

Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

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Baseball Season in Full Swing



Lawndale's Issac Galen slides safely into second base after he hits a double in Saturday's El Segundo Tournament baseball game against Westchester. The Cardinals edged the Comets 3-2. Photo by Joe Snyder

Now Serving, Good Samaritans at Window No. 8

By Rob McCarthy

A smile at the Department of Motor Vehicles can save a life.

That's the finding of an organ-donor study at Claremont Graduate University that looked at how people's moods are affected by the DMV. Most organ-donor registrations happen at the DMV, so the researchers went looking for a connection between the DMV experience and donor signups.

Participants reported feeling angry, frustrated and bored when dealing with the DMV, according to the findings by Claremont associate professor Jason Siegel and his team. Though the California DMV offers scheduled appointments that save time, many people drop in at their convenience even though it means standing in line and waiting for their number to be called.

"Given that most donor registrations occur at the DMV, we considered whether emotions experienced while at the DMV could influence registration rates," the authors wrote.

People have anxiety and fear about signing a donor card, and emotions do play a pivotal role in whether potential donors say yes or decline, based on earlier research. The Claremont team accepted that potential donors feel apprehensive because it involves thinking about death and someone else's life.

They found that a bad experience can reduce a person's willingness to check "yes" to becoming an organ donor before leaving the motor-vehicle licensing office. One explanation seems to be that it takes a host of positive emotions, including some courage, to make the decision to donate.

All 50 states ask applicants for driver's licenses or identification cards if they want to become organ donors. In California, 95 percent of the registrations come through the DMV, according to Donate Life California. The organization manages the state's organ and tissue donor registry.

Not everyone's DMV experience was negative, and the study didn't focus on California solely, according to Siegel. Participants, who were randomly selected, weren't asked to list their states.

"The data were collected from people across the country. It is possible that some were writing about California-based DMV experiences, but it is also within the realm of the possibility that none of the respondents were doing so," Siegel said in an email.

Many of the people who recalled a DMV experience as part of the study gave a negative account. Feeling angry, frustrated and disrespected inside the DMV doesn't put potential organ donors in a cooperative mood when a DMV counter person asks about becoming a donor.

Tom Mone, chief executive officer with the federally designated organ and eye recovery program OneLegacy, welcomed the findings. The California DMV is a partner with OneLegacy, which serves the Greater Los Angeles area, and the best hope for reaching the public with the group's life-saving message.

"My first thought is we've all been there," Mone said. "People are going to the DMV to deal with registration and licensing." Becoming an organ donor "is not something you went there to do."

While the motoring public wouldn't say that waiting at the DMV is enjoyable, Mone explained that card-table outreach about the organ-donor is one way his group can make DMV visits less boring. Volunteers armed with literature talk with DMV customers who are standing in line.

OneLegacy and other groups, including Donate Life California, have teamed with the DMV since 2006 to build the organ-donor registry through driver's-license and identification-card applications. Mone says the DMV has adopted donor registration as part of its corporate culture, even sending busloads of DMV employees to help decorate the Rose Parade float that OneLegacy enters every year in the Tournament of Roses Parade in Pasadena.

The Claremont study confirms that the decade-long effort by donor-recovery groups and their partners is saving lives, Mone said. DMV employees are trained in how to talk about the organ-donor program, which is focusing on the state's Hispanic

community to whom the medical necessity of donated organs, eyes and skin is new.

The registration rate among Hispanics has increased dramatically, thanks to the outreach and education done at the motor-vehicle departments, according to Mone.

"DMV employees can feel good knowing they go to work every day to issue driver's licenses, but also to save lives," Mone said.

The Claremont researchers see a challenge for the donor groups and their primary partners at the DMV. They must find a way to educate people and to unlock empathy and compassion for a terminally ill person in a busy, often-chaotic, and sometimes frustrating public place.

They suggest that future research focus on how promotional materials and other initiatives can work to overcome the negative feelings that visitors have for dealing with their local DMV office. The work didn't include recommendations for the DMVs.

Donate Life California and the four organ recovery agencies in California coordinated an estimated 918 organ donors last year, and 43 percent of the donors decided in advance by joining the state registry. More than 3,000 lives were saved through their personal authorization, according to Donate Life California.

California has more than 12.9 million registered organ, eye and tissue donors, the highest number among the states. Californians make up approximately 18 percent of the national organ transplant waiting list, according to figures provided by Donate Life California.

There are two ways to sign up to become a registered organ, eye and tissue donor: via the California Department of Motor Vehicles (DMV) and online at www.donateLIFECalifornia.org or www.doneVIDACalifornia.org.

Nationally, more than 121,000 people are on the organ transplant waiting list. One person on average is added to the waiting list every 10 minutes, and 22 die per day because a life-saving organ wasn't available, Donate Life California says. •

Weekend Forecast

Friday
PM Rain
65°/51°



Saturday
Sunny
63°/51°



Sunday
Mostly Sunny
64°/55°



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.

APARTMENTS FOR RENT

2 Bed/2 Bath, in Southwest corner of town, w/ lots of storage both in unit and carport. Laundry on site, NO PETS. \$1950/mo. For more info call (310) 880-1460.

EMPLOYMENT

Photographer wanted: We need five pictures per week, plus coverage of some events. \$10/per published photo. Must provide names and captions with all photos. Interested parties email management@heraldpublications.com. No calls please.

EMPLOYMENT

SOFTWARE Dvlpr, Apps Velocity, Inc. has an opportunity in El Segundo, CA for a SW Eng, Applic Ops. Exp must incl exp w/web svcs. Reqs incl MS & 1 yr exp. Mail resume to Attn: HR, 222 N. Sepulveda Blvd., Ste. 1800, El Segundo, CA 90245, Ref #ESVBH. Must be legally auth to work

in the U.S. w/out sponsorship. EOE

FOR RENT

1718 E. Mariposa 1 Bed 1 Bath, 1 Car Garage, \$1,650.00/Month. Call Bill Ruane's Office 310-647-1635 Avail March 6th

GARAGE FOR RENT

Garage for rent 10 x 20 lockable. Storage only. 707 E. Grand \$200 per month 310-365-1481

HELP WANTED

Computer Senior Software Development Engineer (El Segundo, CA) Provide technical direction to software dvlpmt team in architecture, dsng, dvlpmt & deployment of Microsoft ASP.NET based software solutions & systems within web based SaaS product suite. Evaluate user needs & prgmg needs to support conversion from Cold Fusion platform to .NET platform using XML/SOAP web service & WCF

web service. Dvlp enterprise class SaaS applications & systems using C# utilizing Visual Studio 2012, .NET Framework 4.5, MVC Framework 4.0, ADO.NET transaction mgmt & .NET (4.0 & 4.5). Req'd: Bachelor's in Comp Sci, Info Systems/Technology, Computer/Electrical/Electronics Engg or related IT/engg field plus 60 mos of exp in job offd or related software dvlpmt occupation. Resume to: Governmentjobs.com, Inc. (dba: NEOGOV), Attn: Dijana Beattie, Controller, 300 Continental Blvd., Ste 565, El Segundo, CA 90245

YARD SALE

Sat. 3/12, 308 W. Acacia Ave, 8AM-Noon Grill, file cabinets, washer, clothes, coffee table and so much more! All must go!!!!

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

Seniors

7 High-Tech Reasons You Should Finally Deal With Your Hearing Loss

(BPT) - Lifting your mood, boosting your energy, protecting your earnings, super-charging your social life - and even keeping your mind sharp: These are just some of the many spoils that come with facing and dealing with a noise-induced hearing loss that has been slowly but persistently creeping up on you.

The quality-of-life and feel-good benefits of treating even just mild hearing loss brought on by years of loud music, power tools, high-volume headphones, motor-sport engines, crowded night clubs and bars, noisy restaurants, and raucous sporting events are plenty. But in this digital age of smart phones and wearable technologies, the draw for many solution-minded consumers may be in the technology itself. Super-smart, super-sleek, super-convenient, and super-sophisticated - today's hearing aids give you a multitude of reasons to address that hearing loss you've been trying so hard to ignore.

Consider these inspiring facts about today's highly functional, high-powered hearing aids. They just may get you to finally do something about your hearing loss and make your life easier.

1. They're cool, sleek, discreet and virtually invisible. New technologies are all about function, style, and effortless living. The latest hearing aids offer all three. The designs are incredibly attractive with smooth, modern contours. And they're much smaller than even conventional Bluetooth earpieces. Many of the latest hearing aids are so tiny, they sit discreetly and comfortably inside the ear canal, out of sight. You might say that aesthetically, hearing aids have had a complete makeover.

2. They cut out background noise so you hear what you want to hear. Even with the best of hearing, it's tough to hear people when it's noisy. But many state-of-the-art hearing aids not only reduce unwanted noise, they also scan the listening environment and automatically adapt to it - even in wind. There are hearing aids that can actually "geo-tag" a location. So if it's convenient for you to network at a certain coffee shop, your hearing aids will know when you're there and adjust themselves accordingly. For the record, it's not by chance that the latest state-of-the-art hearing aids are so adaptable to changing noise scenarios. Recordings of virtually every imaginable listening situation have been used to create algorithms and "train" these amazing mini-computers for your ears.

3. They capture the natural richness and variation of speech, so it's easier to follow the conversation wherever you are. Let's face it, one of the most pesky aspects of not hearing as well as you once did is not catching everything people are saying. New technologies not only help you decipher speech details in music and noise, but they better preserve and clarify the more subtle sounds of language - like the consonants B, S, F, T, and Z - so you can really follow what someone is saying. No faking.

4. You can hear from all directions - even when scoping out what's in the fridge. Advanced directional microphone technology lets you hear from the back and side - something really important when driving a car. But it also makes it easier to hear voices more clearly in other everyday settings - like when your head is in the fridge and your significant other is talking at your back. Yes, that's one great feature.

5. Digital, Bluetooth, and wireless capabilities keep you connected when it counts. Digital, wireless hearing aids are the now the norm. That means many new technologies let you stream sound directly into your hearing aids - at the perfect volume - from your smartphone, laptop, conference-room speakerphone, home entertainment system,



and other Bluetooth devices. Music, phone calls, podcasts, videos, whatever you listen to through your iPhone (or iPad and iPod for that matter), you can listen to through many hearing aids. Some even let you control the volume and other personalized sound settings with an app on your smartphone. Several types of wireless accessories give you a listening boost by bridging the gap between you and the speaker, making it easier to hear in loud or large places. Using a wireless mini-microphone - with cool, contoured designs, some even looking like a pen- placed on the restaurant or conference-room table, or near anyone you want to hear, makes it feel like they're speaking directly and clearly into your ears, no matter how noisy the setting. You adjust the volume.

6. State-of-the-art comfort and convenience mean you'll always want to use them. Super-small, super-light, customized, functional, and ergonomically designed, hearing aids today are more comfy than ever - yet tough enough to withstand real life. For most of the newest hearing aids, there's virtually no feedback or whistling thanks to advances in digital technologies. And most are hypoallergenic with nanotechnology coating to keep them clean and dry. Some are even fully waterproof, so you can swim and shower in them, no problem. Plus, today's greater-than-ever audio-processing goes hand-in-hand with less battery usage. Some hearing aids are even rechargeable, eliminating the need to change batteries altogether. But the convenience and comfort don't end there. Some brands let you set up reminders for things like appointments or taking medicine. Perhaps the most "peace-of-mind-preserving" life hack, though, is leading-edge technology that helps sooth the ringing in your ears (tinnitus) in a way that suits you.

7. There are even more disruptive hearing technologies on the horizon. Totally out-of-sight, semi-permanent hearing aids that stay in for two to three months let you shower and sleep in them, no fuss. Perhaps the most futuristic glimpse of hearing aids is tied to recent ground-breaking studies revealing a significant link between untreated hearing loss and dementia. Hearing aid manufacturers are deep in the trenches working to create future break-through technologies that will make it as easy as possible for the brain to decode speech and other sounds. Reducing cognitive load - that is, drawing fewer resources from the brain just to "hear" - is a very good thing. After all, we really do hear with our brains and not with our ears. Some hearing aids with these technologies are already available. Yes, leading-edge hearing aids are here to help you keep your mind sharp and your life easier by hearing your best at every age - starting today.

For more information on hearing loss and to take a free, quick, confidential, online hearing check to determine if you need a comprehensive hearing test by a hearing healthcare professional, visit www.BetterHearing.org. Follow BHI on Twitter @ [better_hearing](https://twitter.com/better_hearing). Like BHI on Facebook at <http://www.facebook.com/betterhearinginstitute>.

Film Review

Knight of Cups, and How to Escape in a World Full of Escape

By Ryan Rojas
for www.CINEMACY.com

Christian Bale goes from playing one Dark Knight to another, a dark knight of a man weighed down by his own brooding and self-imposed burdens as he meanders and moseys through what one would surmise to be a personal journey of self-discovery, in Terrence Malick's new film, *Knight of Cups*, opening limited in theaters today.

Knight of Cups is truly arthouse cinema. This is not a commercial movie, which means there's a different sort of story unfurling here not typically seen or expected in mainstream movie-going - which, full disclosure, is also to say that there's barely a whiff of a story here at all, and is rather

to his sons, the other son being a more manic LA type (Wes Bentley).

Rick floats through endless Hollywood Hills parties and nightclub raves like the Ghosts of Christmas Past, Present, and Future combined, in a sort of fever dream reality. All this, in chaptered storytelling, gives some semblance of structure to the thing. The tarot card motifs and solar and lunar imagery abound here all serve to show that this knight is fated to seek this treasure, this answer, in a world full of distraction and vapidty. The mystique of the goddesses further serve his noble quest, and the film has incredible talent to play these roles. Cate Blanchett, Teresa Palmer, and Natalie Portman all pop up



Cate Blanchett and Christian Bale in *Knight of Cups*. Courtesy of Broad Green Pictures.

a montage of aesthetically beautiful visuals and sequences. It's certainly an example of fine filmmaking and craftsmanship, though perhaps to most audiences, it will be that, and nothing more.

The journey and story here, in this beautifully shot film (photographed by Academy Award-winning cinematographer Emmanuel Lubezki, hot off of his historic third consecutive win for *The Revenant*) is one of existential crisis in this most modern of ages. What does it mean to live in a world of such available opulence and opportunity, and what does it mean when all of those things mean nothing in the face of un-satisfaction? How does one escape, when one's entire world is the offering of pleasures and escape?

Written (with no official script) and directed by Terrence Malick, *Knight of Cups* is able to pose these philosophic questions and stir these high-minded thoughts, as his more recent films (*The Tree of Life*) feel more like abstract compositions that allow audiences to project and infer meaning themselves. The film tells the story of a Hollywood screenwriter, Rick, (Christian Bale) who, sullen and silent, wanders and moseys and hangs his head through the streets of Los Angeles, all the while evoking something between despair and acceptance with breathy voice-over hovering above every moment. Despair and acceptance of what?, you may ask? We see that Rick's father (Brian Dennehy) may have neglected, or failed to give something

in chapters of Rick's life, each revealing a part of his spiritual lacking in different ways. It's a film constructed through the male gaze and understanding of life as he knows it, which will likely further split audience reactions.

Knight of Cups must be regarded for exactly what it is: a work of art. A work of art, in that it holds no commercial value and is rather the work of a singular artist commenting a singular vision and making a grand statement about the universe at large, even if it's just his own statement (and even if this statement feels as empty and hollow as the world it's commenting on). Fans of Malick's previous films will know this - others must be warned beforehand, lest they expect something resembling a comfortable narrative to watch.

It's a tough thing to make aimless wandering exciting to watch, or even empathic, and *Knight of Cups* will deter people from enjoying it for that reason. It burns ever-slowly, as we the audience are merely along for the ride, moment-to-moment, in which everything exists in the ultra-present of modern day living. Ultimately, it all feels like this longing dream is too abstract to take any substantial meaning from. This knight will most likely continue to wander for the rest of his days, which makes *Knight of Cups* feel more like a ceaseless spinning of plates.

Knight of Cups is rated R for some nudity, sexuality, and language. 1 hr 58 min. Playing at The Landmark and ArcLight Hollywood. •

Police Reports

Mon 2/22/16 to Sun 2/28/16

ROBBERY 14400 S INGLEWOOD AV SHOPPING CENTER
Mon 2/22/16 11:41
Property Taken: PUMA SHOES BLK SHOES

BURGLARY – COMMERCIAL 4400 W IMPERIAL HY STORAGE SHED, PUBLIC
Mon 2/22/16 06:34
Property Taken: florescent light fixtures
Method of Entry: CUT PADLOCK

BURGLARY – RESIDENTIAL 4000 W 133RD ST APARTMENT COMMON AREAS (LNDRY,CLB HSE,ETC) APARTMENT
Mon 2/22/16 13:31
Property Taken: gold wedding rings with diamonds, rps graduation ring from high school with diamonds, deceased fathers living will, 10000 dollars worth silver dollars and presidential, garnet ring
Method of Entry: LOCK PUNCH KI

ROBBERY 3100 W ROSECRANS AV PARKING LOT, GARAGE, PAID
Tue 2/23/16 22:13
Property Taken: six \$20 bills

BURGLARY – COMMERCIAL 4400 W 126TH ST PARKING LOT, GARAGE, PAID
Tue 2/23/16 15:26
Property Taken: (1)rust colored laptop/(2) silver laptops-refurb., stereo equalizer, blk leather jacket (tribal print)
Method of Entry: UNKNOWN

BURGLARY – RESIDENTIAL 12200 S CEDAR AV HOUSE
Wed 2/24/16 12:25
Property Taken: MAROON LIGHTWEIGT FASHION SUITCASE, PLAYSTATION 3, BLACK, (2) CONTROLLERS, GRAY SAFE 12 X 12, US CURRENCY, DEED/TITLE TO THE RESIDENCE, BIRTH CERTIFICATE US PASSPORT
Method of Entry: OPENED

BURGLARY – RESIDENTIAL 4200 W 129TH ST APARTMENT/CONDO
Wed 2/24/16 16:53
Property Taken: black touch screen, black and red hi-top
Method of Entry: REMOVED

ROBBERY W 139TH ST/S DOTY AV STREET, HIGHWAY, ALLEY
Thu 2/25/16 12:34
Property Taken: Gold ring with diamonds., Gold earrings (2), Gold necklace with

virgin Mary pendant
ROBBERY 4000 W 137TH ST APARTMENT COMMON AREAS (LNDRY,CLB HSE,ETC) DUPLEX/FOURPLEX
Thu 2/25/16 14:12

BURGLARY 16900 S DENKER AV
Thu 2/25/16 01:44
BURGLARY 4200 W 129TH ST APARTMENT COMMON AREAS (LNDRY,CLB HSE,ETC)
Thu 2/25/16 05:51

BURGLARY – RESIDENTIAL 12700 S MENLO AV APARTMENT COMMON AREAS (LNDRY,CLB HSE,ETC) APARTMENT
Thu 2/25/16 07:06
Property Taken: approximately \$180.00-US Currency, 8-house keys/2-vehicle keys

BURGLARY 12700 S MENLO AVE
Thu 2/25/16 07:06
BURGLARY 4300 W 130TH ST AUTO/VEHICLE
Thu 2/25/16 10:39
Property Taken: Grey Active sweater, Pink slip of vehicle
Method of Entry: UNKNOWN

BURGLARY 14100 S CORDARY AV AUTO/VEHICLE
Fri 2/26/16 08:23
Method of Entry: PRIED

BURGLARY 11600 S MENLO AVE
Fri 2/26/16 08:49
ATTEMPT RESIDENTIAL BURGLARY 11800 S GALE AV HOUSE
Fri 2/26/16 11:11
Method of Entry: REMOVED

BURGLARY – COMMERCIAL 5200 W ROSECRANS AV OTHER
Sun 2/28/16 03:13
Property Taken: A box of quarters.
Method of Entry: BROKE GLASS

BURGLARY – RESIDENTIAL 13300 S HINDRY AV HOUSE
Sun 2/28/16 07:58
Method of Entry: OPENED

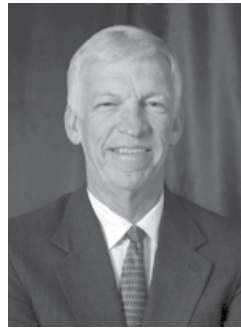
BURGLARY 11800 S ACACIA AVE
Sun 2/28/16 15:32
BURGLARY 12600 S EUCALYPTUS AV
Sun 2/28/16 17:03
BURGLARY - RESIDENTIAL 13800 S CHADRON AV APARTMENT/CONDO
Sun 2/28/16 21:11
Property Taken: COMPUTER EQUIP JEWELRY/PRECIOUS METAL
Property Taken: APPLE MACBOOK PRO
Method of Entry: UNKNOWN •

Hawthorne Happenings

News for the ‘City of Good Neighbors’

DOWNTOWN HAWTHORNE PLAN APPROVED

Finally, after almost two decades of inactivity, the Hawthorne City Council approved the specific plan for the entire Hawthorne downtown area. This development plan includes the old Hawthorne Plaza Mall site and the civic center redevelopment. The strategic plan was over two years in the making. It was presented to the council and to the public through a series of presentations. After an hour of discussion the council voted unanimously to approve it. At the mall site, the mixed use proposal that still will have to go through planning approval, will include approximately 500 high-end housing units, innovative office space, commercial outlets open to Hawthorne Blvd., and outdoor dining sites. This council vote could be the turning point for the city. We are talking about millions of dollars being investing into turning out blighted north end into a desirable destination for residents and outsiders. There are still some steps that have to be taken to make it real, but we have taken a giant step by having the environmental impact study approved that allows for housing at the site. I don't think it's too early in my column to mention having a cold one to celebrate this great day! I can almost taste the craft beer being poured at the outdoor eating establishment overlooking our busy boulevard packed full of tax paying customers. Let the good times roll.



Work Investment Board are all sponsoring this event along with many other organizations.

GOLF TOURNAMENT

The 27th Annual Hawthorne Parks and Recreation Foundation Golf Tournament will be held on Monday, April 11th at Coyote Hills Golf Club in Fullerton. Annually, this tournament raises a lot of money to provide programs and services to the residents of Hawthorne. We are always looking for additional golfers and sponsors. If you wish to have your company sponsor a foursome, or if you simply wish to join up with another foursome you are welcome to participate and support a great cause. For more information please contact, Dick Huhn at 310-643-9157. Lunch and dinner are both included with your entry fees.

WHAT'S IN IT FOR ME?

I received a few responses to my 2022 Hawthorne dream from last week. Several people think I'm crazy. Some questioned my mental state for wanting to remain in Hawthorne the next six years. Wherever we are in life we can always look and see our world for all of it's bad or look to find the good. The grass is always greener somewhere else. I would rather try to make the grass greener right where I'm at. There will always be people who will laugh and say it's not worth it. Some people ask, "What's in it for me?". I think when we volunteer and work to serve others and try to make our community better we are getting something more than financial gain. The satisfaction from knowing you helped with something larger than yourself is much more satisfying. That feeling of worthwhileness from service is great. It may even be better than having a nice, frosty one. **Email me at: norhuber@gmail.com •**

BUSINESS EXPO THURSDAY

The Hawthorne Business Expo will be held at the Memorial Center this Thursday, March 10th from 10 a.m. to 3 p.m. The public is invited to check out the resources available for start-up businesses and for established companies looking for new ideas. The City of Hawthorne, the Chamber of Commerce, and the South Bay

Rediscover Gold.

6 NEW METRO GOLD LINE STATIONS ARE NOW OPEN.

Metro Briefs

SOUTH BAY

Metro Gold Line Foothill Extension Now in Service

Metro's Gold Line Foothill Extension officially opened March 5, with large crowds coming out to enjoy live music, food trucks and more at the new Arcadia, Monrovia, Duarte/City of Hope, Irwindale and Azusa Downtown Stations. The 11.5-mile rail line extension connects East Pasadena to Azusa and points in between, providing a relaxing and money-saving alternative to driving the busy 210 Freeway. Rediscover Gold at metro.net/moregold.

New TAP Website

At the all-new taptogo.net, you can load your card, register for free balance protection, see if you're qualified for a reduced fare and search for a TAP vendor near you. Visit taptogo.net and unlock the full potential of your TAP card.

Metro Eases Traffic

Everyone knows that congestion is bad, but we really can improve the way we get around. Right now, Metro is easing traffic by delivering 1.4 million rides each day. And we're planning future relief all over LA County by adding more bus and rail service, fixing freeway bottlenecks, funding local road improvements and updating our strategic transportation vision. We've come a long way in a short amount of time, but we still have so much more to do. Let's get it done, together. Learn more about The Plan at metro.net/theplan.

Take a Tour of the Expo Rail Line

It's easy to explore destinations like Olvera Street, the Broad Museum and Exposition Park on Metro. Learn how to get started with a FREE guided rail tour of the Metro Expo Line. You'll get useful tips on how to plan your trip, buy a pass, and ride the Metro rail and bus system. To reserve your spot, visit metro.net/tours.



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"Nobody can hurt me without my permission."

- MAHATMA GANDHI

Are You Still Paying Too Much For Your Medications?

Their Price

Celebrex™

\$910.20

Typical US Brand Price for 200mg x 100

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CHICKEN (ONION, BELL PEPPERS)	PEPPERONI (PEPPERONI, MARINARA SAUCE, MOZZARELLA CHEESE)

10% OFF!

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TWO LOCATIONS!

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Plus Tax. Extra toppings additional cost. No substitutions and coupon must be presented. Please mention coupon when ordering. One per customer. Expires 3/24/16.

Plus Tax. One per customer, must present coupon, not valid with any other offer, no substitutions please. Expires 3/24/16.

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Café Vida a Healthy Alternative

By Gregg McMullin

Living the South Bay life style means a number of things including keeping fit and eating a healthy diet. Under one roof you can take advantage of both and leave feeling pretty good about yourself. At Bay Club, formerly known as Spectrum Health Club South Bay, there is a café that is one of the best kept secrets that is vastly becoming the place to eat. Café Vida took the reins of the restaurant some ten years ago before that it was a nice place to get a smoothie. Now Café Vida is the place to have breakfast, lunch or dinner.

At many gyms you need to be a member to get into their restaurant or café but not at Bay Club, South Bay. This café gladly welcomes local businessmen and women into their enticing open atmosphere without having to be a member of the club.

This is an eatery like no other and they cater to the healthy eating life style. If you want something like French fries or a hamburger you won't find it here. On the other hand if you want a culinary delight that pulls together the most organic, freshest ingredients then this is the place to go.



Café Vida's menu board is an extensive list of healthy and pleasing to the palate food and smoothies.

Café Vida's manager, Antonio Vazquez, has an extensive culinary background and is one of the reasons for the café's success. He explained that each day a delivery of fresh bread, fruits and vegetables are delivered. He says putting together a menu so diverse that keeps customers coming back is the legacy of the café's success.

Reading over the menu and the ingredients used in their dishes you could tell this was a restaurant that knows how to please anyone's taste buds. For example they use cage free eggs, applewood or turkey bacon, organic brown or Spanish rice, organic black beans, pea sprouts, Tillamook cheese, fresh squeezed orange juice, freshly made guacamole and salsas daily. They do have three daily specials from which to choose including a salad, a pasta dish or fish entrée.

We tried a sampling of dishes that were suggested and picked off the menu for lunch. The Warm Café Salad is one of the

most popular dishes. This sizable salad was, indeed, what people all raved about. Combining local hearts of romaine, red lola lettuce, warmed organic Spanish brown rice, avocado, cherry tomatoes and a hint of hot sauce. It is topped with either grilled chicken breast or filet mignon tips. The dressing we selected was a nice mild Caesar dressing that was the perfect blend for the palate and the perfect compliment for this salad.

If you like sandwiches the one that was brought to our table was the Roasted Turkey sandwich that is a free range turkey breast that is sliced to your wishes. This sandwich is piled high between slices of toasted 5 grain bread and includes avocado, jack cheese, tomato, butter lettuce, red onion, and a dab of chipotle sauce for flavor. Ask to add the basil mayo if you really want to make a perfect sandwich better. The sandwich was not dry and the turkey was moist.

An alternative to the Turkey sandwich is

the Southwest Turkey Roll Up. It combines turkey breast, avocado, jack cheese, shredded carrots, butter lettuce, cucumber and hint of salsa and chipotle sauce all rolled into a fresh spinach tortilla. Each of these comes with your choice of fresh fruit, organic green salad or Caesar salad.

What would a health club be without a place to get a smoothie. Café Vida has an array of all natural super food smoothies. We tried the BC Smoothie that combined strawberries, banana, fresh squeezed orange juice and vanilla protein. It was a refreshing boost having us wanting more and thinking we just drank a cup of sunshine.

The other we tried was the Almond Butter Cup. The taste of this smoothie lends a combination of all natural almond butter, banana, Isopure chocolate whey protein and almond milk. Though its loaded with an almond base the trace of the chocolate whey overcomes that nutty flavor for a truly delectable drink; almost like having a guiltless glass of dessert.

Overall Café Vida's secret to success has been leaked and certainly a destination for a healthy alternative. •



The Southwest Turkey Wrap had the perfect blend of southwest flavor without being too spicy.



The Turkey sandwich was moist and piled high.

Sports

Hawthorne Begins Season With Win over Leuzinger



Lawndale's Tyler Bonsky leads off first base in Saturday's El Segundo Tournament action against Westchester. Bonsky is a returning all-Ocean Leaguer for the Cardinals.

By Joe Snyder, photos by Joe Snyder

Under first year head coach J.C. Randolph, Hawthorne High's baseball team began the 2016 season on a good note by downing cross town rival Leuzinger 5-1 last Friday at Hawthorne. Randolph replaces long time mentor Jeff Hines, who stepped down after last season.

The Cougars started off well scoring four runs in the bottom of the first inning. The Olympians, who have been struggling over the past several years, scored one in the top of the third. Hawthorne added a run in the bottom of the third. From there, the pitchers took over. Third year senior starting varsity player Charles Phelps sparked the Cougars by going two-for-three with one run batted in and two runs scored. Junior Andres Cordova was two-for-two. Junior Peter Girgis went one-for-two and drove in two runs. Phelps was the winning pitcher going four innings, allowing one run on five hits. He struck out five batters, walked two and hit one. Andy Monarrez pitched three perfect innings, striking out seven.

Hawthorne was to play at Leuzinger on March 2 but the game was postponed. Rescheduling is yet to be determined. The Cougars hosted CIF-Los Angeles City Section school University last Monday and will be at home against Long Beach Jordan High in a non-league game next Wednesday at 3:15 p.m. Hawthorne starts the Ocean League at home against Santa Monica on April 14.

Leuzinger has two games against Morningside from Inglewood this week. After visiting the Monarchs last Tuesday, the Olympians are at home against Morningside Friday at 3:15 p.m. Leuzinger visits another cross town rival, Lawndale, next Tuesday at the same time.

LAWNDALE EDGES WESTCHESTER

After losing its season opener at Banning

14-4 last Friday in Wilmington, Lawndale High's baseball team evened its record to 1-1 with a 3-2 victory over Westchester Saturday at home. It was first year head coach Steven Washington's first win. Washington replaced Jeff Prihold, who stepped down after last season.

A two-run double by Jesus Sanchez in the bottom of the fourth inning gave the Cardinals a 3-1 lead. The Comets came back with a run on a double by Damien Johnson to bring home his brother, Dejuan, but pitcher Leo Cervantes shut down Westchester the rest of the game for a complete-game win. Cervantes allowed two runs on five hits. Armando Novela drove in the other Lawndale run in the bottom of the second.

Despite losing the season opening game, Novela gave up just two earned runs as six Cardinal errors led to 12 unearned runs. "It was a tough game," Washington said. "It was our first game on the road and it was at night. It's a great learning experience. These guys continue to work hard."

Washington has several key returning starters, behind first baseman-pitcher Tyler Bonsky. Last season, Bonsky was first team all-Ocean League and threw a shutout in Lawndale's stunning 1-0 shutout over powerhouse El Segundo. Issac Galan, Jesus Sanchez, Mike Zambrano and Kobe Dempsey are other key returning players for the Cardinals.

Washington is pleased with the support he had that includes the school's administration, the athletic director and the Lawndale Little League.

The Cardinals hosted Pioneer High from Whittier Tuesday. Lawndale is at home against cross town rival Leuzinger next Tuesday at 3:15 p.m. The Cardinals start the Ocean League at Culver City on April 14.

ANIMO BLANKS MORNINGSIDE

The Animo Leadership High baseball team began its season by shutting out Morningside 8-0 on March 2 at Darby Park in Inglewood. The Aztec-Eagles scored three runs apiece in the bottom of the first and second innings, before adding one each in the third and fourth.

Senior Cesar Rocha went two-for-two with two runs batted in and one run scored.

He also went three innings, allowing one hit, striking out seven batters and walking three. Senior Erik Lopez drove in two runs. Senior Adam Miranda was one-for-three with one RBI.

The Monarchs (0-1) will visit Leuzinger on Lawndale Friday at 3:15 p.m. Morningside has a doubleheader against Centennial from Compton Saturday beginning at 10 a.m.

COUGAR SOFTBALLERS ARE 3-0

Hawthorne High's softball team is off to a 3-0 start after wins over Bellflower, Gardena Serraa and St. Joseph from Santa Maria last week. In a non-league game at Bellflower on February 29, the Cougars topped the Buccaneers 8-6. Hawthorne, then, won the first two games of the St. Monica Tournament. Last Friday, the Cougars humiliated Serra

18-0. On Saturday, Hawthorne defeated St. Joseph 6-3.

INGLEWOOD BEGINS STATE PLAYOFFS

After going 1-2 in the CIF-Southern Section Open Division playoffs, Inglewood High's boys' basketball team began play in the Southern California Regional playoffs at home against Torrey Pines from San Diego-Del Mar on Wednesday. The Sentinels are seeded eighth and Torrey Pines is ninth. Top seed is Encino Crespi and Bay League champion Redondo is second. Third seed is CIF-L.A. City Section runner-up Narbonne from Harbor City. If Inglewood wins, it could visit Crespi in the quarterfinals Saturday at 7 p.m. The Celtics edged the host Sents 69-68 on Feb. 26, then went on to defeat Corona Centennial (85-75 on March 1) and Redondo (89-71 last Thursday) for the Open Division consolation championship. Chino Hills, the United States' top ranked team, rolled over Chatsworth Sierra Canyon 105-83 for the Open Division championship last Saturday at the Honda Center in Anaheim. •



Steven Johnson replaces Jeff Prihold as Lawndale High's head baseball coach. The Cardinals are 1-1 after losing to host Banning 14-4 on Friday, then edging Westchester 3-2 Saturday at Lawndale.

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PUBLIC NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF: MARY ANN DEFEQ CASE NO. BP171273
 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MARY ANN DEFEQ. A PETITION FOR PROBATE has been filed by FREDDIE JONES in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that FREDDIE JONES 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: 03/25/16 at 8:30AM in Dept. 11 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 E. GRANT HARDACRE BLUM, PROPPER & HARDACRE, INC. 12100 WILSHIRE BLVD #905 LOS ANGELES CA 90025 3/10, 3/17, 3/24/16 CNS-2853445# Inglewood News Pub. 3/10, 3/17, 3/24/16 **HL-25013**

NOTICE OF PETITION TO ADMINISTER ESTATE OF: PAUL HAROLD AASNESS CASE NO. BP171578
 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of PAUL HAROLD AASNESS. A PETITION FOR PROBATE has been filed by ERIK R. AASNESS in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that ERIK R. AASNESS 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. A HEARING on the petition will be held in this court as follows: 04/01/16 at 8:30AM in Dept. 67 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 JOHN M. WOODBURN, ESQ. - SBN 86754 LAW OFFICE OF JOHN M. WOODBURN 272 S LOS ROBLES AVENUE PASADENA CA 91101-2872 3/10, 3/17, 3/24/16 CNS-2853253# LAWDALE NEWS Lawndale Tribune Pub. 3/10, 3/17, 3/24/16 **HL-25015**

NOTICE OF PUBLIC HEARING ZONING CODE AMENDMENTS 2016ZA04 & ORDINANCE NOS. 2107 AND 2111, PUBLIC NOTICE is hereby given that the City Council of the City of Hawthorne will hold a public hearing on the proposed amendments to the zoning ordinance as follows:
 Day: Tuesday
 Date: March 22, 2016
 Time: 6:00 p.m.
 Place: City Council Chambers
 4455 West 126th Street
 Hawthorne, CA 90250
Project Title: Ordinance No. 2107 and Urgency Ordinance No. 2111
Project Location: R-4 and Mixed-Use Overlay zones
Project Description: A City-initiated application to amend certain chapters of Title 17 (Zoning), to impose and amend development standards and requirements for certain projects in the R-4 and Mixed Use Overlay Zones, amending the Hawthorne Municipal Code, and making a determination under CEQA. The City Council will consider adopting these amendments by regular ordinance (Ord. 2107) and urgency ordinance (Ord. 2111).
Project Title: Ordinance Nos. 2107 and 2111 will collectively impose and amend certain development standards for multifamily residential developments in the R-4 and Mixed-Use Overlay zones which are intended to implement mitigation measures required by

the Final Environmental Impact Report and address the traffic, parking, sewage, safety, vehicle circulation, and other components of the multi-family projects in those zones. This project is exempt from the California Environmental Quality Act because the proposed amendments implement mitigation measures from a prior EIR and will not create a significant impact on the environment.
FURTHER NOTICE is hereby given that any interested person may appear at the meeting and submit oral or written comments relative to Ordinance Nos. 2107 and 2111 or submit oral or written information relevant thereto to the Planning Department, 4455 West 126th Street, Hawthorne, California 90250 prior to the date of this hearing.
PLEASE NOTE that pursuant to Government Code Section 65090: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing.
 Gregg McClain,
 Director of Planning
 Hawthorne Press Tribune Pub. 3/10/16 **HH-25012**


NOTICE TO CREDITORS OF BULK SALE AND OF INTENTION TO TRANSFER ALCOHOLIC BEVERAGE LICENSE
 (U.C.C. 6101 et seq. and B & P 24074 et seq.)
 Escrow No. L-033917-RK
 Notice is hereby given that a bulk sale of assets and a transfer of alcoholic beverage license is about to be made. The names, Social Security or Federal Tax Numbers, and address of the Seller/Licensee are: SUE KIM, 10412 HAWTHORNE BLVD, LENNOX, CA 90304
 The business is known as: EL RANCHO MARKET
 The names, Social Security or Federal Tax Numbers, and addresses of the Buyer/Transferee are: COCO D&J, INC, 2852 BORDER AVE, TORRANCE, CA 90501
 As listed by the Seller/Licensee, all other business names and addresses used by the Seller/Licensee within three years before the date such list was sent or delivered to the Buyer/Transferee are: NONE
 The assets to be sold are described in general as: FURNITURE, FIXTURE, EQUIPMENT, TRADENAME, GOODWILL, LEASE, LEASE-HOLD IMPROVEMENTS, COVENANT NOT TO COMPETE and are located at: 10412 HAWTHORNE BLVD, LENNOX, CA 90304

The kind of license to be transferred is: Type: OFF-SALE BEER AND WINE, License Number: 20-552339
 The anticipated date of the sale/transfer is APRIL 6, 2016 at the office of: TOWER ESCROW, INC, 3600 WILSHIRE BLVD, STE 426, LOS ANGELES, CA 90010
 The amount of the purchase price or consideration in connection with the transfer of the license and business, including the estimated inventory, is the sum of \$220,000.00, which consists of the following: DESCRIPTION, AMOUNT: CHECKS \$20,000.00; DEMAND NOTE \$200,000.00
 It has been agreed between the Seller/Licensee and the intended Buyer/Transferee, as required by Sec. 24073 of the Business and Professions Code, that the consideration for transfer of the business and license is to be paid only after the transfer has been approved by the Department of Alcoholic Beverage Control.
 DATED: MARCH 2, 2016
 SELLERS: SUE KIM
 BUYERS: COCO D&J, INC, A CALIFORNIA CORPORATION
 LA1638507 INGLEWOOD NEWS 3/10/16 Inglewood News Pub. 3/10/16 **HH-25014**

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to construct a 55-foot Stealth Structure Pine Tree Communications Tower at the approx. vicinity of 14680 Aviation Boulevard, Hawthorne, Los Angeles, CA 90250. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: *Trileaf Corp, Meaghan, m.austin@trileaf.com, 2121 W. Chandler Blvd, Suite 203, Chandler, AZ 85224, 480-850-0575.*
 Hawthorne Press Tribune Pub. 3/10/16 **HH-25011**

NOTICE OF PUBLIC LIEN SALE US STORAGE CENTERS 14680 AVIATION BLVD. HAWTHORNE, CA 90250 (310) 536-7100
 In accordance with the provisions of the California Self-Storage Facility Act, Section 21700, ET seq. of the Business and Professions Code of the State of California the undersigned will be listed on www.storage-reasurers.com for public auction and will close on MARCH 17, 2016 at 3:00 PM. General household goods, electronics, tools, office & business equipment, furniture, instruments, appliances, clothing, collectibles & antiques, and or miscellaneous items stored at 14680 AVIATION BLVD. HAWTHORNE, CA 90250, County of Los Angeles, by the following persons: **TIMOTHY ANDERSON AKA TIMOTHY LEE ANDERSON, MARCUS CHRISTOPHER BAILEY, KRISTINA ALEXANDRA JOHNSON**. These are sold on an "AS IS BASIS". There is a refundable \$100 cleaning deposit on all units. Sale is subject to cancellation.
 3/3, 3/10/16
 CNS-2851296#
 Hawthorne Press Tribune Pub. 3/3, 3/10/16 **HH-25007**

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The following person(s) is (are) doing business as BE AHEAD IN HEALTH, 3816 VIRGINIA ROAD, LOS ANGELES, CA, 90008, LOS ANGELES COUNTY. Registered Owner(s): 1) AMON HEAD, 3816 VIRGINIA ROAD, LOS ANGELES, CA 90008; 2) BRITTANY HEAD, 3816 VIRGINIA ROAD, LOS ANGELES, CA 90008. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: AMON HEAD, PARTNER. This statement was filed with the County Recorder of Los Angeles County on January 26, 2016. NOTICE: This Fictitious Name Statement expires on January 26, 2021. A new Fictitious Business Name Statement must be filed prior to January 26, 2021. 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. 2/18, 2/25, 3/3, 3/10/2016 H-1393

Fictitious Business Name Statement 2016022348

The following person(s) is (are) doing business as PONSEPOL REAL ESTATE BROKERS, 600 LAIRPORT STREET, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): STANLEY MORTON ZIMMERMAN, 600 LAIRPORT STREET, 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: STANLEY MORTON ZIMMERMAN, OWNER. This statement was filed with the County Recorder of Los Angeles County on January 28, 2016. NOTICE: This Fictitious Name Statement expires on January 28, 2021. A new Fictitious Business Name Statement must be filed prior to January 28, 2021. 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. 2/18, 2/25, 3/3, 3/10/2016 H-1394

Fictitious Business Name Statement 2016018582

The following person(s) is (are) doing business as CAMBRIDGE AUTOMOTIVE GROUP, 21801 S WESTERN AVE, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): Garnett Station Capital Partners, LLC, 208 North Garnett Street, Henderson, NC 27536, Delaware. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: GARNETT STATION CAPITAL PARTNERS, LLC This statement was filed with the County Recorder of Los Angeles County on JANUARY 26, 2016. NOTICE: This Fictitious Name Statement expires on JANUARY 26, 2021. A new Fictitious Business Name Statement must be filed prior to JANUARY 26, 2021. 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). Torrance Tribune Pub. 2/25, 3/3, 3/10, 3/17/2016 HT-1395

Fictitious Business Name Statement 2016040253

The following person(s) is (are) doing business as HOLLY PARK FISH MARKET, 1041 S. PRARIE AVE SUITE #13, INGLEWOOD, CA 90301, LOS ANGELES COUNTY. Registered Owner(s): A & R FAMILY, INC, 1041 S. Prairie Ave Suite #13, 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: 07/01/2009. Signed: A & R FAMILY, INC, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 19, 2016. NOTICE: This Fictitious Name Statement expires on February 19, 2021. A new Fictitious Business Name Statement must be filed prior to February 19, 2021. 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. 3/3, 3/10/3/17, 3/24 HT-1396

Fictitious Business Name Statement 2016036035

The following person(s) is (are) doing business as BEACHES & BEYOND, 2801 SEPULVEDA BLVD UNIT 114, TORRANCE, CA, 90506, LOS ANGELES COUNTY. Registered Owner(s): ANGELITA K CHUMAN, 2801 SEPULVEDA BLVD UNIT 114, TORRANCE, CA, 90506. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 02/10/2016. Signed: ANGELITA K CHUMAN, Owner. This statement was filed with the County Recorder of Los Angeles County on February 16, 2016. NOTICE: This Fictitious Name Statement expires on February 16, 2021. A new Fictitious Business Name Statement must be filed prior to February 16, 2021. 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). Torrance Tribune: Pub. 3/3, 3/10/3/17, 3/24 HT-1397

Fictitious Business Name Statement 2016044274

The following person(s) is (are) doing business as GUNDO DISTRO, 100 W. IMPERIAL AVE SUITE E, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): DAVE CUSI, 20405 S VERMONT AVE UNIT 4, TORRANCE, CA 90502. 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: DAVE CUSI, Owner. This statement was filed with the County Recorder of Los Angeles County on February 24, 2016. NOTICE: This Fictitious Name Statement expires on February 24, 2021. A new Fictitious Business Name Statement must be filed prior to February 24, 2021. 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. 3/3, 3/10/3/17, 3/24 HT-1398

Fictitious Business Name Statement 2016042622

The following person(s) is (are) doing business as SOLESTITCHES, 906 SARTORI AVE. APT 3, TORRANCE, CA 90501 2) PO BOX 172, TORRANCE, CA 90507, LOS ANGELES COUNTY. Registered Owner(s): CHRIS TEGUH, 1) 906 SARTORI AVE. APT 3, TORRANCE, CA 90501. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/01/2016. Signed: CHRIS TEGUH, Owner. This statement was filed with the County Recorder of Los Angeles County on February 23, 2016. NOTICE: This Fictitious Name Statement expires on February 23, 2021. A new Fictitious Business Name Statement must be filed prior to February 23, 2021. 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). Torrance Tribune: Pub. 3/3, 3/10/3/17, 3/24 HT-1399

Fictitious Business Name Statement 2016044193

The following person(s) is (are) doing business as REMEDY GARAGE DOORS, 16685 CRENSHAW BLVD # 6, TORRANCE, CA 90504, LOS ANGELES COUNTY. Registered Owner(s): ANTHONY JOSE DIAZ, 16685 Crenshaw Blvd #6, Torrance, CA 90504. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: ANTHONY DIAZ, Owner. This statement was filed with the County Recorder of Los Angeles County on February 24, 2016. NOTICE: This Fictitious Name Statement expires on February 24, 2021. A new Fictitious Business Name Statement must be filed prior to February 24, 2021. 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). Torrance Tribune: Pub. 3/3, 3/10/3/17, 3/24 HT-1400

Fictitious Business Name Statement 2016051506

The following person(s) is (are) doing business as MONTGOMERY PROPERTIES, 19226 SHERYL AVE, CERRITOS, CA 90703, LOS ANGELES COUNTY. Registered Owner(s): MICHAEL EVERRETTE MONTGOMERY, 19226 SHERYL AVE, CERRITOS, CA 90703. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 3/01/2016. Signed: MICHAEL EVERRETTE MONTGOMERY, OWNER. This statement was filed with the County Recorder of Los Angeles County on March 3, 2016. NOTICE: This Fictitious Name Statement expires on March 3, 2021. A new Fictitious Business Name Statement must be filed prior to March 3, 2021. 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. 3/10, 3/17, 3/24, 3/31/2016 H-1401

Fictitious Business Name Statement 2016040229

The following person(s) is (are) doing business as ANTONIO GARCIA GENERAL CONTRACTOR, 628 W IMPERIAL AVE #201, EL SEGUNDO CA, 90245, LOS ANGELES COUNTY. Registered Owner(s): JOSE ANTONIO GARCIA MARTINEZ, 628 W IMPERIAL AVE #201, 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: JOSE ANTONIO GARCIA MARTINEZ, OWNER. This statement was filed with the County Recorder of Los Angeles County on February 19, 2016. NOTICE: This Fictitious Name Statement expires on February 19, 2021. A new Fictitious Business Name Statement must be filed prior to February 19, 2021. 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. 3/10, 3/17, 3/24, 3/31/2016 H-1402

Fictitious Business Name Statement 2016034810

The following person(s) is (are) doing business as PASSION & PLEASURE BOOKS, 2713 W. 109TH STREET, INGLEWOOD, CA 90303, LOS ANGELES COUNTY. Registered Owner(s): JACKI RENEE MILLER, 2713 W. 109TH STREET, INGLEWOOD, CA 90303. 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: JACKI RENEE MILLER, OWNER. This statement was filed with the County Recorder of Los Angeles County on February 12, 2016. NOTICE: This Fictitious Name Statement expires on February 12, 2021. A new Fictitious Business Name Statement must be filed prior to February 12, 2021. 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. 3/10, 3/17, 3/24, 3/31/2016 H-1403

Fictitious Business Name Statement 2016035156

The following person(s) is (are) doing business as 1) NATURAL ASPIRATIONS 2) PROJECT DEFIANT, 1623 SEPULVEDA BLVD #2, TORRANCE CA, 90501, LOS ANGELES COUNTY. Registered Owner(s): CHRISTOPHER SHARMA, 1623 SEPULVEDA BLVD #2, TORRANCE CA, 90501. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: CHRISTOPHER SHARMA, OWNER. This statement was filed with the County Recorder of Los Angeles County on February 12, 2016. NOTICE: This Fictitious Name Statement expires on February 12, 2021. A new Fictitious Business Name Statement must be filed prior to February 12, 2021. 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). Torrance Tribune: Pub. 3/10, 3/17, 3/24, 3/31/2016 H-1404

PUBLIC NOTICES HERE

- ABANDONMENTS:** \$125.00
- ABC NOTICES:** \$125.00
- DBA (Fictitious Business Name):** \$75.00
- NAME CHANGE:** \$125.00

Other type of notice? Contact us and we can give you a price.

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



HERALD PUBLICATIONS

COMMUNITIES COUNT

PETSPETS **Pets** PETSPETS

Wowser Schnauzers



Dani

We are looking for volunteers to help with our pet adoption fairs which are held every Saturday at the Petco located at 537 N. Pacific Coast Highway Redondo Beach 90277, from noon-3: 30 p.m. If you are interested in volunteering and can commit to at least one Saturday a month, please contact us at info@msfr.org. You can also visit all of our Miniature Schnauzers & Friends rescues at the adoption fair or check out our website, www.msfr.org. If you have any questions about a particular dog's availability you can email us at info@msfr.org. Schnauzers! Bet you can't adopt just one!

Wow – talk about de ja vu with a twist! Three years ago I was rescued by MSFR and placed with what I thought would be my forever home. Now I'm a 7-year old, female, purebred Miniature Schnauzer named **Dani** who is looking for a forever home – again! Through no fault of my own I was returned to MSFR. My adopters moved to a place that doesn't allow pets, something I would never consider doing to them, so they just returned me AND my brother, Frankie. I get along great with other dogs but am a bit protective of children when they are around men. It does take me longer to warm up to men than women but once we've bonded, I am 16-pounds of the best companion you could wish for. I would love to be adopted

with my buddy, Frankie but if that's not to be, I'll understand as long as we both have great homes. If you are interested in Dani, please email info@msfr.org for more information.

Hi there, I'm **Frankie** and you've already heard from my gal pal, Dani what a wonderful way our previous owner treated us. They were my family since I was just a puppy and, according to them, I contracted juvenile cataracts when I was a year old. After giving them love and affection for 6 years, they decided to leave me with Dani because they're moving to a non-pet residence. So here I am, a 6-year old, male, purebred Miniature Schnauzer looking for my forever home. Due to my limited vision, I can be a bit nervous at first meeting but become people friendly in short time. I get along great with other dogs and really need to be adopted with Dani or, if that's not possible, to a home with another doggie pal. I'm only 18 pounds but it's all love and affection and I'm anxious to give it to my new family. If you are interested in Frankie, please email info@msfr.org for more information.

Are you looking for a loyal friend and a fun companion? Searching for someone who LOVES to play, has lots of energy, is easily transportable and is cute as can be? Then have I got the dog for you!! My name is **Robby** and I am a 1-year old, male, Miniature Schnauzer mix. I was rescued from a LA county shelter after being found wandering the streets so they called me a stray. I was quite matted and I had to be clipped pretty short but with my adorable face and big



Frankie



Robby

brown eyes I still look very "schnauzery". I have a bit of a longer body and a natural tail which when my coat is full, I refer to as my plume. I'm only 13 pounds and not expected to grow any bigger which means I can easily go anywhere you want to take me. If you are interested in Robby, please email info@msfr.org for more information.

Hola. My name is **Peso** and I am a very unusual, but precious, mix of breeds. My

friends think that I am a Corgi/Pug mix but you'll have to see for yourself if you agree. One thing I know for sure is that I am an 8-year old male who was rescued from the Baldwin Park Shelter after being picked up as a stray on Thanksgiving Day. I spent six weeks at the shelter before being rescued and I am now anxiously looking for my forever home. One look and I know you will fall in love with me. I have such beautiful, soft, thick, chocolate fur and a most animated face that you won't be able to resist snuggling with me. I get along great with other dogs and make friends quickly with strangers. I am good-natured and content to be with my people. Since I am not very big, only about 20 pounds, I can easily accompany you on any adventure you choose. Peso can be seen anytime at Yellow Brick Road Doggie Playcare in El Segundo. Call 310-606-5507 or email southbaydoggie@hotmail.com for an appointment or additional information. •



Peso

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

Happy Tails



Cutie Campbell was a "surprise" adoption!

Congratulations to **Campbell** and his new family. Campbell is our handsome rescue from mid-January. Campbell was the best "surprise" adoption of the day. His adopter had visited a couple of weeks ago and gave no indication they were interested. This time, Mom came along to meet him and it was a

done deal. Campbell joins a MSFR 2011 alumni a 7-year old "schnoodle" named Jesse (aka Angel). He's now residing in Valencia with not only Jesse but also two human sisters to play with. We wish all them many years of love and happiness. •

THE YELLOW DOG PROJECT.com

If you see a dog with a **YELLOW RIBBON** or something yellow on the leash, **this is a dog who needs some space**. Please do not approach this dog with your dog. Please maintain distance or give this dog and his/her person time to move out of your way.



There are many reasons why a dog may need space:
HEALTH ISSUES
IN TRAINING
BEING REHABILITATED
SCARED OR REACTIVE AROUND OTHER DOGS

THANK YOU!
Those of us who own these dogs appreciate your help and respect!
illustrated by Lili Chin www.doggiedrawings.net