



Vol. 91, No. 45 • \$1.00 +CA. Sales Tax "For Over Eighty Years The Voice of Our Community Speaking for Itself" THURSDAY, NOVEMBER 21, 2024

# Local Community Groups Plan Thanksgiving Giveaway Events

STAFF REPORT

As the Thanksgiving holidays draws near, several nonprofits will give away free groceries to people in need. Most of the events will be distributed on a first come – while supplies last basis.

The following are some of the community groups sponsoring Thanksgiving giveaways.

### Brotherhood Crusade

On Thursday, Nov. 21, from 10 a.m. to 1:30 p.m., the Brotherhood Crusade unites with L.A. Dodgers Foundation, Mookie Betts' 50/50 Foundation, and Council President Marqueece Harris-Dawson to host Thanksgiving Grab and Go!

The drive-thru event will provide families with baskets containing a whole turkey, all the trimmings, vegetables, cornbread dressing, and more. Also, the first 750 cars will receive gift cards.

The distribution take place at Algin Sutton Recre-



Carrell Howard, right, and MIA volunteers prepare bags to distribute to people in need.



Many community members will receive holiday meals from Mothers in Action.

ation Center, 8800 S. Hoover St., in L.A. The vehicle line will start at 90th Street and Vermont Avenue.

"Brotherhood Crusade, along with its partners, is committed to helping with food insecurity, spreading

kindness and joy, and ensuring that families in South Los Angeles have a memorable Thanksgiving celebration," said President/CEO Charisse Bremond Weaver, who will be on-site. Joining her will

Nichol Whiteman, CEO of the Dodgers Foundation and Mookie Betts, Dodgers outfielder and 2024 World Series Champion.

### Mothers In Action

For the 29th consecutive year, Mothers In

Action will join Ward Economic Development Corporation in hosting the Thanksgiving Day Senior Feed on Thursday, Nov. 28, from 9 a.m. to 3 p.m.

According to President Tracy Mitchell, MIA mem-

bers and volunteers to distribute and deliver holiday meals to seniors and homebound individuals. To donate or obtain more details, call (323) 290-0456

{See **THANKSGIVING EVENTS** on A-11}

## L.A. County Commission on HIV's Black Caucus Hosts World AIDS Day at CDU



In 2023, attendees participated in informative dialogue around HIV in the Black community.

By DANA ELAINE CARROLL  
Contributing Writer

Coming Dec. 6, the Los Angeles County Commission on HIV's (LACHIV) Black Caucus is joining forces with local leaders and organizations to host a community-focused World AIDS Day event, emphasizing the sexual health needs of Black communities.

Scheduled to take place at Charles Drew University, the free event aims to educate, support, and empower attendees while addressing the ongoing impact of HIV in Black communities.

With the theme of "Our Stories, Our Strength: Elevating Black Lives on World AIDS Day," the event will include HIV testing with a \$25 gift card incentive, free lunch, giveaways, and access to numerous community resources. Entertainment and live performance art will add a celebratory touch to a day designed to bring people together in the spirit of inclusivity and awareness.

The event's organizers, in partnership with Supervisor Holly J. Mitchell's District 2 Office and

{See **WORLD AIDS DAY** on A-11}

## Esteemed Judge Dion Griffith Morrow Passes Away

SENTINEL NEWS SERVICE

Esteemed Judge Dion Griffith Morrow recently passed away after a remarkable career as a practicing attorney, special counsel, Municipal Court judge and Superior Court judge. He was 92 years old.

A celebration of his life will take place on Monday, Nov. 25, at 1 p.m., at Inglewood Park Cemetery, 720 Florence Avenue in Inglewood.

A native of Los Angeles, Judge Morrow was born July 9, 1932, in the Dunbar Lying In Hospital on Central Avenue. Dion was the first son of Virgil McClellan Morrow and Anna Griffith Morrow,



Judge Dion G. Morrow

builder of the Second Baptist Church, then the largest congregation of Black Christians in the western US.

Dion was educated in the public schools of Los Angeles, including 28th Street School, John Adams Junior High School, and Francis Polytechnic High School – from which he graduated in June of 1950. He then attended Los Angeles City College and George Pepperdine College in South Los Angeles.

He excelled in Speech and Debate programs, winning numerous awards – including the 1st History Week Oratorical contest in 1950. Dion graduated {See **JUDGE DION G. MORROW** on A-11}

## Palm Springs Approves \$27 Million Reparations Deal for Displaced Black and Latino Families

By BO TEFU  
California Black Media

The Southern California city of Palm Springs approved a \$27 million

reparations compensation package for Black and Latino families who were displaced from their homes in the 1960s.

The city council voted

on the deal Thursday, following an announcement last week. The move, which has garnered support

{See **PALM SPRINGS SETTLEMENT** on A-11}



Leading up to Thursday, Nov. 14 vote, national civil rights Attorney Areva Martin and Section 14 Survivors, in partnership with Actum, achieve landmark agreement with Palm Springs City Council.

## Weber: 'Every Vote Counts in California's Elections'

BY NATHAN J. LEE  
Contributing Writer

During an essential media briefing on Nov. 14, Secretary of State Shirley N. Weber, Ph.D., emphasized that California's electoral integrity depends on a system built for both transparency and precision. California, with over 22 million registered voters, has a tremendous responsibility to count and verify every valid ballot accurately.

Weber left no room for



COURTESY PHOTO  
Shirley N. Weber, Ph.D., California's first Black Secretary of State, was sworn into office on January 29, 2021.

ambiguity: Election Night results are only a snapshot, not the final say. The semi-official tallies reported that night capture in-person votes, and early ballots received before Election Day. But the real work begins in the days that follow.

During the 30-day canvassing period, vote-by-mail ballots received within seven days and all provisional ballots are carefully counted, ensuring that no voter's voice goes unheard. The canvassing period

is crucial, with every ballot processed and a 1% manual audit verifying the accuracy of automated counts. This detailed verification process upholds California's standard for election security.

By Dec. 5, county election officials must finalize results. The Secretary of State will then certify the statewide results on Dec. 13, completing the election process.

Although media outlets may project winners or

candidates may concede based on early, semi-official results, the election outcomes are not final until the Secretary of State certifies the statewide results after all county canvasses are completed.

Secretary Weber also sounded the alarm on the dangers of misinformation and disinformation, which continue to threaten voter confidence. She called on the media and the public to rely solely on official sources, urging journalists

to actively combat false narratives and uphold the sanctity of truth.

The message was clear and uncompromising: California's election system is not just a process, but a promise built on accuracy and transparency. As the state moves toward final certification, the focus remains steadfast on ensuring that every vote counts, and every voice matters.

For more information, visit <https://www.sos.ca.gov/elections>.

## Kadeem Hardison Unveils DEEMED Vontelle Eyewear Collection at Unknown Union



DANIELLA MASTERSON/L.A. SENTINEL  
Kadeem Hardison and DEEMED Cofounder J. Baron.

BY DANIELLA MASTERSON  
Contributing Writer

It has been more than 30 years since Kadeem Hardison first brought to life the beloved character Dwayne Wayne who inspired audiences with his iconic flip-up glasses as a standout student at the fictional HBCU Hillman College in "A Different World."

In a streaming world that consumes content like a Black Hole, Hardison, and his comical classmates found a new audience. Nostalgic TV buffs can binge-watch episodes of the "Cosby" spinoff on Amazon Prime and Netflix.

According to the Hollywood Reporter, Netflix has acquired "A Different

World" and is developing a potential sequel based on a new student – the youngest daughter of Dwayne and Whitley (Jasmine Guy), now a student at Hillman.

Fortunately, Hardison's Dwayne Wayne character is the gift that keeps on giving. The acclaimed actor recently held the West Coast launch of DEEMED Eyewear Flip-Up glasses and eyewear collection based on his "A Different World" character at Unknown Union, an art and culture fashion store in the Beverly Center. The event celebrated Hardison's signature style and collaboration with Vontelle, a Black-owned company committed to creating eyewear for people of color ([www.vontelle.com](http://www.vontelle.com)).

The Black Business Association (BBA), Unknown Union, J. Baron Creative House, and Suite Life SoCal also partnered in the event, amplifying the spirit of Black entrepreneurship and creativity that both Hardison and Vontelle embody.

"I am the co-founder and CFO of DEEMED," said Jayce Baron. "I came up with the idea in conversation with my partner Hai-

Black eyewear to collaborate with," Baron added.

The luxury fashion and streetwear brand Unknown Union is celebrated for its innovative designs that blend culture, music, and global storytelling. Owner Jenifer Storey expressed her pride in introducing the iconic eyeglasses to fashionable Angelenos.

"It was an amazing opportunity," said Storey. "For us, it's about story-



COURTESY PHOTO  
BBA President Sarah Harris, Kadeem Hardison, and Jenifer Storey.

ley Sahar who's also an actress.

"We took the idea to Kadeem who loved it. I was intentional about finding a

telling, bottom line, more than the garments themselves almost. We loved DEEMED and the story behind it."



DANIELLA MASTERSON/L.A. SENTINEL  
DEEMED eyewear at Unknown Union

Hardison's mother, Bethann Hardison, became one of the first high-profile Black models in the early 1970s. Hardison said stepping into the fashion business was a natural progression.

"I've always been around style and high fashion," said Hardison. "After being around it for so long you take what you like and create something that's truly you."

"(Jayce) asked me if I would be interested in

doing a collab with a glasses line and creating my own line," said Hardison. "I said yes immediately, and we found the perfect partner with Vontelle."

For \$189, customers can pick up a pair of customized DEEMED. From Summer to Winter, there are an array of colors in the classic aviator style. They are also created to be prescription glasses as well.

To learn more, visit <https://www.vontelle.com>.

## Nick Alexander Hosts 'Laughs for Haiti' at The Broadwater Mainstage

BY NATHAN J. LEE  
Contributing Writer

Imagine using the power of laughter to change lives. On Friday, Nov. 22, at 8:30 p.m., The Broadwater Mainstage will transform into a night of comedy with a purpose: supporting children in Haiti who desperately need our help.

"Nick Alexander Presents: Laughs for Haiti" promises not only unforgettable laughs but also an opportunity to make a real impact.

Celebrating 15 years in the comedy scene, Nick has consistently pushed the envelope, from releasing his first hour special to pro-



COURTESY PHOTO  
Nick Alexander, comedian, actor, and writer.

ducing stand-out events. This year, he is using his platform to give back to his roots.

As Nick explains, "The money we raise will support an underprivileged school in Haiti." Specifically, the funds will benefit École National de Cornillon Grand Bois, providing much-needed resources and support to the children there.

Born and raised in New York, Nick's inspiration for this event comes from his deep-rooted connection to the homeland of his father.

"I've been wanting to do something impactful for Haiti for years," Nick shares.

The event promises a

stellar lineup, featuring comedic heavyweights like Ty Sterlin, Megan Sousa, James Davis from Comedy Central's "Hood Adjacent," Franz Casseus from HBO's "Def Comedy Jam," and



COURTESY PHOTO  
Megan Sousa, talented actress, voice-over artist, and comedian.

Shatara Curry from BET's "Comic View" will host.

In addition, sketch comedy groups Cornbread Kitchen and Women of Color Anonymous will deliver their signature humor. For Cornbread Kitchen, this performance will be a special reunion of sorts, bringing the beloved comedy troupe back together for an unforgettable night.

"We eat, breathe, and do comedy for a living," Nick says of the performers.

"So you should come out because it's going to be an amazing show. And on

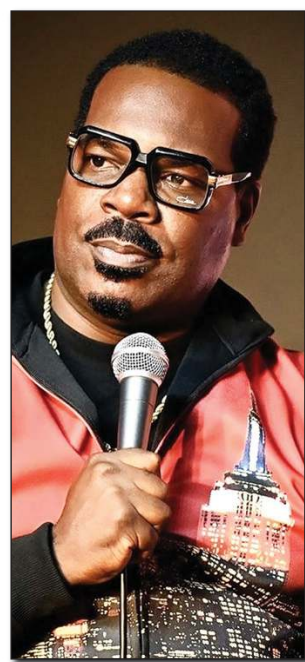
top of that, it's for a great cause."

With ticket proceeds benefiting a small, under-resourced school in Haiti, attendees will not only enjoy world-class comedy but also contribute to a profound mission.

Nick Alexander proudly represents Haitian culture as the first in his family to break into the entertainment industry, marking an important milestone as an artist and entertainer.

"In L.A., the Haitian culture is getting bigger," Nick shares, emphasizing the growing sense of community over the past few years.

"We're making ourselves known."



COURTESY PHOTO  
Frantz Casseus, veteran comedian of Haitian descent.

Haitian representation in comedy is still emerging.

"On the comedy side, we pack some really funny people too," he says.

He and fellow comedians Ty Sterling and Franz Cassius are determined to showcase that talent, bringing humor and Haitian heritage to the forefront.

Tickets for this exciting event are only \$25 and can be purchased now on Eventbrite. Don't miss the opportunity to laugh, connect, and make a difference at "Nick Alexander Presents: Laughs for Haiti."

Join us at The Broadwater Mainstage in Hollywood and be part of an event where your laughter truly matters.

Follow Nick Alexander on Instagram @nickofcomedy for additional information and more updates.



COURTESY PHOTO  
Beloved comedy troupe Cornbread Kitchen reunites for this special event.



COURTESY PHOTO  
Ty Sterlin, fellow Haitian comedian, and Nick's best friend.

While Haiti has produced iconic talents like Wyclef Jean in the music world, Nick notes that

# ‘King of Kings’ Explores the History of Policy and the Lottery



Filmmaker Harriet Marin Jones and iconic producer Quincy Jones who served as one of the contributors and executive producers of Harriet’s documentary, “King of Kings.”

By ZON D’AMOUR  
Contributing Writer

In her new documentary “King of Kings: Chasing Edward Jones,” filmmaker Harriet Marin Jones tells the fascinating true story of her late grandfather, Edward Jones, one of the wealthiest men of the 1930s and 1940s. Due to his work in the Policy business, an illegal numbers game that ultimately became the modern State Lottery.

The award-winning documentary, executive produced by Debbie Allen and the late Quincy Jones, is a historical narrative that takes audiences through a century of trials and triumphs throughout Edward Jones’ life and lineage. Harriet told the Sentinel how she learned of her grandfather’s intricate backstory.

“I first found out at [age] 17 not from my mother, but through Nicholas Ford, who you see in the film. He’s the one who told me my own story because my mom hadn’t said anything about it for various reasons. I think she didn’t know a lot of it, but like a lot of people in that generation, you don’t share the past, you don’t share those stories,” she explained.

One of the most interesting aspects of the documentary is the juxtaposition between Harriet’s mother’s experience with her father, Edward Jones, who she believed to be a hero, and Jones’ public persona as a gangster.

Harriet shared, “I’m so proud of my grandfather and his accomplishments. My mother adored her father, but she only knew part of his life. In the film, she only told us what an amazing man he was, but I wanted to go much deeper. Because no one is a saint.

“And at the time what he did was illegal. So yes, he was an outlaw. Some can call him a gangster, but he never hurt anyone. During segregation, African Americans couldn’t do a lot of things. They were not allowed access to a lot of jobs. So, he did something that wasn’t immoral, but illegal. And it became the state lottery, which is now totally legal.”

Learning about their great-grandfather has instilled immense pride amongst Edward Jones’ descendants.

“His great, great grandchildren are so proud,” said Harriet. “When they saw the film, they told me, ‘...He was a badass and he was a hero.’ They thought it was very rock and roll.’ My nephew said, ‘How many people in this lifetime had to flee from the KKK, the mob, the Feds and the Nazis?’ Not many.”

Regarding how the doc-

umentary came about, Harriet shared, “I started my production company in 2008 and the money I had, I put it into other projects, and at one point, those projects, with other directors, for whatever reason, didn’t come [to fruition].



Writer, Producer, Director Harriet Marin Jones.

“So, then I said, ‘This is crazy. I have the best story in the world. Why am I putting my energy and my money into other projects instead of mine?’ And that’s when I decided to start doing the research. And the more I found out, the more it blew my mind.”

Supporting Harriet on this journey to bring her Edward Jones story to the masses is legendary multi-hyphenate Debbie Allen.

She and Harriet hit it off after being introduced by a mutual friend, filmmaker Johnny Simmons.

Allen spoke on her involvement in the project and shares her affinity for Harriet. “She’s a remarkable filmmaker, an extraordinary woman, and someone I regard as my soul sister for real. We’re connected by a mutual understanding of the relevance, the value, and the need to tell our stories.

“Harriet went into her own family backyard and revealed a story that none of us knew, but the world needs to know, about Edward Jones, The Policy King and “King of Kings”.

A fun fact that audiences will learn from watching the documentary about the late Quincy Jones, one of the documentary’s executive producers, is, “Quincy used to work for my grandfather and he knew my mother when they were young,” said Harriet.

Both Allen and Quincy hoped that Harriet’s documentary will be the catalyst for Edward Jones’ story to one day become a TV series. Harriet and Allen are also hoping that the documentary will be nominated for an Oscar.

Following its theatrical release, “King of Kings” is now being distributed via Byron Allen’s Freestyle Digital Media and the documentary is available to rent/own online and on DVD.

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# Natural History Museum of Los Angeles County Celebrates Opening of NHM Commons

*The new wing was celebrated with a block party featuring a variety of indoor and outdoor events at NHM Commons and throughout the museum.*

By BRIAN W. CARTER  
Contributing Writer

The Natural History Museum of Los Angeles County recently cut the ribbon on its new wing, the NHM Commons. The new wing was celebrated with a festive, block party featuring a variety of indoor and outdoor events at NHM Commons and programs and

Gnatie, the only green colored dinosaur skeleton mount in the world—75-foot, long sauropod, discovered by our scientist Dr. Luis Chiappe, excavated over 12 to 15 years with community members, volunteers, students, so, it's our community dinosaur.

"Then you have Barbara Carrasco's incredible mural 'L.A. History: A Mexican Perspective,' which she did



BRIAN W. CARTER/L.A. SENTINEL

The Natural History Museum of Los Angeles County and local officials cut the ribbon on NHM Commons.



BRIAN W. CARTER/L.A. SENTINEL

From left are Congresswoman Sydney Kamlager-Dove, Los Angeles County Supervisor Holly J. Mitchell, President and Director of the Natural History Museums of Los Angeles County Dr. Lori Bettison-Varga and President of the Board of Trustees of the National History Museum of Los Angeles County Megan McGowan Epstein.

a community ceremony with local officials.

"This has been a passion project for the last seven years and NHM Commons is meant to be a place for all Angelenos," said Dr. Lori Bettison-Varga, president and director of the Natural History Museums of Los Angeles County.

"The Judith Perlestein Welcome Center is free for everyone so, that they can understand what the museum is all about, but more importantly, the welcome center is about discovering together the three main exhibits we have in here:

for the 1981 bicentennial for L.A. The attempt to whitewash 14 of the vignettes because they were painful and she was like, 'Nope that's not happening, this is my mural, this is the story that needs to be told' and for the first time, it's permanently displayed.

Bettison-Varga continued, "We have our new theater, which we'll be doing a lot of fun programming, we're going to co-curate programming with community partners. We'll also have our own programming, a new 3D T Rex film, coming soon."

"We're in a time now

where, nationally, we're looking at a very public erasure of culture and facts that acknowledging the beautiful work of Barbara's mural, an accurate depiction of LA's history," said Los Angeles County Supervisor Holly J. Mitchell, 2nd District.

"As a parent, I believe we have a responsibility to teach our young the truth about where we've come from so, they will understand the importance and the role they play in guiding a future that is welcoming and acknowledges the contributions of

important are all of those things?" said Congresswoman Sydney Kamlager-Dove.

"If you woke up, each day, without science or culture or history or art, how empty would your cup be? How hard would it be for you to tap in and fill someone else's reservoir? How challenging would it be for you to contribute and bring meaning to the tapestry of the human condition? It would be so hard, that's why it is so important that we celebrate moments like this,



BRIAN W. CARTER/L.A. SENTINEL

A special performance by Tierra Blanca Arts Center.

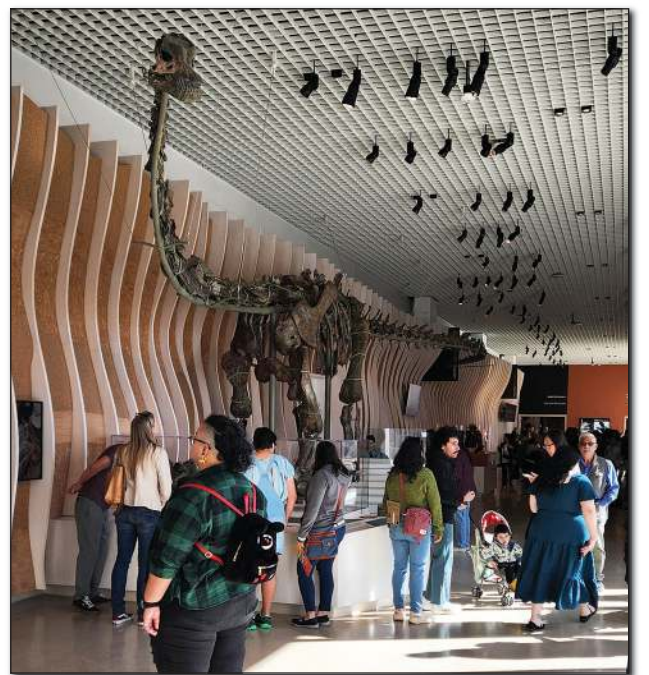
every Angeleno in our past and going into the future."

"It is truly an intersection of science, culture, history and art and wow, how

facilities and venues like this and also each other."

Visitors will get a first look at Collective Knowledge, a photo-based exhibition featuring some of NHM's extensive collection as seen by photographer Craig Cutler. The brand-new NHM Commons Theater hosted a day of free events, including live performances, engaging discussions about art and science, with a special performance by Tierra Blanca Arts Center.

"It is so joyous to be in this moment after so many years of hard work on this project and to be having this discussion in this incredible theater and hearing the



BRIAN W. CARTER/L.A. SENTINEL

Visitors will get a first look at NHM Commons, including Gnatie the Green Dino, and more.

music outside and seeing all of the children and the wonder and excitement and the curiosity is really magical to me," said Megan McGowan Epstein, president of the board of trustees of the National History Museum of Los Angeles County.

Epstein continued, "NHM Commons is a public, private and community partnership. Philanthropy works best and it thrives when it's advanced by true partnerships between public and community partners and private institutions.

"This is what the board of trustees strives to do and it is fulfilling to have this commitment come to life in this dream of opening the NHM Commons and I really do want to say it's the result of generosity, hard work and collaboration of many, many partners."

The NHM Commons location of South LA Cafe,

run by NHM's food and beverage partners South LA Cafe (SLAC) Hospitality opened on November 18. Located on the plaza, looking out into Exposition Park, the new cafe is open to the public and accessible without a museum ticket.

The new cafe will offer South LA Cafe's famous coffee, including espresso drinks, and an assortment of healthy and affordable light bites and "grab 'n go" style offerings for Museum guests, Exposition Park visitors and the local community.

South LA Cafe is founded by Joe and Celia Ward-Wallace.

"This new addition is really meant to showcase for our community who we are, what we do and that we're better when we work together with community," said Bettison-Varga.

For more information, please visit [nhmlac.org](http://nhmlac.org).



BRIAN W. CARTER/L.A. SENTINEL

Barbara Carrasco's 80-foot-long mural "L.A. History: A Mexican Perspective."

## Swim to Me: 30 Years of Making Waves in Los Angeles

By MYKO LYRIC  
Contributing Writer

Where did you learn to swim?

For thousands of Angelenos, the answer is simple and mononymous: Conrad.

For nearly 30 years,

Conrad Cooper and his wife, Londa Parks, have run Swim to Me, a swimming instruction program that has taught over 35,000 children and adults.

Their journey from an idea in their exquisite backyard pool in the View Park

area of Los Angeles to a renowned business - still in the backyard pool - is a testament to their passion and shared commitment to fostering water safety and confidence, especially within the Black community.

The roots of Swim to

Me trace back to a pivotal moment when Londa observed a traveling swim teacher working with his niece in their home pool. Intrigued, Londa called Conrad, who was working as a traveling salesman, to come back home and observe the classes. For Londa, the idea was obvious because Conrad has always loved the water.

"I don't have a memory of not swimming," he shared with the Sentinel.

Conversely, Londa's relationship with water began with fear. Growing up in Michigan, Londa lost a brother to drowning and had a near-drowning experience while trying to save her sister in the water. These experiences deeply shaped her perspective. "It's important for kids to learn water safety early," she shared.

"At the time, I couldn't stand what I was doing [in sales]," Conrad said of his former job. Inspired by the classes he watched over the course of a few days, Conrad asked if the traveling teacher could teach him methods. After more convincing, the teacher eventually agreed.

Conrad decided to adopt some of the teacher's



MYKO LYRIC/L.A. SENTINEL

Conrad Cooper and Londa Parks.

approaches but softened them slightly to align with his own personality. "I wanted the kids to enjoy learning, not just endure it." With that, they began their own swim in the ocean of entrepreneurship.

The business grew organically, driven predominantly by word of mouth for the last three decades and, more recently, through social media.

"It started with me driv-

ing all around Los Angeles to teach in other people's homes, changing back into my suit to go back to my job as a salesman afterwards. Once I started teaching in Black Hollywood, I started really getting passed around, and slowly started teaching mainly at my own home," Conrad recalled.

Building the business took extreme sacrifices,

{See SWIM TO ME on A-5}



COURTESY PHOTO

Conrad Cooper in the pool.

The elections may be over, but the real work is just beginning!

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# Afro City—Where Black Businesses Come Together

*The marketplace nurtures, empowers and helps Black businesses flourish under one roof.*

BY BRIAN W. CARTER  
Contributing Writer

Contrary to what you may think, the Baldwin Hills Crenshaw Plaza (BHCP) is very much alive.

Inside BHCP, Afro City is a ticket to the Mecca of Los Angeles Black businesses. Rwanda Ray is the founder of Afro City.

The native Angeleno was raised in the Crenshaw District and went to Hyde Park Elementary and Bancroft Performing Arts. She graduated from Cal State Northridge majoring in Radio, TV and Film. She is also the founder and creator of the hair and beauty expo, Afrolicious, which leads into how Afro City was created.

“It was during COVID, towards the end,” said Ray. “They had shut down all the events and gatherings so we were just at home and, when it was kind of getting



Rwanda Ray, Afro City founder

She continued, “We do serve as an incubator, where you can learn the main business properties, stylings and licensing and we want to get you ready to have your own business and scale your business.”

Afro City currently has over 25 small, Black busi-

nesses and the nonprofit organization that I’m going to start to help homeless kids, anybody that wants to get on track with whatever part of the life that they lack.”

Jackson shared that he wants customers to “get inspired by the words on the clothes that’s coming from God, because most of them have scripture.

“I’m also going to have a Bible collection in my brand where it’s going to highlight the Bible where I can teach the Bible in fashion, where they can read scriptures. So, if they don’t open their Bible, they can see it on the clothes and then they start to get closer to God.”

Mama Sunshine is another Afro Citizen and owner of Mama Sunshine’s Treasures, which sells oils, skin and hair care and overall self-care.

“Our #1 selling product is our leave-in conditioner, it’s called Mama’s Mud Whip and our Moisturizing Mist,” said Mama Sunshine.

Her main business is located in Inglewood and is a private boutique by appointment only.

Afro Citizen Neda Jamerson sells a variety of tasty honeys with her business, Go Bee Alive. You will find four different honeys at Go Bee Alive such as avocado, orange blossom, sage and wildflower.

“It’s some of the best honey that you’ll find around,” said Jamerson. “My honey is straight from the beehive, it’s local honey, we harvest right in Ventura County.”

She shared the avocado honey is good for coffee, waffles, pancakes and makes a nice glaze on salmon and in making BBQ.

“My best seller is going to be the sage,” said Jamerson.

Jamerson continued, “It’s a really good honey that’s good for this season because it really does help with the immune system so, cold, flu, sore throats, it’s a really nice smooth honey to help build your immune system.”

Gary Banks is another Afro Citizen, who specializes in carpet sculpture.

“I do portraits of people with carpet that has evolved into fashion since I’ve been here,” said Banks

He calls his clothing line, Rope and Pearl. His clothing line includes jackets, jeans, tuxedos, and you can also bring your clothing in for custom embossing.

“I’m the king of bling,” said Banks.

He got into working with carpets in the 1970s and his work caught the eye of the entertainment world. He’s created pieces for Redd Foxx, who convinced him to come to L.A. He eventually started his own business which contracted commercial art to many well-known establishments.

Last, but definitely not the least is Afro Citizen, Jennifer Cormack. Her haircare line, Stronger Strandz, is designed to give customers a natural way to keep your hair healthy and beautiful.

“I grew up with foster care siblings so, we all had one hair care routine, and it wasn’t all Black,” said Cor-

mack. “My grandma was in charge so, she’s like I’m going to either use more or less, but it always didn’t smell great, certain products, they just had a certain smell, we were like, ‘Okay, my hair’s growing, but I’m getting talked about.’”

Cormack continued, “I wanted to change that, I wanted to create natural products, and my grandma would call me all the time when I became an adult, telling me about the concoction she made and how it grows her hair and all these great benefits.

“That kind of ignited my love for just creating my own concoctions and realizing the benefits of certain products and realizing how many chemicals they put in them and it’s unnecessary. I also have a cosmetology license, I’ve worked in a salon so, I was seeing how simple things can be done for our hair and like, why does it take so much?”

Cormack created a braid spray and hair oil that are all made with natural ingredients.

“It’s just phenomenal as

far as like you get an experience, it’s natural, you’re not going to worry about the list of chemicals,” said Cormack.

She continued, “In my oil, for instance, I use avocado and flax seed are my main ingredients, rosemary and peppermint essential oil are also in here.”

Afro Citizens had a booth at Taste of Soul this year and rotated their products during the festival. Jackson shared the collective feelings of Afro City being a part of the festival.

“It was a blessing,” said Jackson.

“It was wonderful to see all the people in the community, all your friends you grew up with, people you don’t get to see that often and just to see everybody smiling and walking around, coming together and meeting new people.

“That’s what I’m all about being here, not just to sell the clothes, but to be



Donald Jackson, owner of God Bless Network.

part of the community and intertwined with whatever it is that we need to do next to stay together.”

Afro City invites the community to Black@The Mall on Black Friday, Nov. 29 and Saturday, Nov. 30, from 11 a.m. to 5 p.m. Afro City is located in the Baldwin Hills Crenshaw Plaza available on Instagram.



BRIAN W. CARTER/L.A. SENTINEL

Afro Citizens, from left, (top), are Jennifer Cormack, owner of Stronger Strandz and Neda Jamerson, owner of Go Bee Alive; (bottom) Mama Sunshine, owner of Mama Sunshine’s Treasures and Gary Banks, owner of Rope & Pearl Photos.

better or the virus was kind of dissipating, I came up with an all-Black market called You Buy Black Marketplace in South Park in Downtown L.A.

Ray continued, “We also did another one called the Downtown L.A. Marketplace. After I did that, I decided I wanted to get a building to house small, black businesses and provide affordable retail space.”

From talking to many business owners over the years doing Afrolicious, she decided that it would be more profitable to have Black, small businesses all working together under one roof.

“Commercial real estate is so high, employee cost is very high, and utilities can be sky high and then here, at Afro City, you just play one flat rate and we market together, we sell together, we share customers,” said Ray.

nesses selling a variety of products and merchandise. They offer 9 by 9 spaces and bigger with spaces as low as \$100 to \$150.

“We have a showroom for designers,” said Ray. “We have an event space where we you can do photography so, if you’re a member here, or Afro Citizen as we call it, our part of the collective, you can do photo shoots over there for free, any events that we have here, you can be a part of, it’s free—you don’t have to pay as a guest vendor.”

Afro Citizen Donald Jackson is the owner of God Bless Network, a clothing line that features designs using graphic art and more to bring people closer to God.

“My business stems from me turning around my life two years ago to God,” said Jackson. “I’ve been called to preach and I’m studying for my ministry now and this is a part of the outreach of the

## SWIM TO ME *{Continued from A-4}*

especially because they both juggled their separate day jobs for nearly a decade while establishing Swim to Me.

“For the first 25 years of Swim to Me, Londa and I worked every summer, no vacations, with one day off every month.”

Initially hesitant to join the business, Londa stepped in as Swim to Me grew, managing logistics, handling calls, and bringing much-needed organization to the expanding program.

What sets Swim to Me apart is its focus on trust, safety, and making swimming accessible to all children, especially those from underrepresented communities. Their five-day program immerses kids ages 3-10 in swimming fundamentals, emphasizing the need for comfort in every part of the pool.

“By day two or three, the tears stop,” Conrad noted. “By Friday, they don’t want to leave.” Parents rave about the transformation, with many students returning as adults to enroll their own children.

The couple also had to navigate challenges, namely, establishing trust with both the young students and the parents. Conrad recalls setting firm boundaries while earning parents’ trust.

“They didn’t always like seeing their kids struggle, but they appreciated the results,” he said. Londa added, “Creating a relaxed environment with music and even incense helped everyone get at ease.”


Looking ahead, Conrad and Londa hope to mentor someone to carry on their legacy. “It’s important to have someone from our community teaching kids to swim,”

Conrad said.

“This summer, I was approached by someone, and he really loves what I’m doing. We spent a lot of time in the pool this summer, and [the business] may end up getting passed to him,” Conrad foreshadowed.


While they certainly have students who have achieved competitive success in high school and collegiate swim teams, their main goal is not to coach children toward a medal. Rather, Swim to Me’s mission is to ensure children feel safe and confident in the water.


As they approach their 30th anniversary, Conrad and Londa reflect with pride on the lives they’ve touched. Their work has not only taught swimming skills, but also built a stronger, safer, and closer community, one swimmer at a time.



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# Drew CDC Announces Eric Aguirre as New Board Chair

SENTINEL NEWS SERVICE

Drew Child Development Corporation (Drew CDC) announced that Drew CDC alumnus, Eric Aguirre, is the new chairman of the Board of Directors.

Aguirre succeeds James Hays, who served three terms as chairman from 2013 to 2024, and who will continue to support the organization as treasurer.

An expert public and private accountant and financier, Aguirre honed his skills working at KPMG in private equity and in his own firm, Aguirre & Co. Since joining the Drew CDC board in 2021, Aguirre has been an engaged member providing leadership through the Finance, Audit, and Executive Committees while also frequently attending Drew



Eric Aguirre

Drew CDC's many community events.

A native of Lynwood, Aguirre was a young stu-

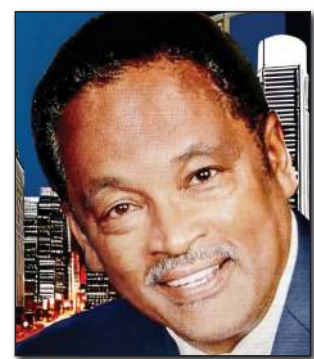
dent at Drew CDC's Ella Fitzgerald Child Care Center, graduating from the center in 1982 before going on to Lynwood High School and graduating magna cum laude from Cal State LA in 1997.

Having grown up as a Drew CDC beneficiary in the heart of the community, Aguirre has a special tie to the agency's goals and mission and a unique understanding of the value it brings to local families. He is also the father of two - Ava, 14, and Adam, 12.

According to a spokesperson, "Drew CDC could not be prouder of how Aguirre's example illustrates what happens when we collectively invest in our children to help them flourish and become future leaders."

On the board, Aguirre's input has led to direct,

actionable initiatives that have created additional funding opportunities for the organization. Chairing the Finance and Audit



James Hays

Committees, and serving as treasurer on the Executive Committee, his accounting and business acumen have led to an overall elevation of the performance and profile of the organization. His unanimous selection by the

board also illustrates the organization's confidence in his leadership and the unified vision of the organization.

Outgoing Chair James Hays oversaw much organizational growth including new services, such as an onsite partnership with Linc Housing as well as strengthening Drew CDC's stewardship of public funds and overall budget. James also helped build a board composed of leaders with local connections who understands community needs.

Looking forward, the board continues to seek public, nonprofit, and industry leaders with community ties whose passion will drive their support of Drew CDC's mission and growth throughout Watts-Willowbrook, Compton, and South Los Angeles.

## Three Percent of Calif's Doctors are Black. Advocates Want Increased Representation

BY EDWARD HENDERSON  
California Black Media

Only 3% of doctors in California are Black, compared to about 5% nationwide.

The California Black Health Network (CBHN), Charles R. Drew University of Medicine and Science (CDU) in Los Angeles, and other health advocates are working to increase that percentage.

On Nov. 14, CBHN hosted its Health Equity Forum titled "Improving Workforce Development for Better Health Outcomes." The organization -- now 40-



CDU President David Carlisle, MD

plus years in existence -- refers to itself as "a trusted resource" for Black health

equity in California. CBHN utilizes outreach, education, advocacy and policy work to complete its mission.

The forum is the fourth installment in a series of webinars called the "The Health 4 Life: Healthy Black People Campaign." The effort aims to empower Black Californians with the information and resources they need to navigate the healthcare system; advocate for friends, family, and themselves; and take action when faced with discrimination

"Where there are Black doctors, we tend to see better health outcomes for Black communities," said



"Where there are Black doctors, we tend to see better health outcomes for Black communities," said CBHN Executive Director Rhonda Smith.

Rhonda Smith, executive director of CBHN.

"According to the California Healthcare Foundation, here in California, the state's medical student education pipeline is not producing enough Black physicians," Smith continued.

"And, unfortunately, half of California's black medical students leave the state for residency programs and often don't return. So, what can we do to ensure that there is a strong pipeline of healthcare professionals that look like the communities they will serve, and that there's a greater representation of black physicians and healthcare professionals?"

The forum featured Dr. David M. Carlisle, MD, president of CDU.

CDU is one of four Historically Black Medical Schools in the country, and the only one in the West. The session centered on how CDU's commitment to social justice and health equity prepares more Black and other minority doctors to serve across California while engaging and building trust with underserved and historically excluded communities.

"Our vision is excellent health and wellness for all in a world without health disparities," said Carlisle. "Our point and why we're here is to train young people from the communities around our

university, which are significantly under-resourced and underserved, and turn them into practicing healthcare professionals. Many of whom will say, 'I'll return to the communities I grew up in to make it a better place.'"

CDU is ranked #3 in the country as a value-added university by the Brookings Institute for its efforts to take young people from challenging socioeconomic beginnings and turn them into highly effective members of their communities and standouts in their professions by the midpoint in their careers. The medical school says its goal in the short term is to increase enrollment to 1,000 undergraduates and 1,000 graduate students.

"Our medical students are very unusual. About two-thirds of them were Pell Grant recipients when they were in college," said Carlisle.

That is more than twice the national average among medical students. At least a third of them are first-generation students. That is more than twice the national average among medical students. If you stop one of our students on campus and ask them why they came to CDU, instead of going to a UCLA, USC, Stanford, or some other school," he continued. "They will typically

say, 'I came to CDU because the mission at CDU aligns with my personal mission in trying to become a health professional. I can't get that at any other school.'"

In 2022, there was a total of 260 African American, Latino, Indigenous and other underrepresented students combined in first-year medical school classes across the State of California. About 100 of those students were African American at that time.

Among all CDU's medical students, about 31 were African American. That number contributed to an increase in the number of first-year African American medical students in the entire state, by well over 20% in that first-year.

Carlisle, who also sits on the board of the California Healthcare Foundation, noted in a recently published survey of Black Californians that trust is still a major issue when it comes to healthcare providers.

"Increasing diversity is one step that we make in the right direction. Sounds like there's a lot more human kindness that happens with the individuals that go through our medical school program because they are able to better connect and relate to the individuals that they take care of," he concluded.

### Section 8 Waiting List Opening

**Van Nuys** will be accepting applications for our Studio, 1 and 2-bedroom Section 8 rental apartments. Van Nuys is available to households that include a member who is 62 years or older or is a person with a disability of any age. Van Nuys Apartments consists of 132 Studio, 157 One Bedroom and 10 Two Bedroom apartments.

Applications will be accepted from December 17, 2024 at 10am to January 24, 2025 at 5pm. An electronic lottery will be held after the application period closes to establish the waiting list order.

Incomplete applications or applications submitted after the deadline will not be accepted. Household members can only appear on one application. If an application contains household members that are on other applications for this listing, all of them will be disqualified. Any fraudulent statements will cause application to be removed from the waiting list.

Rents for this affordable housing program are based on total gross household income. Applicants must be income eligible and meet occupancy guidelines. Households must earn no more than the maximum income levels noted below:

#### 50% HUD Median Income Limits

Household Size	1 Person	2 Persons	3 Persons	4 Persons
Max Annual Income	\$48,550	\$55,450	\$62,400	\$69,350

Note: Applications will be available in person at the Van Nuys Apartments Leasing Office located at: 210 W. 7<sup>th</sup> Street, Los Angeles, CA 90014, by mail or email if requested at (213) 627-5286 or by visiting our website at: [www.LiveatVanNuys.com](http://www.LiveatVanNuys.com)

Applications will be accepted in person, and via first class mail at Van Nuys Apartments Leasing Office, 210 W. 7<sup>th</sup> Street, Los Angeles, CA 90014, faxed to (213) 627-5068 or emailed to [VanNuysApts@related.com](mailto:VanNuysApts@related.com). Applications may also be submitted online at: [www.LiveatVanNuys.com](http://www.LiveatVanNuys.com). Mailed applications must be received or post marked on January 24, 2025. Applications received after this date and time will not be accepted.

Application information and our resident selection criteria is available in person at the Van Nuys Apartments Leasing Office located at 210 W. 7<sup>th</sup> Street, Los Angeles, CA 90014 and at [www.LiveatVanNuys.com](http://www.LiveatVanNuys.com). You may begin submitting applications starting December 17, 2024 at 10am. The open application period will end on January 24, 2024 at 5pm. Please contact Related Management for building info at (213) 627-5286 or email us at [VanNuysApts@related.com](mailto:VanNuysApts@related.com).

If you need help filling out an online application, please contact our Community Manager at (213) 627-5286 or [VanNuysApts@related.com](mailto:VanNuysApts@related.com). TTY (800) 735-2929.

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Applicants may request a reasonable accommodation if one is needed to assist in completing an application by calling 213-627-5286 or by emailing [VanNuysApts@related.com](mailto:VanNuysApts@related.com).

Income limits are subject to change based on changes to the Area Median Income as published by HUD, and the California Tax Credit Allocation Committee.



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# Political Playback: News You Might Have Missed - Nov. 21

By BO TEFU  
California Black Media

## Lee Honors Veterans Day with Call to Support Veterans' Well-Being

U.S. Rep. Barbara Lee (D-CA-12) issued a statement on Veterans Day honoring the service and sacrifice of U.S. veterans and their families. Lee, the daughter of Lt. Col. Garvin Tutt, a veteran who served in two wars, emphasized the importance of thanking veterans and actively supporting their needs.

"Our veterans deserve more than just a 'thank



E. MESIYAH MCGINNIS  
Rep. Barbara Lee

you.' They need our action. In Congress, I have continued to fight for investment in the well-being of our brave service members," said Lee.

In Congress, Lee works to uphold commitments to veterans, focusing on essential services like health care, housing, and fair wages. She highlighted the recent PACT Act, which has helped reduce healthcare costs for veterans nationwide. As a member of the House Appropriations Committee, Lee advocates for sustained funding to ensure veterans receive the benefits they deserve.

"As a member of the House Appropriations Committee, I've fought and will continue to fight to provide our veterans with the quality wages, housing, and health care they deserve," said Lee.

Noting that over 20,000 veterans reside in California's East Bay area, Lee expressed her ongoing commitment to invest in veterans' well-being, affirming that real gratitude requires meaningful action.

## Newsom Grants Pardons to Veterans, Initiates Posthumous Pardon for Vietnam War Hero

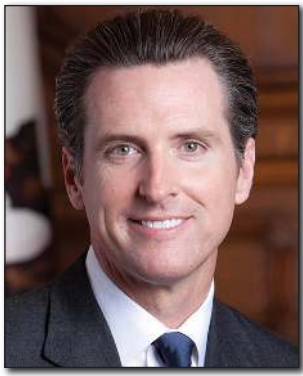
Gov. Gavin Newsom marked Veterans Day by granting pardons to five veterans. The governor's directive included a posthumous pardon for Sergeant Richard Allen Penry, a Vietnam War Army veteran and Medal of Honor recipient from Petaluma.

Penry served the country during the war, faced challenges reentering civilian life and struggled with PTSD, leading to drug-related convictions.

Newsom acknowledged the veteran's contributions and said Penry led by example through, "extraordinary heroism at the risk of his own life."

Newsom's action highlights his commitment to supporting veterans' well-being and addressing mental health needs. While the Governor cannot pardon Penry outright due to multiple convictions, he has requested the California Supreme Court's approval to proceed with the posthumous pardon.

The Governor emphasized clemency as a tool for criminal justice reform, promoting accountability, removing barriers to reintegration, and addressing the health needs of incarcerated individuals. A pardon can aid veterans in rejoining society by restoring rights, preventing deporta-



FILE PHOTO  
Gov. Gavin Newsom

tion, and improving access to employment, though it does not erase convictions.

Newsom's review process considers self-development, justice, and community impact, showing a compassionate approach toward veterans who have struggled post-service.

"A pardon grant recognizes the grantee's self-development and accountability after conviction," said Newsom's office regarding the executive clemency.

However, the directive does not erase a conviction or seek to minimize the harm caused by the recipient, the office clarified.

Newsom granted clemency to five veterans with various criminal convictions, recognizing their honorable military service. The pardoned veterans include:

- Don Archibald (Army), sentenced in 1966 for robbery.
- Marcus Page (Marines), convicted in 1994 for controlled substance transport.
- Robert Teagle (Army Ranger, Purple Heart and Silver Star recipient), convicted in 1981 for controlled substance transport.
- Alex Zonn (Air Force), sentenced in 1970 for marijuana possession.
- Brian Tinney (Navy), convicted in 1994 for grand theft and in 1996 for firearm possession.

These pardons highlight California's support for veterans' reintegration and rehabilitation. During his time in office, Newsom has issued a total of 186 pardons.

## California Department of Aging Offers Free Resources for Family Caregivers in November

In honor of National Family Caregivers Month this November, the California Department of Aging (CDA) is spotlighting a

range of free resources to support caregivers of older adults and individuals with disabilities. Through its extensive network of Caregiver Resource Centers (CRCs) and Area Agencies on Aging (AAAs), the state provides essential tools to help caregivers manage their responsibilities while prioritizing their own health and well-being. Resources offered include free education and training, counseling services, respite care, and financial and legal assistance.

"Caregiving is a great act of love, and this month – and every day – we uplift California's caregivers as the under-recognized backbone of our families and communities," said Susan DeMarois, director of the CDA. DeMarois emphasized the need for caregivers to access available support to better balance their roles without compromising their own health.

California is home to more than 4.5 million unpaid family caregivers, who contribute an estimated \$81 billion annually in economic value through their care. Most caregivers are women who balance work, family, and caregiving responsibilities, often at the cost of their physical and emotional health. Given California's aging population, the demand for caregiver support is rapidly growing, underscoring the importance of these free resources.

Thousands of caregivers accessed these services in the 2022-2023 fiscal year, benefiting from tools like professional care management and respite support. The Aging in California Resource Guide, available in six languages, offers additional information on caregiver support.

Caregivers can learn more about available resources by visiting the CDA website at [aging.ca.gov](http://aging.ca.gov) and connecting with local CRCs or AAAs to discover personalized services to support them in their caregiving journey.

## California to Offer \$43.7 Million in Federal Grants to Combat Hate Crimes

Gov. Gavin Newsom has announced that 311 California nonprofit and faith-based organizations, including those represent-

ing communities targeted by hate crimes, will receive over \$43.7 million in federal funding through the Nonprofit Security Grant Program.

The funding aims to enhance security measures such as reinforced doors, access control systems, and lighting to protect against hate-based violence.

"An attack against any community is an attack against our entire state and our values. We will protect the ability of every Californian to worship, love, and gather safely without fear of hate or violent attacks. California is continuing to safeguard all communities, including those most at risk," said Newsom.

California receives 10% of the national allocation, the highest of any state. This funding comes in addition to \$76 million in state funding for similar security improvements announced in July 2024. In total, California has invested over \$230 million since 2015 to safeguard vulnerable communities.

"California is dedicated to helping our communities stay safe from violent hate crimes and get access to essential financial funding to support those efforts," said Cal Office of Emergency Services (OES) Director Nancy Ward.

The grants are particularly important as hate crimes, especially against Jewish, Muslim, LGBTQ+, and Black communities, have seen an increase. In response, California has also launched initiatives like the CA vs Hate hotline and website, providing a platform for reporting hate incidents anonymously. Newsom's administration

continues to prioritize the safety of all Californians, with ongoing efforts to combat discrimination and hate violence.

## California Reports First Case of Mpox in the United States

On Nov. 16, the California Department of Public Health (CDPH), reported the first known case of clade I Mpox, previously known as Monkeypox, in the United States.



However, the risk to the public remains low, according to the CDPH.

"This case was confirmed in an individual who recently traveled from Africa and is related to the ongoing outbreak of clade I mpox in Central and Eastern Africa," reads a statement the CDPH released.

According to the DDPH, "The affected individual received health care in San Mateo County based on their travel history and symptoms. The individual is isolating at home and recovering."

Public health workers are also conducting a contact tracing exercise and reaching out to people who have been in close proximity to the affected person.

"The mpox specimens from the traveler are being sent to the CDC for further laboratory testing," the CDPH press release continues.

Californians can take a number of steps to prevent Mpox. Here's more information:

## Preventing Mpox Infection

It appears clade I mpox spreads in a similar manner as clade II mpox, through close (skin-to-skin), intimate and sexual contact. The identification of a potentially more severe mpox version in the United States is a good reminder for individuals who have certain risk factors to take preventive action, including:

- Getting vaccinated if you may be at risk for mpox. For the greatest protection, make sure you get both doses of the vaccine. Find mpox vaccine (JYN-NEOS) near you.

- Taking precautions if you were exposed to mpox. Get the mpox vaccine before symptoms develop and consider avoiding intimate contact with others for 21 days. Watch yourself for symptoms and get tested if they develop.

- Preventing spread if you have been told you have mpox. Avoid contact with others until the rash is healed, clean and disinfect shared areas in the home, and notify people who may have been exposed.

- Talking to your sexual partner(s).

- Avoiding skin-to-skin contact with those who have a rash or sores that look like mpox.

- Not sharing items with someone who has mpox.

- Washing your hands often.

- Protecting yourself when caring for someone with mpox by using masks, gowns and gloves.

Visit the CDPH website to learn more about Mpox with Sexual Health Toolkits and a Campaign Materials Page.

# WARNING:

Crude oil, gasoline, diesel fuel, and other petroleum products can expose you to chemicals including toluene and benzene, which are known to the State of California to cause cancer and birth defects or other reproductive harm. These exposures can occur in and around oil fields, refineries, chemical plants, transport and storage operations, such as pipelines, marine terminals, tank trucks, and other facilities and equipment. For more information go to: [www.P65Warnings.ca.gov/petroleum](http://www.P65Warnings.ca.gov/petroleum).

The foregoing warning is provided pursuant to Proposition 65. This law requires the Governor of California to publish a list of chemicals "known to the State to cause cancer or reproductive toxicity." This list is compiled in accordance with a procedure established by the Proposition, and can be obtained from the California Environmental Protection Agency. Proposition 65 requires that clear and reasonable warnings be given to persons exposed to the listed chemicals in certain situations.

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# Advertorial – ‘See To, Not Through’ – A Love Letter to South L.A.

BY JAMION ALLEN AND COURTNEY MILES  
*Special to the Sentinel*

Forty Acres and a Mule. That is how the first step towards economic freedom during Reconstruction was explained to me by my grandfather. Older generations of African Americans know this to be a promise of land distribution, economic opportunity, and reparations in one of its earliest forms.

For many, that promise also included the idea of homeownership. What this looks like today is a 40-80 hour work week and scarcely making enough to survive, not live. With the work-life balance consisting of everything but balance, we are seeing the effects of an archaic ancestral dream being weaponized to constantly move the goalpost for what is considered a thriving

livelihood for Black people.

My maternal grandparents became homeowners after relocating in the mid-1960s after the Watts Riots and to this day still own their home. While I can acknowledge that my grandparents worked and retired during a time where they were able to retire comfortably in their 50s because of preparation and opportunity, that unfortunately is not a reality for everyone because of financial barriers.

Recently, Black people had the lowest percentage of homeownership rates in Los Angeles County at 33.5%. Adversely, 62% of Black renters in South Los Angeles are rent-burdened. They were also less likely than other ethnic groups to have their mortgage applications accepted (State of Black L.A. Report, 2023). Based on these statistics,



Jamion Allen



Courtney Miles

coupled with being outpaced in other areas regarding home value, and renting options, our society needs to acknowledge and be intentional about reinvestment now more than ever.

South L.A. represents an epicenter of culture, and history that I don't think I fully understood until I started paying attention to the harmful effects of cultural erasure. Clear examples of this erasure over

time have included eminent domain, racialized no-fault evictions, and gentrification. In recent decades, other groups and industries have been able to identify our value and enact successful ways to price us out of what is the only home that a lot of people know and love.

Though our collective housing story as a people isn't monolithic, there are considerable correlations in our data that amplify disen-

franchisement as the common denominator. The high concentration of Blacks in South L.A. that reside in housing where they are geographically cut off from many resources is not a coincidence. It is also not a coincidence that there is a discrepancy in home values between Black and White households.

I wonder how much different the quality of life would be for these communities if more of these stakeholders had the opportunity to obtain ownership in the housing that they are renting. For some time now, homeownership has been considered a gateway to wealth-building. As a people, we know how to overcome simply because overcoming systemic oppression and discrimination are things that are indoctrinated to us early in life.

However, being proactive in developing different

pathways to homeownership has the potential to position us more competitively as a people. The threshold of accessibility and valuation is already inequitable, and a lot of this can be rectified with more intentional policies.

California Assembly Bill AB 1033 could be a part of that recipe of solutions. This allows property owners to partition a property by allowing ADUs to be sold separately from the main residence.

Additionally, this can include faster permitting, more financing options, and flexible multigenerational living.

With the passing of AB 1033 in 2023, municipalities have the opportunity to opt in, level the playing field, and make this a reality. I want to see more homeownership options brought to South L.A., not through it.

# Advertorial – Waymo One is now open to all in Los Angeles

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Waymo has enjoyed a warm welcome from Angelenos since we began commercial opera-

list. We've opened our doors to those eager riders over time, who have taken hundreds of thousands of paid trips across the city and highly rated

said that 98% are satisfied with our service and 96% find it useful.

"Now is an exciting time to welcome everyone in Los Angeles along for the ride," said Tekedra Mawakana, co-CEO, Waymo.

"Our service has matured quickly and our riders are embracing the many benefits of fully autonomous driving. We're so grateful to all of our first riders in L.A., and we can't wait to serve more riders soon."

Riders can now traverse nearly 80 sq miles of L.A. County, and we intend to grow our service area to cover more of the city in the future. We look forward to welcoming many first-time riders and welcoming back those we've served over the last year, as we steadily scale our service over time just as we've done in San Francisco and Phoenix.

**A service for everyone**

Our L.A. riders have fully embraced the convenience and freedom of riding with Waymo One. With the Waymo Driver at the wheel, people are reclaiming their time in L.A. traffic to be more productive – or not – as they wish. Whether it's taking extra time to run lines before an audition, filming social media videos, or simply taking a beat to relax, Angelenos are increasingly incorporating Waymo into their daily lives.

As we open our doors to more people, we're working closely with local community partners aligned with our mission to make roads safer and mobility more accessible. For example, we're proud to work with She is Hope, a nonprofit dedicated to empowering single mothers in Los Angeles.

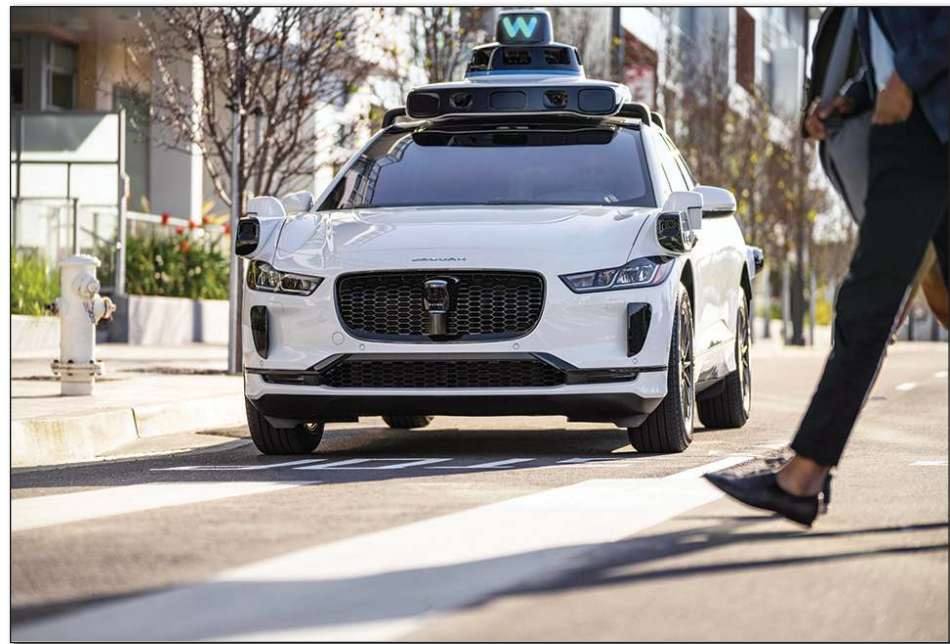
"Riding with Waymo was an incredible experi-

ence—smooth, safe, and truly impressive," said Tisha Janigan, founder of She is Hope.

"When I rode alone and with some of our single mother families, we were amazed by the driverless technology and the sense of comfort it provided. Access to Waymo could be a game-changer for women we serve, offering a non-judgmental, reliable transportation option that prioritizes safety."

Waymo's also proud to serve as the Official Ride-Hail Partner of the Los Angeles Auto Show. If you'll be in town and attending the show running Nov. 22 – Dec. 1, join us to learn more.

We're eager for more people to experience the many benefits of fully autonomous driving. To ride in L.A., SF, or Phoenix, simply download the Waymo One app and ride today.



COURTESY PHOTO

Riders can use Waymo to traverse nearly 80 square miles of L.A. County.

24/7 with Waymo One – rolling through Santa Monica, Hollywood

tions in L.A. earlier this year, with nearly 300,000 people joining our wait-

them at 4.7 / 5 stars on average. In fact, riders recently surveyed in L.A.

**Make this Thanksgiving a Happy One!**

Show seniors, sick and shut-in you care

**Make Thanksgiving Cards**



For The 29th Annual Thanksgiving Day Feed

**MOTHERS IN ACTION**

Cards are due by Thursday, November 21, 2024

Each meal delivered will include one of your special cards

Deliver to Mothers In Action's Office 4401 Crenshaw Blvd, Ste 205, Los Angeles, CA 90043. (Seeking cards from Youth Ages 3 – 21)

For more information contact (323) 290-0456 or email [mothersinactioninc@aol.com](mailto:mothersinactioninc@aol.com)



[www.mothers-in-action.org](http://www.mothers-in-action.org)

Instagram: Mothersinaction\_

**Volunteers & Donations Needed**



29<sup>th</sup> Anniversary of Service

**Thanksgiving Day Senior Feed**



Set up, Assemble, Distribute &, Deliver meals to the Senior, Sick and Shut in, and Clean up

**Thursday, November 28, 2024**

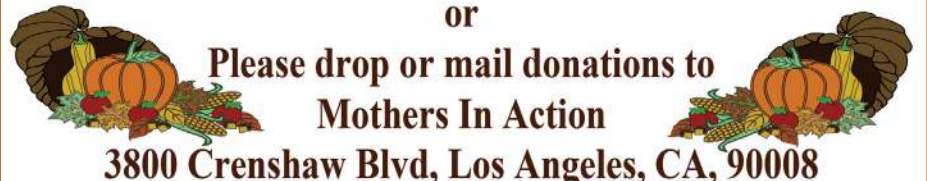
9:00 A.M. to 3:00 P.M.

All Volunteers must be pre-registered, vaccinated & wear a mask

**To Donate**

Cash App or Zelle Mothers In Action at 213-706-5831

or



Please drop or mail donations to **Mothers In Action**

3800 Crenshaw Blvd, Los Angeles, CA, 90008

For more information contact (323) 290-0456 or email [mothersinactioninc@aol.com](mailto:mothersinactioninc@aol.com)

~ Mothers In Action is a Brotherhood Crusade sponsored agency ~



# Got an old mattress? You've got options!

**1****Ask your retailer.**

They should offer to take back your old mattress at no extra cost when your new one is delivered.

**2****Drop it off for recycling.**

Visit [ByeByeMattress.com](https://www.ByeByeMattress.com) to find the nearest participating collection site, collection event or recycling facility. There is no cost to drop off your mattress or box spring at these locations. Unit limits may apply.

**3****Contact your city.**

Call your local municipality, sanitation department or garbage collector. They usually have provisions for picking up larger items.

Proper disposal of your  
mattress helps fight illegal  
dumping in your area.

**bye bye mattress®**

A Program of the Mattress Recycling Council®

Learn more at:  
**ByeByeMattress.com**

# Eszylfie Taylor's 'Mind. Body. Money.' Helps Others Find Their Best Self

*The reality TV series is one extension of the fitness and finance guru's purpose in life.*

BY BRIAN W. CARTER  
Contributing Writer

"Mind. Body. Money." is fitness expert and financial advisor Eszylfie Taylor's upcoming reality series that delves in the world of celebrities, athletes, entertainers and everyday men and women on a journey to help them become the best versions of themselves.

"I wanted to put something out there that was educational, inspirational and still entertaining at the same time," said Taylor about his new series.

Born and raised in Pasadena, CA with his father hailing from Ghana, West Africa and his mother from North Carolina, Taylor grew up in SoCal. He graduated from Maranatha High School in Pasadena and was a four-sport Letterman: football, basketball, baseball and track athlete.

"I was recently inducted to the Hall of Fame for athletics there for basketball and football," said Taylor. He completed his education at Concordia University in Portland, OR graduating Magna Cum Laude with a degree in business and started working at New York Life in Los Angeles.

By the age 27, he was the



COURTESY PHOTO

Fitness expert and financial advisor, Eszylfie Taylor

#1 broker in L.A., and by 30, he was in the top 50 in the country. Taylor would eventually create his own independent insurance and financial services in Pasadena in 2013. Today, he is a serial entrepreneurial, owning over 12 companies from finance to entertainment, restaurants and more. Taylor has been featured in Business Insider, Forbes, Men's Health, Black Enterprise, and more for his expert money advice that he gives his famous and wealthy clients.

"My mantra is that I'm going to die with memories not dreams," said Taylor.

In April 2023, Taylor opened Kali Health & Fitness, a premier fitness, yoga, and wellness studio. Co-founded with his wife, Brynn Marie, and named after their daughter Kali, it's described as a fitness studio where members can embrace free, flourishing, and a healthful life.

"It's a full, immersive fitness studio that offers multiple fitness trainings," said

Taylor. Kali offers a variety of yoga classes, HIIT training and specialty classes.

"We try to bring the best of all these different yoga and fitness disciplines under one roof and allow our member base to partake in a number of things," said Taylor.

Taylor believes in his mantras and he has one that he says goes for fitness and finances—know the difference between your goals and desires.

"One of the most powerful mantras that I've learned is understanding the difference between goals and desires," said Taylor. "A lot of times, people mistakenly label desires as goals. We don't control the outcome and we only control our process."

"If I said 'it's my goal to lose 10lbs', well, that's not your goal to lose 10 pounds, that's your desire. Your goal would be 'I'm going to go to the gym five days a week, I'm going to eat a well-balanced meal, I'm going to cut out junk food, I'm going to get 7 to 8 hours a night of rest."

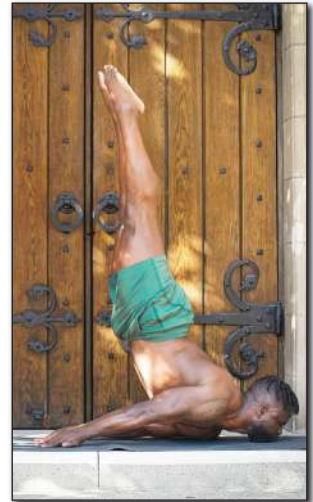
He continued, "Now if I go to the gym five days a week and I cut out junk food and I eat a well-balanced meal and get rest, will I lose 10lbs? Maybe

you will, maybe you won't, but you are giving yourself a chance."

Taylor shared that maintaining good health and finances all comes down the D-word.

"The challenge is we're constantly seeking motivation but motivation fades," said Taylor. "You're not always going to be motivated."

"I focus on process,



COURTESY PHOTO

"It's positive mindset, manifesting positive things on body, health and wellness and taking care of it." — Eszylfie Taylor

detach myself from outcome and then, it's discipline over motivation."

"Mind. Body. Money." will no doubt utilize Taylor's mantras as he helps

celebs such as Jordin Sparks and Cesar Milan, sports legends like Ray Lewis and Jaylen Brown, actor David Hasselhoff and Fortune 500 companies.

"It's positive mindset, manifesting positive things



COURTESY PHOTO

"I focus on process, detach myself from outcome and then, it's discipline over motivation." — Eszylfie Taylor

on body, health and wellness and taking care of it," said Taylor. "It's one body God has given us and then obviously money, understanding money and how it works and how we can use it to improve our lives and our efforts."

For more information on Eszylfie Taylor and his "Mind. Body. Money." reality series, please visit [www.mindbodymoney.com](http://www.mindbodymoney.com).

# James Coats on Juggling Rhymes, Revenue, and Purpose

BY NATHAN J. LEE  
Contributing Writer

James Coats' life is full of twists, humor, and moments of courage, like nervously performing his first poem at an open mic in Fontana, hands trembling and voice quivering.

As a marketing graduate from California State Polytechnic University, he confesses, "I hate public speaking," but the words he'd written, fueled by the turmoil of the 2016 election, demanded to be shared.

"My hands were shaking. I was scared to death," he says. But he told himself, "I wrote this, and I gotta share it."

That first shaky performance sparked a creative rebirth. Before rediscovering poetry, Coats followed a conventional path.

"I planned on doing engineering because people said engineers make money," he laughs.

But after realizing he hated math and physics, he switched to art, then eventually picked up marketing.

Poetry took a backseat for over a decade, but a chance encounter at a business mixer reignited his passion. A fellow alum and writer invited him to an open mic.



COURTESY PHOTO

James Coats, poet, public speaker, and entrepreneur.

"That changed the trajectory of everything," he recalls.

Even his stage name, "Mr. Loving Words," has a playful yet meaningful backstory. Unable to secure "Loving Words" on Instagram, he added "Mr." to make it work. Friends jokingly call him McLovin from "Superbad," a nickname he embraces with humor. Yet beneath the laughter, there is a deeper mission.

"The name became a philosophy," Coats explains, "promoting love as a revolution."

The journey was not always easy. Coats candidly shares the overwhelming demands of pursuing art while balancing real-world responsibilities. During college, he juggled full-

time work, studies, and parenting.

"I'd get up at five in the morning and get home at 11 at night," he says.

"I don't even know how it was possible because I love sleep."

It was a grueling schedule, but his drive to create never wavered.

Purpose continues to drive him, with Coats using his poetry as a powerful tool for self-expression and sparking social change. His "Be the Change" workshop, now in its third year, empowers others to transform their emotions into activism.

"You can't judge the activism of others," he says.

"You can only judge your work. Are you doing enough?" Turning art into a career is challenging.

"If you want to be a full-time artist, you have to be a part-time businessperson," he emphasizes.

Unlike many artists who shy away from the business side, Coats embraced it. His marketing degree gave him a leg up.

"I studied entrepreneurship in school," he says.

"After graduation, I worked for a small business development agency, helping women entrepreneurs. I

learned the importance of marketing plans and target audiences." He applied these lessons to his poetry, gaining a crucial advantage.



JAMES EVERET JONES

James Coats performing during the release of his poetry collection "Midnight & Mad Dreams."

Coats does not romanticize the artist's life.

"It shatters the dream," he admits, acknowledging that poetry alone does not pay the bills. He insists on treating his craft with the seriousness of

any profession.

"You have to focus on finding your customers, understanding your audience, and creating a plan to grow," he explains. Facing rejection and self-doubt is part of the journey.

"You have to get out of that comparison mindset," Coats says.

"Make the art you want to see and focus on your journey." His advice: create work that fulfills you, even if recognition takes time.

Coats blends practicality with inspiration.

"What does your personal development look like?" he asks.

"Are you studying the craft? Are you learning from others?" In a world that often idealizes art as detached from reality, Coats stands out as a realist.

"Real artists got real bills," he reminds us, proving that with intention and effort, poetry can indeed be a viable career.



EDUVINA OROZZO

James Coats is all smiles.

Follow James Coats creative journey on Instagram @mrlovingwords.

# William Grant Still Arts Center Presents 44th Annual Black Doll Show

SENTINEL NEWS SERVICE

The William Grant Still Arts Center, located at 2520 S. West View St., in L.A., presents its 44th Annual Black Doll Show, titled "in need of good folk... 'MAGIC FOLK LIKE US,'" curated by Aiysha Sinclair. The show is an homage to the oral tradition and its limitless possibilities, seen through the lens of Black artists and doll makers.

The exhibit runs from Dec. 14 through Feb. 15. The opening reception takes place on Dec. 14, from 3 p.m. to 6 p.m.

Several artists and staff, who have been essential in producing the William Grant Still Arts Center Black Doll Show, were recently featured in Netflix's acclaimed documentary, "Black Barbie." Monica Bailey shared her inspiring personal journey toward self-love through dolls, while Amitis Motevalli and Billie Green conveyed significant historical Black doll moments.

Also included in the documentary was Stacy McBride-Irby, who participated in our 2018 Black Doll Show, reflecting on her time at Barbie and her decision to develop her own Black doll line. These powerful voices underscore the deep connection between Black dolls, identity, and self-empowerment. In this 44th year, the Black Doll Show remains as relevant as ever.

This year's theme, "in need of good folk... {See BLACK DOLL SHOW on A-11}



COURTESY PHOTO

Curator Aiysha Sinclair



COURTESY PHOTO

Dolls from a Black Doll Show in 2018.

Skanska-Flatiron, A Joint Venture (SFJV) of 1995 Agua Mansa Rd., Riverside, CA is seeking bids from all interested firms, including certified DBEs, for CIDH Test Piles on the ATMP – Roadway Improvements Project. Owner: Los Angeles World Airports (LAWA). Contract No. DA-5609 BP# DA5609-0002. Proposals due: December 13, 2024, at 1:59:59pm.

Plans & Specs can be viewed at our office Monday - Friday 7am to 4pm (call for appointment) or downloaded free at: <https://bit.ly/ATMPLAX>.

Prebid Meeting and site walk November 20, 2024, at 9:00am at 7303 World Way West, Los Angeles, CA 90045, Level 1, World Way Conference Room; PPE required. Meeting is not mandatory, register at: <https://forms.office.com/e/K5KaWZABNC>.

For questions or to quote on this project, please contact Gina Paulino, DBE Compliance Coordinator at (929) 216-1562 or [gina.paulino@sfvatmp.com](mailto:gina.paulino@sfvatmp.com). Assistance in bonding, insurance, lines of credit or obtaining equipment, supplies and materials is available upon request. This advertisement is in response to LAWA's DBE program. SFJV intends to conduct itself in good faith with DBE firms regarding participation on this project. More info about this project is available at [www.skanskaflatironatlx.com](http://www.skanskaflatironatlx.com). SFJV is an EEO/AA/Vet/Disability Employer.

## THANKSGIVING EVENTS {Continued from A-1}

or email mothersinaction-inc@aol.com.

### Gospel Mission M.B. Church

Pastor Raymond A. Dennis and the members of Gospel Mission M.B. Church will sponsor their 15th Annual Community Frozen Turkey Giveaway on Saturday, Nov. 23, at 10 a.m., at the church located at 7301 S. Avalon Blvd., in Los Angeles.

To learn more, visit [www.gospelmissionmbc.org](http://www.gospelmissionmbc.org)

### City of Pasadena

Councilmember Tyron Hampton continues the Honorable John J.

Kennedy Legacy with the Annual Community Thanksgiving Turkey Giveaway on Friday, Nov. 22 at 1:30 p.m., at La Pinetoresca Branch Library, 1355 N. Raymond Ave., in Pasadena.

Co-sponsors include Mayor Victor Gordo, Vice Mayor Steve Madison, Councilmember Jess Rivas, Councilmember-elect Rick Cole the Honorable Janet Braun of South Pasadena, and Community Women Vital Voices.

Attendees must register by contacting Jana West at (626) 390-8159 or

Lena Louise Kennedy at (626) 625-1925.

To register online, visit <https://bit.ly/JJKTurkey-GiveawayNov22>.

### Avalon LA

A free Thanksgiving lunch is planned for Nov. 27, from 10 a.m. to 2 p.m., at Avalon LA Resource Center, 6622 Crenshaw Blvd., in L.A. The day of giving includes hot meals served to the first 500 people. Other amenities include live music, games, face painting and more.

"The importance of this event lies in its ability to bring our community



together in a meaningful way. At Avalon LA, we believe that every individ-

ual, no matter their circumstances, deserves to feel the warmth of com-

munity and connection, especially during the holiday season," said Cheryl Clark, executive director of Avalon LA.

"Our Day of Giving is a reflection of our commitment to that belief – creating moments where people can come together, relax, and celebrate with one another. We're excited to host this event at our new Resource Center, which will serve as a hub of support and empowerment for families and individuals in need."

For more information, visit [www.avalonla.org](http://www.avalonla.org).

## WORLD AIDS DAY {Continued from A-1}

Charles Drew University, have expressed their dedication to creating a safe space for open dialogue.

LACHIV Black Caucus Co-Chair Danielle Campbell, MPH highlighted the challenges of addressing stigma within Black communities, stating, "Black people are overrepresented in new HIV diagnoses and disproportionately affected by STIs. The stigma is a barrier to having these necessary conversations."

Attendees can expect more than education; the event will include a resource fair. While many are focused on HIV care, others, such as food banks, will address broader needs, ensuring comprehensive community support.

"It's important to involve everyone," said LACHIV Black Caucus Co-Chair Leon Maultsby. "This isn't just about people living with HIV. It's about everyone coming together to share stories, hear each other, and engage in solutions."



COURTESY PHOTO

Supervisor Holly Mitchell has partnered with and endorsed LACHIV Black Caucus' World AIDS Day event.

The collaboration between organizations like Charles Drew University and the backing of Supervisor Mitchell has been key to the event's success. Last year's gathering left a lasting impression on attendees, with participants describing the joy of seeing healthcare providers and people living with HIV connecting and sharing

their journeys.

Leon noted, "These events feel like reunions. For providers, it's a reminder of the progress made, and for patients, it's about being recognized as more than a diagnosis."

Despite medical advancements in HIV prevention and treatment, the virus continues to disproportionately affect Black

communities. Events like this seek to counteract not only the medical challenges but also the deep-seated misconceptions surrounding HIV.

"Many people still believe myths, like thinking HIV can be spread through casual contact," Campbell explained. "Through events like this, we can educate, break down stigma, and foster understanding."

This year's theme emphasizes storytelling as a source of strength. Organizers hope the event will highlight the resilience of Black communities while encouraging an ongoing commitment to health and awareness.

Campbell commented, "What has sustained us in this country for more than 400 years is us—our ability to come together and gather in ways that only we can do."

World AIDS Day serves as a reminder of the work still needed to combat HIV. For Los Angeles County,

LOS ANGELES COUNTY COMMISSION ON HIV

The Black Caucus of the Los Angeles Commission on HIV is a community-based collective with the unique and specific focus of addressing HIV needs of Black and African-American individuals and communities across Los Angeles County.

The Black Caucus is always excited to welcome those committed to the fight to stop the spread of HIV and increase HIV access and education for the Black communities of LA.

\*Images reflect actual members of the Black Caucus

For more information or to get involved  
WEB: <https://hiv.lacounty.gov> EML: [hivcomm@lachiv.org](mailto:hivcomm@lachiv.org) TEL: 213.738.2816

COURTESY PHOTO

The event flier has a QR code for more information.

this event marks an important step in addressing health disparities and creating an inclusive space for advocacy. Join on Dec. 6,

from 10 a.m. to 1 p.m., at Charles Drew University.

For more information about the event, visit <https://hiv.lacounty.gov>.

## PALM SPRINGS SETTLEMENT {Continued from A-1}

from Sen. Laphonza Butler (D-Calif.), comes as part of a broader push for reparations in California.

Areva Martin acted as lead counsel for the Palm Springs group and represented the impacted families.

"We are making history in Palm Springs," said Martin. "This agreement demonstrates that it's never

too late to acknowledge past wrongs and take meaningful steps toward justice."

The reparations agreement targets families from Section 14, a predominantly Black and Latino neighborhood demolished in the 1960s to make way for commercial development. Hundreds of families lost their homes in the process,

and descendants have been advocating for reparations since the city issued an official apology in 2021. Despite the city's apology, many were concerned that no payments had been made, prompting action from Butler earlier this year.

The deal includes \$5.9 million in direct compensation for around 300 sur-

vivors and their descendants, well below the \$2 billion initially requested. In addition to cash payments, the agreement includes \$10 million for a first-time homebuyer assistance program and \$10 million for a community land trust aimed at affordable housing. Other provisions include \$1 million for diversity and

inclusion initiatives, a renamed park, and a monument to honor the displaced families.

Palm Springs Mayor Jeffrey Bernstein called the settlement a fair and just resolution, expressing hope that the agreement would set a national precedent for reparations. While this follows a similar reparations program in Evanston, Illi-

nois, California's statewide efforts have faced resistance, especially following Newsom's rejection of a state-level reparations proposal earlier this year.

The Palm Springs settlement is seen as a historic step toward addressing racial injustice, though challenges to similar programs continue elsewhere in the U.S.

## JUDGE DION G. MORROW {Continued from A-1}

from Loyola law school in June of 1957.

After being admitted to the California State Bar in December of 1957, Dion practiced law as a private attorney. While in private practice, Dion was very active in the community and was a founder and lawyer for Enterprise Savings and Loan Association in Compton, CA.

In October 1973, Dion joined the Los Angeles City Attorney's office as a Senior Special Counsel and Senior Assistant to City Attorney Burt Pines. In October 1975, Califor-

nia Governor Edmund G. Brown, Jr appointed Dion to the Municipal Court in Compton. Dion was elevated to the Los Angeles Superior Court in February of 1978, where he served with distinction until his retirement on November 1, 1995.

Following his retirement, Dion was appointed by Congressman Julian Dixon to a federal commission to study Foreign Assets and Forfeitures. Dion served as a private judge. He heard arbitrations and mediations, and acted as a special master in

civil litigation.

Dion was the organizer of the John M. Langston Bar Association in Los Angeles. He was the group's second president. Dion was also on the board of directors of Mercantile National Bank and was the chairman of that board until he left the bank in 2007.

During his judicial career, Dion was a member of the National Bar Association and was very active as a judge and member of the California Judges Association. He attended the National Judi-

cial College where he also lectured. He was a team leader at California Judicial College.

He also participated in numerous programs and seminars as part of the educational program for judges and lawyers in California. He was a member of the Cosmos Men's Social Club of Los Angeles, and a connecting link in the Los Angeles chapter of the Links Inc.

Dion was married to Lydia Johnson by whom he had five children. Following the end of that marriage, he met and was mar-

ried to Glynis Dejan – mother of two.

Dion and Glynis traveled extensively after his retirement. They visited the continent of Africa, Thailand, Europe, as well as many trips to Mexico and various locations in the United States. Dion and Glynis remained married for more than 54 years.

Dion is preceded by his parents Virgil and Anna, his brother Virgil, and his daughter Lori. Dion is survived by his wife Glynis, their children Jan Bell, Kimberly Wade, Cydney

Morrow, Carla Cavalier, Mel Cavalier and his partner David Shannon, Dion Morrow Jr. and his wife Tricia Morrow.

He is also survived by his grandchildren, Ivan Emile Bell, Rhea Bell, Sean Paul Cavalier, and Aaron Ziebell; sister-in-law, Debbie Starkey; Alanis Cavalier Bowdoin, Dashiell Morrow, and Macy Morrow; six great-grandchildren, nephews, Brian Morrow, David Morrow, Brandon Starkey, and Eric Starkey; niece, Stephanie Starkey; and a host of extended family.

## BLACK DOLL SHOW {Continued from A-10}

MAGIC FOLK LIKE US," taps into that same empowering spirit. Sinclair, the Los Angeles-based children's book author, performer, and doll artist curating this year's show, is known for her exploration of the magic and wonder within the African diaspora. Her work, which spans across folk tales, fairy tales, and folklore, invites visitors to reconnect with their roots and explore the cultural richness that Black story-

telling has offered the world.

"These stories are haunting as well as uplifting," says Sinclair. "I don't think I'll ever tire of learning from them. It is an honor to share my stories, and those of my ancestors, whether through writing, mixed media, or creating dolls."

At the heart of this year's exhibit is a celebration of the countless stories that Black people have passed down through the ages — stories of tricksters, supernatural

beings, heroic women, and enslaved ancestors. The exhibit will showcase dolls and mixed media pieces that bring to life Black folklore, reflecting the joy, resilience, and spirit of Black culture.

Artists Cecil and Miriam Ferguson started the Black Doll Show in the 1980s, bringing together handmade Black dolls to celebrate the beauty and cultural significance of Black identity. Through this tradition, the William Grant Still Arts

Center has continued to create a space for Black artists to reshape narratives and redefine self-worth.

The center will offer Doll-Making Workshops on Dec. 21, Jan. 11, and Feb. 8. Other events include a Stories & Books with a Zine Making Workshop on Feb. 1.

For more information, visit [culture.lacity.gov](http://culture.lacity.gov) or follow us on Facebook at: [facebook.com/culturela](https://facebook.com/culturela), Instagram @culture\_la, and Twitter @culture\_la.



COURTESY PHOTO

Artist Doug Pearsall displayed this doll he created for the 2023 show.

AN IMPORTANT MESSAGE FROM MEDICARE

# Are you getting the most from your Medicare plan?

Medicare plans change every year, so can your health. Visit [Medicare.gov](https://www.Medicare.gov) to see all your options side by side and compare coverage, costs, and quality ratings.



Compare your options now at [Medicare.gov](https://www.Medicare.gov), or call **1-800-MEDICARE** (TTY: 1-877-486-2048)

## MEDICARE OPEN ENROLLMENT OCT. 15–DEC. 7

**New in 2025, all Medicare plans will include a \$2,000 cap on what you pay out of pocket for covered prescription drugs.**

The cap only applies to drugs that are **covered** by your plan, so it's more important than ever to review your plan options to make sure your drugs are covered.

### Get help with drug costs.

If you are struggling with your prescription drug costs, **Extra Help** is a Medicare program that can help pay for your drug coverage (Part D) premiums, deductibles, and other out-of-pocket costs. If you make less than \$23,000 a year, it's worth it to apply. Visit [ssa.gov/extrahelp](https://www.ssa.gov/extrahelp) to complete an application.

[Medicare.gov](https://www.Medicare.gov) | **1-800-MEDICARE** | THE OFFICIAL SOURCE FOR MEDICARE



PAID FOR BY THE U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES



# FAMILY • Lifestyle • HEALTH

THURSDAY, NOVEMBER 21, 2024

www.lasentinel.net

B-1

## California Youth at Risk Prevention Program Helps Young People Restore Confidence

BY SHELBY STEPHENS  
Contributing Writer

Mother and daughter duo, Angela Kelly and Jhala Angelique, are changing lives as the president and vice president of the California Youth at Risk Intervention Program along, with their "I Am Anti-Bullying" campaign.

The program's mission is to make a positive impact on disadvantaged youth by focusing on their welfare, mental health, and overall well-being through counseling, mentorship, job training, resources for nutrition and clothing, and meaningful community outings.

As a victim of bullying, Angelique decided to reclaim her confidence by starting these initiatives to urgently address disparities with underserved youth. The 17-year-old VP, author, singer, songwriter, and recording artist, has been recognized as the Shirley Chisholm Youth of The Year representing The National Congress of Black Women, and won the 2018 Taste of Soul Starquest Singing Competition.

In a recent interview with the Los Angeles Sentinel, Angelique and her mother discussed their journey working together in business, the program's future goals, and their new



COURTESY PHOTO  
Jhala Angelique

creative venture in music.

Jhala Angelique has written three books intended to inspire, motivate and encourage young people to stand in their power; I Am Beautiful, I Am Who I Say That I Am, and I Am Resilient, are books that explore how she overcame bullying, self-love, affirmations, and positive declarations for positive self-talk. Her music also tells her story and sheds light on her personal battles as an adolescent in hopes of reaching others through her testimony.

"The youth are being plagued with bullying as well as not knowing who they are or loving themselves. Some find themselves not having hope. I want to let them know that

you are in control of you and the profession over your life. Just because bullies say who you are, that's not true," said Angelique.

"You live by your declaration of self rather than others. When I was being bullied, I held onto my mother's word of affirmations that I am who I say that I am, I am beautiful, I am unique, I am confident. Working with her has been a blessing, she is the perfect example of a parent."

Kelly added, "God ordained us as parents. All our kids have gifts, they have talents, and it's our job to nurture those gifts and talents. I decided that my children will operate in those gifts to their fullest potential, and that is one of the main things in our household. Let's work on everything, you have so much more to give."

The program hosts workshops, community outings, and tours different schools throughout Southern California to remind the youth of their purpose and the impact they have on one another. They hope to expand further to more communities, more schools, and more states in the U.S. to provide support for employment, food, and mental health resources.

Their workshops, youth rallies, and school assemblies have proven to make a

difference as they work together with community leaders, teachers, and parents. Angelique performs her music to keep students inspired. Both Kelly and

and my team be that support system and build that up because some youth don't have that. When we visit schools we sometimes see children who have no

after opening up, it was amazing. I felt free."

Her mother also shared, "When she was being bullied, we noticed her mood changed, something was



I Am Anti-Bullying Campaign Display.

Angelique believe it takes a village to keep youth hopeful and engaged.

"It takes a village. It takes a parent, a teacher, a neighbor to help and say something. That is the village, we have to take care of our youth and invest in our youth. A lot of times if we can get youth to beget youth, it would make all the difference. To see themselves in others is important," Kelly said.

"Creating a support system is one of our biggest missions. I want me

hope and it's heartbreaking."

When asked about advice she would give or what she would tell her younger self, Angelique shared, "Open up to your family. When I was going through things it was hard, I didn't want to talk, but looking back I held onto too much and bottled it up and it turned into something that wasn't healthy."

"Now I would say, if not your family, talk to somebody that you trust. Having that support now

different in her behavior, we immediately stepped in. I want parents to please pay attention to their children.

"There is a lot going on but check on your child. Don't allow life's routine keep you from paying attention and asking questions. It's not always growing pains, they need help. I matter, you matter, we all matter."

To donate to the cause email [cyarip77@gmail.com](mailto:cyarip77@gmail.com). Angelique's music is also available on all streaming platforms.

## Looking Forward to that Thanksgiving Meal? Be Careful How You Eat

SENTINEL NEWS SERVICE

With Thanksgiving approaching, who doesn't look forward to enjoying a hearty meal that has traditionally been associated with a great assortment of

steps you can take before and while you start eating that will help ensure you can enjoy your Thanksgiving meal without having a guilty conscience. Overeating, Del Guercio said, can result in unhealthy weight

meals and having breakfast and lunch, so you won't want to overeat during Thanksgiving dinner. It's also important to make sure you control your portions, not going for seconds, and savoring every single bite

your food into healthy portions, health experts say. That means having 1/2 of your plate consist of non-starchy vegetables such as green beans and Brussels sprouts; 1/4 of lean protein, such as a turkey breast; and 1/4 carbohydrate, such as mashed potatoes.

"The reason we should avoid overeating is that any excess number of calories

is stored as fat," said Del Guercio, who works at Kaiser Permanente Woodland Hills. "And becoming overweight or obese will increase your risk for cancer and other chronic health conditions. Even occasional overeating can cause some negative effects on your body."

"It's okay indulge an occasional meal, as that

doesn't mean that you're a failure," Del Guercio explained.

"If you do, after the meal, consider going out for a walk, meditate, and treasure the memories of the meal together with friends and family. This is fine as long as you don't make a habit out of overeating, as that is not good for your health!"



COURTESY PHOTO  
As many of us look forward to Thanksgiving dinner, it's important to keep in mind that overeating can result in serious health issues.

mouthwatering foods and desserts?

But for many, the day after the holiday can be filled with regret of overeating, which health experts noted can result in detriments to your health.

"It's not uncommon for many of us to beat ourselves up for overindulging," said Nicole Del Guercio, a registered dietician and clinical health educator with Kaiser Permanente Southern California.

"My advice is you can still enjoy Thanksgiving and any holiday meals after that, but without overeating and gaining significant weight."

To ensure a healthy Thanksgiving, Del Guercio advises there are certain

gain, having difficulty falling asleep, an upset stomach, or in some cases "food coma."

Del Guercio's advice includes not skipping

of your meal by eating slowly and putting your fork down in between bites.

One good approach to eating a healthy Thanksgiving dinner is to divide

## Simon Burris: Africana Diaspora Black History Month II Crossword

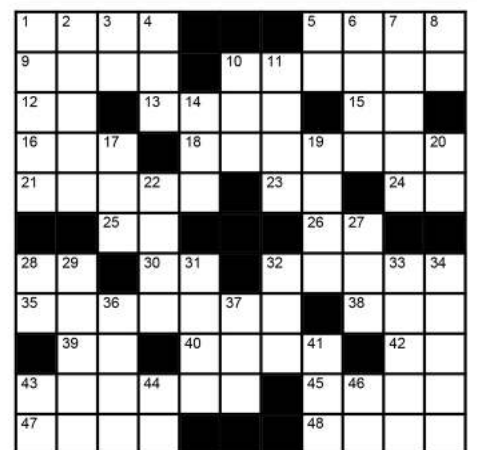
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### Across

- 1. \*\*Civil rights martyr (1955)
- 5. \*\*Civil rights leader Martin L. (martyr 1968)
- 9. \*\*Human rights advocate Park
- 10. \*\*Moses' successor; led the conquest of Israel; (a descendant of Asenath the African wife of Joseph; Gen. 41)
- 12. Union (abbr.)
- 13. \*\*Karen \_\_\_; Los Angeles mayor
- 15. \*\*Green, Roker or Sharpton
- 16. \*\*U.S. Senator \_\_\_ Scott (SC)
- 18. \*\*Mr. X; human rights advocate
- 21. \*\*Singer/actor Belafonte
- 23. Exclamation
- 24. Boy's nickname
- 25. Therefore
- 26. \*\*Blues singer Gertrude "\_\_\_" Rainey
- 28. \*\*Crooner Eckstine's monogram
- 30. "Yes" in Cancun
- 32. \*\*Black Wall Street race massacre locale (1921)
- 35. \*\*1839 slave mutiny ship (1997 movie)
- 38. Photo, briefly
- 39. Tupelo, \_\_\_
- 40. \*\*Baseball legend Willie
- 42. \_\_\_ or Mrs. John Doe
- 43. \*\*Vice President Kamala \_\_\_
- 45. \_\_\_ vera (plant)
- 47. Biblical birthright seller (Genesis 25)
- 48. Takes control of

### Down

- 1. \*\*Abolitionist Sojourner \_\_\_
- 2. Michigan city
- 3. \*\*Football great Swann's monogram
- 4. Research site
- 5. Wichita, \_\_\_
- 6. "In His Arrogant Opinion" (acronym)
- 7. Zeros
- 8. \*\*Gladys Knight's home state (abbr.)
- 10. Joint Security Area (abbr.)
- 11. Norway's capital



- 14. "Little Women" woman
- 17. Half a couple
- 19. Chino Hills Medical Unit (initials)
- 20. "You are \_\_\_ Sunshine" song
- 22. \*\*"Supreme" Diana
- 27. High mountain
- 28. \*Morehouse College degree, briefly
- 29. Austen, Samms and Tompson
- 31. Inkster Trout, Michigan (initials)
- 32. Temporary Duty (abbr.)
- 33. \*\*African witness who carried the cross of Jesus (Mark 15:21)
- 34. \*\*\*"40 \_\_\_ and a mule" (a failed promise made to 4 million freed slaves)
- 36. King David's domain: \_\_\_ EL
- 37. Small batteries
- 41. Boy's nickname
- 43. That guy
- 44. Abbr. for Russia
- 46. \_\_\_ Mesa, California

(ANSWERS ON D-4)

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# UrbanPromise Celebrates Five Years of Restoring Hope for the Future for Los Angeles' Children & Youth

BY SHELBY STEPHENS  
 Contributing Writer

On Sunday, Nov. 17, UrbanPromise Los Angeles (UPLA) hosted their fifth annual Hope for the Future Annual Fundraising Event at the Henry J. and Gloria Caruso Auditorium at Pepperdine University. A wide variety of supporters, educators, community leaders, donors, sponsors, students, and family members attend the intimate yet powerful luncheon to celebrate their impact and explore their



SHELBY STEPHENS/L.A. SENTINEL



UrbanPromise Los Angeles Students

hopes for the future. UPLA provides free after school and summer camp programs throughout the year for kindergarten-8th grade students, leadership development and college preparation to 9th-12th grade students, as well as mentorship and internship opportunities to college students. Husband-and-wife Dionté and Meg Grey shared their admiration and appreciation for their students and emphasized the impressions their street leaders and alumni have made on current participants of the program.

The agenda for the day consisted of a silent auction, warm welcomes and greetings, addresses from student and alumni ambassadors, and a street leader panel discussion. Their 2023-2024 impact directly reflects their dedication to uplifting and supporting the youth in Canoga Park; 204 youth served through the AfterSchool, Summer Cap,

and StreetLeader programs, 90% of campers reported increased enjoyment of reading by the end of Summer Cap, 100% of street leaders were accepted to college, \$25k in scholarships were awarded to street leaders and an investment in their leadership, 27 street leaders have been trained and served as camp counselors, and six street leader alumni returned to UPLA as interns.

During the event Dionté Grey shared, "hope is the engine of a dream. UPLA believes in people over programs, the people come first. Each dollar is being invested into the young people that you see here. We are living in our mission to reach a child, raise a leader, restore community."

UPLA is working to expand their programs to other neighborhoods in L.A. to continue to address the issues of educational inequality, youth unem-

ployment, and the lack of access to higher education for Black and Brown students. This holiday season UPLA will donate 100 gift cards as well as 100 turkeys to the community. they embody the spirit of giving.

UPLA consistently creates opportunities to empower urban youth to be leaders and change agents

in their communities. Visit DONATE — URBAN-PROMISE LOS ANGELES to help UPLA reach their fundraising goals for 2025, and to pledge a gift email [dionte@urbanpromiselosangeles.org](mailto:dionte@urbanpromiselosangeles.org). Sponsorship opportunities are available online at Hope for the Future Sponsorships.

SHELBY STEPHENS/L.A. SENTINEL  
 UrbanPromise Los Angeles Board Directors and Meg Grey with Panelists

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The Magic Johnson Foundation receives a \$2,500 check from the Sprouts Healthy Communities Foundation during the Holiday Hope event.



Magic and Cookie Johnson share a smile with members of the Magic Johnson Foundation team.

## MAGIC & COOKIE JOHNSON CELEBRATE 10 YEARS OF HOLIDAY HOPE FOR FAMILIES IN INGLEWOOD

BY NATHAN J. LEE  
CONTRIBUTING WRITER

Earvin “Magic” Johnson, Cookie Johnson, and the Magic Johnson Foundation celebrated the 10th annual Holiday Hope event at Faithful Central Bible Church in Inglewood on Saturday, Nov. 16.

In collaboration with Feed the Children, Holiday Hope aimed to serve over 800 families, bringing the spirit of the holidays to life and providing essential items to those in need.

For Cookie Johnson, the drive to give back goes beyond charity; it is rooted in gratitude for the support she and Magic received growing up.

“We didn’t have a lot,” she reflects, sharing how grants and community resources like the Boys and Girls Club and Vacation Bible School enriched her childhood.

These formative experiences instilled a deep understanding of the power of community support.

“Somebody gave back to us,” she explains.

“If you change one life, you’ve done a lot,” she adds, encapsulating the spirit of the Holiday Hope mission and the joy of paying it forward.

In partnership with Feed the Children, the Johnsons’ outreach has evolved significantly over the past decade, growing from simple toy drives to a large-scale operation that addresses critical needs.

Each family in attendance received a 25-pound box of shelf-stable food, a 15-pound box of personal care products, and a 5-pound box of AVON items.

Additional donations from generous partners like StarKist, Campbell’s, Sprouts Farmers Market,



Pastor Dr. John-Paul C. Foster of Faithful Central Bible Church directs on-site traffic.

and Mattel’s Play It Forward included fresh produce, hams, children’s books, toys, coats, and school supplies.

“Cookie and I are truly grateful to our partners for their support as we uplift families in need during the holidays,” Magic Johnson

shared. “Giving back is our passion, and nothing brings us more joy than helping others. It’s incredible to think we started Holiday Hope 10 years ago and have been able to keep it going with the help of all our partners.”

This spirit of generos-

ity is shared by countless volunteers and participants, like Antoine Jenkins, whose own experiences fuel his dedication to giving back.

Coming from an inner-city background, Antoine knows the importance of community support, especially during the holidays.

“This means a lot to me,” he began.

“A lot of my friends and families also come from the inner city, so I know how much this can help people during the holiday time. That’s why it’s huge for me to give back right now,” he emphasized, his passion for helping evident.

Since its founding in 1991, the Magic Johnson Foundation has remained steadfast in its mission to uplift underserved communities through health, education, and social programs. Holiday Hope exemplifies this dedication, demonstrating the incredible impact that a united community can have. As the Johnsons look to the future, they remain committed to expanding their outreach and inspiring others to join in making every holiday season brighter for families in need.

## Community Mourns Passing of Laura Pearl Teasley Farwell

SENTINEL NEWS SERVICE

Laura Pearl Teasley Farwell, a devoted church member and beloved educator, passed away on Oct. 27 at her home in Los Angeles. She was 100 years old.

Laura was born on as born July 21, 1924 in Cheatham County, Tennessee and raised by her Aunt Lizzie Barton. Baptized at Colleen Missionary Baptist Church in Dickson County, Tennessee, Laura was the first in her family and county to graduate from the eighth grade.



Laura Pearl Teasley Farwell

Laura went onto Tennessee State University (TSU), where she majored in Business Education with a minor in Health and Physical Education. She graduated on a Sunday and

began working Monday!

Two years later, she accepted a position as an elementary school teacher. While working she received a TSU master’s degree in education. Thereafter she accepted a teaching position in St. Louis, Missouri, where, in 1958, she met and married Richard “Jack” H. Farwell. Together they moved to Los Angeles where she gained employment at the Los Angeles Unified School District, retiring as an elementary school teacher in 1985.

Retirement opened the door to traveling. She

visited Niagara Falls, the Adirondack Mountains, Japan, China, Korea, Germany, France, England, Egypt, Jerusalem (twice), and most of the islands in the Caribbean.

Laura devoted much of her community service involvement through the Zeta Phi Beta Sorority. She served in numerous roles, including Chapter President, National Trustee Chair, and Regional Director.

She was a charter member of the NAACP. As an alumnus of TSU, she was the Far West Regional Vice

President. She was also a charter member of the Top Ladies of Distinction, Inc., serving by way of the Inglewood Chapter as President, Area VI Director, National Parliamentarian, and Election Chair.

Laura became a member of Trinity Baptist Church under the leadership of Rev. Jonathan Caston and later, Rev. Alvin Tunstill, Jr. She served on the trustee board, she was a Sunday school teacher and was a member of the summer youth employment committee, the Dorcas Missionary Circle and several

anniversary committees. Laura’s parents, peer cousins, and husband Richard preceded her in death.

She acknowledges her cousins in Richmond, VA, who refer to her as their aunt. Her husband, Richard, left her nieces and nephews “a plenty” (in her words) far beyond what anyone could ask for in protection and affection.

According to her nephew, “Her earthly journey has ended. She is now in the presence of the Lord, worshipping and singing Holy, Holy, Holy, God Almighty!”

## Beyond the Shock: Sustainable Reimagination for Just Democracy in America

BY REV. KELVIN SAULS  
Contributing Writer

Though disappointed and disgusted, I’m not devastated nor dismayed about the outcome of the U.S. presidential and congressional elections. Moreover, I’m not despondent! As round two of the Trumpocracy-hurricane descends on America, the words that come to mind are, “Hope for the best...but prepare for the worst.”

Clearly, many U.S. citizens has been infected with deliberate deception, and therefore find themselves in deep denial about what America has become. Moreover, the majority of the American electorate has been affected by advantageous amnesia and a callous commitment to an ideology and theology rooted in heresy and patri-

archy and ruled by white supremacy!!

All these are choices in defiance of truth and the possibilities of a democracy in allyship with mutuality in common humanity with an allegiance to equitable belonging. The vitriol and vision of Trumpocracy 201, funded by sons of South African apartheid, and accompanied by promised trauma, has prevailed...for now!

However significant, elections is the off-ramp we take every two years to get a political diagnosis in an imperfect democracy. We must urgently re-imagine and reconstruct, find, and follow the on-ramp back on the FREE-way and INTER-state on this long and arduous journey with complete liberation as our destination!

Anything less than a

destination of liberation that is - accidentally at best and intentionally at worst - advancing an updated and reformed version of an American neo-settler-colonial project in multi-color.

This momentous moment is a courageous call to higher ground, not middle ground!! Middle ground is infused with too many Black and Brown faces in high places committed to incrementalism, careerism, classism, and elitism.

Beloved, we must find the on-ramp ASAP, and continue to boldly become protagonists for a United States of America beyond the limited and laden promises of an outdated dream that’s more about co-option and integration into a house that’s being consumed by an uncontrolled fire.

Now more than ever, we

must be and become an abolitionist and liberative soul force that will catalyze and realize God’s beloved world house!! A world house locally that begs for proximity, not otherization. En route to the on-ramp, let us consciously comfort and care for one another.

As we transition from a new page to a new book, let us unapologetically uphold and undergird each other. Let us vigorously heal and hold one another in struggle and solidarity.

This is not a dead-end nor our destination. This is yet another detour on our

north star journey on the Tubman Trail.

Bridging on the bold backs of Phyllis and Fannie, Shirley and Ella, “we who believe in freedom cannot rest until it comes.”

Standing on the steadfast shoulders of Malcolm, Martin, Medger and Baldwin, we are reminded that “power in defense of freedom is greater than power on behalf of tyranny and oppression.”

Now more than ever, we must reposition ourselves to analyze, organize and mobilize a recalculated GPS for the FREE-way and INTER-state. Let us remain determined not to retreat, but to reposition and reset!

We must continue to organize from a place of purpose and power, promise and possibility. Above all, let us not tarry to the point of paralysis nor passivity, cynicism nor pessimism!

Our hope is built on facing the rising sun! Armed with love and truth and equity, let us be and become bold and bright lights in this disastrous and dangerous, perilous, and precarious moment! Like Shirley, “I don’t measure America by its achievement, but by its potential.”

Hence, amid the advancement of “The Lost Cause 201,” let us leverage our collective courage as protagonists for a more just, humane and fairer America and world. The best of all is that the God of love and liberation is with us. Backwards NEVER! Forward ALWAYS!



Rev. Kelvin Sauls

• DR. MAULANA KARENGA •

# Dialoguing with Nanas Thurman, Brooks and Burroughs: Reflections on Meanings of Resistance and Resilience – Part I

Clearly, a critical and compelling task of our times is to remember, raise up and reaffirm in our sensitivities, thought and practice our culture of striving and struggle as a people, for the needs of our people, the character of the times and the current course of historical events demand it. And we must remember that we must come to the table and tasks of this urgent and demanding moment, not naked and in need, but fully clothed in our own culture.

For in the midst of this most ancient, rich and resourceful culture are sacred teachings full of instructive insights about how to live our lives, do our work and wage our internal and external struggles to strengthen and develop ourselves, sustain ourselves in struggle and ultimately achieve victory, regardless of the odds and adversaries against us.

Here, I want to revisit the teachings of three honored ancestors, Seba Maat, teachers of the good, the right and the possible, who present us with a powerful portrait of ourselves as persons and a people which is awesomely uplifting and extremely valuable in these difficult, demanding and dangerous times. And I will focus on three concepts offered in their portraits of us as the essential foundation and framework for this piece.

They are Nana Howard Thurman's concept of us as a people who have "ridden the storm and remained intact; Nana Gwen Brooks' concept of us as a people who have and must continue to "conduct (our) blooming in the noise and whip of the whirlwind;" and Nana Nannie Burrough's concept of us as a people who "specialize in the wholly impossible."

It is these defining portraits and the accompanying challenges and respon-

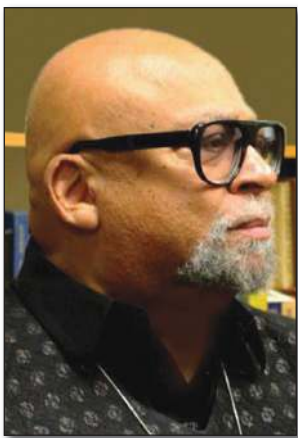
sibilities they represent that merit our remembrance and reflection and speak to our urgent need and capacity for righteous resistance and unrelenting resilience in these times. Indeed, it is indispensable to our weathering the savage and sustained winter storms, whirlwinds and seemingly impossible odds against us promised and planned by the incoming regime of right-wing wreckers, vengeful renegades and political raptors.

We are talking here, then, about our people's extraordinary and enduring capacity for resistance and resilience and our need to remember and reflect on this internal strength and draw from it to deal with the coming storms, whirlwinds and the seemingly impossible odds amassing against us in this era of resurgent White supremacy, masking as saving America and other Hitlerian big lies. Here, we remember and reflect on our capacity to endure and overcome the hell and horror of the Holocaust of enslavement, the sustained savagery of segregation, and the ongoing violence, deprivation and degradation of systemic racism.

And we extract strength from the memory of what we have done and achieved, our overcoming against the odds, our "singing sunshine," courage and continuing commitment in the dead of night, and our struggling to hurry the dawn of a new day coming, called freedom and shared goodness in the world. Again, it is important to note that the Kawaida definition of resistance is not simply opposition, but also affirmation and aspiration. It is opposition to the oppressor and oppression; affirmation of ourselves in our beauty, sacredness and soulfulness; and aspiration, an expansive and liberating vision

and struggle for a new world and way forward.

Nana Howard Thur-



DR. MAULANA KARENGA

man, prophet, professor, theologian, mystic and deep thinker tells and teaches us that if we are to ride the storms and remain intact, our resilience and resistance must be rooted deeply in a disciplined spirituality, a profound commitment to the transcendent, the moral, the creative and the good. It is a spirituality that is concerned with the transcendent, the divine, at its highest level, but also concerned with life at its everyday, ordinary and even lower and lesser levels. He is concerned about measuring a society by how it treats the least among us, the disinherited, devalued and oppressed.

And he is equally concerned that the disinherited and oppressed value themselves and refuse to surrender their humanity and conception of themselves to others who would undermine and alter it from the dignity-bearing, divine

endowment that defines it and demands deep respect. He tells us that "Anyone who permits another to determine his inner life gives into the hands of the other the keys to his destiny."

Here the Kawaida critical contention is that our oppressor cannot be our teacher and even our allies cannot be our tutors in issues life and death, and vital issues concerning our interests, identity, destiny and daily lives. On the contrary, we must reach inside ourselves as persons and a people, and reaffirm our capacity to be self-defining, self-determining and self-authorizing, and to be ourselves, free ourselves, develop, flourish and come into the fullness of ourselves.

Nana Thurman wants us, in the midst of evil, stress and strain, to call into play "the daring of the spirit that puts to rout the evil deed and decadent unfaith, (and) the experiencing of new purpose which give courage to the weak, hope to the despairing (and) life to those burdened." We must, he urges us, choose to be, to act, to do the good. Indeed, "under the pressure of crisis when we need all vitality," we must struggle not to close down and become inactive. For in such a context "what the world needs is more people to come alive," be active and joyful in the daring and doing of good.

Moreover, he teaches that we must break through

the barrier and set aside the baggage of hurry and worry, haste and waste, routine and ruts of daily life. We must carve out adequate time to center ourselves, think deep, and renew and reaffirm ourselves. And he emphasizes that "It takes time to cultivate the mind. It takes time to grow in wisdom...and it takes time to feel one's way into oneself."

To feel our way into ourselves is a deep, meaningful and beautiful concept which I read as striving to come into knowledge of ourselves, our strengths and weaknesses, our essential and non-essential, even useless, sensitivities, thoughts and practices. And having achieved this vital understanding, we self-consciously strive to overcome the weak, and set aside the trivia, trash and harmful, so that we can realize ourselves, i.e., know ourselves and achieve ourselves in our fullness.

In our quest for the good and as a defense against despair in difficulty, demanding and dangerous times, Nana Thurman teaches and encourages us to embrace a profound commitment to the "upward reach of life," faith in the constant triumph of life over death, of good over evil, justice over injustice and freedom over unfreedom. It is this understanding and faith for him that is "the basis of hope in moments of despair, the incentive to carry on when

times are out of joint and men have lost their reason, the source of confidence when worlds crash and dreams whiten into ash."

Finally, Nana Thurman tells us that if we are able to develop a deep and disciplined spirituality, which undergirds and informs our consciousness, courage and commitment, we can ride out any storm and remain intact, spiritually and morally grounded and always reaching upward. And he says, "it is good to know what there in us that is strong and solidly rooted. It is good to have the assurance that can only come from having ridden the storm and remained intact."

And in this process and practice, we reaffirm our capacity for both resistance and resilience, honoring the often-proved praise names of our people of storm riders and waymakers, modelling and mirroring the best of what it means to be African and human in any and all situations and seasons in this ever-changing world.

*Dr. Maulana Karenga, Professor and Chair of Africana Studies, California State University-Long Beach; Executive Director, African American Cultural Center (Us); Creator of Kwanzaa; and author of Kwanzaa: A Celebration of Family, Community and Culture and Introduction to Black Studies, 4th Edition, www.OfficialKwanzaaWebsite.org; www.MaulanaKarenga.org.*

• REV. JONATHAN MOSELEY, WESTERN REGION DIRECTOR, NATIONAL ACTION NETWORK •

## It's Time to Address the Urgent Need for Water Equity with the Delta Conveyance Project

In California, access to clean water is not only a growing concern—it is a crisis, especially for communities of color. This lack of access to safe, reliable drinking water is more than a matter of infrastructure; it's a profound environmental injustice that continues to erode the health and livelihoods of millions of residents and California families. With our changing climate and extreme weather patterns growing worse by the year, we must take decisive action to protect water security for all Californians.

One solution to shore up California's water supply and address inequitable access to clean water is the Delta Conveyance Project, which would secure water for millions across the state.

As California's climate continues to warm and droughts become more frequent, this problem is only going to get worse, with many communities being denied access to the clean water they need.

The state's aging water infrastructure is ill-equipped to meet current demands, especially in times of crisis, such as the multi-year droughts that are now regular occurrences. The Delta Conveyance Project (DCP) offers a potential solution to these issues by modernizing the water delivery system, ensuring that water can be moved efficiently from the Sierra Nevada Mountains to two-thirds of the state, including all of Southern California.

The DCP would provide critical upgrades to the State Water Project, which is responsible for supplying

water to over 27 million people and 750,000 acres of farmland. By constructing a safe conveyance system beneath the Sacramento-San Joaquin Delta, the project would protect this vital water supply from the effects of sea-level rise, earthquakes, and aging levees. Without such infrastructure improvements, the risks of water shortages, contamination, and infrastructure failure are unavoidable.

It's not a matter of "if" our water system will fail us, it's a matter of "when" and how much it will negatively impact our daily lives and California's economy.

One of the most important considerations for any proposed project is affordability – what will this mean for our water bills? An analysis conducted by a University of California economist found that water supplied through the State Water Project will continue to be the most affordable option, especially com-

pared to things like ocean desalination or wastewater recycling. These



Rev. Jonathan Moseley

other sources, while important, also cannot replace the volume of water that the DCP would convey. It will take all of these resources together to ensure we maintain a reliable water supply into the future.

For communities of color, particularly those in areas with poor water quality like the Central Valley and Southern California, there is no time to waste. The Delta Conveyance Project could mean the difference between continued

reliance on contaminated groundwater and access to a clean, reliable supply.

Many water agencies, including the Metropolitan Water District, are set to vote on moving this project forward in the coming months. We strongly encourage them to support the Delta Conveyance Project.

With the right investments, California can begin to correct the deeply entrenched inequities in its water system and provide clean, safe water for all its residents, regardless of race or income.

Water is a fundamental human right, and the time to act is now. For the sake of the millions of Californians who wake up every day without access to something so basic as clean water, we must make the Delta Conveyance Project a reality and ensure it serves those who need it most.

*Rev. Jonathan Moseley is the Western Region director of the National Action Network.*

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Public Notices

(are) doing business as:
1. JAGABANS, 2. JAGABANS L.A., 3. JAGABANS LA, 1423 W PICO BLVD LOS ANGELES, CA 90015, County of LOS ANGELES

Registered owner(s): OOSUM FOODS LLC, 15136 STAGG ST 11 VAN NUYS, CA 91405; CA This business is conducted by: A LIMITED LIABILITY COMPANY

The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024227594
The following person(s) is (are) doing business as: HARDY HUDDLESTON LLC, 4900 CRENSHAW BLVD LOS ANGELES, CA 90043, County of LOS ANGELES

Registered owner(s): HARDY HUDDLESTON LLC, 4900 CRENSHAW BLVD LOS ANGELES, CA 90043; CA This business is conducted by: A LIMITED LIABILITY COMPANY

The registrant commenced to transact business under the fictitious business name or names listed above on 11/2024 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024229070
The following person(s) is (are) doing business as: NASCAR STUDIOS, 1 DAYTONA BLVD DAYTON BEACH, FL 32114, County of FLORIDA

Registered owner(s): NASCAR MEDIA VENTURES, LLC, 1 DAYTONA BLVD DAYTONA BEACH, FL 32114; FL This business is conducted by: A LIMITED LIABILITY COMPANY

The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

Public Notices

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024221461
The following person(s) is (are) doing business as: VH HAVEN, 1824 S. BEVERLY GLEN BLVD., LOS ANGELES, CA 90025 County of LOS ANGELES

Registered owner(s): TORI ROSS, 1824 S. BEVERLY GLEN BLVD., LOS ANGELES, CA 90025 BRANDON ROSS, 1824 S. BEVERLY GLEN BLVD., LOS ANGELES, CA 90025 This business is conducted by a Married Couple

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024228243
The following person(s) is (are) doing business as: 1. MYCULTURE CROWNS, 2. WIGMED HAIR PROSTHETICS, 600 W LINCOLN AVE UNIT 94857 PASADENA, CA 91109, County of LOS ANGELES

Registered owner(s): ETHEL MYRICKS ENTERPRISES LLC, 600 W LINCOLN AVE UNIT 94857 PASADENA, CA 91109; CA This business is conducted by: A LIMITED LIABILITY COMPANY

The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024221859
The following person(s) is (are) doing business as: HOLLYWOOD LIQUOR & SMOKE SHOP, 3885 PACIFIC COAST HWY, TORRANCE, CA 90505 County of LOS ANGELES

Registered owner(s): MAYA ESTATES INC, 41466 BIG SAGE CT, TEMECULA, CA 92591; State of Incorporation: CA This business is conducted by a Corporation

The registrant(s) started doing business on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

Public Notices

40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration, Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the Affidavit of Identity form.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024220724
The following person(s) is (are) doing business as: DESIGN SYNDICATE, 315 W 9TH STREET, SUITE 302, LOS ANGELES, CA 90015 County of LOS ANGELES

Registered owner(s): SALAMOFF DESIGN STUDIO, LLC, 315 W 9TH STREET, SUITE 302, LOS ANGELES, CA 90015; State of Incorporation: CA This business is conducted by a limited liability company

The registrant(s) started doing business on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024223258
The following person(s) is (are) doing business as: KID'S CORNER HOME CHILDCARE, 633 W E ST, WILMINGTON, CA 90744 County of LOS ANGELES

Registered owner(s): MARIA GUADALUPE GOMEZ, 633 W E ST, WILMINGTON, CA 90744 This business is conducted by an Individual

The registrant(s) started doing business on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024221292
The following person(s) is (are) doing business as: BOB MARLON.COM, 2720 NEILSON WAY UNIT 5493, SANTA MONICA, CA 90409 County of LOS ANGELES

Registered owner(s): MARLON HOPETON HIGGINS, 2720 NEILSON WAY UNIT 5493, SANTA MONICA, CA 90409 This business is conducted by an Individual

The registrant(s) started doing business on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

Public Notices

Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration, Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the Affidavit of Identity form.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024220757
The following person(s) is (are) doing business as: SCOTT RIDDLE INSURANCE AGENCY, LLC, 1445 ROSS AVENUE 40TH FLOOR, DALLAS, TX 75202 County of LOS ANGELES

Registered owner(s): SCOTT RIDDLE AGENCY, LLC, 1445 ROSS AVENUE 40TH FLOOR, DALLAS, TX 75202; State of Incorporation: DE This business is conducted by a limited liability company

The registrant(s) started doing business on 10/2024. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024215623
The following person(s) is (are) doing business as: WE DO IT HAIR & SUPPLIES, 332 S. MARKET STREET, INGLEWOOD, CA 90301 County of LOS ANGELES

Registered owner(s): LESLIE WALKER, 2429 W. 109TH STREET, INGLEWOOD, CA 90303 This business is conducted by an Individual

The registrant(s) started doing business on 10/2024. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024217782
The following person(s) is (are) doing business as: LOAN SIGNING EXPERTS, 10866 WASHINGTON BLVD # 1262, CULVER CITY, CA 90232 County of LOS ANGELES

Registered owner(s): CHANTE WELCH, 10866 WASHINGTON BLVD # 1262, CULVER CITY, CA 90232 This business is conducted by an Individual

The registrant(s) started doing business on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024210509
The following person(s) is (are) doing business as: THE BOLD & BRIDAL, 131 S SALT AIR AVE, LOS ANGELES, CA 90049 County of LOS ANGELES

Public Notices

DLAB LLC S/ DANIELLE BRINGIER, MANAGING MEMBER This statement was filed with the County Clerk of Los Angeles County on 09/26/2024.

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration, Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the Affidavit of Identity form.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration, Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the Affidavit of Identity form.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024216942
The following person(s) is (are) doing business as: 1. CLAREMONT INTERNATIONAL UNIVERSITY, 2. CLAREMONT UNIVERSITY, 10497 WILSHIRE BLVD., LOS ANGELES, CA 90024 County of LOS ANGELES

Articles of Incorporation or Organization Number: LLC/AI No A429091 Registered owner(s): SOUTHERN CALIFORNIA SCHOOL OF THEOLOGY, 10497 WILSHIRE BLVD., LOS ANGELES, CA 90024; State of Incorporation: CA This business is conducted by a Corporation

The registrant(s) started doing business on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024216848
The following person(s) is (are) doing business as: 1. VALMASI, 2. VALMASI SCRUBS, 3. VALMASI BY DR. VANESSA, 250 E. SEPULVEDA BLVD 1130, CARSON, CA 90745 County of LOS ANGELES

Registered owner(s): MEDELE LLC, 250 E. SEPULVEDA BLVD 1130, CARSON, CA 90745; State of Incorporation: CA This business is conducted by a limited liability company

Public Notices

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

S/ SAMANTHA LEVIS, OWNER This statement was filed with the County Clerk of Los Angeles County on 10/10/2024.

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration, Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the Affidavit of Identity form.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024215602
The following person(s) is (are) doing business as: REPLACEMENT CABINET DOORS, 5811 S DENKER AVENUE, LOS ANGELES, CA 90047 County of LOS ANGELES

Articles of Incorporation or Organization Number: LLC/AI No 3519953 Registered owner(s): CV & ASSOCIATES, INC., 5811 S DENKER AVENUE, LOS ANGELES, CA 90047; State of Incorporation: CA This business is conducted by a Corporation

The registrant(s) started doing business on 10/2024. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024216848
The following person(s) is (are) doing business as: 1. VALMASI, 2. VALMASI SCRUBS, 3. VALMASI BY DR. VANESSA, 250 E. SEPULVEDA BLVD 1130, CARSON, CA 90745 County of LOS ANGELES

Registered owner(s): MEDELE LLC, 250 E. SEPULVEDA BLVD 1130, CARSON, CA 90745; State of Incorporation: CA This business is conducted by a Corporation

The registrant(s) started doing business on 10/2024. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024218454
The following person(s) is (are) doing business as: DON'T SHEEP COMPANY, 5013 ROSEWOOD AVENUE #5, LOS ANGELES, CA 90004 County of LOS ANGELES

Registered owner(s): GSS SERVICES, 5013 ROSEWOOD AVENUE #5, LOS ANGELES, CA 90004; State of Incorporation: CA This business is conducted by a Corporation

Public Notices

(are) doing business as: ROYALTEE PIECES, 2851 W 120TH ST #364 HAWTHORNE, CA 90250, County of LOS ANGELES

Articles of Incorporation or Organization Number: AI #ON: 20235716322 Registered owner(s): ROYAL TEEPIECES LLC, 2851 W 120TH ST #364 HAWTHORNE, CA 90250; CA This business is conducted by: A LIMITED LIABILITY COMPANY

The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

S/ LAWANNA HARRIS, MANAGER ROYAL TEEPIECES LLC This statement was filed with the County Clerk of Los Angeles on OCT 22, 2024

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration, Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the Affidavit of Identity form.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2024219021
The following person(s) is (are) doing business as: Natural Health Herbal Supplements LLC, 1746 South Spaulding Avenue, Los Angeles, CA 90019, County of Los Angeles

Registered owner(s): Natural Health Herbal Supplements LLC, 1746 South Spaulding Avenue, Los Angeles, CA 90019; CA This business is conducted by: A Limited Liability Company

The registrant commenced to transact business under the fictitious business name or names listed above on 01/2020 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

S/ Jody Gilbert, CEO Natural Health Herbal Supplements LLC This statement was filed with the County Clerk of Los Angeles on Oct 22, 2024

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration, Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the Affidavit of Identity form.





# ENTERTAINMENT

THURSDAY, NOVEMBER 21, 2024

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D-1

## 'Clark Sisters' Director Brings 'Albany Road' to AMC Theaters

By ANN DRETTA LYLE, PHD  
Contributing Writer

In AMC Theaters theaters now, "Albany Road" is a film for the family infused with dynamic Black characters in a holiday narrative that "invites viewers to laugh, cry and reflect." Los Angeles composer and musician Leon Lacey was responsible for the score.



Christian Swanson, writer and director of "Albany Road."

The film features Renée Elise Goldsberry (original "Hamilton" cast member)

as Celeste, whose powerful performance has captivated audiences on stage and screen. Lynn Whitfield portrays Paula, bringing depth and resilience to her role, while J. Alphonse Nicholson adds a dynamic presence as Kyle, exploring the expectations of family and love.

"Albany Road" emphasizes the importance of narratives centered on Black experiences with universal underpinning. Michael and Christine Swanson decided to share this empowering story with audiences by self-financing and self-distributing "Albany Road" through their company, Faith Filmworks.

The appeal for "Albany Road" has been universal across all demographics with many audiences responding with comments like: "'Albany Road' is just what everyone needs right now, love and laughter," and "I can't wait to see it again and again! This will become a holiday favorite!"



Lynn Whitfield and Renée Elise Goldsberry in new film "Albany Road."

As a veteran filmmaker, Swanson was pleasantly surprised by the way her production process has gotten easier.

"What I realized was that I had gained so much experience over time and developed muscles around the things I couldn't lift in the past. They became lighter. That allowed me to focus on the joy of what I love to do as opposed to the hardships," she said.

Commenting on benefiting from AMC efforts to showcase independent films, Swanson noted,

"We are still early in the process of our partnership with AMC Theaters and we

love and appreciate their willingness to make space for impactful independent films that audiences are starving to see."

Albany Road features music from Aretha Franklin's B-sides, which adds a deep emotional layer to the film, resonating with the director's Detroit roots. Composer Leon Lacey orchestrated a score blending Gospel influences with cinematic grandeur. He and recording artist, Grace Gibson wrote and recorded the film's signature song, "Albany Road Theme Song."

"Built for This" is another soul stirring origi-

nal song for the film written by Donald Lawrence with vocals by gospel powerhouse LeAndria Johnson. About Leon Lacey, Swanson stated, "[He] is my creative and spiritual brother. I love working with him because there's nothing he can't do musically. More importantly, he listens to me and works really hard at giving me what I want while imparting his gifts and ideas in ways that elevate everything we do. I love that Leon comes from a church background. Everything we do together has a spiritual underpinning that's palpable."

Swanson's movie directing credits include "The Clark Sisters: The First Ladies of Gospel" starring Academy Award nominee Aunjanue Ellis and the film won Best TV Movie from the African American Film Critics Association and the Satellite TV Award for Best Television Movie. The film was nominated for five

NAACP Image Awards including Outstanding Directing in a Television Motion Picture.

Swanson also directed Aunjanue Ellis in the powerful short film, "Fannie," about the ground-breaking testimony of human, voting and civil rights icon, Fannie Lou Hamer. "Fannie" earned an NAACP Image Award nomination for Outstanding Short Form Film.

Swanson has also directed "All About You," "All About Us," "To Hell and Back," "Love Under New Management: The Miki Howard Story" (which broke network ratings as the most watched original movie in the network's history) and "For the Love of Ruth," for which Swanson earned an NAACP Image Award nomination for Outstanding Directing in a Television Motion Picture. In addition to writing movies, Swanson was a screenwriter for "Woman Thou Art Loosed."

## Larry Powell Debuts 'The Daddy Issue' Live Recording at Passion + Progress

By NATHAN J. LEE  
Contributing Writer

On Nov. 11, Lint Studios in Los Angeles became the epicenter of artistic innovation and community healing during Passion + Progress, an immersive event led by acclaimed storyteller Larry Powell.

The Powell House Arts production drew around 200 attendees from LA's creative and South LA communities. The evening celebrated Powell's transformative storytelling through the debut of "The Daddy Issue," the first piece in his ambitious PASSION project.

The event was more than a screening — it was a space designed for connection, reflection, and the celebration

of Black, queer narratives. Powell's vision for PASSION is rooted in creating new ways for audiences to experience theater and storytelling.

"For me, I say allow them to come and bear witness to the live experience," he explained.

His approach involves distributing the recordings in various formats, such as audio plays and live albums, complete with sound design to create an engaging auditory experience. From there, the material can transform into a visual album, blending elements of theater and film.

These "passion plays," as Powell calls them, blend themes of grief and love while inviting the communi-

ty to share in the project's evolution. The name Passion + Progress reflects this dual purpose: showcasing the art while fostering collective growth and connection.

Larry Powell thoughtfully curated Passion + Progress to foster a sense of community and well-being. Attendees were invited to explore the Prayer Closet, a wellness area staffed by mental health providers, offering support and moments of quiet reflection.

Another unique feature was the Intention Garden where guests planted seeds of intention into the soil, symbolizing hope and new beginnings.

"It was important for me to provide spaces where people could deal with whatever



On set for the PASSION. From left, Devere Rogers, Larry Powell, Roger Q. Mason, and Sidney Edwards.

emotions were coming up for them," Powell explained.

Live performances from Black, queer, trans, and women artists infused the evening with a soulful, uplifting energy.

"We had live music so people could get a taste, open up their hearts, and get into the vibe," Powell shared, emphasizing the importance of creating a

welcoming space.

As someone who also uses they/them pronouns and uplifts diverse identities, Powell's commitment to inclusivity extended to making the event free for all.

"It was important for me that it be free," they emphasized.

"People left there feeling like they had been changed for the better... [they] felt

held, especially in light of the events of the week."

Passion + Progress was more than just a debut of "The Daddy Issue;" it was a heartfelt gathering that brought people together to celebrate storytelling, community, and healing. By blending art with spaces for reflection and connection, Powell created an event where everyone could feel uplifted and inspired.

As Larry continues to develop PASSION, his commitment to sharing Black, queer narratives is a reminder of the power of art to bring people together and spark meaningful change.

To support PASSION and Larry Powell's work, visit his campaign at <https://gofund.me/bef1c2a8>.

## LEGAL NOTICES

<p><b>Public Notices</b></p> <p>Applicant assumes full and sole responsibility for timely receipt of its SOQ and any other documents required to be submitted with the SOQ, by the District. The District will have no responsibility for SOQ's not submitted in a timely manner, no matter the reason.</p> <p>Questions shall be directed to the Online Vendor Portal. All questions shall be directed to the Online Vendor Portal.</p> <p><b>For future bidding opportunities please visit the Online Vendor Portal which can be accessed by visiting the website <a href="http://www.build-laccd.org">www.build-laccd.org</a> under "Work with Us" then clicking the PlanetBids link.</b></p> <p>11/14, 11/21/24 CNS-3869237# LOS ANGELES SENTINEL</p> <p><b>REQUEST FOR PROPOSALS</b></p> <p>Notice is given that proposals for the High Desert Corridor Joint Powers Agency Engineering, Design and Related Advisory Services for the High-Speed Rail Project (BR0000516) will be received by the County of Los Angeles Public Works as specified in the solicitation. DBE participation is encouraged to meet contract DBE goal of 23%. Virtual Preproposal Meeting will be held on November 18, 2023, at 2 p.m. To access RFP documents visit link at <a href="https://dpw.lacounty.gov/contracts/opportunities.aspx">https://dpw.lacounty.gov/contracts/opportunities.aspx</a>. For additional information, call (626) 458-2180.</p> <p>11/21/24 CNS-3868726# LOS ANGELES SENTINEL</p> <p>LOS ANGELES COUNTY METROPOLITAN TRANSPORTATION AUTHORITY (LACMTA) INVITATION FOR BID</p> <p>LACMTA will receive Bids/Proposals for <b>DR127482 - Hi-Rail Bucket Utility Trucks</b> at the 9th Floor Receptionist Desk, Vendor/Contract Management Department, One Gateway Plaza, Los Angeles, CA 90012.</p>	<p><b>Public Notices</b></p> <p>A Pre-Bid conference will not be held. All Bids must be submitted to LACMTA, and be filed at the reception desk, 9th floor, V/CM Department, on or before <b>1:00 p.m. Pacific Time on Monday, January 6, 2025</b>, at which time bids will be opened and publicly read. Bids received after the above date and time may be rejected and returned unopened. Each Bid must be sealed and marked <b>Bid No. DR127482</b>.</p> <p>For a copy of the Proposal/Bid specification visit our Solicitation Page on our Vendor Portal at <a href="https://business.metro.net">https://business.metro.net</a> or for further information email Lorretta Norris at <a href="mailto:norris@metro.net">norris@metro.net</a>.</p> <p>11/21/24 CNS-3865565# LOS ANGELES SENTINEL</p> <p><b>PROBATE</b></p> <p><b>NOTICE OF PETITION TO ADMINISTER ESTATE OF: CLYDE NOLAN PATE CASE NO. 24STPB09465</b></p> <p>To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of CLYDE NOLAN PATE. A PETITION FOR PROBATE has been filed by JAMES DILLINGHAM REED in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that JAMES DILLINGHAM REED be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. THE WILL and any codicils are available for examination in the file kept by the court.</p>	<p><b>Public Notices</b></p> <p>THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held in this court as follows: 12/30/24 at 8:30AM in Dept. 62, Room 600 located at 111 N. HILL ST., LOS ANGELES, CA 90012</p> <p>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.</p> <p>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.</p> <p>Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in</p>	<p><b>Public Notices</b></p> <p>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. In Pro Per Petitioner JAMES DILLINGHAM REED 5232 WINDERMERE AVENUE LOS ANGELES CA 90041 11/21, 11/28, 12/5/24 CNS-3872956# LOS ANGELES SENTINEL</p> <p><b>NOTICE OF PETITION TO ADMINISTER ESTATE OF: BEATRICE GRAY CASE NO. 24STPB12749</b></p> <p>To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of BEATRICE GRAY. A PETITION FOR PROBATE has been filed by CONNIE DOREEN GRAY in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that CONNIE DOREEN GRAY be appointed as personal representative to administer the estate of the decedent. (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</p>	<p><b>Public Notices</b></p> <p>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: 12/16/24 at 8:30AM in Dept. 62 located at 111 N. HILL ST., LOS ANGELES, CA 90012</p> <p>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.</p> <p>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</p>	<p><b>Public Notices</b></p> <p>for Special Notice form is available from the court clerk. Attorney for Petitioner DMITRY ARISTOV - SBN 298467 FORWARD ESTATE PLANNING, A LAW CORPORATION 222 N. PACIFIC COAST HWY., SUITE 2000 EL SEGUNDO CA 90245 11/21, 11/28, 12/5/24 CNS-3872239# LOS ANGELES SENTINEL</p> <p><b>NOTICE OF PETITION TO ADMINISTER ESTATE OF: BERNARD HART JR CASE NO. 23STPB08789</b></p> <p>To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of BERNARD HART JR. A PETITION FOR PROBATE has been filed by LA SANDRA HAMLIN in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that LA SANDRA HAMLIN 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</p>	<p><b>Public Notices</b></p> <p>cause why the court should not grant the authority. A HEARING on the petition will be held in this court as follows: 01/16/25 at 8:30AM in Dept. 67 located at 111 N. HILL ST., LOS ANGELES, CA 90012</p> <p>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.</p> <p>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. In Pro Per Petitioner LA SANDRA HAMLIN 1858 W 74TH ST LOS ANGELES CA 90012 11/14, 11/21, 11/28/24 CNS-3861832# LOS ANGELES SENTINEL</p>
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# How Black Creatives are Redefining Hollywood



BY KEITH L. UNDERWOOD  
Entertainment Writer

Hollywood hasn't always welcomed diversity. For decades, systemic barriers limited access for Black creatives, keeping their stories on the margins. But today, a new wave of innovators is changing the narrative, building their own spaces where diverse voices thrive, and authentic stories shine.

"We validate ourselves by uplifting each other," says Delise Aubrey, publisher of Bleed Magazine and founder of The Living Room DTLA, a creative hub in Los Angeles.



Delise Aubrey is the publisher of Bleed Magazine, and the founder of the Living Room DTLA.

Aubrey's approach reflects the collective spirit fueling this movement. By creating platforms and fostering collaboration, Black creatives are bypassing traditional gatekeepers and ensuring their stories reach wider audiences.

Taking control of storytelling is at the core of this transformation. From developing scripts to distributing content, Black creatives are producing work that resonates authentically.

Dana Christian, a pro-

ducer, director, and editor with over 20 years of experience, highlights the importance of creating opportunities for others.

"I've been building bridges for years," said Christian. "Whether it's elevating young talent or connecting them with seasoned professionals, I'm about creating opportunities for our people. Hollywood won't hand them to us—we have to make them ourselves."

Social media is another powerful tool reshaping the entertainment landscape. Platforms like Instagram, TikTok, and YouTube allow creatives to connect directly with audiences, bypassing the traditional studio system.

Lila Brown, founder of Ella Bee Media Group and



Lila Brown is the founder of her Los Angeles based sports agency and public relations company Ella Bee Media Group.

build a brand that people can trust," she says. "It's not just about a single event or project—it's about creating recognition that stands the test of time."

Her focus on strategic branding ensures her

clients are positioned for long-term success in a competitive industry.

Technology has further opened doors for Black creatives. Artificial intelligence (AI) is streamlining production processes and



David Simmons is a Los Angeles based marketing strategist and AI proponent.

contributor to the Los Angeles Sentinel Newspaper, encourages her clients to embrace these platforms.

"Because it's a part of their everyday life, they're like it's boring, it's mundane to them. But I tell them that's what excites the fans," explained Brown. By sharing behind-the-scenes moments and everyday routines, creatives build engagement and loyalty.

For Brown, building a trustworthy brand is just as important. "You have to

reducing costs, allowing creators to focus on storytelling.

"AI is pivotal," said David Simmons, a marketing professional and AI insider based in Los Angeles. "It's not a threat—it's a tool, like PowerPoint or Excel, that lets you work smarter. If you don't embrace it, you risk being left behind in a world that's moving forward."

By leveraging AI, creatives are elevating their craft and keeping pace with the industry's rapid evolution.

Collaboration also

they navigate systemic challenges, creating a supportive ecosystem.

Financial independence is another game-changer. Crowdfunding, grants, and community investments are empowering Black creatives to maintain control over their work while staying true to their vision.

Christian shared how resourcefulness has been critical to his success: "I recently secured a grant in St. Louis that will fund one of my upcoming projects. It's about finding those opportunities in places where people don't always



Dana Christian is a St. Louis based veteran director, producer, and editor.

plays a vital role in redefining success in Hollywood. Networks of creatives are amplifying each other's work and resources, creating a culture of shared growth. Aubrey's It's a Vibe Planet exemplifies this collaborative spirit.

"Every person in the community contributes, whether it's a discounted service or an act of service. It's about giving back while moving forward," said Aubrey. Her initiative supports Black creatives as

think to look."

As Black creatives continue to innovate, collaborate, and claim their space, they are shaping the future of entertainment.

From storytelling and branding to leveraging technology and community-driven initiatives, they are proving that Hollywood's future is inclusive, bold, and reflective of diverse voices.

"We're not waiting for change—we're making it happen," said Aubrey.

## Rocsi Diaz Partners with Deion Sanders for New Talk Show – 'We Got Time Today'

BY KEITH L. UNDERWOOD  
Entertainment Writer

Television host Rocsi Diaz has joined forces with NFL legend Deion Sanders for a new daytime talk show, "We Got Time Today."

The show premiered on Nov. 19, 2024, at 5 p.m., and streams exclusively on Tubi. The 20-episode series blends humor, candid conversations, and cultural insights aimed at connecting with a diverse audience.

Diaz, known for her work on BET's 106 & Park and as a correspondent on "Good Morning America," described the show as an opportunity to present herself in a more personal and authentic way.

"This is the first time I get to be authentically myself," said Diaz. "The structure is there, but it's loose enough to allow real conversations and spontaneous moments."

Her dynamic with Sanders is a defining feature of "We Got Time Today." Diaz said their chemistry, first evident during their audition process, drives the show's energy.

"He's an alpha personality, and I'm an alpha per-



Rocsi Diaz

sonality," said Diaz. "We went back and forth, challenging each other, and that energy has carried over to the show."

The show goes beyond entertainment, diving into cultural and social issues. Diaz explained that it offers a platform for discussions that resonate with communities of color, blending humor with impactful dialogue.

"We want to entertain, but we also want to address the issues that hit a nerve and make people think," said Diaz.

Diaz credited Sanders' career as a major influence on the show's direction. She praised his contributions to Historically Black Colleges and Universities (HBCUs) and his ability to create opportunities for others.

"Deion has a way of opening doors for others," said Diaz. "Whether it's his work with HBCUs or his coaching, he's always focused on amplifying voices and creating pathways for success."

With nearly two decades of television experience, Diaz said she feels prepared for the unscripted nature of "We Got Time Today." She noted her time

on BET's 106 & Park helped her develop the skills to adapt quickly. "Deion throws out comments and jokes constantly, and you have to be ready to keep up," she said.

Diaz also highlighted the unique format of "We Got Time Today." According to Diaz, the show allows for spontaneity and authenticity, giving viewers a chance to see both hosts in a new light.

"Deion is more than Coach Prime," said Diaz. "He's insightful, funny, and incredibly genuine. The show gives viewers a chance to see a side of him they may not have seen before."

The production's collaborative nature is another standout feature. Diaz explained that contributions from producers, crew, and viewers help shape the show.

"Everyone is part of the experience," said Diaz. "It's not just about the hosts. The audience, the team behind the scenes—everyone plays a role in shaping what this show becomes."

The conversations on "We Got Time Today" aim to strike a balance between

impactful and entertaining moments.

Diaz said the first episode set the tone for the series, blending humor with heartfelt discussions. "It's not about sticking to a script," she said. "It's about having real conversations, connecting with viewers, and making them feel part of the journey."

As a streaming-exclusive series, "We Got Time Today" is a significant addition to Tubi's growing lineup of original content.

For Diaz, being part of a platform that supports diverse and innovative programming is an exciting opportunity. "Tubi is the perfect home for a show like this," she said. "It allows us to reach a wide audience while staying true to our vision."

"We Got Time Today" premiered on November 19, 2024, and streams weekly on Tubi. Diaz and Sanders aim to make the series a standout in the crowded talk-show landscape.

"We're bringing something fresh and meaningful," Diaz said. "We're here to entertain, but also to leave people with something to think about."

# A Conversation with 'Gladiator II' Star Alexander Karim

BY ZON D'AMOUR  
Contributing Writer

Actor Alexander Karim is one of the stars of the highly anticipated film "Gladiator II," directed by Ridley Scott. The sequel is toplined by Paul Mescal, Pedro Pascal, Connie Nielsen and Denzel Washington.

In the original "Gladiator" (2000) actor Djimon Hounsou's character, Juba, aides and befriends wounded Roman general Maximus (actor Russell Crowe) after he's kidnapped and forced to fight for his freedom. In the sequel, Karim takes on a similar role as Ravi, a former gladiator who is also a doctor who tends to the injuries of enslaved men who are forced to fight for their freedom. Many of his scenes are opposite Paul Mescal who plays Lucius.

Karim described his role to the Sentinel by saying, "The sequel is about a young boy who feels abandoned by his parents. His dad died and he thinks his mom abandoned him and as he makes his way back to Rome, he's lost everything. So, what does he need? He needs a family, and he needs a friend. So apart from actually stitching him up, Ravi also has to help stitch up Lucius' life and his heart."

Karim added, "I saw



PHOTO BY KATE GREEN/GETTY IMAGES - COURTESY PARAMOUNT PICTURES  
Actor Alexander Karim attends the Royal Film Performance and Global Premiere of "Gladiator II" at Odeon Luxe Leicester Square in London, England.

Ravi not as some sage or wise man, Lucius is just a young man in need of a friend. And that's what I loved about Ravi and Lucius' scenes, is the camaraderie. Amidst all the chaos in Lucius' life, it's nice for him to have a buddy to shoot the breeze with."

Karim jokingly shared that upon his learning his character was a former gladiator, he went to the gym and got into great shape, only for him to arrive on set and have director Ridley Scott say, "I see Ravi in layers and layers of clothes."

In addition to learning how to ride a horse for a climactic battle scene in the film, Karim said his training wasn't in vain, "It helped to be physically strong. I felt strong in the

character which gave me confidence and put me at ease. You need to have some sense of strength in order to speak in a way that's believable."

While Karim is an award-winning actor for several Swedish films that he's starred in, "Gladiator II" will help introduce his talent to an even broader audience. It's also the project where Karim had the coveted opportunity to work with an actor he's admired for decades, the legendary Denzel Washington.

"When I was 15, I had a picture of Denzel on my wall from 'Malcolm X,' and in every household that I've lived in since then, there's been a picture of Denzel on my wall. Right now, there's a picture of him and Sidney Poitier next to each other on my

wall," said Karim.

"So that's what I'm walking into when I go to the set of 'Gladiator II.' Denzel and I don't have a lot of interactions [in the film]. I'm in the scene with Paul [Mescal], then Denzel walks in and I leave, but rehearsing that scene, when Denzel first walks on set, you're just looking at him like, 'There's the guy. He's

'Malcolm X' and said, 'They're letting us do that now. I can look like this and get to do that.' And that wasn't possible before. Sure, you had Sidney Poitier, but Denzel opened that door, you know?"

Karim continues, "When he walks into the room, you're like, 'Oh, my Lord' and you stop breathing for a second. My eyes,

got a pinky toe!' It's like you need to find a way to humanize him. And then, I got to watch him do a scene, which was one of the absolute highlights not just of my acting career, but my life."

With Karim's endearing presence and the imminent global success of 'Gladiator II,' he's also helping to inspire the next generation



PHOTO BY TIM P. WHITBY/GETTY IMAGES - COURTESY PARAMOUNT PICTURES  
Pauletta Washington and Denzel Washington attend the Royal Film Performance and Global Premiere of "Gladiator II."

the reason that I'm an actor."

"He's the reason, when I was 15 years old, that I looked at that poster of

for some reason, automatically dropped to his sandals, and I was like, 'Oh my god, I'm looking at Denzel's, pinky toe. He's

of Black Swedish actors. See Alexander Karim in the Paramount Pictures film, "Gladiator II," in theaters on Nov. 22.

# 2024 KITS Film Awards Empowers Foster Youth Through Storytelling and Filmmaking

BY DANA ELAINE CARROLL  
Contributing Writer

The 2024 KITS Film Awards, hosted by actress Kim Coles and Dr. Dawnn Lewis, celebrated the creativity and accomplishments of foster and opportunity youth in film and storytelling. Held at Paramount Pictures Studios, the event showcased the transformative power of the Script-to-Screen program and the Production Studio with Purpose, both of which offer foster youth hands-on filmmaking experience and a platform to share their stories.

This year's awards honored Judge Songhai Armstead (Ret.) with the Gary Burrell Humanitarian Award for her advocacy in justice reform and equity, particularly within the foster care system. Dr. Charity



COURTESY PHOTO  
2024 KITS Film Awards Hosts Dr. Dawnn Lewis (Left) and Kim Coles stand outside of the Paramount Pictures Studios.

Chandler-Cole, CEO of CASA Los Angeles, received the Jordan Award for her commitment to raising awareness about foster care through the arts. Both honorees embody KITS' mission of systemic change

and brighter futures for underserved communities.

2024 marked a milestone year for KITS, with the launch of The Next Level, a nine-month advanced filmmaking program funded by L.A. County. KITS also acquired the Production Studio with Purpose, providing a dedicated space for foster youth to refine their filmmaking skills. Additionally, KITS celebrated the completion of its 100th youth-led film. Since its inception in 2009, KITS has produced over 100 youth-created films, offering young filmmakers a platform to showcase their unique voices.

The event featured an impressive array of films that explored diverse themes. "Rags 2 Riches" highlighted the value of life's simple pleasures, while "Lie of the Light" tackled homophobia through a horror-infused narrative. "To The Bridge" explored the pressures of post-high school choices, and "Time After Time" used time travel to explore

the lessons of history.

"Guided" delved into grief and African Orishas, while "The Performance" combined ghost lore with teamwork. "Whatever It Takes" critiqued the cost of ambition, and "Project Foster" exposed systemic issues within the foster care system. "A Movie Named Sucka" examined exploitation in Black filmmaking, and "Unexpected Ties" celebrated the power of selfless love.

The evening was filled with inspiring speeches and star-studded presentations. Hosts Coles and Lewis energized the crowd, while presenters including Zach King, Philip Bailey of Earth, Wind & Fire, Nika King (Euphoria), Justin Cornwell (Bel-Air), Jesse Garcia, Jon Lindstrom, and Ty Burrell (Modern Family) added glamor and gravitas to the event. Their words underscored the importance of empowering foster youth and giving them a platform to share their stories.

Tige Charity, KITS' founder, remarked, "This night is all about celebrating the dreams and talents of foster youth. Our youth deserve to be seen and heard, and the KITS Film Awards showcase the power of giving them a platform to tell their stories their way."

The event was a testament to KITS' ongoing dedication to fostering creativity and self-expression. Through its Script-to-Screen program, KITS empowers foster youth aged 12-24 to write, cast, and star in their own short films, building confidence, creativity, and workforce skills. KITS also aims to create a pipeline of diverse future leaders in entertainment while promoting economic stability in underserved communities.

The 2024 KITS Film Awards were a celebration of resilience, creativity, and the transformative power of storytelling. With the support of industry partners like Music Is Unity, The Canet Foundation, and U.S. Bank, KITS is providing foster



COURTESY PHOTO  
Filmmakers Winston Jones (Left) and Jameson Murray (Right) pose with awards for feature "A Movie Named Sucka."

youth with the resources to create and share their stories. As KITS continues to grow, the event stands as a reminder of the power of storytelling to create lasting change and amplify marginalized voices.



COURTESY PHOTO  
Award show attendees watched a variety of speakers and entertainers.



COURTESY PHOTO  
Praise dancers performed on stage as part of the show.



COURTESY PHOTO  
On the blue carpet, the award-winning young filmmakers of "The Performance" pose.

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## Student Athlete of the Week: Anthony Torrence

BY AMANDA SCURLOCK  
Sports Editor

King/Drew senior Anthony Torrence is one of four captains of the football team. He has helped the Golden Eagles reach the CIF City Section Division I Semifinals.

When it comes to being a leader, Torrence knows the importance of earning the respect and trust of his teammates.

“Just because you’re a senior doesn’t mean that guys respect you, that’s something that has to be earned,” Torrence said. “I learned that and it just helped me with the little respect that I have.”

In a span of 12 games



AMANDA SCURLOCK/LA. SENTINEL

King/Drew senior football player Anthony Torrence worked with Community Coalition and volunteered for Habitat for Humanity.

this season, Torrence has made 90 solo stops and 17.0 tackles for loss. He only played on offense for six games as of November 18, racking up 57 rushing yards from eight carries.

Torrence noted how he enjoys helping his teammates advance the ball.

“I mainly block, I mainly like the idea for blocking for somebody that I care about,” Torrence said. “If I

don’t do my job, he could get hurt. So having that in the back of my mind.”

A proud moment for Torrence was their 14-6 loss to Garfield in September. He made six solo tackles in the effort. Torrence noted how he enjoyed the competitiveness of his teammates.

“I was really proud of our guys and how we fought,” Torrence said. “How we went out there as a unit, how he was playing together ... we just didn’t finish but we looked pretty good out there.”

Torrence works to be a strong student athlete for his parents, who sacrificed to raise him at a young age.

“My parents often tell

me that the things that I’m doing right now is exceptional,” he said. “I really do this for them, especially keeping my grades up because if I don’t have my grades, then I don’t have football.”

Torrence used to play basketball for the Golden Eagles but felt that football was a better fit. The footwork skills he learned while competing in basketball helped him in football.

In both sports, Torrence had to work on having confidence in his abilities. He learned to believe in the work he put in during practice and his talents. Seeing his stats helped him build confidence.

“I feel like a lot of peo-

ple don’t know the mental warfare that sports has on you,” Torrence said. “And just knowing that you’re good enough to go do it out there, you just got to do it.”

Faith and family are key motivators for Torrence; he applies the Word of Jesus Christ to football. Torrence also volunteers for Habitat for Humanity and worked with Community Coalition.

His advice for youth is to focus on their journey and stay rooted in the Word of God.

“Don’t worry about the outside noise, what matters is you at the end of the day,” Torrence said. “Just stay in the Word of Faith, it takes you a long way.”

## Juju Watkins Hit 1000 Career Points in Win Against Santa Clara

BY AMANDA SCURLOCK  
Sports Editor

Sophomore guard JuJu Watkins led all scorers with 22 points to defeat the Santa Clara Broncos 81-50. In the third quarter, she became the fastest USC basketball player to score 1000 career points.

“I think I don’t take these things for granted, very blessed to be in this position,” Watkins said. “Grateful for everybody here, coaches, staff, teammates, I couldn’t have done it without them.”

Watkins is currently averaging 21.3 points per game and 26.6 in her career. This season, she is

shooting at 40 percent in field goals and 30 percent in three-point shots.

Woman of Troy legend Cheryl Miller was the previous record holder, reaching 1000 points in 48 games during the 1983-1984 season. Watkins completed the feat in 38 games.

“It’s always worth noting too when you break a record at USC, it hits a little different because the people that you’re breaking the record from are so great,” said Women of Troy basketball head coach Lindsey Gottlieb. “You see the work ethic every day and you see everything that she handles.”

As a freshman, Watkins

was the second-leading scorer in the nation. During her time at USC, she has only scored less than 15 points in a game on one occasion. Watkins mentioned how she is proud of how her basketball IQ has developed.

“I think I’m seeing the floor better this year, trying to get my teammates the ball where they like it as much as possible,” Watkins said.

A Tamika Catchings Award winner, ESPY winner for Best Breakthrough Athlete, and Pac-12 Freshman of the Year, Watkins has also been showing her defensive talents.

In the first four games

this season, Watkins is first on the team in total assists (19), steals (15), and blocks (12).

“Regardless of who we play, every game is to get better and that’s what we’re doing. It’s not only in games, it’s in practice too,” Watkins said. “We’re all kind of new together, so that will continue to evolve.”

Grad student forward Kiki Iriafen scored 20 points and seven rebounds against the Broncos. Senior Rayah Marshall made 12 points, five rebounds, and two blocks. Grad student guard Talia von Oelhoffen led with six assists.

The Women of Troy



BILLY MONTGOMERY/LA. SENTINEL

USC Trojans guard JuJu Watkins (12) checks in for a play from the bench as she leads the offense on a drive to the basket during the Nov. 15 81-50 home win against Santa Clara.

will face the Notre Dame Fighting Irish on Nov. 23 at 1:00 p.m.



BILLY MONTGOMERY/LA. SENTINEL

USC Trojans guard JuJu Watkins (12) breaks the USC record for quickest player to 1,000 points in the Nov. 15 81-50 home win against Santa Clara.

## Rams, Novavax Protects the Rams House with Vaccination Clinic

BY AMANDA SCURLOCK  
Sports Editor

The Los Angeles Rams partnered with Novavax to combat respiratory disease season. Both organizations aimed to “Protect the Rams House” with a vaccine clinic at the Hollywood Park Farmers’ Market on Saturday.

Rams fans were able to get their flu and COVID-19 vaccines. Rams cheerleaders, mascot Rampage, and legend Todd Lyght were also present to engage with attendees at the Farmers’ Market.

“We’re spreading awareness, making sure that the community stays safe getting their flu shots and their vaccinations,” Lyght said. “For the com-



AMANDA SCURLOCK/LA. SENTINEL

Rams legend Todd Lyght (second from right) poses with Farmers’ Market attendee, mascot Rampage and Rams cheerleaders.

listens to them.”

While COVID-19 may not be making the same headlines as it did in 2020, it is still a threat to people, especially those with underlying health conditions.

“It’s not just about preventing death, which is a huge deal,” Bennett said. “We’re trying to get you away from being hospitalized or having a severe disease that costs you your daily activities that impact your finances.”

Rams fan Dennis Sanchez appreciated the franchise for making the vaccines more accessible.

“I usually try to get my flu shot at CVS Pharmacy and it’s usually a really long line, so I have to wait an hour, maybe an hour and a half, just to get it,” Sanchez said. “I got here right away ... Got it in 10 seconds.”



AMANDA SCURLOCK/LA. SENTINEL

Ramage shows off vaccine bandage in front of the flu and COVID-19 vaccination clinic.

munity in general, especially when we’re gathering in large numbers and we’re getting together, it’s best to be safe and to protect the Rams house.”

Lyght helped the then St. Louis Rams win Super Bowl XXXIV.

“It was a really, really magical year for us, winning the Super Bowl in St. Louis,” Lyght said. “Obviously, being the Rams’ first Super Bowl, it was a special moment in time.”

According to the L.A. County Department of Public Health, 6.1 percent of the African American population has received

the 2024-2025 COVID-19 vaccinations. It can be difficult to convince a loved one the importance of taking the flu and COVID-19 vaccines. Having a conversation and showing research can be tools to convince them to update their vaccinations.

“People have a reason why they have not taken the vaccine. If we can get to the root of the why, then we can counter that with answers,” said Novavax executive director of clinical development Dr. Chijioke Bennett MD, MPH MBA. “When you win one person, what

you’ve done is you’ve won every person the person talks to and whoever

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