

Manhattan Beach Sun

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South Bay Ballet Stars Bring *The Nutcracker* to Life



Under the artistic direction of Diane Lauridsen, nationally known South Bay Ballet delivers a holiday confection for savvy ballet audiences who are looking for impeccably trained artists and a creative, accessible interpretation of Tchaikovsky's classic. South Bay Ballet's rendition of *The Nutcracker* will be showing for one weekend only on Friday, Dec. 14 through Sunday, Dec. 16 at El Camino's Marsee Auditorium located at 16007 Crenshaw Blvd. For more information, please call 310-329-5345 or visit www.centerforhearts.org. Photo by Michael Khoury, courtesy of the South Bay Ballet.

South Bay Ballet's Formula for Success Begins with *The Nutcracker*

Courtesy of South Bay Ballet

Throughout her career Diane Lauridsen and her staff at Lauridsen Ballet Centre have trained thousands of young people in ballet discipline. She has come to believe that the mentoring of young talent is central to both the continued growth of dance as an art form and her mission as an artistic director and teacher. In 2006 this philosophy gave birth to Lauridsen's performing company's [South Bay Ballet] mentoring program.

Unlike many other art forms, ballet is an oral tradition. Its survival depends on one generation passing knowledge onto the next. South Bay Ballet continues the tradition at the start of each new season with the company's senior dancers being paired with those in the junior company. Under Lauridsen's supervision, the mentors work with their mentees during the nine months of rehearsing, learning and creating. The mentees receive not only the benefit of their mentor's guidance, but also develop a sibling-like bond that strengthens the core of this pre-professional company.

As a new season begins, South Bay Ballet is intensely rehearsing its version of *The Nutcracker*, which tells the story of a young girl on Christmas Eve, dreaming a lush and vivid fantasy of her faithful Nutcracker Prince escorting her to the Kingdom of Sweets, where she becomes his beautiful, grown-up ballerina. Lauridsen's expertise has been put to the test this year with the company reaching an all-time record of 111 company members – including ten young men and ten boys which is a rarity for any ballet company. Lauridsen says the mentoring program helps such a large group to find balance and sustain organization throughout the season.

Her goal for all junior company members is to shadow a dancer who has been in the program for a while. Ask him or her

questions about classes, technique, rehearsal etiquette, and simply how to balance school and home life with so many hours dedicated to ballet each week.

Karrie McGillivray is one such senior dancer. In her ninth year with South Bay Ballet, McGillivray has benefitted from **See South Bay Ballet, page 3**

Students Recognized at Coordinating Council Lunch

By Lynne Gross

Three students received Student of the Month awards at the Manhattan Beach Coordinating Council luncheon held at Verandas on Thursday, November 15.

activities, she helps take care of her younger brothers and sisters. She is also a member of the Drama Club and a pianist.

Cailin Stroyke has been instrumental in restructuring the Manhattan Beach Middle



From left to right: Ella Baxter of American Martyrs, Cailin Stroyke of Manhattan Beach Middle School, Michael Whinfrey of Mira Costa High School.

Ella Baxter of American Martyrs School was praised for her intellectual curiosity and her extensive volunteer work with the children of Friendship Circle. In her own family, she is the oldest of six, so when she is not engaged in school or volunteer

School yearbook by giving it a new focus and new energy. Her teachers appreciate her work ethic, and one teacher said, "Her gentle ways make her a friend to all." She comes from a family of several **See Coordinating Council, page 3**

Weekend Forecast

Friday
Sunny
62°/54°



Saturday
Partly
Cloudy
61°/54°



Sunday
Sunny
63°/49°



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Faith



This column serves as a community forum where local leaders volunteer to respond to faith and religious questions submitted by readers.

What is one of your favorite holiday traditions?

I love relaxing and watching a completely lit Chanuka Chanukiah (the correct name for

the special nine candle Menorah candleabrum used on the holiday). Its warm glow and colorful candles really brighten up these dark and cold winter nights. Best wishes to all for a joyous, meaningful and good Chanuka, Christmas and Kwaanza.

— Rabbi Gary M. Spero
Torrance, Cogregation Beth Torah

Calendar

There is a limited word count of 20 words and fees will apply. Email to escalendar@heraldpublications.com. Deadline for submissions is Thursday at 9 a.m.

THURSDAY, DECEMBER 6

- "Why I Heart MB" Art Contest- Cultural Arts Division seeks submissions for Art Exhibition, City of Manhattan Beach Parks and Recreation Dept, 1400 Highland Ave. Deadline: Dec. 17 at 5 p.m. For more information call Heather Anacker at (310) 802-5440.

FRIDAY, DECEMBER 7

- Bach's Lunch: AlmaNova, 12:15-12:45 p.m., 1340 Eleventh St. Free admission.

SATURDAY, DECEMBER 8

- Let's Have Fun: Sports and Fitness Expo, 10 a.m.-2 p.m., Manhattan Heights Park, 1600 Manhattan Beach Blvd. Sample city sports and fitness programs for free. For more information call (310) 802-5448.

SUNDAY, DECEMBER 9

- Manhattan Beach Holiday Fireworks Festival, 4 p.m.- 8 p.m., at the Manhattan

Beach Pier. 7 p.m. Fireworks Show.

SATURDAY, DECEMBER 15

- Holiday Shop 'n Drop, 8 a.m.-6 p.m., Creative Arts Center, 1560 Manhattan Beach Blvd.

TUESDAY, DECEMBER 18

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

DECEMBER 11

- Annual Alternative Christmas Fair, 11 a.m., Manhattan Beach Community Church, 303 S. Peck. Opportunity to learn about and give to seven local and international non-profit organizations. For more information call (310) 372-3587.

ONGOING

- Mayor Wayne Powell's Walk 'n Talk is the first Tuesday of each month at 9:00 a.m. at Peets Coffee & Tea, 328 Manhattan Beach Blvd. Also the third Tuesday of every month at 9:00 a.m. at North End Café, 3421 Highland Ave.

- Farmer's Market, 11 a.m.-4 p.m., 13th Street and Morningside Drive. •



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Police Reports

NOVEMBER 28

Theft: Block of 8th St. Unknown suspect(s) stole a bicycle that was left unattended in the front yard of the residence.

NOVEMBER 26

Loitering: 1300 The Strand Officers responded to the location regarding a subject in the backyard. Upon arrival officers contacted the subject, who was subsequently arrested for prowling.

NOVEMBER 24-25

Residential Burglary: 800 The Strand Unknown suspect(s) entered the garage through an unlocked door and stole items from an unlocked vehicle.

NOVEMBER 23-24

Theft: 300 Block of 23rd St. Unknown suspect(s) entered an unlocked vehicle and stole miscellaneous items.

NOVEMBER 22-24

Vandalism: 1200 Block of 21st St. Unknown suspect(s) broke the side view mirror of the vehicle that was parked in front of the residence.

NOVEMBER 18-19

Theft: Highland Ave. / Rosecrans Ave. Unknown suspect(s) stole four bikes that were locked to a bike rack.

NOVEMBER 18-19

Grand Theft: 600 Block of Ocean Dr. Unknown suspect(s) stole the victim's unattended luggage that was left in the driveway of the residence. The luggage was left unattended for approximately thirty seconds.

NOVEMBER 13

Vandalism: 2500 Block of Pine Ave. Unknown suspect(s) spray painted graffiti on a block wall on the victim's property.

Residential Burglary: 2700 Block of N. Manhattan Ave. Unknown suspect(s) entered an unlocked garage door and stole a bicycle.

Residential Burglary: 1200 Block of 6th St. Unknown suspect(s) pried open the window to enter the residence. The suspect(s) ransacked the residence and took two computers and a Nintendo Wii.

NOVEMBER 11-13

MBPD Officer stopped a van in the 2600 block of Pine Ave. The investigation revealed the three subjects had prior arrests for burglary and drug possession. The subjects were arrested for possession of burglary tools.

NOVEMBER 11

Assault with a Deadly Weapon: 3600 Block of Highland Ave. MBPD Officers responded to the 3600 block of Highland Ave. regarding

a stabbing. The victim was involved in a physical altercation and was stabbed in the abdomen by the suspect. The suspect fled the location prior to the Officers arrival.

NOVEMBER 10-11

Vandalism: 1600 Block of Marine Ave. Unknown suspect(s) scratched the hood of the vehicle that was parked in the driveway.

Vandalism: 1600 Block of Marine Ave. Unknown suspect(s) scratched the hoods of two vehicles that were parked in the driveway.

Vandalism: 1600 Block of Marine Ave. Unknown suspect(s) scratched the rear hatch of the vehicle that was parked in the driveway.

NOVEMBER 9-10

Vandalism: 300 Block of 11th Pl. Unknown suspect(s) removed wooden pegs covering a small window on the front door.

NOVEMBER 7-8

Stolen License Plate: 1600 Block of Nelson Ave. Unknown suspect(s) removed the rear license plate from the vehicle, while it was parked on the street.

Vandalism: 1100 Block of Tennyson St. Unknown suspect(s) smashed the exterior side of a double-paned window, leaving the interior part of the window intact.

NOVEMBER 5

Loitering: 1400 Block of 3rd St. A resident was randomly checking the surveillance video from her home security system when she noticed a subject on her property. A subject had parked a white box van in front of her residence and then walked around her home to the gate. He attempted to open it, but it was locked. He then went to the other side and attempted to open the gate, but was unsuccessful. The subject left the area in the van. Subject description: male, Hispanic, 20-30 years., dark hooded sweatshirt over his head and dark shorts. Vehicle description: white, older model, utility style box van, no windows on the sides.

NOVEMBER 4

Battery: 4200 Block and The Strand. While surfing in the ocean, the victim's surfboard collided into the suspect's surfboard, causing the suspect to fall off his board. The suspect threatened and paddled toward the victim. When the suspect reached the victim, he jumped onto the victim's back and placed his arm around the victim's neck, causing the victim to lose consciousness.

NOVEMBER 2-3

Theft: 600 Block of 31st St. Unknown suspect(s) entered an unlocked garage door and stole a bicycle. •

South Bay Ballet

from front page

being a mentee in her earlier years, and now shares her knowledge with four mentees; three of whom have been her charges for three seasons. "I remember the first year the program began. Andie Bartol was my mentor (she called me her Manatee); however, I was Little Clara in *The Nutcracker* and Charlotte Munson was my 'big Clara,' so I was the only lucky little junior company member who had two mentors.

"Andie helped me truly appreciate the joys of being more of an artist rather than a student learning technique. However, because technique is extremely important, Charlotte took special time when she assisted in ballet class to make sure her 'mini me' had perfect alignment and turnout while still being expressive. I absolutely loved having two senior company members that I was comfortable enough to talk to about advancing, sewing my brand new pointe shoes, and to ask any questions I had."

McGillivray, who will dance the solo role of the Chinese Tea Princess in the upcoming performance of *The Nutcracker*, says she participates in the program because she remembers how much of an impact her mentors had on her love of ballet, and hopes that she can be just as supportive to her own mentees. She says she hangs out with them all the time and enjoys hearing the stories they have to tell and what fun things that are going on in their lives.

One of her mentees of three-seasons, Luna Weintraub, says that McGillivray is always there to help her especially if she is taking a hard class. "I think having a mentor is important because it is nice to have someone in an upper level to say hello to or go to for help if you have a question on a particular step. It is also really cool to be able to look

up to someone and think 'I want to be her someday.'" Weintraub will perform as a Candy Cane in *The Nutcracker*.

As an apprentice dancer this season, a level just below a senior company member, Weintraub had the opportunity to become a mentor herself. Lauridsen paired Weintraub with a first year ballet student, Adele Cardani who will perform as a Lollipop in *The Nutcracker*. Weintraub says she is looking forward to answering any questions Cardani might have and continuing the circle of mentorship, which according to Lauridsen is the ultimate purpose of the program – kids mentoring kids.

Audiences of all ages can enjoy these pre-professional performers in action this holiday season when South Bay Ballet takes the stage for its annual production of *The Nutcracker*. Featured in this year's performance is the exceedingly graceful Daisy Jacobson dancing as Clara and the solidly talented Elijah Pressman as her Nutcracker Prince. Yumi Kanazawa delights as the Sugar Plum Fairy; a heart-melting Mayu Odaka performs as the Snow Queen; and an enchanting Delaney Zieg in the role of the Arabian Princess. As an added highlight, South Bay Ballet's Nutcracker features a notable community member in the guest role of Grandmother Clara. This year, Carolyn Brewer, wife of Torrance City Council Member Tom Brewer, will share the stage.

South Bay Ballet will give three performances of *The Nutcracker* at the Marsee Auditorium at El Camino College Center for the Performing Arts at 16007 Crenshaw Boulevard in Torrance the weekend of December 14, 15 and 16. Tickets may be purchased by calling 310-329-5345 or by visiting www.centerforthearts.org. •

Coordinating Council

from front page

generations that have attended Manhattan Beach schools.

Michael Whinfrey was introduced by his Mira Costa High School biology teacher, Jessica Bledsoe, who commented on his passion for biology and life in general. He learns quickly and helps others understand difficult concepts. He is active at school as a member of the Associated Student Body board and also as the student representative on the school board.

The guest speaker for the luncheon was Gretchen Oshita of the MindUp program of the Beach Cities Health District. She talked about the nature of the brain and how to optimize its operation.

The meeting was chaired by Nancy Hersman of South Bay Business Lawyers, and the invocation was given by The Very Reverend Robert W. Cornner, the Rector of Christ Episcopal Church. The next luncheon will take place on Thursday, January 17. •

People

CONGRATULATIONS

Lindsey Chamberlain, Summer Justian-Schweikert, and Jessica Park, all from Manhattan Beach, were named to Biola University's Spring 2012 Dean's List for academic excellence. •

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Politically Speaking

Political Penguin

By Duane Plank

Just returned home to the mansion after toiling away at the day job, which some of you in the inner circle know about. Suffice to say, working every angle to finance the UCSB education that the Kid deserves. Guess that I really should have put a few more dollars into the college fund that was started about 19 years ago? Still playing catch-up on that. Word to the wise...start that college account ASAP.

Turned on CNN, the alleged political network of record, and saw the Larry King fill-in host, Piers Morgan, interviewing some fat dude by the name of Tavis Smiley, who used to host a liberal-slanted gabfest on the great talk radio station KABC 790, and who was blaming the corporate greed-mongers for the fact that a boatload of Americans are...thrifty enough, gullible enough, or...stupid enough to get sucked into the Black Friday money-grab.

Now, mentioned in prior columns that I have no interest in camping out days or hours in advance to secure some electronic gizmo that I already own, no matter what rating that gizmo may have. But to each his own. If you want to camp out on some dark pavement for three days so that you can save a couple of dimes on a blender, or whatever, good for you. And of course, you can brag to all of your friends who have jobs that you were first in line. Sure that they were impressed.

Awesome. But hypocritical clowns like Smiley, who blame the marketers for the fact that some sheep like-people are plain ignorant, galls me.

So there may be a little lull in the political news out and about as the POTUS prepares for his January coronation, and, apparently, according to the screaming meanies on the tube, the nation heads towards some type of financial cliff. Though none of that was all that apparent as I sat down to pen the column and flipped on the local newscasts to see if I had missed anything while I was steadfastly toiling away at the all-encompassing day job.

And lo and behold, apparently hadn't missed a whole lot, cuz the local jokes of a station were battering down the hatches for some kind of upcoming rainstorm that was threatening to drop about a tenth of an inch of precipitation on our parched freeways and brown dirt patches in the next couple of days. Some used-to-be-fat kid actor, who reportedly makes \$300k a week for doing nothing, had suddenly found religion and told people not to watch the smut show that he is a non-entity on--and the Lakers were playing some has-been team, which necessitated three segments on what is supposed to be a newscast that actually lasts about 22 minutes. Lakers lost to that bottom-feeding team from Indiana, BTW.

So much for the upcoming fiscal cliff. Ever get the feeling that the people that report the news, at least on the local stations, couldn't spell cliff without help from their teleprompters? And then I flipped on the ABC network national news and the lovely Diane Sawyer looked as stunning and professional as always. And steadfastly sober as she "reported" on the latest tabloid gossip. The great Walter Cronkite has to be so happy that he is six-feet under. And not a part of this garbage that passes for broadcast "news." •

One Man's Opinion

By Gerry Chong

A couple years ago...oh, about 2009, as I recall, there was a lull in activity both in Heaven and Hell. God and Be-El (God always called him by his nickname) were sitting around a card table comparing notes. God said, "You know, Be-El, listening to harp music all day is pleasant, but can get boring after a spell."

"I know what you mean. Listening to all that constant screaming gets on my nerves too," replied Be-El. After a moment, Be-El's face brightened and he smiled, "I've got an idea for a little fun. Let's get the two giants on earth, Russia and the U.S., to switch presidents and see who notices." "Brilliant!" said God.

"We are reducing taxes on production, investing money in the economy. We are optimizing state expenses."

"What a joke this will be!" And so it came to pass in 2009, President Putin became a Conservative Republican and Barack Obama became a Communist.

Xavier Lerma from Russia's official newspaper *Pravda* reported on November 26, 2012 that Conservative President Putin gave a speech in 2009 in which the Russian leader admitted that Communism had failed in the USSR and that he would avoid the mistake of militarization. Said Putin, "We are reducing taxes on production, investing money in the economy. We are optimizing state expenses. A second mistake would be excessive interference into the economic life of the country and the absolute faith in the all-mightiness of the state."

Putin continued, "There are no grounds to suggest that by putting the responsibility over

to the state, one can achieve better results. The New World Order must be kept out of Russia. Unreasonable expansion of the budget deficit, accumulation of the national debt are as destructive as an adventurous stock market game. During the time of the Soviet Union, the role of the state in the economy was made absolute, which eventually led to the total non-competitiveness of the economy. That lesson cost us very dearly. I am sure no one would want history to repeat itself."

With that, *Pravda* turned to the U.S. election of 2012. "Recently, Obama has been reelected to a second term by an illiterate society...He is a Communist, without question, promoting

the *Communist Manifesto* without calling it so. His cult of personality mesmerizes those who cannot go beyond their ignorance. Obama's fools and Stalin's fools share the same drink of illusion. Americans are hostages to the Communists in power. How long will their government reign tyranny upon them? Russia lost its civil war with the Reds, and millions suffered torture and death for almost 75 years under the tyranny of the USSR. Russians survived with a new and stronger faith in God and ever-growing Christian Church. The question is how long will the once 'Land of the Free' remain the United Socialist States of America? Their suffering has only begun."

So God and Be-El played their little joke. Is anyone laughing? Ask the people who have experienced Communism first-hand. Ask *Pravda*. •

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Sports

Bruins Pricked by the Rose

By Adam Serrao

Rick Neuheisel or Jim Mora? A 50-0 shellacking at the hands of USC or a 38-28 victory? The fact remains that the differences between this year's UCLA football team and last year's are numerous. Perhaps no sign of this team's turnaround is more telling, however, than its appearance in last week's Pac-12 championship game. Although they fell to Stanford in what was UCLA's second loss in as many weeks between the two clubs, the Bruins can be proud that they won their division this year based on superiority and an outright division win. That same superiority has the UCLA Bruins believing that the top of the division is where they belong and that with Jim Mora as their head coach, they can now begin to construct a winning legacy in Los Angeles and within the Pac-12.

The season wouldn't have ended any better for the Bruins than if they were able to play in a BCS bowl game right here in their very own backyard at the Rose Bowl. Unfortunately, the Stanford Cardinal had to ruin that dream for the other boys in blue of Los Angeles, but alas, all has not been

"There's a lot of tears and a lot of disappointment, but I think they should be proud of what we accomplished."

lost. The Bruins battled Stanford (one of the nation's top teams this year) and lost by only three points in the championship game at Stanford Stadium. In the process they not only put themselves on the national radar, but also gained credibility as a program. "There's a lot of tears and a lot of disappointment, but I think they should be proud of what we accomplished," said first-year UCLA head coach Jim Mora. Without any disappointment, however, there would be no added motivation. This was UCLA's first year of relevance in a long time and it will go far to inspire the club onward to future successes.

In a preseason in which their cross-town rivals, the USC Trojans, were projected to be the number one team in the nation and UCLA was picked to finish third in their division, the Bruins came out with an attitude and sense of determination that was previously nonexistent on the club. "Last year, we were hoping for other teams to lose, hoping for other teams to win, hoping for the sun to rise and set at a certain time," said UCLA's tight end Joseph Fauria. "This year, there is no doubt." Part of the reason why there was no doubt was because coach Mora brought a new attitude and resolve to the club that was otherwise out of it last year. Even former coach Neuheisel was

handed his walking papers before the season had officially concluded. This season felt different, though. "This year, all 12 teams in the Pac-12 were able to get in and we did it," said safety Tevin McDonald. "We were not the ones expected to get in, but we did it through the front door, so that feels good." The front door that McDonald speaks of is in stark contrast to last year's second place finish in their conference. Not only was USC ineligible, but the Bruins needed a miracle as Colorado upset Utah on the final game of the season in order for UCLA to get to a championship game against Oregon. This year, they deserved it. The Bruins expect to keep their streak alive and become perennial contenders in the Pac-12 championship game for years to come.

These UCLA Bruins may not only be the comeback team of the year in their conference, but also in the nation. After a 6-8 season last year in which they lost their head coach, the team came within three points of a BCS bowl game. Surely, that is the next accolade that both Mora and the Bruins hope to achieve. After what may have

been the worst season in school history, the Bruins responded under Mora with a nine-win season for only the second time since 1998, defeated USC for only the second time since '98 and in the process gained respect around the nation. With Mora and standouts like senior running back Johnathan Franklin and a stellar performance all year long from quarterback Brett Hundley, it won't be long before other top recruits from around the nation begin to strongly consider UCLA as a destination to play football--maybe even over the customary powerhouse, USC.

In what was easily UCLA's best season in more than 10 years, despite their loss to Stanford in the championship game, it has become extremely apparent that the culture of mediocrity that has previously surrounded the team from Westwood has now been completely dissipated. Now, a new sense of discipline and accountability has been created around the football field for the Bruins--and with it the possibilities for the team have become endless. The traditional attitudes that had previously held this team back are gone now and although the Rose Bowl and BCS championship game still loom ahead of them, this season may have just begun a culture that will one day have the Bruins standing atop all of college football. •

Frankly Plank

Duane Plank

Hunkered down at the mansion watching a pathetic Sunday night football offering--the Philly Eagles and the Dallas Cowboys. East Coast programming little minds keep bombarding us with their thoughts about amusing games. And they continue to fail.

Monday Night Football involving Carolina and Philadelphia. Really? Even some of the moronic

they will all be on good behavior during their stay in El Paso. Sure they will.

And gotta mention the UCLA Bruins, who came oh-so-close to making a trip to the Rose Bowl, whenever they are playing that game this year. Used to be on January 1, right? But now it is all about exploiting the cash cows, so these games are spread out forever. Whatever. Not going to change things back cuz Plank

"So was very happy to see my Rams take the 49ers down in OT on Sunday."

Eagle fans have to have given up the fight by now, right? No more Andy Reid as coach and the dog-slayer Mike Vick is hopefully done. Dude wasn't all that good in Atlanta and then murdered the defenseless dogs. Resurrected his career in Philly, but did he, really? How many playoff games did the dog-killer win?

Course the guy who replaced the dog-killer at the QB position can't play either. Dude named Foles. Horrible. May even be worse than USC quarterbacks Matt Cassel and Mark Sanchez. Or Matt Leinart. Or Carson Palmer. Proud litany of signal-callers out there on Figueroa.

Speaking of adios, as written on these very pages weeks ago, embattled SC Trojan coach Lane "Sir Lanecelot" Kiffin shoot-canned his dad as defensive co-coordinator late last week. Has to be tough to tell your old man to take a hike--that you may have to take the hit for your son who obviously can't coach at this level.

Kiffin was handed the keys to the Cadillac, the numero uno-ranked team in the country in August. And proceeded to bring home a 7-5 squad that will play some useless bowl game in El Paso, Texas on New Year's Eve. Nice place to send the Trojan faithful, eh? Sure that

would rather watch all of the important games on January 1.

The Bruins and their dynamic young QB Brett Hundley will be traversing down to America's finest self-proclaimed city and play in the Holiday Bowl a few days before the Trojans and their fans spit up on themselves somewhere down in Texas.

So was very happy to see my Rams take the 49ers down in OT on Sunday. Two games with one of the best teams in the NFC yielded a tie and win. Still bored watching coach Jeff Fisher try to win every game by micromanaging the clock and hoping some 20-ish-year-old kid can kick miraculous field goals.

But the kid, Greg Zuerlein, not only tied the game at the end of regulation with a 50-plus-yard bomb, but sealed the deal in OT by barely sliding in a 54-yard kick.

Course all of the football nonsense pales when it is framed by tragedy that occurred when Kansas City Chiefs linebacker Jovan Belcher murdered his girlfriend and then cowardly off'd himself in front of his coach and GM on some dirty pavement in Kansas City last Saturday...•

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rowing up in an Italian neighborhood in New York, you learned to love pasta. It was a part of the meal as well as the culture, and without pasta at a Sunday meal, life would not exist. Pasta came in hundreds of different forms. From the simple but all important red sauce, or succo, to the most delicate raviolis that only a mother or grandmother could make.

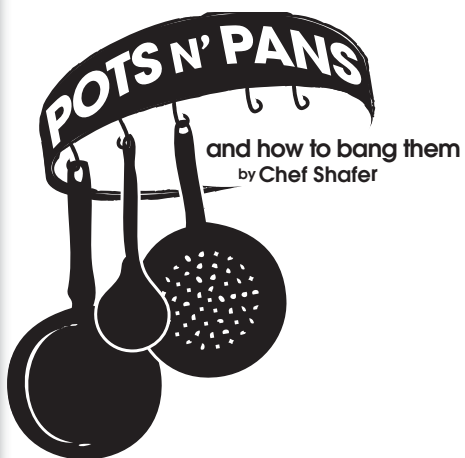
But my favorite, even to this day, is Pasta Aglio, or pasta with olive oil and garlic. This simple pasta can be so comforting to me or so revolting depending upon the method of preparation.

You must roast the garlic perfectly. It can turn out to be over powering if it's under cooked or bitter if over cooked.

You will need to be ready with all your ingredients before you even get the pan hot!

Follow this one... *maggia la faccia* {feed your face}

The Chef



Pasta Art

- 1 pound thin spaghetti or linguini
- 1/4 cup extra virgin olive oil
- 2 tablespoons chopped garlic
- 1 teaspoon crushed dried chilies
- 2 tablespoons unsalted butter
- 1/2 cup chicken broth
- Salt and pepper to taste
- 1 to 2 cups fresh parmesan

Blanche the pasta then cool it down. In a large hot sauté pan add the oil, then the garlic and quickly stir the garlic until golden brown. Add the chilies and pasta and stir together. Then add the stock and heat the mixture. Lastly, add the butter, salt, and pepper then serve with the parmesan cheese.



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Benji

white coat of hair. She is a nice dog who is *very* friendly with other dogs, both male and female, loves people and is good with children too. She has a really great, sweet, loving personality. We are only accepting applications on her at this point in time. Please submit an application of interest from our website and we will get back to you. After she has visited the vet to be spayed, she will be available to be seen.

To learn more about these and other wonderful dogs, visit our website at www.animalsrule.org. If a dog is on our website, it's available. Or come to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501(c)(3) non-profit organization.

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



Marley

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Ebony was rescued along with her five kittens just two days before they were to be killed. Ebony was barely more than skin and bones, as all her energy had been put into producing milk to keep her kittens alive. Ebony is a very calm, mellow kitty with the sweetest disposition ever. She does fantastic with other cats—even other females who are feisty. She could potentially be in a home with a calm, cat-friendly dog or an older dog, as she was interested in a 12-year-old Golden Retriever. Ebony has the most petite little paws ever and her dark fur glistens with various shades of black and rich brown. She has gorgeous amber eyes and the cutest little trill. Ebony



Ebony

over when he's done exploring. He can often be found cuddled with his brother Garnet or sister Ruby. Obsidian loves people and is curious about dogs, so he would do well in any home. He does great with other cats and would love to be adopted with any of his siblings or his mother. Because he is so young, Obsidian must have another kitty in the home, as he needs a buddy.

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.

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



Obsidian

is a lap cat and still just a kitten herself. This little angel is very deserving of a loving, fur-ever home.

Obsidian is one of Ebony's adorable kittens. Obsidian is a curious little boy with a penchant for exploring. He is always the first to check out something new and can't wait to get to stretch his paws. He is also a real lover with a snuggly side that takes

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With "Pug people," it seems that often one is just not enough. Their social, playful nature has you wanting more! So Dahlia joined her "brothers" for a fun-loving time with her newfound family...

"Hi! Just a note to let you know how well Dahlia is doing. She gets along great with her brothers and they chase each other around all the time. We have taken her to the dog parks here and she gets along great with most of the dogs. The one interesting thing we have learned is that Dahlia is a freak. She barks at and chases just about any light. I have been using a laser light for her exercise, though. She chases it endlessly around the backyard. Here is a new pic for you..." —David.

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. •

