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Weekend **Forecast**

Partly Cloudy

68°/61°



Saturday AM Clouds/







A Favorite Sport in the South Bay



Standup paddle-boarders are silhouetted against the blue ocean in the late afternoon sun. Photo by www.christopherbarnesphotography.com.

Senator Wright Talks to Council about SoCal ROC

By Dylan Little

One of Torrance's two senators in the California state senate, Roderick Wright gave a short presentation to the Torrance City Council about the future of the Southern California Regional Occupational Center (better known as SoCal ROC) during the Council's August 6 meeting.

For many California educational institutions Governor Jerry Brown's new educational funding formula was a welcome reprieve from years of budget cuts, however for SoCal ROC it was a death knell, as the new formula put its funding at risk. At the moment thanks to a compromise spearheaded by Wright, senator Ted Lieu, and representative (and former Torrance School Board member) Al Muratsuchi SoCal ROC will be funded for the next two years, but beyond that it's future is uncertain. Wright said that he and his fellow Torrance area legislators are interested in keeping the occupational center's funding.

"I'm happy to say it's not dead, it has a two year reprieve," said Wright. "It's a draw for the time being, but I will continue working on it."

Formerly SoCal ROC was funded via a joint agreement between several South Bay school districts (including Torrance Unified), however that was not always the case. In the past, SoCal ROC had been funded as it's own micro adult school district and Wright thinks it may see a similar future.

"What were going to have to do is we're going to restore SoCal ROC to what it was, an independent school district with it's own revenue limit,"said Wright. "So people in Sacramento will have to know they've got their own money, it won't be dependent on

other school districts."

To further fight for SoCal ROC's existence, Wright proposed bringing Gov. Brown to the So Cal ROC campus in order to give him a first hand look at the skills, trades and college prep work being done at the occupational center. He said that while vocational training may have fallen out of style with some people, he sees it's importance.

"We want to get [the Governor] to see what's happening there," said Wright. "A number of people don't appreciate what takes place at SoCal ROC or the other regional oc-

See City Council, page 3

Volunteers Dedicate Time, Efforts to Increasing Literacy Among Adults

By Cristian Vasquez

With an all-volunteer staff and three programs at their disposal, the South Bay Literacy Council has been dedicated 31 years to the mission of teaching adults how to read, write and speak English. "I tried volunteering for a few different organizations, but this has been one that really made the biggest impression on me and I think it has to do with the nature of the organization," volunteer Heather Johnson said. "It is an allvolunteer organization and all the volunteers that I have been involved with are just some of the most wonderful people I have met, period. They are just amazing people. Nobody allows personal issues to get in the way of the mission. There is no competition. There is no pettiness."

From its office located at 24564 Hawthorne Boulevard, Suite 211 in Torrance, the SBLC teaches adults how to read, write and speak English, and hopes to help people gain the skills needed to find and keep a job, the opportunity to participate in American society by becoming better citizens, the ability to attain personal and professional goals, and for parents to gain the ability to help their children succeed in school.

"If you can't read, you can't do anything. We have a lot of different personal stories of why people come to learn to read or to join ESL," Publicity Chair Christine Campisi said. "Some come simply to help their kids so that they can speak with teachers or to be able to go to the doctor. There are a lot of stories of people who did not know how to read, such as a man who had a sister in Pismo Beach but no driver's license. As he got older he decided to get a driver's license, so he took our class to learn to read so he could take his driver's license test so he could go see his sister. He passed the test. Some people want to learn so that they can take the citizenship test."

The three programs used by the SBLC See SB Literacy Council, page 2

<u>People</u>



Happy Birthday

LeVaughn Wallace celebrated her 102nd birthday in grand style at Spring Senior Assisted Living in Torrance on July 25. The festivities included a giant cake, live music, flowers and balloons and a visit from Mayor Frank Scotto who presented her with an honorary certificate.

Congratulations

Marissa Rodriguez, of Torrance, has been named to the Dean's list at Rensselaer Polytechnic Institute for the Spring 2013 semester. Rodriguez studies Mathematics. •

SB Literacy Council

in fulfilling its mission are the Literacy for English Speakers (LES) program, English as a Second Language (ESL) and Computer Aided Literacy (CAL)--which is a program run through a computer that teaches a person to read. The tutoring location and times are different for each program, but tutors will work with students 1.5 hours a week on any of the three programs.

"It [illiteracy] affects everybody with things such as lost taxes if they can't find better jobs," Johnson said. "It affects me personally because my boyfriend, who is also on the Council--his father is taking some literacy classes through the South Bay Literacy Council. They are a Korean family that moved from Asia about 15 years ago and his father's English has not been the best, so he has actually benefited from the SBLC's mission. It has improved the relationship that I have with my boyfriend's father because we are able to communicate with each other. I don't speak any Korean and his English was good, but sometimes there were some holes in

communication but he has been improving."

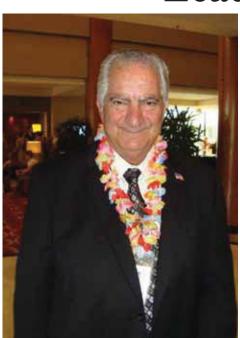
from front page

With the number of adults interested in the services provided by the SBLC, there is also an increase in the amount of volunteers needed to help run the programs. It hasn't been an easy task to attract volunteers. Johnson, who was looking for something to put on her resume when applying to grad school, has embraced the mission of the SBLC. Having started as a grant writer, Johnson has extended her responsibilities as an event planner for the SBLC.

"It has come full circle for me," Johnson said. "I started trying to help out the organization, but I feel that I got more out of it than I put into it. We are not getting paid. It is done just because we are compelled by the mission itself. The only thing we get is a sense of community and the feeling of accomplishing a mission that is very important to us."

For information regarding English or reading classes as well as volunteer opportunities available, call 310-373-7003. •

Leadership Torrance 2013 Graduation



Mayor Frank Scotto

By TerriAnn Ferren

The Leadership Torrance Class of 2013 graduated on Thursday, July 25, 2013 at the Torrance Marriott with Mayor Frank Scotto, Councilmember Pat Furey and Councilmember Bill Sutherland attending along with family and friends. It was an exciting evening as the Leadership class project was launched. Under the guidance and encouragement of Executive Director Sheldon Brackett and Co-Directors Lisa Silva and Kasey Choe, the Class of 2013 developed, as every Leadership class has done, a project designed to help and/or enhance the City of Torrance and its residents. This year, through collaborative and creative efforts by the leaders participating in the program, a new app designed for both desktop and mobile devices was launched. This application was developed specifically to aid visitors to the City of Torrance next year as the AYSO (American Youth Soccer Organization) holds the AYSO National Games of 2014 in Torrance and San Bernardino. Preparing for that historic event to highlight our city, the 2013 Leadership Torrance class put together a user-friendly map, highlighting hand-picked points of interest, local family favorite restaurants, locations of hospitals and other valuable information any visitor or resident might want to access. To demonstrate the ease and versatility, Mac Mall manager Chris Quilisch brought portable devices to the launch for guests to try out the new app. Prior to the Hawaiian-themed graduation, Khryste Langlois, Ernest Gallo and Sunny Lai demonstrated the user-friendly site highlighting and explaining each segment of the app. Congratulations, Leadership Torrance Class of 2013! As leaders, you have demonstrated dedication and vision making the City of Torrance the very model of what every city should be. •



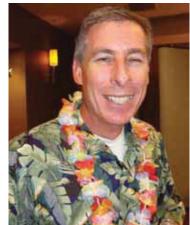
Donna Duperron President and CEO of the Torrance Chamber



Leilani Kimmel-Dagostino

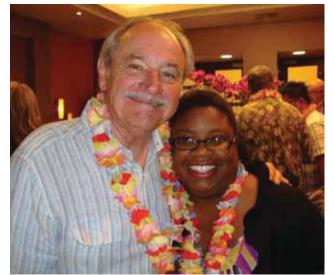


Ernest Gallo and Lourdes Perez





Aurelio Mattucci



Above: Ralph Witsell and DeShawn Wynn.

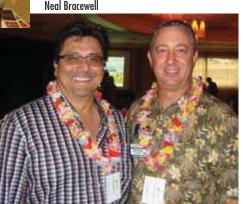
Right: Aloha! Adrienne Gross and Steven Griswold.



Above: Mac Mall store Manager Chris Quilisch.



Neal Bracewell



Khryste Langlois and her mom Barbara Case.

Left: Dan League and Dan Thomas.

<u>Police Reports</u>

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.

JULY 27

Burglary-Auto: 4400 BLOCK GREEN MEADOWS AVE Suspect(s) enters vehicle by unknown means and takes property/GPS.

Vandalism: 3500 BLOCK CARSON ST Suspect(s) tags pillar.

Battery-Simple: 3200 BLOCK 187TH PL Suspect punches victim in the face.

Burglary-Auto: 2200 BLOCK CRENSHAW BLVD Suspect(s) removes door lock by unknown means for entry and takes property/ GPS, stereo.

Theft: 2500 BLOCK REDONDO BEACH BLVD Suspect(s) takes property from victim's purse as she shops/wallet.

July 26

Auto Theft-All: ANZA AVE & DEL AMO BLVD Stolen vehicle: '06 Mercedes Benz CLS.

Theft: 19800 BLOCK HAWTHORNE BLVD Suspect(s) takes victim's unattended property from floor/wallet, keys.

Burglary-Auto: 2000 BLOCK 169TH PL Suspect(s) enters unlocked vehicle and takes property/charger, keys.

Battery-Weapon/Agg: 3700 BLOCK 230TH ST Suspect punches victim in the side of the head, knocking him to the ground then punches him in the face.

JULY 25

Theft: 18200 BLOCK HAWTHORNE BLVD Suspect(s) defeats security cable and takes property from display/cell phone.

Theft: 3500 BLOCK TORRANCE BLVD Suspects enter business, create distraction and take property from victim's purse/wallet.

Auto Theft-All: 3100 BLOCK PACIFIC COAST HWY Stolen vehicle: '13 Ford Escape.

JULY 24

Vandalism: 4200 BLOCK ARTESIA BLVD Suspect(s) forces open electronic gate, damaging same.

Auto Theft-All: 1900 BLOCK ANDREO AVE Stolen vehicle: '13 Subaru Impreza.

Auto Theft-All: 300 BLOCK PALOS VERDES BLVD Stolen vehicle: '93 Honda Prelude.

Burglary-Auto: 24300 BLOCK CREN-SHAW BLVD Suspect(s) smashes window for entry and takes property/purse.

Theft: 100 BLOCK PASEO DE LA CONCHA Suspect(s) takes property without permission while inside residence with permission/cash.

Vandalism: 2500 BLOCK PACIFIC COAST HWY Suspect(s) tags business window.

Theft: 4300 BLOCK PACIFIC COAST HWY Suspect(s) takes property from cart as victim shops/purse.

Burglary-Auto: 21800 BLOCK HAW-THORNE BLVD Suspect(s) enters vehicle by unknown means and takes property/tablet.

Burglary-Auto: 2200 BLOCK CRENSHAW BLVD Suspect(s) smashes window for entry

See Police Reports, page 9

City Council

from front page

cupation center in the state and many people don't value what we just call - I'm an old school guy – we call it vocational education."

Wright also spoke about his efforts to make the South Bay area hospitable to businesses. He mentioned the massive industrial assets in the area (both the refineries in Torrance and Carson and the Port of Los Angeles) and commerical interests such as the renovation of the Forum in Inglewood by the Madison Square Garden Company. Although he says as a state "we're a long way from being out of the woods" Wright cited Torrance as an example of business friendly city that lets entrepreneurs succeed.

"Government doesn't really create jobs. If we provide the platform, other people will create the jobs," said Wright. "There's a saying in hip-hop, if it don't make dollars, it don't make sense. The translation of that would be, if we create a hospitable place for people to come and do business and if you do that they will come. Torrance is an example of that. Your example of that is exemplary not just in the South Bay, but in California as a whole."

The Council also heard two advisories about wildlife hazards in the city. The fist being an increase in coyote sightings in the city (including one pet death in the Hollywood Rivera area.) Animal control officer David LaPlante gave some tips on how safeguard against coyote attacks, such as never feeding or attempting to tame a coyote, watching small children and pets when they are outdoors, installing motion sensing lighting, keeping garbage in a securely closed

container, removing food sources (including pet food and fallen fruit) and cutting back ground level shrubbery. He also said that if you are followed by a coyote, make loud noises to scare it off, and failing that throw rocks in the coyote's direction. To report a coyote sighting call Torrance Animal Control between 7:30 a.m. and 5 p.m. at (310)618-3850 or after hours by calling the Torrance Police Department at (310)328-3456 and if a coyote is acting aggressively call 911.

"Ask your neighbors to follow these tips," said LaPlante. "We've had a few sighting recently, it's nothing to be alarmed about but we do want the public to be aware."

The second advisory was about the temporary closing of the Madrona Marsh as a precautionary measure to avoid citizens from being exposed to the West Nile Virus. In previous meetings, Council member Pat Furey warned the public that birds in the city had tested positive for West Nile Virus, but reassured the public that bird tests did not mean that residents were necessarily in danger of contracting the virus via mosquito bites. However, the Los Angeles West Vector Control District has seen it necessary to close the Madrona Marsh to protect Torrance residents and remove mosquitoes. Furey reassured the public that most mosquitoes do not carry the virus, and most people bitten by mosquitoes have not been exposed to the virus. Additionally he said that according to the Center for Disease Control fewer than one in 150 of those who contract the virus show severe symptoms. The city currently does not know when the Marsh will reopen. •

<u>alendar</u>

• "Every Day is Veterans Day" Event, 9 a.m.-2 p.m. Loker Student Union (ballroom level), CSU Dominguez Hills, 1000 E. Victoria St. in Carson. Registration requested. For more information call (310) 243-3563 or visit www3.csudh.edu/student-affairs/ois/ veterans/edivd.html.

- TRW A Legacy of Technology, 2-5 p.m., Western Museum of Flight, 3315 Airport Dr. For more information call (310) 326-9544.
- Free Beginning Composting Workshop, 9:30-11 a.m., Columbia Park, 4045 190th St. For more information call (310) 781-6900.
- Willy Wonka presented by Torrance Theatre Company, 7:30 p.m.-10 p.m., James Armstrong Theatre. For more information call (310) 781-7171.

· South Coast Cactus & Succulent Society: From Seed Tray to Show Table, 1:30 p.m., South Coast Botanic Garden, 26300 Crenshaw Blvd. For more information call (310) 618-9886.

Tuesday, August 13

- Torrance Artists Guild Meeting, 7 p.m., Ken Miller Center, 3341 Torrance Boulevard. Guest Artist Pong Apinyavat.
- City Council Meeting, 7- 10 p.m., City Hall, Council Chamber, 3031 Torrance Blvd. For more information call (310) 618-2870.

• Senior Naturalists-astronomy, 1-2 p.m., Madrona Marsh Nature Center, 3201 Plaza Del Amo. For more information call (310) 782-3989.

• Community Meeting-El Retiro Library ADA Upgrade Project, 7 p.m., El Retiro Library, 126 Vista Del Parque. For more information please call the El Retiro Library at (310) 375-0922.

Thursday, August 15

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

• Celebrity Lecture Series: Over the Road and Under the Radar, 11 a.m., Western Museum of Flight, 3315 Airport Drive. For more information call (310) 326-9544.

• Torrance Democratic Club Monthly Meeting, 7 p.m., Arjay Plaza, 23211 Hawthorne Blvd. Guest speaker Congressman Henry Waxman.

· South Bay Cities Council of Governments, 6 p.m., 20285 Western Avenue, Ste.

- Downtown Torrance Marketplace, Every Thursday, 3 p.m.-8 p.m., on El Prado Street, from Sartori to the Buffalo Fire Department.
- Free Woman to Woman Image Enhancement Program - Beautifying Self Image through Support. Torrance Memorial Medical Center, 3330 Lomita Blvd. Appointment required. For information call (310) 517-4665. •

Sexual Battery Arrest

On Wednesday, July 30, 2013, at approximately 12:15 pm, Torrance Police Detectives culminated a two-week investigation and arrested an 18-year-old male on various felony and misdemeanor sexual battery charges.

Miguel Avila, 18 years, of Torrance, was taken into custody without incident after Detectives investigated three separate incidents in the downtown area of Torrance where a lone suspect had committed three sexual batteries.

The suspect would commonly approach a female in a public place and unlawfully touch their upper torso and/or pelvic area over their clothing. The suspect would run off and no vehicle was ever seen.

Further investigation by Detectives helped link Avila to the three incidents and he was subsequently arrested without incident. Investigators were also able to tie Avila to a fourth incident that occurred at Wilson Park, 2200 Crenshaw Blvd, in April of 2012.

These crimes are being investigated under the command and direction of Captain Bernard Anderson of the Special Operations Bureau. Anyone with additional information on Avila or similar crimes he may be associated with is encouraged to contact the Torrance Police Department Detective Division at (310) 618-5570. Provided by the Torrance Police Department. •



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Politically Speaking

<u>One Man's Opinion</u>

By Gerry Chong

...Be afraid, be very afraid...

Although Ron Patton had written Project Monarch to describe Nazi programs of mind control, such efforts had started much earlier. "In 1776, a Bavarian Jesuit by the name of Adam Weisenhaupt was commissioned by the House of Rothschild to centralize the power base of the Mystery Religions into what is commonly known as the Illuminati, meaning 'Enlightened Ones.' This was an amalgamation of the powerful occult bloodlines elite secret societies and Masonic fraternities with the desire to construct the framework for a New World Order. The outward goal of this Utopia was to bring forth universal happiness to the human race. However, their underlying intention was to gradually increase control over the masses, thus becoming masters of the planet."

This July 30, Fox News reported the Obama Administration had created a "Behavioral Insights Team" designed to "nudge" the behavior of Americans. Critics have contended that this is the second part of a one-two punch to mesmerize the masses into voluntarily complying with executive orders. The first punch is a series of regulations that force compliance, and the second "nudges" compliance. The Obama press release says "behavioral science can be used to help government work better, cost less and help people achieve their goals." The Behavioral Insights Team intends to tweak people's behavior through suggestion, but as economist Jerry Ellig of the Mercatus Center warns, "a suggestion can turn into a shove pretty quickly" as a small cadre of elites seeks to direct the thoughts of the masses.

Consider this example: Obamacare is almost universally opposed. Businesses have stated their intention to reduce employee work hours or drop insurance for all workers. Unions see the destruction of the middle class' 40-hour workweek and oppose the law's implementation. Sixty percent of doctors say they are considering an early exit from the profession because of Obamacare. Major insurance companies are refusing to participate in health insurance exchanges. Many states have

work, but encourages Congress to fund the law nevertheless. The IRS does not have the information needed to calculate government premium subsidies. Both Democratic sponsors of the law call its implementation a coming "train wreck" and "incomprehensible." And all of this has occurred even before Detroit decided to dump its toxic waste...tens of billions of dollars of unfunded medical insurance obligations...

refused to create the exchanges that are vital

to the implementation of the system. Howard

Dean, a physician and former Chairman of the

Democratic Party, has said Obamacare will not

The Pew Charitable Trust says cities all over the country are watching Detroit's efforts to transfer their liabilities to the Federal government. In fact, there are 61 major cities with \$126 billion in retiree health insurance obligations—94 percent of which is unfunded. If Detroit is successful and others follow suit, Obamacare would be busted.

into the Federal Obamacare cistern.

The Behavioral Insights Team will have its hands full "nudging" the masses into believing Obamacare is our savior, but it will try... So be afraid, be very afraid... •

Another Man's Opinion

Preventing the Misuse of Public Services Benefits Everyone in the Community

By Cristian Vasquez

Sitting in the Committee on Appropriations is Assembly Bill-47, the "Ending Swatting" legislation. Introduced by Assemblyman Mike Gatto, the bill would penalize individuals who make 9-1-1 calls to dispatch medical or public safety personnel when there is no emergency and the actual intent is to annoy or harass another person. This misdemeanor crime would be punishable by a fine of no more than \$2,000, with incarceration in a county jail for no more than one year, or by both. This bill is doubling the fine and jail time for such infractions and it will hopefully set a precedent with people who abuse the public safety dispatch line. If anyone sustains injury because of the call, then the fines and punishment are much more severe.

A large number of calls made to the 9-1-1 operators each year are nonemergency calls and are the result of a lack of knowledge as to whom one should call to deal with certain situations. There are reports indicating that 9-1-1 dispatch receives a significant amount of calls by one party as a way to threaten or harass a third party. The bill defines "annoy and harass" as "knowing and willful conduct directed at a specific person, or his or her family members, that seriously alarms, annoys, torments, or terrorizes the person, or his or her family members, and that serves no legitimate purpose." Increasing the punishment for such selfish and wasteful actions is long overdue.

Any person who ties up our emergency response services because they cannot behave like a reasonable adult and solve personal differences in a civil manner should be punished to the fullest extent of the law. This bill not only increases the fines and penalties for such asinine behavior, but it would also make, if convicted, any person guilty of such actions liable for "all reasonable costs incurred by any unnecessary emergency response." Imposing a fine and holding guilty parties financially liable will hopefully not only discourage such behavior, but will at least allow for the monetary recovery of the wasted response services.

Police and fire have enough to deal with in their stress-filled careers. As residents of our respective communities, we are lucky to have public safety personnel willing to chase after criminals, run into burning buildings or provide first aid assistance at a moment's notice. For them to be pulled away and into a situation where their presence is only requested to harass a person not only costs money, but it puts everyone else at risk. Fortunately, the bill does leave room for the exemption of calls "made in good faith" and with the intent to harm third parties. We all pay taxes for these services, and their misuse by a few comes at a great cost to all of us. Hopefully through this bill, our public safety personnel can be left alone to deal with actual emergencies rather than with moronic personal vendettas. •

From the Source

Rep. Waxman Releases Top 10 List of Republican Efforts to Undermine and Obstruct the Affordable Care Act

WASHINGTON, DC-On the day before Republicans cast their 40th vote to repeal key protections against insurance company abuses in the Affordable Care Act, Ranking Member Henry A. Waxman released a memorandum prepared by Democratic Committee staff listing ten ways Republicans have undermined and obstructed implementation of the law.

The memo finds that Republican leaders at the state and federal levels have acted in an unprecedented fashion to undermine the Affordable Care Act. Nonpartisan analysts have accused Republicans of trying to "sabotage" the law.

'The law has become the Republicans' great white whale. They will stop at nothing to kill it," said Rep. Waxman. "Republican leaders" obstructionist policies will prevent millions of their poorest constituents from receiving health insurance coverage."

Republican leaders have acted to undermine

the Affordable Care Act by:

- Casting 40 votes to repeal the law, futile efforts that have done nothing but create uncertainty and confusion in the mind of the public about the law's implementation.
- Refusing to expand Medicaid coverage in over 20 states, preventing millions of Americans from receiving health insurance coverage.
- Refusing to establish state-based health insurance marketplaces, complicating HHS efforts to implement the law and "increas[ing] federal involvement in ... state affairs."
- Undermining enrollment in health insurance marketplaces via a multimillion-dollar campaign to "dissuade uninsured Americans from obtaining health coverage."
- Refusing to provide funding requested by the Obama Administration to implement the law.
- Attacking efforts to educate the public about the Affordable Care Act.
- Intimidating potential participants in public

education efforts about the law.

- Insisting that the Affordable Care Act be defunded as a condition of preventing a government shutdown.
- Threatening to deny basic, Affordable Care Act-related constituent service requests from citizens who request help with understanding or signing up for health insurance benefits under the law.
 - Misinforming citizens about the impact

of health care reform on insurance premiums, leading many to believe that premiums will skyrocket by failing to provide accurate assessments of the true costs in 2014.

• The complete 14-page memorandum detailing the Republican efforts to undermine the Affordable Care Act is available online: http:// democrats.energycommerce.house.gov/sites/ default/files/documents/Memo-FC-Republican-Obstruction-of-ACA-2013-8-1.pdf. •



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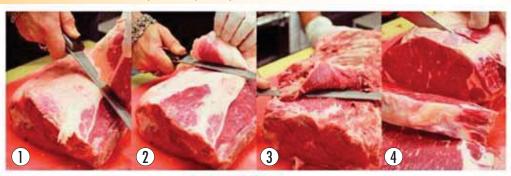
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oday my wife and I were shopping at Costco and I saw a great price and great looking quality of whole New York strip loins. We are having some friends over for the weekend and I thought this would be a great opportunity to show you all how to trim up the larger primal cuts of beef.

Once you learn this you will find out that you'll get a better product for less money per pound and get the trimmings to use for tacos or stew.

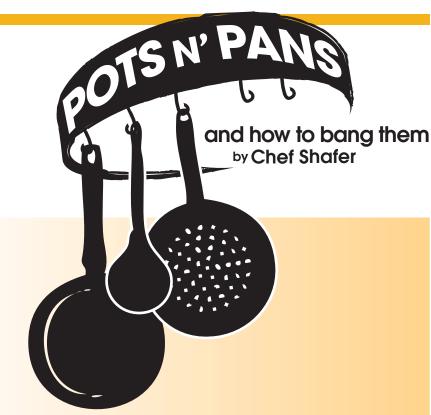
The Chef

FIRST you'll need a sharp knife and a large cutting board on a flat and stable surface. NEXT remove the meat from the plastic and pat it dry with a clean cloth.





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



- ① Begin by removing the nerve from the back of the loin.
- 2) Next trim the white fat off the rest of then loin. Do not remove all the fat. You want to keep about a 1/4-1/2" of fat on the steak for flavor.
- 3 Then flip the loin over and trim the bottom of the loin. You want to almost shave the loin as to not remove too much of the meat and only remove the fat and grizzle.
- 4 Flip the loin over again and begin cutting steaks to your desired thickness, or you can roast the loin whole and then carve it at the table.

Southwest New York Steak Rub

For five New York steaks 12 to 15 oz. each

- 1/4 cup of each: Ground coriander, Ground cummin, Dark chili powder
- 2 tablespoons chopped garlic
- 3 tablespoons kosher salt
- 3 tablespoons course ground black pepper
- ½ cup olive oil

Mix together in a bowl, then coat the steak with the rub and grill to perfection. •

RESTAURANT PROMOTION

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Torrance Tribune
Manhattan Beach Sun
Hawthorne Press Tribune
Inglewood News
Lawndale Tribune

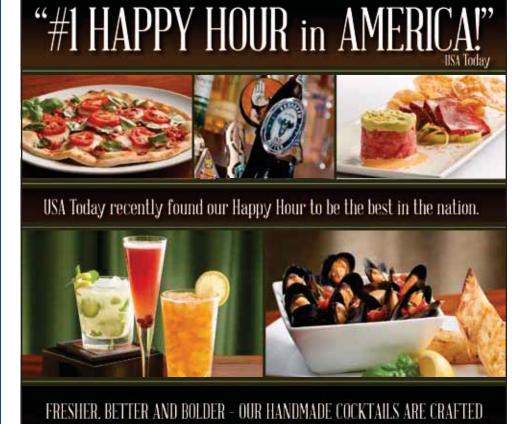
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TerriAnn in Torrance

Willy Wonka Comes to Torrance

By TerriAnn Ferren

On stage at the James Armstrong Theatre now through August 17 is one of the most ambitious musicals yet to be presented by the Torrance Theatre Company (TTC)--Roald Dahl's Willy Wonka. The TTC thrives under the tutelage of Gia Inferrera-Jordahl, Producing Artistic Director for the Company. Director Mark Torreso, Assistant Director Elvssa O'Grady, Stage Manager Taylor Cajka, Music Director Rick Heckman and Choreographer Crissy Lozano joined together and worked hard to make Willy Wonka the biggest production ever attempted by the TTC.

Putting on a play takes a lot of work. I was reminded of that last week when I visited the final rehearsals and music run-through of Willy Wonka. Most of us remember one of the two popular movies made of the story of Willy Wonka, but few have seen the stage production. Rehearsals were in full swing when I walked up the steps of the George Nakano Theatre where the entire cast was running lines and finalizing marks and cues. Right away I was struck with the varying ages in this play. Grandparents, parents and children are all represented. Luckily,

I was able to catch up with the team behind this wonderful show.

Mark Torreso took time from his directing responsibilities to share, "I have been directing 32-33 years. I was staff director for Disney for 10 years and then I wanted to open my own theatre. So I did that and have been running my theatre for seven years. It's in Anaheim called The Gallery Theatre. Gia and I love working together. The James Armstrong is such a wide, wonderful space and you want to fill it, so we went a little bit further and we fly a few people here and there. It is a pretty special production. I have never done Willy Wonka, but I have directed for Torrance before. I did Lion in Winter back in 2006-07 and I also was a part of Best Christmas Pageant Ever, which was in 2008. They treat you like family, Torrance does, so it's nice to be here and everybody is supportive and working together and the



Willie Wonka in rehearsal. Willie Wonka played by Jared Pugh.

talent is amazing. The kids are great. These children are a little bit more mature on stage than most--they've done it before, so as they get up there you are amazed by how quickly they pick up, how strongly they listen, and they try. It is incredible.'

I then spoke with Taylor Cajka, who has stage-managed several shows including Fiddler on the Roof. "I have worked on more serious shows, so this is a change--sort of upbeat and happy and parts kind of funky, but more avant-garde, so it's really fun," said Taylor. "I have been part of the arts all my life and this is something I want to do professionally and am going to school for. I go to Chapman University. When I was in second grade, I was in my first play and when I was in eighth grade, I did backstage and I fell in love with it. Everyone has been

really great and hard-working. I think it is going to be a really great show."

Elyssa O'Grady rekindled her love of working in the theatre this April when she joined the Torrance Theatre Company (TTC) and told me, "This is so much fun. Mark has been such a wonderful mentor and has been teaching me so much. The special effects and the costumes are something everyone remembers about the movie and I think everyone behind the scenes is working hard to bring that to life. It's going to be a great show. Everyone comes to rehearsal with a smile on their face--and if they don't, they leave with one." As I spoke with Elyssa, she told me

the drums in the orchestra for the production, so you can officially say this is a family affair for the Shields. Craig told me, "I went to college for percussion at Chapman University and have been doing musicals since I was about six years old. It's going to be a fun show." Makenzie, who is home-schooled said, "I had heard a lot of good things about this place and my friend Logan, who is playing Charlie, and like, 'You have to come audition,' and my other friend is playing Violet, so I auditioned and this place is so great. It is really fun. My first play was when I was seven. It was the The Little Princess at the Morgan-Wixson Theatre in Santa Monica. I live in Torrance." Makenzie told me she has seen both the 1971 and the more current version of Willie Wonka. I asked this father/daughter stage team how this play is different than the film and Makenzie said, "Well it is live theatre, so anything can happen, but it's really similar to 'cuz it isn't animated—similar, but kind of different." Perry added, "Well, the title of this script is *Roald* Dahl's Willy Wonka, so it is a new work. It's only about 10 years old and uses the songs from the '71 film.

There are also added ones, but the script is nothing like the film. But there are similar elements, the children are the same, some characters were eliminated or combined. Charlie has a father in this script." Makenzie added, "Dress rehearsal is next week and my costume is awesome."

I then spotted Cindy Shields, who plays Mrs. Gloop (mother of Augustus Gloop). Cindy shared, "I have always loved this show. I have directed this show for children and I can't believe I am playing a part that I never thought I would get to play. I directed it [Willy Wonka] at Calle Mayor Middle School. I get to do their musical. I love working with the kids and watching them blossom and hopefully set a good example

of how to behave on stage and off." Shortly after speaking with Cindy, I chatted with Logan Gould who plays





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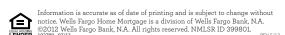
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something that captured the essence of this cast, "One little girl--I was walking her to her car one day and she told me, 'Just being here is like I won my own golden ticket,' and that was just a heartbreaker. That is what it is all about."

Perry Shields (Vice President of the Torrance Theatre Company), who plays Mr. Salt, and Makenzie Browning, age 12, who plays his daughter Veruca Salt, took time from their rehearsal to chat with me. Perry said, "I have been doing theatre since high school, so if I add up the years it's about 38 years. I have been involved with the Torrance summer musical in one fashion or another since 1980, so 33 years. I met my wife in 1980 when we did the musical Guys and Dolls at El Camino College--Cindy Shields. We met in that show. We were married six years later." Perry told me Cindy is playing Mrs. Gloop in this production. Later that evening, I was to find out their son Craig Shields is playing Charlie and he told me, "I am in sixth going into seventh [grade] and last year I did [with the Torrance Theatre Company] Fiddler on the Roof, and recently did with the Kentwood Players, Oliver. I was the Artful Dodger. I think this is very, very cool." Logan was very excited about this particular production and told me he looks forward to a career in theatre and is doing all he can to garner all the experience he can get. He told me he asks his friends, family and anyone else to come to his plays.

As I sat in the room with the orchestra and the entire cast as they went through their paces, I was impressed with their professionalism. What astounded me was that

See Willy Wonka, page 7

Willy Wonka from page 6

this was the first time the orchestra had been together to play through the music they just received last week! Amazing! What gifted and talented musicians and what a great job

by Rick Heckman!

Many talented and seasoned actors appear in this particular show. One of the standouts is Karen Gebhard, who has lived in Torrance all her life, graduated from Torrance High School, majored in theatre at UCLA, and graduated from Arizona State University. She has graced the stages around the South Bay for many years and plays Grandma Josephine in Willy Wonka. Karen told

very excited to be working in the James Armstrong with a new group of people I haven't worked with."

The dedication and talent the actors, director,

support staff and technical staff have put into this show makes Willy Wonka a notto-be missed production for the entire family. For tickets and



information, call the James Armstrong Theatre Box Office at 310-781-7171.•



Rehearsal in the George Nakano Theatre.

me she hasn't done a musical since high school, so this is very exciting for her. "I know Cindy Shields through my job and I

Rick Heckman, Musical Director.

Veruca Salt played by Makenzie Browning age 12. kind of have been looking for a new venue," said Karen. "I think Mark has done an outstanding job of combining the two movies to make it more interesting but not quite as spooky as the second one, so it is family-friendly and

we have an amazing cast with

some real talented kids. I am



Craig Shields playing drums in the orchestra.

Karen Gebhard plays

Mike TV, played by Daniel Obejas.

Mr Salt

Charlie Bucket played by Logan Gould age 12.

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Sports

Sports

Mistakes and Baseball

By Adam Serrao

Attracting big name players is what sports are all about. Big market teams do what they can to go out their way to attract the biggest and best names out there to not only gain attention from a city's fan base, but to also make a run at a championship. Obviously this is not the case in just basketball, but also baseball and maybe to a smaller extent football too. LeBron James makes the Miami Heat what they are. Likewise, Kobe makes the Lakers, Chris Paul makes the Clippers and, as we learned over the summer, Dwight Howard now rules Houston. In basketball, these big-name players get paid big, hefty salaries and oftentimes actually live up to them. James, for instance, while one of the highest paid players in the league, has delivered two championships to Miami. Kobe-five to Los Angeles. In baseball, however, the story seems to be flipped. Oftentimes, the biggest of contracts handed out are done simply to lock up the name that goes on the back of the jersey for the life of a specific contract. Once the player gets paid, however, production almost unquestionably and immediately falls off. Championships are nowhere to be found and teams are left floundering in the wake of money poorly spent. That, combined with the rampant use of PEDs, makes baseball one of the most mistake-ridden sports in the world.

We've all seen what PEDs can do to a player, a team and the city for which he plays. Ryan Braun was the latest casualty and Alex Rodriguez may be the biggest named sufferer. The players aren't the only ones suffering, though. Let's take the Los Angeles Angels of Anaheim, for instance. Perhaps the biggest signing in the history of the franchise has been Albert Pujols. After coming to the Angels last year, Pujols has looked like anything but himself. A 10-year, \$242 million contract brought Pujols to Anaheim from the St. Louis Cardinals. The one-time .359 hitter with a career high of 49 home runs has been limited to a .285 average with 30 home runs in his first year with the club and a .258 average with 17 home runs in this, his second year with the Angels.

Many Pujols supporters will say that his lack of production has been caused by a foot injury that has recently sidelined him for perhaps the rest of the season. Since the 2009 season, however, the 33-year-old, nine-time All-Star's statistics have been gradually and drastically dropping off year by year until now—where he finds himself in his worst season ever. With eight years and \$212 million remaining on his back-loaded contract, the recently hobbled Pujols looks to be in a world of hurt on the field, but seems to now have enough free time

in between rehab stints to appreciate all of the extra cash that Arte Moreno and the Angels have thrown his way. Mark Pujols down as one huge mistake for the Angels that won't just hurt the team this year, but for the next eight years to come.

Albert Pujols isn't the only big name out there who is in decline and owed a lot of money. Look east to New York and you'll find Alex Rodriguez's contract that the Yankees are so fervently trying to unload. Rodriguez is owed \$114 million through the year of 2017 and ca"t even find a way to get himself on the field this year. In addition to that contract, if A-Rod ties Willie Mays on the all-time home run list at 660 (he's currently at 647), he will receive another \$30 million in bonuses. Regardless of what happens to A-Rod regarding the whole Biogenesis PED scandal, unless he receives a lifelong suspension, the Yankees will be on the hook for a massive contract that has gone wrong. Even if Rodriguez gets back on the field, there's no reason to believe that he will be of any help to the Yankees. Since 2007, the third baseman hasn't played in over 140 games once and, in the last two seasons, hasn't hit more than 20 home runs or knocked in more than 70 runs. His batting average has hovered below .286 since 2008 and he's a lifetime .265 postseason hitter. Seems like shelling out a 10-year contract worth \$275 million wasn't the right thing to do, even for A-Rod. Paying a player big money while he is in his prime is one thing, but anything can happen over the duration of 10 years.

A lot of time has been spent discussing only two players, but there are many more across the league benefiting from low production and a heavy cash flow. Ryan Howard is guaranteed \$125 million over the next four years and can't seem to get himself on the field either. Once a feared hitter, Howard now finds himself batting .253, .219 and .266 over the last three seasons, respectively, with only 26 combined home runs since 2012 (the year his extension with the Phillies began). Josh Hamilton was supposed to team up with Pujols and be the savior for the Angels. After his 43-home run season last year, Hamilton is enjoying a five-year deal worth \$125 million while batting .221 with 16 home runs in his first year with the Angels. Even Andre Ethier of the Dodgers is taking advantage of a new five-year \$85 million contract while batting .265 with seven home runs.

One way or the other, though, owners throughout baseball will continue to attract the game's biggest names with dollar signs and feel the hurt once they settle in and acquire comfort on their golden dugout benches—pockets overflowing with green, paper-like potential. •

Up and Adam

Football Season Approaches

By Adam Serrac

It has been a long summer for most schools around Torrance and an even longer time since the football fans around the city have had anything to cheer about. Before you know it, though, the bright lights will be shining on Friday nights while old rivalries are revisited and new ones are created. While everyone else has been enjoying their time down at the beach and with their closest friends, coaches from around the league have been prepping their players with intense practices and study sessions all in search of the next league crown and a postseason CIF finals appearance. As the cleats clack against the cement, the smell of fresh-cut grass penetrates your senses and the sound of pads slamming against each other rings out. It is clear that football is right around last year, they suffered a 42-35 loss in their opening day start to the season at home. The Saxons then rallied off three wins in a row and won 11 of their next 12 in a run that got the team into the playoffs after beating the Tartars 54-0 in the last game of the regular season. While in the playoffs, North stayed hot in shutting out Oak Park 27-0 in the first round and dismantling Gladstone and Bishop Diego on their way to the championship game against Nordhoff. Unfortunately for the Saxons, their epic run ended there as the team gave up 24 second half points to the Rangers in their eventual 31-14 loss to end what was a fairytale season.

The Saxons will be looking forward to getting some of that magic back that assisted them all season long last year, but may be hard-pressed to do it in light of some recent

"While everyone else has been enjoying their time down at the beach and with their closest friends, coaches from around the league have been prepping their players with intense practices and study sessions..."

the corner and steadily approaching.

The Pioneer League has always been one of the most hotly contested divisions in Los Angeles. With three inner city teams that always seem to live up to their own specific rivalries with each other, the intensity and passion thrown out on the field are always at a maximum. North High, Torrance High and South High have all formulated their own rivalries with each other and have grown to not necessarily like each other, to say the least. Throw into the mix El Segundo, Centennial and Lawndale and you have six teams that have a great chance of making a run at the division title on a year-in and year-out basis. Three years ago, it was South High that finished in first place and made it all the way to the CIF championship game. Then Torrance High took its turn at the top of the division two years ago. Last year, it was the North High Saxons. Clearly, parity is prevalent in the Pioneer League and almost never does a team repeat as champion.

The team that will be looking to repeat this year is the North High Saxons. Coming off of a fantastic season last year, the Saxons finished with an 11-3 record and went undefeated in league play for the first time since the 2005-2006 season. That means that head coach Todd Croce and company took their turn beating the likes of Palos Verdes Peninsula, Bishop Montgomery and of course South, Torrance and El Segundo in league play. It didn't always look good from the beginning, though. When the Saxons first took the field

departures from the team. Most notably, starting quarterback Jorge Hernandez has left after his senior season in which he lit up opposing defenses all season long. Hernandez's favorite target, Devante Jenkins, will also be leaving the team after an epic season for the Saxons that eventually landed him on the California Division III All-State High School football team. Michael Jurado, the team's starting wide receiver on the other side, will also no longer be suiting up for the Saxons. All is not lost, though. They will be receiving a returning contribution from last year's freshman Mique Juarez. Juarez contributed at both wide receiver and quarterback for the Saxons last year and will most likely get the ball as the starting quarterback in place of Hernandez this year as he looks to lead North High to yet another title game.

As the Saxons look to repeat their magnificent season from last year, they will have to rebound from losses against Redondo and inner city rivals the West High Warriors once again. With the same intra-league schedule as last year, Croce and company should be relatively familiar with the teams that they are facing. All that's left to do is maximize the talent on the roster and execute on the field. The season will start for the Saxons at the end of August this year, with Redondo first up on the schedule once again. Follow the North High Saxons all season long as they once again look to make their fans and the patrons of Torrance proud with their play on the field. •

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WEEKLY CROSSWORD See Answers Next Week Museum Masters

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ACROSS

- 1. West Indies native
- 6. Plaintive cry
- 10. Immaculate
- 14. Suppose
- 15. Eye
- 16. Better
- 17. He drew the "Vitruvian Man"
- 20. Frick collection
- 21. Buck passers? 22. Cone-shaped
- 23. Word for Yorick
- 24. Cartoonist Walker
- 25. He painted "The Old Tower"
- 31. Sleep
- 32. Mark's successor
- 33. School of the future?
- 35. Pharaoh and namesakes
- 36. Arroyo
- 38. lamp 39. Be off
- 40. Air
- 41. Anon's partner
- 42. He painted "Tain't You"
- 47. Pair at sea 48. Capture
- 49. Railway company

10. Literally, "way of the gods"

52. Hokkaido native

53. Short order?

60. Leaves home?

61. Kind of ticket

63. Class

64. Flip

DOWN

2. Monkey

3. Wild time

5. Old usher

6. Small-scale

8. Antediluvian

11. Southern side? 12. Machu Picchu builder

13. Enclose a room

9. Guns et al.

7. Psyches

4. Whistle Stop _

62. College in Portland, Ore.

1. Cuba libre ingredient

- 19. Sign of late summer 23. Gospels follower
- 18. Stable color

- 24. Stake driver
- 25. Selection
- 26. Bury
- 56. He painted "The Love Letter" 27. Hot rod propellant 59. Former British protectorate
 - 28. Consonant type

 - 29. Critical
 - 30. Shack 34. Peer
 - 36. Assurance
 - 37. Cemetery sights
 - 38. Off-color
 - 40. At full speed
 - 43. Alabama city
 - 44. 1960's musical

 - 45. Punish, in a way
 - 46. Knots
 - 49. A bit cracked

 - 50. Focal point
 - 51. Butter 52. Not docked
 - 53. Maintains confidently
 - 54. Reply to "Shall we?" 55. 2004 Brad Pitt film
 - 57. James Whitcomb Riley's "_
 - I Went Mad"
 - 58. Bygone bird

Last Week's Answers 1 2 3 4 5 6 7 8 9 10 11 12 13

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SUDOKU Medium

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910-1010 E. Imperial Ave. (In alley). Sat. 8/10, 7:30 a.m to 1:00 p.m. Multi-family. Clothes, shoes, books, HH items, surfboard and more.

875 California St., Sat. 8/10, 7 a.m. - noon. Camping equip, suitcase, HH items, clothes new & used, shoes, purses.

1107 E. Walnut Ave. Saturday 8/10 and Sunday 8/11. 8 a.m. - 3 p.m. both days. Clothes, ceramics, books, many garage items.

House for Rent

2BD/1BA. 757 Bayonne St., ES. 1car garage. \$2,050/mo. Call Debra. (949) 309-6160.

4BD/2.5BA. + bonus room, New amenities, enclosed patio, 2 car garage w/workshop, excellent storage. \$3950/mo. Discount for long term. (310) 345-8013.

Lost & Found

FOUND: Great female dog Boxer-Beagle mix. Looking for a loving home with a yard for her. For more information, please call DJ at (310) 648-8422.

SEEKING ROOM FOR RENT

Clean, older married male, infrequently in town, seeking shared apartment with own bathroom in El Segundo. Roommate reference available. (661) 618-8866.

from page 3

Police Reports

and takes property/purse, messenger bag.

Auto Theft-All: 24200 BLOCK PARK ST Stolen vehicle: '04 Chevrolet Astro.

Theft: 4200 BLOCK REDONDO BEACH BLVD Suspect(s) defeats lock and takes property out of wallet in locker/cash.

Burglary-Residential: 4100 BLOCK 173RD PL Suspect(s) forces door handle for entry, but flees without taking any property when confronted by victim inside residence.

Vandalism: 1700 BLOCK PLAZA DEL AMO Suspect(s) scratches victim's vehicle's

Burglary-Auto: 2400 BLOCK 227TH ST Suspect(s) enters vehicle by unknown means and takes property/Fastrak transponder, CDs, registration, manual.

JULY 23

Burglary-Residential: 22700 BLOCK KATH-RYN AVE Suspect(s) enters garage via unlocked door and takes property/bicycle, clock-radio.

Battery-Weapon/Agg: 1200 BLOCK EN-GRACIA AVE Suspect swings chain and hits victim in the head.

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

Robbery-Strong-Arm: 17500 BLOCK CRENSHAW BLVD Suspect approaches victim, pushes her to the ground and takes her property/bank bag, cash.

Theft: 24400 BLOCK HAWTHORNE BLVD Suspect(s) enters unlocked garage and takes property/scooter. •



HERALD

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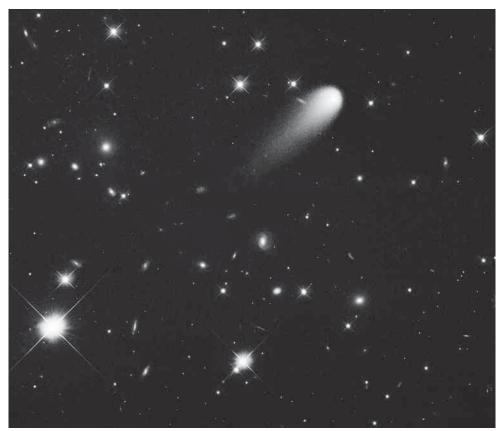
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Looking Up

Is This the Year of the Comet?



The sun-approaching Comet ISON floats against a seemingly infinite backdrop of galaxies and foreground stars. Image credit: NASA, ESA, and the Hubble Heritage Team (STScI/AURA)

By Bob Eklund

Comet ISON may put on a show when it skims through the sun's atmosphere later this year. Right now, it's still far away, but we're keeping track and will give you regular updates. Here are some key facts about ISON as we await its arrival:

Comet ISON was discovered by Russian astronomers Vitali Nevski and Artyom Novichonok in September 2012. It's named after their night-sky survey program, the International Scientific Optical Network—a group of observatories in 10 countries organized to track objects in space.

Measurements taken by the Hubble Space Telescope in April indicate ISON has a nucleus that is three to four miles across. The comet's head, or coma, is estimated to be 3,100 miles across, or 1.2 times the width of Australia. The Hubble team says its dust tail extends more than 57,000 miles—more than twice the circumference of Earth, and far beyond the telescope's field of view.

Some early comet prognosticators have tagged ISON "the comet of the century."

According to Dennis Bodewits, an astronomer at University of Maryland at College Park, "Comet ISON has the potential to be among the brightest comets of the last 50 years." Bodewits and other astronomers used NASA's Swift satellite to estimate ISON's water and dust production.

"Comet ISON belongs to a class of comets called Sungrazing comets," Karl Battams of the Naval Research Lab told CNN. This means it will fly relatively close to our sun. These comets "teach us not only about comets, but also yield valuable and unique

results about the sun," he said.

But before you get too excited, other experts caution that it's too early to know what ISON will do. "Predicting the behavior of comets is like predicting the behavior of cats—can't really be done," Don Yeomans of NASA's Near-Earth Object Program told CNN.com in March.

In November, ISON is expected to fly through the sun's atmosphere at about 700,000 miles above the surface. If it survives the sun's heat, experts say it might glow as brightly as the moon and be briefly visible in daylight. Its tail might stretch far across the night sky. Or the sun could cause it to break apart.

Welcome to the Year of the Comet (we hope).

GALAXIES, COMETS AND STARS, OH MY!

In a composite image taken with the Hubble Space Telescope's Wide Field Camera 3 on April 30, 2013, Comet ISON floats against a seemingly infinite backdrop of numerous galaxies and a handful of foreground stars. The icy visitor, with its long gossamer tail, appears to be swimming like a tadpole through a deep pond of celestial wonders.

In reality, the comet is much, much closer than its background of stars and galaxies. The nearest star to the Sun is over 60,000 times farther away, and the nearest large galaxy to the Milky Way is over 30 billion times more distant. These vast dimensions are lost in this deep-space Hubble exposure, which visually combines our view of the universe from the very nearby to the extraordinarily far away. •

Is Your Drowsiness Dangerous?

Sleep Apnea Evaluation Urged For Those At Risk

(BPT) - Despite common misconceptions, anyone - regardless of gender, weight or fitness level - can develop obstructive sleep apnea, a life-threatening condition characterized by episodes of complete or partial airway obstruction during sleep.

As many as 12 million to 18 million American adults have untreated sleep apnea, and the experts at the American Academy of Sleep Medicine are recommending the following steps for diagnosis and treatment to significantly improve overall health, mood and productivity.

BE AWARE OF THE RISK FACTORS

Your risk of sleep apnea increases between middle and older age and with the amount of excess body weight you carry. In general, men

have a greater likelihood of developing the disease. However, menopause is a risk factor for sleep apnea in women. Your risk is also higher if family members have been diagnosed with sleep apnea. Smoking is another significant risk factor, as well

as being a detriment to your overall health.

In addition to these more commonly known risk factors, many people don't realize that they're in greater danger of developing sleep apnea if they already suffer from other common diseases.

"Seven in 10 Type 2 diabetics and 30 to 40 percent of adults with hypertension also have obstructive sleep apnea," says Dr. M. Safwan Badr, president of the American Academy of Sleep Medicine. "As a result, patients with these conditions should pay close attention for potential symptoms and then seek necessary treatment."

WATCH FOR SYMPTOMS

While the symptom most commonly associated with sleep apnea is snoring, not everyone who snores has the disease. However, when snoring is paired with choking, gasping or pauses in breathing during sleep, it's a more likely indicator of sleep apnea.

Sleep apnea symptoms also may appear during the daytime and include morning headaches, excessive sleepiness, trouble concentrating, memory or learning problems and general moodiness, irritability or depression.

"Sleep apnea can make you wake up in the morning feeling tired, even though you believe you've had a full night of sleep," center it says Badr. "During the day, you may feel com. •

incredibly fatigued because you're actually waking up numerous times throughout the night and your body isn't getting the rest it needs."

GET EVALUATED AND TREATED

If you suspect that you have the risk factors and symptoms of sleep apnea, it's important that you are evaluated by a board-certified sleep medicine physician right away. Left untreated, sleep apnea may have a serious impact on your overall health, even increasing your risk of death.

The sleep medicine physician will have the training and expertise to diagnose your condition. He or she will conduct a thorough physical examination and sleep evaluation, asking questions like whether or not symptoms began when you gained weight or stopped



exercising - and whether your partner or roommate has complained that you snore or make choking noises in your sleep. If the sleep physician determines that you are at risk for obstructive sleep apnea, then you will be scheduled for a sleep study. Objective sleep testing will provide the data that will enable the sleep physician to make an accurate diagnosis.

Once diagnosed, the recommended treatment for sleep apnea is continuous positive airway pressure (CPAP) therapy, which provides a steady stream of air through a mask to gently keep your airway open throughout the night - making it easier to breathe. In patients with moderate or severe sleep apnea, it's estimated that CPAP therapy reduces the 10-year risk of heart attack by 49 percent and stroke by 31 percent.

"Treating sleep apnea provides all the benefits of improved sleep, including increased alertness during the day and improved memory and cognitive function," says Badr. "Clinical evidence also shows that sleep apnea treatment lowers blood pressure - decreasing your risk of cardiovascular disease - and improves nighttime glucose levels and insulin sensitivity among Type 2 diabetics."

To find a sleep specialist or accredited sleep center in your area, visit www.sleepeducation.

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PETSPETSPETSPETS

Wowzer Schnauzer



Homer

Hi, my name is **Homer** and I am a four year old, male, Miniature Schnauzer mix. To some folks I may not be the best looking guy, but with my smile and winning personality I know I'm going to make some family very happy. MSFR (Miniature Schnauzer & Friends Rescue) heard about the rough time I was having and rescued me from an LA county shelter- they just couldn't turn me away. My physical condition was so bad that we decided not to post the pictures. There were bone deep sores on my hindquarters and all of my legs. Based on the location and type of the sores I had, the Vet told the rescue group that he thinks I may have been dragged. It took a long time and a lot of antibiotics but I'm finally healed and ready to be adopted. I am housebroken, get along with other dogs and love people so what more could anyone ask for. I weigh in at about 25 pounds so I'm the perfect size to play ball, go for walks and be your best friend! Come visit me at the



Chief

MSFR adoption fair and see for yourself how cute I am.

They call me Chief and I'm a two year old, male, Miniature Schnauzer mix. I'm primarily Schnauzer, only weigh 14 pounds, and I even have a docked tail but I'm a longer legged fellow. My first owner decided he didn't want me so he gave me to some friends. Then they decided that I had to go because they were having a baby and they said I had "too much energy". The MSFR folks say I'm skittish (not aggressive I cower a little bit) but they don't think I'm too energetic. Considering all that I've been through, who wouldn't be a little skittish. Four months after I was rescued, the MFSR people found a home for me but I was returned. I liked the family but I got lonely and barked when they left me alone. It's called separation anxiety but I do much better when I have a doggie pal to play with and keep me company. I'm sure hoping that someone will just give me a fair chance. I'm looking for a family (that has a dog) to adopt me and let me know that they'll give me the same unconditional love that I'll give them. Come to the MSFR adoption fair and I'll show you what a really great guy I am.

It's **Peyton** here and I am a six-year-old,

purebred, male, Miniature Schnauzer, who was rescued from a LA county shelter after someone found me and turned me in as a stray. I had a microchip but my owner didn't take the time to register it so I spent almost a month at the shelter. First, I was on a long hold while they tried to find my owner. Then another hold was placed for a rescue group who must have forgotten about me because they never came



Peyton

to pick me up. To look at me now, you would never guess that I was matted, dirty mess when MSFR rescued me. MSFR took me in and then they gave me a complete makeover, including a dental, which resulted in having 5 teeth extracted. In addition to



Luke

being told that I have a great personality, I am well behaved and get along great with other dogs. I'm approximately 16 pounds and am anxious to find a forever home. Come to our adoption fair and see what a catch I am!

Hi there, my name is Luke and I am a stunning, black and silver, male, purebred, Miniature Schnauzer. MSFR rescued me from a remote shelter after the shelter rescue coordinator contacted them because they thought I was an older gentleman. I am considered "special needs" because I had bladder stones, which are very common in my breed and I need to be on Rx dog food to prevent them from returning. Shortly after I was rescued blood was noticed in my urine and it was suspected that I had bladder stones. At my Vet check, it was confirmed that I had stones and the Vet also found that I had 8 teeth that were in pretty bad shape. The good news was that he estimated my age to be 6-7 years old, which is younger than the shelter estimate! During my surgery several smaller stones were also removed and those eight nasty teeth were extracted. After all of that, I'm feeling great, looking great and ready to make that love connection with my forever family. I am 22 pounds of endearing personality.

For more information on these or any of our other Schnauzers please go to www. msfr.org or email us at info@msfr.org. •

Happily Ever After

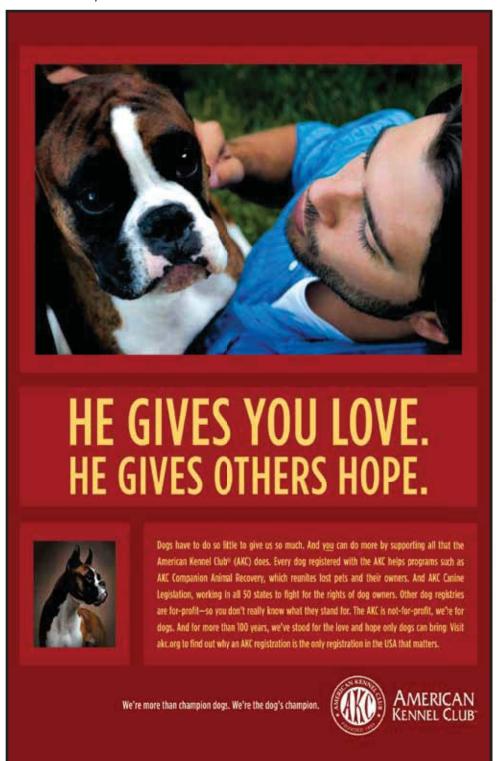
Congratulations to Snowy and his new family!! Snowy, is one of our long-termers, who was rescued from the Pasadena shelter last November. Snowy and another dog were owner-surrendered at the start of the 2012 holiday season. He is also a special needs boy with eye issues requiring some inexpensive eye drops be given daily. Snowy was recently adopted by a wonderful family who are long-time Schnauzer lovers. They

opened their hearts and home to our sweet little guy, who happens to be their third Schnauzer. Their neighbors, who are MSFR adopters, referred them to us and the rest is history!

For information on Miniature Schnauzer & Friends Rescue and to find out how you can help or have your very own Happy Tails story, please visit our web site at www.msfr. org or email us at info@msfr.org. •



Snowy



Rea Estate

Dress Your Home to Impress Buyers This Summer

(BPT) - Your home is a place to kick off your shoes, relax and enjoy precious time with friends and family. Nothing quite tops the feeling you get when you walk through your foyer, close the door behind you and forget the day's troubles. But as families expand, promotions require unexpected relocations or a coveted residence down the street goes up for sale, you might find yourself looking for a new oasis to call home.

Your tastes and personal style have created a beautiful setting for your home until now. But as you prepare for house hunters visiting the space, it might be time to let go of emotional attachment and transform your

home into a stunning showpiece that any potential buyer would love.

A touch of color

If your walls need painting, applying a neutral color is usually recommended. But don't be afraid to have some fun with a color that will leave a lasting impression on people searching for the perfect, stand-out home. A bold color like Azalea married with the soft subtle hue of Chiffon and Swiss Coffee, all from Pratt & Lambert Paints, can create an energetic atmosphere while still giving your home a comfortable and relaxing vibe. Apply the bolder colors to an accent wall or on minor architectural elements throughout the home,



BROKERS OPEN IN EL SEGUNDO

•	Fri 11:30-1pm	868 Lomita St.	3/2	\$819,000
	Lynn O'Neil	Shorewood Realtors		310-261-0798

OPEN HOUSE IN EL SEGUNDO

• Sat. 1-4pm Alex Abad	6620 Vista Del Mar Palm Realty Boutique	4/4	\$1,485,000 310-877-6488
• Sun. 1-4pm Alex Abad	6620 Vista Del Mar Palm Realty Boutique	4/4	\$1,485,000 310-877-6488
• Sat. 2-5pm Dan Jensen	735 Hillcrest Keller Williams	4/3	\$1,199,000 310-849-2702
• Sun. 2-4pm Lynn O'Neil	868 Lomita St. Shorewood Realtors	3/2	\$819,000 310-261-0798
• Sun. 2-4pm Lynn O'Neil	631 Loma Vista Shorewood Realtors	2/1	\$699,000 310-261-0798
• Sun. 2-5pm Dan Jensen	735 Hillcrest Keller Williams	4/3	\$1,199,000 310-849-2702
• Sun. 2-4pm Bill Ruane	615 Penn RE/MAX Beach Cities Realty	3/2	\$849,000 310-877-2374
• Sun. 2-4pm Bill Ruane	821 Loma Vista RE/MAX Beach Cities Realty	4/3	\$1,149,000 310-877-2374
• Sun. 2-4pm Bill Ruane	1201 E Sycamore RE/MAX Beach Cities Realty	4/2	\$879000 310-877-2374

OPEN HOUSE IN OTHER CITIES

•	Sun. 2-4pm	12975 Agustin Pl. #310, Playa Vista	2/2.5	\$775,000
	Bill Ruane	RE/MAX Beach Cities Realty		310-877-2374



to breathe fresh life into otherwise dull walls.

Painting is a small project that can create the most impact when selling your home. But if your home is large and the thought of taking on a painting project seems overwhelming, never fear. Skilled painting contractors in your area can offer the talent and know-how to get any painting project done quickly, without sacrificing on quality. Ask a family member or friend for a reference, or visit an online resource like AngiesList.com for a verified list of professionals who can turn your vision into a reality.

Take your space from aged to staged

Another way to inspire potential buyers is by showing off a beautifully decorated and elegantly styled home. To get an expertly polished palace, hire an accredited staging professional, who will assess the space and plan a design that will have homebuyers stopping in their tracks. In fact, homes that are professionally staged spend 83 percent less time on the market, according to a survey conducted by The International Association of Home Staging Professionals and Staged-Homes.com.

The first thing the stager will do is de-clutter your home. Prospective buyers don't want to be reminded of the home's current owners, so removing personal photographs, over-the-top decorative items or over-sized furniture is an essential part of the process. They might also reconfigure furniture to improve the home's flow and function.

Lighting is an important factor when showing a home, as well. Stagers will find a way to warm up the space and highlight focal points of the room using strategic light sources, creating an unforgettable space. And since more than 90 percent of potential buyers are searching online prior to visiting a home in person, professionally staged spaces are better able to communicate through photographs than generic shots.

If you've already moved out of your house and into your new home, the stager will bring in key furniture and accessories to help house hunters envision themselves living there. Just like a too-cluttered home might turn off some buyers, a blank ho-hum look can give off a lackluster vibe, so staging an empty house can help any buyer see its true potential.

By investing some time and money into the right kind of home improvement and staging projects, you can be confident knowing you're a step ahead of the competition and a step closer to giving a new homebuyer the home of his or her dreams. •



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