

Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

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Hawthorne Kiwanis Help Feed Hungry



The Kiwanis Club of Hawthorne held its traditional holiday seniors luncheon Friday, Dec. 6 at the Hawthorne Memorial Center. The luncheon served more than 150 hungry guests, who enjoyed Master Chef Bob Marsella's pasta and meatballs with salad and garlic bread, followed by coffee and ice cream. Thanks to many, including Kiwanians and friends on the food assembly line, members of Leuzinger High School Key Club members who helped served the guests and the Hawthorne Parks and Recreation Dept. for providing the facilities. The Kiwanis Club of Hawthorne wishes everyone in its community a peaceful, joyous Christmas and a happy new year. Photo courtesy of Bill Salfity.

New Planning Commissioners Set to Make Decisions in Hawthorne

By Nancy Peters

In a move that startled the then-seated Planning Commission, the Hawthorne City Council voted in a 3-1 plus one abstention vote at a recent special meeting to dismiss all five Commissioners. That action meant that applications had to be submitted by residents of Hawthorne (to comply with the municipal code, they must live in the city) who wished to be appointed to comprise a new Planning Commission.

At the time, the unanswered question hung in the air: Would the outgoing Mayor (Danny Juarez) make a last-minute appointment of five new Planning Commissioners? The Planning Commission is a body of appointees who approve or reject projects that allow new businesses to open in the city (or not), new developments to be built (or not), and can be the linchpin to advocate for progress of the City's economic stability (or remain stagnant).

The public forum on the evening when applicants would be considered for appointment to the Planning Commission included only two comments stated to the City Council, but neither factored in the final decision by those on the dais.

Councilmember Olivia Valentine criticized the previous dismissal and the appointments about to be made and requested that the City Clerk transcribe her remarks verbatim for the record. Valentine expressed her concern that the soon-to-be-sworn-in new Mayor would inherit new Commissioners who probably would have no experience with the matters of the Planning Commission. She was also skeptical of the reasons for the original dismissals and said she could not support new appointments that could "hinder moving the City forward."

In addition, Valentine suggested that any new appointments should be handled by the new Mayor after taking office and so that he could have input about the appointees. Despite whatever qualifications the applicants possess, she was of the opinion that the appointments were simply to make a political move.

On the other hand, Councilmember Alex Vargas welcomed the change new Planning Commissioners can bring to the City with new ideas and an infusion of new people to interact with City staff. Vargas expressed that moving the City forward is possible with a new Commission and noted that some of the applicants do have planning backgrounds to bring to the position. He stated that the previous group was comprised of several members with 10 to 15 years as Planning Commissioners, with stagnation a risk the City has lived with for too long.

Vargas added that there have been many people who have asked how to be appointed to the Planning Commission--but because there have been no vacancies to be filled and now with a new application process, any former applicants need to reapply in order to be considered. Vargas also requested that his remarks be transcribed verbatim for the record.

There were six applications filed with the City Clerk's Office. Appointments require a majority vote for each applicant, voted upon separately. When each motion was made for each applicant to be appointed to the Planning Commission, each vote received an affirmative from Juarez, Mayor Pro Tem Angie Reyes-English, and Councilmember Vargas. A no vote was cast by Valentine and Councilmember Nilo Michelin abstained from each vote.

The new members of the Hawthorne Planning Commission are Gregory Guerrero, Miguel Talleda, Donald Harris, Juan Carlos Ortiz and Viviana Franco. The sixth applicant's name did not come up for a vote.

Guerrero is an architect with offices in Hawthorne. Talleda is a businessman in Hawthorne and the founder of the 9/11 Wounded Warriors organization. Franco is a member of the Parks and Recreation Commission who will resign that position to sit on the Planning Commission. Harris served as President of the Hawthorne Chamber of Commerce for several years in the early 2000s. Ortiz is a businessman in Hawthorne.

Following the appointments, each new member of the Planning Commission is required to be sworn-in by the City Clerk in order to serve in their position. Planning Commissioners are appointed for a four-year term. Any one of the Commissioners can be removed by a majority vote of the City Council at any time without cause.

The Planning Department staff works closely with the Planning Commissioners, and the head of the Planning Department is the direct liaison with the Planning Commission and the City Council. The Hawthorne Planning Commission meets on the first and third Wednesdays of each month at 6 p.m. in the Council Chambers at City Hall. They consider land use matters, such as the general plan, specific plan, rezoning, use permits, subdivisions, planning proposals and potential environmental effects for new development requests, and assure compliance with federal, state, county and local regulations and codes.

The new Planning Commission will hold its first meeting on Jan. 15, 2014. •

Weekend Forecast

Friday
Partly Sunny
79°/54°



Saturday
Partly Sunny
73°/54°



Sunday
Partly Sunny
71°/52°



Politically Speaking

One Man's Opinion

By Gerry Chong

The Christmas elves were in a frenetic rush, running hither and yon, as Christmas approached. For most of the North Pole, it was a season of excitement, but for the two old curmudgeons sitting in the corner of the room it was a time to swig down some Jack Daniels. Rudolph sat red-eyed, slumped in his chair, and said to Santa, "I've got to get bombed every year to keep my bulbous nose red. What's your excuse?"

Lifting his head from the table top, the disheveled old fat man replied, "This year's been worse than most, so I've gotta come up with some presents to make the season brighter. It's tough, man, and it's getting tougher.

For instance, last month, Food Stamps (SNAP) got cut 7%, and on Dec. 28, 1.3 million people will see their unemployment payments end. The government hooked them like cocaine addicts on a long-term "free money" binge that kept them unemployed. Now, the Feds want them to kick the habit cold turkey, so withdrawal pains kick in. What happened to the Christmas spirit of good will toward men? This is cold, man....cold."

"Right on," said Rudy, "so what Christmas present will ease the pain?"

"Methadone, man--mass doses of methadone...as much as my sleigh can carry," replied Santa. "Maybe next year the government can come up with some sort of phased withdrawal to make things a little less painful, but for those on a two-year hiatus from work, this is a kick in the gut.

The Christmas season can be cruel, Rudy, so give me another shot of JD."

Pouring a shooter for Santa, Rudy asked, "What else is goin' on?"

"Healthcare, man, healthcare," said Santa. "Five million people have had their policies cancelled, effective this holiday season... five friggin' million! So rather than reducing the number of uninsureds, Obamacare has increased it by 11%! In a few days, these people face choices: They can sign up for private insurance in which the average premium will increase by 40%; or they can sign up for Obamacare where the least expensive plan [bronze] carries a deductible of \$5,081--or they can remain uninsured until they need medical care, at which point they can't be denied. As a sign of the way people are leaning, by mid-December, 45 states had failed to attain 10% of the goal they must meet to make Obamacare viable. In Oregon, for example, they spent \$300 million on Obamacare, and have signed up only 44 people!"

"That's awful, Santa, so what present can you give them?" asked Rudolph.

"I'm offering everyone a taxpayer-paid 17-day vacation flying first class on Air Force One to Hawaii where the weather is always balmy and the chance of catching a serious illness is pretty minimal," responded Santa. "Like our President, if you won't sign up for Obamacare, head for good weather. Rudy, we've got a lot of work to do, so keep that nose glowing red. Merry Christmas and to all a good night"...hmmmm, *he's makin' a list, checkin' it twice... hic.* •

Another Man's Opinion

Crowdsourcing Laws is a Horrible Idea

By Cristian Vasquez

Assemblyman Mike Gatto recently announced that he is going to introduce a bill next year to address the state's probate code by using the Internet to determine the content of the bill. This is a horrible idea. The Assemblyman wants to draft this piece of legislation by using the Internet to allow public participation. The Assemblyman's website indicates that citizens would be able to visit the "Wiki bill's" website, and through the use of an interface similar to "Wikipedia's," they can "propose, draft, and edit a bill." Assemblyman Gatto is committed to then introducing a bill once a consensus is reached.

This proposed bill would be the first crowdsourced piece of legislation in the United States. While the Assemblyman is known for advocating the use of technology as a tool for citizen engagement, this proposal sounds better in spirit than it will be in practice. Allowing people to draft legislation via the Internet is going to slow down an already crawling legislative process. Getting a bill passed by those elected to the sole task of turning bills into laws is already a snail-paced process. Allowing the feedback and comments of potentially millions of people is going to nearly paralyze this process--if approved lawmakers will have to sort through what one can only assume to be a laundry list of horrible ideas in hopes of finding reasonable suggestions among the input.

Yes, public participation is great and the more we as voters engage, the better it is for

our state and country. However, asking the public to use the Wiki platform to address the state's probate code is irresponsible and ineffective. To come to a reasonable consensus based on what millions of comments in a virtual consensus box say is impossible. A group of five people have a hard time (for the most part) figuring out where to go for lunch. Imagine having millions determining what the state's probate law should say.

Assemblyman Gatto believes that the crowdsourcing is a great way to have peoples' voices heard in government, but maybe he forgot that for many years before the Internet politicians were able to hear peoples' voices. Assembly members and Senators are elected to write these laws. If these elected officials want to know what the citizens think, maybe they should host a town hall meeting. How about a door-to-door campaign? They are very willing to do this when election season comes around. Why should the process of doing the job they were elected for be any different?

We have all read online articles and the ignorant comments made by people at the bottom of these articles are alone proof as to why this crowdsourcing idea is horrible. I am sure Assemblyman Gatto is truly interested in what the people have to say. However, crowdsourcing is a horrible way to accomplish what he seeks to fulfill. There are already enough lobby groups in politics providing horrible ideas and the money to fund them. Crowdsourcing would only add to the problems plaguing an already dysfunctional Capitol Hill. •

Book Your Special Event In the CALIFORNIA MUSEUM OF FINE ART



The newly opened California Museum of Fine Art is now taking reservations for special events including social and business functions during the breakfast, lunch, cocktail or dinner hours.

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For additional information, please call Charlene Nishimura, cell 213.709.8590.

1421 Marcelina Avenue - Downtown Torrance
www.californiamuseumoffineart.com



Police Reports

ROBBERY

14600 S LEMOLI AV APARTMENT/CONDO

Tue 12/10/13 01:15

Property Taken: hello kittie case, black unit. black/white shoes 8.5 size, two finger ring with "brittany" on the top.

13600 S CHADRON AV APARTMENT/CONDO

Wed 12/11/13 21:53

ATTEMPT ROBBERY
S HAWTHORNE BL/W IMPERIAL HY STREET, HIGHWAY, ALLEY

Wed 12/11/13 22:27

W IMPERIAL HY/S INGLEWOOD AV RESTAURANT, FAST FOODS, CAFE

Thu 12/12/13 04:14

Property Taken: sixty dollars, att flip phone, cdl bearing victims name

12700 S HAWTHORNE BL GENERAL MERCHANDISE STORE

Thu 12/12/13 13:45

BURGLARY

RESIDENTIAL
14500 S CERISE AV APARTMENT COMMON AREAS (LNDY,CLB HSE,ETC)

Tue 12/10/13 15:12

ARREST

RESIDENTIAL
12600 S RAMONA AV APARTMENT/CONDO

Tue 12/10/13 10:30

RESIDENTIAL
11400 S EUCALYPTUS AV APARTMENT/CONDO

Tue 12/10/13 06:30

Property Taken: sony playstation 3, 51",

size 11, nike adult shoes

RESIDENTIAL

13700 S DOTY AV AUTO/VEHICLE

Tue 12/10/13 21:00

Property Taken: 1 blk wristlet cont \$200. 2 credit cards, cdl&id, 1 garage door remote control

RESIDENTIAL

11600 S YORK AV HOUSE STORAGE SHED

Wed 12/11/13 20:00

Property Taken: drill bit index 1/2"-2", hand drill, diamond grinding plate, electric leaf blower, 7" circular saw, air compressor, gas line trimmer, hedge trimmer, w/misc. hand tools, 8" disc grinder, 4" grinder, bench grinder, mini torch w/ gas tanks

RESIDENTIAL

12300 S RAMONA AV HOUSE

Thu 12/12/13 22:00

Property Taken: small safe containing cash, ss cards, and pink sli, approximately \$500 in us coins, beats audio headphones

RESIDENTIAL

3600 W 126TH ST APARTMENT/CONDO

Fri 12/13/13 08:45

Property Taken: NINTENDO DS

13-5102 459PC BURGLARY

4400 W 138TH ST

CAD: Fri 12/13 17:53--No RMS

RESIDENTIAL

4400 W 138TH ST APARTMENT/CONDO

Sat 12/14/13 22:15

ATTEMPT RESIDENTIAL BURGLARY
13700 S CRENSHAW BL MOBILE HOME

Sat 12/14/13 21:00 •

"Do whatever you do intensely."

~ Robert Henri

Calendar

ALL CITIES

TUESDAY, JANUARY 7

• Quarterly Meeting of the Crenshaw/LAX Transit Project Community Leadership Council (CLC). 6- 8 p.m., St. John Chrysostom Church, Parish Hall, 530 E Florence Ave., Inglewood. To RSVP or for more information, please contact crenshawclc@metro.net.

HAWTHORNE

SATURDAY, JANUARY 4

• Family Game Day, 2-4 p.m., Hawthorne Library, 12700 Grevillea Ave. For more information call (310) 679-8193.

• Saturday Storytime, 10-11 a.m., Wiseburn Library, 5335 W. 135th St. For more information call (310) 643-8880.

THURSDAY, JANUARY 9

• Book of the Month Club, 7-8 p.m., Wiseburn Library, 5335 W. 135th St. For more information call (310) 643-8880.

ONGOING

• Hawthorne Museum open Tuesdays 10 a.m.-2 p.m. and Saturdays, 11 a.m.-1 p.m., Hawthorne Museum, corner of 126th and Grevillea Ave.

INGLEWOOD

WEDNESDAY, JANUARY 8

• LEGO and Board Game Mania for kids and teens, 3 p.m., Inglewood Public Library, 101 W. Manchester Blvd. For more information call (310) 412-5645.

SATURDAY, JANUARY 11

• Final Pick-up day for Clean Christmas trees, up to 10 feet in length without stands and ornaments, picked up curbside on regularly scheduled service day.

THURSDAY, JANUARY 23

• Bingo for kids and teens, 4 p.m.,

Inglewood Library, 101 W. Manchester Blvd. For more information call (310) 412-5645.

ONGOING

• Third Tuesday Family Movie at the Library. 10 a.m. Gladys Waddingham Library Lecture Hall, Main Library, 101 W. Manchester Blvd. Call 310-412-5645 for more information.

LAWDALE

WEDNESDAY, JANUARY 8

• Lawndale Lifestyle-Healthy living programs for kids K-5 and parents, 4-5 p.m., Lawndale Library, 14615 Burin Ave. For more information call (310) 676-0177.

THURSDAY, JANUARY 9

• Final Pick-up day for Christmas Tree Recycling by Consolidated. Remove all ornaments, flocking and stands before placing at the curb.

MONDAY, JANUARY 13

• Candidate nomination period ends. If you are interested in running for office, contact Pam in the City Clerk's Department at (310) 973-3213.

SATURDAY, JANUARY 11

• Yoga for Teens and Adults, 11 a.m.-12 p.m., Lawndale Library, 14615 Burin Ave. For more information call (310) 676-0177.

ONGOING

• Lawndale Farmers Market, every Wednesday, 2-7 p.m., 147th St. in front of Lawndale Library. For information call (310) 679-3306.

• Commodities Free Food Program, every Wednesday at 10 a.m., Community Center, 14700 Burin Ave. For information call (310) 973-3270.

Four Steps to Outsmarting Diabetes

(BPT) - Nearly 26 million Americans have diabetes, and while many of those individuals manage their condition through a combination of treatment options, each year thousands still face one of the most devastating side effects of the disease: amputation. About half of those with diabetes will experience peripheral neuropathy - a loss of feeling in the lower extremities - making amputation a very real risk. In fact, people with diabetes account for more than 60 percent of all non-traumatic lower limb amputations, according to the American Diabetes Association.

If left untreated, these ulcers can worsen and may even lead to amputation. Visit www.apma.org/diabetes to learn the best steps for finding diabetes-friendly footwear and guidance on how to care for your feet.

3. Don't go it alone.



The good news is, with the right steps, it's possible to outsmart diabetes and protect your feet and lower limbs. The American Podiatric Medical Association points to these four important steps:

1. Be vigilant.

If you've been diagnosed with diabetes, it's important to constantly monitor your foot health. Inspect your feet and toes daily, and alert your podiatrist of any wounds that don't heal. Diabetes can cause a loss of sensation in the extremities, so a daily visual inspection can be the best way to spot problems before they become a health crisis.

2. Be proactive.

You've probably already made lifestyle and dietary changes as part of your diabetes treatment. You should be equally proactive about foot health. Clear your closet of uncomfortable, unsupportive shoes that can contribute to foot irritation or injury. Ill-fitting shoes can lead to diabetic foot ulcers, small wounds or cuts that are slow

Seeing your general practitioner regularly to help keep an eye on your diabetes is critical, however, it's also important to take a holistic approach to diabetes management. Podiatrists are specially trained to diagnose and treat ailments of the feet and lower limbs, including complications related to diabetes. Regular care from a podiatrist can help reduce amputation rates between 45 and 85 percent. Find a podiatrist in your area by visiting www.apma.org.

4. Get smart.

Medical technology is getting smarter every day-- so should you! From special socks equipped with fiber optic sensors, to thermal imaging devices, to sensors that can alert podiatrists via smartphone, today's podiatrist is using cutting-edge technology to help their patients outsmart diabetes. Talk to a podiatrist about what you may be able to incorporate into your diabetes treatment plan.

To learn more about foot health and diabetes, visit www.apma.org/diabetes.

Finance

Beware of the Pitfalls of Public Wi-Fi

By Jason Alderman



Ever notice how many people walk down the street completely engrossed in their smartphones and tablets? I fully expect to see one of them to walk into a light post one day.

Although it's great having access to email, social networking and online shopping anywhere, anytime, such convenience comes with a certain amount of risk, according to Jennifer Fischer, Head of Americas Payment System Security, Visa Inc. "Unless you're hyper-vigilant about using secure networks and hack-proof passwords, someone sitting at the next table - or halfway around the world - could be watching you every move online and stealing valuable personal and financial information right off your device," says Fischer.

"There are two primary potential dangers with Wi-Fi," notes Fischer. "The first is using an unsecured network - as many public hotspots are. With a little know-how and the right tools, cybercriminals could easily eavesdrop on your online activity.

"The second hazard is phony wireless networks that impersonate legitimate Wi-Fi hot spots. You think you're logged onto a trusted network, but instead a cybercriminal has hijacked your session and can see all the private information you access or input."

When using public Wi-Fi networks, always follow these safety precautions:

Change default settings on your laptop, smartphone or tablet to require that you must manually select a particular Wi-Fi network, rather than automatically accepting the strongest available signal.

Avoid any network connections your device lists as "unsecured" (look for the "lock" icon). But if you must log on to a public network, avoid websites that require log-ins and passwords - e.g., bank accounts or email.

Ask for the exact name of the establishment's hot spot address - don't be fooled by lookalikes.

Only send personal data via Wi-Fi to encrypted websites (those whose addresses

begin with "https" and display a lock icon). To be safe, you may want to avoid conducting financial transactions on public Wi-Fi altogether; instead, use your secure home network.

Consider using a third-party virtual private network (VPN) product to encrypt your Internet traffic.

Regularly update virus and spyware protection software, make sure firewalls are on, and load operating system updates as soon as they become available, whether for your computer or smartphone.

Turn off Wi-Fi on your device when it's not in use.

Never leave a computer unattended while signed-in and always sign out completely at the end of a session.

Keep an eye out for "shoulder surfers" who watch as you type in your password.

Finally, change passwords regularly and use different ones for each website you visit. Use a mixture of letters, numbers and symbols and avoid common words and phrases. Security experts recommend using at least 12 characters instead of the minimum eight characters commonly required.

Cybercrime is a booming business. According to the 2012 Norton Cybercrime Report, its global price tag topped \$388 billion last year, more than the global black market in marijuana, cocaine and heroin combined. It impacts individuals, small and large businesses and governments alike.

On October 2, 2013, Visa Inc. is hosting its fifth Global Security Summit in Washington, D.C. "We're bringing together experts from the worlds of government, law enforcement, technology, finance, retail commerce and academia to explore how industry and government can collaborate to address cyber security," says Fischer. "Those interested in attending can register for free at www.visasecuritysummit.com."

Being able to access the Internet anywhere anytime is a great convenience and time-saver. Just make sure you know what precautions to take when using public Wi-Fi networks.

Enjoy a good read with your morning coffee...

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Sports

Hawthorne Falls to El Segundo



El Segundo puts pressure on Cougar Captain Nutori Johnson.
Photos by Shelley Kemp. www.ShelleyKempPhotography.com



Kristina Brown releases the ball for a 3 joint attempt.



Joe's Sports

Cougar Kickers Start Fast With Unbeaten Record

By Joe Snyder

Hawthorne High's boys' soccer team is off to one of its best starts ever with a 7-0 record after crushing host Gardena 10-0 on Dec. 17. The Cougars enter this season with very good depth and experience with 11 seniors on their 16-player roster.

Senior Francisco Alvarez is having a good season. He scored four goals against the Panthers, who fell to 1-3-1. Senior Jeremiah Egujie, a transfer from Gardena Serra, added two goals.

Another top player for the Cougars is Jason Santana, who was first-team all-Ocean League for Hawthorne, which placed third in league last season. Santana also had two goals against Gardena. Scoring one goal apiece for the Cougars were junior defender Bryan Larios and senior defender William Alvarado. Alvarado also had two assists.

Currently, Hawthorne is ranked eighth in the CIF-Southern Section Division IV. The Cougars already recorded key victories over Centinela Valley High School District rivals Leuzinger and Lawndale, and also topped Southern Section ranked teams Lakewood Artesia and Long Beach Wilson. On Dec. 12 at Hawthorne, the Cougars topped Wilson 1-0 on an unassisted goal by Egujie.

Hawthorne played in the always prestigious South Torrance Classic that began last Thursday and ran through Monday. The tournament will include several highly regarded squads from host South, defending Southern Section Division VI and Southern California Division III champion Animo Leadership from Inglewood, Bay League power Palos Verdes, Torrance, Redondo, West Torrance, Loyola, Santa Barbara, North Hollywood Harvard-Westlake, Long Beach Millikan, Corona, Ventura and Oxnard Channel Islands.

"We're looking forward to South," Hawthorne head coach Yuri Najarro said. "We should be able to compete with these teams." Najarro feels that the Cougars will be in the thick of the Ocean League race with Santa Monica and Beverly Hills.

LEUZINGER OUTLASTS MORNINGSIDE

Leuzinger High's boys' soccer team is off to a good start with a 4-1-1 record after edging host Morningside 3-2 on Dec. 17 in Inglewood. Keying the Olympians was returning first-team all-Bay Leaguer Jose Ortiz with two goals. Nelson Barcenas scored the game-winning goal for Leuzinger.

The Olympians should be strong contenders in the very balanced Bay League after finishing fourth last season. Leuzinger made the Southern Section Division I playoffs, winning a wildcard game over Lakewood but falling in the first round. Morningside (4-2) had two goals by Abner Escobar.

The Monarchs should contend for a Southern Section Division IV playoff spot from the Ocean League. Morningside begins league at Culver City on January 15 at 6 p.m.

ANIMO BLANKS INGLEWOOD

Defending CIF-Southern Section Division VI and Southern California Division III champion Animo Leadership High's boys' soccer team from Inglewood shut out host Inglewood 3-0 in a non-league match on Dec. 14. The Aztec-Eagles, who improved to 3-1-2, had one goal apiece from Ernesto Lopez, Alfredo Lugo and Eduardo Fuentes. Returning all-CIF goalkeeper Marlon Lemus recorded three saves.



Hawthorne's Jason Santana puts kick to ball as he is defended in last week's non-league boys' soccer action against Gardena. The Cougars rolled over the Panthers 10-0. Photo by Joe Snyder

Animo also won at Rolling Hills Estates Peninsula 2-0 on Dec. 12. Eduardo Fuentes scored on a free kick and David Esparza added a 30-yard blast for goals for the Aztec Eagles. Esparza is a fourth-year varsity starting player for Animo. Lemus recorded six saves.

Currently, Animo is the top-ranked team in Southern Section Division VI.

LENNOX BLANKS SERRA

Last season, the Lennox Academy boys' soccer team captured the CIF-Southern Section Division VII title. This year, the Panthers are rebuilding some, but are still ranked ninth in Division VII. They continued from where they left off by shutting out Gardena Serra 4-0 in a non-league match on Dec. 13 at Moffett Elementary School in Lennox. The Panthers were led by Carlos Payeras with two goals. Ed Heeriberto and Michael Adeniyi each had one.

HAWTHORNE FALLS TO ORANGEWOOD

Hawthorne High's boys' basketball team lost in the first round of the Westminster Tournament to Orangewood Academy 76-67 on Dec. 17. The Cougars, who fell to 2-5, were led by Marlon Towns with 18 points, including five three-point baskets. Markell Gray added 15 points.

Following the Westminster Classic, which lasted through last Saturday, the Cougars will not play until a non-league game at St. Bernard in Playa del Rey on Jan. 9 at 7:30 p.m. Hawthorne is at cross-town rival Leuzinger a day later at the same time. Hawthorne begins the Ocean League on Jan. 15 at home against Beverly Hills.

INGLEWOOD LOSES AT PENINSULA

Over the past two non-league games, Inglewood High's boys' basketball team saw a preview of the Bay League and the Sentinels ended up 0-2 after falling to host Peninsula High 62-58 on Dec. 17 in Rolling Hills Estates. Three days earlier at Inglewood, the Sents lost to Redondo 61-47. Inglewood will be in the Bay with both of those schools, along with Mira Costa, Palos Verdes and cross-town rival Morningside beginning in the fall.

After making the semifinals of the CIF-Southern Section Division IAA playoffs and the Southern California Regional quarterfinals last season, Inglewood lost all five starters and most of its starters are underclassmen, including two sophomores, one freshman and one junior. Sophomore point guard Terrell Gomez and freshman Miles James lead the Sentinels. •

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Simpler Cooking, Bolder Flavors with Cooking Wine

(BPT) - Using cooking wine in recipes is a simple way to enhance the flavor of any dish. Found on grocery store shelves, cooking wine is just that - wine made for cooking. Use it like you would a seasoning in recipes where

you want to add more flavor.

New to using cooking wine? Try this delicious recipe for Creamy Marsala Spaghetti Sauce for a unique twist on the traditional Bolognese.

Creamy Marsala Spaghetti Sauce

Prep time: 45 minutes - Makes 4 to 6 servings.

Ingredients

- 1 pound lean ground beef
- 1 cup Holland House Marsala Cooking Wine
- 2 1/2 teaspoons parsley
- 2 carrots, shredded or finely chopped
- 1 cup mushrooms, diced
- 4 garlic cloves, minced
- 1/2 cup onion, chopped
- 1 tablespoon olive oil
- 1 tablespoon oregano
- 1 can (29 ounces) tomato sauce
- 2 tablespoons sugar
- 3/4 cup half-and-half or cream



Directions

In a frying pan over low heat, gently and slowly cook hamburger with 1/4 cup of the cooking wine and 1 1/2 teaspoons of parsley.

Chop the carrots, mushrooms, garlic and onion, and add to an 8-quart pot with the olive oil. Saute the veggies until soft (about 2 minutes) and then add remaining parsley and oregano. Add the remaining 3/4 cup of cooking wine to the pot and gently simmer for 5 minutes. Add tomato sauce and sugar. Stir and gently simmer over low heat for at least 20 minutes or for up to an hour. Drain the meat and add it to the pot. Finish with half-and-half or cream, stirring until combined.

Prepare your favorite pasta according to packet instructions and stir the sauce into the drained noodles. Serve. •



1261 Cabrillo Avenue,
Torrance

310.320.2332

www.BuffaloFireDepartment.com



DELUCA TRATTORIA

Monday-Friday 11-2PM & 5-10PM
Saturday 5-10PM * Closed Sunday

PRESENTS....

New Years Eve

Tuesday, December 31st
at 5:30PM & 8:00PM

\$26 per person

**Special Prix Fixe Menu
Italian New Years Eve Dinner**

Four course meal includes choice of;
antipasti, primi piatti, secondi, e dolce
Confirmed reservations receive a welcoming glass of Italian spumante

**Live Music
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DELUCA TRATTORIA

Farewell and Welcome from Deluca Trattoria



Chef Jesus Liberato



Chef Luis Rosales

Talented chef Jesus Liberato, dear friend and Deluca Executive Chef for many years, has recently moved on to a new enterprise. We extend our thanks to Jesus for his dedication and commitment to the increased success of Deluca Trattoria and for always giving his very best to us and our valued customers. Jesus has provided Deluca with excellent cuisine, exceptional service and innovative ideas. We wish him the best of luck in his new culinary venture. It will be our pleasure to visit him at his new place of business and celebrate his success. Auguri e Buona Fortuna!

We extend our hearty congratulations to chef Luis Rosales in his promotion from chef to taking over the position of Head Chef at Deluca's. Working side by side with Jesus in the Deluca cucina for four years, Luis has shown his natural abilities in providing outstanding, delicious and authentic Italian cuisine. Deluca is fortunate to have Luis and welcome him to his new position with enthusiasm, anticipation and delight. Our customers tell us our appetizers, salads, entrees and desserts continue to be outstanding with unsurpassed presentation, variety and taste. Say hello to Luis when you visit Deluca Trattoria soon.

Deluca Trattoria | 225 Richmond Street, El Segundo, CA 90245 | 310.640.7600

PETSPETS Pets PETSPETS

Pets Without Partners

Adopt a "pet without a partner" and receive unconditional love when you give a homeless pet a second chance in life.

Meet our **Bell** of the Ball! Whoever is lucky enough to adopt this little one is in



Bell

for a real treat. We are quite picky about bringing a Pit Bull into our rescue unless they are superb, and our little Bell is beyond superb. Did you notice she has a white blaze of lucky #7 on her chest? This pup will bring her new family an abundance of happiness. She is a great listener, learned to sit in 10 minutes and is working on the stay command too. Bell has great play manners with all the other puppies here at the rescue and connects with everyone she meets. She is very intelligent, is already 100% crate-trained and her personality can be summed up with the word engaging. She is, however, a perfect match for Pit Bull Terrier lovers who understand the breed. This is a perfect little puppy--no issues here. We guarantee 100% satisfaction. Bell will be spayed, is current



Taylor

on vaccinations, de-wormed, microchipped, fine with other dogs, and cat-safe.

Taylor is a super cute little Dachshund/Corgi puppy. She is red in color and was born with a docked tail. Her mother was a purebred Red Dachshund and her father

was a Corgi mix with a docked tail. Little Taylor is a very unique-looking little puppy with her beautiful airplane ears. She is full of puppy energy and loves to play. With her very loving and sweet personality, our darling Taylor will be a great family pet. Taylor is fine with all the other dogs here at the rescue and patiently awaiting her forever home. Taylor will be fixed when of age, is current on vaccinations, de-wormed, microchipped, fine with other dogs, cat-safe, and we request that children in the household be over eight, please.

Jack is a beautiful fawn-colored Puggle who is 18 months old and weighs 16 pounds. This adorable pup loves to cuddle with you, is very loving and sweet and good on a leash. Jack was rescued from the Carson Shelter where he entered as a stray and is currently in a foster home where he is already housebroken. He uses the doggie door with ease, sleeps just fine in his crate at night and does not bother the cat in the home. Jack is neutered, current on vaccina-



Jack

tions, de-wormed, microchipped, fine with other dogs, cat-safe, and we recommend that children in the home be over the age of eight, please.

To learn more about these and other wonderful dogs, visit our website at www.animalsrule.org. If a dog is on our website, it's available. Or come to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

Saving one animal won't change the world, but the world will surely change for that animal. •

Happy Tails

Another happy adopter, happy dog and "Happy Tail" thanks to the *El Segundo Herald!* Alex and Tailgate found each other through the *Herald* and are excited to celebrate their happy New Year together. Animals Rule, Kitten Rescue and LA Rabbits wish to thank *Herald* Publications for their encouragement and continued support of animal rescue groups and shelters. As we start the New Year, please remember to *adopt--don't shop--* when considering your next family pet. From dogs to cats, birds to reptiles, and rabbits to guinea pigs, homeless pets of every type are waiting for their "forever" family to find them.

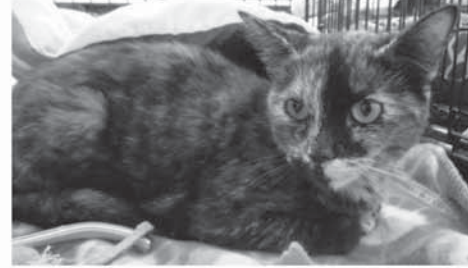
When you adopt a "pet without a partner," you will forever make a difference in their life and they are sure to make a difference in yours. •



Alex and Tailgate

Purrrfect Companions

For the month of December, Kitten Rescue is offering special discounts on adoption fees in our "Home for the Holidays" adoption drive. Adoption fees for adult kitties two years and older are only \$20! "Teen" kitties (six



Jonquil

months to two years of age) are \$60 and kittens younger than six months are \$120, or two kittens for \$200. Add a little love in the New Year when you adopt your purr-fect partner.

Jonquil was rescued with her siblings, but they have all since been adopted and Jonquil has been left behind, wondering when her family will find her. Jonquil has beautiful, soft green eyes that are set off by her reddish Tabby fur that is streaked with black. Jonquil is a lovable girl who adores being petted, yet is confident and independent enough to be left alone. Gorgeous to look at, fun to play with and easy to live with, she is the girl you've been waiting for. Jonquil has lived with small dogs and would be great with an older dog or a calm one who will leave her alone. She is definitely an alpha cat who loves hefty, easygoing, docile male cats who won't ignore her but also won't bug her. Jonquil would also be content as an only cat. This gorgeous girl is very deserving of a loving home and has waited a long time to find her family. Come meet her and find out if that family is you!

Fern is a beautiful, petite black kitten with big, round green eyes that look right into your heart. Fern is very sweet and playful and charges around the house with the other kittens. Fern likes to carry her toys in her mouth and will keep you entertained with her antics. She would enjoy someone who

will take time to talk to her and pet her. She would prefer to have a calm, slow-paced home to call her own. Fern is great with other cats, though she is intimidated by dominant cats, so a better match would be someone mellow and easygoing. She can also be a single cat, as the individual attention will likely allow her to blossom into the little princess that she is.

These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, de-wormed and current on their vaccinations. For additional information and to see our other kitties, please check our website at www.kittenrescue.org, or email us at mail@kittenrescue.org. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3 p.m. in Westchester at 8655 Lincoln Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location.

Be kind. Save a life. Support animal rescue. •



Fern

10 Early Warning Signs of Cancer in Pets

By Dr. Greg Perrault

According to the American Veterinary Medical Association, the number of pets with cancer is growing each year. In fact, one in three dogs are diagnosed with cancer in their lifetime. There are many theories on why this may be. But whatever the cause, it is extremely important to detect the cancer as early as possible. Just as in people, early detection and treatment will have the best outcome.

The Veterinary Cancer Group is one of the largest and most advanced oncology groups in the world for animals and have been serving Southern California since 1992. They have provided this excellent list of early signs of cancer in cats and dogs.

Swollen lymph nodes: Most easily detected behind the jaw or behind the knee. A biopsy or fine needle aspirate aids in the diagnosis.

An enlarging or changing lump: Be aware of any lump that rapidly grows or changes in texture or shape. Just as the swollen lymph node, a biopsy or fine needle aspirate is recommended.

Abdominal distention: This may suggest a mass or tumor in the abdomen, among other things. Radiographs and ultrasound are warranted to investigate the problem.

Chronic weight loss: Many cancer patients will experience weight loss.

Chronic vomiting or diarrhea: Tumors of the gastrointestinal tract often cause chronic GI signs. Radiographs, ultrasound and sometimes endoscopy are used to help diagnose this common cancer in pets.

Unexplained bleeding: Non-trauma induced bleeding from the mouth, nose, reproductive tract or gums should prompt a thorough exam

and blood work. A CT scan is often warranted in the case of a bloody nose.

Cough: A dry, non-productive cough in an older pet calls for chest radiographs. This type of cough is the most common sign of lung cancer.

Lameness: Lameness, especially in large or giant breed dogs, is a very common sign of bone cancer. Radiographs of the affected area should be taken.

Straining to urinate: If symptoms of a urinary tract infection are not rapidly controlled with antibiotics or are recurrent, bladder cancer should be on the list of differentials. Radiographs, ultrasound and sometimes cystoscopy are necessary for obtaining a definitive diagnosis. In dogs, a blood test is also used to detect bladder cancer.

Oral odor: Thorough oral examination while under anesthesia is often necessary to determine if an oral tumor is the cause of the problem.

Getting a diagnosis of cancer in your pet is very frightening. There is good news, however. Cancer in pets is not an automatic death sentence. The successful treatment and management of cancer in pets is also increasing every year. And, unlike people, pets have very few side effects to chemotherapy and radiation treatment. They usually don't lose their hair or their appetite. Please learn these important early warning signs of cancer and call your veterinarian right away if you notice any of them.

Hoping you and your family have a joyous holiday season.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach California. •