

Torrance Tribune

The Weekly Newspaper of Torrance

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Congresswoman Waters Opposes Postal Service Plans to End Saturday Mail Delivery



After announcing that a five-day mail delivery schedule is set to begin in August, the Postal Service clarified it would continue to deliver packages six days a week, and post offices would still be open on Saturdays. "The transitioning of mail delivery to five days a week could affect future employment at USPS and this is unacceptable. At a time when our economy has not fully recovered from the recession, this only adds to its ability to not function as well as it could. Eliminating Saturday mail delivery is not the right answer for the American people. I urge USPS to reconsider its decision, and to continue to provide the six-day mail delivery services that our constituents and businesses rely upon," Congresswoman Maxine Waters said in a statement. Seen here: Janice Farquhar mails care packages to her son stationed overseas. Photo courtesy of the U.S. Postal Service.

Famous Athlete Spends Time with Kids, Discusses Overcoming Obstacles

By Cristian Vasquez

Olympic Gold Medalist Carmelita Jeter spent a day with the Hub TV Network during the My Little Pony Coronation Concert on February 9 to talk to kids about overcoming challenges and making dreams come true. The coronation concert, hosted by the newly crowned Miss America 2013 Mallory Hagan with Jeter as a special guest, aired as the premiere, all-new coronation episode of the animated hit series *My Little Pony Friendship is Magic* on February 16.

"I love working with the Children's Hospital and I have been working with them on a couple of things, so I love spending my time with them," Jeter said. "Having the Children's Hospital support this event with the Hub Network was one of the reasons that I decided I should get on board and be a part of it. Twilight Sparkles is somewhat like myself since it is about a little pony that has to overcome some things to get her wings. It was the same with me. I missed the 2008 Olympic team and I had to try really hard for the 2012 Olympic team. I finally made it and I got my medal, so I feel like I also play a big role in this."

In the episode, Twilight Sparkle becomes a princess, which results in a wide range of special events including a nine-episode My Little Pony Princess Coronation Marathon showcasing the character's journey to her crowning moment which took place on February 16. "I feel like I am blessed--I am blessed to be in the spotlight that I guess you could say that I am in," Jeter said. "Being a part of the *My Little Pony Friendship is Magic* is a great experience for me also. Other people will also get to watch how I interact with children and how I talk to them about my failures and how I overcame my trials and tribulations. You always have to give back so that you can help someone else get to a better place."

The coronation concert was also in support of Children's Hospital Los Angeles, a nonprofit, academic, pediatric medical center that provides healthcare to more than 97,000 children and families every year and which has been named the best children's hospital in California and is ranked among the top five in the nation by *U.S. News & World Report*. "I usually come out to the hospital and spend time with the children. However, this is my first actual event outside of the hospital," Jeter

said. "I am a part of it because it explains a lot about me and I will be able to sit and talk with the kids from Children's Hospital."

Jeter, who graduated high school in 1998 and went on to win the gold medal in the 2012 London Olympics in the 4x100 relay, silver in the 100m and bronze in the 200m, enjoys giving back to the community especially when she remembers the people who were in her life growing up. "I will definitely say

See Carmelita Jeter, page 2

Weekend Forecast

Friday
Mostly
Cloudy
62°/49°



Saturday
Partly
Cloudy
63°/50°



Sunday
Sunny
66°/50°



Local Band "Smiles" Starts Sharing Its Album

By Dylan Little

Fresh off winning the John Lennon Songwriting Contest and playing the National Association of Music Merchants (NAMM) convention in Anaheim, Smiles--a South Bay-based five-piece indie-rock group--is releasing its first album, *Sharing*. Band members Devin Jimenez, Lauren Jimenez, Jonnathan Romero, Austin Anderson and Jesus Lopez have been working on the record for six years. Unlike bigger rock acts, Smiles had to schedule studio time in between working day jobs and playing shows together. "The album has been in the works for a long time--since 2007," said Lopez. "We spent most of 2010 to 2012 recording it, in between tours and in between jobs."

The album debuted on February 10 and is available on the website www.smilesmusic.com. The band is currently working on getting the album added to

iTunes's library. The members describe their sound as part traditional rock, drawing inspiration from performers like the Beatles and Jeff Buckley, and part drum-oriented experimental pop music. "It's part rock, but it's part Animal Collective-style harmonies and drum beats," said Lopez. "It started very experimental and [the final product] still is."

In addition to releasing the album, one of the biggest highlights for the band this year was taking grand prize in the John Lennon Songwriting Contest. While Smiles' primary focus has been writing more mainstream-friendly music, the contest allowed the group to flex its creative muscles and record music that would show off its talents in song craft. "We spent a few days recording new songs for that specifically," said Lopez, "It's a songwriting contest--not a pop contest or a rock contest. Fortunately, we won out and won it."

See Smiles, page 2

People

CONGRATULATIONS

Areli Gutierrez, of Torrance, has been named to the Dean's List at Southwestern University in Georgetown, Texas, for the fall 2012 semester.

Shaunak Intwala, of Torrance, has been named to the fall 2012 Dean's List at University of the Sciences. Intwala is a doctor of pharmacy student.

Community Briefs

South Bay Ballet Presents Bravo!

South Bay Ballet's 33rd season continues on Saturday, March 2 at 7 p.m. and on Sunday, March 3 at 2 p.m. with its annual



dance concert BRAVO! at the James R. Armstrong Theater, located at 3330 Civic Center Drive in Torrance. The Classical & Contemporary Ballet Experience, bringing world-class classical and contemporary ballet to the Southland while cultivating the work of the region's top choreographers fused with emerging talent. Visiting artists include Ballet Yuma's celebrated director and choreographer, Jon Cristofori; as well as Santa Cruz Ballet Theatre's artistic director and award-winning choreographer, Robert Kelley. This season's BRAVO! will also feature guest company, Santa Barbara Festival Ballet, along with a showcase piece of emerging choreography from Benjamin Simoens. For more information, interested persons may visit www.southbayballet.org

North High School Receives Wheelchair for Special Education Program

To help continue creating a better life for special needs youth and their families, Convaid, Inc., has donated a Convaid Crusier and EZ Rider wheelchair to the Division of



Special Education (DSE) program at North High School (NHS). The DSE program is a special educational program to help fit the needs of students with special needs. Students complete high school requirements in small

self-contained classes and are mainstreamed into regular classes as appropriate. Led by Carey Gromis – special education teacher for the Los Angeles Office of Education (LACOE), NHS has five classrooms across campus dedicated to the special needs students and often times need wheelchairs to help transport the students to different classrooms. Hailey Huff, a senior at NHS and Teacher's Aid for Gromis, initiated the donation and is amazed by the outcome of her efforts. Convaid President Chris Braun, is glad Convaid got to be a part of this effort to help improve the daily lives of these special needs teens. From left to right: NHS student Hailey Huff, Special Education Teacher Carey Gromis and Convaid representatives Robinlyn Holmes & Monica Arias posing in front of the two wheelchairs that were donated to the school by Convaid.

Local Congresswoman Receives Humanitarian Award

Congresswoman Maxine Waters (CA-43) received the Delta Chapter of Chi Eta Phi Sorority's Humanitarian Award on Sunday, Feb. 10 in Culver City, Calif. Chi Eta Phi is a national organization of registered



professional nurses and student nurses which aim to elevate the profile of the nursing profession and enhance interest in the field. "Congresswoman Waters has been our voice in Washington and a very strong one," said Delta Chapter President Terri Taylor-Hopkins. "She received the Humanitarian Award for her outstanding commitment and dedication to expanding access to health care services for all Americans. She has been a leading advocate in the fight against HIV/AIDS, and is also the author of legislation to expand health services for patients with diabetes, cancer and Alzheimer's disease." "I am truly thankful to receive this honor from the Delta Chapter of Chi Eta Phi," said Congresswoman Waters. "After 75 years of service throughout the country including providing scholarships for college students and mentoring, I am confident that this organization will only continue to grow in strength and effectiveness going forward." •

Smiles

from front page

As part of winning the songwriting contest, Smiles got to play on the John Lennon Educational Tour Bus stage at NAMM. However, it nearly missed out on playing the set. The group arrived at the Anaheim Convention Center ready to perform on NAMM's outdoor stage, but the organizers initially said the even would be rained out. "Unfortunately on the day of, it started raining--but California rain...so

Sharing will provide more opportunities to reach a bigger audience. "We already have two albums-worth of material ready to go," said Lopez. "We are always working on new things and in and out of recording studios. For the time being, we are still stepping forward. Now that we have the album ready, we hope we can take that next big step."

Unlike many bands in its position, Smiles doesn't hope the future includes a record



Photo courtesy of Smiles.

they called it off," said Lopez. "But then they called us last-minute and said we could play. We made it, we played our set and people dug us."

Smiles was formed by Devin Jimenez and Romero, who were childhood friends and both drummers looking to play together. Eventually, the band added members starting with Anderson until solidifying into this lineup in 2010. What brought the members together was not only their skill as musicians, but also their common direction as artists. They share many of the same diverse influences. Lopez recalls initially being interesting in joining

deal. Instead, Lopez said the band would rather manage itself. The money Smiles gets from playing shows all goes back into the band and the thought is that giving all that money and time to a company to profit from would be a waste. "We are trying to keep it a family--very self-contained," said Lopez. "We put so much of our own time and energy and money into it. Just giving it away wouldn't be worth it for us. We don't touch any money from this. All the money goes back into the band."

Recording albums and winning a songwriting contest are achievements for

"As part of winning the songwriting contest, Smiles got to play on the John Lennon Educational Tour Bus stage at NAMM."

the band because they were all fans of the 1970s' post-punk band Television. "When I joined the band, it was because we had a shared love of Television--that kind of punk" said Lopez. "And Jeff Buckley, but we are into a little bit of everything from Aretha Franklin to obscure stuff like Os Mutantes."

Even through it just released its first album, Smiles is already looking toward the future, having written enough songs for two more albums and hoping that the momentum from

the band, but it is most proud of its live shows, whether those occur on tour at colleges between San Diego and Monterrey Bay or on Pier Avenue in Hermosa Beach. The group is already known for its stage presence and dynamic sound and is only looking to improve. "This is a group of five very talented guys individually, and you see that come across. We put on a great show live," said Lopez. "The music is there and we are still getting better." •

Carmelita Jeter

from front page

that my parents raised me well, but it is also just about giving back. Going to Bishop Montgomery and having the teachers that I had there who pushed me to be a good student and pushed me to go to college--these are things that I am extremely grateful for," Jeter said. "Of course I only speak for myself, but I am extremely grateful for the people that I had in my life who push me to pursue better things. When you come from a place where people were so supportive and where people were so generous, you also

think that and it also becomes you. It is the circle of giving back. I came from a great situation going to school in Torrance and then going to school in Carson. Now I am able to bring it all around and give back. It is definitely much of my upbringing, but it also has to do with having some great people in my life growing up."

For more on My Little Pony Friendship is Magic, persons interested can visit: <http://www.hubworld.com/my-little-pony/shows/friendship-is-magic> •

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Police Briefs

FATAL TRAFFIC COLLISION INCIDENT #130009821

On February 18, at approximately 11:30 a.m., officers from the Torrance Police Department responded to a major traffic collision, with injuries, in the 2800 block of Sepulveda Boulevard.

On arrival, officers discovered that a motorcycle traveling eastbound on Sepulveda Boulevard had collided with a van that had just exited from a private driveway. The motorcyclist was treated by a paramedic and transported to a local area hospital where he was later pronounced dead. The name of the motorcyclist has been withheld pending

notification to a next of kin.

The driver was not injured.

Sepulveda Boulevard between Crenshaw Boulevard and Maple Avenue was closed for approximately three hours while investigators completed their investigation.

This collision is being investigated by the Torrance Police Department's Traffic Division under the command of Captain Bernard Anderson, Commander of the Special Operations Bureau. Anyone with information regarding this collision is encouraged to contact the Torrance Police Department's Traffic Division at 310-618-5557.

First 5 LA Promotes Quality Early Care, Education

Courtesy of First 5 LA

Ninety percent of a child's brain develops by age five; these early years are critical to the development of how a child thinks, feels, acts, and interacts with others.

To help parents who need to find someone to watch after their child during these early development years, First 5 LA has launched "Quality Child Care Lasts a Lifetime," a

their academic careers. President Obama also called out some of the societal benefits of early education including increased graduation rates, reduced teen pregnancy and reduced violent crime.

According to First 5 LA, however, many parents are not aware the first five years of their child's life may determine the level of success they will reach as adults. The

"Many parents are not aware the first five years of their child's life may determine the level of success they will reach as adults."

campaign aimed at informing parents about the life-long benefits of quality early care and education and tips to help them make informed decisions. The campaign consists of English and Spanish radio, print, cable, Transit TV, and out of home ads, collateral materials, a website, and a comprehensive outreach effort in over 15 communities throughout the region.

President Barack Obama in his recent State of the Union address affirmed that "study after study shows that the sooner a child begins learning, the better he or she does down the road," highlighting the important role quality early care and education plays in shaping a child's future.

Research shows that children who receive quality child care show more advanced language skills, do better in school, have fewer behavioral problems, and develop better social skills. Ultimately, they are more likely to graduate from high school and succeed in

agency, through its "Quality Child Care Lasts a Lifetime" campaign, wants to encourage those organizations that work directly with parents, to help deliver this important message.

The following community partners who have agreed to help distribute, promote and post campaign materials through their networks include the City of Azusa, City of Baldwin Park, City of Carson, City of Inglewood, City of Lancaster, City of Long Beach, City of Montebello, City of Norwalk, City of Paramount, and the Los Angeles Public Library. First 5 LA will continue to reach out to other partners to help promote the campaign message. Communities and organizations interested in participating in the campaign should contact Maricela Cueva at 626-403-3200.

To learn more about the Quality Child Care Lasts a Lifetime campaign, visit First 5 LA's website for parents, <http://www.ReadySetGrowLA.org>

Visit us online: www.heraldpublications.com

Happy Birthday



Dad, we are all happy to celebrate your 70th birthday with you and we wish you 70 more years of life. Love, Javier, Tita, Nena, Yoly and Robert.



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Pediatric Therapy Network

Thursday, February 28, 2013 from 5:30 to 9 p.m. at the Miyako Hybrid Hotel, 21381 So. Western Avenue, Torrance

Music by The Andrew Carney Quartet. New Orleans-style cocktails, wine and beer. Appetizers by Gonpachi, The Depot, Buffalo Fire Department, Red Car Brewery and Tortilla Cantina!

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Pediatric Therapy Network is a 501(c)(3) nonprofit early child development and therapy center committed to providing high quality services for children with special needs and for those at risk for developmental issues.

Computer Ninja

Preparing to Take Your Computer in For Repair

By Alex Bryan

Computers and cars are pretty similar: both require regular maintenance, fail unpredictably, and disrupt your life when they do. Computer technicians live in a world where their (often desperate) clients know very little about the work they'll be performing. Sometimes this lack of knowledge is taken advantage of and at some major computer repair retailers, doing so is actually a required part of the job. Here's a few tips for next time your computer breaks.



mean the best deal!

4. Protect Your Data
Many shops, especially those with quick turnarounds, don't take the time to backup your data. This means that if your hard drive fails during repair or a technician makes a mistake, you could lose years worth of your most important information. Find that information and email it to yourself, put it on a flash drive, or use an free online backup service like spideroak.com.

5. Sanitize Your Computer
During the normal course of a repair, a technician will have to see some of your files. It's too often we see news stories about how technicians were going through people's files when they didn't need to – usually looking for private pictures, credit card information, or passwords to online accounts. There is a problem in our industry that unfortunately many technicians don't respect their client's privacy, which is why I suggest deleting anything sensitive off your computer. If you're dealing with a particularly motivated technician, they might use data recovery tools to "un-delete" your files so you'll have to wipe them instead. I'd suggest using a

1. Get Ready to Talk to a Technician

Before you pick up the phone, come up with a list of symptoms and problems. Has your computer been restarting randomly or giving you any specific error messages? When did this start? Did you install any new hardware or software right before it did? Not only will answering these questions make you less likely to be taken advantage of by the technician, you'll also get you a more accurate quote on the repair.

2. Do Your Research

Before taking your computer to just any shop, do a quick search online to find some

"It's too often we see news stories about how technicians were going through people's files when they didn't need to – usually looking for private pictures, credit card information, or passwords to online accounts."

reviews. Sites like Yelp and Google are an excellent resource for this. Ask your friends and family if they know anybody – finding a good, honest repair technician isn't easy so if you know somebody who has already done it, why re-invent the wheel?

3. Get Quotes from Shops

If you get a quote that seems a little high, shop around! Some shops charge flat-rates while others bill by the hour. Most places will give you a quote by phone but if you need to bring in your computer, ask if the shop charges a diagnostic fee. Remember that the cheapest service does not always

program such as eraser (<http://eraser.heidi.ie/>) for this job. If you're getting hardware repaired (such as a bent power jack), you can remove the hard drive entirely before you take it into the shop.

6. Don't Be Afraid to Ask Questions

After your machine is repaired, ask the technician what you can do to maintain your computer's health. If you are confused about what was done with your machine or why it failed, ask!

Want 'The Ninja' to tackle your computer headaches? Send your questions to column@calltheninja.com

Calendar

SATURDAY, FEBRUARY 23

• Torrance Certified Farmers' Market, 8 a.m.-1 p.m., Wilson Park, 2200 Crenshaw Blvd. For more information call (310) 618-2930.

• Learning To Cope With Stress, 9:30-11:30 a.m., Torrance Airport Community Room, 3301 Airport Drive. For more information call (310) 534-1122.

TUESDAY, FEBRUARY 26

• City Council Meeting, 7-10 p.m., City Hall, Council Chamber, 3031 Torrance Blvd. For more information call (310) 618-2870.

WEDNESDAY, FEBRUARY 27

• Torrance Antique Street Faire, 8 a.m.-3 p.m., 1317 Sartori Ave. For more information call (310) 328-6107.

THURSDAY, FEBRUARY 28

• South Bay Ostomy Support Group meeting, 7:30 p.m., Torrance Memorial Medical Center West tower building, 2nd floor # "B".

SATURDAY, MARCH 2

• Ukrainian Easter Eggs, 10-11:30 a.m., Henderson Library, 4805 Emerald St. For more information call (310) 371-2075.

TUESDAY, MARCH 5

• Artful Days: Part II Learning the Language of Art, 12:10-1 p.m., George Nakano Theatre, 3330 Civic Center Drive. For more information call (310) 618-2326.

WEDNESDAY, MARCH 7

• "Stories In Art" (ages 7-11), 4- 6 p.m., Torrance Art Museum, 3320 Civic Center Drive. For more information call (310) 618-2326. Space is limited and registration is required.

FRIDAY, MARCH 8

• Opening Exhibition, 4-9 p.m., California

Museum of Fine Art, 1421 Marcelina. For more information call (424) 262-0189.

SATURDAY, MARCH 9

• Torrance Firefighters Association's 41st Annual Spaghetti Dinner, 4:30-8 p.m., Ken Miller Auditorium, 3341 Torrance Blvd. For more information call (310) 781-7000.

• Cherry Blossom Cultural Festival, 10 a.m.-3 p.m., Columbia Park, 18861 Prairie Ave. For more information call (310) 618-2376.

SATURDAY, MARCH 16

• 14th Annual Craftsmen's Spring Arts and Crafts Fair, 9 a.m.-4 p.m., Ken Miller Auditorium, 3341 Torrance Blvd. For more information call (310) 376-7488.

• Dancing with the South Bay Stars II, 8 p.m., James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

ONGOING

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

• Paradox Maintenance Technicians-A comprehensive manual to contemporary painting from Los Angeles and beyond, Jan. 22-Mar 9, The Torrance Art Museum, 3320 Civic Center Drive. For more information call (310) 618-3846.

• Senior Days (50+) for Feb, M-F, 9 a.m.-5 p.m., Palos Verdes Bowl, 24600 Crenshaw Blvd. For more information contact Charlotte Melsh at charlotte@pvbowl.com or (310) 326-5120.

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Politically Speaking

One Man's Opinion

By Gerry Chong

The fact that we are here today to debate raising America's

debt limit is a sign of leadership failure.

It is a sign that the U.S. government cannot pay its own bills.

It is a sign that we now depend on ongoing financial assistance

from foreign countries to finance our government's reckless fiscal policies.

Increasing America's debt weakens us domestically and internationally.

Leadership means that the buck stops here.

Instead, Washington is shifting the burden of bad choices today

onto the backs of our children and grandchildren.

America has a debt problem and a failure of leadership.

Americans deserve better.

--Senator Barack Obama, March 2006

We don't have a spending problem.

--President Barack Obama, January 1, 2013

In ancient Greece, a cadre of self-proclaimed intellectuals named themselves "Sophists," translated as "I am wise." Wikipedia said "these intellectuals had one thing in common: They typically had a great understanding of what words would entertain or impress or persuade an audience. Hence today, Sophists use specious arguments for purposes of deceiving someone. They use rhetorical sleight of hand and ambiguities of language

increase of 49 percent from January 2009 to November 2012. New enrollees are joining the ranks of those that cannot feed themselves at the rate of 11,000 people *per day!*

The Sophist makes the populous argument that the "rich don't pay their fair share," ignoring the fact that the wealthiest one percent pay 35 percent of income taxes, and the top five percent pay 59 percent. For the Sophist to appeal to his political base, there can be no limit to a "fair share."

While Sophists call for restructuring of the tax code as a euphemism for tax increases, they ignore the reality that taxes on all segments of society have already increased. The tax rate on the wealthy has risen to 39.6 percent, the employment tax on all earners has gone from four percent to six percent, and employers will be hit with a range of Obamacare taxes--all withdrawing capital from the job-growing segment of the economy.

The Sophist claims "redistribution" will create a fairer nation, but ignores the most basic fact that splitting a country into "payers" and "receivers" divides a country into two camps, making impossible "one nation, under God, indivisible."

The Sophist proclaims that increasing government spending should accelerate until the economy recovers, but unbridled spending will destroy the economy before it can recover. As a corollary to the spending conundrum, on February 5 the Congressional Budget Office noted that the national debt

"The tax rate on the wealthy has risen to 39.6 percent, the employment tax on all earners has gone from four percent to six percent, and employers will be hit with a range of Obamacare taxes--all withdrawing capital from the job-growing segment of the economy."

in order to deceive or to support fallacious reasoning. In this view, the Sophist is not concerned with truth or justice, but instead he seeks power."

Today's Sophist tells that we are better off, even as food stamp participation has grown from 32 million to 47 million people...an

had exploded 23 percent, from \$13 trillion to \$16 trillion, in just 16 months. Over 10 years, interest on that debt will grow from \$1.76 trillion to \$3.64 trillion so that by 2020, interest expense will equal defense spending.

So beware of the grinning Sophist who claims, "We don't have a spending problem." •

Another Man's Opinion

Health Care: It's About Human Lives

By Cristian Vasquez

Much can be debated about the possible outcome of President Barack Obama's Health Care Reform. Staunch conservatives attack the reform and label it part of a Communist shift in our nation's economy. Liberals attack the reform as not providing enough for those in need. Still, those stuck in between the factions are left wondering how much the reform will cost, save and overall change the effectiveness of our health care system. While many valid arguments can be made in favor and against the reform, what is certain is that President Obama's Health Care Act is a necessary step in the right direction to addressing a basic human need: medical care.

To begin, the reform is not the beginning

overall these providers have viewed the insured as commodities. Human beings have been considered no more than pawns in the game of supply and demand who can be discarded at the first sign of a lost profit. How can we, as a proud Christian nation, be fine with that? Since when did Mom and Dad, Grandma and Grandpa become disposable?

It is tragic that in our country, with some of the best medical experts on the planet, people were being dropped from coverage and treatment because of a preexisting condition. The President's reform act prevents this and rightfully so. While I am considerate of these insurance companies' need to make a profit, it can be done without sacrificing the lives of ordinary, hardworking people. There is

"While I am considerate of these insurance companies' need to make a profit, it can be done without sacrificing the lives of ordinary, hardworking people."

of a Communist or Socialist state in America. Communist and Socialist states control the means of production and the Health Care Reform Act does not control production. It does, however, determine what insurance companies can and cannot do. In other words, it regulates the actions of an insurance company when it comes to determining who they will cover, who they won't cover and why. At its core, this is a necessary step in order to attain an effective health care system in our nation.

For too many years, insurance companies have denied coverage to individuals with preexisting conditions. From diabetes to high blood pressure or even a broken arm, a preexisting condition was enough for an individual to have their insurance company drop them or have a new provider deny them coverage. Given, not all of the insurance companies operated the same way. However,

absolutely no way to justify a company's refusal to cover a person's ailments because they are predisposed to their condition in the name of profit.

For too long, insurance companies have failed to address the issue of preexisting conditions by simply ignoring the patient. With this reform, insurance companies will be forced to address preexisting conditions in patients through an effective and humane business model. They will have to provide an option that the patient can work with and that will neither impose all of the financial burden on the insurer nor the insured. It is sad that it took a federal law to force insurance companies to take these steps because as Americans, we are very kind-hearted, generous individuals. Nobody wants to see their brother or sister dropped from coverage or denied coverage because of a preexisting condition and neither does President Obama. •

From the Source

Political Q & A

By Gerry Chong

Last week in our initial column asking our political leaders their positions on important topics of the day, we had asked Congresswoman Maxine Waters, Senator Ted Lieu and Assemblyman Steve Bradford about their views on the most optimistic thing we in the South Bay can look forward to in 2013. Their responses were published last week.

This week, we posed a similar question to Chairman of the Los Angeles County Board of Supervisors Mark Ridley Thomas and supervisor Don Knabe. Specifically, we asked, "What are the opportunities and challenges you see at the County level for South Bay communities in 2013?"

Chairman Ridley-Thomas responded:

The South Bay region has unique assets and challenges. For example, its attractive beach and hillside communities have special transportation requirements, so we are working at the County and with the Metropolitan Transportation Authority to relieve road congestion and extend public transit. We also are experimenting with novel congestion mitigation programs such as FasTrak lanes and electric vehicles for local trips. Our hospitals, including Harbor/UCLA, are second to none and we continue to modernize

them, most recently with new emergency and operating rooms. The challenge overall in the South Bay is to maintain the quality of life that attracted its residents, while adapting to environmental and technological changes.

Supervisor Knabe said:

Each and every city and community within the South Bay faces its own unique challenges and opportunities in 2013. Los Angeles County stands ready to assist its residents with all available resources to meet those moments together in the coming year.

We at Herald Publications see this column as a public forum in which readers can suggest questions of their political leaders. We therefore urge you to submit your questions to South Bay office-holders in Congress, the State Senate, the State Assembly and the County Board of Supervisors by transmitting your inquiries to gchong@chongco.com. We will do our best to solicit answers to your inquiries.

Next week, we will ask Senator Rod Wright and Assemblyman Al Muratsuchi the following question: "Each year, the State Legislature passes more than 1,000 bills, the vast majority of which are signed into law. Is there such a thing as too many laws? If so, how should we control their volume?" •



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Sports

A New Season Brings New Hope

By Adam Serrao

The scent of freshly cut grass, the sun shining off of the dirt and a gentle, warm breeze bristling through the trees reminds us all that spring is on its way and with it comes the start of a brand new baseball season. That baseball season brings high expectations for a Dodgers club that finished in second place

while (five seasons to be exact). Many people forget, however, that he is only 24 years of age and just last year became the first pitcher since Pedro Martinez to lead the league in ERA in back-to-back seasons. Greinke, on the other hand, ranks fifth in baseball in strikeouts since the start of 2008 and owns his own Cy Young trophy for the 2009 season.

"The Dodgers have high hopes for Korean left-hander Hyun-Jin Ryu, but he of course is unproven up to this point."

in the National League West and sat by on the sidelines as it watched its bitter rivals, the San Francisco Giants, go on to make a run in the playoffs and capture the World Series title for the second time in just three years. The Dodgers, however, have continued to upgrade their roster and feel as if they are poised to take home their own World Series title—a title that would be the team's first since 1988 and would quell all Los Angeles sports fans of their salivating appetite for a championship team. The only question that remains is have the Dodgers made all the right moves, or are expectations for this team just a little bit too high?

The acquisition of Zack Greinke is just one offseason move that made headlines for the Dodgers this winter, but that move alone solidifies the top of a rotation led by 2011 National League Cy Young award winner and two-time all-star Clayton Kershaw. Kershaw, recently named the opening day starter for the Dodgers, has been in the Majors for a

"I'm thinking, 'Why me?' This is awesome," said Dodgers catcher A.J. Ellis, who will be receiving balls from the two highly touted pitchers all season long. "I get to catch two of the elite pitchers in all of baseball. Two former Cy Young winners. Guys who are probably going to win more Cy Youngs in their future. I'm more than excited." There's no doubt that Ellis hopes that the Cy Young awards begin to pile up this year with him as the battery mate behind the plate.

Though the Dodgers will have quite possibly the best one-two punch in the National League if not in all of baseball this upcoming season, the rotation afterwards is deep but questionable, to say the least. The Dodgers have high hopes for Korean left-hander Hyun-Jin Ryu, but he of course is unproven up to this point. Though once thought of as an ace, Josh Beckett owns a 4.11 ERA over the past five seasons—an amount of time in which the left-hander has pitched 200 innings or more

See Sports, page 8

Up and Adam

Warriors Too Hot to Handle

By Adam Serrao

With two weeks left to go in the season, the West High Warriors were left for dead. Sitting at the bottom of the Bay League standings after a 22-point loss to Redondo Union, the outlook was bleak, to say the least, for head coach Paul Nitake and his squad. After beating Leuzinger and Palos Verdes Peninsula, however, the Warriors received a glimmer of hope to end the season. In almost the blink of an eye, West moved up from sixth place in the standings to fourth place and received an at-large bid to enter the CIF Southern Section Division 3AAA playoffs. From then on, it has seemingly been uphill for the Warriors. Now they are streaking, winning games when it means the most and looking to make a name for themselves in this year's playoffs.

The Warriors started off their playoff push with a game on the road against Colton last Wednesday night. The game plan was to get big man Terrell Carter the ball, as he had a distinct size advantage over Colton coming into the game. Carter capitalized on his opportunity by racking up 22 points, 17 rebounds and two blocks as West took the 62-44 victory in the first round of the playoffs. "Carter was a workhorse tonight," Nitake explained. "He did a great job defensively on the glass. Their biggest guy was 6-3, so we went to Carter the entire game."

It wasn't an easy start to the game for the Warriors, who trailed by two points after the first quarter. Once they got Carter into the swing of things, the game opened up on both sides of the ball. The Warriors outscored Colton 16-6 in the second quarter and 14-8 in the third to eventually roll to the 18-point victory and advance to the second round where they would meet the Hart Indians.

West came up with an effective game plan to take down Colton and decided to stick with it in order to gain an advantage over Hart as well. Carter once again put together an amazing performance, finishing the game with 13 points, 12 rebounds and three blocks as the Warriors won a game that no one expected them to—defeating the number three-seeded Hart 64-55 to advance past the second round of the playoffs for the first time in the history of the school.

"We broke the curse," expressed Xavier Basso, who is now a junior on the team. "First time past the second round. It feels good." It looked good too, as the Warriors jumped out to an early six-point lead in the first quarter. Coming out of the half, West maintained its energy, holding Hart to just five points and outscoring the Indians by 12 in the quarter. Ultimately, the Warriors took the nine-point

victory and moved on to face the number six-seeded Royal. It looks as if the Warriors have finally found their identity. Though it won't be a walk in the park, West is running on all cylinders at precisely the right time.

NORTH HIGH

The North High Saxons ended their regular season off in the right way this year. Two key Pioneer League victories against El Segundo and Torrance had the Saxons on a roll and going into the playoffs hot. Unfortunately for them, they ran into the Hart Indians in the first round of the CIF Southern Section Division 3AAA playoffs. Hart ended the season with a record of 25-3 and finished in second place in the Foothill League standings, winning eight games in a row at one point towards the end of the season. Fortunately for the Saxons, however, Hart slipped in its final game of the year against Canyon, suffering a key loss and forcing the Indians to enter the playoffs with a sour taste in their mouths. The Saxons, though, were unable to capitalize on that sour taste and wound up suffering a slim 86-83 loss to end their season in heartbreak in the first round of the playoffs.

North showed up on the offensive side of the ball, getting big games from their top three players. Austin Yamada led North with 15 points on the night and Devante Jenkins and Koh Flippen each tallied 14 in the losing effort. Yamada and Jenkins are both seniors and so won't return to the team next season. Koh Flippen will be the lone returning star, hoping for better luck next year in his senior campaign with the club.

SOUTH HIGH

The South High Spartans were unable to repeat history of a year ago when they won in their final game of the season and then went on a miraculous playoff run that saw them reach the CIF Championship game against Calabasas. This year, the team did in fact win its last regular season game of the year, but a first round matchup against Bonita was a little bit more than head coach Leo Klemm and company could handle. Bonita, which finished the year in first place in the Hacienda League standings at 25-5, was on a roll coming into the playoffs having won its last 10 games of the season. That win streak didn't stop against the Spartans, as South trailed almost the entire game. Bonita came away with the 54-40 victory to end South's playoff life in the first round this year, leaving West High as the lone Torrance team remaining in the playoffs. The Spartans will lose both Kenichi Hackman and Jake Ly to college next year, but Klemm always finds a way to have the team competing in the Pioneer League. •

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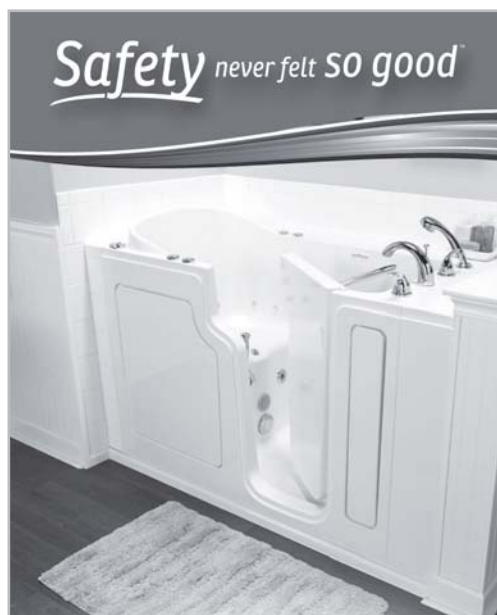


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Basketball Legend Dr. Jerry Buss Passes Away at 80

Courtesy of the Los Angeles Lakers/ D-Fenders

Dr. Jerry Buss, longtime owner of the Los Angeles Lakers and owner of the Los Angeles D-Fenders, passed away on Monday morning after a long illness. He was 80 years old.

The Buss family and the Lakers organization sent out the following on Monday shortly after the passing of the greatest owner in the history of professional sports:

"We not only have lost our cherished father, but a beloved man of our community and a person respected by the world basketball community," a statement released on behalf of the Buss family said.

an era of success unrivaled in the history of Southern California professional sports.

As owner of the Lakers, Dr. Buss oversaw a franchise that won 10 Larry O'Brien championship trophies, reached the NBA Finals on 16 occasions, and missed the playoffs just twice. Furthermore, the Lakers compiled the NBA's best record under his guidance, going 1786-926 overall (.659 winning percentage).

Some 27 years after his journey began with the Lakers, Dr. Buss became the first NBA owner to own and operate an NBA Development League team, starting the D-Fenders franchise in 2006 to help develop NBA talent for the Lakers. Under Dr. Buss' ownership, the D-Fenders produced countless NBA players and, in just

the third Laker to enter the Hall as a contributor (Chick Hearn, Pete Newell).

Dr. Buss was a graduate of the University of Wyoming, earning a Bachelor's degree in Chemistry and later a Ph. D in Physical Chemistry from the University of Southern California. After a brief career in the aerospace industry, Dr. Buss and Frank Mariani, an aerospace engineer, drew upon their scientific training to launch a career in real estate. For Dr. Buss, the real estate firm of Mariani-Buss Associates was originally intended only to provide income, which would allow him to pursue his love for teaching. The expansion of the real estate firm was so fast, though, that it would not allow time for other professions.

Ultimately, Dr. Buss parlayed his original \$1,000 investment in a West Los Angeles apartment building into assets that eventually enabled to him to achieve his second love, ownership of a major league sports team.

A true pioneer and trailblazer in innumerable ways, Dr. Buss initiated many innovative marketing changes (which included a major advertising agreement with Great Western Bank in 1988 to name the team's former arena the Great Western Forum), and as a result, many of his strategies are emulated today by franchises across each of the major North American professional sporting leagues.

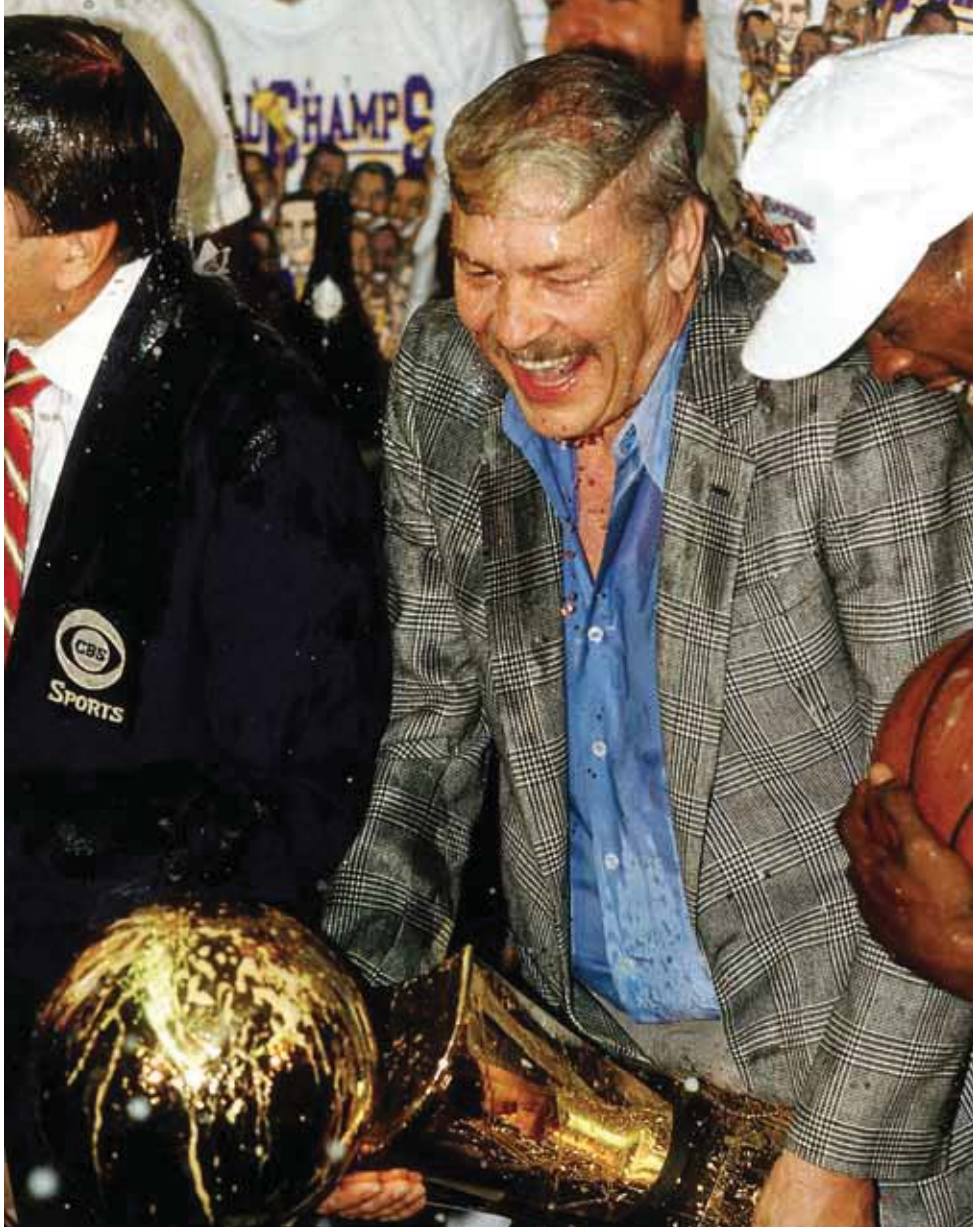
In addition to his role with the Lakers, Dr. Buss served two terms as President of the NBA Board of Governors and helped launch Prime Ticket Network (now FS West/Prime Ticket) in 1985. Altering the look of sports television, Prime Ticket televised all of the Lakers home games and shortly became the nation's premier regional sports cable network.

On October 30, 2006, Dr. Buss' inventive spirit empowering fans to never miss a home game earned him a star on Hollywood's Walk of Fame in a ceremony attended by his staff, close friends and family.

Yet for all of his accomplishments in business and sports, Dr. Buss was equally respected for his philanthropic efforts. Among his countless philanthropic endeavors, Buss focused on supporting education along with the needs of disadvantaged youth and the elderly. For his generous efforts he was honored by such organizations as the City of Hope, NAACP, the B'nai B'rith, United Negro College Fund, United Indian Development Associations, American Hebrew University, National Organization of Women, Boys and Girls Clubs of America, Muscular Dystrophy Association, the Los Angeles Human Relations Commission and Heart of Los Angeles Youth, along with many others. Dr. Buss also funded scholarships at his alma maters, Wyoming and USC, and endowed the Magic Johnson Scholarship at Michigan State University.

Dr. Buss is survived by sons Johnny, Jim, Joey and Jesse and daughters Jeanie Buss and Janie Drexel, all of Southern California; eight grandchildren; former wife JoAnn of Las Vegas; half sister Susan Hall of Phoenix; half brother Micky Brown of Scottsdale; and stepbrother Jim Brown of Star Valley, Wyoming.

A memorial service for Dr. Buss will be held on Thursday, February 21st at Nokia Theatre, L.A. LIVE. In lieu of flowers, the family requests that donations be made to the Lakers Youth Foundation or a charity of the donor's choice. • **Photos by NBAE/Getty Images.**

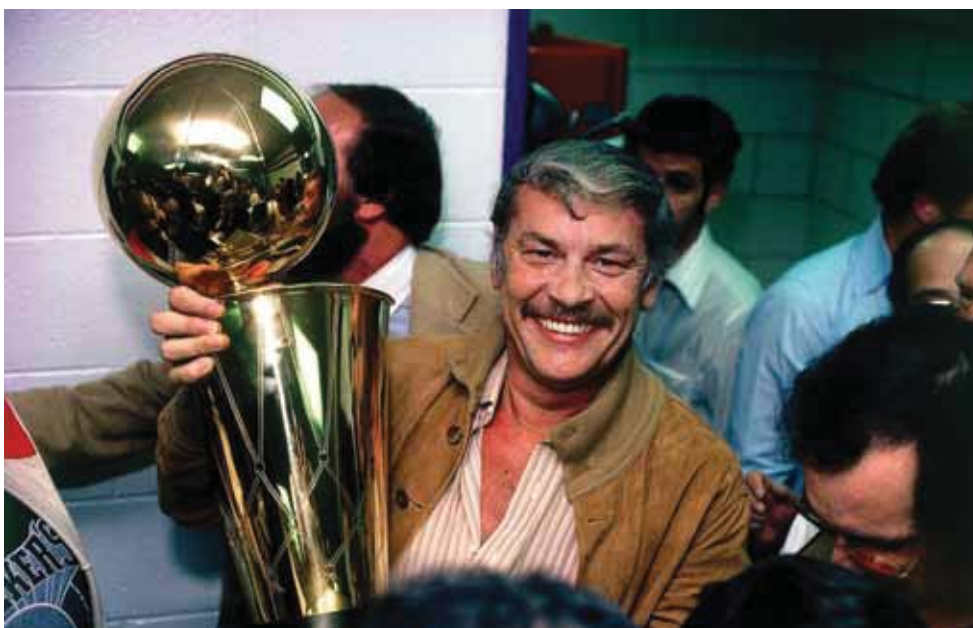


Dr. Buss had been hospitalized much of the past 18 months in a battle which "showed his amazing strength and will to live. It was our father's often stated desire and expectation that the Lakers remain in the Buss family. The Lakers have been our lives as well and we will honor his wish and do everything in our power to continue his unparalleled legacy," the statement concluded.

In 1979, Dr. Buss purchased the Lakers along with the Los Angeles Kings of the NHL, The Great Western Forum and a 13,000-acre Kern County Ranch in June of that year, and so began

six seasons of existence, had already won the Development Champion award, set the regular season record for wins (38-12) and reached the NBA D-League Finals, among other successes. A true pioneer both in the NBA as well as the NBA D-League, now a total of five NBA D-League teams are owned and operated by an NBA team, a number that will likely continue to grow.

As result of his incredible successes, Dr. Buss was enshrined in the Naismith Memorial Basketball Hall of Fame in Springfield, Massachusetts on August 13, 2010, becoming



Sports

from page 6

just once. Chad Billingsley not only dealt with inconsistency once against last year, but also fell victim to the injury bug--something that he hopes to avoid this season. That leaves Aaron Harang and Chris Capuano (who both had nice seasons for the Dodgers last year) available, but out of the mix and most likely available for trade.

On paper, the position players for the Dodgers look as if they are going to do damage all around the league this year. Matt Kemp, Andre Ethier, Hanley Ramirez, Carl Crawford, Adrian Gonzalez... Where is there a hole in that lineup? Well, Ramirez can be seen as a liability at shortstop because of his

tendency to commit errors at key moments in ballgames. Though he has the ability to go deep at the plate, he has hit only .243 and .257 the past two years respectively. Crawford is coming off of Tommy John surgery and he and Ethier are both terrible at the plate against lefties. Crawford is batting a career .263 vs. lefties with a .309 on-base percentage, while Ethier is just as bad, batting .276 with a .330 on-base. Kemp is coming off of shoulder surgery to fix a torn labrum and it remains to be seen whether he will return to his MVP form of 2011. Then there's Gonzalez, whose home run totals have consistently dropped from 40 to 31 to 27 to 18 over the last three

seasons and his .806 OPS was the lowest of his career last year in split time between the Red Sox and the Dodgers. It was a far cry from the offensive powerhouse that Dodger fans thought they would be getting when Gonzalez crushed a home run in his first ever at-bat with the Boys in Blue last year.

As expectations remain sky high for these Dodgers, manager Don Mattingly is doing his job to keep his team's hopes on the ground level for the time being. "The expectations, the noise is going to be there," Mattingly said. "Let's make sure we keep the focus on what we have to do to get ready for this year." Should Mattingly and the rest of the

Dodgers do that, there is no doubt that this team should remain successful. But overtaking the world champion Giants? Well, that may indeed be a different story. The Dodgers only won 86 games last season as opposed to San Francisco's 94. But with full seasons from Gonzalez, Beckett, Crawford, Ramirez and Kemp (who only played 106 games last season) and a deeper rotation, that win total should certainly eclipse the mid-90s. Despite all of the potential flaws and barring a catastrophic meltdown of only Laker-sized proportion, Los Angeles fans may indeed be looking at the best baseball team they have seen since 1988. •

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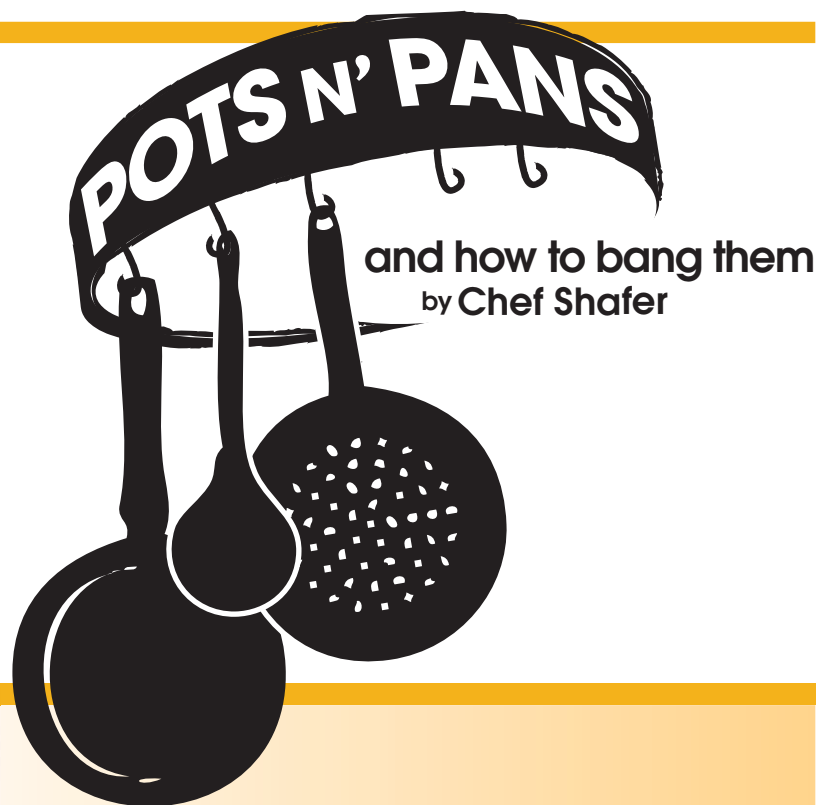
Well, hope you all recovered from the chocolate rush of Valentines Day.

This week's trivia question has to do with classical cuisine:
Name the five mother sauces.

The first five people to come into Buffalo Fire Department for dinner will win a cheeseburger and drink. You must be 18 to win and must submit it in writing at the hostess stand before you order. This offer is only good Monday thru Saturday after 5:00 pm at the Buffalo Fire Department. You can only win one time per month, but you can still come into BFD!

This week's recipe is for all you seafood lovers. Everyone loves scampi. That great combination of roasted garlic and sweet shrimp tossed in herbs and butter. This is a mix seafood dish that has the flavors of scampi but will stretch your food dollar.

The Chef



Seafood Scampi

Serves 4 to 6

- 1 pound peeled and deveined raw shrimp
- 1 pound 1/2 inch cubes of fish, such as salmon, mahi, halibut or other meaty fish that can hold up to sautéing
- 4 to 6 garlic gloves chopped
- 1/2 cup chopped red onion
- 1/4 cup good olive oil
- 2 cups diced fresh tomatoes
- 4 to 6 basil leaves chopped
- Salt and pepper to taste
- 1 15 oz. can of baby clams in clam juice
- 2 tablespoons butter

In a hot sauté pan add the oil then the garlic, onions, shrimp, and fish. Toss all to get an even roast on all the components. Let it cook for about 1 min. Then add the tomatoes and the clams and the clam juice. Cook till the fish and shrimp are done. The shrimp should be pink and firm. Add the basil and butter. Check the seasoning to your liking with the salt and pepper. Pour over rice, pasta, or some crusty toasted bread and enjoy with a glass of chilled sauvignon blanc. Bon appetit. •



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TerriAnn in Torrance

The Joy of Rest

By TerriAnn Ferren

Last week, I decided to take some time and relax. That seemed like an easy enough thing to do until I actually stopped for a day. First of all, my mind kept working as I listed things I needed to do like yard work, housework, or paperwork for the upcoming tax deadline. Years ago, I remember my friend Isabel told me that her aunt and uncle would usually take two weeks to rest after

helped anxious patients calm down while waiting to see the doctor.

Some people exercise in order to relax. Exercise has a way of using energy and then you have the freedom to do absolutely nothing. At least that is the way I look at it. But after I taught my stretch class, I asked some of my students what they do to relax and I heard some very different answers. Claudia said, "I read." Bonnie Gay told me, "I sit with my

"Our ocean is right nearby and so often we forget to loop down by the sea just to drive by with the windows down listening to the waves and the sounds of the seagulls."

their vacation. What? That seemed really bizarre to me at the time.

Then I began thinking how I rest and asked others around town how they relax. My friend Joycie told me she relaxes when she and her husband watch *Jeopardy* and *Wheel of Fortune* while she plays with her "babies"--meaning her animals--dogs Lulu, Mini, Louie and her cockatoo Angel. That would be relaxing, I suppose, and I am sure lots of people pet their dogs and cats and watch TV to relax. Once in a doctor's office, I noticed a huge aquarium and asked the nurse about it. She explained to me that the motion of the beautiful fish swimming in the tank smack in the middle of the room

kitty cat on my lap." Nadia chimed in and said, "I read." And Pat said, "I have a glass of wine and read." Martha shared, "I walk my dog because I don't run into anybody, I feel safe 'cuz I bring my flashlight and my cell phone, and I have well-lit streets and I am away from my family. I don't have to answer questions--be a mother, a parent, a wife. I can just be out there by myself." Jane added, "A glass of wine, read." One of my students paints to unwind, which sounds so wonderful. I can imagine her relaxing with a palate in one hand and a brush in the other creating a beautiful picture. Well, it seems my students relax in a variety of ways.

After class, I drove to Torrance Beach and



Carrie Bolton and Maddison, age 3.

noticed lots of people enjoying the picture perfect day and the view of the ocean from Miramar Park on Paseo de la Playa. How does the beach crowd relax? Honestly, the entire scene looked like a postcard. Monica Garth told me, "I run. I listen to music with great friends at the beach. Sometimes I come here to just sit and watch the waves." Jennifer Trujillo told me, "Lately I have been meditating and reading the Bible and praying--that is the latest thing--and running at the beach. This is a new thing--like two weeks, not a New Year's resolution. Some

are all the same," explained Viviana.

Leaving the park and the ocean was not easy. I wanted to get home and finish my chores around the house so I could take some time for myself. What do I do to relax? Thinking about what I heard from others, I agree that a long, hot soak in the tub is relaxing as well as reading a book or petting an animal. But what do children do to rest? The answer was sleep. I asked youngsters and they didn't really answer me. Could it be that is because they don't think about resting? They want to play. Volumes have been written on how to relax, unwind, de-stress and generally chill out in this high-anxiety world we live in but I have found three very practical things I do that seem to help. First, unfurrow your brow, then unclench your jaw--and if you can, let your tongue be loose in your mouth and then finally drop your shoulders. Doing these three things really helps me relax. Sometimes I find myself walking around with my shoulders up and am not even aware of it--and when I drop them back down, there is a noticeable change. Try it. Challenging as it is for me to relax before I get all my work done, I am going to try taking some time to slow down and enjoy the day as it unfolds.

Take time. Take time to do something enjoyable and relaxing today. Our ocean is right nearby and so often we forget to loop down by the sea just to drive by with the



Viviana Luke and seven-month-old Emily. Photos by TerriAnn Ferren.




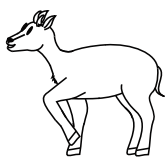
Monica Garth.

of my 'mommie friends,' we are raising our children and they are getting to an age where we want to regain our health." Also in this cluster of young mothers was Carrie Bolton, who told me right away, "Honestly, I love a long, hot shower--alone --and that is the only place I can go to run away from the children. And then of course going to the beach and looking at the ocean is so relaxing. But I don't do that as much as I used to." Viviana Luke told me, "I just had a baby. She is seven months old. Emily--this is my second baby. I have a five-year-old girl, so as a mom of two I am just learning how to get a break for myself. I come to the beach. There is nothing better than for me to come to the beach--to come here, take a deep breath and listen to the ocean and waves. Running--this is our second day of running with the mommie group and we love it." This mommie group meets at the park to run with their children in strollers to keep their figures, clear their mind and enjoy the fresh air. "I met one of the girls and then through her, I met the other girls and now we

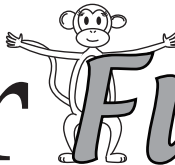


Jennifer Trujillo.


windows down listening to the waves and the sounds of the seagulls. Our backyard ocean view is truly beautiful and every day the free sunset puts on the best show in town. •

Try different things to see what...  ...you do well. You can do great things! 

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African-American Connections

Africa is rich in wildlife – elephants, tigers, giraffes, lions, gorillas and zebras! 

When I fly over the majestic continents of North America and Africa, I marvel at their physical beauty. African Americans have a rich history, traditions and culture that have influenced American culture. Some contributions are:

- rice farming • iron working • basketry
- weaving • pottery • cattle raising
- folk tales • foods • wood carvings

Complete the facts to fill in the puzzles.

North America:

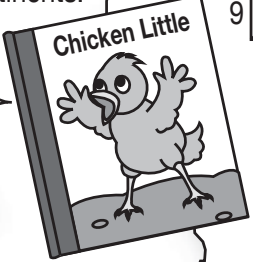
1. is the _____ largest continent
2. has Mount McKinley as its highest _____
3. is the _____ largest in population
4. physically includes Greenland, the world's largest _____
5. has Lake Superior, the world's largest freshwater _____
6. has a mainland made up of _____ countries.

Africa:

1. is the _____ largest continent
2. has gold, copper and _____
3. has _____ countries
4. has the Sahara, the world's largest _____
5. has Mount Kilimanjaro as its highest _____
6. has the _____ passing through it
7. is _____ largest in population
8. has many major _____
9. has the Nile, the longest _____ system in the world

The words in **bold print** show connections between the people of the two continents.


Find and circle words that begin with the letter 'c'!



Who Am I?

Read the clues below and then follow the color key to fill in the puzzle to see who I am:

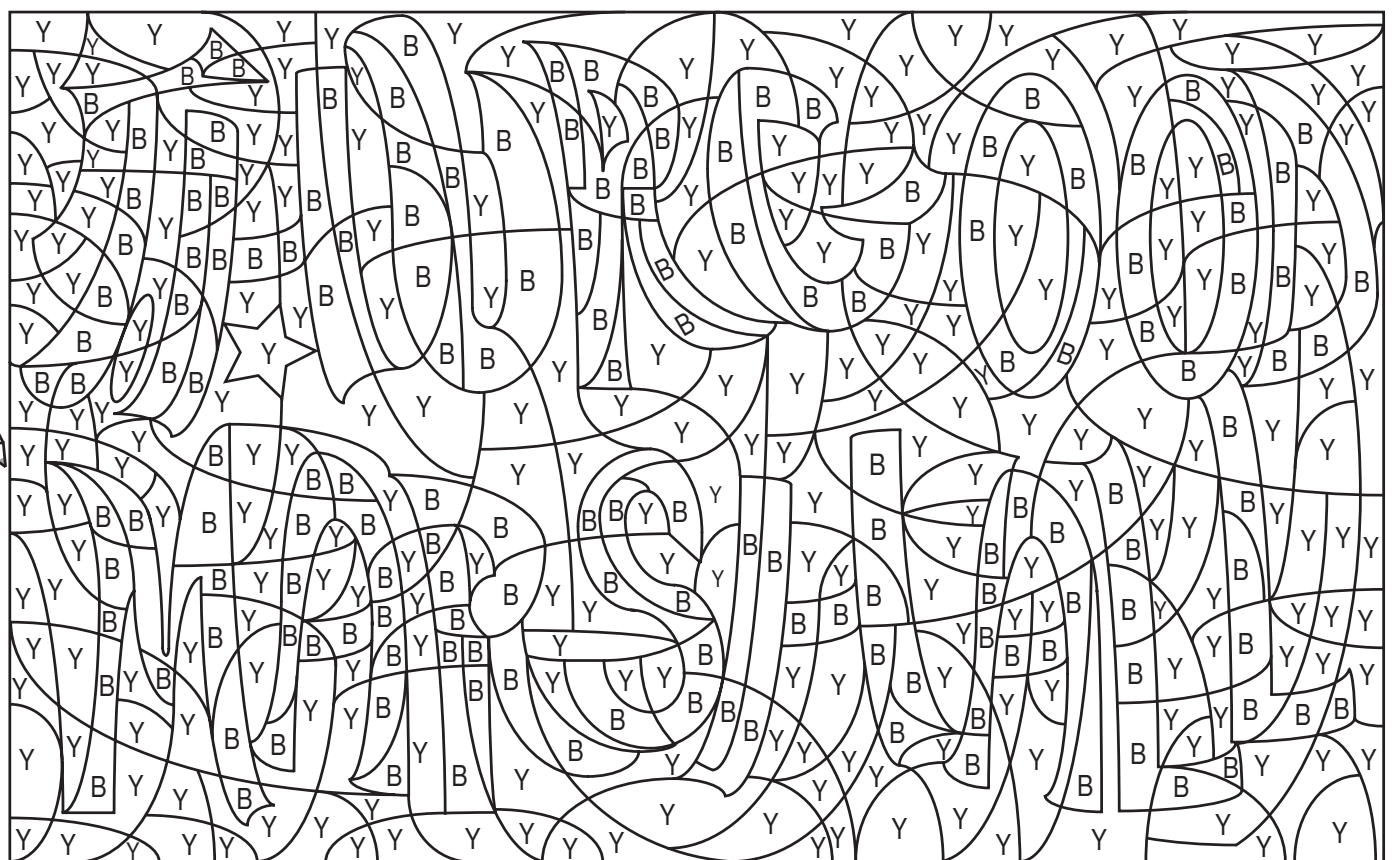
- When I was a youngster I got into a little trouble in school.
- I worked hard, went to college and became a lawyer.
- I fought for an end to segregation in schools.
- I became the first African-American appointed to the U.S. Supreme Court.



Free Puzzles


B = Blue Y = Yellow

Print out our new puzzles: **North America and Africa, Alphabet Letters "XYZ" and Alphabet Letter "V" Crosswords.** Come to print out reading log and certificate sets too @: www.readingclubfun.com



- ## A Shining List
- (Match names to their description)
1. Barack Obama (politician)
 2. Dr. Mallika Marshall (doctor)
 3. Venus and Serena Williams (athletes)
 4. Stephanie Wilson (astronaut)
 5. Michael Jordan (athlete)
 6. Dr. Benjamin Carson (surgeon)
 7. James McLurkin (computer scientist)
 8. Linda Johnson Rice (businesswoman)



- Below is a list of some high-achieving African Americans you may read about in magazines or books. You may have seen them on T.V. or in person at an event. If you do your best in school, you may be on a list of high achievers!
- A. he successfully separated twins who were joined at their heads
 - B. medical doctor who helps people understand health issues
 - C. as a boy liked Legos; watched ant colony behavior to get ideas for groups of robots; writes software (computer programs) that controls robots
 - D. may be the best basketball player ever!
 - E. she has flown to the International Space Station and completed a spacewalk (2007) to repair a piece of equipment
 - F. has just begun his second term as the President of the United States
 - G. President of Johnson Publishing Company, Inc., the largest African-American publishing company in the world; they publish "JET" and "EBONY"
 - H. won Gold Medals in doubles tennis (together) at the 2000 Olympic Games
- 



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- | | | |
|--|--|---|
| American Tire 22940 Hawthorne Blvd. | Ken's Market 901 Inglewood Ave., Redondo Bch | new Spires Restaurant 1750 Sepulveda Blvd |
| Arco 23510 Crenshaw Blvd. | L. A. Fitness 3550 W. Carson St #404 | Starbuck's Coffee 5005 P.C.H., Torrance |
| Arico Hallmark 3856 Sepulveda Blvd. | La Cocina 4438 182 nd St., Redondo Bch. | Staybridge Suites Hotel 19901 Prairie Ave. |
| Artesian Car Wash 17500 Prairie Ave. | Lingley Chevron Extra Mile 23420 Crenshaw Blvd. | T.R.G. Real Estate Group 3480 Torrance Blvd. |
| Benihana 21327 Hawthorne Blvd. | Little Company Of Mary Hospital 4101 Torrance Blvd. | Manee Thai Massage 24020 Vista Montana #A |
| Billy's Deli & Cafe 5160 W. 190 th St. | Little Company Of Mary Medical Cntr 4201 Torrance Blvd. | The Depot 1250 Cabrillo Ave. |
| Bottle Shop 2087 Torrance Blvd. | Courtyard Torrance 1925 190 th St. | The Little Gym 21203 Hawthorne Blvd. |
| Buffalo Fire Department 1261 Cabrillo Ave. | new Massey's House of Flowers 25929 S. Western Blvd. | Tony Roma's 24301 Crenshaw Blvd. |
| Capricciosa Italian 24301 Crenshaw Blvd | Miyako Hybrid Hotel 21381 S. Western Ave. | Toraya Ramen Restaurant 24231 Crenshaw Blvd., #D |
| Chamber Of Commerce 3400 Torrance Blvd. | Mercedes Benz of South Bay 3311 P.C.H., Torrance | Torrance Bakery 1341 El Prado Ave. |
| Chase Bank 2549 P.C.H., Torrance | Golden Camel 21006 Hawthorne Blvd. | Torrance City Hall 3031 Torrance Blvd. |
| Chateau Liquor 4545 W. Sepulveda Blvd. | Pacific Porsche 2900 P.C.H., Torrance | Torrance Cultural Arts Center 3320 Civic Center |
| Chinese Shanghai Restaurant 2880 P.C.H., Torrance | Palos Verdes Bowl 24600 Crenshaw Blvd. | Torrance Library 3301 Torrance Blvd. |
| Coffee Bean & Tea Leaf 21300B Hawthorne Blvd. | new Pediatric Therapy Network 1815 W. 213th St., Suite 100 | Torrance Library 4805 Emerald St. |
| new Cookin' Stuff 2722 Sepulveda Blvd., Torrance | Infiniti South Bay 3233 P.C.H., Torrance | Torrance Police Dept. 3300 Civic Center |
| Cop-A-Tan 24231 Crenshaw Blvd. | Power Volvo 3010 P.C.H., Torrance | Torrance Police Dept. 3624 Artesia Blvd. |
| Cousin Vinny's Cafe 5150 W. 190 th St. | Pregnancy Help Center 1311 Crenshaw Blvd., Suite A | new Torrance Produce Market & Deli 1303 El Prado Ave. |
| Creative Cuts Int'l. 21217 Hawthorne Blvd. | Prudential Real Estate 23530 Hawthorne Blvd. | Torrance Recreation Center 3341 Torrance Blvd. |
| Crest Restuarant and Bar 1625 Cabrillo Ave. | Ralphs 1413 Hawthorne Blvd. | Tortilla Cantina 1225 El Prado Ave. |
| Dee Hardison Gym 2400 Jefferson St. | Ralphs , 5035 P.C.H., Torrance | new Toyota North America 19001 S. Western Ave. |
| Del Amo Car Wash 20505 Hawthorne Blvd. | Rascal's Teriyaki Grill 5111 Torrance Blvd. | Tucker's Market 3690 Newton St. |
| Del Amo Professional Pharmacy 21320 Hawthorne Blvd. | RE/MAX Exec South Bay 23740 Hawthorne Blvd. | Vince's Spaghetti 23609 Hawthorne Blvd. |
| Dino's Burgers 1975 Torrance Blvd. | Residence Inn 3701 Torrance Blvd. | Wahoo's Fish Taco 3556 Torrance Blvd. |
| Eddie's Barber Shop 2455 W. Sepulveda Blvd. | Seashore Chinese 5137 Calle Mayor | Walgreens 2690 P.C.H., Torrance |
| El Camino College 16007 Crenshaw Blvd. | Seafood Town Chinese Resturant 22922 Hawthorne Blvd. | Walgreens 4142 P.C.H., Torrance |
| El Pollo Inka 23705 Hawthorne Blvd. | Shakey's Pizza 5105 Torrance Blvd., Torrance | Walgreens 2976 W. Sepulveda Blvd. |
| Frank's Liquor 1601 Cabrillo Ave. | Shoe Dog 25359 Crenshaw Blvd. | Walgreens 2321 Hawthorne Blvd, Redondo Beach |
| Froots 21219 Hawthorne Blvd. | Shorewood Realty 1009 Torrance Blvd. | Walgreens 22930 S. Western Ave. |
| Griffith Adult Center 2291 Washington Ave. | new Sign-A-Rama 1820 W. Carson St., Suite 204 | Walser's Art Supplies & Recycling 23145 Kashiwa Court |
| Hamilton Adult Center 2606 W. 182nd St. | Snax Restaurant 4535 Sepulveda Blvd. | West End Raquet & Health 4343 Spencer St. |
| Hof's Hut 23635 Crenshaw Blvd. | South Bay BMW 18800 Hawthorne Blvd. | Western Museum of Flight 3315 Airport Drive |
| Home Team Realty 23900 Hawthorne Blvd. | South End Racquet & Health Club 2800 Skypark Dr. | new Y' Not Burgers 22940 Hawthorne Blvd |
| Jack's Pizza 5007 P.C.H., Torrance | Southeast Torrance Library 23115 Arlington Ave. | Yamabuki Restaurant 23863 Hawthorne Blvd. |
| 1-Naba Japanese Restaurant 20920 Hawthorne Blvd. | Southwood Dry Cleaners 22232 Palos Verdes Blvd. | YMCA Torrance-South Bay 2900 E. Sepulveda Blvd. |

Seniors

Finance

Coming Soon: A New Way to Buy Health Insurance

By David Sayen

When key parts of the health care law take effect in 2014, you'll have a new way to buy health insurance for yourself, your family, or your small business: the Health Insurance Marketplace. The Marketplace is designed to help you find health insurance that fits your budget, with less hassle.



available for almost everyone. You may be eligible for a free or low-cost plan, or a new kind of tax credit that lowers your monthly premiums right away. New rules and expanded programs mean that even working families can get help paying for health insurance at the Marketplace.

Every health insurance plan in the new Marketplace will offer comprehensive coverage, from doctors to medications to hospital visits. You can compare all your insurance options based on price, benefits, quality, and other features that may be important to you, in plain language that makes sense.

You'll know you're getting a quality health plan at a reasonable price, because there's nothing buried in the fine print.

When you shop at the Marketplace, all your costs are stated upfront. So you'll get a clear picture of what you're paying and what you're getting before you make a choice.

California's Marketplace is called Covered California (www.CoveredCa.com). Under the health care law, you and your family also will have new protections. Health insurance companies can't refuse to cover you, or charge you more just because you have a chronic or pre-existing condition. And they can't charge more for women than for men.

Here are three things to keep in mind about the Health Insurance Marketplace:

It's an easier way to shop for health insurance. The Health Insurance Marketplace simplifies your search for insurance by gathering all your options in one place. One application, one time, and you and your family can explore every qualified insurance plan in your area -- including any free or low-cost insurance programs you may qualify for, such as Medi-Cal or the Children's Health Insurance Program.

Most people will be able to get a break on costs. Programs that lower costs are

Clear, apples-to-apples comparisons. All health insurance plans in the Marketplace present their price and benefit information in simple terms you can understand, so you don't have to guess about your costs.

Starting on October 1, 2013, you'll be able to enroll in a health plan through Covered California. Detailed information will be available about all the insurance plans offered in your area.

You can sign up now at www.CoveredCa.com to get email updates that will let you know how to get ready to enroll in the plan of your choice.

If you have difficulty finding a plan that meets your needs and budget, there'll be people available to give you personalized help with your choices. These helpers aren't associated with any particular plan, and they don't receive any type of commission, so the help they give you will be completely unbiased.

www.CoveredCa.com will be much more than any health insurance website you've used before. Insurance companies will compete for your business on a level and transparent playing field, with no hidden costs or misleading fine print. You'll have more choice, more control, and more clout when it comes to health insurance.

Insurance coverage offered through Covered California takes effect on January 1, 2014.

David Sayen is Medicare's regional administrator for California, Arizona, Hawaii, Nevada, and the Pacific Trust Territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227). •

Avoiding Tax Refund Identity Fraud

By Jason Alderman

Many people file their income tax returns as early in the year as possible. Some are eager to claim their tax refund right away, while others are simply following their New Year's resolution not to procrastinate until midnight, April 15.



Let me add another good reason to file your taxes right away: tax refund identity fraud. That's where someone uses your Social Security number (SSN), birth date and other private information to file a fraudulent income tax return in your name and then pockets the resulting tax refund. Often, a victim's first clue is a letter from the IRS contesting their legitimate tax return, saying one has already been processed under that name. It can take months -- and mounds of paperwork -- to unravel the mess.

This scam has proliferated in recent years thanks to a confluence of events: There's a thriving black market in personal information

playing whack-a-mole with thieves who dream up new schemes -- the IRS is hard-pressed to keep up. In one extreme example, the agency issued more than \$3.3 million in refunds for 2,137 tax returns filed to a single address.

But all is not lost. The IRS has significantly beefed up its fraud-prevention efforts. In 2011,

they intercepted nearly 262,000 fraudulent tax returns seeking almost \$1.5 billion in refunds. And they now issue special personal identification numbers (PINs) to impacted taxpayers to protect their future tax filings.

So what should you do if you've been victimized? Typically, the IRS will send you a notice that: More than one tax return for you was filed; You have a balance due, refund offset or have had collection actions taken against you for a year in which you didn't file a return; or IRS records indicate you received wages from an employer you

"Let me add another good reason to file your taxes right away: tax refund identity fraud."

stolen from healthcare facilities, nursing homes, schools, insurance companies and other institutions that require an SSN as identification.

The IRS is pressured to begin issuing refunds shortly after taxpayers start filing returns in mid-January, even though employers and financial institutions aren't required to submit withholding and income documentation until the end of March. Thus, disparities often aren't caught until months later.

The growing popularity of electronic filing, where hard-copy documentation (like W-2 and 1099 forms) isn't required. Many people receive refunds via direct deposit and prepaid debit cards. Criminals open and close accounts using bogus addresses long before the theft has been detected.

Thanks to severe budget cuts and chronic understaffing -- not to mention constantly

don't recognize. This could indicate that someone has used your personal information to get a job.

If you receive such a notice, don't ignore it. Complete an Identity Theft Affidavit (IRS Form 14039 at www.irs.gov) and return it with a copy of the notice to the address provided on the notice. If you did not receive a notice but believe you may be at risk, the form contains separate submission instructions.

The IRS's Identity Theft Protection website (www.irs.gov/uac/Identity-Protection) includes tons of helpful information, including ways to tell whether your identity may have been stolen and how to report a breach.

And finally, file your tax return as early as possible to beat potential scammers to the punch. If you owe money, you can always file your return now and mail the payment by the April 15 deadline. •

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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.

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Schofield Realty
 We receive 50 phone calls a month for rental units in town. We need homes & apartments to lease. Call KEN about our Mgmt. program for Homes & Apartments.
310-322-4660

APARTMENT FOR RENT
Studio Apt. ES. Quiet complex, stove, fridge, pool, laundry, covered parking, and storage. No smoking/pets. Avail. 3/10. \$895 + \$895

deposit w/copy of credit report. Leave message at (310) 322-8099.

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

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

GARAGE SALE
608 E. Holly Ave #1, ES. Sat., 2/23,

8 a.m. to 12 noon. Moving- Garage Sale. Household items, toys, books, etc. All must go!

205 W. Maple. Sat. 2/23, 7:30 a.m. Household items, furniture, clothes, golf. All in excellent condition.

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

Ask the DMV

Expert Answers to Common DMV Questions

Do you have questions about general driving related requirements like registration and insurance? Are you unclear about laws and restrictions related to driving? The California Department of Motor Vehicles has answers. Save Time. Go Online at www.DMV.ca.gov.

Q. I have noticed a lot of license plates that have DMV.CA.GOV on them. What does it stand for?

A. In 2011, the DMV began putting the department's website address on license plates. This is to encourage people to go online to complete their DMV tasks- saving them time! Remember to Save Time! Go Online! At www.DMV.ca.gov

Q. I saw a car the other day with a California license plate on the rear and a foreign license plate attached on the front. Is this legal?

A. When two license plates are issued, it is required that a one license plate be mounted on the rear to display the month and year sticker AND one on the front of

the vehicle. For more information about license plates, visit <http://www.DMV.ca.gov/pubs/plates/standardplates.htm>.

Q. I see that the DMV headquarters building is finally complete. How long did the renovations take?

A. This project has taken 14 years. The renovations began in 1998 in the second floor and continued throughout the building. It was strategically planned so that the building did not need to be vacated during the construction.

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Brian Kelly. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.DMV.ca.gov.

WEEKLY CROSSWORD See Answers Next Week

Fairy Tales

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20									21						
					22		23	24			25				
26	27	28	29				30				31				
32					33	34				35	36	37	38	39	40
41									42						
43									44						
					45	46					47				
48	49	50	51	52		53				54	55				
56						57				58		59	60	61	62
63								64	65						
66								67				68			
69								70							

Across

- 1. Founder of PLF
- 6. Time out?
- 10. Morrison and Cramer
- 14. It was founded in 1909
- 15. Surgeon
- 16. Berry touted as medicinal
- 17. Home-builders association?
- 20. Skeleton parts
- 21. Laurels
- 22. Asportation, e.g.
- 25. Marshal
- 26. Aggregation
- 30. To boot
- 32. Succulent plant
- 35. Benign tumor
- 41. Extortionist?
- 43. Ranges
- 44. 1992 Christopher Reid movie
- 45. Bibliographic abbr.
- 47. Kid
- 48. Group of eight
- 53. Rice
- 56. Involuntary response
- 58. Entry
- 63. Grimm duo?
- 66. Bladed weapon

Down

- 1. Hill dwellers
- 2. Thai currency
- 3. Plain
- 4. Maple genus
- 5. Done for
- 6. Special effects: Abbr.
- 7. Food scrap
- 8. Sacred songs
- 9. Some punches
- 10. Quipster
- 11. Less cordial
- 12. Fruit residue
- 13. Cream puff
- 18. ___-di-dah
- 19. Pilot's announcement, for short
- 23. All ___
- 24. Train part
- 26. Normal prefix
- 27. Astringent
- 28. ___ jellies

- 29. Cap
- 31. Guisado cooker
- 33. Chow checker
- 34. It may follow something
- 36. "___ De-Lovely"
- 37. Head-turner
- 38. Thumbs-up
- 39. Jagger
- 40. Penny, perhaps
- 42. In a bad way
- 46. Plant native to South America
- 48. Catchall category
- 49. ___ myrtle
- 50. Shaded
- 51. Vaulted recesses
- 52. Expire
- 54. Make a sharp turn
- 55. Large amounts
- 57. Blind segment
- 59. Copper
- 60. Case
- 61. Dehydrated
- 62. Winter toy
- 64. Kan. neighbor
- 65. Like some humor

Last Week's Answers

1	W	A	T	S		5	C	I	R	C	A		10	D	I	V	E		
14	A	B	U	T		15	A	R	E	A	L		16	U	S	E	R		
17	G	E	N	U		18	E	A	R	T		19	I	C	L	E	S		
20	S	L	A	N	G		21	R	O	A	D		22	T	E	S	T		
26	E	I				27	A	O	N	E		31	C	L	O	C	H	E	
36	L	O	T			37	N	A	I	V	E		39	F	L	A	X		
40	A	S	A	M	A	T	T	E	R	O		43	O	F	F	A	C	T	
44	M	I	L	O		45	S	N	A	K	E		46	P	E	R			
47	A	N	Y	O		48	N	E		50	S	T	A	Y		51	S	K	A
56	E	N	C	A	S	H	E			61	S	A	L	S	A				
65	T	E	L	L	I	N	G	T	H		66	H	E	T	R	U	T	H	
68	C	R	I	B		69	I	N	U	I	T		70	F	L	O	E		
71	H	O	P	S		72	C	O	N	C	H		73	S	L	A	M		

SUDOKU Medium

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

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.

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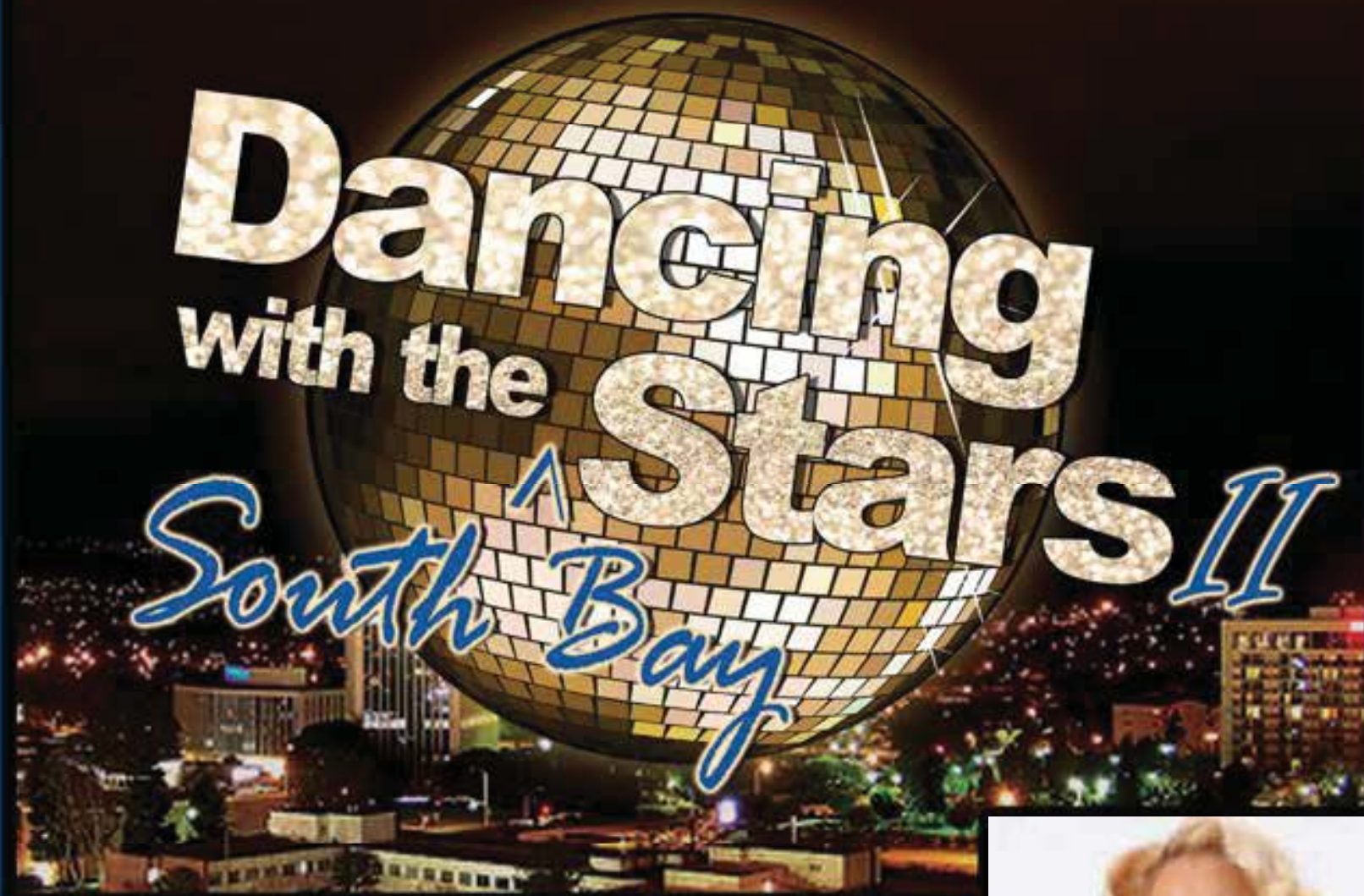
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Real Estate

Setting Up a Home Office That Fuels Productivity

(BPT) - One of the biggest mistakes businesspeople make is assuming that working from home will automatically result in a higher level of productivity. Unless you carefully construct your home office environment, you may find that working from home is less productive than you anticipated.

Staples, the world's largest office products company and a trusted source for office solutions, offers the following tips for setting up your home office to help maximize your productivity.

THE IDEAL WORKING ENVIRONMENT

Home office setup is an exercise in knowing yourself. Before you make any decisions, make a list of the things you need to spur productivity. Some people can work at a desk in a common area of the house with the television running in the background. Others want a closed-door environment where distractions are minimized. For some people, a home office is a place to finish up work from a regular day job. For others, a home office is a primary workspace where they spend eight or more hours of the day. Before you start rearranging the furniture, decide what you need as an absolute minimum to encourage you to use the space as intended.

THE RIGHT OFFICE FURNITURE, EQUIPMENT AND SUPPLIES

Once you have decided whether you're going to segregate an area of the living room, convert a spare bedroom or set yourself up in the basement or garage, you should start thinking about-home office furniture. The type



of office furniture you pick and the way you organize your space will significantly impact your productivity.

Whatever your preferences are, investing money up front in the style of office furniture that makes you comfortable will naturally lead to greater productivity. At the very least, this ensures that you won't be tempted to relocate to the bedroom instead of working at your desk. Likewise, an upfront investment in office supplies and equipment will help you get your work done faster and avoid distractions.

THE COST OF OUTFITTING A HOME OFFICE

A basic home office setup can cost you under \$500 if you already have a computer that you can relocate to your new space.

There are a number functional-office furniture options-that look expensive but are actually quite affordable, especially if you are willing to put the furniture together yourself. A printer and a phone with voicemail can round out a basic home office setup.

A more advanced home office setup would include a fax machine and a photocopier. Fortunately, there are 3-in-1 office machines that combine a-printer, fax and copier all in one-piece of equipment for under \$300, saving you money and space. Keep in mind, however, that a machine that does many things often offers fewer features for each specific function. For example, if your work at home requires more than the occasional photocopy, it can be more

efficient to buy a dedicated copy machine that has special functionality to handle a heavier workload.

Don't forget to set aside money in your home office budget for office supplies. From paper to paper clips, you will have to buy all of the little things that you took for granted when you worked for an employer.-A home office is sometimes considered the holy grail for people who work. Who wouldn't want a comfortable home oasis where commuting is a foreign concept and the work just gets done? To achieve home office nirvana, make a plan that is specifically designed to meet your individual needs and choose the right home office furniture, equipment and supplies to make your plan a reality. •

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