

Inglewood News

AND LENNOX CITIZEN The Weekly Newspaper of Inglewood

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LAX Workers and Volunteers Participate in Fourth of July Parade



These folks from the LAX Volunteer Professionals Program, otherwise known as the V-I-Ps, donate four hours or more each week to help the thousands of passengers. VIPs staff the information booths at each terminal seven days a week. Since the program's launch last year, volunteers have assisted more than one million passengers. Photo courtesy of the Los Angeles World Airports.

'Surviving the Journey' Tour Heading to Inglewood

By Cristian Vasquez

Registered nurse Mona Clayton and a panel of nursing professionals will speak about their experience in nursing and how it has allowed for the creation of a better life for themselves and their families. "Surviving the Journey: From Student to Nurse" will be hosted at the Inglewood Main Library located at 101 W. Manchester Boulevard on July 21 at 5 p.m. The speaking engagement will take place in the library's seminar room and is free to the public.

"It all started back in 2007 when I was employed with Kaiser Permanente as a staff nurse. Where I was at, there were a lot of individuals like the medical assistants and receptionist who wanted to be registered nurses and they had a passion to pursue nursing, but they didn't have the courage to do so," Clayton said. "A lot of them were single mothers, so they felt that their children were hindering them. So I decided at that point that this would be my ministry--it would be one of my purposes for nursing. As a registered nurse, I was to encourage nursing as a career for others."

Clayton began her college career as a pharmacist, but soon discovered that there was a lack of excitement in the subject that she soon discovered in nursing. However since she did discover her passion for nursing, the commitment has never wavered. "To look at me, no one would have known that I was a woman that did not like bodily fluids," Clayton said. "When I was growing up, I always liked the emergency room dramas but I didn't know the passion was in me. Then my cousin became a registered nurse and what I saw in her kind of told me to decide to pursue a nursing career. Nobody told me about being a registered nurse. I did not know it was a career option when I was going to Fremont High School."

Clayton continued, "After I saw my cousin and how she loved nursing, I began pursuing it and immediately thought that this is a great profession. The reason I love it is because I have the ability to change and adapt and do

different things. If I am working in urgent care and I want to try something else that may be more challenging, I can go and do that. I don't have to be stuck with just one type of career in nursing."

It has been more than 10 years since Clayton passed the state nursing exam. She then moved on to earn a Bachelor of Science degree and launch her own company, Nurses Roc 2 Publishing. The whole time she has been able to balance career and family, which is something that she wants the people who attend the panel discussion to really be aware of--especially single mothers.

"That was my biggest obstacle, but thank God for family support that I was able to do that," Clayton said. "What made me keep pushing forward was seeing my daughter and thinking I wanted to give her a better life and do something better for her. What we don't realize is that our children are watching us and we are their example, so our struggle is not just for us--it is for our children. My

daughter just moved to New York where she will be pursuing her Masters' degree. I think because of the example that she witnessed, that prompted her to pursue her education. Our parents always told us to go to school and do this and doing that, but when you see an example it is something more powerful."

Clayton graduated from John C. Fremont High School in South Central Los Angeles and later went to Southwest College to begin her higher education. Having grown up and attended schools in underserved areas of Los Angeles, Clayton understands the challenges that students face on a daily basis and is determined to encourage people in the community. "I think that when we become successful, one of the reasons for our success is to take what we've done and give back to our community," Clayton said. "That is the purpose of this seminar and that is why we are not charging, because I want to do something for people in the

See *Journey*, page 12

Weekend Forecast

Friday
AM Clouds
PM Suns
81°/67°



Saturday
Sunny
74°/64°



Sunday
Sunny
72°/63°



Pet of The Week



Jasper

- SS#12-04102
- Domestic Short Hair
- 3 months
- Male
- South Bay Pet Adoption Center
12910 Yukon Avenue
Hawthorne, CA
90250
310-676-1149

Meow! I am a fun-loving little guy who loves to play. I get along great with other cats and I don't even seem to mind the company of dogs. Visit me here at the shelter and see why I am so special! •

A Student's Perspective Hawthorne Happenings

Cyclists Matter Too!

By Glen Abalayan

Since the 1800s, bicycles have been the best method of human-powered transportation. Compared to running, the act of cycling is a much quicker and hygienic way to get from Point A to Point B. Cycling is also an enjoyable way to lose weight because it is easier on the knees and hips, a common annoyance for most runners. In European and Asian countries, a majority of commuters use bicycles as their means of transportation and are able to reap the many benefits. But unfortunately here at home, most cities in the United States have overlooked their continental counterparts and failed to recognize cyclists as a legitimate way of transport. By failing to provide cyclists with adequate resources, such as a safe lane, cities are making their roads more hazardous to cyclists, drivers and pedestrians.

A common complaint of cyclists is the lack of a decent bike lane. In European countries such as The Netherlands, bike lanes are seamlessly integrated into the city's infrastructure and give cyclists a safe place to commute. In the United States, cities have also adopted bike lanes but fall short on keeping their lanes safe and properly maintained. Ask any cyclist on what they think of their city's bike lanes and they would most likely snicker, shake their head or even say, "What bike lane?"

Their negative gestures do include a grain of truth as they are merely protesting their city's unfair treatment of cyclists and their bike lanes. In some areas, bike lanes are just a six-foot-wide path formed from the excess of a re-paving. Anyone who rides on a bike lane will notice that they are littered with trash, will suddenly disappear and are dangerously close to cars that quadruple them in size. I too have had my share of

the common cyclist's woes as I rode along a bike lane and found it quite strange and irritating to see the bike lane suddenly cease to exist once I crossed a junction. It's quite odd how people would stage a mad riot over a sudden closure on a major street, but wouldn't care if a simple six-foot-wide bike route was abruptly cut off.

Cyclists end up being stuck in the middle of a clash between who owns what part of the road. Unlike other countries where bikes have their own independent lane, riders in the United States have to either risk their lives by riding along the hazardous right side of the road (where the two-ton steel behemoths roam) or risk the safety of others by speeding along the sidewalk. None of these alternatives is beneficial to the cyclist, as both sides rarely respect them and sometimes even use them to release their road rage. It is unethical for road engineers to believe that simply painting a white line and labeling the side of a road "bike lane" would protect cyclists from the hulking boxes of steel and the aggressive drivers that man them. According to the National Highway Traffic Safety Administration, the United States had 52,000 bicyclist injuries and 618 fatal bicycle crashes in 2010. Compared to their bicycle-friendly European counterparts, Americans are three to five times more likely to be involved in a fatal bicycle accident. This is because of the fact that the only thing separating a 50- pound bicycle from a three-ton pickup truck is a measly 30-gram strip of white paint.

What hinders the United States from being a haven for cyclists is its inability to adapt to the changing times. With the unpredictable, and sometimes irritating, nature of gasoline

See Perspective, page 5

News for the City of Good Neighbors

From City Clerk Norb Huber

Hawthorne to Celebrate 90th Birthday

Circle Saturday, July 21 on your calendar. It's going to be a big day in Hawthorne. The 2nd Annual Good Neighbors Day will be held at the civic center, in front of City Hall. This year we will be having a 90th Birthday party for our city. The full day of activities will kick off at 7:30 a.m. with the Kiwanis Club's annual Pancake Breakfast. The grand opening of the Hawthorne Museum will be held at 9 a.m. This will be followed by a classic car show, free concert featuring the Surfin' Safari band and other local favorites. While this is all going on, there will be plenty of food vendors and games for the kids and adults. It looks like a great "fun filled day for the family".

Movie in the Park

Congratulations to Katrina Manning and the Holly Park Homeowners Association on a very enjoyable evening last Saturday. The Movie was good family entertainment and the events leading up to the movie were great. There were a lot of families enjoying themselves throughout the evening.

This Week's Hawthorne Trivia Question

What YouTube video related to Hawthorne has been viewed by more people than any



other? If you are computer/internet savvy. Log on and check out this exciting video viewed by more than 111,000 people. It will surprise you.

July 12, 1922

Today is the exact incorporation date for the city of Hawthorne. There was a large group of people back then who did not want to incorporate as a separate city.

These people wanted to stay with Los Angeles proper. They forced a city-wide vote but lost. Happy 90th Birthday Hawthorne!

Hawthorne's Profile

According to the 2010 census data the following facts relate to Hawthorn's makeup: Population: 84,293, Median age: 31.4 years old, Population percentages by race: Hispanic: 53 percent, Black: 27, White: 10 percent, Asian: 7 percent, Other: 3 percent.

There are 28,486 households, with 26% of the houses being owned by the occupants. The Median price of homes sold in 2010: \$345,000. There were 19,036 jobs in Hawthorne with an average commute time of 30 minutes. There were 15,155 students enrolled in K-12 public schools in Hawthorne.

Contact info: email: norbhuber@gmail.com or 310-292-6714.

Upcoming Events in Hawthorne

Sat. July 21 – 90th Birthday of Hawthorne •

The summer night is like a perfection of thought. ~Wallace Stevens

How to get through traffic faster:

A better commute? It's about time.

Starting Fall 2012, Metro ExpressLanes will save you time in traffic on the I-110 freeway. They're toll-free for carpools, vanpools and motorcycles. Solo drivers have the choice to use ExpressLanes by paying a toll.

All you need to use ExpressLanes is a FasTrak account and transponder in your car.

Pre-order your FasTrak® now at metroexpresslanes.net.

Metro

FASTRAK

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Southland Braces for Heat Wave spcaLA Offers Tips to Keep Your Pets Cool

Courtesy of spcaLA

Temperatures are on the rise this week in Los Angeles for the first time, but certainly not this last, this summer. Society for the Prevention of Cruelty to Animals Los Angeles (spcaLA) reminds people NOT to leave pets or children unattended in cars. Even a quick trip to the store can become deadly.

On a hot day, the temperature inside a parked car can soar up to 160 degrees. This temperature is hot enough to cause heat stroke and permanent brain damage in children or pets.

Dogs and cats' normal temperatures are several degrees higher than those of humans. Animals confined in a car, yard, or dog run, with no protection from the heat and without ample water are more susceptible to heat stroke than humans.

Dogs with flat faces (like Pugs or English Bulldogs), obese dogs, and ones with heavy coats all face an even greater risk of overheating. It is important to realize that just like humans, not all dogs deal with heat the same way.

"Unlike humans, dogs do not sweat. Instead, they lose heat through their tongues, nose, and footpads so it's important to take extra precautions on hot days," says spcaLA President Madeline Bernstein.

California Penal Code 597.7 states it is illegal to "leave or confine an animal in any unattended motor vehicle under conditions that endanger the health or well-being of an animal due to heat..." This law also authorizes the proper authority to "take all steps that are reasonably necessary for the removal of an animal from a motor vehicle, including, but not limited to, breaking into the motor vehicle..."

If you see an animal overheating in a locked vehicle, take down the make, model, and license plate and have the owner paged in nearby shops. Contact spcaLA's Humane

Officers at 800-540-SPCA (7722) or the local police department immediately.

spcaLA urges people to consider the following hot weather tips to prevent a tragedy from occurring:

- Keep plenty of clean, cool drinking water available at all times for your pet, including when traveling. If your pets are left alone during the day, ensure that their bowl is tip-proof.

- Keep your pet at home. Never leave your pet in a parked car, not even for a minute.

- Protect your pet from the sun. If your pet must stay in the yard (instead of the cool indoors which is recommended) be sure there is adequate shade and ventilation, in addition to water.

- Keep pets groomed. To help your pet stay cool, clip coats short, but not shaved. Sunburn is a danger to animals, especially light-colored animals. Apply regular sun block to vulnerable areas such as the ears and nose.

- Dog pads burn easily, so avoid hot surfaces such as asphalt on hot days. Exercise pets in the morning or evening when it is cooler. After hiking, make sure to check for fox tails and other burns, as these can cause major problems.

- If a pet is overcome by heat (detected by excessive panting, heavily salivating, and/or immobility) immerse him or her slowly in cool water to lower body temperature, and then go to a veterinarian. Never immerse a pet in ice-cold water, as it may cause shock.

Since 1877, spcaLA has been the premiere independent, nonprofit animal welfare organization serving Southern California. There is no national SPCA, parent organization, or umbrella group that provides financial support to spcaLA. Donations run programs and services including Cruelty Investigation, Disaster Animal Response Team, Humane Education, and a variety of shelter services. •

People

Congratulations

Brittney Perez, a native of Hawthorne, made the Spring 2012 Dean's List at Whittier College. •

Calendar

ALL CITIES

THURSDAY, JULY 12

- Playing for Charity: Louisiana Party, 6:00 p.m., Savoy Entertainment Center, 218 S. La Brea Avenue. <http://anewwayofflife.org>.

SATURDAY, JULY 14

- Rollin' South Traffic Style Car Show & Traffic Safety Fair, 10:00 a.m.-4:00 p.m., LAPD Ahmanson Recruit Training Center, 5651 W. Manchester Blvd. For information call (323) 421-2588.

MONDAY, JULY 16

- Community Meeting, 6:00 p.m.-8:00 p.m., Inglewood City Hall, Community Room, One Manchester Boulevard, Inglewood. For additional information or questions regarding the Crenshaw/LAX Transit Corridor Project, please contact Metro Construction Relations at (213) 922-2736.

ONGOING

- Recovery International Meetings are on Fridays, 10:00 a.m. at the South Bay Mental Health Center, upstairs meeting room, 2311 El Segundo Blvd. For more information call Deanna at (310) 512-8112.

HAWTHORNE

SATURDAY, JULY 21

- Good Neighbors Day, 9:00 a.m.-3:00 p.m., Hawthorne Civic Center, 4455 W. 126th St. For more information call (310) 349-2906.

ONGOING

- Wiseburn Food Fest benefiting the Wiseburn Education Foundation, 5:30 p.m.-9:00 p.m. on the last Friday of every month (excluding October and December) at R.H. Dana Middle School. info@wiseburneducation.org

- Social Security Outreach available for drop-in assistance, 10:30 a.m.-12:30 p.m. on the 2nd and 4th Thursday of each month, with the exception of holidays, Hawthorne Library, 12700 Grevillea Ave. For more information call Donald Rowe at (310) 679-8193.

INGLEWOOD

SATURDAY, JULY 14

- First Annual Health Fair, at Morningside Adult Day Health Care Center, 3216 W. Manchester Blvd. The event is free to the public.

THURSDAY, JULY 19

- Ronald McDonald's "Booktime" Show for Kids, 2:00 p.m., Main Library, 101 W. Manchester Blvd. For more information call (310) 412-5645.

THURSDAY, JULY 26

- Library Kids' Program: What's Buzzing in Your Backyard? a fun program on insects, 2:00 p.m., Main Library, 101 W. Manchester Blvd. For more information call (310) 412-5645.

ONGOING

- Free 'Housing Rights Walk In Clinics' for Inglewood residents and community members every second Tuesday of the month, during the 2012 calendar year, 1:00 p.m.-4:00 p.m., at the Inglewood Library, 101 W. Manchester Blvd. For more information call Geraldine Noguera at (800) 477-5977 extension #27. TTY users call (213) 201-0867.

- Free Summer Food Program, M-F, from June 20-August 31. Free lunches offered to youth 18 and under at eight different locations in Inglewood. For more information, call the Inglewood Parks, Recreation and Library Services Dept at (310) 412-8750.

LAWDALE

TUESDAY, JULY 17

- Energy Efficiency Workshop, 10:00 a.m.-2:00 p.m., at the Lawndale Civic Center Plaza, 147th Street and Burin Ave. This workshop will be conducted in Spanish.

ONGOING

- Clean up Week, July 14-July 22. Public Works Yard open July 15, 8:00 a.m.-2:00 p.m.

- Lawndale Certified Farmer's Market, 2:00 p.m.-7:00 p.m., every Wednesday on the lawn of the Lawndale Library, 14615 Burin Ave. •

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

Exceptional, ultra luxurious 1 bedroom unit w/exquisitely landscaped private outdoor space. Private front entrance & walk-thru to private garage & storage. Full-sized kitchen w/ granite countertops, custom alderwood cabinets, ss appl. & refrig, front loading w & d, walnut flooring & italian tile, crown molding, ceiling fan, recessed "can" lighting with dimmer switches, satin-nickel Baldwin Locksets, cable-ready for flat screen T.V., and more! Pet okay upon review. \$2,375 rent w/ 1-year lease minimum. Virtual tour @ www.205Standard.com. Avail. 8/1/12. Call for appt. @ (310) 721-3625.

Beautiful, 1 bedroom unit w/private patio, gas bbq hook-up, double-paned windows, blinds, private 1 car garage & storage, front-loading

w & d, full-sized kitchen with granite counters, chrome hardware, custom wood cabinets, gas oven, microwave, refrigerator, hardwood flooring & italian tile, recessed "can" lighting with dimmer switches, crown molding, cable ready for flat screen TV, and more! Pets okay upon. \$2,150 w/ 1-year lease minimum. Virtual tour @ www.205Standard.com. Avail. 8/1/12. Call 310-721-3625 for appointment.

2BD Duplex, Westchester. 8818 Reading St. Immaculate, lower unit, appliances. \$1595/mo. (310) 365-1481 or (310) 641-2148.

EMPLOYMENT

Groomer: Needed experienced groomer of dogs and cats for a busy shop in Rolling Hills. Contact Karen at (310) 409-5545.

Field Service Rep- Rancho. 5 yrs. min. Customer Service experience

in management. Develop/manage customer service policies. Train staff to highest level of customer service. Working knowledge of Microsoft Office software. Travel required. Apply: mbmcareers.com.

GARAGE SALE

815 California St. ES. Sat., 7/14, 8 a.m. Lots of Stuff to Buy!!!!!! Huge Moving Sale.

401 California St. ES. Sat., 7/14, 8 a.m. No Early Birds. Major Sale, furniture, kids toys, clothes, house hold items, etc.

536 Arena St. ES. Sat., 7/14, 7 a.m.- 10 a.m. Estate Sale. Bring your trucks. Furniture, kitchen items, home decor, toys, clothes, electronics, everything.

BRIAN R. BRANDLIN ■ BRUCE R. BRANDLIN

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Crenshaw/LAX Transit Corridor Project Design Changes Environmental Assessment Public Meeting

Metro invites you to a Community Meeting to learn about design changes that have taken place since the environmental document was completed. Public comments will be taken and recorded during the meeting.

Monday, July 16, 2012, 6-8 pm
Inglewood City Hall, Community Room
One Manchester Bl
Inglewood, CA 90301

Served by Metro Bus Lines 40, 111, 115, 212, and Rapid Bus Line 740
Refreshments will be served.

The Federal Transit Administration and Metro prepared a Supplemental Environmental Assessment to review modifications to the project. Modifications are the result of design refinements and cost reduction efforts, reduced right-of-way acquisition, and improvements at-grade crossings.

Copies of the Environmental Assessment are available for review at local libraries, please visit metro.net/crenshaw for a list of addresses. If you are unable to attend any of the scoping meetings you may still submit comments by August 2, 2012 via mail or e-mail to:

Mail:
Robert Ball, Project Director
Los Angeles County Metropolitan Transportation Authority
One Gateway Plaza, Mail Stop 99-13-3
Los Angeles, CA 90012-2952

E-mail:
ballr@metro.net

We look forward to having your involvement in the dynamic process of building a world class transportation system!

To RSVP please call or email us at:

213.922.2736
 crenshawcorridor@metro.net



PETSPETS **Pets** PETSPETS

Pets Without Partners

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

Ruby is a beautiful, golden Pomeranian and is a little eight-pound bundle of joy. We named her after our biggest fan, a little girl named Ruby who adopted our most famous dog... Eddie! Ruby is happy all the time and is not ashamed to do her happy dance to prove it. She is good with all other dogs and very happy-go-lucky in her personality. This beautiful girl is wonderful on leash as she prances like a little show dog, likes to ride in the car and is happy just to be around you. She is looking for people who love Pomeranians and will be an excellent addition into your home. Ruby loves toys and will roll over on her back and hold them between her two paws. She is simply darling, just like our biggest fan Ruby. Ruby is spayed, current on vaccines, dewormed, microchipped, good with other dogs, and would be best with children over six due to her small size.



Ruby

Cactus Jack is the sweetest little Chihuahua west of the Mississippi--sweet is his middle name. This little boy is a lover to the core. He is gentle and kind and only weighs six pounds. Cactus Jack was found as a stray and his owners were never located. He is an absolute joy to have around. He wags his tail to greet everyone and loves to give you kisses. He would make an excellent little purse dog, as he travels well and loves to everywhere with you. He is very mild-mannered and sweet-natured. He is fine with all other dogs and is cat-safe as well. So, please stop by and introduce yourself to Cactus Jack and get a free kiss! Cactus Jack is neutered, current on vaccines, de-wormed, microchipped, and good with other dogs and with children.



Cactus Jack

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

Happiness is sure to be yours when you adopt a purr-fect partner.

These three siblings Brooklyn, Boston and Manhattan were rescued from Carson Shelter. They had been turned in as four-week-old babies and would have been put down within 24 hours had their foster mom not saved them. Because they were so young, all three siblings are massively people-oriented and love to snuggle! As young and energetic kittens, each must be adopted with another young kitty or into a home where there is another feline friend. Of course, they would love to be adopted with either of their siblings!

Brooklyn is mommy's little angel. She loves to snuggle when not busy keeping up with her brothers. She and Boston are nearly identical in both personality and appearance! She is very playful and has a wonderful little purr.

Manhattan is the biggest of the three siblings and very boisterous! He is always bouncing around looking for things to do. He has got a lot of energy and plenty of love to match.

Boston is the biggest snuggler of the trio, always cuddling and purring without end. He is also unique because his eyes are remaining a bluish-green shade. He is super outgoing with every situation and just loves to play.

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.



Brooklyn



Boston

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

Princess Finds Fairytale Ending

Princess found her fairytale ending after being dumped in the shelter. Her prior owners moved and made no provisions for a beautiful girl who lived her whole life in their yard with no love or attention. She is now living with her two playmates from Fast Friends Rescue and a family full of love! Princess (pictured in front of Carla) is enjoying life and keeping stride with Frankie (the larger Greyhound on the right) and Maggie (the white Greyhound in the center)...

"Hi--Thank you for the amazing pictures. We all looked good, especially how you captured the dogs. I'm a little late getting back to you because our darling new little girl is our whole world. She is running the house now. She loves to play and take her

walks. Princess likes to run with Frankie and they get along great. Maggie is coming around, but is not too happy right now. They had a tussle last night because she (Maggie) likes to steal Princess' treats. We are both, Carla and I, trying to give equal time to all three, which right now is 24/7. Princess is so attached to Carla, she follows her everywhere and they are so happy together. Thank you so much for all your help. We can't thank you enough..." --Carolyn.

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. •



Politically Speaking

One Man's Opinion

By Gerry Chong

Mirror, Mirror on the Wall

Who's the Wisest Man of All?

Sayeth the Mirror: No doubt, it's Supreme Court Chief Justice John Roberts!

With an economy deflating like a raft on the Titanic, Roberts could have ruled Obamacare unconstitutional, sending us all down to Davey Jones' locker. Instead, he restructured Obamacare to allow it to meet constitutional muster while simultaneously providing a blueprint for rescinding the law. Could anyone else have created such a Solomon-esque solution? He is truly the wisest man in Washington.

Last winter, economists were predicting that 2012 would be a solid growth year in the three percent per annum range. There was early optimism when the economy grew during the first few months at 2.2 percent. But in April and May, the decline set in and the projected GDP growth fell to 1.9 percent, a rate insufficient to keep up with population growth. By July 1, the Institute for Supply Management said growth would fall to less than 1.5 percent. The Obama economy has sprung a giant leak, endangering us all.

The Institute noted that U.S. employers have scaled back hiring and consumers have turned more cautious. The index of manufacturing activity fell from 53.5 in May to 49.7 in June, which is the lowest reading since July, 2009 and presages economic growth of less than 1.5 percent, approaching a recession.

In the face of these numbers, Roberts had to know that if he had voted with the four conservative justices to overturn Obamacare, the healthcare industry--16 percent of the economy--would have frozen without direction. Employers, unsure of the future cost of healthcare for employees, would stop hiring and the economy would sink like the Titanic. His decision temporarily stopped the slide to recession.

He did, however, inflict enormous damage to Obama. He made it clear that if the President's individual mandate had been deemed a penalty, it would have been unconstitutional. Therefore Roberts rewrote the law to deem it a tax. The Congressional Budget Office last March estimated that tax at \$400 billion, 75 percent of which The Wall Street Journal said will be assessed against those earning under \$120,000 per year. The Medicare Annual Report concluded that 80 percent of taxpayers will pay higher taxes. In fact, Obamacare will be the largest middle class tax increase in the history of any country, but it is constitutional, accord-

ing to Roberts.

Roberts exhorted the citizens to use the election process to repeal Obamacare if they didn't like it. He said, "It is not our job to protect the people from the consequence of their political choices." Roberts' position is that the act is a constitutional one, but not necessarily a wise one. He therefore set out a roadmap to making the law toothless.

By declaring the justification for Obamacare a tax, Roberts opened the door to a relatively simple rescission process. The Senate may rescind the tax with only a 51-vote majority rather than a 60-vote supermajority, and the action would be exempt from a Democratic filibuster.

The ever-clever Roberts' use of a tax as a justification for the act eliminated consideration of the Commerce Clause of the Constitution and therefore closed the door on future Congressional actions that could require citizens to buy goods and services they do not want.

Addressing the 26 states' attorneys general who had filed the action against Obamacare, Roberts pointed out James Madison and Thomas Jefferson were advocates of nullification, an alternative in which any state, concluding the federal government had overstepped its limits of jurisdiction, could refuse to obey the federal mandate. Roberts said in his opinion, "In the typical case, we look to the states to defend their prerogatives by adopting the simple expedient of not yielding to federal blandishments...The states are separate and independent sovereigns. Sometimes they have to act like it. As a practical matter, that means states may now choose to reject the expansion. That is the whole point."

By June 30, Florida, Missouri, Ohio, Pennsylvania and Colorado have followed their right of nullification and will not expand the Medicaid provision of Obamacare. Twelve other states, including Mississippi, Texas, Nebraska and Indiana, are considering the same action. Obamacare, while a national law, will not be nationally acknowledged or followed. By itself, nullification could kill Obamacare.

Politically, sustaining Obamacare has rallied conservatives around the Romney candidacy, something Romney himself has struggled to accomplish--and as an expression of that support, Romney received \$4.6 million in campaign contributions within 24 hours of the Supreme Court decision. In June alone, Romney raised an astonishing \$100 million and the Roberts decision helped immeasurably.

Mirror, Mirror on the wall, who's the wisest man of all? •

Political Penguin

By Duane Plank

The recent passing of television icon Andy Griffith seemed to touch a chord with a heck of a lot of people. And couldn't believe the number of folks who were whistling that cheery tune from the old Mayberry TV show that starred Griffith as the town's fatherly sheriff, with the bumbling Don Knotts as comedic sidekick and youngster Ron Howard as the young son Opie.

Griffith played a sheriff in his most famous role on the screen and later continued working as a country lawyer on TV when he portrayed Ben Matlock on the long-running series that started in the mid-'80s. A well-known supporter of Democratic candidates and causes, the popular actor turned down an opportunity to throw his fedora into the political spectrum back in 1989 when local North Carolina Demos wanted the folksy Griffith to challenge incumbent Republican Senator Jesse Helms, but Griffith demurred, deciding to continue to portray lawyer Matlock on the little screen until the show's demise in 1995.

Ah, Mayberry, North Carolina. Certainly a different time and place from the hustle and bustle of 2012 in the South Bay, eh?

Tapping out the column, listening to the first remnants of fireworks that will be in full bloom later this evening. Red, white and blue skyrockets will have adorned the night sky, with friends and family gathering together to celebrate the nation's birthday. Good times, good friends. Probably not too much thought about the significance, politically, of the occasion, for most people. But hopefully we all took a moment to reflect on the glory that is the United States of America and the fact that all of the so-called freedoms that we have in this great country were earned by men and women who, Republican, Democrat, Independent or whatever, fought to give us what we have today, some giving the ultimate sacrifice--their lives--so that we can enjoy a night of festive fireworks with family and friends.

Remember, freedom isn't free.

So President Obama has been trekking here and there, filling up his bursting-from-the-seams money chest with donations from his Limousine Liberal friends. The POTUS had a pretty good couple of weeks, what with the passing of his health care overhaul plan, dubbed by those on the right as Obamacare. A somewhat surprising 5-4 Supreme Court vote now moves the process forward. And you know who cast the deciding vote for the plan that has very, very ambitious goals, including extending coverage to more than 30 million Americans who are currently uninsured? Conservative Chief Justice John Roberts.

Putting partisan politics to the side, Roberts

sided with the court's four liberal judges to move Obamacare forward. And just a few days prior, angering his friends on the right, Roberts, who was appointed to the Court by then-President George Bush, voted with the liberals to invalidate parts of our neighbors in Arizona's stringent crackdown on illegal immigrants.

Illegal immigrants. As in illegal, breaking the law, right? Anyway, Roberts and the Court's decision were of course met with giddiness on the left and bombast and rhetoric on the right. Mitt "The Glove" Romney, who pretty much has the Republican presidential nomination wrapped up, came out firing. Said Romney: "Our mission is clear. If we want to get rid of Obamacare, we are going to have to replace President Obama."

The presumptive nominee painted a gloom-and-doom scenario if Obamacare was to be implemented, citing new taxes, cuts to Medicare and another spike in the out-of-control federal deficit. Mr. Obama doesn't quite see it that way. He chose to spin the very favorable ruling, noting that in August "nearly 13 million of you will receive a rebate from your insurance company because it spends too much on things like administration costs and CEO bonuses."

More money in my pocket, you say, Mr. President? I am all for that. And, yes, I have noticed the extra Benjamins in the wallet as the price of the petrol continues to inch downward. Pretty sure that we are still getting hosed by Big Oil, but with us now attuned to paying more than four bucks a gallon at the pump, a little relief at the local convenience store/gas station is well-received.

In the Great Bankrupt State, Governor Brown and staff had been diligently working on crafting some type of budget deal before Brown and advisors presumably beg "we the people" to okay a tax increase in November. The tax-and-spend initiative, which qualified for the ballot a couple of weeks ago, could add more than \$8 billion to the State's coffers. I get pretty fired up when I find a \$10 bill in one of the old pair of jeans that I wash every other week. Nice to find an extra \$8 billion or so in the account after the voting takes place in about four months. Wish I could be so lucky.

Brown recently sliced and diced nearly \$200 million from the State budget that lawmakers sent him, putting the pen, the ax, on perks such as childcare, college scholarships, and funding State parks. Said Mr. Brown, "This budget reflects tough choices that will help get California back on track."

Tough times for some, tough choices for our elected leaders...•

Perspective

from page 2

prices, more people are ditching automotive transportation for a more economic and fuel-efficient alternative. The New York Times reports that in the past five years, American bicycle sales have increased by nine percent. In economic terms, a study in 2010 by the National Bicycle Dealers Association reported that the bicycle industry has outsold the amount of cars bought three to one and sold \$5.6 billion in bicycles and parts while also reducing the nation's dependence on oil. But the United States has overlooked the nation's newfound interest in cycling and irrationally reduced spending on providing more lanes for cyclists. With the number of economic opportunities the bicycle industry can provide, it does not make sense why the government has failed to focus on such an opportunity to free itself from the problems

that have plagued it in the past years.

Changes need to be made in this country to ensure the safety and respect cyclists deserve. For years, this country has trailed its European and Asian counterparts in providing a safe way of pedaled locomotion. Clearly, slight changes in infrastructure cannot make the United States a bicycle-friendly nation, as more drastic measures should be made. As the number of cyclists increase every year, so too should the government provide them with decent resources to ensure their safety and the safety of those around them. By implementing changes that would protect bicyclists, the United States would take a step closer to a more integrated infrastructure that would not only benefit cyclists, but the motorists and pedestrians that also use it. •

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Sports

Joe's Sports

Holly Park Sweeps Lennox to Pull off District 37 Crown

By Joe Snyder

With its backs to the wall, the Holly Park Junior (age 13-14) Little League All-Star baseball team rallied for three straight wins to pull off the District 37 crown by sweeping Lennox last Saturday at Jim Thorpe Park in Hawthorne. After losing to Lennox earlier in the tournament, Holly Park rallied to stun Tri Park 9-4 last Thursday, and then went on to finish off Lennox by 9-6 and 9-1 scores on Saturday.

In the first game, Holly Park surged to a 9-1 lead but held off Lennox, which attempted a dramatic rally by scoring five runs in the bottom of the seventh inning. Holly Park was led by Isaiah Flowers, who hit three home runs in the twin bill, two of those in the first contest. Both of Flowers' first game homers were solo. He also had a single as he went three-for-three. Isaac Galen was two-for-four, including a run-scoring double and a single. Lennox was led by Leo Morales, who was two-for-four with three runs batted in.

In the second game, the first two innings were scoreless until Holly Park let loose for four runs in the top of the third inning and five in the fourth. The third was highlighted by back-to-back home runs by Flowers (two runs) and Tito Ramirez (solo) as Holly Park took a 4-0 lead.

Holly Park blew the game open in the fourth behind a two-run double from Flowers. Flowers was two-for-three with four RBIs. He scored two runs. Galen was three-for-three and drove in two runs. He scored twice. Angel



Holly Park second baseman Tito Ramirez awaits the ball as he attempts to tag out Lennox baserunner Josh Salsido in last Saturday's District 37 Junior Little League All-Star baseball championship action. Holly Park rallied out of the loser's bracket to sweep Lennox 9-6 and 9-1 to win the District 37 title. Holly Park will face Riviera Little League from Torrance in the first round of the Section 4 Tournament Saturday at 11 a.m. at North Venice Little League Field. Photos by Joe Snyder

Lujan went two-for-three with a run scored.

Winning pitcher Raul Reynoso went the distance, limiting Lennox to one run on just two hits. Morales had an RBI single for Lennox in the bottom of the fourth.

Holly Park begins play in the Section 4 Tournament Saturday at 11 a.m. against Riviera Little League from South Torrance at North Venice Little League. Riviera won the District 27 title over Harbor City last Saturday.

Hawthorne Remains Atop Division

Hawthorne High's summer baseball team remains in first place in the South Bay League Division II after topping King-Drew Medical Magnet High 6-4 on July 3 at Haw-



Hawthorne High's Jesus Soriano pitches to a Westchester batter during last Thursday's summer baseball action. The Comets rolled over the Cougars 11-3. Hawthorne hosts West Adams Prep in the South Bay League today at 2 p.m.

thorne. The Cougars are 6-0 in league, but lost a non-league game to the Westchester American League squad 11-3 last Thursday at Westchester. "We're mostly a young team," Hawthorne head coach Jeff Hines said. "We have a long ways to go."

Top returning players for the Cougars include junior Andrew Banuelos and junior Chris Robles. Mark Lafoon, who will be a senior, is back but did not play in last Thursday's contest due to playing for a traveling team. Starter Jesus Soriano and Steve Leyva pitched for Hawthorne against the Comets. "Jesus pitched well," Hines commented.

Entering the bottom of the fifth inning, Hawthorne was only down 4-3 before Westchester let loose for six runs in the bottom of the inning and added another run in the sixth. The Cougars host King-Drew today at 2 p.m. and West Adams Prep next Tuesday at the same time.

Westbrook Makes U.S. Team

It was this past season that former Leuzinger High and UCLA men's basketball standout Russell Westbrook led the Oklahoma City Thunder to the National Basketball Association Western Conference crown and the championship series against the Miami Heat. The Thunder went on to lose the series to the Heat in five games, but Westbrook will seek to lead the Americans to their second straight gold medal at the XXX Olympiad in London, beginning on July 27. Westbrook was also on the U.S. 2008 gold medal winning squad that won the title over Spain in Beijing, China.

Westbrook will be joined by other returners, including Los Angeles Laker great Kobe Bryant, L.A. Clippers guard Chris Paul, champion Heat standout LeBron James, Carmelo Anthony, Deron Williams (recently signed as a free agent with the Brooklyn Nets), Thunder standout and 2011-12 NBA leading scorer Kevin Durant, Tyson Chandler and ex-UCLA and current Minnesota Timberwolves standout Kevin Love. All are NBA players.

Newcomers include Clipper star Blake Griffin, Andre Iguodala and James Harden of the Thunder (former Lakewood Artesia High and University of Arizona star). The United States is expected to again be the gold medal favorite, but Spain, behind Laker standout Pau Gasol and other top NBA players, will be expected to challenge. •

Adam's Sports

Nash Enters To Fireworks

By Adam Serrao

Steve Nash and Kobe Bryant came into the league together in 1996, but never did they expect to be chasing a championship together on the same team. Two of the fiercest rivals in the league, Nash's Suns and Kobe's Lakers have been battling it out for supremacy in the Western Conference's Pacific Division for 16 seasons now. Over time, Kobe has gotten the best of the rivalry, leading his Lakers to five championships in the same amount of time while Nash is still chasing his first. As they say, "If you can't beat 'em, join 'em," but now that Kobe is 34 years old and Nash is 38, will the duo of cagey veterans still have enough left in the tank to lead the Lakers to at least one more championship?

On Independence Day 2012, fireworks exploded in the nighttime air to the news that Steve Nash had decided to leave all other teams in the dust and join forces with Kobe Bryant to play at the Staples Center in search of an NBA title. What better symbol of freedom for Kobe? In 16 seasons in the NBA, Kobe has never played with an elite point guard. Now he has the freedom to roam around the court and choose the spot that will best suit him for a pull-up jumper. He has the freedom to stand on the edge of the court, not handling the ball or calling out plays, and decide when to slash into the lane to take an alley-oop from Nash or be on the receiving end of a behind-the-back pass off of a pick and roll. The pick and roll, after all, is something the Lakers have never been able to accomplish with ease. Throughout the playoffs over the past few years, L.A. has always been the team getting burnt by quick, speedy guards cutting into the lane and having their way with the Lakers' big men, making a once-admired franchise look foolish. Now with Nash on the team, the whole dynamic of the Lakers' offense will change.

Obviously, Nash will be the primary ball-handler on the team, taking the ball out of Kobe's hands for the most part. As explained earlier, in all of his 16 seasons in the league, Kobe has never played with an elite point guard unless you count Nick Van Exel, but at that point, Kobe was a baby and his game wasn't the same as it is now. Since he has arisen as the best player in the league, however, the knock on Kobe has been that he handles the ball too much and doesn't get his teammates involved. Well now the responsibility of handling the ball will be entrusted to Nash, a player that Kobe clearly already trusts. With Kobe, trust goes a long way. When he feels like he can't trust others with the ball, he does it all himself. Now even according to Kobe, that should change. "He gives us a much, much better chance," Bryant said after his first day of USA basketball training in Las Vegas. "He's a terrific shooter. And shooting is something that was lacking for us. His ability to be a

playmaker for others out of the pick and roll is one of the best we've ever seen. He has a high basketball IQ, in terms of being a coach out on the floor." Clearly, Kobe is pleased with what Nash brings to the table and is giddy with excitement at the fact that he will have another playmaker on the floor to play alongside him.

With the team as it currently exists (assuming there will be no more trades), the Lakers are sizing up to look quite formidable. With Nash handling the ball, they will have two seven-footers down low to roam around in the paint and either take alley-oops from Nash, run the pick and roll or rebound and pass it back out to restart the offense. Metta World Peace will round out the starting five and be the defensive stopper, while Kobe will move to his natural position on the court—a position that he hasn't played at for the majority of his career. "It puts me in my natural position, which is that of a finisher," Bryant said about the addition of Nash. "Michael [Jordan] had Scottie [Pippen], who was a great facilitator for him and enabled Michael to do what he does best, which is score the ball." If Nash can be to Kobe anything like Pippen was to Jordan, then these two all-stars may be wishing that they found each other earlier in their careers. Clearly to Kobe, the possibilities seem to be endless and with the addition of one player, the team immediately became a lot more traditional but also a whole lot stronger.

Some naysayers don't believe that Nash is enough to put Kobe and the Lakers over the hump. After all, Kobe isn't getting any younger and Nash is 38 years old himself. With a history of chronic back problems as well, Nash will have to work hard to stay healthy enough to take the floor night in and night out at the Staples Center. Though his back has been a problem, it has never meant Nash missing any significant time during the season. The two-time NBA MVP hasn't only always found a way to get it done on the court, but has rallied his team to do so as well.

Nash won't only help the Lakers with his own personal skills, but expect him to recruit other players like Grant Hill to join the team and make the Lakers' atrocious bench of a year ago that much stronger. All in all, Steve Nash is the best thing that could have happened to the Lakers this offseason and anyone who says otherwise just doesn't like the Lakers. By the looks of it, Mitch Kupchak and the rest of the front office aren't done wheeling and dealing yet either. It should be an interesting offseason for L.A. Expect the Lakers to be a bigger contender this year than they have been the last couple of years. At this point, it looks like it's a three-horse race for next year's championship trophy. Along with the Thunder and the Heat, the addition of Nash has immediately thrust the Lakers into championship contention. •




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FOOD & DINING

Pork Fajitas with Smoky Cherry Salsa

This pork fajitas recipe with grilled pork tenderloin, onions and peppers gets a sweet-smoky aroma and flavor when topped with chipotle-infused cherry salsa. Manchego cheese, though untraditional for fajitas, pairs nicely.

Servings: 4 servings

Total Time: 45 minutes

Ease of Preparation: Easy

Health: Low Calorie, High Fiber, Low Sat Fat, High Potassium, High Calcium, Heart Healthy, Healthy Weight, Diabetes Appropriate

Ingredients:

1 teaspoon plus a pinch of salt, divided

2 cloves garlic, minced

Zest of 2 limes

6 teaspoons lime juice, divided

1 1/4 teaspoons ground chipotle pepper (see Tips), divided

1 1/4 pounds pork tenderloin, trimmed

1 medium white onion, thickly sliced crosswise

1 red or green bell pepper, quartered

1 cup chopped pitted sweet or sour fresh cherries (see Tips)

1/4 cup finely chopped fresh cilantro

1/2 cup shredded Manchego or Cheddar cheese

8 6-inch corn tortillas, warmed (see Tips)

Steps:

1: Preheat grill to medium-high.

2: Mash 1 teaspoon salt and garlic in a small bowl with a mortar and pestle or a spoon until a paste forms. Mix in lime zest, 2 teaspoons lime juice and 1 teaspoon ground chipotle. Rub the paste all over pork.

3: Oil the grill rack (see Tip). Grill the pork, turning occasionally, until an instant-read thermometer inserted in the thickest part reaches 145°F, 13 to 15 minutes. Grill onion and bell pepper, turning occasionally, until charred and tender, 8 to 10 minutes. Transfer the pork to a clean cutting board and let rest for 5 minutes.

4: Combine cherries, cilantro, the remaining 4 teaspoons lime juice, the remaining 1/4 teaspoon chipotle and pinch of salt in a bowl. Finely chop one slice of grilled onion and stir into the salsa.

5: Thinly slice the remaining onion and pepper. Thinly slice the pork. Serve the pork and vegetables with the salsa and cheese on tortillas.

Nutrition: (Per serving) Calories - 365 Carbohydrates - 33 Fat - 10 Saturated Fat - 4 Monounsaturated Fat - 3 Protein - 37 Cholesterol - 107 Dietary Fiber - 6 Potassium - 883 Sodium - 881 Nutrition Bonus - Vitamin C (87% daily value), Vitamin A (38% dv), Zinc (27% dv), Potassium (25% dv), Magnesium (23% dv), Calcium (18% dv), Iron (15% dv)

Marinate pork (Step 2) in the refrigerator, loosely covered, for up to 8 hours.

Tips: Chipotle peppers are dried, smoked jalapeños. Look for ground chipotle in the spice section of most supermarkets or online at penzeys.com. To pit fresh cherries, use a tool made for the job—a hand-held cherry pitter; it also works for olives! Or pry out the pit with the tip of a knife or vegetable peeler. To warm corn tortillas, wrap a stack of tortillas in barely damp paper towels; mi-

crowave on High for 30 to 45 seconds. Or wrap stacks of 4 tortillas in foil; place in a 375°F oven for 10 to 15 minutes. Wrap tortillas in a clean towel to keep warm. Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.

By EatingWell, Courtesy of Arca-max.com •



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Journey

from front page

community to show appreciation for what I have. Some people that hear we graduated from Fremont might think that we are not supposed to accomplish anything. I know that when I was growing up, if you went to Fremont you were regarded as a person that was not that smart and that you were not going to be successful. I think that it is important for people that live in the area to see us so that we can be examples and say you can do it too."

Clayton's commitment to giving back to the community is only matched by her passion for nursing, which despite its hardships she believes is the career she was meant to be in all along. "If you have passion for people, that is half the battle because nursing entails loving people of a variety of races, of ages and sexes," Clayton said. "You can't have any type of discrimination about people--you just have to love people. It is physically and mentally demanding, but guess what? Once you become skilled at nursing and experienced, it becomes easier than you think. I have been a nurse for almost 14 years and I can go to work comfortably anywhere because I am comfortable with what I do. The key is overcoming those obstacles."

Clayton added that she loves the fact that nursing provides so many career options. "I have trained in many fields such as urgent care, ICU [intensive care unit] and now I plan on becoming a traveling nurse," she said. "With just one nursing degree, you have many options to pursue. Sometimes it is challenging and demanding, but the

reward of the career you can forget it after your shift is over."

Clayton's tour, which began in Long Beach, will go from Inglewood to Cerritos and later make a stop in Las Vegas before traveling to San Francisco. She has even been inquired about in South Africa and the United Kingdom, both places she expressed interest for the tour. For now, she is happy to visit local cities that were a part of her upbringing.

"The city [Inglewood] has been very kind to me," Clayton said. "I actually lived in Inglewood while I was going to nursing school. I lived here for about five years and I decided that Inglewood would be one of my target cities because it has been very kind, generous and has helped me promote this campaign. My vision is to encourage the world and not just to have it within our local city. I am a product of South Central Los Angeles and attended inner city schools and my focus is for individuals in the inner city and for individuals who don't know about nursing as a career. However, this is for anybody who is disadvantaged and feels that they cannot pursue something because of where they are from or because of what their background is. I think my purpose is to be an example and I think when people see that you have done it, they become encouraged. What I tell people to do is to just accept obstacles and expect challenges. You have to take on those challenges and obstacles and just continue to pursue your dream." •

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.
~James Dent

SMILE awhile



My son, Brayden (3) wearing the Jonathan Quick jersey. Dustin Brown is holding the Stanley Cup with his kids at the Manhattan Beach Fire Dept. Submitted by Tom Vanek.



Preston at play. Submitted by Kristen Poulous.

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