

Torrance Tribune

The Weekly Newspaper of Torrance

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Friends of Torrance Elementary Join to Celebrate 100 Years



On Dec. 18, Torrance Elementary School celebrated a century of education. All alumni, teachers (present and past) and friends of the community were invited. (R to L) Torrance Elementary Event Organizer Lorna Rice and Principal Dr. Kelly Joseph pose in front of the 100-year history wall with City of Torrance Councilman Pat Furey, Councilwoman Heidi Ashcraft, Councilman Tom Brewer, Torrance Elementary Alumist Cindy Scotto, Torrance Mayor Frank Scotto, Former Torrance Mayor Dee Hardison and California State Assemblymember Al Muratsuchi. Photo by Charlene Nishimura.

Madrona Marsh Rehabilitates, Preserves Wild Plants, Animals

By Dylan Little

Torrance is home to its own nature preserve in the Madrona Marsh. The Marsh is one of only a few wetlands located in urban areas and the last remaining vernal marsh in the South Bay. Maintaining this nature sanctuary takes the hard work of Linda Gonzales, co-supervisor of the Marsh's native plant nursery, and the Propagation Society that works to rehabilitate the soil, harvest seeds and raise them to native plants that will attract birds (both common and rare) to the Marsh.

Like most endeavors, the process of restoring the Marsh starts at the ground level, literally. Despite being a South Bay ecological landmark for over 30 years, the area suffers from mistreatment that has to be addressed by the Propagation Society. "The land has been owned by oil companies, so it was misused," said Gonzales. "We have to restore it."

The solution to the poor soil quality is to bring in healthy soil. Gonzales said that the Marsh mixes in soil from other wetlands similar to Madrona to raise the quality. "We order soil," said Gonzales. "We order just what we need that would match a wetlands. We order soil with exactly those particles in it that we need and with low fertilizer."

Gonzales sees no end in sight for the soil rehabilitation project, saying that making the ground capable of supporting the native plants the Propagation Society wants to spread is a long-term project. "I can see that going on indefinitely--processing the soil to be proper soil for our plants," said Gonzales.

The Propagation Society is hoping to root out invasive plants and restore the Marsh's original leafy residents. The group is planting buckwheat, deer vetch, bladderpod, poppies, rattle pod and much more. Because of the poor soil, the plants are raised in pots until they are healthy enough to make it in the

Marsh. Unlike with the soil maintenance project, Gonzales said they are getting close to the point where they can shift from spreading new native plants to focusing on up-keeping the native plants they've already planted. "We're still working on planting native plants, but we're getting closer to maintaining," said Gonzales.

Native plants are important for supporting natural insect life, including easily spotted butterflies. "Those [plants] are what will attract butterflies, like the blue butterflies – Marine and Acmon Blue butterflies," said Gonzales.

Just like the plants support the insect life, the restored plant and insect life should hopefully bring birds back to the Marsh to feed on the bugs and seeds. "Once we see the insects back on the plants we planted and

birds coming in to eat the seeds, we know we have created a habitat in that area and restored it," Gonzales.

Like most urban areas, Torrance is full of many kinds of ornamental plants. However, native plants are vital to maintaining a habitat where animals can have the shelter and diet they evolved with to live. "Native plants are important to bring the habitat to the area again," said Gonzales. "It's important to bring the insects, butterflies, dragonflies and all the birds back. To have a place where they can eat and have their native foods that they normally would have but that got lost with ornamental plants being put in all around us."

Restoring this habitat is especially important because the Madrona Marsh serves as a rest

See Madrona Marsh, page 2

Weekend Forecast

Friday
Mostly Sunny
74°/54°



Saturday
Partly Cloudy
72°/52°



Sunday
Sunny
73°/48°



Hospitalized Children Receive Gift of Music

On Dec. 15, at Harbor-UCLA Medical Center, author of Pacha's Pajamas, Aaron

Pacha's Pajamas is a part of Imagination Heals, a new program that brings award-



Ableman, performed songs to more than 185 children patients, along with hospital staff and visiting groups in support of holiday charities.

winning inspirational music to hospitalized children across the United States. As part

See Gift of Music, page 3

Calendar

MONDAY, JANUARY 6

- Jewish Genealogical Society of Los Angeles, Torrance Meeting and Presentation, 7 p.m. Traveling Library 7:30 p.m. Program, Toyota Automobile Museum, 19600 Van Ness Avenue. For more information email judieson@aol.com.

TUESDAY, JANUARY 7

- City Council Meeting, 5:30 p.m. Executive Session, 7:00 p.m. Regular Meeting, 7-10 p.m., City Hall, Council Chamber, 3031 Torrance Bl. For more information call (310) 618-2870.

WEDNESDAY, JANUARY 8

- Mad Science of Los Angeles Presents Sounds Like Science, 4 p.m., North Torrance Library, 3604 W. Artesia Blvd. For more information call (310) 323-7200.

- Craft Delight-bring your current portable project and a sack lunch to spend time with fellow crafters, Noon-1:30 p.m., Henderson Library, 4805 Emerald St. For more information call (310) 371-2075.

- Monthly Governmental Affairs Policy Group (GAP) Program hosted by Torrance Area Chamber of Commerce, noon-1:00pm, Torrance Chamber office, 3400 Torrance Blvd., Suite 100.

THURSDAY, JANUARY 9

- Breaking Through (West High Dance Department), 7 p.m., James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

- Monthly Luncheon Meeting for the South Bay Republican Women Federated, 10:30 a.m., DoubleTree Hotel, 2133 Hawthorne Blvd. Reservation: Call Vera: (310) 320-1431 or Gloria (310) 326-9340.

- Torrance Area Chamber of Commerce Monthly Health & Wellness Meeting, noon - 1 p.m., Chamber office, 3400 Torrance Blvd, Suite 100.

SUNDAY, JANUARY 12

- Petra Crist: "Namibia, South West Africa" South Coast Cactus & Succulent Society, 1:30 p.m., South Coast Botanic Garden, 26300 Crenshaw Blvd., Palos Verdes Peninsula.

SATURDAY, JANUARY 18

- Celebrity Lecture Series: Mercury Mission, 11 a.m., 3315 Airport Dr. For more information call (310) 326-9544.

- Ongoing
- Downtown Torrance Marketplace. Every Thursday, 3-8 p.m., on El Prado Street, from Sartori to the Buffalo Fire Department. •

Madrona Marsh

from front page

stop for birds as they migrate up the coast. Expert bird watchers from the Audubon Society visit the Marsh on "an almost daily basis" to observe birds as diverse as wading birds, Canada geese, ducks, hawks and kestrels. The Marsh has recently had the dickcissle, a very rare bird, return to its newly restored

interested in plants."

The Propagation Society is active in restoring the wetlands to its natural state. Along with about 10 volunteers in the Society, the Marsh also has students help for extra credit in their college courses. However even with the help of these volunteers, there is



Volunteers with the Propagation Society processing seeds from the rare and endangered Spiny Tar Plant.

habitat. Gonzales explained that without the Madrona Marsh, these birds would be at risk of never completing their migrations.

"One big reason to keep the wetlands is we are on the Pacific Flyway, which means migrating birds are coming from South America on up to Northern California and even Alaska and this is a stopping-off point for them," said Gonzales. "If we weren't here, they would go to the next stop and be overpopulated and not have enough food to revive themselves and continue on with the trek."

Working at the Marsh is rewarding for Gonzales. Her interest in the native species at the Marsh is part of her lifelong running interest in medicinal and edible plants. "I always wanted to know if they were edible or toxic," said Gonzales. "I've always been

always more to do. "We're always looking for volunteers," said Gonzales. "We're busy all the year—there's something to do every season. We're cutting tulies in one season and clearing and collecting seeds in another."

Repairing the ecosystem at the Marsh is a dirty job. Whether it's processing seeds, clearing or planting, volunteering with the Propagation Society means likely working with the soil. "We might be getting dirty," said Gonzales. "We might be mixing soil or planting seeds. We might be weeding or doing clearing."

Maintaining the native plant life in the Marsh isn't just for plant lovers. By helping to strengthen this link of the Marsh's food chain, it helps support a diverse range of insects and birds. "The habitat brings everybody," said Gonzales. •



Volunteers with the Propagation Society processing seeds from the rare and endangered Spiny Tar Plant.

Business Briefs

Local Seniors Send Salutations to Troops



(L to R) Resident Terry Ikari, Connected Living's Brian Regal and resident Jane Yamamoto

Monday, Dec. 16, was the culmination of Connected Living's "Senior to Service" event at Pacific Inn, a Brookdale community. During the past week, more than 30 seniors have shown their support to servicemen and women by writing emails, handwritten letters and dropping off small items to be sent overseas. Some residents even shared their stories of service men and women from their own families with our troops of today. Photo courtesy of Connected Living.

Canned Goods Collected by Local Business



The first annual holiday mixer and food drive was celebrated at the Life Oasis in Torrance on Dec. 13. The Life Oasis Directors Jacque Schaeffer and Wei Houg are pictured collecting canned goods to be donated to the Volunteer Center / Food for Kids program. For more information on food donations, please contact The Volunteer Center at volcenter.org/food-for-kids or call (310) 212-5009. •

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Husqvarna Miele

Gift of Music

from front page

of the initiative, participating hospitals receive donated Pacha's Pajamas albums, books and musical performances for patients.

The program recently received its pilot sponsorship through a generous donation from A Forever Recovery and Best Drug

Rehabilitation. "A lot of these children are very sick," said author Aaron Ableman, "and it's nice to be able to give them even a few hours away from the reality of being in the hospital, transporting them to a place of imagination and fun." •

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Fictitious Business Name Statement 2013249691

The following person(s) is (are) doing business as GO2LAX4LESS TRANSPORTATION SERVICE. 1. 12035 S. BROADWAY #B, LOS ANGELES, CA 90061. 2. P.O. BOX 1884, HOLLYWOOD, CA 90078. Registered Owner(s): Jorge Alarcon, 12035 S. Broadway #B, Los Angeles, CA 90061. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Jorge Alarcon, Owner. This statement was filed with the County Recorder of Los Angeles County on December 05, 2013. NOTICE: This Fictitious Name Statement expires on December 05, 2018. A new Fictitious Business Name Statement must be filed prior to December 05, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: December 12, 19, 26, 2013 and January 02, 2014. **HI-1019.**



Fictitious Business Name Statement 2013244643

The following person(s) is (are) doing business as BRONZE BAR. 2041 ROSECRANS AVE #170, EL SEGUNDO, CA 90245. Registered Owner(s): C. Ashley Davis, 707 Hermosa Ave, Hermosa Beach, CA 90254. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: C. Ashley Davis, Owner. This statement was filed with the County Recorder of Los Angeles County on November 26, 2013. NOTICE: This Fictitious Name Statement expires on November 26, 2018. A new Fictitious Business Name Statement must be filed prior to November 26, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: December 12, 19, 26, 2013 and January 02, 2014. **H-1022.**

Fictitious Business Name Statement 20132511080

The following person(s) is (are) doing business as MEGISYS, LLC. 8429 HOLY CROSS PLACE, LOS ANGELES, CA 90045-2634. Registered Owner(s): Megisys, LLC, 8429 Holy Cross Place, Los Angeles, CA 90045-2634. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name listed: December 19, 2005. Signed: Megisys, LLC, Carla Ann Cuadros Pera, Manager. This statement was filed with the County Recorder of Los Angeles County on December 06, 2013. NOTICE: This Fictitious Name Statement expires on December 06, 2018. A new Fictitious Business Name Statement must be filed prior to December 06, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: December 12, 19, 26, 2013 and January 02, 2014. **HI-1020.**



Fictitious Business Name Statement 2013257507

The following person(s) is (are) doing business as 1. SIMPLE THINGS. 2. SIMPLIFIED NATURALS. 11708 WILKIE AVE, HAWTHORNE, CA 90250. Registered Owner(s): Oscar Becerril, 11708 Wilkie Ave, Hawthorne, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Oscar E. Becerril, Owner. This statement was filed with the County Recorder of Los Angeles County on December 17, 2013. NOTICE: This Fictitious Name Statement expires on December 17, 2018. A new Fictitious Business Name Statement must be filed prior to December 17, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: December 26, 2013 and January 2, 9, 16, 2014. **HH-1025.**

Fictitious Business Name Statement 2013248294

The following person(s) is (are) doing business as BULLDOG FARMS. 555 W. 5TH STREET 31ST FLOOR, LOS ANGELES, CA 90013. Registered Owner(s): Christopher J. Hamner, 555 W. 5TH STREET 31ST FLOOR, Los Angeles, CA 90013. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: November 30, 2013. Signed: Christopher J. Hamner, Owner. This statement was filed with the County Recorder of Los Angeles County on December 04, 2013. NOTICE: This Fictitious Name Statement expires on December 04, 2018. A new Fictitious Business Name Statement must be filed prior to December 04, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: December 12, 19, 26, 2013 and January 02, 2014. **HI-1021.**



Fictitious Business Name Statement 2013243212

The following person(s) is (are) doing business as 1. DANCEWEAR U. 2. COSTUME U. 3. KIDPACK U. 640 LOMITA STREET, EL SEGUNDO, CA 90245. Registered Owner(s): Cindy A. Beckett, 640 Lomita Street, El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: September 01, 2013. Signed: Cindy A. Beckett, Owner. This statement was filed with the County Recorder of Los Angeles County on November 25, 2013. NOTICE: This Fictitious Name Statement expires on November 25, 2018. A new Fictitious Business Name Statement must be filed prior to November 25, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: December 19, 26, 2013 and January 2, 9, 2014. **H-1015.**

Fictitious Business Name Statement 2013235961

The following person(s) is (are) doing business as JOEYWATTS.COM. 813 CENTER STREET, EL SEGUNDO, CA 90245. Registered Owner(s): Joseph Conley Raymond Watts, 813 Center Street, El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Joey Watts, Owner/Registrant. This statement was filed with the County Recorder of Los Angeles County on November 14, 2013. NOTICE: This Fictitious Name Statement expires on November 14, 2018. A new Fictitious Business Name Statement must be filed prior to November 14, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: December 12, 19, 26, 2013 and January 02, 2014. **H-1017.**



Fictitious Business Name Statement 2013254676

The following person(s) is (are) doing business as 1. GARDEN MAVEN DESIGNS. 2. DENISE MAYNARD DESIGN & STYLING. 1720 GATES AVE, MANHATTAN BEACH, CA 90266. 222 N. SEPULVEDA BLVD. #2000, EL SEGUNDO, CA 90245. Registered Owner(s): Denise Maynard, 1720 Gates Avenue, Manhattan Beach, CA 90266. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: January 01, 2012. Signed: Denise Diane Maynard, Owner. This statement was filed with the County Recorder of Los Angeles County on December 12, 2013. NOTICE: This Fictitious Name Statement expires on December 12, 2018. A new Fictitious Business Name Statement must be filed prior to December 12, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: December 19, 26, 2013 and January 2, 9, 2014. **H-1024.**

Fictitious Business Name Statement 2013248314

The following person(s) is (are) doing business as FAMOUS NAILS. 2215 REDONDO BEACH BLVD, GARDENA, CA 90249. Registered Owner(s): Khanh Mai Nguyen, 15516 Lemoli Ave, Gardena, CA 90249. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Khanh Nguyen, Owner. This statement was filed with the County Recorder of Los Angeles County on December 04, 2013. NOTICE: This Fictitious Name Statement expires on December 04, 2018. A new Fictitious Business Name Statement must be filed prior to December 04, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: January 02, 09, 16, 23, 2014. **HT-1026.**



Fictitious Business Name Statement 2013251875

The following person(s) is (are) doing business as LA MECHA RESTAURANT. 7831 S. ALAMEDA ST, LOS ANGELES, CA 90001. 1675 E. 111TH PLACE, LOS ANGELES, CA 90059. Registered Owner(s): Maria Elizalde, 1675 E. 111TH Place, Los Angeles, CA 90059. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Maria Elizalde, Owner. This statement was filed with the County Recorder of Los Angeles County on December 9, 2013. NOTICE: This Fictitious Name Statement expires on December 9, 2018. A new Fictitious Business Name Statement must be filed prior to December 9, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: December 19, 26, 2013 and January 2, 9, 2014. **HH-1023.**

Fictitious Business Name Statement 2013249828

The following person(s) is (are) doing business as BALLERS. 140 E. TAMARACK AVE, INGLEWOOD, CA 90301. Registered Owner(s): Nima Nicholas Shafiee, 32650 Nantasket Dr #96, Rancho Palos Verdes, CA 90275. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Nima Nicholas Shafiee. This statement was filed with the County Recorder of Los Angeles County on December 05, 2013. NOTICE: This Fictitious Name Statement expires on December 05, 2018. A new Fictitious Business Name Statement must be filed prior to December 05, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: December 12, 19, 26, 2013 and January 02, 2014. **HI-1018.**

Order to Show Cause for Change of Name Case No. YS025583

Superior Court of California, County of Los Angeles
Petition of: Meghan Michelle Sepanik for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Meghan Michelle Sepanik filed a petition with this court for a decree changing names as follows:
Meghan Michelle Sepanik to Jaskaram Kaur Khalsa
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 2/14/14, Time: 8:30 a.m., Dept.: B, Room: n/a
The address of the court is Superior Court Southwest District 825 Maple Avenue Torrance, CA 90503
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Los Angeles
Date: 12/23/13
Mark S. Arnold
Judge of the Superior Court
Torrance Tribune Pub. 1/2, 1/9, 1/16, 1/23/14
HT-24082

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Real Estate

"The California Museum of Fine Art was looking to promote its grand opening in Downtown Torrance earlier this year and to publicize its special event accommodations. The Torrance Tribune did a superb job covering our grand opening and while we just started running the special event ad, we are already very pleased with the feedback from the local community and businesses."

Brian Higa
President
California Museum of Fine Art

Torrance Tribune

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*Kay Grundhaus, has found a way to make her job even more meaningful. As a 30+ year resident of the South Bay and a long time member of many local community service organizations, she has always participated in charitable and community volunteer activities. Now she is offering a unique program in conjunction with her real estate business to fulfill her desire to "pay it forward."

Whenever Kay helps someone in the South Bay area to buy or sell a home, she will contribute 10% of her commission to the charity of THEIR choice on their behalf.

"We make a living by what we get. We make a life by what we give."-Winston Churchill




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TerriAnn in Torrance

2014 – A New Year in Torrance

By TerriAnn Ferren

As we embark on the journey into 2014, most of us reflect back on the year 2013 and then



Anne Marie Pearson. Photos by TerriAnn Ferren.

look ahead at what we hope to accomplish in this particular new year. There are all kinds of predictions by specialists and forecasters, but no one really knows exactly what 2014 will bring. Michel de Nostradamus, (1503-1566) is usually brought up around this time of year and people talk about his predictions. Actually Nostradamus hasn't been very accurate, but people continue to quote his successes. From what I have observed, the future is not ours to know. As Doris Day so eloquently sang in the song *Que Sera, Sera*, written by Jay Livingston and Ray Evans, "... Whatever will be, will be, The future's not ours to see..." We don't know the future, but that doesn't keep us all from wondering about it.

New Year's resolutions along with new hopes and dreams for the future are on most of our minds as we begin another year. I decided to ask some of the people in our town if they



Annie Baumeister.

intend on making resolutions this year or what they look forward to in the year ahead.

I first began by asking festive partygoers what, if any, hopes and dreams they have for the upcoming year. Claire Rothman-Hill spoke up quickly as she gazed lovingly at her husband Dr. Ed Hill and said, "Our thoughts are that we just want more of the same. We love each other, we enjoy each other, we celebrate each other and we just want to have the blessing of more time together." At this, Ed responded, "I want the same – more of the same. That's all. Eleanor Roosevelt said, 'Yesterday is history, tomorrow is mystery and today is a gift – that's why they call it the present.'" Wow, that is a beautiful statement made by two in love. I am not sure if Eleanor was the first to use that particular quote, but it seems Ed doesn't care about that. He is focused on one person--his beautiful wife.

Moving around the room I then asked Marilyn Baumeister if she had any New Year's



Claire and Ed Hill.

resolutions and she also was quick to respond, "For my New Year's resolution – clean up my car! I stopped to pick up Anne and I'm unloading the passenger's seat and I'm throwing everything in the backseat. I thought – there has got to be some resolution here! That would be my New Year's resolution – clean the car – the interior." Sounds like a plan to me, but I need to clean mine inside and out.

Mark Lovecchio has big plans as he clearly told me, "I hope to be at least well on my way to starting my own business." Good for him! I am sure lots of people are looking forward to starting fresh and taking the plunge into their own businesses.

Dr. Keith Kenyon was thoughtful and serious when he stated, "I hope a lot that we get a

little less contentious – the country. Try and figure what is going on a little bit with the political tension – why? And the fact that



Marilyn Baumeister.

they got a budget deal is kinda good." Several people I spoke with have commented about our country and a wish for more unity.

Some people clearly have thought a lot about the upcoming year and made a plan. One such person is Anne Marie Pearson. She told me, "Having just had a sad event in my life, I know that I have to continue to live a good life that my husband Norman [who died several years ago] would want me to live and Maggie [her dog who just died] wouldn't want me at home sulking, so I'm going to continue to travel and I am thinking seriously – I've been retired for 20 years – and I might decide to do some volunteer work, but I'm not exactly sure what...but I think I need to make use of my time. And then when I get a new puppy, I'm going to have her as a service dog and maybe we can visit children in the hospital and ill patients who love petting an animal.



Mark Lovecchio.

My animals have always been that way and I think that's something that will bring joy to me." For someone who had survived so much loss, Anne is an example of someone who is looking at the glass half full and then offering it to someone to drink.

The next day, I was in downtown Torrance at a bakery and asked two women what they thought about the New Year and they were not as positive as I might have hoped. One told me that she doesn't make New Year's resolutions and said that she does what her friend does, which is to not make a resolution but to pick a word to live by all year. For example one could choose the word kindness, love, gentleness, or charitable. I told her that sounds great as long as you pick a positive word.

Late that afternoon, I bumped into another cute couple who were smiling from ear to ear and they answered me quickly as well. Ron Cessna said, "Make it through another



Ron and Linda Cessna.

one [year]." Then his wife Linda giggled and added, "World peace!" For some reason, they made me laugh. I think it was because they were lighthearted and upbeat and not too serious about the question. Then the three of us remembered the scene at the end of the film *Miss Congeniality* with Sandra Bullock (she plays an undercover cop at a beauty pageant) when actually says she wants world peace. It is a funny movie.

Beginning another year with a fresh slate and a list of things we hope to accomplish reminds us that we have another year ahead where we can make a difference. We have the opportunity to give, to share and to love. The rest? *Que Sera, Sera*. Happy New Year, everyone!

Tips to Achieve Wholesome Health in 2014

(BPT) - You're all too familiar with that one, dreaded moment when the festivities end. It hits you every year like a bad hangover. You promise yourself that once the last sip of eggnog has been guzzled and the cookie jar has been emptied, you'll get healthy.

But what does healthy mean? We're bombarded with visions of steel abdominal muscles and gazelle-like limbs. For most people, however, achieving health can't be reduced to a lower health club membership deal or a dieting pill. Rather, the road to health is a lifelong journey encompassing mind, body and spirit.

That said, there are manageable steps you can take in your daily life to experience and sustain a healthier, balanced lifestyle. 1) Everything in moderation. 2) Walk 3) Floss 4) Eat fruits and veggies 5) Lots of water and 6) whole grains.

Popcorn, low in calories and high in fiber, whole grains and antioxidants, can help. One of the oldest and most beloved snacks for any age, popcorn is also a treat to lift the spirit.

Start your day with this balanced whole-grain toasted berry granola recipe from Jolly Time Pop Corn that is good for both your body and your soul.

Whole-grain Toasted Berry Granola

Makes about 11 cups



Ingredients

- 10 cups popped JOLLY TIME Butter Light Microwave Pop Corn made with the Smart Balance unique blend of oils
- 2 cups barley flakes
- 1/4 cup oat bran
- 1/4 cup wheat germ
- 1/2 cup honey
- 3 tablespoons light olive oil
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger or cardamom
- 2 teaspoons vanilla
- 1/4 teaspoon salt
- 1/3 cup dried blueberries
- 1/3 cup dried cranberries

Directions

Preheat oven to 250 F. Line a large-rimmed baking sheet with foil. Mix popcorn (remove any unpopped kernels), barley flakes, oat bran and wheat germ in a large bowl. Mix honey, oil, spices, vanilla and salt in a glass measuring cup until well blended. Pour over popcorn mixture; toss to coat. Pour mixture onto baking sheet in an even layer. Bake about 40 minutes or until crisp, stirring occasionally. Stir in blueberries and cranberries. Cool completely; store in airtight container.

To learn more about healthy, satisfying snacking with popcorn during the holidays, and to access exclusive recipes and features, visit www.jollytime.com.

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<input type="text"/>		
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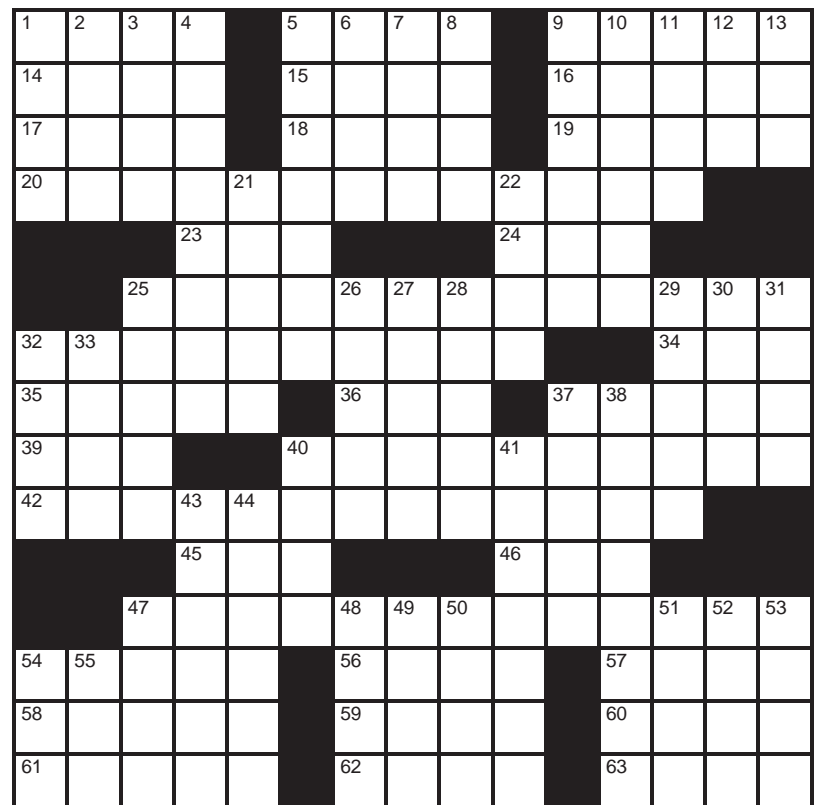
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WEEKLY CROSSWORD *See Answers Next Week*

Inclement Weather



- Across**
- Second baseman?
 - In this way
 - Comics sound
 - Locks
 - Anahat ____
 - Come in second
 - Sight from Taormina
 - Magazine type
 - Dog-____
 - Jay Ferguson hit
 - Start of a cheer
 - Burn up
 - When calm arrives
 - Nescient
 - Belgium village
 - So out it's in
 - Lassie portrayer
 - Bilked
 - Yeanling producer
 - Type of shirt or jacket
 - Perfectly fine
 - Gaudy scarf
 - Smoke
 - Faint flash on the horizon
 - Argus-eyed
 - Just lying around
- Down**
- Sharpen
 - Biblical verb
 - Hokkaido native
 - Manhattan ____
 - Compose
 - Appointed time
 - Unattractive tangelo?
 - Exhausts
 - Catches, in a way
 - Krypton, e.g.
 - Piecrust ingredient
 - One in a suit
 - Poet Hughes
 - "Likewise"
 - Dissembled
 - Doctor
 - Move, in a way
 - Start of a refrain
- Across**
- TV's "American ____"
 - Asian perennial herb
 - Approach
 - Campbell of "Party of Five"
 - Small woods
 - Rank
 - Fed
- Down**
- "__ bells!"
 - Woody
 - They may be seeded
 - Kind of room
 - Organic compound
 - Time piece
 - Blue eyes or baldness, e.g.
 - Taking a side
 - __ room
 - Tell tale activity
 - Old World herbs
 - Col. Sanders feature
 - Cord fiber
 - American journalist Lisa
 - It may be fixed
 - __ rock
 - Footnote word
 - Astronomer's sighting
 - Secluded spot
 - Electric ____
 - Pathet ____

Last Week's Answers

1	2	3	4	5	6	7	8	9	10	11	12	13		
P	L	U	G	S	P	A	S	T	E	C	U	S		
E	U	R	O	A	L	P	H	A	A	N	N	A		
A	X	E	L	S	T	I	R	S	C	A	I	N		
R	E	A	D	S	T	A	R	O	T	C	A	R	D	S
D	I	A	R	Y	H	O	M	E	Y					
R	E	R	U	N	S	O	P	U	S					
A	P	E	S	G	A	M	E	R	U	S	S	E		
C	O	S	T	A	R	I	C	A	N	R	I	V	E	R
E	S	T	G	A	L	E	N	N	E	W	S			
H	A	N	D	A	G	H	A	S	T					
O	R	B	I	T	C	O	R	N	U					
W	E	A	K	E	S	T	A	R	G	U	M	E	N	T
L	E	S	E	H	A	R	D	Y	A	W	A	Y		
E	V	E	R	A	N	G	E	L	N	E	A	P		
T	E	D	S	W	H	O	R	L	E	R	N	E		

SUDOKU *Medium*

7	1	3	9					8	
	8	9			7	6			
2						9	7	1	
					3				
		6	7		4	8			
			5						
3	9	1							7
		8	6			1	4		
	7				2	5	9	8	

Each Sudoku puzzle consists of a 9x9 grid that has been subdivided into nine smaller grids of 3x3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

Sports

To Sit or Not to Sit

By Adam Serrao

If you're a Los Angeles sports fan like I am, then you must have found it just as painful to watch the two most popular teams in Los Angeles play sports lately. When I say painful, I mean it. The players on both the Los Angeles Lakers and the Los Angeles Dodgers just can't stay healthy lately. The "Boys in Blue" seemed to look more like the "Boys in Black and Blue" over their past two seasons of play and with the Lakers...well, the unthinkable has happened. Kobe Bryant has met his match. No, it's not LeBron James and no, Michael Jordan hasn't resurrected his career again to make a comeback. It is Father Time who has walked right up to Kobe and smacked him in the face. Or the Achilles... Perhaps it is fitting or ironic even that one of the toughest, most durable players to ever set foot on an NBA court is being hampered by a tendon called Achilles. As invulnerable as Kobe has always seemed to those who have watched him play here in L.A., this injury may be the one that slowly does him in. With time no longer on his side, the riveting question has now become do you sit Kobe Bryant out for the rest of this year, or play him as soon as he returns from his latest injury.

Kobe's latest injury is in fact not his Achilles tendon tear. Bryant returned from that injury rather successfully and was beginning to look a lot better in his sixth game of the season against the Memphis Grizzlies when he suddenly broke a bone in his knee. Initially, Kobe tried to play through it like he always does and actually finished the game without pause. In the following days, however, the pain would not subside. Kobe took an MRI, learned that he had broken a bone and would be back watching from the sidelines for a minimum of six weeks. "You hate it for Kobe," Lakers head coach Mike D'Antoni said. "He's worked so hard to get back." Now, Kobe will have to begin that work once again, but for just how long?

The timetable for Bryant's return is in fact six weeks and knowing Kobe, he'll try to make it back before that amount of time. But maybe, just maybe, the Lakers should think about sitting him out for the rest of the season. Sure, the two-year, \$48.5 million contract that Bryant just signed to make him the wealthiest athlete in the game of basketball certainly does not support that point. But signing Kobe to that contract was more of a symbol than anything else--a reward, if you will, for 17 years of dedication, hard work and five championship rings. Whether Kobe plays this year or not, the Lakers are not going to win a championship let alone get out of the first round of the playoffs. If Kobe does

return in six weeks, it will most likely come right after the All-Star break in a game against his old pal Dwight Howard and the Houston Rockets. That would mean that Bryant will have missed right around 30 games, give or take a couple, and that the Lakers will most likely be well out of playoff contention. Sure, that's speculation, but following Bryant's injury, the Lakers quickly dropped two of their first three without the superstar, losing to Golden State by 19 points and Phoenix by 27. Aside from Jordan Farmar's return from injury, things do not look to be on the up and up for the Lake Show.

The Lakers are, of course, always better to watch when Kobe Bryant is on the court. He is the face of the franchise and the man who brings in the money for the Lakers. For that reason and that reason alone, management would most likely much rather have him competing and out there on the court. He drives ratings and he drives sales. Unfortunately, Bryant cannot do that if he is injured. That's why it will be in the best interest for the Lakers to sideline Bryant for the rest of the season, have him heal his injuries and come back next season when he is able to have a training camp and get himself into basketball condition. As it stands, Bryant cannot train with the injuries that he currently has. That means that if and when he tries to return from his latest injury, he will need at least another few weeks to get back into the basketball condition that has sustained his career for as long as it is currently tenured. Knowing Bryant, however, he will believe that he is already in that kind of shape, thus injuring himself even further and jeopardizing his entire career.

If he is capable, there is no way that Kobe will ever agree to sit on the sideline when he could instead be contributing to his team. That being said, expect to see Bryant back in purple and gold come mid-February. But perhaps the smart, yet unpopular decision would be for Bryant to take it easy this year. Bottom line, this team as it is currently constructed is not a contender for the title. Bryant's legacy will be about championships won--not games played or minutes logged. A lot of things can change in a year, especially with a free agent class and draft class like the ones that will arrive next season. Sitting out the remainder of the season can both enhance the longevity of Bryant's career and help him win that much-coveted sixth championship trophy that he longs oh-so deeply for. At a time like this, it is in the Lakers' and Kobe's best interest to focus on the future. Unfortunately for Kobe, that future is in six weeks. •

Sports

H.S. Competition Remains Through the Holidays

By Adam Serrao

Though most people choose to take it easy for the holidays, certain high schools from around Torrance are still involved in intense battles in their respective sports. For instance, the South High girls' basketball team has been battling all season long on the way to a 7-3 record and a first place ranking in the Pioneer League standings.

"Certain high schools from around Torrance are still involved in intense battles in their respective sports."

That record is quite impressive considering the amount of competitive teams that the Lady Spartans have played thus far in the young season, but Bishop Amat proved to be a thorn in the side of South High that gave the girls a somber start to their short holiday vacation.

The Lady Spartans took to the court last Saturday night in the Gary Houston Memorial Christmas Classic and knew they were in for a tough game right away. Not only is Bishop Amat 8-1 on the year and off to an outstanding start, but the team has always had success in this specific tournament--winning it 12 times in the last 19 years. This time was no different. Their victory didn't come easily, though, as the Lady Spartans dominated for most of the first half and led by as many as 13 points in the second half. At 33-20 with just over three minutes remaining in the third quarter, the game looked to be well in hand for South High. That's when Bishop Amat rallied off 15 points before the end of the quarter and eventually regained the lead for the first time in a long time at 43-41 with just about five minutes remaining in the game. The game remained close thereafter, but a few three-point plays from Bishop Amat served to create just enough distance to fend off the pesky Lady Spartans in an attempt to come back and steal the game. Bishop Amat ultimately squeaked out the 57-54 win at Arroyo High to come away with the tournament victory once again.

The loss was the first for the Lady Spartans in four games and comes right on the heels of the Monterey Bay Sweet 16 tournament. With success there, South should be primed to rally into league play, which begins in mid-January, and make a strong push for the playoffs and a league crown.

West High

The Lady Spartans weren't the only ones involved in a tournament over the holidays. The West High boys' soccer team attempted to make a run to the championship of the South Torrance Holiday Classic and started off in

an impressive fashion. The Warriors defeated Los Alamitos in the second round to reach a quarterfinal matchup against Santa Barbara. Though Santa Barbara is ranked fourth in CIF's Division I, West started off strongly in the first half, creating multiple scoring chances and basically outplaying the Dons all half long. The second half, though, was all Santa Barbara

as it not only created scoring opportunities, but capitalized on those opportunities. In just the third minute of the second half, the Dons scored off of a throw-in to make the score 1-0. With just 15 minutes remaining in the game, Santa Barbara struck again when Brandon Sanchez scored on a deflected corner kick to give his team the 2-0 lead and basically put things away. "We're still finding ourselves," said West head coach Mike Shimizu. "Each game, a different piece of the puzzle comes together and we're finding what we have to do to get better." The Warriors will now look to get better against Lawndale next before they head into league play come mid-January.

North and Torrance High

Both North and Torrance high schools participated in the South Torrance Holiday Classic as well, but both with less success than the West High Warriors. The Torrance Tartars took a first round loss to the Loyola Cubs, struggling to get going from the start. Loyola, however, was clicking early and often, finishing the match with five goals to Torrance's 0. The Cubs' defense was able to hold the Tartars' leading scorer this season, Marcos Ambriz, at bay as Loyola rolled to an easy shutout victory.

The North High Saxons suffered much of the same fate as the Tartars, falling victim to a loss in the first round of the tournament. Like the Warriors, the Saxons drew a strong Santa Barbara team in the first round. Unlike West High, the Saxons were able to manage two goals off of the powerful Dons' defense, but allowed three times as many goals to fall by a final of 6-2 and take an early elimination from the tournament. The Saxons were ultimately unable to stop Abraham Sierra, who had four of the Dons' scores on the night. Jose Barron accounted for the other two. League play will start for both Torrance and North come mid-January. Currently, Torrance sits atop the Pioneer League standings in first place while the Saxons are in last. •

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PETSPETS Pets PETSPETS

Wowzer Schnauzer

Let's see if we can give these furry kids a Happy Tails ending of their own!

"Even though my name is **Miley**, please don't confuse me with the other one. I'm not a twerker, but I will tweak your heartstrings if you give me a chance. My original owner, whose information is on my microchip, gave



Miley

me and my pal Cyrus away. The new owner had us for six months and then surrendered us to an LA County shelter. When the shelter scanned my microchip after I was spayed, they discovered that he wasn't the registered owner. I had to wait another two weeks for them to

contact the previous owner before I was rescued. Although I'm a little chunky--about 15 pounds--for a five-year-old, purebred, female Miniature Schnauzer, I am a real sweetheart and I get along great with other dogs. In fact, I would love to go to a home that already has a doggie pal or two since I've never been an only dog. I just had a dental and now have a great set of pearly white teeth, so please come to our pet adoptions and see what a great smile I have."

"I know for a fact that my name is **Gina**. However, my pedigree is somewhat questionable. Based on my coloring, I could be a Schnauzer/Yorkie mix. Then again, since I have a little "smooshie" face, I could also be part Brussels Griffon. Whatever my true heritage is, one thing for certain is that I'm petite at only eight pounds and just a real cutie. I'm a two-year-old female who was rescued from an LA County shelter where I was brought in as a stray. Because I'm a little self-conscious about my "smooshie" face, I'm very camera shy, so my picture really doesn't do justice to the real me! The MSFR folks think I'm very sweet and I have a great time playing with other dogs. You really have to come to our pet adoptions and see just how adorable I am."

"My family named me **Jack** and right now I'm so heartbroken, I don't know what to do. I'm only seven or maybe eight months old, but I had a great life with my first family.



Gina

I loved their toddler and we were the best of buddies. Then my family surrendered me because they were moving. No family, no toddler, no home! Is it any wonder that I'm a bit nervous and shy? I get along well with dogs and kids, but I need to be introduced slowly to new people and situations. I am a very sweet, male Terrier mix. I'm very gentle when handled and only weigh 20 pounds, so it's easy to give me hugs. Since I'm currently residing at a boarding facility, folks can't tell whether or not I'm housebroken, but everyone thinks it's a good possibility that I am. If you would like to be my forever family, I can be seen anytime at Yellow Brick Road Doggie Playcare in El Segundo. Call 310-606-5507.

Hi! My name is **Cyrus** and I was rescued along with my Miley from an LA County shelter. My original owner gave me and my pal Miley,

away. The new owner had us for six months and then surrendered us to the shelter. When the shelter scanned my microchip after neutering me, they discovered that he wasn't the registered owner. I had to wait another two weeks for them to contact the previous owner to see if he wanted to reclaim me before I was eligible for adoption. I'm an 18-pound, purebred, male Miniature Schnauzer with a dazzling smile, thanks to my dental, and a terrific personality. I am about five years old, very playful and get along great with other dog friends. However, I could probably use some training. My play is very enthusiastic and I get easily distracted, but I do try my best. My Christmas wish is to find a forever home with a family with a doggie pal since I've never been by myself. If you check out our pet adoptions, I'll bet I'm just the dog you've been looking for." •



Cyrus

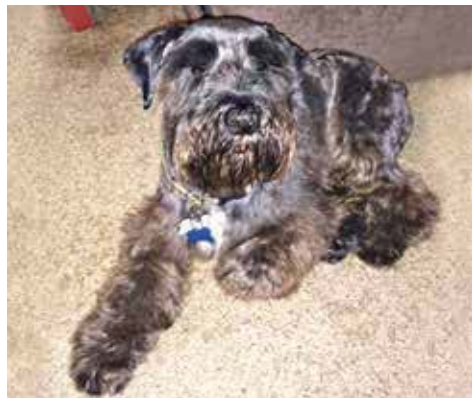


Jack

Happy Tails

A "Christmas" Wish Comes True

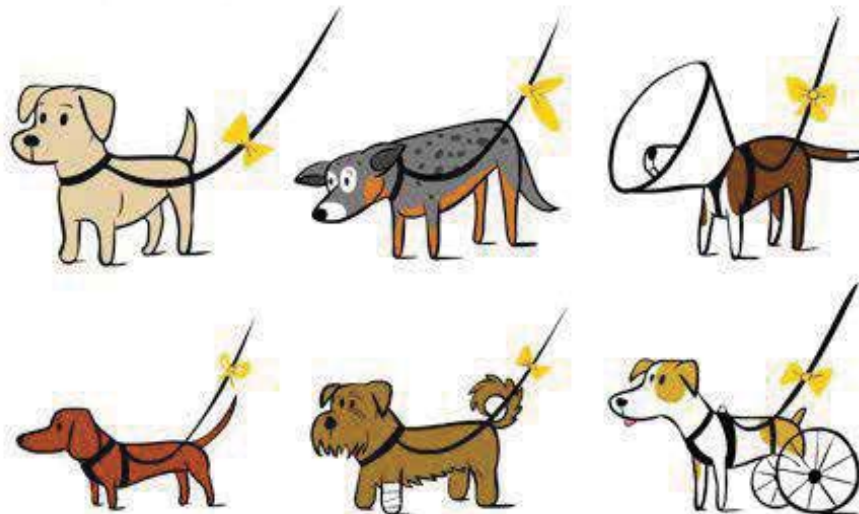
Congratulations to **Justin** and his new forever family. Justin was our Carson shelter rescue who was adopted, but regretfully was returned when his adopter developed health issues. His new family lost their 12-year-old Schnauzer to heart failure and opened their heart to our sweet boy. Justin is now living in Anaheim with two human brothers and two human sisters (one brother and sister are twins). Once again he has been renamed **Charlie** (they decided that before they knew his former name was Charlie). It appears that he is destined to have the name Charlie! •



If you have any questions about a particular dog's availability, you can email us at info@msfr.org. Please visit all of our Miniature Schnauzers & Friends rescues at the adoptions fair held every Saturday from noon-3:30 p.m. or check out our website, www.msfr.org. Our adoption fairs take place at Petco, 537 N. Pacific Coast Highway, Redondo Beach, California. Schnauzers! Bet you can't adopt just one!

THE YELLOW DOG PROJECT.com

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 Dr. Chien www.dogbehaviorings.net