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Weekend Forecast Friday Sunny 73°/64° Saturday Partly Cloudy 71°/64° Sunday Partly Cloudy Cloudy 68°/60°

Sports......6

Endeavour Leaves LAX Heads Toward Permanent Home



Space Shuttle Endeavour reached its destination and the Unified Commanders hosted a press conference handing-off Endeavour to the California Science Center and welcoming her to her new home. Over three days, Endeavour traveled 13 miles handling multiple challenges, testing the Unified Command team. The Los Angeles Police Department reported no arrests. Seen here Inglewood Police Officers look on as Space Shuttle Endeavour turns the corner at La Tijera and Manchester en route to Inglewood. Photo by Dirk Dewachter.

Council Approves Sobriety Checkpoint Grant, Holly Avenue Barrier Removal

By Brian Simon

Thanks to a grant from the California Office of Traffic Safety (OTS) University of California, Berkeley, the El Segundo Police Department (ESPD) will have funding to conduct two additional sobriety checkpoints over the next year. Approved by the El Segundo City Council during the consent agenda portion of its Tuesday night meeting, the \$16,000 subsidy will be used to staff one checkpoint during the last two weeks of the current calendar year (known as the winter mobilization period) and a second one sometime during the two weeks before Labor Day in 2013 (summer mobilization period).

According to El Segundo Police Lieutenant Carlos Mendoza, the purpose of the checkpoints is to promote public safety and increase awareness of the dangers of drinking and driving. "The program has been very successful in the many years we've been doing this," Mendoza said before Tuesday's meeting. "The goal is not to arrest people, but to deter them from drinking and driving, or driving without a license."

The City was denied the Berkeley grant last year, but did receive funding for the OTS Avoid the 100 Group—which provides checkpoint grants countywide through the Gardena Police Department with different area law enforcement agencies divvying up the funds. "We will have two checkpoints through the Avoid the 100 Group and if we can get more money in from Berkeley when we apply next year in March, then we can have as many as four checkpoints between now and the end of next year," said Mendoza.

El Segundo's most recent checkpoint took place along Sepulveda Boulevard on August 31 and resulted in 22 arrests and 23 vehicle impounds. Twenty-eight officers from several different agencies (including LAPD, CHP, Hawthorne PD, Gardena PD and ESPD) joined in the effort as part of the Avoid the 100 Program. In contrast, the Berkeley grants only cover El Segundo Police staffing, so those checkpoints are smaller scale in comparison.

ESPD typically sends out checkpoint information to local media to alert the public

in advance on the date and hours (usually 6 or 8 p.m. to a.m.) of the event without divulging the actual location. As to who gets stopped, Mendoza noted that the department must conform to a neutral formula established prior to the checkpoint. "Ours is every single car," he said, adding that some agencies may

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Annual Chevron Tour Highlights New Refinery Projects

By Brian Simon

It's hard to imagine that anyone who lives in El Segundo hasn't driven past Chevron at some point, or at least seen the refinery in the distance--and in particular at night when it lights the local landscape. However, it's certainly true that many residents in town have never actually been on the grounds of the now 101-year-old community landmark—other than maybe taking in the outdoor movie shown at Chevron Park the first Saturday of August. But unless you work there, opportunities to get a first-hand look at some of the inner workings of the refinery are few and far between. That makes Chevron's annual free bus tour of the facility one of the most popular and anticipated events of the year—and not just for curious locals.

"We have done this annual tour for nearly 20 years and we average anywhere from 700 to 800 guests every time," said Chevron External Affairs Manager Lily Craig. "They come to us not only from the entire South Bay region, but interestingly enough from all parts of the world. If folks happen to be in the area, they sign up for the tour. We have had guests from Central America, Great Britain, Spain, Alaska...it's always fun finding out where folks are from."

This year's tour is set for Saturday, November 3. The 60-minute treks leave from Chevron's Administration Building (324 W. El Segundo Boulevard). Buses run every 15 minutes starting at 9 a.m. with the last one leaving at 1 p.m. Handicap accessible (wheelchairs welcome) tours run at 9:30, 11 and 12:30. Tours are conducted entirely from the bus, with no live demonstrations or walking tours of the plants.

This year's tour captures Chevron during a particularly busy and productive period, with several key projects either in progress or recently completed. The Refinery Optimization Center (ROC) is a brand-new, state-of-the-art control station that centralizes many refinery processes in one building with updated technology and rigid oversight capability. "The new

See Chevron, page 4

Obituaries

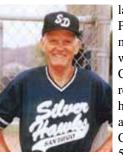
Joe Hugh Zander

January 10, 1923 - October 15, 2012

Joe was born in Salem, Oregon to Hubert and Maynona Zander. He spent most of his life in the Sunland /Tujunga area of California. He graduated from Verdugo Hill High School in 1941. He served in the Army Air Corp and the Infantry, under Patton in the ETO. After returning to Tujunga, he met and married his wife of 65 years, Betty Jean Zander.

He was the father of Victoria Myers and Robert Zander. He is survived by his wife and children, three grand children, Kelli Myers Booterbaugh, Grant L.T. Myers, II and Garrett Zander. He is also survived by seven great-grandchildren, Daniel Grant Booterbaugh, Codi Myers, Sloane Victoria Booterbaugh, Avery Myers, Bailey Myers, Kyle Myers and Riley Myers, the best friend of the family, Trish Peterson and his caregiver, Susan Page.

After his family, his great passion was baseball. He played Semi-pro ball in Daytona Beach and St. Petersberg, Florida, in the



late 40's. He was the Director of Parks at Sunland Park. He was a member of the Culver City Comets, who won the Triple A Softball Championship in 1957. After his retirement from Lockheed and JPL, he traveled the country playing and winning Senior Softball World Championships in each age group, 50's, 55's, 60's, 65's, 70's, 75's,

and the 80's in 2003. He was accompanied by his loving wife, best fan and rooter, Betty. He was inducted into the Senior Softball Hall of Fame, in Phoenix, AZ in 2002. He played Senior softball, locally, three times-a-week until he was sidelined by Parkinson's. In lieu of flowers, the family would like contributions to the Parkinson Foundation for research and cure.

A Memorial Service will be held on Saturday afternoon, at Douglas Mortuary in El Segundo. A celebration of his life will be at his daughter's house after the service.

SMILE awhile



Twins Allison and Amy Reaser, graduates of E.S.H.S now in their junior year at San Diego State University. Provided by Allison Reaser.



"Pumpkin Babies Gweneth and Chloe" submitted by Great Auntie Donna.

Readers send us your photos! Do you have a favorite photo? An old yearbook photo? Glamour Shot? Baby photo? We want them. We will accept only one photo, per person, every month. Once a month, we will pick a "Staff Favorite" and the winner will get a \$25.00 gift certificate from one of our advertisers.

Email your photos to: Management@heraldpublications.com. We will only accept emailed photos and they must be in jpg form.

People

MISSING CAT

Lost October 10: 2-year old spayed, female, calico cat, which received grooming, FVRCP shot, flea bath, and Advantage on October 8. Please phone sighting or capture to Elizabeth Russell at (310) 322-5586.





<u>Calendar</u>

There is a limited word count of 20 words and fees will apply. Email to escalendar@ heraldpublications.com. Deadline for submissions is Thursday at 9 a.m.

Friday, October 19

A rummage sale, 9am-5pm and Sat. 10/20 9am-1pm United Methodist Church, 540 Main, El Segundo, clothing, household items, toys, tools, and books.

Saturday, October 20

Tree Musketeers Free Workshop for Treat Your Trees program. 10am-Noon. A five-part series. Learn General Tree Care. Contact volunteers@treemusketeers.org (310) 322-0263.

Sunday, October 21

- Multicultural Student College Fair, from 2-5 PM at Vistamar School. Special focus on first-generation and students of color, workshops on college application and funding. Free and open to the public, ample parking. Contact Dan Golden 310-643-7377 x7011 for more information.
- New Evening Service on Sunday nights, 5:30 to 6:30 p.m., at First Baptist Church, 591 E. Palm Ave. All are invited!

Halloween Party for girls 8-20 and

parents too! Hosted by the Job's Daughters, Sunday, October 28th from 2:00 - 5:00 PM, El Segundo Masonic Center, 520 Main St. Questions: 310-322-8672.

• The annual Chevron Refinery Tour will be November 3, 9-1:00 p.m. at the Administration Building located at 324 W. El Segundo Blvd. Reservations are required go to www.chevronelsegundo.com. No internet access? Call 310-615-3747. Photo ID is required for all adults. No camera phones.

Ongoing:

- Complimentary Easybridge! Class. Everyone welcome. You play in a game your very first lesson. Bring a partner or come alone. You won't be alone long! 1:00 p.m. - 3:00 p.m. at the El Segundo Woman's Club at the south end of the High School where Mariposa meets Standard; Any questions, call Jeff Grotenhuis 600-4275, email jeffgro@gmail.com or visit www.agilebridgeclub.com.
- Christianity Explored, every Wednesday evening, September 26 – November 7th at 7:00 p.m. to 8:30 p.m., 740 Bungalow Dr., El Segundo. For more information, please contact Arthur Stevens at aj.stevens@att.net or 310-245-0614. •

OP-ED from Top Golf

TOPGOLF AIMS TO COMPLEMENT LAKES FACILITY, JOIN **EL SEGUNDO COMMUNITY AS ACTIVE PARTNER**

By Randy Starr

El Segundo has an opportunity to make a positive change in the city that will create hundreds of new local jobs, boost the economy and make practicing golf at The Lakes at El Segundo more fun, exciting and accessible to everyone.

Many members of the community have already heard about TopGolf - a unique, highly successful golf concept with a proposal to modify the driving range portion of The Lakes – but we want to take the opportunity to introduce ourselves, and talk a little bit about the ideas we have for improving the facility. To learn more about this project, we welcome you to visit www.topgolf.com/elsegundo.

Over the last few weeks, my team and I have met with a broad group of local stakeholders about our proposal for building a new TopGolf facility at The Lakes. Our goal is to find out what the community wants for The Lakes, so that we can improve it with our unique touch in a way that best serves El Segundo.

We have talked with groups and individuals across the city about our specific plans to improve the facility; we have talked with them about the more than 250 local jobs we plan to create in El Segundo; and we have talked with them about the successes we've had in cities across the country, boosting local economies and taking a leading role in local philanthropy.

In our many conversations around town with elected officials, city leaders, community organizations, golfers and residents, we've heard some excellent ideas to make our plan better. In fact, we have already begun incorporating some of those ideas into our proposal.

Understandably, we have also heard concerns from community members who are hesitant or unsure whether we are the right fit for El Segundo.

We understand how precious The Lakes is to this community, and that's why we want to make sure we're candid in addressing these concerns.

First, we're here to complement the current facilities and programs at The Lakes, not replace them. The Lakes golf course is staying right where it is. In fact, as a result of community feedback, we're currently working on modifications to our initial site plan that could make the course even better and more

challenging than it is now.

The youth leagues, school teams and developmental programs that use the Lakes to practice are also staying right where they are. We have always welcomed and encouraged the use of our facilities by school teams and developmental programs. TopGolf would welcome the same participation from teams and programs that currently use The Lakes.

We have a great deal of respect for the local golf pros who have committed their careers to teaching the game of golf, and building highly successful local programs. Not only do we want those pros and their programs to stay where they are, we want to partner with them to make the facility's teaching component better than it's ever been.

We'd also like to be very clear about the family-friendly atmosphere we intend to create at a new El Segundo facility.

It is true that TopGolf serves alcohol – as does the current Lakes facility - but by no means is the sale of alcohol a dominant component of our business. In fact, it makes up less than 10 percent of our revenue.

TopGolf is in the golf business, period. The ability to hit a golf ball, watch it fly in the air, and land in one of our TopGolf targets, and then engaging in friendly competitive fun with family, friends or coworkers is what drives people to TopGolf. Fostering an atmosphere that's appropriate and enjoyable for kids and families is one of our top priorities, and that's exactly the kind of environment we would create at The Lakes.

Let me address one more concern. TopGolf has no interest in pricing current users of the Lakes driving range out of our facility. Though specific decisions about potential pricing for an El Segundo facility have yet to be made given the project's infancy, it's worth pointing out that we designed our pricing system - which is elaborately tiered according to the time of day and the day of the week - specifically for the purpose of promoting access for golfers of all income levels; that's the pricing philosophy we would employ at a new El Segundo facility.

TopGolf was founded 13 years ago by two brothers whose driving passion was the game of golf, and the game is what still motivates everything we do today. The vision of our founders was to create a more fun and rewarding way to practice golf. As avid golfers, we understand how precious courses like The Lakes are to the communities they serve, and

See Top Golf, page 4

<u>Police Reports</u>

SATURDAY, OCTOBER 13

One male adult was detained at 0844 hours from Holly Avenue and Kansas Street and transported to HGH for a 72 hour psychological evaluation.

A burglary (residential) report was taken at 1114 hours from the 400 block of Virginia Street.

On-line petty theft report was taken at 1327 hours from the 100 block of W. Mariposa Avenue. A beach cruiser bicycle was taken.

On-line petty theft report was taken at 1658 hours from the 200 block of Penn Street. A beach cruiser bicycle was taken.

One male adult was arrested at 1833 hours from the 300 block of Main Street for an ESPD misdemeanor warrant.

FRIDAY, OCTOBER 12

On-line identity theft report was taken at 0845 hours from the 800 block of Maryland Street. Unknown suspect attempted to make a purchase in Colorado using the victim's credit card information.

An assault and battery report was taken at 1219 hours from the 300 block of Richmond Street. Two subjects were involved in a physical altercation.

A domestic violence report was taken at 1407 hours from the 600 block of West Maple Avenue, male adult versus female adult.

On -line identity theft report was taken at 1516 hours from the 300 block of Sheldon Street. Unknown suspect opened a T-Mobile account using the victim's personal information.

A vandalism report was taken at 1710 hours from the 600 block of Richmond Street.

One male adult was arrested at 2147 hours from 33rd Street and Sepulveda Boulevard for misdemeanor DUI with a BAC of .08% or above.

Three male adults were arrested at 2352 hours from Douglas Street and Utah Avenue for conspiracy to commit vandalism and possession of vandalism tools.

THURSDAY, OCTOBER 11

One female adult was arrested at 0307 hours from the 300 block of Concord Street for possession of a narcotic controlled substance and misdemeanor hit and run.

An online identity theft report was taken at 0756 hours on 10/09/12 from the 1200 block of East Maple Avenue. Unknown suspect(s) made charges on the victim's credit card.

A criminal threats report was taken at 1040 hours from the 100 block of Lomita Street. Unknown suspect threaten the victim via email.

One female adult was arrested at 1247 hours from the 500 North Sepulveda Boulevard for a court order violation and for plain drunk in public.

One male adult was arrested at 1245 hours from the 500 block of North Sepulveda Boulevard for a court order violation and for spitting on an officer.

An annoying phone calls report was taken at 1509 hours from the 400 block of Maryland Street.

One male adult was arrested at 2156 hours from Aviation Boulevard and Imperial Highway for a Parolee violation warrant.

One female adult was arrested at 2334 hours from Grand Avenue and Nash Street for

See Police, page 4



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Reach Out Against Drugs Reaches Out to Educate

Courtesy of the

El Segundo Unified School District

Lined up black-and-whites outside El Segundo High School at any given time is always a huge cause for concern – except for Thursday evening, October 5, when the El Segundo Police Department in conjunction with Reach Out Against Drugs (R.O.A.D.) hosted an informative evening in the new El Segundo Performing Arts Center to educate parents about threats to their teenage and pre-teenage children's well-being.

El Segundo Police Captain Bob Turnbull was instrumental in working with R.O.A.D. President Jenny Davies and City Council Mayor Pro Tem Suzanne Fuentes to organize the evening event. Greeting incoming participants were Carol Almeda and Dawn Omori, two active members of the Asian American Drug Abuse Program, (AADAP), who manned a table in the foyer to distribute pertinent materials.

R.O.A.D. Vice-President Lynette Marcus introduced the evening before handing the microphone to El Segundo police officer Steve Paulsen, who serves as the ESPD School Resource Officer (SRO) for the El Segundo Unified School District.

Officer Paulsen, who has close contact with the ups-and-downs of adolescence, gave an informative presentation about his own personal experiences with teenagers who think they are invincible and hence disregard their personal safety by indulging in underage drinking and drug taking. "Oftentimes the community doesn't have a real grasp on what happens to our vulnerable teens because when they accidentally overdose and are transported to local hospitals for medical care, no one hears about it. They kids are juveniles, their privacy is protected, so it slides under the radar. But it's very real and it happens. Not in some other community, but right here in town, in our own community."

Giving credence to the inventiveness of teenagers, a jaw-dropping display of drug paraphernalia was displayed across the stage behind Paulsen, everything from marijuana grinders to drug scales for weighing drugs (while either buying or selling) conveniently camouflaged inside a CD case. As a map was projected across the screen showing every legal marijuana dispensary in the City

of Los Angeles, Paulsen stunned the crowd by mentioning it is tougher to buy a Subway sandwich in Los Angeles than it is to purchase medical marijuana. "There are 600 Subway outlets in LA. There are 1,000 marijuana dispensaries," he informed horrified parents.

ESHS Assistant Principal Ali Rabiei next shared his support for both students and parents, reassuring them the high school staff is prepared, trained, and ever vigilant about the dangers of drugs and alcohol. He assured parents they could relax with the full confidence the number one priority for the high school staff was "first and foremost, student safety."

Next it fell to Colleen Ecker, A Counselor/ Interventionist with the Thelma McMillen Center for Substance Abuse at Torrance Memorial Medical Center, to share the reality of teen drug and alcohol abuse. She warned parents tobacco is the number one gateway drug – and with very real scientific basis. "Tobacco is the only drug that works on the brain's receptor sites as both an upper and a downer depending on the smoker's needs. For that reason, no matter what your emotional need of the moment, tobacco offers relief." Ecker brought two clean and sober women – an 18 year old and 22 year old, who shared the road they traveled in high school before finding recovery.

They had perceived their drinking and drugging as no big deal, yet continuously ditched groups of friends as their addiction increased. They admitted one of the most telling things for parents to watch out for is when teens suddenly run with different crowds. "I had to keep searching for increasingly toxic people to hang out with as my drug intake increased," one of the young women admitted.

Ecker passed out flyers and parent information resources for parents to take home. One of her most powerful comments of the evening served to be the most intuitive. "If you think in your gut something might be wrong, then you are probably right. You need to dig. You need to be vigilant as your kids' parents to protect your teens. It takes awareness from the whole community to keep teens safe."

For more information, interested persons may visit http://www.torrancememorial.org/Clinical_Services/Chemical_Dependency/About_Thelma_McMillen.aspx. •

Chevron

from front page

control room brings together control operators, oil planners and process control engineers and will enable the refinery to run more efficiently and reliably," Craig explained.

Chevron also just took the wrapper off its new SRU73 (sulfur recovery unit) project—a modern sulfur removal plant that will enable the refinery to process sulfur and ammonia better and also shut down other SRUs for maintenance without causing interruptions. Additionally near completion is construction of the fourth train of Chevron's cogeneration unit—a new 45-megawatt D-train that will produce up to 270,000 pounds per hour of high-pressure steam to enhance both electrical and environmental efficiency.

"Our visitors will also hear about another major project we are currently working on--our delayed coking unit, which is a key operating component of the refinery," said Craig. "With its tall derrick structure, the unit is a unique feature of the refinery landscape. However, the six large coke drums nested in the derrick structure are now showing their age after many years in service. So, the refinery is in the midst of a multimillion-dollar project to replace the drums while also executing additional safety and seismic stability upgrades to the derrick structure."

The largest producing oil refinery on the West Coast, Chevron's El Segundo facility processes more than 274,000 barrels of transportation fuels per day and employs more than 1,000 people. On a larger scale the company was ranked third on the most recent Fortune 500 list and employs over 62,000 personnel in

over 100 countries worldwide--with 10,000 of those in California alone. The company either directly or indirectly supports over 60,000 jobs in the state. "Chevron's role in Southern California and the investments taking place demonstrates the pride the company takes in being a global energy company headquartered in this state," said El Segundo Refinery General Manager Frank Semancik.

To register for this year's tour (reservations are required), go to www.chevrontour. eventbrite.com. The site provides a running update of how many tickets still remain for the various tour times. As of this writing, four of the 15 tours had sold out, but plenty of tickets were still available for most of the slots.

"Since the tour is about an hour long, young children would enjoy it as well," said Craig. "It's a great way for children to see technology at work and ask questions about the different kind of jobs men and women do at a refinery. We have engineers, chemists, technicians, computer technologists, operators, mechanics, auditors and so on. It's a 24-hour operation and it takes lots of different disciplines and talents to run a refinery."

Those with additional questions about the event may also call 310-615-3747 or send an email to tours@chevron.com. Guests can park in lots across the street from the Administration Building (on the north side of El Segundo Boulevard between Richmond and Virginia streets). All adults must show a photo ID. Bags, backpacks and purses are subject to search. No photos, including those from cell phones, are allowed. •

Top Golf

from page 3

we recognize that our concept is unfamiliar to the golf community in El Segundo.

We believe wholeheartedly in our concept, and we're truly proud of what we have seen it do to make practicing the game of golf more accessible, and more fun. We know that if the community gives us a chance and welcomes us as a partner, they will see it too. Randy Starr serves as Chief Development

Officer for TopGolf. •



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Police

misdemeanor DUI.

WEDNESDAY, OCTOBER 10

Missing person report was taken at 1938 hours from the 500 block of North Sepulveda Boulevard. A female adult was reported missing.

One male adult was arrested at 0051 hours from the 300 block of Main Street for plain drunk in public.

TUESDAY, OCTOBER 9

One female adult was arrested at 0102 hours from the 11000 block of North Aviation Boulevard for possession of a narcotic controlled substance, possession of

from page 3

narcotic controlled substance, possession of a controlled substance, and possession of drug paraphernalia. One male adult was detained at 0831

One male adult was detained at 0831 hours from the 800 block of Hornet Way and transported to Harbor General Hospital for a 72-hour psychiatric evaluation.



FREE

Saturday OCT. 20TH @ 7 pm - REC PARK

George E. Gordon Clubhouse - El Segundo

300 E. PINE AVENUE

(North side of Recreation Park between Eucalyptus Street to the West & Sheldon Street to the East)

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We can't tell you the name of the movie we are showing (it's illegal if we do). But we can tell you it is a major blockbuster from this summer that has super heroes in it. 5 of them to be exact. And they are out for vengeance.

Did we say too Much?

Space Limited. Please **RSVP** to movie@unityelsegundo.org.

Politically Speaking

Political Penguin

By Duane Plank

One debate left in this Presidential election season, and while the POTUS was still ahead in the polling in the all-important swing states (Ohio, Florida) at the time this tome was penned, wouldn't hurt Mr. Obama to look a little more prepared the next time he condescendingly speaks to us and a little less a floundering ex-community organizer in search of a teleprompter.

Any teleprompter.

Whoops, at the time of this penning, the smug POTUS, who has all but abandoned running the country in the last month, has actually dropped behind Mitt "The Glove" Romney in some of the all-too-fluid polls that seem to pop up daily, giving the pundits something to spin as they try, oh so vehemently, to make this election seem like a race between Secretariat and Seabiscuit.

And it might just end up that way. Ready for some more hanging chads? Know of a few Chads--couple that I would like to leave hanging for some of their past indiscretions, but I guess that we should let moronic bygones be bygones, right? As someone great said, forgive but don't forget.

Doesn't resonate here. Tired of forgiving. And will never forget.

Anyway, read a very prescient column penned a few weeks back from an obviously astute political scribe who guaranteed that the seemingly overwhelming Obama advantage at that time would dissipate. And his point: the media has a vested interest in pushing for a close race--for a cliffhanger on that first Tuesday in November. So they do what pundits and media-ites do. Champion the leader in the clubhouse, the leader in the polls, pushing

him to a point and then working oh-so-hard to bring the insurmountable advantage back to a toss-up.

And that is exactly what happened after the first Presidential debate. Now I watched the first debate, studiously studying the preprogrammed answers that were mouthed by Mr. Obama and Mr. Romney. And I probably watched the second debate, which took place a couple of nights ago, way past my filing deadline. As I did the VP debate between the acerbic Joe Biden and the young, shoot-from-the-lip Republican candidate, Wisconsinite Paul Ryan. The youngster (Ryan, 42) and the oldster (Biden, 69) matched wits last Thursday night. With nothing to lose for Ryan, other than screwing up the perceived gains made by "The Glove" in the first debate against the seemingly disinterested Obama, Ryan presumably held his own against the elder statesman Biden.

Sure that Hillary was watching the debate. If the POTUS is successful in his reelection campaign and holds serve in the general election in a few weeks, that will set up a nice tussle for the Demo Presidential nomination in 2016. Which will actually begin on Wednesday morning, November 7.

Biden would certainly have to be a player, right? He may be old, but he will have had eight years of experience caddying for the fundraising dynamo, the Illinois-based community organizer. Dude has run for the Presidency a couple of times before. No way he could pass up this lay-up of an opportunity, right?

And speaking of VPs, or failed VP candidates, saw Princess Sarah Palin See Political, page 13

One Man's Opinion

By Gerry Chong

Throughout our history, we have learned many things from our military, foremost among which address honor and integrity. It is no wonder then that on October 7, when the *Military Times* polled 3,100 military members about their choice for President, Mitt Romney overwhelmed Barack Obama by 59-24 on the issue of sincerity and 66-24 on the issues of the economy and integrity. Interestingly, military matters were not at issue.

Is there any basis for the military's low regard for the President? Let's take a look at the last week:

First, on October 5, the Bureau of Labor Statistics announced that the September job growth had been a measly 114,000--a number insufficient to keep up with population growth. Miraculously, however, one month before the presidential election, the unemployment rate fell from 8.1 percent to 7.8 percent, thus benefiting the President. The BLS explained the falling rate was caused by two factors: The July and August job numbers were revised upwards by 91,000 jobs due to governmental hiring that no one had known about! (Really?) And in consumer phone contacts, the BLS "found" another 875,000 employed people it had not identified before. (Truly?)

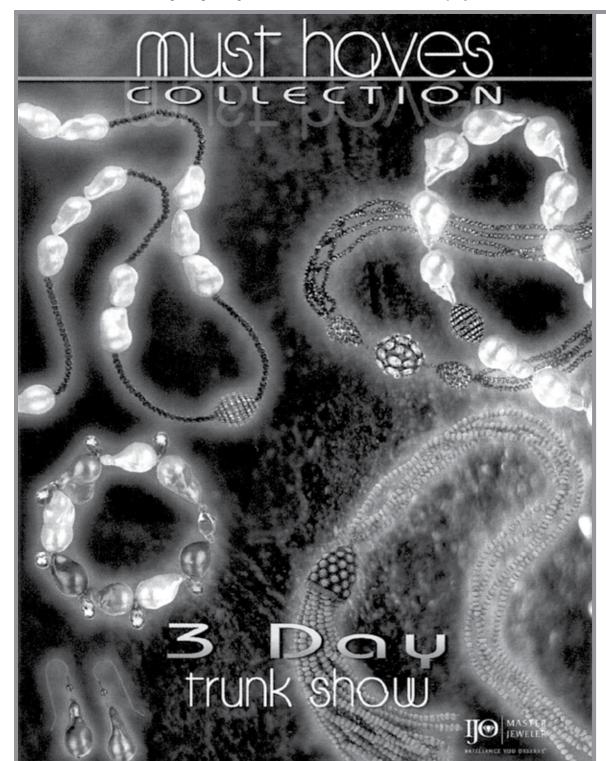
These two adjustments created the largest one-month gain in employment in 29 years! Many are guessing that immediately after the election, these numbers will be revised downward again. Truth may eventually win out...but not now, not yet...not until November 7...after the election.

The second thing that happened was the directive from the Office of Management and

Budget to defense contractors, advising them to violate federal law. Legally, companies employing more than 100 employees who are planning major layoffs or plant closings are required to give employees 60 days notice of such an event. Because of the financial cliff created by the President and Congress, two million jobs may be lost on January 2, 2013. The law therefore requires that employers notify employees of potential layoffs by November 1, five days before the election. The OMB advised Lockheed Martin and other employers to not issue layoff notifications, and that the taxpayers would pay any costs resulting from such legal violation. Sen. John McCain estimates these taxpayer costs to reach into the billions of dollars--all to politically shield the President.

Third, the Obama campaign raised an astounding \$181 million in the month of September and close to a billion dollars cumulatively! The Government Accountability Institute recently released a 108-page report describing one source of the President's funds. The website www.obama.com is not owned by the President's reelection team, but by a Democratic fundraiser named Robert Roche, from Chicago (of course), is currently living in Shanghai, China, and has business ties to the Chinese government. Sixty-eight percent of the hits to his www.Obama.com are from international sources and are referred to Obama fundraising sites. Accordingly, only two percentga of Obama's contributions are traceable to domestic donors.

Clearly, the military recognizes honor and integrity. The question is whether or not the rest of us do. •



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Frankly Plank

By Duane Plank

Okay. Looking forward, looking...back. I know that I am not the only guy who thinks the gal who plays the demure wife in the Jack in the Box commercials is smoking hot. Sports hook? She is now on a DirecTV commercial, running around with just a white towel on as she exits from the shower.

Something about being able to DVR a million shows, most of that you will never watch. If you actually have a job. Now, can't figure out this DVR deal--course I am not all that savvy on that kinda stuff. But I am way too savvy on other stuff...save that for another time. Time and space. Guarantisado.

So last week was all fired up to watch some sports on the plasma at the mansion. 'Cept the Wife had DVR'd some shows. So, I tried to figure out a way to watch a live baseball game and not mess up the shows being DVR'd. Never figured it out, and those who know me--and I am talking

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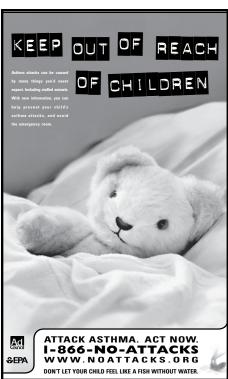
to the acolytes--will understand that. Open book here.

So I went into the Kid's room, the one and only child, who is matriculating at UCSB. Called him. Asked him how to use his TV. Turn it on. But he wasn't there. Probably had better things to do than talk to his old man. He did call back. Tried to help me, but I guess I am not too swift with that stuff? Old days, used to just hit the "on" button on that big old TV. Progress? Not so sure. Fifty options. Give me an on/off button. Don't need the other Bolshoi.

Didn't figure out how to turn his TV on, but easily settled for listening to the end of the game on the radio. Which worked out just fine. Something soothing about just turning off the lights, listening to a little baseball on el radio.

Sports time. If all works out the way if should be, will be having a very nice freeload

See Frankly, page 13





Sports

Nootbaar's Heroics Lead Eagles

By Gregg McMullin

The El Segundo Eagles football team needed some comeback heroics to defeat Pioneer League rival Torrance 24-22 in a key league game. These two teams tied for the league crown a year ago and both were coming into the game tied with North Torrance atop the league standings.

This was an important game for both teams with the winner all but assured of a postseason berth in the CIF Southern Section Northwest playoffs. Both teams were operating with injuries to key players. Torrance was without second leading rusher Bobby Wilson while the Eagles were once again missing third-year quarterback Daniel Zeman. Both were out with injuries with no definite return date known.

Torrance utilizes a Wing-T running offense, so it leaned on Jonathon Heard and Kamal Miller to carry the ball. El Segundo went with Lars Nootbaar, just a sophomore, who threw for 302 yards and four touchdowns in his first start against Lawndale the week before.

The start for Nootbaar didn't go so well when he was intercepted on the first play from scrimmage for the Eagles. In fact his inauspicious first half was a bit unsettling, but the cheery, competitive quarterback more than made up for it in the second half. Nootbaar completed just five of 12 passes in the first half. He ended the night with 236 yards passing and three touchdown passes, including the one early in the fourth quarter to put the Eagles ahead to stay.

Torrance went on an 11-play drive to score the game's first points on Jonathon Heard's four-yard touchdown run. El Segundo answered with a drive of its own when Nootbaar connected with Jamie Stewart on a 25-yard touchdown pass. Gabriel Rocha's successful PAT gave the Eagles a 7-6 lead.

With time winding down in the second quarter, Nootbaar drove his team from midfield to the Torrance four yard line. The Eagles would settle for a 24-yard field goal by Rocha before halftime to take a 10-6 lead.

The Tartars' smash-mouth style of running the ball did not intimidate a young Eagles defense. Jackson Walz and Joey Garcia seemed to be in on most running plays. Then there was the A-team of Austin Brasher and Austin Kurke who helped punish the Tartars' running game. "We have really improved from week one in terms of limiting the running game and the seniors are doing the mentoring of the younger players," said defensive coordinator Dan Heck.

Knowing full well that Torrance likes to dictate the clock with its ground game, no four-point lead is ever safe. When the Tartars took advantage of an El Segundo miscue to get possession at the Eagles' 21 yard line, they grabbed the lead four plays later on a short TD run by Kamal Miller.

Trailing 13-10, Nootbaar continued to make a name for himself with another long touchdown pass. A week earlier, he hooked up with Stewart on a 94-yard catch and run touchdown. This time, it was an 82-yard catch and run by Stewart to give the Eagles a 17-13

lead. Torrance's 29-yard field goal closed the gap to 17-16 near the end of the third quarter.

It all came down to one 12-minute quarter to play. The defending reigning co-Pioneer League champions would battle for the top spot in league play. On third and 10, Nootbaar continued the drive by finding Matt Keener open for a 12-yard gain. Then Brasher caught a pass good for another 24 yards and Miguel Wagner picked up five more yards on a screen pass. An unfortunate ineligible receiver downfield backed the Eagles to Torrance's 40 yard line. No problem because Nootbaar calmly found Stewart open for a 40-yard touchdown reception to extend the lead to 24-16.

The Tartars pulled to within 24-22 when Jacob Kalama found Spencer Kovacs open for a 23-yard touchdown pass. The Eagles' secondary seemed to get surprised on the third and eight situation and Kovacs made a great catch in the back of the end zone. On the two-point conversion attempt to potentially tie the game with 5:44 remaining in regulation, the Eagles' defense stopped Heard short of the goal line.

With the game on the line, Torrance had one last possession and went into passing game mode--something it is not accustomed to doing. Kalama found Aaron Salva open for 16 yards to midfield. Then Kalama, under pressure from a number of Eagles, threw a pass intended for Salva. Stewart read the pass perfectly and stepped in front to make the interception and preserve the win for the Eagles.

Looking at the stats, you would have thought the Eagles lost. Torrance ran 72 plays to just 47 for the Eagles--and the 268 yards rushing that Torrance accounted for were 210 more than El Segundo could manage. The big difference was Nootbaar's 236 yards passing and a defense that would just not give in to the Tartars.

The Eagles return home Friday night at 7 p.m. to host North Torrance. Each team heads into the game with a 2-0 record in Pioneer League play. The winner will have the inside track for a league championship as well as a playoff berth. The Saxons utilize a high-proficiency passing offense, so this sets up to be a real shootout for the league lead.

The Eagles wind up their regular season on the road at Centennial next Friday at 6 p.m. and at South Torrance on November 2 at 7 p.m.

CROSS COUNTRY UPDATE

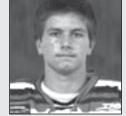
Conor Forsyth (17:27) and Joel Foster (17:28) finished seventh and eighth respectively at the Pioneer League meet held at Wilson Park. On the girls' side, Anna Farello (18:27) fell behind early and chased down South Torrance's Kimberly Coscia. The speedy Spartan held off Farello at the finish and the Eagles settled for second place overall.

GIRLS' VOLLEYBALL UPDATE

The Lady Eagles fell to highly touted South Torrance 3-1, but bounced back to take Torrance in a three-game sweep, 25-18, 25-18, 25-16. Maggie Kelly was impressive with six blocks while Amanda Press had five kills for El Segundo, which improved to 2-2 in Pioneer League play. •

Sports Shorts

Player: Jake Carter | Position: Goalie
Team: Florida Blades - 94', (Hometown El Segundo, CA)
The newest addition to the Florida Jr. Blades goaltending
crew has been remarkable stepping up and leading the team
to a 10-0 start. Jake recorded his league leading third shut-out
of the season this past weekend against the Buffalo Stars in
a 4-0 run, the night before he let in only a single shot to
lead the Blades to a 5-1 victory over Frederick Freeze.



"Carter has been incredible he has integrated himself very well with the club and his play has absolutely stood out and provided us with an incredible backbone," said head coach / GM Tad O'Had. Carter currently sits amongst the league's top goalies with a record of 10-0, GAA 1.47 and save % .936. •

El Segundo Eagles Celebrate Homecoming Victory

El Segundo High School football team started its Pioneer League schedule against Lawndale with a 28-6 Homecoming Game victory.







Homecoming King and Queen.

El Segundo High School Marching Band.



El Segundo High School Cheer Squad.

2012 Senior Class Float. Photos by Marcy Dugan.

Lady Eagles Volleyball **Sweeps Torrance**

In a Pioneer League match up, the El Segundo Girls Varsity Volleyball team took down the Torrance Tartars three games to two. All three games were solid wins 25-18, 25-18 and 25-16. Gina Romano lead the Eagle squad with 9 kills, 13 digs and 3 blocks.



Juniors Maggie Kelly and Gina Romano stretch to block a Torrance spike. Photos by Shelley Kemp.

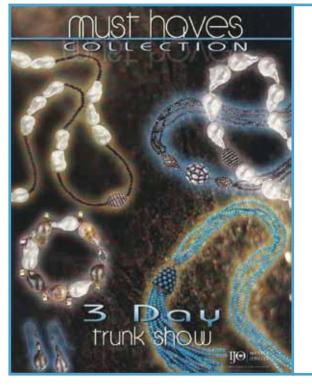


Junior Gina Romano fires a spike over Torrance blockers.



Maddie VanPelt and Gina Romano go up for a block.





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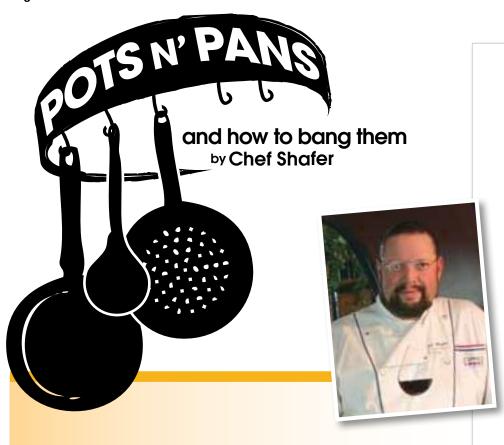
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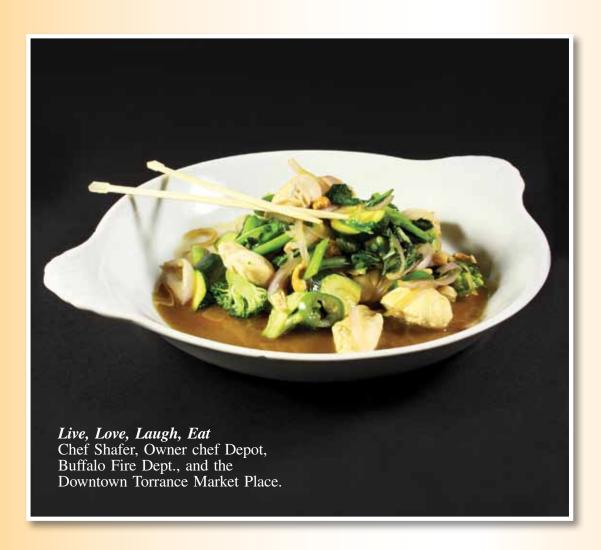
Sack at The Market... Today we found fresh kale, broccoli, sweet onions, and tender zucchinis! Boy what are we going to make? How about a spicy stir fry that uses very little oil and lots of fresh produce.

In the 70s when I was an apprentice I would go to a three-hour theoretical lecture in downtown L.A. every Monday afternoon. Instead of getting on the freeway I would walk around Chinatown and little Tokyo trying to be a culinary spy. I would check out all the little markets and shops looking for herbs, spices and interesting things that I had no idea what to do with. Then I would go back to my apartment and experiment on my roommates. They were not always appreciative of my offering as to the funk factor of my creations. But eventually I got more consistent and developed my style of fusion cuisine.

So here is a simple fresh and light stir fry for you . . .

The Chef

Spicy Chicken Stir Fry



1 lb. chopped chicken,

I like thigh meat because it's moisture but you can use breast meat or any protein.

2 tablespoons vegetable oil

2 lbs. of vegetables,

We're using onions, broccoli, kale, and zucchinis.

1/4 cup oyster sauce

½ cup chicken broth

1 to 3 chopped Serrano chilies,

It depends on how hot you like it.

½ cup of toasted cashews or nuts, NOT SALTED.

Get a large sauté pan very hot. Add oil and chicken be careful the oil is hot and may splash. Let it cook for about 1 minute tossing the chicken to make sure it cooks evenly. Then add veggies and toss together with the remaining ingredients, check to see if the chicken is cooked then heat and serve.





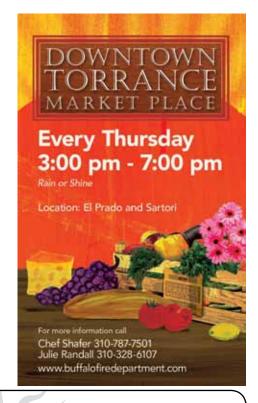
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Karen Sellers	Shorewood Realty		310-968-6375		
• Sun 2-4pm	356 Virginia St. #204	2 Bd/2Ba	\$419,500		
Lynn O'Neil	Shorewood Lynn O'Neil		310-261-0798		
• Sun 2-4pm	120 W Sycamore Ave.	2 Bd/1 Ba	\$629,000		
Shiela Fowler	Shorewood Realtors		310-529-9922		
• Sun 2-4pm	1526 E. Elm Ave., ES	5Bd/3Ba	\$999,000		
Bill Ruane	RE/MAX Beach Cities Realty		310-877-2374		

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Business Briefs

FREE FLU SHOTS FOR SENIORS AT JOSLYN CENTER

The City of El Segundo Recreation & Parks Department will offer the annual Flu Shot Clinic in conjunction with the County of Los Angeles Department of Health Services. If you are 50 years or older, or have a chronic illness, such as asthma, heart disease, diabetes, or kidney disorder, you are eligible to receive free Los Angeles County influenza vaccine. The City of El Segundo 2012 Flu Shot Clinic will be on Tuesday, October 30th from 11 a.m. until 2 p.m. It will be held at Joslyn Center, located at 339 Sheldon Street at Recreation Park. For more information, please call 310- 524-2705. The El Segundo Recreation and Parks Department sponsors this free event. Recreation Park is located between Grand Avenue and Pine Avenue along Eucalyptus Street.

TWO TONS OF FOOD DONATED TO LOCAL CHARITY

On Friday, Sept. 28, Body Doc Healing

Center hosted its annual Birthday of Chiropractic Fund-raiser to benefit C.A.S.E and collected two tons of non-perishable food products and \$650 from



a silent auction. Seen here is Dr. Vince Marcel, owner of Body Doc Healing Center sitting amongst 4020 lbs. of food and water was donated to the local El Segundo charity, Community Alliance to Support and Empower (C.A.S.E.). Complimentary chiropractic services were provided to 125 people and a dog named Olivia, in exchange for a bag of groceries for C.A.S.E. Body Doc doubled its efforts from last year when they donated one ton to the local charity.

CITIZEN OF THE YEAR NOMINATIONS BEGIN

The El Segundo Chamber is currently accepting nominations for the 2012-2013 El Segundo Citizen-of-the-Year. There are no specific requirements for winning other than the winner must be a resident of El Segundo and has made a positive impact on our community. Citizen-of-the-Year nomination forms are available at the El Segundo Chamber of Commerce, 427 Main Street and at Industrial Lock & Security, 401 Main Street, or the Chamber of Commerce website, www.elsegundochamber.org. Applications are due by November 2, 2012. For more information, please contact the Chamber of Commerce at (310) 322-1220. The winner will be announced at Mattel's Chamber Salute to El Segundo on November 15, 2012, from 5:30 p.m. to 7:30 p.m. at Mattel, 333 Continental Blvd. Pre-purchase tickets for \$5 are available at the El Segundo Chamber of Commerce.

MANHATTAN BEACH TOYOTA **HOSTS HAUNTED HOUSE**

John Elway's Manhattan Beach Toyota will sponsor an old fashion Haunted House

to benefit the Manhattan Beach Little League. The Haunted House will be held upstairs in their Scion showroomat 1500 N. Sepulveda in Manhattan Beach and run from Friday-



Tuesday, October 26-30. The suggested donation of \$5 goes entirely to assist the Little League. Last year's Haunted House raised \$5,000 which went to the American Youth Soccer Organization. Dozens of students from Mira Costa High School Drama Department will participate in the Haunted House playing witches, vampires, stalkers, and guides. The "maze" is comprised of 7 terror scenes with surprises around every corner. For more information, interested persons may call 310-766-4731.

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Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

APARTMENT FOR RENT

2BD/1BA. ES. In 4-unit building, no pets, newly refurbish, fridge, built-ins, laundry room, enclosed garage. \$1625/mo., + Sec. deposit. Call 310-540-3605.

3 Large, 2BR. Apts. 1 car pkg. No a Large, 2BK. Apts. 1 car pkg. No pets. Near buses, library, schools, shopping. 4642 W. El Segundo Blvd. #A,B,C. \$1125/mo. \$1000 dep. (323) 751-7598

2BD/2BA, Spacious & bright, D/W, stove, fireplace, balcony, gated, lots of storage, laundry on site. 512 W. Imperial Ave, \$1695/mo. \$700 deposit. No Pets! Call Alex (310) 383-3753.

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Display Ad Sales Position. We need an experienced Display Ad Salesperson for Herald Publications. Territories include Torrance, El Segundo and Hawthorne. Full or parttime positions are available. 20% commission on all sales. If interested please email your resume to management@ heraldpublications.com. No phone calls please.

GARAGE SALE

United Methodist Church, 540 Main St, ES. Fri. 10/19, 9 a.m.- 5 p.m. & Sat. 10/20, 9 a.m.- 1 p.m. Rummage Sale! Clothing, Household items, tools, toys & books. Enter rear of the building.

House for Lease

Culver City- House \$3,500, 3BR, 2 1/2 Bath, Family room. 12057 Aneta. Agt. Julie (310) 702-8961.

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1BD/1BA. ES. Triplex. New paint, flooring, drapes, new stove, W/D hook up, enclosed garage. No pets! \$1100/ mo. + Sec deposit. Call (818) 219-8029.

3BD/1 3/4BA. Back Unit. New carpet & paint, Appliances, W/D. No pets, non-smokers. 1-yr lease. Available Now. 946 Pepper St. \$2250/mo., + security. (310) 322-4310.

WAREHOUSE SPACE FOR RENT

ES, Large open warehouse, 1950 sq. ft. 13' ceiling. Great location Franklin/Arena. Avail. Immediately. Call Lisa (310) 322-6111.

Council

from front page

decide to only halt one out of five vehicles. "We have anywhere from eight to 12 officers standing in line and the car will stop where the officer is stationed. If we see too much traffic back-up, the supervisor may open it up and let cars go through until traffic is moving again."

During each stop, the officers must make a quick evaluation. "They will ask for a driver's license, where the person is coming from and if they [driver] had anything to drink," said Mendoza. "They will check the eyes and see if they can smell alcohol. They can then ask the driver to get out of the car and walk to an evaluation area to take a sobriety test...At that point, we get one of our personnel to drive the car to the parking lot."

Also on Tuesday, the Council also officially authorized the removal of traffic barriers on Holly Avenue at the intersection of Washington and Kansas streets. Implemented back in 1983, the restrictions limited the flow of business commuter and industrial traffic through the residential neighborhood by keeping vehicles from driving northbound past Holly on Washington and Kansas. But over time, most of the industrial properties converted to residential dwellings and the restrictions eventually only served to push heavier traffic to other nearby streets.

In recent months, the police surveyed 101 affected residents in the neighborhood, with 63 in favor of removing the barriers. The Street Department then removed the signage restricting northbound traffic flow on a trial basis and police monitored the results. "We got no complaints or traffic issues, so we will make it official and take out the concrete pork chop [raised median that holds the sign]," said Mendoza.

During presentations, Los Angeles County **Economic Development Corporation officials** Carrie Rogers and Barbara Voss were on hand to recognize the City of El Segundo as one of five finalists in the "small city" category for the upcoming Most Business Friendly City Eddy award. El Segundo won the first such award in 2006. "The City of El Segundo is a great example of how cities can successfully promote business investment while at the same time emphasizing their commitment to the high quality of life of their residents," said Voss, who went on to applaud the achievements of Economic Development Analyst Ted Shove and City Manager Greg Carpenter in business retention and attraction as well as outreach.

Carpenter later announced that the City will unveil its new "Doctor Dial-A-Ride" program beginning next week. Available between 8 a.m. and 2 p.m. on Tuesdays and Thursdays, the program will allow any interested local residents to get transportation to their doctor's appointments within a prescribed geographical area—bounded by Torrance, Hawthorne, Westchester, Redondo Beach, Manhattan Beach and El Segundo. Carpenter said the City plans to try out the program on a limited basis to see how it works and can then expand or contract it accordingly. •

Frankly

from page 6 Rooting for the Tigers in AL playoffs--

on Saturday to watch the Trojans stomp on the pathetic Colorado Buffs. At this point, amigo AA says that I am on the guest list for the shredding that shall take place at the decrepit Coliseum. Things can change. As they do.

Okay, rooting for the Cardinals against the Giants in the MLB playoffs. Chris B. came through with the Cardinal hat and I have been a bleeping magnet for their success ever since I donned the lid. Trust me, I have "it." Some of you know that and some of you might not. Stay tuned.

mentioned that last week. Thought my good friend from the MICO days, the lovely April, would shoot me an email thanking me for supporting the ballers from Detroit. No such email has shown up. Maybe this week?

Okay, running down on the time and space. Rams stink, their new coach is a scaredy cat and Bradford is a wuss. Yankees are done, mi Tiger fanistas.

Oh, and happy birthday to column fave and amiga Dodger Girl's eldest. Numero ocho today--right, Samantha? •

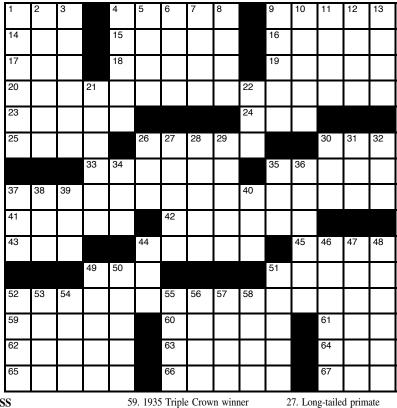
from page 5

Political

years. Changed her hair color, BTW.

Barr will run again? •

WEEKLY CROSSWORD See Answers Next Week At the Library



ACROSS

- 1. Measure 4. Belt the
- 9. Iota
- 14. Old NOW cause
- 15. Come from behind 16. Certain student
- 17. Deck (out)
- 18. Succeed 19. Bad loan
- 20. "Audition" et al.
- 24. Thumbs down 25. "The ___ of Night" (old soap)
- 26. Ever, old style
- 30. Start of a giggle 33. Echo
- 35. Thirst
- 37. Gardner tomes 41. Monastic officer
- 42. Apprehensive
- 43. Econ. figure
- 44. Scratch
- 45. Some auction bids 49. Enzyme ending
- 51. Acquiesce
- 52. "Angela's Ashes" et al.

- 60. Capital of Ecuador 61. Make a lan
- 62. Clemson athlete
- 63. Of an arm bone
- 64. Catullus composition
- 65. Great balls of fire
- 66. Roll top?
- 67. Surfing site

DOWN

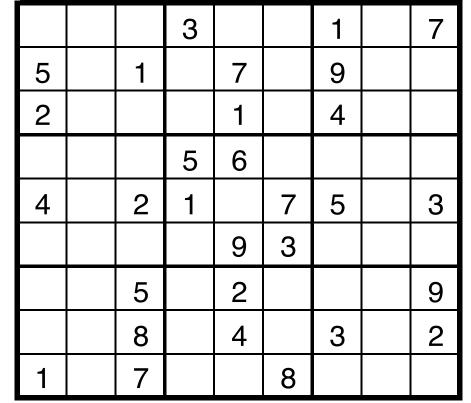
- 1. Move 2. Roughly
- 3. Disheveled
- 4. Cousin of a loon
- 5. Doctor Who villainess, with
- 6. Not to mention 7. Ballyhoo
- 8. Ogler
- 9. Tope
- 10. Like some mothers-in-law
- 11. Needle holder 12. Wrap up
- 13. Florida has them
- 21. Wear oneself out 22. Whichever
- 26. Visa statement abbr

- 27. Long-tailed primate 28. Detroit's county
- 29. Befuddled
- 30. Skater Babilonia
- 31. "___ Time transfigured me": Yeats
- 32. Dash widths 34. Suffix with pamphlet
- 35. Survey choice
- 36. Decorative plant
- 37. Car ad abbr.
- 38. Samovar 39. Van Winkle
- 40. Little 'un
- 44. Vereen
- 46. Prayer
- 47. Mock
- 48. Sonnet section
- 49. Son of Jacob
- 50. Takes off 51. Lifeless, old-style
- 52. Cookers
- 53. Utter
- 54. Eastern music
- 55. Prefix with plane 56. Break in the action
- 57. Series opener? 58. Greek letters

Last Week's Answers

1 L T 3 E 4 M 5 A 6 S 7 A 8 P 9 M 10 O 1 N 12 E 13 Y 14 N A G A 15 T A L E 16 A R E N A	9	2	5	8	4	1	3	6	7
¹⁷ C L O Y	1	6	4	3	2	7	5	9	8
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	3	7	8	5	6	9	2	1	4
24 A 25 B 26 S 27 U R D 28 P 29 E T A N 30 Q 31 U 32 E	6	3	1	9	5	4	8	7	2
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$			-		7	-	4	′	
⁴⁰ C O O ⁴¹ I N T O ⁴² Y O U R E	4	5	9	2	7	8	1	3	6
⁴³ I N N ⁴⁴ U ⁴⁵ E N D O ⁴⁶ L I N E A R	/	8	2	1	3	6	9	4	5
⁴⁹ W ⁵⁰ O ⁵¹ R K H A ⁵² N ⁵³ D I N G ⁵⁴ L ⁵⁵ O ⁵⁶ V ⁵⁷ E	5	1	7	6	8	3	4	2	9
58 M A N A T I O N S 59 A R E A 60 D I J O N 61 C I T E 62 T E A S	2	9	6	4	1	5	7	8	3
	8	4	3	7	9	2	6	5	1

SUDOKU Medium



Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

interviewed after the first Presidential debate. Gonna change my wattage a little here: She is a clueless...lady. Guess I have been brainwashed, or something else the past few

No Palin for President campaign in 2016 will resonate on these pages. Wonder if Rosie

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE TS No. 12-0004434 Title Order No. 12-0009643 APN No. 4139-012-006 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 08/02/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed pursuant to the Deed of Trust executed by MICHAEL J. MC NULTY, A SINGLE MAN AND MARGARET A. O'BRIEN, A SINGLE WOMAN, AS TENANTS IN COMMON., dated 08/02/2004 and recorded 8/11/2004, as Instrument No. 04 2061037, in Book, Page, of Official Records in the office of the County Reporter of Los Angeles County State Recorder of Los Angeles County, State of California, will sell on 11/01/2012 at 1:00PM, At the Pomona Valley Masonic Temple Building, located at 395 South Thomas Street, Pomona, California at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 1110 EAST ACACIA AVENUE, EL SEGUNDO, CA, 90245. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is initial publication of the Notice of Sale is \$528,151.90. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank. a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding possession or encumbrances to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts

Fictitious Business Name Statement

The following person(s) is (are) doing business as JAGUAR TENNIS. 906 E. IMPERIAL AVE. #1, EL SEGUNDO, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed 3/01/2012. Signed: Sergiu Boerica, Owner. This statement was filed with the County Recorder of Los Angeles County on September 26, 2012.

NOTICE: This Fictitious Name Statement expires on September 26, 2017. A new Fictitious Business Name Statement must be filed prior to September 26, 2017. 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 14400 ET SEQ., Business and Professions Code). gundo Herald: October 04, 11, 18, 25, 2012. **H-808**.

Fictitious Business Name Statement

2012175849

The following person(s) is (are) doing business as HYATT PLACE. 1. 750 NORTH NASH STREET, EL SEGUNDO, CA 90245. 2. 340 E. MAIN STREET, SUITE 300, SPARTANBURG, SC 29302. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name listed N/A Signed: Charles T. King, Asst. Treasurer. This statement was filed with the County Recorder of Los Angeles County on

NOTICE: This Fictitious Name Statement expires on August 30, 2017. A new Fictitious Business Name Statement must be filed prior to August 30, 2017. 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 14400 ET SEQ., Business and Professions Code). El Segundo Herald: September 13, 20, 27, 2012 and October 04, 2012. H-803.

created by said Deed of Trust. If required by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgagee, beneficiary or authorized agent is attached to the Notice of Trustee's Sale duly recorded with the appropriate County Recorder's Office. NOTICE TO POTENTIAL BIDDERS If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on a property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 1-800-281-8219 or visit this Internet Web site www. recontrustco.com, using the file number assigned to this case 12-0004434. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. RECONTRUST COMPANY, N.A. 1800 Tapo Canyon Rd., CA6-914-01-94 SIMI VALLEY, CA 93063 Phone/Sale Information: (800) 281-8219 By: Trustee's Sale Officer RECONTRUST COMPANY, N.A. is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. FEI # 1006.157070 10/11/2012, 10/18/2012, 10/25/2012 El Segundo Herald: 10/11, 10/18,

H-23522

Fictitious Business 2012197821

The following person(s) is (are) doing business as ER MUSIC. 329 E WALNUT AVE, EL SEGUNDO, CA 90245. This is being conducted by an . The registrant commenced to transact business under the fictitious business name listed January 1997. Signed: Edie Rice, Owner. This statement was filed with the County Recorder of Los Angeles County on October 03, 2012. NOTICE: This Fictitious Name Statement expires on October 03, 2017. A new Fictitious Business Name Statement must be filed prior to October 03, 2017. 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 14400 ET SEQ., Business and Professions Code). El Segundo Herald: October 11, 18, 25, 2012 and November 1, 2012. **H-811.**

Fictitious Business Name Statement 2012197826

The following person(s) is (are) doing business as SEGUE CAPITAL GROUP. 329 E WALNUT AVE, EL SEGUNDO, CA 90245. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name listed January 1997. Signed: Edie Rice, Owner. This statement was filed with the County Recorder of Los Angeles County on October 03, 2012.

NOTICE: This Fictitious Name Statement Fictitious Business Name Statement must be filed prior to October 03, 2017. The filing of this statement does not of itself authorize the use in this state of a the rights of another under Federal, State or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: October 11, 18, 25, 2012 and November 1, 2012. H-812

ALCOHOLIC BEVERAGES Date of Filing Application **SEPTEMBER 26, 2012** To Whom It May Concerns The Name(s) of the Applicant(s) is/are LODGING CONCESSIONS, LLC. The applicants listed above are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 750 N NASH ST EL SEGUNDO, CA 90245-2814

NOTICE OF APPLICATION TO SELL

Department of Alcoholic Beverage Control 3950 Paramount Blvd. Ste. 250

Type of license(s) Applied for 47 - ON-SALE GENERAL EATING

Lakewood, CA 90712 (562) 982-1337 EL SEGUNDO HERALD: 10/04, 10/11,

NOTICE OF POLLING PLACES AND DESIGNATION OF TALLY CENTER

LOCATION

NOTICE IS HEREBY GIVEN by the Registrar-Recorder/County Clerk's office of polling places designated for the GENERAL ELECTION scheduled to be

held on November 6, 2012.

NOTICE IS ALSO HEREBY GIVEN that the Registrar-Recorder/County Clerk's facility, 12400 Imperial Highway, Norwalk California 90650 has been designated as the tally center location for the above

Polling places shall be open between the hours of 7:00 a.m. and 8:00 p.m.

Persons requiring multilingual assistance in Chinese, Hindi, Japanese, Khmer, Korean, Spanish, Tagalog/Filipino, Thai or Vietnamese regarding information in the notice may call (800) 481-8683.

POLLING PLACES 2250001A (2250001B, 2250001C, 2250001D and 2250001E CONS) - EL SEGUNDO LIBRARY 111 W MARIPOSA AVE EL SEGUNDO 90245 Accessible: Y 2250002A (2250002B. 2250002C. 2250002A (2250002B, 2250002C, 2250002C, 2250002C, 2250002F, and 2250002G CONS) - EL SEGUNDO LIBRARY 111 W MARIPOSA AVE EL SEGUNDO 90245 Accessible: Y 2250003A (2250003B, 2250003C, 2250003C, 2250003D, 2250003E, 2250003E, 2250003E ELEMENTARY SCHOOL 700 CENTER ST EL SEGUNDO 90245 Accessible: Y (2250004B, 2250004C, 2250004A (2250004B, 2250004C, 2250004D and 2250004E CONS) -FIRST BAPTIST CHURCH 591 E PALM AVE EL SEGUNDO 90245 Accessible: Y 2250006A (2250006C, 2250006D, 2250006E. 2250006F. 2250018A. 2250000E, 2250000F, 2250010A, 2250010B and 2250018E CONS) - EL SEGUNDO MASONIC TEMPLE 520 MAIN ST EL SEGUNDO 90245 Accessible: Y 2250007A (2250007B, 2250007C, 2250007D, 2250007E and 2250007F 2250007D, 2250007E and 2250007F
CONS) - EL SEGUNDO UNIFIED
SCH DIST 630 ARENA ST EL
SEGUNDO 90245 Accessible: Y
2250009A (2250009B, 2250009C,
CONS) - CENTER ST ELEMENTARY
SCHOOL 700 CENTER ST ELEGUNDO 90245 Accessible: Y SEGUNDO 2250012A 90245 Accessible: (2250012B, 22500 2250012C, 2250012F 2250012D. 2250012F. 2250012D, 2250012E, 2250012F, 2250012F, 2250018C and 2250018D CONS) - EL SEGUNDO MASONIC TEMPLE 520 MAIN ST EL SEGUNDO 90245 Accessible: Y 2250017A (2250017C, 2250017D, 2250017E, 2250017F and 2250017G CONS) - HACIENDA HOTEL 525 N SEPULVEDA BLVD EL SEGUNDO 90245 Accessible: Y 2250017B - The qualified voters shall vote by absent voter ballots or vote at the office of the Registrar-Recorder/
County Clerk on Election Day. County Clerk on Election Day. 2250020A (2250006B, 2250020A, 2250020B, 2250020C, 2250020D and 2250020E CONS) - EL SEGUNDO UNITED METHODIST 540 MAIN ST EL SEGUNDO 90245 Accessible: Y 2250030A (2250030B, 2250030C, 2250030D, 2250030E and 2250030F CONS) - EL SEGUNDO MIDDLE

SCHOOL 332 CENTER ST EL SEGUNDO 90245 Accessible: Y DEAN C. LOGAN Registrar-Recorder/County Clerk County of Los Angeles

CNS-2389440# **EL SEGUNDO HERALD** El Segundo Herald: 10/18/2012

H-23532



Fictitious Business Name Statement 2012201100

The following person(s) is (are) doing business as HITTING JACKIT. 1500 ROSECRANS AVE, SUTIE MANHATTAN BEACH, CA CA 90266. This business is being conducted by a Corporation The registrant commenced to transact business under the fictitious business name listed N/A. Signed: Estrada Beisbol, Inc., Founder, This statement was filed with the County Recorder of Los Angeles County on October 09, 2012.

NOTICE: This Fictitious Name Statement expires on October 09, 2017. A new Fictitious Business Name Statement must be filed prior to October 09, 2017. 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 14400 ET SEQ., Business and Professions Code). El Segundo Herald: October 18, 25, 2012 and November 01, 08, 2012. H-813.

Notice Inviting Sealed Bids

CITY OF EL SEGUNDO RESIDENTIAL SOUND INSULATION **PROGRAM**

Group 47 (RSI 12-11) & Group 48 (RSI

12-12)
The City of El Segundo is accepting sealed Bids for its Residential Sound Insulation Program Group 47 (RSI 12-11) & Group 48 (RSI 12-12) in the City Clerk's office, 350 Main Street, El Segundo, California

11:00 a.m. on Tuesday, November 20,

at which time they will be publicly opened.

Bids will not be accepted after that time.

Bidders are encouraged to attend the pre-bid meeting scheduled for Thursday, October 25, 2012 at 2:00 p.m. in City Council Chambers located at 350 Main Street, El Segundo, California 90245.

Bidders are strongly encouraged to purchase Contract Documents and review them prior to the pre-bid meeting to afford themselves the opportunity to have requirements that may be unclear to them clarified by the City during the meeting

Bids will be received for Group 47 & Group 48 ("Projects") of the Residentia Sound Insulation Program, which consists of sound insulation improvements and related work at homes in the City of El Segundo, including installation of acoustically rated windows and doors, heating and ventilation modifications associated electrical work, attic insulation and associated abatement of asbestos containing materials and lead-based painted surfaces.

Work on the Project must be performed in strict conformity with the Contract Documents. A compact disk (CD) of the Contract Documents may be obtained from the City for a non-refundable fee of \$10.00 for each Group

The terms and conditions for bidding on the Project are described in the Instructions to Bidders in the Contract Documents.

This Project requires payment of State prevailing rates of wages for Los Angeles County. The Contractor must post copies of the prevailing schedule at each job site. Copies of these rates of wages are available from the State of California Department of Industrial Relations Prevailing Wage Unit, Telephone No. (415) 703-4774. The website for this agency is currently located at www.dir.ca.gov

The Contractor to whom the Contract is awarded must assist in locating, qualifying, hiring and increasing the skills of minority group employees and applicants for employment, as set forth in Executive Order 11246 and 11375.

Bidders must submit a Bid Security (or "bid guarantee") with their Bid, in an amount not less than ten percent (10%) of the Total Bid (Contract Sum), as a guarantee that Bidder will fulfill its obligation to enter into a Contract with the City in accordance with the Contract Document

Ten percent (10%) will be deducted from each progress payment and retained by the City. The remainder less the amount of all previous payments will be paid to the Contractor. Pursuant to Public Contracts Code ("PCC") § 22300, the Contractor may substitute securities for retention monies held by the City or request that the City place such monies into an escrow account. The Contractor is notified that, pursuant to PCC § 22300, any such election will be at the Contractor own expense and will include costs incurred by the City to accommodate the Contractor's

FEDERAL REQUIREMENTS:

The proposed contract is under and subject to Executive Order 11246, as amended, of September 24, 1965, and, to the Equal Employment Opportunity (EEO) and Federal Labor Provisions.

All Labor on the project must be paid no less than the minimum wage rates established by the U.S. Secretary of Labor

Bidders must supply all the information required by the Contract Documents.

The EEO requirements, labor provisions and wage rates are included in the Contract Documents and are available for inspection at the Residential Sound Insulation (RSI) offices, 333 Main Street, Unit A, El Segundo, California 90245. Davis-Bacon prevailing wage information may be obtained directly from the Government Printing Office via the internet at www.access.gpo.gov/davisbacon or call at www.access.gpo.gov/davisbacon or call toll-free at 1-888-293-6498 or fax your request to 1-202-512-1262.

Bidders must complete, sign and furnish, the "Bidder's Statement on Previous Contracts Subject to EEO Clause," a "Certification, of Nonsegregated Facilities," and the "Assurance of Disadvantaged

A Contractor having fifty (50) or more employees and his Subcontractors having fifty (50) or more employees and who may be awarded a contract of \$50,000 or more will be required to maintain an affirmative action program, the standards for which are contained in the Contract Documents.

To be eligible for award, Bidders must comply with their affirmative action

Disadvantaged business enterprises (DBEs) as defined in 49 CFR Part 23 must have the maximum opportunity to participate in the performance of contracts financed in whole or in part with Federal funds under this agreement. Consequently, the DBE requirements of 49 CFR Part 23 apply to this agreement. Women will be afforded equal opportunity in all areas of employment. However, the employment of women must not diminish the standards of requirements for the employment of minorities.

All solicitations, contracts, and subcontracts resulting from projects funded under the AIP must contain the foreign trade restriction required by 49 CFR Part 30, Denial of Public Works Contracts to Suppliers of Goods and Services of Countries That Deny Procurement Market Access to U.S. Contractors.

The Aviation Safety and Capacity Expansion Act of 1990 provides that preference be given to steel and manufactured products produced in the United States when funds are expended pursuant to a grant issued under the Airport Improvement Program.

Certification of Disadvantaged Business Enterprises (DBE) Contractors and Subcontractors by Caltrans must be submitted for each DBE and must be submitted within forty eight (48) hours after the opening of bids.

Dated this 15th day of October, 2012 City of El Segundo, California El Segundo Herald: October 180, 2012.

Fictitious Business Name Statement 2012200293

The following person(s) is (are) doing business as MAX360 ENTERPRISE. 12350 DEL AMO BLVD, #2301, LAKEWOOD, CA 90715. This business is being conducted by an Individual. The registrant commenced to business under the fictitious business name listed N/A. Signed: Ferdinand De Dios, Owner. This statement was filed with the County Recorder of Los Angeles County on October 05, 2012.

NOTICE: This Fictitious Name Statement expires on October 05, 2017. A new Fictitious Business Name Statement must be filed prior to October 05, 2017. 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 14400 ET SEQ., Business and Professions Code). El Segundo Herald: October 18, 25, 2012 and November 01, 08, 2012. H-814.

Looking to publish your Fictitious Business Name?



ere tooth pain later. Two minutes, twice a day. They have the time. For fun, 2-minute videos to watch while brushing, 50 to 3r





PETSPETSPETSPETS

Pets Without Partners

Adopt a "pet without a partner" and give a homeless pet a second chance in life.

These days, Chihuahuas are a dime a dozen in rescue. However, **Benson** is one in a million. He has a very contagious personality and is a conversation piece alone solely by the color of his unique, silver-grey, tri-colored coat. Benson of these boys is unique. Tug has beautiful white eyelashes, a heart-shaped nose and a spotted belly. Cash is the smallest of his litter with light-golden, spotted ears and a spotted belly. (Tango has been adopted.) These guys have stubby legs, so we don't think they will be that tall when fully grown. They are all about



is a gem of a dog who is never without that permanent smile on his face. This little dog's tail literally never stops wagging. Benson loves everyone he meets and he is wonderful with all other dogs. His age is around four years old with a birthday of September 2008. Benson plays well with all other dogs, is gentle and kind to kids, and we believe him to be housebroken. Benson is neutered, current on all vaccinations, de-wormed, microchipped, good with other dogs and good with kids.

And then there were two... These precious



pups are all ready for their new homes. They were born on June 23, 2012 and growing like weeds. Mom was a Poodle mix and Dad was a Schnauzer/Shih Tzu mix. Each one fun and games right now. They love to play, play, play the day away. Tug and Cash will be neutered when of age, are current on all vaccinations, de-wormed, microchipped, good with other dogs, good with kids and cat-safe.

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. •

Purrrfect Companions

Discover your purr-fect match and have a friend for life.

Monique is a busy bee, always darting from one thing to another. She craves activity and loves to bounce around with other cats. However, once things calm down and she starts getting tired, her cuddly side starts to show. Monique adores being stroked and will push her head into your hand for more pets. She is more independent than her sisters--always first to venture off to discover new things in the home. Her eyes are a unique shade of turquoise, shifting from green to blue throughout the day. Her silken coat is a gorgeous patchwork of orange, Tabby and white. Monique has the makings of an alpha kitty in her. She does make friends quickly, but needs to vocalize to assert herself as being in charge. Because she is so young, Monique must be adopted with another kitty or into a home with a young cat. She would love to be adopted with either of her sisters or with her mother.

JellyBean is one very lucky kitten. He was discovered within the engine of a car in Long Beach! With his fluffy black coat, Jellybean is going out of his way to prove



that black cats are lucky! And as if his handsome licorice coloring wasn't enough, he has developed hints of a white undercoat giving him an alluring, smoky appearance. To be sure, JellyBean is far from your average black cat! JellyBean absolutely loves other cats and even dogs. He is more secure and

confident in the company of a trusted animal companion as he learns from their behavior. Because he can be shy, JellyBean should go to a quiet household where he can feel secure and safe. His foster mom would prefer that he be adopted with either Charleze, a gorgeous black female kitty who has adopted JellyBean as her baby, or with his fluffy grey kitten friend Constantine, who became his companion when he was rescued.

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 3:30 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. •

Happy Tails

Hurricane Harry Finds Forever Home

Hurricane Harry got his name from weathering the storm at his home front as he was abandoned when his former owners were evicted and simply left him. But Harry is only going to have sunny days from now on, as he is loving life with his new family...

"Hi, Harry is doing great! He's such a good boy! We just took him to his first training class and I'm happy to say that he's a quick learner. I may be a little bit biased, but I think he's already at the top of his class. As you can tell from the pictures I attached, we took him to the Huntington Beach Dog Beach this past weekend and he had his first little photo shoot. At first we didn't think he liked the camera too much, but I think he's coming around to it. This was just the first of many shoots we will have in the future! We will keep you updated on Harry's journey with us. Thanks again for giving us the opportunity to give this lil' guy a good and loving home!"-- Andy Rodriguez.

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



All photos courtesy of Andy Rodriguez Photography.

a Cat's World

By Dr. Greg Perrault

Some of my clients have pointed out that most of my articles seem to focus on dogs so I promised to write this one about cats. However, before we get started, with Halloween around the corner, I'd like to remind everyone not to let your pets get into the candy. Most people know that chocolate is toxic to dogs, but an even more deadly toxin is the sugar substitute

> Cats do, however, have their own set of problems.

Xylitol. Xylitol is commonly found in sugarfree candy and gum. Even one or two pieces of sugar-free candy can cause liver failure and death in a dog.

Now onto cats: In many ways, cats require less maintenance than dogs. Cats do, however, have their own set of problems. I'll focus on the two which most of my clients have asked me to write about: Upper respiratory infections and urinary issues. I picked these two diseases because they often have a common trigger, which is stress.

Many cats will get the sniffles and nasal discharge now and then. Many of these cats don't have contact with other cats to contract an infection. So how did my cat get this problem? Often, stress leads to a viral outbreak and resulting symptoms. There are several infectious agents that cause similar signs of sneezing and a stuffy nose in the cat. A large percent of the upper respiratory cases we see are caused by or affected by a herpes virus called Rhinotracheitis. As you might guess from the name of the virus, most of the symptoms will cause problems in the upper airway, namely the nose and throat. Cats often become infected at birth from their infected mother. Like the herpes virus in people, once the individual contracts herpes, the infection is there for life. But fortunately the virus can go into remission and the symptoms may never return. For others, the symptoms can be frequent or continuous. Some cats exhibit symptoms of squinting eyes and conjunctivitis because the virus is replicating on the cornea. Some cats will also have dermatitis around their nose and eyes. The most common treatment is supportive care. Antibiotics are used to treat any secondary bacterial infection that may be present and oral 1-lysine supplements like Enisyl-f can decrease symptoms. Routine vaccination for upper respiratory infections has been shown to decrease the frequency and severity in cats with herpes infections. In severe cases we will use antiviral agents that are used in people. However, the drug's metabolism in the cat is complex and non-linear which leads to a lot of variability between individual cats. In other words, some cats will respond to the drug and some won't.

Another common problem brought on by stress is inappropriate urinating. The most common problem is inflammation of the bladder and urethra called FIC (Feline Idiopathic Cystitis). It was discovered that cats, even under mild stress, such as their owners leaving for a weekend or construction in the neighborhood, was enough for cats to develop the symptoms of FIC. The symptoms often start with the cat visiting the litter box more frequently and straining with only a little urine voided. Cats may also begin to urinate outside of the box and around the house. Very often the urine is blood tinged or off colored. The cat's lower urinary system consisting of the bladder and urethra will become inflamed. This can lead to blood, crystals and sometimes infections in the urine. In male cats, a life-threatening urine blockage can occur which requires immediate medical intervention.

A urine test is needed to measure pH and look for bacteria and crystals. Medical treatment is usually required to alleviate symptoms and sometimes anti-anxiety medicine is prescribed.

Many times, the cause of stress can be elusive. I have a client who's cat got FIC around the end of the summer every year. We racked our brains trying to figure out why this was occurring on an annual basis. I finally looked at the address of the owner and realized he lived near Wilson High School. I asked him if his cat's symptoms started around the same time as the football season. Bingo! The cat always got frightened from the noise and would run around the house and hide during the games. The owner was able to distract the cat with the TV, treats and playing and we haven't seen the problem since.

Take you cat in for regular check ups and tell your veterinarian if there are respiratory or urinary issues. Talk to your veterinarian about vaccines even if your cat is indoors and consider random urine checks to establish baselines and catch potential problems early. A wise person once said, "It's a cat's world and we just live in it." Keep your cat on a healthy routine including a good diet and exercise. It's the best way for your cat to have a stress-free happy life.

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



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