

Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

Herald Publications - Inglewood, Hawthorne, Lawndale, El Segundo, Torrance & Manhattan Beach Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 - April 3, 2014

Ocean League Pits Cougars Against Vikings



Hawthorne pitcher Jonathan Juarez throws to a Santa Monica batter during last Thursday's Ocean League baseball action. The Vikings rolled over the Cougars 11-3. Hawthorne hosts Lawndale in a non-league rivalry next Wednesday at 3:15 p.m. Photo by Joe Snyder.

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Voting for New Mayor a Priority for Lawndale

By Nancy Peters

On Tuesday morning, April 8, when the polls open at 7 a.m. in Lawndale, citizens will be casting their vote for a new Mayor and none of the names on the ballot will belong to Harold E. Hofmann. Hofmann passed away in November 2013 and since that time the City of Lawndale has worked with a four-man City Council and Pat Kearney as Mayor Pro Tem has been the leader.

Of the two candidates for the office of Mayor of Lawndale, one (Robert Pullen-Miles) brings a background in elections and the other (Daniel Reid) is running for an elected office for the first time. One moved to Lawndale 25 years ago (Reid) and the other is a resident for nearly 20 years (Pullen-Miles).

Pullen-Miles, whose election motto is "I'm Pullen for You!," hails from Oklahoma City, Oklahoma where as a young man he showed an interest in legal studies, although he is a certified emergency management services technician and was a probation officer for six years. But for the last 15 years, his job has been closely tied to the California State Legislature as a Rules Committee Officer. Initially, he served under State Assemblywoman Jenny Oropeza until her death a few years ago.

Now Pullen-Miles is assigned to State Senator Ted Lieu's office that represents a portion of the South Bay in Sacramento. His local community involvement includes service on the Lawndale Planning Commission for 10 years until his election to the Lawndale City Council in 2004.

Pullen-Miles said he was encouraged to run for Council by Hofmann—a man who served as his mentor and role model in city politics. Taking a page from the Hofmann book of serving your community, Pullen-Miles said he believes in the economic development of Lawndale as the key to expanding the tax base by bringing in new businesses and keeping the general fund strong as it has maintained since the beginning of the City incorporation. "Our city is extremely well-run in its fiduciary responsibilities, with grants always being sought by City staff for big projects so that City funds are not compromised," he said.

Pullen-Miles added, "Since my time as a Councilman, I have watched the City experience management like a well-oiled wheel cog. The City got used to Harold being available for them, showing up on their street when there

was a project being constructed, or a street paving being done. Harold was involved and he noticed that my passions about progress for the economic development of our business district were similar to his beliefs on what we have to do to remain viable in tough economic times."

Pullen-Miles is a member of the Lawndale Rotary Club and participant in nearly every City event. He noted that he has been walking the neighborhoods, knocking on doors and telephoning voters to hear their concerns about Lawndale. He pointed out that he was involved when Hofmann found funding for the new library and the Community Center, using his State legislative experience to help guide the Council. Pullen-Miles added that when he first joined the Council in 2004, he was instrumental in working with the local school district to use the land inherited from Caltrans that had been vacant and unused for 20 years, eventually developing that land to become Hopper Park—the first new park in Lawndale in 20 years.

Pullen-Miles believes his community service and analytical approach to the issues helped him gain the respect of his Council colleagues, earning their support in his election campaign for Mayor. "I want the community to know that as Harold Hofmann told me, it is important to always be an advocate for the people, from the youth to the seniors. I am looking forward to the election, to allow me to serve the people of Lawndale as the next Mayor. I know that my level of service and the quality of my dedication speak for themselves.

"Whether a member of the City Council as the Mayor or as a Councilman, I will be proactive in continuing the great traditions of Lawndale, expanding the tax base, working with the residents to make the city a great place to live. As a father of my three daughters, it is important that the city is a safe place for all and I hope to serve Lawndale for many years to come."

Running against Pullen-Miles is Reid, the current chairperson of the Lawndale Planning Commission. Reid is a leader and Scout master in the Lawndale Troop 283 Boy Scout program, serving for 24 years, and was also the Chairman of Camporee in the Centinela Valley Boy Scout Region. He serves on numerous ad hoc committees in the City of Lawndale, but this is his first foray into elected office.

Reid made the decision to run for Mayor

in December 2013 after considering a bid for the Council, but threw his hat into the mayoral ring after Hofmann's death left a gap in City leadership. "I have been a responsible volunteer for many years in the community and for my church," Reid said. "I participate in the Neighborhood Watch program and believe that our citizens begin with our youth and continue up to senior citizens. Seniors need to be given the respect they have earned, never ignoring the wealth of knowledge they bring with their life experience. The people of Lawndale have raised the level of civic service to an admirable one with all the participation of residents in City events. I want to see that tradition carried on.

Reid continued, "Our citizens deserve responsible management of the City, City services, and of the citizens themselves. We need to strengthen partnerships with business owners, with the school districts, and the City, always looking for ways to increase the value of our properties. We need to coach our youth in the traditions of civic service and give them role models to look up to. The citizens were used to Harold Hofmann as the leader of Lawndale. They want an open, trustworthy, responsive Mayor who will maintain the City, but look for constant improvements at every corner."

The LA Firefighters Local 1014 and several long-time citizens have put their support behind Reid. He said will bring years of volunteer participation and his professional management experience to the role of Mayor. He believes his positive attitude about Lawndale is infectious as he walks the neighborhoods and introduces his platform to the residents to let them know his intentions for the City if and when he is elected.

Reid will end his four-year term on the Planning Commission at the end of 2014 if he is not elected to the office of Mayor of Lawndale. But he pledged to continue his commitment to the City no matter what role he has. His feels that his campaign motto—"Challenge Me—Dan's the Man that Can"—speaks to his stewardship goals in maintaining the level of community service he wants to exemplify.

Don't forget to cast your vote on Tuesday, April 8. The election also includes two seats on the City Council. Running for reelection are Pat Kearney and Larry Rudolph, and the third candidate is Gary McDonald. A new City Clerk will also be elected from the two-person field of Marge Heinemann and Bernadette Suarez. •

Weekend Forecast

Friday
Mostly
Cloudy
63°/50°



Saturday
Sunny
66°/54°



Sunday
Sunny
72°/59°



Hawthorne Happenings Calendar

News for the 'City of Good Neighbors'

EARTHQUAKES AND POWER OUTAGES

Yes, our ground has been shaking recently. Do you think that motivates us to get the preparedness kits ready? Do we make sure we have fresh batteries in our flashlights? For some reason, we who live in Southern California feel like we don't have anything to worry about. We have lived through all of these quakes and they really haven't caused us any problems. The experts warn us that the "big one" will inflict major damage to the infrastructure and we will be dependent upon our own resources to weather the chaos.

I live in Hawthorne's Ramona tract and experienced a minor inconvenience two Sundays ago. A motorist, who most likely was intoxicated at 3:45 a.m., drove into a power pole on Rosecrans Avenue and took out the power to a portion of the southern part of our city. When power was not restore for several hours, we began to wonder how long it would take. Well, it lasted the entire day. No computers, no televisions, no power for refrigerators, and worse of all no power to charge cell phones. What was my wife to do? Yep, that's right, she got in the car and drove over to Target to recharge her cell phone on the car charger. She did some shopping since there was "nothing to do" without electricity. Using a flashlight, I found a book I have been meaning to read and was just getting really into it when all of a sudden the juice was restored. I was kind of disappointed. We don't realize just how dependent we are on services provided to us. We take things for granted. We're spoiled. We simply must remind ourselves that we are so blessed to live in the greatest country in the world. That is, as long as my wife's cell phone is fully charged, we're good to go!

SPRING BREAK

April showers bring May flowers. The old saying may hold true, but we could use more



than just a few sprinkles now and then. We had approximately five inches of rain in a three day period and that was about the extent of our rainy season. The forecast calls for temperatures in the 80's this weekend. Here comes our summer weather again.

LA COUNTY HHW/E-WASTE ROUND UP - THIS SATURDAY!

Allied Waste Services is holding a HHW/E-Waste Round Up on Saturday, April 5 from 9 a.m. to 3 p.m. at the Betty Ainsworth Center which is located at the corner of Doty and El Segundo Blvd. in Hawthorne. Make your house safer. Get rid of old electronics. Spring cleaning time is here.

RELAY FOR LIFE

The American Heart Association's annual Relay for Life-Hawthorne will be held at Hawthorn High School's track this year on Saturday and Sunday, May 3 and 4th. Get a team together and plan on raising funds for this very worthwhile cause.

HAWTHORNE 5K AND HEALTH FAIR

The Hawthorne School District's 5K Run and Health Fair will be held on Saturday, May 10 with registration beginning at 7 a.m. over at the Memorial Center's back parking lot. Start jogging to get in shape.

Earth Day/Service Providers Fair

Just a week later, on Saturday, May 17, the City of Hawthorne's annual Earth Day/Service Providers Fair will be held right there at the Memorial Center also. Some real good information is given out on how to concern and save our planet.

UPCOMING EVENTS

- City Council Meeting - April 8 - 6 p.m. City Hall

CONTACT INFO

norhbhuber@gmail.com or 310-292-6714. •

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

Great place to call home 13607 Cordary Ave. Hawthorne. Offering spacious studio apartments at \$850 per month and 1 bedrooms at \$950 per month. All utilities are included with stove and refrigerator. Amenities include swimming pool, laundry facility, underground parking and gated building. Contact Darryl at (310) 219-1600 or (424) 294-8095.

EMPLOYMENT

Writers wanted for local community newspapers. Area to be covered is Torrance (Torrance Tribune). You must have some writing experience. Please send resume to management@heraldpublications.com. No phone calls please.

To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.

EMPLOYMENT

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

ESTATE SALE

ESTATE SALE Ladera Hts/Fox Hills 50 Yrs o'stuff: Knabe piano, Man Cave stuff, Her Stuff too, Rmte cntrl planes/cars, furniture 6126 Wooster Ave, LA 90056 Fri & Sat 4/4 & 4/5 7am - 4pm

ESTATE SALE

ESTATE SALE 2 DAYS ONLY 1701 Voorhees Ave, Manhattan Beach 10AM - 3PM Thurs & Friday April 3rd and 4th Piano, Furniture, Tools, Crystal, Appliances, Art, Household & More. No reasonable offer refused.

ESTATE SALE

ESTATE SALE GREAT FINDS 615 Lomita Street, El Segundo Fri - Sun 10am to 3pm Coins, Appliances,

Tools, Books, Records, Vintage Games, Crystal, Silver and much more.

GARAGE FOR LEASE

\$2,595, 2700 sq. ft. Garage 6 car parking and room for RV, 310-322-0000

GARAGE SALE

907 Cedar St. Sat. 4/5 8:00 AM to 1:00 PM. BIG SALE. Lots of guy stuff and misc tools.

TOWNHOME FOR RENT

Beautiful townhouse in El Segundo. close to 1200 square feet. Unfurnished two bedrooms 1 bath with office. Warm two toned interior colors. A large open entertainment area with patterned tile floors/counters. Contemporary lighting ceiling fans. new window blinds dishwasher, stove, large closets, paid water, gas and trash. covered parking, gated building. close to beach. shops. freeway and airport. Call Mike at (310)322-7166.

TOWNHOME FOR RENT

3 bedroom/3.5 bathroom townhouse for rent in El Segundo. Steps from the beach and downtown. Marble hardwood floors throughout, each bedroom has its own bathroom. call/text Justin 805-712-1395.

ALL CITIES

SATURDAY, APRIL 5

- "Too Toxic to Trash" Household Hazardous Waste and E-Waste Roundup, 9a.m.-3 p.m., Betty Ainsworth Sports Center, 3851 W. El Segundo Blvd. Open to all L.A. County residents.

HAWTHORNE

TUESDAY, APRIL 8

- City Council Meeting, 6-10 p.m., City Council Chambers, 4455 W 126th St. For more information call (310) 349-2915.

SATURDAY, APRIL 12

- Spring Book Sale, 9 a.m.-2 p.m., Hawthorne Library, 12700 Grevillea Ave. For more information call (310) 679-8193.

ONGOING

- Hawthorne Museum open Tuesdays 10 a.m.-2 p.m. and Saturdays, 11 a.m.-1 p.m., Hawthorne Museum, 12622 Grevillea Ave.

INGLEWOOD

THURSDAY, APRIL 3

- Expresslanes Public Hearing, 6-8 p.m., Inglewood City Hall, 1 West Manchester Blvd. For more information visit metro.net/expresslanes.

SATURDAY, APRIL 19

- Inglewood Rising Earth Day Festival 2014, 10 a.m.-3 p.m., Inglewood City Hall, South Lawn, 1 W. Manchester Blvd. For more information call (323) 952-3466 visit cityofinglewood.org or sjli.org.

LAWDALE

FRIDAY, APRIL 4

- Family Place Workshop "Healthy Food, Healthy Kids", first of 5 week series of parenting workshops (infants- age 3), 11 a.m.-12 p.m., Lawndale Library, 14615 Burin Ave. Pre-register at the Lawndale Library Children's Information Desk. For more information call (310) 676-0177.

MONDAY, APRIL 21

- City Council Meeting, 6:30 p.m. City Hall, 14717 Burin Ave.

ONGOING

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

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

Wisburn Welcomes New Board Member

By Dylan Little

On March 27, the Wisburn School Board swore in Lennox teacher Blanca Estrada to fill the seat left vacant after Susan Andriacchi resigned earlier this month. The Board also recognized a number of students who were successful in the Wisburn School District's spelling bee, geography bee and the Los Angeles Marathon.

The meeting started with new Board member Estrada's swearing-in. Dennis Curtis, the School Board's longest-serving member with a tenure of 21 years, read the oath of office to Estrada. She will serve a three-month term. Estrada said she wants to use the time to learn from her new colleagues. "I take this job humbly and I'm excited to learn from all you great people," she said. Estrada has called the Wisburn neighborhoods home for 13 years and has been a teacher in the nearby Lennox School District for nearly 16 years. Superintendent Tom Johnstone said Estrada's selection reflected the Board's desire to work with its neighboring school districts, even though Wisburn recently cut ties with the Centinela Valley School District with its successful unification.

"I'm very proud of this board," said Johnstone. "This board really takes it seriously in that we think beyond the borders of the Wisburn School District. This board cares deeply about education throughout the Centinela Valley, whether it's Lennox students, Hawthorne students, Lawndale students or Centinela Valley students. We try to take a real global picture."

Johnstone welcomed Estrada to the Board and said she and the rest of the district are all working to help students get the most out of their school life. "We're all in this together and we're all struggling to make education outstanding for children," said Johnstone.

Estrada had to share the spotlight in Dana Middle School's multipurpose room with a number of accomplished students and their friends and family. The first student to be recognized at the meeting was Anthony Papagano, who won the District's geography bee and represented Wisburn in the State bee in Sacramento. Johnstone said that while some students don't care to learn which continents are home to which countries, he is pleased to see others taking an interest in geography. "It's kind of a lost art," said Johnstone. "Not that many students care about geography anymore."

The Board also congratulated the winner of the District's spelling bee. The Wisburn spelling bee is open to students in fourth through sixth grades, which Johnstone said

usually leads to Dana winning the top prize. However, this year was atypical. "Typically a sixth grader wins," said Johnstone. "But this year, we had a student from Peter Burnett who won it." That student was Owen Donayre, who won after his opponent stumbled on the word automaton. Donayre went on to represent the District in the Los Angeles County Spelling Bee held on March 26.

Finally, the Board recognized Dana's Los Angeles Marathon runners. Johnstone said he was "extremely proud" of the runners and their parents for keeping the school's running program alive and as popular as ever. "This is the only school that I know that has this many students getting together every year and running," said Johnstone. "It fills me with great pride."

The students have been training for months with P. E. teacher Art Rodriguez, who serves as coordinator of the marathon run. He has run 21 marathons and encourages scores of students to join him in running, with some running every year they attend Dana. One former three-year runner said the experience taught her that she "can accomplish anything."

The months of preparation were especially important this year, as the students faced what Johnstone (a six-time marathon runner himself) called "the worst weather in the history of the [Los Angeles] Marathon." "This year was too hot for marathon running," said Johnstone. "Ideal marathon weather is upper 50s, maybe low 60s. This year was in the upper 80s or low 90s."

However, battling through the heat, leg cramps and mental drain of the marathon inspires these students to take on bigger challenges. Johnstone said that the marathon run is a valuable asset for these students. They learn about what their minds and bodies can handle and are left with an achievement they'll remember forever and the confidence to face future challenges. "To run a marathon is a big deal and to finish a marathon is an even bigger deal," said Johnstone. "What that takes is a lot of mental toughness. In life, people who do really well are those who persevere and have that mental toughness."

Johnstone and the Board also thanked the parents who supported the students by tackling tasks as diverse as assisting in training to bringing snacks to the side of the marathon route. "We have a whole bunch of parents and adults that support the students," said Johnstone. "When you take a long run, students need water, they need bananas and granola bars and whatever they need..." •

Sports

Joe's Sports

Santa Monica Sweeps Hawthorne in Ocean Opener



Hawthorne batter Steve Leyva takes a swing at a pitch during last Thursday's Ocean League baseball game against Santa Monica. The Vikings won 11-3 and held off the Cougars 5-4 in the opener on March 25. Photo by Joe Snyder.

By Joe Snyder

Last week, Hawthorne High's baseball team began the Ocean League with two games against the seventh-ranked team in the CIF-Southern Section Division III from Santa Monica. In the first game at Santa Monica on March 26, the Cougars were able to give the Vikings a good game but came up short 5-4. Last Thursday at Hawthorne, Santa Monica dominated the Cougars 11-3.

At Santa Monica the Vikings took a 5-1 lead into the top of the seventh inning, but Hawthorne made it close with three runs. The Cougars, who fell to 6-3-1 overall and 0-2 in league with the losses, left the tying run at second base. Keying Hawthorne was Mike Henderson who went two for three with a double, a run and two RBIs.

Losing pitcher Javier Martinez tossed a complete game. He struck out two batters and walked two. Martinez gave up seven hits.

At Hawthorne last Thursday, Santa Monica started fast in building an 11-0 bulge in the top of the fifth to coast to an easy win. The Cougars ended the shutout bid by the Vikings when Henderson scored after Jesus Sariano was hit by a pitch with the bases loaded. Andrew Banuelos followed with a two-run single. Sariano was a bright spot for Hawthorne by going two for four with one run batted in.

The Cougars are currently having spring break and resume play with home non-league games against Centinela Valley High School District rivals Lawndale and Leuzinger next week. Hawthorne hosts the Cardinals next Tuesday and the Olympians next Thursday in 3:15 p.m. contests. After hosting Animo Leadership from Inglewood on April 16, the Cougars resume league at Culver City on April 22.

LEUZINGER SWEEPS DOMINGUEZ

Leuzinger High's baseball team pulled through with a pair of victories over Dominguez High from Compton last week. At Leuzinger on March 25, the Olympians shut out the Dons 4-0. At Dominguez last Thursday, Leuzinger pulled out a 9-8 win.

Last Thursday, the Olympians were led by Sergio Hernandez who went three for three with two doubles, one run and four RBIs. Johnny Sanchez was two for four with a triple, a run and three RBIs. Relief pitcher

Edgar Gutierrez pitched the bottom of the seventh for his first save. Leuzinger, which improved to 3-8, won despite allowing 18 hits to Dominguez.

Gutierrez had a complete game four-hit shutout in the Olympians' first win over the Dons. He struck out 10 batters. On offense, Sanchez was two for four with a double and one RBI. Hernandez went two for three.

Leuzinger has two non-league games against Lynwood this week. After visiting the Knights last Tuesday, the Olympians are at home against Lynwood today at 3:15 p.m. Leuzinger then hosts Lawndale next Tuesday at the same time.

LAWNDALE SPLITS PAIR

Lawndale High's baseball team split its two non-league games last week. On March 26 at Lawndale, the Cardinals downed Chadwick from Rolling Hills Estates 8-3. Last Friday at Beverly Hills, Lawndale fell to the Normans 7-2.

The Cardinals' next game is at Leuzinger next Tuesday at 3:15 p.m. A day later, Lawndale visits Hawthorne at the same time.

HMSA STRUGGLES

With a very young and inexperienced team, the Hawthorne Math and Science Academy baseball team remains winless in seven games with a 20-4 loss to host Pacific Lutheran from Gardena on March 25 at Alondra Park. The Aviators host Coastal League rival Environmental Charter from Lawndale today at 3:15 p.m. before

a home game against Lennox Academy at the same time next Tuesday.

LEUZINGER SPIKERS GET FIRST WIN

Leuzinger High's boys' volleyball team picked up its first win of the season in four games over Inglewood Morningside on March 26 at Leuzinger. The Olympians topped the Monarchs 27-25, 25-14, 15-25, 25-22. Leuzinger, which is 1-9 overall, was led by Marriyon Brown who had six kills.

Last Thursday, Lawndale and Hawthorne Math and Science Academy were swept in league action. In a Pioneer League match at Lawndale, the Cardinals fell to Torrance 25-6, 25-12, 25-17. In the Coastal League at the Betty Ainsworth Recreation Center in Hawthorne, the Aviators lost to El Segundo's Vistamar School 25-17, 25-14, 25-16.

SENTINEL HOOPSTERS MAKE ALL-CIF

Inglewood High's boys' and girls' basketball teams each had all-CIF Southern Section players recently named. For the Lady Sentinels, who were Southern Section Division IIIA runner-ups to Santa Margarita and lost in the first round of the Southern California Regional playoffs, Dominique Godbolt and Aijeia Lloyd landed on the squad.

For Inglewood's boys, who were Division IAA semifinalists before a one-point loss to eventual champion Long Beach Poly, sophomore Terrell Gomez made the cut. •

Politically Speaking

One Man's Opinion

By Gerry Chong

Competition and escalation. Since the news is full of both, it's appropriate to write about them. In the words of Barack Obama, "never bring a knife to a gunfight. That's the Chicago way." And in truth, he is living out his credo.

Take, for example, his competition with Jimmy Carter for the title of the Worst President

Michelle's mother and children and their entourage of 70 people may want a follow-up to their China trip, and being barred from Russia could have put a crimp in a future trip to the Hermitage. Game, Obama.

Then when Obama put sanctions on a Russian bank, Putin put his salary in that bank. You gotta hand it to the Ruskie--he's

"Russia will have profited and siphoned our funds into their national treasury, apparently having won the set."

in U.S. History. This week, Carter complained that Obama's NSA was probably hacking his email, so he is reduced to sending messages to world leaders who seek his opinion via the U.S. Postal Service. Think about that: First, which world leaders would seek his opinion? Second, he is using the symbol of government ineptitude, the bankrupt Postal Service. Third, and most important, he is afraid this administration is stealing his secrets on how he had become heretofore the Worst President in U.S. History. With Obama in hot pursuit for that title, Carter needs to hide his secrets from the NSA. Becoming that pathetic wasn't easy, so he wouldn't want to give away secrets. In the immortal words of Satchel Paige, "Don't look back--something could be gaining."

Yep, competition and escalation. Did you notice that when Obama responded to the seizure of Crimea by barring seven Russians and four Ukrainians from travelling to the U.S., Putin did the same to U.S. government officials? Obama was relieved that the sanctions applied only to government officials and did not apply to the First Family since

a tough guy who can take a solid punch and keep on a'comin' forward. Could you see Obama with the guts to put his money in a Chicago bank? Game, Putin.

With one game to each man, the set is on the line. Obama pledged \$1 billion in aid to the Ukraine. Since the Russians are the only source of energy to the Ukraine, Putin will raise the price of oil, forcing Ukrainians to use our money to buy Russian fuel. Russia will have profited and siphoned our funds into their national treasury, apparently having won the set. But not so fast: Obama, the man who brought a gun to the knife fight, still has a card to play. He will have our Federal Reserve print money faster than the Russians can launder it, making their holdings worthless. Set, Obama.

Oh, somewhere over the Urals, a beaten and distraught Putin turns to his musical composers and asks them to write an update to the American classic "Cry Me a River." Only, this year's version should be entitled "Crimea River," destined for the top of the pop charts wherever the Red flag flies. •

Another Man's Opinion

Meeting Between Two World Leaders Seems Like a Genuine Moment

By Cristian Vasquez

Seeing images of President Barack Obama's and Pope Francis' first meeting at the Vatican was somewhat refreshing. My reaction to both world leaders sharing the spotlight was certainly different than usual. People who know me well can tell you that while I am a man of faith, I have distanced myself from my Catholic upbringing ever since I was 17 years old. I didn't abandon the teachings of the Church, but more the ritual of attending Mass and connecting with its leaders. Those same people can also confirm my disappointment with President Barack Obama and his handling of situations like Syria, the ongoing drone strikes, the spying and collecting data on Americans, among other issues.

Furthermore, I am one who is never happy witnessing religious leaders meeting with world leaders--in particular the President of the United States. Usually when these types of figureheads meet, there are ulterior, political motives behind the gathering. Or, the gathering is simply a P.R. event for either side. Personally, I register to the late great George Carlin school of thought: if religions want to influence politics, they should pay taxes like the rest of us do (paraphrased). However, the meeting between these two leaders didn't make my stomach turn or make me change the channel. The exchange between both men came across as a very genuine moment. Could I be misreading the encounter? Maybe, but it's a change from the normal, "Let's shake hands and take a picture." •

I must admit that Pope Francis is in my good graces right now. Some people think he is shaking things up and consider the new Pontiff a breakaway from former Pope Benedict's more conservative interpretation of the Catholic gospel. I simply think he is nicer and has a much gentler approach to everything. Pope Francis hasn't come out and said anything to indicate a radical change in the Church's teachings. Sure, he asked who was he to judge gay people? We have all seen the Pope hug a child who ran up to him while delivering service, and he embraced a man with tumors that had disfigured his face. This is proof of the kind soul and love for humanity that exist within the Pontiff.

The actions reflect the kind nature of a person rather than his intention to change the views and beliefs of an institution like the Catholic Church. Pope Francis, through actions and not words, can inspire us all to change. The Pontiff has taught me that I can be a nicer, more loving and more accepting individual without jeopardizing myself, my faith or betraying my spiritual teachings. In short, Pope Francis offers hope through his actions and not just words.

When President Obama campaigned in 2008, he sold the voters a message of hope and change. While it has definitely not all been his fault, there isn't a lot that has changed during his time in office and we are still hoping for things to get better. The meeting between the President and the Pope could be no more than a P.R. stunt, but it definitely makes the moment genuine in my eyes. •

Seniors

Ask the Pharmacist: Should Women Worry About Osteoporosis?

(BPT) - The "silent thief," more commonly known as osteoporosis, impacts 10 million Americans, with millions more suffering from low bone density. Osteoporosis is a progressive, degenerative disease that occurs when bone loss outpaces the growth of new bone, weakening the bone and increasing the risk of sudden and unexpected fractures. In fact, up to one in four men and one in two women over the age of 50 will break a bone due to osteoporosis.

Marc Surak, a specially trained pharmacist at the Express Scripts Therapeutic Resource Center who concentrates on women's health issues, explains what causes osteoporosis and why women are at greater risk.

Osteoporosis is primarily the result of the body breaking down more bone than the amount of new bones being formed, Surak says.

"Being female is the second most significant uncontrollable risk factor for the disease, with age being the first," says Surak. "In fact, 80 percent of osteoporosis sufferers are women due to their lighter and thinner bone structure. Additionally, following menopause, a woman could lose up to 20 percent of her



bone density."

Surak focuses on helping patients with medication management. Bisphosphonates are among the most commonly used medications to treat osteoporosis. The medication works to restore the body's balance of bone development by decreasing the action of bad cells (osteoclasts) that cause bones to break down, and increasing the production of good cells (osteoblasts), which build bones.

As with all medications, there are risks. Surak and his team work to help patients manage these risks and gain a better understanding of their medications. He offers the following tips

and information to ensure the best possible outcomes for osteoporosis patients.

- **Take with water:** Bisphosphonates help slow the process that dissolves bone tissue, but they sometimes cause stomach irritation. Because of this, oral forms of the medication should be taken first thing in the morning with a full glass of water. Try to avoid taking food, drink, or other medications for 30 to 60 minutes afterward.

- **Know the side effects:** Although rare, bisphosphonates can cause osteonecrosis of the jaw (ONJ). People with compromised immune systems – such as those on chemotherapy

or HIV patients – are at the greatest risk for ONJ. Poor oral hygiene and those undergoing invasive dental procedures can also increase the potential for ONJ. As a result, medication should be stopped three months prior to a dental procedure. Talk to your doctor or pharmacist if you have questions about ONJ.

- **Keep moving:** An active lifestyle, including weight-bearing and muscle-strengthening exercises can help counteract the risks for and slow down the progression of osteoporosis.

- **Healthy eating:** Follow a healthy, balanced diet that includes eating foods high in calcium, vitamin D and lean protein. Eating fresh fruits, vegetables and low-fat dairy products is also critical for promoting bone health.

- **Call your doctor:** You know your body best, if something seems wrong reach out to a health care professional. If you're experiencing new or worsening symptoms contact your doctor immediately.

For more information about osteoporosis, visit Express Scripts' Health Insights blog at lab.express-scripts.com.

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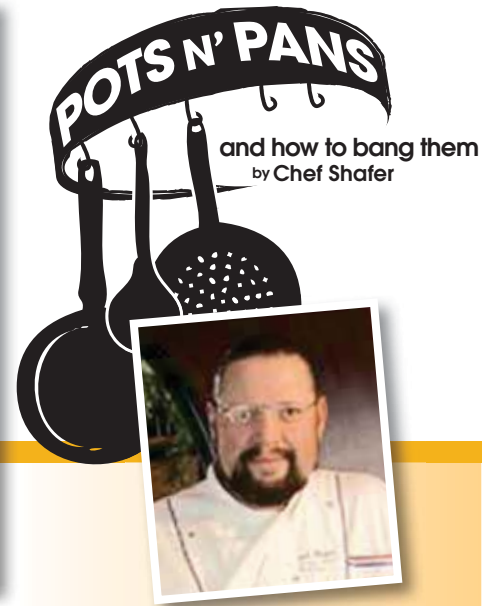
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Last week I got some great Japanese eggplant at the farmers market in Torrance. These are the long banana-shaped light purple eggplant. They looked so good I had to make something with them. So I went back to my roots of growing up in an Italian neighborhood in New York. We always had an antipasto type salad to start of the evening and Componata was always served. My version can be served both hot and cold. Hope you like it.



The Chef

Tuscan Vegetable Marinara



- Ingredients**
- 2 pounds of eggplant, large dice 1-inch
 - 1 cup olive oil
 - 4 crushed cloves of garlic
 - 1 cup diced onions
 - 1 large fennel bulb cut in strips
 - 1 bell pepper diced
 - 1 15 oz. can diced tomatoes
 - 1 15 oz. can tomato puree
 - 1 tablespoon dried basil
 - 1 quart chicken broth
 - Salt and pepper to taste

Directions

1. In a hot skillet brown off the eggplant with a sprinkling of the olive oil; do this in small batches to get the most color and even cooking of the eggplant. Set aside.
2. In a large saucepot heat the remaining oil then add the garlic, onions and fennel. Sautee this for 3 to 5 minutes or till the fennel is soft.
3. Add the remaining ingredients and the eggplant and cook for 20 minutes, stirring occasionally.
4. Serve with pasta or meat, fish or chicken or chill it and use as an antipasto with cheeses and breads. •

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