

# South Bay Cities

Featuring the Weekly Newspapers of Hawthorne, Inglewood and Lawndale

Hawthorne Press Tribune  
The Weekly Newspaper of Hawthorne

Inglewood News  
The Weekly Newspaper of Inglewood

Lawndale Tribune  
AND LAWNDALE NEWS  
The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 6, No. 7 - February 15, 2024

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## Hard Work Will Always Pay Off



Congratulations to our new Secretary, Corporal, Sergeants, and Lieutenant. Keep striving for the best. We are extremely proud of you. Photo courtesy Hawthorne Police Explorers.

## A Banner Day for Our Veterans

By Ron Sokol

Veterans, those who serve as part of the military, some who then gave their lives, some who were physically injured, some who have post-traumatic stress syndrome, who were moved from one base or location to another, who dedicated themselves to protecting us. Still today, some are homeless and struggling.

Fortunately, there are organizations that seek to help our Hawthorne Veterans. These include the American Legion, Post 341 at 14124 Prairie Avenue, Hawthorne, phone (310) 675 1313; The VFW, Post 2075 at 4563 W. 131st Street, Hawthorne, phone (310) 679 7472; Wounded Heroes of America at 14147 Hawthorne Blvd., phone (310) 355 0266; and the Vet Center at 1045 West Redondo Beach Boulevard, Gardena; phone (310) 767 1221.

Hawthorne also has a Veterans Affairs Commission, established in 2013 to provide advocacy and support for better communication, planning, coordination, and cooperation among entities (like those mentioned above) for veterans, their families, homeless veterans, and those at risk of becoming homeless.

There are five members of the Veterans Affairs Commission: Faye Johnson, Chair, retired United States Air Force, and a National Affiliations Officer with Veterans Affairs Central Office. Dr. Stephen Nellman, Vice Chair, United States Army veteran and Superintendent of the Centinela Valley Union High School District. Kyle Orlemann, former Chair of the Commission, and wife of a disabled United States Army veteran, as well as a life member of Hawthorne's VFW Post 2075. Carol Steinhauer, a Hawthorne resident of 56 years, wife of a deceased Korean War Veteran, who also serves as a member and officer of Hawthorne's VFW Post 2075.

Daniel Lucero, current United States Army Captain, and recipient of the prestigious Congressional Certificate of Recognition for his distinguished service.

I asked Chair Faye Johnson, about the Commission's *Inaugural Military Banner Recognition Program*, created to recognize and honor men and women in uniform, past and present. Specifically, street banners will be designed, printed, and displayed from 120th Street to Rosecrans Boulevard, honoring these good people between Memorial Day in mid-May until Veterans Day in mid-November. Individuals and businesses choosing to donate, whether to honor a specific Veteran or support the project, will have their name or business name and logo displayed on the

military honoree's banner or on a separate banner listing sponsors.

There is a simple application to complete to participate in the program, which can be requested by email at [VeteransAffairs@cityofhawthorne.org](mailto:VeteransAffairs@cityofhawthorne.org); or phone Commissioner Johnson at (951) 662 5513. The cost per banner is \$300, and the honoree, or their family, must be a past or present Hawthorne resident, Hawthorne business owner, or an employee within Hawthorne. The applications will be processed in the order received, so an application outside the 2024 window will have the banner displayed in 2025.

While speaking with Commissioner Johnson, I learned she grew up in South Carolina. **See Veterans, page 4**

## So Much to Do, and We'll Take the Time

By Ron Sokol

What has 22 separate items on its Agenda, a variety of presentations, very serious discussion, members of the public expressing themselves, a notable crowd, at times quite a bit of sentiment, and carries on for a number of hours?

*Answer:* The Hawthorne City Council meeting held on February 13, 2024.

All City Council members were in attendance, along with the City Treasurer, City Attorney, City Manager, and City Clerk. Pastor Greg Guich of the Centinela Bible Church gave a heartfelt invocation, expressing gratitude for Hawthorne and those who seek to better it, and asked

God to keep us all safe. (Amen.)

To the business at hand:

Parking is challenging around City Hall, and a significant expansion program of the area is to go forward. To deal with the parking difficulties, 126th Street will be converted to angle parking. If it does not work (hopefully it will), but if not, 126th Street will revert back to two-way. Keep in mind that City Hall has 91 employees. In addition, there are 151 people working for the Police Department. The effort is to relieve the parking problem there.

Robert Kim, Hawthorne's City Attorney, then gave a PowerPoint presentation about **See City Council, page 5**

## Weekend Forecast

**Friday**  
AM Clouds/  
PM Sun  
63°/51°



**Saturday**  
AM Fog/  
PM Sun  
63°/53°



**Sunday**  
PM Showers  
62°/56°





# Entertainment



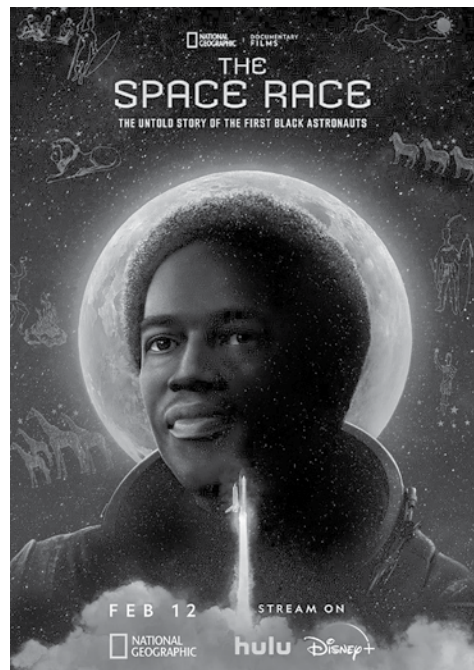
## Film Review

### *The Space Race: A Revelatory Exploration of NASA's Black Astronauts*

By Morgan Rojas for Cinemacy

From National Geographic Documentary Films comes *The Space Race*, a revelatory exploration into the historical accomplishments of Black NASA astronauts. Directed by Lisa Cortés (*The Apollo, Little Richard*) and Emmy-Award winner Diego Hurtado de Mendoza, *The Space Race* is a compelling portrait of the National heroes whose service, up until now, has been absent from mainstream history. Now streaming on Hulu and Disney+.

Space exploration wasn't encouraged in ethnic communities back in the 1960s. The mindset that was birthed from racial segregation and discrimination was especially



*The Space Race: A Revelatory Exploration of NASA's Black Astronauts*, courtesy Nat Geo Doc Films.

not welcoming to Black Americans looking to get into the scientific fields but that didn't stop Ed Dwight, Guion Bluford, Charles Bolden, and Victor Glover from pursuing their dreams of becoming astronauts. In an attempt to combat the social injustice at the time, President John F. Kennedy announced that Captain Edward Dwight would carry the title of the country's "First Negro Astronaut." This news was met with both applause and criticism and, unfortunately, those who were skeptical that the optics were just smoke and mirrors were proved right. In the

film, Captain Dwight frustratingly admits that he believes his hiring was for political and propaganda purposes, not moral progress. America needed a positive PR spin, and he was their chosen target.

Fast forward through decades and cultural strides, *The Space Race* uses archival footage and current-day interviews to show the side of history that wasn't written in textbooks. Special attention is dedicated to Ron McNair, the only Black astronaut aboard the Challenger Mission, who died along with six others when the spacecraft infamously exploded just seconds after takeoff. Regrettably, we will never know the full potential of his impact on future generations but despite his untimely passing, Ron is cited as an inspiration among his peers. Ron represented hope and ability for many people, specifically within the Black community.

*The Space Race* thrives when we hear the men reminisce in detail about their time spent in outer space. One describes Earth as being so small that his crew circled it every 90 minutes. Another speaks of his amazement to see the countries from that high, noting there were no lines or divides that we are accustomed to seeing on maps. If only everyone could co-exist with that mentality, that we are all equal and not bound to imaginary borders or tier systems. It's a message that extends far beyond space, and one that will hopefully resonate with audiences to infinity and beyond. •



Morgan Rojas

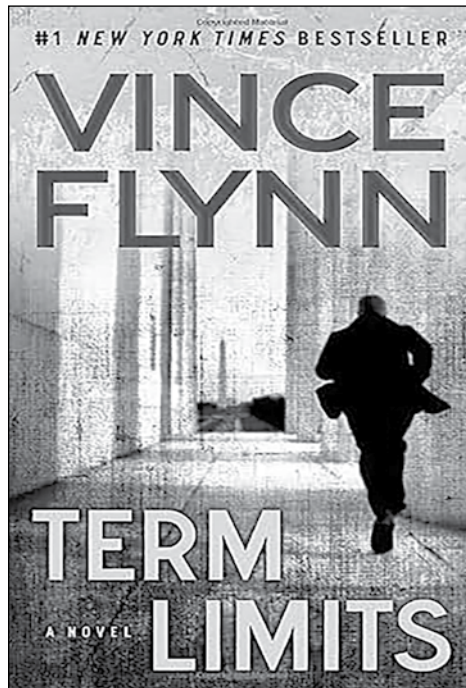
## Check It Out

### Teen Book Review of *Term Limits* by Vince Flynn

By Issac Ingram

Do you like spy novels? Do you like novels with intrigue and mystery? How about plots with twists and turns? If your answer was yes to any of these, the book called "Term Limits" by Vince Flynn is what you NEED to read. It is a stand-alone 612-page book published in 1997 as Vince Flynn's first book published. If his name does not ring a bell, the fact that he was a story consultant on the well-known TV series "24" should substantiate his expertise in how to construct drama and suspense. I know that 612 pages is a lot, but Vince's writing style entices the reader to not put the book down (chapter after

chapter) and continues to keep the reader interested. The novel kicks off with a shocking event – a group of assassins kidnap and executes three high-profile U.S. politicians. The motive behind these killings is to send a powerful message to the political elite... corruption will no longer be tolerated. No one, they warn, is out of their reach, not even the U.S. president. As the authorities scramble to uncover the identities of these perpetrators, the tension escalates, and politicians start dropping like flies. In an attempt to discover who is behind these murders, the President authorizes the Central Intelligence Agency (known as the CIA) to operate on US soil and use whatever means necessary to obtain information. Only Congressman Michael O'Rourke, a former U.S. Marine, holds the clue that could stop the violence, but it has explosive implications for his country and the future of the United States. •



*Term Limits*, courtesy Vince Flynn.



Issac Ingram

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tools. Organize and coordinate all relevant processes with consultant engineers. Conduct periodic on-site observations of construction work to monitor compliance with plans. Monitor the construction progress and timetable as well as expenditures to ensure completion in line with budgetary, construction code and environmental constraints. REQS: Must have a Bachelor's degree in Architecture from a 5-year accredited school. Mail resume, Attn: Rene Rodriguez, J.S. Egan Design, Inc. dba Egan | Simon Architecture, 7740 West Manchester Ave., Suite 205, Playa Del Rey, CA 90293.

#### WRITER WANTED

**WRITER WANTED** for covering local events, issues, school board, etc for local newspaper. Experience necessary. Please send resume to: [Letters@heraldpublications.com](mailto:Letters@heraldpublications.com).

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# Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 66, No. 7 - February 15, 2024

## A Ground Breaking Ceremony for the North East Hawthorne Mobility Improvement Project



The project takes place on the corner of Birch Avenue and 126th Street. It's funded through the measure M program, and was awarded \$2 million dollars for public safety, which includes, widening streets, making driveway improvements and much more. This is one of thirty-two active projects the City is currently working on. Photo courtesy City of Hawthorne.

### Finance

#### Smart Steps to Economic Empowerment

(BPT) - Despite today's challenging economic climate, the majority of Americans feel economically empowered and continue to strive for their professional goals, but there are generational differences, with Gen Z and millennials feeling more confident than Gen X and baby boomers.

According to a survey commissioned by Herbalife, 55% of Americans are currently taking steps to feel more economically empowered. In fact, 73% of respondents said that starting their own business or partaking in freelance work feels like the only way to become economically empowered.

The study, which surveyed 2,000 Americans and 5,000 international respondents from 6 different countries, defined economic empowerment as providing people with the education, training and skills that they need to find a job, earn an income and become self-supporting.

According to survey findings, 78% of Americans are more aware of their economic situation in the past five years, with almost half (47%) attributing it to the pandemic.

"In recent years, Americans have faced a number of barriers to achieving economic empowerment such as inflation, business closures and unfair lending processes. Providing more opportunities for economic empowerment is essential for all," said Humbi Calleja, vice president and general manager of Herbalife,

North America.

Nevertheless, Americans are hopeful. In fact, 67% believe that they will be economically empowered in the future. Of those Americans taking steps to become more empowered, 40% are educating themselves about personal finance, budgeting, investing and managing debt.

The survey also revealed generational differences. For example, Gen Z and millennials are the most likely to currently feel economically empowered (66% and 70%, respectively) compared to 51% of Gen X and 52% of American baby boomers.

Interestingly, over half of both Gen Z and millennials have a side hustle compared to 35% of Gen X and only 7% of baby boomers.

"There are many opportunities available for people looking to achieve economic empowerment by starting their own business," said Ibi Montesino, executive vice president, chief of staff, Herbalife. "For example, network marketing allows you to start a business at a manageable cost, plus receive ongoing training, resources and support."

Calleja and Montesino suggest these tips to help people take steps toward economic empowerment:

**Improve your financial literacy:** Learn more about effectively managing, saving and investing your money. This can include  
**See Finance, page 7**

### Seniors

#### Planning Ideas to Fund Your Retirement

(BPT) - Figuring out how much money you'll need to live the life you want - for the entirety of your retirement - is one of adulthood's biggest challenges. And managing the possibility that you won't outlive your savings has a name: longevity risk. No matter what, proactive financial planning is necessary to give you the greatest chance for success.

Over the past few decades, there has been a shift from traditional pension plans, where you get a defined monetary benefit in retirement, to 401(k)s and other defined contribution retirement plans, which puts more responsibility and stress on the shoulders of individuals to contribute a large portion toward their retirement savings.

**Planning idea No. 1:** Lifestyle is important. So is keeping options open.

If you're like most people, you have ideas about what you want to do in retirement, like owning a second home, traveling or volunteer-

ing in your community. Your plan should have the flexibility to balance your desired lifestyle with what you can afford. To do this, trade-offs such as delaying retirement, part-time work or waiting to collect social security all may need to be on the table as you're planning.

**Planning idea No. 2:** Knowledge is power

A lack of preparedness can lead to undesirable spending cuts, but you can guard against this by getting educated about available solutions.

One of the biggest steps you can take to increase your income and ensure that it will last your lifetime is waiting to claim social security. Simply delaying your claim from age 67 to 70 results in a nearly 25% increase in payments, and that larger payment will grow with cost-of-living adjustments.

Another is insured products. For many, protected savings and lifetime income options

**See Seniors, page 7**

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# Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 83, No. 7 - February 15, 2024

## Hip Hip Hooray, It's the 100th Day of School



Anderson Elementary Students dressed up as if they were 100 years old to celebrate the 100th day of school. Photos courtesy Anderson Elementary School.

### Veterans

from front page

Of all things, from the age of six, she found herself in and out of foster care. But, once you get to know Faye, it is no surprise that her strong desire to make a difference led her to join the United States Air Force. During her nearly 22 years, she rose to the rank of E9, Chief Master Sergeant before "retiring."

I put the word *retiring* in quotations. Faye is a college graduate with a focus on business management and is well-versed in the medical field. This is the discipline she focused on while in the Air Force. Today, she is a full-time National Affiliations Officer with the Veterans Administration Central Office, Graduate Medical Education and Dental Department. Oh, I should also mention she has five children and five grandchildren. So, she has a full-time job, a sizable family, and is the head of the Hawthorne Veterans Affairs Commission. Wow.

As one of the Commissioners, Faye is paid the grand sum of \$25 per meeting. The Veterans Affairs Commission itself is sponsored by the Hawthorne City Council and relies on donations. It is accurate to say that each of the Commissioners participates because they want to assist those who have served us; they want to ensure our Veterans have access to the information and resources they need and do not fall outside or below the safety net. Hawthorne Mayor Alex Vargas, along with the City Council, pushed for this project, and provided City funding to get the project off the ground.

"We also work closely with, among others, the Hawthorne Police Department, Sergeant Jose Saldana, to assist in dealing with veterans in our community. We are fortunate to have a compassionate police force. We coordinate with groups like the VFW, Wounded Heroes of America, and the American Legion. Yes, I have a full-time job, let alone family, but being part of the Veterans Affairs Commission gives me a chance to continue to reach out to and help our Veterans. My good friend, Olivia Valentine, then on Hawthorne's City Council, was the driving force behind the Commission and encouraged me to become part of it. I am very grateful for her mentorship and guidance. I also want to give special thanks to Hawthorne's Human Resource Director, Erika Lampkin, for the

many years of support to the Veterans Affairs Commission. Bottom line, you can tell: I want to get the word out about the Military Banner Program. Let's get those Banners flowing, let's show our gratitude to our Veterans, let's line the streets!"

Thinking about it, maybe one of those

banners ought to show Faye Johnson. At a minimum, a salute to this patriot. An appreciation for her good effort and work. And, another reminder that Hawthorne is known as the City of Good Neighbors, while I keep saying let's add "and of Good People." •

VETERANS AFFAIRS COMMISSION  
CITY OF HAWTHORNE

HAWTHORNE MILITARY HEROES

*Inaugural Military Banner Recognition Program*

Veterans Banner Recognition. Photos courtesy the Hawthorne Veterans Commission

SAMPLE BANNER

The City of Hawthorne  
Proudly Honors

HONOREE NAME

Sponsored by

MARINES

LOCATION OF BANNERS

Exact location for each banner will be determined by The City of Hawthorne. Projected location will be on Hawthorne Blvd between Sepulveda Blvd. and Rosecrans Blvd.

Damaged banners may be removed from display at the discretion of The City of Hawthorne.

Banners will be displayed from Memorial Day mid-May until Veterans Day mid-November, unless otherwise announced by The City of Hawthorne or Veterans Affairs Commission.

The Veterans Banner Project

Veterans Affairs Commission  
4455 126th Street  
Hawthorne, CA 90250  
Faye Johnson, Chair  
veteransaffairs@cityofhawthorne.org  
(951) 662-5513

★ ★ ★ ★ ★ ★

Veterans Affairs Commission

# Inglewood News

The Weekly Newspaper of Inglewood

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 73, No. 7 - February 15, 2024

## Students Come Together for Black History Month



Kelso Elementary celebrates and recognizes Black History Month with their Black History Month Festival. Photo courtesy Inglewood Unified School District.

### City Council

the distinctions between a General Law City (which was Hawthorne at this time) and a Charter City. A major distinction is that the General Law City follows the State Constitution to enact ordinances, enforce zoning, and exercise the police power. On the other hand, a Charter City derives its authority from the "home rule doctrine". The Charter City can adopt and enforce its laws to an appreciable degree (including increased compensation for City Council members).

If Hawthorne were to seek to become a Charter City, there are multiple steps to be taken and specific deadlines by which to do it. Hawthorne becoming a Charter City has been a consideration before and is not without controversy.

A representative of the company, Wow Media, came forward, and the word "wow" seems apt: *Digital billboards*. Wow Media has successfully worked since 2015 with the City of Inglewood. Tonight, item number 10 on the agenda is to approve a contract between the City of Hawthorne and Wow Media. Details were provided about the different kinds of billboards, where they likely will be located, how monies would be recouped by Wow Media, and how money would flow to the city. The billboards may well enhance Hawthorne's image, serve public information purposes, and bring in good money. Of interest as well, in Sacramento presently, local Assembly Member McKinnor has introduced Assembly Bill 1869, co-authored by local

State Senator Bradford, which focuses on billboards for Hawthorne.

A bit later in the meeting, the Council approved the "municipal message centers development" and the lease agreement between Hawthorne and Wow Media, Inc.

Folks, these billboards are going to take time, but stay tuned.

Next was a presentation by the Hawthorne Police Department, which implemented a drone program in 2021. Today, the Department has five drones and 20 pilots. The pilots

are well trained (in fact must be certified). The drones are shared on different shifts and calls for service. There are specific events where the drones are particularly useful: pre-planned (e.g., a movie in the park), police patrol (observing the scene, at minimum), and first responder services. The current drones are about the size of a briefcase, cost between \$5,000 and \$15,000, and have a two to three-year lifespan. They are very well maintained, and their electronic systems are rarely damaged. Above all, the

usefulness of the drones is proven. As a result, the Hawthorne Police Department is that much more vigilant today. Item number 19 on the Agenda was later approved by the Council, authorizing a 5-year contract between the Hawthorne Police Department and Brinc Drones for Drone First Responder and approving a purchase order.

The Council then turned to a "tear in the eye" presentation, saluting three terrific people: Deborah Johnson, who served as Custodian of Hawthorne City Hall, D. J. Cerrado, traffic safety engineer for Hawthorne, and Police Officer Ron Lewis, public safety officer. They are all "Good Neighbors"; each was heartily commended for their exemplary service and invaluable contributions to the community.

Finally, some upcoming events: March 9, from 10 am to 4 pm, at the Nakaoka Community Center in Gardena, Senator Bradford's office has scheduled "Tacos and Taxes". If your income is less than \$67,000, make an appointment; call (626) 545 9351, and take advantage of the service. Autism Awareness Walk, tentatively going forward on April 6. If you have questions or wish to participate, contact Councilman Montiero's Office through Hawthorne City Hall at (310) 349 2900.

In closing, another City Council meeting with quite a lot addressed, but as is not uncommon, A great deal of hope arises that Hawthorne's present and its future are both being carefully evaluated and protected. •



Good Neighbor Award

from front page

PUBLIC NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF: CHARLES EDWARD AVERY SR. CASE NO. 24STPB00728

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of CHARLES EDWARD AVERY, SR. A PETITION FOR PROBATE has been filed by RENITA AVERY in the Superior Court of California, County of LOS ANGELES.

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.

NOTICE OF AMENDED PETITION TO ADMINISTER ESTATE OF: RAFAEL ZUNIGA ESCOBAR CASE NO. 24STPB00274

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of RAFAEL ZUNIGA ESCOBAR. AN AMENDED PETITION FOR PROBATE has been filed by CARMEN ELIZABETH GUERRA in the Superior Court of California, County of LOS ANGELES.

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NOTICE OF PETITION TO ADMINISTER ESTATE OF: TIMOTHY PAUL KARPETSKY CASE NO. 24STPB00618

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of TIMOTHY PAUL KARPETSKY. A PETITION FOR PROBATE has been filed by ALICIA KARPETSKY in the Superior Court of California, County of LOS ANGELES.

HILL STREET, LOS ANGELES, CA 90012, STANLEY MOSK COURTHOUSE. 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.



NOTICE OF SUCCESSOR PETITION TO ADMINISTER ESTATE OF: WENDY TAILING WANG AKA WENDY TAILING WANG CASE NO. 23STPB13870

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of WENDY TAILING WANG AKA WENDY TAILING WANG. A SUCCESSOR PETITION FOR PROBATE has been filed by GERREN WANG in the Superior Court of California, County of LOS ANGELES.

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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF: RUSSELL WILLIAM SNYDER CASE NO. 24STPB01389

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of RUSSELL WILLIAM SNYDER. A Petition for Probate has been filed by MARK RIVAS in the Superior Court of California, County of LOS ANGELES.

LACourtConnect (LACC). For more information, please visit https://www.lacourt.org/documents/CreateCourtId.pdf. 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.

Order to Show Cause for Change of Name Case No. 24TRCP00070

Superior Court of California, County of LOS ANGELES. Petition of: SAMUEL BARBA MEDINA for Change of Name. TO ALL INTERESTED PERSONS: Petitioner SAMUEL BARBA MEDINA filed a petition with this court for a decree changing names as follows: SAMUEL BARBA MEDINA to SAMUEL BARBA

Order to Show Cause for Change of Name Case No. 24TRCP00045

Superior Court of California, County of LOS ANGELES. Petition of: JOAQUIN EZEQUIEL MONGE BY AND THROUGH GUARDIAN AND LITEM ELMER LEONEL MONGE AND JACQUELINE AMPARO for Change of Name. TO ALL INTERESTED PERSONS: Petitioner JOAQUIN EZEQUIEL MONGE BY AND THROUGH GUARDIAN AND LITEM ELMER LEONEL MONGE AND JACQUELINE AMPARO filed a petition with this court for a decree changing names as follows: JOAQUIN EZEQUIEL MONGE to JOAQUIN EZEQUIEL MONGE AMPARO



"How do we change the world? One random act of kindness at a time..." --Morgan Freeman



CITY OF INGLEWOOD INVITATION TO SUBMIT BID (Specifications and Conditions Governing Bid Award)

Project Subject to Bid: "CRENSHAW BOULEVARD IMPROVEMENT PROJECT FROM I-105 FREEWAY TO CENTURY BLVD, PHASE I" BID No. CB-24-26. The City of Inglewood invites and will receive bids duly filed as provided herein for the furnishing of labor and materials and/or the completion of the above-designated project.

at (nhunter@cityofinglewood.org), should you require further information. Check Planet Bids for project addendums and answers to bid questions. Each bid, to be considered, must be delivered to and received by the City Clerk no later than 11:00 a.m. on Wednesday, March 13, 2024.

after the date bids are opened and announced. Attention is directed to the provisions of Labor Code § 1725.5. No contractor or subcontractor may be listed on a bid proposal for a public works project (submitted on or after March 1, 2015) unless registered with the Department of Industrial Relations (with limited exceptions for this requirement for bid purposes only under Labor Code Section 1771.1a).

(1) Register as a public works contractor; (2) Submit a certified copy of the payroll records required by subdivision (a) of Section 1776 to the party that engaged the company and to the general contractor within five working days after the employee has been paid, accompanied by a written time record that shall be certified by each driver for the performance of job duties; and (3) Ready-mix concrete companies' requirement to submit payroll online to DIR using its electronic certified payroll reporting system is temporarily on hold.

dir.ca.gov/DLSR/PWD but are not printed in the Specifications; these rates are subject to predetermined increases. The U.S. Department of Transportation (DOT) provides a toll-free hotline service to report bid rigging, bidder collusion, or other fraudulent activities. The hotline is available Mondays through Fridays between 8:00 a.m. and 5:00 p.m. eastern time, at (800) 424-9071.

PUBLISH YOUR PUBLIC NOTICES HERE. ABANDONMENTS: \$125.00. ABC NOTICES: \$125.00. DBA (Fictitious Business Name) \$75.00. NAME CHANGE: \$200.00. 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.





# GUNDOGRAM

SUBMIT YOUR YUM DISH!!

## Healthy Greens Breakfast Smoothie

Provided by Campbells Soup Corp.

There are a lot of green smoothie recipes out there. What makes this one great is that it is so delicious and there is so little prep. Most of the “green” in this Healthy Greens Breakfast Smoothie recipe comes from the V8 Healthy Greens. Frozen pineapple adds sweetness and avocado makes it creamy. We love the addition of freshly grated ginger- it adds a bit of warm spice that really makes it different (and we think better!) than your average green smoothie recipe. Try Healthy Greens Breakfast Smoothie - it’s both healthy and delicious.



### Ingredients

- 1 cup V8® Veggie Blends Healthy Greens, chilled
- 1 cup frozen pineapple chunks
- 1/2 small avocado, pitted and peeled
- 1 teaspoon chia seeds
- 1 teaspoon grated lemon zest (from 1 small lemon)
- 1 teaspoon lemon juice
- 1/2 teaspoon grated ginger root

### Directions

- **Step 1:** Add the V8, pineapple, avocado, chia seeds, lemon zest, lemon juice and ginger to a blender. Cover and blend until smooth.
- **Step 2:** Divide the smoothie between 2 glasses and serve immediately.

Send us a photo and recipe of your favorite dish. We’d love to share it with the community.  
Send to: [web@heraldpublications.com](mailto:web@heraldpublications.com)

## Finance

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budgeting, eliminating debt, buying insurance, exploring investments and creating retirement savings plans.

**Set clear financial goals:** Goals should be specific, measurable and achievable for your short-term and long-term future, including saving money regularly and paying off debts. Creating goals can help you turn vision into reality.

**Invest in education and skill development:** By attending continued education like on-the-job training, online and certification courses, you are investing in yourself and your future. This demonstrates your commitment to your personal and professional growth, which can lead to better career prospects and

financial rewards.

**Start your own business or side hustle:** Today, almost half of Americans have a side hustle outside of their day job to generate additional income. Consider your interests and options to set yourself up for success.

**Work to build strong personal and professional networks:** Having strong connections in your personal and professional life offers many benefits. You have access to support, mentors, opportunities and so much more.

Now is the ideal time to set yourself up for professional success and take steps toward economic empowerment. To learn more about starting a new business and earning some extra income, visit [Herbalife.com](http://Herbalife.com).

Visit us online: [www.heraldpublications.com](http://www.heraldpublications.com)

## Seniors

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limit risk and insulate assets from the effects of market volatility - all while generating predictable income streams for fixed expenses in retirement. Such products are available from Prudential and can help improve retirement security for a lifetime. But they’re not for every person or every situation, so discuss the possibilities with a financial advisor. Which leads us to the final planning idea...

**Planning idea No. 3:** Don’t go it alone

If you are open to getting help, but don’t know where to start, there are many tools and resources to help you plan, with a trusted financial advisor being at the top of the list. Advisors will likely start the conversation by asking about your current financial situation and desired outcomes. If you’re clear on those outcomes, it will be easier to make choices from the range of options and strategies.

And if you’re not quite ready to meet in

person with an advisor, there are online tools to help. The web-based Prudential Stages for Retirement will unlock your personalized Retirement Confidence Score and generate custom projections of your retirement income and spending over time. When you’re ready to kick things up a notch, you can connect virtually or in person with a financial advisor to help you define, refine and realize your financial goals. This material is being provided for informational or educational purposes only and does not take into account the investment objectives or financial situation of any client or prospective clients.

The information is not intended as investment advice and is not a recommendation about managing or investing your retirement savings. If you would like information about your particular investment needs, please contact a financial professional.

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# PETSPETS **Pets** PETSPETS

## Purrrfect Companions



**Bandit**

Kitten Rescue rescues cats and kittens from a variety of situations. Most live in our volunteers' homes and those volunteers foster them until we can find permanent homes for them. Young or old, tabby or Maine Coon, we care for orphaned and abandoned kittens that need to be bottle-fed around the clock, moms with litters, cats that need socialization, and sick or injured animals. When they are finally ready for their forever home, we will help match you with the purr-fect one. When you adopt, you save a life... and in turn enrich your own.

**Kanga** is a super sweet and loving cuddle buddy who enjoys the quiet comforts of a home. Her loud purrs are a testament to the happiness she finds in your company. This independent yet affectionate feline is looking for a quiet home where she can be the center of attention and thrive in a calm environment. If you are ready to welcome a loving and devoted companion into your life, Kanga is eagerly waiting to be your one and only.

**Bandit** is very social and outgoing boy with



**Chip**

bunny soft fur. He loves to explore yet also loves your cuddles. He is an adventurous kitty and quickly adjusts to new environments and people. Bandit's favorite pastime is to snuggle up on your lap. He has a mellow temperament for a kitten, yet enjoys wrestling with his siblings. If he is not adopted with his brother Chip, he will need to be adopted into a home with other younger (not necessarily the same age) cat. He has acclimated very well with his foster mom's other cats and dogs.

**Buttercup** is an active, social little girl. She plays endlessly with her toys and runs around the whole house. She loves to explore all the nooks and crannies and gets into mischief. When she is tired out, Bandit will plop herself down on a comfy lap to take a little catnap. Her favorite pastime is to follow you around the house to hang out with you. She also loves to hang with her buddy Gravy; they are inseparable.

**Milo** is adventurous kitty who loves to sit on a window ledge and watch the outside world. His favorite toys are catnip filled mice and any

type of ball. He enjoys cardboard scratchers as well. Milo is part of a bonded pair. Milo and Kairi(his sister) are the definition of siblings. While you can catch them having quiet moments snuggled together in their hammock, they spend most of their time play-fighting and chasing each other around. They are very entertaining pair. Milo and Kairi would be a perfect match for a household, without very young children, who have patience to let the cats adjust and become more confident.

Sweet **Chip** with his incredibly green eyes, is playful and has a calm (for a kitten) disposition. He starts purring the moment you pick him up! He loves napping on a cat tower, cuddling on your lap, or pouncing and wrestling with his siblings. He loves chasing balls and he has a favorite toy mouse that he will carry around like his prized possession.

These cats and kittens are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and



**Milo**

current on their vaccinations. For additional information to see these or our other kittens and cats and for a list of our weekend adoption events, please check our website [www.kittenrescue.org](http://www.kittenrescue.org).

The donations and support we receive from individuals like you, who share our love and commitment to helping cats and kittens in Los Angeles, are the sole reason we are able to do what we do. We are grateful for your financial help. By making even a small donation today, you can touch the lives of the many deserving, wonderful animals in our care. There are many ways you can donate and help, and every dollar means so much. Kitten Rescue is a 501(c)(3) nonprofit. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 3519 Casitas Ave., Los Angeles, CA 90039.

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



**Kanga**



**Buttercup**