




September is



Hispanic Heritage Month

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(909) 296-5269

Email:

[spmgmedia@gmail.com](mailto:spmgmedia@gmail.com)

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Last month Assemblymember Mike A. Gipson, 64th District recognized a staple in the Watts community, “ Hawkins House of Burgers” as the **2021 Small Business of the Year in the 64th Assembly District.**

For the last 82 years, this family-owned business has served as a safe haven in the Watts community. Hawkins House of Burgers is known to deliver the freshest burger you’ll ever eat, with a side of open-handed hospitality. Above all, the Hawkins family has always put the community at the forefront of everything they do.

To Ms. Cynthia Hawkins, "I want to say thank you for always going above and beyond for our community and for creating a safe space where families are welcomed with open arms", says Assemblymember Gipson.



### Dr. Lee Douglas Appointed As LBCC VP of Academic Affairs

Dr. O. “Lee” Douglas will return to Long Beach City College (LBCC) as the next Vice President of Academic Affairs, overseeing the College’s academic programs and deans. Douglas was confirmed by the Long Beach Community College District (LBCCD) Board of Trustees on June 23 and begins his new position today, Aug. 2.

“We congratulate and welcome Dr. Douglas back to Long Beach City College as Vice President of Academic Affairs,” said LBCCD Board President Uduak-Joe Ntuk.

“I look forward to him working with our faculty and staff as we continue to advance our racial equity work to help all students reach their academic goals.”

The Carson resident received his Bachelor’s degree in Communication from Pepperdine University, his Master’s degree in Education from CSU Dominguez Hills, and his Ed.D. Community College Leadership from National American University.

“Dr. Douglas has long been one of the most well-respected figures at LBCC, and he brings a multitude of academic leadership experience to our forming executive team,” said LBCCD Interim Superintendent-President Dr. Mike Muñoz. “I am more than confident he will support our faculty and students with the grace, intelligence, and dedication he has always shown.”

## Hawkins House of Burgers Recognized as 2021 Business of the Year









# Local Government | Business

## CITY OF CARSON REVISED NOTICE OF SPECIAL ELECTION



NOTICE IS HEREBY GIVEN that the City of Carson has called a Special Municipal Election that will be

consolidated with the Local and Municipal Elections and held on Tuesday, November 2, 2021, to elect

the following officers:

City Clerk (Partial term expiring in November 2022)

Council Member, Fourth District (Partial term expiring in November 2022)

Nominations will open on Monday, July 12, 2021, at 7:00 a.m. and close on Thursday, August 5, 2021, at

6:00 p.m. If no one, or only one person is nominated for office, the City Council may make an

appointment to that office as prescribed by California Elections Code Section 10229.

If you are interested in running for office or have questions about the above notice, please contact the

City Clerk's Office by phone (310) 952-1720 or email [jcarroll@carsonca.gov](mailto:jcarroll@carsonca.gov) to make an appointment

before coming to City Hall. City offices are open Monday through Thursday from 7:00 a.m. to 6:00 p.m.

| The vote centers will be open on November 2, 2021, between the hours of 7:00 a.m. and 8:00 p.m.

## City of Manhattan Beach Cultural Arts Commission Meeting



*Cultural Arts Commission Meeting*

*Date: 09/20/2021 5:00 PM*

*Location: Zoom Meeting - See Instructions Below 1400 Highland Ave, Manhattan Beach, California 90266*

The Cultural Arts Commission serves in an advisory capacity to the City Council and is responsible for developing a master plan for cultural arts in the City, encouraging and supporting art education programs in the community and schools, participating in the Arts in Public Places selection process, and assisting in the Art in Civic Spaces Program. The Commission consists of six (6) members: one (1) artist representative, one (1) from the business and development community, three (3) at-large members and one (1) student representative. The Commission meets on the third Monday of every month at 6:00\* PM. Meetings are subject to change. Check the City Calendar to note any changes in the Commission meeting schedule.

\*Cultural Arts Commission meetings will be held via Zoom on the third Monday of the month at 5:00 PM until city meetings and facilities are once again open to the public.

Pursuant to Governor Newsom's Executive Orders No. N-25-20 and No. N-29-20, City Council Chambers is not open to the public. In the interest of maintaining appropriate social distancing, the Cultural Arts Commission encourages the public to participate by submitting comments on agenda items or other subject matter within the jurisdiction of the Library Commission via email to both [estewart@citymb.info](mailto:estewart@citymb.info) and [lrobb@citymb.info](mailto:lrobb@citymb.info), no later than 4:00 PM on the day of the meeting, if you are unable to join the meeting via Zoom.

## Assemblymember Mike Gipson Recognizes Brianna Leon as Assembly Fellow



Last month we recognized Brianna Leon, our Assembly Fellow, as she completes her 11 month term as a Jesse M. Unruh Assembly Fellow in the California State Capitol.

Brianna has been a champion for local families in the 64th Assembly District through her efforts in advocating for access to high-speed internet services in low-income households and the need to prevent foster youth from becoming homeless during a global pandemic.

As we undergo the last few weeks of this legislative session, we recognize her commitment to excellence during her time with Team Gipson and honor her for this remarkable stepping stone in her career. Join me in congratulating, Ms. Leon!

**ATTENTION!**

**YOU MAY BE ENTITLED TO SIGNIFICANT COMPENSATION**

If you have taken the heartburn drug **Zantac** and have been diagnosed with **CANCER** you may qualify for compensation.

In April of 2020, the FDA announced a **SAFETY RECALL** of all **ZANTAC** heartburn and generic **RANITIDINE** drugs requiring these to be immediately withdrawn from sale, nationwide.

**CONSUMER ATTENTION**

Call today to see if you qualify for compensation:  
**1 (844) 450-1279**  
for a **FREE** Case Evaluation

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# Education | Sports

## CSUDH Negotiation, Conflict Resolution

Monday, September 20, 2021 • 6pm



Monday, September 20, 2021  
6:00 PM - 7:00 PM (PT)  
Zoom  
Event Type  
Webinar  
Contact  
Anissa Barton-Thompson  
abarton@csudh.edu  
310-243-2691

Department  
Extended Education Programs  
[REGISTER HERE](#)

The online Master's Degree program in Negotiation, Conflict Resolution and Peacebuilding at California University, Dominguez Hills teaches participants valuable conflict resolution and conflict management skills and knowledge which may be applied directly to police work, counseling, education, human resources management, labor relations, litigation, business negotiations, supervision and administration.

Register now for our free webinar to learn more about the program.

Topics of discussion will include:  
The increasing need for qualified professionals in the field  
Admission requirements  
Coursework and curriculum  
Career applications and industry opportunities  
The webinar is free, but enrollment is limited. Reserve your spot today!

## CSULB TO GAUGE ECONOMIC, SOCIAL IMPACTS OF GUARANTEED BASIC INCOME PILOT IN LONG BEACH

CSULB’s Office of Economic Research (OER) has been tapped to explore the economic and social impacts of the City of Long Beach’s Guaranteed Basic Income (GBI) program, a high-profile pilot set to roll out in Fall 2021.

The program will provide \$500 per month to 500 Long Beach households for one year. Long Beach is one of the first cities in the nation to explore GBI as a policy solution for struggling communities, and Mayor Robert Garcia ’01, a member of the Mayors for a Guaranteed Income organization, is a vocal proponent.

“There is a lot of heat on Guaranteed Basic Income lately,” said CSULB Economics Chair Seiji Steimetz. “It’s a kind of social safety net which targets those living in poverty with the most need.”

The OER provided initial research to determine that single-parent households in Long Beach’s 90813 ZIP code, an area with the lowest median household income in the city, would most benefit from the pilot.

“We need to look at the effect this income has on the families,” Steimetz said. “Are they more able to cover basic expenses and emergency needs? Are the adults more able to seek an education, or gain full-time employment? If a single parent wants to become a certified nursing assistant, GBI may allow them to take fewer shifts at the grocery store so they can pursue their education.”

Steimetz, OER Associate Director Robert Kleinhenz, and a growing team of student research assistants will study economic impacts and social mobility outcomes for the participating families. Sociology Chair Kris Zentgraf is developing a team to study social metrics – how the additional income affects recipients’ stress levels and overall well-being.

Dr. Kristine Zentgraf, Sociology Professor & Department Chair

“These are areas economists aren’t qualified to study, but CSULB has very qualified sociologists,” Steimetz said. “Single-parent households were among the hardest hit by the pandemic, and COVID relief funding helped enable this GBI package. Our task is to guide policymakers with data and insights to show how this income may change the lives of families in need, both in terms of economic and mental health.”

The pilot is the latest collaboration between the city and the OER, which has provided analysis for economic policy to the city’s Economic Development department for many years. Economic Development Director John Keisler explained that the partnership is “critical for design, development, implementation and measurement of program results.”

The city will begin accepting participant applications in Fall 2021, and the study will begin in Spring 2022. Funding from the city will support CSULB’s student research team, but the pilot is also an opportunity for investment for local business leaders.

“We want to devote as much as possible to helping families,” Steimetz said. “This is a very good opportunity for industry leaders to do good in the community while supporting students to analyze data, develop policy, and affect real world change.”

## Rams offensive lineman Andrew Whitworth hosts combat veterans in SoFi Stadium suite



Last month preseason game against the Las Vegas Raiders, Rams Offensive Lineman Andrew Whitworth hosted more than 30 combat veterans with Merging Vets and Players (MVP) in his suite at SoFi Stadium.

"My biggest kick was watching our members walk in and seeing their expressions," said Dustin Beluscak, Merging Vets and Players Program Coordinator. "They all had a sense of joy. They were the happiest I'd seen them in such a long time."

The mission of MVP is to empower combat veterans and former professional athletes by connecting them and providing a new team to assist with transition, promote personal development and show them they are never alone.

"Andrew is our brother," said one of the combat veterans with MVP. "He's a member and he advocates for the athlete side of what Merging Vets and Players is. When you think of the example... that's Andrew Whitworth."

Whitworth has been a longtime supporter of MVP. Last year, during the peak of COVID-19, Whitworth joined others in a virtual fundraiser to raise \$100,000 for veterans and athletes impacted by COVID-19. In years prior, Whitworth and the Rams invited MVP veter-

ans to the team practice facility to participate in workouts and discussions about the transitions for when the cleats and uniforms come off.

"It means to the world to have Andrew Whitworth as a member of MVP. It means he believes in what we are trying to accomplish here," said Beluscak. "No matter where you are in the world, whether you're a combat veteran or an athlete, you will face struggles and we are here to pick each other up. You always need a team, whether you're an athlete and you have a team on the sports field, or you're a veteran and you have a team in your unit. We're building each other up to the next level, and to have him see that is truly valuable because that means we are on the right path."

Founded in 2015 by Fox Sports NFL Insider Jay Glazer and former Green Beret and Seattle Seahawk Nate Boyer, MVP is a free weekly program that addresses the challenges combat veterans and former professional athletes face in transition once the uniform comes off.

To learn more about the Rams' history of honoring veterans and active-duty members of the military, please visit [www.therams.com/community/military/](http://www.therams.com/community/military/).





# Arts & Entertainment

## ERIN STEVENSON at Spaghetтини, September 10th



**Date:** September 10  
**Time:** 7:00 pm - 8:30 pm  
**Cost:** \$35  
**Event Categories:**  
**Contemporary, Vocalist**  
[Buy Tickets](#)

Your ticket reserves a table in our Performance Lounge and you will be able to choose your table upon arrival. We will begin seating tables in order of check-in. If you are part of a large party and would like to sit together, you can either purchase all tickets under the same name or give us a call ahead of time so we can plan for multiple parties joining each other. Our full menu is available before and during the show. \$20 per person food & beverage minimum.

At the tender age of 10 Erin Stevenson was a member of “Girls Tyme”, a group of girls who later became Destiny’s Child. Her first single reached number 5 on the Billboard Dance Charts in 2006 and she has had several songs featured in major films.

Erin has been blessed with many gifts including a sultry voice, electric dance moves, producing and songwriting, and the ability to deliver breathtaking performances with her feisty personality. This has led her to starring in her own right opening for or alongside Justin Timberlake, Pharrell Williams, Nicki Minaj, John Legend, Jennifer Lopez, Janet Jackson, Ciara,

### Hope Connections Youth Access Center

13245 Hawthorne Blvd., 2nd Floor  
Hawthorne, CA 90250  
Monday-Friday 10am - 5pm

Youth ages 16-25  
Must be experiencing housing insecurity or do not have secure housing

**Services:**

- Housing Resources
- System Navigation
- Behavioral Health
- Employment Support
- Education Support
- Food Linkages
- Internet
- Mail
- Referrals

For more information, contact:  
424-374-8038  
hopeconnections@thesoh.org



## Long Beach Lobster Festival



**September 9--11, 2022**  
**Friday 5-10PM | Sat./Sun. 12-10PM**  
**Online purchasing will be available January 2022.**

The 2022 Original Lobster Festival will be held September 9-11 at the Rainbow Lagoon in Long Beach, California on grass with accenting trees and a seawater lagoon.

The Long Beach Original Lobster Festival returns for its 26th year of providing Fresh Live Maine Lobster, prepared to mouth-watering perfection in the World’s Largest Cooker. You can dance away the calories to a variety of popular artists throughout the day on the dance floor, enjoy tasty eats in the food court, kick back in the VIP Lounge, take a Free Souvenir E-Photo, check out the Arts & Crafts booths, catch some sports action at the Live Sports Tent, sip on adult beverages (beer, wine, specialty drinks — infamous Signature drink "Screaming Lobster" and Margaritas), and sing a tune at the Karaoke Lounge with a Live Band (Fri. & Sat. night). There is something for everyone, including kids, Magic Show, BalloonTwisting, Face Painting, Games and Inflatable Bounces.



Installation view of “Rights and Rituals: The Making of African American Debutante Culture.” On view until February 27, 2022.

**3 x 5—YOUR AD HERE**

**\$50 per issue/Min. 2 issues**

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# Home | Health

## Safe Entertaining Tips in a COVID-19 World



Depending on where you live, restrictions on social gatherings may become less strict in the coming weeks and months. However, many experts caution that care should still be exercised when groups of people gather.

After an extended period without social contact, it's only natural to crave some interaction, and there's evidence that doing so can be advantageous for your mental health. However, taking precautions to protect your physical health, along with your guests', can make for a more enjoyable event.

Keep it contained. Limit your gatherings to a few close friends or family members so if someone does get sick, contact tracing is a simple task. Keep in mind the number of same-household families you invite is more important than the number of people in that family. For example, one family of six that has already been living in close quarters poses a lower risk than three couples living in separate houses. Also be mindful of your guests' approach to prevention; if they've been less cautious than your family or vice versa, there's room for conflict and anxiety.

Celebrate outdoors. Indoor event spaces naturally have less circulation, meaning potential airborne particles hang around longer. Planning your

gathering outdoors helps ensure more free-moving fresh air and more space for guests to spread out and practice social distancing.

Encourage guests to bring their own. It may go against all your good hosting inclinations but hosting a bring-your-own party eliminates shared food and the risk of cross-contamination. You can provide disposable table service (plates, silverware and napkins) and single-serve beverages, but skip the cooler everyone reaches into.

Provide ample, well-spaced seating. Encourage guests to keep some distance from one another by creating comfy seating arrangements. You can take it a step farther by asking guests to bring their own chairs and directing each family to set up its space a reasonable distance from the next.

Make cleanliness a priority. Create stations with hand sanitizer or wipes. You can also create a makeshift sink to minimize trips to the restroom indoors. Provide a spray bottle or bucket, soap and paper towels near the hose for quick clean-ups.

Find more advice for navigating pandemic life at [eliv-ingtoday.com](http://eliv-ingtoday.com).

## 5 Tips for Traveling Amid COVID-19



The spread of new COVID-19 variants and lower vaccination rates in developing countries continue to impact the ability to move freely throughout the world.

For travelers eager to venture out, Expedia Group recommends these traveling guidelines to help slow the spread of COVID-19 so the world can truly open again:

Mask up while traveling. Masks remain one of the most simple and effective ways to limit the transmission of the virus, aside from the vaccine, according to the Centers for Disease Control and Prevention. Traveling requires being in close quarters, like planes, trains, rideshares and more, so it's important to mask up to reduce the spread.

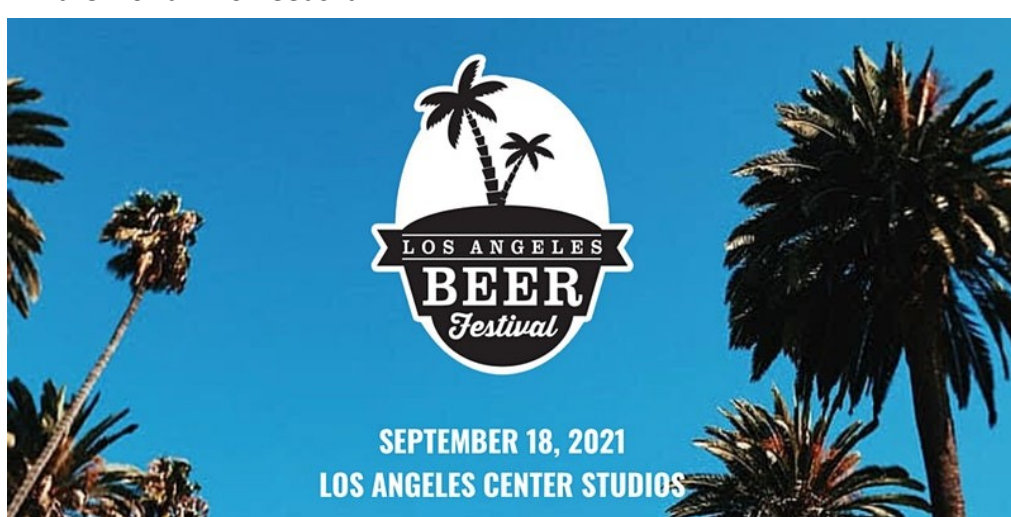
Travel for the greater good. To support UNICEF's global COVID-19 response, Expedia Group announced an initiative to donate \$10 million to vaccine efforts. To get involved, travelers can download any app from one of the travel giant's brands, such as Expedia, Hotels.com, Travelocity and Vrbo, to plan and purchase a trip through the platform. In turn, travelers can help get a vaccine to someone in the world who needs it.

Enjoy the great outdoors. Nature destinations have provided solitude for travelers over the last year due to the ability to easily socially distance and, essentially, disconnect. This trend is here to stay, with beaches, mountains, lakes and national parks remaining popular areas to visit.

Don't get left behind. More and more businesses, attractions and destinations are requiring people to show proof of vaccination. If you haven't felt motivated to get your shot(s), know you might not have access to dining, entertainment or other activities during your next vacation.

Be a savvy traveler. Travelers are eager to get out again, but with travel guidelines changing frequently, it's important to stay up to date with restrictions and policies around your travel bookings. Double-check your accommodations' cancellation policies, keep local advisories like curfews or closures in mind and be prepared to submit documentations like COVID-19 test results or vaccine cards.

Find more information at [expedia.com/return-to-travel](http://expedia.com/return-to-travel).





# Events | Fun

LA Galaxy Stretch Run Plan



## LA Galaxy Stretch Run Plan

SUN, 3 OCT 2021 at 05:00PM PDT

[CLICK HERE FOR TICKETS](#)

LA Galaxy Stretch Run Plan includes the following games at Dignity Health Sports Park:

- LA Galaxy v. Los Angeles FC on 10/3/2021 at 5:00PM
- LA Galaxy v. Portland Timbers on 10/16/2021 at 7:30PM
- LA Galaxy v. FC Dallas on 10/23/2021 at 12:30PM
- LA Galaxy v. Minnesota United FC on 11/7/2021 at



## Drive-Up Film and Food Fest Event Series

Fri, September 3, 2021

7:00 PM – 10:00 PM PDT [TICKETS HERE](#)

The Drive-Up MemorialCare Miller Children's & Women's Hospital Long Beach Film and Food Fest Series features two different drive-up movies and food truck meet ups each month at the Los Alamitos Youth Baseball Parking Lot (4370 Farquhar Avenue) from 7:00pm-10:00pm.

A reservation is required for the event- no drive ups without a prior reservation are permitted. Pedestrians and bicyclists are not permitted to enter.

## BRIDAL & WEDDING EXPO

### California Bridal & Wedding Expo

Sun, September 12, 2021

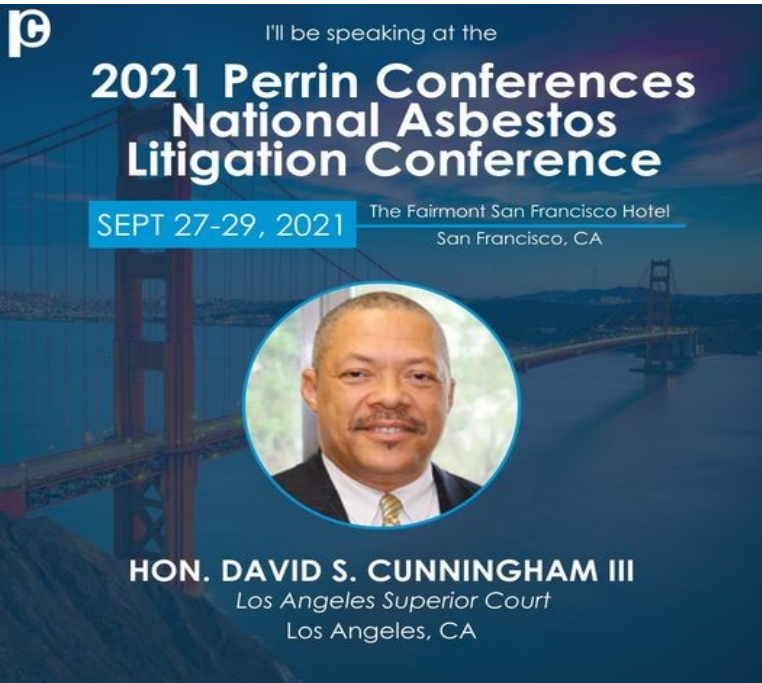
10:00 AM – 6:00 PM PDT

Los Angeles Convention Center

1201 South Figueroa St.

Los Angeles, CA 90015 [REGISTER EVENTBRITE](#)

event features an amazing selection of wedding professionals ready to help you find the perfect gown, reception venue, invitations, photographer, music, menu, honeymoon destination, and much more! Don't miss the bridal fashion shows and live DJ demos, plus tons of prizes and giveaways. Visit our website for showcase dates and times. We'll see you at the show!!

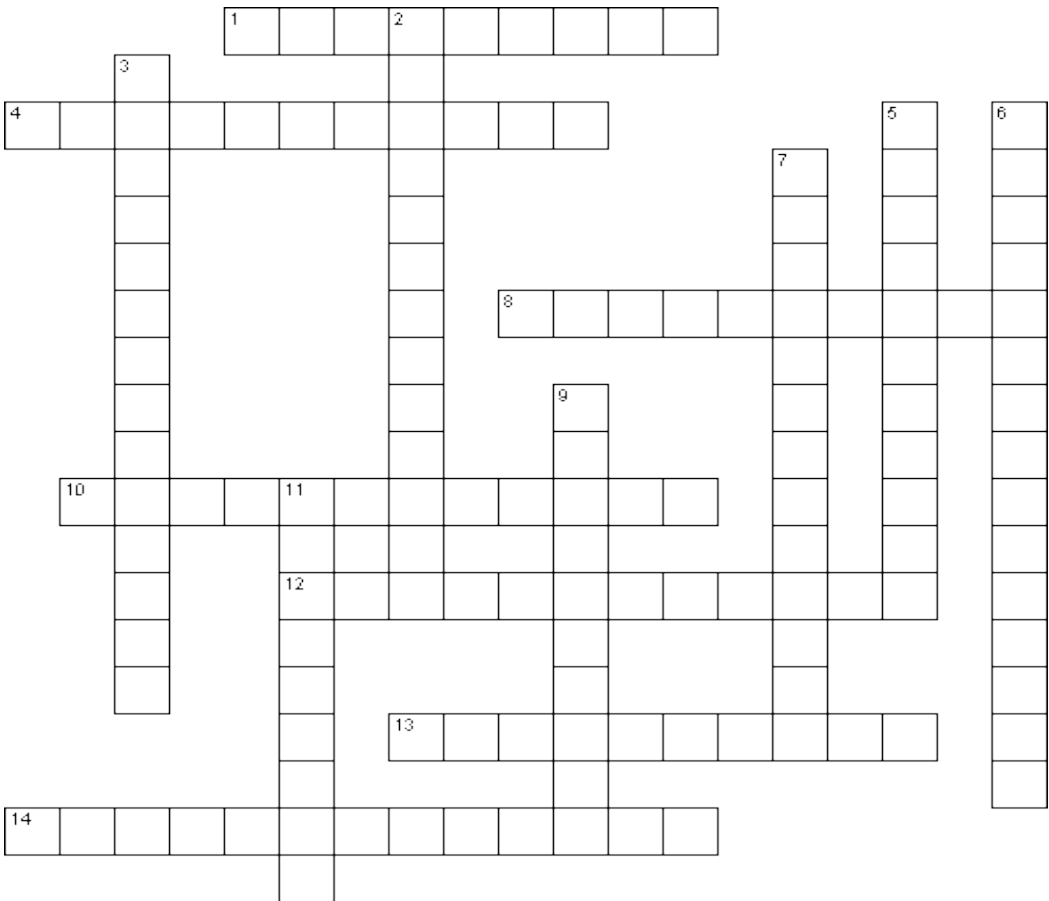


## The Wizard of Oz

W	A	E	A	U	N	T	E	M	H	S	C	W	L
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WIZARD  
MONKEYS  
MUNCHKINS  
UNCLE HENRY  
GLINDA  
TOTO  
SLIPPERS  
GALE  
DOROTHY  
WICKED WITCH  
WATER  
GARLAND  
NIKKO  
JUDY  
AUNT EM  
MELTING  
RUBY  
TIN MAN

## MOVIES—CROSSWORD



Across

1. Jason Bourne in the 2007 movie, The Bourne Ulitmatum (4,5)
4. John Constantine in the 2005 movie, Constantine (5,6)
8. 2002 movie starring Meryl Streep as Susan Orlean (10)
10. Charlie Anderson in the 1965 movie, Shenandoah (5,7)
12. Don Vito Corleone in the 1972 movie, The Godfather (6,6)
13. 1980 movie starring Jack Nicholson as Jack Torrance (3,7)
14. Danny Ocean in the 2007 movie, Ocean's Thirteen (6,7)

Down

2. 1978 movie starring Robert De Niro as Michael Vronsky (3,4,6)
3. Bill in the 2003 movie, Kill Bill Vol. 1 (5,9)
5. 2003 computer animated movie starring Marlin and son (7,4)
6. 2003 movie starring Michael Caine, Robert Duvall and Haley Joel Osment (6,4,5)
7. Director of the 1974 movie, Chinatown (5,8)
9. Rob Roy in the 1995 movie of the same name (4,6)
11. Director of the 2005 movie, Jarhead (3,6)



**GET YOUR COPY TODAY!**