

# Inglewood News

AND LENNOX CITIZEN The Weekly Newspaper of Inglewood

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## Industry Jobs spotlighted at LAX Aviation Careers Education Academy



Students from local middle schools learned about careers in aviation at Los Angeles International Airport's (LAX) Aviation Career Education (ACE) Academy. ACE is a free week-long motivational program which provides students with a basic understanding of career opportunities within the aviation industry, as well as a general knowledge about LAX. The academy is geared towards middle and high school students from neighborhoods surrounding LAX interested in aviation and aerospace. The teens use flight simulators and go on field trips to aviation sites while learning about aviation-related careers. Presentations are provided by organizations such as the Federal Aviation Administration, TSA, Airlines, Los Angeles Fire Department and Los Angeles World Airports divisions. Additional areas of study include aviation history, planning a flight, the physics of flight, and the design and maintenance of aircraft. Photo courtesy of the Los Angeles World Airports.

## Senior Wellness Program Receives Additional Grant Funds

**By Cristian Vasquez**  
 Inglewood's Be Well Senior Program received \$10,000 from the Kaiser Permanente Foundation Hospitals, South Bay, which will allow for the City to continue providing fitness and nutritional services to the local senior population. Since 2004 the City of Inglewood has received grants for the Be Well Program, which targets the senior population with chronic health conditions. The program is designed to address health, nutrition and fitness within the targeted demographic.

"The program was developed by a woman who was the dietitian with Los Angeles County Department of Aging, and the Food and Nutrition Management Services, which is who supplies us with the dietitians and therapists," Special Program Volunteer Skip Halloran said. "The first place where this program operated was in Compton. The City of Compton had grants to develop wellness programs for senior citizens. We heard about it, so somebody went to Compton to see how it was and we decided that we wanted to do it in Inglewood."

The Be Well Program offers a four-month intensive phase which is then followed up by a maintenance phase. The program operates out of Inglewood's Darby Park and at the neighboring City of Hawthorne's Senior Center. Currently the City of Inglewood leads the Be Well Task Force, which oversees the various programs that serve more than 100 seniors and provides nutrition education, group discussions, recipe demonstrations and safe exercises for community seniors.

"Human Services has a lot of programs for seniors and our basic service area for our various funding sources include Hawthorne, Inglewood, Lennox and Ladera," Halloran said. "We have a much bigger service area than just Inglewood. We do senior lunches at all four senior centers and we deliver mail for the seniors in those areas who cannot get out of their homes. We also provide transpor-

tation for seniors within that service area."

For the Kaiser Permanente Foundation, the Be Well Programs match what its goals are for the communities that they serve. Currently the foundation is focused on providing access and resources to healthcare, violence prevention, obesity prevention and HIV/AIDS access services throughout the South Bay and via its community benefit program. Inglewood's Be Well Program stood out for the Kaiser Foundation because it addresses the issues being related to obesity and healthcare.

"Also we want to give back as part of our social mission, which in part is to improve the lives of the communities that we serve--this is one of the ways that we give back," Senior Community Benefit Health Specialist with Kaiser Permanente Foundation Janae Oliver said. "In addition, we conduct community needs assessments every three

years to deeply look at the outcome that is representative of our service areas. From that, we did find that our aging and senior population has increased by about 33 percent. Also, obesity among adults has increased to where we have one out of four adults being obese, which is much higher than the county and the state breakdown as a whole. This project specifically does address the need that we have in order to help improve the health and well-being of seniors in our service area."

The Los Angeles County Area Agency on Aging funded the first program. It became such a success, that the City of Inglewood has since reached out to various organizations in order to obtain funding to keep this program here and available to it senior citizens. Collaborating with neighboring localities and

**See Wellness, page 12**

## Weekend Forecast

**Friday**  
 AM Clouds  
 70°/62°



**Saturday**  
 Partly Cloudy  
 71°/62°



**Sunday**  
 Partly Cloudy  
 75°/63°



## Pet of The Week

**Lestat**  
 • SS#12-04303  
 • Domestic Short Hair  
 • 4 months  
 • Male  
 • South Bay Pet Adoption Center  
 12910 Yukon Avenue  
 Hawthorne, CA 90250  
 310-676-1149

I love people! I am a fun-loving little guy looking for my forever home. Although I am active and playful, I love nothing more than cuddling up in laps for long naps. I get along great with other cats and I don't even seem to mind most dogs. Visit me here at the shelter and see what fun I really am. •



# Police Reports

**Assault**  
13714 S KORNBLUM AV Sun 07/22/12  
0208 Sun 07/22/12 0350 **ARREST**

**Burglary - Auto**  
4235 W 120TH ST #D Fri 07/20/12 2130  
Sat 07/21/12 0430 CARPORT (RESIDENTIAL APTS OR DUPLEX)  
4949 W 147TH ST Sat 07/21/12 1737  
4560 W 120TH ST Sat 07/21/12 1921  
2309 W 117TH ST Tue 07/24/12 0410  
13500 BLK OF JEFFERSON Tue 07/24/12  
0200 Tue 07/24/12 1100

**Burglary - Not Categorized or Report not Completed**  
13910 S JEFFERSON AV Tue 07/24/12  
1734 4929 W 116TH ST Wed 07/25/12 0222

**Burglary-Com**  
3456 W EL SEGUNDO BL Mon 07/23/12  
0637 AUTO/VEHICLE  
3456 W EL SEGUNDO BL Mon 07/23/12  
0637 AUTO/VEHICLE

**Burglary-Res**  
4625 W 131ST ST #B Thu 07/19/12 1100  
Sat 07/21/12 0800 APARTMENT COMMON AREAS (LNDRY,CLB HSE,ETC)  
14020 S YUKON AV #107 Mon 07/23/12  
1330 Mon 07/23/12 1500 APARTMENT/

CONDOMINIUM  
**Rape**  
3251 GARDEN LN Mon 07/23/12 2033

**Robbery**  
3300 W 135TH ST Sun 07/22/12 2234

CONVENIENCE STORE  
**Vehicle Theft**  
11902 S BIRCH AV Sat 07/21/12 1004  
13508 S LEMOLI AV Sat 07/21/12 1137  
12400 S CEDAR AV Sun 07/22/12 1348

**ARREST**  
13926 S CORDARY AV Sun 07/22/12  
1514 11700 S WILTON PL Sun 07/22/12  
1504 **ARREST**  
W EL SEGUNDO BL/S ROSELLE AV  
Sun 07/22/12 1529  
4445 W IMPERIAL HY Sun 07/22/12 2229  
13652 S JEFFERSON AV Mon 07/23/12  
0913 4709 W IMPERIAL HY Mon 07/23/12  
1125  
3748 W 144TH PL Mon 07/23/12 1131  
4361 W 120TH ST Mon 07/23/12 1304  
12600 S FREEMAN AV Mon 07/23/12 1923  
4865 W 136TH ST Mon 07/23/12 2050  
3500 BLK 135TH ST Mon 07/23/12 2150  
14501 S HINDRY AV Tue 07/24/12 1427  
W 139TH ST/S CORDARY AV Tue  
07/24/12 1751•

# People

## Congratulations

**Bethany Folk**, daughter of Rev. Brenda Bullhead City, Ariz., has been named to the Carol Folk, Hawthorne, and Ed Middlebrook, 2011-12 Lawrence University dean's list. •

## Happy Birthday

We have some big news that the whole world should be told: Our little princess **Michelle Yulissa Torres** is turning fifteen years old! Congratulations on your special day. XOXO



# Hawthorne Happenings

## News for the City of Good Neighbors

From City Clerk Norb Huber

### Museum Open on Saturdays

Our first official Saturday opening at the Hawthorne Museum took place last Saturday and one of our very first visitors was Kathy Wiltse Floren from Lakewood. She is the granddaughter of our very first fire chief. Her grandfather organized the volunteers and used his own truck with a bucket brigade even before the city was incorporated in approximately 1918. Kathy is also a Wilson and is a second cousin to the famous Wilson brothers of Beach Boys fame. It was great to meet Kathy and her husband and listen to her retell stories of Hawthorne growing up. Other "locals" wondered in to look at the photo displays, tell stories and make donations of memorabilia. It was a great starting day after a long wait getting the museum off the ground and finding a permanent location. The museum will be open on Saturday mornings from 10 a.m. to noon. Anyone wishing to view the museum during the weekdays may contact the Historical Society at 310-249-2906 to set up an appointment. The museum is located across from the main Hawthorne Library in the old police station.

### National Night Out

A nationwide event takes place the first Tuesday in August. It is called National Night Out. Started many years ago by citizens and law enforcement officials from many communities across the USA, this event has grown in size every year. In Hawthorne, we will be celebrating over at Holly Park with the homeowners association in conjunction with the Hawthorne Police Department. The event will take place on August 7 from 6 p.m. to 9 p.m. at Holly Park. Free hot dogs, chips and sodas will be offered as refreshments. In addition, thanks to Target and Lee Homes, all students who attend will be given back-to-school supplies. It's a night where the community can come together to celebrate the good neighbor spirit of Hawthorne.

Thank you Katrina Manning and the Holly Park Homeowners Association and the HPD Community Affairs department for organizing this event. An L.A. County Fire truck will be there also.

### Olympic Ticket Follow Up

As I reported last week, a friend of mine from my church, Harry Nelson, holds the world record for attending the most Olympic games. He and his wife Dee, are in London as I write this, making his record 18 Olympic games attended. I indicated that Harry had some difficulty getting any tickets to the track and field competition that he always attends.



So, I spoke with our congresswoman, Maxine Waters, to see if her office could do something for this Olympic icon. She contacted the U.S. Olympic committee and also spoke to Harry directly. As of now, the committee is suppose to be in contact with Harry over in London to see about "doing something for him". We will see if the huge "bureaucratic wheels"

turn quickly enough to honor this deserving couple.

On a side note, NBC has been speaking to Harry also about his record. The network may be doing a piece on him. It would seem to me that a short segment on him and his record would be of interest to the national television audience.

### Hawthorne's Olympic Connection

To the best of my knowledge, the only athlete competing in the London Olympic games that has a Hawthorne connection would be Russell Westbrook who is on the U.S. men's basketball team. Several weeks ago one of his friends tweeted him to invite him to come back home for Good Neighbors Day. Russell said he was a little busy getting ready for London but would consider returning to Hawthorne next year.

### Good Neighbors Day 2013

The Hawthorne Historical Society has set the date for Good Neighbors Day 2013 for Saturday, July 20. This year's event was so well received and people liked the location. We will be returning to the civic center with the car show and free concert. Mark your calendars now for another great Neighbors Day event next year.

### See Ya in a Couple of Weeks

It's August already and summer is quickly passing us. With back-to-school sales in full swing, teachers and students will be returning to the classrooms soon.

I will be taking advantage of my last few weeks of vacation freedom by traveling to my ancestral homeland of Germany. My wife, daughter and myself will be over on the other side of the "pond" for a vacation so my column will not appear for the next couple of weeks. I look forward to seeing a lot of sights and experiencing Europe for the first time in my life. Thanks for being reader of my ramblings here.

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

### Upcoming Events in Hawthorne

Tuesday, August 7 – National Night Out – Holly Park  
Installation of Chamber of Commerce Officers and Civic Awards Breakfast, Thursday August 30 starting at 7:30 a.m. •

**How Tweet!**  
Herald Publication's twitter account is up and running, so follow our tweets and receive special offers, discounts and deals from our advertisers!

Our twitter address is: [twitter.com/heraldpub](https://twitter.com/heraldpub)

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*"The Olympics remain the most compelling search for excellence that exists in sport, and maybe in life itself."*- Dawn Fraser

# Faith

## Why should I believe the way you do?

Judaism does not actively seek to convert non-Jews so there is no push to have everyone believe as we do. For traditional Jews, the covenantal relationship with God requires us to follow God's commandments. Traditionally we say that there are 613 commandments. I believe that God delivered his message to mankind in a variety of ways. For Jews, Judaism in all of its forms, is the right approach. Similarly there is equal value to Islam, Christianity, Hinduism, Buddhism and other world faiths. To understand the total message to mankind one should study it all and practice the faith one is born into or chooses to follow. There are many paths leading to God, each of us should follow the best path for reaching out to God and increasing our spiritual growth.

—Rabbi Gary M. Spero, Torrance, [www.rabbigaryspero.com](http://www.rabbigaryspero.com)

Speaking as a pastor, I would hope that no one in my church believes what I preach and teach simply because I say so, or is convinced by rhetoric or style or presentation. Faith needs to be powerfully personal and inspired by a direct spiritual connection with God through hearing and reading the Scriptures. A pastor is a guide, a reminder, a counselor, a shepherd - but we need to be personally connected with God. Scripture itself tells us, "Faith comes by what is heard, and what is heard comes through the word of Christ" (Romans 10:17).

So many look for "powerful sermons," to be entertained by a charismatic leader - that is a recipe for problems. Religion is so powerful, and so easy to misuse. There are many who would use religion to promote a political or social agenda, or even simply

for financial gain, and there are many who would willingly follow a convincing leader. The results are damaging and divisive, and evidence of such abuse abounds in our country and the world.

My task as a preacher of the Gospel is to preach in such a way that Jesus comes alive as the Word is proclaimed, to then to connect people with Jesus, to help them come to know personally God's Son and follow his example, living lives of peace, reconciliation, forgiveness, healing, hope and selfless love. Don't "believe the way I do"! But please connect with a community of faith that has found this Jesus.

—Rev. Lawrence Becker, Sr. Pastor, Trinity Lutheran Church, Hawthorne

For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Peter, and then to the Twelve. After that, he appeared to more than five hundred of the brothers at the same time, most of whom are still living, though some have fallen asleep (died). **1 Corinthians 15:3**

You should believe in who Christ is - God in the flesh, and in what Christ has primarily done - died for our sins, because it is true. God really did come to earth, took on flesh and died for our sins because of His great love and compassion for us.

Salvation is found in no one else, for there is no other name (Jesus) under heaven given to mankind by which we must be saved. **Acts 4:12 (parenthesis added by the writer)**

—Lisa Lait, First Baptist Church, El Segundo •

## 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.

### Schofield Realty

We receive 50 phone calls a month for rental units in town. We need homes & apartments to lease. Call KEN about our Mgmt. program for Homes & Apartments.

310-322-4660

#### APARTMENT FOR RENT

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! Cat okay. \$2,150 w/ 1-year lease minimum. Virtual tour @ [www.205Standardstreet.com](http://www.205Standardstreet.com). Avail. 8/1/12. Call 310-721-3625 for appointment.

2BD/1BA. ES. In 4-unit building, no pets, newly refurbish, fridge, stove, laundry room. \$1685/mo., + Sec. deposit. Call 310-540-3605.p

2BD/1BA. ES. W/D in unit, garage. No pets. One year min. lease. \$1,600/mo. (310) 545-3153.

2BD/2BA. ES. No pets, no smoking, new carpet, secured garage, storage, tandem parking. Laundry on site. Available now. 335 Virginia St \$1,750/mo. (310) 322-4848.

#### EMPLOYMENT

Office Asst., P/T Mon-Thurs. 3 hrs. a day. Answer phones, filing, order entry - will train. Call (310) 640-1142.

P/T General Labor. Great for student. Must be detailed and reliable. Call Jay (310) 901-6971.

#### GARAGE SALE

1210 E. Acacia Ave. ES (Candy Cane Lane) Sat., 8/4, 8 a.m. - 1 p.m. Toys, clothes and Misc. items.

#### HELP WANTED

**Part-Time Graphic Artists needed**  
Herald Publications is looking for part-time graphic artists. Applicants must be available approximately 20-30 hours a week and be able to work with Adobe InDesign CS4, Photoshop, Suitcase Fusion and similar software. Responsibilities include, but are not limited to, interacting with advertisers. Interacting with employees and sales representatives, creating ads, ad changes and newspaper layout. Interested parties please email your resume and hourly rate to [management@heraldpublications.com](mailto:management@heraldpublications.com). No calls please.

#### ROOM FOR RENT

Furnished. Non-smoker. Great for commuter. \$600/mo. All utilities paid. Call Barbara (310) 242-3758.

#### WANTED

Home for Lease In El Segundo. Professional couple w/young family wants to lease a nice home for 1 - 3 years ASAP. Min. 1500 sq. ft. with 3BR's. Call Scott (310) 874-1466.

## Calendar

### ALL CITIES UPCOMING

• The South Bay Women's Chorus will be resuming practices Sept. 5, 7 p.m.-9 p.m. There are openings for Altos and Sopranos. For more information contact CJ Lippincott at [cheryljean61@hotmail.com](mailto:cheryljean61@hotmail.com) or (310) 433-7040.

• 5th Annual South Bay Business Environmental Coalition Awards, September 20, in recognition of local businesses, organizations, and individuals who have made significant efforts to help the environment. The SBSEC is actively seeking nominees for these awards. If you are interested in nominating someone for an award, please contact Douglas Krauss with the Hawthorne Public Works Department at (310) 349-2987 or visit [www.sbbec.org](http://www.sbbec.org).

### ONGOING

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

### HAWTHORNE

#### SATURDAY, AUGUST 4

• Reptile Family, 10 a.m. Wiseburn Library, 5335 W. 135th St. For more information call (310) 643-8880. Aug. 11, Volcano Science and Stories.

### ONGOING

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

#### SUNDAY, AUGUST 19

• Summertime Fun Concert, 4 p.m., at the Inglewood Center for Spiritual Living, 525 N. Market St. For more information call (310) 674-9160.

### ONGOING

• Free 'Housing Rights Walk In Clinics' for Inglewood residents and community members every 2nd Tuesday of the month, during the 2012 calendar year, 1 p.m.-4 p.m., at the Inglewood Library, 101 W. Manchester Blvd. For more information call Geraldine Noguera at (800) 477-5977 extension #27.

• 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 (310) 412-8750.

### LAWDALE

#### ONGOING

• Free Summer Meals Program (ages 1-18) through Aug. 10. For more information call Alice Garcia at (310) 973-1300 ext. 4881.

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

*"The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well."*

- Pierre de Coubertin (primarily responsible for the revival of the Olympic Games in 1894)



### SOUTH BAY

#### Now Metro Runs 'Til 2am

Now Metro Rail trains and the Metro Orange Line run until approximately 2am on Friday and Saturday nights. So now you can catch the overtime action, stay for the encore or take time for that bite to eat and still count on Metro for your ride home! For schedules and discounts on late-night venues, check [metro.net](http://metro.net).

#### "Carmageddon II" Set For Sept. 29-30

Plan ahead, avoid the area, or stay home is the message from public safety officials for the second weekend closure of the I-405 Freeway in the Sepulveda Pass - between the I-10 and I-101 - scheduled for September 29-30. Contractors will demolish the remaining side of the Mulholland Bridge as part of the freeway improvements project. For latest updates visit [metro.net/405](http://metro.net/405).

#### Get Through Traffic Faster With ExpressLanes

Starting this fall, Metro ExpressLanes can help you get through traffic faster on the I-110 Freeway. These special lanes are available toll-free to eligible carpools, vanpools and motorcycles, and for a toll to solo drivers - all you need is a FasTrak® transponder. To get your transponder, visit [metro.net/expresslanes](http://metro.net/expresslanes).

#### Measure R Projects Moving Forward

Metro continues to make progress on more than 70 transportation improvement projects funded by voter-approved Measure R. Included in those projects are 48 for highway and traffic reduction, 16 for rail and rapid transit and nine for public transit. Follow their progress at [metro.net/measurer](http://metro.net/measurer).

#### Go Metro to USC Football Games

For USC football fans heading to the Coliseum this fall, Go Metro on game day. We'll get you past the traffic and parking hassles, giving you more time to catch all the action and festivities. Exit at the Expo/Vermont or Expo Park/USC stations on the Metro Expo Line, or the 37th St/USC Station on the Metro Silver Line. Find out more at [metro.net](http://metro.net).



*"There can be distractions, but if you're isolated from the heart of the Games, the Olympics become just another competition."*

- Mary Lou Retton (American gymnast, 1984 Summer Olympics)



If you'd like to know more, visit [metro.net](http://metro.net).

# Politically Speaking

## One Man's Opinion

By Gerry Chong

Juan Carlos, my talking neighborhood cat who insists he's a relative of the Spanish king, and I sat down to share a Hawaiian sunset and mai tais, complete with little umbrellas. We both exhaled contented "ahhhhs," stripped down to swim shorts, and kicked off our flip flops. (Of course mine were bigger than his, but he had four of them.)

As he pulled down his aviator shades, he said, "The thing I like about Americans is their sense of humor in the face of pending disaster. Someone said reelecting Obama is like the Titanic hitting the iceberg, backing up and ramming it again. Now that's funny."

"What else amuses you," I asked. "Well..." he said. "When Michelle and the Queen of Qatar shut down Madison Avenue in New York and she went on a \$50,000 underwear shopping spree at Agent Provocateur, the store that advertises itself as selling the world's most erotic underwear...and she did that in the shadows of Occupy Wall Street (OWS), which protested greed and avarice, I thought that was funny." Could you see Barbara Bush or, God forbid, Mamie Eisenhower in their skimpy undies? Let 'em eat cake, I say."

"Oh," I said, "You're really on a roll. What about something of substance?"

"Well, Okay," says he. "Today the Chinese announced an agreement to purchase for \$15 billion Nexen, the Canadian oil company. If approved by the Canadian government, it will give China access to oil in the Gulf of Mexico, the Alberta oil sands, the North Sea and Africa. China will also acquire the technology for deep water drilling and solid rock (fracking) drilling. Meanwhile, here in the U.S. we have denied the Canadian oil pipeline and propose wind energy. So we can collectively puff our cheeks to make the blades move or buy oil from China."

"Okay, okay, that's scary, but what's funny?" I asked.

"Well," he continues, "the Department of Homeland Security has issued directive 'IS-907-Active Shooter' directing Customs and Border Patrol Agents to first hide if they run across dangerous illegals. If they cannot hide, then they are to run. But finally, if they are trapped, they may use deadly force--but if they do, they will be subject to investigative action by the Agency and could end up in big trouble. As you know,

Agent Brian Terry who was killed by drug smugglers in Operation Fast and Furious had been ordered to fire bean bags against the druggies. They responded with AK-47s, so Agent Terry became history. An embarrassed Obama Administration has exercised its right of Executive Privilege to remove its excuses from public view."

Not wanting to neglect its legal obligations, but refusing to seal the border, Homeland Security has taken to posting signs in Arizona that say:

DANGER- Public Warning- Travel Not Recommended

Active Drug and Human Trafficking Area

Visitors May Encounter Armed Criminals

Smuggling Vehicles Travelling at High Rate of Speed

Stay Away From Trash, Clothing, Backpacks and Abandoned Vehicles

The BLM Encourages Visitors to Use Public Lands North of Highway 8

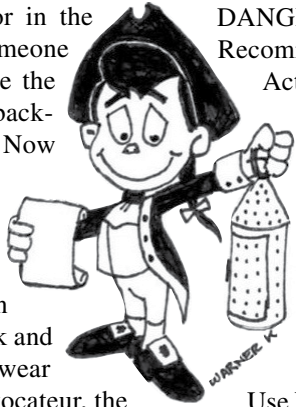
"Now you gotta admit that a sign telling Americans to vacate areas of our country is not as good as a fence to keep the bad guys out, but it's better than nothing," said my belly-laughing cat.

"This is all tragic. Point out something funny," I demanded.

"Okay, Okay, how about this one? While conventional fuel for aircraft and ships costs about \$3 per gallon, the Department of Defense is requiring the Navy to spend \$26 and the Air Force to spend \$59 per gallon in order to burn bio fuels. All this while the defense budget is gutted by 25 percent due to the budget agreement between Obama and the Congress reached last summer. Soon sailors will be shoveling corn cobs into fire pits. Ha ha ha. The visual of that is too cool. Tote that barge, lift that bale..."

Getting angry now, I said, "None of this is funny," so the cat raised his shades and said, "You've lost your sense of humor, so I'll try one last time. Remember last week, the President eliminated the need to seek work as a requirement for receiving welfare? Well, here's the good part: Since recipients won't have to look for work, they will no longer be counted as unemployed, so the rate of unemployment will fall, just in time for the election. Wonder which genius thought that one up? Now you gotta admit that's both clever and funny."

Mumbling in my mai tai and my face reddening, I don't know if I'm embarrassed for our country or got too much sun. •



## Political Penguin

By Duane Plank

Nothing really political about the senseless massacre that took place a couple of weeks ago in Aurora, Colorado, at the local movie theatre where a deranged nutcase decided to gun down as many innocent, wide-eyed moviegoers as he could at the first evening screening of the much ballyhooed flick *The Dark Knight Rises*.

Nothing political there, unless you count the fact of the hue and cry that emanated from one moronic journalist, ABC News lefty Brian Ross, who a scant few hours after the bloodshed and bullets flew in Aurora, went on the air and linked the murderous madman to the right wing Tea Party movement.

Apparently, the slipshod journalist Ross had played the lazy man's game and Googled the murderer's name. And one of the matches that came up on his personal device associated someone with a similar name to the Tea partiers.

Course the information was bogus, as was the Ross report. But it just goes to show you that when some members of the media have a political agenda that they try to further, they will do darn near anything to discredit the other side. To heck with the facts, to heck with the fact that this incredibly sad massacre of innocents doesn't seem to have much connection to any political party. More the work of a despicable dirt-bag who would have done the world a big favor if he had just swallowed 100 Vicodin or pointed a gun at his own temple and pulled the trigger and spared the innocent people he slaughtered.

And it is not just the lefties in the media who are guilty of a biased rush to judgment. Happens on both sides of the political spectrum. Sad, but true. The rush to be first in this immediate notification era trumps being right. Seems it is more important to be the first one out there than be accurate, even if the Bolshoi that is thrown against the wall is rife with half-truths, gossip, innuendo, or worse, Internet palaver. And even if you are dead wrong.

Sometimes, catastrophically grotesque acts like the Aurora massacre just happen. People who are strung way too tight snap and embark on the unfathomable. And the reality of it is, this type of carnage will happen again. You can count on it. Because if a deranged loon really wants to kill innocents and cares not for his or her own safety, then how can he or she be stopped? We can't make America a lockdown country, can we? Assume that the next time you go to a movie and pay

the outrageous ransom that they currently charge for a couple of hours of amusement and penny-ante popcorn, you may have to duck under a metal detector, or some other high-tech apparatus that will give the illusion--and it is only an illusion--of safety in the sanctuary of a movie theatre.

Believe it was President John Fitzgerald Kennedy, foreshadowing his own assassination in Dallas back in 1963, who had commented that if someone really, really wanted to kill the President and had no thoughts about getting away with the murder, that the Secret Service, with all their talent, all of their diligence and all of their tools, would be helpless to stop a determined, deranged assassin.

Unfortunately, he proved prescient in his thoughts.

BTW, the Kid had attended the midnight showing of *The Dark Knight Rises* and was still awake in the mansion when I prepared to shove off for work around 5:30 a.m. that fateful morning. He said that I should turn on CNN--that there had been terrible shootings in Colorado.

I did as advised and said a little thankful prayer. As I am sure a lot of parents did on that feckless Friday.

Okay, so on to some good news... pick up the pace a bit. Good news for President Obama, who fully expects to win the Great Bankrupt State of California in the general election that is now about three months away. And California is quite a plum in the electoral scheme of things, what with a mere 55 votes up for grabs. For those new to the game,

the way you win the presidency isn't to amass the most popular votes, but to garner a majority of the electoral votes.

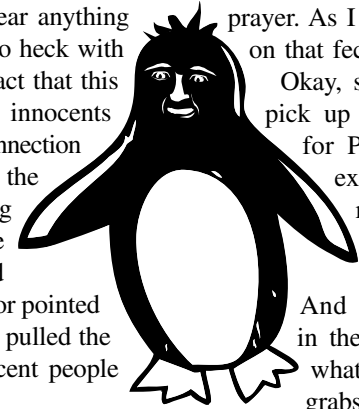
President Obama or Mitt "The Glove" Romney will win the presidency if they are able to pick up 270 of the available 538 votes. So the 55 that we have here in Cali amount to a nice chunk of change for either candidate.

Now the reigning POTUS picked up the 55 in 2008, easily outpointing Republican rival John McCain, 61 percent to 37. And back in 2004, the Demo man without a chance, easterner John Kerry, actually crushed the incumbent President Bush, 54-44.

So Romney obviously has his work cut out for him in Cali. Unless he and his operatives have already thrown in the towel, preferring to spend their time and money in so-called swing states where the Republican challenger may have a better chance to derail the Obama Express.

Nationwide, the latest Gallup poll has the incumbent with a scant one percent lead over Romney, 46-45. In California, the numbers portend a rather easy victory for the incumbent Prez with Obama holding a comfortable double-digit lead over Romney.

And the good news for the President, California-wise, is that recent reports have trumpeted the fact that California leads the nation in job growth. 'Bout time we lead the nation in something, other than gouging our college-age kids and their beleaguered parents for more Benjamins when the young scholars attempt to attend a school in the state in which they actually live--in which their parents continue to pay some pretty hefty taxes. •



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- Al Oerter

# Sports

## Adam Pro Sports

### The Day that Sports Ruled the World

By Adam Serrao

Last Friday evening the 2012 Olympic Games Opening Ceremony took place in London, England, marking the beginning of more than two weeks straight of athletic competition. Any sports fan's dream, the Olympics symbolizes a time when all of the world's greatest athletes come together and compete on the highest level and on the brightest stage for global supremacy in their respective sports. Titled "Isles of Wonder," the ceremony not only left sports fans wondering what they would see in the athletic competitions to come, but also gave the athletes from more than 200 nations an inspirational jumpstart to what may be one of the most interesting and hotly contested Olympic Games in quite some time.

The Opening Ceremony to the Olympics made history not because of the estimated audience of over one billion viewers worldwide, but because it was London's unprecedented third time hosting the competitions. London is now the only city in the world to have hosted the Olympics Games three times. The year 1908 was the first time that London became the focal point of the world for athletic competition, but originally it was not planned in such a way. The eruption of Mount Vesuvius in 1906 meant that Italy was no longer prepared to comfortably host the Games, as London politely stepped in to take over. London was again chosen to host the 1944 Games, which were postponed because of World War II and later became the 1948 Olympics. This was a notable year for London because 1948 was the first time that the Olympic Games were able to be broadcast on home television. Now it is 2012 and the Games are back in London, but the only difference is that this year they have come to the city effortlessly and efficiently. Certainly by the time the Games are over, London will have done its part to make headlines once again and continue the showcase of its rich sporting history on a global level.

The reason why these Olympic Games will be great is not because they are in London and also thankfully not because they are meant to take the world's mind off of a natural disaster (Vesuvius) or a historical tragedy (WWII). These Olympic Games will be great simply because of all of the great athletes competing in them. Fortunately for us, most of them come from our very own United States of America, so we can experience the glory that our athletes are feeling across seas right here on our very own soil. That being said, let's take a look at the major storylines of this year's Games.

Perhaps creating the most buzz as the top storyline of London's Olympic Games is the friendly battle between America's golden boy Michael Phelps and the up-and-comer Ryan Lochte. In 2008's Olympic Games in Beijing, Phelps was America's shining star, bringing home a record eight gold medals back to the U.S.A with him. At the time, however, Phelps' teammate Lochte didn't look too shabby himself, specifically show-

ing his talent in the 4x200 meter freestyle relay where the latter took home his first gold medal and broke his first world record as the Americans went on to finish in first with a time of 6:58:56. Fast forward to the 2012 Olympics and now Lochte seems to be locked in and no longer ready to take a backseat to Phelps. "I think overall, I'm just a lot older, smarter, and a better athlete than I was going into Beijing," the 27-year-old related. "I changed my diet and I started doing heavier weightlifting." The weightlifting may help with all of the gold medals that Lochte plans to drape around his neck. The young swimmer started his Olympics off the right way by grabbing his first gold medal on day one of the competition, finishing first to Phelps' fourth in the 400 IM.

Coming out of the water and stepping foot on sand, another great story for America in the 2012 Olympics lies in the attempted heroics of Misty May-Treanor and Kerri Walsh. The two won beach volleyball gold in Athens in 2004 and again in Beijing in 2008 and are now attempting to capture their unprecedented third straight Olympic gold medal beneath the nets and on the sands of the beaches of London. It won't be easy, however. Since America last saw the duo in '08, Walsh gave birth to two children, May-Treanor tore her Achilles, the two separated as a team but got back together and eventually made their way back to the Olympics. A dozen years after first teaming up, a third gold medal will make May-Treanor and Walsh the greatest female volleyball players to ever live.

Those are only two storylines of what will be an amazing Olympic Games. Yet to even be talked about is the men's Olympic basketball team featuring Kobe Bryant, LeBron James and Kevin Durant all on one team competing for one common goal. As good as that team is supposed to be in the Olympics, the U.S.A. women's basketball team is supposed to be even better. The 17-year-old Jordyn Wieber will attempt to bring home gold for the U.S. women's gymnastics team and who can forget about track and field? Justin Gatlin and company will be out to prove that they are faster on the Olympic stage than Jamaica. Even if Gatlin loses, Usain Bolt never ceases to wow and amaze with his cheetah-like speed, propelling himself down the track in such a seemingly effortless manner. Keep an eye on Bolt's teammate Johan Blake this year, however, as he figures to make some noise before all is said and done.

No matter what storyline is prevalent at the moment and no matter which nation takes home the most gold medals, the Olympics are back and every sports fan can now rest easy knowing that they will have unlimited coverage of athletic competition for the next two weeks. From basketball and swimming to judo and table tennis, the world's greatest athletes have all assembled to extend their talents further than they have ever been extended before and go after the golden prize. All we as fans have to do is sit back, watch and enjoy. •

## Joe's Sports

### Hawthorne Falls Short in League Final

By Joe Snyder

Hawthorne High's baseball team attempted to rally from a five-run deficit, but fell on the short end of a 7-6 score in the championship finals of the South Bay Summer Baseball League to Bishop Montgomery from Torrance last Thursday at Hawthorne. Down 7-2 entering the bottom of the sixth inning, the Cougars rallied for four runs to cut their deficit to one run. A two-run double by Moises Chavez highlighted the inning. Steve Leyva also drove in a run with a base hit. Relief pitcher Andrew Banuelos got the Knights out in order in the top of the seventh.

In the bottom of the inning with one out, Steve Leyva, who went three-for-four with one run batted in, doubled. Mark Lafoon and Banuelos, however, both struck out ending the threat.

"We made five errors and that cost us," Hawthorne head coach Jeff Hines said. "It's nice that we came back and made a game out of it. We wanted to get competitive. It's a working process."

The Cougars started out with two runs in the bottom of the second behind a run-scoring double by Chris Robles and an RBI single from Max Riley, but Bishop Montgomery came back with five runs, taking advantage of two Hawthorne miscues. Christopher Goff drove in a run with a single for the Knights. Bishop Montgomery added one run each in the top of the fifth and sixth.

**Swimmers Have Good Showing in Seal Beach**

The Hawthorne-based South Bay Swimming team had several top age-group finishes in the Seal Beach Rough Water One- and Three-Mile Swims on June 30. Kathy Gore won her age group in the one-mile. Jay Hoeschler and Dave Jonta each had second place finishes for their age. Third place finishers included Bill McLeven, Chris Bell, Steve Hyde and Kevin Nemeth.

In the three-mile, Faiad Burke and Gaylord Schilling were second and third respectively. Dave Neilan finished seventh.

The group is looking forward to Sunday's popular International Surf Festival Hermosa Beach to Manhattan Beach Pier Two-Mile Swim, which begins at 9 a.m. on the south side of Hermosa Pier. It finishes on the north side of Manhattan Pier.

**Westbrook Contributes in Opener**

Ex-Leuzinger High and Hawthorne resident Russell Westbrook scored nine points in the United States' 98-71 rout of France in the first game of the XXX Olympiad Sunday in London. Westbrook was the fourth leading scorer for the team. Westbrook's U.S. and Oklahoma City Thunder teammate Kevin Durant led the Americans with 22 points and nine rebounds. Kevin Love and L.A. Laker star Kobe Bryant added 14 and 10 points respectively. Westbrook, who also starred at UCLA, played for 18:53 in the 40-minute contest.

The U.S. won the gold medal over Spain four years ago in Beijing, China. The Americans are the favorites again. •



Hawthorne's Andrew Banuelos swings at a pitch during last Thursday's South Bay Summer Baseball League Division II championship game against Bishop Montgomery. The Knights held off the Cougars 7-6. Photo by Joe Snyder.

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"One shouldn't be afraid to lose; this is sport. One day you win; another day you lose. Of course, everyone wants to be the best. This is normal. This is what sport is about. This is why I love it."

- Oksana Baiul, Olympic Gold Medalist

# PETSPETS Pets PETSPETS

## Purrrfect Companions

This adorable sibling trio are playful kittens who were born April 12. Each with their own unique personality, they are ready to love you and be a part of your life. They would enjoy being adopted in pairs or even as a trio or into a home with another kitty companion.

**William** is a great adventurer. He's also special guy who absolutely loves to be held and pet. Craving your affection, William will relax against you for an hour or more if you let him. This little orange Tabby with his debonair white paws and chest has a coat that is so soft and smooth, just like him. Yes, he's "smooth" and he fancies himself a ladies' man...though of course he's fixed, so no worries.



William

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](http://www.kittenrescue.org), or email us at [mail@kittenrescue.org](mailto: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. •



Stella

**Stella** is a lover. Look at her beautiful Calico coat and special, pretty face. Go ahead, take a moment to stare--she's worth it. Stella was a little shy when she first got rescued, but she totally loves people now and wants to snuggle with you.

**Feride** (pronounced like the scientist Faraday) also goes by the nickname of Fee. Fee completely adores people and especially likes to rub against faces and give kisses. What can we say...Fee is a lover. She also adores playing with her sister Stella and little brother William. This little cutie pie is a real beauty with a special blend of Calico and Tabby fur and the most precious nose ever.



Feride

## Happy Tails

Turner came right off the racetrack and we fostered him for Fast Friends Rescue. He found a wonderful home and is now learning how to be a great family pet...

"Hi, Turner is a love! He is so sweet and enjoys all five of us. He feels we are all a great source of never-ending attention. He is a perfect match for us and his sister Holly, our eight-year-old female Greyhound. I think she is getting the idea he is here to stay. Walking is still a work in progress. As I've gotten to know him, I can see that he is a little overwhelmed with our big world outside. We take two small walks each day and he is getting a little faster, even trots a bit.

As you can see, he has made himself comfortable on our family room couch and has spent long hours napping on two of my son's beds (both allowed). We love watching him do this. It shows how at ease he has become with us. He remains so calm and not bothered by loud, sudden noises. He did well

on the Fourth of July. Thank you for being a super foster for Turner. We love him very much. I especially--he is my special boy as Holly is my special girl.



## Pets Without Partners

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

**Anabell** is a Deer Chihuahua. Anabell is shy when she first meets someone new and needs a little bit of time to warm up to you. Consequently, this darling girl has been passed by at adoptions. She is so sweet and loving and just needs a patient, caring person who will give her a few days to warm up. Basically, take her home and ignore her for two days. Once she knows you and trusts you, you're her bonded buddy. Anabell is housebroken with a doggie door or open door, loves going on walks, playing with toys and cuddling on your lap. Anabell has good play manners with other dogs, both male and female, and is cat-safe as well. At 18 months old, Anabell is fully grown at a petite 10 pounds. Anabell would do best in an adult home or home with a single person, but not in a home with kids as they scare her. Anabell is spayed, current on vaccinations, de-wormed and microchipped.

**Popeye** is beautiful fawn Pug who is about five years old and weighs 18 pounds. He is missing his right eye and has very limited vision in his left eye. But shhhh... don't tell Popeye this because he has no idea he is visually impaired. Popeye gets around like a champ and he loves everyone he meets. He is gentle and kind and great with all other dogs and people of all ages. Popeye is neutered, current on vaccinations, de-wormed and microchipped.

**Gus** is a sweet two-year-old Pug and is a jovial little guy. His double curled tail is



Anabell



Popeye



Gus

always wagging and he is excited to see anyone who will pay attention to him. Gus is wonderful with all the other dogs at our rescue and appears to be cat-safe. Gus is neutered, weighs 19.5 pounds, is current on vaccinations, de-wormed, microchipped and good with kids.

To learn more about these and other wonderful dogs, visit our website at [www.animalsrule.org](http://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. •

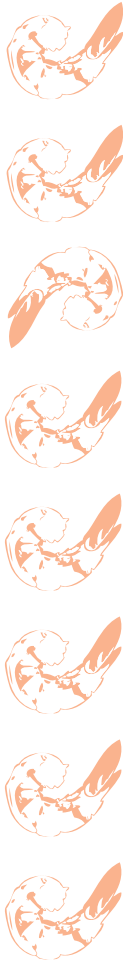
## Turner Enjoying Life Off the Track

Turner's personality is coming out. We've watched him take our throw pillows off the family room couch a few times, told him no and that was that. Today we watched him

take it to his bed, flip it over to the fuzzy side and place his head on it. He also played with a hedgehog toy briefly right after this event. When it made noise, he stopped as if to say, "What was that?" And he crawled up on the couch and put his head on my lap as I was having my morning coffee. He stayed for a while until he heard something out in the backyard and gave a low growl/bark. I reassured him all was fine. I didn't want to spoil the moment. We both got up to investigate and of course, nothing was there. On a side note: I looked over his racing records for fun. Of the 140 races, the 15 he won or placed in, all had notes of "came from behind." Can't help but think this is just how he walks--slow and then speeds up to get ahead of Holly and I, but never pulling. Life is really good!" --- Sincerely, Sherrilyn.

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. •

# Grilled Shrimp with Melon & Pineapple Salsa



Grilled shrimp is perfectly accented by this light, summery pineapple-melon salsa. The flavors are bright and fresh, just right for a hot day. Use just one melon or any combination of melons—including watermelon—for the versatile salsa. For best flavor marinate the shrimp overnight.

Servings: 4 servings  
 Total Time: 1 1/4 hours (plus marinating time)  
 Ease of Preparation: Easy  
 Health: Healthy Weight, Low Sodium, Low Sat Fat, Low Carb, Low Calorie, Diabetes Appropriate, Heart Healthy

**Ingredients:**  
 1 pound raw shrimp (16-20 per pound), peeled and deveined (see Note)  
 2 tablespoons canola oil, divided  
 2 teaspoons finely grated fresh ginger, divided  
 2 teaspoons minced seeded jalapeño, divided  
 2 cups finely diced firm ripe melon  
 1 cup finely diced fresh pineapple  
 1/4 cup finely diced red bell pepper  
 1/4 cup finely diced green bell pepper  
 1/4 cup finely diced red onion  
 3 tablespoons rice vinegar  
 2 tablespoons finely chopped fresh mint, plus 4 sprigs for garnish  
 1/2 teaspoon kosher salt  
 4 large lettuce leaves, such as Boston, romaine or iceberg  
 4 lime wedges

**Steps:**  
 1: Combine shrimp, 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon jalapeño in a medium bowl. Cover and refrigerate for 4 hours or up to 24 hours.

2: Combine melon, pineapple, red and green bell pepper, onion, vinegar, chopped mint and salt in a large bowl with the remaining 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon jalapeño. Refrigerate until cold, about 30 minutes or up to 4 hours.

3: About 20 minutes before serving, preheat grill to high.

4: Thread the shrimp onto skewers, piercing each twice, once through the tail end and once near the head end. Grill the shrimp until pink and just cooked through, 2 to 3 minutes per side. When cool enough to handle, slide the shrimp off the skewers.

5: To serve, arrange one large lettuce leaf on each dinner plate. Spoon salsa onto the lettuce and top with shrimp. Garnish each serving with a lime wedge and a mint sprig, if using.

**Nutrition:** (Per serving) Calories - 213 Carbohydrates - 16 Fat - 8 Saturated Fat - 1 Monounsaturated Fat - 5 Protein - 19 Cholesterol - 168 Dietary Fiber - 2 Potassium - 509 Sodium - 352 Nutrition Bonus - Vitamin C (97% daily value), Vitamin A (24% dv), Iron (20% dv).

Marinate the shrimp (Step 1) for up to 24 hours. Cover and refrigerate the salsa (Step 2) for up to 4 hours. | Equipment: Four 8- to 10-inch skewers

Note: To devein shrimp, use a paring knife to make a slit along the length of the shrimp. Under running water, remove the tract with the knife tip.

By EatingWell, Courtesy of Arcamax.com •

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# A Student's Perspective Seniors

## Empathy Not Apathy

By Glen Abalayan,  
Torrance High School Student

Tragedies have always exposed the best and worst in people. It has always been, and will continue to be, true ever since our species developed sentiments. As the saying goes, there are always two sides to every story and just like in every story, there are the righteous and the sinful. In one end are those who willfully give up a piece of their pride to help someone less fortunate. On the other side of the spectrum are the individuals who give in to their arrogance and exploit one's grief for their own selfish motives. The tragedies which occurred throughout our lifetime, and those before us, will always be remembered in history by how people choose react to the circumstances given to them.

The disaster in Aurora, Colorado is an instance when humanity's integrity is exposed as well as its wickedness. The incident needs no introduction, as anyone who woke up on Saturday, July 21 is now very familiar to how far hatred can shatter even the most blameless souls. But in contrast to the horrors of the evening were also small glimpses of hope and heroism.

In the midst of such confusion were a handful of individuals who set aside their petty differences to save those around them. One of those brave few were Stephanie Davies, who saved her best friend's life by applying pressure on her friend's wounded neck, and Jon Blunk, who saved his girlfriend's life by using his own body to protect her. Within minutes the effects of the incident spread throughout social media sites and quickly became filled with people offering their condolences, prayers and thoughts to those affected. A large number of generous individuals have even offered their own services and donated substantial amounts of money as their way of assisting the victims. In the days following the incident, hundreds of people all over the country, including actor Christian Bale, who played as Batman in the movie, joined candlelight vigils to pay their respects to the victims. President Barack Obama and his opponent, Mitt Romney, have also decided to put their political and ideological differences aside to mourn with those affected in the incident.

During the minutes in which the shooting occurred, individuals overlooked another's different skin color, religion and background and instead considered them as their own brother, sister and companion. This gathering of individuals from various walks of life assisting complete strangers shows mankind in its most altruistic form. It is the most basic, but effective statement of empathy and selflessness the world will ever come by and shows what the human race as a whole should aspire to achieve—true brotherhood by setting aside petty differences to help one another.

Unfortunately, apathy and sour jokes have also resonated in communities and forums

and show the evils some individuals choose to do during such a tragic moment. I found it odd when I visited Facebook and hardly saw a status about the incident and, to my disgust, even encountered a few untimely and bitter jokes about the incident during a visit to a few Internet forums. It is one thing in failing to act, but completely despicable when someone makes such a tragic incident into an untimely joke. This is nothing but disrespect and an injustice to everyone affected and killed in the calamity.

It appears that some people have grown accustomed to calamities and merely shrugged off the tragedy. But who can blame them, as the news bombards its viewers with daily reports of rape, robberies and murders as if it was something to expect in daily life. These daily reports, which mostly contain negative content, gradually condition viewers to become apathetic and belittle matters that would be considered front-page news in past decades. A deadly freeway shooting, which could have been headline news before, would now be used as filler between the day's main headline and the quarterly weather reports. In the high-speed world that we live in, some individuals expect a story worthy of three pages to be condensed into a three-minute blurb.

But the fact is that what most people consider a simple news report is a disaster to the ones affected. Although it may seem insignificant to those viewing it safely at home, millions of lives have been changed forever through events that have been overlooked by most viewers. For example, a short two-minute blurb about gang violence in South LA would rarely be listened to and would most likely be forgotten once the commercials come. Unfortunately, a news story like the one listed above would hardly scratch the surface in showing how such an event has changed the lives of those affected and hardly gives the victim's families the sympathy they deserve.

In the interconnected society which we now live in, it is unacceptable that victims of such tragedies still mourn alone and others exploit this resource to rudely poke fun at such a sacred moment. Although our minds may have become numbed to the bombardment of negative news in our daily lives, we should not let it turn us into apathetic creatures and use it as an excuse not to sympathize with those affected. The acts of selflessness shown in Aurora should set an example to people on how others should coexist and cooperate for a common cause. To not follow the model set forth by those before us will only take us a step backwards in becoming the world we envisioned to be. It is simple—mankind will never move forward until the ethnic and ideological barriers which separate us are broken. Hatred will only beget more hatred and this cycle will always continue until empathy replaces apathy and observance replaces inactivity. •

## Foot Care Tips to Keep Boomers Moving

(ARA) - Just a few decades ago, the phrase "granny shoes" implied a tragic lack of coolness, and that the wearer had allowed comfort to trump style in their slow shuffle toward getting old. Those days are definitely gone.

Today's baby boomers and seniors are stepping out in everything from frisky flip-flops and hot heels to righteous running shoes and powerful hiking boots. Footwear is no longer dictated by age, but rather by the activity level and fashion sense of the wearer.

Still, like everything else about our bodies, our feet change with age. Because of this, the steps we take to keep them healthy have to adjust accordingly.

"While staying active is a great way to preserve overall health and can positively impact foot health, aging can naturally increase the risk of certain foot ailments," says Joseph Caporusso, DPM, a podiatrist and president of the American Podiatric Medical Association (APMA). "It's important to know the symptoms of age-related foot ailments and take steps to minimize their impact on your overall health."

APMA offers some information on common foot ailments to watch for as you age:

### Arthritis

While many health issues can cause arthritis, and it can affect people of any age, those older than 50 are most prone to it. The feet are more susceptible to this painful inflammation of the cartilage and lining of the joints because each foot has 33 joints - all of which help bear the weight of the entire body every day. Arthritic feet can lead to a loss of mobility if the condition is not diagnosed and treated.

The causes of arthritis can range from heredity to injuries to bacterial or viral infections that affect the joints. Arthritis may take several forms, so if you're experiencing foot pain, it's best to have it diagnosed by a podiatrist. Symptoms that indicate it's time to see the doctor include:

- \* Swelling in one or more joints
  - \* Recurring pain or tenderness in any joint
  - \* Redness or heat in joints
  - \* Loss of mobility in a joint
  - \* Stiffness in the early morning
  - \* Skin changes such as rashes or growths
- Arthritis can be treated, but early diagnosis

is important. Treatment options may include physical therapy, exercise or medication.

### Diabetes

Foot-related complications are common among the nearly 26 million Americans who have diabetes. Proper diet, exercise, medical care and careful home management can help people with diabetes avoid the most serious complications of the disease, including amputation.

In addition to regular checkups with their podiatrist, people with diabetes can reduce their risk of complications with some basic foot care, including:

- \* Inspecting their feet daily.
- \* Choosing thick, soft socks without seams that could rub or cause blisters.
- \* Exercising daily.
- \* Having new shoes properly measured and fitted.
- \* Avoiding going barefoot.
- \* Seeing a podiatrist for treatment of calluses, corns or warts, rather than trying to treat these conditions themselves.

### Heel pain

One of the most common foot complaints, heel pain can be caused by walking gait abnormalities, an injury, wearing poorly constructed footwear over the long term, or being overweight.

Heel pain is often very treatable. A podiatrist can examine the heel, and may take X-rays to rule out bone problems as the source of the pain. Treatment may include anti-inflammatory medication, exercise and shoe recommendations, taping or strapping, or use of shoe inserts or orthotic devices.

To minimize risks of developing heel pain, wear shoes that fit well and have shock-absorbent soles, rigid shanks and supportive heel counters. Wear the proper type of shoe for the activity you'll be doing. Warm up before exercising, and pace yourself while participating in athletic activities.

"Foot pain does not need to be an inevitable part of growing older," Caporusso says. "Wearing the right type of footwear for your needs, and paying attention to foot health can help keep boomers moving into their senior years." •



HERALD  
PUBLICATIONS

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**OBITUARIES:** Monday at noon.  
**CALENDAR ITEMS:** Prior Friday at noon.  
**PEOPLE ITEMS:** Prior Friday at noon.  
**DISPLAY AD CHANGES:** Prior Thursday at noon.  
**CLASSIFIEDS:** Tuesday at noon.  
**LEGAL NOTICES:** Monday at noon.  
**NEW DISPLAY ADS:** Prior Thursday at noon.  
**REAL ESTATE ADS:** Monday at noon.  
**AD CANCELLATIONS:** Prior Thursday.

LATE CANCELLATIONS WILL BE CHARGED 50% OF AD



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PUBLIC NOTICES



CITY OF INGLEWOOD  
OFFICIAL NOTICE  
OF PUBLIC HEARING

PUBLIC NOTICE IS HEREBY GIVEN that the City Council of the City of Inglewood will hold a public hearing in the Council Chambers, 9th Floor, City Hall, One West Manchester Boulevard on Tuesday, August 14, 2012, at 7:00 PM, regarding adoption of Inglewood's 2011 - 2012 Local Development Report and certifying conformance with the Los Angeles County Congestion Management Program (CMP).

The State of California requires counties to prepare and implement congestion management programs, a responsibility administered by the Metropolitan Transportation Authority (MTA) for Los Angeles County. Each year, every city in the County must submit a Local Development Report to the MTA in an electronic format provided by the MTA. The Report must be adopted by the City Council following a public hearing. The Local Development Report is a tabulation of new development activity within the City during the recent 12-month period from June 1, 2011, through May 31, 2012.

The Local Development Report and MTA Congestion Management Program conformance procedures are available for review at the City of Inglewood Public Works Department, 3rd Floor, City Hall, One West Manchester Boulevard.

All persons interested in the Local Development Report or Congestion Management Program may appear at said meeting to be heard.  
Inglewood News: 7/26/12, 8/2/12

HI-23421

NOTICE OF PETITION TO ADMINISTER  
ESTATE OF:  
LINDA L. PHILLIPS AKA LINDA LOU  
PHILLIPS  
CASE NO. BP135084

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of LINDA L. PHILLIPS AKA LINDA LOU PHILLIPS.

A PETITION FOR PROBATE has been filed by EMILY LEWIS in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that EMILY LEWIS be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant

the authority.

A HEARING on the petition will be held in this court as follows: 08/06/12 at 8:30AM in Dept. 9 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code Section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner  
JOSEPH P. FERRY - SBN 110586  
1348 10TH STREET  
SANTA MONICA CA 90401  
7/12, 7/19, 7/26/12

CNS-2344986#  
Inglewood News: 7/12, 7/19, 7/26/2012  
HI-23408

NOTICE OF TRUSTEE'S SALE TS No. 1184857-02 APN: 4032-013-026 TRA: 004564 LOAN NO: Xxxxxx6151 REF: Peters, Joseph O IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED March 30, 2005. 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. On August 09, 2012, at 9:00am, Cal-Western Reconveyance Corporation, as duly appointed trustee under and pursuant to Deed of Trust recorded April 06, 2005, as Inst. No. 05 0792314 in book XX, page XX of Official Records in the office of the County Recorder of Los Angeles County, State of California, executed by Joseph orin Peters A Married Man, will sell at public auction to highest bidder for cash, cashier's check 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 Doubletree hotel los angeles-norwalk, 13111 sycamore drive Vineyard Ballroom Norwalk, California, 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 described as: **Completely described in said deed of trust** The street address and other common designation, if any, of the real property described above is purported to be: 3628 W 105th Street Inglewood CA 90303 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$430,108.69. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed

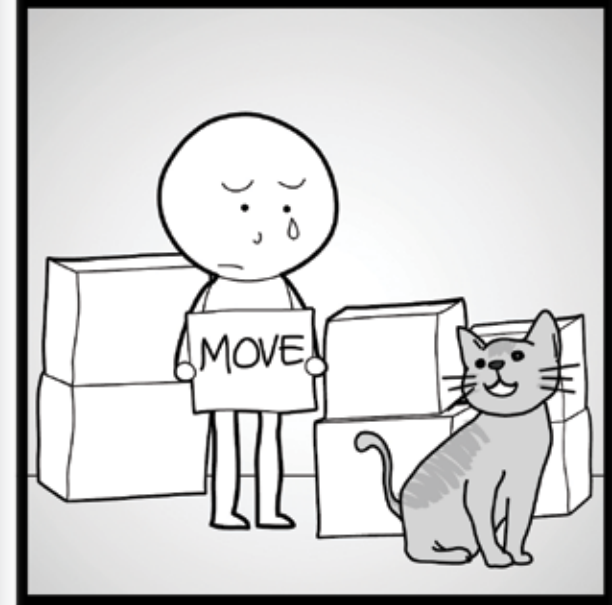
and delivered to the undersigned a written declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** 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 the 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 same 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 (800)280-2832 or visit the Internet Web Site, **www.auction.com**, using the file number assigned to this case **1184857-02**. 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. **FOR SALES INFORMATION: (800)280-2832** Cal-Western Reconveyance Corporation, 525 East Main Street, P.O. Box 22004, El Cajon, CA 92022-9004 Dated: July 09, 2012. (R-414622 07/19/12, 07/26/12, 08/02/12, )  
Inglewood News: 7/19, 7/26, 8/2/2012  
HI-23414

**NOTICE OF TRUSTEE'S SALE** TS No. CA-12-502489-CT Order No.: 1132516 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/9/2006. 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): ANTONIO LUNA AND LOURDES LUNA, HUSBAND AND WIFE AS JOINT TENANTS Recorded: 3/23/2006 as Instrument No. 06 0621596 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 8/2/2012 at 9:00 AM Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA 91766 Amount of unpaid balance and other charges: \$509,498.42 The purported property address is: 4172 -4172 1/2 W 165TH STREET, LAWNDALE, CA 90260-2941 Assessor's Parcel No. 4075-001-018 **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 the 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 same 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 **714-573-1965** for information regarding the trustee's sale or visit this Internet Web site **http://www.qualityloan.com**, using the file number assigned to this foreclosure by the Trustee: **CA-12-502489-CT**. 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. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee, the Mortgagee, or the Mortgagee's Attorney. Date: Quality Loan Service Corporation 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-502489-CT IDSPub #0031299 7/12/2012 7/19/2012 7/26/2012  
Lawndale Tribune: 7/12, 7/19, 7/26/2012  
HL-23410

it's not a cat's fault

by TheShelterPetProject.org



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## Community Briefs

### Hazard Mitigation Public Meeting on August 22

The cities of Gardena and Hawthorne have been working on a Hazard Mitigation Plan for the past year. This process was made possible by a joint grant awarded to the cities. A steering committee was formed by reaching out to citizens and community stakeholders from both cities. After a year long process, Risk Management Professionals (RMP), our consultants who helped put together the plan, will present the plan to the public. The public meeting is set for August 22, 2012 in the City of Gardena. RMP as-

sociates will do a presentation covering the planning effort and the results of the Hazard Mitigation Plan. CDs with PDF copies of the plan will be available for participants to take home. After the presentation, if the public would like to provide input, a comment period will remain open for two weeks. Comments will be forwarded to RMP. The meeting will be held at the Nakaoka Senior Center, located at 1670 West 162nd Street in Gardena. The meeting time is 5 p.m. to 7 p.m. in Room D.

### Free Workshop for South Bay Residents

Wednesday, August 8, 2012 from 7-9pm: "Greening Your Home with Energy Upgrade California and Water Reliability 2020". At this free workshop, attendees will discover how to save money, increase energy and water efficiency, and earn up to \$8,000 in rebates from Energy Upgrade California in Los Angeles County. Participating contractors will be available to answer technical questions about this program. The result will be a healthier home that is not only energy and water efficient but will cost less to operate.

Water is something we all take for granted, yet the South Bay is faced with a challenging water situation. West Basin's Water Reliability 2020 is a program that focuses on reducing the South Bay's dependence on imported water from 66 percent today to 33 percent by 2020. Presented by South Bay Environmental Services Center. Workshop location: 20285 S. Western Avenue, Suite 100 in Torrance. Please pre-register by visiting [www.sbesc.com/calendar](http://www.sbesc.com/calendar) or call Grace Farwell-Granger at 310-371-7222 ext 206 for further information.

### Kiwanis Club of Hawthorne Donates Scholarships to Local High Schools

During the month of June 2012, the Kiwanis Club of Hawthorne donated \$750 scholarships each to Hawthorne and Leuzinger High Schools in the Centinela Valley Union High School District, and Hawthorne Math & Science Academy (Hawthorne School District) to help deserving seniors continue their education. Ana Torres was the recipient at Hawthorne High and will be attending UC Riverside to major in business. Kelly Tran was the recipient at Leuzinger, and will be attending UCLA to study Nursing. The Hawthorne Math & Science scholarship was divided among 3 students, Ximena Moreno, Christian Rivera, and Kimberly Ma each receiving \$250. The candidates

receiving the scholarships were selected by the respective schools. Additionally, gold Kiwanis watches were presented to Outstanding Cougar Boy Antonio Rosales Villagrana and Outstanding Cougar Girl Ana Torres, and Outstanding Olympian Boy Courtney Crockett and Outstanding Olympian Girl Maciel Gonzalez. A \$500 donation was also made to Centinela Valley Adult Education for two \$250 scholarships. The recipients, who are chosen by the school, were Hala Ibrahim, who plans to attend CCI, and Rechele Harrison, who plans to study Radiology. The Kiwanis Club of Hawthorne extends its congratulations and best wishes to all the 2012 graduating seniors. •

### Wellness

from front page

cities like Hawthorne also appealed to the Kaiser Foundation, which considers that both cities share similar needs.

"In the Hawthorne area specifically, we have not necessarily had a strong presence, so we really wanted to raise our visibility in knowing that there are a lot of needs in Hawthorne and the Lawndale area--we wanted to make sure that we were tapping into a variety of programs and opportunities that might exist when we commit our resources," Oliver said. "It is really telling about collaboration among various cities, regardless what the boundaries are, because they know and understand that residents will receive services in Inglewood and Hawthorne. The fact that they are able to work together and recognize that a boundary line does not necessarily indicate that a person should or should not receive services in a particular area, I think is really great. It shows that there is a commitment from both of those cities to ensure that the residents have access to nutrition education and physical education opportunities."

Recruitment is not always simple and the City must constantly reach out to its seniors to get them engaged. One source that has been used in the past is Kaiser Permanente, which identifies patients who are over 60 and have common problems. A separate challenge includes encouraging the seniors who do get involved to stay in the programs on a long-term basis.

"Sometimes the seniors just give up and they don't think that anything is going to help--you have to encourage them to try and stay with it," Halloran said. "We have flyers, we put out press releases and we have people who come in and inquire. Sometimes we go to places where there are gatherings of seniors and show them slides to encourage them to attend. We are hoping we are able to do this with Kaiser in terms of having them recommend some of their patients. We did that a couple of years ago and it was very effective."

For more information on the Be Well Program, persons interested can call 310-412-8750. •

"It has been said that the Opening Ceremony of the Olympic Games is something that an athlete will remember for the rest of their life. It is true. That moment when you walk into the Olympic Stadium as part of the Australian Olympic Team, is a moment that I will never forget." - Jeff Fenech (Australian boxer)



**How to get through traffic faster:**

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