

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 - August 1, 2013

Inside This Issue

Calendar.....	3
Classifieds	3
Finance.....	4
Food.....	5
Hawthorne Happenings.....	3
Legals	4,6
Politically Speaking.....	4
Sports.....	2

Congresswoman Waters Brings HUD Secretary to 43rd District



Congresswoman Maxine Waters hosted a meeting on Monday, July 29 with U.S. Housing and Urban Development (HUD) Secretary Shaun Donovan and local elected officials from the cities of Gardena, Hawthorne, Inglewood, Lawndale and Torrance for a discussion about the ongoing impact of sequestration on local communities. Pictured from left to right: Hawthorne City Council Member Olivia Valentine; Hawthorne City Council Member Nilo Michelin; Hawthorne City Council Member Alex Vargas; Gardena Mayor Pro-Tem Daniel Medina; Torrance City Council Member Pat Furey; Congresswoman Maxine Waters (CA-43); HUD Secretary Shaun Donovan; Lawndale Mayor Harold Hofmann; Hawthorne Mayor Daniel Juarez; Lawndale City Council Member Robert Pullen-Miles; and Inglewood City Council Member George Dotson. Photo by Valerie Goodloe.

Local Business, Nonprofit Host Pet Lover's Event

By Cristian Vasquez

Cats, dogs and pet enthusiasts will gather on Sunday, August 4 from 11 a.m. to 3 p.m. for the Pet Lover's Event at Manhattan Beach Toyota.

In its third year, the family-friendly pet adoption event takes place two times a year at the car dealership located at 1500 N. Sepulveda Blvd., and has drawn large crowds of current and prospective pet owners.

"It is a service to help dogs and cats get adopted and it is a drop in event for people to come and go as they please," Director of Public Relations for Manhattan Beach Toyota Al Wise said. "We have a nonprofit organization that we work with called the Lovejoy Foundation that is bringing the dogs and cats. They are a wonderful organization that we support and partner with and with them we have been able to adopt out some dogs and a few cats."

The day's festivities will include raffles all day and will also provide fun activities for attendees such as contests including; Best Look-a-Like, Best Pet Trick and Best Costume. Current dog owners are encouraged to bring their pets to the event but they must have their pet on a leash.

"The beach communities are dog communities: people love their dogs and they certainly love to take their dogs on The Strand so we decided to do something for them," Wise said. "For those people who do not have pets but want one, in my opinion, it is always preferable to go for a shelter dog instead of going to a pet store and purchasing one."

This outreach-based event has drawn up to 500 people during past events. It has been three years since the beginning and now the event has developed into a well-organized function. However, getting things started depended on a lot of hard work and a little bit of luck.

*"If they have an animal,
they are welcome to bring it.
If they do not have one, then they
can come and play with the ones
that we have or adopt one that we
have to give it a good home."*

"We had an agency lined up [for an event] that canceled at the last minute. So here we were about to have our Pet Event with no pets to adopt out," Wise said. "We went searching for an agency and we found one that hosted small events that took place at a church on Aviation. They were just starting to set up and we let them know that we were having an event and that we needed them and that we were hoping to have more people than just the drive-by clientele. Sure enough they packed up their stuff and came over to our location and adopted out 14 dogs that day, which was a record number of adoptions for one day. They have been part of our event, twice a year, since then."

The Lovejoy Foundation is a nonprofit organization that rescues animals and assists

in adopting them out or finding them foster homes until a pet is adopted. The foundation provides food and medical needs for pets staying with foster families. In addition, the foundation depends on the work and efforts of volunteers who assist at the adoption site by helping to walk and care for animals as people come and go throughout the day.

"It is much easier to do this because now we know what we are doing," Wise said. "The first year we had a great idea but we did not know if it was working and we didn't know if anyone would show up; but that first event we had about 500 people show up."

New to the event this year is the presence of the Gourmet Grilled Cheese Truck. There will also be more than 14 vendors, including the adoption agency, pet photography, pet insurance and pet accessories which, adds variety to the services and products offered by the large number of vendors. Many of the vendors will provide free samples of their product.

"They [attendees] can expect to have some fun; they can expect to have some food and to meet some like-minded people that also love animals," Wise said. "If they have an animal, they are welcome to bring it. If they do not have one, then they can come and play with the ones that we have or adopt one that we have to give it a good home. We also have a groomer that comes out and does some grooming. There is something for everybody."

For more information on the event, persons interested can call 310-546-4848 and ask for Customer Relations Manager Joy Anderson. •

Weekend Forecast

Friday

AM Clouds/
PM Sun
73°/65°



Saturday

AM Clouds/
PM Sun
72°/63°



Sunday

AM Clouds/
PM Sun
69°/61°



Sports

Braun vs. Brains

By Adam Serrao

Though sports may be a vastly different world than the one that we all currently live in, certain moral factors about its living remain the same. For example, we are all raised in a society that upholds its citizens to tell the truth. At an early age, we are taught to be honest and in doing so our character will be a virtuous one. In the sports world, that same moral standard of honesty remains the same. Look at Pete Rose, for example. Dishonesty will keep him out of the Hall of Fame for as long as he lives. Lance Armstrong must now be experiencing that same feeling—maybe even to a greater extent. Then there's Ryan Braun. Braun has played for the Milwaukee Brewers since the 2007 season and has since turned himself into a five-time All-Star, a five-time Silver Slugger, a Rookie of the Year (2007), an NL home run leader (2012) and an NL MVP (2011). Just recently, however, Braun was caught by Major League Baseball (MLB) and suspended for the rest of the year without pay for "violations of the Basic Agreement and its Joint Drug Prevention and Treatment Program." Not even two years ago, Braun professed his innocence in the matter and swore to everyone who looked on that he was innocent. Now a proven liar, Braun, like those who have come before him, must prepare to pay the price.

That price, for Braun, does not seem to be a steep one upon first glance when considering the repercussions of his actions. Braun's suspension includes the final 65 games of the Brewers' season and any potential postseason action that the team may see. The money that Braun will lose resulting from this suspension amounts to \$3.25 million. After he serves his not even half-season suspension, however, Braun is eligible to return to the Brewers' organization for spring training and receive the remaining \$132 million on his contract. Without the use of performance enhancing drugs, Braun may have never even made it to the Big Leagues and definitely would not have accrued some of the money awards that he has garnered up to this current date. The fact that he loses only \$3.25 million while also receiving an extended vacation may have made his cheating worthwhile for the player. It boosted Braun's name and brand to a level that it would have otherwise never seen and turned him into a multi-millionaire. MLB used Braun as its first example, but the slap on the wrist that they gave him may not even do its part to deter other players from becoming future offenders. If Braun's case proves anything, it's that financially PEDs are worthwhile, especially for a player with a subpar skill set.

While the picture that has just been painted may make it seem like Braun is getting away

with highway robbery, he does in fact seem to be somewhat apologetic for his actions. "As I have acknowledged in the past, I am not perfect," Braun said in a statement released by MLB. "I realize now that I have made some mistakes. I am willing to accept the consequences of those actions. This situation has taken a toll on me and my entire family, and it has been a distraction to my teammates and the Brewers organization. I am very grateful for the support I have received from players, ownership and the fans in Milwaukee and around the country. Finally, I wish to apologize to anyone I may have disappointed—all of the baseball fans, especially those in Milwaukee, the great Brewers organization and my teammates. I am glad to have this matter behind me once and for all and I cannot wait to get back to the game I love." Braun may have put this matter behind him, but to those who appreciate the game of baseball, there is still much more to be heard that has yet to be said. For instance, Braun has still never admitted to taking PEDs or any kind of steroid. That is in fact what he has been suspended for, yet he fails to directly acknowledge his own wrongdoing.

Likewise, Braun fails to acknowledge the fact that he lied directly to face of the public, of baseball, of his peers and of the country when two years ago he fervently denied having taken any sort of PED. "I truly believe in my heart and I would bet my life that this substance never entered my body at any point," Braun said in February of 2012 when initially accused of taking PEDs. "If I had done this intentionally or unintentionally, I'd have been the first one to admit it. I truly believe this substance never entered my body." All of those statements have now been proven to be lies and one of baseball's biggest names has now forever tarnished his name as well as his career.

Ryan Braun didn't only lie to himself—he lied to everyone around him. What's worse is that by lying about his initial positive test, Braun wound up getting the sample collector fired and cost a man his job. By having no integrity himself, he jeopardized another man's integrity (and job) in the process. Braun may still be a millionaire and may still come back to get paid next season, but his peers in the game of baseball and most fans of the game of baseball will no longer respect him. Braun not only lied, but also forced others to lie for him and will now forever be the victim of a tarnished reputation. There are still honest players like Andy Pettitte and Jason Giambi, who have been caught using PEDs, admitted to it and apologized for their actions. Those players have been forgiven and forgotten about. The Ryan Brauns of the world, however, have no excuse for their actions on or off the field and will forever be marked with the scarlet letter of disgracing their peers, their own names and the entire game of baseball. •

Joe's Sports

By Joe Snyder

MAMBAS, FUNDAMENTALS PICK UP WINS

The Fundamentals improved their unbeaten record to 7-0 with a 22-16 victory over the High Flyers in Hawthorne Recreation and Communities Services Department Youth Basketball action last Saturday at Betty Ainsworth Gymnasium. The game was close most of the way, but the domination of Alex Barner making some key baskets down the stretch enabled the Fundamentals to win the Division II (age 8-9) showdown over the second place High Flyers (5-2).

Barner scored 16 of the Fundamentals' 22 points. Kimetri Goodman added three points and Keith Young chipped in two. Jayein Williams proved dominant for the High Flyers with 12 of his squad's 16 points. Umayr Ubaray and Jasmine Villafona each had two points.

DIVISION I: MAMBAS 17, D-UP 14

In Division I (age 6-7) Hawthorne Parks and Recreation Youth Basketball action on Saturday, the Mambas slipped past D-Up 17-14 to move into third place. Mark Perez sparked the Mambas (4-3) with a game-high 11 points. Lawrence Davis, Jr. contributed six points. Matt Telez had eight points to lead D-Up (3-4). Kamron Biffuleo put in five points.

The Mambas led most of the way and were up 17-10 before holding off D-Up in a key contest. The Pride moved to 7-0 with a win over the Little Rascals in Division I play.

The Harlem Stars remain undefeated in the Division III (age 10-11) at 7-0 and hold a two-game lead over the second place Pistons (5-2). The Lakers still lead Division IV (age 12-13) after winning on Saturday.

ADULT VOLLEYBALL

REGISTRATION IS ON

The Hawthorne Recreation and Community Services Department is still seeking to have adult volleyball leagues by the fall if there are enough participants. A minimum of four teams will be required for the league to happen by the fall.

Teams will be registered on a first-come, first-serve basis. Each team will receive a schedule and rules and regulations packet. All players must sign a waiver/roster sheet before playing.

If enough teams are there, the league will begin in September and each team will be notified before the first game of the season. Entry is \$275 per team, including a gym staff, scorekeepers and awards. Fees must be paid in full when signing up. If not, registration will not be accepted. There

will also be a \$15 per game fee for officials.

All games will be at the Betty Ainsworth Sports Center. For further information, please call the Hawthorne Recreation and Community Services at (310) 349-1655.

LENNOX 50/70 BASEBALL GETS ELIMINATED

The Lennox 50/70 (ages 11-13) Little League Baseball team was ousted in the Western Regionals semifinals by Arizona 8-4 last Friday at Northwood Park in Irvine. Lennox rolled to the District 37, Section 3 and California Division 3 championships, but found things tough going in the Regionals. Lennox ended tournament play at 19-1.

THOMPSON PLAYS FINAL GAME AT STAPLES

Former Inglewood Morningside High girls' basketball standout Tina Thompson played her last game at the Staples Center for her current National Women's Basketball Association team, the Seattle Storm, and led them to a 73-66 win over the host Los Angeles Sparks last Thursday.

The 38-year-old Thompson, who graduated from Morningside in 1993 and also went on to star for the University of Southern California, led the Storm with 23 points and eight rebounds. Thompson, a guard in her 17th and final season, also made three of six three-point basket attempts. Thompson, who played the last four years with the Sparks, will retire after this season.

Seattle started fast on L.A. in taking a 30-12 lead early in the second quarter. The Sparks got as close as one point, but the Storm pulled away behind more key plays by Thompson.

Tanisha Wright added 15 points and ex-Bishop Montgomery (Torrance) and UCLA star Noell Quinn contributed 12 points and eight rebounds for Seattle. Candice Parker led all scorers with 24 points and grabbed 10 rebounds for L.A.

Thompson also played in Saturday's All-Star game in Uncasville, Connecticut for the West team, but failed to score. Her West stars, though, were able to top the East team 102-98. Parker was named the game's Most Valuable Player with an All-Star record 23 points. It was Thompson's ninth All-Star game.

RAVENS BEGIN PRACTICE

The Lawndale Ravens' Pacific Coast League youth football teams began its practice last Monday. The Ravens, who consist of players from Lawndale and Hawthorne, won the PCC in the Midget division. Some of the players will vie in the PCC vs. San Diego Challenge on August 24 at a site to be announced. Regular season play begins on September 7. •

Lawndale JAZZ BLUES and Music Festival

September 14, 2013 - 1 pm
Lawndale Civic Center Plaza
(147th Street & Burin Ave.)

FEATURING: Howlin' Blues Boogie Band
Pat Chartrand and Friends
The Lawndale Blues Boys
Kastro Band
J. Boykin

Sponsored by
 Guitar Center SOUTH BAY in Lawndale



Pat Chartrand and Friends Howlin' Blues Boogie Band The Lawndale Blues Boys J. Boykin Kastro Band

Harry's & McCoy's Moving



Time starts at your door
Free use of boxes & wardrobes
Short notice moves
Home-Office-Apartments
Local and Long Distance
Licensed & Insured - CAL-T-160-989
Family Owned & Operated for 66 Years

Free Estimates | 310.329.3493

Calendar

ALL CITIES

SATURDAY, AUGUST 3

• “Stogie Kenyatta as Paul Robeson”, a one man show, 2 p.m., AC Bilbrew Library, 150 E. El Segundo Blvd. For more information call (310) 538-3350.

SATURDAY, AUGUST 10

• Kim Robinson’s Book Presentation Extravaganza, 2 p.m., AC Bilbrew Library, 150 E. El Segundo Blvd. For more information call (310) 538-3350.

ONGOING

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

• Openings for new singers with the South Bay Women’s Chorus (resume practices on Wed., Sept. 4). For more information call (310) 433-7040 or email cheryljean61@hotmail.com.

HAWTHORNE

TUESDAY, AUGUST 13

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

349-2915.

INGLEWOOD

SATURDAY, AUGUST 17

• Movies In The Park, gates open at 6:30 p.m./movie at 8 p.m., Rogers Park, 400 W. Beach Ave. For more information call (310) 412-8880.

ONGOING

• Free Summer Food Service for Youth (18 and under), Jun. 21-Aug. 30, Mon-Fri. For more information call (310) 412-8750.

LAWNDALE

SATURDAY, AUGUST 24

• Free Bicycle Safety Class (18 yrs+), 11 a.m.-2 p.m., Community Center Annex. Advance registration required: la-bike.org/bicyclingontheroad.

ONGOING

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

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

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

A Must -See. Beautiful, 1 bedroom unit w/private patio, gas bbq hook-up, double-paned windows, blinds, private 1car garage & storage, front-loading W/D, full-sized kitchen with granite counters, chrome hardware, custom wood cabinets, gas oven, microwave, refrigerator, hardwood flooring & Italian tile, recessed “can” lighting with dimmer switches, crown molding, cable ready for flat screen TV, and more! Pets okay upon review. \$2,150 w/1-year lease minimum. Avail. 9/01/13. Call for appt. (310) 721-3625.

2BD/2BA. X-Large Deluxe 2 story town house style. Laundry hook ups, gated parking, fireplace, 2 patios. \$1,895/mo. Call (949) 878-1678 or (310) 615-0974.

2 Master Bedroom Townhouse with 2 1/2 bathrooms. All appliances, plus W/D, 2 car garage, wood flooring, 126 Virginia St. \$2275/mo. Avail. 8/30. Call Jane (310) 545-2845.

3BD/1.5BA. ES. New windows, new paint, new floorings. Non smoking property. No pets, carport w/storage. \$1,900/mo. + \$2,000 deposit. Call (310) 955-7202.

AUTO FOR SALE

2007 PT Cruiser, 31,000 Miles - \$8,500 obo. (310) 256-0439.

EMPLOYMENT

Accounting/bookkeeping Assistant, Local General Contractor seeking a responsible person to fill a part time position requiring between 16 and 32 hours per week. Must have knowledge of Microsoft Excel and general office duties. QuickBooks knowledge is a plus. Please call 310-321-5901 or fax your Resume to 310-640-2907.

Design Artist - 3D character models. BA req’d. Send resume to: Big Red Button Entertainment, 880 Apollo St., #245, El Segundo, Ca 90245.

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.

FOR SALE

Thule Roadway 2 - Hitch bike Carrier, never used, \$200. Call (714) 771-2993.

GARAGE SALE

Estate Sale! 1224 E. Walnut Ave. ES. Fri., 8/02 & Sat., 8/03, 7 a.m. both days. Antiques, collectibles, furniture, much more.

Come! 623 Whiting Street, ES. Sat., 8/03, 8 a.m. - 1 p.m. Yard Sale! Beds, couches, dining room set, dishes, rugs and more!

HOUSE FOR RENT

4BD/2.5BA. + bonus room, New amenities, enclosed patio, 2 car garage w/workshop, excellent storage. \$3950/mo. Discount for long term. (310) 345-8013.

LOST & FOUND

FOUND: Great female dog Boxer-Beagle mix. Looking for a loving home with a yard for her. For more information, please call DJ at (310) 648-8422.

SEEKING ROOM FOR RENT

Clean, older married male, infrequently in town, seeking shared apartment with own bathroom in El Segundo. Roommate reference available. (661) 618-8866.

Hawthorne Happenings

News for the City of Good Neighbors

Cypave, Calif.? Where is that?

While dining at Eureka Burger the other evening with my family, I turned on my iPhone to check the weather and saw that it showed that I was in Cypave, Calif. I wondered what was going on, so I did an Internet search for Cypave and much to my amazement, Cypave came up as an area in Hawthorne.

The district’s center was located just south of the Hawthorne Airport at Crenshaw Blvd. and Jack Northrop Blvd. No one seems to know the origin of this district. If anyone out there knows the meaning of the name or the reason behind its use, please let me know by emailing me. It’s amazing what our technology can so quickly do.

The Battleship USS IOWA

The history of U.S. Navy supremacy is well documented. We have had the largest and most powerful fleet of ships in the world for the past century and more. A visit to the USS IOWA reminded me of just how crucial our strong Navy was during our past military conflicts. Commissioned in 1940, the IOWA was known as the “greatest battleship ever built”. It served us during WWII, the Korean War and throughout the Cold War. The strategies for D-Day, the invasion of France to hold off Nazi Germany, were planned on board by President Roosevelt. The 15-inch wide guns had the fire power to send projectiles 26 miles to hit enemy targets in land and on the sea. I’m the patriotic type, so seeing and reading about our victories over tyranny make me proud to be a true “red, white and blue” American. (The IOWA is docked in the Los Angeles Harbor just North of Ports-of-Call in San Pedro.)

News Release – More contracts for SpaceX

This news release just came to us today: Space Exploration Technologies (SpaceX) was awarded a launch reservation contract



with MacDonald, Dettwiler and Associates Ltd. (MDA) to support the largest space program to date in Canada, carrying the three satellites to orbit that will make up the RADARSAT Constellation Mission (RCM) on a Falcon 9 rocket in 2018.

The world is coming to Hawthorne to do business.

More New Ideas from Elon

Arguably the most forward thinking person in the world works in Hawthorne. Elon Musk thinks differently than most people. He can envision things that others cannot. Here is another example of his “out of the box” master planning. Don’t bet against him making this happen: This comes via CNN Tech, written by Damon Lavrinc, Wired is the website blog.

“Elon Musk wants to revolutionize transportation. Again. The serial entrepreneur envisions a future where mag-lev trains in enormous pneumatic tubes whisk us from Los Angeles to New York in 45 minutes. Need to be in Beijing tomorrow? No problem. It’s a two-hour ride away.

As crazy as it sounds, Musk is merely updating an idea that’s been around since the early 1900s. The engineering behind the Hyperloop is similar to the old-school pneumatic tube systems used by banks to suck your deposit to the teller at the drive-through. But naturally, it’s more complicated than that.”

Left Off of Volunteers List

Gordon Michael Mego and Ronnie Manson were inadvertently left off the list of volunteers that I named last week in my column that helped to make Good Neighbors Day a success. We would like to thank both gentlemen for their hard work. The Historical Society has set Saturday, July 19 as the date for next year’s Good Neighbors Day. We look forward to making it more fun in 2014. •



This world is but a canvas to our imagination.

~ Henry David Thoreau

SEND BOUQUETS FOR ANY OCCASION
anniversary | birthday | just because

SAVE 20%

ProFlowers

Hurry! Flowers from \$19.99^{+s/h}

Visit www.ProFlowers.com/colorful or call 888.470.3075

*20% off discount will appear upon checkout. Minimum purchase of \$29.00. Does not apply to gift cards or certificates, same-day or international delivery, shipping and handling, taxes, or third-party hosted products (e.g. wine) and cannot be combined with other offers or discounts. Discounts not valid on bulk or corporate purchases of 10 units or more. Offer expires: 11/15/13.

Take time to be a dad today.



Call 877-4DAD411 or visit www.fatherhood.gov
Text “Dad” to 30364. Message and data rates may apply.



Dear Foodies and Friends,
So my youngest son turns 13 this Friday. How this happened I don't know but it did. He is such a good eater and always willing to try something new.

His favorite is a dish we call "cheesy noodles". This is a concoction of any kind of long noodles, linguini, fettuccini, or even ramen mixed with some broccoli and lots of cheese.

Needless to say it is the go to at any meal period, breakfast, lunch, 11zies or dinner if we got some noodles they are turned into cheesy noodles.

Note: My four dogs like the leftovers

The Chef



VALENTINO'S

Pizza, Pasta & More



"A Taste of Brooklyn"



1 LARGE 16" PIZZA
with one topping
\$11.99

2 MEDIUM 14" PIZZA
with one topping
\$15.99

Plus Tax. Extra toppings additional cost. No substitutions, please. Please mention coupon when ordering. One per customer. Expires 8/15/13

Plus Tax. Extra toppings additional cost. No substitutions, please. Please mention coupon when ordering. One per customer. Expires 8/15/13

Ample Seating **EL SEGUNDO**
150 S Sepulveda Blvd.
310-426-9494

MANHATTAN BEACH
976 Aviation Blvd.
310-318-5959

DELIVERY IN LIMITED AREA AT BOTH LOCATIONS

Cheesy Noodles a la Noah



- 1/2 pound long noodles blanched in water then rinsed and cooled
- 1 pound of broccoli chopped roughly
- 1/2 cup chopped onions
- 1/8 cup olive oil
- 3 cups chicken broth
- 1/8 cup lite soy sauce
- 1 cup grated cheddar
- 2 tablespoons butter
- 6 slices American cheese or more
- 1/2 cup grated parmesan

In a hot saucepan sauté the onions and broccoli in the olive oil for 2 minutes. Add the broth, cook for 1 minute. Add pasta. Bring to a boil. then add the cheddar and American cheese. Stir till hot, then add the soy. When then cheese has melted, remove from the fire and mix in the butter and parmesan. Finally, eat and have fun.

Tips: You can also add bacon, chicken, other veggies or anything you want!

2013 SUMMER FEST
PRESENTED BY CHEF SHAFER & DEPOT

SUNDAY, AUGUST 11
4:00PM TO 9:00PM

In front of The Depot Restaurant
1250 Cabrillo Ave., Torrance 90501

- Dancing in the Streets
- Martini Wine and Beer Bar Included
- Chef's Dinner Buffet
- Live and Silent Auction
- and MORE

Tickets: \$100
To purchase tickets
call (310) 832-1145 x119
or visit www.toberman.org

Benefiting **toberman neighborhood center**
TNC A non-profit community-based organization committed to assisting at-risk Area families and individuals by delivering life-changing services that empower them to live healthy and prosperous lives.

Live Well, Love Much, Laugh Often

Hank's PIZZA

\$2 Beers
Tuesday and Wednesday nights

Dine In
Take Out
Catering and
Free Home Delivery
310-335-0066
202 A. East Imperial Ave.
El Segundo, CA 90245

LARGE PIZZA
with 1 topping
\$10.99 Plus Tax • Limited Time

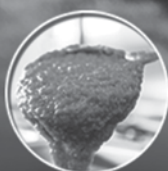
GRAND August 2nd OPENING



PizzaRev
Craft Your Own



Homemade Dough Daily



Organic Red Sauce



Buffalo Milk Mozzarella



30+ Fresh Artisan Toppings



Open-Flame Stone-Bed Oven



Roman-Style Thin & Crispy Crust

"BETTER PIZZA FROM FLOUR TO FIRE!"

460 N. SEPULVEDA BLVD. (next to Five Guys) | (310) 426-6320 | www.PizzaRev.com

PETSPETS **Pets** PETSPETS

Pets Without Partners

Adopt a “pet without a partner” and give a homeless pet a second chance in life

We picked up **Snuggles** just as this little guy



Snuggles

was being dropped off at the shelter. The family received him as a gift and was not expecting it. They begged us to take him because he was such a great little dog. We agreed and this little Yorkie-Westie hitched a ride back to the rescue with us. Snuggles is a sweet little clown with a very animated personality. He is young at nine to 10 months old and a tiny guy at 5.7 pounds. He is full of spunk and loads of fun. Snuggles loves toys and will chase little plush toys you throw for him and will then bring them back. Come and meet him--you will absolutely love him. This is a breed that will require some grooming appointments, so please remember this when budgeting for him. Snuggles is neutered, current on vaccinations, de-wormed, microchipped, and is great with other dogs and with children.

Darla is a beautiful Shepherd mix who is a very quiet, passive, sweet gal. She comes when called, is perfect on leash and loves to play with plush toys that she chases when thrown up in the air. Darla is around 12 months old and weighs 50 pounds. She is still a little underweight. She is very friendly, lovable and a super quick learner. She is wonderful with all of our dogs at the rescue and has a very go-with-the-flow personality. Darla will make her new family very happy. Whoever adopts her is in for a real treat! Darla is spayed, current on vaccinations, de-wormed, microchipped, is great with other dogs, and loves children.

Bandit is a love of a dog. He is sweet,

gentle, kind-spirited and knows how to rock those airplane ears. He loves to hug you as he snuggles in around your neck and he will hang onto you with his paws. Snuggling with you is when he is happiest. Bandit has a sad story, as his owner died unexpectedly at only 45 years old. Poor little guy sat in a boarding kennel for over a month before we took him in. Bandit is darling, to say the least, and would make a great addition to any family situation. He is great with all other dogs and is completely housebroken. He is seven years old and weighs about 13 pounds. He's not shy about giving out kisses and has a spectacular little personality, as he is just now starting to really shine here in our rescue. Shine, little star...shine! Bandit is neutered, current on vaccinations, de-wormed, microchipped, housebroken, loves everyone he meets, and is great with other dogs and with children.

To learn more about these and other wonderful dogs, visit our website at www.animalsrule.org. If a dog is on our website, it's available. Or come to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or



Darla

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. •



Bandit

Purrrfect Companions

Add a little love with a new best friend when you adopt your purr-fect partner.

Have you heard what they say about tux-

picked up and cuddled by everyone. This affectionate little guy will follow his owner from room to room, so you'll never be lonely. Elliot



Harriet

edos? Some say they are pretty much the best cats in the world. Tuxedos are known to be funny, friendly, sweet and sometimes a little weird. Harriet is all of the above. Harriet is a little round fur-ball with the sweetest personality. She's friendly and outgoing with new people, dogs and cats. Are you looking for a kitten that you can introduce to all your friends and family? Harriet will do! She's the kind of girl you bring home to meet your mom. She loves to play and explore. Hope you're ready for some quality naps with this little girl—she's very soft and cuddly. Her foster mom suspects that she'll be a sweet and easygoing cat when she grows up. She'll make an excellent companion and lap cat when she's older. Right now, she just wants to be your baby.

Harriet is very attached to her brother, Elliot. They do everything together. They were both bottle-fed by humans since they were only three weeks old. Because of this, these two are more affectionate, more social and more comfortable in new environments than your average cat. They've been raised with a Cocker Spaniel and a toddler, so they are

loves to play! He has a few toys that he'll carry in his mouth and leave hidden around the house. When he's tired, he'll nap at your feet, on your bed, or anywhere that you are. Elliot also loves to purr! Just one pet, touch or poke and he's purring louder than you've ever heard a cat purr before. So come over and meet Harriet and Elliot today. You'll be glad you did!

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

On Saturdays, we have adoptions from noon to 3 p.m. in Westchester at 8655 Lincoln Bou-



Elliot

used to children and dogs.

Now, watch out! There's a purr machine on the loose! If you are looking for a fun, playful and absolutely loving kitten, then Elliot is the one for you! He loves greeting houseguests at the door and expects to be

levard, 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. •



PET LOVERS EVENT

SUNDAY, AUGUST 4

11AM - 3PM



BRING YOUR PET!

- Free raffles throughout the day
- Best Pet Trick & Best Pet Costume Contests!
- Owner and Pet Look-a-Like contest
- Win Pet Safety products from Toyota
- Training and grooming tips
- Free Dog handouts
- Grilled Cheese Truck and
- DOG & CAT ADOPTIONS!**
- (rabbits too)



LONDOLAZA
dog den & cattery



PURRfect Partners
a non-profit cat rescue and adoption group

ONNE HULL PHOTOGRAPHY



1500 N. Sepulveda Blvd. • Manhattan Beach
ManhattanBeachToyota.com • 310/546.4848