

# Torrance Tribune

The Weekly Newspaper of Torrance

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## Pediatric Therapy Network Sponsors Mardi Gras Celebration



Dave Carpenter from the Pediatric Therapy Network (PTN) and Torrance Area Chamber of Commerce President/CEO Donna Duperron enjoy the Mardi Gras festivities. For story and more photos see page 2. Photo by Charlene Nishimura.

## Council Dives into Water Issues

By Dylan Little

It's no secret that this year has been one of the driest in California's history and with that in mind the Torrance City Council approved a slate of water conservation measures during its March 18 meeting. The Council is asking residents to cut water consumption through efforts like reducing the frequency and duration of watering plants and moving watering times outside of the hours of 10 a.m. to 4 p.m., fixing breaks and leaks within seven days, and washing vehicles with a bucket or a hose with a self-closing nozzle. Identical restrictions were put in place in 2011 and Senior Administrative Analyst Charles Schaich said those achieved a 17 percent water savings and generally "pretty good compliance."

Mayor Frank Scotto believes that this round of water-saving measures can be equally effective in guiding residents to do their part in alleviating the effects of this year's severe drought. "I think the public - once we get this message out - can do a lot of things to make this happen," said Scotto. "The majority of water used in the home is really used outside of the home in irrigation and a lot of other things people do outside--and if people cut back that usage, they won't be impacted inside the home."

The Council also heard a presentation from Russ Lefevre, a director at the Metropolitan Water District of Southern California (MWD) on the state of Torrance's water supply, the drought situation in the state and the massive Bay Delta Conservation Plan. MWD provides 80 percent of Torrance's water supply, with the remaining 12 and eight percent coming from local wells and desalinization respectively. This means that issues affecting MWD hundreds of miles away can show up in residents' water bills. "Whatever happens to the MWD is important to the City of

Torrance," said Lefevre.

Still, the prediction for Torrance and the rest of Southern California is relatively good. Scotto said that because of the investments and forethought put into the water situation, the region is prepared to deal with this drought. "Despite this unprecedented drought, we in Southern California are fortunate to have adequate water supplies to meet our water demand this year thanks to the foresight, the advanced planning and the regional investment of \$5 billion over the last 20 years in water storage, supply and reliability, and conversation programs that we've done," said Scotto.

The northern half of the state isn't quite as lucky. Both of the major reservoirs in Northern California are below 50 percent of capacity, which Lefevre calls a "serious problem." Part of the reason Southern California is "not so bad" is the water supply here has been boosted by the relatively newly constructed Diamond Valley Lake (which is at 70 percent of capacity) as well as excess snowfall in the Upper Colorado Basin. Lefevre said even if the drought continues in the same manner it has this year, the region is safe - at least until 2015. "In principle, if everything stays the same in 2015, we would be able to sort of sneak through 2015," said Lefevre. "We have spent billions of dollars over several decades to cope with dry years and as result of that Southern California is prepared to withstand water scarcity for the foreseeable future - foreseeable being until 2015. But conservation is necessary."

Conservation is a necessity because of the severity of the current drought. To say that rainfall this year is below average is an understatement. Lefevre said Northern Sierra rainfall is expected to just break half the average amount for the region. "As of March, the precipitation was 16-and-a-half

inches, which isn't even half of what the average is," said Lefevre. "We've looked at several scenarios extending out to the end of the water year, which is the end of September. There aren't any scenarios that we've seen that will take us to the average. Most likely, we'll end up 20 inches or so below the average--2014 is going to be a dry year."

Lefevre ended his address by discussing the Bay Delta Conservation Plan. The Delta is vital to the entire state's water supply even though Southern California only draws about 30 percent of its water from it. The Bay Delta Conservation plans seeks to address the increasing risks to water production posed by ecological disaster, seismic catastrophe, sea level rise and the subsidence effect of farming near the Delta. The plan consists of building two 35-mile tunnels to transport water underground to nearby reservoirs as well as concurrent efforts to restore the Delta environment. These tunnels carry a \$25 billion price tag, but the price of inaction could be much greater, according to Lefevre.

Lefevre added that if nothing is done to address the situation in the Delta, then the entire state could face at best a reduced supply of water, increased costs and the destruction of the Delta ecosystem and the unknown costs that entails. The worst case scenario would be a three-year disruption of water deliveries from the Delta which would cause an estimated \$40 billion hit to the state economy.

Lastly, the Council approved the dates for its operational budget hearings. On May 13 and 20, the Council will discuss and approve the second year of Torrance's two-year 2013-2015 operating budget. Citizens with suggestions about how the City should prioritize its non-infrastructure needs can attend the hearing and have their opinions heard. •

## Weekend Forecast

**Friday**  
Mostly  
Sunny  
65°/55°



**Saturday**  
Mostly  
Sunny  
64°/54°



**Sunday**  
Partly  
Cloudy  
64°/55°



# PTN Mardi Gras Celebration

The annual Mardi Gras Celebration benefiting the Pediatric Therapy was held on March 6 at the Miyako Hybrid Hotel in Torrance. Guests were entertained by The Andrew Carney Quartet and New Orleans-styled appetizers, refreshments and desserts were provided by restaurant sponsors Baby Cakes, Buffalo Fire Department, Depot, Gonpachi,

Luigi's Pizzeria, Red Car Brewery, Torrance Bakery and Tortilla Cantina. The Pediatric Therapy Network is a nonprofit early child development and therapy center committed to providing high quality services for children with special needs and for those at risk of developmental issues. [www.PediatricTherapyNetwork.org](http://www.PediatricTherapyNetwork.org).



The South Bay Junior Women's Club volunteers included (front row, L to R) Syrna Glasser, Carla Gonzalez, Laura Neureither and (back row, L to R) Carole Campis, Lisa Bargar, Linda Conkey and Kim Kooniz.



Tortilla Cantina of Downtown Torrance was one of the restaurant sponsors of the Mardi Gras Celebration. Owner Bert Sierra is joined by (L to R) Lisa Sierra, Angel Chacon and Catherine Duran.



The Andrew Carney Quartet's (L to R) Matt Witek (drums), Andrew Carney (band leader and trumpet), Bart Broadnax (bass) and Stuart Pearlman (piano) kept the Mardi Gras Celebration crowd entertained.



Rachel Andrade of the BabyCakes Baking Company shows off her array of desserts.



General Manager Cherie Davis from the Miyako Hybrid Hotel gets ready to greet guests to the Mardi Gras Celebration.



The Depot's (L to R) Samuel Montalvo, Oscar Delgado and Tadeo Luna get ready to serve their cuisine at the full house Mardi Gras Celebration benefiting the Pediatric Therapy Network.



Theresa Stanberry of Stanberry Laundry is flanked by Mardi Gras Celebration food restaurant sponsor Bob and Laurie Brandt of Red Car Brewery & Restaurant.



Pediatric Therapy Network's Mardi Gras Queen Sofia Kalem and King Luke Walton pose at the festivities.

## Business Briefs

### Black History Celebration



Pictured (L to R) are Donna Duperron, Torrance Area Chamber of Commerce with Honorees including Jackie Lacey, Los Angeles District Attorney; Maury Wills, Los Angeles Dodgers; Eddie Levert, Sr. The O'Jays; "Sweet" Alice Harris, Founder of Parents of Waits (POW); Kim Roberts Hedgpath, AYSO Executive Director; along with Gene Hale, Greater Los Angeles African American Chamber of Commerce and Sherry Kramer, Torrance Area Chamber of Commerce. Photo by Brandon Smith.

The 17th Annual Black History Celebration luncheon was held on February 28 at the Torrance Marriott South Bay. Hosted by the Torrance Area Chamber of Commerce and the Greater Los Angeles African American Chamber of Commerce, the well-attended luncheon honored several African American leaders in the community.

### El Camino News

In an effort to help in-district high school seniors get the college classes they need for summer and fall 2014, El Camino College is continuing the practice of priority registration for this group.

Priority registration is available to 2014 high school graduates living within the El Camino Community College District, which includes: El Segundo, Hawthorne, Hermosa Beach, Inglewood, Lawndale, Lennox, Manhattan Beach, Redondo Beach, and Torrance. High school graduates must complete all four steps to enroll at ECC by March 31, 2014.

In-district high school graduates can also use the summer sessions to take care of a

few classes before the fall semester begins on August 23. The first six-week summer session begins Wednesday, May 21; an eight-week session begins Monday, June 16; and a second six-week session begins Thursday, July 3.

High school students interested in attending El Camino College for the fall 2014 semester are encouraged to apply and complete all four of the required Steps to Enrollment as early as possible, even if they haven't made their final decisions about higher education.

Submitting an application does not commit a student to attending ECC, but if that student does decide to enroll in classes at ECC, he or she will be ready to go, without the stress of enrolling and registering at the last minute.

High school students should go to <http://www.elcamino.edu>

### And...

El Camino College will celebrate the groundbreaking of a new multi-purpose stadium complex with a ceremony scheduled for 3:30 p.m. March 17 at the south entrance to the construction site.

This \$37.2 million project includes the construction of a brand new, modern stadium to support the college's outstanding athletic programs and kinesiology classes. This state-of-the-art complex will also include an athletic training and sports medicine facility. The new stadium replaces the original structure, which was built in 1949.

Design features include a modern locker facility and a press box for both teams, as well as football and soccer fields, and a 10-lane running track and field facility for college competitions and instruction. Also included in the plans are elevated viewing

areas and a roof-top filming deck. The two sides of the stadium will connect along an elevated walkway around the north side that culminates into a small plaza.

Various support facilities such as a new equipment room and storage areas are also part of the construction. Landscaping designs will feature drought-tolerant plants and the use of reclaimed water wherever possible.

### News From City of Torrance

The City of Torrance will accept a generous donation of \$500,000 from Toyota Motor Sales, USA on Tuesday, March 25, to aid in the creation of the multi-use sports fields currently in construction at 555 Maple Avenue. The new, state-of-the-art, TOYOTA Sports Complex is scheduled to have its grand opening on March 26, at 4:30 p.m. Torrance Mayor Frank Scotto said, "Toyota has been a long-standing supporter of our community. Toyota's generous donation further demonstrates the company's desire to help us meet the needs of our growing community." The TOYOTA Sports Complex is already scheduled to host some of the American Youth Soccer Organization (AYSO) National Games. The tournament comprising of more than 500 teams will be co-hosted with the City of Riverside on July 1-8, 2014. This type of event could be a building block to attract other events and conferences to Torrance, making a financial impact and stimulating the community economically. According to Mayor Scotto, the last time Torrance hosted the National Games, city hotels were at capacity. "Ideally the Toyota Sports Complex will serve not only as a center of excellence for sportsmanship, but also as a reminder of the benefits of physical activity

and being outdoors," said Michael Rouse, Toyota's vice president of diversity, philanthropy and community. "Toyota is honored to play a role in bringing this remarkable sports field to the City of Torrance and the greater South Bay community." More than 15,000 Torrance youth currently use city parks for sports practices and games. The 6.2 acre sports facility will feature synthetic turf designed around critical performance test to ensure maximum athlete-surface interactions and ball surface interactions, in addition to sports lighting intended for energy conservation and year-round playability. It will have the ability to be configured for soccer, football, lacrosse, rugby, and more.

### And....

On Thursday, March 13, 2014, the City of Torrance launched the Torrance Votes Website. Spearheaded by Torrance City Clerk, Sue Herbers and in conjunction with the June 3, 2014 election, TorranceVotes.Org was created to empower the voter to cast their ballot based on objective and accurate information. Herbers said, "We hope to challenge you, the voter, to make a more informed decision based on your observations and values. If you have relied on others in the past we invite you to step inside to learn more."

Torrance Votes is the City of Torrance's official program to offer the tools to more effectively assess candidates and their campaigns during the 2014 municipal election. Torrance Votes provides neutral and impartial information on how the public can be more educated about candidates and local politics, while respecting the right of each voter to their unique political, ethical and moral ideology. To learn more and explore the Torrance Votes Website, visit [www.TorranceVotes.Org](http://www.TorranceVotes.Org).

# Police Reports

**Vandalism** 3/8/2014 5:12:13 PM 5300 BLOCK TORRANCE BLVD

Suspect(s) spray paints graffiti on building exterior

**Battery-Simple** 3/8/2014 4:34:18 PM 2500 BLOCK PACIFIC COAST HWY

Suspect spits on victim

**Burglary-Auto** 3/9/2014 9:00:00 AM 5100 BLOCK DEELANE ST

Suspect(s) enters vehicle by unknown means, ransacks and takes property/ MP3, sunglasses, radar detector

**Burglary-Residential** 3/9/2014 1:40:45 AM 19200 BLOCK ENTRADERO AVE

Suspect(s) enters vehicle by unknown means, ransacks and takes property/ purse, watches, jewelry

**Burglary-Residential** 3/8/2014 2:56:00 PM 2800 BLOCK 180TH PL

Suspect(s) kicks open door for entry and takes property/cash

**Theft** 3/10/2014 9:00:00AM 1500 BLOCK CABRILLO AVE

Suspect(s) cuts lock and takes property/ vehicle batteries

**Vandalism** 3/8/2014 9:00:00 AM 1500 BLOCK MARCELINA AVE

Suspect(s) scratches victim's vehicle's paint

**Auto Theft** 3/12/2014 1:00:00 PM CYPRESS ST & SEPULVEDA BLVD

Stolen vehicle: '03 Ford van

**Vandalism** 3/7/2014 11:20:49 PM 4800 BLOCK PACIFIC COAST HWY

Suspect(s) breaks off vehicle's side mirrors, bends windshield wiper, scratches paint and slashes tire

**Burglary-Auto** 3/7/2014 6:30:00 PM 22500 BLOCK NADINE CIR

Suspect(s) smashes window for entry and takes property/cash, checkbooks

**Burglary-Auto** 3/10/2014 9:00:00 AM 23300 BLOCK ARLINGTON AVE

Suspect(s) punches door lock for entry and takes property/digital thermometer

**Burglary-Residential** 3/7/2014 6:10:00 PM 200 BLOCK VISTA DEL PARQUE

Suspect(s) cuts screen, removes window pane for entry, ransacks and takes property/ watch, cash, collector coins

**Burglary-Auto** 3/6/2014 11:34 PM 4300 BLOCK TORRANCE BLVD

Suspect(s) enters vehicle by unknown means and takes property/ purse

**Burglary-Auto** 3/6/2014 11:15:00 AM 20800 BLOCK ANZA AVE

Suspect(s) enters vehicle by unknown means and takes property/ camera, cash, purse, keys, charger

**Burglary-Auto** 3/7/2014 6:20:00 AM 4500 BLOCK CADISON ST

Suspect(s) enters vehicle by unknown means, ransacks and takes property/ laptop, watch MP3, hard drive

**Theft** 3/6/2014 4:55:00 PM 2300 BLOCK CRENSHAW BLVD

Suspect(s) takes property from counter/ bank card

**Burglary-Residential** 3/7/2014 2:30:00 PM 3800 BLOCK MEADOW PARK LANE

Suspect(s) pries open door for entry, ransacks and takes property/ pillowcases, handguns, rifle, ammunition, jewelry

**Battery-Simple** 3/6/2014 12:30 AM 2200 BLOCK ARLINGTON AVE

Suspect punches victim in the eye

**Burglary-Auto** 3/6/2014 3:00:00 PM 3600 BLOCK REDONDO BEACH BLVD

Suspect(s) pries door handle for entry and takes property/third row seat

**Burglary-Auto** 3/5/2014 11:09:49 PM 4100 BLOCK 182ND ST

Suspect(s) pries open door and takes property/ bank card

**Theft** 3/6/2014 9:30:00 AM 4100 BLOCK A RTESIA BLVD

Suspect(s) takes property from porch/ delivered parcel

**Auto Theft** 3/7/2014 9:02:34 PM 18000 BLOCK WESTERN AVE

Stolen vehicle: '06 trailer

**Burglary-Auto** 3/5/2014 11:31 AM 900

BLOCK CALLE MIRAMAR

Suspect(s) enters unlocked vehicle and takes property/parking placard

**Burglary-Residential** 3/5/2014 12:30:00 PM 19800 BLOCK MILDRED AVE

Suspect(s) attempts to pry open two rear sliding glass doors, then removes window screen and removes window for entry, ransacks and takes unknown property at time of report

**Robbery-Weapon** 3/4/2014 10:08 PM 21200 BLOCK HAWTHORNE BLVD

Stolen vehicle: '00 Ford van

**Burglary-Auto** 3/5/2014 6:45:00 AM 400 BLOCK VIA PASQUAL

Suspect(s) enters vehicle by unknown means, ransacks and takes property/camera bag, camera, hard drive

**Robbery-Weapon** 3/4/2014 6:55:09 PM 23100 BLOCK DORIS WAY

Suspect1 wrestles with victim for his property and punches victim in the head, suspect2 brandishes a knife, demands victim's property and stabs victim then suspects1-3 kick victim repeatedly once he falls to the ground/ skateboard, backpack, wallet,

**Vandalism** 3/4/2014 11:00:00 PM 23400 BLOCK HAWTHORNE BLVD

Suspect(s) scratches victim's vehicle's paint

**Burglary-Auto** 3/5/2014 9:00:00 AM 2500 BLOCK 237TH ST

Suspect(s) enters vehicle by unknown means and takes property/ tablet

**Vandalism** 3/4/2014 2:10 PM 5100 BLOCK 190TH ST

Suspect(s) scratches victim's vehicle's paint

**Burglary-Residential** 3/4/2014 11:48:21 AM 17000 BLOCK ERMANITA AVE

Suspect(s) pries window screen/ window, activating alarm and flees without taking any property

**Burglary-Residential** 3/4/2014 11:15:00 AM 1700 BLOCK ELM AVE

Suspect(s) smashes window for entry and takes property/laptops

**Theft** 3/4/2014 9:00:00 AM 2200 BLOCK CARSON ST

Suspect(s) takes property from secured locker by unknown means/ cell phone

**Theft** 3/3/2014 6:06 PM 17200 BLOCK HAWTHORNE BLVD

Suspect(s) takes property forgotten on counter/ cell phone

**Burglary-Residential** 3/6/2014 9:00:00 PM 5400 BLOCK SHARYNNE LANE

Suspect(s) enters via pet door, ransacks and takes property/ cash, shoes

**Burglary-Residential** 3/3/2014 7:30:00 PM 3200 BLOCK 181ST ST

Suspect(s) pries open door for entry and takes property/handgun

**Burglary-Residential** 3/3/2014 3:30:00 PM 23100 BLOCK ANZA AVE

Suspect(s) removes screen, enters unlocked window, ransacks and takes property/jewelry, laptop, MP3

**Theft** 3/3/2014 7:42 AM 17200 BLOCK WILKIE AVE

Suspect(s) takes property from underneath vehicle hood/ battery

**Burglary-Commercial** 3/3/2014 6:05:00 AM 3500 BLOCK REDONDO BEACH BLVD

Suspect waits outside business until doors automatically unlock, attempts to pry open vending machines, pries open office door, attempts to pry open closet and takes property from cash register/ cash

**Vandalism** 3/2/2014 9:30:00 PM 16800 BLOCK YUKON AVE

Suspect(s) slashes victim's vehicle's tires and bends its antenna

**Burglary-Auto** 3/2/2014 9:00:00 PM 2000 BLOCK 180TH PL

Suspect(s) enters unlocked vehicle and takes property/money clip, cash, credit cards

**Burglary-Auto** 3/3/2014 3:30:00 PM 2300 BLOCK JEFFERSON ST

Suspect(s) cuts vehicle's convertible top for entry, but flees without taking any property when alarm sounds •

# Calendar

**THURSDAY, MARCH 20**

• Beach Cities Republicans monthly meeting, 7 p.m., Sizzler Restaurant, 2880 Sepulveda Blvd. For more information call Patti at (310) 753-4159 or email plagrelius@aol.com.

**FRIDAY, MARCH 21**

• 15<sup>th</sup> Annual Glen Kamida & Friends Fundraising Concert benefitting the North Torrance Area Elementary Music Program, 7 p.m., James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 720-7624.

**SATURDAY, MARCH 22**

• 15<sup>th</sup> Annual Craftsmen's Spring Arts and Crafts Fair, 9 a.m.-4 p.m., Ken Miller Recreation Center, 3341 Torrance Blvd. For more information call (310) 376-7488.

• Torrance American Association of University Women "Afternoon Tea" to benefit local and national scholarships, 2-4 p.m., Zamperini Field Community Room, 3301 Airport Drive. RSVP by March 19 to: aauwtorrance@gmail.com.

**SUNDAY, MARCH 23**

• Second Annual Family Arts Festival, 2-5 p.m., Ken Miller Recreation Center, 3341 Torrance Blvd. For more information email artscounciltorrance@gmail.com.

• "Grease" Sing-A-Long, 7 p.m., James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

• Women's History Month: "Julia Morgan: California's Best Forgotten Architect", 2 p.m. Torrance Historical Society & Museum, 1345 Post Avenue)

**MONDAY, MARCH 24**

• Pajama-Rama Evening Storytime, 6:30 p.m., North Torrance Library, 3604 Artesia Blvd. For more information call (310) 323-7200.

**TUESDAY, MARCH 25**

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

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

• "Seniors Don't Be Scammed", 10 a.m.- Noon, Katy Geissert Library, 3301 Torrance Blvd. For more information call (310) 618-5735.

• Free Saving For College 101, 6:30- 8 p.m., Torrance Cultural Arts Center, Library Meeting Room, 3301 Torrance Blvd. For more information call (949) 988-5509.

**THURSDAY, MARCH 27**

• Metro Express Lanes (Los Angeles County Metropolitan Transportation Authority) Public Hearing, 6- 8 p.m., Torrance Cultural Arts Center, Library Meeting Room, 3301 Torrance Blvd. For more information call (323) 669-7651.

**ONGOING**

• Knights of Columbus 2014 Friday Lenten Fish Frys (March 21, 28, April 4, 11), 5-7 p.m., Nativity Church Annex, 1415 Engracia, Old Torrance. A portion of the proceeds benefit local charities.

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

# This Week in 1864

**FEBRUARY 20**

Confederate repulsed Union attack at Battle of Olustee in Florida.

**FEBRUARY 21**

Union cavalry under General William S. Smith retreated toward Memphis, TN.

**FEBRUARY 22**

General Nathan Bedford Forrest's cavalry bested Union cavalry at Battle of Okolona, MS.

**FEBRUARY 23**

Lincoln promised to write about Pomeroy Circular that advocated Chase as presidential nominee.

**FEBRUARY 24**

Senate amended and passed bill to revive the rank of lieutenant general.

**FEBRUARY 25**

General John C. Breckinridge was assigned command of Confederate Western Department of Virginia.

**FEBRUARY 26**

Senate agreed to conference report and passed bill reviving rank of lieutenant general.

*These history tidbits were excerpted from United States House of Representatives calendar. This "We, the People" calendar commemorates the 150th anniversary of the American Civil War and is provided by The United States Capitol Historical Society. The calendar was sent by Congressman Henry A. Waxman. •*

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# Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

### APARTMENT FOR RENT

**2bd/2ba** large bdrms, newly remodeled kitchen and bathrooms, granite counters, tile floors, new carpet, new appliances. 2 car gar, balcony, fireplace. Water incl. Quiet bldg. No pets. \$1900/mo. 310-576-1090 x124.

### APARTMENT FOR RENT

**1BD/1BA.** Large Apt. In ES quiet gated building. W/swimming pool, laundry facility, pond w/ water fall \$1,275/mo. No pets. Call Mike at (310) 322-7166.

### EMPLOYMENT

**Writers wanted** for local community newspapers. Areas to be covered are El Segundo (El Segundo Herald) and Torrance (Torrance Tribune). You must have some writing experience. Please send resume to [management@heraldpublications.com](mailto:management@heraldpublications.com). No phone calls please.

### EMPLOYMENT

**Display Ad Sales Position.** We need an experienced Display Ad Salesperson for Herald Publications. Territories include Torrance, El Segundo and Hawthorne. Full or part-time positions are available. 20% commission on all sales. If interested please email your resume to [management@heraldpublications.com](mailto:management@heraldpublications.com). No phone calls please.

### FOR SALE

**Futon Mattress,** full size, beige pattern, call 330 396 0843.

### GARAGE FOR LEASE

**\$2,595, 2700 sq. ft.** Garage 6 car parking and room for RV, 310-322-0000

### GARAGE SALE

**848 Pepper St.** Sat March 22 8am-12pm. Multi-Family. T.V.'s, clothing, etc.

### REAL ESTATE

**DISTRESS Sale-Bank Foreclosures.** Free List of Foreclosure Properties. Receive a FREE computerized

printout. Free recorded message 1-800-611-4908 ID#1042. Home Team Realty BRE#01896345

### ROOM FOR RENT

**ES, Fully furnished.** Includes utilities, cable, wireless, kitchen, etc. Available parking. No smoking. No pets. \$750 (310)658-8622

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**Beautiful townhouse** in El Segundo, close to 1200 square feet. Unfurnished two bedrooms 1 bath with office. Warm two toned interior colors. A large open entertainment area with patterned tile floors/counters. Contemporary lighting ceiling fans. new window blinds dishwasher, stove, large closets, paid water, gas and trash. covered parking. gated building, close to beach, shops, freeway and airport. Call Mike at (310)322-7166.

### TUTORING SERVICES

**Retired teacher,** familiar with CCSS, is available for math tutoring. Visit [Caseys.org](http://Caseys.org) for details or call Terry @ (310) 322-2223. \$25/Hr

## WEEKLY CROSSWORD *See Answers Next Week*

### Founding Fathers

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	

### Across

- Jiffs
- Drive-\_\_\_
- Adhere
- Car bar
- Fruitless
- Former enemy capital
- Chief drafter of the Declaration of Independence
- Gorge
- Slow times
- Barley brew
- "\_\_\_ over!"
- Remnants
- "Frasier" actress Gilpin
- Mineral residue
- Rainbow
- Relish
- Bliss
- Only active clergyman to sign the Declaration
- Overacts
- Highly skilled
- 50-50, e.g.
- Jot
- Falling-out
- Final parts of operas
- Bonkers
- Sharer's word

### Down

- Small-time dictator
- Terry McMillan's "Waiting to \_\_\_"
- It may have four leaves
- Half: Prefix
- Image maker
- "The \_\_\_" (Uris novel)
- Cambodian money
- Roll out
- Beach souvenir
- Anklebones
- Electees
- Bill's partner
- Reunion group
- Cuckoo
- Crease
- Sean Connery, for one

- Crime boss
- Beethoven's "Archduke \_\_\_"
- Glance over
- Ain't correct?
- Buddhist who has attained Nirvana
- Miracle response
- Guest
- Cooking meas.
- Decides
- Sharks' rivals
- Exclude
- Field worker
- Cheese in a ball
- Wildcatters
- Sulking one
- Sky lights
- Chic
- Kind of alcohol
- Believe in
- Auto pioneer Citroën
- Spicy stew
- Airport pickup
- Campsite sight
- Clod
- Engine speed, for short
- Chinese "way"
- Carried out

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1	2	3	4	5	6	7	8	9	10	11	12	13							
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### SUDOKU *Medium*

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6			5	4	7							9	1
		7									4		6

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.

# Spring into Health with These Tasty Snack Recipes

(BPT) - Healthy food that also tastes good is always in vogue and now it's getting a spring makeover.

The theme of the Academy of Nutrition and Dietetics (AND) National Nutrition Month (R) this March is "Enjoy the Taste of Eating Right." As spring approaches and fitness routines move outdoors, and reminds you that healthy snacks can fuel a workout, get you through the day and taste delicious.

"It's easy to get stuck in a rut with snacks," notes Becci Twombly, director of sports nutrition at the University of Southern California and ambassador for the American Pistachio Growers. "Spring is a time for renewal - cleaning out closets, setting new goals and making a fresh commitment to health and nutrition. Just as it's important to switch up your exercise routine every few weeks, you want to experiment with different snack combinations and have fun with your food. You'll be more likely to stick with a healthy routine if you keep it interesting."

Twombly's "snacks from scratch" involves some creativity. Try one of her snacking experiments below if you need a snack makeover this spring.

1. Pick one protein-based ingredient and think about different ways to eat it as a snack. Twombly often recommends pistachios as a performance snack for exercise because, calorie-for-calorie, pistachios pack more protein than most common snacks. Additionally, a serving size of pistachios is 49 nuts (more than any other tree nut), which provides 6 grams of filling protein and 3 grams of fiber for only 160 calories.

Research at the University of Toronto and Pennsylvania State University suggests that eating about 1.5-2 ounces of pistachios (about 20 percent of calories) per day helps curb the rise in blood glucose after a meal and lowers blood pressure, blood triglycerides and LDL-cholesterol, all of which, in turn, lower the risk for metabolic syndrome and heart disease. Researchers at Loma Linda University found that high tree nut consumption was associated with a lower occurrence of obesity and metabolic syndrome, increasing a person's risk for cardiovascular disease, diabetes and stroke.

As a snack ingredient, pistachios can be baked into homemade energy bars, sprinkled on yogurt or combined with dried fruit in a make-your-own trail mix.

2. Work backwards. Think about your favorite snacks, and then experiment with different ways to add new proteins to that snack. For instance, Twombly loves the portability of sport bars, but not the lengthy ingredient list that can accompany some store-bought brands. Instead, Twombly encourages her athletes to make their own sport bars. The Pistachio Sport Bars recipe below combines the protein power of pistachios with energizing carbohydrates and allows you to control the ingredients in your own kitchen.

3. Get creative with the ultimate snack duo: protein and fiber. Rather than buying a traditional trail mix, make your own mix of pistachios and your favorite dried fruit. Mix pistachios with air popped popcorn for a satisfying and filling post-workout snack. Or make your own easy and portable American Pistachio Fruit Chews, which combine a mixture of fresh and dried fruit and pistachios. •

## Pistachio Sport Bars

Serving: 24 pieces



### Ingredients

- |                          |                          |
|--------------------------|--------------------------|
| 1 3/4 cups pistachios    | 1/3 cup dried apricots   |
| 1 cup dried banana chips | 1/3 cup honey            |
| 1 1/2 cups cornflakes    | 1/3 cup brown sugar      |
| 1/3 cup dried pears      | 3/4 cup crisp oat flakes |

### Directions

Chop the pistachios coarsely and banana chips finely. Partly crush the cornflakes. Cut the pears and apricots into small cubes.

Heat the honey and sugar over a double boiler until the honey and sugar are well combined. Mix in the pistachios, banana chips, cornflakes, pears, apricots and oat flakes. Spread the mixture in a square dish lined with baking paper (9 1/2 x 9 1/2 inches), approximately 1/2 inch deep, and press well into dish. The bars can also be formed individually and then be put on a baking tray lined with baking paper.

Bake the mix in a pre-heated oven at 350 F for about 10-15 minutes. Cut into bars of approximately 1 1/2 x 2 inches and leave to cool on a tray.

For more information about the health benefits of pistachios and recipes developed by renowned chefs, visit [www.AmericanPistachios.org](http://www.AmericanPistachios.org). •



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# Sports

## Up and Adam

### Baseball Right Around the Corner

By Adam Serrao

If you were to survey most people around Torrance about the game of baseball, they might tell you that they simply find it to be a boring sport. Some of us might disagree all that we may try, but their opinions will inevitably go unchanged. To those people, I challenge them to watch Pioneer League baseball. Yes, that's right. Between South, North and Torrance high schools, this has been one of the most incredible and entertaining groups around over the last two years. Over that time, the race for the Pioneer League title has come down to the very last game of the season. Last year, the Spartans beat El Segundo on the last day of the season to force a three-way tie for first place between South, El Segundo and Torrance. The year before that, it was El Segundo that beat South High to claim the title outright in a 14-13 final that was anything but boring. Who knows what's in store for this season, but a preview of the teams from around Torrance will certainly do enough to ensure you that this year will be just as exciting as the last couple.

The Torrance Tartars may have somewhat struggled through both the football and basketball seasons this past year, but baseball is where they intend to prove their worth. Over the past three seasons, the Tartars have finished in first, second and first place, respectively, making it as far as the semifinals in 2011 before losing a close game to Bishop Amat by a final score of 5-4. Much like seasons of the past, Torrance's power should rely on the pitching staff this year. Returning pitchers Kyle Smith and Ray Diaz are both highly touted seniors who will bolster the front end of the Tartars' rotation. Other players returning this year include Manny Olloque, David Aros, Jacob Gurwell, Michael Strosnider and Tyler Martizia, giving the team a solid, experienced group to help them toward a possible playoff push at the end of the season. Olloque at shortstop and Aros at centerfield and pitcher figure to have outstanding years both at the plate and in the field in an attempt to help the Tartars finish atop the Pioneer League as they have done in five of the last seven seasons.

The other team that figures to challenge Torrance atop the Pioneer League, as it did last year, is South High. Head coach Grady Sain returns to lead a team that captured a share of the Pioneer League title last season for just the first time in 13 years. One of the main reasons South was successful lies in the presence of returning senior ace Matt Mogollon. Mogollon was among

the best pitchers in all of high school baseball last year as a junior, boasting statistics that would make even Clayton Kershaw salivate with a 10-2 record and a 1.41 ERA. With another year of experience under his belt, Mogollon is poised to have yet another amazing season at the top of the rotation for the Spartans. South has a relatively young core and will look for big performances from juniors like Drake Pingel and Nick Beardsley to help the team take on the playoffs with momentum. Returners like senior shortstop Kyle Henmi and Andy Rojas should make sure that the Spartans have an especially successful season.

The North High Saxons haven't had much success in baseball lately, as evidenced by their 15-13 final record and fourth place finish last season. Head coach Mike Demaria and company would much rather channel their success from two years ago when the team finished tied for second place in the Pioneer League standings and will look to do so behind returning senior Jacob Peck. Peck will step on the mound to lead the Saxons once again as well as provide pop in the middle of the lineup with his strong bat. Other seniors Daniel Cobos and Nick Murphy with look to push North over the hump and finish on top of cross-town rivals South and Torrance.

Across town in the Bay League, West High will once again be looking to take on many perennially tough opponents like Mira Costa and Redondo. Returning head coach Juan Cueva will be looking to improve on last year's second place finish (18-12, 6-4) when the team finished just one game behind Mira Costa. The Warriors' chances look good this year, as the team is returning eight starters from last season's successful team including standout shortstop Nyles Nygaard. Other seniors Angel Mora, Javi Galvan and Masata Okawa should prove to be in the headlines a great deal as West looks for its first Bay League title since the 2010-'11 season when Cueva and company went 18-11-1 and 9-1 in the Bay League standings only to get knocked out in the first round by Yucaipa. The Warriors will not only look for another solid regular season, but also a much more successful postseason this year as they round out a group of Torrance teams that will certainly provide this town with an incredible amount of excitement over the next three months. Make sure to follow your favorite Torrance teams all season long right here as you root them on to a CIF championship.

Adam Serra - Asixlion@earthlink.net •

## Winners and Losers of NFL Free Agency

By Adam Serrao

There is only one thing better than the actual NFL football season. That time happens to be right now. NFL free agency is upon us and it is perhaps even better than the actual regular season. This time of year gives fans of teams that don't actually have hope exactly that--hope. The Tampa Bay Buccaneers and the Oakland Raiders finally begin to gain headlines. During the regular season, when does that actually happen? Never. But this is the time of free agency. This is the time when winners get better and losers have a chance to gain some sort of semblance of hope. No matter what your team is, what part of the country it is from and what place it finished last year, NFL free agency gives every team an amount of hope. That being said, the winners and losers of this free agency period should be recognized.

Almost as soon as this year's free agency period began, deals were being made. In just the first three days of free agency, more than \$927 million was spent and more than \$500 million remained on the market. The team that has spent the most money thus far in this free agency period, and perhaps the biggest winners up to this point, happen to be last year's Super Bowl losers, the Denver Broncos. Realizing that only their defense needed the ramping up, John Elway and company decided to spend major bucks on that side of the ball. Speak all you want about the best owners in the league--the Jerry Joneses, the Al Davises--who, say what you will, had sustained success in the most popular sports league in America. John Elway, though, should be the most coveted "team leader" in the league. Not only did he go out of his way to target and acquire Peyton Manning, but now that he came so close yet so far away from his first ring as an executive, he is taking the steps necessary to ensure that his team makes it back to at least that point in the playoffs.

In addition to Manning, Elway did his part to bring in guard Louis Vasquez, cornerback Dominique Rogers-Cromartie and defensive tackle Terrence Knighton. Those acquisitions, themselves, did their part to turn the Broncos from a playoff team into a Super Bowl contender. If that wasn't enough, which clearly it wasn't judging by the Broncos' 43-8 dismantling at the hands of the Seattle Seahawks, then what they did in this free agency period just may be. Safety T.J. Ward was the first to be added to the roster, bolstering a backfield that was torched by the likes of Russell Wilson and Doug Baldwin. They let an aging Champ Bailey go, which in itself was a good move, and signed cornerback Aqib Talib in his stead. If Talib is healthy, this is definitely

an upgrade. To add to that, Elway planned on giving the opposing quarterback a little less time to make decisions with his attainment of DeMarcus Ware. And in the wake of losing Erick Decker, he picked up former Pittsburgh Steelers' wide receiver Emmanuel Sanders. Maybe the biggest upgrades made in the league this offseason were done by the Broncos, who intend to make it back to the Super Bowl again in 2015 and fully expect to be wearing that ring a year from today.

The other big winners from this year's free agency period include the Tampa Bay Buccaneers and the New England Patriots. Not only did the Bucs get a definite upgrade at head coach by picking up former Bears' leader Lovie Smith, but they quickly and swiftly picked up multiple free agents who will improve the team on both sides of the ball. On defense, the Bucs upgraded with cornerback Alterraun Verner and defensive end Michael Johnson, making the team much less predisposed to offensive attacks from the likes of Green Bay and New Orleans. On offense, Tampa ramped up with quarterback Josh McCown, who filled in nicely for Jay Cutler through the latter's injury-prone weeks last year; and left tackle Anthony Collins, who will do his part to protect presumed starting quarterback McCown. The Pats, on the other hand, picked up Darrelle Revis and Brandon Browner to solidify a cornerback position that was left depleted after Talib left. They also re-signed Julian Edelman and signed away wide receiver Brandon LaFell from the Carolina Panthers to shore up an otherwise undependable wide receiver core from a year ago.

For every winner, there must be a loser. On that note, the Oakland Raiders' name always comes to the forefront. Losing and Raiders just seem to go hand-in-hand lately, and that's most likely why free agent offensive tackle Roger Saffold signed with the Silver and Black only to be turned away after the team deemed him ineligible after a failed physical. Oakland also let go of previous tackle Jared Veldheer, currently leaving themselves a void at that specific position, and watched their best defensive player, Lamarr Houston, walk during free agency. GM Reggie McKenzie has fought back with signings like Justin Tuck and LaMarr Woodley, but with the most cap room in the league (\$60 million), McKenzie and the Raiders will need much, much more to improve on their four wins from last season.

In addition to bidding farewell to Ware, the Dallas Cowboys have to be among the biggest losers of this free agency period. Jerry Jones postures as a great team owner, but in this league, it is all about the "what have you done for me lately." In Jones' case, that answer is nothing. With the departure of Ware, Jason Hatcher and Anthony Spencer, the Cowboys' D-Line is all but obsolete. With a thinning amount of defensive free agents left on the market, the Cowboys find themselves furiously searching for the next best thing that will get them beyond an initial playoff win, let alone making the playoffs to begin with. Defense isn't the only thing the Cowboys need. Aside from Dez Bryant and, at times, Tony Romo, Dallas could use some help. Time is running out for "America's Team," but so far this year (like many in the recent past), the Cowboys are losers.

The pace of this year's free agency period has been maddeningly quick. For fans, that is fantastic, but for teams it may be too quick to keep pace. Something might change overnight to turn a loser into a winner and a winner into a loser, but as it stands right now, all we want to avoid is that sickening feeling in our stomachs when our teams don't do what we (every fake GM) wish they would do. So far, the Broncos and the Bucs are off to good starts. We'll see if the regular season actually does these teams' moves justice. •

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# Politically Speaking

## One Man's Opinion

By Gerry Chong

Hidden deep in the basement of the White House is the President's most intimate Czar, Professor Mo Ron. It is his job to make the President's most counterintuitive decisions and explain the Chief Executive's thought process to constituents. For example, it was his decision to proclaim a victory for hard-working Americans when the Congressional Budget Office declared that Obamacare would cost the economy the equivalent of 2.5

office. While the debt grew by \$1 trillion last year, it is projected to grow by a mere \$649 billion this year--and because we are going broke at a slower pace now, we can justify the new burst of spending reflected in the President's proposed budget.

Despite his numerous achievements, one stands out: Obamacare, of course. The Feds gave Hawaii, the bluest of blue states, \$204 million to set up an insurance exchange system. The state dutifully hired the same firm that

*"While the debt grew by \$1 trillion last year, it is projected to grow by a mere \$649 billion this year."*

million new jobs. "Now," said Mo Ron, "the unemployed will have more time to study art and music and enjoy their spare time." By adding another 2.5 million to the 11 million currently unemployed, we are building a nation of art and music lovers unmatched since Bach.

Not satisfied with the job impact of Obamacare, Mo Ron continued with the push to raise the minimum wage, which the CBO said would cost another 500,000 jobs. By advancing one job killer after another, we will enter an advanced Age of Enlightenment led by the unemployed.

But that is not all. By raising the minimum wage by \$2.85, it would increase the pay of the 40-hour worker by \$114 a week, pushing him into Mo Ron's definition of the "middle class."

The admirable attribute of Mo Ron is that he never sleeps. One idea after another keeps popping out of his fertile brain. For example, everyone knows that the nation's accumulated debt exploded by nearly 70 percent to \$17.3 trillion during Obama's first five years in

created the federal fiasco and received the same results. Hawaii government confirms that, as of today, 40 percent of the system's errors have not been corrected. Moreover, after five months of sales effort, the state has enrolled a grand total of 4,467 people, or about four percent of those eligible. After the federal money runs out at the end of this year, the state will be responsible for all operating costs--money it does not have. With pathetic enrollment figures, Hawaii estimates its operating revenue will equal only 1/15th of its projected operating costs. The state has asked Mo Ron to pick up the shortfall...but in typical Mo Ron logic, he believes that Obamacare is not failing because of government ineptitude, but because government was not involved enough. He therefore is proposing a single payer insurance system run by the federal government...much like we have with the Postal Department and Amtrak.

So the Obama Administration will roll on for another three years with a Mo Ron at the helm. God Help Us. •

## Another Man's Opinion

### Sanctions, Threats Against Russia Are a Joke

By Cristian Vasquez

With an alleged 90 percent of Crimean voters supporting a referendum to secede from Ukraine and join Russia, the European Union and the United States have firmly declared that there will be sanctions imposed on Russian and Ukrainian leaders for undermining the democratic process in the region. Russia's actions were not justified and while there is support from some Ukrainians to become part of Russia, not every citizen agrees. Yet, imposing sanctions on Russia for its role in the incident is a hollow threat that must be making Russian President Vladimir Putin laugh.

The truth is that there are no serious consequences behind these sanctions. There is nothing about sanctions that can convince Russia and its president to reverse their actions. For Putin, Washington's sanctions are a wag-of-the-finger, which must be giving them a good laugh. Sadly, President Obama hasn't set much of an intimidating presence abroad. In addition, President Obama has really failed to gain the respect of foreign leaders, such as President Putin. Last year's situation in Syria established Putin as a more decisive and active world leader when dealing with a dangerous international crisis. While the U.S. and Russia reached an agreement on how to deal with Syria, it was Putin who set the tone. President Obama pretty much a spectator to Putin's actions and demands. As a result, Putin didn't hesitate to send troops into the Ukraine, even though Washington disapproved.

So while President Putin and the Washington political community cries foul because the referendum was contrary to Ukraine's constitution, Russia will stay put. The international community can and will refuse to acknowledge the results of what more likely than not was an election carried out under the threat of violence; yet, Putin will carry on. There is little doubt that the Russian military intervening violates some international law; still, the outcome is not going to change.

President Obama failed to step up when he had to and Putin didn't hesitate to take center stage. As a result we now have this dangerous and destabilizing situation in the Ukraine that we, as the leaders of the free world, have very little control over. The sanctions are a joke and they will not force Russia and Putin to back away. The truth is that going to war with Russia is not much of an option, either. So Washington and the European Union can add to the list of sanctions and wag their finger at Putin as much as they want. Putin's actions are done and will not be reversed anytime soon and certainly not because of these hollow sanctions.

President Obama's failure to deal with Syria has put him in this situation where he has no leverage against Putin. There is nothing he can say or do at this moment to stop the Russian president. I don't know how this Ukraine situation will play out, but I do know that it will be influenced little by what Washington and President Obama want. •

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# TerriAnn in Torrance

## A Very Special Mayor – Part II

By TerriAnn Ferren

Last week was Part I of my interview with Mayor Frank Scotto and his lovely wife Cindy. This is the continuation of that story, Part II.

I asked Mayor Scotto what he plans next politically and he revealed to me his thoughts: "Today Sacramento is so dysfunctional, going up there to try and fix anything it would take a lot of people to do that. So spending another four years, six years, or eight years

look really good down there. The Mayor continued, "Yes, for Cabrillo, we were hoping to have from Carson all the way to Torrance Boulevard done. We only have a portion of it done 'cuz we lost redevelopment money and unfortunately that is just what happened, but the new structure we are putting in right now for affordable housing is going to be really good...on Cabrillo and Carson. It is being built today."

recession because we would have had a lot more money and could have gotten a lot more accomplished. Having said that, I am very happy that I was the Mayor during that time 'cuz I really think that Torrance has survived because we had a very conservative Council. We balanced the budget every year. At the onset of this, we made the cuts to survive where other cities didn't and spent reserves they didn't have...whereas we didn't. We balanced [the budget] from day one. We went from almost 1,800 employees to less than 1,300 employees today, but we didn't do that by laying one single person off. We did that by attrition, retirements and people quitting. The worst thing that happened, I have to admit, is that our miscellaneous employees didn't get a pay raise for five years, but will be getting one real soon. But we didn't take money away from employees like other cities had to do and we didn't lay anybody off. So we came through this really well. I think that the average person on the street wouldn't even feel the effect of a lot less employees. Now, that means our employees have to work harder. I have to commend them for doing an outstanding job with less than they had before--less resources, less manpower... And I think they have come through it in a great way. I am proud of our City employees. No

what is being built. Mayor Scotto continued, "When this is done, the mall will be something we are all going to be very pleased with. I spent an inordinate amount of time flying back east and talking to people about the mall and convincing them they have to do this and they weren't so convinced when this all started--but with help from staff, we got them to do it and they are spending well over \$200 million--well more than that and at the end. We'll be so pleased not only *Nordstrom's* is coming, but a number of other stores that will remain unnamed at this moment which we will be excited about. October 1, 2015 is the guaranteed drop dead date. And that will be only 75 percent of what you will see happening October 1. We have so many other things happening in Torrance. We created an office of *Economic Development* before the economy went down. Because of that, we have so many businesses that are coming. One is the new *Ferrari Dealership* coming to the city and we have had three new car dealerships coming to Torrance. All this happened because of planning. One thing I am very proud of is when I became Mayor, I wanted people to realize we needed to have a plan for the City of Torrance and we spent a tremendous amount of time and effort to create the *Strategic Plan* of the City of Torrance and it just doesn't sit on a shelf. Every three months it is reviewed. There have been a lot of successes in eight years. The upside of all that? Bad economy? Our employees were taken care of during that time and everybody pulled together as a team and what I will take away from that is that it was a team effort. None of this could have happened without LeRoy [Jackson] and Mary [Giordano], our City managers. They did an incredible job."

Yes, the Mayor has had an incredible team with City Manager LeRoy Jackson and Assistant City Manager Mary Giordano, but the team I interviewed--Mayor Frank and Cindy Scotto--did an incredible job as well. And this is one team focused not only on each other, but on the future and ways in which they will serve this community and the surrounding areas in the years to come. Torrance has been blessed with special mayors throughout the years, but Frank Scotto answered the call during a challenging time in our country and in the City of Torrance. Together through the recession, the Centennial celebration and all the events in and around Torrance, our city is better for electing one of its favorite sons, Frank Scotto, to its highest office. Thank you, Mayor Scotto for your unselfish, giving spirit. May your example of what a public servant is permeate the pool of mayoral candidates so Torrance continues to be well-served in the future. Thank you, Mayor Frank and Cindy for your gift of self. •



The changing Del Amo Mall

in Sacramento feeling like you have done nothing--I am not that kind of guy. I have to feel like I can get something accomplished. Having said that, it would be great to run for Congress. Timing is everything and it isn't the right time for me now. But in 2016, Supervisor Don Knabe will be termed out. That is two years from now and it might be the right time, and between now and then I have to make the decision...from now to the end of the year. That particular position would be the golden ticket 'cuz I could stay home...a nine-to-five job. But the underlying thing is I could do so much for not only Torrance, but the South Bay. We haven't had representation for the South Bay for years and it would be a benefit if I could get elected not only for Torrance, but for all the South Bay cities. There is a lot of discretionary money the Supervisor gets to spend every year and we don't get our fair share, so I think that would be very cool. But I would have to have the support of the people." Wow.

Reflecting over Scotto's two terms, I brought up Torrance's Centennial Birthday Celebration year and Cindy Scotto said, "Every event we did just somehow meshed and came together and was special. The committee was together for three years. It was a lot of work. And everybody that came to an event, whether they went to all the events, said, 'Wow, this is really something.'" The Mayor added, "We raised \$170,000 in donations to put that on. It is amazing -- everything from small donations to large donations."

Mayor Scotto continued, "I am so happy that the last couple of years, we were able to have the *Torrance Theatre Company* established in downtown. We personally are really involved with that. We've been to virtually every performance and I think it's a great addition to the downtown. Downtown...I was hoping by now that we would have gotten further with upgrading it and I would have hoped by now to get a parking structure built, but with the tough economic times that we have gone through, we were lucky to do the things that we did do down there. I wanted to do more. I think downtown is becoming more vibrant within the last 10 years. A lot of things are happening. In fact, you go down there at lunchtime and you can't find a parking place." Cindy Scotto added, "I think you cleaned up Cabrillo. That is starting to



Mayor Frank Scotto at a Tuesday night Council Meeting.

New Multi-Use Sports Field - The Toyota Sports Complex for Torrance.

After spending so much time talking about the term of Mayor Scotto, I asked them both again what they intend on doing right after the end of his term. I was figuring they would say they were taking a cruise to an exotic island to enjoy a much-deserved rest, but no.

Cindy Scotto laughed and said, "We're running a business still. We were running a business for the last 14 years. He will spend the afternoons there now. I give him credit--he goes in 5:30 a.m., 6:30 a.m. every morning and he stays until--on Council days, he leaves right after lunch--but he will stay until 2 p.m. and then come over here [City Hall] for two or three hours--whatever it takes with meetings and things. So he is there every morning five days a week, but sometimes things just slip through the cracks." Their companies *Frank Scotto Towing*, *Full Circle Fuel* and *California Western Towing Equipment* (where they actually build tow trucks) keep them both more than busy.

Then I asked Mayor Scotto if he had any regrets while leading the City and he told me, "Well, this isn't a regret but I look back being Mayor and we went through the worst recession in the history of America--and obviously I would much rather have been the Mayor when there wasn't a

other city can say they succeeded like we did. We initially explained all this to our employees and they understood we had to do this as a team and we did. Here we are now coming out of this and the City of Torrance is so well-positioned. What else am I proud of? We are getting a mall remodeled which will be bar none the best mall in the world, not only in America."

I have seen some of the construction at the mall, but don't know all the particulars of



Students in Government Day Class of 2013



# Seniors

## Eating Well at Any Age: How to Fuel Your Mind, Body and Soul

(BPT) - It's common knowledge that children should eat plenty of fruits and vegetables, consuming all the nutrients needed to grow up strong. Many adults don't know that it's just as crucial to continue those healthy habits throughout adulthood and well into the "golden years." Regardless of age, we should all make nutritious and sensible choices to promote peak physical and mental performance.

### Build strong bones

Experts say the human body begins to lose bone mass at about age 30. That's why it's important to get plenty of calcium to keep bones strong, along with vitamin D, to help your body absorb calcium. Good sources of calcium include green leafy vegetables such as spinach, kale, okra and collard greens. A convenient and delicious way to take in more calcium is to incorporate an Emerald Smoothie into your daily routine. Simply blend pineapple, celery and spinach with soy milk and ice in a Vitamix 7500. This quick and easy concoction will give your diet an extra boost of essential nutrients.

### Sharpen the mind

Making wholesome choices helps keep your brain fit. Omega-3 fatty acids, found in oily fish like sardines and salmon, as well as flaxseed and walnuts, have been linked to improved cognitive function and reduced risk for certain diseases. Eating fish regularly is one way to get enough omega-3s. If you're not a seafood fan, numerous types of fish oil capsules are available at drug stores.

Avocados also boast omega-3s, as well as monounsaturated fat, which can help lower cholesterol and improve circulation. Avocado provides a rich flavor and texture perfect for nearly any sandwich, as well as dips, smoothies and even desserts.

Antioxidant-rich blueberries are another mind-boosting addition to any diet. Considered a "super food," these berries contain properties that have been linked to better brain health, improved motor skills and a sharper memory. To increase your berry intake, try a fruit salad for lunch or whip up a fresh berry sorbet for dessert.

### Nourish your nervous system

Vitamin B12 is vital to your well-being. It can aid your body in producing red blood cells, properly developing nerve cells and preventing anemia. This vitamin can be found naturally in animal products, such as fish, meat and eggs. Steamed clams and lean beef are some of the best sources of Vitamin B12. Those maintaining a vegan or vegetarian lifestyle should consider a supplement or foods specially fortified with B12, including certain breakfast cereals or soy products.

### Stay hydrated

Water is essential for your body. It keeps you hydrated, regulates body temperature and flushes waste. As we age, our sense of thirst may not be as effective, causing some older adults to be dehydrated but not feel thirsty. The average adult requires six to eight glasses of water each day, so a good rule of thumb is to have one glass at each meal and at least

one glass in between meals.

Almond milk, soy milk and whole-food juices, made by blending whole fruits and vegetables in a high-performance blender like a Vitamix, can also keep you hydrated and satiated. When reaching for a thirst quencher, try to avoid sugary drinks such as soda and

processed fruit juice, which add calories without much nutritional value.

Aging is inevitable, however, you can build a stronger body, mind and soul at any phase in life. All it takes is knowledge, motivation and follow-through to keep yourself healthy and full of energy for years to come. •



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The following person(s) is (are) doing business as TORRIMED ORAL SURGERY AND DENTAL IMPLANTS, 3661 TORRANCE BLVD SUITE 100, TORRANCE, CA 90503. Registered Owner(s): Smith & Tchon, DDS, Inc., 3661 Torrance Blvd Suite 100, Torrance, CA 90503. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Smith & Tchon, DDS, Inc., Vice President, Eric Michael Smith. This statement was filed with the County Recorder of Los Angeles County on February 5, 2014.

NOTICE: This Fictitious Name Statement expires on February 5, 2019. A new Fictitious Business Name Statement must be filed prior to February 5, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: February 27, 2014 and March 06, 13, 20, 2014. **HT-1055.**

**Fictitious Business Name Statement 2014043735**

The following person(s) is (are) doing business as 1. ICELLMART.COM 2. GREENCELLUSA.COM. 16882 S. MAIN STREET, GARDENA, CA 90248. Registered Owner(s): Wireless Trading Inc, 16882 S. Main Street, Gardena, CA 90248. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Matthew Park, President, Wireless Trading Inc. This statement was filed with the County Recorder of Los Angeles County on February 19, 2014.

NOTICE: This Fictitious Name Statement expires on February 19, 2019. A new Fictitious Business Name Statement must be filed prior to February 19, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: February 27, 2014 and March 06, 13, 20, 2014. **HT-1056.**

**Fictitious Business Name Statement 2014040010**

The following person(s) is (are) doing business as J&C MAINTENANCE SERVICES, 11822 EUCALYPTUS AVE #A, HAWTHORNE, CA 90250. 204 E. 87TH PL, LOS ANGELES, CA 90003. Registered Owner(s): 1. Cesar Quintero, 11822 Eucalyptus Ave #A, Hawthorne, CA 90250. 2. Yurida D. Quintero, 11822 Eucalyptus Ave #A, Hawthorne, CA 90250. This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name listed: February 13, 2014. Signed: Cesar Quintero, Owner. This statement was filed with the County Recorder of Los Angeles County on February 13, 2014.

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**Fictitious Business Name Statement 2014050379**

The following person(s) is (are) doing business as CORN FRAME & WHEEL ALIGNMENT, 9811 INGLEWOOD AVE, INGLEWOOD, CA 90301. Registered Owner(s): Anoosh Saei, 9811 Inglewood Ave, Inglewood, CA 90301. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: . Signed: Anoosh Saei, Owner. This statement was filed with the County Recorder of Los Angeles County on February 25, 2014.

NOTICE: This Fictitious Name Statement expires on February 25, 2019. A new Fictitious Business Name Statement must be filed prior to February 25, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: March 06, 13, 20, 27, 2014. **HI-1058.**

**Fictitious Business Name Statement 2014052016**

The following person(s) is (are) doing business as ART SURROUNDINGS, 2521 GATES AVE UNIT A, REDONDO BEACH, CA 90278. Registered Owner(s): 1. Rakesh S. Pandya, 2521 Gates Ave Unit A, Redondo Beach, CA 90278. 2. Jignasha Rakesh Pandya, 2521 Gates Ave Unit A, Redondo Beach, CA 90278. This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Rakesh S. Pandya, Owner. This statement was filed with the County Recorder of Los Angeles County on February 26, 2014.

NOTICE: This Fictitious Name Statement expires on February 26, 2019. A new Fictitious Business Name Statement must be filed prior to February 26, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: March 06, 13, 20, 27, 2014. **HT-1059.**

**Fictitious Business Name Statement 2014054510**

The following person(s) is (are) doing business as HUB CITY LADIES MCSC, 1021 W. COMPTON BLVD, COMPTON, CA 90220. PO BOX 732, PATTON, CA 92369. Registered Owner(s): Hireana Kelly, 1021 W. Compton Blvd, Compton, CA 90220. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Hireana Kelly, Owner. This statement was filed with the County Recorder of Los Angeles County on February 28, 2014.

NOTICE: This Fictitious Name Statement expires on February 28, 2019. A new Fictitious Business Name Statement must be filed prior to February 28, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: March 06, 13, 20, 27, 2014. **HT-1060.**

**Fictitious Business Name Statement 2014049152**

The following person(s) is (are) doing business as JASMINES BARBER BEAUTY SALON, 11502 HAWTHORNE BLVD UNIT A, HAWTHORNE, CA 90250. Registered Owner(s): Patricia Manriquez, 11502 Hawthorne Blvd Unit A, Hawthorne, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: . Signed: Patricia Manriquez, Owner. This statement was filed with the County Recorder of Los Angeles County on February 24, 2014.

NOTICE: This Fictitious Name Statement expires on February 24, 2019. A new Fictitious Business Name Statement must be filed prior to February 24, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: March 06, 13, 20, 27, 2014. **HH-1061.**

**Fictitious Business Name Statement 2014038746**

The following person(s) is (are) doing business as 1. LIVE OUT A DREAM 2. L.O.A.D. 3. LOAD, 13956 LEMOLI AVE, HAWTHORNE, CA 90250. Registered Owner(s): Jamaal Johnson, 13956 Lemoli Ave, Hawthorne, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Jamaal Johnson, Owner. This statement was filed with the County Recorder of Los Angeles County on February 12, 2014.

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**Fictitious Business Name Statement 2014056251**

The following person(s) is (are) doing business as 1. SANDY ROSS HR CONSULTING 2. BEACH CITIES HR, 721 MAIN ST SUITE 3, EL SEGUNDO, CA 90245. Registered Owner(s): Sandy Ross, 721 Main St. Suite 3, El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Sandy Ross. This statement was filed with the County Recorder of Los Angeles County on March 03, 2014.

NOTICE: This Fictitious Name Statement expires on March 03, 2019. A new Fictitious Business Name Statement must be filed prior to March 03, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: March 06, 13, 20, 27, 2014. **H-1063.**

**Fictitious Business Name Statement 2014064845**

The following person(s) is (are) doing business as FRIESIAN AUTO SALES, 1326 W ANAHEIM ST, WILMINGTON, CA 90744. Registered Owner(s): Jessie Alexander Renteria, 1208 W 65th St, Los Angeles, CA 90044. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: March 01, 2014. Signed: Jessie Alexander Renteria, Owner. This statement was filed with the County Recorder of Los Angeles County on March 12, 2014.

NOTICE: This Fictitious Name Statement expires on March 12, 2019. A new Fictitious Business Name Statement must be filed prior to March 12, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: March 20, 27, 2014 and April 3, 10, 2014. **HT-1064.**

**Fictitious Business Name Statement 2014060910**

The following person(s) is (are) doing business as CARINA SORIA JEWELRY DESIGNS, 821 GLENWAY DRIVE #2, INGLEWOOD, CA 90302. Registered Owner(s): Carina Soria, 821 Glenway Drive #2, Inglewood, CA 90302. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: March 6, 2014. Signed: Carina Soria, Owner. This statement was filed with the County Recorder of Los Angeles County on March 06, 2014.

NOTICE: This Fictitious Name Statement expires on March 06, 2019. A new Fictitious Business Name Statement must be filed prior to March 06, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: March 20, 27, 2014 and April 03, 10, 2014. **HI-1065.**

**Fictitious Business Name Statement 2014057850**

The following person(s) is (are) doing business as CLOUD AUTO RENTAL, 5959 W. CENTURY BLVD., SUITE 118, LOS ANGELES, CA 90045. Registered Owner(s): Cloud Auto Rental, Inc., 5959 W. Century Blvd., Suite 118, Los Angeles, CA 90045. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Yvonne Kazerouni, CEO. This statement was filed with the County Recorder of Los Angeles County on March 04, 2014.

NOTICE: This Fictitious Name Statement expires on March 04, 2019. A new Fictitious Business Name Statement must be filed prior to March 04, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: March 20, 27, 2014 and April 03, 10, 2014. **HI-1066.**

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| <b>Anza Pacific Barber Salon</b> 4330 Pacific Coast Highway | <b>Ken's Market</b> 901 Inglewood Ave., Redondo Bch              | <b>T.R.G. Real Estate Group</b> 3480 Torrance Blvd.              |
| <b>Arco</b> 23510 Crenshaw Blvd.                            | <b>L. A. Fitness</b> 3550 W. Carson St #404                      | <b>The Depot</b> 1250 Cabrillo Ave.                              |
| <b>Arico Hallmark</b> 3856 Sepulveda Blvd.                  | <b>La Cocina</b> 4438 182nd St., Redondo Bch.                    | <b>The Little Gym</b> 21203 Hawthorne Blvd.                      |
| <b>Artesian Car Wash</b> 17500 Prairie Ave.                 | <b>Lingley Chevron Extra Mile</b> 23420 Crenshaw Blvd.           | <b>Tony Roma's</b> 24301 Crenshaw Blvd.                          |
| <b>Barnes &amp; Noble</b> 21500 Hawthorne Blvd.             | <b>Little Company Of Mary Hospital</b> 4101 Torrance Blvd.       | <b>Torrance Bakery</b> 1341 El Prado Ave.                        |
| <b>Benihana</b> 21327 Hawthorne Blvd.                       | <b>Little Company Of Mary Medical Cntr</b> 4201 Torrance Blvd.   | <b>Torrance City Hall</b> 3031 Torrance Blvd.                    |
| <b>Billy's Deli &amp; Cafe</b> 5160 W. 190th St.            | <b>Manee Thai Massage</b> 24020 Vista Montana #A                 | <b>Torrance Cultural Arts Center</b> 3320 Civic Center           |
| <b>Bottle Shop</b> 2087 Torrance Blvd.                      | <b>Massey's House of Flowers</b> 25929 S. Western Blvd.          | <b>NEW Torrance Historical Society</b> 1345 Post Ave.            |
| <b>Buffalo Fire Department</b> 1261 Cabrillo Ave.           | <b>Miyako Hybrid Hotel</b> 21381 S. Western Ave.                 | <b>Torrance Library</b> 3301 Torrance Blvd.                      |
| <b>Chamber Of Commerce</b> 3400 Torrance Blvd.              | <b>NEW Old Torrance Coffee &amp; Tea</b> 1413 Marcelina Ave.     | <b>Torrance Library</b> 4805 Emerald St.                         |
| <b>Chase Bank</b> 2549 P.C.H., Torrance                     | <b>Pacific Porsche</b> 2900 P.C.H., Torrance                     | <b>Torrance Police Dept.</b> 3300 Civic Center                   |
| <b>Chateau Liquor</b> 4545 W. Sepulveda Blvd.               | <b>Palos Verdes Bowl</b> 24600 Crenshaw Blvd.                    | <b>Torrance Police Dept.</b> 3624 Artesia Blvd.                  |
| <b>Chinese Shanghai Restaurant</b> 2880 P.C.H., Torrance    | <b>NEW PCH Smiles</b> 2740 Pacific Coast Hwy.                    | <b>NEW Torrance Produce Market &amp; Deli</b> 1303 El Prado Ave. |
| <b>Coffee Bean &amp; Tea Leaf</b> 21300B Hawthorne Blvd.    | <b>Pediatric Therapy Network</b> 1815 W. 213th St., Suite 100    | <b>Torrance Recreation Center</b> 3341 Torrance Blvd.            |
| <b>Cop-A-Tan</b> 24231 Crenshaw Blvd.                       | <b>Power Volvo</b> 3010 P.C.H., Torrance                         | <b>Tortilla Cantina</b> 1225 El Prado Ave.                       |
| <b>Courtyard Torrance</b> 1925 190th St.                    | <b>Ralphs</b> 1413 Hawthorne Blvd.                               | <b>Toyota North America</b> 19001 S. Western Ave.                |
| <b>Cousin Vinny's Cafe</b> 5150 W. 190th St.                | <b>Ralphs</b> 5035 P.C.H., Torrance                              | <b>Tucker's Market</b> 3690 Newton St.                           |
| <b>Creative Cuts Int'l.</b> 21217 Hawthorne Blvd.           | <b>Rascal's Teriyaki Grill</b> 5111 Torrance Blvd.               | <b>Vince's Spaghetti</b> 23609 Hawthorne Blvd.                   |
| <b>Crest Restaurant and Bar</b> 1625 Cabrillo Ave.          | <b>Residence Inn</b> 3701 Torrance Blvd.                         | <b>NEW Volunteer Center</b> 1230 Cravens Ave.                    |
| <b>NEW CVS</b> 1303 Sepulveda Blvd.                         | <b>Seashore Chinese</b> 5137 Calle Mayor                         | <b>Wahoo's Fish Taco</b> 3556 Torrance Blvd.                     |
| <b>Dee Hardison Gym</b> 2400 Jefferson St.                  | <b>Seafood Town Chinese Resturant</b> 22922 Hawthorne Blvd.      | <b>Walgreens</b> 2690 P.C.H., Torrance                           |
| <b>NEW Del Amo Car Wash</b> 20505 Hawthorne Blvd.           | <b>Shakey's Pizza</b> 5105 Torrance Blvd., Torrance              | <b>Walgreens</b> 4142 P.C.H., Torrance                           |
| <b>Del Amo Professional Pharmacy</b> 21320 Hawthorne Blvd.  | <b>Shorewood Realty</b> 1009 Torrance Blvd.                      | <b>Walgreens</b> 2976 W. Sepulveda Blvd.                         |
| <b>Dino's Burgers</b> 1975 Torrance Blvd.                   | <b>Snax Restaurant</b> 4535 Sepulveda Blvd.                      | <b>Walgreens</b> 2321 Hawthorne Blvd, Redondo Beach              |
| <b>El Camino College</b> 16007 Crenshaw Blvd.               | <b>South Bay BMW</b> 18800 Hawthorne Blvd.                       | <b>Walgreens</b> 22930 S. Western Ave.                           |
| <b>El Pollo Inka</b> 23705 Hawthorne Blvd.                  | <b>NEW South Bay Pain Docs</b> 2557-A Pacific Coast Hwy.         | <b>Walmart Neighborhood Market</b> 19340 Hawthorne Blvd.         |
| <b>NEW Fox Drug of Torrance</b> 1327 El Prado Ave.          | <b>NEW South Coast Retina Center</b> 2601 Airport Dr., Suite 210 | <b>West End Raquet &amp; Health</b> 4343 Spencer St.             |
| <b>Frank's Liquor</b> 1601 Cabrillo Ave.                    | <b>South End Racquet &amp; Health Club</b> 2800 Skypark Dr.      | <b>Western Museum of Flight</b> 3315 Airport Drive               |
| <b>Froots</b> 21219 Hawthorne Blvd.                         | <b>Southeast Torrance Library</b> 23115 Arlington Ave.           | <b>'Y' Not Burgers</b> 22940 Hawthorne Blvd                      |
| <b>Griffith Adult Center</b> 2291 Washington Ave.           | <b>Southwood Dry Cleaners</b> 22232 Palos Verdes Blvd.           | <b>Yamabuki Restaurant</b> 23863 Hawthorne Blvd.                 |
| <b>Hamilton Adult Center</b> 2606 W. 182nd St.              | <b>Spires Restaurant</b> 1750 Sepulveda Blvd                     | <b>YMCA Torrance-South Bay</b> 2900 E. Sepulveda Blvd.           |
| <b>Hof's Hut</b> 23635 Crenshaw Blvd.                       | <b>Starbuck's Coffee</b> 5005 P.C.H., Torrance                   |  |

# PETSPETS **Pets** PETSPETS PETSPETS

## Pets Without Partners

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

**Jersey** is a personality-plus pup! She is your normal, happy, playful little puppy who



Jersey

is enjoying life. Jersey is playful with other small dogs and the other puppies we have at the rescue. She is hilarious as she takes on the bigger dogs at the rescue for play. She has no issues and would love nothing more to find her forever home. Jersey will be spayed

when of age, is current on vaccinations, de-wormed, microchipped, fine with other dogs, cat-safe, and due to her small size would be best with children over the age of seven.

**Ben** is a beautiful Scottish Terrier/Maltese mix. He was born on August 3, 2013 and weighs nine pounds. This sweet and silly pup is wonderful with all other dogs, has great play manners and will make a great addition into any home situation. Ben will require a grooming schedule, so remember this when budgeting for a dog. Ben is neutered, current on vaccinations, microchipped and fine with other dogs.



Ben

Although tiny in size at 3.9 pounds, **Rico** is full of personality, to say the least. He is confident, fun-loving and incredibly

sweet. Everyone loves him! This little gem is fine with all other dogs, as he just goes with the flow and minds his own business. He is completely housebroken and crate-trained. Rico loves to be on your lap or in your arms and enjoys walks in the neighborhood. This little guy will steal your heart at hello... guaranteed! Rico is neutered, current on vaccinations, de-wormed, microchipped, has had a dental, is fine with other dogs, cat-safe, and best with children 12 and older, please, due to size.

To learn more about these and other



Rico

wonderful dogs, visit our website at [www.animalsrule.org](http://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

With cuddly kitties and lovable bunnies (and even a puppy or two), come and find your purr-fect partner.

**Evangeline** was rescued off the streets of Istanbul, Turkey along with her sister Tatiana. This gorgeous little girl is extremely soft and fluffy with very striking markings. Full of energy and sweetness, Evangeline is a confident, loving girl who can't get enough petting and cuddles and comes running if you call to her. She loves to lick your fingers and will spend hours grooming her foster friend Aeryn. Because she is so young and energetic, Evangeline needs to be adopted with a friend or into a home with a resident cat.



Evangeline

**Tatiana** is a chatty little girl with lots to tell you about and a vibrant personality to match. Tatiana is definitely the queen of the house and prefers the other kittens to follow her lead. She needs an easygoing playmate who can go toe-to-toe with her, but also won't push if Tatiana isn't in the mood to play. She has a lot of energy and craves your pets, which is great because her silver-blue coat is so soft and silken that you won't want to stop! Tatiana will even burrow under the covers for a session of snuggling to receive extra cuddles from you.

**Daisy** and her sister **Lily** are a pair of sister

bunnies who are super soft and love to be petted. They need some loving care to re-acclimate them. However, they are very sweet and will let you pick them up and hold them. Daisy and Lily spend lots of time grooming each other and absolutely *must* stay together! They are unsure around other animals, but could adjust to a calm kitty. Daisy and Lily have been fixed and microchipped and can't wait to have a bunny-loving home where they can get lots of love and attention.

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](http://www.kittenrescue.org), or email us at [mail@kittenrescue.org](mailto:mail@kittenrescue.org). Your tax-deductible donations for the rescue and care of our cats



Daisy and her sister Lily

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. •



Tatiana

bunnies who are super soft and love to be petted. They need some loving care to re-

## Happy Tails

### We call him Ruckus the Wonder Dog

Ruckus, our fabulous happy pup, found his forever home for a happily ever after beginning in his new life...

“Thank you so much for the email. Ruckus is an amazing dog. We call him Ruckus the Wonder Dog. He is in his third week of training and is doing very well. He has so much energy that we walk him four to six times a day. He is almost through with his meds and is eating like a champ. He sleeps in his crate at night and sleeps throughout. We were amazed at how easily he mastered the spiral staircase. He is also almost completely housebroken (just one accident in the loft). We have stopped giving him plush toys because he swallows the fur and our trainer said that kongs and rubber

bones would be better for him. He doesn't seem to notice the difference. He loves to chew on his toys. We are having the trainer work with us and Ruckus on his overly excited playtime when he wants to jump up and play. He is very strong and sometimes doesn't know his own strength. He is so smart that now leash training is almost mastered. We just love him. Again, thank you so much for the photos and follow-up. We could not have made a better choice for our pet, companion and four-legged family member.—Elizabeth.”

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



Ruckus, happy forever.

# Real Estate

## How to Find Rebates for Energy-Efficient Home Improvements

(BPT) - Home improvements that increase energy efficiency are appealing on many levels, from saving you money on heating and cooling costs to the confidence you get from knowing you're doing something good for the environment. They're even better when you can get some money back from the initial investment of making those improvements.

Heating accounts for 29 percent of a home's total energy use, cooling consumes 17 percent and water heating another 14 percent, according to EnergyStar.gov. Reducing energy consumption in those three areas through energy-efficient home improvements can help lower utility bills. Some improvements may also qualify for tax credits and rebates.

But how do you find that hidden money? Where do the rebates come from, who awards them and how can you get yours?

### Federal First

The U.S. government offers tax credits for certain energy-efficient home improvements. Alternative energy equipment such as solar water heaters, solar electricity equipment and wind turbines are eligible for a tax credit equal to 30 percent of the cost of the qualified improvement, according to the IRS. The credit is available through the end of 2016 and can be claimed on your federal tax return. If you think these systems are too expensive, keep in mind the long-term payback. Solar water heating, for example,

repays your investment much faster than you might think - in as little as three to six years. The average solar water heater has a 15-year usable life, so once you've recouped your initial investment it's like getting free hot water for the life of the heater.

### Local Opportunities

Some state, county and municipal governments also have credit programs for energy-efficient home improvements. Visit [www.dsireusa.org](http://www.dsireusa.org) to view a clickable map of U.S. states where such rebates are available. Choose your state, and you'll see a list of county, municipal and state programs that may be available to you.

Your local utility company may also offer incentives for energy-boosting upgrades. If you still receive paper bills, take a moment to check over the inserts that come with it. Often, they provide information on money-saving programs, including any available rebates. Or, go to your gas or electricity provider's website and search for rebates. If all else fails, pick up the phone and call.

### Manufacturer's Rebates

We've probably all passed up on a rebate opportunity for a lower-cost product because it was a hassle to send in the paperwork. But when it's a rebate for a new HVAC system or water heater, the savings can be significant. If you're in the market for a new energy-efficient appliance, water heater or HVAC unit, look

for manufacturer's rebates. For example, Rheem, a manufacturer of eco-friendly HVAC systems, water heaters, pool and spa heaters, and boilers, offers a cash-back incentive twice yearly when homeowners purchase a qualifying HVAC system from the company.

### Choose Products that Provide the Maximum Savings

When you're considering what energy-efficient product to buy, the energy savings are only part of the picture. Keep in mind available credits and rebates and look for products that maximize those benefits. The savings will mount when you choose options

that qualify for not only the federal tax credit, but also local credits, manufacturer's rebates and utility company rebates. Products like Rheem's Hybrid Electric Heat Pump Water Heater qualify for incentives like utility rebates. This unit is nearly 2.5 times as efficient as a standard electric water heater and it costs only \$18 a month to operate.

When it comes to improving your home, nothing beats the satisfaction of knowing you've made a long-term cost-cutting decision. But tax credits and rebates can sweeten the deal and provide a more immediate return on your investment. •



**Nick Donato**

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### Across the street from St. Catherine Laboure School

4 bedroom, 2 bath with an updated kitchen and a new bathroom. New roof, carpet, paint, forced air heat, copper plumbing and windows.

Family room is open to the kitchen and has a fireplace. Abundant storage throughout the home. Nicely landscaped front yard and fruit trees in the backyard. Attached two car garage.

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