

Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

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Lawndale High School is Home of Cardinal Pride



The beautiful, angular front of Lawndale High, at 14901 S. Inglewood Ave., home to the Cardinals. Photo by Peter Thornton, jp.thornton58@gmail.com.

Inglewood Police Department to Receive New Uniforms, Safety Equipment

By Cristian Vasquez

The Inglewood City Council approved a purchase order with Galls Uniforms in the amount of \$42,500, which will be allocated to the purchase of uniforms and safety equipment for the police department's personnel.

Approved in the agreement was the additional purchase of helmets from Galls Uniforms for \$20,000. The city is also slated to make payment on past dues invoices to Gall Uniforms for past uniform and safety purchases in the amount of \$60,000.

Based on a Memorandum of Understanding [MOU] for general bi-weekly employees, police officers, civilian police and police management "the City must provide employees with the uniforms and safety equipment required to perform their assignments upon hire," indicates the staff report. The staff report identifies civilian police personnel as custody officers, records technicians, property offices and public safety dispatchers.

Among the items included in the department's safety equipment are: holsters, duty belts, helmets, ballistic vests and "other standard issued equipment." However, the city adopted a "blanket purchase" in order to make sure that all of the required items and equipment were obtained in a more time-efficient manner. Upon approval of the blanket purchase, the department's employees will be allowed to make purchases from Galls Uniforms, a California-based company, and it will also signify that the police department will receive a significant discounted rate on most products.

The neighboring City of Los Angeles has itself established a purchase order with the

retail business for its police department's public safety uniforms and equipment. Surrounding cities with their own police department base their public safety purchases on the wording of that purchase agreement established by the City of Los Angeles.

While these purchases will be covered by the general fund, last year the Inglewood Police Department received the Urban Area Initiative grant in the amount of \$228,500. Part of those funds were assigned to purchase personal protective gear for department personnel such as hazmat suits, armor and helmets. The department requested that the second purchase agreement be made by the city for the purchase of helmets, in order to be in compliance with the above mentioned grant.

During the 2014 Fiscal Year the police department had a purchase order in the amount of \$60,000 and has since received the corresponding invoices, which must be paid as soon as possible.

Budget Amended to Include Senior Nutrition Program

Members of the council agreed to amend the budget to reflect receipt of the Nutritional Supplemental Funds, as well as reaching an agreement with Tender Loving Care Catering [TLC] to increase the maximum contract by \$40,656 in order to provide more meals for the city's senior nutrition program.

The City of Inglewood has received grant funds through AAA from the Older Americans Act Grant Act of 1965. Through titles B and C the city is able to operate its nutrition program for seniors living in Inglewood and neighboring City of Hawthorne, Lennox and

Ladera Heights.

Through its Senior Nutrition Program, the city is able to provide meals to four senior centers, conduct at-home deliveries to "frail and home-bound" seniors citizens. In December 2014 the city's Parks, Recreation and Library Services Department presented a request for funding based on a survey from AAA "regarding additional nutrition funding to support unmet needs for meals, equipment and supplies for SNP services" indicates the staff report. W

"The senior population is continuing to grow rapidly, especially the segment age 85 and older," indicates the staff report. "More and more seniors are unable to prepare their meals and are experiencing severe financial straits. As a result, they have insufficient money for food."

On Feb. 15, the council received the notice that the request was approved and that nutritional supplemental grant funding would be awarded. The funding to be awarded is always based on the number of meals being provided and reported in the AAA Get Care System. The city will receive \$57,035 in grant funds for the meals and home delivery costs.

"The Nutritional Supplemental Funds will help the City's SNP services by providing funding to purchase approximately 13,906 additional home delivered meals for seniors and a steam table for food service," states the staff report.

However, as a condition of the funds, the city is expected to spend the funds by June 30, which marks the end of the AAA's 2014-2015 Fiscal Year. •

Weekend Forecast

Friday
Sunny
73°/59°



Saturday
Sunny
72°/58



Sunday
Partly
Cloudy
72°/57



Hawthorne Happenings Obituaries

News for the 'City of Good Neighbors'

From City Clerk Norb Huber

BRACKETOLOGY

Did you fill it out? Did you enter your office pool? Did you pick the winners of the NCAA basketball championship brackets? This is the week that March Madness begins. The unpredictability of the college games and the stories of small schools upsetting the big schools is what makes for the "madness". With 68 teams in the tournament and over 80 games being played, there is bound to be one team in the field that you can pull for. There are many ways to pick the winners. One of my female teaching colleagues picks by the teams uniform colors. It's all fun and exciting. Now, can you tell me where Wofford and Valparaiso Universities are located?

SERVICE PROVIDERS FAIRE/EARTH DAY - MEMORIAL PARK

On Saturday, April 11, the City of Hawthorne's annual Earth Day/Service Providers Fair will be held at the Memorial Park. Councilmember, Angie Reyes English is the coordinator of the Service Provider Fair that annually gives the citizens of Hawthorne an opportunity to obtain information regarding a wide range of services. There are many booths set up out on the grass area of Memorial Park located at the corner of El Segundo Blvd. and Prairie Avenue.

LAST CALL FOR GOLFERS

The 27th Annual Hawthorne Parks and Recreation Foundation Golf Tournament will be held this Monday, March 30 at Coyote Hills Golf Course in Fullerton. If you wish to play and support a good cause, then contact Dick Huhn at 310-643-9157.

HISTORICAL SOCIETY MEETING

The Hawthorne Historical Society will have an Open Meeting on Monday, March 23 beginning at 6:30 p.m. at the Hawthorne Museum. Former Mayor, Guy Hocker will be



our guest speaker. Make plans to be there. Refreshments will be served. These meetings are a great way to get to know your city's history better and meet some of your neighbors.

CARROT OR STICK?

A recent newspaper editorial raised the question regarding our drought and the lack of enforcement for water abusers.

Should our local governing bodies provide incentives for water users who are conserving water, or should they punish those who continue to waste our most precious resource? Some cities, like Santa Cruz, have collected over 1 million dollars in fines from water wasters in their city, and their usage has declined by 24%. I really think that until people feel the pinch in their pocketbooks they will continue to ignore the obvious, we need to conserve water. Not long ago, before unlimited cell phone minute plans came along, we used to have to watch our phone usage, or get stuck with a large bill for "overage". The homeowner who goes over his monthly water usage average should be charged an overage fee. Some people just assume that we will always have water flowing no matter how much we use. We do not want to be like Brazil's largest city, Sao Paulo, where they are in a water rationing crises. Millions of people there are wondering when their water will run out.

UPCOMING EVENTS

Monday, March 23: HHS Open Meeting - 6:30 p.m. Museum • Saturday, March 28: Easter Bunny Breakfast - Memorial Center • Monday, March 30: Hawthorne Parks and Recreation Foundation Golf Tournament • Sunday, April 5: Easter Sunday • Saturday, April 11: Service Providers Faire/Earth Day - Memorial Park • Sat/Sun, April 18/19: American Cancer Society's Relay for Life - Hawthorne High •



Marjorie Jansen

Marjorie Jansen (Machteld Johannes Broekzitter), 87, of Visalia, California, went to be with her Lord on Tuesday, March 10, 2015. She was preceded in death by her parents, 5 siblings and their spouses.

As a Dutch immigrant she arrived in New Jersey with her husband in 1950. She was a devoted wife, mother and office manager/bookkeeper for the family electrical business. Marjorie was a mother to 3 children, grandmother to 10 and great grandmother to 16. She is survived by her husband, John; children, Jentine (Milo) Arkema, Joanne (Greg) Groen, John (Nancy) Jansen; grandchildren: Mara, Kate, John, Annette, Laura, Don, Leanne, Jennifer, Ben and Dan. She is also survived by loving nieces and nephews in the Netherlands and Australia.

Marjorie loved the Lord. She was an outstanding cook, baker and loved to sew.

Hospitality was her gift and her laugh always made everything good.

The family would like to extend their thanks to the Hospice nurses and the dear home care ladies, Keah, Mayra and Rochelle. Many thanks to the friends at Sierra Village who regularly brought meals and cookies to the house.

Celebration of Life Services will be held at 11 a.m. on Monday, March 16, 2015 at Visalia Christian Reformed Church, 1030 S. Linwood in Visalia. In lieu of flowers the family suggests donations to Kaweah Delta Hospice, 900 W. Oak, Visalia, CA 93291 or Sierra Village, 1 Molenstraat, Visalia, CA 93277 www.SierraVillage.com. Arrangements entrusted to Miller Memorial Chapel, 1120 W. Goshen Ave., Visalia, CA 93291 (559) 732-8371. Tributes and condolences may be made at www.millerchapel.com. •

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Briefs



(L-R) Los Angeles Airport Chief of Police Patrick M. Gannon, Assistant Chief Ethel McGuire Officer Marcio Matsumoto, Officer Sean Foley, Sergeant Keith Arnold and Captain Mario Patrick. Photograph Courtesy of Police Officer Lacy Justice

Artist Dani Dodge at Inglewood Public Library

Join the Inglewood Public Library, as we celebrate National Library Week with artist Dani Dodge who will inspire children to make art from everyday objects. This workshop will allow children to use recycled books and paper covers to create works of art they can take home. This program will be held on Wednesday, April 15th, at 6:30 P.M. in the Children's Storytelling Room at the Main Library, 101 W. Manchester Boulevard, Inglewood. Children of all ages are encouraged to attend, along with their parents or guardians. This program is free and open to the community. Parking is free after 4:00 p.m. For more information about this program, please call (310) 412-5645 or visit <http://library.cityofinglewood.org>.

Celebrate the Life of Cesar Chavez

In celebration of Cesar Chavez Day, the Inglewood Public Library will host "Solidarity Forever—Graphics of the California Labor Movement," a vivid presentation of the colorful posters and images produced during the struggle for labor recognition in this region. Art historian Carol A. Wells will reveal these treasures on Monday, March 30 at 7:00 PM in the Gladys Waddingham Lecture Hall at the Main Library, 101 West Manchester Boulevard. This program is free and open to all. Parking at the Main Library is free after 4 PM. For more information about this program call (310) 412-5380 or visit library.cityofinglewood.org.

Business Owner Casting

3 Ball Entertainment and a major cable network are teaming up with expert investors to help take businesses to the next level for a new TV series. We are looking for African

American business owners in the travel/tourism/adventure/hospitality industries that are looking to enhance, upgrade, expand their business in some way. Investors will visit the businesses, hear their pitch for capital and potentially offer to invest. It's a minimal time commitment with the potential for a significant financial contribution and national exposure.

If interested please submit asap to: InvestmentShowCasting@gmail.com with the following info: full name, city, phone number, type of business, and why your business would be a good investment. Please also include photos and website, if available.

Airport Police Officers Recognized at Law Enforcement Appreciation Night

Los Angeles Airport Police Officer Sean Foley, a ten-year veteran, and Officer Matsumoto, an eight-year veteran were honored as Officer of the Year at Law Enforcement Appreciation Night hosted by Westchester Elks Lodge. The event was held to recognize and honor law enforcement's finest, sworn and civilian men and women, whose service to the Westchester community was exemplary in 2014.

Officers Foley and Matsumoto were honored for their great work and collaboration in the Comprehensive Airport Security Program. Both officers have been assigned to the Tom Bradley International Terminal (TBIT) and were responsible for ensuring a safe environment for business and travel through the adherence of the Airport Security Program. From the inception of the construction of TBIT, the officers placed emphasis on security awareness, physical security, and the planning and coordination of all stakeholders involves in the construction processes. •

Finance

Spring Vacation On A Budget? Here's How You Do It



(BPT) - Spring break is coming and after all the frost, wind and chill of the winter, you've earned some time to relax. So why not treat yourself to a little vacation? If you don't have a lot of extra money to spend and you're worried about your finances holding you back, there are ways to take an enjoyable spring vacation without blowing your budget. The five tips below can help you make the most of your spring vacation without breaking the bank.

• **Make sure your car is ready to go.** Road trips make for a more affordable spring break than air travel, and the cities you visit along the way are half the fun. Make sure your car is ready for the trip by changing the oil, checking the tire pressure and making sure the windshield washer and power steering fluids are filled appropriately. You can handle these tasks yourself or take your vehicle to your local mechanic for a tune-up.

• **Travel with a plan.** Unfortunately, your vacation will last only so long, so make the most of the time you have. Travel sites like Dream Plan Go and Trip Advisor offer great resources to help you pick a spring-break destination and learn about the unique features of a given place that go unnoticed by most

visitors. You can also control expenses by avoiding locations that will be too costly when you arrive.

• **Make communication easy.** Looking for an affordable way to stay in touch during your trip? TracFone provides you with affordable cellphones and no contract plans with nationwide coverage on the largest and most dependable networks so that you can stay connected wherever you go. And TracFone is the only no-contract service provider with Unlimited Carryover that never expires. That means you'll keep all of your unused minutes, texts and data as long as your plan is active and in use.

• **Go outdoors.** If you're looking for an affordable spring vacation idea, getting back to nature can make for a memorable vacation. Camping at a national park is more cost efficient than staying in a hotel, plus you can fill your days with hiking, sightseeing and other inexpensive activities. Some people may not be too excited about vacationing in the wild, but after months cooped up indoors, nothing beats fresh air and the chance to gaze up at the stars without seeing your own breath.

• **Expand your hotel horizons.** Want to hit a popular destination but can't afford the lodgings? Expand your radius a little. Inexpensive hotel rooms can be found more easily in the cities that border major tourist destinations. If you have your car with you, the room savings will make up for the extra gas you'll need.

Spring-vacation season is here and you've earned a break, so why not take one? By applying the tips above, you'll be able to enjoy the relaxing vacation you deserve and ensure your budget survives until you return to work once again. •

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.

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MAR 21, 9:00 AM to 1:00 PM House ware, clothing, toys, tools. Lots of good stuff.

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Seniors

The Link Between Snoring And Heart Disease

(BPT) - Snoring isn't pleasant for anyone - not the partner who has to sleep beside the snorer, nor the snorer whose breathing may pause repeatedly throughout the night. But did you know that loud, excessive snoring is often a sign of obstructive sleep apnea, a condition that - if left untreated - can cause you to be five times more likely to die from heart disease?

Along with good nutrition and regular exercise, healthy sleep is essential for a healthy heart. Heart disease is the leading cause of death in the U.S., so treating sleep apnea is good for your sleep and your heart.

According to the National Healthy Sleep Awareness Project, obstructive sleep apnea is a chronic disease that afflicts at least 25 million U.S. adults.

"Obstructive sleep apnea is destroying the health of millions of Americans, and the problem has only gotten worse over the last two decades," says Dr. Timothy Morgenthaler, president of the American



Academy of Sleep Medicine and a national spokesperson for the Healthy Sleep Project. The project is a collaboration between the AASM, the Centers for Disease Control and Prevention, the Sleep Research Society and

other partners.

Sleep apnea involves repetitive pauses in breathing during sleep, which can put an enormous strain on the heart. Severe sleep apnea can reduce the amount of oxygen in your blood and cause dangerous surges in your blood pressure. This stress triggers your body to respond in ways that may promote heart disease.

Sleep apnea may be far more common than you think. Between 30 percent and 40 percent of adults with high blood pressure also have sleep apnea. The rate of sleep apnea soars to 80 percent among people with high blood pressure that do not respond to treatment with medications. Research even shows that sleep apnea can affect the shape, size and performance of your heart.

"The good news is that detecting and treating sleep apnea can improve your heart health and other clinical outcomes," Morgenthaler says.

The primary treatment for obstructive sleep

apnea is continuous positive airway pressure therapy. CPAP therapy keeps your airway open by providing a stream of air through a mask that you wear during sleep. Treating sleep apnea with CPAP therapy improves blood pressure control and reduces the risk of heart disease. It can even reverse the changes to the shape and size of the heart that can be caused by sleep apnea.

Excess body weight is the leading risk factor for sleep apnea, and loud snoring is a common symptom. Other warning signs for sleep apnea include choking or gasping during sleep, and daytime fatigue or sleepiness. Visit stopsnoringpledge.org to pledge to "Stop the Snore" by talking to a doctor about your risk for sleep apnea.

"Treatment of sleep apnea can be life-changing and potentially life-saving," Morgenthaler says. "For the best possible clinical outcomes, people with heart disease should discuss their risk for sleep apnea with their doctor." •

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PUBLIC NOTICES

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Fictitious Business Name Statement 2015042147

The following person(s) is (are) doing business as CONTINENTAL ELECTRIC CO, 721 INDIANA CT. #2, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY. Registered Owner(s): EUGENE KABZINSKI, 721 INDIANA CT. #2, EL SEGUNDO, CA, 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: n/a. Signed: Eugene Kabzinski, Owner. This statement was filed with the County Recorder of Los Angeles County on February 17, 2015. NOTICE: This Fictitious Name Statement expires on February 17, 2020. A new Fictitious Business Name Statement must be filed prior to February 17, 2020. 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). El Segundo Herald: Pub. 2/26, 3/5, 3/12, 3/19/15 H-1209

Fictitious Business Name Statement 2015044850

The following person(s) is (are) doing business as 98 WEST TALENT, 1) 231 E. SPRUCE AVE., INGLEWOOD, CA, 90301, LOS ANGELES COUNTY; 2) P.O. BOX, 291875, LOS ANGELES, CA 90027. Registered Owner(s): JOHN PAIZIS, 2135 GRIFFITH PARK BLVD., LOS ANGELES, CA 90039. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: n/a. Signed: John Paizis, Owner/Agent. This statement was filed with the County Recorder of Los Angeles County on February 19, 2015. NOTICE: This Fictitious Name Statement expires on February 19, 2020. A new Fictitious Business Name Statement must be filed prior to February 19, 2020. 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). El Segundo Herald: Pub. 2/26, 3/5, 3/12, 3/19/15 H-1218

Fictitious Business Name Statement 2015041395

The following person(s) is (are) doing business as KRIS' BLT, 5337 S. VERDUN AVE., WINDSOR HILLS, CA 90043. Registered Owner(s): KRISTOPHER STEPHENS, 5337 S. VERDUN AVE., WINDSOR HILLS, CA 90043. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: n/a. Signed: KRISTOPHER STEPHENS, OWNER. This statement was filed with the County Recorder of Los Angeles County on February 17, 2015. NOTICE: This Fictitious Name Statement expires on February 17, 2020. A new Fictitious Business Name Statement must be filed prior to February 17, 2020. 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). El Segundo Herald: Pub. 2/26, 3/5, 3/12, 3/19/15 H-1219

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- DBA (Fictitious Business Name): \$75.00
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HERALD PUBLICATIONS

COMMUNITIES COUNT

Fictitious Business Name Statement 2015046595

The following person(s) is (are) doing business as THE GATEWAY, 1) 11101 W. OLYMPIC BLVD., LOS ANGELES, CA 90064; 2) 600 LAIRPORT EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. AI #ON 200732310135. Registered Owner(s): Poncepol, LLC, 11101 W. Olympic Blvd, 501, Los Angeles, CA 90064. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: n/a. Signed: Poncepol, LLC, Manager, Realty Rentals Inc., by David Zimmerman, President. This statement was filed with the County Recorder of Los Angeles County on February 23, 2015. NOTICE: This Fictitious Name Statement expires on February 23, 2020. A new Fictitious Business Name Statement must be filed prior to February 23, 2020. 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). El Segundo Herald: Pub. 3/5, 3/12, 3/19, 3/26/2015 H-1220



Fictitious Business Name Statement 2015050889

The following person(s) is (are) doing business as BON AIR MOBILEHOME PARK, 25615 Narbonne Ave. Lomita, CA 90717, LOS ANGELES COUNTY. Registered Owner(s): 1) DANIEL W. LINDLEY, TRUSTEE, 1815 LOMITA BOULEVARD, LOMITA, CA 90717, 2) MARK E. LINDLEY, TRUSTEE, 1815 LOMITA BOULEVARD, LOMITA, CA 90717, 3) LYNNETTE A. KOOKER, TRUSTEE, 1815 LOMITA BOULEVARD, LOMITA, CA 90717. This business is being conducted by a Trust. The registrant commenced to transact business under the fictitious business name or names listed above on: 1/14/1980. Signed: DANIEL W. LINDLEY, TRUSTEE OF WALTER O. LINDLEY TRUST OF 1980. This statement was filed with the County Recorder of Los Angeles County on February 19, 2015. NOTICE: This Fictitious Name Statement expires on February 19, 2020. A new Fictitious Business Name Statement must be filed prior to February 19, 2020. 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 Tribune: Pub. 3/12, 3/19, 3/26, 4/2/2015 HL-1224

Fictitious Business Name Statement 2015067536

The following person(s) is (are) doing business as 1) CA TAX PLANNERS; 2) BUCKET LIST ESCAPES, 898 N. SEPULVEDA BLVD., #740, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. AI#ON C2677127. Registered Owner(s): CALIFORNIA RETIREMENT ADVISORS GROUP, INC., 898 N. SEPULVEDA BLVD. #740, EL SEGUNDO, CA 90245. CA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 1/1/2015. Signed: CHRISTIAN CORDOBA, PRESIDENT, CALIFORNIA RETIREMENT ADVISORS GROUP, INC. This statement was filed with the County Recorder of Los Angeles County on March 12, 2015. NOTICE: This Fictitious Name Statement expires on March 12, 2020. A new Fictitious Business Name Statement must be filed prior to March 12, 2020. 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). El Segundo Herald: Pub. 3/19, 3/26, 4/2, 4/9/15 H-1229

Fictitious Business Name Statement 2015044352

The following person(s) is (are) doing business as 1) DOCTORSITES; 2) PHYSICALTHERAPISTSITES; 3) COACHING WEBSITES, 909 N. Sepulveda Blvd, 11th Floor, EL SEGUNDO, CA 90245, LA COUNTY. Registered Owner(s): MH SUB I, LLC, 909 N. SEPULVEDA BLVD, 11th Floor, EL SEGUNDO, CA 90245, DE. This business is being conducted by a LIMITED LIABILITY COMPANY. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/29/2014. Signed: MH SUB I, LLC, SECRETARY, B. Lynn Walsh. This statement was filed with the County Recorder of Los Angeles County on February 19, 2015. NOTICE: This Fictitious Name Statement expires on February 19, 2020. A new Fictitious Business Name Statement must be filed prior to February 19, 2020. 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). El Segundo Herald: Pub. 3/5, 3/12, 3/19, 3/26/2015 H-1221

Fictitious Business Name Statement 2015053160

The following person(s) is (are) doing business as J & B MOTORCYCLES, 131 STANDARD ST., EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): LEROY CHARLES FREELAND, 131 STANDARD ST., EL SEGUNDO, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: JAN 1979. Signed: LEROY FREELAND, OWNER. This statement was filed with the County Recorder of Los Angeles County on FEBRUARY 27, 2015. NOTICE: This Fictitious Name Statement expires on FEBRUARY 27, 2020. A new Fictitious Business Name Statement must be filed prior to FEBRUARY 27, 2020. 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). El Segundo Herald: Pub. 3/5, 3/12, 3/19, 3/26/2015 H-1222

Fictitious Business Name Statement 2015063250

The following person(s) is (are) doing business as MICROPLATE, 1013 W. HILLCREST BLVD INGLEWOOD, CA 90301 LOS ANGELES COUNTY. Registered Owner(s): MULTICHROME CO. INC., 1013 W. HILLCREST BLVD. INGLEWOOD, CA 90301. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/09/2015. Signed: MULTICHROME CO INC., PRESIDENT, Sergio Avantes. This statement was filed with the County Recorder of Los Angeles County on 03/09/2015. NOTICE: This Fictitious Name Statement expires on March 9, 2020. A new Fictitious Business Name Statement must be filed prior to March 9, 2020. 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 : Pub. 3/12, 3/19, 3/26, 4/02/2015 HI-1223

Fictitious Business Name Statement 20150444877

The following person(s) is (are) doing business as "RESEARCH SPECIALIST OF THE LAW.", 4024 W. 165 ST. LAWNDWALE, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): BRYAN ONEAL POWELL, 4024 W. 165 ST. LAWNDWALE, CA 90260. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: n/a. Signed: BRYAN ONEAL POWELL, OWNER. This statement was filed with the County Recorder of Los Angeles County on February 19, 2015. NOTICE: This Fictitious Name Statement expires on February 19, 2020. A new Fictitious Business Name Statement must be filed prior to February 19, 2020. 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 Tribune: Pub. 3/12, 3/19, 3/26, 4/2/2015 HL-1224

Fictitious Business Name Statement 2015071112

The following person(s) is (are) doing business as SOUTHERN CALIFORNIA AUTO TRANSPORT, 3153 W. 153RD ST., GARDENA, CA 90249, LOS ANGELES COUNTY. Registered Owner(s): GEORGE LUIS LEYVA, 3153 W. 153RD ST., GARDENA, CA 90249. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: n/a. Signed: GEORGE LUIS LEYVA, OWNER. This statement was filed with the County Recorder of Los Angeles County on March 17, 2015. NOTICE: This Fictitious Name Statement expires on March 17, 2020. A new Fictitious Business Name Statement must be filed prior to March 17, 2020. 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). El Segundo Herald: Pub. 3/19, 3/26, 4/2, 4/9/15 H-1227

Fictitious Business Name Statement 2015070171

The following person(s) is (are) doing business as THE WISE GROUP, 2009 ERNEST AVENUE, UNIT A, REDONDO BEACH, CA 90278, LOS ANGELES COUNTY. Registered Owner(s): MARGARET WISE, 2009 ERNEST AVENUE, UNIT A, REDONDO BEACH, CA 90278. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: n/a. Signed: MARGARET WISE, OWNER. This statement was filed with the County Recorder of Los Angeles County on March 16, 2015. NOTICE: This Fictitious Name Statement expires on March 16, 2020. A new Fictitious Business Name Statement must be filed prior to March 16, 2020. 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). El Segundo Herald: Pub. 3/19, 3/16, 4/2, 4/9/15 H-1228

Fictitious Business Name Statement 2015068856

The following person(s) is (are) doing business as INDIAN SUMMER GRILL, 958 MAIN ST., EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY. Registered Owner(s): SARWAN S. SUDWAL, 1123 E. ACACIA AVE., EL SEGUNDO, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: n/a. Signed: SARWAN S SUDWAL, OWNER. This statement was filed with the County Recorder of Los Angeles County on March 13, 2015. NOTICE: This Fictitious Name Statement expires on March 13, 2020. A new Fictitious Business Name Statement must be filed prior to March 13, 2020. 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). El Segundo Herald: Pub. 3/19, 3/26, 4/2, 4/9/15 H-1226

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. - Helen Keller

Sports

Lawndale Bounces Back with Regional Routs



Lawndale's Brandon Newman attempts a jumper from the front of the key in last Saturday's Southern California Regional Division II quarterfinal against Redlands East Valley. The Cardinals advanced to the semifinals at La Costa Canyon in Carlsbad last Tuesday in quest of making the regional finals Saturday at noon at the Cal State Long Beach Pyramid.

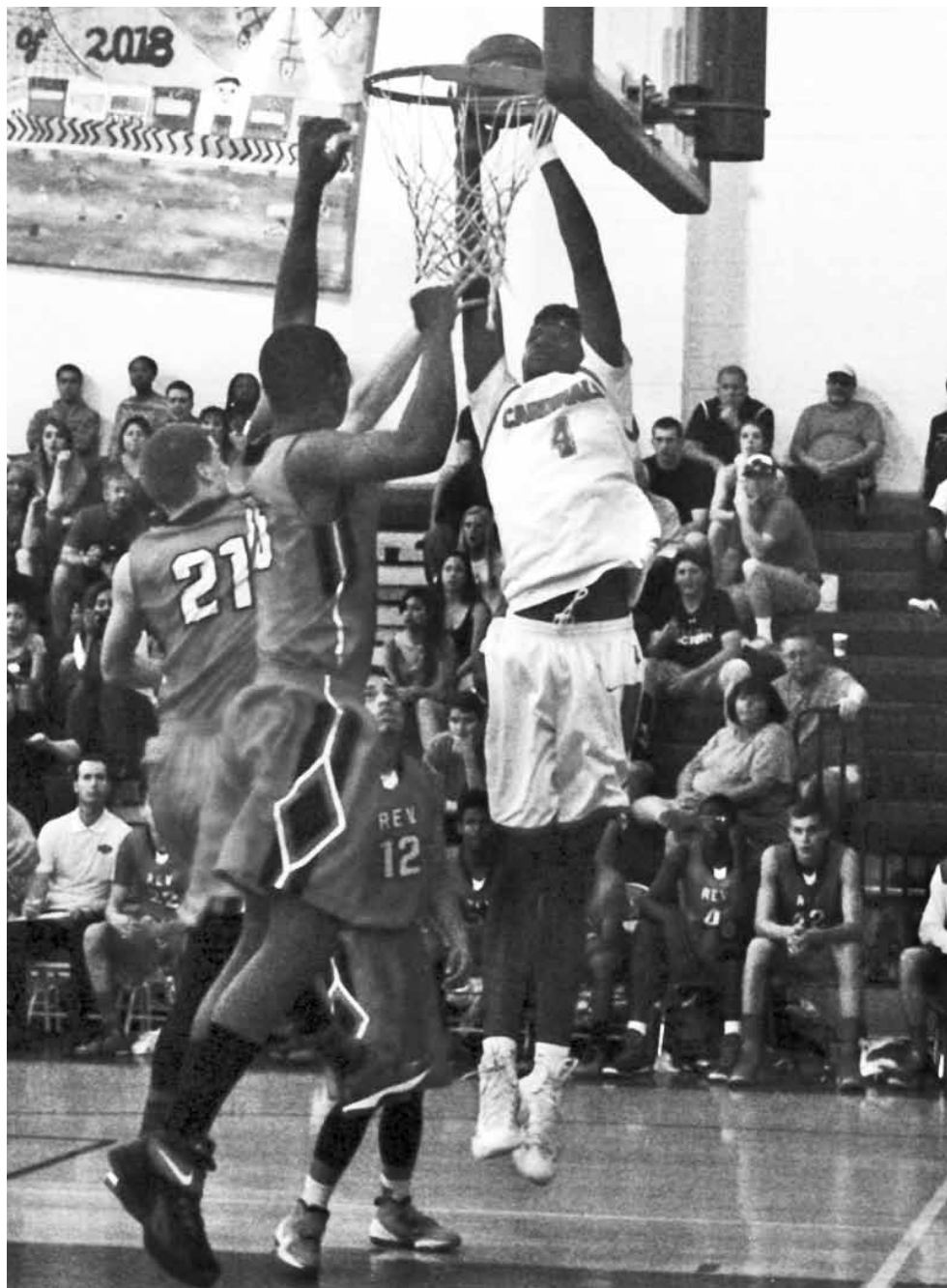
By Joe Snyder
Photos by Joe Snyder

A week after Lawndale High's boys' basketball team blew a 28-point lead late in the third quarter and lost the CIF-Southern Section championship to Anaheim Canyon 103-98 in double overtime on March 7 at the Honda Center in Anaheim, the Cardinals regrouped and recorded two easy wins over Van Nuys Grant and Redlands East Valley in the Southern California Regional Division II playoffs last week at Lawndale.

Against Grant, the CIF-Los Angeles City Division II runner-up, Lawndale had little

trouble in an 87-45 victory. Against East Valley, the Southern Section Division IIA finalist that fell to Compton, the Cardinals shut out the Wildcats 14-0 in the fourth quarter for a 75-50 win.

Lawndale, which began the tournament as the fourth seed, traveled to top seed La Costa Canyon in Carlsbad, a CIF-San Diego Section Open Division team that moved down to Division II in the regional semifinalist last Tuesday. If the Cardinals win, they will face the winner of Tuesday's other semifinal between Compton and La Mirada for the Division II championship and a right to play



Lawndale High's Chimezie Metu prepares for a dunk in last Saturday's Southern California Regional Division II boys' basketball game against Redlands East Valley. The Cardinals defeated the Wildcats 75-50.

for the California State Division II title at University of California in Berkeley at the Cal State Long Beach Pyramid Saturday at noon.

So far, Lawndale fixed itself well after that disastrous game against Canyon on March 7. Last Saturday, the Cardinals led East Valley throughout most of the three quarters with their biggest being 17.

The Wildcats, though, made some threats and got as close as seven points late in the third period, much due to the hot three-point shooting of Alexious Ziska, who led East Valley with 19 points that included six three-point baskets. Four of those came in the third quarter. In the fourth period, Lawndale's defense stiffened as it constantly clamped down on the Wildcats that resulted into holding them scoreless.

"We had some nightmares but this time I was more clear," Lawndale head coach Chris Brownlee said. "We needed to finish. Unfortunately last week, we didn't. We put it behind. We have to earn it next week. La Costa Canyon's a good team. We're going to keep working for it."

Chimezie Metu led the Cardinals (22-11) with a game-high 20 points and 12 rebounds. Among those for the six-foot-10 University of Southern California-bound senior was several spectacular dunks. Lawndale's other six-foot-10 player, San Diego State University-bound senior Brodricks Jones, added 14 points. Quincy Pinkard chipped in 12 points and Deandre Snedecor contributed 11.

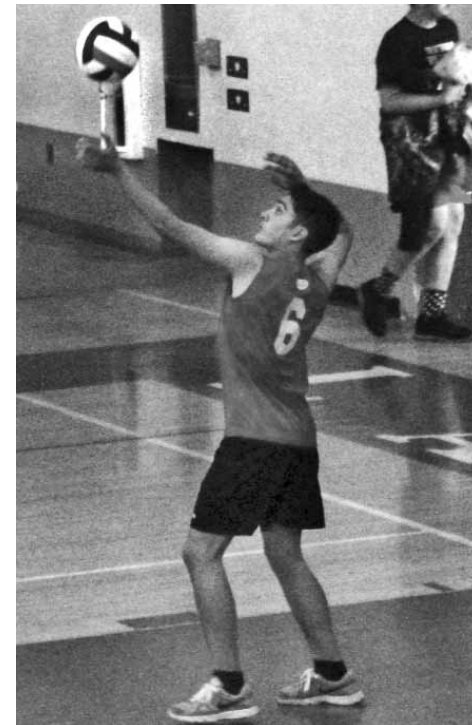
The game started more than an hour later than its original 6 p.m. time due to East Valley's team bus breaking down in Ontario. The Cardinals were led by Jones with 17 points, 10 rebounds and four steals in their win over Grant. Tedric Johnson finished with 15 points and Snedecor had 13 points. **HAWTHORNE SWEEPS LAWDALE**

After not fielding boys' volleyball over the past several years, the sport finally returned to Hawthorne. In an Ocean League match last Thursday at Lawndale, the Cougars swept the Cardinals 25-21, 25-15, 25-18.

Hawthorne, which improved to 1-1 overall and 1-0 in league, was led by junior outside hitter John Lozano with 13 kills. Senior setter Mark Chishson and sophomore outside hitter Jody Ryan also had good games, according to Cougar assistant coach Yuri Najarro, who is also Hawthorne's head boys' soccer coach.

"We're hoping to be able to win games and not get blown out," Najarro said.

Lawndale fell to 0-5. Both teams are in the Ocean League as they will face top contenders



Hawthorne's Nicolas Fernandez serves the ball in last Thursday's Ocean League boys' volleyball match against Lawndale. The Cougars swept the Cardinals.

El Segundo, Culver City and Santa Monica. **CARDINALS EDGE LACES**

Lawndale High's baseball team improved to 2-4 with a 4-3 win over Los Angeles Center of Enriched Studies in a Southern California Invitational game last Thursday at Lawndale. Armando Hernandez had a two-run single for the Cardinals. Tyler Bonsky singled, scored and drove in a run. Miguel Osorio had a hit and scored.

Lawndale moves from the Pioneer to the Ocean but head coach Jeff Prihold feels it will be tough. "We're in a tough league," Prihold said. "We have tough games. We must be ready to go. We're hoping that our pitching will hold up."

Among the teams in league the Cardinals are with include El Segundo, who most observers feel will be the league favorite. The Eagles are led by USC-bound Lars Nootbar.

Culver City and Santa Monica, which advanced to the CIF-Southern Section Division III semifinals before losing to Palm Desert last season, are other top contenders. After visiting former Pioneer League rival North Torrance Tuesday, Lawndale will host the Saxons in non-league play today at 3:15 p.m. Lawndale, then, will have a pair of non-league games against cross town rival Leuzinger. The Cardinals host the Olympians next Tuesday at 3:15 p.m. then visit Leuzinger next Thursday at the same time. •



Lawndale pitcher Miguel Osorio throws to a LACES batter during last Thursday's Southern California Invitational baseball game. The Cardinals won 4-3. Lawndale hosts North Torrance today at 3:15 p.m.

Looking Up

Dawn Spacecraft Becomes First to Orbit a Dwarf Planet



A view of dwarf planet Ceres taken by NASA's Dawn spacecraft on March 1, 2015, from a distance of about 30,000 miles. Credit: NASA/JPL-Caltech/UCLA/MPS/DLR/IDA

Based on press release from NASA, provided by Bob Eklund

NASA's Dawn spacecraft has become the first to achieve orbit around a dwarf planet. The spacecraft was approximately 38,000

miles from Ceres when it was captured by the dwarf planet's gravity at about 4:39 a.m. PST Friday, March 7. Mission controllers at NASA's Jet Propulsion Laboratory (JPL) in Pasadena, California received a signal from

the spacecraft March 7 that Dawn was healthy and thrusting with its ion engine, the indicator Dawn had entered orbit as planned.

"Since its discovery in 1801, Ceres was known as a planet, then an asteroid, and later a dwarf planet," said Marc Rayman, Dawn chief engineer and mission director at JPL. "Now, after a journey of 3.1 billion miles and 7.5 years, Dawn calls Ceres home."

In addition to being the first spacecraft to visit a dwarf planet, Dawn also has the distinction of being the first mission to orbit two extraterrestrial targets. From 2011 to 2012, the spacecraft explored the giant asteroid Vesta, delivering new insights and thousands of images from that distant world. Ceres and Vesta are the two most massive residents of our solar system's main asteroid belt between Mars and Jupiter.

The most recent images received from the spacecraft, taken on March 1, show Ceres as a crescent, mostly in shadow because the spacecraft's trajectory put it on a side of Ceres that faces away from the Sun until mid-April. When Dawn emerges from Ceres' dark side, it will deliver ever-sharper images as it spirals to lower orbits around the planet.

"We feel exhilarated," said Chris Russell, principal investigator of the Dawn mission at the University of California, Los Angeles (UCLA). "We have much to do over the next year and a half, but we are now on station with ample reserves and a robust plan to obtain our science objectives."

Ceres appears to be differentiated into a rocky core and icy mantle, and may harbor a remnant internal ocean of liquid water under the layer of ice. The surface is probably a mixture of water ice and various hydrated minerals such as carbonates and clay. In January 2014, emissions of water vapor were detected from several regions of Ceres. This was somewhat unexpected, because large bodies in the asteroid belt do not typically emit vapor, a hallmark of comets.

Italian Giuseppe Piazzi discovered Ceres on January 1, 1801 while he was searching for a star. He first believed that he had discovered a comet, but he was not confident in his belief. By the end of the year, with the help of other astronomers, he had collected enough evidence to call it a planet.

It takes approximately 4.6 Earth years for Ceres to make one revolution around the Sun. Ceres is located 415 million kilometers from the Sun and revolves around the Sun in an orbit between Mars and Jupiter. In 1802, additional objects were also found to be orbiting in the same area. Sir William Herschel labeled these objects as asteroids, so in 1802 Ceres became known as an asteroid, not a planet. Ceres was the largest known asteroid in the asteroid belt until 2006. In 2006, the International Astronomical Union formed a new class of solar system objects known as dwarf planets. By definition a dwarf planet is spherical and travels in an orbit around the Sun. Ceres fit the definition perfectly. •

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE T.S. No. 14-30116 APN: 4078-033-038 PURSUANT TO CIVIL CODE Section 2923.3(a), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/17/2007. 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. 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: JAMES

PALFREYMAN AND MARISAPALFREYMAN, HUSBAND AND WIFE AS JOINT TENANTS Duly Appointed Trustee: LAW OFFICES OF LES ZIEVE Deed of Trust recorded 1/3/2008 as Instrument No. 20080012141 in book , page of Official Records in the office of the Recorder of Los Angeles County, California, Date of Sale: 4/9/2015 at 11:00 AM Place of Sale: BY THE FOUNTAIN LOCATED AT 400 CIVIC CENTER PLAZA POMONA, CA 91766 Estimated amount of unpaid balance and other charges: \$361,000.92 Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed. Street Address or other common designation of real property: 14409 Burin Avenue Lawndale, CA 90260 Described as follows: AS MORE FULLY DESCRIBED ON SAID DEED OF TRUST A.P.N #: 4078-033-038 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. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, 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) 730-2727 or visit this Internet Web site www.servicelinkasap.com, using the file number assigned to this case 14-30116. 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. Dated: 3/16/2015 Law Offices of Les Zieve, as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606 For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (714) 730-2727 www.servicelinkasap.com Natalie Franklin, Trustee Sale Officer THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WE OBTAINED WILL BE USED FOR THAT PURPOSE. A-FN4516299 03/19/2015, 03/26/2015, 04/02/2015 Lawndale Tribune Pub. 3/19, 3/26, 4/2/15 HI-24625

NOTICE OF SUPPLEMENT PETITION TO ADMINISTER ESTATE OF: SHANRON L. SEARCY-GILLILAND CASE NO. BP157867 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of SHANRON L. SEARCY-GILLILAND. A SUPPLEMENT PETITION FOR PROBATE has been filed by TRINA SEARCY in the Superior Court of California, County of LOS ANGELES. THE SUPPLEMENT PETITION FOR PROBATE requests that TRINA SEARCY be appointed as personal representative to administer the estate of the decedent. THE SUPPLEMENT PETITION requests authority to administer the estate under the Independent Administration of Estates Act with limited authority. (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: 04/10/15 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. In Pro Per Petitioner TRINA SEARCY 8405 BYRD AVENUE INGLEWOOD CA 90305 3/5, 3/12, 3/19/15 CNS-2723979# Inglewood News Pub. 3/5, 3/12, 3/19/15 HI-24609

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ROBERT S. MITCHELL CASE NO. BP160563 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of ROBERT S. MITCHELL. A PETITION FOR PROBATE has been filed by RICHARD ORA MITCHELL AND ROBIN MARIE MITCHELL in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that RICHARD ORA MITCHELL AND ROBIN MARIE MITCHELL be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court. 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: 04/09/15 at 8:30AM in Dept. 29 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 KRYSTINA T. TRAN, ESQ. LAW OFFICES OF TRAN & ISERHIEN, PC 4100 NEWPORT PLACE STE 710 NEWPORT BEACH CA 92660 3/12, 3/19, 3/26/15 CNS-2725703# Hawthorne Press Tribune Pub. 3/12, 3/19, 3/26/15 HI-24617

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DBA (Fictitious Business Name): \$75.00
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For DBA's email us at: dba@heraldpublications.com
All other legal notices email us at: legalnotices@heraldpublications.com
Any questions? Call us at 310-322-1830



COMMUNITIES COUNT

LIEN SALE: 2006 LEXUS VIN: JTHBH96S465032135 To be sold: 4/6/15 Address: 5028 W. PICO BLVD. LOS ANGELES, CA 90019 INGLEWOOD NEWS: 3/19/15 HI-24626
LIEN SALE: 2008 NISSAN VIN: 1N4BL24E18C140527 To be sold: 4/6/15 Address: 333 HINDRY AVE. INGLEWOOD, CA 90301 INGLEWOOD NEWS: 3/19/15 HI-24627

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THE ONES WHO ACTUALLY DO.

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POTS N' PANS
and how to bang them
by Chef Shafer

So everyone is on the Sirachi kick now. Even Jack In The Box. You all know how much I love spicy stuff so here is my recipe for homemade Sirachi.

LIVE WELL, LOVE MUCH, LAUGH OFTEN!

The Chef



Chef Shafer's Sirachi

Ingredients

- 1/2 cup vegetable oil
- 8 to 10 whole cloves of peeled garlic
- 1/2 pound dried Japanese chilies or the kind you see in kung pao chicken
- 1 medium yellow onion
- 1 quart chicken stock
- 1 cup tomato puree
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1/2 cup seasoned rice vinegar

Preparation

1. In a tall sauce pan heat the oil add the garlic and brown slightly.
2. Then add the chilies and brown them also
3. Then repeat with the onions add the remaining ingredients and simmer for 15 minutes.
4. Puree the mixture cool and serve.