Herald Publications - El Segundo, Manhattan Beach, Hawthorne, Lawndale, & Inglewood Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 Vol. 7, No. 2 February 6, 2014

Inside This Issue Business & Professional 4 Business Briefs 2 Calendar 2 Classifieds 3 Food 8 Looking Up 4 Pets 7 Politically Speaking 5 Seniors 3

Weekend Forecast Friday Partly Cloudy 61°/50° Saturday Partly Cloudy 62°/53° Sunday Partly Cloudy 64°/53°

Sports......6

Hockey is Cool at Dodger Stadium



Kings and Ducks advance as the referee drops the puck during the the 2014 Coors Light NHL Stadium Series game between the Anaheim Ducks and Los Angeles Kings at sold-out Dodger Stadium. Photo by Jon SooHoo/LA Dodgers Press release provided by L.A. Kings. For story and more photos see page 5.

NHL, Anaheim Ducks and Los Angeles Kings Donate Street Hockey Equipment to 50 Southern California Schools

Donation to Support Growth of Outdoor Hockey, the Inspiration for Jan. 25 Game at Dodger Stadium

The National Hockey League (NHL®), Anaheim Ducks and Los Angeles Kings unveiled their donation to Anaheim and Los Angeles area elementary schools on January 14 as a legacy of the 2014 NHL Stadium SeriesTM Los Angeles outdoor game at Dodger Stadium on January 25. The announcement was made at the Graham Elementary School in Los Angeles, one of the 50 schools to receive street hockey equipment as part of the NHL's, Kings' and Ducks' commitment to growing the sport of hockey in Southern California, combating obesity and promoting a healthy, active lifestyle.

"The Los Angeles Kings and Anaheim Ducks have been instrumental in growing our game and ensuring that children throughout Southern California are provided opportunities to experience hockey and introduce physical activity into their lives," said Kenneth Martin, Jr., NHL Vice President of Diversity and Community Programming. "While both teams' on-ice success have been credited with inspiring kids to play hockey, their off-ice dedication to NHL Street programming in their communities is equally praiseworthy." "The Kings are committed to improving our community and growing the game of hockey in Southern California," said Kings President of Business Operations and Hockey Hall of Famer Luc Robitaille. "This donation on behalf of the Kings, the Ducks and the NHL is a great way to help kick off what

is going to be an exciting hockey game at Dodger Stadium on January 25." "The 2014 Legacy project will continue to expand the sport of hockey in local schools while helping support the health and wellness needs of our community," said Ducks Executive Vice President/Chief Operating Officer Tim Ryan. "We are proud today to continue this initiative at Graham Elementary School, an invested participant in the Anaheim Ducks S.C.O.R.E. (Scholastic Curriculum of Recreation & Education) Program." The NHL Stadium SeriesTM Los Angeles Legacy Initiative also marks an expansion of NHL StreetTM, the League-wide grassroots hockey program, in Southern California. For more than 20 years, NHL Street has introduced the sport to approximately 250,000 boys and girls each year in more than 1,600 schools and community centers across North America. To celebrate the NHL Stadium SeriesTM Los Angeles Legacy Initiative and street hockey's popularity in California, NHL Street participants from the Anaheim and Los Angeles areas will play pick-up games on a street hockey rink alongside their NHL counterparts at Dodger Stadium throughout the Jan. 25 Kings-Ducks game. The NHL's Legacy Initiative is an on-going philanthropic endeavor in which the NHL, the local NHL teams and NHL partners support community organizations in the host city as a legacy of an NHL event. The Kings and Ducks faced off at iconic Dodger Stadium on Saturday, Jan. 25, 2014 as part of the 2014 NHL Stadium SeriesTM, a group of games planned for outdoor locations this season. The

Los Angeles event will mark a series of firsts for the NHL and its fans as the Jan. 25 game will be the first outdoor regular season NHL game played in the U.S. west of the Mississippi River, the southern-most outdoor NHL game in history, and the first-ever outdoor NHL game in California. In its 51 year history, the venerable Dodger Stadium has hosted eight World Series and close to 4,000 regular-season games, but never a hockey game – marking another first for this NHL Stadium Series event.

Commissioner Bettman Statement Regarding 2014 Coors Light NHL Stadium Series Game

National Hockey League Commissioner Gary Bettmanton released the following statement regarding the 2014 Coors Light NHL Stadium Series game between the Anaheim Ducks and Los Angeles Kings at sold-out Dodger Stadium:

"Hollywood could not have scripted a more magical launch to the 2014 Coors Light NHL Stadium Series and this historic weekend for the National Hockey League. On behalf of all who enjoyed every minute of this exceptional evening, I congratulate the Kings and Ducks for writing another remarkable chapter in the history of hockey in California.

"Thanks to Dan Craig and his ice crew, who once again exceeded the loftiest expectations for playing conditions; thanks to the Dodgers and Dodger Stadium for their gracious welcome, and thanks to everyone who contributed to the creation of a spectacular experience for our fans." •

Page 2 February 6, 2014

Calendar

· "Rewilding": Artist Talk and Opening Reception, 6 p.m.-9 p.m., Creative Arts Center, 1560 Manhattan Beach Boulevard. Exhibiting Feb. 7-Mar. 13.

Saturday, February 15

• Shark Feeding, 12:30 p.m., Roundhouse Aquarium at the end of the Manhattan Beach pier. Aquarium staff members feed sharks and other sea creatures and discuss their habits. Before or after visitors can explore the many hands-on exhibits and displays of the aquarium. Tuesday, February 18

• City Council Meeting, 6-11 p.m., City

Council Chambers, 1400 Highland Avenue. Next meeting: Jan. 21.

• Sea Story time, every Sunday at 11:30 a.m., at the Roundhouse Aquarium at the end of the Manhattan Beach pier. For more information visit www.roundhouseaquarium.org. •

405 80-Hour Closure

The 1-405 Sepulveda Pass Improvements Project is cheduled for Presidents' Day weekend, February 14 through 18, the closures will reduce the mighty I-405's northbound lanes to two open lanes during daytime hours and a complete closure during nighttime hours.

The 80-hour closure will eliminate several 55-hour closures from the project schedule. Motorists need to reduce their driving or avoid the I-405 area; otherwise, multi-hour delays may result..





333 Continental Blvd. El Segundo, CA 90245 Grand Ave. Mon. - Sat. 10am to 6pm El Segundo Blvo 310-252-3384

©2014 Mattel, Inc. All Rights Reserved.

This Week in 1864

President Lincoln discussed ideas on portrait of first reading of Emancipation Proclamation with artist F.B. Carpenter.

President Jefferson Davis ordered Confederate troops to defend Richmond, VA.

FEBRUARY 8

Confederate naval officer Catesby ap R. Jones praised gun turrets of Union monitor

February 9

Union Officers escaped from Libby prison in Richmond, VA

February 10

President Lincoln joined firefighters trying

to put out fire in White House stables; six horses and ponies died.

Lincoln's coachman, dismissed the previous day, was arrested for starting fire in White House stable.

FEBRUARY 12

House of Representatives approved amendment to Conscription Act to include black men.

These history tidbits were excerpted from *United States House of Representatives calendar.* This "We, the People" calendar commemorates the 150th anniversary of the American Civil War and is provided by The United States Capitol Historical Society. The calendar was sent by Congressman Henry A. Waxman.•

El Camino College Art Gallery to Present "Architecture Digested"

The El Camino College Art Gallery will present "Architecture Digested" through February 13, with an opening reception scheduled weather, a place to lay eggs, store honey, or congregate. This ancient habit of making dwellings of one sort or another seems to

"The nature of the nest reflects the manner in which the builder thinks and lives."

for 7-9 p.m. January 30, and an artists' walkthrough at 1 p.m. February 4. The El Camino College Art Gallery is located on campus, 16007 Crenshaw Boulevard, near Torrance.

"Architecture Digested" features architecturally stimulated works by Al Alu, Josh Cho, Michael Davis, Rene Deloffre, Lawrence Garcia, Lawrence Gipe, Laura Hamje, Robert Hite, Joyce Kohl, Sandra Low, Michael Lewis Miller, Margaret Nowling, Elizabeth Ockwell, Fred Rose, Cory Sewelson, Pat Warner, and David Jordan Williams.

Architecture is one of the oldest forms of design practiced by man (and insects, birds, mammals, fish, reptiles and the like.) Everyone needs a place to live – shelter from

be an intrinsic aspect of nesting. The nature of the nest reflects the manner in which the builder thinks and lives.

All of the artists in "Architecture Digested" make images of architecture rather than actually creating a structure in which to live. They use architecture as a point of departure for the imagination.

The El Camino College Art Gallery is open from 9 a.m. to 4 p.m. Mondays and Tuesdays and from noon to 8 p.m. Wednesdays and Thursdays. For more information, call curator Susanna Meiers at 310-660-3010. Admission to the El Camino College Art Gallery and gallery events is free. On-campus parking is \$3. •



LIVING TRUSTS/WILLS, PROBATE, EMPLOYMENT LAW, PERSONAL INJURY TRUST AND ESTATES LITIGATION, BUSINESS LITIGATION, CIVIL LITIGATION

310-540-6000

*AV Rated (Highest) Martindale - Hubbell / **Certified Specialist Estate Planning, Trust & Probate Law, State Bar of California, Board of Legal Specialization



QuickBooks (5-week class) Cost: \$150

The Basics of Starting a Business

How to Estimate Start-up Costs

Brainstorm Your Business Plan Increase Your Sales with Exporting

Cost: \$30 **How to Work Your Cash Flow*** Tuesdays, beginning February 11 6:00 pm - 9:00 pm

FEBRUARY 2014

Wednesday, February 12 10:00 am - 12:00 pm

Tuesday, February 18 3:00 pm - 5:00 pm

Tuesday & Wednesday, February 18 & 19 4:00 pm - 7:00 pm

Thursday, February 20 3:00 pm - 5:00 pm Monday, February 24

2:00 pm - 4:00 pm

CLASSES HELD AT:

El Camino College **Business Training Center**

13430 Hawthorne Blvd. Hawthorne, CA 90250

*Torrance Location

TO REGISTER:

(310) 955-4714 www.southbaysbdc.org



Development Centers



Los Angeles Regional Network

SBA Funded in part through a cooperative agreement with the U.S. Small Business Administration.

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. Large Apt. In ES quiet gated building. W/swimming pool, laundry facility, pond w/ water fall \$1,275/mo. No pets. Call Mike at (310) 322-7166.

APARTMENT FOR RENT

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

COMMERCIAL SPACE FOR LEASE

Well located adjoining business spaces suitable for retail, service, or professional use, each with private bath, separate outside doors, onsite parking. 114 E. Grand, El Segundo. Call (310) 322-2837.

DUPLEX FOR RENT

2BD/1BA Duplex. W/D Hook Up, single car garage plus street parking, additional parking, quiet unit, No dogs nonsmoker. Must see! 1507 E. Maple Ave #A., Avail. 1/31. \$1,475/mo plus water. (310) 283-9121. Shown by appt. only.

EMPLOYMENT

Administrative Assistant. Appointment coordination, Event and meeting planning, Make travel arrangements, setting appointments, monitor expenses, you will have access to Car. Send your resume and salary expectations to: amyan76@gmail.com

EMPLOYMENT

Writers wanted for local community newspapers. Areas to be covered are El Segundo (El Segundo Herald) and Torrance (Torrance Tribune). You must have some writing experience. Please send resume to management@heraldpublications. com. No phone calls please.

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.

House for Rent

1201 E. Sycamore 4 beds, 2 baths, turnkey, 2 car garage at \$3695 per month Open Sat 2-4pm. Call Bill Ruane 310 647 1635.

House for Rent

523 W. Walnut 3 beds, 2 baths, 2 car garage, living room & family room \$3495 per month Open Sat 2-4pm. Call Bill Ruane 310 647 1635.

ROOM FOR RENT

ES. Fully furnished. Includes utilities, cable, wireless, laundry and kitchen facilities. Avail parking. No smoking. \$750 (310) 658-8622

ROOM FOR RENT

1BD/room for rent in private home in Upland. Full house privileges. \$600/month. For more information call (909) 953-9791 or (909) 946-4465. Also garage for rent \$150 in ES.

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

Visit us online: www.heraldpublications.com

KEED IT LOCAL

NEW LOWER RATES! **PRICING 1X 2X 3X 4X** \$50 \$60 \$70 Up to 21 words: \$40 Up to 28 words: \$45 \$55 \$65 \$75 Up to 35 words: \$50 \$60 \$70 \$80 Up to 42 words: \$85 \$55 \$65 \$75 Up to 49 words: \$60 \$70 \$80 \$90



HERALD PUBLICATIONS The deadline for Classified Ad copy and payment is at Noon on Tuesday. We reserve the right to reject, edit, and determine proper classification of classified ads. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

PLEASE NOTE: new email address. E-mail ad copy to: class@heraldpublications.com.

OVER 40 THOUSAND PAPERS DELIVERED WITHIN MILES OF YOUR HOME OR BUSINESS.

HOW TO PAY: CHECKS, CASH OR CREDIT CARDS. Include Visa or M/C number along with billing address, security code, expiration date, email address and phone number. **PAYMENT MUST BE RECEIVED BEFORE AD IS PUBLISHED!**

Payment Type	○ CASH	○ CHECK	O (MasterCard)	VISA
Credit Card Bill	ling Informati	ion		
Card Number			Security Code	Expiration Date
	_			
First Name on Card			Last Name on Card	
Address				
City			State	Zip/Postal Code
Phone Number			Signature	
Ad Copy				

COMMUNITIES COUNT

For your convenience you can fill out this form and fax it (310-322-2787), email (class@ heraldpublications.com) it or bring it into the office at 312 E Imperial Avenue, El Segundo.

Seniors

Hearing Aids for the Rock-and-Roll Generation

(BPT) - Baby boomers grew up listening to The Who's Live at Leeds and other albums with liner notes that admonished young rockers to "play it loud" or "turn it up." For the generation that grew up blasting stereos until the bedroom windows rattled and attending rock concerts that left ears ringing for a week or more, it's little surprise that many are experiencing hearing loss.

Numerous conditions, including illnesses, medications and exposure to loud noise can cause hearing loss in people of any age. But, when it comes to members of the baby boomer generation, there is little doubt that excessive noise exposure is the most common culprit. In fact, an estimated 26 percent of boomers have been diagnosed with hearing loss.

It's unfortunate that the very thing this generation enjoyed the most has resulted in losing the ability to hear the full range of treble tones, bass notes and subtle virtuosity of the music loved so much. The good news is that with today's hearing aids, it's possible to bring music back.

Many baby boomers are reluctant to seek treatment for hearing loss because they still envision hearing aids as the devices their parents used: clunky-looking things that made everything equally loud and unnatural-sounding. But, modern hearing aids have come a long way.

More than Just Amplification - Sound Quality

While listening to music as loudly as possible was always an essential part of rock-and-roll culture, boomer fans also demanded the highest possible quality - every instrument in balance, every voice crystal-clear. If this was you, you may be understandably reluctant to trust hearing aids to provide a listening experience free of distortion and that "tinny" sound.

Modern hearing aids are designed with quality in mind. Instead of simply raising the volume on sound, they balance and direct the sounds wearers want to hear, lifting them above unwanted noise and transmitting them in as pure a form as state-of-the-art technology can provide. The most advanced hearing aids have technology that can even detect if you are in a car, at a concert, in a noisy restaurant, or having a cozy conversation - and

then shapes the sound for that environment.

Many boomers have tinnitus (also known as that annoying ringing in the ears with no outside cause), thanks to all those rock concerts or time served in the armed forces. Many hearing aids include tinnitus therapy features that can bring relief. This feature can significantly improve your life while the hearing aids enhance your hearing.

Advanced Wireless Technology - Stay Connected

Many digital hearing aids feature telecoils, FM, Bluetooth, and other wireless technologies that allow hearing aids to connect to telephones, iPods and other MP3 players, cellphones and assistive listening systems. By using a combination of hearing aids and streaming accessories, digital hearing aids can connect to almost any device's audio output.

When the Music Fades - What to Do Next

Here are the three basic steps for confronting your hearing loss:

- 1. Accept hearing loss for what it is. It doesn't matter if your hearing loss is the result of too many rock concerts in your youth or simply aging, it is not a weakness or personal failing. It's a medical condition, like any other, and shouldn't be ignored or covered up.
- 2. Contact a hearing care professional. Your personal physician can probably provide a referral or you can go online to locate a hearing care professional in your area. Schedule an appointment and get your hearing tested. Once you know whether you are dealing with mild, moderate or profound hearing loss, you can discuss treatment options.
- 3. Accept that treatment may involve getting hearing aids. Most hearing care professionals today recognize two hearing aids are most often required, so that your hearing is made equal in both ears (binaural hearing).

Don't let vanity keep you from wearing hearing aids any more than you would allow it to keep you from wearing glasses to improve your vision. These discreet, yet powerful devices can put you back in step with the rest of the world. More importantly, you'll soon be able to enjoy those old vinyl albums stored in your attic again and party like it's 1969.



<u>Lookina Up</u>

Monet's Cliff by the Sea Beckons "Celestial Sleuths"

By Bob Eklund

Famed French Impressionist Claude Monet created a striking scene of the Normandy coast in his 1883 painting Étretat: Sunset. Now, a team of Texas State University researchers, led by astronomer and physics professor Donald Olson, has applied its distinctive brand of forensic astronomy to Monet's masterpiece, uncovering previously unknown details about the painting's origins.

Olson, along with Texas State physics faculty member Russell Doescher and students Hannah Reynolds, Ava Pope and Laura Bright, published their findings in the February 2014 issue of Sky & Telescope magazine, on newsstands now.

"Claude Monet, founding member of the Impressionist movement, painted a dramatic scene on the Normandy coast," Olson said. "The canvas shows the orange disk of the sun sinking toward the horizon near a spectacular line of cliffs.

"We like to use astronomy to show students how science can solve real-world puzzles," Olson explained. "We asked, 'Could we use the dramatic rocks in the landscape and the position of the setting sun to determine where and when specifically Monet created this beautiful masterpiece?""

Monet painted a series of paintings featuring this stretch of the Normandy coast during a three-week visit to the area during the winter of 1883. His painting Étretat: Sunset shows a cliff known as the Falaise d'Aval along with the arch Porte d'Aval overlapping a tall,

needle-shaped rock spire known as Aiguille (the Needle) that stands just offshore. Key to the image, however, is a low setting sun just to the right of the landforms. Of all the paintings Monet painted at Étretat, this is the only canvas that includes the disk of the sun, and that one detail opens the door to dating the scene precisely.

To determine on which days in February the sun would have set in the proper location for Monet to capture in his painting, the team of Texas State researchers traveled in August 2012 to France. Student Ava Pope hiked the beach to find exactly where Monet must have stood. "Ava is accustomed to difficult hiking terrain, and she said that the beaches near Étretat had the most difficult footing she'd ever been on in her life. It's really tough," said Olson. "Monet went out there with all of his painting equipment!"

The Texas State team found that the view matched the scene depicted in Étretat: Sunset at only one location—a spot 425 yards from the Porte d'Amont on a rocky beach under an overhanging cliff.

Using planetarium software to compare the modern sky to that of the 19th Century, the team was able to calculate that the sun would have set as shown in the painting on February 5, 1883. Allowing for some uncertainty, the researchers concluded that the correct date must fall in the range between February 3 and February 7, 1883.

The group then combed through letters Monet

wrote from Étretat during his stay, along with weather records and tide tables from February of 1883, to confirm their date. They discovered that on February 3, Monet was working on nearby Jambourg Beach and that the artist spent all day February 4 entertaining his visiting brother. The tides of February 6 did not match the painting, and Monet's letters show that he paid close attention to the tides. On February 7, cloudy weather and rain storms began. Through the process of elimination, the calculated date of February 5 is the only

one remaining that matches the sun's position, the weather and the tide level in the painting.

Armed with that knowledge, the Texas State team used the height of the needle-like Aiguille formation to calculate the exact time from the altitude of the sun above the horizon.

"We were able to determine the month, day, hour and precise minute-accurate to plus or minus one minute—when Monet was inspired by that beautiful scene," Olson said. "Monet observed this sunset on February 5, 1883 at 4:53 p.m. local mean time." •



Claude Monet's painting Étretat: Sunset. Courtesy of the North Carolina Museum of Art, Raleigh; Purchased with funds from the state of North Carolina.

PROFESSIONAL DIRECTORY BUSINESS

KEEP IT LOCAL

NEW LOWER RATES!

26 weeks (6 months) is only \$400 52 weeks (1 year) is only \$750

If you have any questions call us at 310-322-1830.

HOW TO PAY: CHECKS, CASH OR CREDIT CARDS. Include Visa or M/C number along with billing address, security code, expiration date, email address and phone number. PAYMENT MUST BE **RECEIVED BEFORE AD IS PUBLISHED!**

The deadline for Business and Professional (B&P) Ad copy and payment is at Noon on Tuesday. We reserve the right to reject, edit, and determine proper classification of B&P ads. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims. **MUST HAVE CONTRACT LICENSE NUMBER IN AD.**



PLEASE NOTE: NEW EMAIL ADDRESS E-mail ad copy to:

class@heraldpublications.com

COMMUNITIES COUNT

YOUR AD

Email to reserve your space class@heraldpublications.com

YOUR AD HERE

Email to reserve your space class@heraldpublications.com

bankruptcy

BANKRUPTCY

Law Offices of CHRISTIE CRONENWETH 310.257.4995

Free Consultations for Bankruptcy & Debt Relief This is a debt relief agency helping people to file for bankruptcy under the Bankruptcy Code. 25202 Crenshaw Blvd., Suite 207, Torrance, CA 90505

design & construction

TOTAL CONCEPT DESIGN & CONSTRUCTION CCL#: 522719



Complete Renovations Outdoor Living Areas

Stone Patios, Fireplaces, BBQ's, Waterfalls & Spas

www.TCLsouthbay.com 310-371-3368

electric

Wise Electric Contracting Service Commercial/Industrial/Residential

> Serving El Segundo since 1945

Keith R. Wise Owner/Operator Phone: 310-529-5271 Fax: 310-615-0063

flooring



gardening

GARDENING McRobert's Gardening

Lawn & Yard Service, Clean-Ups, Repairs, Etc.

CALL RON 310-463-1042

Lic #12156

handyman

BILL'S HOME AND APARTMENT **MAINTENANCE**

General Contractor PAINTING, PLUMBING, ELECTRICAL, DOORS, WINDOWS, SCREENS, GATES, FENCES, DRYROT-TERMITE DAMAGE REPAI

BILL HENRICHON p: 310-542-3470 c: 310-890-7531

CA Lic# 786081 · Licensed · Bonded · Insured

handyman

HANDY MAN • Tile Work • Granite

• Stone Work • Plumbing • Electric • And Much More • Etc.

CALL RUDY 323-286-9706

painting

TKO PAINTING CO. INC.

Knocking Out The Competition



Satisfaction Guaranteed Great Competitive Prices FOR A FREE ESTIMATE Call Troy at 310-663-1672

YOUR AD

Email to reserve your space class@heraldpublications.com

painting



INTERIOR • EXTERIOR

IMPROVEMENTS • REPAIRS

FREE ESTIMATES

LOWEST PRICES • GUARANTEED QUALITY 5 YEAR FREE MAINTENANCE

SERVING THE BEACH CITIES FOR OVER 20 YEARS

CALL DON 310-798-0450

plastering

CHARLES SCIRA PLASTERING

Interior Plaster & Dry Wall Repair **Exterior Repair** No Job Too Small neighbor2neighbor.net

310-245-7398

plumbing



Full Service Plumbing • Heating • Cooling & Electrical Sewer Video Inspection • Rooter Service • Copper Repipes

310-543-2001

YOUR AD

Email to reserve your space class@heraldpublications.com

OVER 40 THOUSAND PAPERS DELIVERED WITHIN MILES OF YOUR HOME OR BUSINESS.

Politically Speaking

One Man's Opinion

By Gerry Chong

"Government is not reason, it is not eloquence- It is force. Like fire, it is a dangerous servant and a fearful master." – George Washington

"A democracy cannot exist as a permanent form of government. It can only exist until the voters discover they can vote themselves largesse from the public treasury. From that moment on, the majority always votes for the candidates promising them the most benefits from the public treasury, with the result that a democracy always collapses over a loose fiscal responsibility, always followed by a dictatorship. – Alexander Tyler, 1770

"I have a pen and I have a phone, and I can use that pen to sign executive orders."

– Barack Obama, 2014

So has the tyranny begun? In August, 2011, S&P downgraded U.S. debt from AAA to AA+. Two days later, Barack Obama's Treasury Secretary, Tim Geithner, taught the Chairman of S&P's parent, Harold McGraw, about the Chicago way. In a sworn affidavit, McGraw stated Geithner told him his deed would not go unpunished. "You have done an enormous disservice to yourself and your country" and that S&P's conduct would be looked at very carefully."

Only S&P among the three credit rating agencies downgraded U.S. debt, and only S&P was sued in 2013 for \$5 billion by the Obama Administration for fraud. Chicago comes to Washington, D.C.

Dinish D'Souza, author of the anti-Obama book *Obama's America*, is now a Federal target, being charged with laundering \$10,000 in political campaign contributions. It turns out he loaned to his fiancée, who

made a campaign contribution to an old college classmate. Would the IRS have charged him if he were Michael Moore?

Reuters reported that The Privacy and Civil Liberties Oversight board, a governmental agency, on January 23 found that the daily spying on billions of Americans' phone calls, the 600,000 address books, the 500,000 electronic "buddy lists" and 200 million text messages collected daily by the NSA have had "minimal" impact on counterterrorism efforts and are illegal, but the Administration ignored the report.

A special review panel appointed by Obama last year to investigate NSA phone hacking recommended 46 actions to limit NSA's spying power and recommended court approval on a case-by-case basis, but few of the recommendations have been implemented.

In fact the spying has become more pervasive and sophisticated, extending to the spying on game apps on cell phones to build profiles of the game players. Now a person can not only be tracked by his cell phone, but also profiled by the games he plays on it.

In 2011, there were 266 applications for drones to be flying over the U.S., but by 2013 the projection is that within 10 years there could be 30,000 drones directed by the Pentagon, viewing any and every aspect of our physical life. Under Federal law, anything seen by the drones can be kept for 90 days, evidently without violating the Constitution's Fourth Amendment banning illegal search and seizure.

So Washington can roll over in his grave. Tyler can nod an "I told you so," and Obama can continue until 2016. •

Another Man's Opinion

Time for the Leaders in D.C. to Grow Up

By Cristian Vasquez

The State of the Union was televised last week and despite knowing that President Obama's speech would sound like every other State of the Union address that he has delivered, I decided to watch. Was I disappointed? Not really. Was I surprised? Was I inspired? Did it restore my faith in our nation's leaders? Sadly, none of the above occurred. It is unfortunate that the most entertaining part of the President's speech was watching Speaker of the House John Boehner not react to most of what the President said while Vice President Joe Biden applauded everything our Commanderin-Chief said.

It is impossible to have everyone agree on anything at any given point in time. Figuring out where to go have lunch with my ex-girlfriend was a challenge of epic proportions at times, so I won't be too harsh on Washington's inability to hammer out all of the problems facing the nation on a first try. Not everything President Obama has done or said has been to my liking, but neither were the actions of President Bush or President Clinton or President Reagan.

However, what is troubling and sad is the unwillingness and inability of these grown-ups, who were elected to do a job, to better cooperate with each other. Both sides have displayed such an unwillingness to even consider what the other side of the aisle has to say that we have become accustomed to the gridlock in D.C. We have become so

used to it that we as a nation sat and simply accepted the government shutdown. There are many examples of former presidents willing and capable to negotiate under the most divisive of conditions. All it took was good will and flat out honesty. The behavior of VP Biden and Speaker Boehner demonstrate the willingness of our elected officials to first rally behind their party than their constituents. The behavior of our leaders is not only pathetic, but a failure at fulfilling the duties for which they were elected to complete.

We are all members of this very diverse world where we interact with a myriad of people, all with different opinions, goals and methods to achieving said tasks. Despite those differences, we all manage to wake up every day, go to work and do our part to be productive members of society. With the exception of a few stragglers, we are all capable of getting along with each other and at least display a basic level of respect toward other people. Even in those cases where neighbors, coworkers or classmates don't like each other, grown-ups are capable of getting past pettiness for their own mental well-being and for the sake of moving forward with life.

So if we can look past our differences and manage to overcome them with the people we encounter every day, why can't the suits on Capitol Hill do the same? The party pandering in D.C. is pathetic and displays the childlike behavior that has gridlocked our nation's leadership. •



Subscribe to one of Herald Publications weekly newspapers.

El Segundo Herald, Torrance Tribune, Hawthorne Press Tribune, Lawndale Tribune or Inglewood News

Only \$50.00 for a yearly subscription. Call 310-322-1830







Visit www.ProFlowers.com/Colorful or call 1-800-960-0984

*Take 55% off *Tender Hugs and Kisses with Chocolates" and 20% off minimum product purchase of \$29.00. Discounts: (i) apply to the regular price of the products, (ii) will appear upon checkout and cannot be combined with other offers or discounts, unless specified, and (iii) do not apply to gift cards or certificates, international delivery, shipping & handling, taxes, or third-party hosted products (e.g. wine). Discounts not valid on bulk or corporate purchases of 10 units or more. Images in this advertisement may include upgraded, premium containers which are available for an additional charge. Prices valid while supplies last. Offer expires 2/13/2014.

Page 6 February 6, 2014

Sports

Sports

2014 NHL Stadium Series Los Angeles Legacy Initiative

Photos by Jon SooHoo/LA Dodgers

The National Hockey League (NHL®), Anaheim Ducks and Los Angeles Kings unveiled their donation to Anaheim and Los Angeles Legacy Initiative and street hockey's popularity in California, NHL Street participants from the Anaheim and Los Angeles areas played pick-up games

"For more than 20 years, NHL Street has introduced the sport to approximately 250,000 boys and girls each year in more than 1,600 schools and community centers across North America."

Los Angeles area elementary schools on January 14, as a legacy of the 2014 NHL Stadium SeriesTM Los Angeles outdoor game at Dodger Stadium on January 25. The announcement was made at the Graham Elementary School in Los Angeles, one of the 50 schools to receive street hockey equipment as part of the NHL's, Kings' and Ducks' commitment to growing the sport of hockey in Southern California, combating obesity and promoting a healthy, active lifestyle.

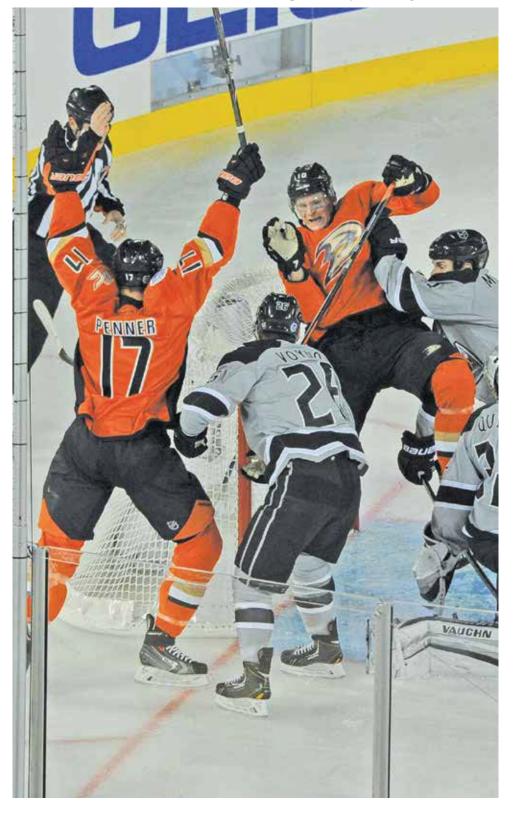
The NHL Stadium SeriesTM Los Angeles Legacy Initiative also marks an expansion of NHL StreetTM, the League-wide grassroots hockey program, in Southern California. For more than 20 years, NHL Street has introduced the sport to approximately 250,000 boys and girls each year in more than 1,600 schools and community centers across North America.

To celebrate the NHL Stadium SeriesTM

on a street hockey rink alongside their NHL counterparts at Dodger Stadium throughout the Jan. 25 Kings-Ducks game.

The NHL's Legacy Initiative is an on-going philanthropic endeavor in which the NHL, the local NHL teams and NHL partners support community organizations in the host city as a legacy of an NHL event.

The Los Angeles event marked a series of firsts for the NHL and its fans as the Jan. 25 game was the first outdoor regular season NHL game played in the U.S. west of the Mississippi River, the southern-most outdoor NHL game in history, and the first-ever outdoor NHL game in California. In its 51 year history, the venerable Dodger Stadium has hosted eight World Series and close to 4,000 regular-season games, but never a hockey game – marking another first for this NHL Stadium Series event. Information provided by L.A. Kings.•



A Stern Exit

Bv Adam Serrao

For 30 straight years now, David Stern has been the commissioner of the National Basketball Association. That means that he has been around since the Magic Johnson and Larry Bird days, the Michael Jordan days, straight on through to Kobe Bryant and now LeBron James. Stern has made the NBA famous by promoting its greatest players and using them as a face for his league. As he officially stepped down last Saturday at the age of 71, Stern passed the torch to his protégé, Adam Silver. There is still much to be learned about Silver, as little is known about the man who has been preparing to succeed Stern for at least the last seven years, but it is certain that Stern has left the league in good shape for his successor. As Stern walks away from the league that he has pretty much built with his own hands, he leaves it in excellent shape economically and otherwise and has quickly created a great reputation for an association that at one point had players in the stands throwing haymakers at their fans. Under Stern's tenure, the league has become bigger than ever, as it is now more popular and more profitable than it has ever been before. All of that can be attributed to Stern and his brilliance as an NBA executive.

There are more than a couple of ways to evaluate David Stern's tenure as the commissioner of the NBA. Perhaps the greatest way, however, is to measure the growth of the league as a whole. Under Stern, the league expanded from only 23 teams to 30. Revenues grew from \$165 million in 1984 to \$5.5 billion today. The sport itself is televised in 215 countries and in 47 different languages, making it the most televised sport in the world after soccer. Perhaps some of those statistics would have been accomplished solely through the advancement of the game and changing times, but it's clear that the league itself would not have been as purely successful as it is today were it not for Stern's keen business acumen. "It's been a great run," Stern said of his tenure as NBA commissioner. "The league is in, I think, terrific condition. I'd like to think I did an adequate job." For every few things Stern has succeeded at, however, there have also been certain failures. For instance, Vancouver, Charlotte, New Jersey and Seattle have all suffered through watching their basketball teams leave during Stern's tenure while Sacramento came uncomfortably close. For reasons like these, Stern will be looked down upon by some.

No one ever wants to see franchise relocation, as that instability is neither good for the city that calls that team its own nor the commissioner who couldn't find the stability to keep the team in place. Yet for every small setback, Stern has found a way to create an advantage. Even the value of franchises has soared during

Stern's tenure. For instance, when Stern took over in the NBA, teams were being sold in the \$20 million range. When the Golden State Warriors were sold in 2010, the price was \$450 million. In a league that was struggling to get much of any fame or credit in the 1980s when Stern took over and games were being televised on tape-delay, he now quietly walks away from a league that pays its players more than any other sporting league in the world. He recreated the way that players dressed and portrayed themselves while in the public eye, established the WNBA, grew the NBA to a worldwide brand and even took Metta World Peace under his wing after the latter was seen as one of the main instigators in what was surely the ugliest moment of Stern's tenure.

Despite all of what he did right for the league and its stance in the world today, there may only be one thing that Stern will be remembered for here in Los Angeles. Back before they were one of the worst teams in the league, the Lakers were competing for championships and pulled off a trade that would have kept them from becoming what they have now become. Chris Paul was a Los Angeles Laker and was almost on his way to play alongside Kobe Bryant in the Lakers' backcourt. Stern came in and vetoed the trade in the 11th hour for what he stated were "basketball reasons." No other explanation was ever given and the Lakers were left twiddling their thumbs, wondering what went wrong. It was perhaps one of the biggest miscues of Stern's career and will surely be remembered here in Los Angeles for at least as long as Paul remains across the way as a Clipper. Sports columnist Bill Simmons may have said it best when he explained that the league "intentionally jeopardized its own credibility." Truly, that day will go down as one of the worst in the history of the Lakers' franchise and certainly does it job to tarnish Stern's credibility.

Despite all of the debate as to whether Stern was a perfect commissioner or not, it is clear that he did his job to bring the NBA to new levels. No one person will ever be perfect, especially when given the job of maintaining a multibillion-dollar industry like the NBA and that is something that basketball fans everywhere should keep in mind as Adam Silver takes Stern's place. All in all, Stern did wonders for the NBA and walks away wiping his hands clean. A commissioner who may go down as the greatest of any sport in the history of competitive games spent 30 years bettering what has now become one of the world's most popular sports. Whether you like him or not, his work must be respected and appreciated. David Stern may not be the most popular person in the world, but as he walks away from the NBA, the state of the league speaks for itself when it says that he was undoubtedly an extremely successful businessman. •



PETSPETSPETSPETS

Pets Without Partners

Just in time for Valentine's Day, adopt a "pet without a partner" and give a homeless pet a second chance in life.

Lindsey is a superb dog, fabulous in every



way. One of our volunteers traveling up to Northern California was tipped off by the store attendant about a stray dog living on the property. She found Lindsey living in an old junked-out car with her four puppies and brought them all back with her. Our vet feels she is a Labrador and Pointer mix who is three to four years old. Lindsey loves all other dogs, all people, is fine with kids, cat-safe and an absolute gem of a dog. She has a very gowith-the-flow personality. All her puppies are weaned and Lindsey is waiting for a home of her own. Lindsey is housebroken, loving, kind, sweet and really just a perfect dog. It's not often we can say that about a dog. Lindsey is spayed, current on vaccinations, de-wormed and microchipped.

Cricket is the last of Lindsey's puppies. She is a nice two-month-old pup, and like her mom has a really nice disposition. Cricket loves to run and play with the other puppies at the



Cricket

rescue and loves everyone she meets. She is a sweet, loving, wonderful puppy. Cricket will be spayed when of age, is current on vaccinations, de-wormed, microchipped, fine with other dogs, cat-safe, and best with children over the age of five.

Lara was owner-surrendered when taking care of a litter of six puppies was too much for the prior owners to handle. Mom dog is a Cairn Terrier/Poodle mix and the dad is the neighbor's Labrador who jumped the fence. There are two boys and four girls in this litter. Born on November 6, 2013, they look as though they should be nice, medium-sized dogs. This sweet litter of puppies is happy and healthy and currently in foster care where potty training and crate training are underway. Lara loves to play with toys and has great play manners with her litter mates. Lara will be great with other dogs and with children (over five please) and since she is still a puppy, she should be fine with cats too. Because Lara is not old enough to be spayed, she will need to be adopted in our relative area (South Bay/North Orange County)



as she will need to come back for puppy shots and to be spayed at our vet. Lara is current on vaccinations, de-wormed, microchipped, fine with other dogs, and cat-safe.

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©3 non-profit organization.

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

Purrrfect Companions

Add some extra love in your life when you adopt your purr-fect partner.

Louie has adorable greenish eyes, spotted Tabby markings and tiny, white paws. He was



rescued from the shelter along with his two brothers and mother when he was just four weeks old. Louie is very playful and gets along with every kitty he meets. Well-socialized and affectionate, Louie loves to nibble on your fingers and lick your hands for as long as you will allow him. He is extremely curious about everything around him and is constantly charging around exploring. If you call for him, Louie will come running, tail up, meowing in response. This sweet baby is the perfect addition to any home. Since he is so young still, Louie cannot be an only kitty and must be adopted either with a youthful companion or into a home with a young resident kitty with whom he can romp.

Trapper was rescued off the streets after he stumbled into a trap set for his mother in order to get her spayed and to stop the cycle of kittens. Luckily for Trapper, because he was so young, he was brought into foster care where he quickly turned into a confident, loving kitten with a ton of spunk! This little black panther has engaging, golden-green eyes that are always busy looking for another toy on which to pounce. He loves big male cats, cuddling up to them, suckling on their fur and kneading with his paws as he purrs up a storm. His vibrant personality shines all the time as he zips around pouncing one kitty or another. Trapper definitely needs another high-energy kitty to play with because he is always on the go and adores wrestling with his foster friends. Trapper would fit in well with most any household, as his confidence and playfulness make him great for a family--and his easygoing personality helps him get along with any kitty he meets. Trapper loves to sleep on the bed with you and often will end up crashed on the couch on your feet. This little goof can't wait to find his purr-fect home and forever 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 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.



Happy Tails

Scout (aka Jack) brings a holiday surprise to his home.

Jack, one of our fabulous Pugs, added special happiness and love to the holidays when he found his forever home...

"Thanks for your email and pics. Our kids were so surprised and are absolutely wonderful with him. We renamed him Scout because we love to camp and hike. We took Scout for a hike yesterday and his stamina outlasted ours. He is going to make a great jogging buddy for me. I have him on a food/potty schedule, which is working out brilliantly. No accidents, he has even pawed my foot a few times to be taken out to go potty. Scout is such a good dog! He already knows a lot of training hand signals and responds so quickly to please - with a reward of course. It seems like he has been a part of our family for so long. The kids and Scout love each other and are mutually affectionate with the other. Thank you so very much for helping us bring Scout home! Merry Christmas!—Holly."

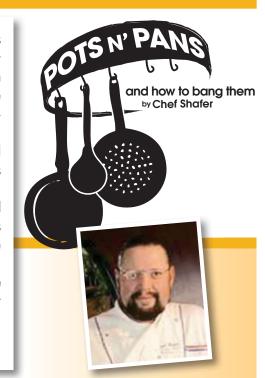
When you adopt a "pet without a partner," you will forever make a difference in their life and they are sure to make a difference



Page 8 February 6, 2014

hope you are all having a great 2014. This year has started out wonderfully for the Shafer family. My oldest, Spencer, is now working with me in the kitchen and it looks like he might have a knack for the culinary world. Max, my 17 yearold, is doing great in high school and the youngest, Noah, 13 years old, Just got a part in the school presentation of "Aladdin". Of course my doggies are still the best and my wife hasn't killed me yet. But on with the show...This week I thought I would show you how make baked apples with dried fruits and nuts. This was always a big treat around the Shafer house when I was growing up in New York. During the winter, to have some sweet, warm, apple baked in sweet cream would be a wonderful treat on a cold winter day.





Baked Apples



6 apples peeled and cored ½ cup brown sugar

2 cups heavy cream

1/4 cup dried fruits (raisins/fig/prunes/ dates/cherries, etc.)

1/4 cup pecans or any kind of nut

1 teaspoon vanilla

½ teaspoon cinnamon

Stuff the cored apples with a mix of the fruit and nuts.

Place the apples in a casserole dish.

In a bowl mix together the cream, sugar, vanilla and cinnamon.

Pour over the apples and bake them in a 350° oven for 20 minutes or till lightly brown and tender. Serve warm.

Happy 2014

RESTAURANT PR MOTION

6 cities for the price of 1

El Segundo Herald Torrance Tribune Manhattan Beach Sun Hawthorne Press Tribune Inglewood News Lawndale Tribune

Advertise!

Buy space in any one newspaper and your advertisement will be placed in all six publications. Email us for more information. El Segundo area: enrichlife@aol.com

Torrance area: advertising@heraldpublications.com All other areas: marketing@heraldpublications.com





Downtown El Segundo

Presents...

St. Valentine's Weekend **Sweetheart Dinner** Friday, February 14th Saturday, February 15th \$38.00 per person

Special Three Course Prix Fixe Menu

Includes Choice of:

Appetizer, Entrée, and Dessert

Dinner also includes a complimentary glass of

Ca' Di Frara Julé Bolla Rosso

Sparkling red wine of Love from Oltrepo Pavese, Lombardia, Italia

Seatings at

5:00-5:30pm & 7:30-8:00pm RESERVATIONS REQUIRED

Call 310-640-7600

Or Visit Us Online at WWW.DELUCAPASTA.COM

LIVE MUSIC

Deluca Trattoria Wine Bar | Bistro & Patio Lounge 225 Richmond St. El Segundo 90245





FOLLOW us on:

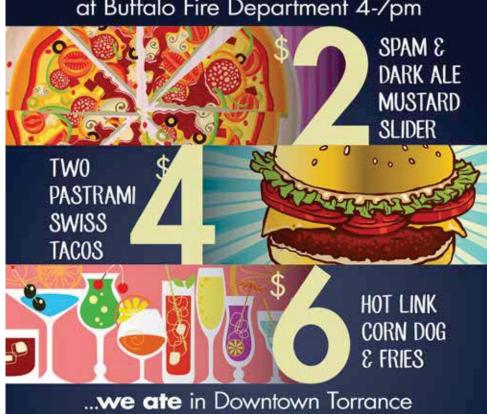




@delucapasta

EVERY THURSDA

at Buffalo Fire Department 4-7pm



Get \$2, \$4 and \$6 specials plus Happy Hour bar pricing during the Market Place at the following restaurants:











