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# Weekend **Forecast**

# Friday, Sunny

78°/58°



#### Saturday, **April 4** Sunny



# Sunday, April 5

Sunny 66°/52°



# Spring Break Washes Ashore Next Week



A view of the pier from the south side. Manhattan Beach USD spring break starts next week, April 6. The Roundhouse Aquarium, located at the end of the pier and open M-F 2-5 and Saturday 10-sunset, is a great place to take kids (roundhouseaquarium.org). Photo by Peter Thornton, jp.thornton58@gmail.com.

# History in our Backyard: Rancho Los Cerritos and The Rancho Los Nietos Land Grant

**By Rick Foster** 

In a continued effort to search and introduce my family and friends to California's rich and dramatic history, today we visited a very prominent adobe home and museum right in our backyard, Rancho Los Cerritos. Located in Long Beach, we found ourselves in the luxurious surroundings of the Virginia Country Club and the historically unique and restored two-story adobe home that was built and occupied by the John Temple family in 1844. The property had once belonged to the first owner, Maria Manuela Nieto-Cota, and her family, who had built two smaller adobe structures on the property that no longer exist. The property was a part of the Nieto and Cota family from 1784-1844. Besides being one of the nicer restored adobe homes, Los Cerritos also houses an extensive archival book collection available to the public by appointment only, covering this historical time period.

While at Rancho Los Cerritos we decided to learn more about Manuela Nieto-Cota and how she came to own a rancho. During our search for this information, we were surprised to learn that not only was California a Spanish speaking territory ruled by Spain, but California almost became part of Russia only to be saved by the California Mission System. We continued to follow the Nieto family story and how they fit into our local California history. We discovered that Maria Manuela Nieto had inherited the land from her father, Manuel Nieto, as part of a larger rancho known as Rancho Los Nietos. Rancho Los Nietos was a vast 167,000 acre rancho and Rancho Los Cerritos was just a small portion of 27,000 acres that includes Cerritos and Long Beach.

A Spanish land grant was made in 1784 called Rancho Los Nietos. From this point, the story took on a life of its' own with many twists and turns, as we uncovered

more about the rancho and land grants of Spain and Mexico. We were intrigued by the size of this land grant. It had encompassed all the land that is now Anaheim, Artesia, Buena Park, Bolsa Chica, Cerritos, Cypress, Downey, Fullerton, Garden Grove, Huntington Beach, Lakewood, Long Beach, Los Alamitos, Naples, Norwalk, Santa Fe Springs, Seal Beach, Sunset Beach and Whittier. From 1542-1769 Alta California, New Spain was virtually uninhabited by the non-natives. In the North, there were small groups of French and Russian fur hunters while in the South, only native Indians inhabited the area. Although rumors had been swirling for years that Tsarist Russia wanting to occupy parts of Alta California to enhance its fur trade operations, but it wasn't until 1769 that Spain was prompted to implement a viable plan to settle the Alta California territory. In an effort to thwart Russia's plan of invasion, Spain teamed up with the Roman Catholic Church and used the Franciscan friars to help settle the territory and push back the Russian settlers that were arriving from Alaska. The plan was to set up a chain of mission churches from San Diego to the Northern Territory. The mission systems would not only be for a place of worship, but doubled as fortresses and self-sustaining communities. The priests would convert the native population into Christians, as well as cultivate the land for the new colonies, thus growing a population of loyal Spanish subjects. As part of this scheme, Spanish soldiers joined the expedition to provide protection while the missions were being built. Armed with this historical background of

what a desolate place California must have been and how important it was for Spain to populate the territory, we uncovered a story of a man named Sergeant Jose Manuel Perez-Nieto. Manuel Nieto was a Spanish soldier sent to San Diego to the newly built Presidio to help protect California from pirates, Indians and foreign invaders and to provide protection for the mission builders. In 1769, Junipero Serra, a Franciscan friar, set out to build a string of missions and forts from Baja to the North of the state. The effort was successful in that the Russian colonies never made it past present day Sonoma. To further the colonization of Alta California, many Spanish soldiers were enlisted to patrol and protect the mission settlements from invasions and hostile Indians. They were also encouraged to settle in the area of the missions with their families to help populate the territory. During this time, Spain was becoming increasingly strapped for cash. In order to offset the low to nonexistent salaries for these soldiers, they were granted permission to raise cattle for food, as well as, supplement their income. One such soldier in this trade was Sergeant Jose Manuel Perez-Nieto. As Nieto's cattle numbers grew, so did the need for pastures for his cows to graze. In 1784, Nieto sent a request for land to the acting governor of Alta California for his cattle to graze. Spain had only issued 30 land grants during its occupation of California and Manuel Nieto and three other soldiers were offered one of these land grants. Rancho Los Nietos was born out of this land grant.

Rancho Los Nieto was one of the first and largest of the California land grants; the initial grant consisted of 300,000 acres, but after some protest from priests at the Mission San Gabriel, the grant was cut to 167,000 acres. Mission San Gabriel needed the land to sustain the local Tongva Indians that had lived throughout Los Angeles area and the West Side. Mission San Gabriel had been persuading the Tongva tribes to leave their nearby land and come live on mission lands. The remaining 167,000 acres given to Manuel Nieto, stretched from the hills north

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# Film Review

# White God is a Dog Epic For the Ages



Zsófia Psotta in White God, a Magnolia Pictures release. Photo courtesy of Magnolia Pictures.

#### By Ryan Rojas for CINEMACY

In White God, Hungarian director Kornél Mundruczó tells a thrilling and heartbreaking modern-day parable about the oppressions endured by lower-class people at the hands of those with power and the social consequences that may inevitably arise. The lower class people here in Mundruczó's daring and bold film, just happens to be non-human, real-life dogs – around two-hundred and fifty of which were involved in making this incredible genre-experiment of a film.

The winner of last year's Cannes Award 'Un Certain Regard' (an award given to films with various types of "original and different" visions and styles that work to seek international recognition), *White God* is nothing short of jaw-dropping in its ambition and ultimately realized vision. In Hungarian with English subtitles, the film transcends its European region to connect its display of politically and socially marginalized cultures to a universal level.

White God follows two youthful and innocent characters whose early first-hand experiences with injustice lead to full character changes, into disillusioned and battle-hardened learners of the sometimes cruel real-world. First-time actor and thirteen year old Zsófia Psotta stars as Lili, a girl who is sent to live with her divorced father Daniel (Sándor Zsótéro), bringing along her trumpet and dog, (and the film's second star) Hagen, a mixed-breed that is seen as an

inconvenience to everyone except his loyal young owner. So when Daniel's apartment manager learns of the dog and tells him of the state's tax that must be paid for owning mixed-breeds, his frustrations give way to his doing away with Hagen, depositing him on the side of the road as a helpless Lili is left to watch Hagen grow out of sight, confused, abandoned, and alone.

At this point, the rest of the film brilliantly unfolds in cutting between Lili and Hagen in parallel-path narratives, which track their journeys as they each struggle to navigate through their new and uncertain worlds. Lili, at first only slightly angstful, slowly shades into an authority-defying little anarchist in her own right, shown unbending to the wills of her father or band teacher's hypocrisies, while continuing to search for Hagen. Hagen, meanwhile, is seen learning to live on the streets, struggling to cross roads with zooming oncoming traffic, but soon enough encountering a pack of other canines in the city's back alleys to survive with. These full, wordless sequences make this reviewer wonder how the on-set animal training and editing were combined to create these incredible scenes, some of the film's most effective parts.

The film makes its more moving statements in the second act's events, as Hagen is shown subjected to the unfortunate life of a stray within a society that fails to aid, making for

See Film Review, page 3

# **Looking Up**

# **Spring Eclipses of Sun and Moon**



The Moon during an eclipse in October 2014. Another lunar eclipse will occur in Southern California on April 2. Photo by Tom Ruen.

# Based on press release from Williams College, provided by Bob Eklund

This spring, our Sun and Moon happen to be so aligned that first the Moon's shadow falls on the Earth and then, two weeks later, the Earth's shadow falls on the Moon. The result: sky-watchers are being treated to both a solar and a lunar eclipse.

The total solar eclipse, which occurred on March 20 (by coincidence, that date was also the spring equinox), was visible along a path of totality beginning in the mid-Atlantic Ocean and continuing north to Greenland, past Iceland, and finishing in northern Siberia.

The Norwegian island of Svalbard—at the top of the world at 78° north latitude—was also in the path of totality, and Williams College astronomer Jay Pasachoff chose this desolate spot as his base of operations. His

team of eight intrepid scientists from the United States, Greece, and Slovakia traveled to the Norwegian archipelago to study the Sun's outer atmosphere and the effect of the eclipse on Earth's weather. Pasachoff reports, "The weather was improbably-impossibly-wonderful, with a complete clear sky, much better than cloud statistics from weather satellites had led us to expect." Their work was sponsored by a grant from the Committee for Research and Exploration of the National Geographic Society.

Pasachoff, Chair and Field Memorial Professor of Astronomy at Williams College, Williamstown, Mass., reports that "even though we are past the peak of the latest sunspot cycle, the corona still had the symmetrical shape of sunspot maximum. Also, even a preliminary view of our spectral studies

See Looking Up, page 3

# **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.

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Part-time office worker wanted: Must be familiar with Mac computers and knowing Indesign is a plus too. Hours would be approx. Monday, Tuesday and Thursday. 11-2:00 p.m. Responsibilities will be varied. Skills required include by are not limited to: strong english speaking and writing ability, working well with public , attention to detail and meeting deadlines. Interested parties, send resume to management@heraldpublications. com. No phone calls please.

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Management Analyst for textile co. in Torrance. Mail resume to Textile Unlimited Corporation , 29017 Higgins St, Torrance, CA 90501.

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ADMINI ASSISTANT Appointment coordination, Event and meeting planning, Make travel arrangements, Record Keeping, Bookkeeping, Sched uling, send your resume and salary expectations to: gerel098@ gmail.com 562-666-3004

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Corporate Development Specialist: Assess employee needs, employment related issues. Plan, organize various programs, training sessions for improvement of workers skills. Obtain, organize policy, procedure manuals. Monitor, evaluate employee programs, training outlines. Prepare reports. Bachelor Degree any field & 3 yrs. exp. in HR, corporate/employee development. 40 hrs/wk. Fax resume to (310) 222-1092. Aero-Electric Connector, a division of Conesys, Inc., Torrance, CA.

#### House for Lease

1 bedroom home for lease. Parking available. Home on Main St. behind 428 Main St. Like new with refrigerator and stove. \$1600/ month (310) 322-7975

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Moving sale, 633 W. Walnut. Saturday 4/4 8am-12pm. Lots of household items, appliances, and tools



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# **Destination: Art Holds Special Reception**

Destination: Art held a special reception on February 28th for featured artist Richard Stephens. Destination: Art is a newly opened non-profit studio and gallery featuring South Bay artists, located at 1815 W. 213th Street, Suite 135 in Torrance. Destination: Art

will be holding an open house on April 2nd from 11am - 2pm showcasing the works of Larry Manning, a pastels painter, and Dolores Garren, who specializes in oils. Photos Provided by Destination: Art.•



Georgette Gantner, Redondo Beach Art Group, and Richard Stephens, Featured Artist of February at Destination: Art.



Councilwoman Heidi Ashcraft (center) with her husband Dan and Margaret Lindsey, Destination: Art President and Studio Artist.

#### Looking Up from page 2

showed that the corona was still especially hot, averaging well over 2,000,000°E"

The research team, and an accompanying tourist group of 40 people, observed from an open field about one mile east of the city of Longyearbyen, the 2,000-person capital. The temperature of +8° F at the onset of the eclipse dropped to -7° F at mid-totality. Pasachoff is working with atmospheric physicist Marcos Peñaloza-Murillo of Venezuela in interpreting the effects of how the abrupt shut-off of solar radiation cools and shocks Earth's atmosphere. Williams College student Allison L. Carter (class of 2016) not only took images of the partial phases and the corona with a Nikon digital camera mounted on a Tele Vue telescope but also set up measuring devices to record temperature and pressure every 30 seconds.

Other scientists in the expedition included Ronald Dantowitz of the Clay Center Observatory in Brookline, Massachusetts; Vojtech Rusin of the Tatranska Lomnica Solar Observatory in Slovakia; and Aristeidis Voulgaris and John Seiradakis of the Aristotle University in Thessaloniki, Greece. Amateur astronomer Michael Kentrianakis of New York City and eclipse map-maker Michael Zeiler were also part of the team.

The event was Pasachoff's 61st solar eclipse and 32nd total solar eclipse. "All the eclipse fans, some of whom will join us in Indonesia next March, are looking forward to the August 21, 2017, total solar eclipse whose path of totality will sweep across the United States," he noted.

#### **LUNAR ECLIPSE APRIL 4**

In the early morning hours of Saturday, April 4, Southern Californians will have their own chance to see an event not quite as rare as the Svalbard solar eclipse, but well worth watching—a total eclipse of the Moon, when the Moon's orbit carries it directly into Earth's shadow. Unfortunately, most of us will be sleeping, at least in the early part of the eclipse. The full Moon's left edge will begin to darken at 3:15 a.m.as it enters the umbra, or full shadow; and maximum totality occurs at 5:00 a.m. At 6:44 a.m., the setting full Moon will have just emerged from the umbra. Happy viewing! •



(L-R) Holly Medbery, Destination: Art studio artist; Peggy Zask, formerly of Zask Gallery; and Margaret Lindsey, Destination: Art



David Wolfram, Torrance Artist Guild President, with Georgette Gantner of Redondo Beach Art Group.

#### Film Review

continually saddening but powerful watching. He is caught by a homeless man and sold to a dog-fighting trainer, who submits the dog to such despicable acts as beatings and other tortures to invoke his more beastial and primal anger. These painful-to-watch events ultimately lead to Hagen, now teeth baring and snarling, finally revolting along with a city's worth of canine comrades, in a third act that best resembles Alfred Hitchcock's The Birds and the city-takeover stylings of The Rise of the Planet of the Apes, where the film moves from social commentary to a type of exploitive-horror.

White God's emotional moments and truths are heart-breaking in their display, as Mundruczó never shies away from showing the brutalities that Hagen endures at the hand of the more evil pawns of empowered society, the "white gods" that hold the power over those without any. The sometimes painful events showing Hagen's dog training and turn from innocent to aggressor stand out as the director's statement on social unrest-that the indignities of the minority can only endure for so long before boiling over into revengelike upheaval.

Perhaps the film's weaker, or rather, less stimulating component comes from its familiar structure outside of the draw of featuring live dogs to tell the story. But there is so much fire and kinetic friction from the very start that it's fully rewarding to see when the dogs break free, charging full speed through the abandoned streets of Hamburg, terrorizing pedestrians and taking revenge on the film's earlier antagonists. Here though, things resolve a bit too easy, in a final sequence that could have invoked even further boundary-pushing; though the entire journey of grueling emotional highs and lows will still leave audiences stunned.

from page 2

White God should be considered essential viewing; past its excitement and successful gimmick of following a real dog's life, the social issues, while still hitting familiar notes, realize an empathy in us all that makes its point: until we can all live together in society, things might get a little rough. White God opens in Los Angeles at the Landmark Theater this weekend. For our exclusive interview with Director Kornél Mundruczó, check out www.cinemacy.com. •

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# Politically Speaking

## **One Man's Opinion**

#### He Made Me Do It

By Gerry Chong

"Waaaaaaa," cried the little boy, as his mother pulled him along "Waaaaaa, he made me do it."

"Now stop it, Barack. Stop the temper tantrums. Either play nicely with the others or you can't go out and play anymore," said his mom.

"But I don't like Israelis so I left the old man sitting downstairs alone in the White House and came up to have dinner with you."

"That was horribly rude, child. He was the oldest playmate we have in that part of the world. Now he hates us. And by the way, did you have to send one of your political

oppose you and your schoolyard bully pal. Are you happy about that? I could just shake you, Barack."

"Waaaaaa, he made me do it."

"And just to prove he's going to make you a sucker, he waited until the last week of his negotiations with you to tell you he isn't going to sign any agreement with you. Then he waits until the last day to say he changed his mind about the most important provision in the agreement. Barack, he's made a fool of you. He wiped the floor with you and John Kerry.

Now he may get economic sanctions lifted, will keep the nuclear ability he developed,

"Republicans and some Democrats are saying this deal with the bully better work out or they'll slap more sanctions on Iran and make you look like an even bigger fool than you've made yourself."

operatives to oppose his re-election and say you did not want to interfere in foreign affairs? Honestly, Barack."

"Waaaaaaaa," squalled the child, "he made me do it."

"Barack, there's this other bully in the schoolyard the other kids hate. His name's Iran, but then you know that. He's kicked sand six times in the principal's face since 2006, sponsors state terrorism throughout the Middle East, is sanctioned by nine individual nations, lies about possession and development of nuclear power, and has a history of deception and human rights violations, but you want to be his friend! What's with you, child?"

"Waaaaaa, he made me do it."

"All the aother kids in school now want to pick on you too. Saudi Arabia, Egypt, Jordan, and most of the 22 member Arab States have banded together militarily to and get a nuclear weapon whether he cheats or not, because he knows you're desperate for a star on your legacy."

"Waaaaa, he made me do it."

"Now look at the mess you created among your classmates. Republicans and some Democrats are saying this deal with the bully better work out or they'll slap more sanctions on Iran and make you look like an even bigger fool than you've made yourself."

"Waaaaa, he made me do it."

"Then there's all this pro-Muslim foolishness you've spread on campus, saying Terrorists aren't Islamists when Islam is their middle name. Come on, boy, what's gotten into you? It seems like you've lost your balance, and are willing to throw your entire being away over defending Muslims."

"But don't you see, Mom? He made me do it. It was the Dream of My Father." •

## **Another Man's Opinion**

#### **College Sports Is Cash Cow For Everyone Except Athletes**

#### By Cristian Vasquez

Like millions of other Americans, I too am caught up in the spectacle of March Madness. However, despite my love of sports, the way these student athletes are exploited by the National Collegiate Athletic Association is troubling. I'm not arguing for these student athletes to receive contracts worth millions of dollars but there should be some type of compensation. Some people will argue that these kids receive a free education in exchange for their commitment to athletics and that is a fair argument. Yet, for as much money as collegiate sports generate for the schools, four years worth of tuition is the amount of pocket change that these institutions can more than afford. Let's be honest with ourselves and admit that the NCAA is abusing these college athletes.

USA Today reported that the NCAA registered a \$61 million surplus in 2013, making it the third consecutive year that the association garnered more than \$60 million. The NCAA itself reported that most of its revenue [81 percent projected for 2012-13] is derived from media rights. The majority of those media rights monies are the result of a \$10.8 billion, 14-year agreement with CBS Sports and Turner Broadcasting, just for the rights to the Division I men's basketball championship. In addition to this billiondollar deal, schools and the NCAA earn millions of dollars every year from the sale of merchandise, merchandise that the student athlete represents, for which they do not see a single dime.

One can argue that it's not the student athletes' place to receive royalties for the merchandise since they are amateurs. Wrong: it is wrong to have the schools and NCAA continue to profit from the every athlete's image even after they graduate. Jersey sales and NCAA basketball games on video consoles

like the Play Station series or XBOX are just some of the merchandising tools that will generate profits for the NCAA for years; yet the student athlete sees none of it throughout their lifetime.

As if that wasn't enough, let's not forget that sponsorship generates a substantial amount of money during official NCAA tournaments. So when NCAA President Mark Emmert says that college athletics is about the integrity and spirit of the game, hence why student athletes shouldn't get paid, it's hard for me not to yell malarkey [in my head]. If coaches can agree to endorsement deals with sponsors and the NCAA generate millions of dollars a year in the spirit of the game, why can't the student athletes that give the organization life receive at least a stipend? Not all student athletes are start running backs or nationally recognized point guards who benefit from media exposure, and who can maybe benefit from their highprofile image. The tennis stars, the lacrosse players, the amazing swimmers and great golfers or stellar track and field athletes are also part of this system that generates millions, and they too are denied royalties.

There's nothing wrong about the schools and NCAA generating money from something like sports, which are very profitable. However, it is a crime to have a group of people sell that product and not receive proper compensation. It's disingenuous at best for NCAA representatives to say that college athletics is about the prestige and love of the sport when they make billions of dollars on the back of the student athletes. I'm a UCLA fan and that will not change. Yet, I can't bring myself to buy official merchandise knowing that many of these athletes at times are struggling to eat a decent lunch while some coaches, several athletic directors and many NCAA officials are stuffing their pockets with money. •

### History from front page



The Los Cerritos ranch house in Long Beach, CA. Photos by Rick Foster

of Whittier to the sea and from today's Los Angeles River to the Santa Ana River. Manuel Nieto retired to his Rancho along with his wife, mother and four children. He would later become the wealthiest man in California based on land and cattle, only to be out done by Pio Pico in the 1850s. Thinking that cattle would bring profits to Nieto from the sale of beef, we were surprised to learn that most of the profits were derived from hides and tallow used for candles and soap. It was even more surprising to learn that much of the meat from the cattle was wasted as there wasn't the population to demand and consume it. It is believed that the original adobe that Manuel Nieto built was a typical, single story adobe about twenty feet by twenty located in the West Whittier-Nieto area, has since been destroyed by floods from the unpredictable San Gabriel River.

Jose Manuel Perez-Nieto died at age 70 in 1804, leaving his rancho to his wife and children. After Mexico Independence from Spain, the Nieto family petitioned the government to subdivide Rancho Los Nieto so that it could be divided amongst the Nieto children. In 1834, that request was granted and Rancho Los Nieto was divided into smaller ranchos. The new land grants were established and given out at as follows: Rancho Los Alamitos to Juan Jose Nieto; Rancho Las Bolsas to Catarina Ruiz the widow of Jose Antonio Nieto; Rancho Los Cerritos to Manuela Nieto de Cota and her husband Guillermo Cota; Rancho Los Coyotes to Josefa Cota widow of Antonio Maria Nieto and much smaller Rancho Palo Alto to Juan Jose Nieto (most likely Coyote Hills and Arroyo de los Coyotes). In 1844 and after the death of Manuela in 1832 and

Guillermo in 1844, it was decided amongst their twelve children to sell the Rancho Los Cerritos rather than further divide the land. In 1843. Rancho Los Cerritos and its 27,000 acres was sold to a family member, John Temple. In 1844, John Temple began building a modern day, two story adobe, outfitted with the finest amenities and garden money could buy. The local indigenes Tongva Indians were hired to help with the construction. The original roof construction at this time was a flat roof built of timbers and sealed with tar from the La Brea

Tar Pits. The rancho had more than 15,000 head of cattle and was prosperous in shipping hides and tallow and the production of dairy products. All that changed after several years of drought in the 1860s killed off much of the cattle. In a depress real estate market, John Temple made plans to retire with his wife to Paris, France and sold Rancho Los Cerritos and all of its 27,000 acres to Flint, Bixby and Company in 1866 for \$20,000. John Temple died in San Francisco a few months after the sale never making it to Paris.

The Flint, Bixby and company raised sheep on the vast land as they required less pastured lands than cattle. The Flint, Bixby and Company made a huge success in the wool trade until 1870 when the business tapered off with less demand. From 1870-1927 the land was subdivided and sold off to

meet the demands of the booming Southern California population. New cities began popping up from the acquired land that was once Rancho Los Cerritos. Today we are fortunate to have this land mark and treasure in our backyard to remind us of our not so distant past from Spanish rule to our present day metropolis. If you stop by the Rancho Los Cerritos, tell them Rick Foster sent you.

Rancho Los Cerritos is located at 4600 Virginia Road, Long Beach, California 90807. Phone: (562) 206-2040. Rancho Los Cerritos is open to the public Wednesday through Sunday from 1-5 pm., except on major holidays. All tours are guided by either a living history or a third person docent. The last tour of the day begins no later than 4:15 p.m. •



A tree planted by John Temple in 1844.

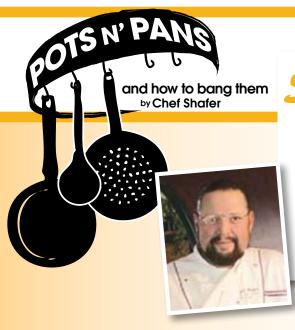
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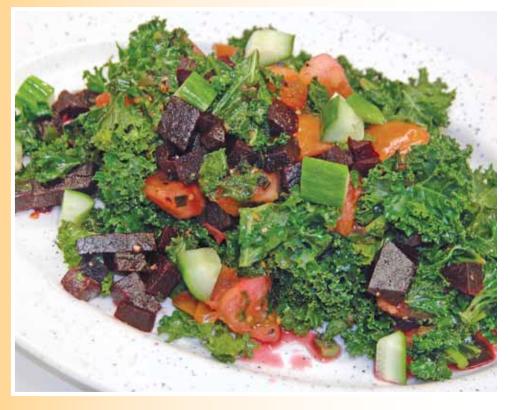




pring has sprung! It's time to eat a little lighter. This is a great way to get a vitamin rich but flavor filled entree.

LIVE WELL, LOVE MUCH, LAUGH OFTEN!

The Chef



# **Warm Kale Salad**

#### **Ingredients**

- 2 tablespoon olive oil
- 1/4 cup chopped green onions
- ½ pound chopped kale
- 1 large tomato diced
- ½ cup garbanzo beans
- ½ cup diced beets
- ½ cup diced cucumber
- ½ cup seasoned rice vinegar
- salt and pepper to taste

#### Preparation

- 1. In a large pre-heated fry pan brown off the green onions in the olive oil.
- 2. Add the tomatoes and kale warm slightly.
- 3. Add the remaining ingredients and toss together in a large salad bowl and serve. This salad can be topped with seafood chicken other veggies and cheese. What ever you like. •

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# PETSPETSPETSPETS

# Not Just Easter Bunnies

Bunnies just aren't for Easter. They're ready to share their love the whole year thru. Rabbits are wonderful companion animals: they're clean, sociable, and once neutered, can easily be litter boxed trained. Want to give a bunny a "hoppy" holiday? There is a

Pelle is a friendly rescue bunny.

wide selection of rabbits waiting for homes, so please don't shop, adopt one of these beautiful bunnies or one of their friends.

Pelle is friendly fellow, handsome fellow is hoping beyond hope to find a forever home. Someone rescued him off the streets and now has to leave the country; she didn't plan on a bunny and can't take bunny with

> her. Anyone want to adopt or if Pelle gets desperate, foster him?

> Maria is a round little white rabbit who has turned around from being snorty to loving to be petted and getting very attached to certain volunteers. This just goes to show that all any of us needs is love. She does not appreciate other rabbits one bit, so if you're looking for a single rabbit, she might be the perfect one!

Leshi and Snow Maiden are a young, loving pair who are about four months of age. They have just been neutered and looking for a home where they can stay together forever. Leishi is the slightly fluffy silver Lionhead blend. His companion Snow Maiden is a delicate white beauty with silver whiskers and dark eyes.

All these orphaned bunnies are available for adoption through Los Angeles Rabbit Foundation. To see

more of their rabbits, please visit www. larabbits.org. The group holds weekly adoption



Maria wants to be your one and only.

venues on Saturdays from 12:30-3:30 at 3860 S. Centinela Ave., Los Angeles 90066 (2 blocks south of Venice Blvd.). All the rabbits are neutered and box-trained prior to adoption. Adopters receive a care packet, a bag of oat blend hay, and advice for the life of the rabbit. If you can't adopt, the organization always needs foster homes, volunteers, and of course donations. All donations go to help the rabbits and will directly pay for operations, food, supplies Leshi and Snow Maiden are a sweet fuzzy pair.

for shelter and foster rabbits, and educational materials. Los Angeles Rabbit Foundation is a 501(c)(3) charitable organization that is run by unpaid volunteers. Monetary donations to Los Angeles Rabbit Foundation can be made thru PayPal on their website or mail a check to "Los Angeles Rabbit Foundation," P.O. Box 252124, Los Angeles, CA 90025.

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



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# PETSPETS LECUS ETSPETS PETS Adopt a Pal for Life



Holly is shy but loving.

Looking for your purr-fect match? Kitties of every color and size are waiting to meet you.

When Holly was rescued along with her siblings at 4 weeks old, it was quickly apparent that something was very wrong. At just 6 weeks old, Holly wound up hospitalized where it was discovered she had a congenital colon issue. Now, her troubles are not only under control with a little medication each day, but the internal specialist is encouraged that by the time she's 1 year old, Holly may be off medication for good! Holly is a very special little girl who almost didn't survive. Due to the numerous medical procedures, Holly is skittish of new people. However when you are lying in bed, Holly turns on the charm and becomes the mega affectionate little diva hiding inside! She purrs like a motor, butting her head into your hand, and can't get enough pets. This precious girl needs a loving forever home who will dote on her, be understanding of her skittish silliness, and treasure the trust and love she will shower on you every single morning. Holly would like a calm, quiet home with no children. She is ok with calm, small dogs who leave her alone, and would be ok with other cats or as an only kitty.

Carly is a super cute terrier/dachshund mix who is only about 6 pounds. With her unique, adorable little seal-like bark, we just couldn't resist taking her into our cat rescue. She is sugar sweet and loves to play with the other foster pups and kitties. Snuggling up for a nap to get her belly rubbed and give kisses to her human(s) is a favorite. She wants someone who can be with her all the time, or take her with them. Carly requires



Carly is a dachshund/terrier mix.



Mr. Gray is looking for someone to love and cuddle with.

love, time and attention to her. She will thrive with another playful dog in the home and is great with big and small dogs alike! Carly gets along fabulously with cats and would adore having a kitty around who would play with her as well. However, she is very respectful of boundaries and will leave them alone if they aren't interested.

Mr. Gray found himself homeless after his owner passed away. He is fun and playful, very sweet and easygoing, and gets along with everyone. In fact, what Mr. Gray really loves most of all is hugs! After giving his humans a nice hug for picking him up, Mr. Gray likes to see the world from their shoulders. It's really the best seat in the house! To thank them for giving him a ride, he will often reward them by letting them

rub his belly. Mr. Gray would love to find a forever home with another kitty friend, and with humans that will give him all the loving and attention he deserves!

These kitties (and puppy) 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, dewormed and current on their vaccinations. For additional information and to see these or our other kittens and cats, please check our website 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 Blvd. #583, Los Angeles, CA 90024.

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

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

# <u> Happy Tails</u>



Twinkie has a new home after being rescued off the street.

Miss Sayyida, now Twinkie, was adopted about a year ago as a kitten. At only five weeks old, she had been rescued off the streets of Hawthorne along with her siblings; she had infected eyes and a nasty URI. But with the proper care and love, Twinkie bounced back quickly and has blossomed with her new adoring family. Her Kitten Rescue foster mom recently received this note from Twinkie's family: "She is doing great and we couldn't be happier having her in our lives. Thank you for what you do and allowing us to adopt her."

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. •



If you see a dog with a YELLOW RIBBON or something yellow on the leash, this is a dog who needs some space. Please do not approach this dog with your dog. Please maintain distance or give this dog and his/her person time to move out of your way.







There are many reasons why a dog may need space: HEALTH ISSUES IN TRAINING BEING REHABILITATED SCARED OR REACTIVE AROUND OTHER DOGS

THANK YOU!

Those of us who own these dogs appreciate your help and respect illustrated by Lilli Chin www.doggledrawings.net