

South Bay Cities

Featuring the Weekly Newspapers of Hawthorne, Inglewood and Lawndale

Hawthorne Press Tribune
The Weekly Newspaper of Hawthorne

Inglewood News
The Weekly Newspaper of Inglewood

Lawndale Tribune
AND LAWDALE NEWS
The Weekly Newspaper of Lawndale

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Helping Our South Bay Community Prepare For Better Opportunities



Congresswoman Waters (left) presents check to SBWIB Executive Director Jan Vogel (center). Congresswoman Maxine Waters presented a check for \$500,000 to the South Bay Workforce Investment Board (SBWIB) for program to prepare disadvantaged individuals for careers in the Construction and Transportation Industries. See story in the box below. Photo courtesy SBWIB

Nurturing is One of His Languages

By Ron Sokol

It is over 4,600 miles from Cape Verde to the United States. If you are not quite familiar with Cape Verde, also known as Cabo Verde, it is an archipelago and set of islands in the central Atlantic Ocean, a bit to the west of Africa. The Cape Verde islands are a part of the Macaronesia ecoregion, along with the Azores, Canary Islands, Madeira, and the Savage Isles.

Now that we have that clear, let's drop in on Alex Monteiro, a member of the Hawthorne City Council. He was born in Cape Verde, one of nine kids (number seven, to be exact). His dad was in Europe, so Alex was raised by his second-oldest brother and his mom.

One of the first things we notice about Alex is that he is often smiling. He also is notably outgoing. Friendly and attentive. "When I was young, there was drought, famine, and disease in Cape Verde. When I was all of six years old, I remember carrying the coffins of toddlers who died of starvation and diseases that probably could have been prevented. This no doubt shaped my interest in trying to help others, in hoping to make sure people have what they need to survive. It really hits home because I was born with a stomach virus, so my mom took me to a clinic often to get a shot."

As Alex was growing up, Cape Verde was a colony of Portugal until a coup arose. He and his family moved to Lisbon, where Alex, then a teenager, experienced racism for the first time. The good news - he began to learn English through a teacher who, of all things, showed the students Humphrey Bogart movies. Alex laughs: "He told us if we could understand Humphrey Bogart, we could understand anybody." Today, Alex Monteiro speaks five languages, though some would

say Alex actually speaks six languages – the sixth is called *Nurturing*.

In the 39 years since Alex traveled to this country, much of his waking time has been spent in service to the community. For example, when back East, he worked for the Boston Healthy Babies and Healthy Families, which provides needed support to young families. Before settling down in Hawthorne, he worked as community education and public relations for Arroyo Vista Family Health Center in Highland Park and as Executive Director of the LAUSD-Roosevelt High School Based Clinic in East Los Angeles. Eventually, he became the Healthy Start coordinator for the Hawthorne School District.

In 2007 Alex ran for and was elected to

the Hawthorne School Board. In 2018 he ran for and became a member of the Hawthorne City Council. He has since been re-elected against a crowded field.

The political work for Alex is a passion, but just a part of his notable drive to nurture. He is Executive Director for the South Bay Universal Development Center, a non-profit organization dedicated to providing early childhood education for Hawthorne children. Are you familiar with "The Castle," that cool-looking building adjacent to James Thorpe Memorial Park? Well, that's the school!

There is more. Alex is President and CEO of Moneta Gardens Improvement, Inc., another non-profit organization that seeks to

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Congresswoman Maxine Waters Awards \$500,000

Congresswoman Maxine Waters presented a check for \$500,000 to the South Bay Workforce Investment Board (SBWIB) that will help fund an initiative to provide recruiting and training services for women, minorities, dislocated workers, and other individuals with barriers to employment who are interested in entering the Construction and Transportation Industries. Among the attendees at the presentation were civic leaders, including Inglewood City Councilman Eloy Morales Jr., and representatives from trade unions, construction companies, and dozens of job seekers seeking careers in construction.

"These community projects are vital to our communities and this grant will

help people prepare for careers in high paying construction trades," Congresswoman Waters stated. She continued by thanking Jan Vogel and the SBWIB team for all the wonderful work they have been doing over the years to help people find jobs.

In thanking Congresswoman Waters for the grants funds, SBWIB Executive Director Jan Vogel noted the continuing support she has provided the SBWIB's efforts to develop a world-class workforce system throughout the South Bay region. "Often times she initiates discussions with us to see what we need to continue to meet our employment goals without us

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Weekend Forecast

Friday

AM Clouds/
PM Sun
67°/57°



Saturday

Mostly
Sunny
67°/57°



Sunday

Partly
Cloudy
66°/59°





GUNDOGRAM

SUBMIT YOUR YUM DISH!!

Chicken Parmesan

Provided by Campbells Soup Corp.

Once you know how to make this easy Sheet Pan Chicken Parmesan bake, you'll wonder why you ever bothered with other recipes. The entire meal of Parmesan-crusted chicken breasts, topped with Prego® Traditional Italian sauce and mozzarella, and tender, roasted cauliflower is ready in just 30 minutes. The recipe uses pantry staples and only one pan, so cleanup is easy, too. You can even learn how to make this oven-baked Chicken Parmesan with different vegetables following the same simple recipe, so you and your family can enjoy it over and over, any night of the week.



Ingredients

- 1/4 cup Italian seasoned panko bread crumbs or regular Italian seasoned dry bread crumbs
- 1 tablespoon Parmesan cheese
- 2 1/2 tablespoons olive oil
- 1 pound thin-sliced boneless, skinless chicken breast
- 1 cup Prego® Traditional Italian Sauce or Spicy Marinara Sauce
- 4 ounces part skim mozzarella cheese, thinly sliced
- 4 cups fresh or frozen cauliflower florets

Tip

- You can substitute fresh or frozen broccoli florets or fresh or frozen green beans for the cauliflower, if you like.

Send us a photo and recipe of your favorite dish.

We'd love to share it with the community. Send to: web@heraldpublications.com

Directions

- **Step 1:** Heat the oven to 425°F. While the oven is heating, stir the panko, Parmesan cheese and 1/2 tablespoon oil in a small bowl.
- **Step 2:** Spray a rimmed baking sheet with vegetable cooking spray. Place the chicken on one side of the baking sheet and brush with 1 tablespoon oil. Season with salt and pepper.
- **Step 3:** Spoon the sauce over the chicken (we like to use a 1/4 cup measuring cup instead of a spoon). Top with the mozzarella cheese and panko mixture.
- **Step 4:** Arrange the cauliflower on the other side of the baking sheet, drizzle with the remaining 1 tablespoon oil and season with salt and pepper.
- **Step 5:** Bake for 20 minutes or until the chicken is done. Sprinkle with chopped fresh basil just before serving, if desired.

Seniors

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have significant benefits for everyone, no matter an individual's fitness level.

"If you can, find a partner to help keep you motivated to move," recommends Joseph. "Ask friends and family to work out with you, and make it unique to you. They'll help you stay on track, and you'll have more fun doing it."

It is always easier to stay on top of health goals and priorities with an expert by your side. Your primary care provider (PCP) can help navigate every aspect of health and wellness, from a new health goal to a new health diagnosis.

Scheduling an appointment with a PCP is the best way to stay on top of health needs. Regular check-ins are key to disease prevention, controlling common chronic diseases, mental wellness and coordinating testing and

specialist care, when it's needed.

"Too often, I see that people wait to see a doctor until there is an issue or an emergency," commented Joseph. "With regular visits, I can establish relationships with my patients and help them identify any potential concerns early and often. It saves a lot of time and pain down the road."

While it may seem time-consuming to schedule and attend regular appointments, new digital tools - like virtual care - are making it easier than ever to check in with a PCP, wherever and whenever is convenient for you. Plus, companies like Teladoc Health offer access to primary care, chronic care, dermatology, nutrition services and more, all from one place, to help you seamlessly keep up with every aspect of your health.

SBWIB

from front page

asking first," he noted.

Due to the growing need for workers throughout the Los Angeles region for projects such as Intuit Arena, LAX, and the Sofi Stadium/Hollywood Park complex, the SBWIB will collaborate with employers, the building trades, community colleges and industry training providers.

"Historically, our successful collaborations have helped to bridge the gap between industry, academia, unions and workforce development agencies to effectively leverage all available resources and provide the best possible labor solutions for employers as well as job seekers,"

said Mr. Vogel. He further noted that pre-apprenticeships, apprenticeships, and paid-work experience programs have been identified as proven workforce strategies to help local areas meet industry demand with well-trained, motivated workers.

This project will provide, and is not limited to, short-term vocational training, Pre-Apprenticeship and Apprenticeship, paid work experience, On-the-Job Training, and support services to ensure successful program completion and sourcing the best possible outcomes towards permanent, unsubsidized employment. Provided by SBWIB. •

Finance

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picture, you can meet with a financial advisor to help map out a step-by-step financial plan. If you do not have a financial advisor, you're not alone.

Millions of Americans do not have a financial advisor. Some do not because they don't know how to find someone they trust. Still others may feel an advisor is not for them, mistakenly thinking they need a certain level of wealth to engage a professional's help. However, establishing a relationship with a financial advisor can help you confidently plan for a better retirement and even give you an edge.

According to the Warrington College of Business, industry data suggests that people who receive professional financial advice can add 1.5%-4% to their portfolio returns over

time. Enlisting the help of a financial advisor can make planning for retirement easier and grow your wealth so you can achieve your retirement goals instead of having "just enough," or even not enough.

Through Prudential Stages for Retirement, you can set up a meeting with a noncommission-based financial advisor who will recommend strategies and products that can help you reach your retirement goals. They will look at your retirement confidence score and establish a personalized plan to help you refine your goals and determine if you're on track to afford your retirement. You do not have to be an existing Prudential customer; anyone can get started planning a more secure retirement. To learn more and get started, visit Prudential's Retirement Calculator. •

