card. Happy Reading! •



Fellowship Point by Alice Elliott Dark



Mary Martes

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Dear Neighborhood Therapist,

I am in my fifties and I've recently gone back to graduate school. Some of the people - definitely not everyone - in my cohort are very different from me. This is great, but there is one person who takes everything I say in the worst possible way, and I find myself feeling defensive about things that I never dreamed of. It is really uncomfortable and I am considering quitting. It would be devastating to me: I love the new career and I want to make it work, but I've begun to dread going to some of my classes because of this, and I worry that my work life afterwards may be like this as well. It's gotten to the point where I don't say anything in class anymore, even when I feel like I have something to contribute. I spoke to some of the professors, and they have assured me that I haven't done or said anything wrong, but they have been very careful not to criticize the other students. I feel like I'm going crazy. Is there something wrong with me? Should I try to stick it out?

- Under Attack, El Segundo

Dear Under Attack,

I'm really sorry this is happening to you. It's a terrible way to start a new chapter in life. There's good news and bad news. First the good news: even though the experience stinks, that doesn't mean it actually has any meaning other than the fact that this particular situation and combination of people isn't working for you. It's not evidence indicating you've made a bad career choice, or that there is anything at all wrong with you. And even though nobody else may have spoken up publicly about it, you're likely not alone in your reaction to them.

The bad news is that just as there are "toxic" people in the workplace, there are "toxic" people in any setting, and it seems like you have come into contact with a few of them. It doesn't matter if others think they are toxic;

the thing that matters is that you think they are. Here are a few questions to consider:

As you think about the other students you have interacted with, how have your experiences been? You don't have to like everyone in your future field or profession. You don't even have to like most people. But you probably need to like enough people so that you have colleagues you can turn to in the future.

Based on what you've seen so far, are there enough people who you feel comfortable with? Do you think that if you had been placed with a different group of people randomly that things would be better? If your answer to either of these last two questions is yes, that seems to argue in favor of sticking it out.

Some people undermine and attack in ways that cause us to lose confidence in our own abilities. Bosses and professors are often reluctant to shut them down, or they fail to notice. It's hard to interact with such a person without feeling drained, or worse. If you are able to avoid them altogether - perhaps by changing to another group or class - it will be worth the effort. If you're stuck together, the sad thing is that it may make most sense to avoid them completely, or confront them directly.

In either case, it stinks that it's happening, but I think you should stick it out based on what you've said. This toxic person will be around through your grad school, but then you have the rest of your career away from this person.

Please write to tom@tomandrecounseling.com or text to 310.776.5299 with questions about handling what is affecting your life, your family, the community or the world. Tom Andre is a Licensed Marriage & Family Therapist (LMFT119254). The information in this column is for educational purposes only and nothing herein should be construed as professional advice or the formation of a therapeutic relationship. •

Finance

How Much Does A Funeral Cost?

(BPT) - When a death occurs, it's normal to wonder - and even worry - about the expense of memorializing a loved one, even though we are grieving. The costs of goods and services are making headlines every day recently. But, like planning a wedding or building a house, funeral costs include many variables, and the options for memorialization are endless, so it's difficult to determine an exact price until you meet with a funeral professional.

According to a 2021 report by the National Funeral Directors Association (NFDA), the national median cost of a traditional funeral with a viewing is \$7,848, not including cemetery or burial charges, while the national median cost of an adult cremation funeral with a visitation is \$5,365. Some of these costs include:

- Recovery of the loved one from home, hospital or hospice and into the funeral home's care at any time, on any day
- Transportation of the loved one to the funeral home
- Metal casket
- Urn
- Funeral director and staff's time
- Access to the funeral home's amenities, including chapels, visitation rooms, reception areas and more

A funeral requires a great deal of effort

to organize, but in a very short timeframe. Few would attempt to plan a wedding in less than a week, yet the very things that go into wedding planning are all part of funerals: flowers, catering, music, transportation, venues, speeches, videos and event planning - not to mention completing paperwork for death certificates and obtaining permits for transportation, burial or cremation.

Funeral planning professionals are experts on helping you navigate your many choices. Will you want a traditional service, with a few meaningful hymns and a message from clergy, or do you want to honor your loved one with a celebration of life over a catered meal? Are there special touches that reflect your loved one's unique life that you would like to incorporate into their memorial? These decisions will all impact the cost of the funeral, but you can download a free funeral pricing guide to get started.

Of course, the best way to manage funeral or cremation costs is to pre-plan and pre-arrange your own final arrangements. Not only does this alleviate a financial burden for your loved ones during a time when they are grieving, it also locks in today's pricing and ensures that your exact wishes are met.

For more information, visit dignitymemorial.com. •

Seniors

Emerging Treatments for Brain Cancer

(BPT) - Glioblastoma (GBM) is the most common, complex, treatment-resistant and deadliest type of brain cancer with 13,400 new cases diagnosed in the U.S. each year. On GBM Awareness Day on July 20, it's important to raise public awareness of this devastating disease and honor individuals who have lost their lives to or are currently living with GBM. Further, GBM Awareness Day represents an opportunity to build momentum for and increase visibility of research being conducted to bring life-improving and life-saving treatments to patients with GBM. While significant progress is being made, there is still more to be done to conquer and cure GBM.

For patients or their loved ones with GBM, the impact and urgency to discover and develop new treatment options is significant. But brain cancer can't wait. Check out these tips to learn more about GBM and how you or a loved one can take action today.

- Understanding the effect of GBM

GBM is a fast-growing and aggressive brain tumor and GBM patients can experience numerous neurological complications including headaches, seizures, changes in mood, mental function, speech, vision and sensory abilities. This life-threatening disease has no cure and carries a five-year survival rate of only 6.8%.

The most harrowing aspect of GBM is that tumor recurrence is almost inevitable after initial treatment, typically at or near the original location. For patients with a recurrent GBM, no standard of care exists. Average survival after the first recurrence is eight months and after the second recurrence is three to four months.

- Learn about available treatment options

Current therapies for GBM, including surgery (when possible), chemotherapy and radiation therapy, are debilitating strategies that are not curative. The goal of surgery is to remove as much of the tumor as possible without damaging the surrounding normal brain tissue needed for neurological function. This can be challenging given the complexity and invasiveness of the tumor growth, leading to some parts of the

cancer remaining in the brain.

To date, external beam radiation therapy is one of the few treatment approaches that has been shown to prolong the life of GBM patients, but only for a short amount of time. However, this radiation can lead to high-toxicity and recurrence of cancer cells.

- Connect with your community for support

Patient advocacy groups such as the National Brain Tumor Society, Musella Foundation for Brain Tumor Research & Information, and End Brain Cancer Initiative offer disease education, clinical trial guidance and support to GBM patients. Advocacy groups also raise funds that support new GBM treatment research and give the GBM community a voice in national public health policy changes.

A community of people living with, caring for or grieving someone with GBM is only a few clicks away on social media. Online platforms allow people affected by GBM to find support, connect with other patients, and share their own personal stories.

- Talk to your doctor about clinical trials

Patients who volunteer in clinical trials can access treatments unavailable elsewhere, but it's important to know as much as possible about the potential risks and benefits before deciding to participate.

Plus Therapeutics is evaluating an innovative, targeted radiotherapeutic, 186RNL, in the U.S. National Institutes of Health-supported ReSPECT-GBM Phase 1/2a clinical trial. This 186RNL drug candidate features high radiation doses delivered directly to the GBM tumor (sparing surrounding healthy tissue and cells) via a single, minimally invasive surgical procedure performed during a short hospital visit. Data collected to date from the trial have shown that 186RNL has potential to be a safe, effective and convenient treatment option for GBM patients and clinicians.

If you believe a clinical trial might be a good fit for you or a loved one, talk to your doctor and learn more at <https://www.respect-trials.com/enrollment/>. •

Travel

from page 2

in Gerlach, Nevada?"

Heading to the beach

A summer classic, beach vacations are a popular trip for families across the country. If you're hoping to last from sunrise to sunset, you'll need the right set of accessories:

Comfortable seating: Upgrade your beach chairs this year to maximize comfort. Look for chairs with built-in cup holders and backpack straps for easy transport on and off the shore.

Sun protection: A day at the beach is all fun and games until you realize you left your sunscreen at home. Before you head out, make sure to check the UV index before deciding which SPF is best, and reapply throughout the day. And, make sure to bring along your favorite sunglasses. Echo Frames come in a polarized sunglass option with UV400 protection.

Relaxation tools: Use your beach trip as a time to relax and reset. Whether it's bringing your new beach read to a beautiful spot by

the water, or doing sunrise yoga to quiet your mind, find what brings you peace.

Flying across the world

Your vacation doesn't have to wait until you arrive at your destination, the journey is part of the fun! Make sure you're well equipped to make your next flight the most peaceful one yet. To start off your packing list, don't forget to bring earbuds to unlock hours of entertainment to pass the time. If you want to stay fully immersed in your preferred content, like an audiobook, bring along Echo Buds with active noise cancellation (ANC) technology. Try asking, "Alexa, read Harry Potter Book One" to stream the book with Audible.

And if you're going to sleep on the plane, consider bringing accessories like an eye mask or neck pillow to help you catch some Z's. Lastly, get ahead of dry skin due to extended time in the air - don't forget a small lip balm and hand lotion in your carry-on can help you feel your best for the vacation ahead of you. •



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ENJOY LIVING COLOR THIS FALL

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(BPT) - As temperatures drop and seasons turn, that doesn't mean you have to give up on the vivid blooms you love so much in your yard. Strategically adding seasonal plants that can withstand cooler weather is a great way to bring color and dimension to outdoor spaces, enhancing your curb appeal into the autumn months.

To educate and inspire, the plant and gardening experts at Ball Horticultural Company share simple tips, top trends and standout plants that are ideal for fall: There's no easier way to add autumn atmosphere to your entryway, walkways and flower boxes than with the warm hues of rich yellows and sunny oranges. Blooms in these colors convey happiness and warmth, making them beautifully eye-catching. Some plants in these tones are especially attractive to bees and butterflies,

helping create pollinator-friendly spaces. For example, award-winning Echinacea Artisan Yellow Ombre is a native-type prairie plant that attracts songbirds, bees and butterflies throughout fall, and into winter. It's drought tolerant and low maintenance, making it a no-brainer for colorful autumn gardens. Another great option as the weather cools is Achillea Milly Rock Yellow Terracotta. This perennial has a breathtaking golden-orange color that is perfect for fall because it is frost tolerant, plus it attracts pollinators while resisting hungry rabbits and deer. While yellow and orange are quintessential fall colors, you can add an on-trend element to your outdoor space with Spreading Pansy Cool Wave Blue. The stunning dark, moody blue hue plays nicely when combined with a jewel-toned autumn

palette. It is also a standout choice by itself, reflecting the cooler weather, crisp air and clear night skies associated with the fall months.

The vibrant shade of solid blue is beautiful in planters and hanging baskets, as well as in landscaping and window boxes. This sun-loving variety is a spreading pansy, meaning it can serve as great groundcover, as well. You can enjoy this pansy in fall, and with superior overwintering hardiness, it's the earliest pansy to return in the spring. Create dimension through floral shapes. Color is one important aspect of landscape design, but to really elevate your outdoor appeal, consider dimension as well. Creating variables in plants through shape and texture adds visual interest, bringing new depth to a space. To create this, mix

florals with greenery and don't be afraid of nontraditional flower shapes.

The perfect example is Celosia, which features blooms in unique shapes such as plumes, spikes or wavy crests. You can create any outdoor aesthetic you desire with varieties available in yellow, orange, red and dark purple. Each adds texture and dimension, pairing well with mums and other popular autumn florals.

Whether it's containers, window boxes or several strategic places in your landscaping, you can update your home for the fall season and boost your curb appeal with fall flowers. A dash of color and texture will help your home be a standout on the block. *

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Wagner Deabreu

from front page

difficult for the hostages to maneuver once the looters vacated the premises.

As a parting warning, the banditos made it clear that if any of the hostages were obstinate, the robbers would circle back and shoot two folks...and one of them would be Deabreu.

"A crazy scenario," he said, ending with no hostages being hurt. So how did Deabreu get to El Segundo after being a hostage in a Brazilian armed robbery? He met a gal from California while living in Brazil, "did

Deabreu said that while he was developing his surfing talents in Costa Rica, he started thinking about becoming a surfing consultant/coach. Once he settled in El Segundo, his company "Wagsurf" was later established.

The Wagsurf method involves a studied progression: First, the student develops their chops on the ground, a process labeled "surf skate." Next is "wake surfing." The instructor pilots the boat, and the wake surfers trail behind the boat, riding the boat's wake without

surfing. Once we figured out that that was Wag and that he was an instructor, we asked to get lessons.

"Wag has endless energy that he pours into his students," continued Taft. "You can feel how much he wants them to succeed at becoming better surfers. He takes groups of kids up and down the coast wherever the waves are best or instructs them at our local beaches. He videotapes their surf sessions to analyze their form and set goals to work on. He works

Adds Finn: "I first saw [him] surfing a little sandbar at El Porto. I was immediately impressed by his prowess and skill. I started training with him a bit later, and my surfing has improved exponentially. I did not know if I would continue surfing had I not been motivated by the progression I saw due to training with Wag. He is one of the people I respect the most in surfing and other aspects of life."

Crystal de Saint Aignan's son Lucien has been mentored by Deabreu for two years. She



Wagner Deabreu perfecting his chops. Photo snapped by Lucio Grimes, provided by Wagner Deabreu.

long-distance dating for about two years," took his soon-to-be bride to Costa Rica, and got married.

But his wife, Faith, did not favor living in Costa Rica, so the couple journeyed to Northern California. Faith decided to pursue a job as a flight attendant, necessitating a move to Chicago. With no waves available in the Windy City for Deabreu to surf, he was not particularly happy, so the couple pulled up stakes and moved to SoCal after a few months. Deabreu and his wife moved to El Segundo 15 years ago.

being directly pulled by the boat. Then it is "surfs-up!" time.

Teri Taft's son is a Deabreu disciple. "We have known Wag for approximately four years," she emailed. "We first saw him without knowing who he was. When [her son] Finn was a very beginning surfer, there was a guy in the water surfing near him at El Porto Beach. He was on a red surfboard and surfed with such style and expertise that he easily stood out among all the other surfers in the water. We were amazed! He talked with Finn, then 11 years old, while they were both in the water



Deabreu sending students into the waves at Trestles Beach. Photo courtesy of Wagner Deabreu.

on land with them, using carver skateboards that mimic the movement of a surfboard and other exercises that stretch and strengthen their muscles and increase their endurance, flexibility, and balance on the water. He also teaches his students how to deal with different scenarios in the water with other surfers and surfing etiquette. Wag teaches them to respect the hugeness of the ocean and the strength of the waves and to be safe. Finn was lucky enough to go with him to Mexico for the third time this summer. Wag is a fun, kind human being. He is a good friend."

said that Lucien, now eleven, "didn't know anything about surfing" a couple of years ago. "He is a wonderful person," Crystal said of Deabreu, "who imparts positive life lessons and philosophies, as well as the technical surfing elements."

Deabreu related that one of the accomplishments he is most proud of is that "I am the only coach in Los Angeles to qualify two young athletes to the USA Developmental Olympic [surf] team."

Wagner Deabreu: still chasing those *Endless Summer* swells. •

Wags and Whiskers

from front page

Mike and Maggie also credit their interest in the business to their dog, Oreo. "He's always our inspiration, our mascot, our greeter, and our tester," Mike explained, "Sometimes I can tell people that treats are Oreo-approved, which means he likes it a lot."

But Mike has other ways of getting treats to the community. "Almost daily, you can find me out on my scooter, riding around just looking for people who are walking dogs," he said. On their daily walks, Mike and Maggie even take treats with the Wags and Whiskers business card attached. "Feed-back was pretty positive from the get-go," he reflected, "People like it."

Interestingly enough, the idea to take their business on the go was not planned; it was a last-minute decision in response to a delayed permit. "When we started the business, there was a two-month period where the store was set up; we had everything we needed, we just didn't have a sign," Mike explained. Thus, delivering treats around town was—and continues to be—a way to increase awareness and generate interest in the store.

Nowadays, Mike sees the immediate response to passing out treats. He estimates that for every ten treats he gives away, at least two people will come into the store to check it out. "Most people are pretty receptive," he said, "but some are more hesitant. For the most part, though, everybody seems to like it, and it's worked out well for us." Always conscious of pet allergies and dietary restrictions, the treat he usually carries is a vegetarian-base breath cleaner called "Whimsy," also sold in-store.

The couple also makes strides to contribute to the community through their business in other ways. They currently co-sponsor a dog event at Brewport, which occurs every

Sunday in August. With around twenty dogs (and their owners) usually coming each week, Wags and Whiskers supplies treat bags for

those who come. "There are pools and toys," Mike explained, "and the dogs play while the parents mingle. It's a fun time."



Owners Mike and Maggie with Oreo at the Wags and Whiskers Grand Opening.

Reflecting on what it means to be a resident and a small business owner in town, Mike says that Wags and Whiskers only make the couple feel more connected. "We always had a fondness for El Segundo, but now that we're a part of the community, truly, we feel that attachment," he said. This is even true in the literal sense, as the couple appreciates being so close to the shop. "It's so wonderful being able to walk to work and be there in minutes," he explained.

But the thing that sets Wags and Whiskers apart from other pet stores is, at least according to the owners, the personalized care and attention for all who walk through the door. "The great thing about Wags and Whiskers is that we're 'Mom and Pop,'" Mike explained, "It's a much more personal experience." He remembered helping a gentleman find the proper food for his dog, who had been struggling to eat because of his cancer. "When people come in with their dogs, and we're truly able to help them, it's a good feeling," he explained.

Mike and Maggie are excited to continue building their business in El Segundo, meeting new friends along the way. Mike is looking forward to learning more from his wife, whom he celebrates for her contributions to the store. "I'm proud of my wife's knowledge of dog nutrition and her ability to create this environment that seems like it's going to be successful, just based on community feedback alone," he reflected, "She's done a wonderful job."

After just three months in business, Mike, Maggie, and Oreo are confident that there is nowhere else they would rather build their business. "It proves that we're in the right place," Mike reflected, "and it's been rewarding throughout." •

Sports

from page 3

beat the teams we need to, earn a CIF bid, and hopefully challenge some good teams along the way.”

The Eagles host West Torrance in their Pioneer League opener next Wednesday at 3:30 p.m.

Boys’ Water Polo Team Looks to Repeat

The Eagles ran the table in the Pioneer League and was a combined 17-10 overall last season. It was the program’s 37th league title

Ward. Hale is joined by a large contingency of juniors, including Nolan Barnett and Logan Fastman played huge roles on last year’s team. Luc Giroux has been the starting goalie since his freshman year and looks unstoppable in the cage. “Patrick Wang and Caedon Buhr have improved immensely and are looking to make an impact this year,” said Coach Ward.

Sophomores Carter Williamson, Vinny Baldino, Sutton Fisk, and Stefan Lazarevic in the goal all return with varsity experience



Luc Giroux could be one of the top goalkeepers in the South Bay.

dating back to their first one in 1947. This season the Eagles have a young but talented squad led by only two seniors, Tyler Thomas and Jose Meza. Head coach Nila Ward says, “The boys have been working hard in the off-season and look focused and determined to find success this year.”

Returning to the team is junior Max Hale, who has been the team’s leading scorer since his freshman year. “The team will depend on his experience and talented play,” says Coach

under their belt. They have worked hard on their local club teams in the offseason and come back ready to contribute.

The varsity squad is joined this year by two very promising freshmen. Tristan Foster will step into the center role, and Cooper Albano will fill the much-needed lefty position. Both of these boys come to the team with plenty of experience, and their exemplary work ethic has already made an impact on the team’s culture, according to Coach Ward.



Eagle linebacker Caleb Smith (#45) closes in on Santa Monica running back Samuel Lipshey.

The Eagles opened their season on Tuesday against Santa Monica and play at Redondo today at 3:30 p.m.

Girls Tennis Team Looks to Return to Playoffs

The Eagles had a difficult path to reach the CIF playoffs a season ago. After defeating Torrance in a qualifier to snag a CIF playoff berth, they had another play-in match to advance to the first round. They defeated Oxnard 17-1 in the Wild Card game but fell to Sunny Hills 12-6

returning. Look for seniors Minda Kreski and Maitri Kulkarni and sophomores Grace Bloom and Hannah K. Smith to lead the Eagles.

Eagles Drop Football Opener to Santa Monica

There’s nothing like a high school football game on a Friday night that brings communities together. A full crowd gathered at Hazletine Field to watch the El Segundo Eagles host Santa Monica in the season opener for the Eagles. It didn’t go El Segundo’s way, and



Max Hale leads a talented group capable of repeating as Pioneer League champions.

in the first round. Head Coach Bonnie Maye is impressed with how the team has prepared for this season. “Tennis held a camp this summer to help players get used to the scoring for high school tennis and also encouraged payers to sign up for other camps in the area to improve skills and get additional court time.” She added, “We are looking to build on our success from last year and strengthen all aspects of our team in order to be a bit more consistent this year. The Eagles have some experienced players

they lost to the Vikings 32-14. Sure, it may have been a lopsided score. Still, the fans were energetic, the student rooting section spirited, and the band played without missing a beat, but it brought a community together. The Eagle’s only scoring highlights included a 1-yard touchdown run by Leo Menendez and a 10-yard touchdown pass from Menendez to Elijah Coles.

The Eagles will be back at it Friday night at home when they host Mary Star at 7 p.m. •



Brett Abitante returns a kickoff 28 yards in his team’s opener.

Film Review

from page 5


clothes, raspy voice, and simple speech convey a different side of his acting that we haven’t seen before, and extends his range greatly. The journey that Brian goes on is a demanding one, requiring everything that Boyega’s got.

As the situation escalates, he talks with a news producer (Connie Britton) and eventually, the hostage negotiator (Michael K. Williams). A former veteran himself, his conversation with Brian creates a connection between them, and a bond forms. He sees Brian’s plight, and his safety becomes his own concern as well. In his final film role, Williams commands the screen every time we see him. His presence alone gives unparalleled gravitas to this, as well as every film he’s been on. And while he will sorely be missed, this is a worthy final performance to remember the late actor by.

Corbin balances the rising suspense of the hostage standoff along with the more intimate scenes of Brian and his tight circle of confidantes. Scenes with Rosa and Estel make us empathize with him more and more. As the suspense grows—from a quiet sunny day to, at its highest point, a barrage of

helicopters, tanks, pop-up command centers, and reporters—*Breaking* also keeps Brian and his mission front and center. When we finally learn how much money he was denied and that he’s asking for now, it stops the movie in its tracks with impact. Considering the dangerous situation he’s put himself in (and how he knows he may not make it out alive), you realize that it’s not the amount of money he’s asking for that he’s truly after, but simply raising awareness of the injustice that he, and many others, have been denied.

Without giving away the ending, Brian would likely be pleased to know that his story is now being told, and shared with the world. I hadn’t heard this story before seeing this film, but now that I have, I’m saddened to think about the desperation that some people are met with, and the lengths they’ll go to make amends. Brian Brown-Easley shined a light on a deep problem in our country, and *Breaking* furthers that story. It’s an issue that needs to be corrected at the federal level in order to ensure that those who serve our country need to be served back. •



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Table with 6 columns: Fictitious Business Name Statement, Fictitious Business Name Statement, Fictitious Business Name Statement, Fictitious Business Name Statement, Fictitious Business Name Statement, Fictitious Business Name Statement. Each cell contains legal notice text and a reference code (e.g., H-2649, H-2650).

Police Reports

from page 2

carport and took an electric bicycle.

A robbery report was taken at 2017 hours from the 2100 block of East El Segundo Boulevard. An unknown suspect assaulted the victim and took their backpack.

One male adult was arrested at 2330 hours from the 800 block of Loma Vista Street for drunk in public.

Wednesday, August 24th

A restraining order violation report was taken at 1216 hours from the 200 block of Whiting Street.

One male adult was arrested at 1032 hours from Hermosa Beach PD for robbery and one outstanding ESPD misdemeanor warrant.

One male adult was arrested at 1600 hours from Fountain Valley PD for one outstanding ESPD misdemeanor warrant, one outstanding Monterey Park PD misdemeanor warrant, one outstanding Pasadena PD misdemeanor warrant, and one outstanding CHP misdemeanor warrant. It was later determined that the male was in possession of a controlled substance during the booking process.

Thursday, August 25th

A vandalism report was taken at 1250 hours from the 800 block of North Douglas Street. Unknown suspect(s) used markers and spray paint to vandalize the property.

A grand theft report was taken at 1319 hours from the 1900 block of East Maple Avenue. Unknown suspects(s) stole large capacity vehicle batteries on 8/24/22, and returned on 8/25/22 in an attempt to steal more batteries.

A court order violation report was taken at 1808 hours from the 1000 block of East Grand Avenue.

A dead body report was taken at 1856 hours from the 1600 block of East Palm Avenue. A 61 year old female passed away.

One male adult was arrested at 1828 hours from the 700 block of North Pacific Coast Highway for one outstanding ESPD misdemeanor warrant.

A grand theft report was taken at 1919 hours from the 700 block of South Pacific Coast Highway. Unknown suspect(s) entered the business and stole merchandise.

A found property report was taken at 2309 hours from the 100 block of West Imperial Avenue. Abandoned property was booked for safekeeping.

Friday, August 26th

An attempt burglary (vehicle) report was taken at 1346 hours from the 2200 block of East Grand Avenue. Unknown suspect(s) attempted to break into the victim's vehicle.

A dead body report was taken at 1731 hours from the 1900 block of East Mariposa Avenue. A male adult was found deceased.

A battery report was taken at 1730 hours from Holly Avenue and Main Street. The suspect shot a gel ball gun at the victim.

A robbery report was taken at 1836 hours from the 700 block of South Pacific Coast Highway. The suspect stole merchandise and got into a physical struggle with the store security.

One male adult was arrested at 1807 hours from Vermont Avenue and 53rd Street for suspicion of grand theft and four outstanding warrants.

One male adult was arrested at 2136 hours

from the 700 block of South Pacific Coast Highway for criminal threats and assault with a deadly weapon.

An injury report was taken at 0100 hours from the 200 block of Standard Street. A female adult fell on the sidewalk and injured herself.

Saturday, August 27th

A burglary (vehicle) report was taken at 0641 hours from the 1900 block of East Mariposa Avenue. Unknown suspect(s) stole tools from the victim's vehicle.

A found property report was taken at 1049 hours from the 300 block of Main Street. Ammunition was booked for destruction.

An annoying phone calls report was taken at 1529 hours from the 700 block of Indiana Court. The suspect sent text messages to the victim.

An injury report was taken at 1816 hours from the 600 block of East Imperial Avenue. A male adult injured his left knee.

An injury report was taken at 1905 hours from Holly Avenue and Main Street. A bicyclist fell and injured himself. •

PUBLIC NOTICES

PUBLIC NOTICES

Fictitious Business Name Statement 2022187829

The following person(s) is (are) doing business as UNILANGS, 1125 SEPULVEDA BLVD., K103, TORRANCE, CA, 90502, LOS ANGELES COUNTY.
Registered Owner(s): UNI LANGUAGE SOLUTIONS, LLC, 1125 SEPULVEDA BLVD., K103, TORRANCE, CA, 90502. CORP: 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: 08/2022.
Signed: UNI LANGUAGE SOLUTIONS, LLC, PRESIDENT, YOON HEE CHOI. This statement was filed with the County Recorder of Los Angeles County on August 24, 2022.
NOTICE: This Fictitious Name Statement expires on August 24, 2027. A new Fictitious Business Name Statement must be filed prior to August 24, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald Pub: 9/1, 9/8, 9/15/22
H-27674

Fictitious Business Name Statement 2022184470

The following person(s) is (are) doing business as HAIRGA SALON PROFESSIONAL, 10610 LA CIENAGA BLVD. UNIT A, LENNOX, CA, 90304, LOS ANGELES COUNTY.
Registered Owner(s): RICHARD ANDERTON, 10610 LA CIENAGA BLVD. UNIT A, LENNOX, CA, 90304.
This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 08/2022.
Signed: RICHARD ANDERTON, OWNER. This statement was filed with the County Recorder of Los Angeles County on August 19, 2022.
NOTICE: This Fictitious Name Statement expires on August 19, 2027. A new Fictitious Business Name Statement must be filed prior to August 19, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 9/1, 9/8, 9/15, 9/22/22
H-2675

Fictitious Business Name Statement 2022187617

The following person(s) is (are) doing business as DIGBINS AUTO SALES, 13200 DOTY AVE. 109, HAWTHORNE, CA, 90250, LOS ANGELES COUNTY.
Registered Owner(s): 1) DEBRA IGBINOSA, 13200 DOTY AVE. 109, HAWTHORNE, CA, 90250; 2) ABEL IGBINOSA, 13200 DOTY AVE. 109, HAWTHORNE, CA, 90250.
This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2022.
Signed: ABEL IGBINOSA, HUSBAND. This statement was filed with the County Recorder of Los Angeles County on August 24, 2022.
NOTICE: This Fictitious Name Statement expires on August 24, 2027. A new Fictitious Business Name Statement must be filed prior to August 24, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald Pub: 9/1, 9/8, 9/15/22
H-2676

Order to Show Cause for Change of Name Case No. 22TRCP00307

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

VIRGINIA MONICA PERCHES
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing: Date: 11-04-2022, Time: 8:30 AM., Dept.: M
The address of the court is: 825 MAPLE AVE TORRANCE, CA 90503

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
EL SEGUNDO HERALD
Date: AUGUST 25, 2022
DEIRDRE HILL
Judge of the Superior Court
EL SEGUNDO HERALD PUB: 9/1, 9/8, 9/15, 9/22/22
H-27703

Order to Show Cause for Change of Name Case No. 22TRCP00268

Superior Court of California, County of LOS ANGELES
Petition of: SANDRA YVONNE URIAS for Change of Name
TO ALL INTERESTED PERSONS: Petitioner SANDRA YVONNE URIAS filed a petition with this court for a decree changing names as follows:
SANDRA YVONNE URIAS

SANDRA YVONNE THERRIEN
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing: Date: 10-7-22, Time: 8:30 AM., Dept.: M
The address of the court is: 825 MAPLE AVE TORRANCE, CA 90503

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
EL SEGUNDO HERALD
Date: AUGUST 1, 2022
D.HILL
Judge of the Superior Court
EL SEGUNDO HERALD PUB: 8/11, 8/18, 8/25, 9/1/22
H-27674

Order to Show Cause for Change of Name Case No. 22LBCP00285

Superior Court of California, County of LOS ANGELES
Petition of: MARLENE DEBRA MATA for Change of Name
TO ALL INTERESTED PERSONS: Petitioner MARLENE DEBRA MATA filed a petition with this court for a decree changing names as follows:
MARLENE DEBRA MATA

DEBBIE MARLENE ANAYA
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing: Date: 9/16/22 Time: 8:30 AM., Dept.: 27
The address of the court is: 275 MAGNOLIA LONG BEACH, CA 90802

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:
EL SEGUNDO HERALD
Date: JULY 18, 2022
MARK C. KIM
Judge of the Superior Court
EL SEGUNDO HERALD PUB: 8/11, 8/18, 8/25, 9/1/22
H-27675

PUBLIC NOTICES

Fictitious Business Name Statement 2022189500

The following person(s) is (are) doing business as 1) LHI, 4401 ATLANTIC AVE, SUITE 110, LONG BEACH, CA, 90807; 2) LOGISTICS HEALTH, INC., 4401 ATLANTIC AVE, SUITE 110, LONG BEACH, CA, 90807; LOS ANGELES COUNTY.
Registered Owner(s): OPTUMSERVE HEALTH SERVICES, INC., 328 FRONT STREET SOUTH, LACROSSE, WI, 54601; CORP: WISCONSIN.
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: OPTUMSERVE HEALTH SERVICES, INC., SECRETARY, TIMOTHY J. LANGDON. This statement was filed with the County Recorder of Los Angeles County on August 25, 2022.
NOTICE: This Fictitious Name Statement expires on August 25, 2027. A new Fictitious Business Name Statement must be filed prior to August 25, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald Pub: 9/1, 9/8, 9/15/22
H-2677

Fictitious Business Name Statement 2022190577

The following person(s) is (are) doing business as MELROSE GARDENS ASSISTED LIVING, 960 NORTH MARTEL AVENUE, LOS ANGELES, CA, 90046, LOS ANGELES COUNTY. AI #ON 202134810668
Registered Owner(s): DANMAR VILLAS LLC, 960 N. MARTEL AVE., LOS ANGELES, CA 90046. CORP: CALIFORNIA.
This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 04/2022.
Signed: DANMAR VILLAS, LLC., MEMBER, BARUCH BERKOWITZ. This statement was filed with the County Recorder of Los Angeles County on August 26, 2022.
NOTICE: This Fictitious Name Statement expires on August 26, 2027. A new Fictitious Business Name Statement must be filed prior to August 26, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald Pub: 9/1, 9/8, 9/15/22
H-2678

Fictitious Business Name Statement 2022190571

The following person(s) is (are) doing business as VALLEY HOUSE REHABILITATION CENTER, 9069 AIRDROME STREET, LOS ANGELES, CA, 90035, LOS ANGELES COUNTY. AI#ON 202207510973
Registered Owner(s): 991 CLYDE AVENUE OPCO, LLC, 9069 AIRDROME STREET, LOS ANGELES, CA, 90035. CORP: CALIFORNIA
This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A.
Signed: 991 CLYDE AVENUE OPCO, LLC, MANAGER, AVROHOM TRESS. This statement was filed with the County Recorder of Los Angeles County on August 26, 2022.
NOTICE: This Fictitious Name Statement expires on August 26, 2027. A new Fictitious Business Name Statement must be filed prior to August 26, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 9/1, 9/8, 9/15/22
H-2679

Fictitious Business Name Statement 2022190574

The following person(s) is (are) doing business as PARKWEST HEALTHCARE CENTER, 9069 AIRDROME STREET, LOS ANGELES, CA, 90035, LOS ANGELES COUNTY. AI#ON 20220750973
Registered Owner(s): 6740 WILBUR AVENUE OPCO, LLC, 9069 AIRDROME STREET, LOS ANGELES, CA, 90035. CORP: CALIFORNIA
This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A.
Signed: 6740 WILBUR AVENUE OPCO, LLC, MANAGER, AVROHOM TRESS. This statement was filed with the County Recorder of Los Angeles County on August 26, 2022.
NOTICE: This Fictitious Name Statement expires on August 26, 2027. A new Fictitious Business Name Statement must be filed prior to August 26, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 9/1, 9/8, 9/15/22
H-2680

“Be thankful for what you have; you’ll end up having more.”

If you concentrate on what you don’t have, you will never, ever have enough.”

— Oprah Winfrey

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GUNDOGRAM

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Chicken Tinga Tacos

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All you need is 6 simple ingredients and 10 minutes to make these delicious Chicken Tinga Tacos! Preparing the recipe for Big Batch Chicken Tinga Filling ahead of time not only helps you get taco night started sooner, but also allows the flavors of tomato and chipotle to meld. Stuff some flour tortillas with the juicy shredded chicken tinga taco filling and top with lettuce, red onion, and a squeeze of lime for these fresh-tasting chicken tinga tacos. It's a recipe you'll want to put on repeat- and luckily, when you make a big batch of chicken tinga filling, you can.



Ingredients

- 2 cups Big Batch Chicken Tinga Filling (click for recipe)
- 8 flour tortilla (6-inch)
- 1 cup crumbled queso fresco (optional)
- 1 cup shredded lettuce
- 1/2 cup diced red onion
- 4 lime wedge

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

Directions

- **Step 1:** Heat the chicken filling in a 10-inch skillet over medium heat until hot.
- **Step 2:** Serve the chicken filling in the tortillas with the queso fresco, if desired. Top with the lettuce and red onion and serve the lime wedges on the side.

Tips

Cook Once, Eat Twice! After you make these tacos, use the rest of your big batch of filling to make Chipotle Chicken Flatbread with Chili-Lime Crema. Or, if you want just enough filling for this recipe, saute 1 cup chopped onion in 1/2 tablespoon vegetable oil in a 12-inch nonstick skillet. Stir in 1 can Campbell's Condensed Tomato Soup, 1/4 cup water and 1/2 teaspoon cumin. Add 1 pound skinless, boneless chicken tenders and 1 to 2 chopped canned chipotle peppers in adobo and simmer for 15 minutes or until done. Shred the chicken and stir to coat.

"Tacos are like a hug in a tortilla."
- ANONYMOUS

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PETSPETS Pets PETSPETS

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Kitten Rescue rescues cats and kittens from a variety of situations. Most live in our volunteers' homes and those volunteers foster them until we can find permanent homes for them. Young or old, tabby or Maine Coon, 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

and a Kitten Rescue volunteer rescued the whole family soon afterward. She has been a fantastic mom, her kittens are fully weaned, and she is now ready for her forever home. Mama Cass is on the shy side and will take some time to warm up, but once she knows she is secure and has space to call her own, she will be a wonderful companion.

Strudel loves running around and playing with anything that comes into her sights. When

white than black, asymmetrical face pattern) is the girl. Despite being very confident and well-adjusted, she often seems to have a concerned expression that is just too adorable. She likes crinkle balls and obsessively grooming her brother, Mephy. Mephy (more black than white, symmetrical face pattern) is her brother. He is a mile-a-minute kitty who throws himself wholeheartedly into everything he is doing, whether it's playing or snuggling.

please check our website www.kittenrescue.org.

Our Adoption Center is temporarily closed. In the meantime, we are still conducting contactless adoptions using all the online tools at our disposal. 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



Strudel you with the purr-fect one. When you adopt, you save a life... and in turn enrich your own.

Sammy, aka "Purr Boy", is a very sweet and affectionate boy. He is an extremely polite kitten, neatly lapping his goat's milk and eating his food. Sammy may not jump on your lap immediately and may take a few days for him to trust you. However, he loves being picked up and pet and will reward you with many purrs. Sammy would be good as an only cat and is used to a small friendly dog. He does like to play with other cats and would be good with another friendly cat. He probably would not be good around small children. Sammy needs his own home and will love to have you as his human that he can hang out with and do his cat thing.

Mama Cass is a sweet, elegant, wise young cat with gorgeous eyes. She understands that people are helpers and friends. Mama Cass gave birth to five kittens at the LA city shelter,

she has tired herself out, she will sleep with her siblings on the cat tower or crawl into your lap for a snooze. Strudel also loves sleeping with people and will tuck herself into your arms or sleep next to your pillow at night. Strudel loves being pet and will start purring if you stroke her back. Give her a wand toy and she will warm up to you in minutes. Strudel is still rowdy like most kittens her age, so she will need to be adopted with another kitten or go to a household with a very active cat/kitten.

Meri and **Mephy** are two perfect companions for cat-lovers of all ages. They absolutely adore humans, playtime, food and each other. From a super-huge purr as soon as they see you to collapsing in a heap after chasing a toy, these kittens offer cute moment after cute moment. And as if that were not enough, they are both polydactylic; their paws have a harmless extra digit, making them look like they are always wearing mittens! Meri (more



Banana Meri and Mephy have been together all their lives and must be adopted together.

Banana is an extremely energetic and playful kitty. He will often carry his favorite toy around as he finds different spots to wrestle with it. After a long, lively play session, he will come to join you on the couch for some pets. He loves snuggling and napping on soft blankets. Banana absolutely adores pets and will often try to insert himself into pet sessions whenever he sees them happening. It would be best if Banana was adopted with one of his five siblings, Ghost, Serrano, Habanero, Cayenne, or Bell.

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,



Sammy 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. •



Mama Cass



Meri and Mephy

energizing the future in el segundo



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