

Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

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Aquarium Receives \$2,500 from Waves of Grain's Earth Day Event



A Waves of Grain Beer Fest hosted on Earth Day at the Shade Hotel in Manhattan Beach brought \$2,500 to the Roundhouse Aquarium located at the end of the city pier. The event, which featured local and regional breweries, was presented by Brewco, Rock & Brews, and the Shade Hotel, all properties that are part of the Zisis Group owned by Mike Zisis. The donation check represented profits from the ticket sales. The aquarium will use the money for its educational programs that include on-site hands-on classes for school children and general ocean-oriented programs for the community. The aquarium is open to the general public from 3 p.m. to sunset on weekdays and 10 a.m. to sunset on the weekend. Seen here is Mike Zisis (center) and two of his children presenting a \$2,500 check to Roundhouse Aquarium co-directors Eric Martin and Valerie Hill. Photo courtesy of the Roundhouse Aquarium.

West Basin Recognizes State Senator Ted Lieu as its Legislator of the Year

Courtesy of the Office of Sen. Ted Lieu

The West Basin Municipal Water District (West Basin) has presented State Senator Ted Lieu (D – Torrance) with its esteemed Legislator of the Year award at its regular Board meeting on Monday, July 23, 2012. Senator Lieu has been a supporter of West Basin's water recycling and conservation legislation and programs since his election to the legislature in 2005.

"Water conservation and preparing today for tomorrow's needs is a top priority," Lieu said. "I look forward to continuing my work with the West Basin Municipal Water District to raise public awareness about the need for recycling and water conservation."

A supporter of West Basin's Water Reliability 2020 program since it began in 2008, Senator Lieu has been a staunch advocate for the use of recycled water and conservation throughout California and has been a leader in promoting green technology through his "green building standards" legislation.

In 2011, Senator Lieu provided unwavering support for West Basin's election to the Santa Monica Bay Restoration Commission, on which the agency proudly serves today. Senator Lieu continued his support for local water rate payers by working with regional stakeholders and opposing threats to the uniform replenishment rate in the West Coast and Central Basins.

"Senator Lieu is a true champion of water issues for the coastal L.A. area and understands the need to diversify water supplies to ensure future water reliability for the region," said Board President Donald L. Dear.

West Basin's award-winning Water Reliability 2020 program is a plan to reduce our

dependence on imported water in half by the year 2020. Currently 65 percent of our local water supply, imported water will be reduced to roughly 35 percent of our water supply portfolio, with an emphasis on new, locally controlled supplies. Local supplies include conserved water, recycled water, and

eventually desalinated water.

Senator Lieu currently represents the 26th Senate District and most recently represented the 28th District prior to re-districting. He was recently recognized by the national publication *Governing* magazine as one of the top 12 lawmakers "worth watching." •

Make Sure Your 7th Grader is protected Against Pertussis

As students head back-to-school, California Department of Public Health (CDPH) Director and State Health Officer Dr. Ron Chapman, urges parents to ensure their 11- and 12-year-old children have been immunized against pertussis, also known as whooping cough, and other dangerous diseases to keep them healthy during the new school year. In 2010, more than 9,000 pertussis cases were reported in California, including 10 infant fatalities, the most in more than 60 years.

"Immunizations create a shield at school and home," said Dr. Chapman. "Given recent outbreaks and epidemics nationwide, it is important that children be protected against these dangerous and highly contagious diseases, like whooping cough."

In 2010, a new law was signed by Governor Brown requiring a whooping cough booster before middle and high school students can re-enter school.

All incoming seventh graders must provide proof that they have met the Tdap requirement before starting school.

"I encourage parents to check-in with their medical provider now to make sure that their kids are caught up on immunizations and can start school on time," added Dr. Chapman.

If a child does not have health insurance, or is only partially insured, a doctor or local health department can provide information about the Vaccines for Children Program, which provides free or low-cost vaccines.

Local health departments are offering expanded immunization clinics during the month of August, National Immunization Awareness Month. For the most complete and up-to-date information on required vaccinations, visit shotsforschool.org.

Courtesy of the California Department of Public Health. •

Weekend Forecast

Friday
Partly
Cloudy
72°/63°



Saturday
Partly
Cloudy
70°/63°



Sunday
Partly
Cloudy
73°/63°



SMILE awhile



Gavin enjoying the playhouse. Submitted by Bonnie Curtis.

Readers send us your photos!

Do you have a favorite photo? An old yearbook photo? Glamour Shot? Baby photo? **We want them.** We will accept only one photo, per person, every month. Once a month, we will pick a "Staff Favorite" and the winner will get a **\$25.00 gift certificate** from one of our advertisers.

Email your photos to: Management@heraldpublications.com. We will only accept emailed photos and they must be in jpg form.

July 2012 Winner

SMILE awhile



Our Staff Pick for July is "Aidan Woo," which was published on July 19 and submitted by Becky Cheng. The winner will receive a \$25 gift certificate from our advertiser Valentino's Pizza with locations in El Segundo and Manhattan Beach. Congratulations!

People

CONGRATULATIONS

The following students, all from Manhattan Beach have received the following honors:

Brent Sherbak and **Alex Davis**, earned academic honors at Purdue University for the spring 2012 semester.

James Lee, was named to University of Kansas' Spring 2012 Honor Roll.

Mathias Gesser, was named to Dean's List at Washington University in St. Louis.

Conor Dawson was named to the Dean's List at Villanova University for the Spring 2012 semester. He is pursuing a Bachelor's Degree in the College of Liberal Arts and Sciences.

James Lee, was named to University of Kansas' Spring 2012 Honor Roll.

Lisa Fukushima, was named to the Tufts University Dean's List for the Spring 2012 semester.

GRADUATIONS

Alex Poltash, of Manhattan Beach, son of Mr. and Mrs. Gary John Poltash, graduated on June 3rd from Choate Rosemary Hall in Wallingford, Connecticut, Poltash will attend Claremont McKenna College in the fall.

Piper Suzanne Redman, of Manhattan Beach, received a Bachelor of Music degree from Miami University during spring commencement exercises Saturday, May 5 at Yager Stadium.

The following students, all from Manhattan Beach, graduated with honors from Loyola

Marymount University's 2012 Centennial graduating class:

Krista Devito earned a Bachelor's Degree in Business Administration and graduated Cum Laude.

Alec Hodgman earned a bachelor's degree in Business Administration and graduated Cum Laude.

Michael Madrinkian earned a Bachelor of Arts in English and graduated Summa cum Laude.

Megan McGuire earned a Bachelor of in Communication Studies and graduated Magna cum Laude.

Dustin Muenchow earned a Bachelor of Arts in Film and Television Production and graduated Magna cum Laude.

Daniel O'Brien earned a Bachelor of Arts in Film and Television Production and graduated Summa cum Laude.

Danielle Bath earned a Bachelor of Arts in English.

Daniel Cimorelli earned a Bachelor's Degree in Business Administration.

Nastassja Habers earned a Bachelor of Arts in English.

Stephanie Hughes earned a Bachelor of Arts in Liberal Studies.

Nicholas Ozer earned a Bachelor's Degree in Business Administration.

Breana Trachy earned a Bachelor of Arts in Animation. •

Obituaries

Moana Lou Kekaikuihala Hiram Hannemann

Moana Lou Kekaikuihala Hiram Hannemann, age 73, passed July 1, 2012 in Las Vegas, NV. Born June 18, 1939 in Hawaii; long time resident of Torrance, CA. Survived by husband, Max E. Hannemann;

children: Karla Paiva, Karin Fernandez, Stanley Hannemann, Georgina Woodhouse, Marisa Keohohou, Yasmin Hannemann, Moroni Hannemann, Andre Harris and Kent Hannemann; 39 grandchildren, 27 great and one great-great grandchild; five siblings. Services in Las Vegas, NV July 13-14. •

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Metro Briefs

SOUTH BAY

Now Metro Runs 'Til 2am

Now Metro Rail trains and the Metro Orange Line run until approximately 2am on Friday and Saturday nights. So now you can catch the overtime action, stay for the encore or take time for that bite to eat and still count on Metro for your ride home! For schedules and discounts on late-night venues, check metro.net.

"Carmageddon II" Set For Sept. 29-30

Plan ahead, avoid the area, or stay home is the message from public safety officials for the second weekend closure of the I-405 Freeway in the Sepulveda Pass – between the I-10 and I-101 – scheduled for September 29-30. Contractors will demolish the remaining side of the Mulholland Bridge as part of the freeway improvements project. For latest updates visit metro.net/405.

Get Through Traffic Faster With ExpressLanes

Starting this fall, Metro ExpressLanes can help you get through traffic faster on the I-110 Freeway. These special lanes are available toll-free to eligible carpools, vanpools and motorcycles, and for a toll to solo drivers – all you need is a FasTrak® transponder. To get your transponder, visit metro.net/expresslanes.

Measure R Projects Moving Forward

Metro continues to make progress on more than 70 transportation improvement projects funded by voter-approved Measure R. Included in those projects are 48 for highway and traffic reduction, 16 for rail and rapid transit and nine for public transit. Follow their progress at metro.net/measurer.

Go Metro to USC Football Games

For USC football fans heading to the Coliseum this fall, Go Metro on game day. We'll get you past the traffic and parking hassles, giving you more time to catch all the action and festivities. Exit at the Expo/Vermont or Expo Park/USC stations on the Metro Expo Line, or the 37th St/USC Station on the Metro Silver Line. Find out more at metro.net.



If you'd like to know more, visit metro.net.

Calendar

SATURDAY, AUGUST 4

• Food-Wine-Music Fundraiser presented by The Neptunian Women's Club, 2 p.m.-4 p.m., at Tin Roof Bistro Courtyard. The Village Shoppe will be wine purveyor. For more information call Mary Sue Brubaker at (310) 376-3256.

SUNDAY, AUGUST 5

• 52nd Annual Sand Castle Design Contest, 7:30 a.m.-10:00 a.m., on the south side of Manhattan Beach Pier. Free. For more information call David Ibarra at (310) 802-5419, Idris Al-Oboudi, at (310) 802-5404 or Parks and Recreation Department at (310) 802-5448.

• Concerts in the Park: The Swing Kings, 5:00 p.m.-7:00 p.m., Polliwog Park Amphitheater, 1601 Manhattan Beach Blvd.

WEDNESDAY, AUGUST 8

• Annual Rabies Clinic, 6:00 p.m.- 8:00 p.m., Marine Avenue Park, 1625 Marine Avenue. Reduced prices for services.

SUNDAY, AUGUST 12

• Concerts in the Park: The Sin Twins (Rhythm and Blues Revue), 5:00 p.m.-7:00 p.m., Polliwog Park Amphitheater, 1601 Manhattan Beach Blvd.

SUNDAY, AUGUST 19

• Concerts in the Park: The SurfTunes (Beach Boys and Surf Music), 5:00 p.m.-7:00 p.m., Polliwog Park Amphitheater, 1601 Manhattan Beach Blvd.

TUESDAY, AUGUST 21

• Art Exhibition: Centennial Photo Exhibition, 2:00 p.m.-6:00 p.m., Creative Arts Center, 1560 Manhattan Beach Blvd.

WEDNESDAY, AUGUST 22

• The City of Manhattan Beach Annual Rabies Clinic, 6:00 p.m.-8:00 p.m., at Marine Avenue Park (Basketball Courts). No appointment necessary for vaccines. For more information contact (310) 802-5160 or (310) 802-5561.

FRIDAY, AUGUST 24

• Manhattan Beach Open, Aug. 24-26. Just South of the Manhattan Beach Pier. Free

SUNDAY, AUGUST 26

• Concerts in the Park: Fantastic Diamond (Neil Diamond Tribute), 5:00 p.m.-7:00 p.m., Polliwog Park Amphitheater, 1601 Manhattan Beach Blvd.

ONGOING

• The Mayor's Walk 'N' Talk 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.

• Free Classes at the Manhattan Beach Botanical Garden Amphitheater, west side of Polliwog Park. For more information call Julie Gonella at (310) 546-1354. www.mbbgarden.org •



Why should I believe the way you do?

Judaism does not actively seek to convert non-Jews so there is no push to have everyone believe as we do. For traditional Jews, the covenantal relationship with God requires us to follow God's commandments. Traditionally we say that there are 613 commandments. I believe that God delivered his message to mankind in a variety of ways. For Jews, Judaism in all of its forms, is the right approach. Similarly there is equal value to Islam, Christianity, Hinduism, Buddhism and other world faiths. To understand the total message to mankind one should study it all and practice the faith one is born into or chooses to follow. There are many paths leading to God, each of us should follow the best path for reaching out to God and increasing our spiritual growth.

—Rabbi Gary M. Spero, Torrance, www.rabbigaryspero.com

Speaking as a pastor, I would hope that no one in my church believes what I preach and teach simply because I say so, or is convinced by rhetoric or style or presentation. Faith needs to be powerfully personal and inspired by a direct spiritual connection with God through hearing and reading the Scriptures. A pastor is a guide, a reminder, a counselor, a shepherd - but we need to be personally connected with God. Scripture itself tells us, "Faith comes by what is heard, and what is heard comes through the word of Christ" (Romans 10:17).

So many look for "powerful sermons," to be entertained by a charismatic leader - that is a recipe for problems. Religion is so powerful, and so easy to misuse. There are many who would use religion to promote a political or social agenda, or even simply for financial

gain, and there are many who would willingly follow a convincing leader. The results are damaging and divisive, and evidence of such abuse abounds in our country and the world.

My task as a preacher of the Gospel is to preach in such a way that Jesus comes alive as the Word is proclaimed, to then to connect people with Jesus, to help them come to know personally God's Son and follow his example, living lives of peace, reconciliation, forgiveness, healing, hope and selfless love. Don't "believe the way I do"! But please connect with a community of faith that has found this Jesus.

—Rev. Lawrence Becker, Sr. Pastor, Trinity Lutheran Church, Hawthorne

For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Peter, and then to the Twelve. After that, he appeared to more than five hundred of the brothers at the same time, most of whom are still living, though some have fallen asleep (died). **1 Corinthians 15:3**

You should believe in who Christ is - God in the flesh, and in what Christ has primarily done - died for our sins, because it is true. God really did come to earth, took on flesh and died for our sins because of His great love and compassion for us.

Salvation is found in no one else, for there is no other name (Jesus) under heaven given to mankind by which we must be saved. **Acts 4:12 (parenthesis added by the writer)**

—Lisa Lait, First Baptist Church, El Segundo •

DontAlmostGive.org





I Go

to Torrance Memorial

Cean Geronimo
Heart attack, age 25

“ I am so grateful to be alive. Everything worked in my favor that day, and the best people took care of me throughout the ordeal. ”

Cean Geronimo

For Cean's story, visit TorranceMemorial.org/stories.

To learn more about how WE care for you, visit TorranceMemorial.org.

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Politically Speaking

One Man's Opinion

By Gerry Chong

Juan Carlos, my talking neighborhood cat who insists he's a relative of the Spanish king, and I sat down to share a Hawaiian sunset and mai tais, complete with little umbrellas. We both exhaled contented "ahhhhs," stripped down to swim shorts, and kicked off our flip flops. (Of course mine were bigger than his, but he had four of them.)

As he pulled down his aviator shades, he said, "The thing I like about Americans is their sense of humor in the face of pending disaster. Someone said reelecting Obama is like the Titanic hitting the iceberg, backing up and ramming it again. Now that's funny."

"What else amuses you," I asked. "Well..." he said. "When Michelle and the Queen of Qatar shut down Madison Avenue in New York and she went on a \$50,000 underwear shopping spree at Agent Provocateur, the store that advertises itself as selling the world's most erotic underwear...and she did that in the shadows of Occupy Wall Street (OWS), which protested greed and avarice, I thought that was funny." Could you see Barbara Bush or, God forbid, Mamie Eisenhower in their skimpy undies? Let 'em eat cake, I say.

"Oh," I said, "You're really on a roll. What about something of substance?"

"Well, Okay," says he. "Today the Chinese announced an agreement to purchase for \$15 billion Nexen, the Canadian oil company. If approved by the Canadian government, it will give China access to oil in the Gulf of Mexico, the Alberta oil sands, the North Sea and Africa. China will also acquire the technology for deep water drilling and solid rock (fracking) drilling. Meanwhile, here in the U.S. we have denied the Canadian oil pipeline and propose wind energy. So we can collectively puff our cheeks to make the blades move or buy oil from China."

"Okay, okay, that's scary, but what's funny?" I asked.

"Well," he continues, "the Department of Homeland Security has issued directive 'IS-907-Active Shooter' directing Customs and Border Patrol Agents to first hide if they run across dangerous illegals. If they cannot hide, then they are to run. But finally, if they are trapped, they may use deadly force--but if they do, they will be subject to investigative action by the Agency and could end up in big trouble. As you know, Agent Brian Terry who

was killed by drug smugglers in Operation Fast and Furious had been ordered to fire bean bags against the druggies. They responded with AK-47s, so Agent Terry became history. An embarrassed Obama Administration has exercised its right of Executive Privilege to remove its excuses from public view."

Not wanting to neglect its legal obligations, but refusing to seal the border, Homeland Security has taken to posting signs in Arizona that say:

DANGER- Public Warning- Travel Not Recommended

Active Drug and Human Trafficking Area

Visitors May Encounter Armed Criminals

Smuggling Vehicles Traveling at High Rate of Speed

Stay Away From Trash, Clothing, Backpacks and Abandoned Vehicles

The BLM Encourages Visitors to Use Public Lands North of Highway 8

"Now you gotta admit that a sign telling Americans to vacate areas of our country is not as good as a fence to keep the bad guys out, but it's better than nothing," said my belly-laughing cat.

"This is all tragic. Point out something funny," I demanded.

"Okay, Okay, how about this one? While conventional fuel for aircraft and ships costs about \$3 per gallon, the Department of Defense is requiring the Navy to spend \$26 and the Air Force to spend \$59 per gallon in order to burn bio fuels. All this while the defense budget is gutted by 25 percent due to the budget agreement between Obama and the Congress reached last summer. Soon sailors will be shoveling corn cobs into fire pits. Ha ha ha. The visual of that is too cool. Tote that barge, lift that bale..."

Getting angry now, I said, "None of this is funny," so the cat raised his shades and said, "You've lost your sense of humor, so I'll try one last time. Remember last week, the President eliminated the need to seek work as a requirement for receiving welfare? Well, here's the good part: Since recipients won't have to look for work, they will no longer be counted as unemployed, so the rate of unemployment will fall, just in time for the election. Wonder which genius thought that one up? Now you gotta admit that's both clever and funny."

Mumbling in my mai tai and my face reddening, I don't know if I'm embarrassed for our country or got too much sun. •



Political Penguin

By Duane Plank

Nothing really political about the senseless massacre that took place a couple of weeks ago in Aurora, Colorado, at the local movie theatre where a deranged nutcase decided to gun down as many innocent, wide-eyed moviegoers as he could at the first evening screening of the much ballyhooed flick *The Dark Knight Rises*.

Nothing political there, unless you count the fact of the hue and cry that emanated from one moronic journalist, ABC News lefty Brian Ross, who a scant few hours after the bloodshed and bullets flew in Aurora, went on the air and linked the murderous madman to the right wing Tea Party movement.

Apparently, the slipshod journalist Ross had played the lazy man's game and Googled the murderer's name. And one of the matches that came up on his personal device associated someone with a similar name to the Tea partiers.

Course the information was bogus, as was the Ross report. But it just goes to show you that when some members of the media have a political agenda that they try to further, they will do darn near anything to discredit the other side. To heck with the facts, to heck with the fact that this incredibly sad massacre of innocents doesn't seem to have much connection to any political party. More the work of a despicable dirt-bag who would have done the world a big favor if he had just swallowed 100 Vicodin or pointed a gun at his own temple and pulled the trigger and spared the innocent people he slaughtered.

And it is not just the lefties in the media who are guilty of a biased rush to judgment. Happens on both sides of the political spectrum. Sad, but true. The rush to be first in this immediate notification era trumps being right. Seems it is more important to be the first one out there than be accurate, even if the Bolshoi that is thrown against the wall is rife with half-truths, gossip, innuendo, or worse, Internet palaver. And even if you are dead wrong.

Sometimes, catastrophically grotesque acts like the Aurora massacre just happen. People who are strung way too tight snap and embark on the unfathomable. And the reality of it is, this type of carnage will happen again. You can count on it. Because if a deranged loon really wants to kill innocents and cares not for his or her own safety, then how can he or she be stopped? We can't make America a lockdown country, can we? Assume that the next time you go to a movie and pay the outrageous ransom that they currently charge for a couple of hours of amusement and penny-ante popcorn, you may have to duck under a metal detector, or some other high-tech apparatus that will give the illusion--and it is only an illusion--of safety in the sanctuary of a movie theatre.

Believe it was President John Fitzgerald Kennedy, foreshadowing his own assassination in Dallas back in 1963, who had

commented that if someone really, really wanted to kill the President and had no thoughts about getting away with the murder, that the Secret Service, with all their talent, all of their diligence and all of their tools, would be helpless to stop a determined, deranged assassin.

Unfortunately, he proved prescient in his thoughts.

BTW, the Kid had attended the midnight showing of *The Dark Knight Rises* and was still awake in the mansion when I prepared to shove off for work around 5:30 a.m. that fateful morning. He said that I should turn on CNN--that there had been terrible shootings in Colorado.

I did as advised and said a little thankful prayer. As I am sure a lot of parents did on that feckless Friday.

Okay, so on to some good news...pick up the pace a bit. Good news for President Obama, who fully expects to win the Great Bankrupt State of California in the general election that is now about three months away. And California is quite a plum in the electoral scheme of things, what with a mere 55 votes up for grabs. For those new to the game, the way you win the presidency isn't to amass the most popular votes, but to garner a majority of the electoral votes.

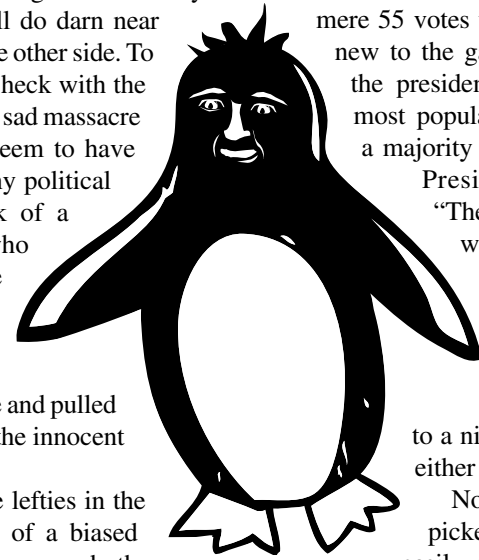
President Obama or Mitt "The Glove" Romney will win the presidency if they are able to pick up 270 of the available 538 votes. So the 55 that we have here in Cali amount to a nice chunk of change for either candidate.

Now the reigning POTUS picked up the 55 in 2008, easily outpointing Republican rival John McCain, 61 percent to 37. And back in 2004, the Demo man without a chance, easterner John Kerry, actually crushed the incumbent President Bush, 54-44.

So Romney obviously has his work cut out for him in Cali. Unless he and his operatives have already thrown in the towel, preferring to spend their time and money in so-called swing states where the Republican challenger may have a better chance to derail the Obama Express.

Nationwide, the latest Gallup poll has the incumbent with a scant one percent lead over Romney, 46-45. In California, the numbers portend a rather easy victory for the incumbent Prez with Obama holding a comfortable double-digit lead over Romney.

And the good news for the President, California-wise, is that recent reports have trumpeted the fact that California leads the nation in job growth. 'Bout time we lead the nation in something, other than gouging our college-age kids and their beleaguered parents for more Benjamins when the young scholars attempt to attend a school in the state in which they actually live--in which their parents continue to pay some pretty hefty taxes. •



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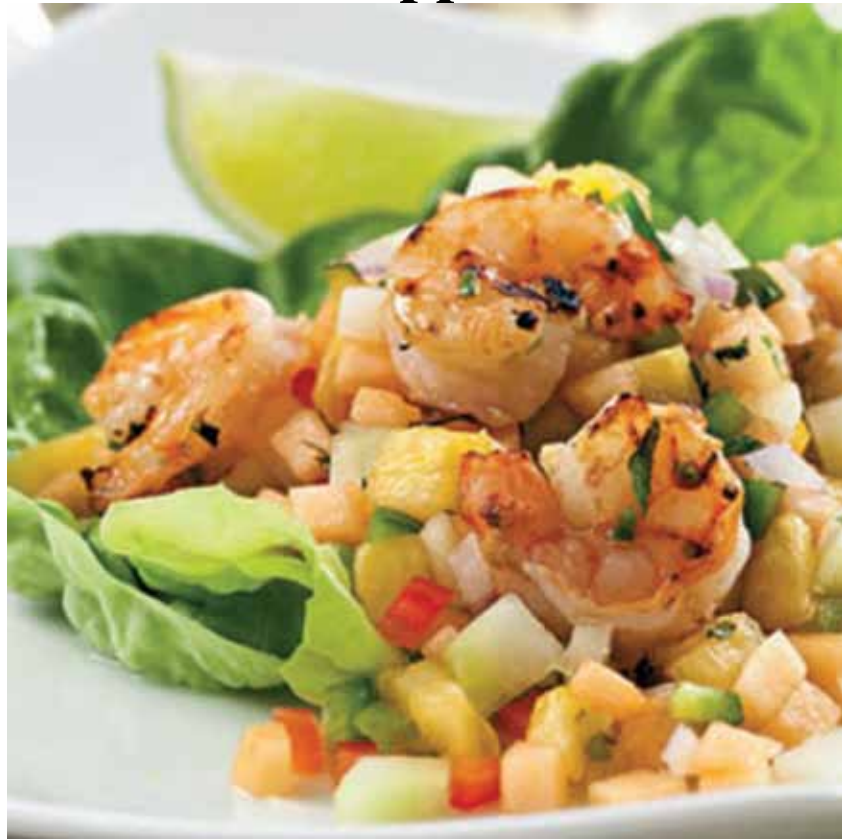
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Grilled Shrimp with Melon & Pineapple Salsa



Grilled shrimp is perfectly accented by this light, summery pineapple-melon salsa. The flavors are bright and fresh, just right for a hot day. Use just one melon or any combination of melons—including watermelon—for the versatile salsa. For best flavor marinate the shrimp overnight.

Servings: 4 servings
Total Time: 1 1/4 hours (plus marinating time)

Ease of Preparation: Easy
Health: Healthy Weight, Low Sodium, Low Sat Fat, Low Carb, Low Calorie, Diabetes Appropriate, Heart Healthy

- Ingredients:**
- 1 pound raw shrimp (16-20 per pound), peeled and deveined (see Note)
 - 2 tablespoons canola oil, divided
 - 2 teaspoons finely grated fresh ginger, divided
 - 2 teaspoons minced seeded jalapeño, divided
 - 2 cups finely diced firm ripe melon
 - 1 cup finely diced fresh pineapple
 - 1/4 cup finely diced red bell pepper
 - 1/4 cup finely diced green bell pepper
 - 1/4 cup finely diced red onion
 - 3 tablespoons rice vinegar
 - 2 tablespoons finely chopped fresh mint, plus 4 sprigs for garnish
 - 1/2 teaspoon kosher salt
 - 4 large lettuce leaves, such as Boston, romaine or iceberg
 - 4 lime wedges

Steps:

1: Combine shrimp, 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon jalapeño in a medium bowl. Cover and refrigerate for 4 hours or up to 24 hours.

2: Combine melon, pineapple, red and green bell pepper, onion, vinegar, chopped mint and salt in a large bowl with the remaining 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon jalapeño. Refrigerate until cold, about 30 minutes or up to 4 hours.

3: About 20 minutes before serving, preheat grill to high.

4: Thread the shrimp onto skewers, piercing each twice, once through the tail end and once near the head end. Grill the shrimp until pink and just cooked through, 2 to 3 minutes per side. When cool enough to handle, slide the shrimp off the skewers.

5: To serve, arrange one large lettuce leaf on each dinner plate. Spoon salsa onto the lettuce and top with shrimp. Garnish each serving with a lime wedge and a mint sprig, if using.

Nutrition: (Per serving) Calories - 213 Carbohydrates - 16 Fat - 8 Saturated Fat - 1 Monounsaturated Fat - 5 Protein - 19 Cholesterol - 168 Dietary Fiber - 2 Potassium - 509 Sodium - 352 Nutrition Bonus - Vitamin C (97% daily value), Vitamin A (24% dv), Iron (20% dv).

Marinate the shrimp (Step 1) for up to 24 hours. Cover and refrigerate the salsa (Step 2) for up to 4 hours. | Equipment: Four 8- to 10-inch skewers

Note: To devein shrimp, use a paring knife to make a slit along the length of the shrimp. Under running water, remove the tract with the knife tip.

By EatingWell, Courtesy of Arcamax.com •



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Adam Sports

The Day that Sports Ruled the World

By Adam Serrao

Last Friday evening the 2012 Olympic Games Opening Ceremony took place in London, England, marking the beginning of more than two weeks straight of athletic competition. Any sports fan's dream, the Olympics symbolizes a time when all of the world's greatest athletes come together and compete on the highest level and on the brightest stage for global supremacy in their respective sports. Titled "Isles of Wonder," the ceremony not only left sports fans wondering what they would see in the athletic competitions to come, but also gave the athletes from more than 200 nations an inspirational jumpstart to what may be one of the most interesting and hotly contested Olympic Games in quite some time.

The Opening Ceremony to the Olympics made history not because of the estimated audience of over one billion viewers worldwide, but because it was London's unprecedented third time hosting the competitions. London is now the only city in the world to have hosted the Olympics Games three times. The year 1908 was the first time that London became the focal point of the world for athletic competition, but originally it was not planned in such a way. The eruption of Mount Vesuvius in 1906 meant that Italy was no longer prepared to comfortably host the Games, as London politely stepped in to take over. London was again chosen to host the 1944 Games, which were postponed because of World War II and later became the 1948 Olympics. This was a notable year for London because 1948 was the first time that the Olympic Games were able to be broadcast on home television. Now it is 2012 and the Games are back in London, but the only difference is that this year they have come to the city effortlessly and efficiently. Certainly by the time the Games are over, London will have done its part to make headlines once again and continue the showcase of its rich sporting history on a global level.

The reason why these Olympic Games will be great is not because they are in London and also thankfully not because they are meant to take the world's mind off of a natural disaster (Vesuvius) or a historical tragedy (WWII). These Olympic Games will be great simply because of all of the great athletes competing in them. Fortunately for us, most of them come from our very own United States of America, so we can experience the glory that our athletes are feeling across seas right here on our very own soil. That being said, let's take a look at the major storylines of this year's Games.

Perhaps creating the most buzz as the top storyline of London's Olympic Games is the friendly battle between America's golden boy Michael Phelps and the up-and-comer Ryan Lochte. In 2008's Olympic Games in Beijing, Phelps was America's shining star, bringing U.S.A with him. At the time, however, Phelps' teammate Lochte didn't look too shabby himself, specifically showcasing his talent in the 4x200 meter freestyle relay where the latter

took home his first gold medal and broke his first world record as the Americans went on to finish in first with a time of 6:58:56. Fast forward to the 2012 Olympics and now Lochte seems to be locked in and no longer ready to take a backseat to Phelps. "I think overall, I'm just a lot older, smarter, and a better athlete than I was going into Beijing," the 27-year-old related. "I changed my diet and I started doing heavier weightlifting." The weightlifting may help with all of the gold medals that Lochte plans to drape around his neck. The young swimmer started his Olympics off the right way by grabbing his first gold medal on day one of the competition, finishing first to Phelps' fourth in the 400 IM.

Coming out of the water and stepping foot on sand, another great story for America in the 2012 Olympics lies in the attempted heroics of Misty May-Treanor and Kerri Walsh. The two won beach volleyball gold in Athens in 2004 and again in Beijing in 2008 and are now attempting to capture their unprecedented third straight Olympic gold medal beneath the nets and on the sands of the beaches of London. It won't be easy, however. Since America last saw the duo in '08, Walsh gave birth to two children, May-Treanor tore her Achilles, the two separated as a team but got back together and eventually made their way back to the Olympics. A dozen years after first teaming up, a third gold medal will make May-Treanor and Walsh the greatest female volleyball players to ever live.

Those are only two storylines of what will be an amazing Olympic Games. Yet to even be talked about is the men's Olympic basketball team featuring Kobe Bryant, LeBron James and Kevin Durant all on one team competing for one common goal. As good as that team is supposed to be in the Olympics, the U.S.A. women's basketball team is supposed to be even better. The 17-year-old Jordyn Wieber will attempt to bring home gold for the U.S. women's gymnastics team and who can forget about track and field? Justin Gatlin and company will be out to prove that they are faster on the Olympic stage than Jamaica. Even if Gatlin loses, Usain Bolt never ceases to wow and amaze with his cheetah-like speed, propelling himself down the track in such a seemingly effortless manner. Keep an eye on Bolt's teammate Johan Blake this year, however, as he figures to make some noise before all is said and done.

No matter what storyline is prevalent at the moment and no matter which nation takes home the most gold medals, the Olympics are back and every sports fan can now rest easy knowing that they will have unlimited coverage of athletic competition for the next two weeks. From basketball and swimming to judo and table tennis, the world's greatest athletes have all assembled to extend their talents further than they have ever been extended before and go after the golden prize. All we as fans have to do is sit back, watch and enjoy. •

Frankly Plank

By Duane Plank

So are you immersed in watching the first week of the Olympics extravaganza? Sports like field hockey, rowing, gymnastics, archery, badminton, ping-bleeping pong, nose-blowing, etc., that not a one of us would ever waste our time watching unless it falls into that 17-day cycle every four years where they try to sell the daylights out of these sports and make money for the corporate pirates like Nike and McDonald's.

Tried to watch the opening ceremonies on Friday night, but I gave up after a few futile minutes, focusing my attention on the Halos and Los Doyers. Tape-delayed, unwatchable, at least to this humble scribe.

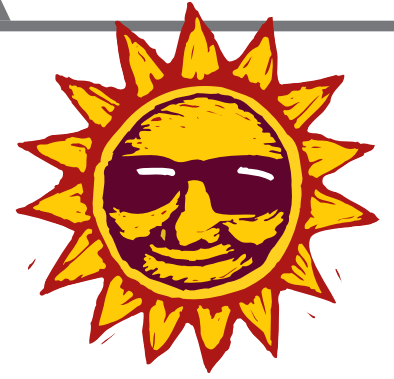
On the MLB front, both the teams that originally started in La La Land, the Angels, and the carpet-baggers from the Empire State, Los Doyers, made some pretty big acquisitions in the past week. Dodgers picked up perennial malcontent infielder Hanley Ramirez from the raising-the-white-flag Miami Marlins. Ramirez, who is a very talented player with seemingly a chip on his shoulder, started out his Dodger career playing third base, but will apparently be taking over at shortstop in the very near future.

What this means for the digitally-injured Dee Gordon, who was the Dodgers' shortstop of the present and future before he messed up his right thumb a month ago and was banished to the disabled list, who knows? If Ramirez does move to short, then the Dodgers still have a big hole at third base where the pathetic Juan Uribe still litters the roster and makes an occasional appearance in the infield line-up. Guess when you pay a useless joker \$8 mil a year, you have to justify it somehow and put him in the line-up?

Time for Dodger management to cut the out-of-shape, non-producing Uribe and eat the Benjamins. Dodgers were coming off a three-game road sweep of the hated ones, the San Francisco Giants, which put them in a flat-footed tie with their balling buddies from NoCal.

Speaking of the Dodgers, appears that I will be making my first travail out to the decrepit Dodger Stadium early next week. Apparently there is some kind of Bobblehead giveaway taking place on Tuesday night, and I have been coerced to go. Dodgers are tussling with the sad-sack Colorado Rockies, a game that would normally draw about 20,000 misfits on a balmy Tuesday evening. Not sure if they are giving away a Frank McCourt Bobblehead, but I assume the free bauble will inflate the crowd and make my wait in line to get an overpriced, tepid hot dog and flat beer even more interminable.

Had mentioned before that I think that the voice of the Dodgers, the incredible Vin Scully, may be slowing down a little. Not still at the top of his game. Which has to be true--the dude is 84. But I hope Scully stays around forever. Who cares if he occasionally calls first baseman James Loney Wes Parker? Guy has called a million games, seen thousands of players come and go. Has a right to occasionally get confused. Or so



bored that he just mails it in occasionally. Don't we all?

But being sentenced to listen to the buffoon Charlie Steiner on Dodger radio broadcasts is just plain cruel and unusual. Have heard so many mistakes, they seem to be part of Steiner's shtick. Would try to detail some of his gaffes here, but they are hard to translate. Suffice to say, Steiner announces the Dodger games like a distracted guy who is busily texting somebody something and then looks up to actually watch the game. So when he sees something happen, he isn't exactly sure what just occurred.

An easily catchable pop fly to right becomes a home run. Or a foul ball. Ball three becomes strike three. A runner caught stealing is suddenly "safe." Dude is comical. But probably not on purpose.

Quick non-sports add here: Just found out that the classic TV show The Rockford Files has resurfaced on the boob tube. Those of you with DirecTV can apparently access Channel 20, KVME, and catch not only the greatest TV show ever, Rockford, but classics like Gunsmoke and Bonanza. Who knew?

And it is a fact that the greatest rock-n-roll band in the world, the boys from the Great White North, RUSH, are coming back to town for a couple of butt-kicking shows later this fall. And that Bruce Springsteen and whatever is left of the E Street band will be circling back on their never-ending tour and are slated to rock the Honda Center in early December.

Wonder what excuses I will fabricate by the time these concerts hit town so that I will somehow not attend?

Back to the sports. Love the Halos' pick-up of the stellar right-handed pitcher Zack Greinke. Pitched a heck of a game in his first outing with the Angels on Sunday against the Tampa Rays, but unfortunately was supported with some shoddy defense, and suspect offense, and took the loss twonada. Mike Trout didn't play in the Sunday game, nursing an ouchie. Which means that outfielder Vernon "Orson" Wells did play, and contributed squat. Then the Angels hopped on a plane to Texas for some more fun with the Rangers, who they will...never catch. And how the heck did the Oakland A's get back into this, actually pass the Angels in the standings?

Last add: Been fielding some requests from local column supporters who want to read more of the gossipy, non-sports stuff. Or in my case, true stuff that I just happen to know, cuz I have some very, very reliable sources. Maybe that will work out? Maybe time to do the Twitter thing? •

Crime Reports

Compiled by Cristian Vasquez

JULY 24

Residential Burglary: 1300 Block of Elm Ave. While the victim was home, a suspect opened the side window to the residence and moved the window blinds to gain entry. The victim called 911 and police officers from neighboring agencies responded to assist, including a Los Angeles County Sheriff's Department helicopter. A perimeter was set up and a subject was discovered walking out of the neighboring yard. The subject was determined to be involved and was arrested for burglary.

JULY 22

Robbery: 100 Block of Manhattan Beach Blvd. A suspect was arrested for punching the

victim and stealing his bike.

JULY 19

Theft: 1500 Block of Rosecrans Ave. The victim met with a subject, whom she had met on Craigslist, to purchase Disneyland tickets. The victim gave the subject \$900 for the tickets, but when she went to Disneyland, she discovered the tickets were invalid.

Stolen Vehicle: 2200 Block The Strand. Unknown suspect(s) stole the victim's vehicle, which was parked in front of the garage.

Stolen Vehicle: 4000 Block of Ocean Dr. Unknown suspect(s) stole the victim's vehicle, which was parked at the El Porto parking lot. The victim left the keys to the vehicle on the front driver side tire.

JULY 17

Annoying Phone Calls: 3600 Block of Pine Ave. Unknown suspect(s) from Jamaica have been calling and harassing the victims in attempt to scam them out of money.

JULY 16

Residential Burglary from Garage: 2500 Block of N. Manhattan Ave. Unknown suspect(s) stole the victim's bicycle from an open garage.

JULY 15

Grand Theft: 300 Block of S. Peck Ave. Unknown suspect(s) stole a laptop computer from an unlocked, open church sanctuary.

JULY 14

Petty Theft from Vehicle: 700 Block of 27th St. Unknown suspect(s) stole various items

from the victim's unlocked vehicle.

JULY 13

Grand Theft: 400 Block of Manhattan Beach Blvd. Unknown suspect(s) stole the victim's engagement ring from an unlocked vehicle. The victim left the ring on the passenger side dashboard.

JULY 11

Grand Theft: 2700 Block of N. Highland Ave. Unknown suspect(s) entered the victim's vehicle and stole several credit cards. The victim left the key in the rear wheel well of the vehicle and went surfing.

JULY 10

Grand Theft: 3300 Block of Bayview Dr. Unknown suspect(s) stole two bicycles from the victim's garage.

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Ad prices exclude government fees and taxes, any finance charges, any dealer document preparation charge and any emission testing charge. *Based on 2012 EPA mileage estimates. Use for comparison purposes only. Do not compare to models before 2008. Your actual mileage will vary depending on how you drive and maintain your vehicle. Can take up to 30 days for delivery. **0% APR financing up to \$12,000 financed on approved tier one credit. 0% APR financing up to 60 months on all new Honda models is \$16.67 per month per \$1,000 financed. If more than \$12,000 financed, then the 0% goes to 1.9% on approved tier one credit. Ad expires Sunday, 8/5/12.

PETSPETS Pets PETSPETS

Purrrfect Companions

Pets Without Partners

This adorable sibling trio are playful kittens who were born April 12. Each with their own unique personality, they are ready to love you and be a part of your life. They would enjoy being adopted in pairs or even as a trio or into a home with another kitty companion.

William is a great adventurer. He's also special guy who absolutely loves to be held and pet. Craving your affection, William will relax against you for an hour or more if you let him. This little orange Tabby with his debonair white paws and chest has a coat that is so soft and smooth, just like him. Yes, he's "smooth" and he fancies himself a ladies' man...though of course he's fixed, so no worries.



William

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

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

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



Stella

Stella is a lover. Look at her beautiful Calico coat and special, pretty face. Go ahead, take a moment to stare--she's worth it. Stella was a little shy when she first got rescued, but she totally loves people now and wants to snuggle with you.

Feride (pronounced like the scientist Faraday) also goes by the nickname of Fee. Fee completely adores people and especially likes to rub against faces and give kisses. What can we say...Fee is a lover. She also adores playing with her sister Stella and little brother William. This little cutie pie is a real beauty with a special blend of Calico and Tabby fur and the most precious nose ever.



Feride

Happy Tails

Turner Enjoying Life Off the Track

Turner came right off the racetrack and we fostered him for Fast Friends Rescue. He found a wonderful home and is now learning how to be a great family pet...

"Hi, Turner is a love! He is so sweet and enjoys all five of us. He feels we are all a great source of never-ending attention. He is a perfect match for us and his sister Holly, our eight-year-old female Greyhound. I think she is getting the idea he is here to stay. Walking is still a work in progress. As I've gotten to know him, I can see that he is a little overwhelmed with our big world outside. We take two small walks each day and he is getting a little faster, even trots a bit.

As you can see, he has made himself comfortable on our family room couch and has spent long hours napping on two of my son's beds (both allowed). We love watching him do this. It shows how at ease he has become with us. He remains so calm and not bothered by loud, sudden noises. He did well

on the Fourth of July. Thank you for being a super foster for Turner. We love him very much. I especially--he is my special boy as Holly is my special girl.

Adopt a "pet without a partner" and give a homeless pet a second chance in life.

Anabell is a Deer Chihuahua. Anabell is shy when she first meets someone new and needs a little bit of time to warm up to you. Consequently, this darling girl has been passed by at adoptions. She is so sweet and loving and just needs a patient, caring person who will give her a few days to warm up. Basically, take her home and ignore her for two days. Once she knows you and trusts you, you're her bonded buddy. Anabell is housebroken with a doggie door or open door, loves going on walks, playing with toys and cuddling on your lap. Anabell has good play manners with other dogs, both male and female, and is cat-safe as well. At 18 months old, Anabell is fully grown at a petite 10 pounds. Anabell would do best in an adult home or home with a single person, but not in a home with kids as they scare her. Anabell is spayed, current on vaccinations, de-wormed and microchipped.

Popeye is beautiful fawn Pug who is about five years old and weighs 18 pounds. He is missing his right eye and has very limited vision in his left eye. But shhhh... don't tell Popeye this because he has no idea he is visually impaired. Popeye gets around like a champ and he loves everyone he meets. He is gentle and kind and great with all other dogs and people of all ages. Popeye is neutered, current on vaccinations, de-wormed and microchipped.

Gus is a sweet two-year-old Pug and is a jovial little guy. His double curled tail is



Anabell



Popeye



Gus

always wagging and he is excited to see anyone who will pay attention to him. Gus is wonderful with all the other dogs at our rescue and appears to be cat-safe. Gus is neutered, weighs 19.5 pounds, is current on vaccinations, de-wormed, microchipped and good with kids.

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. •



take it to his bed, flip it over to the fuzzy side and place his head on it. He also played with a hedgehog toy briefly right after this event. When it made noise, he stopped as if to say, "What was that?" And he crawled up on the couch and put his head on my lap as I was having my morning coffee. He stayed for a while until he heard something out in the backyard and gave a low growl/bark. I reassured him all was fine. I didn't want to spoil the moment. We both got up to investigate and of course, nothing was there. On a side note: I looked over his racing records for fun. Of the 140 races, the 15 he won or placed in, all had notes of "came from behind." Can't help but think this is just how he walks--slow and then speeds up to get ahead of Holly and I, but never pulling. Life is really good!" --- Sincerely, Sherrilyn.

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



El Segundo Rotary Club Presents

MOVIE

in the park



SATURDAY, AUGUST 4

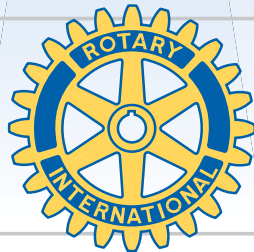
4:00pm

Giant Movie Screen • Entertainment
Moon Bounces • Face Painting • Food & Drinks • Kettle Popcorn

At Chevron Park, El Segundo - corner of El Segundo & Sepulveda Blvd.

Admission: \$4 (kids 2 and under are free)
bring blankets & beach chair - no high-back chairs please - no drop-offs permitted

Tickets available at Industrial Lock & Security and the El Segundo Chamber of Commerce
For more information contact: information@movieinthepark.info. Or visit: www.movieinthepark.info



Supervisor
Don Knabe
County of Los Angeles | Fourth District



El Segundo Herald

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The Reimann Law Group
Good Ideas, Good Work, Solving Problems.



XPRESS CARWASH
MINUTE EXPRESS

El Segundo Firefighters Assoc. • El Segundo Police Officers Assoc. • The Gordon Family • Shiela Fowler, Shorewood Realtors • The Gas Company
Kevin Smith, Fire Chief, El Segundo Fire Dept. • Dr. Michele A. Rogers • Bill Ruane • SAGA • SJM Industrial Radio • Team Handling Services

no pets

A Fun Outdoor Family Event!