

Torrance Tribune

The Weekly Newspaper of Torrance

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Local Breast Cancer Survivors Bust a Move with “Dancing with the Stars” Celebrity



More than 50 local breast cancer patients and survivors from Torrance Memorial Medical Center celebrate life and get into the dancing groove with Dancing with the Stars’ dancer Anna Trebunskaya, who is donating her time, talents and studio. Dancing has been shown in studies to be an effective form of therapy for cancer patients as it improves well-being and self-esteem, helping to boost immunity. Seen here are Shelby Matsuda, center, and Joanne Wend, right, both breast cancer survivors with Anna Trebunskaya, far left. Photo by Christina House for Torrance Memorial.

School Board Names Employees of the Year

By Dylan Little

On Monday night, the Torrance School Board honored eight of its most dedicated employees with the title of Employee of the Year for contributions to education and administrating the Torrance Unified School District. The first employee recognized was North High School teacher Mitzi Stover, whose accomplishments include extensive work with eTUSD--an online resource for teachers and students. Senior Director of Secondary Schools Tim Stowe noted that Stover created and taught the first fully online high school course in the South Bay. This has since been expanded into six online high school classes, one of which is an advanced placement course. “She is leading the way in providing students in Torrance and in North High with 21st Century skills to be college and workforce ready,” said Stowe.

The next honoree was Jefferson Middle School custodian Robert Bradley, who has been working for the District since 1984. In his time at Jefferson, he has received numerous written commendations citing his work ethic and willingness to go above and beyond the call of duty to maintain the campus. “Robert is a positive role model at Jefferson Middle School,” said Stowe. “He maintains a high bar for performance and believes in getting the job done right the first time.”

Another vital non-teaching employee recognized for her dedication to the District’s students was Anita Divers, who works in campus security at Torrance High School. In addition, she is deeply involved in the PTSA’s Operation Gift Christmas donation program as an organizer and donor. Stowe said that Torrance High is lucky to have her. “[Anita] is a dedicated and responsible employee who goes above and beyond her scope of work,” said Stowe. “She always knows how to handle every situation on campus and is a positive figure on campus.”

Whitney Hinman of Edison Elementary School was the primary school teaching Employee of the Year. She played an integral role in Edison’s successful bid to become a California Distinguished School and has been a member of Exxon Mobil’s Michelson Mathematics program and the Sally Ride Science Academy. Senior Director of Elementary Schools Don Kim said she is truly committed to excellence and leaves a lasting impact on her students. “When you first walk into Mrs. Hinman’s

room, there is a rapport with each and every student in the room,” said Kim. “Many of her students, even years after they’ve left her fourth or fifth grade classrooms, come back to share how she has changed their lives.”

The Board honored Kathy Kasai, Human Resources Analyst in the District’s Benefits Department, with an Employee of the Year award for her work behind the scenes, making sure current and former employees receive

See School, page 2

Passion for Music Used to Benefit Those in Need

By Cristian Vasquez

More than 20 senior residents at Bay Crest Care Center in Torrance played drums, bongos or timbales as part of the monthly visit by Sabina Sandoval and the Free To Be Me Drum Circle. “I have been with Sabina for the past six years and it started when I worked at another facility,” Activities Supervisor at Bay Crest Care Center Elsa Estrada said. “She is a sweet lady and I really enjoy every time she comes to visit. I never want to miss it because it’s beautiful. It is amazing what she does for the residents. She brings them alive with music.”

The September 28 stop at Bay Crest is just one of the many visits and events that Sandoval engages in day after day. Sandoval visits senior care centers, prisons, schools and other locations with Free To Be Me Drum Circle volunteers as a method of bringing moments of joy and healing to individuals in difficult situations through her experience as a musician.

“I will be honest--I eat, sleep and drink

drumming. I drum every day,” Sandoval said. “I have been a drummer all my life, since I was nine. I was able to do the whole Hollywood and New York music scene all while being a General Motors technician. I was also a stepmother for 10 years and it wasn’t until the age of 37 that I literally began living through my music and drumming as a musician.”

While Free To Be Me Drum Circle provides mostly an opportunity for people to express themselves through the sounds of drums, Sandoval is always looking for musical talent to invite to participate with her volunteer group. For the Bay Crest Care Center visit, she was able to connect with Lawndale singer Neva, who agreed to play her guitar and sing for the residents for an hour.

“When we drum with mentally challenged, special needs or any other type of group, we will sometimes bring in a singer to perform a few songs and then we get back to drumming,” Sandoval

See Passion, page 6

Weekend Forecast

Friday
Mostly
Sunny
67°/59°



Saturday
Sunny
72°/61°



Sunday
Sunny
79°/64°



Calendar

THURSDAY, OCTOBER 11

• South Bay Republican Women Federated Meeting. 11 a.m., DoubleTree Hotel, 21333 Hawthorne Blvd. For more information call Gloria at (310) 326-9340 or Vera at (310) 320-1431.

• "Remember When", 11.30 a.m.. Ken Miller Recreation Auditorium, 3341 Torrance Blvd. For tickets and information call the Bartlett Senior Citizens Center at (310) 320-5918.

SATURDAY, OCTOBER 13

• Free Saturday Nights Summer Concerts: Camino Rio, 6-9 p.m., The Courtyard, 1261 Cabrillo Ave. For more information call (310) 320-2332.

• Original Fall Tour of Historic Homes in Old Torrance, also Sunday, - 14, 11 a.m.-4 p.m. both days, Torrance Historical Society & Museum, 1345 Post Ave. For more information call (310) 328-5392.

• Turtle and Tortoise Day, 10 a.m.-1 p.m., Madrona Marsh Nature Center and Preserve, 3201 Plaza Del Amo. For more information call (310) 782-3989.

SUNDAY, OCTOBER 14

• Los Angeles National Cemetery Wreaths Across America Day (Sponsors and Volunteers Needed). For more info or to volunteer, contact John Doyle at 805-757-7813 or john.doyle.71@gmail.com.

TUESDAY, OCTOBER 16

• City Council Meeting, 7-10 p.m., City Hall, Council Chamber, 3031 Torrance Blvd. For more information call the City Clerk at

(310) 618-2870.

• AAUW Torrance's Tech Trek Celebration, 6:30-8:00 p.m., Toyota Auto Museum, 19600 Van Ness Ave. For more information call K. Odgers at (310) 534-1122.

THURSDAY, OCTOBER 18

• Beach Cities Republicans Special Meeting, 6-9 p.m., 21707 Hawthorne Blvd., #302, For more information contact David Hadley at (310) 600-6937 or davidhadley@gmail.com.

• "Restaurants for Roses" Fundraiser for 2013 City of Torrance Rose Parade float, 4-9 p.m., Daphne's Greek Cafe, 25420 Crenshaw Blvd. For more information call (310) 618-2930.

SATURDAY, OCTOBER 20

• Free Halloween Stamp Craft, 10 a.m., WALTERIA Library, 3815 W. 242 St. Adults are invited to learn how to make a Halloween treat box. Registration is required. Call the Library at (310) 375-8418 to register.

• 38th Annual Bethune Recognition Luncheon", 11 a.m.-3 p.m., Double Tree Hotel Penthouse, 21333 South Hawthorne Blvd. For ticket information call Carlin at (310) 838-7107.

MONDAY, OCTOBER 22

• Downtown Torrance Antique Street Faire, 8 a.m.-3 p.m., 1317 Sartori Ave right off of Torrance Blvd. Free Admission and Parking.

ONGOING

• Downtown Torrance Market Place, every Thursday, 3-7 p.m. For more information call (310) 787-7501 or (310) 328-6107.

School

from front page

their benefits. She is tasked with managing the health and voluntary benefits needs of 2,800 current and retired employees with only one co-worker assisting her. Deputy Superintendent of Administrative Services Donald Stabler, praised her for her self-starting attitude. "Kathy shows professionalism, is very organized and is a great asset not only to the Benefits Department, but the entire district as well," said Stabler.

Marissa Stillittano, a teacher at Madrona Middle School, was the middle school-level teaching Employee of the Year. Stowe described her as extremely affective as a school and District leader. He also said she inspires students to be more competent and effective leaders, leading by example in creating and maintaining Madrona's Family Science night. "Marissa's warmth and contagious enthusiasm for teaching and learning makes her approachable to all students," said Stowe. "She creates extraordinary learning experiences for large groups of students."

Diane Trimble, an adult school teacher at the Levy Adult Center, was lauded for her

efforts in parent education. She has been a major force in revamping existing classes at the Levy Center. Stabler said she exemplifies the values of Torrance Unified. "She works tirelessly to make sure her students fully understand the role of being a parent," said Stabler. "Diane's leadership in the program has resulted in consistent success for all students who represent a wide range of ages, races, ethnicities and parental experiences."

Lastly, Stabler recognized Maria Elena Segoviano, Adult Education Specialist at Hamilton Adult Center, and the "face of the school," according to Stabler. She works at the front desk at the Hamilton Adult Center and guides students in selecting appropriate classes. "She has consistently taken on additional projects and responsibilities to meet the changing needs of our students and our school," said Stabler. "Maria brings a cheerful attitude and a positive outlook to work each day. She is a consummate professional and a true asset to the Torrance Adult School." •

SMILE awhile

This photo from my Daughter's two-year-old photo shoot. Her name is Dakota Rose Salcedo. The theme is Alice in Wonderland Theme Tea Party! Photo by Rachel Crabtree. Provided by Cindy Salcedo.



This is our son Carson (3 yrs.) with his new friend at the Long Beach Aquarium. Provided by Jeff & Jill Puffer.

Readers send us your photos! Do you have a favorite photo? An old yearbook photo? Glamour Shot? Baby photo? **We want them.** We will accept only one photo, per person, every month. Once a month, we will pick a "Staff Favorite" and the winner will get a **\$25.00 gift certificate** from one of our advertisers.

Email your photos to: Management@heraldpublications.com. We will only accept emailed photos and they must be in jpg form.



DEADLINES

- OBITUARIES:** Monday at noon.
 - CALENDAR ITEMS:** Prior Friday at noon.
 - PEOPLE ITEMS:** Prior Friday at noon.
 - DISPLAY AD CHANGES:** Prior Thursday at noon.
 - CLASSIFIEDS:** Tuesday at noon.
 - LEGAL NOTICES:** Monday at noon.
 - NEW DISPLAY ADS:** Prior Thursday at noon.
 - REAL ESTATE ADS:** Monday at noon.
 - AD CANCELLATIONS:** Prior Thursday.
- LATE CANCELLATIONS WILL BE CHARGED 50% OF AD



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A Student's Perspective **Police Reports**

On the Increase in Class Size

By Glen Abalayan,
Torrance High School Student

The decade-long budget cut barrages on education have affected both teachers and students. One of the major effects of the cuts is the massive increase in class size. For teachers, the increase has coerced them to perform the Herculean task of teaching over 40 students every hour. On the other hand, students are also feeling the effects of a larger class by not getting enough individualized help and attention from the teacher. The introduction of even larger class sizes will only further harm the effective education method of both students and teachers

The bleak California budget is expected to bring forth even deeper cuts to education.

Teachers can only do so much in the advancement of education. But even the greatest teachers have limits. Unfortunately, as class size gets larger, teachers are pressured to give the same quality education to a class twice as large as before. The increase in class size puts an incredible strain on teachers' lives because of how they have to spend their time away from school grading the over 200 assignments students completed the day before. This superhuman task has to be performed every day in order to keep up with their daily lesson plans for the year. But having to grade hundreds of assignments every day can also hurt the teacher's performance in properly grading assignments as they please.

The problem many teachers face in having to grade their multitude of assignments is how they lack the time to grade the assignments in a complete and effective manner. From the time class ends, teachers choose to sacrifice their time with their families in order to grade each assignment. But the overwhelming amount of items to be graded causes teachers to spend only five minutes per assignment before moving onto the next. This prevents teachers from citing everything that needs to be fixed to foster their students' educational growth. There have been a number of essays which lack red ink marks because of the small amount of time a teacher has to read and correct a paper.

It is difficult for teachers to manage a balance of both challenging their students and keeping a light workload to grade. The incredible pile of assignments a teacher has to

grade prevents the ability to assign the rigorous tasks necessary to challenge students. Teachers can only grade so many essays on the same topic before having to assign worksheets to lessen their workload. But worksheets are easy to complete, do not challenge students and cause them to develop lazy study habits. Providing a rigorous course to students while also keeping a light workload is getting more difficult as class sizes increase and can only be resolved by reducing the number of students crammed into one classroom.

Teachers are not the only ones feeling the squeeze of larger class sizes, as students

are also experiencing its effects. Every day, students have to play a form of Classroom Darwinism and have to continuously compete for the teacher's attention in order to have a better understanding of the subject. The increase in class size has brought forth the extinction of the individualized approach to learning, as students are sometimes referred to as mere names on a seating chart. The loss of individualized learning inhibits students from knowing what things they need to work on and how they can fix those. The mass competition among students to get the teacher's attention also causes those who are not always chosen to develop a negative attitude towards the class.

Interestingly enough, the *Organization for Economic Cooperation and Development* reports the United States having an average student teacher ratio of 23 to one. Apparently, the report forgot to cover the inner-city high schools, of which I am a student, that have classes of 30 or even 40 students at any given time.

The bleak California budget is expected to bring forth even deeper cuts to education. This means even larger class sizes and will prove to be a detriment to both students and teachers. Larger class sizes only increase the already superhuman task for teachers and lack of individualized attention for students. Teachers and students can only endure so much strain before reaching their breaking point and resorting to mediocrity. There is only one simple fix to this growing problem—to end the ballooning of classrooms and ease teachers' workloads. •

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.

SEPTEMBER 29

Vandalism: 3500 BLOCK WHITE CT Suspect(s) tags fence at location.

Robbery-Weapon: 3600 BLOCK PACIFIC COAST HWY Suspect poses as a customer before grabbing/ twisting cashier's arm, pressing a knife to her back and demanding/ taking property/cash.

Vandalism: 3600 BLOCK GARNET ST Suspect(s) tags exterior of building.

Auto Theft-All: 25200 BLOCK CRENSHAW BLVD Stolen vehicle: '10 Toyota Corolla.

Vandalism: 18500 BLOCK HAWTHORNE BLVD Suspect(s) tags exterior of building, dumpster and panel trucks parked at location.

Burglary Auto: 2900 BLOCK AIRPORT DR Suspect(s) enters vehicle by unknown means and takes property/camera, camera equipment, charger.

SEPTEMBER 28

Burglary-Residential: 4100 BLOCK 175TH ST Suspect(s) removes screen, pushes open unlocked window for entry, ransacks and takes property/cameras, passports, cash, checkbook, documents, jewelry, pillowcases, microphones, guitars, laptop.

Burglary-Residential: 200 BLOCK VISTA DEL PARQUE Suspect(s) enters via unlocked window, ransacks and takes property/video streamer, karaoke machine, jewelry.

Vandalism: 800 BLOCK MAPLE AVE Suspect(s) scratches letters on victim's vehicle's door handle.

Auto Theft-All: 21100 BLOCK WOOD AVE Stolen vehicle: '04 Nissan Xterra.

Theft: 3600 BLOCK 182ND ST Suspect(s) defeats lock and takes property from rack/

bicycle.

SEPTEMBER 26

Battery Weapon/Agg: 1700 BLOCK GREENWOOD AVE Suspect(s) shoots at occupied residence.

Theft: 3500 BLOCK REDONDO BEACH BLVD Suspect(s) takes unsecured property from front of location/bicycle.

Auto Theft-All: 16800 BLOCK YUKON AVE Stolen vehicle: '00 Chevrolet P/U.

SEPTEMBER 25

Theft: 19000 BLOCK WESTERN AVE Suspect(s) takes unattended property from desk during business hours/cell phone.

Theft: 3700 BLOCK 227TH ST Suspect(s) takes property from side of victim's residence/ scrap metal.

SEPTEMBER 24

Vandalism: 1400 BLOCK MARCELINA AVE Suspect(s) etches letters on glass door.

Burglary-Commercial: 23800 BLOCK HAWTHORNE BLVD Suspect(s) smashes glass door for entry and takes property/ medications.

Theft: 3700 BLOCK TORRANCE BLVD Suspect(s) takes unsecured property from construction site/sheets of plywood.

SEPTEMBER 23

Burglary-Auto: 4200 BLOCK REDONDO BEACH BLVD Suspect(s) enters vehicle by unknown means and takes property from trunk/purse, tablet, cell phone.

Vandalism: 1400 BLOCK MARCELINA AVE Suspect(s) etches letters on glass door and window of business.

Burglary-Auto: 4100 BLOCK REDONDO BEACH BLVD Suspect(s) punches door lock for entry and takes property/toolboxes, tools.

Burglary-Auto: 2500 BLOCK AIRPORT DR Suspect(s) enters vehicle by unknown means and takes property/laptop, mouse, charger.

Burglary-Auto: 3600 BLOCK PACIFIC COAST HWY Suspect(s) unlocks vehicle via partially open window and takes property/TV.

Burglary-Residential: 2500 BLOCK CARSON ST Suspect(s) cuts window screen and begins forcing open window when interrupted by victim inside residence/no loss.

Burglary-Residential: 1600 BLOCK DATE AVE Suspect(s) smashes window in door for entry, ransacks and takes property/watch.

Theft: 24300 BLOCK CRENSHAW BLVD Suspect(s) takes property from shopping cart as victim shops/wallet. •



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~ Jeremy Aldana

Sports

Dodgers' Season Comes to an End

By Adam Serrao

As the summer season reduced to fall, so too did the Dodgers' bright hopes of attaining one last chance at a playoff berth collapse. In a season that came down to the second-to-last game of the year, it was at last the San Francisco Giants who ruined the hopes of the Dodger faithful—an ending that turned all that was sweet about the season into something that was all too entirely bitter. There was no dollar amount that was enough and no surplus of big names or big bats that could have pushed the Dodgers over the top this season. Alas, the high-priced Dodgers of this year found themselves standing in the exact same spot as the bankrupt Dodgers of last year: out of the playoffs.

Last Tuesday night was when it all happened. The season came down to a three-game matchup with every Dodger fan's most despised enemy, the San Francisco Giants. And on that Tuesday night, the Dodgers' season ended with an out at third base. Mark Ellis was just like every other Dodger player at the time—giving every last ounce of energy that he possibly had to make a difference and spark an incredible run that would have landed the team in the playoffs for the first time since 2008. Instead, that incredible run turned into a horrible one when Ellis attempted to stretch a double into a triple and was thrown out at third base, all but ending the Dodgers' hopes of winning the game and attaining the last wild card berth available. "It was the wrong play," Ellis said quite abruptly. To be fair, the play will stick with diehard Dodgers fans until next season. The regret that Ellis feels and will continue to experience may last him a lifetime.

It wasn't only one play that lost an entire season, though. Winning is a team effort and so too is losing. For a good stretch down the line in September, the Dodgers found it difficult to even put runs up on the board, let alone win. This despite a first base position that was upgraded from James Loney to Adrian Gonzalez, a shortstop position that was upgraded from Dee Gordon to Hanley Ramirez, and a left field position that was upgraded from Juan Rivera and Bobby Abreu to Shane Victorino. These were all noble upgrades on paper, but somehow wound up resulting in a downgraded success level. It was in the final two weeks of the season that the Dodgers and their bats finally began to wake up and put together some semblance of success. As their time began to run out, the Dodger bats helped the team battled back to win nine of their last 12 contests—an effort that impressed manager Don Mattingly. "Obviously, I'm proud of the guys and the way we didn't want to give in," Mattingly said amid a silent clubhouse last Tuesday night after the loss. "If you had guys who didn't care, you wouldn't have that." Truly, the team did all it could to show it cared down the stretch, but ultimately the effort came just a tad bit too late.

Though this season has turned into somewhat of a wash, there is no need to panic for Dodgers fans. Sure, every fan wants to witness their team make it into the postseason for a shot at the World Series title, but at least the Dodgers aren't the Houston Astros, right? Those fans only saw their team win 55 times this year. Instead, Dodger fans can look forward to witnessing a return on their \$400 million investment in contract absorption this year.

See *Dodgers*, page 11

Up and Adam

Have You Heard? Torrance Beats South

By Adam Serrao

It hasn't been easy for the Tartars to get out and running to begin the season. After all, coming into last Friday night's game against South High, the team had a below .500 record. To complicate matters for Torrance, starting running back Bobby Wilson was removed from the game in the first quarter with a knee injury to thin out a lineup that this year has already been lacking in depth. When Jonathan Heard's name was called, however, he would respond—and in a major way. Almost all by himself, Heard filled the void at running back and carried the Tartars back from a five-point deficit at halftime to squeak out a 32-25 victory in what was the Pioneer League opener for both teams.

Almost as soon as Wilson went down, Heard got his motor running. In the first quarter alone, Heard jumpstarted his team with an 80-yard touchdown run and a 74-yard touchdown run to put 12 points on the board for the Tartars. "I knew I had to step it up," said Heard. "We only have three running backs without Bobby and we all stepped up." Torrance would miss both extra point attempts. Though Heard got the offense going early, the Tartars' defense still struggled, allowing 17 points to South in the first half of play to go into halftime down by a score of 17-12. Both teams struggled to get anything going offensively coming out of the gate after halftime, but it wasn't long before the Spartans piled onto their lead behind starting quarterback Ian Van Natta. Van Natta score from 13 yards out with just under six minutes remaining in the third quarter to widen the Spartan lead to 25-12.

It looked as if things had gone from bad to worse for the Tartars when Heard left the game

with just under two minutes remaining because of a nagging leg cramp that the running back just couldn't shake. In his absence, however, the Tartars were able to get in the end zone again on a four-yard touchdown run by Sam Hudson to bring the score closer at 25-19. Hudson continued to take advantage of his opportunity to get into the game by taking the Tartars' next possession 57 yards for a touchdown on what was a critical fourth down for the team. Torrance again was unable to convert on the extra point, knotting the game up at 25-25.

With the game all tied up, Heard reentered, attempting to ignore the cramps that had been hampering since halftime. With just under two minutes on the clock, he jumped out from the backfield and took off on a 40-yard run to put six more points on the board for the Tartars. This time, they would connect on the extra point and with 1:30 remaining, the score was 32-25 in Torrance's favor. The Spartans had one last chance to tie the game, but when starting quarterback Kyle Nesbit dropped back in the pocket from the Torrance 31 yard line, he was quickly sacked by Leo Fuimaono to turn the ball over on downs and win the game for the Tartars.

Torrance's victory was the team's first win over the Spartans in five years. "It's great to end the five-year drought," Torrance head coach Rock Hollis explained. "The kids really battled." Torrance did indeed battle its way back to a .500 record on the year at 3-3, now tied for second place in the Pioneer League going into a matchup with El Segundo this Friday night. The Spartans are also 3-3 on the year and will take on the

See *Torrance*, page 11

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Politically Speaking

Political Penguin

By Duane Plank

Doing my due diligence as a poli scribe, watching the first debate between the favorite in the clubhouse, the POTUS, and the embattled challenger, Mitt "The Glove" Romney. Romney is facing a third-and-20 situation, to use some sporting parlance. Needs to pull a rabbit out of...somewhere. Pretty soon gonna be time for a "Hail-Mary" arc for the Elephant party standard-bearer.

Now I was fired up about viewing the first verbal tussle between the two candidates for the most powerful office in the world. Cuz I do believe that the Roseanne Barr for President insurgency has never progressed too much further than putting a campaign sign on a darkened and shuttered office.

Knocked on the door, looking for a few comments from Ms. Barr, but didn't get any of her busy campaign workers to pull away from their phone banks to open the door and talk to an eager scribe. Or maybe there was no one there and her campaign is a sham?

Spoke to a couple of folks prior to the debate, the first of three for the Presidential candidates. And deduced a not-so-interested attitude. One gentleman told me that he was going to go home and instead of watching the debate, was going to watch the lost *Partridge Family* episode--the one, apparently, in which mom Shirley Jones and her son on the iconic TV show, David Cassidy, became embroiled in a major dust-up.

And a second guy, presumably intelligent, uttered, "Who wants to watch those idiots talk?" Same guy probably went home to watch *American Idol* or *Jersey Shore*.

Boy, I hope that neither of those erudite gents take the time to vote. Because they

might cancel out the folks who are actually paying attention to this important election.

About an hour into the first debate and President Obama is defending the far-reaching tentacles of what has been termed "Obamacare." The righties used to use the pejorative labeling of "Obamacare" as a negative. And, savvy as he is, the ex-community organizer from the great state of Illinois said he embraced the term.

Both candidates spun and spun about healthcare. Question to the faithful. Are you happy with your current healthcare plan? Speaking about me, and I am still in need of an MRI to deal with the left knee, I am not sure. Gets pretty confusing out there. And, like a lot of you, don't have a lot of time in the day to figure some of these things out.

There are two presidential debates left, the final one scheduled to take place on October 22. And will take up foreign policy. That should be an interesting verbal barrage, what with "The Glove's" vast experience in dealing with the tempest that happens overseas. Which is: Nada.

There will be a debate tonight pitting Vice President Joe Biden, whose teeth have sure gotten a lot whiter over the past few years, and the pit bull Elephant Veep candidate Paul Ryan. Now with nothing to lose except the presidency, assume that Ryan will come out slinging and try to make some type of headway in the dead-man-walking shuffle in which it appears the Romney/Ryan campaign is engaged.

Last add: If you want to read a little more about the idiot Governor that we elected in this great state, just Google the latest from the actor Schwarzenegger. Really sad that some of YOU voted for this clown. •

One Man's Opinion

Romney 1, Obama 0

By Gerry Chong

What a difference an hour and a half makes! Before the Denver debate, the mainstream media had all but declared the presidential race over. Obama was out being measured for his inauguration suit and the band was rehearsing "Hail to the Chief." Then a funny thing happened on the way to the coronation. No one had told the emperor that he had no clothes, and in fact was in the process of being mugged on national television before as many as 60 million viewers.

When the smoke had cleared from the first debate, Romney had won by a TKO. Lefty Bill Maher suggested that Obama needed a teleprompter. The *New York Times* said the President looked "constipated." The post-debate CNN poll had Romney the winner by a 67-25 margin. Democratic consultant James Carville said Romney looked like he wanted to be there, but Obama did not: "The President didn't bring his 'A' game."

On the political right, Breitbart said the President looked shaken. He was staggering and bewildered. If this were a fight, it would have been stopped halfway through because this was the most one-sided debate in American history.

Romney was poised and armed with reams of sharply focused facts while Obama simply repeated themes he has been spouting for months. This time, they fell flat.

While the 10th Amendment to the Constitution was never mentioned, it was the central theme of the debate. On issue

after issue, Obama espoused the power of the federal government to improve the status of the individual. By contrast, Romney promoted the values inherent in the Bill of Rights, placing reliance on the freedom of the individual and the rights of the states to act as the crucibles of experimental democracy. Romney pointed to the background set behind the speakers and referenced his reliance on the Constitutional limits on the excesses of federal government power and its ability to coerce. On issue after issue, Romney deferred to the local wisdom of the states as opposed to an all-powerful federal authority.

When the President chastised Romney for not being specific enough in his proposals, Romney explained that his goal is to act as he did when he faced a state legislature that was 87 percent Democratic and as President Reagan did in working with Democrats in Congress. Romney's approach is to lay out broad principles and then work to solve problems across the political aisles on a give-and-take basis rather than a rigid take-it-or-leave-it basis. This flexible approach lays out the foundation for inter-party cooperation and left Obama flummoxed.

In an hour and a half, Romney had recast the fight for the presidency and now Obama is in the fight for his life. Next up, on October 11, the bright, young Paul Ryan will debate the gaffe-prone Joe Biden. If all goes according to expectations, the Romney/Ryan team will be up 2-0 going into the next presidential debate. Hold onto your hat, this is fun! •

*"To succeed in life, you need three things:
a wishbone, a backbone and a funnybone."
~ Reba McEntire*



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Passion

from front page

said. "That is what Neva is all about and I wanted to bring everything and anything to stimulate these people. If I can stimulate these souls that are hardly visited and who need nurturing, I am hoping that I can contribute that. That is my main focus."

Also volunteering during the visit was Bobby on the tall bongos and Audrie Segura, who isn't a musician but has a strong interest in helping people and happened to meet Sandoval at a separate event. "It was the gifts of the universe. I happened to be on a volunteer site and since I love music and drums, I figured this was a way that I could give back," Segura said. "I got in contact with her [Sandoval] and she assured me that she had an event within a week, so I met her here. This is my first time with her and it was such a blessing to be a part of something so great. I got to start my morning by lifting up of people. That's the reason we're all here and it is pretty awesome."

Sandoval started Free To Be Me drum circle in 2003 to provide an outlet for at-risk teens and homeless families. She was strongly motivated by her experience growing up, which she considered to be difficult at times. However, Sandoval believes that pushing forward with positive energy can help anyone overcome the most difficult of obstacles and has committed her time spreading that message.

"After years of being a rock star and moving to Hollywood and New York, I knew that I had to do something more useful like connecting with the spirit more," Sandoval said. "It wasn't just about getting up and making ends meet. I had a calling that I needed to do something, so I became a Venice Beach entertainer for four years and it has been one of the best gigs that has ever happened. It was wonderful."

Free To Be Me Drum Circle has conducted workshops and local community events to help people through their music. Through drums, timbales and other instruments, Sandoval and

her group of volunteers primarily perform for mentally challenged children, teenagers from poor neighborhoods, convalescent hospital patients and even prison inmates. However, they also play community events like the one they organize every third Sunday of the month from noon to 3 p.m. under the Hermosa Beach Pier by the water's edge.

Having been involved with these drum circles for more than 10 years is something Sandoval considers a blessing since it is all volunteer-driven. While she does not emphasize religion with what she does, the self-described Native American strongly believes in the power of having a strong spirit. Furthermore, Sandoval is grateful for the volunteers who at times help during transitional phases in their lives, but who also take the time and help out of the kindness of their hearts in places like Bay Crest Care Center.

"It brings them joy--they really love it when she comes here," Estrada said. "You see the difference when she brings the music. Even when the residents just touch the instruments, you can tell that they really enjoy it. Just her being around us brings up everyone's spirit. That says a lot about her and her group. It is amazing how many people volunteer. It is just beautiful."

Sandoval expresses her gratitude for the turn her life took and looks forward to reaching more people. "I was a social worker during the week for domestic violence victims and I would play Venice Beach three days out of the week as a street entertainer," Sandoval said. "I used the 15-piece drum set and played for people from all over the world. At that point, I just gave myself to drumming. It wasn't about the money. It was just about touching people through my gift."

Persons interested can learn more about Free To Be Me Drum Circle by calling Sandoval at: (310) 318-7191 or by visiting www.freetobemedrumcircle.com •

Looking Up

Navigating the Seas of Titan

By Bob Eklund

Humanity has landed rovers on Mars. Now, say scientists, it's time to land a boat on Titan. This outlandish scenario could become reality, according to engineers presenting their proposals at the European Planetary Science Congress on September 27.

Titan, Saturn's largest moon, is one of the most Earth-like bodies in the solar system. With a thick atmosphere, a diameter between that of Earth and of planet Mercury and a network of seas, lakes and rivers, it is in many respects more like a planet than a moon like the Earth's.

The Cassini-Huygens mission, which has studied Titan extensively, confirmed that lakes, seas and rivers of liquid hydrocarbons (similar to household gas) exist, covering much of the satellite's northern hemisphere. Although the Huygens probe eventually landed on solid ground, it was designed to be able to float for a short period.

The new plan, called the Titan Lake In-situ Sampling Propelled Explorer (TALISE), proposes a boat-probe that would be propelled by wheels, paddles or screws. The probe would land in the middle of Ligeia Mare (the biggest lake, near Titan's north pole), then set sail for the coast, taking scientific measurements along the way. The mission would last around six months to a year.

"The main innovation in TALISE is the propulsion system," says Igone Urdampilleta, a member of the TALISE team. "This allows the probe to move, under control, from the landing site in the lake to the closest shore. The displacement capability would achieve the obtaining of liquid and solid samples from several scientific interesting locations on Titan's surface such as the landing place, along the route towards the shore and finally at the shoreline."

Titan's environment is too cold for life as we know it, but its environment, rich in the

building blocks of life, is of great interest to astrobiologists. The satellite's atmosphere is made up largely of nitrogen (like Earth's) and is rich in organic compounds and hydrogen cyanide, which may have played a role in the emergence of life on Earth.

TITAN SHOWS SURPRISING SEASONAL CHANGES

Detailed observations of Titan have now spanned 30 years, covering an entire solar orbit for this distant world. Dr. Athena Coustenis from the Paris-Meudon Observatory in France has analyzed data gathered over this time and found that the changing seasons of Titan affect it more than previously thought.

Coustenis explains, "As with Earth, conditions on Titan change with its seasons. We can see differences in atmospheric temperatures, chemical composition and circulation patterns, especially at the poles. For example, hydrocarbon lakes form around the north polar region during winter due to colder temperatures and condensation. Also, a haze layer surrounding Titan at the northern pole is significantly reduced during the equinox because of the atmospheric circulation patterns. This is all very surprising because we didn't expect to find any such rapid changes, especially in the deeper layers of the atmosphere."

Coustenis explains why it is important to investigate this distant moon: "Titan is the best opportunity we have to study conditions very similar to our own planet in terms of climate, meteorology and astrobiology—and at the same time, it is a unique world on its own, a paradise for exploring new geological, atmospheric and internal processes."

Images: http://www.europlanet.eu.org/outreach/index.php?option=com_content&task=view&id=391&Itemid=41 http://twitter.com/thomas_appere/status/251345719976419328/photo/1/large •

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TerriAnn in Torrance

Who's The Boss?



Robert Pullen-Miles, District Representative. Photo by TerriAnn Ferren.

By TerriAnn Ferren

This year, *National Boss's Day* falls on Tuesday, October 16 and I am sure many of you are pondering what to do for your boss. In 1958 in Deerfield, Illinois, Patricia Bays Haroski, a State Farm Insurance employee, registered *National Boss Day* for October 8 with the US Chamber of Commerce. The only problem was that she forgot that the birthday of the man she was trying to honor (her father) was on the 16th and that was the day she *meant* to submit. Four years later, Governor Otto Kerner of Illinois backed Haroski's idea and came to the rescue when he registered and officially proclaimed October 16 (or the nearest working day) *National Boss Day*. Contrary to some of those I spoke with, *National Boss's Day* isn't a "card-sending holiday" started by a card company. In fact, Hallmark didn't even have a card for *Boss's Day* until 1979 – 21 years after the special day was declared. Since its inception, the holiday has spread to many other countries including South Africa, England, Australia, Ireland and India. Originally, the day was set up to improve the relationship between employees and bosses and to show appreciation between workers.

Last week I spoke with Robert Pullen-Miles, a District Representative who has been working for Senator Ted Lieu for a year and a half. I asked him how he liked working for the Senator. "I'm enjoying it [working]," he said. "He's the best Senator to work for--he is very hands-on and very well-read. He is involved in the community. I am local and live near the office." Then I asked Robert if he was planning anything for *Boss's Day* and he shared, "We are going to have to plan something for *Boss's Day*. I have worked for the Legislature for 12 years. I have worked for two members of the Assembly and I work in the field for the legislative staff. We support the business community."

From there, I traveled to the Torrance Chamber of Commerce to interview Brian Rosario, Government Affairs Coordinator. It was quiet in the Chamber offices as I walked down the long hallway to the last conference room to find Brian. Brian has worked for the chamber for four months and comes with an impressive list of accomplishments. For 12 years before coming to Torrance, Brian coached college basketball. He was

the girls' basketball coach at LMU, Cornell and Kentucky. "I am having a great time," said Brian. "I went to school for business administration and the way I was taught to think is all-business. I was very lucky to be in the game and so successful for so long. I knew the change was coming and it was the perfect time. And working for the Chamber is great." Then I asked Brian about *Boss's Day* and if he was going to do anything for his boss. Brian shared, "I don't know when this is released, so I am not going to tell you any details--but we have plans. In my experience if you are ever lucky enough to work for someone that you are not 'working for,' it is the best experience ever. And that is the thing Donna [Duperron] has through the interview process, through how she manages us, through giving us particular duties or responsibilities. She definitely enables us to have a hand on it. She has great experience, but she isn't afraid for us to walk our own route. Donna is our head coach here." Wow, that is a great testimony to any boss. Brian went on to explain that the entire office is working on a great surprise for their boss. Trying to pull out details about the surprise was not easy, but he did admit that food--and lots of it--would be part of the day. What a wonderful way to say thank you to a great boss!

As I was thinking about the bosses I have had throughout the years, one in particular stands out. I only worked for Dr. Selbert Chernila, M.D. for a few years and for only two weeks at a time during the summer when his regular assistant went on vacation, but he was a great boss. Because the job was only for a couple weeks, I really enjoyed every moment of being in the office. Dr. Chernila is a gifted dermatologist. I remember opening up the refrigerator in the back of the office to put my lunch away and being surprised when I saw covered test tubes filled with things he was growing. Dr. Chernila is a scientist at heart and wanted to find out how things grew. He would study different skin cells to see what would be the most effective treatment to cure the problems of his patients. And he was a great boss. He let me rule the front desk and was there to help whenever I needed assistance. For a "two-man" office, we handled things well. Granted I only worked a couple weeks, but it was fun. I continue to have very wonderful

bosses and know that is a blessing.

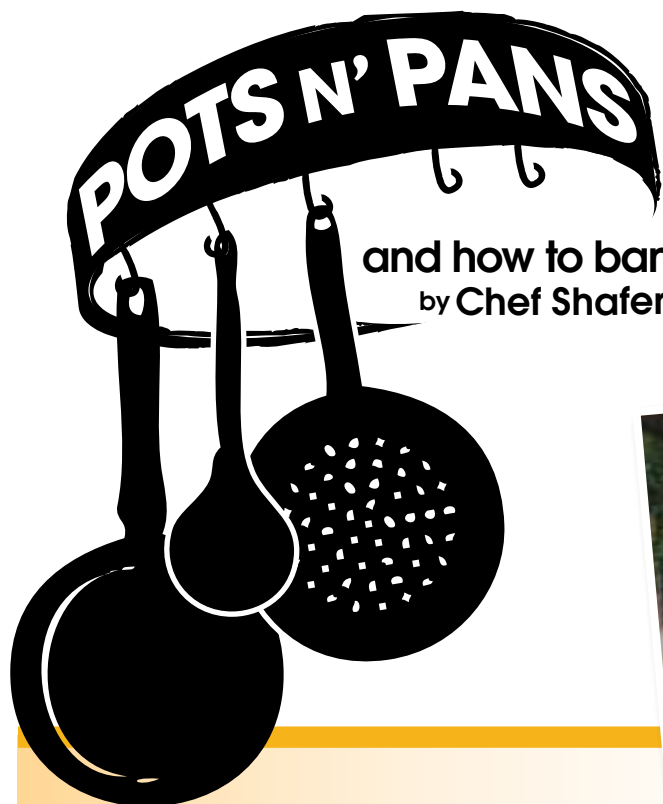
Although there are many of us who respect our boss, there are others I spoke with who have had very different work experiences. One friend told me her boss was not approachable and gave little direction, encouragement or support. In fact, she had to take leave from work due to stress and ended up in a doctor's office. After speaking with my friend, she told me horrific tales that belong in a novel. In the end, this person's doctor told her to think of her boss as the *Wizard of Oz*. That puzzled me until she told me why. The wizard seemed big, powerful, strong, and in charge, but a little dog pulling back a curtain revealed a very little man hiding behind smoke, mirrors and a false front. Yikes!

There are those who haven't a clue *Boss's Day* is coming. While out to lunch on Monday I spoke with a friend who wasn't aware of the upcoming date, but when I asked him if he would do anything for his boss, he said, "Absolutely. I would do anything they asked! I was just informed it was *Boss's Day*." (By me.)

Then we started talking about bosses and how many people don't see their bosses. A large company may have so many people, that you rarely see a boss--or you could work for a nonprofit and never see the boss, or maybe have a paper route and only speak to the boss by phone. And then there are people who work for themselves and have lots of bosses--their customers or clients. Yes, times and communication have changed, but the relationship of a person working for another has been going on since the world began. We all work for someone, even if that someone is ourselves. So, take time to acknowledge the one you work for who inspires, encourages, cheers and mentors. Hats off to the ones in charge on *National Boss's Day*, October 16, 2012! And as Dolly Parton sang, "Tumble out of bed and stumble to the kitchen, Pour myself a cup of ambition – And yawn and stretch and try to come to life. Jump in the shower and the blood starts pumping, out on the street the traffic starts jumping – with folks like me on the job from nine to five... working nine to five..." •



Brian Rosario, Government Affairs Coordinator for the Torrance Area Chamber of Commerce. Photo by TerriAnn Ferren.



and how to bang them
by Chef Shafer



Well it's Thursday again and the downtown Torrance Marketplace is up and running. This week the avocados were calling out my name so I thought I would give you a Southwest version of a tamale.

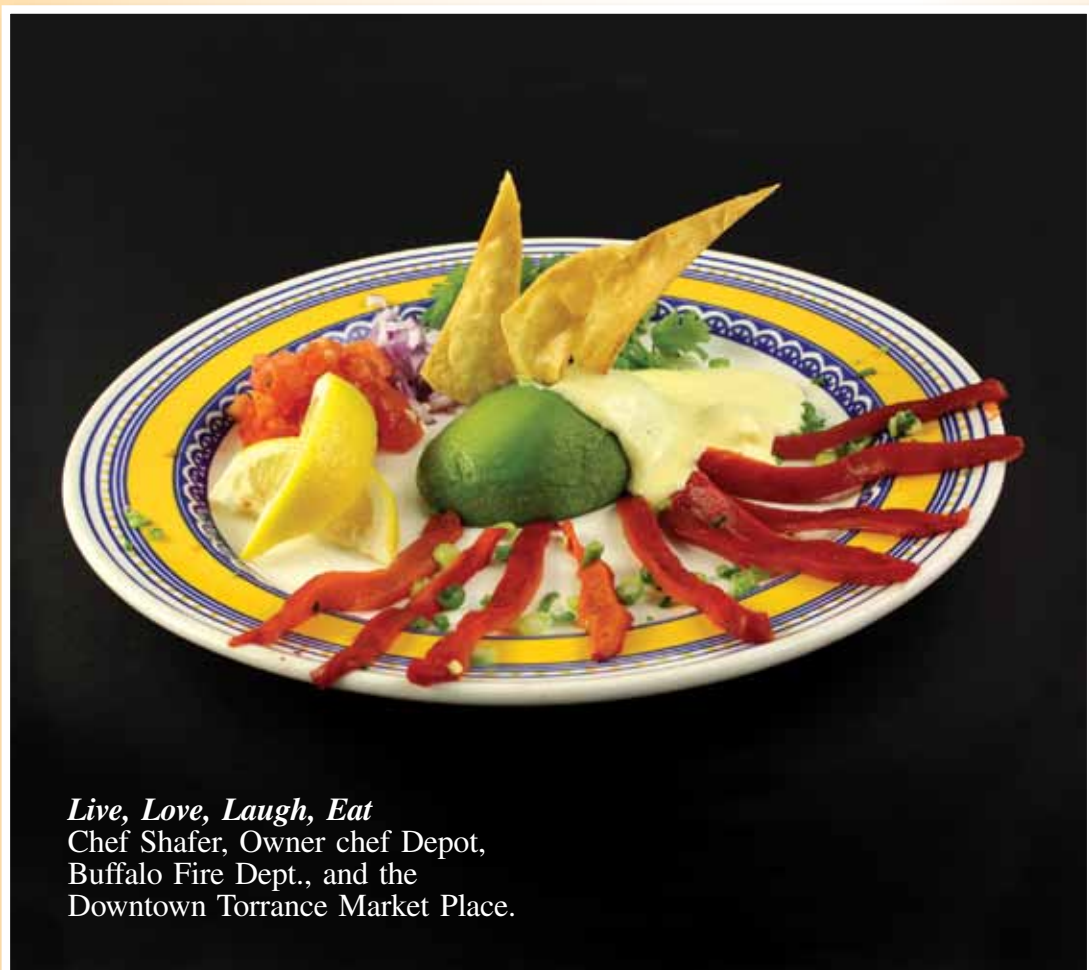
This was a dish that I had on my menu when I was working as the executive chef of the Stouffer hotel in Austin Texas circa 1988.

Not only did I learn how to make some smoky BBQ. I also learn a lot about the flavors of the American Southwest. They truly do have subtle differences from California to New Mexico to Texas. I've always found that the New Mexican is the earthiest of the three and the Texan is the sweetest. But the Californian is the cleanest less overworked and the lightest.

Here is my ... Deconstructed Avocado Tamale

The Chef

Deconstructed Avocado Tamale



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

Serves 4 to 8

4 ripe avocados

**Ripe is firm but not hard to the touch*

Cut in half and scooped out of the shell with a large spoon
Don't do this too early or they will oxidize and turn black

1 cup diced tomatoes

1 cup diced red onion

1/2 cup chopped cilantro

8 Lemon wedges

The tamale

3 cups chicken broth

3/4 cup corn meal

1/2 cup heavy cream

A pinch ground coriander

Salt and pepper

1/4 grated Manchego cheese or parmesan

Heat the stock in a saucepan. Add the corn meal and stir till it starts to thicken.

Add remaining ingredients and serve over the avocado halves then garnish with the tomatoes, onions, cilantro and lemon wedges. Serve immediately.

This can be served as a appetizer or add grilled shrimp, seafood, pork, chicken etc. and you will have any amazing light and fresh dinner.
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Energizing California For Over 100 Years

Dodgers

from page 4

Next year, fans can look forward to an entire season of Gonzalez at first base, Ramirez at short and Kemp and Ethier in the outfield with Carl Crawford joining the mix. Just the sound of it sends butterflies bouncing off of the walls of every fan's stomach and strikes fear into the heart of every opposing pitcher. "I think expectations are fine," Mattingly, whose roster will earn nearly \$200 million next season, expressed. "I think we should just live up to them. Just because there are expectations, that means on paper you look

good. How many times have we seen teams on paper not do anything? A lot. You have to perform, you have to execute, you have to work. In my mind, you have to make things happen." And that's exactly what the Dodgers will try to do next year. It's not like the team needs much work on the roster, but general manager Ned Colletti has already expressed his interest to focus on pitching this offseason. Throw one more top-of-the-rotation starter into the mix for the Dodgers and the staff will look pretty lethal. Fans can also expect

a return to form from centerfielder Matt Kemp, who was struggling mightily down the stretch for the Dodgers this year. Kemp has already scheduled surgery to repair a torn labrum in his left shoulder suffered while slamming into a wall on August 27 at Coors Field.

Although the season has come to a disappointing end for Los Angeles fans everywhere, all hope should not yet be lost. Next season brings the prospect of a new adventure and new memories to be shared at

Chavez Ravine and beyond. Vin Scully will be back too and although everyone has been saying it for the past five years, it may indeed be his final year in the booth--so cherish him while you can. So until April, let's enjoy watching the Giants get knocked out of the playoffs and see if the Yankees can get Jeter one more ring. The Dodgers, on the other hand, have possibilities abounding. After all, at the end of the season last year did anyone ever think that a bankrupt, Frank McCourt-ridden team would have come this far? •

Torrance

from page 4

last place Centennial Apaches this coming Friday. Heard finished the game with 256 yards and three touchdowns on 19 carries for Torrance. Nesbit finished the night 11 of 18 for 114 yards and a touchdown.

NORTH HIGH

The North High Saxons came into their game against the Centennial Apaches angered by their close loss to the West High Warriors last week. That anger was clearly expressed on the field to begin the game last Friday night at North High. By the start of the second quarter, the score was 33-6 in favor of the Saxons--who looked to be on their way to a blowout of the last place Apaches. Centennial inched closer before halftime to cut the lead to 33-14 going into the break.

Centennial came out to play to begin the second half, as Harold Johnson took the

initial kickoff approximately 70 yards for a touchdown to make the score 33-21. The Apaches were able to score again to close the margin to 33-28 and just like that, the 27-point North High lead had all but evaporated. With just under five minutes remaining, Saxon starting quarterback Jorge Hernandez threw an interception at Centennial's one yard line that took the air out of the stadium and had Saxon fans worrying that their lead might disappear right before the end of the game. Luckily for North, however, Jacob Bugayong would fall on a fumble and the Saxons would regroup to score one last touchdown before the final whistle to ultimately take the 39-28 win.

It certainly wasn't pretty, but a win is still a win in league play for the Saxons. The team is now 4-2 and in first place in the Pioneer League standings. Hernandez completed 15

of 32 passes for 289 yards, four touchdowns and three interceptions. Michael Jurado and Mique Juarez were both injured during the night for North and received medical attention on the field. Jurado was able to limp to the sideline, but Juarez was taken to a nearby hospital by ambulance with an apparent neck injury. At the end of the game, head coach Todd Croce was unsure of Juarez's condition. Jurado finished the game with five catches for 157 yards and three touchdowns. Next up for the Saxons is Lawndale.


WEST HIGH

The West High Warriors' reign of terror upon other teams has officially ended. They still scored 42 points, but were lit up by the Mira Costa Mustangs for 62 points to receive their first loss in eight games. It started off well for the Warriors, leading by as many

as 14 points in the second quarter at 21-7. By halftime, though, the game was tied and Mira Costa was just beginning to get things rolling. Forty-two unanswered points later, the Mustangs were up 48-21 and didn't look back from there. West was able to put up 21 points in the fourth quarter, but by that time it was too late and the rout had already begun.

The Warriors are used to beating people by wide margins and not falling victim to them. So for West High, this game was out of the ordinary. Mira Costa is a traditionally powerful football team, however, so the Warriors were expecting a tough contest. One loss in the record books isn't enough to ruin the season, though--and the Warriors, who still hold the best overall record in the Bay League, will look to get back on track later this week against Redondo Union. •

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Proper Nutrition Key For Elderly Americans

(ARA) - Americans are now living longer than ever before. In fact, one of the fastest growing segments is people over the age of 85 who will represent 20 percent of the population by the year 2040. Because we are living longer, certain conditions specific to senior citizens are also on a steady rise. Dehydration, falls,

fractures and attention deficits. Falls are one of the most serious problems for the elderly and about a third of people older than 65 fall at least once every year. Fall-related injuries in the elderly are associated with numerous psychological and physical consequences and are a leading cause of

Given this new evidence, assisted living caregivers should be very cautious before recommending a low-salt diet for the elderly.

fractures, cognition loss and attention deficits are now becoming more commonplace.

In a recent paper titled "Salt Appetite Across Generations" presented at a medical conference in Switzerland, Israeli researchers from the University of Haifa confirmed that in older people, a reduced sense of thirst results in a greatly increased risk of serious dehydration. They also noted that the appetite for salt does not diminish with age and suggested that this be used to help sustain hydration and prevent the dangerous symptoms that result from dehydration.

Another study by Dr. Michael H. Alderman and Dr. Hillel W. Cohen of the Albert Einstein College of Medicine, published in the American Journal of Hypertension, identified

bone breakage and hip fractures, which can lead to complications and permanent disability or death. More than five percent of all hospitalizations in people older than 65 years are due to fall-related injuries. Sadly, the research shows that in assisted living facilities where almost all residents are given low-salt diets, the rate of falls and fractures are three times as great as in the normal home environment.

The implications of this research for liability claims incorporating legal damages are considerable. Mild hyponatremia in the elderly can no longer be considered as a simple nonthreatening condition. Evidence clearly points to significantly increased attention deficits, loss of cognitive function,



significant risks to cardiovascular health and longevity from consuming any less than one or more than three teaspoons salt per day. Fortunately, most Americans - including the elderly - when left to their own choice consume right in the middle of this range.

Given this new evidence, assisted living caregivers should be very cautious before recommending a low-salt diet for the elderly. In older people, mild hyponatremia is the most common form of electrolyte imbalance in the blood. Indeed, several recent medical papers found a direct relationship between hyponatremia and unsteadiness, falls, bone

increased falls and fractures - a cascade of conditions resulting in a highly diminished quality of life and a reduced life span. It is a major threat that can be treated by simply adding salt back to the diet.

The evidence contradicting a low-salt regimen for the elderly is impressive and up-to-date. Those responsible for looking after the elderly should very carefully consider any broad, sweeping recommendations to administer a low-salt diet, for both medical and liability reasons. A well-balanced diet, complete with salads, vegetables and fruit is the best approach to ensuring a healthy and active retirement. •

Finance

Money-Saving Open Enrollment Tips

By Jason Alderman

Over the next few weeks, millions of Americans will receive their 2013 open enrollment materials. Although it's tempting to simply check "same as last year," that can be a costly mistake - especially if your employer is offering different benefit plans next year or your family or income situation has changed.



IRS-allowed medical expenses not covered by your medical, dental or vision plans. Check IRS Publication 502 at www.irs.gov for allowable expenses. Dependent care FSAs let you use pre-tax dollars to pay for eligible expenses related to care for your child, spouse, parent or other dependent incapable of self-care.

Here's how FSAs work: Say you earn \$42,000 a year. If you contribute \$1,000 to a health care FSA and \$3,000 for dependent care, your taxable income would be reduced to \$38,000. Your resulting net income, after taxes, would be roughly \$1,600 more than if you had paid for those expenses on an after-tax basis.

Plus, an important feature of health care flexible spending accounts, which many people use to reduce their tax bite, is changing next year (more on that below).

Here's what to look for when reviewing your benefit options:

Many benefit plans - especially medical - change coverage details from year to year. If you're offered more than one plan, compare features side by side (including plans offered by your spouse's employer) to ensure you're choosing the best alternative. Common changes include:

- * Dropping or replacing unpopular or overly expensive plans.
- * Increased monthly premiums for employee and/or dependent coverage.
- * Increased deductible and/or co-payment amounts for doctor visits, prescription drugs, hospitalization, dental or vision benefits, etc.
- * Revised drug formularies.
- * Doctors and hospitals sometimes withdraw from a plan's preferred provider network.
- * Raising maximum yearly out-of-pocket expense limits.

If offered by your employer, health care and dependent care flexible spending accounts (FSAs) can significantly offset the financial impact of medical and dependent care by letting you pay for eligible out-of-pocket expenses on a pre-tax basis; that is, before federal, state and Social Security taxes are deducted from your paycheck. This reduces your taxable income and therefore, your taxes. You can use a health care FSA to pay for

- Keep in mind these FSA restrictions:
- * Important: Effective January 1, 2013, employee contributions to health care FSAs are now limited to \$2,500 a year; however, if your spouse has FSAs at work, you still may contribute up to \$2,500 to each account.
 - * The dependent care FSA limit remains unchanged at \$5,000.
 - * Health care and dependent care account contributions are not interchangeable.
 - * Estimate planned expenses carefully because you must forfeit unused account balances. Some employers offer a grace period of up to 2 1/2 months after the end of the plan year to incur expenses, but that's not mandatory, so review your enrollment materials.
 - * Outside of open enrollment, you can only make mid-year FSA changes after a major life or family status change, such as marriage, divorce, death of a spouse or dependent, birth or adoption of a child, or a dependent passing the eligibility age. If one of those situations occurs mid-year, re-jigger your FSAs accordingly for maximum savings.
 - * You must re-enroll in FSAs each year - amounts don't carry over from year to year.

Also remember that if you marry, divorce, or gain or lose dependents, it could impact the type - and cost - of your coverage options. •

"Life is to be enjoyed, not endured." ~ Gordon B. Hinckley

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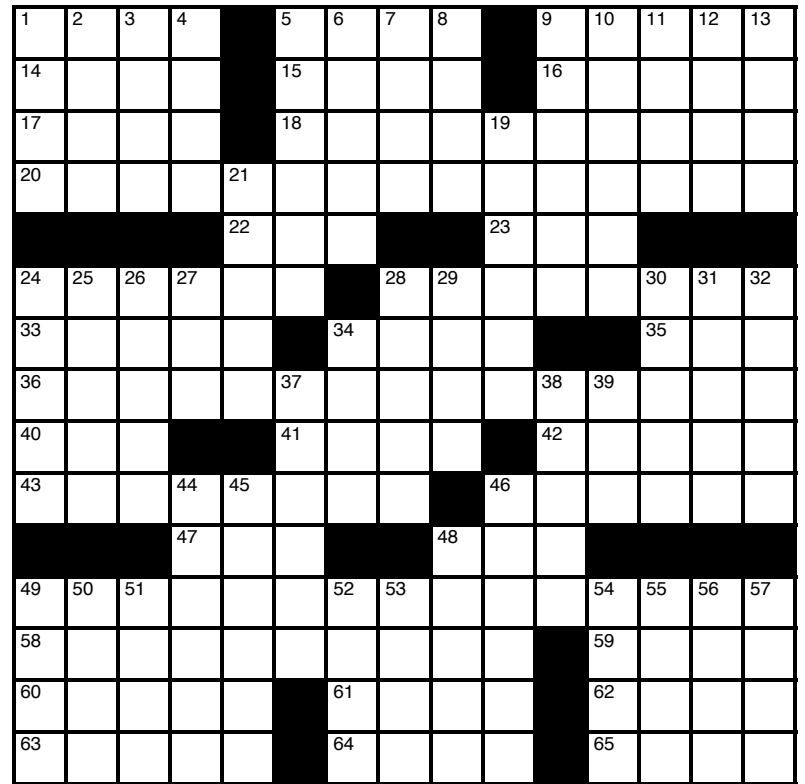
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WEEKLY CROSSWORD See Answers Next Week

Body Parts



ACROSS

- 1. Twosome
- 5. P.D.Q.
- 9. Finance magazine
- 14. Kashmir clan
- 15. Chronicle
- 16. Madison Square Garden, e.g.
- 17. Fill to excess
- 18. Property conveyer
- 20. Is a loving person
- 22. Days ____
- 23. Orinoco, e.g.
- 24. Ridiculously incongruous
- 28. French game
- 33. Capital city
- 34. Central points
- 35. In the preceding month: abbr.
- 36. Ready for battle
- 40. Whisper sweet nothings
- 41. Wild about
- 42. "____ So Vain"
- 43. Indirect implication
- 46. ____ algebra
- 47. Degree in math?
- 48. Mont Blanc, e.g.
- 49. Cooperate closely
- 58. Issuances

DOWN

- 60. Industrial city in France
- 61. Quote
- 62. Silver Needle, et al.
- 63. Condition
- 64. Sorority letters
- 65. "____ Toledo!"
- 1. Narrow margin
- 2. West Samoan monetary unit
- 3. Freudian topics
- 4. Aboriginal tribe
- 5. Don't cut
- 6. See-through wrap
- 7. Banned apple spray
- 8. Confined
- 9. Secret society: var. is its motto
- 10. "She flies with her own wings"
- 11. Student of Seneca
- 12. Hydroxyl compound
- 13. .9144 meter
- 19. Incurion
- 21. Engaged
- 24. Old adders
- 25. Trace mineral

- 26. Cowell
- 27. World govt. in TV's "Futurama"
- 28. African primate
- 29. Lingering trace
- 30. Braid
- 31. The "U" of UHF
- 32. Early anesthetic
- 34. Like some memories
- 37. Soldier's helmet, slangily
- 38. Drawing
- 39. Age
- 44. Disentangle
- 45. C2H6
- 46. Climbing herbs
- 48. Noted caravel
- 49. Joins
- 50. Bypass
- 51. Important Indian
- 52. "Good shot!"
- 53. "Go ahead!"
- 54. Homebuilder's strip
- 55. It was introduced in 1912
- 56. Butcher's offering
- 57. Like pie

*"You may be disappointed if you fail,
but you are doomed if you don't try."
~ Beverly Sills*

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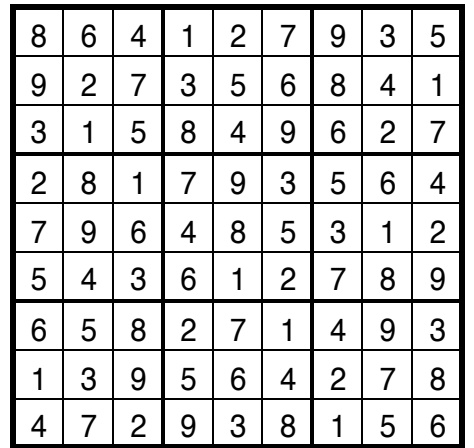
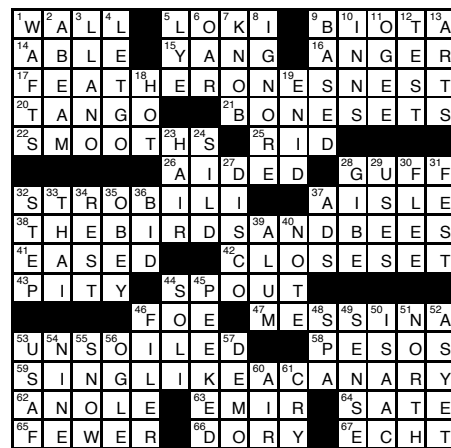
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State: _____ Visa# _____

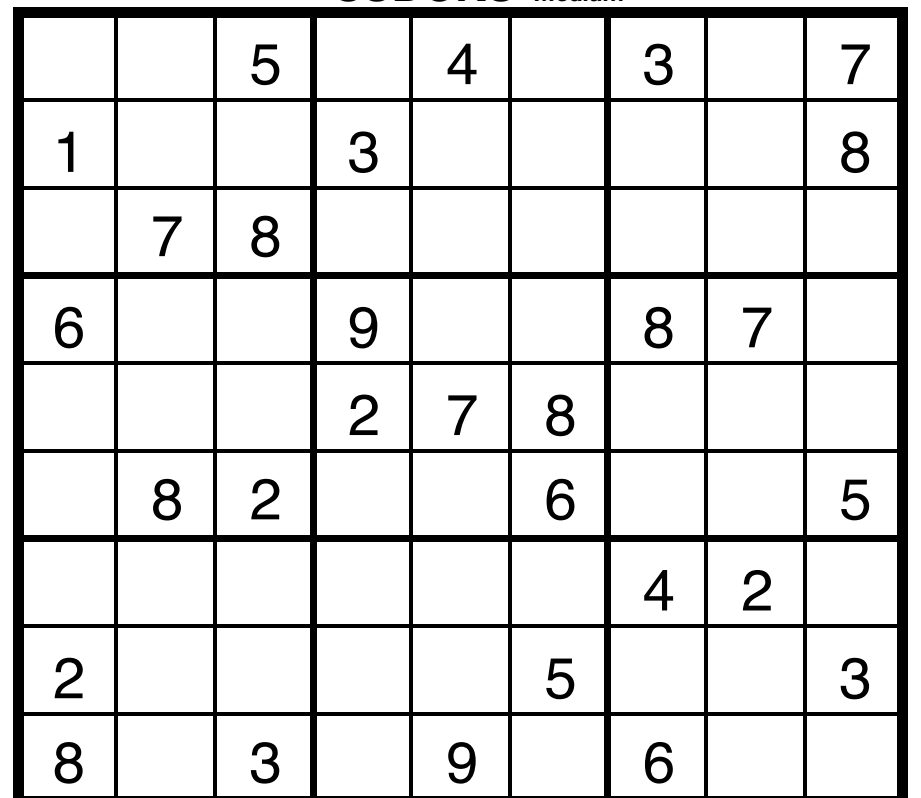
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Last Week's Answers



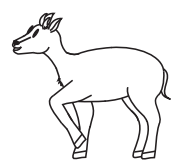
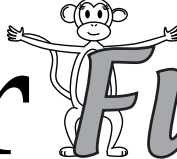
SUDOKU Medium



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.

We like to check out the fire trucks...

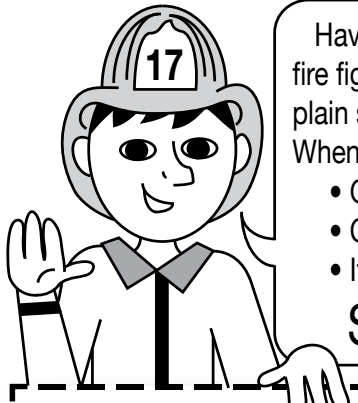
...and ask the fire fighters questions.



Newspaper Fun!

www.readingclubfun.com

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Have you ever visited the firehouse or had a fire fighter come to your school to speak? It's just plain smart to learn how to help prevent fires.

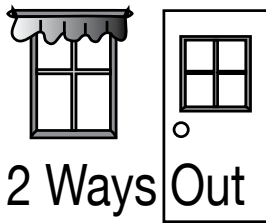
When fire fighters talk about fire safety we tell students:

- Get out of the house quickly if there is a fire.
- Call the fire department from a neighbor's house.
- If your clothes catch on fire remember to...

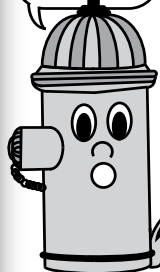
STOP, DROP AND ROLL!

Family Fire Safety Checklist

- Cook in the kitchen only when an adult is helping you.
- Don't touch matches, lighters or candles. They are only for adults to use.
- Do you have smoke detectors on every level of your home? Test them monthly. Change the batteries at least once a year.
- Do you know two or more ways out of the house?
- Never use elevators if there is a fire (stairs are much safer).
- Smoke rises. If there is a fire, stay low: crawl under the smoke.
- Have you picked a place to meet the rest of your family once you are all out of the house?
- Once you are out of the house, *stay out* of the house.



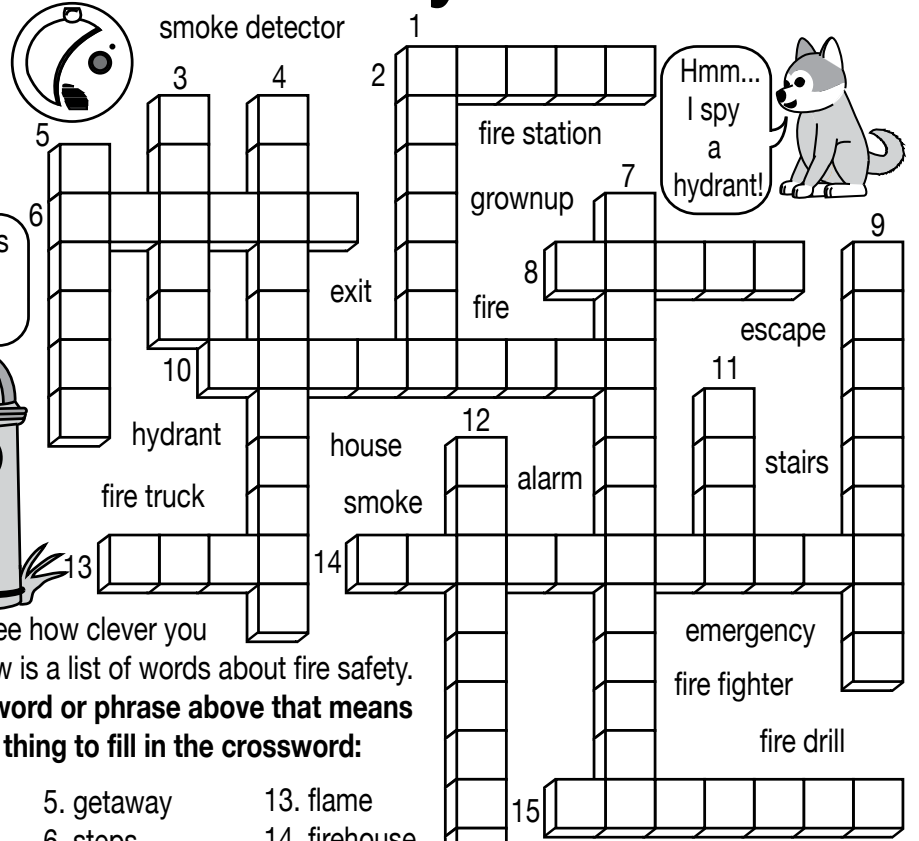
Families can read this list!



Let's see how clever you are. Below is a list of words about fire safety. Find the word or phrase above that means the same thing to fill in the crossword:

- | | | |
|-------------|-------------------|---------------|
| 1. fireplug | 5. getaway | 13. flame |
| 2. home | 6. steps | 14. firehouse |
| 3. siren | 7. smoke alarm | 15. adult |
| 4. fireman | 8. fumes | |
| | 9. crisis | |
| | 10. fire engine | |
| | 11. way out | |
| | 12. fire exercise | |

Fire Safety is Smart!



Hmm... I spy a hydrant!



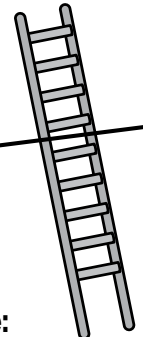
☆ Free Puzzles ☆

Print out our great **Fire Prevention and Safety** set - then the other puzzles: **Explorers Today, Fall Fun and Activities**. Print out the reading log and certificate set: ☆ ☆ www.readingclubfun.com ☆ ☆

Finish each phrase with the word that makes sense:

In a typical day, fire fighters may:

1. spread fire safety and awareness by visiting
2. slide from the third or second floor to the first on a
3. use scuba gear and a boat for
4. go to public buildings or businesses for a safety
5. clean their vehicles and perform equipment
6. feed, play with and train the
7. teach classes about CPR and other



- A. fire pole
- B. fire dog
- C. schools
- D. inspection
- E. water rescue
- F. maintenance
- G. first aid

Match each word to the phrase that makes sense:

To complete the job, fire fighters may use (a):

1. fire truck
2. helmet
3. axe
4. water hose
5. air tank
6. ladder
7. helicopter
8. coat

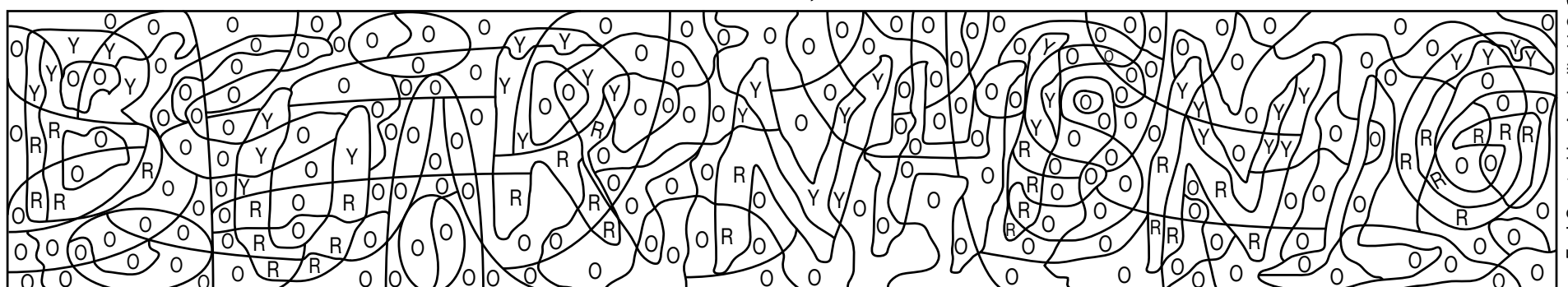


- A. to reach high floors or windows when a door is blocked
- B. to protect their heads from flames and debris
- C. to spray gallons of water onto the fire
- D. to allow them to breathe in a smoke-filled room
- E. to get to a fire quickly with all the right equipment
- F. to lift water from a lake or pond to put out wildfires
- G. to protect their bodies from fire (flame-proof materials) and to be seen easily by others due to reflective strips
- H. to chop down doors or walls during a rescue

See the nine words in bold print to the left? Circle them in the fire extinguisher.

In the Day of a **F I R E F I G H T E R**

ONCE YOU ARE OUT SAFELY, NEVER GO BACK INTO A



What does this fire safety message tell you? Follow this color key to find out: R = red Y = yellow O = orange

BUILDING!

PETSPETS Pets PETSPETS

Pets Without Partners

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

Tbone was found as a stray and his owners were never located. He is just adorable with his black muzzle, semi-perky ears and white blaze on his chest. He is quite the conversation piece. Tbone is all fun and games. He was



Benji

born around June 17, 2012 and is growing like a weed. In his foster care home, Tbone is on his way to being potty trained. He has figured out how to use the doggie door already and trying to remember to do his business outside while he's out there. Although we have no idea what breed this cute little bundle of puppy is, we do know that Tbone loves to play, play, play. Tbone will be neutered soon, is current on vaccinations, de-wormed, microchipped, good with other dogs and



Tbone

good with kids.

Benji is a happy-go lucky Bichon mix who is one to two years old and fully grown at 17 pounds! This young, playful guy is great with all other dogs, loves children and is very submissive. Benji has a very sweet, loving little personality and is still in that

young, untrained stage. He is a very loyal dog who stays by your side and comes when called. Benji is housebroken and ready for his forever home. Benji is neutered, current on vaccinations, de-wormed, microchipped, good with other dogs and good with children.

To learn more about these and other wonderful dogs, visit our website at www.animalsrule.org. If a dog is on our website, it's available. Or come to our Saturday adoption events from 11 a.m. to 3 p.m. at

305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

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

Purrrfect Companions

Happiness is a warm kitty. Adopt a purr-fect partner and have a friend for life.

If you are looking for an affection single kitty, then look no further than this elegant girl. **Olive** has a super-sleek, soft coat of ink-black fur that appears to ripple with color in the sunlight. Her gorgeous, pale yellow eyes show off her Bombay traits with wide-set round orbs. Even more than her appearance, Olive has the personality of a Bombay as well. There is little this sweet girl loves more than the attention of people and she is happiest when curled up with her human. Olive is a quiet little girl, very calm and relaxed, just wanting to love and be loved. Due to her past, Olive does not like dogs and cannot be with other cats. She wants to be the only pet and get all the love! She has had a tough start to life, but is more than ready to find that perfect home where she can shine as a beloved companion. As if she wasn't cute and perfect enough, Olive will sit up and beg for attention! You can't go wrong with this black beauty.

Aria is a curious, quirky orange Tabby "bottle-baby" kitten with golden, amber eyes and a sweet, gentle personality. A bit of a clown, she enjoys chasing her tail--first one way and then the other--and discovering previously hidden bits of fuzz, feathers or plastic. Like most bottle-baby rescues, Aria is very devoted to her humans. After a morning or evening of play, she will curl



Olive

wrestle, explore, snuggle and play.

These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, de-wormed and current on their vaccinations. For additional information and to see our other kitties, please check our website at www.kittenrescue.org, or email us at mail@kittenrescue.org. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln



Aria

up on your lap for a loud purr and a nap. As she becomes more cat and less kitten, we suspect the frequency of these cuddle sessions to increase. Because she is still a kitten, she would prefer to be adopted with another kitten around her age so that she could have a buddy with which to jump, run,

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. •

Happy Tails

Havana Joe's warm and friendly personality was contagious. So it was no surprise that this wonderful little three-legged dog found the family of his dreams...

"Things so far are great with Havana Joe (we are keeping the name because it really just fits him so well). He's been pretty mellow about his adjustment. He doesn't whine at all when we crate him or have to leave the apartment. He's been wonderful on our walks and is the friendliest of dogs. We get so many compliments on him and I think he brings a lot of smiles to people who pass by him. When we take him to the dog park, he plays really well with all the other dogs and really enjoys playing fetch. He really doesn't miss that leg, as he'll still beat some other dogs to their ball when he gets a chance.

Joe and Lucky are getting along great. When they're together, they just keep playing and playing and playing. It seems amazing that they have that much energy. When they run out of energy, they still lay next to each other and mouth each other's faces. We keep an eye on them when they're playing



because it seems that Lucky can get a little rough occasionally. He tends to be the more submissive one, but Lucky will let him on top too. We think he's getting more comfortable with us because he's starting to test his limits around the apartment.

Overall, we haven't really encountered any problems with him that we didn't also encounter with Lucky, and in general, he's probably a bit friendlier than Lucky with other dogs and strangers--so he has been totally manageable. We're always open to advice or suggestions, if you have any after reading this update. We are just really happy with him and thankful to have Joe and give him a good home and family. Thanks again to you, Stephanie, Diane and the others..."

-- Kaiwen and Ellen.

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

Real Estate

Is Your New Home Safe and Secure?

(ARA) - The moving season might slow down after the busy summer months, but home sales - and moves - continue through the fall months.

While aesthetics often take precedence when settling into a "new-to-you" home, it's important for homeowners and renters alike to complete a safety check of their

not operate efficiently and often cause nuisance alarms. By the time a smoke alarm is 10 years old, it has a 30 percent chance of not alarming due to age-related factors such as accumulated dust, insects and airborne contaminants, according to a Kentucky Injury Prevention and Research Center study. If you don't know how old

By the time a smoke alarm is 10 years old, it has a 30 percent chance of not alarming.

abode to reduce the risk of unintentional injuries. One of the greatest hazards in a home that usually is the furthest from the mind is fire. But, it's one of the easiest to address.

"There is an urgent need to educate families about fire safety," says Kate Carr, president and CEO of Safe Kids Worldwide. "Fire and burns remain a leading cause of unintentional injury and death for children, particularly those under the age of five. Replacing older smoke alarms is a simple way for parents to help protect their families."

More than two-thirds of residential fire deaths occur in homes without smoke alarms or with non-working alarms according to the National Fire Protection Association. One in four families with homes built prior to 2002 is at risk due to aging (10 or more years old) smoke alarms, according to a recent survey from Kidde.

Fire experts recommend replacing alarms every 10 years as older smoke alarms may

your smoke alarms are, or if you know they were installed more than 10 years ago, it's replacement time.

Additionally, the survey found that most American families are under-protected when it comes to fire safety. Sixty-seven percent of respondents have four or fewer smoke alarms in their homes, but the average U.S. single-family home should have at least five alarms.

When replacing your home's alarms every 10 years, look for smoke alarms with a 10-year sealed lithium battery that will keep your alarms powered for a decade. The alarm will never need its battery replaced during its useful life. Or, select a combination smoke and carbon monoxide alarm, which offers a voice warning and uses the latest technology to help minimize nuisance alarms that often occur when cooking.

As you prioritize your move-in to-do list, remember that an ounce of prevention today could save a life tomorrow.



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5128 Elmdale Drive, Rolling Hills Estates

JUST LISTED!

Original owner, meticulously cared for this 3 bed 2 bath home with a family room. Perfect kitchen for the chef and/or baker in you with custom cabinets and auxiliary pantries. 180° city view. Hot tub under covered patio. Over 8,000 sq.ft lot.

Listed at \$959,000