

Inglewood News

AND LENNOX CITIZEN The Weekly Newspaper of Inglewood

Herald Publications - Inglewood, Hawthorne, Lawndale, El Segundo, Torrance & Manhattan Beach Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 - April 18, 2013

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Workplace Success Fair Connects Employers with Youth Job Seekers



The South Bay Workforce Investment Board (SBWIB), in partnership with the City of Inglewood, the State Department of Rehabilitation, the State of California Employment Development Department, the Airport Area Chamber of Commerce and the South Bay One Stop Business and Career Centers hosted this year's 13th Annual Blueprint for Workplace Success Youth Job Fair at Rogers Park in Inglewood. Representing 41 schools throughout the South Bay, 110 Blueprint for Workplace Success certified participants, who completed job readiness training received face-to-face interviews and 102 of these youth were offered jobs on the spot. Photo courtesy of SBWIB.

Community Celebrate Refurbishing of Little League Fields

By Cristian Vasquez

Some kids ate hot dogs, other groups of scattered Little League players played catch, while others chased each other throughout the Lennox Middle School fields as they waited for the Walmart 42 Field Refurbishment Program ceremony to kick off. The ceremony at Lennox Middle School took place April 8 and was the first step in the long process of field refurbishments to be conducted as part of the program put together by Walmart, Scott's, the Jerry Clark Foundation and other companies that agreed to target little league fields across the nation to evaluate and refurbish.

"It is a really good fit and we have a wonderful partnership with Walmart--and in celebration of Jackie Robinson Day, April 15, and the release of the Jackie Robinson movie, 42, we are refurbishing fields across the country to provide children the lush grass and resilient bases that they need to prevent injury," Jaime Beatty, media manager at Scott's Company said. "We have a program that is called Ultimate Home Field Advantage and it is all about getting kids and families outdoors. Everybody can achieve their own and ultimate home field advantage, even in their own backyards, and we are really trying to encourage families to feed their lawns--and it happens that spring is the best time to feed your lawn, so it is a very good fit in that way."

Master of Ceremonies and Lennox Little League President Roberto Aguirre expressed his appreciation for the contributions and highlighted the impact of such partnerships. "This is for the kids and this is why we are here. This is going to be big for our kids," Aguirre said. "I grew up here in Lennox and this is the biggest thing that has ever happened here. I played Little League here



Nomar Garciaparra address little league players, parents and coaches about the impact that little leagues across the nation have on communities. The groundbreaking event was linked to the nationwide release of the Jackie Robinson film, 42.

in Lennox and I am excited. I feel like a little kid again. Walmart is committed in helping us strengthen our youth and that is why they are doing this. They inspire and empower our youth through the refurbishing of our ballparks."

Also present at the event was former player for the Los Angeles Dodgers and current ESPN analyst Nomar Garciaparra, who spoke to the players on the importance of baseball, the impact that Jackie Robinson had on the world and how school and community are what make the Little League experience possible.

"I can't get over how many people are out here. I know how grateful I was to be able to play and I played on fields just like this," Garciaparra, who grew up in the Whittier

area, said. "I knew I wanted to grow up to play on an incredible field, and having the coaches and the volunteers to allow me to play Little League was great. I have been playing since I was five years old. I played my whole life and it started in Little League all the way through high school. My parents made a lot of sacrifices so I could play sports and do the things that I wanted to do. It takes more than them--it takes a lot of parents like that and many people who care about the community."

Lennox School District Superintendent Dr. Barbara Flores addressed the crowd and reminded the kids that none of life's barriers are impossible to overcome, regardless of the circumstances. "My dad played baseball when the Blacks and Chicanos had to form their own teams just so they could play. He told me stories of how they had to travel to different parks back in the 1930s and '40s," Dr. Flores said. "Jackie Robinson showed what he could do despite all the odds against him."

The partnership targeted 10 fields across the country, all of which are expected to be completed within the next year. The afternoon's groundbreaking event included fun baseball activities for the kids, who wore their baseball uniforms and gloves.

"Baseball can be taken away from you at any moment and I knew that--so I was sure to prepare myself and that is why I tell the kids that baseball is great, but it is important to do your homework as well," Garciaparra said. "They need to go out there and get a good education. If you build that up, being active and part of a team teaches you so many life lessons and you become a well-rounded person and it helps you accomplish your dreams." •

Weekend Forecast

Friday
Sunny
77°/59°



Saturday
Sunny
70°/58°



Sunday
Sunny
70°/58°



Calendar

ALL CITIES

SATURDAY, APRIL 20

• Household Hazardous Waste & E-Waste Roundup, Apr. 20, 9 a.m.-3 p.m., Betty Ainsworth Center, 3851 W. El Segundo Blvd.

ONGOING

• Free 10k walk Club -Hawthorne/Lawndale. All age groups. For more information contact Terry at (310) 469-1935 or (323) 201-7253 or email10kwalkclub@gmail.com.

• Recovery International Meetings, Fridays 10 a.m., South Bay Mental Health Center, 2311 El Segundo Blvd. For more information call Deanna at (310) 512-8112.

HAWTHORNE

TUESDAY, APRIL 23

• City Council Meeting Council, 6- 10 p.m., City Council Chambers, 4455 W 126th St. For more information call (310) 349-2915.

MONDAY, MAY 13

• Blood Drive (American Red Cross), 9 a.m.-3 p.m. Bloodmobile behind City Hall, 4455 West 126th St. Appointments: www.redcrossblood.org and enter sponsor code

“City of Hawthorne”, or contact Rosalinda Martinez at (310) 349-1646.

ONGOING

• Wiseburn Food Fest gourmet food truck event benefiting the Wiseburn Education Foundation, 5:30-8:30 p.m. the last Friday of every month at R.H. Dana Middle School.

INGLEWOOD

SATURDAY, APRIL 20

• Citywide Yard Sale & Recycling Event, 7 a.m.-3 p.m., Hollywood Park Gate 8 off of Pincay/90th Street. For more information call Joi Aldridge at (310) 412-5333.

LAWDALE

UPCOMING

• Youth Day Parade, April 27 10:00 a.m. at Alondra Park.

ONGOING

• Lawndale Certified Farmer’s Market, 2-7 p.m., every Wed., lawn of the Lawndale Library, 14615 Burin Ave.

• Food Truck Fridays, every Friday - Beginning April 12, 5:30-9 p.m., FD Roosevelt Elementary School, 3533 Marine Ave. www.LESDEF.org •

Police Report

MON 4/1/13 TO SUN 4/7/13

ROBBERY

Robbery 4800 W 119th Pl Apartment/Condo

Date/Time Reported Thu 4/4/13 18:52
Crime Occurred: Thu 04/04/13 17:00

Property Taken: White Apple iPhone 5 with a pink case

Robbery 4600 W Imperial Hy Other

Date/Time Reported Fri 4/5/13 20:06
Crime Occurred: Fri 04/05/13 20:06

Property Taken: blk Guess wallet w/vic’s CDL/Chase Card/BofA Card, Chase card bearing Richard Palomo’s name (vic’s dad), victim’s CDL, gold pearl necklace

Robbery 2800 W 120th St Hardware Store

Date/Time Reported Sun 4/7/13 18:59
Crime Occurred: Sun 04/07/13 18:59

Property Taken: Unknown denominations of US currency

BURGLARY

Comm Burglary – Commercial 11500 S Hawthorne BI Office Supply Store/Warehouse

Date/Time Reported Mon 4/1/13 13:00
Crime Occurred: Mon 04/01/13 10:00 To: Mon 04/01/13 10:30

Property Taken: Phones

Property Taken: White Galaxy S3 cell phone

Method of Entry: Opened POE: Unknown
Entry Loc: Front

Res Burglary – Residential 11900 S Freeman Av House

Date/Time Reported Tue 4/2/13 12:04
Crime Occurred: Tue 04/02/13 11:45 To: Tue 04/02/13 12:05

Method of Entry: Opened POE: Sliding window
Entry Loc: Front

Comm Burglary – Commercial 14600 S Aviation BI Hotel & Motel Office

Date/Time Reported Thu 4/4/13 14:10
Crime Occurred: Fri 03/22/13 07:00 To: Thu 04/04/13 12:00

Property Taken: 5- commercial light/lamp fixtures

Method of Entry: Opened

Res Burglary – Residential 2100 Saint Andrews Wy House

Date/Time Reported Fri 4/5/13 02:08
Crime Occurred: Fri 04/05/13 02:19

Method of Entry: Unknown

Res Burglary – Residential 3600 W Rosecrans Av Apartment Common Areas

(Lndry,Clb Hse,Etc)

Date/Time Reported Fri 4/5/13 15:19
Crime Occurred: Fri 04/05/13 10:00 To: Fri 04/05/13 10:55

Property Taken: 18 K Diamond ring

Method of Entry: Unlocked

Res Burglary – Residential 5400 W 142nd Pl House

Date/Time Reported Fri 4/5/13 15:32
Crime Occurred: Fri 04/05/13 15:32

Method of Entry: Smashed

Comm Burglary – Commercial 11200 S Hawthorne BI Parking Lot

Date/Time Reported Fri 4/5/13 16:39
Crime Occurred: Wed 03/20/13 12:00 To: Fri 04/05/13 16:30

Property Taken: \$20 in US currency, Millan black navigation system

Method of Entry: Unknown

Res Burglary – Residential 12100 S Birch Av House

Date/Time Reported Fri 4/5/13 17:13
Crime Occurred: Fri 04/05/13 17:13

Property Taken: Green bag, pillow case

Method of Entry: Pried POE: Single swing door
Entry Loc: Front

Comm Burglary – Commercial 2700 W 120th St Department Store

Date/Time Reported Fri 4/5/13 17:59
Crime Occurred: Thu 04/04/13 12:00 To: Fri 04/05/13 16:10

Property Taken: 26 electronic items

Method of Entry: Opened
Arrest

Res Burglary – Residential 2100 Saint Andrews Wy Other

Date/Time Reported Sat 4/6/13 01:08
Crime Occurred: Sat 04/06/13 01:08

Property Taken: Black Toshiba 15 inch laptop with green design, black LG 46” LVD TV, black Xbox 360 gaming console w/ 2 controllers, (5) Xbox 360 video games, white Nintendo Wii gaming console, pink Nintendo DSi handheld gaming device, red Sony digital camera

Method of Entry: Removed

Res Burglary – Residential 14800 S Yukon Av House

Date/Time Reported Fri 4/5/13 23:40
Crime Occurred: Fri 04/05/13 21:00 To: Fri 04/05/13 23:00

Method of Entry: Opened

Pet of the Week

Lucky South Bay
SS# 13-01711 Pet Adoption Center
Domestic Short Hair 12910 Yukon Avenue
7 years Hawthorne, CA 90250
Male 310-676-1149



My owner was allergic to me, so now I am here at the shelter awaiting a new home. I love to talk and will purr the minute you touch me. I would love to lounge in your lap and make your home my very own. Come visit me and don't forget the catnip! •

Love to our Dispatchers



Julie Ruiz and Betsy Maerker.

Protecting the Three

I am the Officer, follow me
Preserving the peace is where I'll be
I am the torch that lights the way
In darkness my courage will pave a way
Leading the others, that is me
I am the Officer guiding the three

I am the Fire Fighter, follow me
Into the flames is where I will be
I am he who battles the beast
To protect that on which it would feast
Leading strength to the others, that is me
I am the Fire Fighter supporting the three

I am the Medic, follow me
Easing the pain is where I will be
I am the one who helps them survive
Lifting the fallen to keep them alive
Treating the others, that is me
I am the Medic healing the three

I am the Dispatcher, don't follow me
Agony and chaos is where I will be
Working in obscurity, this forgotten place
Not death, but insanity is the danger I face
Answering the call, that is me
I am the Dispatcher protecting the Three

- This was posted on a dispatcher's Facebook page this week. Author unknown.

Happy National Public Safety Telecommunications Week.

Classifieds

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

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

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

Schofield Realty

We receive 50 phone calls a month for rental units in town. We need homes & apartments to lease. Call KEN about our Mgmt. program for Homes & Apartments.

310-322-4660

APARTMENT FOR RENT

1BD/1BA. Well maintain, upper level unit, bright & sunny, carpet/tile, well loc., and great tenants in bldg., W/D on premises. Prkg. garage. Water incl. \$1,255/mo. Call (310) 594-2766.

1BD. ES. Lower unit. Deluxe w/ hwd floors, SS stove, DW, Micro, fridge, granite counters, stack W/D, A/C, 1-car garage. \$1600/mo. Avail 5/1. 764 Main St. (310) 963-7653.

Bright 2BD/2BA. Huge living room. Central air. 1250 sq. ft. Storage bin in garage. Two security parking spaces. Year lease. \$1650/mo. Call: (714) 465-9296 eve. or (310) 408-7733.

3BD/2BA. Great Family home. 2 fireplace, family room, hardwood floors, large covered patio off family room. Large rear yard w/fruit trees and garden area. Can be shown anytime, Won't Last. \$3,300 S&L Property (310) 350-4096.

EMPLOYMENT

Display Ad Sales Position. We need an experienced Display Ad Salesperson for Herald Publications. Territories include Torrance, El Segundo and Hawthorne. Full or part-time positions are available. 20% commission on all sales. If interested please email your resume to management@heraldpublications.com. No phone calls please.

GARAGE SALE

645 W. Sycamore. ES. Sat., 4/20, from 8 am. to 1pm.

HOUSE FOR RENT

3BD/2BA. ES. Small private yard, deck, W/D, stove, fridge, hardwood floors, 1/2 of double garage. \$2,650/mo. (310) 433-4562.

PERSONALS

Julie, Belize was a great place to meet you. Please contact me, Jeff, from the cabin next door. jakbelize@yahoo.com.

ROOM FOR RENT

Nice private room in El Segundo. Walk to beach. \$150/wk, electric included. Bob @ The Grand (310) 322-5203.

To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.



FOLLOW US ON TWITTER @HERALDPUB



Pets Without Partners

Please join Animals Rule Rescue at The Family Pet Expo held at the Orange County Fairgrounds in Costa Mesa from April 19-21--Friday 10 a.m. to 6 p.m., Saturday 10 a.m. to 7 p.m., and Sunday 10 a.m. to 6 p.m.

Lexi is a beautiful, bi-colored, purebred Cocker Spaniel who was born May 1, 2005.



Lexi

Lexi's prior owner was recently diagnosed with cancer and made the decision to owner surrender her two dogs. Lexi came in with her sister Marley. They can be placed separately. Lexi is a little love of a dog. She has beautiful chocolate-brown eyes and lovely long Cocker ears. She loves to play with toys and is great with all other dogs and good with children. Lexi is housebroken and would make a great addition into any home situation. This is a breed that will require a grooming schedule. Please remember this when budgeting for a dog. Lexi is spayed, current on vaccinations, de-wormed, microchipped, housebroken, loves everyone she meets, is good with other dogs and good with children.

Sunshine, a super cute Terra-Poo (Terrier/Poodle mix), is a spectacular little puppy. She has personality-plus and a tail that wags so much it might cause her to take flight like a helicopter. She was born on December 24, 2012. Sunshine is darling, to say the least, and will be a small breed dog. She is a very happy little pup full of energy and loves to play. She gets along great

with our other little puppies and just adds so much "sunshine" to your day. Sunshine will be spayed when of age, is current on vaccinations, de-wormed, microchipped, and is good with other dogs and with children.

To learn more about these and other wonderful dogs, visit our website at www.animalsrule.org. If a dog is on our website, it's available. Or come on April 27 back to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

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

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Sunshine

Hawthorne Happenings

News for the City of Good Neighbors

From City Clerk Norb Huber 42 and More

Each generation passes on their values and traditions to the next. It takes years to change the views of what we learned from our parents. Young children learn from watching and listening to their parents at a very early age. Our two-year-old grand daughter remembers and says things that she hears from the adults around her. She knows that if mommy is mad sometimes a bad word slips out. So, recently we heard this bad word come out of our granddaughter's mouth. After our shock, we were reminded that what we say or do makes a lasting impression on the young child's mind. A child picks up on what we say and how we treat others. They learn from our actions.

Some of us are old enough to remember the days in America where discrimination and racism were much more prevalent. We learned that some people were different in skin color or looks and we heard adults say bad things about them. Even though we have made great strides to dissolve these evils, they have not completely disappeared. The recently released movie "42" chronicles the story of Jackie Robinson and his breaking of the color barrier in major league baseball. The world of sports is now color blind. It does not matter what race you belong to, as long as you are good at hitting a ball, sinking a basket or catching a pass you can make a living playing games.

I was reminded recently of how far we have come in Hawthorne and America when my City Clerk staff discovered several city ordinances passed in 1942 that directed all Japanese/Americans, along with German/Americans and Italian/Americans to leave Hawthorne immediately. A world war brought a certain fear and racism to Hawthorne. If we were all judged by our race and were suspects based solely on our nationality, then all of us would be locked up or sent away. Our country was founded on the Judea/Christian belief that "all men are created equal". We will never reach that perfect goal. But as citizens of the greatest country on earth we can all strive to look at each other out of respect as "Good Neighbors".

Volunteers to be Honored

A good community is made good by



the number of programs and organizations that build it up. Volunteers are the backbone of these charitable organizations. The value of volunteers in dollars and cents cannot be accounted for. It's much more than any monetary savings. It's the hard work, sweat and even tears that individuals put into their passion. Hawthorne is blessed with hundreds of volunteers.

Some of these volunteers will be honored this Sunday afternoon at the 39th Annual Volunteer Appreciation Day event to be held at the Memorial Center starting at 2 p.m.

Relay for Life

It is not too late to form a team to participate in the American Cancer Society's Relay for Life Event to take place at the Hawthorne High School's track on Saturday and Sunday, April 27 and 28. All the money raised from the event goes to support the fight to find a cure.

State of the City – Friday, May 10

Mayor Juarez will be delivering his State of the City address on Friday, May 10 starting at 11:30 a.m. at the Memorial Center. Individual tickets and tables are available. Contact the City Managers office for more information at 310-349-2900.

Upcoming Events:

Chamber of Commerce Mixer – Thursday, April 18 – 5:30 p.m. to 7:30 pm – BodyTone Fitness • Rock-Around-the-Block – Wiseburn Education Foundation – Saturday, April 20 • Volunteer Appreciation Day – Sunday, April 21 – Memorial Center 2 p.m. • Relay for Life – Hawthorne High School – April 27-28 - 9 a.m. • Wounded Heros Golf Tournament – Thursday, May 9 • State of the City and the State of the Region Luncheons – Friday, May 10 • Hawthorne 5K Run and Health Fair – Saturday, May 11 – Betty Ainsworth Center • Taste of Hawthorne – Sunday, May 19 – Hawthorne Airport • Presidents' Council K-9 Community Dinner – May 23 – 5 p.m. Memorial Center • Service Providers Fair – Saturday, June 1 – Memorial Park • Good Neighbors Day – Saturday, July 20 - Civic Center

Comments or Questions

If you would like to contact me regarding this column or anything to do with the City of Hawthorne, please email me at norbhuber@gmail.com.

Visit us online: www.heraldpublications.com

Fleas, Mosquitos Like Warm Weather Too

By Dr. Greg Perrault

Even though we've had some extra cool weather lately, the warm weather we all love is just around the corner and great for walking the dog to shed a few pounds.

However, there are two unwelcome pests that also enjoy the warm weather that can be more than just a nuisance, namely, fleas and mosquitos. These parasites can transmit dangerous diseases to you and your pet. Now is the time to take a few simple steps to help reduce an infestation of these parasites in your home and yard to keep your whole family safe.

Fleas thrive and can maximize their reproduction when temperatures climb above 70 degrees and the humidity increases. Just a few fleas can become thousands in a week or two during warm weather.

Fleas can transmit dangerous diseases like feline infectious anemia in cats and Typhus in people. Murine typhus is caused by a small bacteria called Rickettsia typhi, found in infected fleas and their feces. Fleas defecate

while biting and feeding on animals and humans. When a person scratches the bite, the bacteria from the feces can enter the wound and into the blood stream. People can also become infected by transferring the bacteria to their eyes, nose or mouth, or inhaling crushed or dried feces of an infected flea.

Understanding the flea lifecycle will help you target your efforts to eliminate these dangerous parasites.

Fleas, like all insects, have 4 life stages. The egg, maggot or larval stage, pupa or cocoon stage, and finally the adult flea. About 95 percent of the flea life cycle is in the egg, maggot and cocoon stages in the environment. The adult flea makes up only 5 percent of the flea population and is the only life stage that lives on your pet.

Flea control applied to your pet once per month can miss the big problem in the house and yard. Even the best medicine will lose efficacy over the course of a month and allow fleas to live long enough to lay eggs and reproduce leading to a frustrating cycle

of endless fleas. There are safe and effective products that are easy to apply to your house and yard. You will want to get a product with an insect growth regulator. These products are extremely safe for people and pets and last up to 6 months with one application. Check with your veterinarian for recommendations on the best product for your individual needs.

Mosquitos have been increasing every year in Southern California. Mosquito season in California begins in the spring and goes into November. These parasites can transmit heartworm to your cat and dog and West Nile Virus to you. It's difficult to say how many cases of heartworm we have in Southern California for a couple of reasons.

Not all pets get tested yearly and unlike human medicine, not all positive cases get reported. However, of the cases that were reported in one study, about 40 percent of the dogs had not traveled outside of Los Angeles County. Meaning, they contracted the disease in our area.

Mosquitos cannot transmit heartworm to

people but they can transmit West Nile Virus. In 2012 there were 163 reported human cases in LA County.

There are safe and effective medicines to prevent heartworm in your cat and dog that your veterinarian can prescribe. These medicines also treat and prevent other internal parasites, such as roundworms. Mosquitos reproduce in standing water. Even tiny amounts of water can be home to hundreds of larva. Here are some tips to reduce the places where mosquitos can hide. Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in birdbaths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they are not being used.

Now is the time to start prevention measures to control these harmful pests. Let's enjoy our summer, flea and mosquito free.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach. •

Sports

Joe's Sports

Hawthorne Routs Culver City, Morningside

By Joe Snyder

Hawthorne High's softball team is off to a good start in the Ocean League after rolling over Culver City and Morningside last week at home. On April 9, the Cougars downed the Centaurs 9-3. Last Thursday, Hawthorne crushed the Monarchs 16-1.

Against Morningside, the Cougars (2-0 in league) spotted the Monarchs a run in the top of the first inning and then dominated the remainder of the game starting with seven runs in the bottom of the inning. Hawthorne added back-to-back four-run innings in the bottom of the second and third and added one in the fourth in a game that ended after five innings due to the 10-run-plus mercy rule.

The Cougars had a balanced offensive attack, led by Alexis Delich and Carrie Ludman who each went three for three and drove in three runs. Delich also scored two runs and Ludman added one.

Espie Villafan was three for four, drove in two runs and scored twice. Fine Prescott, also a standout on the Cougars' girls' basketball team that placed second in the Ocean League and made the CIF-Southern Section Division IIIA playoffs, was two for two with two RBIs and two runs scored. Miranda Aguilar also went two for two with two RBIs and one run. Ludman pitched three innings and struck out all nine batters. Ludman and Villafan, who pitched two innings, combined for a two-hitter.

Against Culver City, the Cougars led 6-3 before breaking the game open with three runs in the bottom of the sixth. Senior Delich was three for three, drove in two runs and scored three. Freshman Alysha Casillas was two for three with one RBI and Miranda Aguilar drove in two runs. Junior Ellis Marin went 5 2/3 innings, allowing three earned runs and five hits, while striking out two batters and walking one.

LAWDALE FALLS TO WEST

Lawndale High's softball team played a non-league game at West Torrance and fell 11-2 last Saturday. The Cardinals visit Torrance at Wilson Park Friday at 3:30 p.m.

COUGARS GET SWEEP BY SANTA MONICA

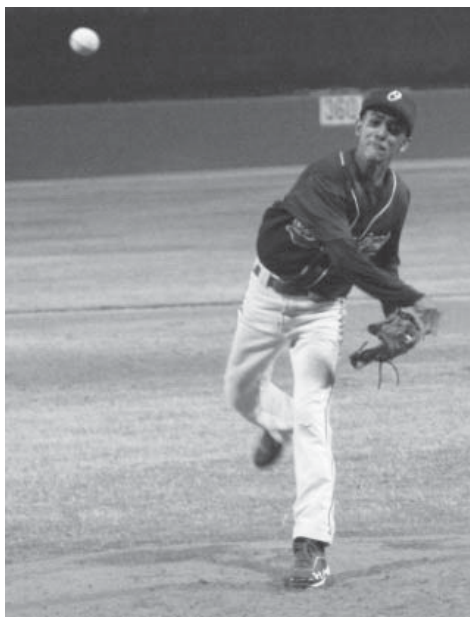
Hawthorne High's baseball team started the Ocean League at 0-2 after losses to Santa Monica last week. At Hawthorne on April 9, the Cougars fell to the Vikings 4-1. Last Thursday, Hawthorne lost at Santa Monica 5-1. Keying the Cougars at Hawthorne was Javier Martinez, who had a hit and drove in a run.

The Cougars mustered just two hits in their loss at Santa Monica on Thursday. Andrew Banuelos drove in a run with a hit and Johnny Marquez had the other hit for Hawthorne. With the losses, Hawthorne fell to 11-6-1 overall.

The Cougars continue the rigid start of league with a two-game series against Culver City this week. After visiting the Centaurs on Tuesday, Hawthorne will host Culver today at 3:15 p.m. The Cougars will visit Beverly Hills at La Cienega Park next Tuesday at the same time.

MORNINGSIDE DOWNS INGLEWOOD

Morningside High's baseball team scored an 8-2 Ocean League win at cross-town rival Inglewood last Thursday. The Monarchs (1-0 in league) visited Beverly Hills on Tuesday



Leuzinger High pitcher Shawn Ansari lets ball go toward a Redondo batter during last Friday's Bay League baseball game. Photo by Joe Snyder.

and will host the Normans in their fourth Ocean League game today at 3:15 p.m. Morningside will travel to Santa Monica for another 3:15 p.m. league game next Tuesday.

The Sentinels (0-1 in Ocean play) hosted Santa Monica last Tuesday and will visit the Vikings today at 3:15 p.m. Inglewood is at home against Culver City next Tuesday at the same time.

REDONDO OVERWHELMS LEUZINGER

Having problems in the rugged Bay League for several years and being shorthanded due to a rash of academic ineligibilities is already proving too much for Leuzinger High's baseball team as it began the Bay League with two games against Redondo last week. At Leuzinger on April 10, the Olympians were humiliated by the Sea Hawks 18-1. At Redondo last Friday night, it was a complete nightmare for Leuzinger in a 34-0 thrashing. Both were five-inning mercy rule games.

The Olympians had one run in their first game when Cesar Carpio scored after Jose Campos was hit by a pitch with the bases loaded in the bottom of the fourth inning. Last Friday, Redondo scored 11 runs apiece in the first two innings and continued to pour it on from there.

Currently, Leuzinger has only 10 players on its roster, just one above the minimum starting nine. Things won't get any easier as the Olympians have two games this week against Mira Costa, who many observers feel will be this year's Bay League favorite. After visiting the Mustangs on Wednesday, Leuzinger hosts Mira Costa Friday at 3:15 p.m. The Olympians then are at home against Palos Verdes next Wednesday at the same time.

SENTS COMPETE IN P.V. INVITATIONAL

Inglewood High's boys' and girls' track and field teams had a few good showings in last Saturday's First Annual Palos Verdes Invitational at P.V. High. In the girls' 200-meter dash, Jamilah Grate finished in second place with a time of 24.68 seconds, just .04 of a second shy of winner Kirstin Hamlin of Redondo (24.64).

For the boys, Eddie Reyes had a third place finish in the 200 at 23.21 and fourth in the 100, clocking 11.71. •

How the Mighty Has Fallen

By Adam Serrao

A broken wrist, a sprained ankle, hip and elbow bursitis, right shoulder surgery, another sprained ankle, a back injury, an injured index finger, right knee surgery, a torn ligament in his shooting wrist and a torn ligament in his pinky are all injuries that Kobe Bryant has had to deal with throughout his 17-year NBA career. Certainly no injury has been as crucial or as debilitating as the one that the five-time champ and 15-time All-Star suffered last Friday night in the fourth quarter against the Golden State Warriors, however. Though the Lakers won the game and kept hope alive in this year's playoff chase, they were forced to continue on their run for a championship without their best player for the first time in what has been his long and illustrious career. With news dropping that Kobe will now be out six to nine months following surgery to repair his torn Achilles tendon in his left leg, there is now some question as to whether or not Kobe will ever be able to return to the Staples Center floor at all.

Kobe Bryant is one of the most polarizing athletes of all time. Whether you love him or hate him, there is no doubting his unquestionable threshold for pain and his undying attitude to help his team win, whatever the cost may be. The cost, this time, is his season and quite possibly his career. "I made a move that I've made a million times, and it just popped," Bryant somberly said of his now torn Achilles. "I can't walk. I tried to maybe put pressure on my heel, but there was nothing there." It was a devastating blow to both Kobe and a Laker squad that has been dealing with injuries all season long. Perhaps Lakers' longtime trainer Gary Vitti put it best in what seemed to be his monologue: "If you look at our season, it's been a nightmare. We had a player come in with a surgery, which was Dwight Howard. Then we had Steve Nash break his leg. Then we had Steve Blake have an abdominal surgery. Then we had Jordan Hill with a hip surgery. Then we had Metta with a knee surgery. We also had Dwight with a [torn] labrum in his shoulder. Antawn Jamison will have surgery after the season is over on his wrist. So when you try to look at the whys, it's bad luck." It was a nightmare filled with nothing but bad luck indeed, and as of this writing, the Lakers had to try to put it together with Kobe doing nothing more but coaching from the sideline.

When you try to answer the question that Vitti was asked, however, there quickly becomes a number of possible answers. Why? Why did Kobe Bryant sustain this injury so late in the season and at such a crucial time for the Lakers? Well, after 54,051 minutes, over 1,200 games and 17 years in the National Basketball Association, Kobe's body has worn down. While on the verge of missing the playoffs, Bryant was forcing himself to play 48 minutes per game, every game, in order to try to push his team over the top and into the postseason. Some people want to blame the coach for playing Kobe too many minutes, but truth is that when it came down to it, Kobe wouldn't have let Mike D'Antoni take him out of the game. Kobe

is the quintessential competitor and only an injury like this would keep him from playing another 48 minutes tomorrow. Unfortunately for Bryant, now it will.

So, how bad is it? Well, Bryant's injury was described as a "complete rupture" by Vitti. "It's gone," Vitti said. "So, it has to be sewn back together." Bryant crumbled to the floor with just over three minutes remaining in the game in which he had previously played every single second. His 32 points, including back-to-back three-pointers to tie the game, were what saved the Lakers' night and quite possibly their entire season. "I was just hoping it wasn't what I knew it was," Bryant said. "I've never really had to deal with something like this. It's a new experience for me." When asked what his next steps were going to be, Bryant simply stated, "MRI, surgery and then recovery." The MRI and surgery are both out of the way, but now Kobe will have to recover while doing something that he is truly not used to doing--watching from the sidelines.

Now that Kobe has become a glorified coach on the bench until he is fully recovered, an opportunity has opened for Howard to get the 30, 40 or even 50 touches a game that he has been looking for should he stay in L.A. past the end of this season. If the Lakers made the playoffs (and if Kobe doesn't return for the start of next season), Steve Nash will become the primary ball-handler and will look more like that guy that we saw scrambling around with the rock in his Phoenix days. Statistically, the team is better on defense without Kobe in the game. Furthermore, Laker fans everywhere can now almost rest assured that Kobe's plans to retire after next season will certainly crumble and his career will now be extended an additional year or two. In the meantime, however, the Lakers should now become Dwight Howard's team--something that the center was looking for before he hesitantly agreed to come to Los Angeles in the first place. It can be his own team where he can shine and show how good of a player he actually is. An injury to a key player of the team is never good, let alone if it's Kobe Bryant. Kobe's injury, however, might just be the driving force that helps keep Dwight Howard in Los Angeles as a Laker for many years to come.

In the blink of an eye, everything changed for Kobe Bryant and the Los Angeles Lakers. The Lakers will, of course, go on as an organization and hopefully remain a successful one at that, but Kobe may never be the same. As Bryant said himself though, "One day, the beginning of a new career journey will commence. Today is NOT that day." There is no quit inside of number 24. LeBron James may have said it best: "If there's anybody and I mean *anybody* who can come back from that injury, it would be him." Father Time eventually catches up to everybody, but he hasn't met Kobe Bryant just yet. While the injury is severe and could keep Bryant away from the court for almost a year, he will be back. The last thing that Kobe Bean Bryant would ever do is let an injury end his career. •

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

~ Michael Jordan



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SUNDAY, APRIL 21

11AM - 3PM



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- DOG & CAT ADOPTIONS!**
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PUBLIC NOTICES

T.S. No.: 2012-24012 Loan No.: 7090373882
NOTICE OF TRUSTEE'S SALE

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/5/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale.

Trustor: **THERESA L. FOYE, A MARRIED WOMAN, AS HER SOLE AND SEPARATE PROPERTY**
Duly Appointed Trustee: **Western Progressive, LLC** Recorded 5/23/2006 as Instrument No. 06 1131565 in book --, page -- and recorded on -- as -- of Official Records in the office of the Recorder

of Los Angeles County, California.
Date of Sale: 4/30/2013 at 9:30 AM
Place of Sale: **By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766**
Amount of unpaid balance and other charges: **\$498,599.60**
Street Address or other common designation of real property: **5432 WEST 134TH PLACE, HAWTHORNE, CA 90250**
A.P.N.: **4145-018-004**

The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale.
Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: The beneficiary or servicing agent declares that it has obtained from the Commissioner of Corporation a final or temporary order of exemption pursuant to California Civil Code Section 2923.53 that is current and valid on the date the Notice of Sale is filed and/or the timeframe for giving Notice of Sale Specified in subdivision (s) of California Civil Code Section 2923.52 applies and has been provided or the loan is exempt from the requirements.

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the

lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866) 960-8299. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information. The best way to verify postponement information is to attend the scheduled sale.
Date: 3/22/2013
Western Progressive, LLC, as Trustee
c/o 18377 Beach Blvd., Suite 210
Huntington Beach, California 92648
Automated Sale Information Line: (866) 960-8299
http://www.auction.com/MortgageServices/DefaultManagement/TrusteeServices.aspx
For Non-Automated Sale Information, call: (866) 240-3530

Laternika Thompkins, Trustee Sale Assistant
Hawthorne Press: 4/4, 4/11, 4/18/2013.
HH-23763

NOTICE OF TRUSTEE'S SALES. T.S. No. 1364135-10 APN: 4140-002-023 TRA: 009878 LOAN NO. X009644 REF: Van Gerwen, Andre IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, Dated: December 02, 2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On April 24, 2013, at 9:00am, Cal-Western Reconveyance Corporation, as duly appointed Trustee under and pursuant to Deed of Trust recorded on December 13, 2004, as Inst. No. 04 3199899, in book XX, page XX, of Official Records in the office of the County Recorder of Los Angeles County, State of California, executed by: Andre G. Van Gerwen and Maria A. Van Gerwen, husband and wife as joint tenants, will sell at public auction to highest bidder for cash, cashier's check drawn on a State or National Bank, a check drawn by a State or Federal Credit Union, or a check drawn by a State or Federal Savings and Loan Association, Savings Association, or Savings Bank specified in Section 5102 of the financial code and authorized to do business in this state: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, California, all right, title and interest conveyed to and now held by it under said Deed of Trust to the property situated in said County and State described as: Completely described in said Deed of Trust: "Loan Modification Agreement, Dated November 1, 2006, recorded on April 10, 2007, as Document Instrument # 2007085775. The street address and other common designation, if any, of the real property described above is pur-

ported to be: 5419 West 117th Street, Inglewood, CA 90304. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition or encumbrances, including fees, charges and expenses of the Trustee and of the Trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$268,843.84. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the

lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the County recorder's office or a Title Insurance Company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a Court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (619) 590-1121 or visit the internet website www.rpsales.com, using the file number assigned to this case 1364135-10. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web Site. The best way to verify postponement information is to attend the scheduled sale. For sales information: (619) 590-1121. Cal-Western Reconveyance Corporation, 525 East Main Street, P.O. Box 22004, El Cajon, CA 92022-9004 Dated: March 22, 2013. (04/04/2013, 04/11, 04/18) R-427987 Inglewood News: 4/4, 4/11, 4/18/2013.
HH-23764

APN: 4080-020-033 TS No: CA09004378-12-1 TO No: 95302734 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED MAY 18, 2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On May 2, 2013 at 09:00 AM, Vineyard Ballroom at Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650, MTC FINANCIAL INC. dba TRUSTEE CORPS, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on May 25, 2007 as Instrument No. 20071276925 of official records in the Office of the Recorder of Los Angeles County, California, executed by ALBA URIZAR, A SINGLE WOMAN, as Trustor(s), in favor of WASHINGTON MUTUAL BANK, FA as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 4547 WEST 163RD STREET, LAWDALE, CA 90260 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total

amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$356,339.94 (Estimated), provided, however, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders: If you are considering bidding on this property, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this

property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner: The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Auction.com at 800.280.2832 for information regarding the Trustee's Sale or visit the Internet Web site address www.Auction.com for information regarding the sale of this property, using the file number assigned to this case, CA09004378-12-1. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: March 27, 2013 TRUSTEE CORP'S TS No. CA09004378-12-1 17100 Gillette Ave, Irvine, CA 92614 949-252-8300 Lupe Tabita, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ONLINE AT www.Auction.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: AUCTION.COM AT 800.280.2832 TRUSTEE CORP'S MAY BE ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. P1003015 4/4, 4/11, 04/18/2013
Lawndale Tribune: 4/4, 4/11, 4/18/2013.
HH-23766

Trustee Sale No.: 20120159903071 Title Order No.: 1279539 FHAVA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/22/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NDEX West, LLC, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 10/02/2006 as Instrument No. 06 2186205 of official records in the office of the County Recorder of LOS ANGELES COUNTY, STATE OF CALIFORNIA. EXECUTED BY: KIM TAYLOR AND MELINDA BLUE. WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924f(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 04/26/2013 TIME OF SALE: 9:00 AM PLACE OF SALE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA, CA. STREET ADDRESS AND OTHER COMMON DESIGNATION, IF ANY, OF THE REAL PROPERTY DESCRIBED ABOVE IS PURPORTED TO BE: 14725 GREVILLEA AVE, LAWDALE, CALIFORNIA 90260 APN#: 4078-022-051 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said

Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$470,823.23. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one

mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-573-1965 for information regarding the trustee's sale or visit this Internet Web site www.priorityposting.com for information regarding the sale of this property, using the file number assigned to this case 20120159903071. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: PRIORITY POSTING & PUBLISHING, INC. 17501 IRVINE BLVD., SUITE ONE TUSTIN, CA 92780 714-573-1965 www.priorityposting.com NDEX West, LLC, MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NDEX West, LLC, as Trustee Dated: 03/29/2013 P1030494 4/4, 4/11, 04/18/2013
Lawndale Tribune: 4/4, 4/11, 4/18/2013.
HH-23767

**NOTICE OF PETITION TO ADMINISTER ESTATE OF:
EDNA L. WILLIAMS AKA EDNA LEWIS WILLIAMS
CASE NO. BP140418**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of EDNA L. WILLIAMS AKA EDNA LEWIS WILLIAMS. A PETITION FOR PROBATE has been filed by CHARISSE L. WILLIAMS in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that CHARISSE L. WILLIAMS 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: 05/15/13 at 8:30AM in Dept. 9 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: CHRISANGELA WALSTON, ESQ. - SBN 201416 LAW OFFICE OF CHRISANGELA WALSTON 110 S LA BREA AV #240 INGLEWOOD CA 90301 4/18, 4/25, 5/2/13
CNS-2472600#

Inglewood News: 4/18, 4/25, 5/2/2013.
HH-23777

NOTICE OF TRUSTEE'S SALES. T.S. No. 1376778-31 APN: 4023-029-004 TRA: 4569 LOAN NO. X0009548 REF: Johnson, Adissa IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, Dated: August 10, 2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On May 01, 2013, at 9:00am, Cal-Western Reconveyance Corporation, as duly appointed Trustee under and pursuant to Deed of Trust recorded on August 16, 2007, as Inst. No. 20071922113, in book XX, page XX, of Official Records in the office of the County Recorder of Los Angeles County, State of California, executed by: Adissa Johnson, a single woman, will sell at public auction to highest bidder for cash, cashier's check drawn on a State or National Bank, a check drawn by a State or Federal Credit Union, or a check drawn by a State or Federal Savings and Loan Association, Savings Association, or Savings Bank specified in Section 5102 of the financial code and authorized to do business in this state: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, California, all right, title and interest conveyed to and now held by it under said Deed of Trust to the property situated in said County and State described as: Completely described in said Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 335 W. Hardy Street, Inglewood, CA 90301-3746. The undersigned Trustee disclaims any liability

for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition or encumbrances, including fees, charges and expenses of the Trustee and of the Trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$348,637.07. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying

off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the County recorder's office or a Title Insurance Company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or Deed of Trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a Court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (619) 590-1121 or visit the internet website www.rpsales.com, using the file number assigned to this case 1376778-31. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web Site. The best way to verify postponement information is to attend the scheduled sale. For sales information: (619) 590-1121. Cal-Western Reconveyance Corporation, 525 East Main Street, P.O. Box 22004, El Cajon, CA 92022-9004 Dated: April 03, 2013. (04/11/2013, 04/18, 04/25) R-428711 Inglewood News: 4/11, 4/18, 4/25/2013.
HH-23772

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 738689CA Loan No. 5303165160 Title Order No. 090788475-CA-MAI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07-13-2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 05-02-2013 at 11:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to Deed of Trust Recorded 07-25-2005, Book N/A, Page N/A, Instrument 05 1750234, of official records in the Office of the Recorder of LOS ANGELES COUNTY, California, executed by: MARCOS RODRIGO OCAMPO, A SINGLE MAN, as Trustor, MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., (MERS) SOLELY AS NOMINEE FOR LENDER, SECURED BANKERS MORTGAGE COMPANY, ITS SUCCESSORS AND ASSIGNS, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: BY THE FOUNTAIN LOCATED AT 400 CIVIC CENTER PLAZA, POMONA, CA 91766. Legal Description: LOT 254 OF TRACT NO. 6286, IN THE CITY OF LAWDALE, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, AS PER MAP RECORDED IN BOOK 74, PAGE 67

OF MAPS, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY. EXCEPT THAT PORTION OF LAND, DESCRIBED AS FOLLOWS: BEGINNING AT THE SOUTH-WEST CORNER OF SAID LOT; THENCE NORTHERLY ALONG THE WESTERLY LINE OF SAID LOT A DISTANCE OF 50.00 FEET, THENCE SOUTH-EASTERLY IN A DIRECT LINE TO A POINT IN THE SOUTHERLY LINE OF SAID LOT, DISTANT EASTERLY THEREON 39.35 FEET FROM SAID SOUTH-WEST CORNER; THENCE WESTERLY ALONG SAID SOUTHERLY LINE, A DISTANCE OF 39.35 FEET TO THE POINT OF BEGINNING. Amount of unpaid balance and other charges: \$559,303.91 (estimated) Street address and other common designation of the real property: 4150 - 4152 WEST 164TH STREET LAWDALE, CA 90260 APN Number: 4074-014-001 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee, trustee, beneficiary, or authorized agent declares that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 04-05-2013 CALIFORNIA RECONVEYANCE COMPANY, as Trustee ROSAURA ARMENTA, ASSISTANT SECRETARY California Reconveyance Company 9200 Oakdale Avenue Mail Stop: CA2-4379 Chatsworth, CA 91311 800-892-6902. For Sales Information: www.ppsasap.com or 1-714-730-2727 www.priorityposting.com or 1-714-573-1965 www.auction.com or 1-800-280-2832 CALIFORNIA RECONVEYANCE COMPANY IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property, you should understand that there are risks involved in bidding at a trustee

auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, this information can be obtained from one of the following three companies: LPS Agency Sales and Posting at (714) 730-2727, or visit the Internet Web site www.ppsasap.com (Registration required to search for sale information) or Priority Posting and Publishing at (714) 573-1965 or visit the Internet Web site www.priorityposting.com (Click on the link for "Advanced Search" to search for sale information), or auction.com at 1-800-280-2832 or visit the Internet Web site www.auction.com, using the Trustee Sale No. shown above. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. A-4376705 04/11/2013, 04/18/2013, 04/25/2013
Lawndale Tribune: 4/11, 4/18, 4/25/2013.
HH-23774



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PUBLIC NOTICES

Fictitious Business Name Statement 2013052693

The following person(s) is (are) doing business as V VIP LIMO INC. DBA LAX VIP LIMO. 5151 W. ROSECRANS AVE, HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed March 1, 2013. Signed: Khaliloh Ghorbani, CEO. This statement was filed with the County Recorder of Los Angeles County on March 15, 2013. NOTICE: This Fictitious Name Statement expires on March 15, 2018. A new Fictitious Business Name Statement must be filed prior to March 15, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: March 28, 2013 and April 4, 11, 18, 2013. **HH-900.**

Fictitious Business Name Statement 2013052695

The following person(s) is (are) doing business as LA VIP LIMO INC. DBA V VIP LIMOUSINE. 5151 W. ROSECRANS AVE, HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed March 10, 2013. Signed: Khaliloh Ghorbani, CEO. This statement was filed with the County Recorder of Los Angeles County on March 15, 2013. NOTICE: This Fictitious Name Statement expires on March 15, 2018. A new Fictitious Business Name Statement must be filed prior to March 15, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: March 28, 2013 and April 4, 11, 18, 2013. **HH-901.**

Fictitious Business Name Statement 2013051378

The following person(s) is (are) doing business as NATURAL PURE LIVING. 309 N. SYCAMORE AVE, APT 32, LOS ANGELES, CA 90036. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed March 14, 2013. Signed: Heather Levine, Principal. This statement was filed with the County Recorder of Los Angeles County on March 14, 2013. NOTICE: This Fictitious Name Statement expires on March 14, 2018. A new Fictitious Business Name Statement must be filed prior to March 14, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: March 28, 2013 and April 04, 11, 18, 2013. **HI-902.**

Fictitious Business Name Statement 2013042380

The following person(s) is (are) doing business as ONE KING CLOTHING. 16919 S BERENDO AVE, GARDENA, CA 90247. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name listed N/A. Signed: Frank A Farris. This statement was filed with the County Recorder of Los Angeles County on March 4, 2013. NOTICE: This Fictitious Name Statement expires on March 4, 2018. A new Fictitious Business Name Statement must be filed prior to March 4, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: March 28, 2013 and April 4, 11, 18, 2013. **HH-905.**

Fictitious Business Name Statement 2013056898

The following person(s) is (are) doing business as INTERSTATE 405 TRANSMISSION AND COMPLETE CAR CARE. 5140 W. EL SEGUNDO BLVD, HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed March 21, 2013. Signed: Samson Transmission, President. This statement was filed with the County Recorder of Los Angeles County on March 21, 2013. NOTICE: This Fictitious Name Statement expires on March 21, 2018. A new Fictitious Business Name Statement must be filed prior to March 21, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: March 28, 2013 and April 4, 11, 18, 2013. **HH-906.**

Fictitious Business Name Statement 2013058542

The following person(s) is (are) doing business as MONIK'S CREATIVE MOVEMENT. 1111 S. ATLANTIC BLVD UNIT B, ALHAMBRA, CA 91803. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed March 18, 2013. Signed: Monik C. Jones, Founder and Director. This statement was filed with the County Recorder of Los Angeles County on March 25, 2013. NOTICE: This Fictitious Name Statement expires on March 25, 2018. A new Fictitious Business Name Statement must be filed prior to March 25, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: April 11, 18, 25, 2013 and May 02, 2013. **HI-912.**

Fictitious Business Name Statement 2013065565

The following person(s) is (are) doing business as ARIEL'S BEAUTY SALON. 10420 INGLEWOOD AVE, INGLEWOOD, CA 90304. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed November 1, 2012. Signed: Ariel Beauty Salon, Inc., Owner. This statement was filed with the County Recorder of Los Angeles County on April 02, 2013. NOTICE: This Fictitious Name Statement expires on April 02, 2018. A new Fictitious Business Name Statement must be filed prior to April 02, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: April 11, 18, 25, 2013 and May 02, 2013. **HI-915**

Fictitious Business Name Statement 2013065566

The following person(s) is (are) doing business as ARIEL BEAUTY SALON. 10018 INGLEWOOD AVE, INGLEWOOD, CA 90304. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed November 1, 2012. Signed: Ariel Beauty Salon, Inc., Owner. This statement was filed with the County Recorder of Los Angeles County on April 02, 2013. NOTICE: This Fictitious Name Statement expires on April 02, 2018. A new Fictitious Business Name Statement must be filed prior to April 02, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: April 11, 18, 25, 2013 and May 02, 2013. **HI-916**

Fictitious Business Name Statement 2013070879

The following person(s) is (are) doing business as SOUL ENERGY GUIDANCE. 166 VIA LOS MIRADORES, REDONDO BEACH, CA 90277. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed June 1, 2012. Signed: Susan Mathiesen Lamont, an individual. This statement was filed with the County Recorder of Los Angeles County on April 09, 2013. NOTICE: This Fictitious Name Statement expires on April 09, 2018. A new Fictitious Business Name Statement must be filed prior to April 09, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: April 11, 18, 25, 2013 and May 02, 2013. **HI-917**

Fictitious Business Name Statement 2013058985

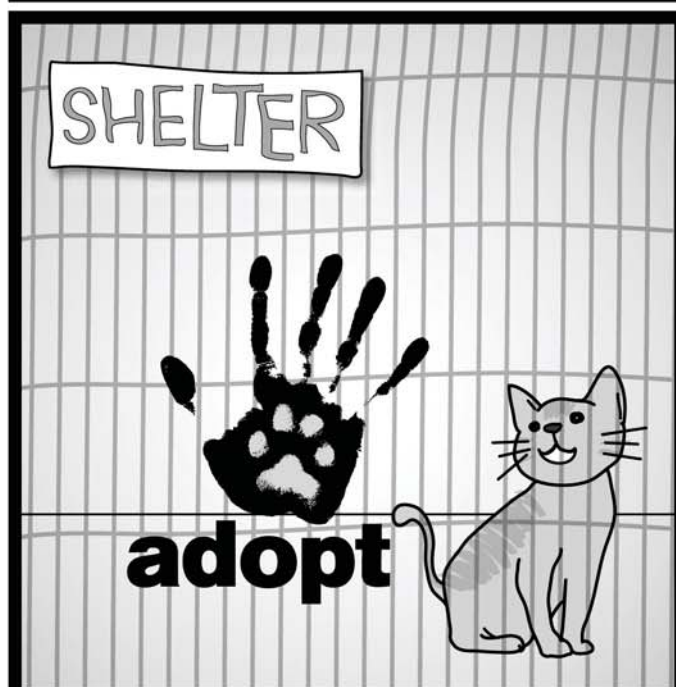
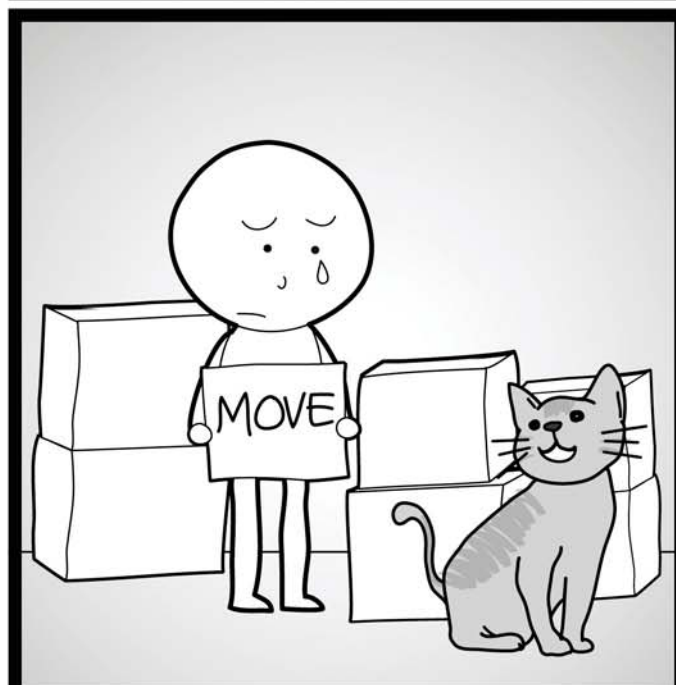
The following person(s) is (are) doing business as MR HANDY CLEAN. 529 E HILLSDALE ST, INGLEWOOD, CA 90302. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed March 21, 2008. Signed: Jose Socorro Orozco, Owner. This statement was filed with the County Recorder of Los Angeles County on March 25, 2013. NOTICE: This Fictitious Name Statement expires on March 25, 2018. A new Fictitious Business Name Statement must be filed prior to March 25, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: April 18, 25, 2013 and May 02, 09, 2013. **HI-920.**



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it's not a cat's fault

by TheShelterPetProject.org




Kids will spend 8 minutes decorating their little brothers.

How about two minutes to brush their teeth?

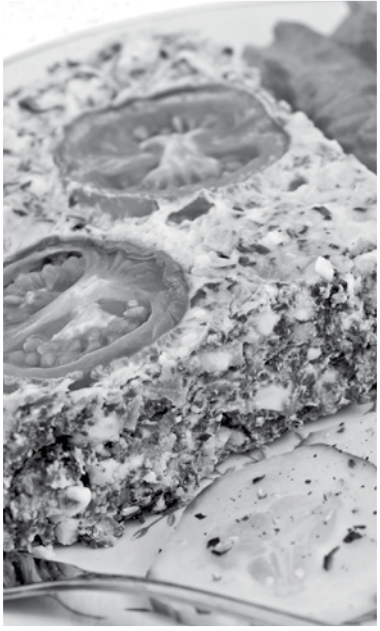
Brushing for two minutes now can save your child from severe tooth pain later. Two minutes, twice a day. They have the time. For fun, 2-minute videos to watch while brushing, go to 2min2x.org.








FOOD & DINING



Meal Makeovers for Busy Parents

Spring is the perfect time to remember your families New Year Resolutions to think about healthier eating, and how to do so in the easiest way possible. Here are some great simple ideas to consider because we know that people have many ways of eating and it's hard to change daily habits and behaviors.

Instead of trying to make sweeping changes that might not last because they are not easy or enjoyable, we want to make small, gradual changes that can help us be healthier in the long run. One of the simplest ways to make small changes in our food choices is to add healthy ingredients to family-favorite recipes. Meal makeovers help families enjoy favorite dishes and drinks without sacrificing time or nutrition!

If you're a busy parent who enjoys coffee or tea to get the day off to a good start, try adding steamed (or heated) fat-free milk to make a latte. Not a coffee drinker? Use milk instead of water for your hot cocoa or oatmeal for the same benefits. Bottom line: Start your day with breakfast, including milk. A real, simple ingredient, milk provides an irreplaceable package of nutrients- so you and your family can get one-third of the daily-recommended calcium, plus vitamin D, potassium and even the protein you need to keep going strong all morning long.

Macaroni and cheese is a family favorite that can become a healthier meal option when you use low-fat milk, whole-wheat pasta and mix in additional food-group foods. Broccoli, cauliflower, even some diced, pre-cooked chicken can create a one-pot meal packed with vitamins and nutrients. Bottom line: Even if you only make one small change to a family favorite, it can provide better nutrition.

Research shows that small changes can lead to big results over time. These are two small changes and three is the ideal number- so start thinking about other meals you can make over with simple add-ins. For additional nutrition-rich recipes visit GotMilk.com/Recipes. Learn what foods are best for your family with this interactive tool at HealthyEating.org/MyWay. •

Courtesy of Trina Robertson, M.S., R.D.



Light and Easy Mac & Cheese Cups



Serves 6-8

Ingredients:

2 cups whole wheat pasta
 ½ cup reduced sodium chicken broth
 1 tsp. salt
 ½ tsp. freshly ground pepper
 1 cup 1% milk
 1 ½ cups nonfat shredded cheddar cheese
 1 cup of chopped broccoli, blanched
 1 cup grape or diced tomatoes
 ½ cup of asparagus, cut into ½ inch strips, blanched
 1 cup of cooked turkey breast, cut into ½ inch cubes
 1 cup of dried bread crumbs
 Vegetable cooking spray
 Olive oil, for drizzling

Directions:

Preheat the oven to 375°F. Spray 12 small ramekins or a 12-cup muffin pan with vegetable cooking spray. Using a spoon, sprinkle some bread crumbs inside of each cup and shake off any excess.

In a large pot, bring salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain and place in a large bowl. Add broth, milk, cheese, turkey, salt and pepper and stir well until all pasta is well coated.

Spoon prepared pasta mixture into the muffin cups until about 2/3 full. Place a few pieces of tomato, broccoli and asparagus on top of each cup. Top with a thin layer of breadcrumbs and drizzle with a little bit of olive oil.

Bake 20 minutes or until golden brown on top. Let cool for a few minutes before carefully unmolding with a fork.

Per serving: 179 calories, 7 g fat, 14 g protein