

# 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 LAWDALE NEWS  
The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 6, No. 15 - April 11, 2024

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## Capturing the Amazing Eclipse



South Bay Locals, Gregg McMullin and his son Kyle, drove out to the great city of Atkins, Arkansas, at McLaren Park, and witnessed the eclipse. Photo by Kyle McMullin.

## Council: From Smiles to Snarls

By Ron Sokol

You go to a movie, you may be thinking “there will be some excitement!” You go out for dinner, you may be thinking “Looking forward to dessert!” You go to a party, you may be thinking, “Wonder if there will be any surprises?”

Hawthorne City Council meetings are more predictable, usually, but that said there often is emotion, tenacity, details, give-and-take, and on occasion some tension (indeed). You cannot quite predict all what will be addressed, just how it will be received, let alone how it will be voted on.

The April 9, 2024 Hawthorne City Council meeting began in customary fashion, with the Invocation, respectfully asking for good things to benefit Hawthorne, followed by the Pledge of Allegiance, and then roll call (all Council members in attendance). The next hour was dedicated to five Proclamations, Certificates and Presentations. Each of genuine interest, and some quite emotional. But, as the meeting wore on, there was quite a gnarly exchange.

Let’s start with the nice stuff: For the past year, Hawthorne has instituted the *Civic 311 Application*. This is for non-emergencies, and seeks to provide a way for residents to deal with a variety of items. from potholes to illegal dumping to graffiti removal. A request can be made confidentially, and there are two ways to get it done: Download the My Civic 311 App to your phone, or go online to the link CityofHawthorne.org. Effort is going to be made to get the word out more now, so that as many residents as possible become aware of this manner of communicating with the City to get important (non-emergency) items dealt with.

Next was one of the more fun and sentimental items on the Agenda, awarding three Hawthorne employees with the Good Neighbor Award. They are Samuel English, who has so many tasks as part of the City Attorney’s office it is dizzying, but by all accounts does his job very well and with

a smile. He makes you feel better, that’s Samuel. Then there is Ebony Johnson who is part of Community Services, and brightens people’s days, time and time again. Everyone likes being around her. She handles and follow-up on complaints and requests from citizens, making sure residents’ voices are heard. Ebony often surpasses expectations. And, there is Police Officer Michael Grajeda, who since 2009 has demonstrated outstanding qualities as a member of the Hawthorne Police Department, including in dealing with forensic finger prints. Michael fosters a supportive environment, and uplifts the spirits of those around him. He is dedicated and exemplary. But, not one of these three persons nominated won the Good Neighbor Award. Instead, they all did because all three deserve the Award. Applause broke out in the room.

The atmosphere in the City Council Chambers was very positive at this point, and that kept going with the presentation of the finalized version of Hawthorne’s new logo. The one you are used to has been in place since 1978. Now the City will have variations on how the logo can be presented,

from tee shirts to web sites to stationery to plaques. The logo is exciting to look at, and reflects the spirit of adventure as well as the potential for new business coming to the City of Good Neighbors. I am including images of it with this column.

On a more somber, but truly important note: April is Distracted Driving Awareness month. Hawthorne PD made a presentation, which included a power-point. Punishments are in order for offenders, which increase with a second incident, and are more harsh if there is an accident caused by distracted driving. Statistics from 2022 are very alarming – 3,308 people killed as a result of distracted driving, and 288,310 people injured. The admonishment is simple: Silence your phone, and just drive!

A woman then came to the Podium, with a very good, friendly attitude, her daughter in tow, but admitted not simply that she was nervous but that she was doing her best to keep from breaking out in tears. She talked about her dad who was very finicky. When he changed addresses, they went to the DMV in Hawthorne to make sure they had his

See City Council, page 4

## Weekend Forecast

### Friday

AM Fog/  
PM Sun  
67°/56°



### Saturday

Showers  
60°/50°

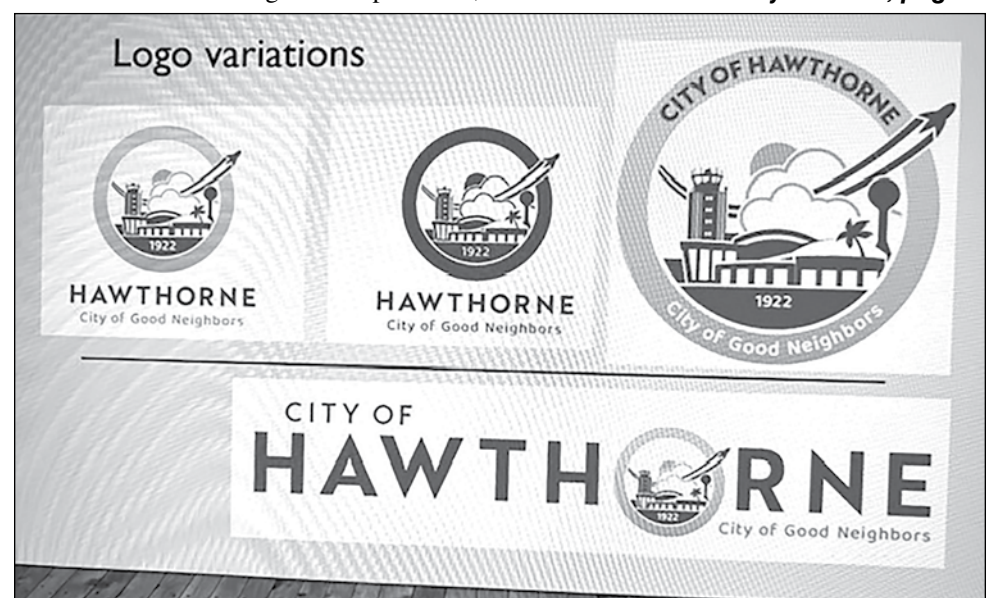


### Sunday

Partly  
Cloudy  
59°/50°



### Logo variations



Hawthorne’s New Logo

# Entertainment

## Film Review

### Civil War Challenges Insights Into Freedom of the Press

By Thomas McGregor for Cinemacy

*Civil War*, directed by Alex Garland and starring Kirsten Dunst, explores societal tensions without succumbing to political bias. Garland, known for his cerebral storytelling in films like *Ex Machina* and *Annihilation*, crafts a narrative that transcends traditional partisan divides, delving into the complexities of free speech and its implications for a fractured society.

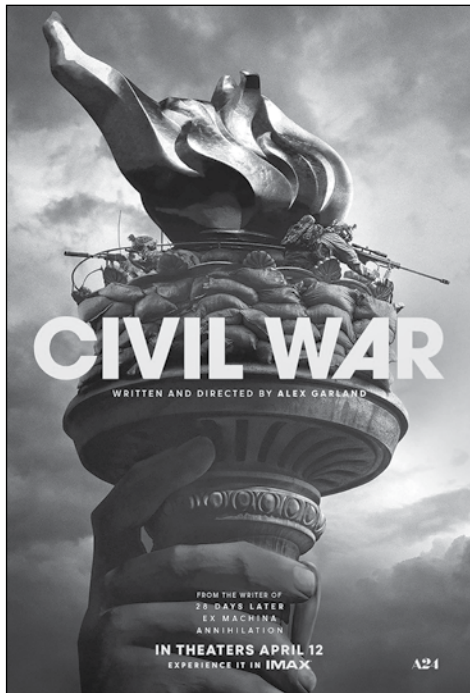
Set in a near-future world on the brink of collapse, *Civil War* follows photojournalist Ellie (Kirsten Dunst) as she navigates a society torn apart by ideological conflicts. Garland skillfully weaves together elements of drama and suspense, creating a tense atmosphere that keeps viewers engaged from start to finish.

What sets *Civil War* apart is its nuanced approach to free speech. Rather than presenting a simplistic portrayal of right versus left, Garland challenges audiences to question the very nature of expression in a world where every word carries weight. Dunst as Ellie forces us to confront uncomfortable truths about the limits of dialogue and the consequences of unchecked rhetoric.

Despite its heavy thematic material, *Civil War* has moments of levity and humanity. Dunst delivers a captivating performance, imbuing her character with depth and vulnerability. The supporting cast—including Wagner Moura and

Cailee Spaeny—also shines, creating authenticity in their roles.

Ultimately, *Civil War* is a timely and thought-provoking film that encourages audiences to reflect on the power of words in shaping our collective destiny. Its deft handling of complex issues and compelling performances testify to Garland's skill as a filmmaker and storyteller. •



Civil War, courtesy A24

## Check It Out

### A Short Walk Through a Wide World by Douglas Westerbeke

By Library Assistant, Mary Martes

Venturing out of my usual literary fiction genre, I came upon this gem of a science fiction novel. Author Douglas Westerbeke is a librarian who decided to write a book of his own. I am glad he did. *A Short Walk Through a Wide World* is a fantastical story that begins with Aubry Tourvel, a young girl living in Paris with her family in 1885. They are a loving family so when a curse afflicts Aubry with an illness that prevents her from staying in one place for long, it is a crushing blow to them all.

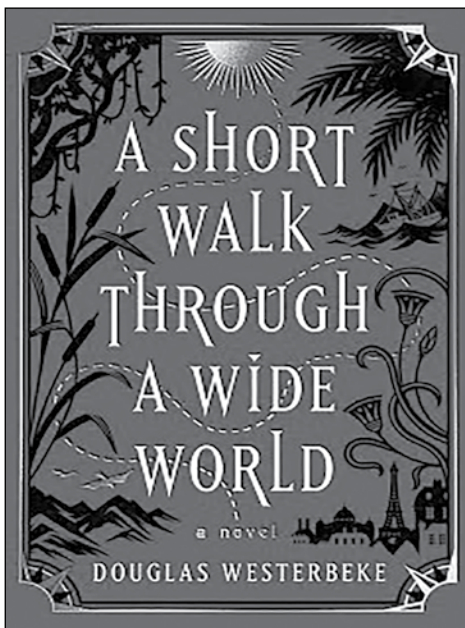
So begins Aubry's walk through a wide world, but it is certainly not short. Forced to keep moving, Aubry's mother accompanies her as she grows, but soon she is on her own. Her adventures are many and varied, as are the people she meets along the way. Across deserts and seemingly insurmountable mountains, Aubry faces challenges that force her to learn, adapt, and grow mentally, emotionally, and physically. She faces death on many

occasions and happens onto extraordinary places hidden in plain sight.

Racing down an alley to escape marauders, she darts into a dark cave like entrance that leads to an enormous underground library, visible only to miraculous few. As she struggles to survive a snowstorm in the Himalayas, she stumbles onto a door in the snow-covered mountainside. It is only through this illusory labyrinth that she makes it to the other side of the mountain range and back into the world. Not all of these secret lairs are harmless.

As she ages and navigates through the world, Aubry becomes a famous, eccentric oddity. Doctors want to cure her, researchers are certain they can find a cause, writers want to tell her story, and many are simply fascinated by her story. She finds love and friendship, but they are fleeting. There is no way to outrun her disease; she must constantly move on and leave those she loves.

Aubry's adventure may be implausible, but Westerbeke is a master of world building and character development. Aubry is an enchanting, formidable, and resilient human. Read this book and accompany her on this journey. You won't have any trouble believing it. •



A Short Walk Through a Wide World by Douglas Westerbeke



Mary Martes

## Garage Sale

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- We do not allow paragraph breaks or other formatting except bolding of the first 3 or 4 words. Ad placement is usually sorted randomly... depending on space & layout... and at our discretion. Request for special placement will be \$20 extra per week. Request for special formatting will be \$10 extra per week. This is limited to bolding, caps, and border. Images, logos, etc are not allowed in classified ads.
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- Weekly renewal is \$10/wk IF you notify us WITHIN your ad run timeframe...else renewals are full price.
- You may cancel your ad at any time by contacting us. No credit is given for unused/prepaid weeks.
- Publication confirmation will be emailed after approval. Etearsheet, if requested, will be provided the Monday after Publication Date.
- 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.
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ANTIQUES, COLLECTIBLES, jewelry, military, pottery, garden, mid-century, retro, art, ASIAN, silver, coins, stamps, anything unusual. FREE APPRAISALS. You know us from Storage Wars. Buy/Sell. 310.322.3895. El Segundo.

#### WANTED

VINYL RECORDS, cassettes, CD's, 78's, anything musical & collectible. T-shirts, programs, posters, tickets, audio equipment. Buy/Sell. Studio Antiques & Vinyl. 310.322.3895. El Segundo.

#### FOR RENT

1 BR-lower, in Senior Friendly 4-plex by Rec Park. Non-smoking. No Pets. Utilities paid. Gardner and trash paid. \$1,650. 310.994.9904.

#### SEEKING ROOM

Lived in El Segundo for 18 yrs, current house being sold. Out of town 25% time. Require off street parking. Skip, 310.322.1604.

#### EMPLOYMENT

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etc for local newspaper. Experience necessary. Work is remote. Please send resume to: [Letters@heraldpublications.com](mailto:Letters@heraldpublications.com).

#### YARD SALE

SPRING BOUTIQUE! April 20th 10-3. Amazing Vendors. Raffle Prizes. Bake Sale. El Segundo Woman's Club, 541 Standard, El Segundo.

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**Our website can no longer take inquires or emails**

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“Three Things Cannot Be Long Hidden:  
The Sun, The Moon, And The Truth.”

– BUDDHA

# 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. 15 - April 11, 2024

## HHS Cadets Enjoy a Wonderful Evening



Our Cougar cadets had a great time at the NJROTC Military Ball. HHS also received the Purple Star School award that evening. Go Cougars. Photo courtesy Hawthorne High School.

## Finance

### Two in Five Americans Define 'Making It' as Achieving Financial Independence

(BPT) - Financial independence is important to 67% of Americans, though nearly a quarter (24%) say they haven't yet achieved it, according to new research from Empower, a leader in financial planning, investing, and advice.

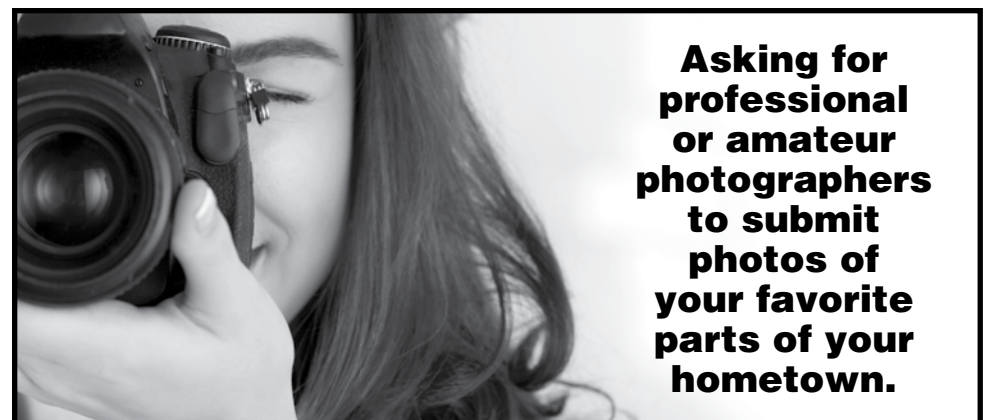
The definition of "making it" financially varies among spenders and savers, though many equate it with resilience and independence: 44% of Americans say it's synonymous with not needing to rely on anyone else for money,

39% say it's career advancement and one quarter say it's reaching a certain net worth.

To put a dollar value on it: \$94,000 per year is the magic number average Americans feel they need to earn to achieve financial freedom, and 60% feel optimistic they can reach this money milestone.

#### Top Signs You've Financially "Made It" in Life:

- Being financially independent/not relying
- See Finance, page 5



**Asking for professional or amateur photographers to submit photos of your favorite parts of your hometown.**

This could include co-workers, friends, events, pets or just something picturesque! Anything as long as it's family-friendly and taken in one of these cities: Inglewood, Hawthorne or Lawndale. There will be no compensation for your submission, but you will be featured in our papers with your byline included. Send your photo and caption for consideration to: [ads@heraldpublications.com](mailto:ads@heraldpublications.com).

## Love Thy Neighbor

Dear South Bay Cities Neighbors,

We love the profiles we've done, and we've learned so much about South Bay City residents. We want to do more, so please keep the suggestions coming. With over 200,000 residents, we're sure there are some gems we may have overlooked or not been aware of them. Do you have a unique and interesting friend, neighbor, co-worker, colleague or student? All you have to do is ask their permission and send us their contact information. Of course, if you find yourself fascinating, you are welcome to send us your information too. 😊



- Best to you all. HM.

Send your suggestions in to [letters@heraldpublications.com](mailto:letters@heraldpublications.com)

Please have your nominee's approval before you submit them as a nominee.

# 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. 15 - April 11, 2024

## Running is Good for the Heart, the Soul and the Mind



Say Hello to the Girls Running Club at Anderson Elementary. Here's to friends that motivate us into becoming better people. Photo courtesy Anderson Elementary School.

### City Council

from front page

updated information. While there discussion arose about whether he might donate his organs if "God forbid", but he was reluctant to do so. There also was a minor cost to do so. By the time it was done, he did agree to become an organ donor, with his daughter's encouragement. As fate would have it, on December 29, 2019, while driving with his daughter, he suffered a stroke and a heart attack. Dad would perish, but three of his organs went to three different people who have lived-on since. April is national DMV/Donate Life month. You can sign up online at [www.donatelifecalifornia.org](http://www.donatelifecalifornia.org).

Jasmine Leon Guerrero from Senator Bradford's office came forward during the "Oral Communications" part of the Agenda to inform of the good Senator's event, April 26<sup>th</sup> from 9 am to noon, as part of Earth Day. The effort is to make Hawthorne a safer and cleaner place. If you have questions, or want to RSVP, call the office at (310) 412 6120.

There is a Consent Calendar each Agenda, often voted on *en masse*, but some items are held for discussion. There was lively discussion about the Housing Choice Voucher Program. Hawthorne has over 700 vouchers, but there is only so much funding. There was effort to get a full grasp of what progress is being made, how the Program works, and how many vouchers remain. It is very challenging to get assistance for all those who need it with housing, be it the persons seeking housing, or those who have housing who might make their units available to those in need. There was one piece of information

that stood-out, and was quite encouraging: There are 20 new owners who have opted to lease out their units for Section 8 families (Section 8 is a subsidy for landlords to rent to low-income tenants).

Then... well, tensions broke out, and surprisingly things got quite sour.

Council member Alex Monteiro explained why he thought it would make sense to bring back the possibility of Hawthorne becoming a Charter City, not a General Law City (ie, the latter whose rules are largely from the State). He acknowledged in recent memory Hawthorne voted this down, but Mr. Mon-

teiro said the focus then was on the fact City Council members would be receiving over \$70,000 a year for their part-time jobs. He suggested a consultant be hired to assist with the language, and that there be public hearings before the issue goes back on the ballot for vote this November.

The City Attorney indicated he did not feel he has quite the expertise in this area, so a consultant may make sense. Council voted on this proposal, with four yes and one no. The no vote was Mayor Vargas who then in adamant, no uncertain terms said he would get the word out as to who is pushing this,

that it is a very bad idea, that it was unsuccessful just two years ago (the vote against a Charter City was 60%), and he made clear his unhappiness about it. He suggested he would make sure everyone knows who was pushing this ill- considered item.

Mr. Monteiro had an Agenda item next, but combined that with heated remarks expressing significant unhappiness with Mayor Vargas' comments. He spoke forcibly about how Mr. Vargas was so supportive of the Charter City measure just two years ago, but now has flipped. Mr. Monteiro was professional, but did not spare his disdain about Mr. Vargas' words.

It would be fair to say you could, at that moment, cut the air in Council Chambers with a very dull knife. And it even went back to Mr. Vargas, *but enough*. Bottom line: People have differences. Politics is not for the faint of heart. The meeting finished with each of the officials talking about projects and issues of import to them. By the time we went home, it would seem things had calmed down, a bit. (Note there was some unpleasant controversy as well about filling Commission seats, and how that has dragged out, with finger pointing there too, but suffice it is to say you can watch the City Council meeting if you choose to do so online at the Hawthorne Community TV's You Tube Channel).

In two weeks, we do this again. I am hopeful it will be a kinder/gentler session. Something about "you get more bees with honey". •



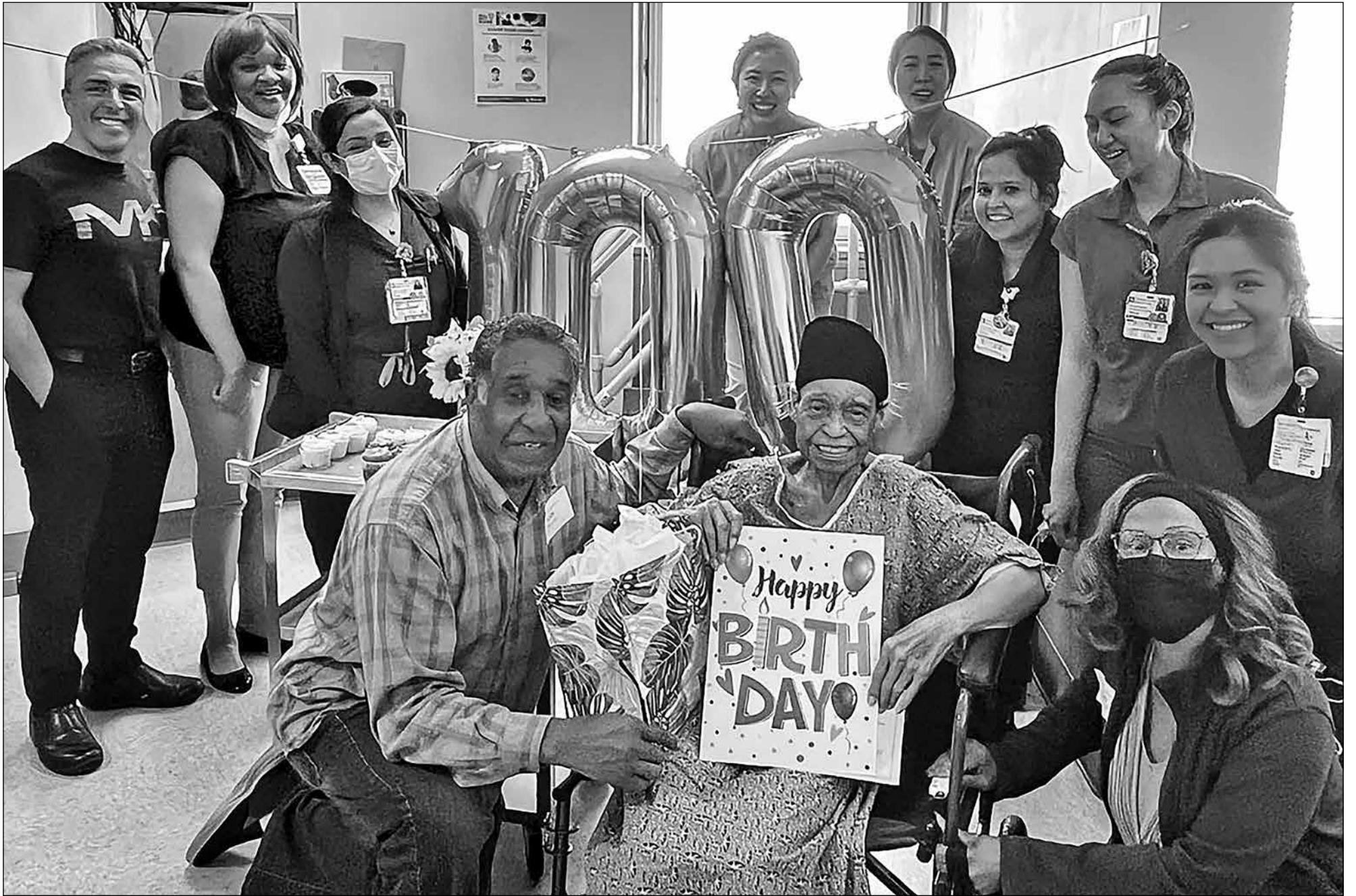
Good Neighbor Award

# Inglewood News

The Weekly Newspaper of Inglewood

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 73, No. 15 - April 11, 2024

## A Healthy and Happy One-Hundredth Birthday to Eloisa



The staff of the Acute Rehabilitation Unit threw a surprise birthday celebration for Veloisa last week. The physicians, nurses and therapists of Centinela Hospital go the extra mile for their patients. Photo courtesy Centinela Hospital Medical Center.

### Finance

from page 3

- on anyone else for money - 44%
- Moving up in my career/getting promoted - 39%
- Having a job I love - 37%
- Making a certain amount of money - 25%
- Not having to work at all - 25%
- Being able to spend money without worrying - 22%
- Being able to pay my bills on time - 9%
- Buying luxury items I want - 7%
- Being able to retire comfortably - 7%
- Buying a home - 6%

#### Set Clear Financial Goals

Despite having financial aspirations for the future, a majority of people (72%) admit they currently stress over their finances at least once per month and nearly 1 in 5 (17%) say they worry about money daily.

Getting on track doesn't have a time limit, but it does require a honed focus. "No matter your age, financial independence starts with clarity," underscores Keith Jones, senior financial professional with Empower. "Ask yourself what you want and why you want it. Establishing clear financial goals provides both direction and purpose, motivating you to work towards a more secure and satisfying financial future."

#### The Journey Looks Different for Everyone

Over half (57%) of Americans say they still rely on their family and friends for financial support, especially for help paying their

rent (62%), internet and streaming services (56%), and their phone bill (54%). Of those who don't feel financially independent, 3 in 10 (31%) are optimistic they will be in the future, while 54% don't think they'll ever be able to pay their bills without help.

The majority (92%) of financially independent Americans say they only started to feel that way once they reached the age of 36.

#### Money Talks Are Important

Among parents surveyed, many linked communicating about finances to achieving financial independence, with 57% saying they regret not having more money conversations with their children while they were growing up. In fact, 3 in 5 parents (60%) say if they could turn back the clock and do things differently, they would have made financial literacy a priority.

Although many believe their kids should be able to pay their own bills and expenses by age 23, 40% of parents with adult children aged 20 or older currently support them financially. More than half (53%) are dipping into their retirement savings to do so and 49% say they live with their children to help manage expenses.

#### Methodology:

This random double-opt-in survey of 2,000 general population Americans was commissioned by Empower and fielded by market research company OnePoll between December 11 and December 12, 2023. •

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# PUBLIC NOTICES

**NOTICE OF PUBLIC HEARING AND REVIEW**

**Draft 2024-2025 Action Plan  
Draft Substantial Amendment to  
2020-2024 Consolidated Plan  
City Council Meeting  
April 23, 2024**

**Program Description:** Pursuant to the United States Department of Housing and Urban Development (HUD) regulations, the City of Hawthorne (City) has prepared the draft Action Plan for the 2024-2025 Program Year and draft Substantial Amendment to the 2020-2024 Consolidated Plan. The Action Plan is the City's application to HUD for Community Development Block Grant (CDBG) and HOME Investment Partnerships (HOME) funds. The draft Action Plan outlines the projects and activities to be undertaken during the 2024-2025 Program Year using CDBG and HOME funds to address the priority needs and goals noted in the City's 2020-2024 Consolidated Plan.

**Citizen Involvement:** Do you have any comments, questions, concerns? You are invited to attend a public hearing to be held by the City of Hawthorne on **Tuesday, April 23, 2024, at 6 p.m.** to provide public comments. Specific details about how to participate, which may include either tele-conferencing, videoconferencing, or another equivalent option, will be included with the posted City Council Agenda.

The Agenda will be posted online at least 72 hours in advance of the hearing at <https://www.cityofhawthorne.org/>.

The purpose of the public hearings for the CDBG and HOME programs is to gather input from Hawthorne residents, and address questions or comments regarding housing and community development needs, priority strategies for affirmatively furthering fair housing, proposed activities, and program performance. The City Council is the final decision-making body for these items. If you challenge the City Council's action on this item in court, you may be limited to raising only those issues which you or someone else raised at this public hearing or in written correspondence received by the City at, or prior to, the public hearing.

**Information Available:** Copies of the draft 2024-2025 Action Plan and draft Substantial Amendment to the 2020-2024 Consolidated Plan will be available for public review and comment beginning on Thursday, March 21, 2024. Documents can be found with the City Clerk at 4455 W. 126th Street, Hawthorne (City Hall), 12700 Greville Avenue, Hawthorne (Public Library), or online at <https://www.cityofhawthorne.org/departments/housing/cdbg>.

The City of Hawthorne encourages citizen participation in the CDBG and HOME program grant management process. If you are unable

to attend the public hearing, written comments can be sent to the Housing Department at 4455 West 126th Street, Hawthorne, CA 90250 from **March 21, 2024, to April 23, 2024.**

**ADA Compliance:** It is the intention of the City of Hawthorne to comply with the Americans with Disabilities Act in all respects. If, as an attendee at this meeting, you will need special assistance beyond what is normally provided, the City of Hawthorne will attempt to accommodate you in every reasonable manner. Please contact the City Clerk's office at (310) 349-2915. Assisted listening devices are available at the meeting for individuals with hearing impairments. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. (28 CFR 35.102-35.104 ADA Title II)

**Language Access Pursuant to Executive Order 13166:** Si necesita más información sobre este aviso o la traducción de documentos en español, comuníquese con Dayna Williams-Hunter al (310) 349-2915.

**City Contact:** For more information, contact Kimberly Mack, Housing Director, by email at [kmack@cityofhawthorne.org](mailto:kmack@cityofhawthorne.org).

**Published:** March 21, 2024 (*Hawthorne Press Tribune*)  
Hawthorne Press Tribune Pub. 3/21, 3/28, 4/4, 4/11, 4/18/24

**HH-28364**

**AVISO DE AUDIENCIA PÚBLICA Y REVISIÓN**

**Borrador del Plan de Acción de 2024-2025  
Borrador de la Enmienda Sustancial al Plan Consolidado de 2020-2024  
Reunión del Ayuntamiento  
23 de abril de 2024**

**Descripción del Programa:** De conformidad con las regulaciones del Departamento de Vivienda y Desarrollo Urbano de los Estados Unidos (HUD, por sus siglas en inglés), la Ciudad de Hawthorne (Ciudad) ha preparado el borrador del Plan de Acción para el Año del Programa 2024-2025 y de la Enmienda Sustancial al Plan Consolidado de 2020-2024. El Plan de Acción es la solicitud de la Ciudad a HUD para recibir fondos del Subsidio en Bloque para el Desarrollo Comunitario (CDBG, por sus siglas en inglés) y de la Asociaciones para la Inversión en Vivienda (HOME, por sus siglas en inglés). El borrador del Plan de Acción describe los proyectos y actividades que se llevarán a cabo durante el Año del Programa 2024-2025 utilizando fondos CDBG y HOME para abordar las necesidades y objetivos prioritarios señalados en el Plan Consolidado 2020-2024 de la Ciudad.

**Participación ciudadana:** ¿Tiene algún comentario, pregunta, o inquietud? Esta invitado a participar en una audiencia pública que tendrá lugar en la Ciudad de Hawthorne el **martes, 23 de abril de 2024, a las 6 p.m.** para proporcionar comentarios públicos. Los detalles específicos sobre cómo participar, que

pueden incluir teleconferencia, videoconferencia u otra opción equivalente, se incluirán en el orden del día publicado del Ayuntamiento. El orden del día se publicará en línea al menos 72 horas antes de la audiencia en <https://www.cityofhawthorne.org/>.

El propósito de las audiencias públicas para los programas de CDBG y HOME es recibir las opiniones de los residentes de Hawthorne y abordar las preguntas o comentarios relativos a las necesidades de vivienda y desarrollo comunitario, las necesidades prioritarias de desarrollo comunitario no relacionadas con la vivienda, las estrategias para promover afirmativamente la vivienda justa, las actividades propuestas y el rendimiento del programa.

El Ayuntamiento es el órgano decisorio final para estos asuntos. Si impugna ante un tribunal la actuación del Ayuntamiento en relación con este asunto, sólo podrá plantear las cuestiones que usted u otra persona hayan planteado en esta audiencia pública o en la correspondencia escrita recibida por el Ayuntamiento en la audiencia pública o con anterioridad a ella.

**Información disponible:** Copias del borrador del Plan de Acción 2024-2025 y de la Enmienda Sustancial al Plan Consolidado de 2020-2024 estarán disponibles para su revisión pública y comentarios a partir del jueves, 21 de marzo de 2024. Los documentos se pueden encontrar con el Secretario Municipal, en 4455 W. 126th Street, Hawthorne (Ayuntamiento), 12700 Greville Avenue, Hawthorne (Biblioteca Pública), o en línea en <https://www.cityofhawthorne.org/departments/housing/cdbg>.

La Ciudad de Hawthorne fomenta la participación ciudadana en el proceso de administración de subvenciones de los programas CDBG y HOME. Si no puede participar en la audiencia pública, puede enviar sus comentarios por escrito al Departamento de Vivienda a 4455 West 126th Street, Hawthorne, CA 90250 desde el **21 de marzo de 2024 hasta el 23 de abril de 2024.**

Cumplimiento de la ADA: La intención de la Ciudad de Hawthorne es cumplir con la Ley de Estadounidenses con Discapacidades en todos los aspectos. Si, como asistente a esta reunión, usted necesitará asistencia especial más allá de la que normalmente se proporciona, la Ciudad de Hawthorne intentará acomodarlo de todas las maneras razonables. Póngase en contacto con la oficina del secretario municipal en el (310) 349-2915. En la reunión habrá dispositivos de escucha asistida disponibles para las personas con problemas auditivos. La notificación 48 horas antes de la reunión permitirá a la Ciudad hacer los arreglos razonables para asegurar la accesibilidad a esta reunión. (28 CFR 35.102-35.104 ADA Título II)

Contacto en la ciudad: Para más información, póngase en contacto con Kimberly Mack, Directora de Vivienda, por correo electrónico en [kmack@cityofhawthorne.org](mailto:kmack@cityofhawthorne.org).

Publicado: 21 de marzo de 2024 (*Hawthorne Press Tribune*)  
Hawthorne Press Tribune Pub. 3/21, 3/28, 4/4, 4/11, 4/18/24

**HH-28365**

**NOTICE TO CREDITORS OF BULK SALE**

(Division 6 of the Commercial Code)  
Escrow No. 008271-CC

(1) Notice is hereby given to creditors of the within named Seller(s) that a bulk sale is about to be made on personal property hereinafter described.

(2) The name and business addresses of the seller are:  
WATKANE PROPERTIES LLC., JOHN MICHAEL KANE AND SHAWNTE WATSON, 14345 INGLEWOOD AVENUE, UNIT L, HAWTHORNE, CA 90250-6714

(3) The location in California of the chief executive office of the Seller is: 17007 COTTAGE LN., BELLFLOWER, CA 90706

(4) The names and business address of the Buyer(s) are:  
CH LAUNDRY SYSTEMS LLC., 22525 SUSANA AVE., TORRANCE, CA 90505

(5) The location and general description of the assets to be sold are: INVENTORY FOR SALE, MACHINERY, FURNITURE, FIXTURES AND EQUIPMENT, TRANSFERABLE GOVERNMENT LICENSES AND PERMITS, CUSTOMER LISTS, TRADE NAMES AND TRADEMARKS, ADVERTISING MATERIALS, TELEPHONE AND FAX NUMBERS, ACCOUNT RECEIVABLE, SUPPLIER LISTS, AGREEMENT NOT TO COMPETE, COMPUTER AND CUSTOMER SOFTWARE.

AND CUSTOMER DEPOSITS, of that certain business located at: 14345 INGLEWOOD AVENUE, UNIT L, HAWTHORNE, CA 90250-6714

(6) The business name used by the seller(s) at that location is: MAYTAG LAUNDRY

(7) The anticipated date of the bulk sale is 04/29/24 at the office of CONCIERGE ESCROW SOUTH BAY, INC., 2615 PACIFIC COAST HIGHWAY, #100 HERMOSABEACH, CA 90254, Escrow No. 008271-CC, Escrow Officer: CHRISTINE CHANG.

(8) Claims may be filed with Same as "7" above.

(9) The last date for filing claims is 04/26/24.

(10) This Bulk Sale is subject to Section 6106.2 of the Uniform Commercial Code.

(11) As listed by the Seller, all other business names and addresses used by the Seller within three years before the date such list was sent or delivered to the Buyer are: NONE

Dated: MARCH 29, 2024

Transferees:  
CH LAUNDRY SYSTEMS LLC, A CALIFORNIA LIMITED LIABILITY COMPANY  
By: /S/ ANDRE DONALD HEMMERSBACH, MEMBER  
By: /S/ ANTHONY CANGAS, MEMBER  
4/11/24  
**CNS-3800852#**  
Hawthorne Press Tribune Pub. 4/11/24

**HH-28381**

Notice is hereby given, StorQuest Self Storage will sell at public sale by competitive bidding the personal property of:  
Danielle Wright  
Manuela Glenn  
Elise Goodrich  
Darian Washington  
Eddie C Hightower  
Michelle Bernard  
Toni Wright  
Julio Perez  
Reynaldo Anglin  
Tamika Smith

Property to be sold: misc. household goods, furniture, tools, clothes, boxes, toys, electronics, sporting goods, and personal content. Auction Company: [www.StorageTreasures.com](http://www.StorageTreasures.com). The sale ends at 10:00 a.m., April 26, 2024, at the property where said property has been stored and which is located at StorQuest Self Storage 4959 W 147th St, Hawthorne, CA 90250. Goods must be paid in cash and removed at the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.

**CNS-3798558#**  
Hawthorne Press Tribune Pub. 4/11, 4/18/24

**HH-28382**

**NOTICE OF SHERIFF'S SALE  
ANDERSON, GEORGIA VS SALAR INVESTMENTS, LLC**

**CASE NO: 22STLC03795 R**

Under a writ of Execution issued on 10/10/23. Out of the L.A. SUPERIOR COURT STANLEY MOSK of the CENTRAL DISTRICT, County of Los Angeles, State of California, on a judgment entered on 09/06/22.

In favor of GEORGIA ANDERSON and against SALAR INVESTMENTS, LLC showing a net balance of \$ 6,870.98 actually due on said judgment. (Amount subject to revision) I have levied upon all the right, title and interest of said judgment debtor(s) in the property in the County of Los Angeles, State of California, described as follows:

**PARCEL 1:**  
LOT 849 OF TRACT NO. 5568, IN THE CITY OF LAWDALE, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, AS PER MAP RECORDED IN BOOK 78 PAGE(S) 72 AND 73 OF MAPS, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY. EXCEPT THE SOUTH 15 FEET OF SAID LOT.

**ALSO EXCEPT THAT PORTION OF LOT 849 LYING SOUTHEASTERLY OF A LINE DESCRIBED AS BEGINNING AT A POINT IN THE NORTHERLY LINE OF SAID SOUTH 15 FEET OF SAID LOT DISTANT 15 FEET WESTERLY THEREON FROM THE EAST LINE OF SAID LOT, THENCE NORTHEASTERLY ALONG A DIRECT LINE TO A POINT IN THE EAST LINE OF SAID LOT DISTANT 15**

**FEET NORTHERLY THEREON FROM THE NORTHERLY LINE OF SAID LOT SOUTH 15 FEET OF SAID LOT 849, AS GRANTED TO THE STATE OF CALIFORNIA BY DEED RECORDED MAY 20, 1952 IN BOOK 33970 PAGE 89, OFFICIAL RECORDS.**

**PARCEL 2:**  
LOTS 850, 851, 852 AND 853 OF TRACT NO. 5568, IN THE CITY OF LAWDALE, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, AS PER MAP RECORDED IN BOOK 78 PAGE(S) 72 AND 73 OF MAPS, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY.

EXCEPT THE SOUTH 15 FEET OF SAID LOTS, AS GRANTED TO THE STATE OF CALIFORNIA BY DEED RECORDED JANUARY 15, 1953 IN BOOK 40741 PAGE 175, OFFICIAL RECORDS.

ALSO EXCEPT THEREFROM ONE-TWELFTH OF ALL THE OIL AND GAS PRODUCED UPON SAID LAND AS AND WHEN THE SAME IS PRODUCED WITHOUT ANY COST, EXPENSE, CHARGE OR DEDUCTION, AS PROVIDED IN THE DEED EXECUTED BY TITLE GUARANTEE AND TRUST COMPANY TO GILLETTE REALTY COMPANY, RECORDED IN BOOK 2338 PAGE 48 OFFICIAL RECORDS.

Commonly known as: 4513 ARTESIA BLVD., LAWDALE, CA 90260

Public notice is hereby given that I will sell at public auction to the highest bidder for cash in lawful money of the United States all the

right, title and interest of the debtor(s) in the above described property or so much as will be sufficient to satisfy said writ or warrant with interest and all costs on 05/01/24, 10:00 AM at the following location:  
STANLEY MOSK COURTHOUSE  
111 N. HILL STREET, ROOM 125B  
LOS ANGELES, CA 90012  
(XXX) This sale is subject to a minimum bid in the amount of \$ 0.00. (Subject to revision) Prospective bidders should refer to sections 701.510 to 701.680, inclusive, of the Code of Civil Procedure for provisions governing the terms, conditions and effect of the sale and the liability of defaulting bidders.

Creditor's Attorney  
LAW OFFICE OF MORSE MEHRBAN  
15720 VENTURA BLVD., SUITE 306  
ENCINO, CA 91438  
Dated: 03/16/24  
Branch: Los Angeles  
ROBERT G. LUNA, Sheriff  
By: FRANCIS ESPINALES, Deputy  
Operator Id: 538830

Para obtener esta información-traducción en Español llame a este número: (213) 972-3950

NOTE: IT IS A MISDEMEANOR TO TAKE DOWN OR DEFACE A POSTED NOTICE BEFORE THE DATE OF SALE. ( Penal Code section 616)

CN105374 22STLC03795 R Mar 28, Apr 4, 11, 2024  
Lawndale Tribune Pub. 3/28, 4/4, 4/11/24

**HL-28373**

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## PUBLIC NOTICES

**Fictitious Business Name Statement  
2024041025**

The following person(s) is (are) doing business as CREATIV LUV, 2303 VIRGINIA RD, LOS ANGELES, CA 90016, LOS ANGELES COUNTY. Registered Owner(s): JANE CIA DSHAY LOVE, 2303 VIRGINIA RD, LOS ANGELES, CA 90016. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 02/2024. Signed: JANE CIA DSHAY LOVE, OWNER. This statement was filed with the County Recorder of Los Angeles County on February 23, 2024.

NOTICE: This Fictitious Name Statement expires on February 23, 2029. A new Fictitious Business Name Statement must be filed prior to February 23, 2029. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).  
Inglewood Daily News: Pub. 3/28, 4/4, 4/11, 4/18/24

**HI-3404**

**PUBLISH YOUR PUBLIC NOTICES HERE**

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

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# GUNDOGRAM

SUBMIT YOUR YUM DISH!!

## Creamy Chili Garlic Ramen

Provided by Campbells Soup Corp.

You only need one thing to make a perfect homemade bowl of ramen noodles: this recipe. Creamy Chili Garlic Ramen is a creamy, spicy upgrade on a classic, using a handful of ingredients and hardly any time- only 30 minutes. The secret to the broth is the condensed cream of mushroom soup. It's rich and savory and provides the perfect base for the spicy garlic chili sauce, ginger and soy sauce. The ramen noodles cook right in the broth for maximum flavor (and one less pan to wash!). We love to serve this with lots of topping options, like hard-cooked eggs, tofu, green onions and lime wedges, so everyone can make their bowl of Creamy Chili Garlic Ramen exactly how they like it.



### Ingredients

- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 teaspoon minced peeled ginger root
- 4 cups Swanson® Unsalted Chicken Broth or Swanson® Natural Goodness® Chicken Broth
- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup
- 1 tablespoon reduced sodium soy sauce
- 1 teaspoon garlic chili sauce
- 6 ounces uncooked ramen noodles
- 2 hard cooked egg and/or diced extra-firm tofu, sliced bok choy, green onions, lime wedges (great optional toppings for the ramen)

### Directions

- **Step 1:** Heat the oil in a 4-quart saucepan over medium-high heat. Add the garlic and ginger and cook and stir for 1 minute.
- **Step 2:** Stir in the broth, soup, soy sauce and chili sauce and heat to a boil. Add the noodles and cook for 3 minutes or until tender.
- **Step 3:** Spoon the noodle mixture into 4 bowls. If desired, serve optional toppings over the noodle mixture or on the side to customize at the table.

### Tips

**Make perfect "jammy" boiled eggs:** Heat water in a saucepan to a boil. Gently add the eggs and cook for 7 minutes. While the eggs are cooking, prepare a bowl of ice water. Remove the eggs and place immediately into a the ice water to chill and set. Peel and cut in half to serve.

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)

# Seniors

## Maximize Your Protein Intake with These 3 Expert Tips!

(BPT) - Are you eating enough protein? If you feel hungry after a meal, are often fatigued or have brittle hair and nails, chances are you are protein deficient.

### Why protein?

Protein is essential to maintaining your overall well-being. When you eat protein, your body breaks it down into amino acids and uses them to form your muscles, bones, skin, tissues and organs. Without enough protein, your body will be forced to break down your muscles for amino acids to continue functioning.

According to the U.S. Food and Drug Administration (FDA), the recommended daily protein intake is 50 grams. However, this amount is merely a guideline.

"How much protein you need depends on a few factors," said Michelle Ricker, registered dietitian, nutritionist and director of Worldwide Health Education and Training at Herbalife. "Your age, body size, gender and activity level are just a few aspects that determine how much protein you should eat every day."

In honor of National Protein Day, take stock of your eating habits and see how you can make sure you get enough of this critical nutrient. If you think you're not eating enough, check out these three expert tips that will put you on the right track to a protein-packed diet.

### 1. Choose a Variety of Protein Sources

When you think of eating protein, you probably picture a plate filled with beef, chicken or fish. But protein comes from many sources. Also, eating various protein-rich foods doesn't just keep you from getting bored with your meal plan. It also ensures you get all the minerals and other nutrients your body needs to function at its best.

The next time you're at the store, make sure to pick up Greek yogurt, cottage cheese, milk and eggs. These are all great sources of protein that you can easily use to make breakfast or as snacks between meals.

### 2. Play Around with Plant-Based Protein

Animal products aren't the only way to get

protein. You can also power up with protein by eating plant-based meals.

"For many people, a large portion of protein intake comes from meat and dairy," said Ricker. "But there are many plant-based foods you should eat, even if you're not vegetarian or vegan."

Ricker recommends the following plant-based protein sources:

- Buckwheat
- Hummus plus pita
- Soy products (tofu, tempeh, edamame beans)
- Peanut butter
- Beans and rice
- Quinoa
- Hemp and chia seeds
- Spirulina

### 3. Keep Easy Protein on Hand

When you're constantly on the go, sitting down for a meal can be difficult. However, to keep you fueled all day, whether at work or school, you need to prioritize protein.

If you have a busy schedule, make sure to keep easy protein foods on hand. Protein snack packs with nuts, cheese or jerky can be helpful in a pinch.

A simple way to ensure you get a protein meal on the go is to add protein shakes to your routine. A product like Herbalife® Formula 1 Healthy Meal Nutritional Shake Mix is a delicious and easy way to treat your body to a nutritious and balanced meal in no time!

Available in a variety of flavors, this shake mix, when prepared according to label, provides 25 grams of protein in just one serving to help satisfy hunger, build muscle tissue, maintain lean muscle mass and give you energy. For vegan, vegetarian and flexitarian folks, you can opt for Herbalife's V Plant-Based Protein Shake for 20 grams of plant-based protein. To learn more, visit [Herbalife.com](http://Herbalife.com) or to connect with an Herbalife independent distributor, call 866-866-4744.

Are you ready to power up with protein? Use these three tips to get started on a more protein-fueled meal plan so you can feel and do your best every day. •



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# PETSPETS **Pets** PETSPETS

## *Purrrfect Companions*



**Kiki Chan**

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.

**Emily** is a stunning young tabby/white cat with a long, luxurious coat and a heart full of love. When you meet her, she will grab your attention by clambering to the top of the cabinets, sneaking in to try and grab another resident's snacks, or simply wrapping herself around your legs until you pet her. Emily's puffy bottlebrush tail adds to her charm, and her friendly nature makes her a joy to be around. While she is okay with other cats, Emily could also thrive as the sole furry companion, soaking up all the love and attention she can get. This beautiful young lady is ready to find her forever home where she can bask in the love and care she deserves, showcasing her gorgeous coat and endearing personality every step of the way.



**Emily**

**Kiki Chan** is a sweet, quiet, and demure little lady looking for her Cat Prince Charming (and human fur-ever family of course)! This beautiful dilute calico is a spunky gal who does best with playful, gentle, and affectionate adult male cats. She is looking for an older boy-friend...maybe a silver-fox? She plays well with younger cats but can be a bit bossy when they have too much energy. When she is not playing, she loves to be brushed, pet, and cuddle with other cats and humans. Kiki Chan has an adorable, demanding meow and big green eyes for winning your attention. This sweet girl would do best in a quiet household with family that has cat experience and must be adopted with another cat or to a home with another cat. She cannot be a solo kitty.

**Pumpkin** and **Tiger** are very sweet brothers with gentle personalities. They are the perfect mix of playful, affectionate and mellow. This pair enjoys playing together and with their cat toys. They also like long, leisurely naps in a soft cat bed. Pumpkin immediately starts purring if you put him on your tummy. Tiger is a little shy when he meets new people, yet is also loving and affectionate once he gets to know you. Take a chance on love! Come meet these adorable brothers and discover that they may be the

purr-fect match for you.

**Rafiki**, the gentle giant, has a heart as immense as his stature. Known affectionately as Uncle Rafiki, this big black cat's calm and loving demeanor earned him the honorary "Uncle" title as he adores all the kittens and serves as their gentle guide. A survivor of FIP, Rafiki's spirit is unbroken, and his playful nature is matched only by his profound sweetness.. This black mini panther has a striking presence, with long arms that he often stretches out like a Sphinx, showcasing his majestic stature. Rafiki's intelligence and affectionate nature make him the ideal companion as he has been patiently waiting for his forever home, his extraordinary qualities are often overlooked. He ia good with other cats, dogs as well as children. Do not miss the chance to welcome this special cat into your life and witness the magic of Rafiki's loving and playful spirit.

Searching for the incredible, perfect pair of sweet, silly sisters? **Kiwi** and **Banana** are the perfect blend of cuddly and playful. Their favorite activities include wrestling, chasing ping pong balls, and climbing under the covers to take a warm nap. They are very social and love meeting new people, as long as those people have a warm lap they can sit on. These kittens are bonded sisters, so



**Rafiki**

they must be adopted together.

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 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. •



**Kiwi and Banana**



**Pumpkin and Tiger**