

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 July 19, 2012

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Community Rides for Peace, Love and Family



The Second Annual South L.A., Peace, Love and Family Ride & Fair brought a 10-mile bike tour through South Central Los Angeles that aims to raise awareness about childhood obesity. The tour ended with live music, food vendors, and information about healthy living. Seen here is the local bike club East Side Riders. Photo by Sahara Sulaiman, Documentary Photographer/South LA Writer, Streetsblog.

Bike Ride Draws Large Crowd; Provides Healthy Family Fun

By Cristian Vasquez

Through the organizational efforts of Shuntain Thomas and the Real Rydaz, along with We Are Responsible People (WARP), bicycle riders from throughout Los Angeles participated in the Second Annual South L.A., Peace, Love and Family Ride & Fair. With the help and support from local bike clubs like the East Side Riders and the Los Ryderz, Thomas and hundreds of participants took on the 10-mile bike ride through South Los Angeles.

"With the July 1 event, it is about getting the community out there experiencing these new bike lanes because they are a part of the route," Ashley E. Rodgers from Azcona and Rodgers, said. "It's also about showing them an alternative way to get around the community and it's a healthy way to get around the community."

The event included live music, a bicycle giveaway, a car show, food and scholarship awards. It was also organized with the intention of encouraging people to be active and to fight obesity by biking in their local communities.

"We were going to put on the bicycle tour, so WARP got together with some sponsors and told them what we were going to do with the 10-mile bicycle ride to raise awareness about childhood obesity," Thomas said. "It is a wide-ranging and diverse group coming out. We know that the bicycle is a tool that we use not just recreation, but for health purposes--and there are no age barriers and there are no race barriers to this. People of all ages and races ride bicycles. It's also about going green and it's helping the environment, it's helping the economy and driving us to talk about more bicycle lanes."

For Thomas, bicycling became a cornerstone of his life due to a combination of circumstantial encounters and life-changing health problems. Two months after meeting William Holloway, President of the Real Rydaz Bike Club, Thomas bought his own bike and within six months he noticed he lost more than 15 pounds. "I just saw the difference," he said. "We were actually riding through neighborhoods, going on rides to the beach and it was all very exciting. I rode for about a year, but in January of 2010 I had a heart attack. I was going through the process of not knowing what was going on with me and I come to find out that since I have been smoking cigarettes, that since I

was really heavy and having not been eating right, the doctor told me that my heart was strong but one of the valves expanded which is why had a heart attack. So if I did not lose the weight and if I did not stop smoking cigarettes, then I probably would have died. That drove me right there to stop smoking and stay on my bicycle, and from that moment I haven't stopped riding."

Thomas has always been involved with education and saw his health problems and new hobby as a golden opportunity to reach out to the community to share his experience in order to have a positive influence on others. His efforts have included reaching

See Bike, page 12

Weekend Forecast

Friday
AM Clouds
PM Sun
74°/63°



Saturday
Partly
Cloudy
73°/64°



Sunday
AM Clouds
PM Sun
74°/65°



Pet of The Week



Elaine

- SS# 12-03574
- Domestic Short Hair
- 3 months
- Female
- South Bay Pet Adoption Center
12910 Yukon Avenue
Hawthorne, CA 90250
310-676-1149

Look at me! I am a snuggly little girl, and I purr as soon as you pet me! I also love to play, especially with catnip toys. I was fostered in a home before being at the shelter. Not only do I enjoy the company of people of all ages, I also get along great with other cats. •

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

Studio Apt. ES. Quiet complex upper unit, stove, fridge, pool, laundry, covered parking, and storage. No smoking/pets. Avail. 8/1. \$875 + \$875 deposit w/copy of credit rpt. Leave message at (310) 322-8099.

Beautiful, 1 bedroom unit w/private patio, gas bbq hook-up, double-paned windows, blinds, private 1 car garage & storage, front-loading w & d, full-sized kitchen with granite counters, chrome hardware, custom wood cabinets, gas oven, microwave, refrigerator, hardwood flooring & Italian tile, recessed "can" lighting with dimmer switches, crown molding, cable ready for flat screen TV, and more! Pets okay upon. \$2,150 w/1-year lease minimum. Virtual tour @ www.205Standard.com. Avail. 8/1/12. Call 310-721-3625 for appointment.

1BD. Extra Large Bungalow Apt. ES. Installed W/D, D/W, Refrigerator, stove. New carpet, one car garage.

Avail. Sept. \$1450/mo. 604 Illinois Ct. Call (310) 545-2845.

2BD Duplex, Westchester. 8818 Reading St. Immaculate, lower unit, appliances. \$1595/mo. (310) 365-1481 or (310) 641-2148.

EMPLOYMENT

Part-Time Graphic Artists needed Herald Publications is looking for part-time graphic artists. Applicants must be available approximately 20-30 hours a week and be able to work with Adobe InDesign CS4, Photoshop, Suitcase Fusion and similar software. Responsibilities include, but are not limited to, interacting with advertisers. Interacting with employees and sales representatives, creating ads, ad changes and newspaper layout. Interested parties please email your resume and hourly rate to management@heraldpublications.com. No calls please.

Groomer: Needed experienced groomer of dogs and cats for a busy shop in Rolling Hills. Contact Karen at (310) 409-5545.

FOR SALE BY OWNER

2008 Vanilla Creme PT Cruiser. Silver/Gray leather interior. 18+K

miles. \$13,000, Original owner/Excellent condition. (310) 640-9303.

GARAGE SALE

Behind-439 Eucalyptus Dr. ES. Sat., 7/21, 7 - 11 a.m. Pictures, antique furniture, bikes, household items.

811 California St. ES., Sat. 7/21, 8 a.m. - 1 p.m. Captain's bed, futon, desk, Army gear, uniforms, camel back, router, books, classic movies DVD's, vintage pottery, women's clothes, surf board, household items, floor lamp, jewelry.

618 W. Maple Ave. ES., Sat., 7/21, 7 am - 11 a.m. Multi-family garage sale. Antique secretariats. Lots of bargains.

836 Sheldon St. ES. Sat. 7/21, 8 a.m. - Noon. A little bit of everything!

903 & 907 Cedar St. ES. Sat. 7/21, All-Day, Multi-Family Blow-Out Sale! Quality household items, clothing, decor, books, collectibles, garden, pottery, treasures!

ROOM FOR RENT

Furnished. Non-smoker. Great for commuter. \$600/mo. All utilities paid. Call Barbara (310) 242-3758.

Community Briefs

Free Lamp Exchange for 1st Timers

Free lamp exchange for new energy efficient fluorescent lamps. Please note: you are only eligible if you have not exchanged five or more lamps since 2010 due to the new Southern California Edison rule. But

you know how great this is – so share the news with friends. The lamp exchange will take place August 18, 2012 from 8 a.m. to 3 p.m. at the Kmart Parking Lot located at 500 Carson Town Center in Carson, 90745.

HRC Hosts Free Housing Rights Walk-In Clinics In Inglewood

The Housing Rights Center (HRC), and the City of Inglewood, will be hosting free 'Housing Rights Walk In Clinics' for Inglewood residents and community members every Second Tuesday of the month, during the 2012 calendar year. The clinics will be held from 1:00-4:00pm at the Inglewood Library (Lecture Hall) located at 101 W. Manchester Blvd., Inglewood CA 90301. HRC will be present to provide information regarding housing discrimination and landlord-tenant rights and responsibilities. HRC is contracted

with the City of Inglewood to provide free landlord-tenant counseling, discrimination complaint investigation, outreach and education and legal advocacy. Individuals who believe they are victims of housing discrimination or have questions about their rights should visit HRC's monthly Inglewood Walk In Clinic. For more information, please call Geraldine Noguera at (800) 477-5977 extension #27. TTY users please call (213) 201-0867. This location is handicap accessible. No reservations needed.

Army Capt. Lynette Jones Honored as Veteran of the Year for 51st Assembly District

Army Captain Lynette Jones was honored today in Sacramento as the Veteran of the Year for the 51st Assembly District. Assembly Member Steven Bradford introduced her on the Assembly floor, and joined her at the 5th Annual Veterans of the Year Luncheon at the Sacramento Convention Center. Capt. Jones has served two tours of duty in Iraq. During her service she was awarded the Meritorious Service Award and the Army Commendation Medal. She is currently preparing to return overseas for her third tour of duty, this time in Afghanistan. Prior to her service, she earned a Bachelor's degree from Columbia University and a Master's in Criminal Justice Administration

from Norwich University, a private military college in Vermont. "Our veterans and their families make a tremendous sacrifice on our behalf," Bradford continued. "Capt. Jones represents all of the service members who have selflessly devoted themselves to protecting our country." Capt. Jones is owner and operator of New Day Talk Radio, an Internet radio station based in Gardena. She is also a member of the Gardena Valley Chamber of Commerce and the Veterans and Military Business Owners Association. She continues her work on behalf of veterans as a member of the Inglewood Veterans of Foreign Wars.

Finance

What Happens When You Can't Pay Your Medical Bills?

By Jason Alderman

It's no secret that health care costs have been spiraling out of control for years. To fight back, your best bet is to be a well-informed consumer: Know the true costs of medical procedures, supplies and medications so you can bargain effectively; carefully anticipate and track medical expenses; and stay on top of your bills.

But sometimes, even when you follow the rules you still can get burned. I've heard many appalling stories about people – even those with comprehensive insurance – who have been denied benefits, over-charged, sent to collections or even forced to file for bankruptcy because they couldn't pay their medical bills.

Here are a few coping strategies:

Carefully review each doctor, lab or hospital bill and match it against the Explanation of Benefits statement that shows how much they were reimbursed by the insurance company. Also, watch for items that may have been charged to you by mistake such as:

- Medications, supplies, treatments or meals you didn't receive while hospitalized or getting an outpatient procedure.

- Duplicate charges for a single procedure (such as x-rays, MRIs and lab work), including those that had to be redone due to a technician's error.

- Charges for a full day's hospitalization when you checked out early; or private room rates when you shared a suite.

- The summary hospital bill you were sent probably doesn't contain many details, so ask for an itemized bill along with a copy of your medical chart and a pharmacy ledger showing which drugs you were given during your stay.

- If you're having difficulty paying a medical bill, don't simply ignore it. Like any creditor, doctors and hospitals often turn unpaid bills over to collection agencies, which will



wreak havoc with your credit score. Contact creditors as soon as possible, explain your situation and ask them to set up an installment payment plan or work out a reduced rate.

- Many people with no insurance discover that they're often charged much higher rates than those negotiated by insurance companies, Medicare and

Medicaid. Don't be afraid to ask for those lower rates and to work out a repayment plan – just be sure to get the agreement in writing. Most doctors and hospitals would rather accept reduced payments than have to deal with collection agencies and possibly no reimbursement at all.

- Ask the hospital's patient liaison to review your case and see whether you qualify for financial assistance from the government, a charitable organization or the hospital itself. Most will forgive some or all bills for people whose income falls below certain amounts tied to federal poverty levels. Also pursue this avenue with your doctor or other provider – ideally before they've begun collections.

A few additional cost-savings tips:

- Ask whether your employer offers flexible spending accounts, which let you pay for eligible out-of-pocket health care and/or dependent care expenses on a pre-tax basis.

- Use online price-comparison services like Healthcare Blue Book and OutofPocket.com to research going rates for a variety of medical services.

Unless it's a true emergency, try to avoid emergency rooms and use an urgent care network facility affiliated with your insurance company or ask your doctor for recommendations.

Bottom line: Know what health services cost and don't be afraid to negotiate. You'll haggle over the price of a car – why not your health?

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney. •

Assemblymember Bradford Honors Dan B. Wise as the 2012 Small Business Owner of the Year

Assemblymember Steven Bradford honored Inglewood resident, Dan B. Wise, owner of Wise Tire & Brake Inc. as the California Small Business Association 2012 Small Business Owner of the Year from the 51st Assembly District. "Wise Tire & Brake has meant so much to the community of Inglewood and the 51st Assembly District," said Assemblymember Bradford. "I am proud to honor Dan as this year's small business owner of the year." A long-time resident of the 51st Assembly District, Wise has been very involved in the community. He served three years in the National Guard and three years as a sergeant in the U.S. Army Reserve. At the age of 24, he was the youngest member of the local Rotary Club, eventually serving on their Board of Directors and becoming the Board President. He was also appointed as Commissioner on the Inglewood Parks and Recreation Board and President of the County Civic Center Authority for then Mayor of Inglewood Edward Vincent Jr. In addition, he served on the advisory board of the Daniel Freeman Hospital, the board of the Inglewood YMCA, and the board of the Inglewood Historical Society. "Dan has been very active in the business community in Inglewood," said Assemblymember



Bradford. "The people of Inglewood are all the better for his dedication and benevolent service." Established in 1923 by his father, Dan Wise Sr., Wise Tire & Brake Inc. is the oldest business in Inglewood. Throughout the years, Wise Tire & Break Inc. has sponsored many youth activities in Inglewood and the surrounding area. •

God has cared for these trees, saved them from drought, disease, avalanches, and a thousand tempests and floods. But he cannot save them from fools.

John Muir

PETSPETS Pets PETSPETS

Pets Without Partners



Mini

Adopt a "pet without a partner" and give a homeless pet a second chance in life.

Mini is as cute as a button and so very sweet. She was on her way to the shelter when a Good Samaritan stepped in and took in five dogs to keep them out of the shelter. Mini is a true mix, as we have no idea what her breed is. She was born around April 22, 2012 and weighed 6.5 pounds as of July 7. In her foster home, she has begun her potty training skills, is mingling with the other doggies there and is learning to use the pet door. She is wonderful with all other dogs and is now looking for a home of her own. Mini will be spayed soon, is current on vaccinations, de-wormed, microchipped, good with other dogs and good with mature children.

This little bundle of joy was abandoned when his former owners were evicted and simply left him behind in the yard. He was rescued by the neighbor who brought him to



Hurricane Harry

us. We named him **Hurricane Harry**. He is a Yorkie and a Poodle mix, which makes him a Yorkie-Poo. He is about 12 months old, is full grown and weighs six pounds. He is a very sweet and happy little guy. He came in with his yard mate Mustang Sally, who is also available for adoption. Hurricane Harry is neutered, current on vaccinations, de-wormed, microchipped, good with other dogs and good with children.



Mustang Sally

Mustang Sally is the sweetest little angel, a brilliant little dog and weighs all of four pounds. She is playful with people, other dogs, cat-safe, good with kids, and an all-around very well-balanced dog. Since she is so small, we are looking for a home with children over the age of six for her safety. Sally is inquisitive, lovable, gentle and kind. She loves other dogs--so if you have one, that would be wonderful for her. Mustang Sally is spayed, current on vaccinations, de-wormed, microchipped, good with other dogs and good 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 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.

Purrrfect Companions

Discover summer love when you adopt your purr-fect partner.

At four weeks old, **Anastasia, Hera** and **Peanut** were rescued out of a shelter, so the siblings are massively people-oriented and love to snuggle! They all love dogs and are even used to the rambunctious antics of a puppy.

Anastasia is an ebony princess with a penchant for cuddling. Her favorite place in the world is on your lap being petted. She is very affectionate and always wants to be with you. Her coat is a rich mixture of gleaming dark tones that reveal themselves when the sun shines down upon her fur through the windows. Her eyes shine with hints of amber rather than a true yellow. Anastasia is always looking around with wide eyes, taking in everything around her with a calm confidence.

Don't let Hera's comical expressions fool you. This funny little duckling is actually a gorgeous swan in the making. Her fluffy baby fur hides the elegant, flowing lines of her silken Russian Blue coat. She isn't just



Anastasia

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, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location.

Be kind. Save a life. Support animal rescue. •



Hera

looks either--this baby girl has the sweetest disposition ever. Super affectionate, Hera loves everything and everyone. She is very outgoing and curious about everything around her.

Peanut is the only boy in the group, making him the oddball out. This handsome fellow is super outgoing and very playful. He is always on the move, checking everything out and pouncing on his siblings. His markings are incredibly striking and Peanut has an adorable purr to match.

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



Peanut

Happy Tails



Easy Like Sunday Morning

Easy is a sweet guy--too sweet to be wandering the streets alone. Still, he was never claimed and now has moved on to a family who will hold him tightly and love him forever...

"Easy is a great dog! I can't imagine that someone isn't heartbroken to have lost him. He has obviously had some training. He is very well-behaved. He responds to a firm no. I got some real pleasant surprises. He is housebroken. The only time he ever urinated inside was when I put him in the crate. He also barks nonstop when he is in the crate. So I took a chance and let him have free reign of the house when we were gone. He has not had even one accident. He sleeps with me every night and no accidents.

Easy and the cat are doing fine. The cat has no fear of Easy now and if Easy becomes

overbearing with her, she gives him a swipe. Also, I stay on him when he gets a little too overbearing with the cat and again he responds well to a firm no. He is a chewer. He would prefer to chew on my arms than his chew toys. I don't mind even though he is a bit rough and marks my skin. He is so much fun.

I am so lucky to get such a good boy. He follows me around everywhere I go and as soon as I wake up in the morning, he is happy, wagging his tail and ready to play. This truly is a success story. I am very lucky to have gotten such a good boy. Thank you all very much..."—Jami.

When you adopt a "pet without a partner," you will forever make a difference in their life and they are sure to make a difference in yours. •

Politically Speaking

One Man's Opinion

By Gerry Chong

A couple of weeks ago, I had settled in to write my column with my hands around a mug of morning coffee and the neighborhood cat weaving his way around my legs. He is a regal animal who thinks he's a king, so I named him Juan Carlos, or "JC" for short. I figured that as long as he and I are going to have political discussions, he should be the king of a country we are racing to the bankruptcy finish line.

Looking down his regal nose, JC asked, "Now that Obamacare is constitutional, how is it progressing?" "Swimmingly," I said. "Just the way the President envisioned it. The Department of Health and Human Services had been given \$1 billion to implement the plan and has already spent all of it. HHS should be back at the trough soon, since the plan isn't close to being implemented."

Congressman Denny Rehberg (R-Montana) says bureaucrats are on schedule, having written 13,000 pages of regulations so far. But we shouldn't be discouraged by this slow pace, since only two years have passed since the passage of the law and Obamacare has included a five-year window for writing of regulations. We don't know how many pages of regulations HHS will ultimately produce, but it has to prove its worth the taxpayer money spent, so they'll fill a library with gibberish, I'm sure. Trust me when I say no one will know what the law says or how it will be implemented except for the 16,000 new IRS agents who will be knocking on your door to enforce it.

The Heritage Foundation says so far about 180 new health boards and commissions have been created and \$681 billion in state subsidies to create insurance exchanges has already been spent. As bureaucrats joyously chorus, "We've only just begun to live..." Yeah, yeah, yeah.

So, JC, in our race to the bankruptcy finish line, we are pouring on the coals, speeding to the finish. We got ya' beat, Pal. "Haruumpph," said the cat, "Not fair. You don't have to deal with Germany, who keeps demanding we slow our spending."

"But hey," I said to the cat king, "we've got a lot more irons in the fire. For example, the Business Conference Board surveyed 800 business CEOs at the end of the first quarter of the year and 67 percent saw the economy positively. But thanks to our policies, only 17

percent viewed the economy positively this quarter. Moreover, only 20 percent expect things to improve over the next six months." So you see, Pal, we're rounding the back stretch, picking up speed.

Not impressed? How about this: In one month, from May to June, Black unemployment jumped from 13.6 percent to 14.4 percent. Among youths between 16 and 19, unemployment went from 36.5 percent to 39.3 percent. That ain't no small beans, Bro.

It took a lot of effort to destroy the Black community, but it doesn't matter. They'll vote Democratic regardless, so we can take them for granted.

Our women are leading the charge to bankruptcy. Under this Administration, there are 780,000 fewer women working than before. Can Spain match that?

To congratulate us on our progress, CNN said this economic report represents the weakest quarter in three years. The NBC/WSJ poll said the public disapproves of Obama's handling of the economy by 42-53; and the ABC/Washington Post poll agrees by 42-55. Spain had better speed up its decline if it's going to catch us.

When Barack Obama heard the economy had created only 80,000 jobs in June, he was jubilant, saying in Ohio, "We're making progress." You see, what BO didn't say is that in the same month, 85,000 people went on Social Security disability. So in that month alone, 5,000 more people went on the free-money dole than got jobs. Yahoo! We're racing at full steam, wind at our back...

And that's not a one-time thing. According to the Bureau of Labor Statistics, since June 2009, 2.6 million jobs were created but 7.1 million jobs were lost. Moreover, 3.1 million more were added to the disability rolls. That means Americans are apparently claiming permanent disability at a 19 percent faster rate than jobs created. And that ain't all, Magee... There are 275,000 more applicants for disability already in the queue. Soon, we will be a nation legally physically and mentally impaired and at the trough. So take that!

Juan Carlos, the cat, just shook his head and waved his white flag of surrender. "The U.S. is truly an exceptional country," he said. "When you set your mind to accomplishing something, you do it well. Even Spain cannot surpass you in the race to bankruptcy." •



Political Penguin

By Duane Plank

Dog days of the political summer are upon us, so help me Hillary Clinton. She can't really be serious about running in 2016, can she? For the Presidency? Can just see it now: Sarah "Princess" Palin representing the Elephant Party and the very astute, very resume-ready Ms. Clinton somehow becoming the standard-bearer for the party on the left.

Course she is a brilliant politico--way smarter than her philandering ex-Prez hubby Slick Willie, according to people in the know who occasionally tell the truth when they are paid enough by allegedly unbiased networks. Ms. Clinton has been doing, from all accounts, a pretty darn good job as President Obama's right-hand...woman, handling the Secretary of State duties with a bulldog tenacity, even when she occasionally steps out with the boys and pops a brewski or two to let off a little steam.

Speaking of people in the know, the very handsome James Carville, who masterminded the shocking ascension to the Presidency of Slick Willie Clinton some 20-years ago, was trying to sell his latest book, chatting with the gals on the daytime staple, The View, when he took time out from self-promoting his latest penning to support Hillary in 2016. Said Carville, "I was for her in 2008, so obviously I hope that she runs in 2016." Carville went on to state the obvious--that he has never been a big supporter of the current POTUS. "I am not an Obama person. I am a Clinton person." Carville has also chided the POTUS and the President's lack of compassion, noting that he "warned Obama to stop boasting about his policies to middle-class voters and start showing that he 'feels their pain.'"

Be interesting to see Carville come out of political semi-retirement and mastermind the Hil Clinton campaign in a couple of years.

Speaking of "Princess Palin," which I try to do as often as possible, in case that you hadn't noticed, she pontificated recently that the presumed nominee for her party, the very pedestrian Mitt "The Glove" Romney, should perk up his bland sidestepping and, according to the Princess, "light his hair on fire." Or light someone's hair on fire. Paraphrasing the Princess, she said that "The Glove" needs to do something to energize the Republican faithful, noting that, according to the current media star and ex-Governor of the great wasteland of

Alaska, "this is the election of our lifetime."

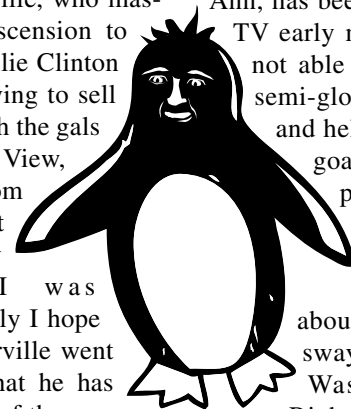
Well, the talking head Palin needs to fill time and space, obviously, but the upcoming election is just as important as any election. Could change the current course of the country, send it back leaning to the right, or rubber-stamp the current policies of President Obama and give him carte blanche as a lame duck, two-term Prez to really try to put his stamp on this country were he to be victorious in the general election that is slated to take place in less than four months.

So the pundits are punditing on who Romney may select as his Veep candidate. Long time ago, column readers who have been paying attention may have noticed that I promoted failed Elephant Party Prez candidate Michelle Bachmann as a possibility. And not cause she looks better in a skirt than Hillary Clinton. Which is just one man's opinion, BTW.

Woman and all that stuff. And now, the boss of the Romney family, the lovely Ann, has been making the rounds on the TV early morning shows, which I am not able to watch, getting up in the semi-gloaming to go to the day job, and help folks hit their weight loss goals, actually saying that the presumptive nominee may try to put a woman on the ticket.

Now, I have been doing this voting thing for about 30-plus years. Never was swayed by the Veep selection. Was too young to vote for Richard Millhouse Nixon back in the day when he kicked the butt of Hubert Horatio Humphrey back in the turbulent times of 1968, but don't think that if I was teeter-tottering on who to vote for that I would have been swayed by the buffoon Spiro Agnew, who was the unknown Governor of Maryland. Not sure why "Tricky Dick" Nixon selected Agnew--that didn't work out too well for the nattering nabobs of negativism, and Mr. Spiro was soon jettisoned prior to the abdication of the Presidential throne by the disgraced Nixon. Too many skeletons in the closet? So help me, JFK?

So gotta believe the Veep selection for Romney is not that big a deal to most voters, but is something for the pundits to focus on as we move closer to the real start of the Presidential campaign, which traditionally kicks off after the party conventions and the Labor day barbecues and blowouts that signal the end of summer. •



Seniors

Know Your Medicare Rights

By David Sayen

As a person with Medicare, you have certain rights and protections. And it's worth knowing what they are.

You have rights whether you're enrolled in Original Medicare – in which you can choose any doctor or hospital that accepts Medicare – or Medicare Advantage, in which you get care within a network of health care providers. Such networks are run by private companies approved by Medicare.

Your rights guarantee that you get the health services the law says you can get, protect you against unethical practices, and ensure the privacy of your personal and medical information. You have the right to be treated with dignity and respect at all times, and to be protected from discrimination.

You also have the right to get information in a way you understand from Medicare, your health care providers, and, under certain cir-

cumstances, Medicare contractors. This includes information about what Medicare covers, what it pays, how much you have to pay, and how to file a complaint or appeal. Moreover, you're entitled to learn about your treatment choices in clear language that you can understand, and to participate in treatment decisions.

One very important right is to get emergency care when and where you need it -- anywhere in the United States.

If you have Medicare Advantage, your plan materials describe how to get emergency care. You don't need permission from your primary-care doctor (the doctor you see first for health problems) before you get emergency care. If you're admitted to the hospital, you, a family member, or your primary-care doctor should contact your plan as soon as possible. If you get emergency care, you'll have to pay your regular share of the cost, or copayment. Then

See Seniors, page 8

The to-do list in Beth Hoyme's purse will never get done because a drunk driver convinced his friends he'd be fine.

Friends Don't Let Friends Drive Drunk.

Photo by Michael Mazzone

U.S. Department of Transportation

Ad Council

The Wheel Deal

The Scott Robinson Family of Dealerships Announces the Ownership of their Latest Dealership: Chrysler Dodge Jeep Ram In Torrance

The Grand Opening event is tonight

Jeff Robinson, of Scott Robinson Honda, is excited to confirm, Chrysler Dodge Jeep Ram, formerly South Bay Chrysler Jeep Dodge Ram, is the newest addition to the Scott Robinson family of dealerships. The grand opening event of this latest dealership is set for today from 6-8pm.

"We are so pleased to be the new faces of Chrysler Dodge Jeep Ram in the South Bay," said Jeff Robinson, President of the company. Adding, "This newest addition to the Scott Robinson family of dealerships is an exciting new chapter for us and we cannot wait to start providing car shoppers in the Long Beach, South Bay and Los Angeles areas with the Chrysler, Dodge, Jeep or Ram of their dreams."

In 1961, Scott Robinson decided to open the first automobile dealership on Hawthorne Blvd. The name of the store was Scott Rob-

inson Pontiac. Scott Robinson was a simple man whose main goal in life was to provide for his family. Scott had worked for General Motors since the late 1940's and found an opportunity to relocate his family to the South Bay. Torrance was a rapidly growing city in the early 1960's and Hawthorne Blvd. was ready for development.

Scott and his son Don opened their doors with just 15 employees. Don Robinson learned from his father that a strong work ethic, positive attitude and treating employees and customers with respect would result in a successful business. That has proven to be true.

In 1970 American Honda Motor Company began to introduce their automobiles to the West Coast U.S. market. It was a time of high gasoline prices and predominantly 8 cylinder engines.

When Scott and Don were offered the op-

portunity to retail Honda automobiles they enthusiastically agreed. Due to the overwhelming success of Honda, the Pontiac franchise was dropped in 1978. Scott Robinson Honda would now take center stage as the auto industry began to transform.

Following the example set by his father and grandfather, Jeff Robinson joined the dealership team in 1988. Jeff had graduated from USC with a degree in business/entrepreneurship. Today, Jeff is the President of the company.

The Scott Robinson name has established itself as an essential part of the community, and has received industry wide recognition for its commitment to Green practices.

Scott Robinson Honda has served the Long Beach, South Bay and Los Angeles areas since 1961, developing its unique reputation for providing car shoppers with outstanding

value, honest service, and diverse inventory.

Scott Robinson Chrysler Dodge Jeep Ram is excited to further develop the Scott Robinson name in the South Bay and Los Angeles areas and to stamp themselves further as an integral part of the community. Scott Robinson strives to provide a large inventory with the best prices on your choice of cars, trucks and SUVs.

Scott Robinson Chrysler Dodge Jeep Ram is your source for a great selection of new and used vehicles. The quality of service that the Scott Robinson name encompasses separates it from other dealers throughout California.

Scott Robinson Chrysler Dodge Jeep Ram is located at 20900 Hawthorne Blvd. in Torrance, CA.

Don't forget to become a fan of Scott Robinson Chrysler Dodge Jeep Ram on Facebook (www.facebook.com/ScottRobinsonChryslerDodgeJeepRam) •

Ask George

Expert Answers to Common DMV Questions

By George Valverde - Director, California Department of Motor Vehicles

Do you have questions about general driving related requirements like registration and insurance? Are you unclear about laws and restrictions related to driving? The California Department of Motor Vehicles has answers. Save Time. Go Online at www.DMV.ca.gov.

Q: Are there any laws about fliers/ads placed on car windshields when cars are in parking lots? Is this a form of trespassing, or is it just annoying?

A: There is not a state law that would consider it trespassing, but local ordinances that prohibit this activity have been put in place. However, an officer would need to see the culprit placing the flier or ad on a car in order to enforce it. These ordinances usually apply to commercial fliers on public streets, public parking lots and private parking lots open to the general public. For more information on the local ordinances in your place of business or residence contact your local authorities.

Q: I renewed my registration online, but did not use the DMV website. I was charged an extra \$55 on top of my registration fees. What is the purpose of this extra fee?

A: Since you used a website other than the DMV's, it was probably a private registration service, which charges an extra fee. There are companies that are legal and licensed by DMV to renew vehicle registrations, but charge an additional fee for convenience. Next time, save yourself that extra fee and renew your vehicle registration directly through www.DMV.ca.gov, which is just as easy and convenient! Remember, Save Time. Go Online!

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Traci Stevens. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.DMV.ca.gov.

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ACCORD TIRES

Dunlop 215/60/16 94H SP SPORT 7000 A/S

\$383⁸⁰ + tax and disposal fee

Includes 4 tires, Installation and Alignment test

OR \$95⁹⁵ each

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PILOT TIRES

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\$639⁸⁰ + tax and disposal fee

Includes 4 tires, Installation and Alignment test

OR \$159⁹⁵ each

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ODYSSEY TIRES

Bridgestone 235/65/16 103T Insignia SE 200

\$515⁸⁰ + tax and disposal fee

Includes 4 tires, Installation and Alignment test

OR \$128⁹⁵ each

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CIVIC TIRES

Dunlop 16/65/15 89H SP sport 5000 Symmetrical

\$379⁸⁰ + tax and disposal fee

Includes 4 tires, Installation and Alignment test

OR \$94⁹⁵ each

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FOOD & DINING

Chimichurri Grilled Steak Salad

Chimichurri sauce is a zingy Argentine sauce made with garlic, parsley, vinegar and oil. Here chimichurri sauce doubles as marinade for flank steak and as salad dressing for this grilled steak salad recipe.

Servings: 4 servings

Total Time: 1 hour

Ease of Preparation: Easy

Health: Low Calorie, Low Carb, Low Sat Fat, Low Cholesterol, High Potassium, Heart Healthy, Healthy Weight, Diabetes Appropriate

Ingredients:

1 cup packed flat-leaf parsley leaves
5 tablespoons extra-virgin olive oil, divided
1/4 cup cup

1 small clove garlic, chopped

3/4 teaspoon salt, divided
1 pound flank steak, trimmed
2 hearts of romaine or 2 small heads
1 large bell pepper, quartered
1 small red onion, sliced, 1/2 inch thick
Steps:
1: Puree parsley, 1 tablespoon oil, vinegar, garlic and 1/4 teaspoon salt in a blender. Pat 1 tablespoon of the mixture on each side of steak. Put the steak on a plate, cover and refrigerate at least 1 hour and up to 24 hours. Add 3 tablespoons oil to the herb mixture remaining in the blender; pulse to blend. Transfer to a bowl, cover and refrigerate if not using right away.

2: Twenty minutes before you are ready to grill, preheat grill to medium-high.

3: Cut each heart (or head) of romaine in half lengthwise, leaving the root end intact. Brush lettuce, bell pepper and onion with the remaining 1 tablespoon oil. Sprinkle with 1/4 teaspoon salt. Sprinkle the steak with remaining 1/4 teaspoon salt. Let the dressing come to room temperature if necessary while you grill.

4: Take the steak, lettuce, bell pepper and onion out to the grill. Oil the grill rack (see Tip). Put everything on the grill, placing the steak on the hottest part. Grill the steak, turning once, until desired doneness, 6 to 8 minutes per side for medium. Grill the pepper and onion, turning occasionally, until

charred and tender, about 10 minutes total. Grill the lettuce, turning once, until lightly charred, about 2 minutes per side.

5: Let the steak rest on a clean cutting board for 5 minutes, then thinly slice against the grain. Chop the bell pepper and onion. Divide the lettuce, steak, pepper and onion among 4 plates. Drizzle with the reserved dressing.

Nutrition: (Per serving) Calories - 363 Carbohydrates - 9 Fat - 24 Saturated Fat - 5 Monounsaturated Fat - 16 Protein - 27 Cholesterol - 70 Dietary Fiber - 4 Po-

tassium - 864 Sodium - 518 Nutrition Bonus - Vitamin A (249% daily value), Vitamin C (130% dv), Folate (54% dv), Zinc (34% dv), Potassium (25% dv), Iron (23% dv)

Prepare through Step 1 up to 1 day ahead. Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.

By EatingWell, Courtesy of Arcamax.com •



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Sports

Joe's Sports

Hawthorne Rolls Over King-Drew

By Joe Snyder

Hawthorne High's baseball team had a combined no-hitter by four different pitchers in a 12-0 shutout of King-Drew Medical Magnet High from South Los Angeles in a South Bay Summer Baseball League Division II game last Thursday at Hawthorne. The Cougars, who are 7-2 overall and 7-0 in league, scored in every inning except the bottom of the fifth in their easy win over the Golden Eagles.

Combining for the no-hitter were Steve Leyva, Moises Chavez, Jesus Sariano and Mark Lafoon. Chavez added a three-run home



Hawthorne batter Chris Robles makes contact with the ball in last Thursday's South Bay Summer Baseball League Division II game against King-Drew Medical Magnet High. The Cougars blanked the Golden Eagles 12-0. Hawthorne visits West Adams Prep today at 2 p.m. before starting the league playoffs next Wednesday. Photo by Joe Snyder.

run for Hawthorne. Leyva went two-for-two, including a single and double for two runs batted in. Two days earlier at Hawthorne, the Cougars also had very little trouble in defeating King-Drew 11-1.

In its final week of the regular season schedule, Hawthorne has two games against West Adams Prep. The Cougars hosted West Adams Prep on Tuesday and are at home today at 2 p.m.

Hawthorne begins the league playoffs next Wednesday at 2 p.m. with the championship next Thursday at 2 p.m. at a site to be determined.

Holly Park Splits in Sectionals

The District 37 champion Holly Park Junior Little League All-Star baseball team from Hawthorne rallied for a 3-2 win over Torrance Riviera in the first round of the California Section 4 Tournament on Saturday, but was thrown into the loser's bracket with a 13-6 loss to District 36 champion and

power Manhattan Beach on Sunday at North Venice Little League Field. Riviera took a 2-0 lead in the bottom of the fourth inning, but Holly Park responded with two runs to tie the game in the top of the fifth. The runs came home on a two-run single from Albert Robinson. In the sixth, Isaiah Flowers came home on a sacrifice fly hit by Dennis Jones.

Holly Park fought hard against powerful Manhattan Beach as it was tied in the top of the fifth inning, but Manhattan Beach came back with four runs in the bottom of the inning to take the lead for good. Flowers cut Manhattan's lead to 9-6 with a solo homer in the sixth, but Manhattan pulled away in the bottom of the inning.

Holly Park will attempt to stay alive as it faced host and District 25 champion North Venice last Monday. The championship was yesterday and, if necessary, today at 5:15 p.m.

Tri Park Tops Samo; Falls to Manhattan

The Tri Park Senior Little League All-Star baseball team started off well by defeating District 25 champion Santa Monica 7-3 in the first round of the California Section 4

Tournament on Saturday at Marine Park in Manhattan Beach. Last Sunday, Tri Park was pitted against District 36 champion and powerful Manhattan Beach and started off well with a 3-0 first inning lead. The game was still tied at three through five innings before a rash of walks aided Manhattan to a nine-run sixth inning to help it pull away for an easy 15-4 win. Tri Park's worn-down pitching allowed a total of 15 bases on balls, 12 of those in the last two innings.

In its win over Santa Monica, pitchers Dan Rocha (the starter and winner) and Dan Diaz combined for a six-hitter. Much of Tri Park's scoring was by walks, but Jose Hernandez had a run-scoring double and Roman Luna had two hits.

Tri Park was to face Santa Monica in a loser's bracket game on Monday with the winner playing for the championship on Wednesday. If Manhattan Beach loses, a second game will be played today at 6 p.m. •

Seniors

from page 5

your plan will pay its share.

If your plan doesn't pay its share, you have the right to appeal.

In fact, whenever a claim is filed for your care, you'll get a notice from Medicare or your Medicare Advantage plan letting you know what will and won't be covered. If you disagree with the decision, you have the right to appeal.

For more information on appeals, you can read our booklet "Medicare Appeals," available at www.medicare.gov/Publications. Or call us, toll free, at 1-800-MEDICARE.

You can also file a complaint about services you got from a hospital or other provider. If you're concerned about the quality of the care you're getting, call the Quality Improvement Organization (QIO) in your state to file a complaint. A QIO is a group of doctors and other health care experts who check on and improve the care given to people with Medicare. You can get your QIO's phone number at www.medicare.gov/contacts or by calling

1-800-MEDICARE.

Many people with Original Medicare also enroll in Medicare prescription drug plans. Here, too, you have certain rights.

For example, if your pharmacist tells you that your drug plan won't cover a drug you think should be covered, or it will cover the drug at a higher cost than you think you're required to pay, you can request a coverage determination.

If the decision isn't in your favor, you can appeal. You can ask for an exception if you, your doctor, or your pharmacist believe you need a drug that isn't on your drug plan's list of covered medications, also known as a formulary.

You don't need a lawyer to appeal in most cases, and filing an appeal is free. You won't be penalized in any way for challenging a decision by Medicare or your health or drug plan. And many people who file appeals wind up with a favorable outcome. •

Adam Pro Sports

The Dwight Fright

By Adam Serrao

Many big-name free agent pieces have fallen into place around the NBA within the last two weeks, but there still remains one player who has the ability to change a team's fortunes overnight. Dwight Howard has been one of the top five players in the league, but during his stay with the Magic consistently stood firm on his demand to be traded to a different team. Possibly the best center in the league, Howard has been the most sought after big man in the NBA since Shaquille O'Neal was past his prime. Many questions loom, however, especially after Howard's season ended prematurely last year due to back surgery to repair a herniated disk. With all of the drama hanging above Howard's massive shoulders, the question remains: Is he worth the risk?

If you've been reading the sports headlines lately and all you've been seeing is Howard's name painted across the page demanding a trade, don't think that it's the first time. Howard fell out of love with the team that he became a perennial all-star for as early as last season and began demanding a trade then. Obviously, Howard's wish wasn't magically granted right away and naturally both the head coach and general manager of the Magic last year were terminated. Was it to please Dwight and try to convince him to stay? Everyone involved with the situation will tell you no, but Howard had an extremely rocky relationship, to say the least, with head coach Stan Van Gundy and never could convince GM of the past Otis Smith to acquire the necessary pieces to help Dwight and his team reach the ultimate goal of becoming NBA champions.

For some reason, late last year Howard picked up his player option to stay with the Magic. It put him under contract with the team for another season, nullifying his ability to become a free agent and to choose to become a part of any team that he so pleased. Well, the Magic still don't have a new head coach and still don't have Howard on their side. Even when new GM Rob Hennigan called Howard two weeks ago, pleading with the all-star center to stay with the team and vowing to bring in the pieces necessary to compete at a championship level, all Howard had to say was, "I already heard that from the other guy on the phone," referring to the previous GM Smith, all but throwing Hennigan's words right back in his face and holding on tight to his demands to be traded.

Ideally, Howard would have liked to be traded to the Brooklyn Nets. As unwilling as Howard was to stay in Orlando, however, the Magic were just as unwilling to come to terms on a deal to trade him to Brooklyn--and the negotiations soon fell short as the talks then ended between the two teams. Orlando either wants a top 20 player in the league in exchange for Howard, or they want a multitude of draft picks and the ability to trade away expiring contracts on the team (such as Glen Davis, Jason Richardson, Chris

Duhon and Hedo Turkoglu) so that they can clear their books and begin rebuilding the team for life after Dwight. Unfortunately for the Nets, they didn't have that kind of talent under contract and were also unwilling to take on those expiring contracts. Attempts to get third and fourth teams involved in the trade became too complicated. The Nets felt they were waiting too long for an answer from Orlando and they eventually re-signed their center from last year (Brook Lopez). in turn giving up on their pursuit of Howard-ness.

Lakers' fans are incredibly adamant about the fact that Dwight Howard would come in and play alongside Kobe Bryant and the newly acquired Steve Nash and immediately help the team. Not so fast. Howard already discussed his displeasure with the idea of joining the Lakers to make a championship run, saying he didn't want to play alongside Kobe because he wants the opportunity to be the number one option on the team. Not only does it sound like Howard doesn't want a championship, but it also sounds like he's being incredibly greedy and wants to hog all of the limelight. Since Howard has been under contract with the Magic, they have been allowed to do as they please and trade him to any team in the league. That's where the tricky part comes into play. Howard has openly expressed his wish to be traded to the Brooklyn Nets and only the Brooklyn Nets. Should any other team acquire his services, that team will basically be getting Howard on a one-year loan before his contract expires and he is free to sign wherever he would like. All that the Lakers (in addition to giving up Andrew Bynum) would do is give Howard the opportunity to leave L.A. after only one season with the club. If that happens, the Lakers would then be without Howard and Bynum, leaving the team void of a center for the 2013-'14 season and beyond.

With all of the drama surrounding Dwight Howard, his ability to rebound from back surgery still pending, his open unwillingness to not want to be a part of the Lakers organization--not to mention his horrible percentage from the free throw line prohibiting him from being a clutch player down the stretch of any game--it is questionable as to why any Laker fan would choose him over an up-and-coming center like Bynum to be a part of the team. Sure, Bynum has had his problems too, but with a true point guard for the first time in nearly 16 seasons it should be interesting to see what two seven-footers can do down low while simultaneously allowing Kobe to take back his natural position of shooting guard in the process. Besides, both the Magic and the Lakers may have bigger problems now. With Howard and Bynum's names being bandied about in trade rumors so much lately, it would not be surprising to see both players show the same lack of loyalty back to their respective teams after their contracts are up at the end of the season. Imagine both the Lakers and the Magic without an all-star center in their lineups after next season. •



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PUBLIC NOTICES

CALIFORNIA DEPARTMENT OF EDUCATION
NUTRITION SERVICES DIVISION
SCHOOL NUTRITION PROGRAMS

Hawthorne School District is announcing its policy for providing free and reduced-price meals for children served under the *National School Lunch Program and School Breakfast Program*. The central office has a copy of the policy, which may be reviewed.

The household size and income criteria identified below will be used to determine eligibility for free, reduced-price, or full-price meal benefits. Children from households whose income is at or below the levels shown here are eligible for free or reduced-price meals. Children who receive Food

Stamp (FS), California Work Opportunity and Responsibility to Kids (CalWORKs), Kinship Guardianship Assistance Payments (Kin-GAP), or Food Distribution Program on Indian Reservations (FDPIR) benefits are automatically eligible for free meals regardless of the income of the household in which they reside. Foster children no longer require a separate application.

Apply on-line by going to the Hawthorne School District's website, Food Services Department, or type in the following address: <https://secure.ezmealapp.com/>. You may also stop by the District Office at 14120 Hawthorne Blvd, Hawthorne, CA. We will gladly assist you.

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1	\$ 14,521	\$ 1,211	\$ 606	\$ 559	\$ 280	\$ 20,665	\$ 1,723	\$ 862	\$ 795	\$ 398
2	19,669	1,640	820	757	379	27,991	2,333	1,167	1,077	539
3	24,817	2,069	1,035	955	478	35,317	2,944	1,472	1,359	680
4	29,965	2,498	1,249	1,153	577	42,643	3,554	1,777	1,641	821
5	35,113	2,927	1,464	1,351	676	49,969	4,165	2,083	1,922	961
6	40,261	3,356	1,678	1,549	775	57,295	4,775	2,388	2,204	1,102
7	45,409	3,785	1,893	1,747	874	64,621	5,386	2,693	2,486	1,243
8	50,557	4,214	2,107	1,945	973	71,947	5,996	2,998	2,768	1,384
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Hawthorne Press: 7/19/2012

HH-23413

**Fictitious Business Name Statement
2012113013**

The following person(s) is (are) doing business as LA MIRADA IMAGING, 15651 IMPERIAL HWY #103, LA MIRADA, CA 90638. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name listed April 2, 2012. Signed: Howard Gyrard Berger, President. This statement was filed with the County Recorder of Los Angeles County on June 08, 2012.
NOTICE: This Fictitious Name Statement expires on June 08, 2017. A new Fictitious Business Name Statement must be filed prior to June 08, 2017. 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: July 05, 12, 19, 26, 2012. HH-774.

**Fictitious Business Name Statement
2012133623**

The following person(s) is (are) doing business as SENIORSHARELA.COM, 14100 SHOUP AVENUE, LOS ANGELES, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed N/A. Signed: Jon Schaeffer, Owner. This statement was filed with the County Recorder of Los Angeles County on July 02, 2012.
NOTICE: This Fictitious Name Statement expires on July 02, 2017. A new Fictitious Business Name Statement must be filed prior to July 02, 2017. 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: July 05, 12, 19, 26, 2012. HH-775.

**Fictitious Business Name Statement
2012125520**

The following person(s) is (are) doing business as TOQUE, 12313 222ND ST. HAWAIIAN GARDENS, CA 90716. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed N/A. Signed: The Arena, President. This statement was filed with the County Recorder of Los Angeles County on June 21, 2012.
NOTICE: This Fictitious Name Statement expires on June 21, 2017. A new Fictitious Business Name Statement must be filed prior to June 21, 2017. 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: July 19, 26, 2012 and August 02, 09, 2012. HH-776

**Fictitious Business Name Statement
2012139153**

The following person(s) is (are) doing business as ADVISORS MORTGAGE GROUP, 6658 ATLANTIC AVE. BELL, CA 90201. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed N/A. Signed: Moises Castaneda, Owner. This statement was filed with the County Recorder of Los Angeles County on July 10, 2012.
NOTICE: This Fictitious Name Statement expires on July 10, 2017. A new Fictitious Business Name Statement must be filed prior to July 10, 2017. 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: July 19, 26, 2012 and August 02, 09, 2012. HH-777

**Fictitious Business Name Statement
2012141163**

The following person(s) is (are) doing business as NEWTAX SERVICES, 4052 MARINE AVE, LAWDALE, CA 90260. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed 1993. Signed: Margaret R. Newsome, Owner. This statement was filed with the County Recorder of Los Angeles County on July 12, 2012.
NOTICE: This Fictitious Name Statement expires on July 12, 2017. A new Fictitious Business Name Statement must be filed prior to July 12, 2017. 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).
Lawndale Press Tribune: July 19, 26, 2012 and August 02, 09, 2012. HL-780.

Bike

from front page



Major Motion Club.



William Holloway, President of the Real Rydaz Bike Club and Shuntain Thomas.



Shuntain Thomas.

Photos by Sahra Sulaiman, Documentary Photographer/South LA Writer, Streetsblog.

out to schools throughout the Greater Los Angeles area, where he has been able to speak to many students. Joining the Real Rydaz, creating WARP and organizing the family ride have all been tools for Thomas to accomplish his task.

"I noticed that my bicycle would get noticed, so what I started doing was going around to the different high schools and actually volunteering to work with the kids because they were interested in the bicycles," Thomas said. "There the kids became interested and talked to me, so that's what I did. We Are Responsible People [WARP] came about when I decided that in my life, I was not always responsible. However, to be responsible it took everybody around me not to feed me those foods and not to allow me to do the things that I was doing. So I started saying it--'We are responsible people,' and it kind of caught on, so I turned it into a nonprofit and it started from there."

Finding a bicycle following in Los Angeles' car culture was not difficult for Thomas, who believes that bicycles will always be a great alternative to driving. Furthermore, he believes bicycles are a part of the community's culture that has always had a strong presence. "The bike is the alternative to the car now

mostly because of gas prices being so high. With our economy the way that it is, some people are turning to bicycles," Thomas said. "More and more mom and pop bicycle repair shops are opening up in our communities as well. We have a lot of Latino families in the community and we all use bicycles. It's really big with many families and the bicycle is available to all of us. It's something that we have to talk about, so with that respect in the community it is very common. It's more than just a bike--there is more to it."

The July 1 event, while also carrying a serious message, was made for the community to have fun and enjoy the simplicity of riding a bike. "That is where the name peace, love and family ride came from--because we can keep peace and we can always love each other universally and as a family," Thomas said. "I am noticing that we are getting families like mothers and fathers bringing their sons and daughters on their bikes. This is an all-age event--and the families that are coming out here, I think that's the thing that I want to continue. After the 9/11 incident and all the fear in people throughout the community, it is important to have an event where you can come outside and meet your neighbor all while having fun riding your bike." •

SMILE awhile



Here is a picture of my baby boy--11-month-old Aidan Woo kissing his favorite Pooh! Submitted by Becky Cheng.



Oh happy day! Daniel Murphy at age 2. Submitted by Donna Murphy.



Sending a picture of my three kids happy moment after little girls Chloe's first riding of rollerblades. Submitted by Evelyn Kim.



Baby Chloe "I just love dining out at a restaurant!" Submitted by: E.S. resident Donna Cummings.



El Segundo resident Stan Williams gets acquainted with his great granddaughter Georgia Molloy. Submitted by Linda Shepard.

Readers send us your photos! Do you have a favorite photo? An old yearbook photo? Glamour Shot? Baby photo? **We want them.** We will accept only one photo, per person, every month. Once a month, we will pick a "Staff Favorite" and the winner will get a **\$25.00 gift certificate** from one of our advertisers.

Email your photos to: Management@heraldpublications.com. We will only accept emailed photos and they must be in jpg form.