

# Torrance Tribune

The Weekly Newspaper of Torrance

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## Torrance Honors Small Businesses with Advantage Awards



Police Captain Ross Bartlett with Jul Marie Hermosisima, owner of Jul Tones, LLC, pictured at the 7th Annual Torrance Advantage awards held last Thursday at Pacific Skies Aviation.

## Sports Facility at 555 Maple Ave. Renamed Toyota Sports Complex

By Dylan Little

On the eve of its ribbon-cutting ceremony, the new sports facility at 555 Maple Avenue was renamed the Toyota Sports Complex. The Torrance City Council approved the new moniker for the facility during its March 25 meeting after Toyota Motor Sales USA purchased the naming rights to the fields located near Torrance's civic center.

Toyota paid \$500,000 to have the company name span the entry gate of the facility, as well as having it appear in all advertising, promotional materials, field information and scheduling items associated with the field. Toyota Motor Sales USA representative Michael Ross said the deal is about more than just marketing opportunities. He saw the move as a way for the company to invest in the health and fitness of the community's youth. "This is very special," said Ross. "We can do no more for our kids at a time when our kids need to get out and exercise than provide something like this. We're delighted to have our name on it and delighted it represents such a great partnership with such a great city."

Mayor Frank Scotto also believes that Toyota's sponsorship of the sports complex will improve the lives of children in and around the community. He said getting the automotive company involved is something that should make the entire city proud. "It's something all of us should be proud of," said Scotto. "I really believe it's going to have an effect on many youth in the community to have a place to not only play soccer, but all the other sports."

According to Ross, the bond between Torrance and Toyota goes beyond merely housing the multinational car company's American headquarters. He mentioned that a number of facilities in and around the city are emblazoned with the company's name and that he looks

forward to more opportunities to work together in the future. "I think this complex is another great symbol of the partnership between Toyota and the City of Torrance," said Ross. "It's a deeply personal, heartfelt relationship that we have. I love this city. This is a great partnership and I too hope it will go on for many, many years."

Similarly, Scotto commended Toyota for its active role in the community. While Toyota has been involved in Torrance for years, Scotto said this project is especially important to him. "Toyota does so much for the community," said Scotto. "It shows how much the company realizes how important it is to support the community it's in. This particular instance, though, is near and dear to my heart and the Council's heart—as a lot of us have been involved in youth sports

and I personally believe that for years to come people are going to be passing under that sign and seeing Toyota."

The City decided to seek sponsorship, including selling the naming rights, for the fields in November 2013. The Council's committee in charge of naming facilities arrived at a target of \$500,000 for these rights, which Scotto said was initially met with skepticism that the City would find anyone interested in making a deal. "There are a lot people out there who never thought we'd get here," said Scotto. "And even if we did get here, they would never believe we got Toyota to step forward." Unfortunately, Scotto said the Toyota Sports Complex sign won't be installed in time for

**See City Council, page 3**

## Weekend Forecast

**Friday**  
Partly  
Cloudy  
66°/54°



**Saturday**  
Partly  
Cloudy  
67°/57°



**Sunday**  
Partly  
Cloudy  
67°/56°



## TerriAnn in Torrance

### The 7th Annual Torrance Advantage Awards

By TerriAnn Ferren

On Thursday, March 20, 2014, the Office of Economic Development hosted the 7th Annual Torrance Advantage Awards held at Pacific Skies Aviation on Airport Drive in Torrance. All businesses within the city are eligible for nomination in one of four categories: *The People to People Award*, which honors employee opportunities and workforce matters; *The Enriching the Community Award*, which recognizes businesses revenue and jobs created; *The Quality of Life Community Investor Award*, which is a category that honors businesses that go the extra mile to serve the community; and *The Long-Term*

*Investor Award*, which honors businesses that exhibit long-term success and investment in the community. To find out more about the awards, I visited with Fran Fulton, Economic Development Manager of the City of Torrance. Enthusiastic Fran began by telling me she has been working for the City for 16 years and has been leading the Economic Development Team for seven years and established the awards. The team meets on the fourth Monday of every month and is composed of people from different departments within the City of Torrance: Transit, Police, Fire, Streets, and Community Development—which

**See TerriAnn in Torrance, page 8**

# Business Briefs

## WWII Store Takes Visitors Back in Time

By Kiersten Brown

As I walked down Marcelina Avenue in the shadows of the trees casting down from the sunny sky, I began to hear music. Continuing to walk I heard the music get louder and I recognized it as music from decades ago. I then noticed military coats hanging on the edge of the sidewalk. As I curiously walked up to the coats I gazed up and saw the wooden sign that read "World War II Store."

When I walked in I was greeted by, a "Hello Ma'am" coming from the store attendant dressed in a full military uniform. As I walked

further inside I quickly noticed that every inch of the store was covered with clothing and artifacts from the 1940s: everything from



Gary Zimmerman, owner of the WWII store and Luigi's Pizzeria in Torrance. Photos by Kiersten Brown.

pins, patches, books, hats, caps, jackets and uniforms, and all available for purchase. And as I walked further down the narrow passageway of the store, I stopped hearing the sound of the war movie playing in the front and I became serenaded by songs playing from the old fashioned radio. When I reached the back of the store I felt as if I became trapped in a memory of what life once was. Over the years the store has increased its merchandise simply from civilians bringing items in. The World War II store is not only known for its collection but for the way it acts as a museum where visitors can take a piece of history home with them.



A selection of uniforms from many different eras.

## Providence Medical Institute OB/GYN Dedication

The Providence Medical Institute Torrance Obstetrics and Gynecology dedication and blessing ceremony was held on March 10 at the 20911 Earl Street, Suite 220 site in Torrance. Several City of Torrance and Torrance Area Chamber of Commerce dignitaries participated in the celebration along with staff and management from the Providence Medical Institute.



Posing with their certificate are (L to R) Providence Medical Institute's Dr. Denise A. Ishimaru, Barbara Kaether, Dr. Donna A. Richey, Torrance Area Chamber of Commerce's TerriAnn Ferren and Providence's Iris Tamashiro. Photo by Charlene Nishimura

## Reborn Cabinets Ribbon Cutting



A congratulatory certificate was presented to Reborn Cabinets by the City of Torrance. Pictured are (L to R) are Councilwoman Heidi Ashcraft, Councilman Tom Brewer, Mayor Frank Scotto, Vinnie and Brenda Nardolillo and Councilman Bill Sutherland. Photo by Charlene Nishimura

Reborn Cabinets Kitchen & Bath Remodeling celebrated their grand opening in the Torrance Crossroads at 24667 Crenshaw Blvd, Suite A. The company has been family owned and operated since 1983 and husband and wife owners Vinny and Brenda Nardolillo were present to cut the ribbon of the new Torrance showroom along with several City of Torrance and Torrance Area Chamber of Commerce leaders. •

## Torrance Local Competes for Miss Teen Los Angeles/Anaheim

Tiffany Liu of Torrance was recently selected to participate in the 2014 Miss Teen Los Angeles/

Anaheim pageant competition that will take place on Sunday March 30, 2014.



Tiffany Liu of Torrance, contestant for the regional title.

Tiffany submitted an application and took part in an interview session, and learned of her acceptance into this year's competition when the pageant announced their selections following interviewing in the local Los Angeles/Anaheim area. Tiffany will be competing in the Miss Teen Division, one of four divisions competing in modeling routines which include casual wear and formal wear. Most importantly, Tiffany will display her personality and interviewing skills while interviewing with this year's judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition. If Tiffany were to win the title of Miss Teen Los Angeles/Anaheim, she would represent Los Angeles/Anaheim and the surrounding communities at the National Competition that will take place in Orlando, Florida.

Community businesses, organizations, and private individuals may assist Tiffany by officially sponsoring training, rehearsals, or other financial necessities. Any business, organization, or private individual interested in sponsoring Tiffany may contact the Miss Teen Los Angeles/Anaheim pageant coordinator at 1-877-403-6678. •

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<p><b>IN-KIND SPONSORS</b></p>  <p>Coca-Cola Refreshments, Carson</p> 	<p><b>RESTAURANT SPONSORS</b></p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%;">    </div> <div style="width: 33%;">    </div> </div>	<p><b>Pediatric Therapy Network</b></p> <p>is a 501(c)(3) nonprofit early child development and therapy center committed to providing high-quality services for children with special needs and for those at risk for developmental issues.</p> <p>www.PediatricTherapyNetwork.org</p>

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# Calendar

**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.

**FRIDAY, MARCH 28**

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

• Disney's High School Musical on Stage, 7-9 p.m. and March 29 at 2 p.m., Torrance High School Auditorium, 2200 W Carson St. For more information call (310) 533-4396 ext. 8000.

**SATURDAY, MARCH 29**

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

• 65th South Bay Lapidary & Mineral Society Gem & Mineral Show "Nature's Treasures", 10 a.m.-5 p.m., Ken Miller Recreation Center, 3341 Torrance Blvd. For more information call (310) 533-4931.

**TUESDAY, APRIL 1**

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

• Artful Days: The Sistine Chapel Frescoes, 12:10-1 p.m., George Nakano Theatre 3330 Civic Center Drive. For more information call (310) 618-2326.

**WEDNESDAY, APRIL 2**

• Science Fiction and Fantasy Book Group, 7-8 p.m., Katy Geissert Civic Center Library, 3301 Torrance Blvd. For more

information call (310) 618-5959.

**THURSDAY, APRIL 3**

• Mayoral Candidates Forum hosted by Torrance Area Chamber of Commerce's PAC, 8 a.m. breakfast/8:30 a.m. program, Double-Tree Hotel, Torrance, 21333 Hawthorne Blvd. For more information call (310) 543-3113 or visit TorranceChamber.com.

• South Bay CHADD chapter will discuss family support systems for children with ADD/ADHD. Little Company of Mary, 4101 Torrance Blvd, 2nd floor of the Education Building, 6:45-9p.m.

• "Partners in Policing" Class begins (18 yrs+), 6-8:30 p.m., at the Torrance Police Station. For more information visit <http://www.torranceca.gov/TPD/14578.htm>.

• Political Forum, 7 p.m., George Nakano Theatre, 3330 Civic Center Drive.

**FRIDAY, APRIL 4**

• Bach's Lunchtime Recital, 12:15 p.m., First Lutheran Church of Torrance, 2900 W. Carson St.

**MONDAY, APRIL 7**

• Egg-stravaganza Coloring Contest, 11 a.m.- 8 p.m., Walteria Library, 3815 W. 242 St. For more information call (310) 375-8418.

**UPCOMING**

• Spring Exhibition Show will open on Saturday, April 12 at The California Museum of Fine Art, 1421 Marcelina Avenue. For more information call (323) 908-8909 or email [calmusefineart@gmail.com](mailto:calmusefineart@gmail.com).

**ONGOING**

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

# Police Reports

**Vandalism** Betw 3/15/2014 22900 BLOCK CARLOW ROAD

Suspect(s) smashes victim's vehicle's window/ no entry, no loss

**Vandalism** 3/15/2014 5:30:00 AM 23400 BLOCK EVALYN AVE

Suspect(s) throws rock at victim's parked vehicle, denting/ scratching same

**Burglary-Auto** 3/16/2014 4:00:00 PM 2300 BLOCK ABALONE AVE

Suspect(s) forces open window and takes property/TV, amplifier, air compressor

**Burglary-Auto** 3/17/2014 3:42:11 PM 16600 BLOCK ERMANTA AVE

Suspect(s) enters vehicle by unknown means and takes property/ third row seat

**Vandalism** 3/15/2014 8:45:00 AM 16900 BLOCK PRAIRIE AVE

Suspect(s) slashes victim's vehicle's tires

**Burglary-Auto** 3/15/2014 8:30:00 AM

1900 BLOCK 190TH ST

Suspect(s) enters vehicle by unknown means and takes property/ third row seat, camera

**Vandalism** 3/15/2014 8:30:00 AM 23100 BLOCK CARLOW ROAD

Suspect(s) smashes victim's vehicle's window/ no entry, no loss

**Vandalism** 3/15/2014 10:00:00 AM 3300 BLOCK CANDLEWOOD ROAD

Suspect(s) smashes victim's vehicle's window/ no entry, no loss

**Burglary-Auto** 3/15/2014 6:30:00 AM 17300 BLOCK ATKINSON AVE

Suspect(s) enters vehicle by unknown means and takes property/ third row seats

**Burglary-Auto** 3/15/2014 5:30:00 AM 2300 BLOCK 235TH ST

Suspect(s) takes property off of victim's vehicle/ tailgate

**See Police Reports, page 9**

## City Council

*from front page*

the ribbon-cutting, but he expects it to be up in the near future.

The other business conducted during the meeting included an update from the Council's Ad Hoc Special Standing Southern California Regional Occupational Center (So Cal ROC) Committee on what it is doing to ensure the adult education campus will be able to keep its doors open past 2015. While So Cal ROC has served Torrance for 47 years, in 2013 its future was put in jeopardy when the center's funding was axed from the Governor's budget. Thanks to the work of the South Bay's state legislators, a two-year extension of funding was approved--but unless the budget changes or a new revenue stream is tapped, So Cal ROC will be forced to close.

Chairperson Bill Sutherland said plans the committee has come up with so far include working with local school districts, getting companies that have hired So Cal ROC

graduates involved, and strengthening the ongoing lobbying campaign by involving more local and state elected officials. Despite only conducting one meeting, the committee has already drawn interest from Assemblymember Al Muratsuchi's office and State Senator Ted Lieu's office as well as the South Bay Cities Council of Governments, which is looking to possibly take a leadership role. Scotto said funding So Cal ROC is important to everyone in the city and that he is happy to see support from outside of Torrance. "Everybody in the City is very concerned that the funding will cease to exist in the middle of 2015 because the State of California will not fund So Cal ROC any longer," said Scotto. "I am encouraged by the fact that the South Bay Cities Council of Governments is taking a lead role in this and hopefully other cities and other school districts will step up and be a part of this."

E-mail: [dylantittle@gmail.com](mailto:dylantittle@gmail.com) •

# This Week in 1864

**FEBRUARY 27**

Andersonville prison camp opened near Amicus, GA

**FEBRUARY 28**

Union cavalry under General Judson Kilpatrick set off for raid to free Union prisoners in Richmond.

**MARCH 1**

Union cavalry raid ended within two miles of Richmond, VA.

**MARCH 2**

Senate confirmed nomination of Ulysses S. Grant as lieutenant general.

**MARCH 3**

Congress authorized issuing \$200 million

in 10-year bonds.

**MARCH 4**

Senate confirmed Andrew Johnson as military governor of Tennessee.

**MARCH 5**

Confederate government ordered all ships to devote half of freight to government shipments.

*These history tidbits were excerpted from United States House of Representatives calendar. This "We, the People" calendar commemorates the 150<sup>th</sup> 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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## Public Hearing on Proposed Fare Changes

# Metro Briefs

**SOUTH BAY**

**Attend A Public Hearing on Proposed Fare Changes**  
To continue reliable service of LA County's expanding transportation network, Metro must consider gradually increasing fares. Metro's approach would make the system easier to use by including free transfers on a single fare. There's a public hearing to gather comments on Saturday, March 29 at 9:30am at Metro Headquarters. Sign up in person by 11:30am to speak at the hearing. Details at [metro.net/newfares](http://metro.net/newfares).

**Turnstiles Latched on Green Line**  
Metro is latching turnstiles at several Metro Green Line stations. Tap the target on the right side of the turnstile with your valid TAP card to pass through. All Metro Blue, Red, Purple and Gold Line stations now have latched gates. More information at [metro.net/latching](http://metro.net/latching).

**I-405 Sepulveda Pass Project Reaches Milestones**  
The Skirball Center Drive Bridge is nearly complete and reconstruction of segments of Sepulveda Boulevard is scheduled to wrap up this summer. Ten miles of new carpool lanes are slated to open in just a few months. Construction schedules and project information at [metro.net/405](http://metro.net/405).

**New Metro Buses Start Service**  
The first of Metro's 550 new 40-foot buses went into service last month on Line 33 along Venice Boulevard between downtown LA and Santa Monica. The new models will be phased in during the next 18 months, replacing vehicles that have reached their retirement age.

**Go Metro to CicLAvia on April 6**  
Travel along legendary Wilshire Boulevard car-free during CicLAvia, LA's free celebration of public spaces. This April's event route stretches between Downtown Los Angeles and Miracle Mile. Plan your trip and see bus detour schedules at [metro.net](http://metro.net).

**Metro**

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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.

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Great place to call home 13607 Cordary Ave. Hawthorne. Offering spacious studio apartments at \$850 per month and 1 bedroom at \$950 per month. All utilities are included with stove and refrigerator. Amenities include swimming pool, laundry facility, underground parking and gated building. Contact Darryl at (310) 219-1600 or (424) 294-8095.

### EMPLOYMENT

Writers wanted for local community newspapers. Area to be covered is Torrance (Torrance Tribune). You must have some writing experience. Please send resume to management@heraldpublications.com. No phone calls please.

To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.

### 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. No phone calls please.

### GARAGE SALE

Multiple home garage sale in alley, 500 block between Eucalyptus and Standard St. 8am to 12. Please no early birds!

### ROOM FOR RENT

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### TOWNHOME FOR RENT

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.

### TOWNHOME FOR RENT

3 bedroom/3.5 bathroom townhouse for rent in El Segundo. Steps from the beach and downtown. Marble hardwood floors throughout, each bedroom has its own bathroom. call/text Justin 805-712-1395.

### GARAGE FOR LEASE

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### GARAGE SALE

329 Eucalyptus El Segundo. Sat. March 29. 8am-1pm.

### GARAGE SALE

ESTATE SALE, 520 W. Acacia, Friday March 28 & Saturday March 29, 7 A.M. 45+ years accumulation of American Indian items, much more.

### GARAGE SALE

Moving Sale: Last one at 206 E Walnut. Starts at 8am Friday 28th and Saturday 29th. Furniture, clothes and lots of great stuff. Come buy and say goodbye.

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Up to 42 words:	\$55	\$65	\$75	\$85
Up to 49 words:	\$60	\$70	\$80	\$90



HERALD PUBLICATIONS

The deadline for Classified Ad copy and payment is at Noon on Tuesday. We reserve the right to reject, edit, and determine proper classification of classified ads. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

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Payment Type  CASH  CHECK   VISA

### Credit Card Billing Information

Card Number  Security Code  Expiration Date

First Name on Card  Last Name on Card

Address

City  State  Zip/Postal Code

Phone Number  Signature

Ad Copy

## COMMUNITIES COUNT

For your convenience you can fill out this form and fax it (310-322-2787), email (class@heraldpublications.com) it or bring it into the office at 312 E Imperial Avenue, El Segundo.

## WEEKLY CROSSWORD See Answers Next Week At The Movies

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				

### Across

- Unable to flee
- Choice
- Not clerical
- Popular wedding gift
- Free from
- Chemical ending
- 1944 romantic musical
- Suffix with auction
- Memory unit, for short
- Cereal grain
- Biting
- Most pretentious
- Pizazz, var.
- Ways in
- Go over
- Island in western Scotland
- 50-50, e.g.
- 1954 Oscar-winning drama
- Axe, in Tokyo
- Group of poems
- Runs
- Title defenders
- Puddinglike dessert
- Sets up
- Herb in stuffing
- "Prince \_\_\_" ("Aladdin" song)

### Down

- Climax
- Quaker's "you"
- Frame used for burials
- Aardvark's morsel
- Starchy tuber
- Snooped
- One year in a trunk
- Driver's lic. and others
- Conveyance
- Recently
- Moldovan moolah
- Cuckoo bird
- Cry of success
- Qatari leader
- Elevator man
- Asian nurse

- Endure
- Large amounts
- Bars
- Fishing nets
- \_\_\_ fly
- Place for a needle
- "Mind Games" composer
- Express overtly
- Common carriers
- Mocks
- Most tearful
- Thrash
- Profligate
- Complain
- Greetings: var.
- Construct
- Indian caste
- Stage of development
- Italian bread
- Fret
- Henna and others
- Morning moisture
- Miner's load
- Cup filler
- Coolness
- Automobile sticker fig.
- Wimple wearer

### Last Week's Answers

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

### SUDOKU Medium

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

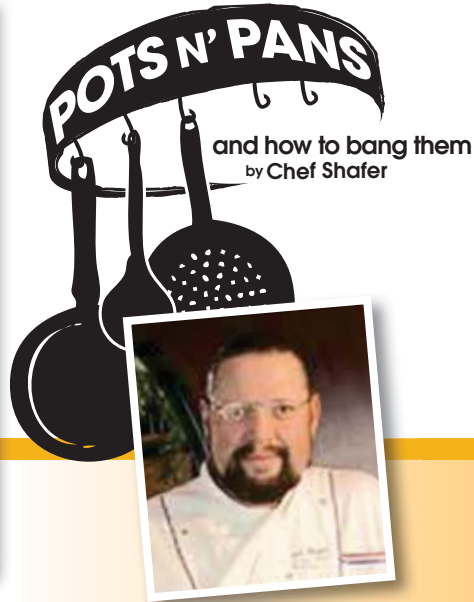
Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

Well St. Patty's day has come and gone. I survived another one without being arrested!

The one thing that I love about it is the Irish soda bread. This great dense and sweet bread is just the perfect thing for tea or a sandwich or as simple as toasted with some good cheese.

Try it and have fun.

*The Chef*



# Irish Soda Bread



**Ingredients**

- 1/2 cup white sugar
- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 3 cups raisins
- 2 eggs, lightly beaten
- 1 1/4 cups buttermilk
- 1 cup sour cream

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch round cast iron skillet or a 9-inch round baking or cake pan.
2. In a mixing bowl, combine flour (reserving 1 tablespoon), sugar, baking powder, baking soda, salt, and raisins. In a small bowl, blend eggs, buttermilk and sour cream. Stir the liquid mixture into flour mixture just until flour is moistened. Knead dough in bowl about 10 to 12 strokes. Dough will be sticky. Place the dough in the prepared skillet or pan and pat down. Cut a 4x3/4 inch deep slit in the top of the bread. Dust with reserved flour.
3. Bake in a preheated oven for 65 to 75 minutes. Let cool and turn bread onto a wire rack. •

# VALENTINO'S

Pizza, Pasta & More

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# Sports

## Up and Adam

### Rivalries in The Air

By Adam Serrao

There is nothing better than a good old-fashioned rivalry game to push the baseball season into full swing. All those who seem to favor the intensity and pure passion exhibited in those rivalry games were certainly not dissatisfied with the showdown between the North High Saxons and the West High Warriors. There is no questioning the fact that these two teams just simply don't like each other. Because of that fact, you can expect a highly competitive match every time they take the field opposite one another. This time was no different. Coming off of a horrible loss just one day prior, the Saxons were able to rebound nicely and effectively against a West team that has been struggling so far to start this season. Unable to match North's offensive firepower on the day, the Warriors couldn't pull away with a win, ultimately falling to the Saxons 7-4 last Wednesday afternoon at North High.

The Saxons' 13-4 loss at the hands of Palos Verdes Peninsula the day prior to their matchup with West High was not typical of how their season has gone thus far. The Warriors just happened to be the next team on the schedule in a game in which the Saxons and head coach Mike Demaria knew that they had to bounce back. "They could have curled up and quit after the shellacking against Peninsula," Demaria said. "But they showed mental toughness. I'm happy with the way they responded." North responded with two runs in the first inning and another two runs in the second inning to jump out to an early 4-1 lead. It was Gota Tamasaki who singled home the first run of the game for North and Jacob Peck who drilled a double to right-center for the 2-0 advantage. After the Warriors scored their first run of the game in the top of the second, Daniel Cobos doubled to right-center for an RBI and later scored on an Alex Gomez sacrifice fly.

The Warriors were down, but not completely out of this one. West was able to cut into North's lead in the top of the third inning when Masata Okawa singled to start a rally and Nyles Nygaard did something that isn't often seen in the high school baseball game when he homered to left field to drive in both runs and make the game 4-3 still in favor of North. West kept the rally going, keeping North scoreless over the next three innings and adding a run in the top of the sixth when Trevor Mallett led off by being hit by a pitch. He was later brought in by a Cody Wissler single and all of a sudden it was a brand new ballgame, all tied up at four runs apiece. That's when North decided it was time to step it up. With one out in the bottom of the sixth inning, Armando Rodriguez singled, Jonathan Narimatsu added an infield hit, and Cobos came through for the Saxons again with

yet another extra base hit, scoring two with his triple to left-centerfield. "He threw me five straight curveballs," Cobos said. "It was a little rough. But I had my hands back the whole time and got my hands through and I just drove it." Cobos didn't only drive the ball, but he drove the Saxons to a much-needed victory over their rivals from the west side of town.

For the Warriors, it was their second loss in a row and fourth in the last five games. "We're obviously not playing very good baseball right now," West head coach Juan Cueva related. "We have to figure things out quickly." The good thing for Cueva and the Warriors (2-4, 0-0) is that the season is young. They still have a few games left before league play begins and the real crux of the season comes forward. The Saxons (4-4), on the other hand, will fight on to play another game, happy with their big win at home. "Oh, its huge because it's a rivalry game at home," Cobos said. "You get beat, you get it in the paper--it's a little embarrassing. But you bounce back. There's nothing you can do but bounce back." The Saxons won't have to bounce back from this one as they are sitting pretty with a big win now attached to their schedule.

#### South High

The South High Spartans, under head coach Grady Sain, are heavily favored to be one of the better baseball teams in the Pioneer League this season. The Spartans have already shown flashes of brilliance early on this season with big wins over teams like Mira Costa, Banning and Bellflower. Last Thursday afternoon at South High, however, the Banning Pilots were back for revenge after their previous 5-3 loss to South High in the semifinals of the El Segundo Tournament and revenge is exactly what they got. Allowing only one run all day to the Spartans, Gino Brockway pitched a five-hitter with six strikeouts for the Pilots in a 4-1 win. South's only run of the game came in the second inning at the hands of sophomore Matt Mavrosakis, but the Spartans were unable to muster much of anything else all game long. The long season has just begun for South (4-2, 0-0), who will face-off against West High this week in a rivalry game between the two teams.

#### Torrance High

The Torrance Tartars have attempted to go streaking early on in the season, winning consecutive games against California, San Pedro and Paramount as they rounded out the El Segundo Tournament with three straight wins. Narbonne welcomed the Tartars to its side of the neighborhood, though, and ended all of the fun that head coach Ollie Turner and company seemed to be having. Producing offense late, Narbonne scored five runs in the

See Up and Adam, page 9

## New York, He Loves You

By Adam Serrao

It's official. Phil Jackson has accepted a role in the nation's number one market to be the new president of the New York Knicks. The move further crushes the dreams of an already destitute and shattered Laker fan base this season. While it was clear that players and fans alike wanted nothing more than to see Jackson back with the Los Angeles Lakers in any possible role that could have been available, the owners of the team couldn't reach a consensus to bring him back in any way. By not offering Jackson a position, the Lakers could have lost a major upper hand in the next couple of years when signing free agents will be of the utmost

*"Now that Jackson is gone for good, whose fault is it really and what do the Lakers plan to do next?"*

importance to bring this once-proud franchise back to prominence. Now that Jackson is gone for good, whose fault is it really and what do the Lakers plan to do next?

Upon Jackson's institution as the Knicks new president, he seemed to be saying all of the right things. "There's no better place to win than New York City," said Jackson last Tuesday morning when he was officially announced as the team's president. It was a somewhat odd statement to make considering the fact that the Knicks haven't won a championship in over 40 years and as of press time were well below the .500 mark and in ninth place, out of the playoffs, in the Eastern Conference standings. Jackson plans to change all of that, though, and bring winning back to the state of New York. On his current contract, he will have five years to do it, which may just be enough time to rebuild a currently struggling franchise.

Current New York Knicks owner James Dolan has been under fire in past years for not knowing how to handle his team yet still wanting complete power over all decisions regarding it. Jackson's signing means that Dolan will cede all power to the "Zen Master" and will do so "willingly and gratefully." That, as odd as it seems for anyone who knows Dolan, is perhaps a good decision considering Jackson has won a record 11 NBA titles as a coach and has also won two championship rings as a member of the New York Knicks in his younger days. With 229 postseason wins and 13 NBA Finals appearances, Jackson has all of the experience necessary to do a good job in his new role--especially considering the fact that his stats alone trump those of the Knicks in their entire 68-year history as a franchise (186 postseason wins, eight NBA Finals appearances). "I am by no means an expert in basketball," Dolan said. "I'm a fan, but my expertise lies in managing companies and new businesses. So I think I'm a little out of my element when it comes to the team." Odd that he would finally admit that after years of distress from within the organization, but now that he has, Dolan hopes to use Jackson's seemingly infinite basketball knowledge--merging his stats as a coach together with his franchise in order to create a winning product on the floor.

So why didn't the Lakers make that decision? It was clear that Phil wanted to be back in Los Angeles in order to work alongside his fiancée and president/governor of the Lakers, Jeanie Buss. He wanted to be involved with an

organization that he helped gain five rings. The fans and the players of Los Angeles wanted him there too. Unfortunately, the other owners did not. When the most successful owner of all time, Jerry Buss, passed away, it is said that it was his wish to keep the ownership of the team within the family as it is now. Jackson was looking for more power than was available in the Lakers front office. With the Knicks, he received the power to make all personnel moves and all basketball decisions. What people fail to understand is that the Lakers already have people in place, doing those jobs as it is. As great a thought as it was to bring Phil back in to be involved in some way, shape or form with the

organization, there simply wasn't room enough for him. Unfortunately, that now means that Jackson will take his pedigree to the East Coast.

The bad part about Jackson not being in the purple and gold any longer means that come free agency, players will look to join him in New York rather than consider coming to the Lakers. Simply Jackson's presence in the front office of the Knicks means that New York is now the prime destination for all great players in the NBA. That includes the likes of LeBron James, Carmelo Anthony (who will now almost certainly remain put), or even Kevin Durant and many others. By not getting Jackson involved, the Lakers may have lost out on an easy upper hand to improve their team in the coming years. To look at things optimistically, however, now that Phil isn't just hanging out there to be had, the Lakers can finally move on. He is locked up for at least the next five years in New York, so now the Lakers must move on. The contention between Jeanie and Jim Buss should fade. Future coaches will not be held to such lofty expectations. Free agents will know what they are getting and unlike Dwight Howard, not expect Phil to take over the reins after a three game losing streak. With the front office built the way it is in Los Angeles, there was no way that Phil Jackson was going to be hired by the Lakers. It is better for everyone involved that he is now officially off the table.

Nothing will ever replace the glory years of Jackson and the Lakers marching directly towards five championships and seven Finals appearances in 10 years. Those moments will never disappear from the minds of those who were around to experience them. But now, times have changed. Both Jackson and the Lakers have moved on. It remains to be seen whether Jackson can be good at an office gig at all--whether he can build a team from the ground up, recruit players and get superstars to come play underneath him. Phil Jackson can certainly coach players to a championship. He has proven that. Now it remains to be seen whether he can put together a team for coaching. While he tries his luck on the East Coast, the Lakers will be looking to regain their sea legs and move on from an utterly tumultuous season; perhaps the worst in franchise history. Not even Phil Jackson can save them now, but for the sake of the late, great Jerry Buss, Jim and Jeanie better get the boat turned around soon.

Adam Serrao - Asixlion@Earthlink.net •

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# Politically Speaking

## One Man's Opinion

By Gerry Chong

Larry the Liberal was cruisin' down the street, ear buds hangin', shades drawn tight. His muscle T-shirt a paean to Governor Schwarzenegger proclaiming, "Girlie Nation." There was a little bop to his walk, as he was entirely in his own world... and the outside was not welcome in.

In fact, we have all become Larry, so consumed with compassion that we have lost our ability to be rational. Let's talk about raising the minimum wage, for example. Would it be compassionate for minimum wage workers to earn more and improve their quality of life? Of course. But government has tilted the scales. For every \$1 per hour of wage increase, the employer's cost increases by \$1.45 (estimated) to cover the cost of FICA, unemployment insurance, disability insurance and retirement programs. Yet for the employee, after taxes, his increase is estimated to be \$0.85. The bottom line is that with the raise in the minimum wage, the employer pays more than the \$1 per hour, but the employee receives less. Brilliant!

Since for most employers employee costs are their highest expense, they have three choices. They can reduce the number of employees to bring their cost structure back into balance--or they may reduce fringe benefits to achieve the same end...or they may raise their prices, risking sales volumes. Name your own poison. "Feelings, nothing more than feelings..."

The iTunes on Larry's ear buds croon on, dreaming of more income and free stuff for all God's creatures, but rationality keeps raising its ugly head. The Associated Press has now reported that to keep Obamacare

premiums from skyrocketing more than the 40 percent it has already engendered, it is restricting medical services! Surprise, surprise! For example, to keep premiums low, insurers have designed narrow networks of hospitals and doctors, offering less choice than Medicare and current employer plans. The AP surveyed 23 members of the National Comprehensive Cancer Network, which includes the most advanced cancer treatment hospitals in the country, and found only four that accept Obamacare cancer patients without conditions. Two hospitals accept children without cost. Finally, the remaining 19 hospitals contain so many conditions to acceptance that access to cancer treatment has been severely restricted.

The reality for Larry and his brethren is that in an attempt to lower premiums, it has traded away the quality of care. Compassion or quality... Or to quote the old parody of the Boy Scout motto, "Sound mind, sound body, take your pick."

Perhaps no event has so clearly illustrated Larry the Liberal's dedication to the Girlie Nation philosophy as the President's response to Russia's annexation of Crimea in violation of international law. As Putin flexed his macho muscles, Obama offered a girlie slap in response. He promised to restrict seven Russians and four Ukrainians from visiting the U.S. That's it...that's all...With a bent elbow, a limp wrist and an open hand, we slapped Putin's shoulder. That should teach the big bully.

So Larry keeps on a-walkin' and more Liberals form up behind him, all pledging allegiance to compassion over rationality... all members of the Girlie Nation. •

## Another Man's Opinion

### Banning E-Cigarettes Just Another Way to Bully Smokers

By Cristian Vasquez

This week I read that The Board of Trustees of the Los Angeles Community College District (LACCD) has decided to ban the use of electronic cigarettes on its campuses. As a former smoker, I am well aware that my dirty little habit is disgusting and harmful and an inconvenience to anyone who does not enjoy a stogie every now and then. Furthermore, I agree that smokers should not be allowed to fill the room with smoke and instead should step outside.


However, this new decision by the LACCD, which will affect West Los Angeles College (WLAC) students and staffers who enjoy a smoke, break in-between classes, is a horrible example of what a frightened society we are becoming. This board is claiming that the ban on e-cigarettes is to protect the young people from the "growing epidemic" that are e-cigarettes and the public health crisis that those have created. The truth is that e-cigarettes are not an epidemic, nor a public-health crisis. There is not enough evidence to determine that these vapor-based smokes are detrimental to one's health, or that they are not harmful. Second, describing the use of e-cigarettes as a health crisis is irresponsible, offensive and a fear tactic. The spread of AIDS and HIV is a health crisis. The use of e-cigarettes is an alternative to the harmful and detrimental activity of smoking. Nowhere near a health crisis...

Board Vice President and the author of the policy change Scott Svonkin is labeling e-cigarettes as harmful, but failed to produce any evidence. Svonkin has been committed to the field of education for years and his

track record speaks for itself. He has also been committed to advocating for the public's health, which is without a doubt admirable and necessary. However, having a strong background and knowledge in the fields of education and health, it is absurd and confusing that he would label e-cigarettes as a health hazard without producing proof. I am not a doctor and neither is he, so it is safe to say that our opinion on the topic is based on nothing more than our own biases.

If Svonkin doesn't want smokers on the District's campuses, that is fine. Today, it is popular to bully the smoking crowd. They have already been kicked out of the diners and bars and asked to stand 20 feet from any working door or window. And for some people, even that isn't enough. However, e-cigarettes are new and their effects still unknown as accurately as the effects of smoking real cigarettes. So rather than hiding behind the alleged health concerns regarding e-cigarettes, Svonkin and the Board should just say they don't want people smoking e-cigarettes on campus.

It is sad that we have become so afraid of hypothetical scenarios that we are beginning to alter our reality. We will all have different opinions on the effects of e-cigarettes and the vapor they release. I do not agree that they are harmful--not yet, at least, since I have not seen convincing proof. Svonkin and the Board, without producing a shred of proof, went ahead and banned an activity that some of the people they serve enjoy. I am interested in knowing how many of the nonsmokers in the District's nine campuses have complained about the e-cigarette crowd. •



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# Seniors

## Stay Active as You Age

(BPT) - Getting older can be a challenge. Staying on top of your health and fitness goals often becomes more difficult as you try to find enough time in the day to balance the schedules of work and life, and taking care of others. Improper nutrition, joint and muscle soreness and inactivity are additional challenges. Here are three simple tips to overcoming these challenges to continue living a healthy, active lifestyle.

First, get proper nutrition. Erica Wasser, registered nutritionist and nutrition coach with Life Time - The Healthy Way of Life Company, notes that taking a multivitamin is one of the best things you can do for your overall nutrition. She also suggests limiting processed or packaged foods by making meals that will last.

"Instead of cooking one chicken breast, cook three," says Wasser. "Add one to a salad, eat one with a side of steamed vegetables and use the last in a sandwich or wrap."

Smart snacking is also important. Focus on items like Greek yogurt, cottage cheese, almonds, seeds, vegetables and hard boiled eggs and try to avoid granola bars and 100-calorie packs by prewashing and cutting vegetables and fruit and premixing bags of nuts and seeds.

Settling on a routine of eating healthy, nutritious and protein-based meals and snacks will keep your energy up and your diet balanced for a healthy, fit life.

Second, take notice of what your body

is telling you. Are your joints sore? Does your back hurt from sitting in a chair most of the day? If so, choose exercises that will



keep you fit while minimizing the impact on your joints or back and improving muscle strength and stamina.

Check out the local community pool, or stop by a fitness facility with pools to see what type of aqua instruction they offer.

"At Life Time, we offer aqua aerobics classes that focus on non-weight bearing cardio components and stretching," says Wasser. "The buoyancy of water helps take pressure off joints and allows everyone to get a great, total body workout." Wasser adds that yoga,

mat Pilates and reformer Pilates can stretch your body, reducing back pain and limiting stress on joints under certain practices.

Simple chair or balance ball exercises will also help build core muscle strength and stamina without taxing your body. Consider these exercises:

- Sit with good posture and lift your arms above your head, at a 12 o'clock position. Visualize a clock and gently circle your arms clockwise until they reach the 12 o'clock position again. Reverse the movement. Add soup cans or hand weights for difficulty. Repeat eight times.

- Sit with good posture and tuck your

elbows into your sides holding your forearms and hands out at a 90 degree angle. Slowly rotate your torso to the side as far as you comfortably can, making sure to keep the rest of your body stationary. Rotate back to center and repeat to the other side. Add soup cans or hand weights for difficulty. Repeat eight times

- Sit with good posture and your feet planted shoulder width apart. Slowly raise one leg up as far as you can comfortably go, or parallel to the floor. Hold for three seconds and slowly return to starting position. Alternate legs, repeating eight times for each leg

If you're used to a more active lifestyle, keep it up. Make sure you're taking the proper supplements to help your body recover quickly keep adding intensity to your workouts so they don't become stale.

Third, conquer the inactivity battle. Don't confine yourself to your home after a long day. Go to a local mall and window shop or people watch with friends. Join a local exercise class or start a walking and talking group in your neighborhood.

"It's important to remember that being active doesn't have to mean completing a total body workout," says Wasser. "Anything that gets you up and moving can significantly add to your health and fitness as you get older." Wasser also suggests scheduling and setting up daily or weekly activities to ensure you're held accountable. •

## TerriAnn in Torrance

brings a diverse view to the team. Jeff Gibson, Director of the Community Development Department, explained, "It is an interdepartmental effort."

Fran also told me that oftentimes businesses will invite the team to tour their company. Most businesses and corporations are pleased to be in Torrance and want to be part of the community. It is this spirit that Fran Fulton sought to honor. "When I first came in the office, I knew that other cities had a business recognition program," said Fran. "One I had been to a lot was Carson. Carson, with the city and their chamber partnered together to have an annual recognition and I thought, 'What a great idea!' We have so many great companies in Torrance and businesses that are doing their business and this would be a great way for the City to thank businesses and recognize them for being in Torrance, remaining in Torrance, and for all they contribute to the community."

From that idea, Fran created the *Torrance Advantage Awards*. She turned to her colleagues on the board and together they closely aligned the awards with the Economic

Development Plan of the City and the four categories they created reflect that plan. "We determined from the very beginning we wanted to recognize both a small and a large business in each of those categories and try to make it diverse," added Fran.

So for seven years, the awards have been held in various places of business in Torrance. The Torrance Marriott, The Doubletree Hotel, The Miyako Hybrid Hotel, Downtown Torrance, and The Toyota Museum have all hosted the awards in the past. This year, the event was held at Pacific Skies Aviation, a flight school located at the Torrance Airport. Food was catered by *Grandma's House Catering* (510-520-3437), located in Torrance. Owners Mario and Rhonda Johnson specialize in Texas/Oklahoma barbeque using original recipes from Mario's grandma Cora. Yum. Check out [www.grandmashousecatering.com](http://www.grandmashousecatering.com). Dessert of yummy cupcakes was served by BabyCakes Bakery, owned by Khryste Langlais and also located in Torrance.

The winners are chosen from the applications submitted to the Economic Development Team and they thoroughly go

over them and make all decisions. Some businesses are so busy that they are not aware of the awards. For this reason, the Economic Development Team reaches out to the citizens of Torrance. Do you know a company or business worthy of recognition? Step out and tell them about the awards and invite them



Long Term Investor Awards winner Robert Molina, owner of Vogue Shoe & Luggage Repair.

to submit an application. Or take them an application. How do businesses get nominated and who can nominate a business? According to Fran, any business may be nominated by anyone. To nominate a business, all you have to do is either contact Fran at 310-618-5807 or access [www.TorranceAdvantageAwards@TorranceCA.Gov](http://www.TorranceAdvantageAwards@TorranceCA.Gov). So for next year, think about what businesses around town *you* think are great. Frankly, after speaking with Fran, I began thinking of businesses I think are super and deserve to be recognized.

Fran Fulton came to California from Baltimore, Maryland in 1992 while working for a general contracting company in H.R. doing payroll and benefits. She had friends living in Hermosa Beach and realized she loved the area--so when she could, she moved from Maryland to California permanently. She told me, "I packed up a U-Haul, my cats and all my worldly possessions and moved out here...got a job, a car...I just figured if I don't do it now - what if? I had gone to San Diego on vacation and loved California. When I was a kid my dad went to a program at Stanford for a year, so we drove all over--so I had my taste of California." Fran met

from front page

her husband Paul in California and they live with their two sons, Nathaniel, age 10, and Nicholas, age five, in the South Bay. "They were both born at Torrance Memorial, so they are Torrance natives," said Fran.

I asked Fran if she likes her job and she immediately told me, "I love my job...for the most part it is the people. We are all here to support each other and we all do work together to get the job done. And we want to put a good foot forward. We want it [Torrance] to be a good place. I am proud of working here." Actually, I can understand that completely because Fran's job is exciting. She visits all sorts of businesses in the city and now wants the community to know there is a program to honor any business in Torrance. Get out there and nominate your favorite business! Or, if you are a business that would like a visit from the Economic Development Team, or if you would like to sponsor the awards event in your venue, simply call Fran Fulton at 310-618-5807. Applications are accepted all year and traditionally the awards are given out the third Thursday in March.

Who knew the City of Torrance honored its businesses? This is just one more example of how our "balanced" city reaches out to everyone making business part of the community and the community aware of business. No one does it like the City of Torrance. So pay attention to all the businesses around you, large and small, and nominate your favorites for a Torrance Advantage Award. •



Fran Fulton, creator of the Torrance Advantage Awards.



Khryste Langlais, owner of BabyCakes Bakery, with Steven Griswold, owner of Griswold and Griswold Insurance. Photos by TerriAnn Ferren.



**Police Reports**

from page 3

**Burglary-Residential** 3/14/2014 5:23:12 PM 19900 BLOCK REDBEAM AVE  
 Suspect(s) kicks in door for entry, ransacks and takes property/ jewelry box, jewelry, handgun, pillowcase  
**Burglary-Residential** 3/15/2014 7:00:00 AM 200 BLOCK VIA LOS MIRADORES  
 Suspect(s) smashes window for entry, ransacks and takes property/ handgun  
**Theft** 3/13/2014 6:25:00PM 3400 BLOCK SEPULVEDA BLVD  
 Suspect(s) takes property forgotten in shopping cart/purse  
**Auto Theft** 3/14/2014 8:16:45 AM 1800 BLOCK 220TH ST  
 Stolen vehicle: '06 Aztex trailer  
**Theft** 3/13/2014 4:12 PM 3500 BLOCK PACIFIC COAST HWY  
 Suspect(s) takes property off of victim's vehicle: bumper  
**Theft** 3/13/2014 1:40:00 PM 1900 BLOCK 236TH ST  
 Suspect(s) takes property from victim's front porch/delivered parcels  
**Burglary-Auto** 3/13/2014 12:50:15 PM 16800 BLOCK YUKON AVE  
 Suspect(s) smashes out window for entry and takes property/ tent, jumper cables  
**Auto Theft** 3/13/2014 7:25 AM 2400 BLOCK 227TH ST  
 Stolen vehicle: '08 Toyota Highlander  
**Burglary-Residential** 3/13/2014 5:25:55 AM 16900 BLOCK AINSWORTH AVE  
 Suspect pries open door before being scared off by victim inside the residence/ no entry, no loss  
**Burglary-Residential** 3/12/2014 10:55:01 PM 3500 BLOCK 229TH PL  
 Suspect(s) pries off screen, enters window,

ransacks and takes property/ laptop, jewelry box, jewelry, pillowcases  
**Burglary-Auto** 3/12/2014 4:00:00 PM 21300 BLOCK MADRONA AVE  
 Suspect(s) punches door lock for entry and takes property/stereo  
**Theft** 3/12/2014 11:40 AM 1700 BLOCK SEPULVEDA BLVD  
 Suspect enters open business, reaches over counter and takes property/ lottery tickets  
**Burglary-Residential** 3/12/2014 8:45:00 PM 5300 BLOCK PALOS VERDES BLVD  
 Suspect(s) pries door for entry, ransacks and takes property/ laptop, jewelry box, jewelry  
**Vandalism** 3/12/2014 3:40:00 PM 3300 BLOCK LOMITA BLVD  
 Suspect(s) scratches victim's vehicle's paint  
**Auto Theft** 3/11/2014 12:00:00 PM 2800 BLOCK 176TH ST  
 Stolen vehicle: '05 Chevrolet  
**Vandalism** 3/11/2014 6:40 PM 2600 BLOCK AIRPORT DR  
 Suspect uses his skateboard to hit/ damage the victim's vehicle's side mirror  
**Burglary-Auto** 3/11/2014 6:30:00 PM 3300 BLOCK LOMITA BLVD  
 Suspect(s) takes property from vehicle while in the custody of valet service/ gem stone  
**Burglary-Auto** 3/11/2014 5:30:00 PM 2600 BLOCK PACIFIC COAST HWY  
 Suspect(s) takes property from unsecured vehicle/backpack  
**Theft** 3/11/2014 11:44:04 PM 2300 BLOCK JEFFERSON ST  
 Suspect employs the ruse of needing assistance in cashing/sharing a winning lottery ticket to convince the victim to put forth good faith collateral and takes her property/ jewelry •

**Up and Adam**

from page 6

sixth and two more in the seventh to put away the Tartars and end their win streak, just barely. Torrance was efficient on offense, scoring two in the fourth and four in the seventh, but it wasn't enough to overcome Narbonne late in the game. Robert Sylvester went two for four with a double and two RBIs for Torrance,

while Jacob Gurwell led off for the Tartars going one for two on the day with an RBI and run scored. The Tartars (3-3) have a tough set against the Bay League's Redondo Union coming up this week that should test just how competitive the team will be this year.  
 Adam Serrao - Asixlion@earthlink.net •

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The following person(s) is (are) doing business as CORN FRAME & WHEEL ALIGNMENT. 9811 INGLEWOOD AVE, INGLEWOOD, CA 90301. Registered Owner(s): Anooosh 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: Anooosh 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. NOTICE: This Fictitious Name Statement expires on February 12, 2019. A new Fictitious Business Name Statement must be filed prior to February 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). Hawthorne Press Tribune: March 06, 13, 20, 27, 2014. **HH-1062.**

**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 65<sup>th</sup> 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.**

**Fictitious Business Name Statement 2014054943**

The following person(s) is (are) doing business as 1. JUMP START CPR. TRAINING 2. JUMP START CPR TRAINING CENTER. 20809 BRIGHTON AVE, LOS ANGELES, CA 90501. Registered Owner(s): Maria D Barajas, 20809 Brighton Ave Torrance, Los Angeles, CA 90501. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: February 28, 2014. Signed: Maria D Barajas, 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 27, 2014 and April 03, 10, 17, 2014. **HT-1067.**

**Fictitious Business Name Statement 2014077030**

The following person(s) is (are) doing business as PREMIER CONSULTING SOLUTIONS. 3241 FLOWER STREET, LYNWOOD, CA 90262. Registered Owner(s): Jose Manuel Villegas, 3241 Flower Street, Lynwood, CA 90262. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: March 01, 2014. Signed: Jose Manuel Villegas, Owner. This statement was filed with the County Recorder of Los Angeles County on March 21, 2014. NOTICE: This Fictitious Name Statement expires on March 21, 2019. A new Fictitious Business Name Statement must be filed prior to March 21, 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 27, 2014 and April 03, 10, 17, 2014. **HT-1068.**

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- Walgreens** 2976 W. Sepulveda Blvd.
- Walgreens** 2321 Hawthorne Blvd, Redondo Beach
- Walgreens** 22930 S. Western Ave.
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"I am **Pepper**, of Faith and Pepper, the gals who were lucky enough to end up with the MSFR folks instead of the shelter. You can easily tell us apart because I am the two-year old, beautiful salt/pepper little girl. Like



Pepper

my friend I was never leash-trained and I could use more socialization, but I'm working very hard and will have those accomplished in no time. I'm a little bigger--17 pounds--than Faith, but still small enough to take everywhere. It would be great if my forever family has a dog because I get along with all dogs and would love to have a pal." If you are interested in Pepper, please email [info@msfr.org](mailto:info@msfr.org) for more information.

"Great things come in small packages! If you come to our adoption fair and ask for **Becky**, you'll see that it's true. I was rescued from an LA County shelter where I was called a stray, but now I'm looking for my forever home. I'm a friendly, two-year-old female who is most likely a Miniature Schnauzer/Shih Tzu mix, but that's only a guess. My pedigree might be questionable, but one thing that's certain is that

old, neutered Terrier mix with gorgeous golden-colored hair. I love everyone--other dogs, strangers--but most of all I love to go for walks and to be petted. I don't bark, I ride well in the car and would be a great little companion!" If you are interested in Merry, please contact Charlotte Bell at Yellow Brick Road at (310) 606-5507, or email [southbaydoggie@hotmail.com](mailto:southbaydoggie@hotmail.com).



Merry



Becky

## Protect Pets from Pill Poisoning

By Dr. Greg Perrault

About 25% of the calls to the poison control hotline are for toxicities involving human medication. The two most common drugs are pain relievers and antidepressants. Many human medicines metabolize differently in animals and often lead to serious illness or death. Because of this difference in metabolism, even children's versions of medicines are toxic to pets.

Most of the time, pills are left out or fall on the ground but sometimes the medicine is given to the pet by the owner, who is not aware of the danger.

Ibuprofen is the number one human medication ingested by pets. Advil and Motrin are two brand names. This medicine causes gastrointestinal ulcers and kidney failure.

Acetaminophen is another pain reliever that most people have around the house. Tylenol is a brand name. This medicine is one of the most deadly medicines in cats. Even very tiny amounts will lead to illness or death. Two tablets given to a cat over a 24 hour period will usually kill it. This medicine changes the hemoglobin in the cat's red blood cells and prevents the cell from carrying oxygen.

Naproxen is in the brand medicine Aleve and Naprosyn and is a great pain reliever for people. But dogs and cats are very sensitive to this drug and small amounts will lead to ulcers and kidney failure.

Tramadol is a drug that is used in both people and animals for the treatment of pain. It is a good pain reliever for dogs in doses prescribed by your veterinarian. The reason it makes the list of common pet poisonings is simply from overdosing. Pets often get to the pill vial and eat several pills at one time. It acts as an opioid drug for pain and also releases serotonin like some antidepressants. With the overdose, pets may become severely sedated and disoriented. Other individuals may become just the opposite. They may vomit, become extremely agitated and even develop seizures.

There are many anti anxiety medicines prescribed to people that end up being in-

gested by pets. Some of the more common names are Alprazolam, brand name Xanax, Duloxetine, brand name Cymbalta, and Venlafaxine, brand name Effexor. These medicines can cause either depression and lethargy or excitement in pets. Sometimes a serious drop in blood pressure is seen leading to weakness and collapse.

Other medications, such as sleep aids and anti seizure drugs, also make the top list of poisonings in pets.

There are two other pet exposures to human medicine I'd like to mention: topical or transdermal medicine, and medical marijuana. We have seen the cases rise every year. This year alone we have had about a dozen cases. Topical medicine may be a hormone like testosterone or estrogen. Directions for these medicines often call for application to the belly or thighs. That's right where most lapdogs (or lap cats) like to hang out. Exposure is usually chronic so signs are not as obvious. Female pets that have been spayed may develop signs of going into a heat cycle or may develop large mammary glands. Sometimes, a thinning of the hair coat is seen. Other topical medicine may contain cortisone. I just had a case of this last week. The owner was prescribed Triamcinolone for a skin condition and his dog has been exposed for a long time. The pet has been developing signs of Cushing's disease which is excess cortisone.

Marijuana ingestion in pets is becoming one of the most common poisonings we see today. Pets do not enjoy the effects of this drug. It often takes days for pets to metabolize marijuana. Signs include agitation or lethargy, disorientation, anxiety and fearfulness. Many of these pets require hospitalization and supportive care for days.

As with all medicine for people or pets, keep the pill vials up and out of the way from children and pets. Never leave them on the counter or coffee table. If your pet gets into your medicine, do not wait for signs to develop. Call your veterinarian right away.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach. •

## Happy Tails

**Peyton** is one of our seniors who had surgery to save his eye after a terrible infection set in. In addition, he has OCD (obsessive compulsive disorder) in that he would go in circles when anxious... Basically he spent almost every adoption day circling in his pen. We fondly referred to him as Peyton the Pacer. Peyton joins MSFR alumni Chief, who was adopted last September by a wonderful lady with a huge heart for special needs dogs. Please visit all of our

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



Congratulations to Peyton and his new mom.



# Real Estate

## Decked Out from Coast to Coast: Top Outdoor Living Trends for 2014

(BPT) - From genteel porches in the East to sleek, seaside balconies in the West, the popularity of outdoor living spaces is poised for significant growth from coast to coast with industry analysts predicting it will be a \$5.7 billion market by 2016. Reinforcing these projections, 63 percent of architects cite an outdoor living space as the most popular "special function room" in housing construction, according to the American Institute of Architects. What's more, the-Hearth, Patio & Barbecue Association reports that homebuilders list decks among the top three features most requested with new home buys.

"Decks and porches are now considered true extensions of a home's living space," says Adam Zambanini, vice president of marketing for Trex

that will be emerging outside homes across America in 2014.

### Size Matters

The biggest trend in decks right now is the increase in square footage. Gone are the days of the 20-by-10-foot rectangle with just enough room for a grill and some patio furniture. Today's decks are expanding both horizontally and vertically. Demand for decks with multiple tiers is increasing, as are requests to finish the space below an elevated deck.

### Thinking Outside The Box

When it comes to deck designs, today's homeowners also are thinking way outside the box and customizing nearly every aspect of their outdoor living spaces. Remodelers and architects report increased interest in pergolas

more decking shades and also mixing materials such as composite railings in white with contrasting black aluminum balusters. Our product offering allows for more than 1,200 different design combinations so there truly is something for every taste and lifestyle."

### High-Performance, Low Maintenance

In addition to design aesthetics, homeowners across the country are increasingly concerned with performance. Specifically, they want materials that allow them to spend more time enjoying their outdoor living space rather than maintaining it. This motivation has contributed to the continued innovation and popularity of composite decking and railing. Unlike wood or even traditional composites, high-performance wood alternatives like Trex Transcend resist fading, staining, scratching and mold - and won't rot, warp, crack or splinter. Upkeep is hassle-free and requires no sanding, staining or painting. Food and drink spills wash off easily with just soap and water.

### Sustainability

Composite decking also responds to another growing trend among U.S. homeowners - interest in sustainable, eco-friendly building materials.

"High-performance decking provides the look and feel of real wood, but without the environmental impact, making it an ideal choice for today's eco-conscious consumers," notes Zambanini.

The entire high-performance Trex decking portfolio is manufactured from more than 95 percent recycled content, including reclaimed wood and sawdust, as well as plastic from many common household items. The company salvages and keeps more than 400 million pounds of plastic and wood scrap out of landfills each year. •



*"63 percent of architects cite an outdoor living space as the most popular "special function room" in housing construction."*

Company, the world's largest manufacturer of high-performance wood-alternative decking and railing. "People are showing increased interest in maximizing the function, comfort and personalization of their outdoor spaces and are realizing that it's far more economical to expand their living space outside than to enlarge or renovate their home's interior."

As planning and preparation for the 2014 outdoor living season begins, the experts at Trex offer a glimpse into the national trends

and walls to define different functional areas and create privacy, as well as integrated features like built-in benches, planter boxes and storage. Similarly, consumer interest in accessories such as deck lighting, ornamental post caps and decorative balusters also is on the rise.

"We are seeing a lot more mixing of materials," reports Zambanini. "Contractors and consumers alike are creating highly customized deck designs combining two or



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### Beautiful Torrance Villa

This Mediterranean styled villa was the result of a \$500k remodel finished in 2009. It has the best curb appeal with exterior stone work, twin curved steps and mahogany double doors. This luxurious home has all high end upgrades including Marvin wood framed/aluminum clad, dual pane windows with security laminate glass. The kitchen is truly a chef's delight stainless steel appliances, custom cabinets, a walk in pantry, and granite counter tops. It also opens to a great dining/living/game room. Large ground floor theater room with a fireplace could also serve as a master bedroom in addition to 4 bedrooms upstairs and a total of 2.5 baths. Behind the motorized wooden gates is total privacy with room for RV/boat and plenty of parking.

**Listed at \$1,299,000**