

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. 27 - July 8, 2021

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Celebrating the Life and Legacy of Long Time Band Director



Mr. Conrad Hutchinson is retiring after forty-four years of service. He was recognized by Mayor James T. Butts Jr. and members of the community. Round of applause for Mr. Hutchinson who spent his life spreading the joy of music to the students of Inglewood High School. Photo courtesy City of Inglewood.

South Bay's Natalie Strong Attempts to "Create Gold out of Every Day."

By Duane Plank

Communicate with El Segundo resident Natalie Strong, who serves as the cities Arts and Cultural Advisory Council vice-chairperson, and her return email features the motivating tagline "create gold out of every day."

So, what does that mean? Strong is a child of the evil empire a tad bit south, Manhattan Beach (just kidding, Plank spent his formative years in MB, which at one-time was a quaint little beach town), an attendee of the Chadwick School up in the Peninsula, and a USC collegiate grad who spent some schooling time in Kent, England, a year she said was "amazing."

Instead of encapsulating her living life to the fullest philosophies, let us let Strong have center stage. In her own words, we will let Strong tell you about her motivating philosophies. "Attempting to create gold out of every day" is my artistic philosophy," she said. "The Alchemists (her email handle starts with alchemist) were trying to make gold out of lead, and though they never succeeded, they never stopped believing that it could be done. Pens and Paints and Paper are my lead, and whether or not I make gold out of them, I will never stop trying. I will never stop believing that it is possible." If you want to view some of her artistic renderings, you can access them through her Instagram account.

Continued Strong: "My hashtag #letthem-findmeworking is another idea that I live by. When inspiration hits, when the Muses visit, if I am working, then I am open to receive that inspiration. Maybe what I am working on today is nothing special, but you never know. If the Muses visit, let them find me working."

On settling in El Segundo, Strong said that "the thing I like best about (El Segundo) is the scale. It is a place that is built and operates on an individual human scale. One person can make a difference; leave a mark. It is possible to feel at least like you know everyone. I can walk anywhere that I might need to go. It is possible to be familiar with all of it. It's a knowable place."

Someone who has met and associated with Strong in our "knowable place" is Josette Murphy. Murphy is the owner of About Space Interiors in town, and she has collaborated with Strong multiple times to showcase Natalie's artistic renderings during the always popular Art Walk, which, if the chips fall in the right direction, will resume this year in late August.

Murphy has known Strong for eight or so years, with their friendship starting when the mom's shepherded their kids to-and-from school. Murphy said that their paths have crossed in many ways. "We are both artists, in different media," Murphy said, noting that her artistic design specialties include fabric and tile and paint and appliances and lumber, while Strong specializes in "fiber arts," but she also "paints and draws, and does all sorts of other things."

Murphy said that their shared interest in artistic projects had led her to commission Strong to design not only "a beautiful custom quilt for my own house," but also pieces for Murphy's clients, including embroidered and painted items. Murphy has also hosted Strong's work during prior Art Walks.

"We are kindred spirits," Murphy said. "Natalie cares so much," noting her work for the El Segundo library and the arts and



El Segundo's Natalie Strong. Photo provided by Natalie Strong.

cultural committee. "She does it with her whole heart, with a passion for promoting art in all of its forms. She is definitely a voice of art in town."

As previously noted, Strong was a Manhattan Beach gal who attended Chadwick, moved for an awhile to Hermosa Beach, and settled in El Segundo with husband Richard. He just happened to be recently profiled in the Herald. Why land in El Segundo?

Strong cited the strength of the El Segundo Unified School District, as well as El Segundo being touted as a good place to raise her children. And is a city located close to her day job, which she has plied for nearly two decades, as she runs her father's dental office in Manhattan Beach. Strong said that her proximity to her workplace, as well as her proximity to her boss (her dad), has allowed her to work a schedule that not only has provided the opportunity to attend her children's events,

See Natalie Strong, page 5

Weekend Forecast

Friday
Mostly Sunny
75°/62°



Saturday
Sunny
73°/61°



Sunday
Sunny
72°/61°



Entertainment

Film Review

4 Films We're Looking Forward to Watching This July

By Ryan Rojas for Cinemacy

As heat waves keep things sizzling outside, so too does this month's hot new titles, which we've rounded up in our July preview. Enjoy some indoor air conditioning and catch up on these highly anticipated films, both in theaters and streaming, from your living room. In our July preview, we include some films whose original releases were delayed due to the pandemic, as well as all-new releases. We're ready to settle in with a cold beverage and watch everything in this month's July preview – are you?

No Sudden Move

What it's about: A group of criminals are brought together under mysterious circumstances and have to work together to uncover what's really going on when their simple job goes completely sideways.

Why we're looking forward to it: After

making *Let Them All Talk* for HBO Max, Steven Soderbergh is back with another film for the streaming service. Not only is he returning to his heist roots (with an amazing all-star cast to boot), but he's taking things back to 1950s era noir, which is a time period we cannot wait to see his vision of.

'No Sudden Move' opens in select theaters and is available to stream on HBO Max starting Thursday, July 1st.

Summer of Soul (...Or, When the Revolution Could Not Be Televised)

What it's about: *Summer Of Soul (...Or, When The Revolution Could Not Be Televised)* is a feature documentary about the legendary 1969 Harlem Cultural Festival which celebrated African American music and culture, and promoted Black pride

See Film Review, page 7



Clockwise, from top left: 'No Sudden Move,' 'Summer of Soul,' 'The Green Knight,' 'Roadrunner'

Business Briefs

Mattel Toy Store's Summer Stockroom Sale

Sale starts today! Mattel Toy Store's Summer Stockroom Sale Save up to 70% off Thursday, Friday and Saturday, July 8-10, 333 Continental Blvd., located on the

basketball courts. Toys, games, dolls and much, much more. Come and get some great high-quality toys and more at heavily discounted prices.

Free Dementia and Alzheimer's Support Groups for New Awareness and Early Stages

Maybe you've noticed a decline in your memory that is concerning. Maybe an actual diagnosis for yourself or a loved one. Either way, this discovery can be daunting.

As questions abound, one of the best first steps may be to walk the path with others who are sharing similar experiences. At Family Connect Memory Care we call this *Memory, Coffee & Compassion*, a gathering of people that share support, tips, and authenticity – a place where everyone can feel at ease and welcomed. Our group includes those in mild stages, or those caring for a loved one with dementia, Alzheimer's or other forms of cognitive decline. And now, as our groups meet online over Zoom, anyone from around the globe can join – including friends or family members.

Not sure this is right for you? Other

concerns? Call Lauren Mahakian, Certified Dementia Practitioner, for a complimentary 15-minute chat.

Join us on Tuesdays (10-11am PST) or Wednesdays (10:00-11:30am PST). Learn more at www.FamilyConnectMemoryCare.com/support-groups/, email Lauren at Lauren@FamilyConnectCare.com, or call (310)383-1877. You are not alone...

Sign up for our Live.Love.Art Summer Program. This exclusive FCMC program taps into Paint, Poetry, Literature, Music, Movement and Movies as a form of cognitive stimulation for those experiencing dementia, Alzheimer's or other forms of cognitive decline. Meetings are Tuesdays and Thursdays for 8 weeks. Lunch included. Sign up by June 25th at FamilyConnectMemoryCare.com to receive your enrollment package. •

Seniors

Do You Have Arthritis? Consider These Changes

(BPT) - Arthritis is a common health condition in the United States, affecting one in four adults according to the Centers for Disease Control and Prevention. Characterized by the inflammation of one or more joints, arthritis can cause joint pain, stiffness and swelling that can limit one's functionality and impact daily activities.1 May is recognized as National Arthritis Awareness Month to bring attention to the widespread impact that arthritis has on adults, children and families.

These Changes Can Make a Difference for Those Living with Arthritis

Two of the most common types of arthritis are osteoarthritis (OA) and rheumatoid arthritis (RA). For those living with OA or RA, these changes could help improve daily life with arthritis:

- Do simple exercises: Exercise a few times a week to keep your joints as functional as possible. Find an activity you enjoy doing, such as taking a walk or swimming in a pool.2 Be sure to check with your doctor about what exercises are right and safe for you.

- Improve your sleep: According to the patient organization, CreakyJoints, there are many lifestyle changes you can make that may help improve your sleep, even if you suffer from arthritis pain. You may want to try avoiding caffeine in the evening, reducing

screen time before bed, eating lighter meals at night and keeping your bedroom cool, dark and quiet.3

- Choose foods that fight inflammation: The Arthritis Foundation says that, while there is no miracle diet for arthritis, there are foods that can help fight inflammation and improve joint symptoms. A diet rich in fruits, vegetables, fish, nuts and beans but low in processed foods and saturated fat is not only great for overall health, but can also help manage disease activity.4

- Lose any amount of extra weight: According to The Osteoarthritis Action Alliance, extra weight greatly increases joint pain and damages the cartilage of the joints, especially in the hips and knees. Losing excess weight, even in small amounts, can help reduce joint pain, avoid joint surgery and become more active.5

Speak to Your Physician About Medicines for Pain Management

In addition to lifestyle adjustments, a range of medicines are available to help relieve arthritis symptoms. Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, are frequently used to ease inflammation and pain caused by arthritis.6

"While it is important to have balanced pain management with arthritis, it is crucial

See Seniors, page 5

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.

EMPLOYMENT

Optum Services, Inc. Quality Assurance Analyst, El Segundo, CA. Develop testing programs including test plans, test scripts, and test cases that address areas such as database impacts, software scenarios, regression testing, negative testing, error or bug retests, and usability. Mail resume to GMI Recruitment at 9900 Bren Road East MN008 R120, Minnetonka, MN 55343 and indicate applying for #21- CA-4124.

FOR RENT

2 bedrooms, 1 bath, upper, immaculate, 7909 Alverstone, Westchester. \$1995/month. BOAT Trailer/Outboard Motor. \$800. 310.365.1481 or 310.641.2148.

HOUSE FOR RENT

4BD/3.5BA. Executive Tri-level ES home, 4-car garage, 3100 sq ft. \$7,350/mo. Avail. July 10th. 310.989.5469 or 562.260.5926.

EMPLOYMENT

Pixelberry Studios seeks Director of Data in El Segundo, CA to Maintain ETL pipeline and associated processes and technologies in Amazon Web Services ecosystem. Apply at jobpostingtoday.com Ref: 30624 Telecommuting allowed.

WANTED

WANTED. Vinyl, records, vinyl, anything musical. Collectibles/antiques. Typewriters, sewing machines, military, silver, Japan, records, stamps, coins, jewelry, Chinese, ANYTHING. Buy/Sell/Trade. We sell for you on EBAY. Studio Antiques, El Segundo. 310.322.3895.

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

CLASSIFIEDS

CLASSIFIED ADS – ONLY \$40
for twenty words or less.

Email class@heraldpublications.com or call 310-322-1831 for more information.



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General Inquires: web@heraldpublications.com • For general questions or announcements

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. 27 - July 8, 2021

A Good Cause For Our Hawthorne Students



Hawthorne Police Department is Partnering with the South Bay Regional Public Communications Authority to Sponsor a 'Back to School Supply Drive' for Our Hawthorne Students in Need. With the Hawthorne 2021-2022 school year approaching, help us welcome back our under-housed youth to (in person) school by donating any of the following items: Backpacks, Lunch Pails, Binders, Notebooks, Paper, Writing and Coloring Utensils, Hand Sanitizer, Masks, Reusable Water Bottles, Basic Toiletries (Shampoo, Conditioner, Soap, Deodorant), Feminine Products. A donation box has been placed in the lobby at the Hawthorne Police Department. Thank you in advance. Last day to donate: 7/31/21. Photo courtesy Hawthorne Police Department.

Huber's Hiccups

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

HAPPY JULY

Things are slowly returning to normal. The fireworks were just as loud and booming as past years. Gas prices increased just in time for the 4th of July weekend with California adding a twelve cents per gallon tax on top of an already outrageous price. The Nathan's Hot Dog Eating Contest was as gross as ever with Joey Chestnut consuming 76 hot dogs in 10 minutes. The Dodgers are getting close to being in first place again. You can walk into a store and not have to put on a mask. Events are being held where people can sit by one another. My daughter and family had to get tested for COVID in order to fly to Hawaii. Hopefully, their flights won't be cancelled. The airlines cannot find enough help. That could be said about almost every service-industry company. Too many people getting too much unemployment benefits to go back to work. There is a labor shortage going on. Some people have returned to work, others have stayed home to work remotely. Some things will never return to "pre-COVID" times. Life goes on. The more we see that things have changed for better or worse, the more we realize that we have no real control over our circumstances and how the world turns.

We can try hard to make things all good for ourselves, or we are depend upon God's grace and mercy. The apostle Paul writes in



Corinthians 12 verse 9: But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. Our dependence is well expressed in that verse. God simply wants us to surrender our inadequacy to him so that He can fill us with His strength. When we are weak, God is strong. If we acknowledge our weaknesses then we can allow God to lead us and give us strength. Wow! That really goes against everything thing we've been taught: "Suck it up, young man, overcome your fears and work extra hard and you will make it on sheer will power!" Maybe with age, we realize we can't suck it up any longer the way we used to suck it up. We start losing our body tone. We start losing a lot of things. My critics tell me I haven't lost anything, I just never had it to begin with. According to my ol' lady, I lost my memory, vitality and youth many moons ago. So, what is an old, white guy like me supposed to do? Thank God I know Jesus. I died to myself and now boast in Christ alone. It's not about me. I can live, work, play and relax and have a cold one since it is no longer I who lives but Christ who lives in me.

Dear loyal readers, stop trying so hard to do it all on your own. Life sure is much easier when you allow God to give you His strength. We are all weaklings, but made strong.

- Let me know what you are thinking: email me at: norbhuber@gmail.com •

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Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

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Lawndale Library Kicks Off the Summer by Celebrating National Grilling Month



July is National Grilling Month and we're cooking up something yummy in Adult Services. Stop by the library and pick up one of these great cookbooks to plan your next grilling menu. Photo courtesy Lawndale Library.

PUBLIC NOTICES

PUBLIC HEARING NOTICE

The Mayor and Council Members of the City of Inglewood (City) have scheduled a public hearing to receive input on the Fiscal Year 2021-2022 Annual Action Plan. The Plan includes funding recommendations for the Community Development Block Grant (CDBG) Program and HOME Investment Partnership Act (HOME) Program. All interested persons may participate in the Public Hearing held by the City Council and be heard on these matters.

Date: Tuesday, July 20, 2021
Time: 2:00 P.M.

Place: Inglewood City Hall
City Council Chambers, 9th Floor
One West Manchester Boulevard
Inglewood, California 90301

FY 2021-2022 ANNUAL ACTION PLAN

Community Development Block Grant
Program Allocation - \$1,348,806
Home Investment Partnerships
Program Allocation - \$857,695

The FY 2021-2022 Annual Action Plan for the City of Inglewood serves as the grant application to the U.S. Department of Housing and Urban Development (HUD) for its federally funded grant programs. All funds will be used to benefit extremely low- to low-income persons. The City wishes to encourage comments from extremely low- to low-income persons, particularly from those living in neighborhoods

where the funds are proposed to be used. The City will take appropriate actions to encourage the participation of all its residents, including persons who are non-English speaking, who have limited mobility due to disability, or who are visually or hearing impaired.

Copies of the Fiscal Year 2021-2022 Annual Action Plan will be available for public review on July 20, 2021 in the City Clerk's Office, the Inglewood Public Library, and the City of Inglewood website www.cityofinglewood.org under City Council Agenda for July 20, 2021. If you wish to receive a copy of the Plan, need a special accommodation due to a disability, or have any questions or concerns, please contact the Community Development Department CDBG Division at (310) 412-8844, or send a FAX to (310) 330-5756. You can also contact the CDBG Division via mail at the following address: City of Inglewood, Attn: CDBG Division - 7th Floor, One West Manchester Boulevard, Inglewood, CA 90301. All requests for accommodations must be received no less than 48 hours prior to the date of the hearing. In the event that the City Council meeting of July 20, 2021 is not held or is concluded prior to this public hearing being considered, the public hearing will be automatically continued to the next regularly scheduled City Council meeting.

Publication date:
July 8, 2021
July 15, 2021
Inglewood Daily News Pub. 7/8, 7/15/21
HI-27212

City of Inglewood, Los Angeles County, California

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

Project Subject to Bid: RFB-0135 "Inglewood Traffic Management Center Project"
The City of Inglewood invites and will receive bids duly filed as provided herein for the furnishing of labor and materials and/or completing the above-designated project.

A mandatory informational meeting for interested bidders will be conducted on Wednesday, July 14, 2021 at 10:00 a.m. The meeting will be held at City Hall Public Works Department at One West Manchester Boulevard, Third Floor, Inglewood, CA 90301. This meeting is to inform bidders of project requirements and subcontractors of subcontracting and material supply opportunities. Bidders' attendance at this meeting is mandatory.

Please visit <https://pbsystem.planetbids.com/portal/45619/portal-home> to learn about bid opportunities available to consultants, service providers, contractors, vendors, or suppliers. All questions must be submitted through the City Planet Bids Portal.

Each bid to be considered must be delivered to and received by the City Clerk no later than 11:00 a.m. on Wednesday, July 28, 2021 at the Office of the City Clerk, Inglewood City Hall, One West Manchester Boulevard, Inglewood, CA 90301.

Each bid shall be submitted and completed in all particulars using the form entitled, "Bidder's Proposal and Statement" attached hereto and must be enclosed, together with the requisite bid security in a sealed envelope addressed to the City Clerk with the designation of the project RFB-0135 "Inglewood Traffic Management Center Project" appearing thereon.

Each bid shall state the unit price of each item if called for on the Bidder's Proposal and Statement form. In the event alternative bids are called for in said form, each alternative

bid shall be completed. Bids will be opened in public in the City Clerk's Office and will then and there be announced to all persons present. Specifications and other bid documents for the above items are on file in the Public Works Department and may be obtained upon request. Each bid must be accompanied by a deposit in the form of cash, a cashier's or certified check made payable to the City of Inglewood, or a bid bond, for an amount of not less than ten percent (10%) of the aggregate of the bid, as a guarantee that the successful bidder will, within the time specified, enter into an agreement as provided in the bid document and furnish bonds when required in the Special Provisions; one for faithful performance in the amount of the contract sum, and another for contractor's labor and materials in the amount of the contract sum.

The City Council reserves the right to reject any bid, and to take bids under advisement for a period not to exceed sixty (60) days from and after the date bids are opened and announced. Attention is directed to the provisions of Labor Code § 1725.5. No contractor or subcontractor may be listed on a bid proposal for a public works project (submitted on or after March 1, 2015) unless registered with the Department of Industrial Relations (with limited exceptions for this requirement for bid purposes only under Labor Code Section 1771.1a). No contractor or subcontractor may be awarded a contract for public work on a public works project (awarded on or after April 1, 2015) unless registered with the Department of Industrial Relations. All contractors and subcontractors must furnish electronic certified payroll records to the Labor Commissioner for all new projects awarded on or after April 1, 2015. The Labor Commissioner may excuse contractors and subcontractors on a project that is under the jurisdiction of one of the four legacy DIR approved labor compliance programs (Caltrans, City of Los Angeles, Los Angeles Unified School District and County of

Sacramento) or that is covered by a qualified project labor agreement. This project is subject to compliance monitoring and enforcement by the Department of Industrial Relations.

Attention is directed to the provisions of Sections 1777.5 and 1777.6 of the California Labor Code concerning the employment of apprentices by the Contractor or any subcontractor under them. The Contractor or any subcontractor shall comply with the requirements of said sections regarding the employment of apprentices. Information relative to apprenticeship standards and administration of the apprenticeship program may be obtained from the Director of Industrial Relations, San Francisco, California, or the Division of Apprenticeship Standards and its branch offices.

Notice is hereby given that the City Council has ascertained the prevailing rates of per diem wages in the locality in which the work is to be done for each craft or type of workman or mechanic needed to execute the contract in accordance with the provisions of Section 1770, et. seq. of the Labor Code; said prevailing rates are on file in the Office of the City Clerk and are incorporated herein by reference. Copies shall be made available to any interested party on request.

Attention is directed to the provisions of Public Contract Code Section 10164 concerning Contractor's licensing laws. This contract requires at least a valid California Contractor License Class "A", Class "B" License and/or "C10" Electrical Contractor License at the time of bid. In addition, a City of Inglewood business license will be required. The successful bidder must obtain and maintain current until completion of the project an Inglewood City Business License.

This notice is given by order of the Assistant City Manager of the City of Inglewood, California, and is dated this 2 day of July, 2021.

Louis Atwell, Assistant City Manager / PW Director
City of Inglewood, California
Inglewood Daily News Pub. 7/8, 7/15/21
HI-27211

*Sometimes life can be a bit crazy,
hang on and enjoy the ride!!
- Love You Most, - Mom*

Inglewood News

The Weekly Newspaper of Inglewood

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 70, No. 27 - July 8, 2021

The Inglewood Police Department Would Like to Congratulate Lieutenant Mejia on His Retirement



In 1988, Lieutenant Mejia started his law enforcement career as a police officer, was promoted to Sergeant in 2002 and rose to the rank of Lieutenant in 2013. He was an integral part of the community, coaching kids in the Police Activities League and the yearly Santa Sleigh project. Leaders recognized Lieutenant Mejia for his involvement in the community. He held several assignments such as Narcotics Detective, Federal Drug Task Forces, Officer Involved Shoot Team, Field Training Coordinator and Watch Commander. Lieutenant Mejia finished his career commanding Person Crimes (Homicide, Robbery/Assaults and Sex Crimes) in the Detective Bureau. We want to thank Lieutenant Mejia for his 32 years of sacrifice and service with the Inglewood Police Department. Photo courtesy Inglewood Police Department.

Seniors

from page 2

to speak to your physician often and openly about your daily lifestyle. That way, your physician can help personalize your treatment which may include NSAIDs or other types of pain management techniques," said Hasan Abed, MD, Anesthesiologist and Pain Management Specialist, Advanced Pain Management located in Timonium, Maryland.

If you take NSAIDs, it is important to talk to your healthcare professional because as many as one in four regular NSAID users are at risk to develop stomach ulcers - sores on the lining of the stomach caused by stomach acid.⁷ In addition to taking high doses of NSAIDs, other risk factors include taking NSAIDs with aspirin, or while taking corticosteroids or blood thinners, having had a stomach ulcer in the past and being older than 65 years of age. If you have more than two of these risk factors, you are considered at high risk for stomach ulcers.

Gastroprotection with Nsaids Can Help Lower the Risk of Stomach Ulcers

Over-the-counter and prescription NSAIDs come in many different forms. They are available topically, as a lotion or gel and can be taken by mouth.⁶ Some NSAIDs include a gastroprotective medicine to help reduce the risk of getting a stomach ulcer.⁸

Because every case of arthritis is different, it is important to talk to your physician about pain management and the potential risk of stomach ulcers if you take NSAIDs," said Dr. Abed. "If appropriate, your doctor may

suggest you take a medicine that can lower the risk of getting a stomach ulcer when taking an NSAID."

For resources to help manage your OA or RA visit www.horizonconnectedhealth.com/patients/.

References: 1. Centers for Disease Control and Prevention. Frequently Asked Questions - Arthritis. <https://www.cdc.gov/arthritis/basics/faqs.htm>. Updated January 10, 2019. Accessed May 12, 2021. 2. Creaky Joints. Exercises for Arthritis. <https://creakyjoints.org/education/treatments/exercises-for-arthritis/>. Accessed May 12, 2021. 3. Creaky Joints. Chronic Pain and Sleep. <https://creakyjoints.org/support/pain-management/sleep/>. Accessed May 12, 2021. 4. The Arthritis Foundation. The Ultimate Arthritis Diet. <https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/the-ultimate-arthritis-diet>. Accessed May 12, 2021. 5. The Osteoarthritis Action Alliance. Weight Gain and Joint Pain. https://oaaction.unc.edu/wp-content/uploads/sites/623/2018/08/OAAA_WeightGain_JointPain-AN-3.18.pdf. Accessed May 12, 2021. 6. The Arthritis Foundation. NSAIDs. <https://www.arthritis.org/drug-guide/nsaids/nsaids>. Accessed May 12, 2021. 7. Lanza FL, Chan FK, Quigley EM. Guidelines for prevention of NSAID-related ulcer complications. *Am J Gastroenterol.* 2009;104(3):728-738. 8. Crofford LJ. Use of NSAIDs in treating patients with arthritis. *Arthritis Res Ther.* 2013;15(S3). •

Natalie Strong

from front page

but also given her the chance to pursue her passions on the artistic side. So here are some of Strong's contributions: Vice-chairperson, ES Arts and Cultural Advisory Council, Art teacher with the ES Parks and Recreation Department, private art teacher, with students ranging from ages four to thirteen, ES Art Walk participant, Administrator of the 'Room of Requirement at the ES public library, part-timer at the El Segundo Museum of Art, columnist for the 'El Segundo Scene' magazine and published author in the 'El Segundo Writes' anthology.

And when she is not working for pay, volunteering her time, or supporting her husband and kids, Strong said she likes to quilt and knit. When asked why she is so passionate about participating in art-related projects, Strong said she sees a vital need for "everyone to express themselves. Some people do it with gardening, some with computer coding. Arts are an important way to enrich the community, make the world more beautiful."

Strong has been working on the Arts and Culture Council for three years. She sees the council's mandate as one that tries to continue bringing culture to our city, "lending a hand to existing projects," as well as developing new endeavors. She is eagerly looking forward to, now that the COVID scourge has decreased, the resumption of the Art Walk program, and other similar El Segundo cultural outreach activities.

As for her post with the Parks and Recreation department, which Strong said that she has manned for about five years, she is looking forward to working again with the youths of El Segundo. "I can't wait for it to all come back," she said while noting a tentative resumption date of programs this Fall. "I never stop being inspired by the things kids think of," she said. "Their brains work definitely different than ours," she said.

She hopes her work with the El Segundo Museum of Art will commence soon. She is looking forward to teaching her 'just draw' class as soon as she gets the green light. "I love the museum," she said. "The people over there are so interesting, and creative, and inspiring."

So, the definition of an alchemist, at least the first one that I conjured up, is a person who practices alchemy. Which is a useless definition, right? I learned a long time ago as I was studying journalism at the great Cal State Dominguez Hills campus, under the tutelage of the hopefully still strolling around Mr. Davidson, was that you could not define a word by using that same word. Easy way out. So here is my second attempt to seek a definition of an alchemist: "a person who transforms or creates something through a seemingly magical process."

OK, that definition seems to encapsulate the efforts of Natalie Strong and her endeavors to make El Segundo a better place, striving to "create gold out of every day." •

PUBLIC NOTICES



Order to Show Cause for Change of Name Case No. 21TRCP00222

Superior Court of California, County of LOS ANGELES
Petition of FRANKIE VIOLA COWAN for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner FRANKIE VIOLA COWAN filed a petition with this court for a decree changing names as follows:
FRANKIE VIOLA COWAN to FRANKIE VIOLA MILLER

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.
Date: 9-3-21, Time: 8:30 AM, Dept: B
The address of the court is:
825 MAPLE AVE TORRANCE, CA 90503

NOTICE OF PETITION TO ADMINISTER ESTATE OF: GRACE N. ISIKA CASE NO. 21STPB02334

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of GRACE N. ISIKA.
A PETITION FOR PROBATE has been filed by NNEKA P. NJOKU in the Superior Court of California, County of LOS ANGELES.



NOTICE OF PETITION TO ADMINISTER ESTATE OF: GEORGIA LEE JONES CASE NO. 21STPB05888

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of GEORGIA LEE JONES.
A PETITION FOR PROBATE has been filed by SHEILA RENE FOSTER in the Superior Court of California, County of LOS ANGELES.

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOHN ALVIN DYSON CASE NO. 21STPB06145

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



PUBLIC NOTICE

NOTICE OF \$10,000 REWARD OFFERED BY THE LOS ANGELES COUNTY BOARD OF SUPERVISORS
Notice is hereby given that the Board of Supervisors of the County of Los Angeles has reestablished a \$10,000 reward offered in exchange for information leading to the apprehension and conviction of the person or persons responsible for the murder of 21-year-old William Ffita, who was fatally shot at the intersection of Crenshaw Boulevard and Rosecrans Avenue in the City of Hawthorne after leaving a church dance with family and friends on March 20, 2016.

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.



NOTICE OF PETITION TO ADMINISTER ESTATE OF: PAT F. RILEY CASE NO. 21STPB06420

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

NOTICE OF PETITION TO ADMINISTER ESTATE OF: AURELIO TANORI CASE NO. 21STPB03657

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

CITY OF INGLEWOOD DATE: July 29, 2021 TO: Inglewood Residents & Business FROM: Inglewood Public Works Department

Continued Public Hearing on July 29, 2021 for adopting 2020 Urban Water Management Plan
The City of Inglewood provides water services to approximately 85,000 customers through 15,700 service connections within its service area of 7.2 square miles.

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.

of California, through the California Water Code Division 6, Part 2.6, Sections 10610 to 10657, declares that each local government shall adopt a UWMP to help the State in implementing the plan and protect the interest of the people, business sector, and the economic climate.

CITY OF INGLEWOOD, CALIFORNIA
REQUEST FOR BID (RFB)
BID NO. RFB-0133
As-Needed Repair Service on Sewer Systems for City of Inglewood PROPOSALS DUE:
Wednesday, July 21, 2021, no later than 11:00 a.m.
At City of Inglewood City's Clerk Office 1 West Manchester Blvd., First Floor, Inglewood, CA 90301

CITY OF INGLEWOOD
Invitation to Submit Bids
(Specifications and Conditions Governing Award)
The City of Inglewood invites and will receive bids duly filed as provided herein for the "RFB-0133 AS-NEEDED REPAIR SERVICE ON SEWER SYSTEM FOR CITY OF INGLEWOOD"

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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF: PAT F. RILEY CASE NO. 21STPB06420

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

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.

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

NOTICE OF PETITION TO ADMINISTER ESTATE OF: LOURENS PETRUS PAMA AKA LOURENS P. PAMA AKA LOURENS PAMA CASE NO. 21STPB06560

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the lost WILL or estate, or both of LOURENS PETRUS PAMA AKA LOURENS P. PAMA AKA LOURENS PAMA.
A PETITION FOR PROBATE has been filed by LAWRENCE W. PAMA in the Superior Court of California, County of LOS ANGELES.

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.)
A HEARING on the petition will be held in this court as follows: 07/26/21 at 8:30AM in Dept. 11 located at 111 N. HILL ST., LOS ANGELES, CA 90012

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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOSEPH YOUNG CASE NO. 21STPB06361

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

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: 7/29/2021 at 8:30AM in Dept. 67 located at 111 N. HILL ST., LOS ANGELES, CA 90012

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.



Look at all that sunshine, Summertime is here and the waves are calling!! Let's head to the beach for some fun & sun!! - Love You, Mom



GUNDOGRAM

SUBMIT YOUR YUM DISH!!

Mini Taco and Cheese Cups

Provided by Campbell Soup Company

Tacos or mac and cheese tonight? You can have both when you serve these individual cups filled with family-favorite ingredients like ground beef, salsa, corn, elbow macaroni and Cheddar cheese. They're super delicious and sure to become a weeknight favorite!



Ingredients

- 1 pound ground beef
- 1 can (10 1/2 ounces) Campbell's® Condensed Cheddar Cheese Soup
- 1/2 cup Pace® Chunky Salsa
- 1/2 cup frozen whole kernel corn, thawed
- 1 1/2 cups elbow macaroni, cooked and drained (about 3 cups cooked)
- 1 1/2 cups shredded Cheddar cheese (about 6 ounces)

Directions

- **Step 1:** Heat the oven to 350°F. Line 12 (2 1/2-inch) muffin-pan cups with foil liners.
- **Step 2:** Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat. Remove the skillet from the heat.
- **Step 3:** Stir in the soup, salsa, corn, macaroni and 3/4 cup cheese. Spoon about 1/2 cup beef mixture into each muffin-pan cup. Sprinkle each with about 1 tablespoon remaining cheese.
- **Step 4:** Bake for 15 minutes or until the beef mixture is hot and the cheese is melted.

Send us a photo and recipe of your favorite dish. We'd love to share it with the community. Send to: web@heraldpublications.com

Film Review

from page 2

and unity.

Why we're looking forward to it: I first saw this film make its premiere at the Sundance Film Festival, and it was rightfully awarded the Festival Winner Documentary. Director Questlove knows that music is always accompanied by stories, and the stories here—along with never-before-seen archival footage—makes this one of the most powerful films of the year so far.

'*Summer Of Soul (...Or, When The Revolution Could Not Be Televised)*' opens in select theaters and is available to stream on Hulu starting Friday, July 2nd.

Roadrunner: A Film About Anthony Bourdain

What it's about: A documentary about Anthony Bourdain and his career as a chef, writer and host, revered and renowned for his authentic approach to food, culture and travel.

Why we're looking forward to it: Seeing Anthony Bourdain's extraordinary life brought to the big screen by Morgan Neville (*20 Feet From Stardom*) is sure to warm the hearts of his beloved fans, as well as inspire audiences.

'*Roadrunner: A Film About Anthony*

Bourdain' opens in select theaters on Friday, July 16th.

The Green Knight

What it's about: A fantasy re-telling of the medieval story of Sir Gawain and the Green Knight.

Why we're looking forward to it: *The Green Knight* was originally supposed to come out last year, so the fact that it's finally getting its proper theatrical release now is beyond exciting. Director David Lowery's incredible vision and Dev Patel deserve it.

'*The Green Knight*' opens in select theaters on Friday, July 30th. •



Ryan Rojas

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PETSPETS **Pets** PETSPETS

Featured Pets of the Week

Provided by Hannah Collett, spcaLA

Pearl is a sweet and special little 10 year old Corgi/Cardigan Welsh Mix girl, and a staff and volunteer favorite. She was abandoned at a nearby veterinary hospital and brought to spcaLA. Since she has been with us, our medical team has treated her for a skin condition. At some point in her life, she sustained an injury and is unable to use her back legs. Our maintenance staff built and fitted her for a cart (or wheelchair), and there is no stopping her now! She loves to scoot about the play yard and soak in the sun. She is food motivated and the volunteers have taught her sit and settle, and she delights in playing the name game. Her favorite activity is being pet, especially around the neck, head and belly. If you have room in your heart and home for a special needs doggie, apply for Pearl today! <https://spcala.com/adoptable/pet/?ss=LACA-A-330>

Theo is a 2-year-old domestic short hair female, confident, and friendly cat. She's looking for her forever home where she can play and nap all day long. If you are interested in Theo, apply today! <https://spcala.com/adoptable/pet/?ss=LACA-A-285>

Guerro is 5-year-old, male Pit Bull/Terrier mix...happy doggo! He's working on his manners and enjoys training time. He likes belly rubs, playing, and zooming away with you and continue his training. Apply to adopt! <https://spcala.com/adoptable/pet/?ss=LACA-A-354>

Janelle is a sweet 10 month young female kitty looking for her forever home. She loves to stretch out for a cat nap in a sunny place or on your lap! Janelle would love to be your Friend for Life. Who's ready to make Janelle the happiest kitty in the world? <https://spcala.com/adoptable/pet/?ss=LACA-A-379>



Theo



Pearl



Guerro



Janelle

Happy Tails

Logan, one of our senior residents, has found his forever home! The happy couple who adopted him love senior dogs. Logan is joining them and their sweet Golden Retriever.

Logan is 10 years old, but that did not deter his adopters. Age is just a number! Senior dogs, may be less active than younger pets, but you can teach them new tricks! •



Congratulations to Logan and his new family.