

Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

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Future of Career Technical Education Program Uncertain



Part of the California public school system, the Southern California Regional Occupational Center, SoCal ROC, offers high schools students as well as adults in the South Bay theory-based instructional programs that apply the knowledge through hands-on experience. Without a budget for the upcoming year, the center that has served the South Bay for 46 years is now working with local and state officials to keep the center open. Read more below. Photo courtesy of SoCal ROC.

Regional Occupational Center: Impacting Lives for 46 Years

By Cristian Vasquez

Providing career technical education has been the mission of the Southern California Regional Occupation Center since its inception in 1967. However, the status of services and resources provided by this unique educational resource is in an uncertain situation.

Based on Governor Jerry Brown's recent budget proposal, regional occupational centers across the state would receive zero dollars in funding, putting at risk the continued existence of places like SoCal ROC.

"The unfortunate part where we are right now is that programs like ours, regional occupational centers, and other career technical education programs have no budget," SoCal ROC Superintendent Christine A. Hoffman said. "For the past 30-plus years, the State has always funded ROC/Ps in the state of California. You can imagine that is very disconcerting to us because this place has been here for 46 years and it is really an icon in the South Bay in terms of providing career technical education to more than 9,000 students and adults."

The courses provided by SoCal ROC reach high school students in six of the surrounding school districts (Torrance, Palos Verdes Peninsula, Redondo Beach, Manhattan Beach, El Segundo and Inglewood), which agreed to participate as a consortium under a joint powers authority. As a result, all high school students in these districts have priority registration for the courses offered at the SoCal ROC location.

"Guidance specialists are assigned to work with the high schools within those districts and they will go out and talk with the students about what their future career interests are," Hoffman said. "Whether they want to be engineers, doctors, welders, work

in construction or fashion design, the guidance specialists are there to speak with students and to help them."

These guidance counselors emphasize to students that they can study classes pertaining to any career interest they might have while in high school so that the student can obtain a better understanding of what the career entails and what type of schooling will be involved. In addition, more than 20 percent of the courses offered at SoCal ROC also meet the University of California's A-G entrance requirement courses, which appeal to many of the high school students.

"I really enjoyed it here. I took the fundamentals of nursing class two semesters ago and I found out the differences between

medical assisting in nursing, which doesn't seem like much but there is a major distinction," El Segundo High School senior Kyra Noel Wopschall said "The people you meet here are great. It takes about a week or two to get comfortable with the class, but once you do you make a lot of good friends. I have also had some really excellent teachers that I have connected with and one of them actually wrote me a letter of recommendation. Also, I really wanted to be in the medical field. I don't have straight As and I'm not a 4.0 student, so I found a way of getting ahead in my medical field career. This really helps."

Wopschall, who will be attending Mt. St. Mary's College in the fall to complete
See SoCal ROC, page 2



Weekend Forecast

Friday
Mostly
Cloudy
69°/58°



Saturday
AM Clouds/
PM Sun
69°/58°



Sunday
Partly
Cloudy
69°/57°



People

CONGRATULATIONS

Dakota Randall, of Manhattan Beach, a freshman Finance major at York College of Pennsylvania, has been named to the Dean's List for the Fall 2012 semester.

Michelle McCarthy, a graduate of Chadwick School and resident of Manhattan Beach, was a recipient of the Dean's Award for Academic Excellence during the 2012 fall term at Colgate University.

The following students, all from Manhattan Beach, were named to the Dean's List for the Fall 2012 semester Loyola Marymount University:

Robert Bellissimo, Timothy Burdiak, Ryan Chase, Nicholas de Virgilio, Austin Ertman, Thomas Hessenius, Charles Hoying, Ruby-Ann Manalaysay, Kristin O'Brien, Michael Wills, James Wu, and Alyssar Zein.

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

1BD/1BA. Upper, large, bright and cheery free standing unit \$1300/mo. Great neighborhood, must see. Single car garage. Avail. 3/17. S & L Property Mgmt. (310) 350-4096.

1BD/1BA. Southwest side of town, off street parking. Sorry, no pets. 1,200. (310) 880-1460.

3BD/2BA. Spacious & bright, D/W, stove, fireplace, balcony, gated, lots of storage, laundry on site. 628 W. Imperial Ave, \$2250/mo. \$1000 deposit. No Pets! Call Alex (310) 383-3753.

3BD/3BA. With 1 car garage. Overlooks LAX. \$2,695. Call (310) 647-1635.

EMPLOYMENT

eBay Lister. Women's new/used clothing. List 30 pieces daily & manage eBay store. Experience necessary. El Segundo. Immediate 8-5 M-F. \$9.00/hr. (310) 414-9246.

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.

GARAGE FOR RENT

700 sq ft Free standing garage for lease, \$1,250/month. (310) 877-2374.

GARAGE SALE

540 Loma Vista. Sat 3/16, 8 am - Noon, Misc.

United Methodist Church, 540 Main St (rear of the bldg), ES. Fri 3/15, 9 am-5 pm & Sat 3/16, 9 am-1 pm. Rummage Sale. Come and pick up your treasures.

GUEST HOUSE FOR RENT

Fully Furnished Guest House (Except for Bed) in El Segundo. Utilities included, quiet neighborhood. \$1100. (310) 351-1064.

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2BD/2BA. El Segundo, Back house, very private. Total remodel in 05. Quality throughout. Pet friendly. 541 Penn St. \$2600/mo.+ security. Avail 4/20. By appointment. Call Bill (310) 266-0701.

3BD/2BA. ES. Stove, W/D hooks up, Fireplace, 2 car garage, No pets. \$3000/mo. & \$3000 dep. 215 W. Walnut Ave. Call (530) 577-4308 or (530) 318-2406.

ROOM FOR RENT

Nice private room in El Segundo. Walk to beach. \$150/wk, electric included. Bob @ The Grand (310) 322-5203.

Calendar

MANHATTAN BEACH SUN

SATURDAY, MARCH 16

• Household Hazardous Waste and E-Waste Roundup, 9 a.m.- 3 p.m., Northrop Grumman Aerospace Systems, M5 Building Parking Lot, Aviation Blvd. and Marine Ave.

TUESDAY, MARCH 19

• City Council Meeting, 6-11 p.m., City Council Chambers, 1400 Highland Avenue.

FRIDAY, MARCH 22

• Opening Reception: Mira Costa High School Art Show, 5-7 p.m., Creative Arts Center, 1560 Manhattan Beach Boulevard.

SATURDAY, MARCH 30

• SNAG Golf Free Family Play Days, 9 a.m.-12:00 p.m., Polliwog Park, Central Gazebo, 1601 Manhattan Beach Boulevard.

FRIDAY, APRIL 5

• Bach's Lunch Recital, 12:15-12:45 p.m., Trinity Lutheran Church, 1340 Eleventh St.

SoCal ROC

from front page

her BSN Nursing Program, has known she wanted to be in the medical field since she was in the fourth grade, but being at SoCal ROC gave her a better sense of direction. "I realized my freshman year that I should take this and visit the medical field that I wanted to be in," Wopschall said. "It is very broad and there's so much out there. I knew that I didn't want to be a doctor. At first I thought I would be interested in doing the lab work, but I don't want to do that either. So I decided to do nursing because that within itself also has a lot of different options."

Through pathway courses, SoCal ROC links students with experiences as close as a work environment setting in the field in which they are interested. For instance, students interested in sports medicine can have first-hand exposure to physical therapy aid or personal training and decide which route they want to take when in college. Every academic program has pathway courses where the student can decide to continue pursuing additional courses within a given field.

"Some of the programs are an extension, a pathway, that maybe they started at the high school. They can come here and they can take anything from videogame design, animation--there is of course in that pathway a course called creature sculpting where they do the clay models that are used in the videogame designs," Hoffman said. "For those students that are part of that JPA, they are coming here after the regular school day. If there is room in our classes after we address the needs of our students in the JPA, any high school student can come here from wherever. They have to get here on their own and we do have

students coming from places like Long Beach, Orange County and we even have somebody coming from the San Bernardino area. Why? Because they can't give these programs at the high school campuses."

SoCal ROC also has courses for adults, at a nominal fee, looking to enter a new field, or for those who simply want to move ahead in their current career. Through the help of more than 250 partners, many of them local, SoCal ROC tries to continue having a strong impact on the lives of the students that walk through its doors.

"Not to have money budgeted is a real shock because the State budget begins July 1, so we are very, very much involved right now with our local and State elected officials from around the area," Hoffman said "They are the ones that for the next two months will debate and discuss all of the parts of the State budget and what we wanted to remember is that SoCal ROC as of now has zero dollars budget and it needs to be fixed. We think, as well as they [elected officials] at this point, that this is an oversight. There is a lot of details to the State budget, so we believe that is an oversight and we just want to make sure that there's enough time in order to get the information to them--to get information out to the whole South Bay to let them know where things are right now, but that there is enough time to fix it before a final State budget is adopted."

For more information about SoCal ROC or to register, persons interested can visit: <http://www.socalroc.com/index.php> or call 310-224-4200 •

Police Reports

JANUARY 28

Stolen License Plates: Morningside Dr. / 11th Pl. Unknown suspect(s) stole the license plates from the victim's vehicle, which was parked on the street.

Residential Burglary: 1200 Block of 2nd St. Unknown suspect(s) entered the residence through an unlocked rear door and stole three televisions, a stereo, videogame console with games, miscellaneous jewelry, and a laptop computer.

JANUARY 27

Stolen Vehicle: 1300 Block of 17th St. Unknown suspect(s) stole a black, 2009 Mercedes convertible that was parked on the street.

Theft: 1100 Block of 9th St. Unknown suspect(s) entered an unlocked vehicle that was parked on the street and stole loose change and a gift card.

JANUARY 26

Commercial Burglary: 1200 Block of Pacific Ave. Unknown(s) subject smashed two classroom windows at Pacific School and stole 59 iPads, which were secured in a locked metal cabinet.

JANUARY 25

Theft: 4000 Block of N. Highland Ave. Unknown suspect(s) stole a credit card from the mailbox and used it to make an unauthorized purchase at "Hassan & Son" in Gardena.

JANUARY 25-29

Attempted Residential Burglary: 2300 Block of Walnut Ave. Unknown suspect(s) attempted to break multiple windows to the residence, but were unable to enter due to the double-sided windows. No property was taken.

Residential Burglary: 1700 Block of N.

Poinsettia Ave. Unknown suspect(s) entered the residence through an open bathroom window and ransacked several bedrooms. Two watches, a wallet, a computer and miscellaneous jewelry were taken.

JANUARY 21

Theft: 1800 Block of Faymont Ave. Unknown suspect(s) entered an unlocked vehicle that was parked in the driveway and stole the GPS unit.

Theft: 1400 Block of Elm Ave. Unknown suspect(s) entered an unlocked vehicle and stole a purse that was left on the front seat. The purse contained four credit cards, of which, one card was used at Chevron in Manhattan Beach and a second card was used to make an online electronic purchase.

JANUARY 20

Stolen Vehicle: 3200 Block of Alma Ave. Unknown suspect(s) stole a black 2009 Ford Explorer that was parked in the driveway. Credit cards that were stolen from inside the vehicle were used at Jack in the Box and 7-11 in Manhattan Beach and Orange Electronics in Commerce, CA.

JANUARY 18-21

Theft: 500 Block of 15th St. Unknown suspect(s) removed and took the catalytic converter from a parked vehicle.

JANUARY 17

Theft: 100 Block of 38th Pl. The victim witnessed a male, Hispanic adult stealing mail from his mailbox. The suspect fled the area after being confronted by the victim.

JANUARY 16-17

Theft: 400 Block of 26th St. Unknown suspect(s) entered an unlocked vehicle and

See Police Reports page 7



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Politically Speaking

One Man's Opinion

By Gerry Chong

A good friend and column reader, Michael B., went apoplectic last week over the state of our economy, so I want to assure him everything is okay. As a matter of fact, it's more than okay. It's perfect! Here's what's happening, Michael:

In 2009, that cute little pixie fairy, Tinker Bell, was cruising around Washington and happened to fly into an open White House window. There, she found the President with his head buried in his hands and his shoulders

"In other words, the economy is dead in the water. But who cares?"

hunched. "Wazzup, Boss?" she asked. With a groan he replied, "I'm in over my head." She cooed, "Poor baby, tell you what--I'll grant you three wishes to lighten your burden."

He brightened and said, "Super! Here's my first wish: I want to borrow money without limit." POOF! With a wave of her wand and a fist full of pixie dust, his wish was granted. "What's next?"

"Okay," he said, "Now I don't want to pay any interest on that unlimited debt." "Easily done," she said. POOF! With pixie dust covering his shoulders, the interest on the national debt was reduced to zero.

"So what's your third and final wish," she asked, adding, "Make it a good one." "It is," he said. "I don't want to ever pay the loans back. POOF! Tinker invented Ben Bernanke. Ben said, "Okay, Barack, here's what we'll do: We'll just buy back government loans with money the government just printed! Cool, no? That way, no one needs to worry about repaying the trillions of dollars we've borrowed. Each month our money printing makes our

debt disappear, even as we borrow more."

"Super cool," said Barack. "Right on," said Ben...and Tinker Bell threw more pixie dust on the duo to bless the arrangement they had reached.

A suddenly serious Tinker said, "Now sit down and listen, Barack. Here's the important part of the pixie dust economy: Free money is the foundation, but the important news is that it's no longer important to grow the economy to raise our standard of living!

Government can give us entitlements from the borrowings...and it's all free!

"The latest economic reports show our economy growing at one-tenth-of-one-percent per year. In other words, the economy is dead in the water. But who cares? As long as there is compensating entitlement growth, economic growth is irrelevant. We'll all be fat and happy without working...living a life of leisure.

"The plan is a win-win program, Barack. China and foreign lenders will be happy. Our children and grandchildren will be relieved of repaying our debt. We haven't been able to make the economy grow in four years, so let's just give up and replace growth with free money to all."

With that, a smiling Tinker Bell covered Barack and Ben with a thick layer of pixie dust and flitted off to save the EU.

So relax, Michael. Tinker Bell has taken care of everything. Our economy is perfect and nothing can go wrong...Nothing can go wrong...Nothing can go wrong.

POOF! •

Another Man's Opinion

Improving Education

By Cristian Vasquez

It was difficult to walk away from the issue of education that was brought up last week since the area of K-12 education was not touched. There is much to be debated about the state of our public education system in California and across the country. While small school districts have demonstrated improved API scores and efficiency in math, science and English among their students--as a whole, the nation's scores are not too impressive. This is not a new problem and it was one that former President George W. Bush tried to fix through his No Child Left Behind Act. While \Bush was bombarded with criticism by opponents for what they claimed to be an ineffective act, we must remember two things: the act was heavily influenced by the late Senator Ted Kennedy, who even though he criticized the funding aspect of the act, strongly believed in its goals. Second, President Obama's Race to the Top program used NCLB as a sort of blueprint to move forward with reforming our nation's K-12 system.

In many regards both NCLB and RTTT deal with the same issues, but the approach is different. While NCLB provides mandates for schools to improve tests scores, RTTT actually provides incentives. One can get technical and argue that incentives and mandates are one and the same, but the truth is they are not. RTTT seeks to provide states with monetary incentives to reform their education systems based on the needs and inefficiencies in their system. NCLB mandated a variety of changes at the state and local education systems as a requirement to receiving Title I funds.

Title I is the nation's largest federal education grant that states receive and distribute to their local school districts for children from low-income families. Title I funds pay for such things as educational programs for disadvantaged children. Under NCLB, a school would lose funds as a form of punishment for underperforming and be made to change its educational approach. It is difficult to refute the idea of changing a system that is not working, but it is irrational to believe that a school can make a change for the better when Title I funds are withdrawn from its budget.

RTTT grantees receive additional federal funding while NCLB requires states to make reforms in order to continue receiving the same federal funds they currently receive and are entitled to get. While NCLB provides a framework for RTTT, a stark difference is that RTTT encourages different methods of measuring student, teacher and school performance without fiscally crippling the school. The intent of NCLB is great--to fix the educational problems afflicting our nation's schools. However, the financing approach of it all is flawed.

K-12 education is very much needed and RTTT is a major improvement from NCLB. We shouldn't completely discredit the qualities of NCLB, but you can't ask a school to improve the quality of its education for low-income students by taking away the Title I funds intended to provide these children a good education. RTTT isn't focused on punishing low-performing schools, but rather it seeks to reward good academic performances. •



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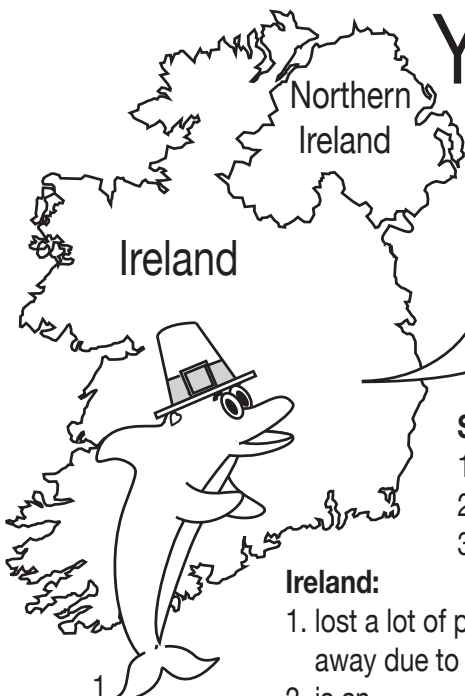
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Your Eye Upon a Leprechaun!



I have traveled to Ireland to celebrate Saint Patrick's Day! I came here to swim around the Emerald Isle to try to spot a leprechaun. I haven't seen one yet. Do you see one on this page? After you spot him read my clues to fill in the mini puzzles.

I'm going to eat my share of corned beef and cabbage!

I spy a leprechaun guy!

Old Irish folklore and stories tell us that the leprechaun has a pot o' gold

hidden. It is said to be almost impossible to find a leprechaun as he does not care for human company. If you do spot one, make sure that you keep an eye on the leprechaun while you trick him into showing you his treasure. If you do not, he'll disappear!

St. Patrick's Day is celebrated:

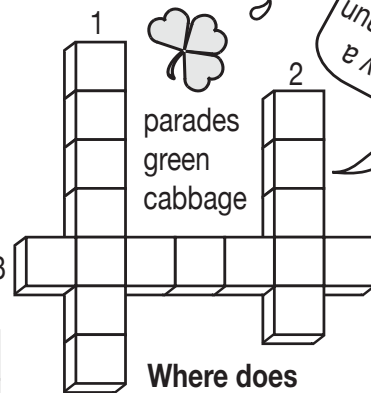
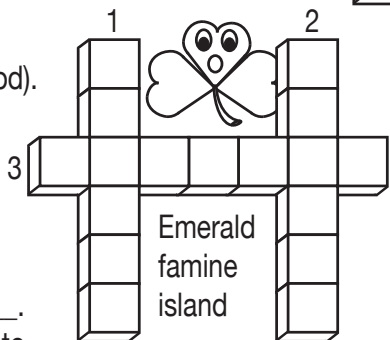
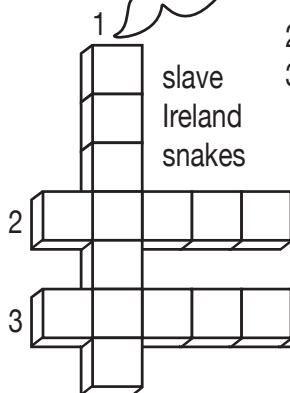
1. with big meals of corned beef and _____.
2. by people wearing something _____.
3. with marching bands and floats in _____.

Ireland:

1. lost a lot of people who moved away due to _____ (lack of food).
2. is an _____.
3. has beautiful green lands - its nickname is the _____ Isle.

St. Patrick:

1. is the patron saint of _____.
2. at the age of 16 was taken to Ireland as a _____.
3. is believed to have driven all of the _____ out of Ireland.



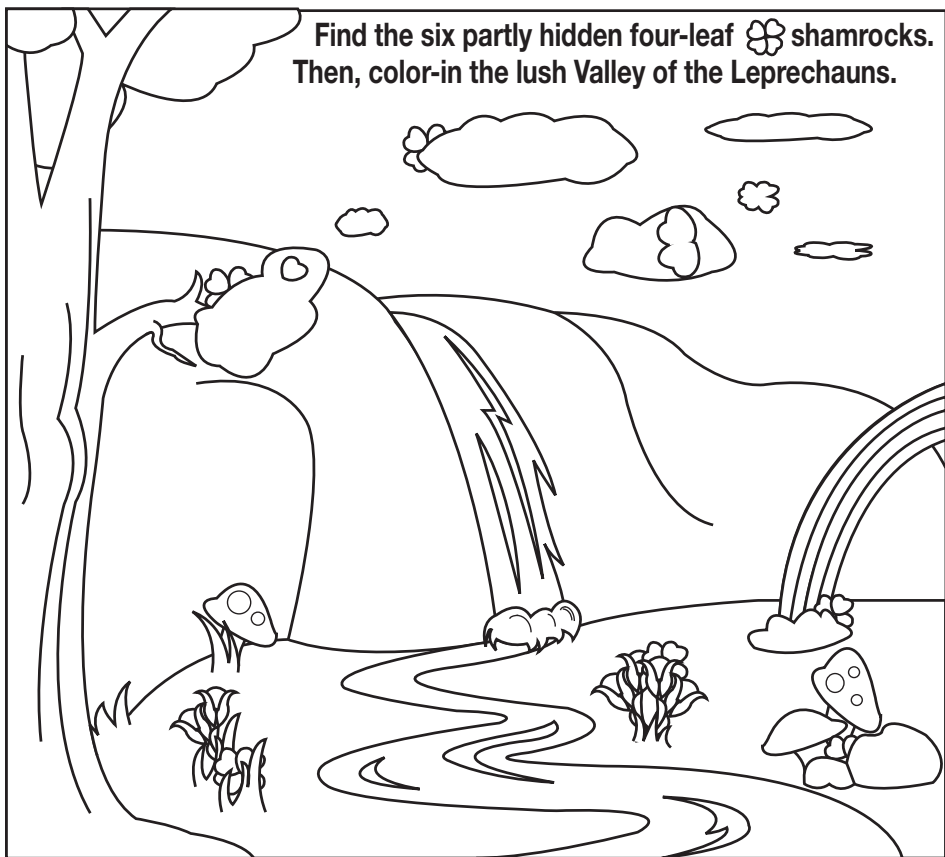
Where does the leprechaun go when spring rains make the ground soggy?

Use the alphabet code to fill in the blanks:

Free Puzzles

	9	14	8	9	19	13	21	19	8	18	15	15	13
A	B	C	D	E	F	G	H	I	J	K	L	M	
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N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
14	15	16	17	18	19	20	21	22	23	24	25	26	

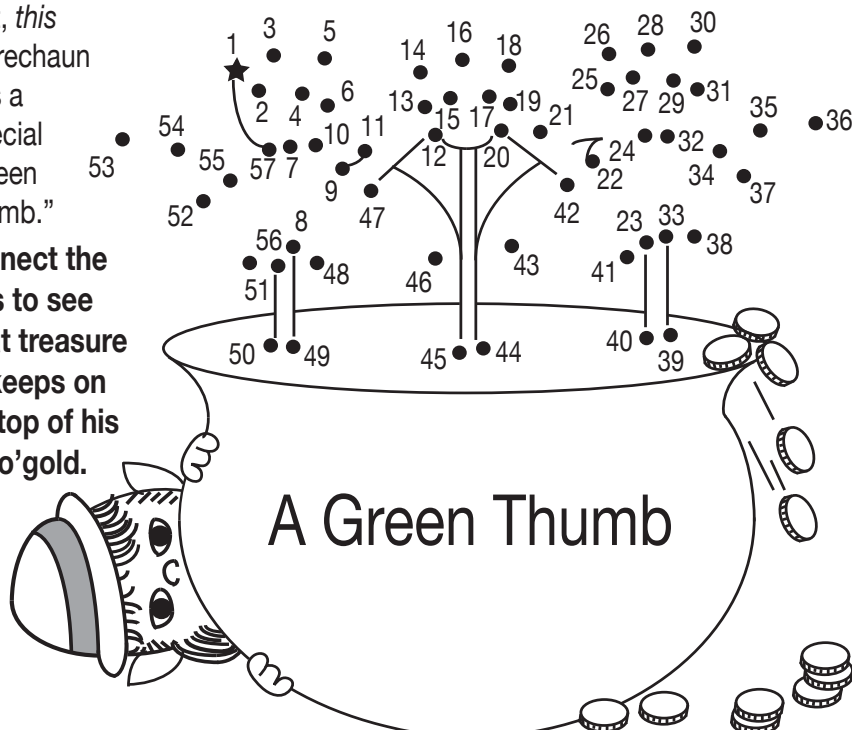
Print out our new puzzles: **Shorten It Up!**, **A Bit Sick? Feel Better!** and **North America and Africa**. Print out the newest reading logs and certificates too @ www.readingclubfun.com



Every good gardener knows that a shamrock is a plant that has leaves with three small leaflets. Every good leprechaun grows and takes care of his own patch of this green symbol of Ireland.

But, this leprechaun has a special "green thumb."

Connect the dots to see what treasure he keeps on the top of his pot o' gold.



Music to My Ears!

Irish dances such as jigs and reels are an important part of Irish celebrations. Flat, goatskin drums called bodhrans and drumsticks called bones are used by drummers. Reed pipes are played by pipers. At one time, the music of harps was the favorite sound in Ireland.

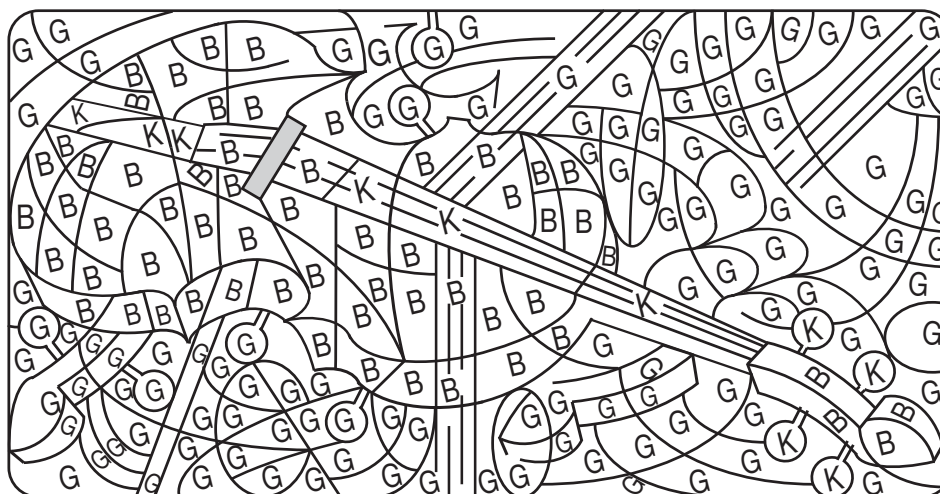
Follow the color key to color in this puzzle to see what fiddlers play:

Use this Color Key:

B = Brown

G = Green

K = Black



PETSPETS Pets PETSPETS

Pets Without Partners

These beautiful dogs and their friends are all wishing that you will be the pot of gold waiting at the end of their rainbow. Adopt a "pet without a partner" and give a homeless pet a second chance in life.

Bonnie is a beautiful little Beagle girl who is 10-12 months old and weighs 15 pounds. She came from a breeder who got into trouble with animal control for having too many dogs on her property. Bonnie is now safe at our rescue. Bonnie is an inquisitive, sweet little Beagle mix. She is fine with other dogs and loves to be on your lap for love and attention. Bonnie is spayed, current on vaccinations, de-wormed, microchipped, and good with other dogs.



Bonnie

Jackson's prior family needed to move and for some reason could not bring him along, so they left him at a high-kill shelter. We pulled him right out! He is a stunning purebred Harlequin Great Dane. The Great Dane is an impressive creature who does best around people. They are powerful, energetic and athletic--yet lazy, loyal, gentle, understanding, sensitive and caring. We were told he is good with other dogs his size and fine with children. Jackson can sit, shake and lay down. He is totally housebroken and he will chase toys and throw them around. This guy is very playful with a lot of energy, so he would be best placed with larger dogs--he is not fond of cats. In public, Jackson is fine

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



Jackson

around little dogs, but would be best placed in a home without them. Jackson will make a great addition to any family. He is neutered, current on vaccinations, de-wormed, microchipped, good with dogs his size, and would be best with older children due to his large size.

San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

Saving one animal won't change the world, but the world will surely change for that animal. •

Purrrfect Companions

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

If **Brad Kitt** were a human, there's no doubt he'd be a leading man in the movies. He's beyond handsome, muscular, very smart, elegant and graceful. He's also an alpha male and should probably be an only cat, considering he prefers the limelight all to himself. With his humans, he's very affectionate and *loves* attention. He's also quite vocal, but then what actor isn't? Now all he needs is a home of his own, with humans all to himself and lots of well-deserved admiration and love.



Brad Kitt

Uma's first guardian was a college student who for some reason turned her outside at only a few months of age.



Uma

Unspayed and left to fend for herself, Uma was pregnant at 10 months old. Spayed, she is now ready to go into the care of someone who will never abandon her. A silver Tabby whose coat shades delicately from pewter to platinum, Uma is a masterpiece in subtlety. From a confused young cat too quickly pushed into adulthood, she has grown to an elegant, poised lady. She will be the adornment of your home and the gentle companion of your life.

Fudgecicle is a kitty who loves people and other cats! He loves to sit on your lap and purr while you watch TV. He also loves to play with other kitties, so he would enjoy having at least one other cat in his new fur-ever home. If you're looking for a sweet, playful boy, then Fudgecicle is waiting to

come home with you.

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

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location.



Fudgecicle

Be kind. Save a life. Support animal rescue. •

Happy Tails

Bunnies Bring Hop-piness to New Loving Families

Each of one these adorable bunnies found "fur-ever" happiness in their new homes. And from the look of their faces, so did their adopting families. They found their perfect matches thru LA Rabbit (www.larabbit.org), which has many more bunnies awaiting their own "Happy Tail." So if you're looking for a little "hop-piness" this spring and for many years to come, please don't shop--adopt from a shelter or rescue group. Give an abandoned bunny a springtime to remember.

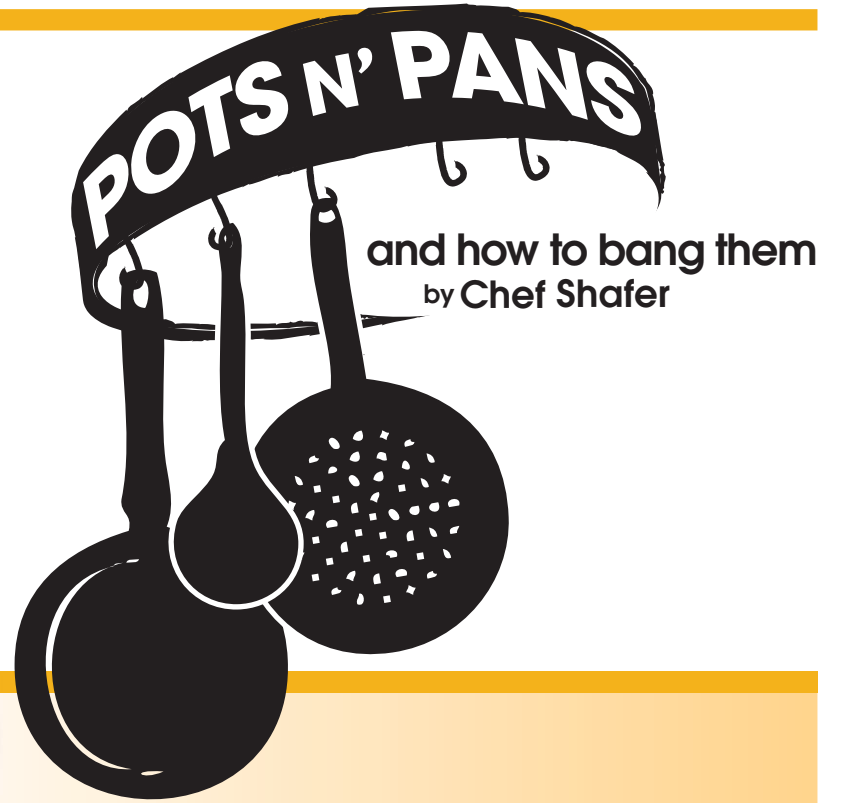
When you adopt a "pet without a partner," you will forever make a difference in their life and they are sure to make a difference in yours. •



This week we have changed the clocks and are getting ready for spring. With that in mind I thought it would be great to make Southwestern style vegetable soup. This full-bodied soup can become a meal by adding seafood, chicken, pork, or beef. This is also a wonderful soup that can be made in advance and will taste even better after the flavors get a chance to meld overnight. Try this one and send me some feedback.



The Chef



Southwest Vegetable Soup



Live, Love, Laugh, Eat
 Chef Shafer, Owner/Chef of Depot, Buffalo Fire Dept., and the Downtown Torrance Market Place.

- 1/4 cup vegetable oil*
- 6 cloves of garlic chopped*
- 1 cup diced onions*
- 1 cup diced carrots*
- 1 cup diced celery*
- 1 cup diced red bell peppers*
- 1 cup diced squash zucchini or yellow squash*
- 2 to 4 chopped fresh jalapeños-depending on how hot you like it*
- 1 tablespoon ground coriander*
- 1 tablespoon ground cumin*
- 4 tablespoons chili powder*
- 1 15 ounce can of diced tomatoes*
- 1 gallon chicken stock or broth*
- 1 15 ounce can of hominy drained*
- Salt and pepper to taste*
- Garnish with Chopped cilantro*
- Tortilla chips*
- Lime wedges*
- Chopped onions*

In a hot soup pot sauté in oil the garlic onions celery carrots and bell peppers for 2 to 3 minutes.

Add the dry spices and jalapenos and stir together with the other veggies.

Add the tomatoes stock and hominy and simmer for 10 minutes.

Season with salt and pepper and serve with the garnishes on the side so everyone can add it as they please.

If you wish to add some protein to it, make sure you cook it thoroughly. Happy eating.

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Police Reports

from page 2

stole sunglasses.

JANUARY 16

Robbery: 1800 Rosecrans Ave. Officers responded to a robbery that just occurred in the parking lot of Trader's Joes. The victim was robbed by two male Hispanic suspects, one of which was armed with a handgun. Both suspects fled the location, northwest through the parking lot on bicycles and out of view. The victim's wallet was taken.

JANUARY 15

Residential Burglary: 1300 Block of 21st St. Homeowners arrived home to discover their home was burglarized and two subjects were in the backyard. When confronted the subjects fled the area and into the neighborhood. Responding officers met with one of the victims and a witness, whom had followed one of the suspects for a few blocks. The male juvenile (16yrs), was positively identified and in possession of stolen property from the residence (approximately \$5,000 worth of jewelry). The second suspect was last seen running between homes, just north of the location but was not located.

JANUARY 14

Vehicle Burglary: 300 Block of 25th St. Unknown suspect(s) entered an unlocked vehicle and stole miscellaneous items.

JANUARY 12

Residential Burglary: 1000 Block of N. Redondo Ave. Unknown suspect(s) removed the screen from the unlocked kitchen window to enter the residence. The suspect(s) took a watch, purse, and miscellaneous jewelry. The suspect(s) unlocked the back door to exit the residence.

JANUARY 10

Loitering: 300 Block of 6th St. Unknown suspect(s) entered the victim's secured backyard and attempted to open a locked door that leads to the detached garage.

Residential Burglary: 800 Block of Rose-

crans Ave. Unknown suspect(s) removed the screen from the open bedroom window to enter the residence. The suspect(s) took a laptop computer and jewelry.

An MBPD Officer conducted a traffic stop on a vehicle at Artesia and Vail for a vehicle code violation. The driver of the vehicle was on active parole for possession of narcotics for sales.

The subsequent investigation revealed the driver was in possession of a loaded handgun which was secretly hidden in the center console below the gear shift.

Also found was a stolen credit card and iPod. The subject was arrested.

JANUARY 7

Attempted Vehicle Burglary: 1 Manhattan Beach Blvd (lower south pier parking lot) Unknown suspect(s) shattered the rear driver's side wing window in the attempt to steal property.

JANUARY 6

Theft: 1300 Block of 19th St. Unknown suspect offered to assist an elderly woman who had locked her purse and keys in the trunk of her car.

Using a crow bar, the suspect removed the back seat, but claimed he could not reach the purse.

The victim then allowed the suspect to enter her house and use the bathroom.

While the victim stepped outside, the suspect entered a bedroom (nothing appeared to be taken).

The suspect left in a dark gray, 4-door, Chevrolet, Truck, w/"Rusnak" paper plates and no front bumper.

After the victim was able to retrieve her wallet from the trunk, she discovered approximately \$100 missing.

The suspect is described as: possibly Hispanic, 25-29yrs, 5'8"-6'0" tall, thin, dark short black hair, jeans and a black t-shirt. •

No Gold in San Francisco

By Adam Serrao

Now that football season is over and that empty feeling has sunk in for all of us, it is the perfect time to reflect back on a season past that has been, all in all, very successful for the team from the San Francisco Bay.

A loss in the Super Bowl is clearly never easy to handle, so fans of the 49ers may be feeling just a tad bit more empty than most of us right about now. But those same fans of the team can look back and say that the Niners at least made the game respectable.

From the looks of things early on, it was as if the team had no business even being there--kind of like Raiders vs. the Buccaneers in the 2002 Super Bowl.

But these Niners are nothing at all like those Raiders. Instead of fading off into oblivion, San Francisco, coach Jim Harbaugh and quarterback Colin Kaepernick should have no problem returning to the grand stage very soon.

Losing was an unfamiliar feeling for many 49ers' fans, players and coaches alike. After losing only four games all season long, San Francisco also lost in the Super Bowl--something they hadn't done in their five previous appearances in the big game.

Most fans will point to the guys wearing black and white and blame them for their team's misfortune on the night. Flags have been thrown all year long down the field at less contact than what Michael Crabtree was hit with on that pivotal play in the final stages of the fourth quarter on Super Bowl Sunday.

But when you dig yourself as deep of a hole as the 49ers did in that game, it would really be unfair to try and extract what would have been a game-winning call from the referees.

From the very first play of the game, the 49ers were not ready to play. A first down and a 20-yard reception erased because of an illegal formation on a play that should have been practiced continuously over the two weeks that the team had off made it clear to see that big brother John Harbaugh and his Ravens were simply more prepared for the glitz and glamour of one of the world's biggest stages.

No team has ever come back from more than 10 points down to win the Super Bowl.

In just his 10th start ever, though, Kaepernick almost made that happen. With three straight chances from the five yard line, Kaepernick threw three straight incomplete passes, all intended for Michael Crabtree. It was almost

as if the coaches of the Niners had a pool in Vegas with Crabtree scoring the go-ahead touchdown to ultimately win the game for their team.

A quarterback with the legs and speed of Kaepernick and a running back who had just previously galloped for a 33-yard run to get the team to the seven and they throw three passes instead of using the run-option that has been so successful for them all season long.

Instead of blaming the refs for the game, 49er fans should blame coaching and play-calling like that. Hindsight is 20-20, however.

When it comes down to it, it is pretty obvious that the 49ers will be competing for additional Super Bowl titles for many years to come in the NFC.

Jim Harbaugh isn't going anywhere, Kaepernick isn't going anywhere and now they have all the experience that is necessary to come out strong next year.

"This will all be motivation," said San Francisco offensive lineman Joe Staley.

Motivation is, indeed, what is needed. The Ravens had it because of Ray Lewis. Now the 49ers will look to gain it all summer long because of the endless visions that they will have of Lewis falling to the ground and crying into microphones as they remained five yards short of winning the game.

Jim Harbaugh did a poor job of play-calling toward the end of the biggest game of his NFL career. We tend to forget, he is still a relatively new NFL head coach.

Likewise, Kaepernick is a brand new NFL quarterback. It was obvious to predict that he would come out with butterflies on the biggest stage of his career in only his 10th start ever. The thing that makes Kaepernick different than any other run-option quarterback is that he is just as good in the pocket as he is running the ball. He doesn't often make mistakes, though in the Super Bowl his nerves got to him and he and the coaching staff made plenty of them.

Should the 49ers make it back to the Super Bowl next year, or in any of the next five to seven years, their fans can expect to see a different team--a team that doesn't give the opposition a free 30 minutes of football and a team that learns from the mistakes it made in the final minutes of the game. With that maturity, the 49ers would have indeed won this Super Bowl and will indeed win the next one in which they are fortunate enough to play. •

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Chevron Thanks You!

We appreciate your patience while we moved our coke drums through local streets.



The Chevron Refinery thanks our neighbors for contributing to the success of our recently completed coke drum transportation project. Over the past three weeks, our project team moved vital equipment between King Harbor and the Refinery, while making every effort to minimize potential inconvenience. This project will help ensure continued operations at the Chevron El Segundo Refinery, which supplies over 20% of the motor vehicle fuels used in Southern California and 40% of the jet fuel used at the Los Angeles International Airport.

Chevron worked closely with local governments and hundreds of local businesses to plan the move, but this project would not have been possible without the understanding and support of our neighbors. With a little foresight and planning, your patience and input truly helped in this important effort, something that makes us extremely proud to be a part of the South Bay community.

Thanks again on behalf of the Chevron Project Team.

