

Torrance Tribune

The Weekly Newspaper of Torrance

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Community Gathers to Celebrate 2nd Annual Mardi Gras Festivities



See more on page 2. Photo by Chris Nishimura.

Council Refuses Additional Bridge Restoration Funding

By Dylan Little

The Torrance City Council, during its Tuesday meeting, refused to approve an additional \$53,650 for the restoration of the iconic Irving Gil Pacific Electric Railroad bridge citing concerns over the costs of the project. Instead, the Council decided to delay incorporating a lighting component to the bridge in order to fund the repairs.

Associate Civil Engineer Lea Reis explained that the initial estimates for the number of spalls (cracks in the concrete created by water damage to the steel rebar underneath) were overly conservative. The spall amounts have increased from an estimated 65 square feet to 250 square feet once the ivy was no longer obscuring the damage. When seeking bids for the project, the Public Works department added 30 percent to the number of spalls visible without removing the ivy that covered the bridge to attempt to account for hidden spalls. However, while the department's staff report describes this as "logical and generous," it fell short of the number revealed when the ivy was removed.

"With this project, the spalls reached our limit early on in the project," said Reis. "We realized that there were a lot more fractures than we first thought when we went out. We did account for 30 percent more, but it unfortunately didn't cover it."

Many on the Council were unhappy with the idea of approving additional funding to cover the cost of additional repairs. Reis noted that potentially not all the requested \$53,650 would be used, as her department would like to use some cost-saving measures--assuming they would be approved by the historical preservationists overseeing the bridge repairs for accuracy to Gil's vision. "I know it's a good chunk of money and we are working with the contractors to lower the cost so we fix more and

don't have to use the full amount," said Reis.

While everyone on the Council recognized the emotional importance of the bridge, the restoration project's history of cost increases (this being the third requested increase since the project's inception) soured them on increasing the price tag. Councilmember Gene Barnett mentioned that it was hard to justify approving more funds when it's unclear whether the project will require yet

another infusion of cash in the future. "This project has kind of grown and grown and grown some more," said Barnett. "There is no guarantee that this is the last time we will have to deal with this."

While the Council did not wish to spend more money on the project, it did have to find some way to address the issue of spalls poised to rain concrete on anyone under

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SoCal ROC Impacts Lives

By Cristian Vasquez

Providing career technical education has been the mission of the Southern California Regional Occupation Center since its inception in 1967. However, the status of services and resources provided by this unique educational resource is in an uncertain situation.

Based on Governor Jerry Brown's recent budget proposal, regional occupational centers across the state would receive zero dollars in funding, putting at risk the continued existence of places like SoCal ROC.

"The unfortunate part where we are right now is that programs like ours, regional occupational centers, and other career technical education programs have no budget," SoCal ROC Superintendent Christine A. Hoffman said. "For the past 30-plus years, the State has always funded ROC/PS in the state of California. You can imagine that is very disconcerting to us because this place has been here for 46 years and it is really an icon in the South Bay in terms of providing career technical education to more than 9,000

students and adults."

The courses provided by SoCal ROC reach high school students in six of the surrounding school districts (Torrance, Palos Verdes Peninsula, Redondo Beach, Manhattan Beach, El Segundo and Inglewood), which agreed to participate as a consortium under a joint powers authority. As a result, all high school students in these districts have priority registration for the courses offered at the SoCal ROC location.

"Guidance specialists are assigned to work with the high schools within those districts and they will go out and talk with the students about what their future career interests are," Hoffman said. "Whether they want to be engineers, doctors, welders, work in construction or fashion design, the guidance specialists are there to speak with students and to help them."

These guidance counselors emphasize to students that they can study classes pertaining to any career interest they might have while in high school so that the student can obtain a better understanding of what

See SoCal ROC, page 3

Weekend Forecast

Friday
T-Showers
56°/48°



Saturday
Partly
Cloudy
61°/50°



Sunday
Sunny
66°/53°



Torrance Celebrates Mardi Gras by Benefiting Local Non-Profit

Photos by Chris Nishimura.

The Second Annual Mardi Gras Celebration benefiting the Pediatric Therapy Network took place on February 28 and was presented by Sunrider International. The festivities were hosted at the Miyako Hybrid Hotel in Torrance and included New Orleans-style cocktails, entertainment by The Andrew Carney Quartet and appetizers served by restaurant sponsors The Depot, Gonpachi, Red Car Brewery, Buffalo Fire Department and Tortilla Cantina. Mardi Gras Queen and 2013 Junior Ambassador Holly Dempsey presided over the festive event. All proceeds go to support PTN's therapeutic services and child development programs for children with special needs and for those at risk of developmental issues. For more information, interested persons may visit www.PediatricTherapyNetwork.org.



School District Budget Continues to Weather Cuts

By Dylan Little

The Torrance School Board approved a positive certification of Torrance Unified School District's second interim report on its 2012-2013 budget, meaning that for the next three years the District is projected to be able to meet its financial obligations. Deputy Superintendent Administrative Services Donald Stabler noted that the report showed the 2012-2013 year ending with a surplus of just over \$1 million. However, the next two years show the District in deficit spending of \$280,000 in 2014 and \$2.6 million in 2015. While deficit spending is always an undesirable position for a district to be in, Stabler said it will be able to weather the growing costs by making use of reserves, which are projected to be at just under \$50 million at the start of the 2013-2014 school year. "Because of all the hard work that the Board and the associations have done, we have a very extensive reserve--so we will be able to address all three of these years," said Stabler.

Two new costs were added to this report--the federal sequestration and building a reserve to fund smaller class sizes for kindergarten to third grade. The sequester is expected to reduce funding for federally sponsored programs by 5.9 percent. This reduction will be felt in special education and all the Title programs (such as Title IV which funds drug-free school programs). The second "major change" is a \$2.3 million reserve for smaller class sizes which is expected to be part of the State's sweeping changes to education.

One new development the multi-year projection didn't take into account was Governor Jerry Brown's proposed Local Control Funding Formula, which some Board members said will penalize suburban school districts like Torrance in favor of those with more English language learners and low-income families. However, it was presented as an alternative scenario. With the new formula factored in, the District would receive approximately an additional \$2 million compared with the assumptions used in the report. The report also showed that if the additional funding planned to go along with the new funding formula were instead allocated using the current method, the District would be \$4 million ahead of the current assumptions.

"Under the Local Control Funding Formula, we will get a little bit more," said Stabler. "But take the same amount of money that the Governor is putting into his Local Control Funding Formula and put it under the revenue limit formula. We would actually get an additional \$2 million."

The Board also heard an update from the Torrance Education Foundation (TEF) regarding ongoing fundraising efforts. TEF president Tom Brewer spoke about the annual Celebrate Education dinner that will be held on March 29 at the Torrance Marriott. All proceeds from the \$100 (\$125 after March 15) tickets will go directly to District students, as the dinner and venue were donated by sponsors. The event will also feature a performance by comic Debi Gutierrez and a silent auction featuring a guitar signed by The Rolling Stones and sheet music signed by Taylor Swift. "We have a lot of good things going on at the dinner," said Brewer. "There is something for everyone, along with a delicious meal by Chef [Michael] Shaffer."

The winner of TEF's ninth annual hybrid car raffle will also be selected at the dinner. Tickets are still on sale. Board member Don Lee illustrated that by purchasing two tickets during Brewer's presentation. The cost per ticket is \$30, with \$20 of that going directly to a school organization of the purchaser's choice. The winner of the raffle will get the keys to a 2013 Lexus CT 200h hybrid along with the satisfaction of helping Torrance students.

Lastly, the Board congratulated the outgoing members of the Independent Citizens Oversight Committee for the Proposition 39 Measures Y and Z General Obligations Bonds for serving the District and safeguarding taxpayer revenues. During his last report to the Board, Committee Chairman Todd Hays said the District and the contractors that work with it were doing a good job at keeping school sites modernized and expenditures free of waste and so accurate that the Committee rarely finds errors of over a dollar.

"We've been very impressed with the work going on at these schools as well as by the financial oversight shown by the District and the contractors," said Hays. "We get very excited when we find something over a dollar. It's like a goldmine for us when we find a mistake like that."

Board President Michael Wermers stressed how important the Committee is to the District as it helps keep bond costs lower and lets the public see how their money is being spent. Prior to being elected to the Board, Wermers was part of the Committee shortly after it was established. While currently the Committee oversees millions in bond funding, during Wermers' tenure it had far less funds to examine. "When I was on it, it was so new that all I did was find a single typo, but now they oversee millions of dollars," said Wermers. •

City Council

from front page

the bridge. Reis warned this could injure pedestrians or create dangerous driving conditions. "The bridge is structurally sound, but the spalls create a hazard," said Reis. "Concrete could fall and hit pedestrians or

or remove it. I don't think anyone up here wants to remove that bridge."

Torrance Historical Society President Janet Paine asked the Council to use its resources to finish the repairs correctly. She mentioned

"This project has kind of grown and grown and grown some more," said Barnett. "There is no guarantee that this is the last time we will have to deal with this."

cars under the bridge."

Councilmember Tom Brewer agreed that fixing the spalls was a necessity. "This is really a safety issue," said Brewer. "It's not so much that the bridge is going to fall down--it's that if we don't repair this at some point, these spalls and cracks could start dropping concrete down on cars going under the bridge. At some point whether it's this year or in the future, we have to repair that."

Similarly, Councilmember Pat Furey warned that unless someone decides to make repairs to the bridge, it will continue to deteriorate until the only option is to demolish it. "I look at it like it's almost like tooth decay," said Furey. "If you leave it to sit there, the tooth is going to fester and fester and before you know it you're going to need a root canal

that the City was gifted the bridge and the least it could do is keep it well-repaired. "I just want you to do it right," said Paine. "Does it feel wrong to preserve this bridge? It might not be important to you, but Irving Gil is way, way famous. You've got two choices--do it right or tear it down. You got it for free. You're going to spend \$400,000 once every 100 years, just do it right."

After the deliberations, the Council decided to approve a motion by Councilmember Susan Rhilinger to delay (and possibly seek outside funding for) the lighting component of the bridge restoration project in order to fund repairs to the spalls. She also asked the Public Works Department to return to the Council with a plan to place a protective coating over the existing concrete to prevent future spalls. •

SoCal ROC

from front page

the career entails and what type of schooling will be involved. In addition, more than 20 percent of the courses offered at SoCal ROC also meet the University of California's A-G entrance requirement courses, which appeal

pathway, that maybe they started at the high school. They can come here and they can take anything from videogame design, animation--there is of course in that pathway a course called creature sculpting where they do the



to many of the high school students.

"I really enjoyed it here. I took the fundamentals of nursing class two semesters ago and I found out the differences between medical assisting in nursing, which doesn't seem like much but there is a major distinction," El Segundo High School senior Kyra Noel Wopschall said. "The people you meet here are great. It takes about a week or two to get comfortable with the class, but once you do you make a lot of good friends. I have also had some really excellent teachers that I have connected with and one of them actually wrote me a letter of recommendation. Also, I really wanted to be in the medical field. I don't have straight As and I'm not a 4.0 student, so I found a way of getting ahead in my medical field career. This really helps."

Wopschall, who will be attending Mt. St. Mary's College in the fall to complete her BSN Nursing Program, has known she wanted to be in the medical field since she was in the fourth grade, but being at SoCal ROC gave her a better sense of direction. "I realized my freshman year that I should take this and visit the medical field that I wanted to be in," Wopschall said. "It is very broad and there's so much out there. I knew that I didn't want to be a doctor. At first I thought I would be interested in doing the lab work, but I don't want to do that either. So I decided to do nursing because that within itself also has a lot of different options."

Through pathway courses, SoCal ROC links students with experiences as close as a work environment setting in the field in which they are interested. For instance, students interested in sports medicine can have first-hand exposure to physical therapy aid or personal training and decide which route they want to take when in college. Every academic program has pathway courses where the student can decide to continue pursuing additional courses within a given field.

"Some of the programs are an extension, a

clay models that are used in the videogame designs," Hoffman said. "For those students that are part of that JPA, they are coming here after the regular school day. If there is room in our classes after we address the needs of our students in the JPA, any high school student can come here from wherever. They have to get here on their own and we do have students coming from places like Long Beach, Orange County and we even have somebody coming from the San Bernardino area. Why? Because they can't give these programs at the high school campuses."

SoCal ROC also has courses for adults, at a nominal fee, looking to enter a new field, or for those who simply want to move ahead in their current career. Through the help of more than 250 partners, many of them local, SoCal ROC tries to continue having a strong impact on the lives of the students that walk through its doors.

"Not to have money budgeted is a real shock because the State budget begins July 1, so we are very, very much involved right now with our local and State elected officials from around the area," Hoffman said. "They are the ones that for the next two months will debate and discuss all of the parts of the State budget and what we wanted to remember is that SoCal ROC as of now has zero dollars budget and it needs to be fixed. We think, as well as they [elected officials] at this point, that this is an oversight. There is a lot of details to the State budget, so we believe that is an oversight and we just want to make sure that there's enough time in order to get the information to them--to get information out to the whole South Bay to let them know where things are right now, but that there is enough time to fix it before a final State budget is adopted."

For more information about SoCal ROC or to register, persons interested can visit: <http://www.socalroc.com/index.php> or call 310-224-4200 •

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Calendar

FRIDAY, MARCH 8

- Opening Exhibition, 4-9 p.m., California Museum of Fine Art, 1421 Marcelina. For more information call (424) 262-0189.
- Film screening of "I Build the Tower" (Watts Towers documentary), 6 - 9 p.m., Torrance Art Museum, 3320 Civic Center Drive. Free to the public and no RSVP is necessary.

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.
- Arbor Day, 8:30 a.m.-Noon, Madrona Marsh Nature Center and Preserve, 3201 Plaza Del Amo. For more information call (310) 782-3989.
- Cherry Blossom Cultural Festival, 10 a.m.-3 p.m., Columbia Park, 18861 Prairie Ave. For more information call (310) 618-2376.
- South Coast African Violet Society judged show and sale 'Violets In The Southland', 10:30 a.m.-4 p.m., South Coast Botanic Garden, 26300 Crenshaw Blvd. For more information call (310) 325-2993.

SUNDAY, MARCH 10

- Michael Mitzvah Day - A Mitzvah Is A Good Deed, 11:30 a.m.-2 p.m., Temple Menorah, 1101 Camino Real, Redondo Beach. For more information call (310) 316-8444.

TUESDAY, MARCH 12

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

WEDNESDAY, MARCH 13

- St. Patrick's Day Story and Craft, 4 p.m., North Torrance Library, 3604 W. Artesia Blvd. For more information call (310) 323-7200.

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.

- Free Superhero Mask Making Workshop (youth 8-14), 11 a.m.-3 p.m., Torrance Art Museum, 3320 Civic Center Drive. For reservations call (310) 618-6342.

- Free Beginning Composting Workshop, 9:30-11 a.m., Columbia Park, 4045 190th St. For more information call (310) 781-6900.

- It's Spring Cleaning - dClutter Your House, 10-11:30 a.m., Henderson Library, 4805 Emerald St. Registration is required. Call (310) 371-2075 to register.

- Celebrity Series: A Turbo Charged Walk thru Garrett AiResearch History with Barry Tyson, 11 a.m.-1 p.m., WMOF 3315 Airport Dr. For more information call (310) 326-9544.

SUNDAY, MARCH 17

- Early Years of the Torrance Library, 2 p.m., Torrance Historical Society, 1345 Post Ave. For more information call (310) 328-5392.

TUESDAY, MARCH 19

- Lecture: "Taking Control: The Decision to Make a Change", 8:30-11:30 a.m., Torrance Memorial, Health Conference Center, 3330 Lomita Blvd. For more information call (310) 784-4929.

THURSDAY, MARCH 21

- Spring Has Sprung Story and Craft, 4 p.m., Henderson Library, 4805 Emerald St. For more information call (310) 371-2075.

FRIDAY, MARCH 22

- Dave Beery and His Awesome Island Instruments, 4 p.m., Katy Geissert Civic Center Library, Community Meeting Room, 3301 Torrance Blvd. For more information call (310) 618-5964.

ONGOING

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

'Dancing with South Bay Stars' Line-Up Revealed

Courtesy of Torrance Cultural Arts Foundation

Torrance Cultural Arts Foundation (TCAF) has announced its second annual, Dancing with the South Bay Stars. A South Bay original, this event raises funds for the foundation and eight other nonprofit organizations through the dancing efforts of local community leaders representing cities from El Segundo to Palos Verdes. Each local leader is paired with a professional dancer to learn the artful steps of a single dance. Friends, family and charity partners cast votes for their favorite dancer (each vote is \$1) online with the final act - dance competition occurring on March 16 at the Armstrong Theater in Torrance.

"Attending the event will be a night to remember," promises Christian Wolf, TCAF Executive Director. "We have a group of strangers who have learned something completely new for them. They are putting their reputation, pride and dignity on the line for a cause that is near and dear to their hearts. No matter the results from this evening's event, they are all winners and deserve the applause they will receive. We invite you to meet your community leaders who have given of their time and toes to make this a must-see, must-vote event."

Aaron Aalcides, a resident of Palos Verdes is a banking professional for the past 25 years and the current Chair for the Torrance Area Chamber of commerce. He and his partner Veronica Wagner are dancing for the Torrance Chamber Foundation, a nonprofit, congressionally chartered, private organization, that for 70 years lifts the spirits of America's troops and their families.

Sheldon Bracket, owner of Daddy's Gourmet Cookies, resident of Redondo Beach, director for Leadership Torrance 2012 and on the board of directors for Counseling4Kids. He and his partner, Larisa Bates are dancing for Counseling4Kids, a nonprofit organization providing effective mental health services to abused and neglected children and youth in the foster care system throughout Los Angeles County.

Lily Craig, a resident of El Segundo is Chevron Oil's External Affairs Manager representing the Oil Company in the cities of El Segundo, Hawthorne and the greater LA Basin. Among her many community endeavors, she is past president of the El Segundo Chamber and is a board member for El Segundo Education Foundation. She and her partner, Edward Hairston are dancing on behalf of the El Segundo Concert Band, an organization whose mission builds on the belief that instrumental music properly plays a vital role for the 21st century family. At its noblest, music is an enriching and nourishing bond that brings families and communities together.

Heidi Cunningham, a resident of Torrance is Branch Manager for Torrance-based Kelly

Services. She is a TACC and Elwyn California board member. She and her partner Mark Mendez are dancing for Elwyn California, a Fountain Valley based non-profit Community Rehabilitation Program providing vocational rehabilitation, employment services, and employment support services to people with disabilities since 1974. Programs and services reach people throughout Orange and Los Angeles Counties.


Scott Easterday, owner/operator of Torrance-Del Amo Mall's Outback Steakhouse resides in Torrance and is a board member for Torrance Area Chamber of Commerce and member of the Torrance Police Department's Task Force. He and his partner Alina Sachs are dancing for Pediatric Therapy Network, a non-profit children's therapy center founded in 1996 by therapists and parents committed to providing quality services for children with special needs throughout Los Angeles County.

Trish Pietrzak is the Executive Director for the Torrance Education Foundation, resident of the South Bay and owns a Manhattan Beach-based public relations/marketing firm. She and her partner Todd Hansen are dancing for the Torrance Education Foundation, a nonprofit organization that provides resources that enrich the educational experience for the children of the Torrance Unified School District (TUSD). Annually, TEF raises money that directly goes back to the schools to fund educational programs.

Sonya Vicerra, a resident of Torrance works in Corporate Community Relations for Honda Corporation. She is active in a variety of Honda community endeavors and a leader in the Honda Community Action Team. She and her partner Isaiah Meders are dancing for the South Bay Classic, which supports the youth of the South Bay community. Over the past 25 years, thanks to the funds raised from the Classic, a variety of programs have been created in the South Bay to better prepare youth to deal with the social pressures of adolescence, including drug prevention and substance abuse education.

Dean Reuter, owner of Reuter & Reuter is a resident of Torrance and past president of Rotary Del Amo. He currently serves as Lieutenant Governor of Rotary International District 5280. His partner Debbie D'Aquino are dancing for Polio Plus-Rotary International Foundation. With 1.2 million members in more than 34,000 clubs worldwide, Rotary International is dedicated to volunteerism, high ethical standards and goodwill. In 1985, Rotary launched Polio Plus, the first and largest internationally coordinated private-sector support of a public health initiative.

While perhaps difficult to choose from, please join us in casting your votes for your favorite dancer and charity and come enjoy the evening as these fine individuals dance their hearts out on March 16. Tickets and votes may be purchased on line at torrancearts.org



See D-Fenders Drawing Winners on page 12.



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Politically Speaking

One Man's Opinion

What If...

By Gerry Chong

The public consensus is that if only Republicans and Democrats would stop their squabbling and address the country's needs, our never-ending financial crises can be resolved and we can move on with our lives. But WHAT IF the consensus is wrong?

WHAT IF our national debt is so large that it is no longer a political question, but one of arithmetic? WHAT IF the total debt and annual deficit are so large that neither Democratic proposals for tax increases nor Republican proposals to cut spending, nor any combination of the two will make a material impact on our financial trajectory? WHAT IF...

The simple facts are these: Our GDP in 2012 was \$15.8 trillion, but our national debt is \$16.4 trillion. Therefore our debt is 1.04 percent of our productivity. Further, The Congressional Budget Office projects that we will add \$845 billion to our debt this year and add an average of \$1 trillion in new debt each year for the next 10 years. The obvious question then, is whether or not our economy is beyond salvation.

Earlier, economists Carmen Reinhart and Kenneth Rogoff had declared that public debt in excess of 90 percent of the nation's productivity "leaves a nation's economy in a dangerous place." Similarly, economists David Greenlaw, James Hamilton, Peter Hooper and Frederic Mishkin said a nation with debt greater than 80 percent of GDP could see its finances spiral out of its own control. Regardless of who is right, since our debt is already at 104 percent of our GDP

and growing, we are living in an ever more "dangerous place."

As discomfort with this "dangerous place" grows, buyers of our debt will eventually require a higher interest rate premium. Interest on our debt will then consume a greater share of our national budget, thus increasing our debt further, squeezing out other valid functions of government, or both.

Why doesn't the Democratic approach work? Essentially, the private sector of the economy is the driver of economic growth. Raising taxes simply withdraws money from investors, businesses and consumers, thus stalling out economic growth. To state the obvious, this approach is counterproductive.

Why doesn't the Republican approach work? Between 1946 and 1964, Baby Boomers added 76 million to our population. Add four million of the same age group from immigration, and you have more than 25 percent of our population needing Social Security benefits, Medicare, and Medicaid benefits. The primary drivers of spending therefore cannot be reversed.

There appears to be no way to tax our way out, borrow our way out, or cut our way out of a long-term economic demolition. The daily economic battles are no longer about political ideology, but now sound more like angry cats in a bag, scratching to find the answer to a question that may no longer be answerable.

WHAT IF we've set our ship of state on a course that cannot turn to port or starboard, and dead ahead is a tipping point from which there is no return. WHAT IF... •

Another Man's Opinion

Making Education Attainable Benefits Everybody

By Cristian Vasquez

Education has been a topic of discussion for Republicans and Democrats during every local, state and national election. Many steps have been taken to address the academic needs of the nation, all with mixed results. President Bush's No Child Left Behind addressed our national K-12 system while current President Obama's Race to the Top expanded on what the previous administration set into motion. However, there is one area of education that President Obama has been addressing during his administration and that is the ability for students to afford a post-secondary degree.

It is hard to dispute that the more educated a person is, the more likely they are to earn more money throughout their lifetime. With some of the best universities in the world, Americans have all the tools necessary to prepare for a career and successfully transition from student to professional. However, the cost of education continues to get higher and higher, making it more difficult for students from a middle- and lower-socioeconomic background to pursue a higher education. According to numbers provided by the White House, in 2010 students who took out loans for college graduated with more than \$26,000 in student loan debt, surpassing credit card debt. In response to this crisis, President Obama has taken steps like raising the maximum Pell Grant award to \$5,635 for the 2013-2014 year. This is a \$905 increase since 2008.

It is understood that these institutions of higher learning have expenses and this

is not suggesting that they give away their education for free. Furthermore, it is common knowledge that there are thousands of corporations that provide full and partial scholarships to academically gifted students. Unfortunately, the private sector alone cannot address the entire issue on its own. President Obama's increase in Pell Grant awards is encouraging for current and future students who are seeking an avenue to financing their schooling without getting into so much debt that upon graduation, they are being crushed by student loan debts.

Our colleges and universities are so prestigious that they continue to attract students from abroad. It would be a shame if our school financing system became so unaffordable that we as Americans would be unable to seek a higher education because the financial burden would not be worth the expense. President Obama's administration is aiming at having America produce the highest portion of college graduates in the world by 2020. Producing career-ready college graduates is a process that begins in elementary school, but one that must be completed in college. In order to complete that process, the issue of affordability must be dealt with in a reasonable manner.

The President's increase in Pell Grant money is not the ultimate solution, nor will it solve all the financial complications facing students. Yet, it is a good incentive for students seeking financial aid to pay for college without

See Another Man's, page 13

Police Reports

The crimes listed are crimes where a report was taken by law enforcement agency and submitted for investigation. The outcome of the investigation or any criminal court proceeding are not considered when reporting crimes. The crimes are listed as follows: arson, simple assault, aggravated assault-weapon, auto theft, auto burglary, commercial burglary, residential burglary, homicide, strong-arm robbery, robbery with a weapon, theft and vandalism. The City of Torrance, or its employees or agents, shall assume no liability for: 1. Any errors, omissions, or inaccuracies in the information provided regardless of how caused; or 2. Any decision made or action taken or not taken by reader in reliance upon any information or data furnished hereunder.

FEBRUARY 23

Burglary Auto: 2200 BLOCK 239TH ST Suspect(s) enters unlocked vehicle, ransacks and takes property/golf bag, iron set, putter, cash.

Auto Theft-All: 2400 BLOCK AMSLER ST Stolen vehicle: '96 Ford van.

Theft: 4000 BLOCK 190TH ST Suspect(s) takes property from location/trashcans.

Burglary-Residential: 200 BLOCK CAMINO DE LAS COLINAS Suspect(s) enters unlocked door, ransacks and takes property/jewelry, cash.

Auto Theft-All: 2700 BLOCK PACIFIC COAST HWY Stolen vehicle: '98 Honda Civic.

FEBRUARY 22

Burglary Auto: 1300 BLOCK CRENSHAW BLVD Suspect(s) enters vehicle by unknown means and takes property/case, airsoft guns, magazines, ammo.

Vandalism: 5000 BLOCK MINDORA DR Suspect(s) cuts victim's vehicle's tires and paints the driver's side.

Theft: 3600 BLOCK PACIFIC COAST HWY Suspect during the course of employment, completes a fraudulent refund transaction and takes the gift card to which the refund had been credited.

Theft: 1700 BLOCK CABRILLO AVE Suspect(s) removes property from exterior of location/satellite dish.

Burglary-Residential: 23100 BLOCK WALNUT ST Suspect(s) enters garage via side door, removes hinges on door leading to res for entry, ransacks and takes property/jewelry.

Burglary-Residential: 4000 BLOCK 179TH ST Suspect(s) smashes glass door for entry, ransacks and takes property/jewelry box, jewelry, cash.

FEBRUARY 21

Vandalism: 22700 BLOCK HAWTHORNE BLVD Suspect(s) smashes victim's vehicle's windshield/no entry, no loss.

Theft: 20400 BLOCK GRAMERCY PL Suspect(s) takes property off of victim's vehicle/license plate, side mirror.

Burglary-Auto: 2700 BLOCK SEPULVEDA BLVD Suspect(s) smashes window for entry and takes property/purse.

Vandalism: 20900 BLOCK MADRONA AVE Suspect(s) smashes victim's vehicle's windshield and cuts its tire.

Burglary-Residential: 2100 BLOCK 162ND ST Suspect(s) removes screen, enters partially open window, ransacks and takes property/game console, games.

Theft: 3700 BLOCK DEL AMO BLVD Suspect(s) takes victim's vehicle's catalytic converter.

Vandalism: 17200 BLOCK ELGAR AVE Suspect(s) punctures victims' two vehicles' tires.

Burglary-Residential: 20000 BLOCK MILDRED AVE Suspect(s) enters via unlocked door and takes property/laptops, tablets.

Auto Theft-All: 1400 BLOCK CRAVENS AVE Stolen vehicle: '96 Ford Crown Victoria.

FEBRUARY 20

Burglary-Auto: 1200 BLOCK PORTOLA AVE Suspect(s) smashes window for entry and takes property/computer bag, laptop, hard drive, backpack, folding knife, hardhat, safety vest, manual, registration. •

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Sports

Up and Adam

Spartans Soccer Stumbles in Final

By Adam Serrao

The South Torrance boys' soccer team was on a roll: Three straight playoff matchups, three straight overtimes appearance and, so far, two straight victories to get to the CIF Southern Section Division IV final at Corona High last Friday night against the Ontario Jaguars. In an improbable season where the Spartans were anything but consistent, South

the South High players as they looked on in disbelief after the loss. But their season didn't come to an end without some fight left over. Down 2-1 in the 78th minute of the match, Ryosuke Inaba put the tying goal into the night to keep South's season simmering and alive. For Inaba, who has clearly been the team's MVP this postseason, it was his seventh goal in five matches. "All I was thinking was to

"I really can't believe it," said South junior Matt Michell. "I'm just devastated. We wanted it so bad. We came so close."

finished the season with a losing record (4-5-3) and in third place in the Pioneer league standings. Two wins in their last two games of the regular season against first place North High and Lawndale got the Spartans rolling and had them barely scratch out a playoff spot this year. Once they received their positioning, it was all downhill from there. But after stringing together postseason victories, one after the other, South High's season finally came to an end. As Ontario players jumped around in joy and celebration, the Spartans were shocked and destroyed as they were left to only lie on the pitch and ponder their heartbreaking 3-2 overtime championship game loss.

"I really can't believe it," said South junior Matt Michell. "I'm just devastated. We wanted it so bad. We came so close." Michell's sentiments were clearly echoed by all of

give the seniors a longer season," Inaba said. Inaba did just that, as he and the Spartans took their last game of the season into overtime and allowed his team to use up every last ounce of energy in an attempt to get the win—a win that it looked as if the Spartans were poised for come halftime. At the half, South held a 1-0 lead over Ontario, but Fernando Arellano tied the game for Ontario in the 47th minute before Adrien Perez put the Jaguars ahead in the 75th minute. Just three minutes later, Inaba would come through for South with his miraculous game-tying, season-saving goal to force overtime.

Even through the loss, the Spartans have much to be proud about. The heart and dedication that they showed all season long and specifically in this championship game cannot be understated. "I've never been on

See Up and Adam, page 13

Turning Their Season Around

By Adam Serrao

Some say it may be a little too late. Others say that should they make the playoffs, and that they are a squad that no other team would want to face. No matter what the people are saying, however, it is evident that the Los Angeles Lakers are turning their season around. Perhaps the team has been inspired by the unfortunate passing of Dr. Jerry Buss and the emotional tribute that was paid to the man who built the team before they went out and dismantled the Boston Celtics. Perhaps the increase in intensity is due to a more active and healthier Dwight Howard who has finally looked like Lakers fans have expected him to look all year long. No matter what the real reason is, it is clear that a motivated Howard, Kobe Bryant and Lakers team as a whole is a team to be reckoned with going forward. With just about 20 games left in the regular season, the Lakers may be catching their groove at precisely the right time.

We see it in sports all the time. Teams get hot at the right time and go on to enter into the playoffs, make a run and win a championship. The Baltimore Ravens just did it this past year in football as they too battled

of the team's 116 points. Jamison led all reserves with 17 points, while Meeks tallied 16. Both Meeks and Jamison gave Blake credit, however, saying that his 13 points, seven rebounds and six assists was the main reason for their own individual successes. "I've settled down with these guys and given them rope to play," said head coach Mike D'Antoni. "Before we were trying to find who could do it, who can't. I didn't know everybody and how they would fit, but with Steve Nash coming back and now Steve Blake, it helps these guys."

Clearly, it has been helping the entire team. In the first five games after the All-Star break, the Lakers put up an impressive 4-1 record while scoring just over 110 points per game. Those numbers are certainly more of what Laker fans were expecting out of D'Antoni once he took the lead in L.A. But the bench is just one factor in the Lakers' success. Of course there is Bryant, along with Nash and Howard who are continually getting healthier. One other main reason the Lakers are finally finding success, however, is because of their head coach. No one in Los Angeles will ever be quick to give D'Antoni credit for turning

"No matter what the real reason is, it is clear that a motivated Howard, Kobe Bryant and Lakers team as a whole is a team to be reckoned with going forward."

through injuries all season long suffered to key players on their roster. Once the team was finally healthy, however, they went on to beat Peyton Manning and Tom Brady, amongst others, to eventually win the Super Bowl. The Lakers look as if they may have a chance to follow that same script. Steve Nash is finally healthy and looks as if he will be a key contributor for the Lakers during this stretch run. Howard looks more energetic and is playing with more intensity and as much as everyone has overlooked him, Steve Blake has come back and given the Lakers an extra shot of strength off the bench. "I feel really good out there," Blake said. "I think my teammates make me feel that way and Coach does, so I'm excited with the way things are going right now." Lakers' fans are excited too. Blake is averaging a Lakers career high 5.3 points and 3.4 assists this year. Beyond that, he is shooting nearly 47 percent from the field and 45.5 percent from three-point range while averaging almost six points in under 20 minutes per game in the month of February.

While it may seem a bit silly to attribute the Lakers' recent success to Steve Blake, doing just that is not actually so much of an exaggeration. Blake, Jodie Meeks and Antawn Jamison have all come alive since the All-Star break and are settling into their roles as the big three off of the bench. "This second group..." Blake continued, "We're settling in to know our roles and the things we can get and how to play with each other." That fact perhaps became most evident in last week's game against the Minnesota Timberwolves in which the Lakers won by 22 points. The Lakers' bench, which has consistently been the weak point of the team over the past few years, finally showed up by scoring 52

around the Lakers, especially after the city could have had Phil Jackson back. But considering the little amount of time with the club that he has had, zero preseason and a group of athletes who have never played together in their lives, D'Antoni is actually doing a good job. All of the tumultuousness of the Mike Brown regime, the drama between Kobe and Dwight and a failed offensive system seems to be behind the club now. D'Antoni is now more familiar with his personnel, knows their strengths and weaknesses and is using them effectively. Currently, the eight-man rotation that D'Antoni has settled on is paying dividends for the club. "It really helps out, especially on the bench, knowing when you're coming in, knowing what your role is," Jamison said. "You're not worried about shots or minutes or, 'If I make a mistake, I'm coming out.'" That comfort within the system is perhaps the entire reason why the Lakers are now comfortable with each other and in turn succeeding.

What lies in store for the Lakers, especially considering their tendency to be consistently inconsistent this year, remains a mystery. The only thing that is known now is that the year is slowly getting better for the purple and gold. Still without a playoff spot intact, there is a lot of work to be done, to say the least, with many tough teams remaining on the schedule. But the Lakers themselves are turning into a tough team to beat and should only continue to get better as they get more and more comfortable with each other. Kobe Bryant predicted that these Lakers would indeed make it into the playoffs. When they get there, as Kobe said himself, they will "have no fear of anyone--Oklahoma City, San Antonio, Denver ...whoever." Maybe those teams should start thinking about fearing the Lakers. •

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Real Estate

Preparing Your Credit Profile For the Spring Real Estate Season

(BPT) - "Warm weather will bring an increase in homes on the market and buyers shopping, so it pays to take steps to make sure your credit profile is in the best shape possible if you'll be looking for a house come spring," says Barrett Burns, president

(CRCs), which are Equifax, Experian and TransUnion. And you can access your credit score through all three CRCs from the same website for a small fee.

• Creditors are interested in seeing how you manage credit, and the consistency of

report as a single inquiry - as long as they're all within 14 days of each other - and will have minimal impact on your score.

• Different lenders use different scoring models and different models can have different score ranges. You may or may not be able to find out from your potential lender which model they use. What's important is where you fall in the model's score range, which tells you how your score compares to others.

Finally, Burns says, don't worry too much over small fluctuations in your score. "It's possible for your score to be 772 on Thursday and 765 on Friday," he says. "It may be back up to 770 the next week. The changes are likely due to updates to your credit files and expiring data. Remember that consistent, responsible behavior is more important than small ups and downs in your credit score." •

"In addition to other criteria such as down payments and income, a good credit score can make a big difference when it comes to getting a mortgage at favorable rates."

and CEO of credit score model developer VantageScore Solutions. "Real estate experts are already predicting that this spring will be an important season for the industry, with mortgage rates still low and prices creeping back up. In addition to other criteria such as down payments and income, a good credit score can make a big difference when it comes to getting a mortgage at favorable rates."

VantageScore Solutions recommends home buyers start now to prep their credit profiles before the spring real estate season arrives in March and April. Here are some tips and tidbits to keep in mind as you're working toward qualifying for a mortgage loan:

• It is essential to know what's on your credit report before it will be viewed by potential lenders. Make sure your credit report is up-to-date and accurately reflects your credit behavior. You can obtain your report at AnnualCreditReport.com, the only official site where you can obtain your report every 12 months for free from each of the three major credit reporting companies

behavior counts. In addition to paying your bills on time every month, avoid applying for any new credit between now and the time you will apply for a mortgage. Almost every credit score "inquiry" from a lender is recorded with one or more of the three national CRCs. This can result in a decrease to your VantageScore credit score by 10 to 20 points.

• Keep in mind that some lenders will pull a credit score at the time you apply for the loan, then again just before the loan closes. You want to avoid credit score reductions during that time frame, which can occur if you take on unnecessary credit. Also be sure all payments on existing debt are made on time during this timeframe.

• Shop around for mortgage options before you actually apply. Understand lenders' qualifying criteria so you know where you may need to improve. Once you've done your research, go ahead and apply to multiple lenders all at once. Multiple applications at the same time will register on your credit



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Roger Hart (left) with sons: Kevin; Jeremy and his wife Stephanie; and Bradley with his wife Alannah. The Hart family has used its successful business to promote and preserve pride in the Torrance community through responsible real estate transactions and home ownership.

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Kerri Walsh Jennings (3 X Olympic Gold Medalist)

Alex is hands-down THE BEST agent we have ever worked with ! He has the unique ability to bring buyers and sellers together, which resulted in us finding our dream house. For every step of our own home sale and the new purchase, Alex was there personally keeping us informed as well as providing guidance which made us feel comfortable and reassured. He is one of the few agents who actually listens to and understands client's needs and combines those qualities with a personal touch that is so hard to find today.

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Jeff & Whitney Groendal ES. Residents

Alex recently helped my wife Tracy and I find an amazing home in El Segundo. He is extremely knowledgeable about South Bay real estate and is extremely well connected throughout the area. What I found most impressive about Alex has an uncanny ability to know that a property is going to list and get you the opportunity to potentially get a peek before it hits the general market. People in general are very fond about Alex and it shows in his day to day business dealings. Alex has been my friend and realtor for 6+ years and will continue to be for many years to come !

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TerriAnn in Torrance

And the Winner Is...

By TerriAnn Ferren

The Academy Awards/Oscars continues to be the top awards show watched by millions around the world that celebrates and honors the people who make film. Weeks before the show airs, the nominees are announced by the *Academy of Motion Picture Arts and Sciences* and the race for the highly coveted Oscar statue begins. In years past only five films were nominated for best picture, but now the field has widened again to include up to 10 special movies. Amazingly enough, that decision was the topic of conversation all over town when it was announced. After actors/actresses hear that they have been nominated for a specific category, the race is on. Advertisements begin popping up for nominated films with the additional subtitle "Oscar Nominated." And all the actors / actresses will forever carry the label of "Oscar Nominated" as well.

There are Oscar parties around Torrance that range from a few friends watching together over a pizza to full-blown soirees. I decided to ask a few partygoers why they take time to celebrate something that really doesn't affect them personally, and received some thoughtful answers. "I love them [the Oscars] and I get to see all my friends--not the actors, my friends--at the party," said Andre. Winnie chimed in, "We can't wait for this evening. We love it!" Then I asked vivacious Nadia, who said, "I do [like going to Oscar parties]." Vickie chimed in, "We are sharing the moment." "It's tradition," added Joycie.

After listening to the responses from the partygoers, I learned that they participate in the party more for the friends and family they surround themselves with than for the

actual Oscars show--although that is fun. The festivities, the fashions, the live entertainment and the suspense all make the evening a special one to share with others. And the fact that this show is televised live around the world makes the viewing extra special. No one knows the winners until they are revealed at the moment the envelope seal is broken. One by one. Waiting in suspense for the winners names to be read by everyone--at the same time--makes the evening unique.

The Oscars began in 1929, which made this year's event the 85th Academy Awards Show. One highlight of the Oscars includes the interviews of the stars before the show as they walk down the red carpet to the event as cameras flash to capture what fashions are floating down the walk. Actresses' dresses are compared and judged by everyone watching while even the men's choice of tux is also noted. And that also includes the hairstyles, jewelry, shoes, and on the men their facial hair or lack thereof. We all can remember the year one woman wore a "swan dress" and who can forget Cher in the "ready for Vegas" Bob Mackie outfit? The name Oscar given to the statuette has multiple origins and I have no idea which one is right. My grandmother Jessica told me when I was 12 years old that no one

can sell an Oscar statuette because they are owned by the *Academy of Motion Picture Arts and Sciences*. I found out that piece

of information is indeed true. I remember when the Academy Awards were televised on Mondays and that was always hard for me because I wanted to stay up and watch them, but the show would get so late sometimes (due to the long acceptance speeches). Luckily enough, in 1999 the Oscars moved to Sunday. This year, the awards were supposed to begin even earlier than they did. Maybe that is to give the people on the East Coast an earlier evening.

For me, what makes the viewing of the Oscars fun are all the people I share the evening with--we all watch together. Similar to the Super Bowl Sunday extravaganza where even those not interested in football learn the rudimentary aspects of the game for that one day, the Oscars have viewers who are not as vested in the outcome as others. The Oscars are an event and even though a person might not care about great film, direction, or music, one night a year they participate in the fun.

About four years ago, I was working on my menu for my Oscar party. My menu is always inspired by the movies nominated that particular year. Well the food was not what I wanted it to be, so for the first time in my

life I called a radio talk show (cooking) to ask for suggestions. The professional chef and caterer was so helpful and as it turned out, all over town others were preparing for the Oscars as I was. Other people called into the radio show and we shared ideas, recipes and fun over the air on the radio show. Somehow it made the whole event even more special. As I recall, the dishes I chose worked well. This year I had fried chicken and Yankee pot roast for *Lincoln*, Persian food for *Argo* and *Zero Dark Thirty*, and French baguettes for *Les Miserables*. Choosing and picking the food is fun. At the grocery store, I saw other Torrance citizens doing the same thing. Granted Torrance isn't the center of the moviemaking industry, but we are a balanced city and motion pictures are filmed in our town and many work in the industry.

Yes, this year I watched the Oscars with friends and family as many around Torrance did and we critiqued the winners, the losers, the fashion, the music and the host. But the core of the evening focuses on our friends and family, and the fun of enjoying a live worldwide broadcast event together. It's the sharing that makes it fun--just like the Super Bowl. With all the serious business locally, nationally and around the world, it is nice to sometimes take a break and enjoy something fun with others.

If you haven't had an Oscar party, maybe it's time to put it on the to do list for next year. Get ready for the red carpet, the excitement, the fashion and the live show broadcast to over 100 countries around the world. Join in the fun next year when we wait with anticipation for those four famous words, "And the winner is..." •



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Finance

Tax Deadlines Are Real

By Jason Alderman

Congress could well debate the debt ceiling, tax reform and other important economic issues until the cows come home, but one thing's for sure: If you don't pay your income taxes – or at least file for an extension – by April 15, you could be in for a world of financial hurt.

That's because the IRS probably won't give you a break on the penalties it levies on unpaid taxes unless you were the victim of a natural disaster, suffered death or serious illness in your immediate family, or experienced another catastrophic event.



credit or debit card before the filing deadline. You'll pay a convenience fee, which is tax-deductible if you itemize. Fees vary depending on which payment processor you choose. (See "Pay Your Taxes by Debit or Credit Card" at www.irs.gov for details.) If you use a credit card, make sure you can pay off the balance within a few months; otherwise the accrued interest might exceed the penalty.

Other payment options include:

If you can pay the full amount within 120 days, you may qualify for a Short-Term

"If you don't pay your income taxes – or at least file for an extension – by April 15, you could be in for a world of financial hurt."

You must file your 2012 federal tax return (or request an extension) by midnight on April 15, 2013 otherwise the penalty on any taxes you owe will increase dramatically. You'll be charged an additional five percent of taxes owed for each full or partial month you're late, plus interest, up to a maximum penalty of 25 percent of the amount owed. (The interest rate currently charged is 3.22 percent.)

If you file your return or extension request on time, however, the penalty drops tenfold to only 0.5 percent per month, plus interest.

Here's how it adds up: Say you owe \$2,500 in federal income tax. If you haven't requested an extension, you would be charged an additional \$125 (5 percent), plus interest, for each month you're late in paying off your bill. Had you filed for an extension, the penalty would drop to only \$12.50 per month (0.5 percent).

Be sure to contact the IRS early if you won't be able to pay on time so you keep as many payment options open as possible – either call 800-829-1040 or visit your local IRS office. Also check out the IRS' "Filing Late and/or Paying Late" webpage for helpful information (www.irs.gov).

One way to avoid this penalty is to pay by

Extension. If granted, you'll still owe interest on your debt, but will avoid the application fee for an installment agreement.

If you need longer than 120 days, an Installment Agreement lets you pay off your bill in monthly installments.

To apply for either, fill out an Online Payment Agreement Application at www.irs.gov or call an IRS representative at 800-829-1040.

Under certain dire financial-hardship circumstances, the IRS will allow some taxpayers with annual incomes of up to \$100,000 to negotiate a reduction in the amount owed through an Offer in Compromise. For step-by-step instructions, read the IRS Form 656 Booklet.

If you're unable to make payments on your installment agreement or offer in compromise, call the IRS immediately for alternative payment options, which could include reducing the monthly payment to reflect your current financial condition.

Also read the IRS's guide, "The What Ifs for Struggling Taxpayers," which contains helpful information on the tax impacts of different scenarios such as job loss, debt forgiveness or tapping a retirement fund. •

Children's Hospital Los Angeles – South Bay Celebrates Grand Opening

Photo by Brandon Smith

Children's Hospital Los Angeles has opened a new outpatient care center in the South Bay, providing the community with a medical facility staffed by 14 physicians with expertise in 10 pediatric specialties: cardiology, endocrinology, gastroenterology, neurology, ophthalmology, orthopaedics, otolaryngology (ENT), plastic surgery, pulmonology and urology.

"We are honored and thrilled to be bringing our exceptional care and our pediatric specialists from Children's Hospital Los Angeles to the South Bay," says Richard D. Cordova, FACHE, president and CEO of Children's Hospital Los Angeles. "The community has been a longtime supporter of the hospital and

receiving care at the hospital's main campus in Hollywood and its outlying clinics—almost 6,000 inpatients and outpatients totaling more than 36,000 visits in 2011.

"Many children living in Torrance, Palos Verdes and the beach communities and surrounding areas can benefit from Children's Hospital's local presence," Hanners says. "My wife and I have raised two children in the South Bay and we have come across many Children's Hospital patients over the years. We understand commute times can be long and people want to spend more time with their families, so the community really benefits by having access to so many pediatric subspecialties close to home."


The South Bay outpatient center is




now we are bringing our excellent outpatient clinical services to South Bay families and their children."

Rodney B. Hanners, the hospital's senior vice president and chief operating officer and a resident of Torrance, says the need for the services Children's Hospital Los Angeles – South Bay will be providing is reflected in the number of young patients from the community currently

conveniently located at 3440 Torrance Blvd., Ste. 100, Torrance, just a block from the Del Amo Fashion Center. It is open from 8 a.m. to 5 p.m., Monday through Friday. The site is staffed by Board-Certified and Board-Eligible pediatric clinicians. Staff will also provide walk-in X-Ray services. Appointments can be made at 310-303-3890. For additional information go to CHLA.org/SouthBay. •



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Seniors

Fall-Prevention Strategies Boomers Can Fall In Love With

(BPT) - You're only as old as you feel, which is great news for today's baby boomers, as 61 percent report they feel younger than their true age. But despite feeling great, the reality is that adults may need to make minor changes to their homes and lifestyles to ensure they can continue to enjoy safe, healthy and independent lives. If you are part of this demographic, you're likely thinking, "Not me. Not yet." But did you know that one in three older Americans falls every year, according to the Center for Disease Control and Prevention? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65 and older.

Don't worry - protecting yourself from falls does not mean using a walker or wearing an alert siren. Try these simple tips to protect yourself from becoming a fall statistic, while improving your home and lifestyle.

GET MOVING

It's no wonder that 50-years-plus is the fastest growing segment of the fitness population. In addition to maintaining a healthy weight, regular exercise improves your leg strength and balance - both of which are important in reducing falls.

Experts at the National Institute of Health recommend that seniors enjoy a combination of four types of exercises: endurance, such as walking, cycling or swimming; flexibility, which includes stretching before and after endurance workouts; balance, such as walking on a line or stepping over small objects, and strength, which is using resistance or weights to target core muscles.

PREPARE YOUR HOME

According to the Home Safety Council, more falls occur in the bathroom than any other room in the home. But don't fear, adding safety to your bathroom can add exquisite styling as well. Grab bars are the most common bath safety product installed, and brands such as Moen

Home Care offer stylish Designer Grab Bars with Accessories, which combine the safety benefits of a grab bar with common bath essentials. Options include a towel bar, a paper holder, a straight shelf and a corner shelf, making each item functional and fashionable. Plus, each is available in popular finishes such as Chrome, Brushed Nickel and Old World Bronze, to coordinate with the rest of your bath.

Next, add style and peace of mind in the shower by adding a Fold-Down Shower Seat. Unlike traditional bath seats that can be intrusive, this wall-mount design from Moen Home Care folds down for a comfortable and secure shower seat to avoid slips and falls - yet folds up for a thin, compact profile when not in use. Plus, the teak wood and stylish metal trim will accentuate the look of even the most



upscale shower.

For the final step to your safety-upgraded bathroom, increase the amount of lighting. Researchers have found that by the time a person is 60 years old, he or she needs up to 15 times more light than when that person was 10 years old. Add higher-wattage bulbs or even additional lamps to the room for improved illumination.

ASSESS YOUR MEDICATIONS

Since boomers buy 77 percent of all prescription drugs sold, chances are that you take more than one medication daily. However, these remedies may have been prescribed by different doctors - and could unknowingly cause side effects such as dizziness or drowsiness, which can increase the risk of falls. Speak with your physician to ensure that your medications will not interact with other drugs. Programmed pill boxes are also a great idea to keep your prescriptions organized and help you remember what to take and when.

EAT RIGHT

You are what you eat ... which is why a healthy diet is very important to older adults. In fact, healthy eating can reduce the risk for many conditions, including anemia, confusion, hip fractures, hypotension and wounds. Experts note that older adults generally require fewer calories in their diet than other age groups - but need more nutrition.

Especially important to reduce falls is to increase foods that are high in calcium and vitamin D, such as milk and dairy, which help keep bones strong. Maintaining a healthy weight through proper eating is also essential, as added weight can cause instability, leading to falls.

With these few simple updates to your home and lifestyle, you'll soon feel better about yourself and your home - and can enjoy the peace of mind knowing that you're doing the best to reduce the risk of becoming a fall statistic. •



Drawing Winners

Congratulations to the following prize winners for the D-Fenders vs. Texas game on March 6:

Grand Prize Winner (VIP table and seats for four, halftime meal and four D-Fenders fan packs)

Christine Jensen

First Prize (Two courtside seats to the game and two fan packs)

Norma Comfort

Second Prize (Pair of General Admissions tickets to the game)

Steven Levy



Enter the second drawing for three chances to win prizes for D-Fenders vs. Tulsa game on March 13. Entry deadline is Monday, March 11. To enter, please send your contact information to pressrelease@heraldpublications.com or call 310-322-1830.

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Another Man's

from page 5

having to incur too much debt. In addition, the Pell Grants are an investment by the government that will produce a generation of high-wage-earning professionals which will in turn become taxpaying citizens. If we

are willing to invest in our nation's safety via military expenditures, which are very necessary, we must also invest in our financial future by ensuring that students can achieve their academic dreams. •

Up and Adam

from page 6

a team with more heart," Michell said. "We always fought until the end. It was a great season." It was a great season for coaches and players alike as Chad Lagerwey led his team to its first CIF Final since 1984. "The thing I told the guys afterwards is that they did everything I would expect from a kid wearing a South Torrance shirt," Lagerwey said. "I'm proud to be associated with this group." Certainly, Torrance is proud of the Spartans.

TORRANCE HIGH

The Torrance baseball season is underway as the Tartars are looking to keep the momentum going from a successful season last year in which head coach Ollie Turner led the club to a second place standing in the Pioneer League and a playoff berth. Turner and the Tartars are doing the best they can early on in the season as they capitalized with a key win over Mira Costa in the El Segundo baseball tournament. That win, however, came on the heels of two straight losses to start the season in the tournament as Torrance dropped two consecutive games against Millikan. "We lost 2-0 and 4-2 the other day," said Turner. "We're having trouble getting runs across." But Torrance may have alleviated that trouble against Costa, as it rallied from a 4-1 deficit in the sixth inning before scoring seven runs to take an eventual 8-4 victory over the Mustangs. "Putting together a comeback makes you feel a little better about your offense," added Turner. Kyle Ulanday should prove to make Turner feel better about the team's offense all season long and did so in this one as he went two for three with two RBIs on the day.

WEST HIGH

The West High Warriors are also back on the baseball diamond and are looking like a team to be reckoned with this season. In

back-to-back games at the beginning of the season, the Warriors have outscored their opponents (Chino and Pioneer) by a total of 31-7. Returning players like Joey Notch and Kevin Clausen will be key to the team's success this season and are showing early on why they are so valuable. In the game against Pioneer, Notch went four for four with a double, two home runs and seven RBIs. Clausen hit one home run, tallied four runs and had three RBIs in the winning effort. The Warriors are in a consistently competitive Bay League where last year they finished towards the bottom of the pack in fifth place. Head coach Juan Cueva and his team will have to find success by getting through the likes of Mira Costa, Palos Verdes and Redondo this year, but it looks as if they may have enough offensive firepower to do just that.

NORTH HIGH

The North High Saxons don't have a huge sample size to judge from just yet, but in the game that they have played against Carson, the team looked pretty good. A 9-5 victory may be the first telling sign that the team, under head coach Mike Demaria, is ready to pick up where it left off last season when it finished tied with South High for second place in the Pioneer League standings, coming in right behind El Segundo. The Saxons will have to rebound from an offseason that saw them lose a ton of talented players such as Dalton Erb, Jack Canady, Corey Bishop and Hayden Weir, but their absence from the lineup leaves the door open for new talent to step in and take over. Demaria and the Saxons will look to take over the Pioneer League this year as their season gets underway with upcoming games against West, Peninsula and Redondo on the schedule. •

Looking Up

World's Smallest Space Telescope Goes into Orbit

By Bob Eklund

The smallest astronomical satellite ever built was launched from India February 25 as part of a mission to prove that even a very small telescope can push the boundaries of astronomy. The satellite was designed and assembled at the Space Flight Laboratory (SFL) of the University of Toronto Institute

telescopes can fit within a 20-centimeter cube. Therefore, BRITE is not intended to take pretty pictures, but will simply observe stars and record changes in their brightness over time. Such changes could be caused by spots on the star, a planet or other star orbiting the star, or by oscillations and reverberations within the star itself—the

"SFL has demonstrated that nano-satellites can be developed quickly, by a small team and at a cost that is within reach of many universities, small companies and other organizations."

for Aerospace Studies (UTIAS) and launched from the Satish Dhawan Space Center in Sriharikota, India, along with its twin, also designed in Canada, but assembled in Austria.

Each nano-satellite in the BRITe Target Explorer (BRITE) mission is a cube measuring about eight inches per side, and weighing 15 pounds. The BRITE satellites represent a new concept in space astronomy: nano-satellites that can be designed, assembled and deployed fast and cheaply.

"SFL has demonstrated that nano-satellites can be developed quickly, by a small team and at a cost that is within reach of many universities, small companies and other organizations," says Cordell Grant, Manager of Satellite Systems for the Space Flight Laboratory at UTIAS.

Up to now, such nano-satellites had been used only to monitor the Earth and experiment with new technologies. "Researchers, scientists and companies worldwide, who have great ideas for space-borne experiments but do not have the means to fund a large spacecraft, can now see their ideas realized," says Grant. "BRITE has the potential to open an entirely new market for low-cost, high-performance satellites."

"BRITE is expected to demonstrate that nano-satellites are now capable of performance that was once thought impossible for such small spacecraft," Grant adds. But only small

analogue of earthquakes on stars. The study of these so-called "starquakes" is called asteroseismology.

To perform precise measurements of the brightness of stars, the telescopes need to be above the atmosphere. Otherwise, scintillation—the atmospheric effect that causes stars to twinkle—overwhelms the relatively small brightness variations of the stars themselves. By avoiding this, a very small telescope in space can produce more accurate data than a much larger telescope on the ground. Also, unlike telescopes on Earth, which are useless during the day, in bad weather or when the stars set below the horizon, telescopes in space can potentially observe stars all the time.

As their name suggests, the BRITE satellites will focus on the brightest stars in the sky including those that make up prominent constellations like Orion the Hunter. These stars are the same ones visible to the naked eye, even from cities. Because very large telescopes mostly observe very faint objects, the brightest stars are also some of the most poorly studied stars.

More information & videos: <http://universe.utoronto.ca/BRITE>

Stars of Orion photo: [http://en.wikipedia.org/wiki/Orion_\(constellation\)](http://en.wikipedia.org/wiki/Orion_(constellation)) •

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WEEKLY CROSSWORD *See Answers Next Week*

Food For Thought

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					71		
72							73					74		

- Across**

 1. Bohemian, e.g.
 5. Foreshadow
 10. Beat
 14. Calcite rock
 15. Kind of force
 16. Deplaned
 17. Hoagie, e.g.
 20. "What's Happening!!" character
 21. Grand
 22. 1965 Ursula Andress film
 23. Delineate
 26. Fertilizer ingredient
 28. Common contraction
 31. Some deer
 33. B & B
 34. Creamy dessert
 40. The "B" in N.B.
 41. "Arabian Nights" menace
 42. "___ cost you!"
 43. Basic
 48. Blinking light, maybe
 49. Jewish month
 50. Cow, maybe
 51. Zoroastrian
 54. Nile wader
 56. ___ system
 57. Hot

61. Didn't walk
 65. Cooking style
 69. As a result
 70. Doozie
 71. Dance
 72. Dither
 73. Mesh
 74. With understanding

Down

 1. Bustle
 2. Vermeer's "Woman With a ___"
 3. A long way off
 4. Care for
 5. Dr. J's first pro league
 6. Mantel piece
 7. Surge
 8. Bryce Canyon locale
 9. City near Sparks
 10. Aviator sound
 11. Elite
 12. Corner
 13. Aromatic solvent
 18. Foreword
 19. "Beats me!"
 24. Rank above maj.
 25. Got wind of
 27. Indigenous Canadian

28. Part of a nuclear arsenal, for short
 29. Biblical pronoun
 30. Lady of Lisbon
 32. Ore remover
 33. "___ Not There," 2007 film
 35. Sea monster of myth
 36. Dangerous bacteria
 37. Greek promenade
 38. Knocked off, in a way
 39. If not
 44. All excited
 45. ___ Doubt, rock band
 46. It has a certain ring to it
 47. Excuse
 51. Glazier's items
 52. Scrub
 53. Cheek cosmetic
 55. Bar offering
 58. Skin products maker
 59. Swift fly
 60. Oenologist's interest
 62. Municipality in France
 63. Organic compound
 64. Buck
 66. Word
 67. Nod, maybe
 68. Adaptable truck, for short

Last Week's Answers

MESH			LOOP			DOLCE								
EXPO			ACNE			OCEAN								
CHARACTER			ACTORS											
CORN			OSTLER											
ART			GOP			ANOMIA								
STAGED			DIRECTIONS											
			ORE			ARKS								
ABA			FDA			PLY								
FRO			ACAI			ANA								
CINEMAT			OGRAPHER											
CANTOR			EMU			ALE								
			URG			ON								
STUDIO			E			EXECUTIVE								
OASES			LEVO			IDEA								
BOAST			SNAG			CENT								

SUDOKU *Medium*

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

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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PETSPETS Pets PETSPETS

Pets Without Partners

Adopt a "pet without a partner" and give a homeless pet a second chance in life. **SugarMom** and her litter of 11 puppies



One of SugarMom's 11 Pups.

came to us on Sunday the 24th, the day Tinseltown got all dressed up for the Oscars. So, without further ado... Meet our Academy! SugarMom is named after Searching for Sugarman, which won an Oscar for best documentary feature. We can't say enough



SugarMom

good things about this special girl. This little Beagle/Doxie mix is so very sweet. She is a good mom and will make an excellent family dog. She is around one year old and is beautiful. SugarMom will be spayed when done nursing, is current on vaccinations, de-wormed, microchipped, and good with other dogs.

Now meet our Academy boys Oscar, Seth, Django, Argo, Bigelow, Tarantino, Frankenweenie and Wreck-it Ralph--and girls Adele, Amour and Chastain. These puppies are seen by appointment only with an approved application. Your first step in the process is an application of interest to be approved to adopt a puppy. Applications are available on our website.

Thalia is a very sweet, 40-pound Pittie mix with a shiny, silky, chocolate brown coat with a white blaze down her chest. Her prior owner lost his home and she has been living at Primary Care Veterinary Hospital in Long Beach since November 2012. The vets and staff are trying to find a good home for her, as she is way too special to take to the shelter.

Thalia lived with two other dogs in her prior home. She is also housebroken. Currently she is kenneled most of the day and needless to



Thalia

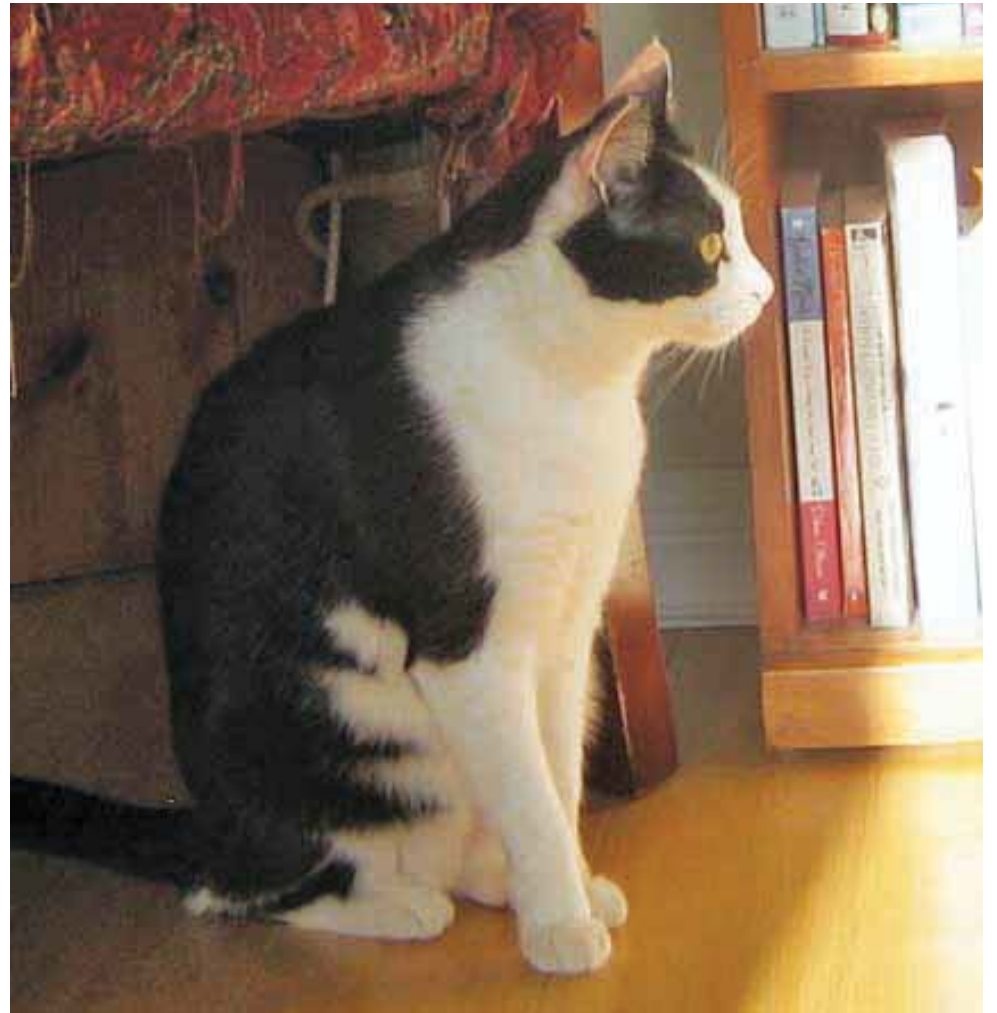
say, this lovely girl has a lot of energy when she gets out for her daily walks. When in a home, Thalia settles down very nicely and has very good house manners. She will sit and lie down on command. The vet techs have taken her home for overnight visits and she is such a good dog. Thalia is fun-loving, cute, silly, spunky and has personality plus! Please help her find her forever home by contacting Nancy or Deanna at Primary Care Vet hospital at 562-274-7776 to meet Thalia.

To learn more about these and other wonderful dogs, visit our website at www.animalsrule.org. If a dog is on our website, it's available. Or come to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

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

Purrrfect Companions

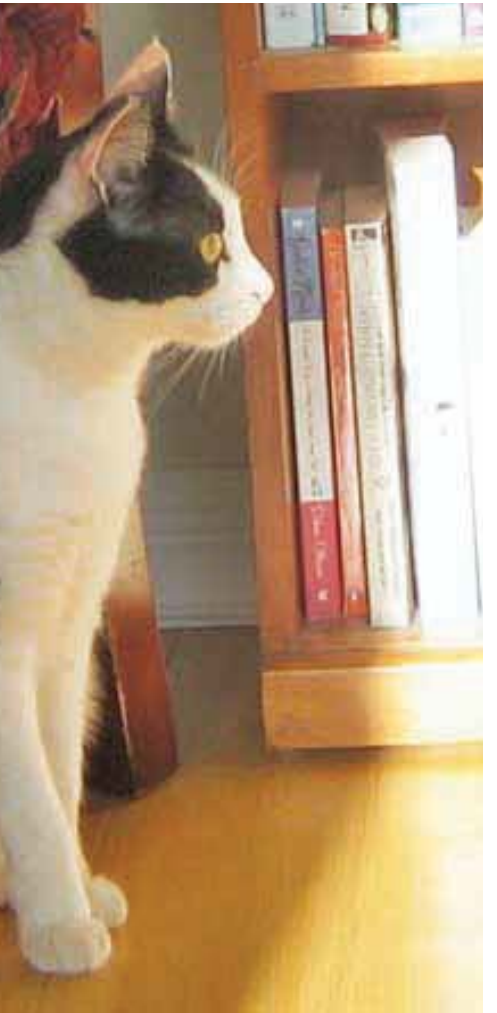
Add a little love with a new best friend when you adopt your purr-fect partner. **Emma** is a very sweet cuddler. She just



Emma

melts in your arms and doesn't mind being held on her back like a baby. Emma is fond of sneaking under the covers in the early morning hours, where she waits patiently for her foster mom to wake up. She likes playing with toys and has a wonderful imagination. She has adopted a small beanie baby hippo that she carries around in her mouth like it

incredibly interesting and in Murray's eyes, you're perfect. Murray's brother and best pal is Lawrence. They would love to be adopted



Murray

is her kitten. At first shy with strangers, she opens up once she knows you, and then her sweet personality comes through. Emma would do best in a quiet household with someone who wants to dote on her and bond with her. She is fantastic with other cats and very patient no matter what their personality. She is a fantastic little love bug!

Meet your new best friend, **Murray!** Murray is what's known as a Velcro kitty. He's never so happy as when he's on your lap or cuddled up to your side as you both take a snooze. He may just be the sweetest kitty you'll ever meet. He will literally leap into your arms for a snuggle. Everything you do will be

together as a dynamic duo.

These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, de-wormed and current on their vaccinations. For additional information and to see our other kitties, please



check our website at www.kittenrescue.org, or email us at mail@kittenrescue.org. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

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

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

This week we are going to talk about BBQ. Ever since I was young I have always loved the taste of BBQ. Whether it was chicken pork beef or even vegetables. The taste and smell of the grill is intoxicating.

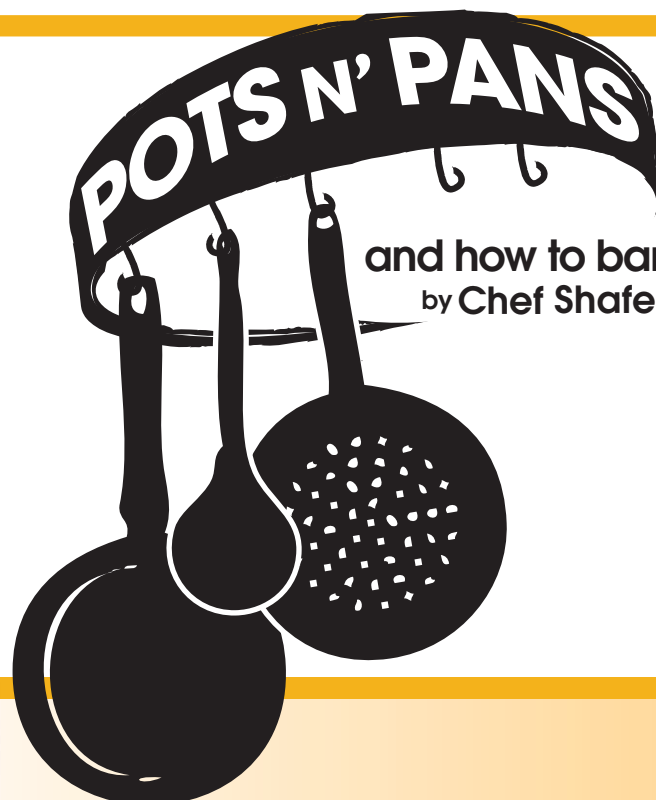
First Rule of Grilling is to get the grill hot. Those grill rods need to be both clean and hot before you even think about placing anything on the grill.

Next is what flavor you want to get out of the grill. All regions have a special style of their own. There is Southwest, Thai, Cantonese, Mediterranean, Moroccan, Indian etc.

My favorite is Asian. This is a blend of the flavors of the far east without the over powering heavy sauce.

Hope you like it.

The Chef



and how to bang them
by Chef Shafer



Live, Love, Laugh, Eat
Chef Shafer, Owner/Chef of Depot, Buffalo Fire Dept., and the Downtown Torrance Market Place.

Asian BBQ Sauce

- 1 cup oyster sauce
- 1/4 cup chopped pickled ginger (the kind you eat at a sushi bar)
- 1/2 cup brown sugar
- 2 tablespoons chopped garlic
- 1 to 4 tablespoons hot chili sauce depending on how spicy you want it (like sambal oelek or sriracha sauce/ both can be found at your local super market)

Mix together all ingredients.

If using as a marinade, add a cup of chicken broth to thin it out

Get your grill hot then start by brushing your meat, fish or vegetables with a little vegetable oil. Place it on the grill and proceed to mark off or get some color on the product. Then as it cooks, baste the stuff with the sauce until you have cooked to the degree you wish. The sauce has sugar in it so you have to be careful that it doesn't burn so flip it repeatedly. Have fun and don't forget BBQ is for finger licking!

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<p>TUESDAY Kids Eat Free Kids under 10 eat for free off the kids menu with purchase of a regular meal.</p>	<p>THURSDAY DOWNTOWN TORRANCE MARKET PLACE Come shop and dine for specialty foods, produce, art, crafts and more in Downtown Torrance.</p>	<p>SATURDAY Rock-Out Night FREE LIVE CONCERTS April Thru October 6PM-9PM <i>Bring out your lounge chair and booze</i></p>

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