

# Torrance Tribune

The Weekly Newspaper of Torrance

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## Inside This Issue

Business & Professional.....	11
Calendar.....	3
Classifieds .....	14
Crossword/Sudoku .....	14
Food .....	7
Police Reports.....	13
Pets.....	15
Politically Speaking.....	5
Real Estate.....	16
Sports .....	6
TerriAnn in Torrance.....	8

## Raffle of 2010 Lakers' Championship Ring Raises Funds for Charitable Organizations



Two-time basketball hall of famer Bill Sharman has launched "Bill's Ring of Hope" ring raffle. One lucky fan will win Sharman's Los Angeles Lakers' 2010 NBA championship ring and Lakers' game tickets, with the proceeds going to charity. Log onto [www.billsringofhope.com](http://www.billsringofhope.com) or [www.netraffle.org](http://www.netraffle.org) to purchase the \$2 tickets, with a minimum of five tickets. The winner will be announced and winning ticket drawn on June 7. Seen here is the Ring of Hope with James Worthy, Bill Sharman, Cleon Daskalakis and Metta World Peace. Photo by TerriAnn Ferren.

## More Time Needed For Car Sharing Agreement

By Dylan Little

Tuesday night, the Torrance City Council directed staff to develop a contract or franchise agreement with Car2Go, a car-sharing service that hopes to operate in Torrance and eight other South Bay cities. Before Car2Go could begin operations, the Council will also have to decide how to reconcile the parking regulations in the city with Car2Go's business plan.

Car2Go is a point-to-point car rental service that allows its members to rent a two-passenger smart car by the minute and park it anywhere in its "home area" to be rented by other would-be motorists. The company hopes to bring the success it has had in Portland, San Diego, Miami, Austin, Washington, D.C. and Seattle to the South Bay area. Nine South Bay cities (El Segundo, Gardena, Hawthorne, Hermosa Beach, Lawndale, Lomita, Manhattan Beach, Redondo Beach and Torrance) are in the process of developing a framework to allow the car-sharing company to operate in their borders to increase mobility opportunities, lower congestion and reduce the number of cars on the road. Already El Segundo, Gardena and Lomita have approved Car2Go to operate in their cities.

Because of how the business operates (allowing users to leave their cars on residential streets), Car2Go representative Walter Rosenkranz asked the Council for special parking exemptions. He said that while the cars can be parked in residential neighborhoods, they shouldn't be there long and concerned residents could call Car2Go to have them removed. "The cars will free-float throughout the South Bay wherever our members need them," said Rosenkranz. "If we notice the cars gather in one area, we have a fleet team that will go out and relocate cars and make sure they are redistributed."

Victor Garate from All Yellow Taxi voiced concerns about allowing Car2Go to operate in the city. The company's objections focused around allowing Car2Go to park commercial

vehicles on the street (a privilege taxis aren't allowed even in off hours). This means Car2Go would pay a different fee from the taxi companies in Torrance, creating competition that might negatively affect contractors. However, Rosenkranz said that taxis and Car2Go could work together. "Taxis are a great complement to our service," said Rosenkranz. "For example, if a member wants to go out for dinner and doesn't want to drive home, that's where taxis come in."

All Yellow Taxi wasn't the only business concerned about Car2Go. Brooks Morris from Enterprise Car Rentals said that while his

company was in favor of car-sharing (he noted that fewer privately owned cars would mean more rentals for his company), he objected to allowing Car2Go to use on-street parking, which he saw as an unfair advantage in that Enterprise has to rent parking for its vehicles. "We aren't opposed to the concept—we're for it," said Morris. "At the end of the day, we are looking for a fair playing field."

However, some businesses were very supportive of bringing car-sharing to Torrance. Doug Smith, Director of Local Outreach at the Torrance Marriott, said Car2Go would be

See City Council, page 3

## Weekend Forecast

**Friday**  
Partly  
Cloudy  
64°/57°



**Saturday**  
AM Clouds  
PM Sun  
65°/58°



**Sunday**  
Partly  
Cloudy  
63°/58°



## Eighth Graders Introduced to Engineering

By Cristian Vasquez

More than 300 middle school girls from the Torrance Unified School District participated in the ExxonMobil Introduce a Girl to Engineering Day. "ExxonMobil is working to build the next generation of innovators by introducing students to the marvels of engineering," said Rozena Dendy, a Process Department supervisor at the refinery and a chemical engineer. "We want to demonstrate that engineering careers are not only exciting, rewarding and diverse, but they also offer opportunities to make a difference. Whether creating advanced technologies or developing new medicines, engineers are positively changing the world."

Eighth grade girls from Bert Lynn, Casimir and Magruder middle schools participated in the day-long, hands-on activities designed to engage young girls in engineering through fun and unique applications of science, technology, engineering and math (STEM) that help solve

everyday problems. Through a variety of workshops, ExxonMobil employees demonstrated the creative and collaborative aspects of engineering.

"When I heard about it, I thought it was really wonderful idea. It has been around for a couple years and it was something that I have been interested in participating in," Bert Lynn Middle School Principal LeRoy Jackson said. "They [ExxonMobil] have a rotation and one of the rotations missed us. Fortunately, we didn't get miss on this rotation and we had about 144 girls in eighth grade go on the event and participate."

The students were able to engage in experiments that included chemical engineering, making ice cream, mechanical engineering, and building a catapult—which was followed by contest to see which catapult launched a bean bag farthest while discussing the issues regarding the device. They also participated in

See Exxon, page 2



**Exxon**

from front page

an electrical engineering project for which they built a small motor and discussed real-life motors located in the refinery and an average household. The fourth activity included a hands-on experience with professionals from different disciplines such as civil engineers, environmental engineers and many others who shared what they do in their jobs with the girls.

“The eighth grade girls in Torrance Unified are going to high school and a lot of the decisions they make in school right now will determine what their career is going to be and where they will go to college,” McGruder Middle School Principal Chris Sheck said. “This is also why giving them exposure to STEM-related fields and having them do hands-on chemistry and engineering experiments is very important—because it might stimulate an interest that may be there and then give them the push that they need to stay focused through their high school years and then go on to college.”

The event, which was supported by the ExxonMobil Foundation, emphasized how despite women accounting for almost half of the workforce in the United States, they only comprise 14 percent of engineering jobs, according to the Economics and Statistics Administration. In addition, a report by the Congressional Joint Economic Committee indicates that women represent only 27 percent of mathematics and computer science professionals. Introduce a Girl to Engineering Day seeks to promote the advantages of the profession and the need for women to pursue careers in the field.

“They had some very expensive equipment that the students were able to handle that we would never be able to afford on campus,” Jackson said. “They were able to use x-rays to determine the chemical makeup of metals. For instance, they would hold it up to a piece of gold and it told them what percentage of gold it was and what other alloys were in it. It was a very impressive piece of machinery that we could never afford.”

Sheck believes that the day’s activities not only impacted the eighth graders involved, but other students as well. “The girls come back and they are talking not only to all of their friends, but also to the seventh graders who hear about it and they begin to ask if they can go—it generates an overall feeling of excitement and it is really nice to see students excited about learning,”

Sheck said. “Any time students are excited about learning it definitely has a positive impact on the environment. Students go

corporation in Torrance where they are put into a situation where they can do chemistry experiments and they can do other experi-

*“We want to demonstrate that engineering careers are not only exciting, rewarding and diverse, but they also offer opportunities to make a difference. Whether creating advanced technologies or developing new medicines, engineers are positively changing the world.”*

in labs in seventh grade and in eighth grade, which is all part of their middle school experience. But to actually go to a

ments that expose them to greater science and engineering means a lot. The girls come back excited and if you are a student that

is excited about learning, that is the most exciting part of my job.”

Jackson added, “The students had an opportunity to do a variety of different things and hopefully they will show in interest in getting into the sciences. Nationally, women are underrepresented in the sciences and that is why ExxonMobil is reaching out the way that they are and hopefully that increases the numbers of women in the field. What was also nice about ExxonMobil is that they had young engineers and they also had a fair number of women engineers. These were all people with which the students could relate.” •



Eighth grade girls from Bert Lynn, Casimir and Magruder middle schools participated in the day-long, hands-on activities designed to engage young girls in engineering through fun and unique applications of science, technology, engineering and math (STEM) that help solve everyday problems. Photo by Bert Lynn Middle School Principal LeRoy Jackson.



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**Letters**

**RE: “Herald Publications Designer Makes a Name in Art World” - April 4, 2013**

Thank you Torrance Tribune for Brian Simon’s story about Patty Grau (Herald Publications Designer Makes a Name in Art World).

Patty Grau was one of the artists showing her mono-prints at MaGriffe Galerie. My husband Chuck and I had heard so much about Patty’s mono-prints, we being artists were curious to see.

It was the first Thursday of March and my husband Chuck and I were planning our ride, there was a new art gallery on Gaffey Street which was on the way to San Pedro’s first Thursday art-walk. It was early spring filled with indifferent weather and

that day was no exception a truly difficult time to use our bicycles as the main source of transportation; but we pledged to stay green and as determined seniors putting challenge into our life, from Dino’s cafe in Torrance to Gaffey Street in San Pedro amounted to a lot of obstacle peddling; the long hills, the cells of rain shifting directions dictated to by the wind. When we arrived at MaGriffe Galerie, Patty Grau having a cordial quality reflected from her talent was a kind soul eager to share showed us her work. The evening sunlight had permanently punched through the clouds making nature’s own work of art look the same as one of Patty’s mono-prints. My husband Chuck declared, “looks like nature is getting it right.”

– Dora Perez-Meyer •



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# The Real Cost of Realignment

## Courtesy of the Criminal Justice League foundation

While academics, politicians and corrections officials have been lauding the success of Governor Jerry Brown's "Public Safety Realignment" law (AB109) at reducing the state prison population, the law's historic shift in responsibility for most felons to California counties has had a major negative impact in many L.A. area communities. Prior to Realignment, only inmates awaiting trial for cases such as murder were in jail longer than a year. Today, habitual criminals convicted of most theft and drug felonies and some types of assault, can receive multi-year sentences in local jails, which were not designed for long term inmates. Counties face increased threats to public safety as some prisoners, even repeat offenders, are released early because jails simply do not have the resources or the capacity needed to handle the influx. County jails are not only expected to provide room for realigned criminals, money must also be found to fund prison programs such as education, treatment, rehabilitation, and recreation. The number of criminals needing these services is only expected to increase (KTVU, February 28).

According to L.A. County Supervisor Michael D. Antonovich, there have been 11,473 criminals sentenced to LA County jail rather than prison since Realignment began in October 2011. Among these offenders, 40 are serving sentences between 8 and 40 years. Currently there are more than 43,000 inmates serving sentences in local jails rather than state prison. This is expected to increase to 52,000 by 2014. Under Realignment, L.A. County misdemeanor offenders are serving about 10 to 15 percent of their sentences prior to release. Once maximum jail capacities are met, the amount of time served will continue to decrease.

Crime reports from both the L.A. County Sheriff and Probation Departments indicate that property crimes across the county have increased dramatically over the last 12 months. For example, burglaries have increased by 175

percent in Hawaiian Gardens, 172 percent in Walnut, 130 percent in Lomita, 100 percent in Artesia, 92 percent in La Mirada, 80 percent in Rosemead, 50 percent in Compton, 45 percent in South Los Angeles, and 32 percent in Cerritos. Auto theft has jumped by 365 percent in Artesia, 152 percent in Crescenta Valley, 120 percent in San Dimas, 100 percent in Marina Del Rey, 107 percent in Maywood, 92 percent in Bellflower, 73 percent in Cudahy, 57 percent in Duarte, and 50 percent in Palmdale.

The Sacramento-based Criminal Justice Legal Foundation has been tracking crime in California communities since Realignment took effect. In February, the Foundation reported that, according to a preliminary report from the FBI for the first six months of 2012, California saw across-the-board increases in all crime categories after 15 years of declining crime. Among the most alarming findings was a 7.6 percent increase in homicide. The victims include four people murdered execution style in a Northridge boarding house on December 2, 2012. Habitual felon Ka Pasasouk, who was free on probation due to Realignment, was arrested for the killings.

More recently, police were searching for Tobias Dustin Summers for the March 24, early morning bedroom abduction of a 10-year-old southern California girl. The victim was found 12 hours later wandering near a Starbucks several miles from her home. She had been sexually assaulted. In spite of prior convictions for robbery, auto theft, and kidnapping, Summers was released from prison to county probation instead of state parole under Realignment. He served six days in jail last January for violating probation which before Realignment would have resulted in his being sent back to state prison.

Referring to this case Foundation President Michael Rushford said, "Governor Brown owns Realignment. He supported its passage, he signed it into law, he defends it, and he refuses to abolish it in the face of the crimes like this it has caused. Unfortunately, this incident gives a new meaning to the term 'Jerry's kids,'" he added. •

## City Council

from front page

a boon to both travelers and staff at the hotel. Mayor Frank Scotto asked if the Torrance Marriott would provide dedicated spaces for Car2Go vehicles and Smith responded with a definite yes. "We are strongly in support of Car2Go," said Smith. "We think this could be a great benefit to our associates, guests and the residents as well."

The Torrance Area Chamber of Commerce (TACC) and the South Bay Cities Council of Governments (SBCCOG) both supported car-sharing in general and approved Car2Go's plans. Brian Rosario, Governmental Affairs Coordinator for TACC, said the organization's

Scotto, however, disagreed on what Torrance had to lose. He was concerned that car-sharing might prove too successful and lead to a massive loss in sales tax revenue from local car dealerships. "We are going down this path and saying the City of Torrance isn't losing anything, but really Torrance could potentially be the biggest loser in this," said Scotto.

Councilmember Cliff Numark retorted by saying that if residents want a car alternative, the Council shouldn't get in their way. "We're here to serve the residents," he said. "People are going to take motorcycles, they are going

*"Car2Go is a point-to-point car rental service that allows its members to rent a two-passenger smart car by the minute and park it anywhere in its 'home area' to be rented by other would-be motorists."*

members were excited about bringing greater mobility to the area and hopefully more business to their stores. On behalf of SBCCOG, Executive Director Jacki Bacharach said her group decided to independently verify Car2Go's track record. Her staff called every city in the US that Car2Go currently serves, spoke with representatives of both business and city governments and turned up only glowing reviews. "The one overriding thing we heard from all these cities is that Car2Go is an exemplary partner in customer service," said Bacharach. "They did move their cars when they were asked to."

Bacharach added that the South Bay has nothing to lose and potentially a lot to gain from a viable car-sharing service. "To be perfectly honest, we felt that we had to give it a try," she said. "There's no downside just to trying it. If it takes off, it takes off and if it doesn't, it's a private business and it will go away. It works everywhere else. It should work here."

to walk or they will ride bicycles instead of driving cars. We aren't going to ban those forms of transportation."

While the Council made steps towards approving Car2Go's business plan, Tuesday's action was far from a concrete resolution. The Council did not come to an agreement on whether to allow parking in permit parking zones (like El Camino Village) or in the Downtown shopping area (Car2Go sought exemptions from the City's two-hour parking regulations). One thing that is fairly certain is the City will be looking for some amount of revenue (via contract agreement or franchise fees) beyond sales tax for the extra work associated with Car2Go. Scotto is fairly certain that if Car2Go won't agree to paying a fee, another provider would gladly serve the area. "I think if you say, 'Torrance is going to charge a franchise fee, we're going to walk,' Zipcar will be here the next day," said Scotto. •

# Calendar

## SATURDAY, APRIL 13

• "I Hear America Singing" - Torrance Civic Chorale program, 8-10 pm, James R. Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

• Cactus and Succulent Show and Sale, 9 a.m.- 4 p.m., South Coast Botanic Garden, 26300 Crenshaw Blvd. For more information call (310) 544-6815.

## TUESDAY, APRIL 16

• City Council Meeting, 7-10 p.m. City Hall, Council Chamber, 3031 Torrance Blvd. For more information call (310) 618.2870.

## WEDNESDAY, APRIL 17

• General Meeting Information for the South Bay Cities Genealogical Society, 7 p.m., Katy Geissert Library, 3301 Torrance Boulevard.

• Managing Anxiety, Stress and Depression, 7 p.m., Torrance Memorial Medical Center, 3330 Lomita Blvd. For more information call (310) 517-4711.

## THURSDAY, APRIL 18

• Community Meeting for the presentation of the proposed Street Tree Master Plan, 7 p.m. 3330 Toyota Meeting Hall Civic Center Drive. For more information contact Judy Emerson at (310) 781-6900 or JEmerson@Torranceca.gov.

• Beach Cities Republicans Meeting, 7 p.m. (6 p.m. no host dinner), Sizzler Restaurant, 2880 Sepulveda Blvd. For more information contact Patti at (310) 753-4159 or plagrelius@aol.com.

## SATURDAY, APRIL 20

• Bunka-Sai Japanese Cultural Festival, 11 a.m.-5 p.m. (also 4/21), Torrance Cultural Arts Center, 3330 Civic Center Drive. For more information call (310) 618-2930.

• The Fighters of Armageddon, 11 a.m., Western Museum of Flight, 3315 Airport Drive. For more information call (310) 326-9544.

• Earth Day 2013 Celebration, 8:30 a.m.-noon, Madrona Marsh Nature Center and Preserve, 3201 Plaza Del Amo. For more information call (310) 782-3989.

• Earth Day Event: Free Paper Shredding, Mulch Give-Away, and Recycling Drop off for Electronics, Used Oil and Filters, and Clothing and Shoes, 10 a.m.-2 p.m., Torrance Courthouse. For more information call (310) 781-6900.

## SUNDAY, APRIL 21

• Chef Shafer presents: Triple B Romp n' Stomp 2, 12 p.m.-6 p.m., at the Buffalo Fire Department. For tickets call (310) 787-7501. Limited seating for VIP Bourbon Tasting, BBQ and Blues concert.

## FRIDAY, APRIL 26

• Hardback Book Sale - Friends of the Torrance Library, 2-6 p.m., Katy Geissert Library, 3301 Torrance Blvd.

## SATURDAY, APRIL 27

• "What's Up for Kids" Expo, 10 a.m.-3 p.m., Torrance Cultural Arts Center, 3330 Civic Center Drive. For more information call (310) 544-1042.

• Torrance Relay For Life, April 27- 28, South High School. For more information visit [www.relayforlife.org/torranceca](http://www.relayforlife.org/torranceca).

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

## SUNDAY, APRIL 28

• Family Arts Festival sponsored by Arts Council of Torrance, 2 - 5 p.m., Ken Miller Auditorium, 3341 Torrance Blvd. For more information email [artscounciltorrance@yahoo.com](mailto:artscounciltorrance@yahoo.com).

## MONDAY APRIL 29

• "Researching U.S. Immigration and Naturalization", 7 p.m. Traveling Library, 7:30 p.m. Speaker, Toyota USA Auto Museum, 19600 Van Ness Ave. For more information contact Judie Rice at [judieson@aol.com](mailto:judieson@aol.com).

## ONGOING

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



# Metro Briefs

## SOUTH BAY

### Go Metro To Dodger Stadium

Take advantage of a winning combination to reach Dodger Stadium this season. Just Go Metro to Union Station and connect with the Dodger Stadium Express. You'll avoid traffic and help reduce air pollution; and your same day Dodger ticket is good for the fare! The Dodger Stadium Express is made possible by Clean Transportation Funding from MSRC. For more information, visit [metro.net](http://metro.net).

### Festival of Books April 20-21 At USC

Go Metro to the largest book festival in the country the weekend of April 20-21 at the Los Angeles Times Festival of Books. This free event at the USC North University Park Campus includes author events, storytelling and poetry readings. Enjoy it all without traffic and parking hassles; just take the Metro Expo Line to Expo Park/USC Station.

### Plan To Be A Part Of Bike Week

Bicycling is a great way to travel around a neighborhood, especially with new bikeways appearing throughout the county. During Bike Week, May 13-19, join Metro and partners to learn more about bicycling resources in your community. For more on how you can enjoy Bike Week, check [metro.net/bikes](http://metro.net/bikes).

### ExpressLanes Users Keep Growing

The number of Metro ExpressLanes transponders sold recently hit 135,000 and continues to grow. Join the motorists who are saving time in traffic on the I-10 and I-110 freeways. All vehicles except motorcycles need a FasTrak® account and transponder to use the lanes. To get yours, visit [metro.net/expresslanes](http://metro.net/expresslanes).

### Celebrate Earth Day April 22

Do your part to improve the environment as we participate in Earth Day 2013 on Monday, April 22. Go Metro to work, shopping or running errands. Or learn about rideshare options such as carpools and vanpools. Plan to reduce your environmental footprint and find out how to get started at [metro.net](http://metro.net).



If you'd like to know more, visit [metro.net](http://metro.net).



# Sanctuary

## 'Sanctuary' for Readers

The Herald is excited to announce and introduce a new contributor to our publication, Reverend Eric Jay, Pastor of St. John's Lutheran Church in El Segundo. In a monthly editorial column entitled "Sanctuary" Pastor Jay will be engaging the topics of faith, religion and ethics. Writing on everything from current events and news headlines to social dilemmas and his own theological and faith convictions, there will certainly be something for everyone.



my unique dialogical approach to delivering messages and I replied, "Not many people like to be talked at for 30 minutes, but most people enjoy being talked with for much longer. There is certainly a place and time for delivering a sermon, but whenever possible, I like to engage and converse with people." Though my new church home at St. John's worships in a slightly more traditional setting, it's the attitude, your approach to people and your approach to worship that makes a bigger difference for people than what you wear or whether you sit in pews or recliners.

During my years as a church planter, my

**A brief bio provided by Pastor Jay:**

Though the early years of my life spanned the U.S. and even the globe, as I lived in

*"There is certainly a place and time for delivering a sermon, but whenever possible, I like to engage and converse with people."*

Japan, while my father was deployed with the military, I certainly consider myself a native of Southern California. I'm currently living in South Orange County where I have lived the majority of my life. My wife Sarah and I are looking forward to moving north to our new home, in El Segundo, as soon as possible. For the time being, I'm battling the demons of the 405 Freeway each day to tend to my flock and minister to the El Segundo community. Prior to being called to serve at St. John's, I was pioneering new paths as an urban church planter in Orange, Westminster and Costa Mesa. Impact Ministries and Rock Pillar Ministries (RPM) having been two of the projects I am most proud of and recognized for. Pushing the envelope of what has traditionally been accepted as "how church is supposed to be," congregants of RPM found themselves on recliners and couches sipping lattes as they engaged me in sermons and discussions that some described as "mental marathons". I was once asked about

wife and I supported ourselves with the music performance and education company we started from scratch, Soli Studios Music Inc. With both of us having graduated college with degrees in Music (which is where we met and fell in love), ministering through music is something we both plan to do as long as we can. After graduating with a degree in music performance, I went on to enroll in the St. Louis Seminary of the Lutheran Church Missouri Synod (LCMS) via the Cross Culture Ministry Center Pastoral Certification Program at Concordia University in Irvine, where I graduated with honors earning an M.A. in Theology.

Although I stand 6'4" tall with a full black beard, and having been recently described in love as "a big ol' trucker-looking pastor", I'm easy going and I consider myself easy to talk to. I am honored to contribute to the Herald and engage the community in a discussion of eternal proportions!

Welcome Pastor Jay! •

# Community Briefs

## TelePacific Communications Opens South Bay Branch

TelePacific Communications, which recently opened a Torrance sales office at 2293 W.



190th Street, sponsored an appreciation event at Keegan's Irish Pub in Old Torrance for its local partners and customers. TelePacific is a regional phone company, which provides Internet and phone lines to medium sized businesses. TelePacific employs 1,600 people with corporate headquarters in Downtown Los Angeles and opened its Torrance location to support its growing South Bay business activity. Pictured in photo (left to right) TelePacific Sr. VP Ken Bisnoff, Sales Manager Laura Kuster and Sr. Acct. Exec. Dan Thomas who also serves as a board member of the Torrance Area Chamber of Commerce. Photo by Charlene Nishimura.

## El Pollo Loco Opens New Restaurant in Torrance

El Pollo Loco, hosted its grand opening celebration and ribbon-cutting ceremony at its newest restaurant in Torrance on Tuesday,



El Pollo Loco celebrated their fourth store opening in the City of Torrance at 19300 Hawthorne Blvd. on April 2.

April 2 at 19300 Hawthorne Blvd., from 9:30 a.m. to 11 a.m. With four locations in



Left to right: El Pollo Loco President & CEO Stephen J. Sather, Congresswoman Maxine Waters, Torrance Mayor Frank Scotto and Ambassador Sidney Williams.

Torrance and many throughout the South Bay, El Pollo Loco is a proud member of the community, committed to giving back by hosting meaningful fundraisers that contribute to local schools and non-profit organizations and are just as dedicated to serving delicious, authentic Mexican food made from fresh ingredients. Photos by Charlene Nishimura.

## The Life Oasis Celebrates Grand Opening

The Life Oasis, located at 2421 W. 205th Street, Suite D102 in Torrance celebrated its grand opening on April 5 with a Torrance Area Chamber of Commerce ribbon cutting and festive reception, which included several Chamber and City of Torrance dignitaries. The Life Oasis is an on-site and online solution center that supports its clients by helping them find complete life and business solutions via workshops, seminars and consulting services. Specialties include Life Coaching, Business Coaching, Mind & Body Empowerment, Corporate Training, Feng Shui Consulting, Internet Marketing, Web Design & Development, Business Development Strategies, Quit Smoking



in 60 Minutes, Personal Development, Neuro-linguistic programming (NLP) and Hypnotherapy. Additional info is available at [www.TheLifeOasis.com](http://www.TheLifeOasis.com), (888) 991-6274. Pictured (from center and clockwise): The Life Oasis Team Directors include Irene Freitas, Jacque Schaeffer, Wei Hong, Dan Nguyen and Ryan Gagajena. Photo by Charlene Nishimura.

## Chef Shafer's Triple B Romp N' Stomp

On Sunday, April 21, the Triple B 2nd Annual Romp N' Stomp will feature 14 plus single barrel aged bourbons such as Eagle Rare and Markers Mark 46. Besides the bourbon there will be assorted microbrews and wine to be consumed by all. The barbecue will be an all-you-can-eat buffet of double smoked pork ribs, brown sugar barbecue sirloin, and Sonoran barbecue chicken along with an assortment of salads and desserts. Three bands will be dishing out live blues music at this year's event featuring, Hard Rain, Hush and Porterhouse Bob and Down to the Bone with the Brotherhood Horns. Porterhouse Bob and his band are celebrating 13 years of outrageously entertaining live performances throughout California, Nevada and Utah. The band has released its fourth CD, Shake N Bake, and was featured with Gene Simmons on AETV's Family Jewels and with David Tutera on WE TV's My Fair Wedding and has opened the Doheny Blues Festival for BB King. Porterhouse Bob is a long-time resident of Old Torrance. This year's bourbon, barbecue and live music event promises to be an exciting Sunday excursion in Old Torrance. Limited seating is available at \$75/person. For reservation interested persons may call 310-787-7501.

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# Politically Speaking

## One Man's Opinion

By Gerry Chong

The sky couldn't have been bluer, nor the clouds whiter, as former President Obama and former Chinese President Hu Jintao settled on their individual clouds. They puffed contentedly on their stogies and swigged their beer. "Ahhhh," said Obama. "Remember that wonderful year, 2008?"

"How could I forget," sighed Hu. "The apparent economic disaster was really a

high speed rail systems, and used government-guaranteed loans to entice developers to build high-rise buildings. I built two national airlines and state-of-the-art international airline terminals at major cities. I believed that if government built the infrastructure, the citizens will serve their own self interest and flock to where the opportunities are."

"You are heartless, Hu," Obama responded. "I believe it is the role of government to

*"You had lost your AAA credit rating; your economy had fallen to number two in the world, and your trading partners had dumped the dollar as the world's reserve currency."*

blessing, giving each of us the opportunity to reshape our countries in our own image." Contentedly, each drifted off in his own reverie, remembering those halcyon days.

"You know, Hu, I always admired China, especially its creation of a society where everyone is equal," said Obama. "That year of chaos gave me the opportunity to eliminate the rich by 'spreading the wealth around.' I demanded they 'pay their fair share' even though they carried the bulk of the cost of society. About half of the citizens didn't pay any income taxes, but that's okay. You see, Hu, my admiration for the old egalitarian Chinese model knew no bounds."

Hu replied, "But Mr. President, we Chinese dreamed the dream of wealth for all. Our name for California, for example, is translated as 'Gold Mountain.' We want to encourage wealth--not deny it."

"How capitalistic," said Obama. "I used Stimulus money to support government employment, nationalize health care, extend unemployment benefits and even give away free cell phones!"

Hu replied, "I spent state money too, but to build cities, because that is where national wealth is created. I built new subway systems,

support the less fortunate. Why, during my first five years as President, I grew the food stamp program from 28 million users to 48 million users. Moreover, even as the economy was recovering in 2013, food stamp usage grew at 13,000 per day! The more we can give citizens and non-citizens alike, the better I will have served as a super-community organizer."

Hu replied, "But while you have focused on creating equality, your economy floundered, struggling to grow at the same rate as inflation...Essentially the U.S. is stagnant and has no plan for economic expansion. We, on the other hand, have been growing at 7.5 to 8.0 percent per year and have a plan to continue that pace for the next 10 years. Barack, by the time your term had expired, you had hit the trifecta! You had lost your AAA credit rating; your economy had fallen to number two in the world, and your trading partners had dumped the dollar as the world's reserve currency."

"Hmmm," said Obama, "We both apparently succeeded in meeting our goals. China has become the U.S. of old and the U.S. has become the China of old. High five, my man!"

## From the Source

### Political Q & A

Question of the Week: "At the end of January, the County's unemployment rate was 10.3 percent (seasonally adjusted) or 10.9 percent (unadjusted). What can be done at the County level to improve those numbers?"

**Supervisor Mark Ridley-Thomas responded:**

"As a service provider, county government is an employer, a procurer of services and a policymaker. As the largest single employer in Los Angeles County, effective stewardship of tax revenue and management of resources has permitted us to avoid layoffs and furloughs during the worst economic downturn we've experienced since the Great Depression.

Consequently, we've avoided the type of workforce reductions that would have contributed to the abysmal unemployment rate these past years. This is a tribute to my colleagues' prudent governance before I was elected to the Board. It is also a tribute to the extraordinary cooperation we've enjoyed with our public sector union partners.

The County also procures services from the private sector such as the mandatory targeted hiring practices I've authored for our public works construction projects. These policies emphasize the employment of county residents particularly from neighborhoods hardest hit by the recession.

As a policymaker, the County is seeking to secure our fair share of state and federal

resources in two of the most promising job growth sectors of the economy: health care and clean energy development. By supporting implementation of federal health care reform, we expect to obtain the funds to greatly expand health care coverage and stimulate the demand for health industry jobs. Similarly, there are also a number of economic sustainability initiatives aimed at enhancing efficiency and conservation designed to promote clean energy-related jobs such as Property Assessed Clean Energy and the Southern California Regional Network."

**Supervisor Don Knabe responded:**

"The high unemployment numbers are critical to the County for two reasons. On the safety net side, as the economy remains stagnant, we see our caseloads for social programs rise. We also continue to lobby the federal government to fund subsidized employment programs which have proven very successful. In the past, Los Angeles County has seen tremendous results with our 10,000 Jobs Program and Youth Summer Jobs Program. Both are a lifeline for struggling businesses and a chance for the unemployed to build their experience and expertise. We need to do everything we can to attract new businesses and retain the valuable businesses we have--or they will flee LA County and take precious jobs with them." •

## Another Man's Opinion

### Fracking

By Cristian Vasquez

New legislation was introduced in Sacramento by Senator Fran Pavley (D-Agoura) in order to regulate the practice of hydraulic fracturing (fracking), the process of extracting natural gas from shale rock layers that are located deep inside the earth--and the opposition was fast to criticize the move. Opponents who represent oil companies and supporters of deregulation have described SB4 as being unnecessary and have argued that oil companies have been using fracking in a safe manner in the state for decades.

Despite the oil companies' decades of experience in fracking, SB4 is a necessary step in the right direction in order to ensure that the public's health and safety do not become compromised. Furthermore, it helps ensure that the public becomes informed if there has been an issue that jeopardizes its health and safety. Part of the SB4's requirements include that companies obtain a State-issued permit to frack, and to notify neighboring property owners 30 days ahead of time. In addition, it also says they must disclose to the State all of the chemicals they use to frack in a particular location. While this requirement might slow down the process of fracking and pose an inconvenience for oil companies, what is important is that it protects California residents, renters and homeowners alike.

Much of the resistance would be expected from oil companies and people opposed to regulation, especially since this is the first systematic attempt at regulating fracking by an administration in California's history.

However, SB4 is not a bill that is being rushed into by lawmakers and is actually the result of hours upon hours of meetings with stakeholders. Furthermore, the bill's author has proposed amendments in order to make the legislation more efficient. While much concern remains about regulating the activities of oil companies in the state due to their importance to the local economy, that does not mean that lawmakers should not monitor their activities.

States such as Alaska, whose economy also relies heavily on oil companies, has issued its own proposed regulations such as requiring pre-approval of fracking operations, notification of nearby landowners and well operators, and substantial groundwater monitoring. If a red state like Alaska can get behind such measures to ensure the safety and well-being of its residents, then so should California.

The proposed regulations on fracking are not a move by lawmakers to control the oil companies, nor are they purely an attempt to make environmentalists happy by pushing for cleaner energy-extracting tactics. SB4 is a clear attempt to ensure that oil companies act within a set of rules that will create full transparency as to where these companies will engage in fracking, how long the process will take and that if there is a health hazard resulting from the extraction of natural gas that requires the public to be immediately notified. If homeowners are required to file building permits to make additions to their homes, why shouldn't lawmakers require the oil companies to obtain permits to drill for natural resources in our backyards? •

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# Sports

## Same Old Dodgers?

By Adam Serrao

Opening day at Chavez Ravine was a sight for sore eyes. With no baseball for almost six months, suddenly, there it was. An enormous American flag strewn about the field at the newly renovated Dodger Stadium. Stars from the movies and sports welcoming the team back to action. Vin Scully in his traditional seat in the press box for what may be his last season as the voice of the Dodgers. Magic Johnson and Sandy Koufax standing on the mound and Clayton Kershaw pitching a complete game shutout to lead the Dodgers to a 4-0 win over their most hated of rivals, the San Francisco Giants. Truly as memorable of an opening day

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as there has been in years. But what was a great way to begin the season quickly turned into a horrible way to start an opening series. Following that opening day win, the Dodgers promptly dropped the next two games in a row to the Giants and showed signs of being the same old Dodger team from the past.

Over this last offseason, Dodger Stadium underwent a \$100 million makeover to improve the way that the game is enjoyed by any fans who choose to make their way to the ballpark. Also over the offseason, the Dodgers' front office completed what was a \$220 million dollar makeover to the roster. Yet for some reason, the Dodgers still can't take a series from the San Francisco Giants. Sure, they are the World Series-winning San Francisco Giants, but with Carl Crawford, Adrian Gonzalez and Josh Beckett joining the mix, one would think that the Dodgers would stand a better chance. Not the case. Naturally, the Dodgers took the win on opening day. With all of the pageantry and hoopla going on, it would have been a shame if they didn't. Besides, they had the man who is perhaps the greatest pitcher in all of baseball on the mound hold the greatest team in baseball to zero runs on just four hits on the day. What followed, however, was disgusting (if you're a Dodgers fan).

No runs on just two hits in a game two loss and just three runs in another loss after stranding runners all night gave the Giants the series victory. "It'd only three games of the season—we're not panicking," Matt Kemp said. "They got big hits and we didn't get the job done. Bases loaded and I hit into a double play. I've got to find a better pitch to swing at." Certainly, Kemp does. After beginning the season 0-10 over the first three games, it is a bit disconcerting to see the team's biggest offensive weapon struggle so mightily. Matt and the Dodgers' team of coaches and trainers

insist that he is healthy, but going hitless in your first three games at home in a huge series against your most hated rivals certainly raises some pink flags, if not red ones. Since barreling into the wall on that infamous suture day in Milwaukee last year, Kemp has continued to do poorly. In the 28 games that followed his injury and his surgery to end last season, Kemp batted just .214. This spring training, Kemp hit only .250 with one home run and began the season in that 0-10 slump.

Kemp wasn't the only one struggling to start the season, however. New hitting coach Mark McGwire and manager Don Mattingly would like their hitters to be more selective

at the plate. Well, the fans would too. Maybe Madison Bumgarner just rode some opening day motivation and pitched a gem in game two, limiting the Dodgers' top five spots in the batting order to an 0 for 17 night. But the following night against Tim Lincecum is when the Dodgers' colors may have truly shone with a little black added to the hue of blue. "We had seven hits, seven walks, a hit batter--15 runners and we didn't do a lot with it tonight," said Mattingly. "You see seven walks and it means being somewhat patient, but we're still somewhat anxious when we get chances to drive in runs." The chances were certainly there, but the Dodgers went one for 14 with runners in scoring position and let a pitcher who had no business being on the mound win the game. It's not necessarily a tone that this new and revamped Dodgers organization wanted to set early on in the season.

The following series against the Pittsburgh Pirates created some sense of optimism for the Dodgers and their fans. Kershaw tallied another victory to go to 2-0 on the season, Carl Crawford is tearing it up in the leadoff spot and although Kemp came out of the series with a .100 batting average at a two for 20 clip, he had a key sacrifice fly to drive in the go-ahead run in Hyun-Jin Ryu's first career victory in the Major Leagues. Adrian Gonzalez also began to show why the Dodgers traded for him in the series against the Pirates, but for the most part the Dodgers are getting it done with pitching and defense rather than offense. It was only two series in to the beginning of the season, but with a lot of baseball yet to be played, it remains to be seen whether these Dodgers are the Dodgers of old, or if they're worth \$2.15 billion and perhaps a world championship. We'll have to wait until May to find out when they take on the Giants again--this time on the world champs' home field. •

## Up and Adam

### South, Torrance Split a Pair in League Play

By Adam Serrao

So far, this season hasn't turned out to be much like head coach Ollie Turner had expected for his Torrance Tartars' baseball club. Coming into the year, Turner knew that he would have to overcome the loss of key players who were vital to a successful season a year ago, but the way that the Tartars have struggled to gain any consistency has still left much to be desired for Turner and his team. The South High Spartans on the other hand have had a very successful start to the season thus far, keeping their sights set on the Pioneer League crown as they opened up league play with a two-game set against the Tartars. South started off strongly, taking the opening game at Torrance High by a final score of 6-1, but the Tartars, vowing not to get swept by their cross-town foes, fought back behind a strong performance by starting pitcher Kyle Mitchell and blanked the Spartans 4-0 in the getaway game last Friday at South.

The Spartans (10-4, 1-1) got the second half of their season off to a fast start in league play against Torrance and relied on their pitching and timely hitting to get the job done as they have all season long. Though neither team was able to score until the fourth inning, South's pitching, headed by Matt Mogollon, was able to keep the Tartars at bay all night. "Mogollon battled," South head coach Grady Sain said. "He did a great job to get through six innings." Mogollon was indeed the key to success once again for the Spartans, as he has been all season long. In his six innings of work, the junior allowed just one run on six hits with seven strikeouts on the night. The Tartars' best chance to score came in the fifth inning when they loaded the bases against Mogollon. Torrance was only able to manage one run in the inning, however, and found itself down by a score of 4-1 going into the sixth. That's when the Spartans really broke things open when Kyle Henmi walked with the bases loaded and Mike Esparza hit an RBI single to tack on two more runs for the eventual 6-1 victory.

Torrance (7-9, 1-1) came back with a vengeance the very next day and used a fantastic pitching performance of its own to get the job done. Kyle Mitchell tossed a three-hit shutout against the Spartans to help his team exact some revenge last Friday night in a 4-0 Pioneer League victory at South High. "Unreal performance," Turner said of his pitcher. "All teams go through what we've been going through, where you feel like nothing is going right. For Mitchell to take the ball and step up like that showed a lot of character." While the Spartans struggled to get on the scoreboard all night, Kyle Ulanday led the Tartars on offense,

going three for four with two RBIs on the night. The Tartars scored one in the first, two in the third and one in the seventh and final inning to come to their eventual 4-0 shutout victory over the Spartans. "We were swinging the bats well coming into the game, but could only scratch out a few hits," Sain said. "You have to give their pitcher credit--he pitched a great game."

The Tartars are hoping that the performance from Mitchell will do much to get their season turned around. "It's as big of a win as you can have this early in the season," Turner said. With only league games remaining on the schedule, Turner hopes that the Tartars have more big wins ahead.

#### NORTH HIGH

The North High Saxons have just been winning games, plain and simple. Currently, the team is on a six-game winning streak that has seen them outscore its opponents by a total of 61-9 as it now sits alone atop the Pioneer League division in first place. Santa Monica was the latest team to fall victim to the Saxons, as it got on the board first in the game, but quickly learned why North is currently a first place ball club. Roman Luna led the way on offense in the game for North, going two for three with a triple, four RBIs and two runs scored. The Saxons put up six runs in the second inning and later followed with five in the fifth to come to an eventual 12-2 victory over Santa Monica.

The Saxons' offense is on fire lately and will need to stay that way as North enters into league play where it will first take on Centennial and then go into a tough matchup against the second place South High Spartans. With less than a month remaining in the season, however, the Saxons (11-5, 2-0) look as if they are headed in the right direction this year to take the Pioneer League crown outright.

#### WEST HIGH

The West High Warriors have been streaky all season long and it looks as if they are finally headed in the right direction once again. After beginning the season with a nine-game winning streak, the Warriors proceeded to drop five games in a row, but have finally gotten it turned around once again with a 3-2 win over Temple City last Wednesday in the Arcadia tournament. While the Warriors didn't make any noise in the tournament, they will now enter league play on a positive note when they start things off with a two-game set against Mira Costa. The Warriors (10-6, 0-0) had such a strong start to the season that they remain in first place in the Bay League standings, but must get things turned around going into league play if they wish to win the division outright. •

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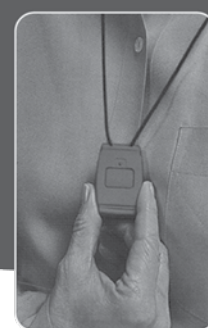
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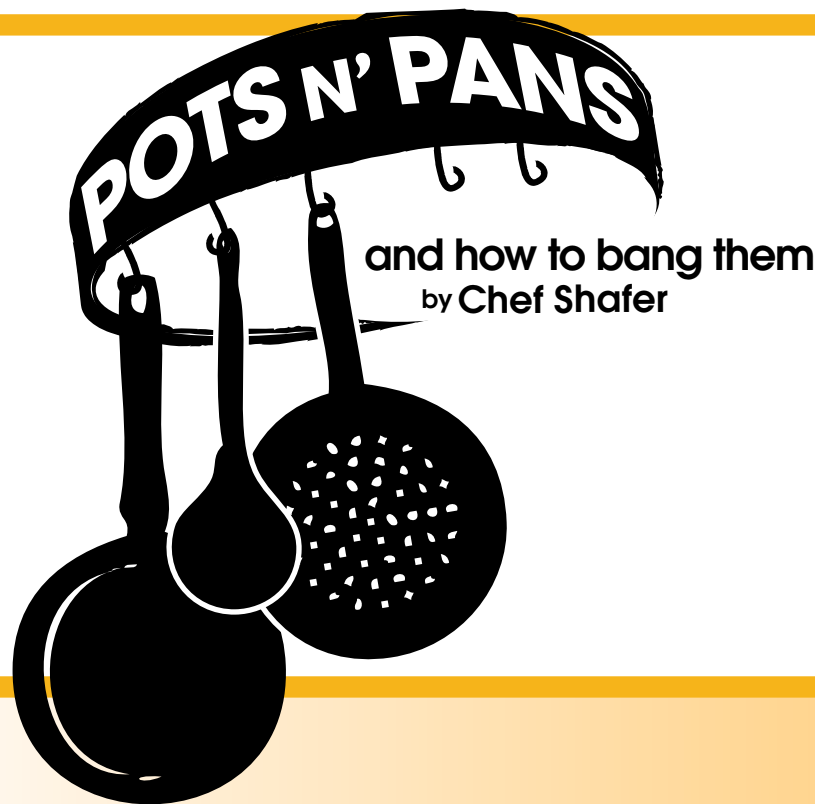
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*The Chef*



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Preheat your griddle pan or sauté pan to a medium heat. Mix the rice and vegetables together with the salt and pepper.

Add the eggs.

Pour a little oil on the griddle. Place a small amount of rice mix on the oil and flatten out with a spatula. Brown the cake off on one side, then flip it over and repeat. You can then top it with whatever you like or just eat it the way it is.

In the photo I topped it with a piece of grilled salmon and shrimp scampi. Have a rice day.

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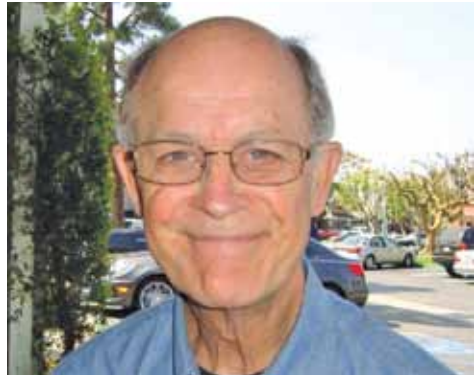


# TerriAnn in Torrance

## Singing in Torrance

By TerriAnn Ferren

Do you sing when you drive alone in the car or in the shower? And do you observe children and family members rolling their



David Burks, Conductor and Artistic Director of the Torrance Civic Chorale. Photo by TerriAnn Ferren.

eyes when you belt out a great tune at home? I do. But that has never deterred me from enjoying singing along with the music when the spirit moves. When I was in the eighth grade, I joined the choir. I remember the music teacher went from desk to desk as each of us sang and then she told us whether we were a soprano or an alto. Frankly, I was so nervous I don't even remember what I was told I was--an alto or a soprano. In the end, I sang as a soprano and had a great time harmonizing with the others that year and it's an experience I remember fondly. The only other time I remember singing in school for an audience was in a choral group in high school when I was part of a large team singing Handel's *Hallelujah Chorus*. I do recall, however, the top note in the final measure was so high I think I did a "Milli Vanilli."

"A *Chorale* is a group of singers, choir or a chorus," according to *The New World Dictionary*. The *Torrance Civic Chorale* makes its home in Torrance and is sponsored by the Cultural Services Division of the Community Services Department as well as the Friends of the Chorale. The Chorale began in 1961 and has been entertaining the South Bay with a variety of beautiful choral music for

the South Bay including *Torrance Memorial Hospital* and the *Cabrillo Marine Aquarium*.

Last Tuesday, I had the rare opportunity to chat with David Burks. He began by sharing with me that he joined the Chorale on April 1, 1991. Burks hails from East Texas State University, Texas State University, the University of Texas at Arlington, and North Texas State University. Burks moved to California while working for Continental Airlines in 1970. He and his wife Janice now call California and the South Bay their home. After finishing a Masters degree, Burks decided he was ready to go full-time into music in 1980.

I asked Burks if he has always been musically inclined and he said, "You know, you kind of know your passion. At least I knew my passion in grade school. It was always vocal singing and acting. In junior high, I knew that is what



Torrance Civic Chorale presents I Hear America Singing. Photo courtesy of the Torrance Civic Chorale.

I wanted to do. My parents thought I would take Myron Floren's place on *The Lawrence Welk Show* to do accordion--and I tried it for a couple years and it was fun." He went on to tell me when he heard his accordion teacher play *The Flight of the Bumblebee*, he knew

in the opening of the Torrance Cultural Arts Center in October 1981. Prior to the theatre being built, concerts took place at West High School and in the Torrance Council Chambers.

When Burks began with the Chorale, there were approximately 34 participants. Today there are anywhere from 83 to 95 singers. Groups and organizations approach the Chorale to perform at special events and openings. Each year at Christmastime, the Chorale sings for the *Torrance Memorial Hospital's Holiday Festival* (formally the *Festival of the Trees*) and the *Torrance Women's Club* located in downtown Torrance.

Usually, the Chorale performs three concerts per year at the James Armstrong Theatre--one in the spring and two in December. This spring, the Chorale will be presenting *I Hear America Singing* on Saturday, April 13, 2013 at 8 p.m. at the James Armstrong Theatre (3330 Civic

and Yvonne has taken what he seeded to the next level--taking people who are singing a concert and have them put choreography to the music." Farrow has "choreographed" two



Diana Brownson, Accompanist. Photo courtesy of the Torrance Civic Chorale.

songs for this particular concert--*Oklahoma* and *California Here I Come*, which will be sung in memory of Huell Howser. Further, she is dedicating both songs to her husband, the late Frank Pooler. I can't wait to see the choralography. Burks described the show "as a rainbow color of professions, coupled with that I had to integrate the audience so the audience will be singing a favorite of everybody's--because they *are* America." Patriotic music, Native American music and more will be represented and Burks assures me this will be a concert unlike any that has ever been presented in Southern California. This truly is an important and special concert. They are even doing one piece in French (written by a well-known USC composer, Morten Lauridsen)!

How does Burks come up with a theme and how does he choose which music the Chorale will sing? Well, he told me he has "drop boxes" in his garage that are labeled two years in advance of performances. Burks explained, "They are labeled with fall or spring and the year and some idea of thematically where I am going and then music that I come across in the past might be considered. I just start putting music in there by theme and then as the time gets short, I take all the music and lay it out--and see what do I have here that is new, exciting and different. I can't wait to get to work. I have notes to file and I try not to commit long-term libraries of memory. Notes to file--no pun intended...help me recall the game plan for taking the concept, anchoring it and then laying it out and putting it together."

Rehearsals begin in January with meetings every Monday night. Are you interested in joining this group? You too can join in and sing with this talented group of singers. All you have to do is call conductor and artistic director David Burks at 310-372-1380 or e-mail him at burksmb@msn.com and set up a non-threatening interview (as he told me) so he can "hear your instrument" and get to know you, your story and your musical journey. It's that easy. Participants range in age from 20 to 80 years old and have a little to a great deal of music experience. People from all walks of life and from all backgrounds are members of the group, so take a chance and call. If this is something that you have always wanted to do, don't wait.

And if you see someone like me singing



The Torrance Civic Chorale. Photo courtesy of the Torrance Civic Chorale.

in the car with the windows rolled up, don't laugh -- just be happy I don't have the windows down! •



The Torrance Civic Chorale. Photo courtesy of the Torrance Civic Chorale.

decades. The Chorale tackles all types of music including the classics, spirituals, Broadway show tunes, Hollywood movie scores and more. Currently under the skilled guidance of artistic director and conductor David Burks, along with accompanist Diana Brownson, this well-seasoned collection of singers offers up its performing talents to many groups throughout

he had a challenge in front of him.

Burks heard there was an opening for a conductor in the Torrance Civic Chorale and interviewed for the position, was hired and has been making beautiful music ever since. This all happened prior to the building of the James Armstrong Theatre, so the Chorale was literally on the ground floor participating

but engage the audience. Hawaii's Chuck and Yolanda Kaimikaua's award-winning dancers, *Hawaiian Splendor*, will be performing. Morten Lauridsen's *Dirait-on* will be performed. John Philip Sousa's brilliant *Stars and Stripes* is slated and Yvonne Farrow's nationally acclaimed *choralography* will be performed. Accompanist Diana Brownson, who has been with the Chorale since September 2000, told me that she will be playing the ukulele during the Hawaiian portion of the show and added, "I am also an organist and play in a rock and roll band and in churches." I asked Mr. Burks what choralography is and he told me, "Yvonne Farrow, who lives in Los Angeles with her husband Larry, are both nationally and internationally recognized--her for her dancing and he for his choral music and compositions. Choralography is a play on choreography and choralography was started by Frank Pooler who recently passed. He was the impetus for the Carpenters making it to the top with his *Merry Christmas Darling*. Yvonne and Frank Pooler did some collaboration



Torrance Civic Chorale. Photo courtesy of Chris Nishimura.





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## Torrance Tribune



# Seniors

## Fall-Prevention Strategies Boomers Can Fall In Love With

(BPT) - You're only as old as you feel, which is great news for today's baby boomers, as 61 percent report they feel younger than their true age. But despite feeling great, the reality is that adults may need to make minor changes to their homes and lifestyles to ensure they can continue to enjoy safe, healthy and independent lives.

If you are part of this demographic, you're likely thinking, "Not me. Not yet." But did you know that falls are the leading cause of both fatal and nonfatal injuries for people aged 65 and older.

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

### GET MOVING

In addition to maintaining a healthy weight, regular exercise improves your leg strength and balance - both of which are important in reducing falls.

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

### PREPARE YOUR HOME

According to the Home Safety Council, more falls occur in the bathroom than any other room in the home. Grab bars are the most common bath safety product installed. Another safety is to increase the amount of lighting. Add higher-wattage bulbs or even additional lamps to the room for improved illumination.

### ASSESS YOUR MEDICATIONS

Since boomers buy 77 percent of all prescription drugs sold, chances are that you take more than one medication daily.

However, these remedies may have been prescribed by different doctors - and could unknowingly cause side effects such as dizziness or drowsiness, which can increase the risk of falls. Speak with your physician to ensure that your medications will not interact with other drugs.

### EAT RIGHT

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

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



# Finance

## How Financially Literate Are You?

By Jason Alderman

I'm not sure whether it was intentional or merely a coincidence that several years ago Congress proclaimed April to be Financial Literacy Month. April is also the month when millions of Americans grimly write a check to the IRS and resolve to do a better job managing their money; and when millions of others squander their tax refund without realizing why receiving overly large refunds isn't sound financial management.

In recognition of 2013's Financial Literacy Month, the National Foundation of Credit Counseling just released the results of its seventh annual Consumer Financial Literacy Survey, which tracks Americans' attitudes and behaviors related to personal finance.

NFCC spokesperson Gail Cunningham said, "On a positive note, by certain measures a large percentage of Americans do feel they're getting a better handle on controlling their finances," she said. "On the downside, however, many people give themselves poor grades on their knowledge of personal finance, and worry that they're not saving enough for a rainy day - or for retirement."

Here are some of the survey's key findings: 40 percent of adults have a budget and closely track their spending. In other words, 60 percent don't use a budget.

Only 32 percent of those polled spend less on living expenses now than they did last year - a steady decline since 2009's 59 percent level. At the same time, 27 percent said they now spend more than they did a year ago.

About 71 percent pay all bills on time and have no debts in collection - a 7 percent improvement from 2012. Similarly, the percentage of adults who do not pay all bills on time has decreased, from 33 percent in 2012 to 26 percent in 2013.

37 percent carry credit card debt from month to month - a 7 percent decrease since the



question was first asked in 2009. Insufficient savings tops the list of financial worries, with 43 percent most worried that they don't have enough emergency savings, and 38 percent worried they'll retire with inadequate savings. In fact, a whopping 31 percent say they currently save nothing for retirement.

When asked where they learned the most about personal finance, the largest number (33 percent) said from their parents; yet 78 percent agree that they could benefit from advice and answers to everyday financial questions from a professional.

To me, perhaps the most telling statistic is that 40 percent of adults give themselves only a grade of C, D or F on their knowledge of personal finance. Should we be worried because that many people with a poor-to-middling understanding of money management are likely to be the major influence on their children's financial habits? I think so.

"Fortunately, many financial education tools are available for people of all ages," noted Cunningham. "The challenge is making people aware of them and encouraging them to seek help when they need it."

Helpful financial education sites include: MyMoney.gov (www.mymoney.gov), the government's website dedicated to teaching Americans the basics about financial education.

The NFCC (www.nfcc.org), featuring information on obtaining free or low-cost help from trained, certified credit counselors.

Practical Money Skills for Life (www.pmsfl.com), a free personal financial management program run by Visa Inc., that includes saving and budgeting tips, and interactive video games like Financial Football that engage students while teaching them money-management skills.

Don't let another April pass without taking steps to improve your financial literacy - and that of your kids. •

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## Help for Stuttering - Complex Disorder Devastating for Children and Parents

Courtesy of the Stuttering Foundation of America

Parents eagerly anticipate the moment when their child first begins to talk. But for some parents, it is a time of anxiety because their child struggles to get words out. As many as five percent of preschool children nationwide have repetitions and prolongations of sounds severe enough to be of concern to their parents.

The DVD in English and Spanish, *Stuttering and Your Child: Help for Parents*, helps parents detect stuttering and take action toward helping their child and is available at most public libraries. Some libraries have an older video format.

Produced by the nonprofit Stuttering Foundation, the film describes what kinds of stuttering young children may exhibit, how parents can help at home, and the role of a speech pathologist in evaluating and treating children who stutter.

"Stuttering typically begins between the ages of two and five," says Barry Guitar, Ph.D., professor and chair of Communication Sciences at the University of Vermont in Burlington. "It may begin gradually or suddenly, and many of these children outgrow their disfluencies naturally. However, if a child continues to stutter for several months, or appears to be frustrated by it, parents should seek assistance."

Guitar appears in the DVD with other nationally recognized experts in stuttering: Peter Ramig, Ph.D., of the University of Colorado at Boulder, Diane Hill, M.A., of Northwestern University, Patricia Zebrowski, Ph.D., of the University of Iowa, and Kristin Chmela, M.A., also of Northwestern University.

These experts address common concerns that parents have about their child, such as how to help the child at home and whether to seek the advice of a speech pathologist.

Strategies parents can use to help reduce stuttering are given throughout the DVD and

include reducing the number of questions they ask the child, focusing on taking turns during conversations, and making time to read or talk with the child in a relaxed manner.

"Parents are relieved to discover that they are not alone and that other parents share their concerns," says speech pathologist Kristin Chmela.

"Stuttering remains a mystery to most people," notes Jane Fraser, president of the Stuttering Foundation. "Watching a young child struggle to speak can be devastating. This DVD is designed to reassure parents and families that many preschoolers stutter, that they can be helped, and how parents can play a vital role in this process."

Books and DVDs produced by the 66-year-old nonprofit Stuttering Foundation are available to public libraries. This DVD was offered to all the public libraries in the county. Following are libraries that shelve the DVD: El Segundo Public Library; Inglewood Public Library and Torrance Public Library.

### Tips for talking with your child:

- Speak with your child in an unhurried way, pausing frequently.
- Reduce the number of questions you ask your child.
- Use your facial expressions and other body language to convey to your child that you are listening to the content of her message and not to how she's talking.
- Set aside a few minutes at a regular time each day when you can give your undivided attention to your child.
- Help all members of the family learn to take turns talking and listening.
- Observe the way you interact with your child.
- Above all, convey that you accept your child as he is. •

## Looking Up

### Asteroid Explorer Hayabusa2 Message Campaign: You Can Send a Message to an Asteroid

By Bob Eklund

The Japan Aerospace Exploration Agency (JAXA) is scheduled to launch the asteroid explorer "Hayabusa2" on the H-IIA Launch Vehicle in 2014. The spacecraft will arrive at an asteroid in 2018 to investigate it for one and a half years—and to leave there a collection of messages from the general public—before returning to Earth in 2020.

JAXA will record and load names, messages and illustrations, from those wishing to participate, on the craft's onboard devices—the target marker and the re-entry capsule. The target marker is a marking device that will be dispatched from Hayabusa2 when the spacecraft lands on the asteroid. The marker will remain on the asteroid after the craft's re-entry capsule departs for its return to Earth.

The final stage of the Hayabusa2 mission will be a sample return. The craft will attempt to collect and bring back sand from the asteroid for study, with the goal of elucidating the origin and evolution of the solar system and learning more about the raw materials of life.

The re-entry capsule will be detached from the Hayabusa2 main body to return to Earth while protecting sample sands from the asteroid from high heat at the time of re-entry to Earth's atmosphere. The capsule plays the last important role for the Hayabusa2 mission by carrying sand back from the asteroid.

The asteroid probe "Hayabusa," launched by JAXA in 2003, was a project designed to demonstrate various exploration technologies, looking toward the beginning of the age of round trip exploration in the solar system. The chosen destination was "Itokawa," an asteroid of only 500m diameter. Combining an Earth swingby and use of ion propulsion engines in a unique way for cruising, the probe reached this unexplored

body and showed us a marvelous world beyond our imagination. Hayabusa provided the first close-up look at a Near Earth Object (NEO).

An improved version of the original Hayabusa probe, Hayabusa2 will visit a small asteroid whose orbit is similar to that of Itokawa, but whose composition is quite different. The target body of Hayabusa2 will be a C-type asteroid, considered to contain more organic or hydrated materials than S-type asteroids like Itokawa. What types of organic materials exist in the solar system and is there any relation to life on Earth? The mission will challenge these questions.

The following details are provided for those interested in sending a message to the asteroid:

- Campaign name: "Let's meet with Le Petit Prince! Million Campaign 2"
- Campaign period: From April 10 through July 16, 2013.
- Items you can send: Names, messages, collection of messages and illustrations, which will be recorded and loaded onto Hayabusa2.

How you can apply: Please refer to the following JAXA website: <http://www.jspec.jaxa.jp/e/hottopics/20130329.html>

Through this message campaign and Hayabusa2's six-year space mission, JAXA hopes to increase worldwide public understanding of Japan's space probe activities.

Incidentally, the phrase "Let's meet with Le Petit Prince!" in the campaign's name is derived from French author Antoine de Saint-Exupery's classic story *Le Petit Prince* (*The Little Prince*), in which the Prince is depicted as living on an asteroid.

For the Hayabusa2 project outline and mission overview, please refer to the following

**See Looking Up, page 13**

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| <b>Jack's Pizza</b> 5007 P.C.H., Torrance                   | <b>Southwood Dry Cleaners</b> 22232 Palos Verdes Blvd.         |  |
| <b>1-Naba Japanese Restaurant</b> 20920 Hawthorne Blvd.     | <b>Spires Restaurant</b> 1750 Sepulveda Blvd                   |  |



# Police Reports

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

### March 30

**Auto Theft-All:** EMERALD ST & EASTWOOD CT Stolen vehicle: '01 Chevrolet van.

**Burglary Residential:** 5100 BLOCK ARVADA ST Suspect(s) breaks out door glass in an attempt to enter residence/no entry, no loss.

**Vandalism:** 2000 BLOCK 238TH ST Suspect(s) etches swastika on victim's vehicle.

**Battery-Simple:** 2800 BLOCK 235TH ST Suspect punches victim in the back, grabs her face and pushes her to the floor.

**Theft:** 2100 BLOCK SEPULVEDA BLVD Suspect(s) takes unsecured property from carport/bicycle.

**Burglary-Auto:** 4100 BLOCK 182ND ST Suspect(s) enters vehicle by unknown means, ransacks and takes property/wallet.

### March 29

**Theft:** 18400 BLOCK CRENSHAW BLVD Suspect(s) takes victim's vehicle's catalytic converter.

**Theft:** 16700 BLOCK YUKON AVE Suspect(s) takes secured property from carport/bicycle.

**Vandalism:** 20900 BLOCK HIGGINS CT Suspect(s) graffiti's building's exterior and vehicle parked at location.

**Theft:** CIVIC CENTER DR & MADRONA AVE Suspect(s) takes victim's vehicle's catalytic converter.

**Auto Theft-All:** 25600 BLOCK ROLLING HILLS WAY Stolen vehicle: '99 Honda Civic.

### March 28

**Theft:** 2700 BLOCK ANDREO AVE Suspect(s) takes unsecured property from carport/bicycle.

**Theft:** 16200 BLOCK ARDATH AVE Suspect(s) takes property off of victim's vehicle/fender covers.

**Auto Theft-All:** 3900 BLOCK 178TH ST Stolen vehicle: '03 Toyota Matrix.

**Burglary Residential:** 20900 BLOCK ANZA AVE Suspect(s) removes screen, enters partially open window and takes property/TVs, tablet, game console.

**Burglary Auto:** 20400 BLOCK WESTERN AVE Suspect(s) enters vehicle by unknown means and takes property/wallet, ID, bank cards, cash.

**Theft:** 17000 BLOCK AINSWORTH AVE Suspect(s) takes unsecured property from driveway/bicycle, bicycle trailer.

**Theft:** 21200 BLOCK HAWTHORNE BLVD Suspect(s) takes property from wallet

inside unattended backpack/cash, bank cards, gift card, ID.

### March 27

**Auto Theft-All:** 21800 BLOCK HAWTHORNE BLVD Stolen vehicle: '98 Buick Skylark.

**Theft:** 3500 BLOCK CARSON ST Suspect(s) takes property off of parked vehicle/tailgate.

**Theft:** 1000 BLOCK SARTORI AVE Suspect(s) takes victim's vehicle's catalytic converter.

**Burglary-Auto:** 21000 BLOCK HAWTHORNE BLVD Suspect(s) punches door lock for entry and takes property/third row seat, child seat.

**Robbery-Strong Arm:** FASHION WAY & MADRONA AVE Suspect forcibly takes victim's property from her possession/cell phone.

**Burglary-Residential:** 1700 BLOCK IRIS AVE Suspect breaks out window in door for entry, but flees when observed by witness/no loss.

**Robbery-Strong Arm:** 2300 BLOCK REDONDO BEACH BLVD Suspect forcibly removes property from victim's neck, causing her to fall to the ground/necklace.

### March 26

**Auto Theft-All:** 1800 BLOCK 213TH ST Stolen vehicle: '98 Dodge van.

**Theft:** 3300 BLOCK AIRPORT DR Suspect(s) removes property from interior and exterior of airplane/wingtip lights, door latches, table, electronic panel.

**Auto Theft-All:** 5000 BLOCK PACIFIC COAST HWY Stolen vehicle: '09

Ford Mustang.

**Burglary-Auto:** 3300 BLOCK 188TH ST Suspect(s) punches door locks to enter toy hauler, ransacks, but takes no property.

**Burglary-Residential:** M 4000 BLOCK 178TH ST Suspect(s) forces open door for entry, but flees when confronted by victim inside residence/no loss.

**Burglary-Residential:** 2200 BLOCK DEL AMO BLVD Suspect(s) enters possibly unlocked door and takes property/tablet.

**Burglary-Auto:** 18300 BLOCK FLORWOOD AVE Suspect(s) enters vehicle's secured exterior compartment by unknown means and takes property/hydraulic set, jigsaw, hammer drill, power screwdriver, knockout set.

### March 25

**Burglary-Auto:** 18300 BLOCK GLENBURN AVE Suspect(s) enters unlocked vehicle and takes property/drills.

**Auto Theft-All:** 4000 BLOCK EMERALD ST Stolen vehicle: '95 Honda Accord.

**Burglary-Residential:** 3400 BLOCK 225TH ST Suspect(s) smashes window for entry, ransacks and takes property/laptop, guns, safe, bank cards, cash, jewelry.

**Burglary-Residential:** 22700 BLOCK EVALYN AVE Suspect(s) enters unsecured door and takes property/box with jewelry.

### March 24

**Auto Theft-All:** ARTESIA BLVD & CRENSHAW BLVD Stolen vehicle: '01 Chevrolet van.

**Auto Theft-All:** PACIFIC COAST HWY & ZAMPERINI WAY Stolen vehicle: '04 Acura TL. •

## Looking Up

from page 12

site: [http://www.jaxa.jp/projects/sat/hayabusa2/index\\_e.html](http://www.jaxa.jp/projects/sat/hayabusa2/index_e.html)

[http://www.jaxa.jp/index\\_e.html](http://www.jaxa.jp/index_e.html)

Image: [http://www.jaxa.jp/press/2013/03/20130329\\_hayabusa2\\_e.html](http://www.jaxa.jp/press/2013/03/20130329_hayabusa2_e.html)

For background on JAXA, see their website:

Visit us online: [www.heraldpublications.com](http://www.heraldpublications.com)

Buzz, crunch...we like the sounds... ...words make in our jokes and poems!

# Newspaper Fun!

www.readingclubfun.com Animills LLC © 2013 V10-14

## Poets and Poetry!

To write a bit of poetry, you need some paper - also me!

Wow! That's a big word!

Hmmm...I need just the right word...

There was a little mouse living in the beach house.

So, you want to learn about poetry. Read the clues to fill in the puzzle:

- single line of poetry
- small part of a word that makes *diff - i - cult* words easier to break up and say
- to say one syllable of a word **LOUD**-er than others
- a pair of lines, every time having the same length and rhyme
- two or more lines put together that usually follow the same meter and rhyme
- words that **SOUND** like their meanings: *buzz, hiss, rush, crack, crunch*
- string of words that all have the **Same Starting Sound**
- bouncy feel a poem can have that gives a funky beat
- organization of each line of poetry, takes into account the number of syllables and which syllable is stressed
- two or more words that have similar ending sounds, as in words like *ground* and *round* and *pound*

### Favorite Poets

Read about these favorite poets, then match each poet to one of his well-known books:

- Jack Prelutsky** - first *Children's Poet Laureate* who travels and talks about poetry for children
- Dr. Seuss** - invented the word "Nerd" in his book *"If I Ran the Zoo"*
- Shel Silverstein** - claims he started writing because he wasn't good at baseball and girls didn't like him; he never studied other poetry and therefore developed his own style
- Roald Dahl** - spoke English, Norwegian and Swahili
- Lee Bennett Hopkins** - used poetry to teach topics like geography, mathematics and science
- Arnold Lobel** - famous for this fun Beginning Reader series
- Bruce Lansky** - wrote a sports column in school paper after he broke his ankle and couldn't play lacrosse

- Where the Sidewalk Ends*
- My America*
- James and the Giant Peach*
- The Cat in the Hat*
- The New Kid on the Block*
- Frog and Toad*
- I Hope I Don't Strike Out And Other Funny Sports Poems*



# 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

**1BD/1BA.** Well maintain, upper level unit, bright & sunny, carpet/tile, well loc., and great tenants in bldg., W/D on premises. Prkg. garage. Water incl. \$1,255/mo. Call (310) 594-2766.

**Bright 2BD/2BA.** Huge living room. Central air. 1250 sq. ft. Storage bin in garage. Two security parking spaces. Year lease. \$1650/mo. Call: (714) 465-9296 eve. or (310) 408-7733.

**2 Master Bedroom townhouse** with 2 1/4 bathrooms. W/D, all appliances, security parking for 2-3 cars. 329 Sierra St., El Segundo. Available 5/15: call (310) 545-2845.

**3BD/3BA.** With 1 car garage. Overlooks LAX. \$2,695. Call (310) 647-1635.

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

**705 W. Palm Ave. ES.** Sat., 4/13, 8 a.m. - 12 p.m. Furniture, Tools, Appliances, etc.

**5449 W. 118th Place, Del Aire,** 90304. Sat., 4/13, 7:30 - 12:30. Collectibles, sewing and machine embroidery supplies, fabric, miscellaneous.

**409 Whiting St., ES.** Sat., 4/13, 8 am to 2 pm. Full size bed, twin loft bed with dresser, kids armoire, large toy bins, electric guitar/amp,

lots of misc.

### HELP WANTED

**3D Animation Product Director,** sought by El Segundo-based image Metrics, Inc. Bachelor's or equiv. degree + 5 yr. exp. Mail resume to: Brigitte Prouty, 128 Center St., El Segundo, CA 90245 or fax to:(310) 656-6565.

### HOUSE FOR LEASE

**3BD/2BA.** SFR with private backyard & spa. \$3,495/mo. Available April 15th. Call (310) 647-1635.

### HOUSE FOR RENT

**2BD/1BA House,** 400 block of Whiting St. ES. Large yard, fireplace. \$2400/mo. Avail. Now. (310) 322-1494.

**3BD/2BA.** Great Family home. 2 fireplace, family room, newer carpets, hardwood floors, Avail. Now. \$3300. S&L Property (310) 350-4096.

### PERSONALS

**Julie,** Belize was a great place to meet you. Please contact me, Jeff, from the cabin next door. jakbelize@yahoo.com.

## WEEKLY CROSSWORD *See Answers Next Week* *Of Foreign Origin*

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				49	50				
51	52	53						54	55			56	57	58
59						60					61			
62						63					64			
65						66					67			

### Across

- In accordance with
- Catalan surrealist
- Made like time?
- Western director Sergio
- Tucked in
- It may be polished
- Say before thinking
- Get carried away?
- Some pods
- Duel
- Kind of patch
- Tending to business
- Bargain
- Empty talk
- Imprison
- Palindromic title
- City in Arizona
- Cooling-off period
- Of unsound mind
- Electron tube
- They may provide relief
- United Nations agcy.
- Hindu holy man
- Place
- Throw off
- "Nothing \_\_\_ Matters"

### (Metallica song)

- Heater
- Unwelcome one
- Berry touted as medicinal
- Got on
- Drew a bead on
- Blade in the 'hood
- Wished undone
- Like some walls
- Seafood selection
- G-men
- Uncool candies?

### Down

- Skin products line
- Individual
- 18th-century hairdo
- Transported
- Tighten, maybe
- Large dark area on the moon
- Source reference, abbr.
- Extremely popular
- Cineplex \_\_\_ (theater chain)
- Leading singers
- Ilk
- Like raw silk
- Sport

- Flower part
- Clan members
- Imitates a hot dog
- Plato's plaza
- Fissiped mammal
- Venomous hairy caterpillar
- Actress Watts
- Dyed fabric
- Catlike
- Plant more seeds
- Mathematical adverb
- Challenge
- Well integrated
- Bill encl.
- Association
- Labor
- Devour
- On the other hand
- Get by
- Ring
- Marsh bird
- Impreciousness
- Chances
- Certain chieftain
- Began, with "off"
- Subjoins

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### Last Week's Answers

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78
79	80	81	82	83	84	85	86	87	88	89	90	91
92	93	94	95	96	97	98	99	100	101	102	103	104

### SUDOKU *Medium*

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

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# PETSPETS PETSPETS

## Pets Without Partners

April is Prevention of Cruelty to Animals month. When you adopt a “pet without a partner,” you’ll give a homeless pet a second chance in life.

**June Bug** is a lovely little six-year-old Boston Terrier. She loves people and wants



June Bug

all the attention for herself, so she would probably thrive best in a home as an only dog. June Bug loves to play with balls and toys, will fetch whatever you throw for her and will sit for treats or for her toys. She is completely housebroken and slept with the little boy in her foster home every night as she *loves* to snuggle. She has all the typical Boston Terrier traits that people who love this breed are a fan of. June Bug is spayed, current on vaccinations, de-wormed, microchipped, loves everyone, and would best as an only dog.

**Nikki** is one- to two-year-old Beagle/Terrier mix who weighs 25-30 pounds and has a beautiful tricolored coat. She needs a new place to call home, as her family is moving and unable to take her. This sweet girl is very lovable and adores all humans. Nikki is completely housebroken and crate-trained. She has attended basic obedience classes and knows commands such as sit, lay down, wait, and full recall. This spunky girl loves to play fetch and will chase a ball all day long. She is a very active dog who is looking for an active person--she would make a great jogging partner or walking companion. Nikki might also be a great agility dog, as she is very smart! She would be best

placed in a home with older children, as little ones will be knocked over, and she would be best as the only dog in your home since she wants all the attention for herself. Nikki is spayed, current on vaccines, de-wormed, microchipped, and is best as an only dog.

No cats, please.

To learn more about these and other 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. •**



Nikki

## Purrrfect Companions

Add a little love with a new best friend when you adopt your purr-fect partner.

**Rajan** was rescued from the brink of death when he was discovered near the LA River as his rescuer was out training for the LA Marathon. Rajan could barely stand



Rajan

and only had enough energy to fill his belly before falling asleep. Now he has the spark back in his beautiful blue eyes, purrs every time his foster mom steps into the room, and has slowly regained strength. He needs a quiet, loving home where he can snuggle on the bed and snooze on the sofa. Rajan is a very sedate kitty, but goes crazy whenever you hang a dangling toy in front of him. As he is a very dainty cat with a tiny bone structure, he would not do well with children, especially since he sometimes gets frightened when picked up. Being such an easygoing little guy, Rajan does well with other cats--though he doesn’t want to be pounced on or played with at all. This little boy is lucky to be alive and is hoping there is someone out there willing to love him and give him a cozy place to live.

**Cheetos** was abandoned by his owner along with his kitty friend Gwen, who turned out to be pregnant with their three kittens. Cheetos is an exceptionally handsome boy with a lithe body and a big, round face. This poor boy is very confused as to why he is no longer in his home, so it takes him a little while

to feel safe and secure in a new place. He is incredibly friendly and once he is feeling comfortable, Cheetos is a *total lap cat!* He is super gentle and sweet. Cheetos would be okay as a single cat or would make an excellent companion kitty for a cat of just about any age! Cheetos needs a nice, quiet home where he can start off in a small room and slowly gain confidence in larger spaces. It is very possible he has only lived in small apartments before, as he is overwhelmed by a whole house right now. Cheetos deserves a loving, forever home where he can enjoy some peace and quiet while sharing all the love he wants so desperately to give.

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 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. •**



Cheetos

## Pet of the Week

**Jessica**  
SS# 13-02357  
Domestic Short Hair  
3 years  
Female

**South Bay Pet Adoption Center**  
12910 Yukon Avenue  
Hawthorne, CA 90250  
310-676-1149

I love to talk! I am a spirited girl who loves to be around people of all ages. In fact, I will follow you around until you cuddle with me. I would do best as the only cat in the household as I want all the catnip for myself. Come hug me!



**Omar**  
SS# 13-02543  
Rabbit  
1 year  
Male

**South Bay Pet Adoption Center**  
12910 Yukon Avenue  
Hawthorne, CA 90250  
310- 676-1149

Looking for your first bunny? I would be an excellent choice! I am laid-back and love to be around people. Scratch me between the ears and I am in heaven! Rabbits are pets with special needs, so please do a bit of research before bringing me home.





# Real Estate

## Spring Window Checklist: Five Questions to Ask Your Contractor Before Replacing Windows

(BPT) - Window replacement is one project that will help increase the energy efficiency of your home and improve curb appeal.

There are often telltale signs a home may be in need of new windows, including air leakage, difficulty operating, condensation between glass panes, or exterior paint peeling. Homeowners can check for signs of disrepair by visiting each window and testing operation, checking for air leaks and water collection.

What do I need to know about lead paint?

Due to the risk lead paint poses, the United States Environmental Protection Agency (EPA) developed the Lead-Based Paint Renovation, Repair and Painting Program to help protect homeowners. This program requires contractors and personnel be trained to use lead-safe work practices. When meeting with a contractor, homeowners should ask for an EPA certificate. At least one certified contractor needs to be on the job site, with a valid certificate, if a home was built before 1978 and contains lead-based paint.

Can I expect energy savings with my new windows?

The window industry measures the energy efficiency of windows using two methods, U-factor or Solar Heat Gain Coefficient (SHGC). U-factor, or thermal transmission, measures how well a window prevents heat from escaping. SHGC, or "shading" factor, measures how well a window prevents sun glare and heat from entering the home. The lower the U-factor,

the better the window prevents energy loss, and the lower the SHGC, the better shading properties it has. Look for windows that meet ENERGY STAR requirements in your climate region, available on [www.energystar.gov](http://www.energystar.gov).

Replacement windows with double or triple glazing are another consideration. Double- or triple-glazed windows reduce the amount of energy escaping from the home, and help keep the home cool in summer months and warm in winter months.

Can I match the design of my windows to my house style?

Key elements to consider are operating style and grille pattern. Single or double hung operating styles are ideal for most homes, but casement, awning or architectural shapes can provide visual interest, depending on the house style. Consider grille patterns to give plain glass character.

I don't want white or beige windows. What are some other color options?

Today's options have grown to include a range of light and dark hues for window exteriors, as well as a variety of solid colors and wood grains to match the interior design.

What installation method will you be using?

Poor installation techniques can reduce the advantages of window replacement and may result in air or water leakage. Ask your contractor if they will be doing a "pocket replacement" or a "full-frame" installation. Using pocket replacement, the contractor will

remove the operating sash, but leave the outer frame intact. Full-frame installation removes the entire window down to the rough opening. For both techniques, proper flashing, sealing and

insulation help ensure the best performance. To close any gap between the window and frame, low-expanding window and door foam should be used. •



### Tips for Optimizing Small Spaces

Being short on space doesn't mean you have to be short on style or efficiency. Even older small spaces can get an open, useful feel with the right design and decorating tactics. Here are a few ways you can optimize your small space:

When buying furniture for your small space, keep scale in mind. Furnishings should fit the space well, leaving plenty of area for you to move around them.

Smart use of wall space can open up floor space. Some items must occupy floor space, such as sofas, tables and chairs.

Wall-mounting TVs, especially flat screens, can be a great way to conserve floor space and create an appealing focal point for a petite room. Similarly, you can wall-mount your computer monitor - even an iPad.

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Your family can enjoy a short walk to shopping and fine dining, award winning schools, and well maintained parks. Young and old will enjoy the old time charm of this true oasis in the best area of historic Old Torrance. Only 3 miles from the beach, this 5 bedroom, 2 bath, 2,050 sf home is on one sprawling level. Remarkable 10 foot coved ceilings with 1920's character preserved throughout-from the elaborate woodwork and cabinetry, to original crystal doorknobs and swing windows! One bedroom is currently being used as an office with built in bookshelves. Newer master suite with fireplace, walk-in closet, and French doors that lead to your own private retreat, a large redwood deck and trellis that overlook the inviting backyard with fruit trees. Kitchen has been remodeled with plenty of cabinets, granite counters and a skylight. Spacious, detached 3 car garage. This home is filled with the true charm and character of the period.

**NEW LISTING at \$699,000**

Call Brad Hart for more info 310-930-6104