

South Bay Cities

Featuring the Weekly Newspapers of Hawthorne, Inglewood and Lawndale

Hawthorne Press Tribune
The Weekly Newspaper of Hawthorne

Inglewood News
The Weekly Newspaper of Inglewood

Lawndale Tribune
AND LAWDALE NEWS
The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 5, No. 32 - August 10, 2023

Inside This Issue

Classifieds2

Entertainment2

Hawthorne.....3

Lawndale4

Inglewood.....5

Legals 6-7

Restaurant Review7

Back-To-School Backpack Giveaway



Over one-thousand backpacks were assembled and gifted to Inglewood students this past weekend. Special thanks to all of our community partners and Councilman Alex Padilla for putting this incredible event together. Photo courtesy City of Inglewood.

A Terrific Resource in the South Bay

By Ron Sokol

The South Bay, part of the Los Angeles Metropolitan area, is located in the southwest corner of Los Angeles County. It extends from the southern shore of Santa Monica Bay and includes 15 cities, a portion of the City of Los Angeles, as well as some unincorporated portions of the county.

The proverbial bookends of the South Bay are the Pacific Ocean to the south and west and generally the City of Los Angeles to the north and east. To be sure, the South Bay is well-populated and diverse. It consists of towns as unique and different as Inglewood, Long Beach, Carson, El Segundo, Westchester and Manhattan Beach.

It is a choice and desirable area in which to reside, with substantial resources: Libraries, sports complexes, well-regarded hospitals, the Port of Long Beach, service clubs (from Rotary to Kiwanis to Moose), the aerospace industry, beaches, parks, music organizations, airports, and historical societies. Take just a moment and think of SoFi Stadium, Space X, Long Beach Grand Prix, and the Manhattan Beach Volley Ball Tournament, to name a few of the South Bay's stalwarts.

And, in addition to all that, there are very well-regarded colleges. The South Bay is home to, among other excellent facilities, Harbor College, South Bay Marymount, Cal State Dominguez, and Cal State Long Beach.

There is one particular school that is of substantial interest because the more you learn about it, the more you explore what is there and what it offers, and the more impressed you will no doubt be. I dare say it also is in the very heart of the South Bay and is a wonderful resource for young and not-so-young: Yes, that would be El Camino Community College, the well-known public college in Alondra Park, which consists of some 37 buildings over 26 acres. By the way, did you know there are more than 20,000 students?

El Camino, as it is often known, is now 66 years young. It offers 2,500 classes in 85 programs, such as undergraduate, vocational, and honors courses, many of which can be taken online or through a televised format for distance education.

Here is a pertinent quote: "Ready to take the next big step? With over 75 academic programs, El Camino College has the classes you need to get that great job or transfer to your big-dream college."

Students can read online about transferring to a four-year college, if that is a key reason to choose El Camino (<https://www.elcamino.edu/academics/transfer-center/transfer-requirement>). Another helpful link can be found at "Transfer Guide - El Camino College" (just type that phrase into your web browser).

Over time I have known a number of students who graduated high school, but had not yet decided what they wanted to do, whether college made sense, and in some instances, their grades were not such that they could get into

the university of their choice.

One of the nice things about El Camino Community College is the springboard it provides to future planning, which may include eventually transferring to, for example, UCLA or one of the Cal State campuses. Its record in that regard is very good.

Some of the other excellent attributes of El Camino are: It has its own radio station (KECC); a 2,000-seat auditorium; a 350-seat campus theater; and the 190-seat Robert Hagg Recital Hall. Among the well-known El Camino alum are Fred Claire, general manager of the Los Angeles Dodgers; Al Jardine of the Beach Boys; Bo Derek, the actress; George Nakano, who for years was a member of the California Assembly; and Douglas Trumbull, filmmaker. El Camino also has Murdock Stadium, which hosts many of the school's athletic programs. Worth noting as well is the Schauerman Library, which serves as the research center on campus.

See *El Camino*, page 4



El Camino College's Administration Building

Weekend Forecast

Friday

AM Clouds/
PM Sun
74°/65°



Saturday

Partly
Cloudy
74°/64°



Sunday

Partly
Cloudy
73°/64°





Entertainment



Check It Out

The Blur by Minh Le and *Set Sail for Pancakes* by Tim Kleyn

By Kristen Morell, Librarian

This week I will be reviewing two of my favorite new picture books. The first book *The Blur*, written by Minh Le and illustrated by Dan Santat is about a little girl who was born with superpowers. Her superpowers emerge at the start of her childhood as a baby with a booming, supersonic voice, fantastically



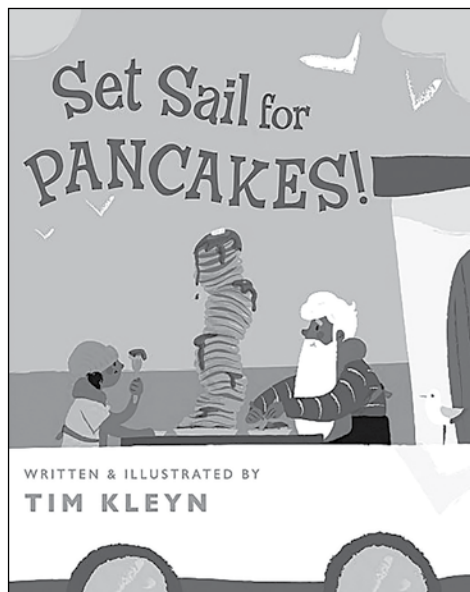
The Blur by Minh Le

elastic limbs, enhanced hearing and some silly ones like the ability to turn invisible and her ultra-magnetic powers that attract her loved ones. She is a strong and confident girl and nothing can stand in her way. This book is bittersweet because it shows just how fast childhood goes by and we see the character go from being a newborn in the hospital to driving herself off to college. A wonderful storyline combined with beautiful illustrations make this a great book to share with a loved one.

Set Sail for Pancakes by Tim Kleyn

This is an adorable story about a girl and her grandpa who go on an adventure because they don't have the ingredients they need to make pancakes at home. Margot and her grandpa climb aboard his boat, Beluga Blue to get the pancake ingredients they need by traveling to Chicken Island to get the eggs, Cow Island to get the milk, and Flour Mill Island to get the flour. There's only one

problem, once they arrive at their final destination, Flour Mill Island, they are stuck due to a storm. They dock their boat and wait out the storm and Margot isn't worried after grandpa gives her a banana and tells her any banana can be used to call for help. Once the storm passes they soon realize they docked their boat on Banana Tree Island and now they can make banana pancakes. This story



Set Sail for Pancakes by Tim Kleyn

would be great to read at bedtime or with a child who enjoys a good adventure.

Both of these titles can be found in our youth area, located on the lower level of the library. Stop by to check out the latest titles for young readers ages 0-13. •



Kristen Morell

Film Review

Talk To Me is the Year's Best Horror Film

By Morgan Rojas for Cinemacy

A24's latest horror film *Talk To Me* is a litmus test of physical restraint. How long can you go without clenching your fists, squirming in your seat, or covering your eyes is determined by your tolerance for intense gore, and—to be frank—sheer insanity. Supernatural forces conjure chaos in Australian filmmakers Danny and Michael Philippou's directorial debut, making for a whiplash of thrills that will no doubt delight any masochistic horror fan.

Written by Danny Philippou and Bill Hinzman (and based on a concept by an additional ten people), *Talk To Me* tells a story of a group of high schoolers who get caught up in conjuring spirits. The film also comments on the natural coming-of-age tendencies to experiment with boundaries and the enticing element of danger.

A couple of years after the unexpected death of her mother, Mia (Sophie Wilde) is beginning to have some semblance of a normal life again. Growing accustomed to not having her mom by her side, Mia finds comfort and stability with her best friend's family, Jade (Alexandra Jensen), her younger brother Riley (Joe Bird), and their mother Sue (Miranda Otto).

One night, Mia and Jade invite a small group over to their house to try out a bizarre ritual that has been sweeping social media. Lighting a candle, holding the hand of an embalmed paranormal body part, and whispering the words "Talk to me, I'll let you in," is all it takes for demonic spirits to cross over from the other side and inhabit the body of the victim. Or, that's what the group of friends are led to believe. A time limit of about 90 seconds is discussed beforehand – anything longer than that and the spirits could take over your body forever. Of course, things don't go as planned during the group's night of conjuring as they accidentally unleash the most demonic, nightmarish supernatural forces that quickly overstay their welcome.

The Philippou brothers push maximalist extremes in every direction. From the scratchy string-heavy score by composer Cornel Wilczek to the hyper-realistic special effects makeup, there is a lot to digest. Blood floods out of pores like a rapidly flowing river and skin flakes off like hardened scotch tape in such astute detail, it's enough to make one's

stomach a bit queasy. These aesthetics help elevate the performances as well. Alexandra Jensen, playing Mia's BFF Jade, steals the show with her grounded yet increasingly unhinged performance.

On the whole, *Talk To Me* is a staggering directorial debut. The Philippou brothers know how to capture the audience's attention and



Talk To Me courtesy A24.

have them hanging onto every word. Their fresh voices and stylish aesthetic in the horror genre are welcome, and I look forward to seeing what nightmarish brainchild they'll come out with next.

Distributed by A24. *Talk To Me* is now playing in theaters. •



Morgan Rojas

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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.

HOUSE FOR RENT

2BD, 1BTH, 1350 sq ft, Den, fireplace, completely refurbished. New: bathroom, kitchen, appliances, vinyl plank floor. Close to park, grocery store and restaurants. \$3,950. Please leave a message at 310-322-4848.

EMPLOYMENT

Mattel HQ, Inc. has the following position available in El Segundo, CA: Sr. Manager, Finance (CIPYD): Direct financial activities, such as planning, procurement, & investments for all or part of an organization. Partial telecommuting permitted. Send resume to: talentacquisition@mattel.com. Must reference job title and job code CIPYD.

WRITER WANTED

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

WANTED

ANTIQUES, COLLECTIBLES, jewelry, military, pottery, garden, mid-century, retro, art, ASIAN, silver, coins, stamps, anything unusual. FREE APPRAISALS. You know us from Storage Wars. Buy/Sell. 310.322.3895. El Segundo.

GARAGE SALE

Large Garage Sale. Saturday, August 12, 7 AM to 3 PM. 723 1/2 W. Pine Ave. El Segundo, CA. Don't miss this sale! Lots of good stuff! Tools, antiques, furniture, clothing, toys, household items.

WANTED

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

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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Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

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The 40th Annual National Night Out was Full of Fun Activities



Families and friends came to spend a fun evening out with our own Hawthorne Police. Food was served, fun was had, and we cant wait till this event returns next year. Photo courtesy City of Hawthorne.

Finance

Shopping for Student Loans

(BPT) - You want your children to dream big, and for them, that likely means setting sail for college. However, before they embark on their journey, you'll first need to figure out how you're going to pay for school. For some, that includes navigating student loans.

Destination Coordinates: College

Parents overwhelmingly believed in the importance of a college degree for their child's future, according to a recent survey from College Ave Student Loans.

However, they also agreed that college costs were stressful and surprisingly high. Many felt that college tuition/fees and room/board were significantly more than expected. College costs can take families by surprise, so it's important to explore all options on how to fund a degree.

A Sea of Financial Options

When it comes to paying for college, families typically use a mix of methods to cover costs. Among those parents helping to pay for college, more than 60% were using regular income and savings and/or grants and scholarships. Federal student loans, the student's job and private student loans rounded out the top five resources.

When making a plan to pay, the first step is to fill out the Free Application for

Federal Student Aid, or FAFSA. This can be completed online and will determine your eligibility for financial assistance like grants, some merit aid, work-study benefits and federal student loans.

If you find that after scholarships, grants, income and savings that there is still a financial gap to cover, borrowing student loans is one option to explore.

Bridging the Gap and Setting Sail

One of the fastest ways to immediately cover the college financing gap is through student loans. Make sure to borrow federal student loans in the student's name first as these come with unique benefits, such as income-based repayment plans, not typically offered by private student loans. However, there is an annual maximum amount you can borrow in

federal student loans, and that's when families start to explore private loan options.

Shop around for the best private student loan lender, as each offers different rates and repayment terms. To help you get an idea of how student loan repayment will impact your family's budget, explore an online Student Loan Calculator to better understand the total cost of the loan and to estimate monthly payments.

One customer-friendly student loan provider to explore is College Ave. They offer competitive rates and a variety of loan repayment terms that can fit a family's budget. Plus, the application process takes less than three minutes.

Although many scholarship deadlines have passed, there could still be options to supplement college costs. Consider looking for smaller or local options that may have flexible deadlines or lesser competition. Keep in mind, the College Ave \$1,000 scholarship sweepstakes is continuous, so you can enter every month.

Determining how to pay for college can feel like setting sail into a storm. However, some exploration and a solid plan can lead to calm waters and a bright future for you and your child. •



Lawndale Tribune

AND LAWDALE NEWS

The Weekly Newspaper of Lawndale

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Thank You to All the Families that Came Out to Registration Week



Big shoutout to our Link Crew for hosting freshmen campus tours, our PTSO for your connection with our Cardinal families, and the rest of the Cardinal team. Photo courtesy Lawndale High School.

El Camino

from front page

The academic program for students is complemented by the El Camino Community Education Program, which offers quite an array of courses for many different interests, including classes that can be taken in the evening. In El Camino's own words:

"We provide fee-based, short-term, not-for-credit classes, workshops, career-training programs, and events for professional and personal development with an emphasis on inspiring a sense of wonder and imagination for lifelong learning."

This is separate from those attending El Camino who are focused on earning their degree and transferring to a four-year college. The Community Education courses are varied, from art (including photography) to anthropology, computer technology, and dance. I encourage you to go online and look up the many choices. It's like a buffet for those interested in learning.

There is a lot to choose from!

El Camino also listens. So, if you have a special interest or are seeking a particular class, you can email suggestions to commerd@elcamino.edu. If you have questions about class sign-up, give a call to (310) 660-6460 or text (424) 279-4430

In sum, El Camino Community College is a terrific resource in the South Bay. A walk on the campus is enjoyable as well. The sense of future, the sense of purpose, the sense of learning, you feel it. Learning, growing, engaging. It is also quite well maintained and has nice areas to walk through, let alone take a moment, sit, and do a little contemplating.

As stated above, the South Bay is a choice area in which to reside. El Camino Community College is one of the reasons. Indeed, El Camino has a lot to be proud of, not the least of which is its students. •



El Camino College's Administration Building.



Administration Building Quad. Photos provided by El Camino College.



Student Services Plaza.

Inglewood News

The Weekly Newspaper of Inglewood

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Thank You City of Inglewood and Inglewood Police Department for Hosting a Successful National Night Out



Firefighters from FS 171, and across LA County, joined their fellow public safety officers to celebrate safety and teamwork with the wonderful community members we proudly serve. Photo by Kaelyn Floyd, PIA.

Seniors

Not Eating Enough Fruits and Vegetables? Why?

(BPT) - Most people know that fruits and vegetables are key to a healthy diet, but they may not know exactly how many, and the amounts, they should be eating daily. Some may believe they are on the right track but are surprised to learn they are underestimating the amount needed to meet nutrition recommendations.

A survey conducted by the International Fresh Produce Association (IFPA) confirms that Americans are largely underestimating how many fruits and vegetables they need to eat on a daily basis. Consumers surveyed estimate the daily number of recommended servings to be 3-4 servings a day, short of the actual recommended 5 servings per day defined by the World Health Organization. For consumers to work toward achieving a healthier lifestyle, accurate nutrition information must be available and accessible.

According to experts at IFPA's Foundation for Fresh Produce's fruitsandveggies.org, widespread misinformation and disinformation online and during the shopping experience contributes to Americans' confusion over what, and how much, they are supposed to eat. Products across the marketplace can be marketed to make food and beverages appear more healthful than they are by depicting images of fruits and vegetables despite containing no or minimal amounts of them.

"Consumers constantly face an overwhelming amount of information online and in stores,

whether the information is correct or not," said Emily Holdorf, a registered dietitian at The Foundation. "When people hear conflicting messages of 'eat this' and 'don't eat that,' they become understandably frustrated. By instead sharing a more inclusive approach to eating nutritious foods, consumers will feel empowered to choose fruits and vegetables at more meals and snacks throughout the day."

To this end, IFPA and the Foundation are galvanizing the fresh produce industry and influential nutrition educators to help eliminate all barriers to consumption, including tackling misinformation.

"We are dedicated to finding solutions that make accurate nutrition recommendations easily accessible no matter what zip code an American resides in," said IFPA CEO Cathy Burns. "We are exploring initiatives like providing dietary guidelines to shoppers in the store and asking the government to crack down on deceptive nutrition labeling. These are places where we can make a real impact on how consumers think about their own nutrition and ultimately achieve a positive change at kitchen tables across America."

According to WHO, eating the recommended intake of fruits and vegetables as part of a healthy diet improves overall health and reduces risk of certain diseases including cardiovascular diseases and certain types of cancer.

See Seniors, page 7



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PUBLIC NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOHN MAYNARD LEVAN AKA JOHN M. LEVAN

CASE NO. 20STPB01511 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JOHN MAYNARD LEVAN AKA JOHN M. LEVAN...

Dept. 44 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...

NOTICE OF PETITION TO ADMINISTER ESTATE OF: MILES S. OSWALD, JR. AKA MILES S. OSWALD, MILES STANDISH OSWALD, MILES OSWALD

CASE NO. 23STPB05034 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or MILES S. OSWALD, JR. AKA MILES S. OSWALD, MILES STANDISH OSWALD, MILES OSWALD...

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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF FREDERICK GERALD SIEGEL

Case No. 23STPB06624 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of FREDERICK GERALD SIEGEL...

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...

DBA (Fictitious Business Name) \$75.00 NAME CHANGE: \$200.00 Other type of notice? Contact us and we can give you a price.

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the City Council of the City of Inglewood, California, will hold a public hearing on August 22, 2023, at the hour of 2:00 p.m., in the City Council Chambers, Ninth Floor, Inglewood City Hall...

1. Zoning Code Amendment No. 23-00004 (ZCA23-00004) to Modify Chapter 12 of the Inglewood Municipal Code to Establish Regulations for Fast Food Restaurants, Citywide. A Notice of Exemption (EA-CE-2023-039) has been prepared stating that the proposed amendment is categorically exempt from the California Environmental Quality Act...

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the City Council of the City of Inglewood, California, will hold a public hearing on August 22, 2023 at the hour of 2:00 p.m., in the City Council Chambers, Ninth Floor, Inglewood City Hall...

Introduction of Ordinance Amending or Repealing Various Municipal Code Sections Regulating Peddling, Soliciting and Sidewalk Vendors and Adding a New Article 13 "Sidewalk Vendor Program" to Chapter 8 of the Municipal Code to Comply with Changes in State Law. All persons interested may appear before the City Council and be heard with reference to this matter.

Notice Inviting Bids

HAWTHORNE SCHOOL DISTRICT Bid Identification: Pupil Transportation Services Bid Number: Bid Number T23-24-4 Mandatory Pre-Bid Conference August 15, 2023; 10:00 AM Sharp! Deadline for RFIs: August 21, 2023, by 4:00 PM BIDS DUE BY: August 28, 2023; 2:00 PM Sharp! Hawthorne School District Attention: Aneska I. Kekula 13021 S. Yukon Ave. Hawthorne, CA 90250 BID DOCUMENTS AVAILABLE: https://www.hawthorne.k12.ca.us/bids

the time specified above or after any extensions due to material changes shall be returned unopened. Please allocate enough time due to parking restrictions in the area. There will be a mandatory Pre-Bid Conference on August 15, 2023, at 10:00 am Sharp, at Purchasing Department, 13021 S. Yukon Ave, Hawthorne, CA 90250...

to waive any irregularities or informalities in any Bid Proposal or the bidding. The Contract for the Work, if awarded, will be by action of the District's Board of Trustees to the responsible Bidder submitting the lowest responsive Bid Proposal. The District further reserves the right to make an award, or make multiple awards, or reject all bids.



PUBLIC NOTICE

Notice is hereby given, StorQuest Self Storage will sell at public sale by competitive bidding the personal property of: Manuela Glenn Ricky Segundo Niko Boykin Latrice Rivers Dumell Washington Courtney Brooks Devonna Harris William J Bowen Eduardo Olmedo



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PUBLISH YOUR PUBLIC NOTICES HERE



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

Project Subject to Bid: RESIDENTIAL SOUND INSULATION PHASE XV, GROUP 38 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 pre-bid meeting will be held at 10:00 A.M. on Wednesday, August 23, 2023. The meeting will take place in the Residential Sound Insulation Department Conference Room in Inglewood City Hall on the 5th Floor. A site visit may follow the conference. Although the site visit is not mandatory, it is recommended that Contractors be in attendance. Should a Contractor elect to waive attendance, then he/she accepts full and total responsibility for any additional information given and or knowledge imparted during the site visit that might be considered relevant to this Bid and or the specifications for this project. Please you require further information, should call the City's Residential Sound Insulation Office at (310) 412-5289.

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 or all bids and to waive any irregularities in any bid, and to take bids under advisement for a period not to exceed sixty days from and after the date bids are opened and announced. Attention is directed to the provisions of Sections 1777.5 and 1777.6 of the Labor Code concerning the employment of apprentices on public works projects by the Contractor or any subcontractor under them. The Contractor or any subcontractor shall comply with the requirements of said sections in 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 as if set forth in full. Copies shall be made available to any interested party on request. This contract requires a Class B (Building Contractor) License at the time of bid submission. 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 City Administrative Officer of the City of Inglewood, California, and is dated this _____ day of _____, 20____. Assistant City Manager City of Inglewood, California Inglewood Daily News Pub. 8/10/23 HI-28114

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ANDREW BROWN

CASE NO. 23STPB08532 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of ANDREW BROWN. A PETITION FOR PROBATE has been filed by WILLIAM BROWN in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that WILLIAM BROWN 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: 09/13/23 at 8:30AM in Dept. 67 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 WILLIAM C. PRICE - SBN 58055, PRAY PRICE WILLIAMS & PICKING 555 E. OCEAN BLVD., SUITE 501 LONG BEACH CA 90802, Telephone (562) 436-1231 8/10, 8/17, 8/24/23 CNS-3727653# Inglewood Daily News Pub. 8/10, 8/17, 8/24/23 HI-28113

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHRISTOPHER GARCIA

Case No. 23STPB08144 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of CHRISTOPHER GARCIA. A PETITION FOR PROBATE has been filed by Cynthia Mosqueda in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Cynthia Mosqueda 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 August 31, 2023 at 8:30 AM in Dept. No. 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: DINA B DREIZLER ESQ SBN 164908 ONE WORLD TRADE CENTER 27TH FLR LONG BEACH CA 90831-2700 CN998643 GARCIA Aug 3,10,17, 2023 Lawndale Tribune Pub. 8/3, 8/10, 8/17/23 HL-28107





Rice Cups Brings Tradition to Town

Story by Chase Yi
Photos by Rice Cups

Korean culture has always been synonymous with Los Angeles, and now, El Segundo can experience its taste of Korean street food with the opening of Rice Cups, which honors the deep-rooted tradition of the Korean lunchbox. For centuries, Korean lunchboxes were made from bamboo or wood, and inside, you would find an array of cooked vegetables, sliced pieces of marinated beef or pork belly, and colorful blends of white and purple rice. Spanning to the present, many of the same components have endured. However, Korean food today has largely become recognized as Korean BBQ, and Rice Cups embraces the shift to provide customers with a contemporary spin on the phenomenon.

It's important to know that these meals are meant to be eaten on the go. Each order is thoughtfully packed into a compact cup, offering layers of delicious rice alongside salad, lotus root chips, goji berries, and macaroni salad. For your main protein, you can choose either beef, chicken, or pork dishes, and each one offers a different flavor with easy sauces and glazes. For example, the Beef Bulgogi is a tender, thinly-sliced marinated beef with a sweet

soy sauce glaze topped with caramelized onions. The Chicken Jjimdak is made of sweet soy braised thigh meat topped with caramelized onions, which can also be made



Rice Cups' Gochujang Pork Bowl.

into a Spicy Fried Chicken bowl with the addition of a sweet and spicy Korean-style glaze. One of the tastiest options (and hottest) is the Sweet & Fiery Gochujang Pork, which is thinly-sliced marinated pork cooked in a sweet & spicy gochujang sauce—a traditional Korean hot sauce—paired with caramelized onions. You'll

want to pair that with an ice-cold Yuja Lemonade (Korean Citron) to help take the edge off! For any vegans or vegetarians out there, Rice Cups also offers a Fried Lotus Gangjung—fired lotus root finished with a Korean-style sweet and savory soy sauce glaze—as well as a Fried Tofu Gangjung. Prices for lunch bowls vary between \$14 to \$16, with additional prices for any add-ons or modifications you may want.

Along with their main dishes, something else that Rice Cups brings to the masses is the Korean Style Hot Dog—a true staple in Korea and a popular hit among natives and travelers to the country.

Think of it like Mexican Elote—the Korean Style Hot Dog is usually made on the street by various food vendors in popular shopping districts of Seoul and other cities. These hot dogs resemble the American Corn Dog; however, rather than a soft breading, the outside is fried in a crispy panko batter, rolled in sugar, and then glazed with a variety of sweet and savory sauces. Inside the breading, customers can choose from a traditional hotdog, a cheese dog (filled with a gooey, cheesy inside), or a combination of the two (half hotdog and half cheese). In South Korea, all are popular choices, but

the cheese dog is a true representation of delicious Korean street food, and Rice Cups does a tremendous job of capturing that essence. They even offer a Potato Hot Dog, which comes fried with crispy potato bits on the outside.

There aren't too many to-go options in town that deliver an experience like Rice Cups. Bowls are conveniently packed for easy storage on the move, and collectively, each meal provides well-balanced portions of leafy greens, proteins, and carbohydrates—a great way to fuel up and have the energy to burn for the long summer nights.

Local El Segundo resident Alex Roberts, who routinely bikes around Grand Ave with his son Reagan, shares that when "cruising the neighborhood," he and Reagan "love to pick up a street dog and eat it on [our] way back home." They stop and watch the sunset at Rec Park, enjoy the crispy, melted cheese as it stretches from each bite, and they always laugh as they finish up and ride their bikes back home.

"It's a fun routine for us," says Roberts. "And bringing new businesses and new cultures into the fold is something I love to do with my family. It makes El Segundo fun to explore."•

Please Support Our Local Businesses

Seniors

from page 5

Many fruits and vegetables are plentiful in soluble fiber, which can lower LDL cholesterol, blood pressure and inflammation.

Even the colors of fruits and vegetables play a key role in health. The variety of colors within produce are known as "phytochemicals" that have been shown to potentially reduce the risk of certain cancers, heart disease and diabetes.

"Diet-related diseases including heart disease, diabetes and hypertension add \$1.4 trillion to the nation's debt to treat annually, yet even with more than a trillion dollars going toward treatment, these diseases are still among the leading causes of death in the U.S.," said Burns. "Fortunately, each of these can be prevented by having a healthier diet."

Here are three tips for getting started:

- Start small - Don't bite off more than you can chew with an extremely aspirational goal. Stir fruit into cereal or yogurt, add bagged salad to pizza night, top sandwiches with

extra veggies, throw greens into your favorite pasta dish. Small wins build momentum and positive habits.

- Make it easy - Cut and prep fruits and vegetables up right away so they are quick to grab. Keep all forms of produce on hand for low- and no-cook ways to add fruits and vegetables to the meals and snacks you already have planned. The easier it is, the more likely it will get eaten.

- Focus on the flavor - When something makes you feel good, you want to do it again. When something tastes good, you want to eat it again. Utilize dips, herbs, spices and juices to add flavor and enjoyment to fruits and vegetables. Eating healthy doesn't have to be boring!

"There are countless eating occasions that occur throughout our days, weeks, months. Asking, 'What fruit or veggie can I add to this?' is a great first step to adding more, one bite at a time," said Holdorf. •

PUBLIC NOTICES

Fictitious Business Name Statement
2023146555

The following person(s) is (are) doing business as STUDIO BAM CREATIVE SERVICES, 5506 W 149TH PL, UNIT 9, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): ANTHONY SARACENI, 5506 W 149TH PL, UNIT 9, HAWTHORNE, CA 90250. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2023. Signed: ANTHONY SARACENI, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 6, 2023.

NOTICE: This Fictitious Name Statement expires on July 6, 2028. A new Fictitious Business Name Statement must be filed prior to July 6, 2028. 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. 7/27, 8/3, 8/10, 8/17/23 H-3095

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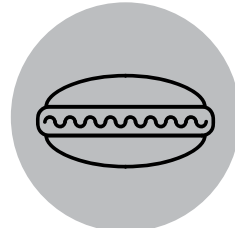
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PETSPETS **Pets** PETSPETS

Featured Pets of the Week

Provided by Hannah Collett, spcaLA

Meet **Ellie**! Ellie is a 4 month old female Pit Bull mix who is an absolute sweetheart with a constant smile and wagging tail. She is a playful puppy who loves everyone she meets. Ellie is super sweet and loving, and would fit into any family lifestyle as long as she receives plenty of belly rubs and her favorite treats. [https://spcala.com/adoptable/](https://spcala.com/adoptable/pet/?ss=LACA-A-10621)

[pet/?ss=LACA-A-10621](https://spcala.com/adoptable/pet/?ss=LACA-A-10621)

Stay warm this upcoming Winter with **North Pole** by your side! North Pole is a handsome 3-year-old male Siberian Husky mix with an adorable floppy ear that makes him one unique pup. He is super laidback and wants nothing more than to find his forever home. Come meet North Pole today, you won't be disappointed! <https://spcala.com/adoptable/pet/?ss=LACA-A-10430>

[adoptable/pet/?ss=LACA-A-10430](https://spcala.com/adoptable/pet/?ss=LACA-A-10430)

Meet **Brownie**, a 2 year old domestic short hair female! No cat has ever loved belly rubs as much as Brownie does – she'll always ask for pets by rolling over every time you greet her. Brownie is a super affectionate and talkative cat who would be a great fit for any family and lifestyle. <https://spcala.com/adoptable/pet/?ss=LACA-A-10342>

This sweet and laidback kitty is **Pepper**! She is a 7 year old female domestic short hair and would make a great companion as she likes to spend her time following her human friends around and cuddling up beside them. Pepper likes to play, especially with her stuffed toys. Adopt Pepper today! <https://spcala.com/adoptable/pet/?ss=LACA-A-9698>



Ellie



Brownie



North Pole



Pepper