

# Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

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## Non-Profit Organization 310YP Kicks Off 2013 with Debut of Networking Event



310YP is the newest group of young professionals in Los Angeles looking to develop business relationships and make charitable contributions. At its first networking event at the Shade Hotel in Manhattan Beach, the group raised more than \$3,000, which will be distributed among local charities at the end of the year, and will be used to support non-profits throughout the year with community service. Photo by Katie Osborne Photography.

## Chevron Ready to Roll in New Drum Set

By Brian Simon

If you happen to be out and about in the South Bay after 10 p.m. the next three Wednesdays and find a good viewing spot, you might have an opportunity to witness an event that may not come around again until the late 2050s or so.

While it might not attract the same crowds the Space Shuttle Endeavour did last fall, it will be quite the undertaking and a memorable sight when Chevron transports six giant steel drums from King Harbor in Redondo Beach to the company's El Segundo refinery.

Used to manufacture petroleum products such as gasoline, diesel and jet fuel, the 100-foot-long, 28-foot-in-diameter coke drums each weigh about a half a million pounds.

They will replace Chevron's existing 45-year-old coke drums that have reached the end of their useful life cycles. The new coke drums will be nested in a tall derrick structure that is a unique feature of the refinery landscape.

In addition to replacing the old drums--which will be cleaned, cut up on site and recycled--Chevron will also execute additional safety and seismic stability upgrades on the derrick structure. The project itself will bring between 2,000 and 3,000 short-term jobs to the area and be completed in 2014.

Built in Spain (the United States has no steel fabrication shops with the manufacturing capabilities for this job), the drums arrived late last month at the Port of Los Angeles via a specially designed cargo ship after a month-long, 7,330-nautical mile journey to the West Coast.

Over the next three Monday nights, the drums will move two at a time from the Port of LA to King Harbor. After two days in a staging area, they will make the 4.5-mile trek to Gate 21 at Chevron's Rosecrans Avenue entrance where they will be put in place by one of the world's largest cranes.

To navigate through city streets, crews will

tote the drums on three consecutive Wednesday nights beginning February 20 between 10 p.m. and 5 p.m. at the not-so-breakneck speed of one to three miles per hour.

But with a million pounds of cargo in one load, a Toyota Tundra (the truck that towed the svelte-in-comparison, 300,000-pound Space Shuttle and transport vehicle) won't quite do the trick.

To get the job done, the refinery will instead use a custom-designed, Caltrans-approved, 432-ton vehicle that boasts 32 axles, 128 wheels, 80-yard dollies, and a truck in front and in back for traction and braking.

The sheer size and height of the load will also require infrastructure improvements and other preparatory work by Southern California Edison crews beginning this Monday, as well as other mitigations from Chevron.

These will include raising power lines, replacing power poles, trimming trees to clear the pathway, and removing and replacing portions of the median.

In the specific case of El Segundo, one-half of Rosecrans is within the city limits. "Trees will be trimmed and streetlights removed for the duration of the coker movement [three weeks]," said Public Works Director Stephanie Katsouleas. "Medians will be removed and reconstructed and the signals at Pacific [Avenue] will be replaced."

To minimize traffic impacts, Caltrans worked with Chevron to develop a temporary road closure plan. The first is set for Monday, February 18 between 10 p.m. and 12:30 a.m. at Herondo/190th.

The same area will also close during those hours the following two Mondays. Sepulveda/PCH and Rosecrans will have closures each of the next three Wednesdays, as the cargo rides up PCH and Sepulveda through Hermosa Beach and Manhattan Beach on the way to El Segundo.

On those nights, the road closure will begin at 10 p.m. in Redondo Beach with the rota-

tion of streetlights. At 11:15, the first drum will roll north onto PCH, with the second to follow 15 minutes later.

The cargo will then likely reach Aviation Boulevard by midnight and Manhattan Beach Boulevard by 1 a.m. before turning west onto Rosecrans at 2 a.m. The first drum will enter the refinery at 2:45, followed by the second at 3:15. The same process will repeat on February 27 and March 6.

"The Chevron El Segundo Refinery team has been working with local city governments, businesses and the public to ensure that everyone is informed about the move in order to minimize temporary impacts," said Lily Craig, External Affairs Manager for Chevron. "We've received a lot of enthusiasm about the project from local Chambers and service clubs with folks looking forward to seeing these drums head to the refinery. It's not quite the Space Shuttle or 'The Rock,' but amazing nonetheless."

Unlike the Space Shuttle, citizens will get more than one shot to catch the move in progress.

Those wishing to view the transport can follow the instructions of the California Highway Patrol and local police departments on site to identify the safest areas along the route to catch a glimpse. While Chevron's equipment won't drum up as much enthusiasm as Endeavour, they are critical to the refinery's operations. "The coke drums are a very important component of the Chevron refinery, which supplies over 20 percent of the motor vehicle fuels used in Southern California and 40 percent of the jet fuel at LAX," said Craig. "We appreciate the cooperation of local businesses and residents to help make this project a success so that the refinery can continue providing these much-needed resources throughout the area."

For more information about the coke drum project, log onto [www.cokedrumproject.com](http://www.cokedrumproject.com), or all 310-615-5298. •

## Weekend Forecast

Friday  
Sunny  
74°/54°



Saturday  
AM Clouds/  
PM Sun  
75°/54°



Sunday  
Sunny  
66°/53°



# 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.**

*"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." –Vincent Van Gogh"*

# 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.

## EMPLOYMENT

### Display Ad Sales Position.

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

## RENT

**1BD/BA.** Large Apt. In ES quiet gated building. W/swimming pool, laundry facility, pond w/ water fall \$1,195. No pets. Call Mike at (310) 322-7166.

**2BD/1BA.** ES. Avail. 4-1-13. 220 Arena St. \$1550/mo. Call (310) 545-2845.

**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.

## GARAGE SALE

**In alley behind, 358 Loma Vista.** ES. Sat. 2/16, 8 a.m. To benefit animal rescue. Dining set, couch, desk, etc.

**543 Whiting St.** Sat., 2/16, 6:30 a.m. - 10:00 a.m. In garage off the alley. Priced to sell! Multi-family sale, leather sofa, Sony TV, rugs, bedding, girls softball pants, clothes, books, cookbooks, pet food container, SLAH and much more.

**329 E. Sycamore.** ES. Sat., 2/16 and Sun., 2/17 9 a.m. to 4 p.m. Nice vintage furniture, tables and cabinets.

## GUEST HOUSE FOR RENT

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

## HOUSE FOR RENT

**3BD/2BA.** El Segundo Furnished or Unfurnished, with gas FP, Pergo floors, carpeted BRs, Travertine floors in kit & bath, granite counters, shutters, ceiling fans & sound proofing. All appliances, central AC/gas heat, includes gardener, spa maint., all utilities, w/cable & WIFI. Pvt. colorful patio w/spa. Owner occupied GH. Will consider dog. \$3500/mo. Security deposit & Credit ck. Avail. Now. (310) 422-1831.

# Calendar

## MANHATTAN BEACH SUN

### MONDAY, FEBRUARY 11

- Police Department Town Hall Meeting, 7- 9 p.m., Joslyn Center, 1601 North Valley Drive.

- Acting Out Again (acting/speaking skills), 1:30- 3:30 p.m., Joslyn Community Center, 1601 Valley Drive. For more information contact the Older Adults Program at (310) 802-5447.

### WEDNESDAY, FEBRUARY 13

- Jim 'Kimo' West - Slack Key Guitar, 7-9 p.m., Manhattan Beach Library, 1320 Highland Ave. For more information call (310) 545-8595.

- Free Drop-in Craft Club for all older adults, every Wednesday Noon-2 p.m., Joslyn Community Center, 1601 Valley Drive. For more information call (310) 802-5447.

### THURSDAY, FEBRUARY 14

- Free Walking Group, 1:30-2:30 p.m., Manhattan Village Field, 1300 Parkview Ave. For more information call (310) 802-5447.

### SATURDAY, FEBRUARY 16

- Concert: Victor De Almeida with Harout Senekeremian, 2 p.m., Trinity Lutheran

Church, 1340 Eleventh St.

### TUESDAY, FEBRUARY 19

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

### WEDNESDAY, FEBRUARY 20

- "Network Your Heart Out...It Matters" LA Networking Matters' 4th Annual Networking for a Cause event, 6-8:30 p.m., Manhattan Country Club. For more information call (310) 370-0555.

### UPCOMING

- Manhattan Little League Opening Day Parade, Mar. 2, 8-10 a.m., from Manhattan Beach Police Station, south to Manhattan Beach Blvd, west to Highland Ave., north to 15th St. and east to American Martyrs.

- Swing and Sway Ballroom Dance, March 8, 8-11 p.m., Joslyn Community Center, 1601 Valley Drive. \$7 per person. Adults only.

### 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.

# 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 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 where 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 Rosecrans 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

**See Police Reports page 7**



# Metro Briefs

## SOUTH BAY

### A Better Commute? It's About Time

Starting February 23, Metro ExpressLanes will save you time in traffic on the I-10 freeway, joining those already open on the I-110. The lanes are toll-free for carpools, vanpools and motorcycles. Solo drivers can use ExpressLanes by paying a toll. All vehicles need a FasTrak® account and transponder to use the lanes. To get yours, visit [metro.net/expresslanes](http://metro.net/expresslanes).

### Metro Buys 550 New Buses

The Metro Board of Directors approved spending \$302 million to purchase 550 new 40-foot transit buses fueled by compressed natural gas. The new buses will replace vehicles that are past 12 years of age and 500,000 miles over the next three years.

### Ramp Work Expected For I-405

As part of the I-405 Improvements Project between the I-10 and U.S. 101 freeways, construction work is anticipated in the near future for the on-and off-ramps along the I-405. Please check [metro.net/405](http://metro.net/405) for the latest project information, including upcoming work, closure and detour information.

### Metro Installing EV Charge Stations

Metro is the first transit agency in the nation to introduce electric vehicle (EV) charge stations at rail station parking lots. five Metro Rail stations will have them: Union Station, Sierra Madre Villa, Universal City, El Segundo and Willow. Riders with EVs can charge their cars while using the Metro system. More at [metro.net/ev](http://metro.net/ev).

### Metro, LAX Working On Connector

Three proposed Metro Rail station sites at LAX have been identified as part of the ongoing Airport Metro Connector project. Metro and LAX have been working together on the project to connect the airport to the Metro Rail system. Alternatives being considered include bus rapid transit, light rail and a people mover.



**Metro**

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

# Politically Speaking

## One Man's Opinion

By Gerry Chong

Paul Harvey, the irrepressible late raconteur, stole the Super Bowl ads war with his story called "And God Created the Farmer." Harvey's former radio program had included a segment entitled "The Rest of the Story," in which he told a story the way it was presented by conventional media, but would give us the rest of the story as a follow-up. If he were alive today, the rest of the story would look like this:

Newsflash: "The economy created 157,000 jobs in January, but unemployment rose from 7.8 to 7.9 percent."

And now the rest of the story: "169,000 people dropped out of the workforce, so unemployment rose."

Newsflash: "The economy grew by 2.2 percent in 2012."

And now, the rest of the story: "Our national debt grew during the same period by eight percent, so our debt grew 3.6 times faster than our growth in productivity."

Newsflash: "Senator Feinstein, testifying before the Senate Judiciary Committee while

to try to take me out, I was going to take them with me."

Newsflash: "The FBI announced that 11,493 people were killed by firearms in the U.S."

And now the rest of the story: "Non-firearm homicides totaled 16,799 and the most popular weapon of choice was the baseball bat." Maybe Senator Feinstein should refocus the Senate on banning that mass killer.

Newsflash: "The LAEDC reported that personal income grew in December by a striking 2.6 percent."

And now the rest of the story: "The primary reason personal income grew in December was that more than 600 firms paid extra dividends to avoid the tax increases coming in January. If the dividend payment had been made one month later, taxes on those dividends would have risen from 15 to 20 percent and investors would have had to pay the 3.8 percent Medicare tax due in 2013 on dividend income. Of those 600 firms, half were in the S&P 500 and paid out a staggering \$14.4 billion. Of that amount, \$1.3 billion went to officers, directors and large

*"The primary reason personal income grew in December was that more than 600 firms paid extra dividends to avoid the tax increases coming in January."*

proposing a wide-ranging limitation on the right to bear arms, said, "We can't have a totally armed society."

And now the rest of the story: "On April 27, 1995, Senator Feinstein said, 'I know the sense of helplessness that people feel. I know the urge to arm yourself because that is what I did. I was trained in firearms. I'd walk to the hospital when my husband was sick. I carried a concealed weapon. I made the determination that if somebody was going

investors, saving them 37 percent in taxes."

There are two lessons to learn from this story: First, the wealthy will find every legal means to avoid payment of taxes. Second, this one \$14.4 billion tax avoidance maneuver alone illustrates the shaky footing on which Obama has predicated an annual \$62 billion revenue increase from taxing the rich. Ain't gonna happen, folks. They're successful because they're smarter than the average bear. And that's the rest of the story. •

## From the Source

### Political Q & A

By Gerry Chong

Welcome! *Herald Publications*, whose newspapers inform and entertain the entire South Bay, has initiated a new Q & A column, seeking opinions from our various governmental leaders on the issues that affect us all. We will be asking Congressmembers Maxine Waters and Henry Waxman, State Senators Rod Wright and Ted Lieu, Assemblymembers Steve Bradford and Al Muratsuchi, and County Supervisors Mark Ridley-Thomas and Don Knabe their thoughts, and will publish their responses without editorial comment.

The initial question for this column is: "It's a New Year, and we look forward with optimism. Can you tell us the single most optimistic thing we can look forward to?"

**Congresswoman Waters** responded: "I am extremely optimistic about 2013 for the South Bay communities and our entire nation. We have faced an economic downturn, but the recovery of the U.S. housing market is reason to look forward with optimism. Home prices in November 2012 rose 5.5 percent relative to a year ago. This is the biggest increase in home values since the peak of the housing boom in 2006. As the recovery continues to gain strength, rising home values will help spur economic growth. Many economists anticipate that home prices will continue rising well into 2013 due to low interest rates and a small inventory of homes available for sale. My hope is that rising home values, leading to an improved

economy can give you and your family a positive outlook on this year."

**Senator Lieu** responded: "The single most optimistic thing I'm looking forward to in 2013 is a balanced budget this year with a projected surplus for next year. Our fiscal situation has significantly improved thanks in large part to voters, fiscal discipline by the legislature the last several years, and the leadership of Gov. Jerry Brown. California created more jobs last year than any other state, and at a higher rate. Our credit rating went from a negative to a stable positive. California is turning the corner."

**Assemblyman Bradford** responded: "California kept an important New Year's resolution this year by balancing the state budget, after years of making tough choices, many of which hurt our most vulnerable citizens. This means we can look forward to halting the devastating cuts to vital state services like education, workforce training and healthcare. These are programs that everyday Californians rely on, and make our state a land of opportunity. Now with the state's balance sheets in order, we can move forward in a more sustainable manner. Fiscal stability will encourage economic growth, investment, and jobs in California, and that is worth being optimistic."

*Herald Publications also encourages readers to submit questions you would like to have answered, so please submit your suggestions to gchong@chongco.com. See you next week! •*

## Another Man's Opinion

### Gun Control in California

By Cristian Vasquez

Given the horrible mass shootings that have made national headlines, it is no surprise that leaders in Washington and Sacramento are giving the issue of gun control a new look. It is unfortunate that so many people had to die in order for our leaders to take some kind of steps to prevent similar acts

yell, "Fire!" just because I have freedom of speech. Gun ownership is no different. We already don't allow ex-felons to own guns and most people would agree that is a reasonable restriction. So why are people so angry about the proposed stricter background checks? These background checks would look for a history of psychological issues, thus

*"The recent push in California for gun control is focusing on stricter background checks and ammunition control and is based on Senator Diane Feinstein's efforts in Washington."*

of senseless violence. The recent push in California for gun control is focusing on stricter background checks and ammunition control and is based on Senator Diane Feinstein's efforts in Washington.

As expected and rightfully so, there are many Americans opposed to gun regulations. Every American is entitled to own a gun and has legally been able to do so since the signing of the Constitution. However, the opposition to the proposed legislation is vilifying the leaders looking to set in new laws that can prevent guns from falling in the hands of people like Adam Lanza and James Holmes. Unfortunately, some opponents want absolutely no regulation while others are not comfortable with the nation's leaders imposing further regulations on top of existing gun laws. Opposition has also been voiced by some local law enforcement leaders such as Riverside County Sheriff Stan Sniff, who in a letter to Sen. Feinstein stated that new legislation would be overreaching Americans' Second Amendment rights.

What people need to realize is that while all law-abiding Americans have a right to own guns, no right is absolute. All of the rights that we enjoy as an American come with restrictions--they always have and they always will. As a reporter, it would be great for freedom of speech and press to be absolute, but it is not and it has never been. I can't walk into a crowded room and

restricting guns to individuals who might pose a risk to themselves or others if they had access to a gun.

Furthermore, the controversy over the proposed restrictions on ammunition is more a reaction based on political rhetoric and an unwillingness to address a serious issue. Again, I agree that all law-abiding Americans should be able to own, possess and use their guns. However, why does a law-abiding citizen need to have unlimited magazines holding up to 30 rounds? Why do average, hardworking-Americans need military assault rifles or gangster-style tommy guns, which in certain parts of the United States are attainable?

These types of weapons, fueled by their high-capacity magazines, serve no purpose other than to take away human lives. While California already has some of the nation's strictest gun laws, it is comforting to know that steps are being taken to prevent potentially dangerous individuals from owning these high-powered weapons. Nothing in life is absolute and everything comes with restrictions. We already restrict access to guns to individuals with a violent past or criminal record. Preventing someone with mental health problems from owning a firearm is not only reasonable, but necessary. The great thing is that these safety measures will not impede law-abiding citizens from enjoying their Second Amendment rights. •

### Financial Planning is a Process Not a Product! So, Who's Looking Out For Your Financial Interests?

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### 13 Cooking Tips for 2013, final tips:

- 11. When trying to cook Italian food use dried oregano and basil for the tomato sauce. This will give you a more earthy sauce.
- 12. Always chop on a clean stable surface for safety. I never cut myself using the correct tool for the right job.
- 13. And the final tip, call your favorite restaurant early to make reservations. LOL

It's trivia time. We are starting a weekly trivia contest. Every week I will post a new trivia question and the first five people to come into Buffalo Fire Department for dinner will win a cheeseburger and drink. You must be 18 to win and must submit it in writing at the hostess stand before you order. This offer is only good Monday thru Saturday after 5:00 pm at the Buffalo Fire Department. You can only win one time per month, but you can still come into BFD!

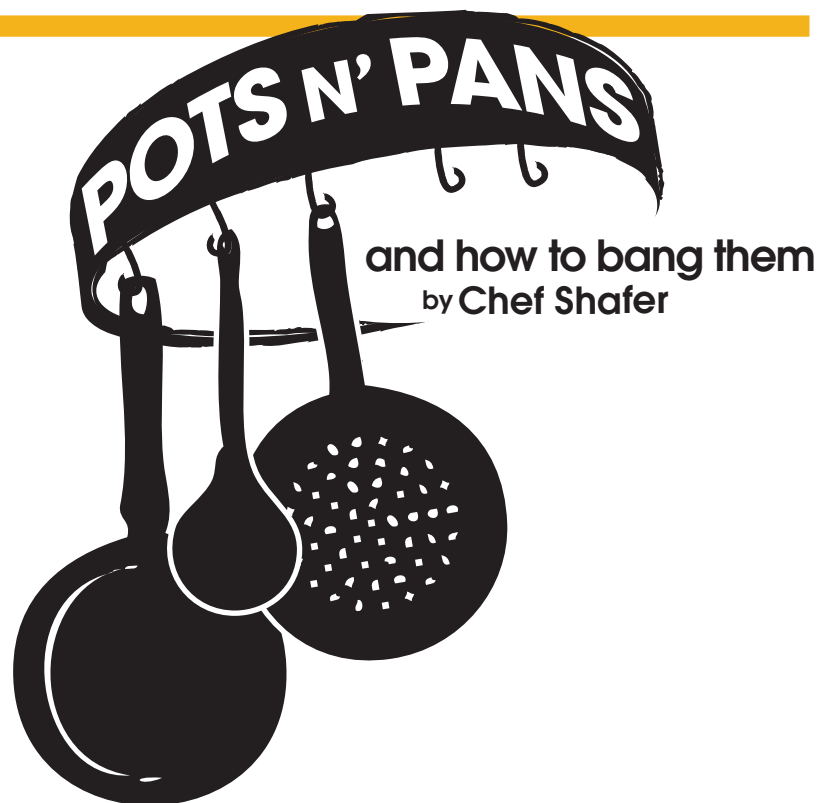
So here is this week's question:

What three characters were featured on Howard Johnson restaurant signs, menus and china patterns for about 5 decades?

See you at BFD.

The weather is getting better so clean off the BBQ and grab a cold one. Here is a great salsa to go with grilled chicken, fish, or meat.

*The Chef*



## Cucumber Citrus Salsa

- 1 cup diced onion
- 1 cup diced cucumber
- 1 cup diced radish
- 3 to 4 finely chopped jalapeños
- 1 bunch chopped cilantro
- zest and juice from two lemons
- zest and juice from two oranges
- 1 teaspoon salt
- 1 teaspoon black pepper
- Mix together and chill.

### Live, Love, Laugh, Eat

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



BRING THIS COUPON INTO BUFFALO FIRE DEPARTMENT TO ENTER THE WEEKLY TRIVIA CONTEST

NAME \_\_\_\_\_  
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 ANSWER \_\_\_\_\_  
 DATE \_\_\_\_\_

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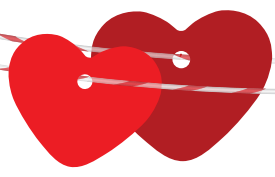
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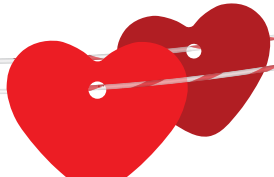
# Happy Valentine's Day



*Dear Brian,*

*Thanks for being my special valentine. You are my heart's desire! You always have been, and always will be.*

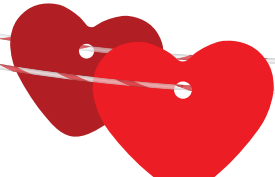
*Love forever,  
Carrie PLP*



*Dear Robert, Paola and Noe,*

*I love you 365 days of the year and thank you for being my Valentines today, and every day.*

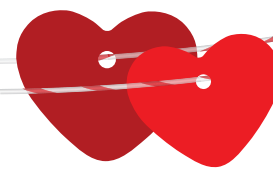
*Hugs, Your wife and mom,  
Martha*



*To My Beautiful Bride,*

*Thank you for 25 years of unconditional love and happiness and four wonderful children. I love you so much and never stop thanking God for bringing you into my life.*

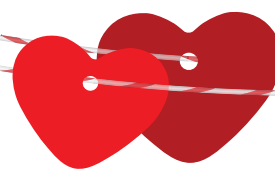
*PLP*



*Happy Valentine's Day,*

*To my dear Grandchildren, Mikey & Jayden and to Jenna this will be your 1st Valentine's. You are so loved by us all.*

*Love you,  
Grandma D.*



*Andrea & Baby Ella,*

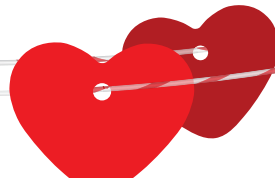
*Happy Valentine's Day to my beautiful wife and baby girl! I love you both so much.*

*Much Love & Aloha,  
Mikey (Dad)*

*Dana,*

*one love,  
one heart,  
growing together*

*always yours,  
Matt*



*To our little spring bundle of joy,*

*You are so small, yet so loved and such a blessing to us all.*

*We eagerly count the days when we can hold you in our arms.*

*Sweet child,  
You are our pride and joy. We are forever grateful for you, our amazing little boy.*

*We love you more than words could ever express,  
Mom & Dad Sainz*

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## Police Reports

from page 2

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.

### JANUARY 5

Stolen Vehicle: 1400 Block of Manhattan Ave. Unknown suspect(s) stole a tan 1991 Honda Accord that was parked on the street, in front of the residence.

### JANUARY 4

Attempted Vehicle Burglary: 13th St./N

Highland Ave.

Unknown suspect(s) punched the driver's side door lock to gain entry into the vehicle. No loss was reported.

### JANUARY 2-3

Vehicle Burglary: 700 Block of 26th St. Unknown suspect(s) damaged the driver's side door lock to gain entry and stole the 3rd row seat.

Vehicle Burglary: 500 Block of 35th St. Unknown suspect(s) punched the driver's side door lock and stole the 3rd row seat.

### JANUARY 1-2

Vehicle Burglary: 1400 Block of N. Valley Dr. Unknown suspect(s) stole a cell phone and car radio from the victim's vehicle.

There were no signs of forced entry and victim stated he had locked his car.

### DECEMBER 28 TO JANUARY 4

Vehicle Burglary: 100 Block of 6th St. Unknown suspect(s) punched the driver's side door lock to gain entry into the vehicle and stole the 3rd row seat.

Vehicle Burglary: 100 Block of 6th St. Unknown suspect(s) punched the driver's side door lock to gain entry into the vehicle and stole the 3rd row seat.

### DECEMBER 21 TO JANUARY 5

Residential Burglary: 1600 Block of 8th St. Unknown suspect(s) smashed the exterior pane of the sliding glass door to the home and possibly entered a side storage area.

No entry was made to the home and no loss was reported.

### DECEMBER 18 TO JANUARY 5

Grand Theft: 500 Block of Longfellow Ave. Unknown suspect(s) stole a bicycle that was locked to a balcony, off the side of the residence.

### DECEMBER 31 TO JANUARY 2

Grand Theft: 500 Block of 23rd St. Unknown suspect(s) stole three unsecured bicycles from the side of the victim's residence. •

# 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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# Ask the DMV

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**Q. I was thinking of that the DMV should offer a breast cancer license plate as one of the special interest license plates. Is this something the DMV would consider?**

A. That is a great idea! However, the DMV does not have the power to decide which plates can be established. An organization must first get a state agency sponsorship of the proposed license plate. The plate design must contain a message that publicizes or promotes a state agency or the official policy, mission, or work of a state agency. At least 7,500 pre-ordered applications for that special interest plate must be received by the department before a new special license plate can be created.

**Q. I went to get a smog check for my car and it passed, but the DMV contacted me saying they never received a certificate. Now what do I do?**

A. You can ask the smog shop to resend the certificate to the DMV, but be sure that they have all the correct vehicle information. You can also take the smog test results document into the DMV yourself (appointment suggested).

**Q. Can I take the driving test before I take my written exam?**

A. No. It is required that you pass your written exam before you can take the driving test. This is to ensure that you know the rules of the road before you get behind the wheel. For more information on the driving test, visit [http://www.DMV.ca.gov/pubs/brochures/fast\\_facts/ffd122.htm](http://www.DMV.ca.gov/pubs/brochures/fast_facts/ffd122.htm).

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# Seniors

## Boomers and Beyond: A 5-Step Action Plan for Keeping Your Heart Healthy

(BPT) - More baby boomers and older adults are taking a proactive approach to heart health. Living a heart-healthy lifestyle in your golden years and dealing with any type of diagnosis head-on is the smart way to keep your heart pumping strong for many years to come. Following these five easy steps can help you take control.

1. Exercise your heart by staying active. Increasing your heart rate through daily exercise can help keep your heart healthy and help you live longer. Good heart-healthy activities include walking, swimming and bicycling. Stay motivated by exercising with a friend.
2. Eat heart-healthy foods. Fresh fruits and vegetables are fantastic for heart health - make it your goal to eat a variety of colors every day. Whole grains and fish rich in omega-3 fatty acids are good choices also.
3. Consult your doctor about heart-healthy supplements. As we age, sometimes our bodies can't absorb vitamins and minerals as well as when we were younger. Many people take vitamin D and a low-dose aspirin daily once they hit their 50s or 60s. Ask your doctor for recommendations.
4. Schedule your annual physical.

An annual physical is the cornerstone of preventative care. At your appointment, make sure you get your blood pressure and cholesterol checked. Have your doctor explain what those numbers mean for you.

5. Don't be afraid to ask questions. No matter what, when it comes to the health of your heart, ask questions. If you are diagnosed with a slow heartbeat and need a pacemaker, talk with your doctor about your options and determine if a pacemaker that is approved for use in an MRI may be right for you.

Marilyn Rose of Richardson, Texas, ate healthy, exercised regularly and scheduled yearly physicals, but at age 80 she frequently felt tired and short of breath. Rose was scheduled for an echocardiogram, a heart test that allows the doctor to see the movement of the heart, and it was then that she learned she had a condition

called bradycardia, or a slow heartbeat. Rose needed a pacemaker to help her live a full life, but she learned that historically, pacemakers have not been approved in the U.S. for use with MRIs. She was concerned - she knew at her age the likelihood that she might need an MRI at some point was high.

After talking with her doctor and asking plenty of questions, Rose learned that the FDA had approved the first pacemaker that was fit for use in the MRI environment. Today, after getting her pacemaker, she's feeling great and is back to her regular life, swimming, knitting and playing with her five grandkids. Her friends



call her the "Energizer bunny," and with her pacemaker she says she feels better than she did before. For Rose, asking the right questions made a life-changing difference.

Rose's story is just one example of how the decisions you make today can impact your health tomorrow. She is now part of an educational campaign called "Join the Pace Makers," because she wants to share her experience and help inform others about heart health and their options when it comes to choosing a pacemaker.

Whether you want to take on your golden years with a heart-healthy outlook, or you are a child of aging parents and you want them to live a long, full life, these tips can help you reach your goals. If you know someone who needs a pacemaker, you have an opportunity to make a difference. Learn more and become a Pace Maker at [www.JoinThePaceMakers.com](http://www.JoinThePaceMakers.com).



Valentine's Day Specials

for the ones you love

See page 16



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# Avoid Expected Delays Along Sepulveda/PCH



**A local transportation project between February and early March will cause limited road closures from 10:00pm - 5:00am on selected dates.**



In order to help ensure the continued operation of the Chevron El Segundo Refinery, Chevron will replace six existing coke drums that are reaching the end of their useful life with new drums of the same size and location within the refinery.

Chevron is committed to working with you to ensure that potential temporary inconveniences associated with the transportation project are minimized. We want to make sure that you have the details you need to plan ahead.

To view detailed route maps and schedules, visit: [www.CokeDrumProject.com](http://www.CokeDrumProject.com)

Questions or concerns? Call the project's hotline: **310-615-5298**

