

Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

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Transport Meets with Residential in the South Bay



Rail lines run along the backyards in Lawndale. Photo by Peter Thornton, jp.thornton58@gmail.com.

A Day in the Life of Mayor Pullen-Miles

By Nancy Peters

Several years ago when Robert Pullen-Miles decided on a path for his life in local politics, he ran for a City Council position in the city of Lawndale. He won that election and then the second term four years later. His day job for then-Senator Ted Lieu afforded him time behind the scenes of a political lifestyle.

In 2013, the path he was traveling suddenly put him on a much faster speedway when then-Mayor of Lawndale Harold E. Hofmann died in his sleep. With his initial thoughts much farther in the future it had crossed Pullen-Miles's mind that someday he would run for mayor when Hofmann (whom he strongly supported) would choose not to run or retire from the position of mayor of Lawndale.

"Harold's death was a complete shock to everyone—his family, the community, the City Council—because it was sudden," Robert stated. "Now the city had to cope with the shock of losing a beloved member of the community, the mayor, the consummate representative of Lawndale, a legacy.

"But it was important that the community have a leader to continue the day-to-day and govern the city. Pat Kearney was the Mayor Pro-Tem at the time and he stepped up and did a great job. But he didn't want to be the mayor. So, I sped up my goals and threw my hat in the ring and ran for mayor.

"Now, a year later, here we are and I have been Mayor since the election in April 2014. How has it affected my daily life?" He chuckles as he answers the question, "Not as much as one would think, but, of course, it is not the same to be mayor versus being a Council member."

The responsibilities associated with any elected office, no matter what level of the

spectrum--local, state, federal--are to the people. Pullen-Miles immediately noticed that his constituents in Lawndale expected him to possess a deeper level of understanding their issues, or at least know where to get the answer, or give direction to the correct entity. Since the election and swearing in between April and May 2014, Mayor Pullen-Miles experiences a higher volume of constituent calls about any subject, allowing the residents to cut through the bureaucracy and hopefully go to head of the class.

"It is most important for me to be available to the residents, to make them feel that I

"I want the people to know that I am sincere about assuring their quality of life in Lawndale, which is my top priority."

am their representative on city matters, of course, but also for questions they might have on the state or federal level. I will usually walk a person through the process and either get their answer or refer to the department where they can get some satisfaction.

"Since taking office, people quickly realized that I am completely transparent. I am a husband and father first, the mayor of Lawndale, and an employee of the California Assembly (currently serving on Assemblywoman Amber Burke's staff), so my days are filled with answering inquiries for a lot of people," he said. "I always need to have answers or know how to solve issues and provide direction(s), which I enjoy very much.

"My youngest daughter, who is six years old, she is impressed that I am the mayor," he laughed. "In fact, she says very often, 'Daddy, you should know, you're the mayor!'

That about says it all!"

As the mayor, Pullen-Miles makes more appearances at meetings, local and county events, school district events, and spends as much time as needed at Lawndale City Hall, meeting with the City Manager (Steve Mandoki) and other department heads to keep in touch with how things are going on projects. Presence at events for other cities is imperative so surrounding communities know that the Mayor of Lawndale is an effective leader who cares about his city, but also about the entire South Bay and how his city can be more effective.

"My days are never the same, two days in a row. It is a priority for me to know what issues are before the City Manager, the City Attorney, Public Works, Planning, and other departments before each meeting so that the City Council is not blind-sided on the dais.

"Our Council meetings are well-organized. We don't really put up with any shenanigans, so to speak. At first, my days in office as mayor were a proving ground for me. However, I believe that I have earned the respect of my colleagues. During the first few meetings, I admit that I was a little nervous on the dais; when you are in a position that affects people's livelihood, that is not be taken lightly. I want the people to know that I am sincere about assuring their quality of life in Lawndale, which is my top priority," Mayor Robert Pullen-Miles concluded.

A Day in the Life of being a new Mayor is not the easiest job, especially following a legacy mayor such as Pullen-Miles has accomplished. His job is time-consuming, but by a miracle of recognizing priorities, Robert Pullen-Miles looks forward to many more days as mayor, husband, father, and the best representative for Lawndale day-to-day. •

Weekend Forecast

Friday
Partly
Cloudy
72°/63°



Saturday
Partly
Cloudy
72°/63°



Sunday
Partly
Cloudy
72°/63°



People



The Honorable Margaret T. Evans

You're invited to the Swearing-In Ceremony of the Inglewood Unified School District Board Member, Seat 4 – The Honorable Margaret T. Evans.

Tuesday, July 7, 2015, 6 – 8:30 p.m. Light refreshments. Rogers Park Auditorium. 400 W. Beach Avenue, Inglewood, 90302. RSVP to 310 480-0800 •

"If opportunity doesn't knock, build a door."

- MILTON BERLE

Film Review

Elisabeth Moss, Mark Duplass Star in the Surreal Indie *The One I Love*.

By Morgan Rojas for CINEMACY

"I don't wanna be perfect, I wanna be us." I'm just going to come out and say it- after I heard that line, I knew that *The One I Love*

of the film, creating a palpable tension that completely pays off in the ending. *The One I Love* touches on the cynical side of relationships that we have probably experienced at one



Elisabeth Moss and Mark Duplass in *The One I Love*. Photo courtesy of Radius-TWC.

would be one of my favorite films of the year. Wrapped up in what might typically be conflicting genres, the film succeeds in playing to both the "romantic comedy" and "sci-fi" audiences. As someone who can't help but root for the underdogs, I found inspiration from its "Little Engine That Could" film-making attitude. A truly independent film, director Charlie McDowell takes the simplicity of the script and creates a rich and colorful world that is sure to resonate with audiences long after the film is over.

Relationship pitfalls and insecurities in movies are some of the most commonly seen story lines, and making them seem believable should be considered an art. In that sense, McDowell is an artist by pairing up indie funny man Mark Duplass with *Mad Men*'s Elisabeth Moss. This unlikely screen duo plays off of each other's energy and are sure to leave audiences mesmerized by their standout performances. They act alongside each other as husband and wife (almost) the entirety of the film, but not once does their presence feel dull or feel worn out.

Duplass plays Ethan, who is struggling to maintain his relationship with his wife Sophie, played by Moss. They seek counseling from their couples' therapist, played by Ted Danson, who recommends the pair take a retreat to a beautiful vacation house, the ideal place to work out problems and fall in love again. Heading this advice, Ethan and Sophie find themselves in paradise and soon begin to reconnect. However, not everything is as it seems- upon realizing suspicious activity from the guest house, Ethan and Sophie are forced into self-reflection, for the first time acknowledging whether or not they have been living as who they want to be, or who they actually are.

This meta-esque situation fuels the rest

point, but couldn't find the words to express it. The feeling of being in a relationship, yet still feeling alone, seems to permeate this film. Every person who watches *The One I Love* will take away something different, but most would agree it feels extremely personal. Not only is this a well-executed film, it may be a therapy session you didn't know you needed.

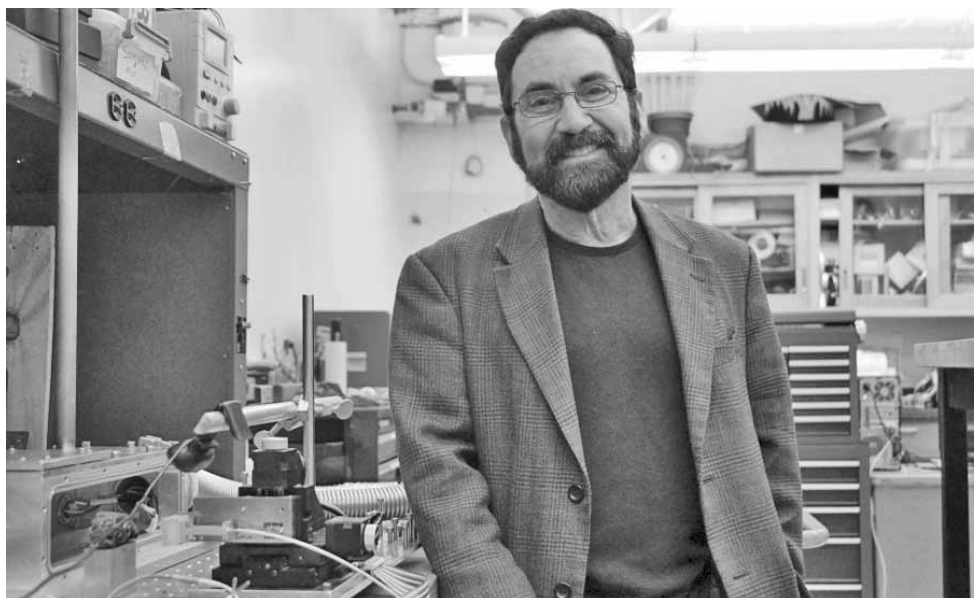
I would be extremely humbled if I was McDowell; *The One I Love* is his directorial debut and from the very beginning, it has been met with positive momentum. His ability to take a light script and turn it into a heavy, philosophical, and extremely deep film is a reflection of his talent. It's evident that most of the script was left open to the actor's input, as McDowell and screenwriter Justin Lader encouraged Duplass and Moss to improvise most scenes. This creates natural and organic dialogue that produces vulnerability within the characters.

Part of the film's brilliance evolved after it wrapped, due to the reaction from its Sundance premiere. As journalists were responding with positive reviews, a truly unique thing happened- no one wanted to spoil the ending. Even when I attended the screening last year, I was under a strict embargo to not discuss the film or its plot. At first, I didn't understand why, or more importantly, how I was going to write a review about a film I couldn't freely discuss. However, after the screening, it became clear to me that the only way to get the best experience is going into it completely unaware. So for the sake of the filmmakers, the movie, and your own enjoyment, I can only strongly recommend you see and experience it for yourself.

For our interview with stars Mark Duplass, Elisabeth Moss, and director Charlie McDowell, check out www.cinemacy.com. *The One I Love* is now available to stream on Netflix. •

Looking Up

Roadmap to the Stars



Philip Lubin stands next to the laser his lab uses to conduct experiments. Photo by Sonia Fernandez.

Based on a press release from UC Santa Barbara, provided by Bob Eklund

A laser-powered wafer-thin spacecraft capable of reaching Alpha Centauri in 20 years may sound like the stuff of science fiction, but it's not. And while such a launch isn't imminent, the possibility of one in the future does exist, according to UC Santa Barbara physics professor Philip Lubin.

To further explore that possibility, Lubin and his team in UCSB's Experimental Cosmology Group will study photo-driven propulsion—the use of lasers as a means to power a spacecraft. The group has been awarded one of 15 proof-of-concept grants from NASA Innovative Advanced Concepts. The NASA program aims to turn what sounds like science fiction into science fact through the development of pioneering technologies.

"One of humanity's grand challenges is to explore other solar systems by sending probes—and eventually life," said Lubin. "We propose a system that will allow us to take the first step toward interstellar exploration using directed-energy propulsion combined with miniature probes. Along with recent work on wafer-scale photonics, we can now envision combining these technologies to enable a realistic approach to sending probes far outside our solar system."

The UCSB group's ultimate goal is to send small probes to supplement the current long-range remote sensing done by orbital and ground-based telescopes. The funding will enable Lubin's team to create a more complete roadmap for building a fully

functional wafer-scale spacecraft complete with power, laser communications, and controllable photon thrusters. The project, Directed Energy Propulsion for Interstellar exploration (DEEP-IN), will also chart laser-driver elements that require technology development.

The key to a functioning system lies in the ability to build both the photon driver and the ultra-low-mass probes. While capable of propelling any spacecraft mass, lower-mass probes go the fastest and are most suitable for interstellar missions.

The DEEP-IN design keeps the main propulsion driver back in Earth's orbit (or nearby) yet still capable of propelling highly integrated spacecraft to speeds vastly higher than anything scientists can currently achieve. The laser photon driver would use photon pressure in the form of streamed energy to power the spacecraft as it travels away from Earth. With no intrinsic speed limit, this technology allows for the relativistic speeds necessary for interstellar flight.

"While not suitable for every spacecraft design, this approach opens up radically new possibilities," Lubin said. "The project is a step toward the first interstellar mission, but more importantly we are studying and designing the relevant technological base. This will give us the ability to build a single photon driver capable of sending out literally millions of low-mass probes.

"We've had to radically rethink our strategy in order not to give up our dreams of reaching the stars," Lubin added. "DEEP-IN posits a technological path forward that, while not simple, is within our technological reach to begin." •

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.

APARTMENT FOR RENT

Lovely 1BD apartment next to Library Park \$1500/month. Upstairs, garage parking, laundry, no smoking, no pets, excellent credit. (310) 322-8099.

COLLECTIBLE

WWII PROPELLER OFF OF A JAPANESE NAVAL WAR BOMBER A.K.A. THE BETTY dated June 2 1945. Signed (engraved) by 115 Officers of the 503rd AAF base unit known as THE BRASS HAT UNIT. Extremely rare piece of history. Asking price \$12,500.00 ph 727 785 3136 email john298404290@gmail.com

CONDO FOR RENT

2BD/2BA. Third floor unit, no common walls, fireplace, balcony, refrigerator, pool and jacuzzi, washer and dryer. 2 car parking. \$2600/mo. (310) 988-9335.

EMPLOYMENT

ENGINEERS Radlink, Inc. has an opportunity in El Segundo, CA for a Mechanical Eng. Exp must incl: machining of metal & plastic parts & assemblies incl cost & product tolerance specs. Reqs incl Master's deg in Mech Eng or rel & 1 yr exp. Mail resume to Attn: HR, 815 N. Nash St, El Segundo, CA 90245, Ref #ESOAM.

Must be legally auth to work in the U.S. w/out sponsorship. EOE

HOUSE FOR RENT

2BD/1BA completely refurbished, hardwood floors, W/D hookups, small patio, 2 car garage. Center of town. \$2600/month. 310-322-3151

RENTAL

July Weekends ONLY 5% off rental of El Segundo Women's Club. Book your event. 310-322-4214.

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

Visit us online: www.heraldpublications.com

Hawthorne Happenings **Police Reports**

News for the 'City of Good Neighbors'

From City Clerk Norb Huber



THE 4TH

This year it is going to be the 3rd and the 4th since the 4th is on a Saturday. You know what I'm talking about, that holiday at the start of summer that everyone loves, except for the dog owners who have to keep their dogs tied up, or in the house because of the loud explosions occurring on a nightly basis. This holiday is loud. This holiday is filled with food, fun and family gathers. This holiday is red, white and blue. This holiday has a hot dog eating contest. Americans like to have fun. We like to celebrate holidays. Our nation's birthday is one big party. Instead of just birthday cake with candles, we light big shooting candles that light up the sky. So, why not have some hot dogs and hamburgers? Have some chips and dip. Have some watermelon and ice cream. And of course have several "cold ones" to toast our nation as it turns 239 this 4th of July.

MOVIES IN THE PARK

The Holly Park Homeowners Association once again invites you to their annual "Movies in the Park" event to be held on Saturday, July 11 at Holly Park, which is located at 120th Street and Van Ness Blvd. on the east side of town. Go for the food and games prior to the feature movie that is shown on a big screen out on the baseball field. Bring a chair and/or blanket. Every year there is a large crowd of young and old folk like me.

HALL OF FAME BANQUET

The second annual Hawthorne Historical Hall of Fame Banquet will be held on Friday, July 17 starting with a social hour at 6 p.m. This year the banquet will be over at the Memorial Center's Venus Room. Tickets are \$30 per person and can be obtained by emailing

hawthornehistorical@gmail.com or in person at the Hawthorne Museum. The banquet was a big hit last year and we look forward to the same being true this year. The 2015 Hall of Fame inductees include: The Hawthorne Beach Boys, Reese Walton, Jim Thorpe, Carl Boenish, and Seers Lumber. The Historical Society is offering a historical tour of Hawthorne prior to the banquet. At 3 p.m. on the 17th, we will depart on a ninety minute ride around Hawthorne to visit some of the sites that have made Hawthorne famous.

GOOD NEIGHBORS DAY

It's hard to believe that this will be our 5th Annual Good Neighbors Day. It will be held on Saturday, July 18th in front of City Hall on 126th Street. The activities include a car show, three great bands performing on stage, vendors from a variety of organizations, and some food and games. Bring your lawn chair and sunscreen. Plan to make it a day with your Hawthorne good neighbors.

WATER

The City of Hawthorne and our local water companies have announced more strict guidelines for outside watering. These guidelines will be sent to you in your water bill this coming month. Even with an El Nino winter storm pattern predicted, the drought is here and is severe. We must conserve our precious resource.

CLARIFICATION

If you read last week's Hawthorne Happenings, you probably noticed it was a little corny. That is because my nephew and brother-in-law wrote the column while sitting around the campfire having some cold ones. I apologize if any of you were offended by their content as they attempted to aspire to reach the level of my journalistic expertise. •

Mon 6/15/15 to Sun 6/20/15
Mon 6/15/15 to Sat 6/20/15
ROBBERY W 118TH ST/S BIRCH AV OTHER Mon 06/15/15 14:56
ROBBERY 2700 W 120TH ST DEPARTMENT STORE Tue 06/16/15 13:25
ROBBERY 4200 W EL SEGUNDO BL APARTMENT/CONDO Sat 06/20/15 03:17
CARJACKING 13600 BLK S YUKON AV OTHER Sat 06/20/15 05:20
 Property Taken: New Black Cell Phone, Unk Model #. 310-756-4230, 2-Sets Of Unknown Amount Of Veh/Residential Keys
ATTEMPT ROBBERY 14100 S CORDARY AV STREET, HIGHWAY, ALLEY Sat 06/20/15 11:52
ATTEMPT ROBBERY 12800 S CRENSHAW BL RESTAURANT, FAST FOODS, CAFÉ Sat 06/20/15 20:39
ROBBERY 2700 W 120TH ST CONVENIENCE STORE Sat 06/20/15 22:17
BURGLARY - COMMERCIAL 12100 S PRAIRIE AV BAR, LOUNGE, TAVERN

Mon 06/15/15 05:12
 Property Taken: 12"x12"x10" Commercial Safe
BURGLARY 13600 S CORDARY AV Mon 06/15 17:44--No R MS Ent
BURGLARY 12500 S GREVILLEA AV Tue 06/16 06:47
 Property Taken: Catalytic Converter
BURGLARY 13600 S CERISE AV Tue 06/16 06:59
 Property Taken: Unknown Make/Model Car Stereo/Cd Player
BURGLARY - RESIDENTIAL 11800 S ARDATH AV HOUSE Thu 06/18/15 08:59
 Property Taken: 50" Vizio Flat Screen, 500 In U.S. Coins, Berringer Wine
BURGLARY - COMMERCIAL 2800 W 120TH ST OTHER Fri 06/19/15 03:00
 Property Taken: Gry Backpack, Bro Wallet, \$80 (2-\$20's And Misc \$10's And \$5's), Phone Charger, Gym Membership, 5 Pencils, 2- B Of A Debit Card And 1- B Of A Visa Card, Best Buy Master Card, Sergio Martinez's CDL •

Community Briefs

Mixer in the Park

El Segundo and Manhattan Beach Chambers of Commerce will be holding their annual Mixer in the Park on July 8th, 2015 at Chevron Park (corner of El Segundo Blvd and Illinois Street) from 5:30-7:30pm. Members

of Hawthorne, Hermosa, and Redondo Beach Chambers of Commerce are welcome. Entry fee is \$5 for members and \$10 for non-members. For more information, call El Segundo Chamber at (310) 322-1220. •

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible"

- FRANCIS OF ASSISI

Finance

Six Ways To Make Your Business Better This Summer



(BPT) - Summer's here so make sure to get out, enjoy the great weather and take a well-deserved break. And if you're running a small business, this summer offers a great opportunity to take a deep breath before taking action to make your business even better as you head into the second half of the year. Here are some suggestions from small business expert and author Gene Marks on how to get started:

1. Do a productivity review. Now's the time to find those expensive inefficiencies and make some changes. Do you really need to be doing your copies in-house? Are you spending too much time shipping products? Have you devoted hours to fixing tech problems? To save time and money, look for solutions outside your company, such as shipping at your local Staples store to help your staff streamline day-to-day activities and troubleshoot issues in advance.

2. Evaluate your employees. Mid-year is a great time to sit down with your employees, one-by-one, to discuss how things are going. Update their personnel files, medical records and personal information. This is also a great time to decide on a few goals for the remainder of the year.

3. Clean up your office. Did you miss

your spring-cleaning opportunity? No worries, you still have time. Get rid of those old files. Replace your ancient office chairs. Wipe down those windows, clean out those closets, dispose of unused supplies and vacuum, mop and sweep. You and your employees will enjoy coming to work when the office is cleaner and brighter.

4. Revisit safety. When was the last time your fire extinguishers were replaced? Are your first-aid kits up to standards? Do you even have a first-aid kit? Do your employees know what to do in case of an emergency? Make a checklist of all the things you'll need to do to make your company as safe as it can be.

5. Go green. You want to be more environmentally conscious, but you've always been too busy to do so. Now's your chance, because summer is a perfect time to go green. Recycle your old technology. Start an ink and toner recycling program. Purchase environmentally friendly cleaning products and make a list of green products you'll be buying going forward. Finally, make sure to tell the world what you're doing. It'll encourage others and reflect positively on your business.

6. Upgrade your tech. Hopefully as the economy has grown your business will have grown, too, and now's the time for upgrades to your company technology needs. Work with Staples EasyTech associates to determine where investing in better technology will improve your profitability and productivity going forward.

There you have it. Summer's not only a great, warm, chilled-out time to relax and spend time with the family, it's also a great time to make some changes in your business so you can enjoy the benefits all year long. •



SOUTH BAY WORKFORCE INVESTMENT BOARD ASSISTS JOB SEEKERS, EMPLOYERS AND YOUTH THROUGH GOVERNMENT-FUNDED PROGRAMS

For more than 30 years, the South Bay Workforce Investment Board (SBWIB) has administered employment and training programs for LA County's South Bay Area.

Within the 11 cities serviced (Carson, El Segundo, Gardena, Hawthorne, Hermosa Beach, Inglewood, Lawndale, Manhattan Beach, Redondo Beach, Lomita and Torrance), the SBWIB accomplishes its goals through partnerships with local committees handling business and economic development, One-Stop locations, performance and evaluation, as well as a Youth Development Council.

Through workforce investment funds, the SBWIB offers dislocated workers with free training programs and job-searching resources. Job-searching equipment, as well as seminars, workshops and job placement assistance are available at the four One-Stop Business & Career Centers (Gardena, Inglewood, Carson and Torrance - effective 7/14/15).

The SBWIB assists businesses through an innovative Rapid Response Program geared towards layoff aversion. Parker Hannifin Corporation's Carson facility is a recent success story. An initial meeting revealed that nearly 60 employees lacked sufficient English skills and were facing potential layoff. A layoff aversion plan was formulated that resulted in the SBWIB approaching a local adult school partner to assess the employees'

English skill levels and set up on-site training. Since September, the affected employees have been attending Business English classes three days a week with several of those individuals now being considered for promotions.

Recruitment assistance, pre-screening of applicants, On-The-Job training and Transitional Subsidized Employment (TSE) are other programs available to local companies and small businesses.

The SBWIB also prepares youth for entry into the workforce by emphasizing education and services that promote relevant workplace skills and experiences leading to industry-recognized credentials and career pathway employment, including apprenticeships. Special emphasis is aimed at the reengagement of disconnected youth through intervention and prevention services.

The SBWIB is one of the highest performing Workforce Investment Boards (WIB) in the state and is often recognized by the California Workforce Investment Board (CWIB) for its achievements.

Continuous collaborations with business, economic development, education, government, labor and community organizations, helps the SBWIB provide a dynamic, efficient and effective workforce development system, ensuring a skilled workforce and vibrant economy in the South Bay Area.

For more information please call: 310-970-7700.

Sports

Tri Park Pulls Away from Lennox for Senior Crown

By Joe Snyder
Photos by Joe Snyder

The Tri Park Senior Little League All-Star Baseball team came out slugging with six home runs en route to a 12-3 win over Lennox for the District 37 championship on June 23 at Jim Thorpe Park in Hawthorne. Tri Park led only 5-3 entering the bottom of the sixth inning before letting loose for seven runs that included three homers, one of those a grand slam by Dan Villa that virtually sealed the game and title. Tri Park also had solo shots by Saul Martinez and Vincent Rojas in that inning.

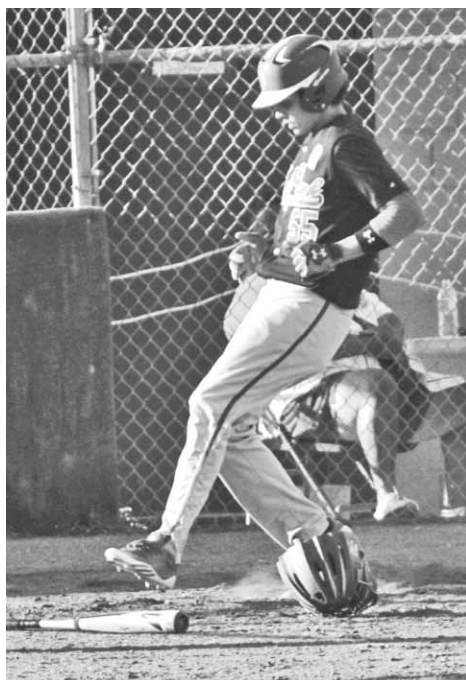
Taking advantage of the smaller field, with the center field at only about 250 feet, Tri Park tagged Lennox starting pitcher Jesus Sanchez, along with relievers Daniel Sanchez and Brian Rodriguez. Tri Park began with Jesus Sanchez for two solo homers from Anthony Payan and Martinez in the bottom of the first for a quick 2-0 lead.

Lennox got on the scoreboard in the top of the second on Salvador Mercado's home run, but Tri Park heated up more with Payan's second homer in the second, then adding two more runs in the third on a RBI (run batted in) double by Chris Villavenco and a run-scoring single by Rojas for a 5-1 advantage.

Lennox, which had both of its teams (including the champion Athletics and Titans) in the Carl Magee, Jr. District 37 Tournament of Champions finals on June 13 at Thorpe Park, rallied back for two runs to cut Tri Park's lead to two runs in the top of the fifth. After two out, Dan Sanchez, who completed his freshman season at Hawthorne High this past season, singled, then scored on a double by Jesus Sanchez. Jesus Sanchez scored on Victor Valdez's base hit. Tri Park, though, put an exclamation mark on Lennox in the bottom of the sixth.

"It was a good game," Tri Park manager Will Castellano said. "Lennox was a tough team. The boys hit the ball well."

Along with Payan, who plays his high school baseball at St. John Bosco in Bellflower, Martinez had two home runs. He went



Tri Park's Danny Perez scores in last week's District 37 Senior Little League All-Star Baseball championship game against Lennox. Tri Park won the championship with a 12-3 win. Tri Park is currently playing in the Section 4 Tournament in Manhattan Beach

three-for-three with two RBIs and two runs scored. Villavenco was two-for-three with two doubles, one RBI and two runs. He also walked once. Rojas went two-for-four with two RBIs and one run. Manny Bornardo went two-for-three for Lennox.

Tri Park knows that hitting home runs will be a lot harder as it plays in the Section 4 Tournament at the spacious Marine Park in Manhattan Beach, with a professional type field that goes 395 feet to center field that began last Sunday against District 25 champion Santa Monica.

HOLLY PARK MAJORS ADVANCE

The Holly Park Major Little League All-Star Baseball team from Hawthorne advanced to the winner's bracket semifinal where it will face host Westchester next Sunday at 3 p.m. at Carl Nielsen Youth Sports Park. Holly Park remained unbeaten by routing crosstown rival Wiseburn 14-3 on June 24 at Nielsen Park.

Westchester continued to pour it on its

opponents by rolling over Lennox 16-5 a day earlier. In all mercy rule games, Westchester needed a total of just 12 innings to outscore its three opponents (Del Aire Aviation, Del Rey and Lennox) by a total score of 70-6. Holly Park, meanwhile, just about matched up with Westchester outscoring its two opponents (Lawndale and Wiseburn) by a combined score of 36-3 in nine innings.

LENNOX WINS 50/70; TOPS HOLLY PARK MINORS

The Lennox 50/70 (ages 11-13) Little League All-Star Baseball team captured the District 37 Tournament by routing Tri Park 15-0 on June 22 at Jim Thorpe Park. Lennox moved on to the Section 4 Tournament that began last Saturday.

The Lennox Minor (ages 9-10) Little League All-Star Baseball team moved on to the winner's bracket semifinals of the District 37 Tournament by edging Holly Park 4-3 last Friday at Nielsen Park. Lennox will face Westchester on Sunday at noon at Nielsen Park. Holly Park took on Wiseburn in the elimination bracket last Sunday.

RAPTORS DRAFT WRIGHT

Former Leuzinger High boys' basketball and recent University of Utah star Delon Wright was taken in the first round of the

National Basketball Association draft by the Toronto Raptors last Thursday in Brooklyn, N.Y. He was the 20th pick overall.

This past season, Wright keyed the Utes to a 26-9 overall record and the Sweet 16 of the National Collegiate Athletic Association Division I playoffs where it fell to eventual champion Duke. The Bluedevils topped University of Wisconsin for the crown.

Wright won the PAC 12 Conference Bob Cousy Award as the conference's Point Guard of the Year. He was only the second ever Utah player to have more than 1,000 points, 350 rebounds, 350 assists, 150 steals and 70 blocked shots as that was in only two years.

In the 2009-10 season, Wright was Bay League and CIF-Southern Section Division IA Player of the Year in keying the Olympians to their first ever Southern Section crown with a win over Santa Monica in the final at the Honda Center in Anaheim. Leuzinger advanced to the Southern California Regional Division I quarterfinals where it lost on a buzzer-beater to Woodland Hills Taft, the Los Angeles City Division I runner-up to Westchester. Wright also starred for City College of San Francisco, which won the Coast Conference Northern Division title in 2013, before moving on to Utah. •



Daniel Sanchez of Lennox swings at a pitch during last week's District 37 Senior Little League All-Star baseball championship game against Tri Park.

Seniors

The Hottest 'New' Health Remedy That's Been Around Forever

(BPT) - Do you love the snap that chili peppers give to your food? Are you a fan of the heat they impart to a variety of dishes? Even if you're not, you may want to take another look at the humble chili pepper. From migraine relief to weight control, researchers are verifying what some cultures have known for centuries: the chili pepper and its key constituents, like capsaicin, deliver a host of health benefits.

Here are just some of the ways chili peppers are helping to fight some of the country's most common health conditions:

Migraine Relief

The World Health Organization recognizes migraines as one of the most prevalent and debilitating conditions in the world. More than 36 million Americans live with migraines, and up to a third or more (approximately 12 million) of them are not receiving optimal treatment. Medications may cause side-effects, do not always work or work only partially for some patients, react badly with other medications, can be expensive or not covered by insurance. For any or all of these reasons, there remains a significant unmet need in the world of migraine relief - famine for some amid plenty.

Pharmaceutical companies are working on medicines that rely on capsaicin pathways to



prevent migraines, Bloomberg News reports. A non-prescription, homeopathic remedy, Ausanil, is already commercially available. Formulated using the raw extract of the chili pepper, *capsicum annuum*, the remedy is used to rapidly relieve migraines and severe headaches such as cluster headaches and tension headaches. Because it acts locally in the nose, Ausanil doesn't interact with other medications and does not cause stomach or liver issues that are associated with commonly used OTC pain relievers.

"When you see a patient time and time again and nothing seems to give them relief, or they're limited on treatments due to drug-drug interactions or notable side effects, it can be a very frustrating and heartbreaking process," says Dr. Maria Alexianu, of the Atlantic

Neuroscience Institute at Overlook Medical Center in Summit, New Jersey. "It's vital to offer new options to patients who are still searching for pain relief and are continuously incapacitated in their daily life."

Visit Ausanil.com to learn more.

Weight Control

Obesity is also a worldwide issue, making effective weight-control remedies a priority for health advocates around the world. Science Daily reports that University of Wyoming researchers are investigating capsaicin as a weight-control supplement.

Researchers believe the chili pepper constituent may help boost metabolism by inhibiting cells that store fat and encouraging the type of cells that turn fat into energy.

Cancer Treatment

Multiple studies aim at exploring the effect of capsaicin on cancer cells. One notable investigation from Marshall University found evidence that the compound inhibited the growth of lung cancer tumors through an animal-based study, according to the American Institute for Cancer Research. In another study, researchers at Nottingham University in the United Kingdom also found that capsaicin killed cancer cells without harming healthy cells in cultures of human lung and pancreatic cancer cells.

Fighting Diabetes

About 30 million Americans live with diabetes, and the disease is the seventh-leading cause of death in the U.S., according to the American Diabetes Association. While multiple medicines are available to treat diabetes, many people still find it difficult to control the disease. A study published in the American Journal of Clinical Nutrition found that eating chili peppers as part of a regular, healthy diet, could help control diabetes.

Natural Nutrition

Chili peppers also deliver health benefits beyond medicinal ones. The peppers are highly nutritious, delivering a punch of nutrients that are also associated with better health, including vitamins A, C and B-6, iron, copper and potassium.

If you're a fan of hot foods, the health benefits of chili peppers are icing on the cake when you dine on your favorite spicy fare. If you're not a fan of spicy foods, however, don't give up on the health benefits. Many of the natural remedies under development lack the heat associated with chili peppers. And even those that do pack some heat appear to be worth the minor discomfort; the vast majority of migraine sufferers who use Ausanil, for example, report the fast relief outweighs the temporary sting associated with the treatment. •

PUBLIC NOTICES

NOTICE INVITING BIDS

DISTRICT	HAWTHORNE SCHOOL DISTRICT
PROJECT IDENTIFICATION	Time & Material Bid for Painting Services (As-Needed)
PROJECT NO	Service Bid Number 15-16-01
BIDS DUE BY	July 28, 2011; 9:00 AM Sharp!
SUBMIT BIDS TO	Hawthorne School District 14120 S. Hawthorne Blvd Hawthorne, California 90250
BID AND CONTRACT DOCUMENTS AVAILABLE	http://www.hawthorne.k12.ca.us/bids
MANDATORY PRE-BID CONFERENCE JOB WALK DATE/TIME	Hawthorne School District 14120 Hawthorne Blvd. Hawthorne, CA 90250 July 14, 2015 9:00 AM Sharp!
DEADLINE FOR RFIs	July 21, 2015; 8:00 AM

NOTICE IS HEREBY GIVEN that the Hawthorne School District of Los Angeles County, California, acting by and through its Governing Board, hereinafter referred to as the "Owner" or "District", will receive prior to the above stated time and date sealed bids for the award of a Contract for the following: **SERVICE BID NO. 15-16-01 TIME & MATERIAL PAINTING SERVICES (AS-NEEDED)**. All bids shall be made and presented only on the forms presented by the Owner. Bids shall be received in the Office of the **Hawthorne School District at 14120 Hawthorne Blvd., Hawthorne, California 90250** and shall be opened and publicly read aloud at the above state time and place. Any bids received after the time specified above or after any extensions due to material changes shall be returned unopened. Minimum contract term is one (1) year. Quoted prices must stay in effect for one (1) year after award of bid and may be extended upon mutual consent of District and Contractor for an additional four (4) years in accordance with provisions contained in Education Code Section 17596 and the bid documents. There will be a mandatory **Pre-Bid Conference on July 14, 2015, 9:00 AM**. Any Contractor bidding on the Project who fails to attend the entire mandatory job walk and conference will be deemed a non-responsive bidder and will have its bid returned unopened. Each bidder shall be a licensed contractor

pursuant to the California Business and Professions Code, and be licensed to perform the work called for in the Contract Documents. The successful bidder must possess a valid and active **Class B or C33** License at the time of award and throughout the duration of this Contract. The Contractor's California State License number shall be clearly stated on the bidder's proposal. Subcontractors shall be licensed pursuant to California law for the trades necessary to perform the Work called for in the Contract Documents. Each bid must strictly conform with and be responsive to the Contract Documents as defined in the General Conditions. Prevailing wages are applicable to the Project. These per diem rates, including holiday and overtime work, as well as employer payments for health and welfare, pension, vacation, and similar purposes, are available from the Director of the Department of Industrial Relations. Pursuant to California Labor Code Sections 1720 et seq., it shall be mandatory upon the Contractor to whom the Contract is awarded, and upon any subcontractor under such Contractor, to pay not less than the said specified rates to all workers employed by them in the execution of the Contract. A contractor or subcontractor shall not be qualified to bid on, be listed in a bid proposal, subject to the requirements of Section 4104 of the Public Contract Code, or engage in the performance of any contract for public

work, as defined in the Labor Code, unless currently registered and qualified to perform public work pursuant to Labor Code section 1725.5. It is not a violation of this section for an unregistered contractor to submit a bid that is authorized by Section 7029.1 of the Business and Professions Code or by Section 10164 or 20103.5 of the Public Contract Code, provided the contractor is registered to perform public work pursuant to Section 1725.5 at the time the contract is awarded. The Contractor and all subcontractors shall furnish certified payroll records as required pursuant to Labor Code section 1776 directly to the Labor Commissioner in accordance with Labor Code section 1771.4 on at least on a monthly basis (or more frequently if required by the District or the Labor Commissioner) and in a format prescribed by the Labor Commissioner. Monitoring and enforcement of the prevailing wage laws and related requirements will be performed by the Labor Commissioner/ Department of Labor Standards Enforcement (DLSE). Separate payment and performance bonds, each in an amount equal to 100% of the total Contract amount issued by a California admitted surety as defined in California Code of Civil Procedure Section 995.120, are required, and shall be provided to the Owner prior to execution of the Contract and shall be in the form set forth in the Contract Documents. Where applicable (including projects receiving funding under the State School Facilities Program), bidders must meet the requirements set forth in Public Contract Code Section 10115 et seq., Military and Veterans Code Section 999 et seq., and California Code of Regulations, Title 2, Section 1896.60 et seq., regarding Disabled Veteran Business Enterprise ("DVBE") Programs. It is each bidder's sole responsibility to ensure its bid is timely delivered and received at the location designated as specified above. Any bid received at the designated location after the scheduled closing time for receipt of bids shall be returned to the bidder unopened. Bid Security. Each Bid Proposal shall be accompanied by Bid Security in an amount **FIVE HUNDRED DOLLARS AND 00/100**. Failure of any Bid Proposal to be accompanied by Bid Security in the form and in the amount required shall render such Bid Proposal to be non-responsive and rejected by the District. No Withdrawal of Bid Proposals. No Bidder shall withdraw its Bid Proposal for a period of ninety (90) days after the award of the Contract by the District's Board of Education. During this time, all Bidders shall guarantee prices quoted in their respective Bid Proposals. Substitute Security. In accordance with the provisions of California Public Contract Code §22300, substitution of eligible and equivalent

securities for any monies withheld by the District to ensure the Contractor's performance under the Contract will be permitted at the request and expense of the Contractor. The foregoing notwithstanding, the Bidder to whom the Contract is awarded shall have thirty (30) days following action by the District's Board of Education to award the Contract to such Bidder to submit its written request to the District to permit the substitution of securities for retention. The failure of the Bidder to make such written request to the District within said thirty (30) day period shall be deemed a waiver of the Bidder's rights under California Public Contract Code §22300. Waiver of Irregularities. The District reserves the right to reject any or all Bid Proposals or to waive any irregularities or informalities in any Bid Proposal or in the bidding. Award of Contract. The Contract for the Work, if awarded, will be by action of the District's Board of Education to the responsible Bidder submitting the lowest responsive Bid Proposal. If the Bid Proposal requires Bidders to propose prices for Alternate Bid Items, the District's selection of Alternate Bid Items, if any, for determination of the lowest priced Bid Proposal and for inclusion in the scope of the Contract to be awarded shall be in accordance with this Notice and the Instructions for Bidders. Inquiries and Clarifications. The Bidder is advised that all inquiries and clarifications about the Bid Documents, Drawings, Specifications, etc., shall be submitted to the District in writing at least seven (7) days before the bid opening date. The District will respond at its earliest possible opportunity. Verbal communication by either party with regard to this matter is invalid. Inquiries shall be sent in writing to Gioconda Padilla at gpadilla@hawthorne.k12.ca.us or (310) 675-9464 by June 4, 2009, 4:30 PM. Alternate Bid Items. The selection of Bid Alternates for determination of the lowest Bid Proposal will be based upon the Base Bid Proposal alone or a combination of the Base Bid Proposal and one or more Bid Alternates as selected by the District. The District reserves the right to use the "blind bidding" procedures. Gioconda Padilla
Purchasing Director
HAWTHORNE SCHOOL DISTRICT
Los Angeles County, State of California
FOR: The Board of Trustees
Publication:
Herald Publication and Hawthorne School District online
1st Publication: July 2, 2015
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Fictitious Business Name Statement 2015135472

The following person(s) is (are) doing business as MAISON LA QUEUE, 3460 W. 7TH STREET #1113, LOS ANGELES, CA 90005, LOS ANGELES COUNTY. Registered Owner(s): LA QUEUE LLC, 3460 W. 7TH STREET #1113, LOS ANGELES, CA 90005. 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: LA QUEUE LLC, MEGUMI GARVEY, President. This statement was filed with the County Recorder of Los Angeles County on May 20, 2015. NOTICE: This Fictitious Name Statement expires on May 20, 2020. A new Fictitious Business Name Statement must be filed prior to May 20, 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. 6/11, 6/18, 6/25, 7/2/2015. H-1270

Fictitious Business Name Statement 2015147611

The following person(s) is (are) doing business as STAR VIEW COMMUNITY SERVICES, 1) 1501 HUGHES WAY SUITE 150, LONG BEACH, CA 90810; 2) 7677 OAKPORT STREET SUITE 1010, OAKLAND, CA 94621, LOS ANGELES COUNTY. Registered Owner(s): STAR VIEW BEHAVIORAL HEALTH INC, 7677 OAKPORT STREET SUITE 1010, OAKLAND, CA 94621. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 04/17/2001. Signed: STAR VIEW BEHAVIORAL HEALTH INC, JOHN WELLER, CFO. This statement was filed with the County Recorder of Los Angeles County on June 3, 2015. NOTICE: This Fictitious Name Statement expires on June 3, 2020. A new Fictitious Business Name Statement must be filed prior to June 3, 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).
Torrance Tribune: Pub. 6/11, 6/18, 6/25, 7/2/2015. HT-1271

Fictitious Business Name Statement 2015147609

The following person(s) is (are) doing business as STAR VIEW ADOLESCENT CENTER, 1) 4025 WEST 226TH STREET, TORRANCE, CA 90505; 2) 7677 OAKPORT STREET SUITE 1010, OAKLAND, CA 94621, LOS ANGELES COUNTY. Registered Owner(s): STAR VIEW BEHAVIORAL HEALTH INC, 7677 OAKPORT SUITE 1010, OAKLAND, CA 94621. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/30/1996. Signed: STAR VIEW BEHAVIORAL HEALTH INC, JOHN WELLER, CFO. This statement was filed with the County Recorder of Los Angeles County on June 3, 2015. NOTICE: This Fictitious Name Statement expires on June 3, 2020. A new Fictitious Business Name Statement must be filed prior to June 3, 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).
Torrance Tribune: Pub. 6/11, 6/18, 6/25, 7/2/2015. HT-1272

Fictitious Business Name Statement 2015145509

The following person(s) is (are) doing business as STARS SCHOOL SOLUTIONS, 1) 4025 WEST 226TH STREET, TORRANCE, CA 90505; 2) 7677 OAKPORT STREET SUITE 1010, OAKLAND, CA 94621, LOS ANGELES COUNTY. Registered Owner(s): SOUTH BAY HIGH SCHOOL INC, 7677 OAKPORT STREET SUITE 1010, OAKLAND, CA 94621. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SOUTH BAY HIGH SCHOOL INC, JOHN WELLER, CFO. This statement was filed with the County Recorder of Los Angeles County on June 1, 2015. NOTICE: This Fictitious Name Statement expires on June 1, 2020. A new Fictitious Business Name Statement must be filed prior to June 1, 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).
Torrance Tribune: Pub. 6/11, 6/18, 6/25, 7/2/2015. HT-1273

Fictitious Business Name Statement 2015145459

The following person(s) is (are) doing business as BIG D'S ROADHOUSE, 16805 PRAIRIE AVE, LAWDALE, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): DENNIS TURNER, 515 HILLCREST 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: N/A. Signed: DENNIS TURNER, OWNER. This statement was filed with the County Recorder of Los Angeles County on June 1, 2015. NOTICE: This Fictitious Name Statement expires on June 1, 2020. A new Fictitious Business Name Statement must be filed prior to June 1, 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. 6/11, 6/18, 6/25, 7/2/2015. HL-1274

Fictitious Business Name Statement 2015146917

The following person(s) is (are) doing business as AAG DIAGNOSTICS, 14039 SHERMAN WAY STE# 205, VAN NUYS, CA 91405, LOS ANGELES COUNTY. Registered Owner(s): 1) ARMENAK ZADROYAN, 1149 ALLEN AVE #6, GLENDALE, CA 91201; 2) AVEDIS SHAVARSHYAN, 7668 WILLIS AVE, VAN NUYS, CA 91405; 3) GRIGORI ALONC SEDRAKYAN, 1127 SONORA AVE, GLENDALE, CA 91201. 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: AVEDIS SHAVARSHYAN, General Partner. This statement was filed with the County Recorder of Los Angeles County on June 2, 2015. NOTICE: This Fictitious Name Statement expires on June 2, 2020. A new Fictitious Business Name Statement must be filed prior to June 2, 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. 6/25, 7/2, 7/9, 7/16/2015. H-1275

Fictitious Business Name Statement 2015152275

The following person(s) is (are) doing business as TEAMMATES, 1) 1501 HUGHES WAY SUITE 150, LONG BEACH, CA 90810; 2) 7677 OAKPORT STREET SUITE 1010, OAKLAND, CA 94621, LOS ANGELES COUNTY. Registered Owner(s): STAR VIEW CHILDREN AND FAMILY SERVICES INC, 1501 HUGHES WAY SUITE 150, LONG BEACH, CA 90810. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/01/2002. Signed: STAR VIEW CHILDREN AND FAMILY SERVICES INC, KENT DUNLAP, Vice President. This statement was filed with the County Recorder of Los Angeles County on June 8, 2015. NOTICE: This Fictitious Name Statement expires on June 8, 2020. A new Fictitious Business Name Statement must be filed prior to June 8, 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).
Torrance Tribune: Pub. 6/25, 7/2, 7/9, 7/16/2015. HT-1276

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Fictitious Business Name Statement 2015152310

The following person(s) is (are) doing business as STAR VIEW COMMUNITY TREATMENT FACILITY, 1) 4025 WEST 226TH STREET, TORRANCE, CA 90505; 2) 7677 OAKPORT STREET SUITE 1010, OAKLAND, CA 94621, LOS ANGELES COUNTY. Registered Owner(s): STAR VIEW CHILDREN AND FAMILY SERVICES INC, 1501 HUGHES WAY SUITE 150, LONG BEACH, CA 90810. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/06/1995. Signed: STAR VIEW CHILDREN AND FAMILY SERVICES INC, KENT DUNLAP, Vice President. This statement was filed with the County Recorder of Los Angeles County on June 8, 2015. NOTICE: This Fictitious Name Statement expires on June 8, 2020. A new Fictitious Business Name Statement must be filed prior to June 8, 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).
Torrance Tribune: Pub. 6/25, 7/2, 7/9, 7/16/2015. HT-1277

Fictitious Business Name Statement 2015163325

The following person(s) is (are) doing business as THE EDUCATED DOG LEARNING CENTER, 1710 9TH STREET, MANHATTAN BEACH, CA 90266, LOS ANGELES COUNTY. Registered Owner(s): THE EDUCATED DOG LEARNING CENTER LLC, 1710 9TH STREET, MANHATTAN BEACH, CA 90266. 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: THE EDUCATED DOG LEARNING CENTER LLC, ELIZABETH BACHHUBER CALKINS, MANAGING MEMBER. This statement was filed with the County Recorder of Los Angeles County on June 19, 2015. NOTICE: This Fictitious Name Statement expires on June 19, 2020. A new Fictitious Business Name Statement must be filed prior to June 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. 6/25, 7/2, 7/9, 7/16/2015. H-1282

Fictitious Business Name Statement 2015151521

The following person(s) is (are) doing business as SPECTRUM CENTER-LONG BEACH MIDDLE SCHOOL MARKET, 1) 1022 E MARKET STREET, LONG BEACH, CA 90805; 2) ATTN: TAX DEPARTMENT, 1321 MURFREESBORO RD #702, NASHVILLE, TN 37217, LOS ANGELES COUNTY. Registered Owner(s): SPECTRUM CENTER, INC., 1321 MURFREESBORO RD SUITE 702, NASHVILLE, TN 37217. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SPECTRUM CENTER, INC., DONALD WHITFIELD, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on June 8, 2015. NOTICE: This Fictitious Name Statement expires on June 8, 2020. A new Fictitious Business Name Statement must be filed prior to June 8, 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. 7/2, 7/9, 7/16, 7/23/15. H-1278

Fictitious Business Name Statement 2015151493

The following person(s) is (are) doing business as SPECTRUM CENTER-LONG BEACH MIDDLE SCHOOL COUNTRY, 1) 3501 COUNTRY CLUB DRIVE, LAKEWOOD, CA 90712; 2) ATTN: TAX DEPARTMENT, 1321 MURFREESBORO ROAD #702, NASHVILLE, TN 37217, LOS ANGELES COUNTY. Registered Owner(s): SPECTRUM CENTER, INC., 1321 MURFREESBORO RD SUITE 702, NASHVILLE, TN 37217. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SPECTRUM CENTER, INC., DONALD WHITFIELD, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on June 8, 2015. NOTICE: This Fictitious Name Statement expires on June 8, 2020. A new Fictitious Business Name Statement must be filed prior to June 8, 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. 7/2, 7/9, 7/16, 7/23/15. H-1279

Fictitious Business Name Statement 2015151542

The following person(s) is (are) doing business as SPECTRUM CENTER-DOWNEY UNIFIED, 1) 9625 VAN RUITEN STREET, BELLFLOWER, CA 90706; 2) ATTN: TAX DEPARTMENT, 1321 MURFREESBORO #702, NASHVILLE, TN 37217, LOS ANGELES COUNTY. Registered Owner(s): SPECTRUM CENTER, INC., 1321 MURFREESBORO ROAD SUITE 702, NASHVILLE, TN 37217. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SPECTRUM CENTER, INC., DONALD WHITFIELD, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on June 8, 2015. NOTICE: This Fictitious Name Statement expires on June 8, 2020. A new Fictitious Business Name Statement must be filed prior to June 8, 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. 7/2, 7/9, 7/16, 7/23/15. H-1280

Fictitious Business Name Statement 2015151635

The following person(s) is (are) doing business as SPECTRUM CENTER-LONG BEACH ELEMENTARY, 1) 6011 CENTRALIA STREET, LAKEWOOD, CA 90714; 2) ATTN: TAX DEPARTMENT, 1321 MURFREESBORO #702, NASHVILLE, TN 37217, LOS ANGELES COUNTY. Registered Owner(s): SPECTRUM CENTER, INC., 1321 MURFREESBORO SUITE 702, NASHVILLE, TN 37217. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SPECTRUM CENTER, INC., DONALD WHITFIELD, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on June 8, 2015. NOTICE: This Fictitious Name Statement expires on June 8, 2020. A new Fictitious Business Name Statement must be filed prior to June 8, 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. 7/2, 7/9, 7/16, 7/23/15. H-1281

Fictitious Business Name Statement 2015167373

The following person(s) is (are) doing business as 1) GENERAL CONSTRUCTION, 4814 HIGHGROVE AVE, TORRANCE, CA 90505; 2) GREENR CONSTRUCTION, PO BOX 696, REDONDO BEACH, CA 90277; 3) GENERAL CONTRACTING SERVICE, LOS ANGELES COUNTY. AI #ON 3286220. Registered Owner(s): GC SERVICE, INC, 4814 HIGHGROVE AVE., TORRANCE, CA 90277. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/11/2015. Signed: GC SERVICE, INC, HENRY RUGGERI, President. This statement was filed with the County Recorder of Los Angeles County on June 24, 2015. NOTICE: This Fictitious Name Statement expires on June 24, 2020. A new Fictitious Business Name Statement must be filed prior to June 24, 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).
Torrance Tribune: Pub. 7/2, 7/9, 7/16, 7/23/2015. HT-1283

Fictitious Business Name Statement 2015164640

The following person(s) is (are) doing business as MR FORD AUTO DISMANTLING, 1) 7711 S. ALAMEDA ST., LOS ANGELES, CA 90001; 2) 7711 S. ALAMEDA ST., LOS ANGELES, CA 90001, LOS ANGELES COUNTY. AI #ON: 1905067. Registered Owner(s): APPLE AUTO DISMANTLING, INC, 2701 E. ANAHEIM ST., WILMINGTON, CA 90744. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 6/16/2015. Signed: APPLE AUTO DISMANTLING, INC, JESUS CADENA, President. This statement was filed with the County Recorder of Los Angeles County on June 22, 2015. NOTICE: This Fictitious Name Statement expires on June 22, 2020. A new Fictitious Business Name Statement must be filed prior to June 22, 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. 7/2, 7/9, 7/16, 7/23/2015. H-1284

Fictitious Business Name Statement 2015164634

The following person(s) is (are) doing business as APPLE AUTO DISMANTLING LA, 7703 S. ALAMEDA ST., LOS ANGELES, CA 90001, LOS ANGELES COUNTY. AI #ON 1905067. Registered Owner(s): APPLE AUTO DISMANTLING, JESUS CADENA, President. This statement was filed with the County Recorder of Los Angeles County on June 22, 2015. NOTICE: This Fictitious Name Statement expires on June 22, 2020. A new Fictitious Business Name Statement must be filed prior to June 22, 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. 7/2, 7/9, 7/16, 7/23/2015. H-1285

Fictitious Business Name Statement 2015171270

The following person(s) is (are) doing business as ETHNIC SHADES OF INDIA, 21008 VICTOR STREET APT #52, TORRANCE, CA 90503, LOS ANGELES COUNTY. Registered Owner(s): AAKRITI NANGIA, 21008 VICTOR STREET APT #52, TORRANCE, CA 90503. 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: AAKRITI NANGIA, Owner. This statement was filed with the County Recorder of Los Angeles County on June 29, 2015. NOTICE: This Fictitious Name Statement expires on June 29, 2020. A new Fictitious Business Name Statement must be filed prior to June 29, 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).
Torrance Tribune: Pub. 7/2, 7/9, 7/16, 7/23/2015. HT-1286

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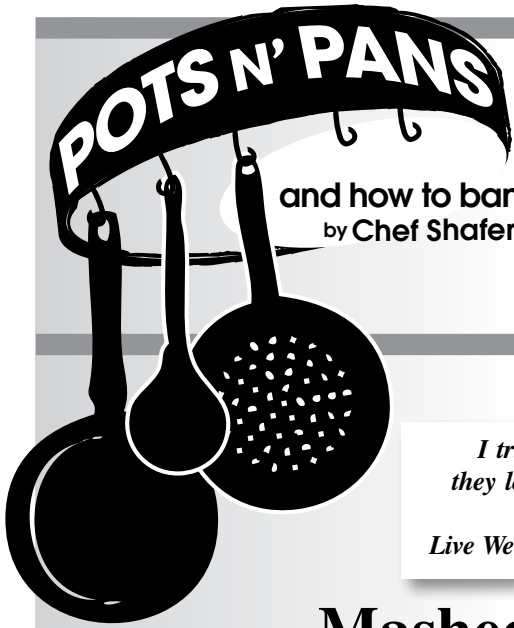
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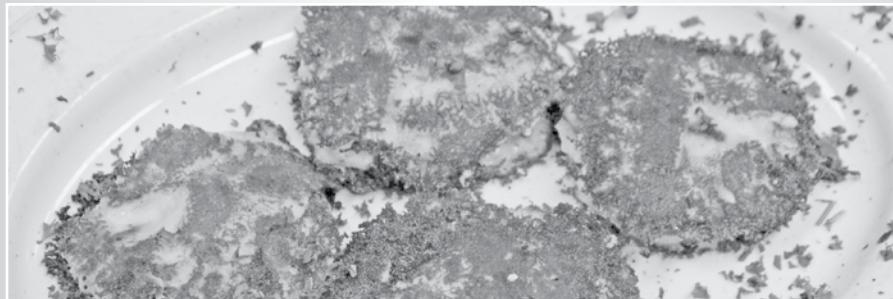


and how to bang them
by Chef Shafer



I tried this on my kids last weekend and they loved it! It is also a great way to use up left over mashed potatoes.
Live Well, Love Much, Laugh Often! – The Chef

Mashed Bacon Cheddar Potato Cakes



Make about 14 cakes.

Ingredients

- 2 pound left over mashed potatoes chilled
- 1/2 cup chopped onions
- 1 pound cooked chopped bacon chilled
- 1 cup grated cheddar
- Oil for frying

Preparation

1. Place all ingredients in a bowl and mix together.
2. Form cakes and brown in a skillet or on a griddle with vegetable oil.
3. Brown on each side for about a half a minute or till brown on medium high heat. Serve hot.

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