

# 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. 3, No. 22 - June 3, 2021

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## Thank You EMS for Caring for Our South Bay Communities



During EMS Week 2021, the team at Centinela Hospital Medical Center took the time to thank all of their EMTs, Paramedics and first responders who dedicate their time to our community and the wider Los Angeles County. Their service and sacrifice doesn't go unnoticed, and Centinela Hospital is so grateful for the partnership and support, especially this last year during the COVID-19 pandemic. There is no true way to express the gratitude but as a token of their appreciation, the ED nurses delivered care packages to their EMS partners. Thank you for going beyond the call of duty each day. Photo courtesy Centinela Hospital Medical Center.

## Katie Hamilton Helps Deliver Babies at Home During Covid

By Kiersten Vannest

There were over 100,000 births in LA County during the pandemic. Hospitals became filled with Covid patients, stay-at-home orders were implemented, and we didn't quite know how the disease was spreading or if babies and mothers were more vulnerable. So what happened with all the quarantine babies?

Katie Hamilton, a midwife serving the South Bay area, will tell you that she saw a massive influx of home births. "Every midwife [was] slammed," says Hamilton, "I would have five, six phone calls a day right at the peak of Covid." On top of requests for home birth assistance, Hamilton is always on call for questions and phone calls for her clients, and she checks in with them throughout their pregnancy and after birth. All in all, Hamilton's schedule is constantly full of new clients and their babies, especially over the last year. If that weren't enough, Hamilton just had a baby of her last year. So on top of assisting South Bay moms in their homes, she's raising her little one.

Despite the workload, Hamilton knew she wanted to be a midwife since she was fifteen. Originally born in England, Hamilton was an only child until her mother got pregnant in her new marriage. Helping her mother through the pregnancy and birth journey piqued her interest in midwifery, and with the birth of her first child, Hamilton pursued a degree in midwifery.

After some mentoring by other midwives and working in a birth center in Utah, Hamilton has delivered hundreds of babies and has run the gamut of pregnancy complications. She knows what to look for and how to handle the birthing process in a safe and calm way.

What is the difference between a midwife, a doula, and a doctor? A doula is a trained professional, but not a medical professional,

who aides and assists emotionally and physically during and after the pregnancy. Midwives have medical training and can provide services like antibiotics, sutures, and emergency care. Doctors are trained with a full medical degree and can provide more complicated services with the resources of a hospital.

Hamilton has close relationships with South Bay hospitals and medical centers and has assisted births in a hospital many times. If an emergency arises that requires more than she can administer at home, she refers her patients to the nearest hospital to undergo more complex medical treatment. But, says Hamilton, this is rare.

"If you're healthy and your pregnancy is deemed low-risk, midwifery is a very reasonable if not safer option in the United States today." She says she sees excellent outcomes with healthy, low-risk mothers who choose to give birth at home. Currently, compared to other first-world countries, the United States has the highest maternal mortality rate. For black women, that rate is more than two times as high in America. This is often because of a lack of woman-centered birthing processes.

"Labor just tends to be a lot more smooth and straightforward when it's women-centered and not being managed like it's a medical problem," she says. Hamilton explains that while she has good relationships with doctors and hospitals, the typical birth procedure in a hospital is slightly counterintuitive to the natural birthing process for an otherwise healthy labor. Labor inducing is common in hospitals that want to shorten the length of the birth, as well as epidurals, and the lights are kept on full brightness the entire time. At her time in hospitals, she's heard men joke of "husband stitches," which is adding an extra stitch or two if the woman tears during birth to make her



Katie Hamilton is a medically and professionally licensed midwife serving El Segundo and the South Bay.

a little "tighter." All of these procedures can lead to associated medical issues that aren't typically present with natural childbirth.

With the options to walk around, eat, and move at home, mothers may give birth as mammals might normally, says Hamilton. With the lights dim, the option of a birth tub, and a caring and supportive team around her, mothers can let labor take its natural course with the help of trained professionals.

In her time, though she's been there for the highs of having a baby, she's also been present for the lows. She's helped many mothers go through complications, stillbirths, and miscarriages. She explains that there are a lot of tears sometimes and that her goal is to keep everyone as calm and supported as possible.

As for the benefits of home birth, Hamilton says she sees healthy relationships, positive self-image, and low postpartum depression, which she says trickles into our community. Asked how she's able to keep going back to such a physically and emotionally demanding job, Hamilton says this: "It sounds cheesy, but I do believe that peace on earth begins at birth." •

## Weekend Forecast

**Friday**  
Mostly  
Sunny  
68°/59°



**Saturday**  
Mostly  
Sunny  
69°/58°



**Sunday**  
Mostly  
Sunny  
68°/58°



# Entertainment

## Film Review

### 6 New Films Coming Out in June That You Should Know

By Ryan Rojas for Cinemacy

With the passing of Memorial Day weekend bringing us even more fully into the summer season, it's an exciting time once again for movies, as previously unreleased titles get slated and theaters reopen in larger numbers across the country. June releases bring some highly anticipated new films—some that have played in film festivals earlier this year and last—that

#### *The Sparks Brothers* (Focus Features)

If you're a fan of director Edgar Wright, then you already know that his extensive knowledge of obscure pop-culture music makes for some of the best needle-drop soundtrack moments in his films. In his documentary feature debut, Wright shines his spotlight on the band Sparks (who, if you're like me, may not have heard



Photo credit: Clockwise, from top left: 'The Sparks Brothers,' 'Zola,' 'Undine,' 'I Carry You With Me'

are finally able to be seen by audiences. We rounded up six films coming out this month that you should definitely have on your June releases radar to check out.

#### *Undine* (IFC Films)

I don't know much about *Undine*, except that early reviews are comparing it to Guillermo Del Toro's *The Shape of Water* (which makes me think this mysterious movie might get a bit... fishy). *Undine* is the name of its lead character (Paula Beer), a historian who, after being left by the man she loves, must fulfill an ancient myth of killing him and returning to the water. The latest from director Christian Petzold (whose films *Phoenix* and *Transit* have been well-received by critics, but which I've personally yet to see), I'm very excited to see what's in store with this film, as well as looking forward to Paula Beer's performance in the lead role (Beer won the Best Actress award at the Berlin International Film Festival where the film was also nominated for Best Picture). *'Undine'* opens in select theaters and is available on Digital and VOD Platforms starting Friday, June 4th.

of before this documentary, but is very likely "your favorite band's favorite band"). As Wright shares with fan-boy energy and passion, Sparks's (made up by brothers Ron and Russell Mael) career spans over five decades in which the pair made 25 studio albums and 500 songs, but never saw the breakthrough recognition, which Wright attempts to course-correct here. I saw *The Sparks Brothers* when it premiered at Sundance earlier this year, and immediately after watching it dove into their vast back catalogue and started recommending my new discoveries to friends—which is what you'll be doing too in this summer of Sparks. *'The Sparks Brothers'* opens in domestic theaters on Friday, June 18th.

#### *I Carry You With Me* (Sony Pictures Classics)

After premiering at Sundance Film Festival earlier this year, writer and director Heidi Ewing's *I Carry You With Me* won the Audience Award for the festival's Best of NEXT selection as well as the NEXT Innovator Award. The story of forbidden love between two young

See Film Review, page 5

## Your Neighborhood Therapist

Dear Neighborhood Therapist:

I am struggling with a major decision that I have to make in about a month. Whatever I choose is going to have long term effects, and I am feeling paralyzed. I cannot stop thinking about this decision, weighing the pros and cons, and making lists. But I feel like I am no further along than I was when I first started to ponder it. I am afraid I'm going to wait until the last minute, and then make the wrong decision and end up regretting it for the rest of my life. Is there some way around this?

— *Fearing Regret, Hawthorne*

Dear Fearing Regret,

The short answer is no, there is no way "around" it. The longer, and I hope somewhat more satisfying answer, is that while you cannot avoid regret, you can learn to live with it, because you are no doubt already living with regret. We all are. It's part of being human.

Imagine standing at the top of a very deep valley, and the path diverges down either side. You can continue down one side or the other, but not both. You can see some of what lies ahead, but eventually both paths disappear around the bend, and you don't know what comes next. Though the paths are each different, each is also appealing in its own way.

You know that as you walk down your chosen side, you will see the path across the valley, and you may well continue to wonder if that might not have been a better choice. Maybe it would have been! So you wonder: is it better over there? Should I have chosen the other path?

Perhaps the only way to know the answer to this question is to retrace your steps. But often, you are too far down the path for that to make sense. And so you continue forward,

vowing to make the best of it and wondering what would have happened had you made a different decision. As life progresses, one path leads to another path, more choices and more paths not taken. We face countless choices about who to date, what to study, where to live, what job to take. This, for many of us, creates that gnawing, lingering uncertainty of the inevitable regret. There are so many other choices we could have made where things would have turned out differently.

Despite those "No Regrets" slogans you see around sometimes, regret is inevitable. The idea that we should - or even possibly could - have no regrets is to assert that there has never been a time when we were faced with more than one good option in any situation (which we get every time we go to an ice cream store, for example).

We do the best we can, forced to make some decisions under pressure, or with little information. We regret things we said, and things we didn't say, or talking to the wrong person. Perhaps we are not that good at talking about regret and disappointment after all.

You cannot take both paths at the same time. Regret, then, is a real possibility. But it's more than that. It's baked in. If you have made the best decision you possibly could, given the info available to you, your circumstances, and interests, then I suspect that may provide a very strong shield from the arrows of regret.

Please write to [tom@tomandrecounseling.com](mailto:tom@tomandrecounseling.com) or text to 310.776.5299 with questions about handling what is affecting your life, your family, the community or the world. Tom Andre is a Licensed Marriage & Family Therapist (LMFT119254). The information in this column is for educational purposes only and nothing herein should be construed as professional advice or the formation of a therapeutic relationship. •

## PUBLIC NOTICES

#### Fictitious Business Name Statement 2021093666

The following person(s) is (are) doing business as SAKANA MAN, 21171 S. WESTERN AVE. SUITE 2839, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): OSAKANA MAN LIMITED LIABILITY CO., 21171 S. WESTERN AVE. SUITE 2703, TORRANCE, CA 90501. 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: OSAKANA MAN LIMITED LIABILITY CO., FUMI YAMASAKI, CEO. This statement was filed with the County Recorder of Los Angeles County on April 21, 2021. NOTICE: This Fictitious Name Statement expires on April 21, 2026. A new Fictitious Business Name Statement must be filed prior to April 21, 2026. 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). Hawthorne Press Tribune: Pub. 5/20, 5/27, 6/3, 6/10/21 HH-2188

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The following person(s) is (are) doing business as AVIAN AND EXOTIC ANIMAL HOSPITAL OF LOS ANGELES COUNTY, 4871 W. ROSECRANS AVE, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): WALTER J. ROSSKOPF, DVM, INCORPORATED, 4871 W. ROSECRANS AVE., HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/1979. Signed: WALTER J. ROSSKOPF, DVM, INCORPORATED, WALTER J. ROSSKOPF, President. This statement was filed with the County Recorder of Los Angeles County on May 5, 2021. NOTICE: This Fictitious Name Statement expires on May 5, 2026. A new Fictitious Business Name Statement must be filed prior to May 5, 2026. 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). Hawthorne Press Tribune: Pub. 5/20, 5/27, 6/3, 6/10/21 HH-2189

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FOR MORE INFORMATION CALL 310-322-1830

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— T. S. ELIOT

## Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

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To appear in next week's paper, submit your Classified Ad by Noon on Tuesday. Late Ads will incur a \$20.00 late fee.

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

\*Our newspapers are adjudicated of general circulation accordance with the laws of California. El Segundo Herald, Case Number 372819; Hawthorne Press Tribune, Case Number 187530; Inglewood Daily News, Case Number 601550; Lawndale Tribune, Case Number 479346.

# Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 63, No. 22 - June 3, 2021

## Hawthorne Police Department Remembers Army Sergeant Eduviges "Duvi" (Preciado) Wolf



This Memorial Day, the Hawthorne Police Department remembered and honored those who have made the ultimate sacrifice while serving our country to protect our freedom. On this day, Army Sergeant Eduviges "Duvi" (Preciado) Wolf was not forgotten. Duvi was a Hawthorne Police Explorer who earned her way to the top becoming an Explorer Lieutenant in June 2003. Duvi joined the army in order to serve our country. Five months into her tour on October 25, 2009, Duvi was killed during Operation Enduring Freedom when her vehicle was attacked with a rocket-propelled grenade in eastern Afghanistan's Kunar province, on the Pakistani border. Duvi was 24-years-old. Duvi and the sacrifice she made for our country will never be forgotten. Photo courtesy Hawthorne Police Department.

*"The veterans of our military services have put their lives on the line to protect the freedoms that we enjoy. They have dedicated their lives to their country and deserve to be recognized for their commitment."*

— JUDD GREGG

## Huber's Hiccups

News for the City of Good Neighbors from an Old Guy named Norb Huber



### THE LAZY DAYS OF LIFE

I taught school for 41 years. This time of the year was always the time us teachers looked forward to, the lazy days of summer. Now that I'm retired and I can determine how much I want to work, June is more the start of the hot season up here in NorCal. We just got done honoring those who gave their lives to preserve our freedom on Memorial Day. The holiday weekend is the unofficial start of a more relaxing few weeks. Maybe, just maybe, our great golden state, California, will reopen two weeks from now on June 15th. Everyone seems to be holding their breath no doubt waiting to hear if there will be continuing life style restrictions put in place. We are kind of in limbo right now. Do we put our masks on or is it okay to be seen without a mask? Are we required to prove that we are vaccinated? I was trying to buy tickets to go see the Cubs play the Giants in San Fran and some of the seats are reserved for "fully vaccinated" fans, some tickets are sold in "pods" that are spaced apart from other "pods" of fans. I'm sure if I do take my grandson to his very first major league baseball

game, there will be stories to tell not only about the game but how the virus affected the occasion. It feels like in some ways the Covid year-long hibernation that we found ourselves in has made us a little less motivated to really get out there and stress over doing things. In some ways this might be viewed as a good thing. We have fewer meetings to rush off to every other night. We don't have as many places to go and people to see as we used to. Some of us are taking our time to get "back into it" and thinking on whether we will ever get back to our full schedule of activities. Maybe we are deciding which ones are most important to us and why. Across the United States, church attendance is down. Some churches are just getting back to conducting services in person. One thing for certain, God never left us. We might have chosen to try to live our lives without Him. We need God. We need to be in a church family. We need to gather with others to receive blessings that God wants to give to us. We receive these blessings from hearing the Word of God preached in worship services and taught in bible classes. The trials and tribulations in life are so much easier to handle with the strength and life support we find in God

See Huber, page 4

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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. 80, No. 22 - June 3, 2021

## Congratulations to ECC Student Rodney Smith for Being Selected as Commencement Speaker



"I am honored to be selected as this year's commencement speaker because as a person who worked full time and attended school as well, I can attest to the hard work and dedication that each and every one of my classmates have put into their education thus far, and what a journey it has been," Ms. Smith said. Ms. Smith majored in Early Child Development, and will receive an Associate degree in Behavioral Science with an emphasis in Child Development. She will transfer to California State University, Long Beach later this year. Photo courtesy El Camino College.

*"Your education is a dress rehearsal for a life that is yours to lead."*  
— NORA EPHRON

### Huber *from page 3*

and through other fellow believers. I know I get lazy. I don't follow through with what I know I should do. Some times it feels so good just to do nothing. My critics tell me to shut this column down. The easy way would be to just stop. However, God wants us to move on, to be engaged, to serve others, to participate in civic duties and local events, look for ways to help our neighbors, and to make our little worlds a better place. God gives us that motivation to get off our butts, crawl out of our hiding places, and do something. We all know that the only losers are quitters. So, loyal readers and non-readers, critics and non-critics, lazy bums and couch potatoes, get off your duffs and live. There are no excuses any more. Make a difference in someone's life. Have a cold one with a friend, relax, and enjoy a conversation. Life is too short to stay inside your house. Life is too short to wear a mask and cover up that big, wide smile. Just say "Hi" to a stranger if nothing else. You get the picture. I look forward to writing more junk next week or the week after or whenever I feel like it. I've given you a lot to do this summer, I don't want to wear you out. Be good my friends. Enjoy these long, lazy days!

— My email address is: [norbhuber@gmail.com](mailto:norbhuber@gmail.com), just in case you were wondering. •

### PUBLIC NOTICES

#### HAWTHORNE PLANNING COMMISSION

##### Public Hearing Notice

**PUBLIC NOTICE** is hereby given that the Planning Commission of the City of Hawthorne will hold a public hearing on the proposed project as follows:

Day: Wednesday  
Date: June 16, 2021  
Time: 6:00 p.m.  
Place: Via Virtual Meeting

**Project Title:** City-initiated amendment of Chapter 17.87 and Appendix B of the Hawthorne Municipal Code

**Project Location:** City-wide

**Project Description:** This project is a City-initiated amendment to Title 17 (Zoning) addressing mixed-use standards and guidelines, as contained in Chapter 17.87 (Mixed Use Overlay Zone) and Appendix B in the Hawthorne Municipal Code.

In the interest of maintaining appropriate social distancing and to protect the health and safety, members of the public are encouraged to make comments by submitting written letters at 4455 West 126th Street, Hawthorne, California 90250 or by sending comments via email to [abashmakian@cityofhawthorne.org](mailto:abashmakian@cityofhawthorne.org) or by calling Art Bashmakian at (310) 349-2973. Members of the public who wish to participate in the virtual meeting must contact the Planning Department no later than 5:00 pm on the date of the meeting noting the item on which the member wants to speak by leaving a message at (310)

349-2973 and leaving your return phone number and email. Written information pertaining to this item must be submitted to the Planning Department prior to 5:00 PM on April 20, 2021.

**PURSUANT TO** the California Environmental Quality Act (CEQA) Guidelines Section 15061(b)(3) of Title 14 of the California Code of Regulations, staff has determined that it can be seen with certainty that there is no possibility that the adoption would have and significant effect on the environment as there is no change in use, density or intensity of uses, nor would amendment of Chapter 17.87 and Appendix B result in direct physical development of the project areas. In addition, future development within the project area was anticipated and evaluated within the scope and analysis of the Draft Environmental Impact Report for the Mixed Use Overlay Zone and R-4 (Maximum Density) Zone project, certified by the City Council on May 24, 2011 (SCH #2009061099), for changes to Chapter 17.87 and accompanying Appendix B.

**PLEASE NOTE** that pursuant to Government Code Section 65009: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing.

Hawthorne Press Tribune Pub. 6/3/21  
HH-27169

#### PUBLIC NOTICE

**NOTICE OF PUBLIC HEARING** The Los Angeles County Hearing Officer will conduct a public hearing to consider the project described below. You will have an opportunity to testify, or you can submit written comments to the planner below or at the public hearing. If the final decision on this proposal is challenged in court, testimony may be limited to issues raised before or at the public hearing. Hearing Date and Time: Tuesday July 6, 2021 at 1:00 p.m. Hearing Location: Online. Visit <http://planning.lacounty.gov/ho> and select hearing date for more information. Project & Permit(s): PRJ2020-000888-(2), RPPPL2020003097 Project Location: 10903 South Inglewood Avenue, within the Lennox Zoned District CEQA Categorical Exemption: Class 1 Project Description: CUP for the continued use and operation of an existing 50 foot tall monopole Wireless Communications Facility and associated ground equipment, with the replacement of two antennas and the upgrading of related equipment and camouflaging. For more information regarding this application, contact Sean Donnelly, Los Angeles County Department of Regional Planning (DRP) via e-mail at [sdonnelly@planning.lacounty.gov](mailto:sdonnelly@planning.lacounty.gov) or by telephone: (213) 974-6411. Case materials are available online at <http://planning.lacounty.gov/case>. All correspondence received by DRP shall be considered a public record. If you need reasonable accommodations or auxiliary aids, contact the Americans with Disabilities Act (ADA) Coordinator at (213) 974-6488 (Voice) or (213) 617-2292 (TDD) with at least 3 business days' notice. Si necesita más información por favor llame al (213) 974-6411.

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# Inglewood News

The Weekly Newspaper of Inglewood

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## Official Store for the Los Angeles Rams and the Los Angeles Chargers Opens at SoFi Stadium



We know you've been patiently waiting and we're so happy to announce The Equipment Room will be open to the public. No reservation needed. With more than 7,600 square feet of retail space, the store spans two levels on the south side of SoFi Stadium, adjacent to American Airlines Plaza. In addition to Chargers and Rams gear, it will also feature exclusive SoFi Stadium collaborations with local artists that celebrate the essence of Southern California. Photo courtesy SoFi Stadium.

## Seniors

### Tips For Controlling Your High Blood Pressure

(BPT) - Did you know high blood pressure (hypertension) is a major risk factor for heart disease and stroke? According to the Centers for Disease Control and Prevention (CDC) and "The Surgeon General's Call to Action to Control Hypertension," nearly half of U.S. adults have high blood pressure, yet only 1 in 4 has their hypertension under control.

High blood pressure is called a silent killer, as it frequently shows no signs or symptoms. Uncontrolled high blood pressure puts people

at higher risk for heart disease and stroke, which are leading causes of death in the U.S.

Who is at risk? The likelihood of suffering from high blood pressure increases with age, but all adults are at risk. African Americans are more likely than White Americans to have high blood pressure, develop it when younger, and have worse outcomes.

The good news? It is possible to control high blood pressure and reduce your risk of heart attack, stroke and other conditions.

"High blood pressure is dangerous, and unfortunately all too common," said Janet Wright, M.D., acting director, Division for Heart Disease and Stroke Prevention at CDC. "Regularly checking your blood pressure and working with your healthcare team are vital first steps to help keep your high blood pressure under control."

If you've put off regular wellness exams, take time to catch up. Talk to your healthcare provider about hypertension, especially if you've had high blood pressure readings, high blood pressure associated with a pregnancy or family history of hypertension.

For checkups, use telemedicine if available, or communicate with your provider by phone or email.

If you must visit in-person, protect yourself and others.

- Before making an appointment, call your healthcare provider or check their website to see what measures they are taking to keep people safe during the COVID-19 pandemic.

- Cover your mouth and nose with a mask when you must go out in public.

- Do not touch your eyes, nose or mouth.
- Stay at least six feet away from others.
- Wash your hands with soap and water for at least 20 seconds when you get home.

At your next checkup, ask your healthcare provider what your blood pressure numbers are, what they mean, and if you are at risk. If your blood pressure is high or borderline high, ask what actions can help lower your blood pressure.

You can also ask your provider about using a home blood pressure monitor. Learn how to obtain one and use it. Ask your provider about electronic health record portals or other ways to track your numbers and how you can receive clinical advice to manage your hypertension. Medications are often an important part of

blood pressure control plans. Follow your provider's instructions carefully. If you experience problems getting or taking your medicines, talk with your healthcare team.

While medications may be prescribed to help control your high blood pressure, these lifestyle changes may also help:

- Boost your physical activity - Start small, like adding a daily walk

- Eat a heart-healthy diet - Include more vegetables, fruits and whole grains

- Watch your salt intake - Read food labels and choose foods with less sodium (salt)

Taking care of yourself is always important, especially during challenging times. Stress can contribute to health conditions like high blood pressure, heart disease, diabetes and other illnesses. How can you reduce your stress levels for better health?

- Be aware of stress. Do you have headaches, muscle tension or other symptoms? Observing what causes you stress and how your body responds is the first step.

- Move more. Physical activity can help reduce stress, whether intense exercise or a walk around the block.

- Try relaxation tools. Whether deep breathing, meditation or yoga - relaxation tools can help you let go of stress. Find what works for you!

- Talk to someone. Call a friend or mental health professional. Talking out a problem can help to reduce your tension.

If you smoke, now is the perfect time to quit. According to the CDC, smoking increases your risk of:

- High blood pressure
- Heart disease
- Heart attack
- Stroke

Visit [CDC.gov/heartmonth](https://www.cdc.gov/heartmonth) for health tips, blood pressure logs and more. •

## Film Review

from page 2

Mexican men (Armando Espitia, Christian Vazquez), the film looks emotionally warm and intimate. The film's handheld shooting and expressive color make this look stirring and artful, and appears to follow in the steps of *Brokeback Mountain* and *Call Me By Your Name*. Heidi Ewing's visionary film looks like one to get swept away and a new lens on how love transcends cultural constraints. *'I Carry You With Me'* opens in select theaters in Los Angeles and New York on Friday, June 25th.

### Zola (A24)

Of all of the films listed, *Zola* might be the film I'm most excited to see getting its release, as I saw the film premiere at Sundance Film Festival two years ago. A24's decision to hold the film until the start of this summer season feels right, as the freedom that we're collectively feeling is exactly the atmosphere that this wild story should be experienced in. Based on a true story of a stripper's Tweet-storm, in which she chronicled an insane road trip filled with sex, drugs and everything in between, gets a bigscreen adaptation. Director Janicza Bravo (*Lemon*) puts her comedic twist on the story, which trades *Hangover*-style insanity for a deadpan stillness that counters the extremity of the situations to its own comedic effect.

Riley Keough, Coleman Domingo and Cousin Greg—I mean Nicolas Braun—star in the film, and Tylour Page as Zola in the titular role is who audiences will be thrilled to discover. *'Zola'* opens in select theaters on Wednesday, June 30th.

Which June releases are you most looking forward to watching? Did we miss a film? Let us know which June releases you'll be watching this month by following us on Instagram and Twitter. •



Ryan Rojas

# PUBLIC NOTICES

### NOTICE OF PETITION TO ADMINISTER ESTATE OF ANN NGUYEN

**Case No. 21STPB03509**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of ANN NGUYEN  
A PETITION FOR PROBATE has been filed by Lee Van Nguyen in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Lee Van Nguyen be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The

independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING on the petition will be held on June 21, 2021 at 8:30 AM in Dept. No. 11 located at 111 N. Hill St., Los Angeles, CA 90012.  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a

notice under section 9052 of the California Probate Code.  
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
**Attorney for petitioner:**  
**JAMIE ROBERTS ESQ**  
**SBN 224732**  
**LAW OFFICES OF JAMIE ROBERTS**  
16306 HAWTHORNE BLVD  
LAWNDALÉ CA 90260  
CN977342 NGUYEN May 20,27, Jun 3, 2021  
Lawndale Tribune Pub. 5/20, 5/27, 6/3/21 HL-27149

**PUBLIC NOTICE**  
Notice is hereby given, StorQuest Self Storage will sell at public sale by competitive bidding the personal property of:  
Leo Myers, Desean Ruffin, Vastia Naivi, Michelle Bernard, Byron Smith, Alexander Piggue  
Property to be sold: misc. household goods, furniture, tools, clothes, boxes, toys, electronics, sporting goods, and personal content. Auction Company: www.StorageTreasures.com. The sale ends at 1:00pm June 11, 2021 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.  
5/27, 6/3/21  
CNS-3473682#  
Hawthorne Press Tribune Pub. 5/27, 6/3/21 HH-27155

**City of Hawthorne Request for Proposal (RFP) FY2022-2026 Community Development Block Grant (CDBG) Program and Home Investment Partnership (HOME) Program PROPOSALS DUE JUNE 28, 2021**  
The City of Hawthorne Housing Department is seeking proposals from qualified firms to provide services required for implementing, administering, and providing technical assistance for the Community Development Block Grant (CDBG) and Home Investment Partnership Program (HOME) and all other programs that fall under the umbrella of this funding source and additional funding tied to these programs. The City is seeking a multi-year agreement for the fiscal years of 2022-2026. Funding for this Request for Proposal (RFP) is made available pursuant to the Federal Housing and Community Development Act of 1974, as amended.

**SUCCESSFUL PROPOSALS:** Firms must thoroughly demonstrate the ability to carry out the Guidelines and Requirements as well as the General Program Services and the Special Provisions of the RFP.

**HOW TO APPLY:** As of the date of this publication, the RFP may be obtained online at <https://www.cityofhawthorne.org/cdbg-home>, or from the Housing Department and City Clerk's Office. Proposals shall only be accepted via certified or express mail or by appointment with the Housing Department. Documents should be mailed to:

City of Hawthorne Housing Department  
Attn: Kimberly Mack  
4455 West 126th St  
Hawthorne, CA 90250

To schedule an appointment with the Housing Department, go to <https://www.cityofhawthorne.org/> for hand-deliver proposals. The required postmark date and the deadline for submitting proposals is 4:00 PM on Monday, June 28, 2021. Any bids received after this time will not be accepted and will be returned via mail. Interested firms are encouraged to submit their proposals well in advance of this deadline to ensure confirmation of receipt prior to the deadline.  
Should you have any questions regarding this RFP, please contact Kimberly Mack, Housing and CDBG Programs Manager, at (310) 349-1603 or by email at [kmack@cityofhawthorne.org](mailto:kmack@cityofhawthorne.org).  
Hawthorne Press Tribune Pub. 5/27, 6/3, 6/10, 6/17, 6/24/21  
HH-27158



**Ciudad de Hawthorne Solicitud de propuesta (RFP) Programa de Subvenciones en Bloque para el Desarrollo Comunitario (CDBG) y Programa de Asociación de Inversión en Vivienda (HOME) Año fiscal 2022-2026 PROPUESITAS PARA EL 28 DE JUNIO DE 2021**

El Departamento de Vivienda de la Ciudad de Hawthorne está buscando propuestas de empresas calificadas para brindar los servicios requeridos para implementar, administrar y brindar servicios técnicos para la Subvención en Bloque para el Desarrollo Comunitario (CDBG) y todas el Programa de Asociación para la Inversión en la Vivienda (HOME) y otros programas que caen bajo el paraguas de esta fuente de financiación y financiación adicional vinculada a estos programas. La Ciudad está buscando un acuerdo de varios años para los años fiscales 2022-2026. Los fondos para este Solicitud de Propuesta (RFP) está disponible de conformidad con la Ley Federal de Vivienda y Desarrollo Comunitario de 1974, según enmendada.

**PROPUESITAS EXITOSAS:** La empresa debe demostrar a fondo la capacidad para llevar a cabo las Directrices y Requisitos enumerados, así como los Servicios Generales del Programa y las Disposiciones Especiales de la RFP.

**COMO APLICAR:** A la fecha de esta publicación, la RFP se puede obtener en línea en <https://www.cityofhawthorne.org/cdbg-home>, o en el Departamento de Vivienda y la Oficina del Secretario de la Ciudad. Solo se aceptarán propuestas por correo certificado o expreso o previa cita con el Departamento de Vivienda. Los documentos deben enviarse por correo a:

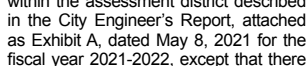
City of Hawthorne Housing Department  
Attn: Kimberly Mack  
4455 West 126th St  
Hawthorne, CA 90250

Para programar una cita con el Departamento de Vivienda, visite <https://www.cityofhawthorne.org/> para obtener propuestas de entrega en mano. La fecha de matasellos requerida y la fecha límite para enviar propuestas es el lunes 28 de junio de 2021 a las 4:00 p. M. Las propuestas recibidas después de esta hora no serán aceptadas y se devolverán por correo. Se anima a las empresas interesadas a enviar sus propuestas con bastante antelación a esta fecha límite para garantizar la confirmación de recepción antes de la fecha límite.  
Si tiene alguna pregunta sobre este RFP, comuníquese con Kimberly Mack, Housing and CDBG Programs Manager al (310) 349-1603 o por correo electrónico a [kmack@cityofhawthorne.org](mailto:kmack@cityofhawthorne.org).  
Hawthorne Press Tribune Pub. 5/27, 6/3, 6/10, 6/17, 6/24/21  
HH-27159

### RESOLUTION NO. 8276

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF HAWTHORNE, CALIFORNIA DECLARING ITS INTENTION TO LEVY STREET LIGHTING ASSESSMENTS FOR FISCAL YEAR 2021-2022 AND SETTING TUESDAY, JUNE 8, 2021 AT 6:00 PM AS THE TIME AND DATE OF A PUBLIC HEARING WHEREAS,** the City Council of the City of Hawthorne, California, adopted Resolution No. 5178 on the 26<sup>th</sup> day of April 1982, forming the Street Lighting Maintenance District of Hawthorne, pursuant to the provisions of Section 22585, et. seq. of the Streets and Highways Code; and **WHEREAS,** on May 11, 2021 the City Council ordered the preparation of an engineering report setting forth estimated street lighting assessments for fiscal year 2021-2022; and **WHEREAS,** the required Engineer's Report and estimates have been completed and filed with the City Clerk and approved by the City Council. **NOW, THEREFORE, IT IS HEREBY RESOLVED** by the City Council of the City of Hawthorne, California as follows: **Section 1.** That it is the intent of the City Council to levy and collect assessments within the assessment district described in the City Engineer's Report, attached as Exhibit A, dated May 8, 2021 for the fiscal year 2021-2022, except that there shall be no assessment upon a Federal or State government agency, or another local agency. **Section 2.** The improvements in the district consist of the public and traffic signal lighting facilities now or which may hereafter be constructed or installed, and the maintenance and servicing thereof. **Section 3.** The district is designated as the Street Lighting Maintenance District of the City of Hawthorne and its general location is within the boundaries of the City of Hawthorne.

**Section 4.** A full and detailed description of the improvements, the boundaries of the assessment district, its zones and the proposed assessments upon assessable lots and parcels of land within the district are contained in the City Engineer's Report of May 8, 2021, which report is incorporated by reference hereby as though fully set forth herein. **Section 5.** In the event that the Hawthorne City Hall remains closed to the public and City Council meetings are held virtually through June 8, 2021, interested parties should review the meeting agenda when published to confirm the public participation process that will be used. Therefore, interested parties are encouraged to provide their comments by phone (310) 349-2915 or by email ([pjimenez@cityofhawthorne.org](mailto:pjimenez@cityofhawthorne.org)) or by leaving their return phone number. Any communication must be received no later than June 8, 2021 at 4:00 p.m. **Section 6.** That the City Clerk shall give notice of said hearing causing the Resolution of Intention to be published pursuant to Streets and Highways Code Section 22626. **Section 7.** The City Clerk shall certify to the passage and adoption of this Resolution, which shall be in full force and take effect immediately upon its adoption. **PASSED, APPROVED and ADOPTED this 25th DAY of May 2021.**  
ALEX VARGAS  
Mayor  
City of Hawthorne, California  
ATTEST:  
DR. PAUL JIMENEZ  
City Clerk  
City of Hawthorne, California  
**APPROVED AS TO FORM:**  
ROBERT KIM  
Interim City Attorney  
City of Hawthorne, California  
Hawthorne Press Tribune Pub. 5/27, 6/3/21 HH-27161



### NOTICE OF PETITION TO ADMINISTER ESTATE OF VICTORIA SUSAN WEBB

**Case No. 21STPB03373J**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of VICTORIA SUSAN WEBB, VICKI WEBB, STEVEN PATRICK WEBB  
A PETITION FOR PROBATE has been filed by ANGELA PROBST in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that ANGELA PROBST be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING on the petition will be held in this court as follows: 06/11/2021 at 8:30AM PST in Dept. ST9 located at 111 N. HILL ST., LOS ANGELES, CA 90012  
IF YOU OBJECT to the granting of the petition,

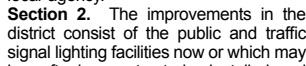
you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.  
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
**Petitioner**  
**ANGELA PROBST**  
8115 FOXBERRY WAY  
SAVAGE, MN 55378  
952-435-8677  
Hawthorne Press Tribune Pub. 5/20, 5/27, 6/3/21  
HH-27145

### NOTICE OF PETITION TO ADMINISTER ESTATE OF ANA VASQUEZ

**Case No. 21STPB04892**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of ANA VASQUEZ.  
A PETITION FOR PROBATE has been filed by SANDRA TRAVERSA in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that SANDRA TRAVERSA be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with limited authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING on the petition will be held in this court as follows: 06/18/21 at 8:30AM in Dept. 4 located at 111 N. HILL ST., LOS ANGELES, CA 90012  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the

court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.  
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
**Attorney for Petitioner**  
**SIBYLLE GREBE - SBN 141553**  
**LORENZO C. STOLLER - SBN 291581**  
**THE PROBATE HOUSE L.C.**  
3424 WEST CARSON STREET SUITE 320  
TORRANCE CA 90503  
5/27, 6/3, 6/10/21  
CNS-3473846#  
LAWNDALÉ NEWS  
Lawndale Tribune Pub. 5/27, 6/3, 6/10/21 HL-27157

your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.  
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
**Attorney for Petitioner**  
**DAVID M. SINE - SBN 80673 SANBORN & SINE**  
5199 E. PACIFIC COAST HWY. SUITE 501  
LONG BEACH CA 90804-3334  
5/20, 5/27, 6/3/21  
CNS-3472577#  
Inglewood Daily News Pub. 5/20, 5/27, 6/3/21 HI-27150



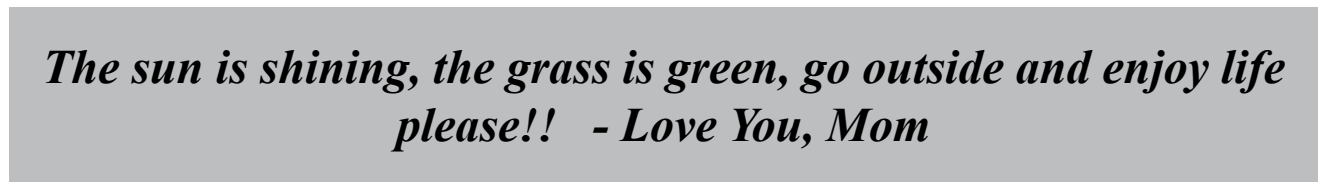
ESTIMATE OF COSTS	
2021 - 2022 STREET LIGHTING ASSESSMENT	
<b>I. 2020-2021 TOTAL COSTS</b>	\$ 702,000.00
<b>II. 2021 - 2022 ESTIMATED COSTS</b>	
Street, Traffic and Safety Lights Utility Cost	\$ 610,000.00
Proposed Installations	\$ 5,000.00
<b>SUB-TOTAL:</b>	<b>\$615,000.00</b>
<b>INFLATION &amp; CONTINGENCIES:</b>	
\$ 5,000.00	
<b>SUB-TOTAL:</b>	<b>\$ 620,000.00</b>
<b>III. ADMINISTRATION CHARGE</b>	
\$ 83,253.68	
<b>TOTAL COST:</b>	<b>\$ 703,253.68</b>
<b>IV. CONTRIBUTION FROM MEASURE R</b>	<b>\$ 60,000.00</b>
<b>V. CONTRIBUTION FROM PROP. C.</b>	<b>\$ 70,000.00</b>

ASSESSMENT COST BY ZONES			
ZONES	LINE FT.	PARCELS	AMOUNT
1.	587,815	11156	\$ 340,932.70
2.	118,799	955	955
3.	25,023	242	\$ 158,002.67
			242
			\$ 74,318.31
<b>TOTAL:</b>			<b>\$ 573,253.68</b>

### NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLES EUGENE PENN

**Case No. 20STPB08251**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of CHARLES EUGENE PENN.  
A PETITION FOR PROBATE has been filed by STEVEN PENN in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that STEVEN PENN be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with limited authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING on the petition will be held in this court as follows: 07/12/21 at 9:30AM in Dept. 9 located at 111 N. HILL ST., LOS ANGELES, CA 90012  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state

**NOTE: THIS YEAR'S RATES ARE THE SAME AS LAST YEAR'S RATES**  
Hawthorne Press Tribune Pub. 5/27, 6/3/21 HH-27160



### NOTICE CALLING FOR REQUEST FOR PROPOSALS

District  
HAWTHORNE SCHOOL District  
PROJECT IDENTIFICATION:  
After School Education & Safety Program  
RFP NO R21-22-4  
Mandatory Pre-Bid Conference  
June 4, 2021; 10:00 AM Sharp!  
Question Deadline for RFPs  
June 11, 2021; 4:00 PM  
**PROPOSALS DUE BY**  
**JUNE 22, 2021; 2:00 PM SHARP!**  
SUBMIT PROPOSALS TO  
Hawthorne School District  
Attn: Aneska I. Kekula  
13021 S. Yukon Ave.  
Hawthorne, California 90250  
Proposal and Contract Documents available at: <http://www.hawthorne.k12.ca.us/bids>  
Evaluation Period  
6/23/2021 - 6/28/2021  
Tentative Board Approval Date:  
July 14, 2021  
NOTICE IS HEREBY GIVEN that Hawthorne School District, acting by and through its Board of Trustees, hereinafter called the "District" will

receive up to, but no later than the above-stated date and time, sealed Request for Proposals from qualified and experienced companies capable of providing enrichment programs for the District's after school program (ASES), generally described as: **RFP No. R21-22-4 After School Education & Safety Program.** All proposals shall be made and presented only on the forms presented by the Owner. RFPs shall be received in the **Office of the Hawthorne School District, Purchasing Department at 13021 S. Yukon Ave., Hawthorne, California 90250**, at the above stated time and place and there will be no formal bid opening. Any proposal received after the time specified above or after any extensions due to material changes shall be returned unopened. Due to the current mandates regarding social distancing to prevent the spread of the Novel Coronavirus Disease, hereafter referred to as COVID-19, There will be a mandatory **Pre-Bid Conference on June 4, 2021, via Zoom at 10:00 AM Sharp**, no one will be admitted if not logged in on or before 10:00 AM. Attendance will be taken or may be recorded. Any Bidder submitting a proposal on this project who fails to attend the entire mandatory Pre-Bid conference

will be deemed as a non-responsive Bidder and will have its proposal returned unopened.  
**Zoom Live Streaming Information**  
Topic: RFP No. R21-22-4 ASES Program  
Time: Jun 4, 2021 10:00 AM Pacific Time (US and Canada)  
Join Zoom Meeting  
<https://hawthorne-k12-ca-us.zoom.us/j/82786884037>  
Meeting ID: 827 8688 4037  
One tap mobile  
+16699009128,,82786884037#US (San Jose)  
+13462487799,,82786884037#US (Houston)  
Dial by your location +1 669 900 9128 US (San Jose)  
+1 346 248 7799 US (Houston)  
+1 253 215 8782 US (Tacoma)  
+1 646 558 8656 US (New York)  
+1 301 715 8592 US (Washington DC)  
+1 312 626 6799 US (Chicago)  
Meeting ID: 827 8688 4037  
Find your local number: <https://hawthorne-k12-ca-us.zoom.us/j/82786884037>  
For questions regarding the Request for Proposal, please contact the Hawthorne School District's Purchasing Department at 310-676-2276, or you may visit the District's website at <http://www.hawthorne.k12.ca.us/bid>.

Each Bidder shall be licensed pursuant to State of California Regulations, California Business and Professions Code, and have the necessary license to perform the work called for in this request for proposal. Copies of all licenses must be included with their proposal. No Proposal will be considered from a Bidder who, at the time the Proposals are opened, is not licensed.  
No Bidder shall withdraw its Proposal for a period of ninety (90) days after the award of the contract by the District's Board of Trustees. During this time, all Bidders shall guarantee prices quoted in their respective proposals. Waiver of Irregularities. The District reserves the right to reject any or all proposals, make multiple awards, or to waive any irregularities or informalities in any proposal or in the RFP process. The Contract for the work, if awarded, will be by the action of the District's Board of Trustees to the Bidder that meets the qualifications established by the RFP documents. Inquiries and Clarifications: The Bidder is advised that all inquiries and clarifications about the RFP shall be submitted to the District in writing prior to Question Deadline noted above. The District will respond at its earliest possible

opportunity. Verbal communication by either party with regard to RFP is invalid. Inquiries shall be sent in writing to Aneska I. Kekula at [ikekula@hawthorne.k12.ca.us](mailto:ikekula@hawthorne.k12.ca.us) or mailed to Aneska I. Kekula, at Hawthorne School District, 13021 S. Yukon Ave., Hawthorne, CA 90250. Bidders are solely responsible for ensuring their written inquiry is received prior to this deadline and the District is not responsible for any delays or errors in delivery. Bidders are responsible for reviewing the District's websites and incorporating any and all clarifications provided therein into their proposals. It is each Bidders sole responsibility to ensure its proposal is timely delivered and received at the designated location as specified above. Any proposal received at the designated location after the scheduled closing time for receipt of proposals shall be returned to the Bidders unopened.  
Publications:  
District Website at <http://www.hawthorne.k12.ca.us/Proposals>  
Herald Publication: 1st Publication: June 3, 2021  
2nd Publication: June 10, 2021  
Hawthorne Press Tribune Pub. 6/3, 6/10/21 HH-27166

**PUBLIC NOTICE**  
NOTICE IS HEREBY GIVEN that a public hearing will be held by the City Council of the City of Hawthorne to consider adoption of the Proposed Annual Budget for Fiscal Year 2021-2022, as follows:  
Day: Tuesday  
Date: June 8, 2021  
Time: 6:00 p.m.  
Place: Via Virtual Meeting  
Members of the public who wish to participate in the public hearing must contact the Clerk's Office at (310) 349-2915 no later than 4:30 p.m. on the date of the meeting and leave a message indicating they wish to participate in this item and provided their return phone number and email. When the public hearing begins, the public member will be called and placed on speakerphone. Members of the public may also make comments via email to [pjimenez@cityofhawthorne.org](mailto:pjimenez@cityofhawthorne.org). Emails must be received prior to 4:30 p.m. on the day of the meeting and will be provided to the City Council members before the meeting.  
Hawthorne Press Tribune Pub. 6/3/21 HH-27167



# GUNDOGRAM

SUBMIT YOUR YUM DISH!!

## Quinoa Salad with Cilantro, Lime & Avocado

Provided by Campbell Soup Company

Quinoa is quick cooking and versatile and pairs well with just about everything. Wondering how to cook quinoa? It's simple and very similar to cooking rice. In this Quinoa Salad recipe, you cook the quinoa in our bone broth, infusing extra flavor into the quinoa, then adding lime, cilantro and chipotle for Mexican flair. Try using a mix of white and red quinoa to get a nice contrast in color.



### Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups Swanson® Chicken Bone Broth
- 1 small tomato, diced (about 1/2 cup)
- 1 can (about 15 ounces) black beans, rinsed and drained
- 1 avocado, peeled, pitted and diced
- 2 tablespoons chopped fresh cilantro
- 3 tablespoons lime juice
- 1/4 teaspoon ground chipotle chile powder
- 1 tablespoon olive oil

### Directions

- **Step 1:** Heat the quinoa and broth in a 3-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the quinoa is tender. Remove the quinoa to a bowl and refrigerate for 45 minutes or until chilled.
- **Step 2:** While the quinoa is chilling, gather the remaining ingredients. Add the tomato, beans, avocado, cilantro, lime juice, chili powder and oil to the quinoa and toss to coat. Season to taste.

### Recipe Tips

- **Ingredient Note:** Ingredient Note: If Swanson® Chicken Bone Broth isn't available in your market, you can use another variety of Swanson® Chicken Broth, such as Natural Goodness™ or Certified Organic in this recipe.

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)

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# PETSPETS **Pets** PETSPETS

## Purrrfect Companions



Mac and Cheese

Did you miss National Pet Adoption Day? No worries...we have plenty of kitties who are waiting to be your purr-fect match.

**Mac and Cheese** are an adorable brother and sister duo who complement each other perfectly! Mac is the tabby with the swirly coat, and Cheese has the stripes. They are both super sweet and playful kittens. What you see is what you get with these two. They will play endlessly, until they get tired and pass out. They are also great lap cats and love to snuggle with their humans. There is never a dull moment with these two around – they will make the purr-fect addition to your household. Mac and Cheese are very bonded and will only be adopted as a pair.

**Tourmaline** is a sweet, friendly, people-forward little kitty who never tires of hugs and kisses. She was found with an eye injury that has healed with treatment. This has changed the appearance of her iris, but it doesn't slow her down. She is a kitten with a lovely demeanor, very even-tempered, gently curious, loves to receive affection and be with her people. If you are looking for a cuddly little friend who will be front and center for hug time, Tourmaline is the kitty for you. She is mature enough to live as an only kitty, but she really enjoys friendships; life with a buddy will be preferred. Her best friend is Keaton.

**Keaton** is a curious, playful, friendly, people-loving little guy who purrs to the touch and loves affection. He is a complete package, a fun kitty on the go, who can also settle in and enjoy quality snuggles and people time. He has a funny way of always wanting to get in on what you are doing, especially if

interesting smells are involved! He is a kitten full of personality, always ready to meet new situations or people with confidence. If you are looking for a best buddy type of kitty who



Kyutaro

is a bundle of fun, Keaton is a great choice.

**Kyutaro** is a beautiful brown tabby male cat. He and his siblings were abandoned when they were kittens. When first rescued, Kyutaro, then a little nervous with people, is now a friendly and sweet cat. Since Kyutaro has grown up with cats, he is comfortable living with others. He is very active and playful and would be a perfect friend for your cat! Like many of us, Kyutaro has occasional seasonal allergies. He does not seem to have allergies

annually, and it usually only lasts for a few weeks in spring if he does have a flair-up. He is easy to medicate and beyond this has no other current medical issues.

**Dakota** is a chill dude with a short, crooked tail. He likes to hang out and observe his environment, but he always ready to play with any type of string toy. Dakota tolerates brushing and petting to an extent, being more on the independent side vs. wanting to glue himself to a human. Dakota's ideal person would have some experience with cats and would give him a chance to relax in his environment. Though we have not seen him get involved in mutual grooming sessions, he does get along with most cats and could do well in a home where he was the only kitty or could share the space with other cat tolerant cats. Dakota is ready for his special person to take him home.

**Shirley** is as sweet as she is gorgeous! Shirley and her sister Laverne were found together in a backyard. Shirley is the quiet go-getter. She will get the first few bites of food before anyone else. She has an awesome purr that is more felt than heard. Shirley loves being baby carried or cradled in your arms. With a little bit of sass in her, she will let you know how she feels. Shirley needs to be adopted with another cat/kitten or into a home with an existing kitty. She and her sister Laverne are an awesome pair. She has also been quite fond of her stepbrothers Yuki and Kyo. All four of these kittens have been around a dog and have been fine with him.

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 and to see these or our other kittens and cats, please check our website [www.kittenrescue.org](http://www.kittenrescue.org).

Our Adoption Center is temporarily closed. In the meantime, we are still conducting contactless adoptions using all the online tools at our disposal. To virtually browse our adoptable cats, please visit our Adoption Gallery, where you can find photos and profiles of all the cats and kittens we have up for adoption from our network of foster homes and the Sanctuary. At the end of each cat's profile is a link to the email address of the foster parent or adoption counselor, and you may reach out directly with questions or to arrange a virtual meeting.

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



Dakota

we can 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. •



Shirley



Keaton (left) and Tourmaline

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