

# Torrance Tribune

The Weekly Newspaper of Torrance

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## Breast Cancer Survivors ‘Bust a Move’ with ‘Dancing with the Stars’ Celebrity



More than 30 local breast cancer patients and survivors from Torrance Memorial Medical Breast Diagnostic Center celebrated life and got into the groove on Friday, Oct. 4, with Anna Trebunskaya of “Dancing with the Stars.” Trebunskaya donated her time, talents and studio. Photo by Christina House. •

## Torrance City Council Gives Unanimous ‘Yes’ to Envisioned Sports Complex

By Dylan Little

The Torrance City Council on Tuesday unanimously approved nearly \$3.2 million in improvements to the planned sports complex at 555 Maple Avenue, citing a dearth of high-quality sports fields in the city. The Oct. 15 meeting also included the public unveiling of the City’s 2014 Tournament of Roses parade float design.

The new sports complex is envisioned to be a flexible arraignment of fields to accommodate a variety of youth and adult sports and figures prominently in the City’s plans to host the 2014 American Youth Soccer Organization (AYSO) National Games. Included in the \$3.2 million are artificial turf and sports lighting. Community Services Director John Jones hopes these amenities will bring in groups willing to pay to use the facility as well as save on maintenance for the fields. “The goal is to recover approximately \$200,000 a year on revenue with this facility,” Jones said. “As you all know... the cost of maintenance on a natural turf field is about \$95,000 a year. The cost of maintenance on this on an annual basis is about \$30,000 a year. So you have a significant savings throughout the next seven or eight years. I think the real benefit of this is you’re getting 12 months of use. You’re not just getting eight months of a natural turf facility. Maintaining natural turf in a sustainable way is expensive.”

Investing in lighting and artificial turf isn’t the cheapest way to bring the project to completion, but Mayor Frank Scotto explained the advantages of artificial turf over natural grass and how despite a higher initial cost, it is the economically sound choice over the eight-year term of the City’s lease on the property. “Everything has to come into play,”

Scotto said. “And when we say everything, that’s the fact that if you go from natural grass to artificial—that’s a reduction of about \$60,000 to \$70,000 a year in maintenance. Water conservation is a huge benefit. One thing we keep forgetting about is that if you’re using natural grass, you have to let the field rest between four or five months of the year

where it can’t be used. The economics of it is that if we’re using artificial, we can use it all year long—which means we can also get money in rent on it all year long. It turns out it makes a very good business decision.”

Because the project is designed to be mostly self-financing (other than the initial field

**See City Council, page 9**

## Weekend Forecast

**Friday**  
Sunny  
75°/61°



**Saturday**  
Sunny  
78°/59°



**Sunday**  
Sunny  
73°/58°



## TerriAnn in Torrance Growing Strong: Our Torrance Memorial Hospital

By TerriAnn Ferren

Hospitals have changed dramatically in the United States from their beginnings in the 18<sup>th</sup> century. Nuns are greatly responsible for setting up not only orphanages and schools, but also hospitals. In the 1900s, nuns ran hospitals for the poor. Somehow, I think Helena Childs Torrance, wife of our brilliant founder Jared Sidney Torrance, knew that a hospital was essential to the community of a city. Jared Sidney Torrance died in 1921 before the cornerstone of the hospital was laid in 1924, but he left \$100,000 in his will to complete the building and Helena Childs Torrance worked hard to make that dream a reality. She led the charge to build the hospital and on May 25, 1925 Torrance Memorial Hospital opened on Engracia Avenue in Downtown Torrance. Helena was a member of the board of directors and is said to have spearheaded the move

to keep women as a significant component to the board.

Two weeks ago, I was walking down Engracia Avenue and saw the marker that was placed where the original Torrance Memorial Hospital stood before it moved to Lomita Boulevard next to the Torrance Airport in 1971. That got me thinking about the new expansion of the hospital. Anyone who has driven by the hospital on Lomita Boulevard can’t miss the large tower under construction. The architects, HMC of Ontario, have created an impressive, sweeping style that blends in with the existing architecture but steps forward with confident lines and grace into the future.

Last Friday, I had the privilege of meeting with the President and CEO of Torrance Memorial Hospital and Torrance Memorial Health System, Craig Leach, in the South

**See TerriAnn, page 5**

## Calendar

### SATURDAY, OCTOBER 19

• People To People Ambassador Program, 11 a.m., Toyota Meeting Hall, 3330 Civic Center Drive.

• Hardcover Book Sale, 9 a.m.-4 p.m., Katy Geissert Civic Center Library, 3301 Torrance Blvd.

• Torrance Town Hall meeting, 10am, First Lutheran Church, 2900 W. Carson St. For more information call (323) 757-8900.

• Jerry Hicks, Torrance fine art photographer, will be displaying three new pieces at the El Segundo Main library, 111 W. Mariposa Ave. For more information call (310) 524-2722.

### SUNDAY, OCTOBER 20

• Multicultural College Fair Hosted by Vistamar School, 2-5 p.m., Vistamar School, 737 Hawaii Street. For more information visit [www.vistamarschool.org/collegefair](http://www.vistamarschool.org/collegefair).

### MONDAY OCTOBER 21

• Torrance Democratic Club Regular Monthly Meeting, 7pm, Arjay Plaza, 23211 Hawthorne Blvd. For more information email [TorranceDems@hotmail.com](mailto:TorranceDems@hotmail.com) or call (310) 538-0245.

### TUESDAY, OCTOBER 22

• City Council Meeting, 7-10 p.m., City Hall Chambers, 3031 Torrance Blvd.

### WEDNESDAY OCTOBER 23

• Monthly Tech Pros Program, noon-1 p.m., Torrance Area Chamber of Commerce office, 3400 Torrance Blvd, Suite 100. Reservations: [Dan.Thomas@TWCable.com](mailto:Dan.Thomas@TWCable.com).

• Art Opening Reception, 5:30-7:30 p.m., Art Gallery in LaCorte Hall, A-107, CSU Dominguez Hills University, 1000 E. Victoria St. For more information call (310) 243-3334.

### THURSDAY, OCTOBER 24

• South Bay Cities Council of Governments: 6 p.m., 20285 Western Ave., Ste 100. For information email [CityClerk@TorranceCa.gov](mailto:CityClerk@TorranceCa.gov).

### FRIDAY, OCTOBER 25

• Annual Hickory YMCA Haunted House, 6:15-8:30pm. Hickory Elementary, 2800 W. 227th St. All ages For more information call (310) 530-9391.

### SATURDAY, OCTOBER 26

• Make a Difference Day Volunteer Event, 8:30 a.m.-Noon, Madrona Marsh Nature Center and Preserve, 3201 Plaza Del Amo. For more information call (310) 782-3989.

• Toddler and Preschool Concert Series, 10:30 a.m., Katy Geissert Library, Community Meeting Room, 3301 Torrance Blvd. For more information call (310) 618-5964.

### SUNDAY, OCTOBER 27

• Free Walking Tour of Old Torrance, 1:30 p.m., Torrance Historical Society & Museum, 1345 Post Ave. For more information call (310) 328-5392.

### MONDAY OCTOBER 28

• Jewish Genealogical Society Of Los Angeles, 7:30 p.m., Toyota USA Auto Museum, 19600 Van Ness Blvd. For information contact [judieson@aol.com](mailto:judieson@aol.com).

• Jefferson Middle School Fall Concert, 7 p.m., James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

### TUESDAY, OCTOBER 29

• Calle Mayor Middle School Fall Concert, 7 p.m., James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

### WEDNESDAY, OCTOBER 30

• "It's the Great Pumpkin Charlie Brown" Halloween Party, 4 p.m., North Torrance Library, 3604 Artesia Blvd. For more information call (310) 323-7200.

### THURSDAY, OCTOBER 31

• Carr Elementary YMCA First Annual Haunted House, 5:15-8 p.m., Carr Elementary, 3404 170th St. For more information call (310) 329-0824.

• City of Torrance Community Services Department Halloween Carnival, 4-8 p.m., Wilson Park, 2200 Crenshaw Blvd. For more information call (310) 618-2930.

### ONGOING

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

## Business Briefs

### Raising Awareness for Breast Cancer Screening and Detection



Annette Bade (left) and Elmira Blackmon (center) dance. Photo by Christina House.

Wearing pink "Bust a Move" T-shirts, the survivors joined Trebunskaya at You Can Dance Studio in Hermosa Beach to learn a samba routine and enjoy the social benefits of dancing with others in the fight against breast cancer. The purpose was also to bring attention to the importance of early detection and screening mammograms to help kick off national Breast Cancer Awareness Month.

"Most women diagnosed with breast cancer have no family history of the disease, so regular screening mammograms are critical to early detection," said Patricia Sacks, MD, radiologist, and medical director at Torrance Memorial Vasek and Anna Maria Polak Breast Diagnostic Center. "Early detection of breast cancer saves lives and reduces overall health complications."

The Torrance Memorial Breast Diagnostic Center diagnosed 484 patients with breast cancer last year. It performs 35,000 screening mammograms yearly. The American Cancer Society recommends yearly mammograms for women age 40+. Clinical breast exams are recommended every three years for women in their 20s and 30s. One in six breast cancers occur in women 40 to 49.

### Torrance Street Faire's 15th Anniversary Celebration

On October 25, 2013, the Torrance Antique

Street Faire celebrates its 15-year anniversary. When the Torrance Street Faire debuted in 1998, the process of redeveloping Torrance's historic downtown area had just finished. Old buildings were revamped, new landscaping was added, signage was updated and a brand new three-level parking structure was built. The old downtown looked good but was a ghost town, especially on Sundays. With only three restaurants and a handful of antique/specialty shops, there wasn't a lot drawing people to the area. That is, not until the Torrance Antique Street Faire came to town.

What started with 20 dealers in 1998 has since grown to 200, with crowds of up to 5,000 shoppers each fourth Sunday. In the past few years, downtown Torrance has reinvented itself, becoming a destination for fine dining and live music, with an active bar scene. The new, younger demographic is great for the antique business: everyone knows 20-somethings love vintage.

Festivities are planned to mark the 15th anniversary, including a reprise of the pet Halloween costume contest and parade (sponsored by A Shear Pleasure Pet Salon). Any proceeds will be donated to Romp Rescue. Other featured activities include a raffle with prizes donated by local downtown merchants, refreshments, DJ Ozzie and trick-or-treating for kids.

### 2013 Business Expo and PROFS Program

The Torrance Area Chamber of Commerce's 2013 Business Expo will take place on Oct. 23 from 4:30 - 7:30 p.m. at the Toyota Automobile Museum, 19600 Van Ness Avenue. Admission is free to the general public. We invite everyone in the community to bring a friend and join us. Learn about our local businesses, discover innovative products and services, take part in the festivities, gather some giveaways and vote for the best booth. •



# Winter Wonderland of Toys

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# School Board Elections

# Community Briefs

## Deutsch Cites Her Record in Reelection Bid

By Dylan Little

Current Torrance School Board member Martha Deutsch is (along with incumbents Michael Wermers and Mark Steffen and challenger John Paul Tabakian) seeking one of three open spots on the Board in the Nov. 5 election. Deutsch was appointed to the school board when former member Al Muratsuchi resigned to serve in the California State Assembly. She said she is seeking reelection to put her PTA background to use navigating the worlds of parent outreach, Torrance Unified School District funding and school safety.

Deutsch is the most junior member of the board as she was appointed in December last year, but she believes she has extensive

to be on campuses...I was able to work with the superintendent when he had to talk about budget cuts. As far as my understanding of the District, I have been physically in the campuses, I've worked with teachers, I've worked with parents, I've worked with students and I've worked with community leaders."

Deutsch feels that her background provides her with experience to connect with parents and considers that especially relevant with the arrival of the new Common Core State Standards. "I really feel it's important for us to communicate to parents that there is a new curriculum, and it's very different than what has been taught in the past," she said. "The most effective way is through outreach to the

*"Over the next few weeks, the Torrance Tribune will feature profiles of each candidate."*

knowledge of the District due to her experience in the PTA. In addition to working with several school site PTA organizations, she has been Torrance Council of PTAs president and director of leadership for the 33rd district of



the PTA, where she trains PTA volunteers from Torrance and the rest of the region in being more effective leaders.

"I have been a PTA leader since my daughter has been in elementary school--she is now 21 and graduating college this year," Deutsch noted. "I started out working alongside teachers. I've worked with administrators because of PTA involvement with them. I've worked on the elementary school, middle school and high school levels. When I was council president, I was able to be in the classroom, I was able

community by going to different events. I'm a very true proponent of being out there...going to different events and talking at homeowners' association events...going to back to school nights. Another way to reach parents is word of mouth. I'm still very active--I'm the director of leadership for PTA--and I stay active by speaking to parents that way. My circle of friends is very strongly parent-related because that's how I started."

In Deutsch's opinion, the most pressing issue facing the District is the uncertainty from the State and Federal governments over how much funding will be allocated to Torrance Unified. "The biggest challenge right now is for us to get creative with the funds we will be receiving from Sacramento and the Federal government," Deutsch said. "We have a huge question mark right now in terms of what our funding will be under the Local Control Funding formula. It's hard to predict what the funding will be."

While she can't help the District better predict the future, Deutsch said she would like to help it maintain communication and adapt to the changing conditions to keep life in the classroom normal. "I would continue to keep the lines of communication open between us and Sacramento for giving game plans and forecasting and then put those plans into action," she said. "As a school board, we work based on what we have--and as a school board, we work to maximize the value of all available resources."

Another one of Deutsch's top concerns is school safety. As a board member, she indicated that she has and would continue to

**See School Board Elections, page 5**

re-purposed as a precious display place for exquisite art. We counted more than 96 works of beautiful art, many large; however, hung on walls of great size. Each work a significant experience to our appreciation of the artist's skill. The California Museum of Fine Arts is a remarkably restored building. Its mammoth interior allows the viewer a generous range of space to envision entering the ecstatic world of the artist's technique.

- Dora Perez-Meyer

## Kiwanis Club Induction, Award Dinner



(L to R) Tony Goorchenko (past president), wife Vicki and Angela Ohl (business manager/health fair director for Salvation Army). Photo by Gladys Makshanoff.



(L to R) Steve Love, incoming 2013-14 Kiwanis Lt. Governor Dr. Laurie Love and outgoing Kiwanis Club President Jennifer Frew.



(L to R) Amanda Reiger, past President Charlotte Melsh and Neslie Akkol from Counseling4Kids. Photo by Gladys Makshanoff.

The Kiwanis Club of Torrance held its annual Installation Dinner of the club officers and directors on Friday, Oct. 4, at the Depot Restaurant in Downtown Torrance. Outgoing 2012-13 Club President Jennifer

Frew was recognized for her leadership and contribution to the growth of the Torrance Kiwanis Club. Kiwanis Division Nineteen Lt. Governor Dr. Laurie Love inducted a new slate of officers, including President Christine Elia with President-Elect Carina Sokolich, Vice-president Steven Makshanoff, Secretary Ryoko Mand and Treasure Peter Issa. The newly elected board of directors is Kay Griffith, Curtis Jones Jr., Eric Harris, Dr. Laurie Love and Charlotte Melsh.

The "Kiwanian of the Year" Award was presented to Charlotte Melsh for her contribution to Kiwanis, the club and the community. Special recognition and appreciation was extended to the Kiwanis Sponsored Youth advisors who gave of themselves throughout the school year: Tony Goorchenko (Bishop Montgomery High School), Charlotte Melsh and Christine Elia (South High KIWINs), Carina Sokolich (Torrance High KIWINs), Michael Friedman (West High Key Club), Pastor John Hernandez and Ryoko Mand (North High Key club.)

## 2013's Final 'Old Torrance Walking Tour'

The community is invited to join the Torrance Historical Society for a free walking tour of historic Old Torrance on Sunday, Oct. 27 - it's the last one of the year.

The docent-led tour begins at the Torrance Historical Society Museum (1345 Post Avenue) at 1:30 p.m., and will point out many of the historic sites and landmarks of Old Torrance. Attendees will also learn: About the explosion that helped start Torrance. Why the first homes built for the executives were rented, not sold. What building was originally intended for the site where Torrance High School now stands. Where Jared Sidney Torrance lived. Why Torrance does not have a cemetery.

The tour is an easy but brisk walk cover-  
**See Community Briefs, page 9**

## Letters

### California Museum of Fine Arts Art Reception

Last Saturday, my husband Chuck and I had an energetic bike ride to downtown Torrance where the California Museum of Fine Arts was opened to the public with its showing of freshly accomplished art with uplifting subject content. From the very moment we entered the generously large interior, we realized that the building purposed from the early days of Torrance's history was respectfully



# Metro Briefs

## SOUTH BAY

### More Mobile

Fly through traffic with the help of Metro's free mobile app. With bus and rail routes, schedules and real-time arrival information, the app puts all the resources you need to go Metro in the palm of your hand. Download the app for iPhone at the Apple App Store and for Android at Google Play.

### More Progress on the I-405

Metro crews continue construction along the I-405 as the Sepulveda Pass Improvement Project gets closer to completion. The new Wilshire Bl off-ramp scheduled to be finished later in the year will have 280% more vehicle capacity, and the new Sunset Bl off-ramp will have 60% more capacity. More information on construction schedules and detours at [metro.net/405](http://metro.net/405).

### Get Metro Service Alerts on Twitter

Metro service information is available instantaneously on Twitter at @metroLAalerts. Get up-to-the-minute event detour updates, maintenance notices or holiday schedule reminders. Be the first to know by following [twitter.com/metroLAalerts](http://twitter.com/metroLAalerts).

### Catch Metro at Taste of Soul

Metro will feature information on transportation jobs and in-the-works projects at the Taste of Soul Festival on Saturday, October 19. Swing by Metro's exhibit during the family friendly event featuring food, music and all things soul. More information on the event at [tasteofsoulla.org](http://tasteofsoulla.org).

### Upgrades Coming to Metro Blue Line

Metro is committing more than \$190 million over the next two years to rehabilitate and modernize the nearly 25-year-old Metro Blue Line, one of the most heavily-used light rail systems in the nation. In addition, Metro is considering the purchase of 69 new rail cars for the line at a cost of \$262 million.



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# Politically Speaking

## One Man's Opinion

By Gerry Chong

*Never interfere with an enemy that is in the process of destroying himself.*

--Napoleon Bonaparte (and others)

Poor Republicans. Poor, poor Republicans. Evidently none of them had read Napoleon's admonition--so rather than shutting their collective mouths, they continually insert themselves into Obamacare, providing the only hope for this doomed program. How is this possible, you ask?

Consider this:

We know Americans oppose the law by a 53-39 margin. We know employers are restructuring the U.S. economy to avoid this law; the AFL-CIO and Teamsters have accused the law of destroying the middle class and physicians believe after full implementation, 30 million people will remain uninsured. So while the act will not solve the problem, the coercions of the law create a skeletal framework from which future coercions can be hung.

Into this devil's stew now comes a school of cynical thought. Claiming computer glitches, the government refuses to reveal the number of program signups significantly, will be unable to do so for another month. Clearly the Administration is either incompetent in the creation of its website, or it is lying about its ignorance on the number of signups. The growing school of thought is that it is the latter. If it turns out people will not sign up for Obamacare, it will have been dealt a mortal blow.

With this as prelude, we enter the world's greatest Kabuki play. As the curtain lifts, the law lays on its deathbed as the bumbling Republicans stumble onto the stage. Futilely,

they introduce a government shutdown that isn't a shutdown, since 83 percent of the government remains running.

Republicans then play a card that isn't a card at all, threatening not to raise the nation's debt ceiling while the public openly scoffs and ridicules this hollow threat.

Dramatically, with a sneering grin, the wily villain Obama enters stage left and offers his adversaries a carrot to negotiate any issue including revisions to Obamacare, if the GOP would first pass a Democratic-Senate spending bill. With visions of sugarplums dancing in their heads and the naïve belief that their Holy Grail, the death of Obamacare, is within their grasp, the silly ones pass a continuing budget resolution.

In Act II, with a crash of cymbals, comes the Obama stick. The only changes to Obamacare he will accept are those he would have been forced to make to rebuild his constituency's support. Without those changes, Obamacare would die a painful and humiliating death--but with Republican-agreed transfusions, Obamacare will arise from its deathbed.

In Act III, amidst a standing ovation, with a deep bow, Obama accepts the approved debt increase as authority to borrow more. He accepts an operating budget designed by his own Senate, raising taxes. And as Vladimir Putin had rescued his Syrian folly, so will Republicans rescue his domestic legacy.

At the play's end, the audience exits nodding at the cleverness of such a wily leader, while Republicans dejectedly exit, having shamed Napoleon. •

## Another Man's Opinion

### Other Options Available to End Affordable Care Act

By Cristian Vasquez

Last week, I ranted about the ineptitude that exists in Washington, D.C. that has led to our recent government shutdown. At the core of the gridlock is the vile hatred that the GOP and some of its supporters have toward what is commonly known as Obamacare. There have been claims made by GOP leaders that Americans do not want Obamacare, and there is a lot of validity to that. Not everyone is happy with the idea of affordable health care, for a variety of reasons. As a result, the GOP has taken the strategy of defunding the law, which is, in all honesty, a smart approach.

My issue with this strategy is that if the GOP leaders are so convinced that Americans do not wish to have the Affordable Care Act (ACA) and given the inconveniences that the shutdown has and will create, why don't they pass a law to overturn the ACA? Let's not forget that both houses of Congress approved the law, it was signed by the President, and the Supreme Court deemed the law Constitutional. Now if after all this, the GOP leadership knows with absolute certainty that this is not what people want, why don't they take the same steps that approved the law to make it obsolete?

Granted, it is not an easy thing to do, but it was done when prohibition proved to be more of a headache than a hangover after spring break. I am aware that there is not absolute consensus approving the ACA, but one has to wonder how much of the opposition to this law is based on the will of the people and how much of it is just a political strategy to

make the opposition look bad.

As someone who favors affordable health care, I am not absolutely happy with the ACA. Like with everything in life, there are things I like about it (not being denied for preexisting conditions) and there are things that I disapprove of (paying a fine for not being covered). The truth is that prior to the ACA, I paid taxes that funded programs that provided health care to those who qualified due to their low income level or their age. Yet, because of how much I earned, I would not be covered by the same programs that my taxes paid into and purchasing my own insurance was unaffordable. I spent many hours and nights in emergency rooms waiting to get treated, having tests run on me that with a regular doctor would not take nearly as long nor cost as much.

I am not sure what type of insurance I will qualify for under ACA, nor do I know how much insurance will cost me. It has yet to be determined if I will even qualify for coverage. However, I have an option now to buy my own coverage and not have to wait in an emergency room -- the few that remain -- to treat something would be taken care of if I had a doctor to go to.

The ACA will not cover everyone and it will not destroy the country. It is a law, like many others, that will be the source of controversy for years to come. If there is that much public support against it, then those in Washington dedicated to seeing it fail should have no problem overturning the law. The problem is the House did try overturning the law more than 42 times and always failed. •

## From the Source

### Assemblymember Muratsuchi's AB 568 Approved by Governor Brown, 'Saving Courts Time and Money'

**Summary:** Passed on Aug. 19, 2013, this bill would define a law enforcement officer when using hearsay testimony in preliminary hearings.

**Background:** On June 5, 1990, California voters approved Proposition 115, the Crime Victims Justice Reform Act, which enacted several new provisions of the California Penal Code including Penal Code Section § 872(b), which authorizes the use of hearsay testimony in a preliminary hearing by a "law enforcement officer." The measure,

The proposed legislation would codify the definition of law enforcement officer as provided in *Sims*.

**Need for the Bill:** Without a codified definition of "law enforcement officer," prosecutors face defense objections in instances where they seek to use hearsay testimony pursuant to Penal Code Section § 872(b) from "non-traditional" law enforcement officers. Disputes over the language have arisen regarding federal agents, special agents working for California

*"It appears that unnecessary litigation of this issue will continue until the term "law enforcement officer" is explicitly defined in statute."*

however, did not provide a definition of a law enforcement officer for purposes of this section. Without a definition, courts have chosen to interpret "law enforcement officer" under the statute more broadly than the term "peace officer." In the case of *Sims v. Superior* (1993) 18 Cal.App.4th 463, the Court of Appeal held: We find that section 872, subdivision (b), is not restricted in its application to "traditional" law enforcement officers authorized to carry weapons and make arrests, but rather is intended to encompass officers and agents with knowledge of the pertinent laws underlying the charged crime who can provide meaningful testimony at preliminary hearings. For that reason, we conclude section 872, subdivision (b), applies to officers and agents employed by a federal, state or local government agency: 1) who meet the threshold training and experience requirements set forth in that provision; and 2) whose primary responsibility is to investigate and prepare for prosecution cases involving violations of laws. (*Id.* at p. 465.)

state agencies, departments or bureaus, and investigators whose primary purpose is to enforce the law but who lack the authority to carry weapons or make arrests. For example, the Major Narcotics Division of the Los Angeles County District Attorney's Office faced an objection involving the testimony of a federal agent in the case of *People v. Hsiu-Ying (Lisa) Tseng*. In several cases justice is delayed while courts determine whether a witness called by the People qualifies under the definition of a law enforcement officer for purposes of Proposition 115. In each of these cases, after time consuming and expensive litigation, the court decides that each of these witnesses qualifies as a law enforcement officer. Although the California Court of Appeal has taken up the issue three times and the *Sims* court went so far as to provide a definition of this term, it appears that unnecessary litigation of this issue will continue until the term "law enforcement officer" is explicitly defined in statute. •

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**TerriAnn**

*from front page*

Tower to ask him how he sees the future of the hospital as it sits on the cusp of a large addition. Leach has led the hospital since 2005 and has worked there for a total of 30 years. He grew up in Torrance and attended St. Lawrence Martyr, Bishop Montgomery High School and Loyola Marymount College. Craig still makes his home in Torrance with his lovely wife of 30 years, Judy, and their three boys David, Paul and Daniel. "I love my job – the diversity of it, the challenge of it. I love the people who are here," Craig said. "I feel very, very fortunate to be in this position. It is very gratifying to work in the same community where I live. I



Craig Leach, president and CEO of Torrance Memorial Hospital and Health System.

love this hospital. I love this community, too. It is really a gift to me to be able to work and live in the same community."

Craig went on to tell me that he has over 3,000 employees (1,000 physicians on the medical staff, 1,000 physicians that use the hospital, and 1,000 volunteers). "The original hospital was built in 1971," he explained. "We knew that from a seismic code standpoint, the use of the oldest tower would not be able to be used for acute services only--and that is an important distinction--after 2030, so we wanted to plan for the future. We also knew that health care reform and the vision for health care in the future in this country was that hospitals and health systems take more accountability for the overall care provided to patients--not just at the hospital, but in post-acute settings and even with physician offices to make sure that the continuum of care provided to patients is as efficient and seamless as possible."

By building a new hospital tower, which the hospital leadership decided to do, it will better serve an aging demographic in the South Bay and surrounding areas. They are planning to use the older building for skilled nursing services. The plan is to build the new tower and move

mix of day surgery and inpatient surgery, and will focus more completely on day surgery patients." Wow.

Work on the new tower began in 2007 and the date for completion and opening was set for spring 2015, but the work is ahead of schedule --so the new opening date is set for November 2014. That is wonderful news! They actually finish construction in June 2014 and have three months to train employees, orient them to the new quarters, check all equipment, install all computers and technological systems, stock inventory, etc. October is slated for licensing. Craig told me the State of California comes out to do a licensing procedure on the hospital which takes a few days. This process is very thorough and everything is checked to make sure the hospital is ready to receive patients. "We will pick a day in the middle of November to take all the patients who are in the older tower and--that is a very special day when hospitals open--move everybody from the older to the newer facility," Craig explained. At this point, I had visions of beds being rolled down hallways, up elevators and through wards to sparkling, new state-of-the-art rooms. That will be a day to remember.

The buildings will be referred to as the main tower (opening 2014), the north wing (built in 1983), the central tower (built in 1971) and the east wing. The new main tower is seven floors above ground and a basement, so eight floors total. The third through the seventh floor are completely dedicated to patient rooms--256 private rooms consisting of intensive care, step down and medical surgical services. Second floor consists of 12 surgery suites and four new 'cath labs' and radiology rooms. The first floor will have typical admitting business, a new café for employees and the public that will seat about 120 people and radiology services that aren't on the second floor. The burn unit will also be moving into the new tower. Torrance is one of only three burn units in the County of Los Angeles. "It will be a very utilized hospital building when it is all done," Craig said.

Thinking back to Jared Sidney Torrance, I can't help but wonder what he might say if he saw the results of his seed money and the guidance of his wife, Helena Childs Torrance, and the continued vision of local citizens who have the good of the community in mind at all times. "We are proud of our history, we are proud of what we do for the community and we feel very fortunate that the community that

land with injured patients who are ambulated from the helipad directly into the hospital emergency. Saving lives is their business.

When I was in high school, I wanted to be a candy striper, but never had the time. Today, you can still volunteer to help in the hospital, but the wait is long. One tip Craig told me was to put your name on the list early -- very early. That "early bird gets the worm" trick is the only way a high school student (age 14 to 18) will be able to volunteer. Times have changed, and competition is stiff. Contact volunteering through the hospital website at [www.torrancememorial.org](http://www.torrancememorial.org).

The future? New centers are coming. One will be at the corner of Sepulveda and Pier Avenue in Hermosa Beach focused on primary care, obstetrics and pediatrics. There is a new urgent-care center on Hawthorne Boulevard, and it is staffed by the hospital's own emergency-care physicians. Other satellite outreach centers will be built as time goes by to reach out to the community. Wow!

Our community is covered as far as health care. We are indeed very fortunate to have such a world-class health care network, the Torrance Memorial Health System in the city of Torrance. We are ready for the future. •



Torrance Memorial marker located on Engracia Street.

**School Board Elections**

*from page 3*

maintain and update school emergency plans. "I want to see if we can improve our school safety," she said. "Safety is very important to me. I'd like to continue to evaluate our safety plans, evacuation plans, lock-down procedures... and to continue to train our teachers and staff on how to react in different safety-related scenarios."

In her combined experience as a board member and a PTA leader, Deutsch touts a number of ways she has positively impacted education in Torrance. Those include assisting with mock interviews for high school seniors, raising awareness for healthy eating habits and physical fitness as a volunteer, assisting in bilingual education as a District employee

and helping to raise salaries and hire new teachers as a board member. Deutsch added that she would like to help keep Torrance schools strong. "My husband and I made the choice to purchase a home in Torrance because of the strong focus on quality schools," she explained. "Both my children attended local public elementary schools, middle schools and high schools. My ideas for the future are to ensure that Torrance schools continue to flourish and continue to be the reason that potential homeowners continue to purchase homes in Torrance. I will continue my grass-roots approach to get in the trenches. I'm a very firm believer that actions speak louder than words." •



Torrance Memorial's new main tower. Photos by TerriAnn Ferren.

out of the older tower. The older tower will be changed to provide skilled nursing floors and make a nice post-acute setting for the patient's right on hospital property. Sounds like a great plan. For example, if you had surgery, are moved to ICU and are ready for discharge, but not quite ready to go home, you can go to a skilled nursing facility for three, five or 10 days. That facility will be available right on hospital property, which will be not only convenient but seamless as far as care.

I asked Craig to tell me some highlights of the new hospital tower and he said, "In the new tower, we will be building 12 new operating rooms --and that is mostly focused on inpatient surgery. Those patients would then go to surgery, and up to one of the inpatient floors and the surgery suites that are on this side of the campus [west], which are, right now, a

we serve is so supportive of us," Craig said. "One example might be when we started down the path of planning for this new tower, we believed that the community would step up and we would have a \$50 million fundraising target to help fund the building of the new tower. We have already surpassed that. We are now over \$80 million in both cash donations and estate gifts to help support this new tower, which to me is incredible that the community has supported us like this."

When I visit Torrance Memorial to look in on friends and relatives, I have often noticed the pictures of the history of the hospital lining the walls of the hallway. Torrance honors its rich history and clearly keeps a tab on the pulse of the future. Have you ever noticed the heliport at the Torrance Airport? Craig Leach told me that several times a week, helicopter emergency flights

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# Sports

## Up and Adam

### Torrance, South Battle in Pioneer League Opener

By Adam Serrao

Both the Torrance Tartars and the South High Spartans have been subject to rough starts to their respective football seasons this year. Coming into their matchup Friday night at Zamperini Stadium to open up Pioneer League competition, the Tartars had only been able to get one win on the board, while the Spartans were still searching for their first of the year. In an effort to stay out of the cellar

the Bay League have ended. Combined, the Tartars and the Spartans are 1-5 on the season against Bay League opponents, accounting for most of their losses on the season thus far. The Tartars have every opportunity to turn things around and keep their league record clean. They will begin that attempt this week as they take on El Segundo. The Spartans, on the other hand, are still looking for their first victory of the season and must turn things

*"Their 35-14 victory over the Spartans proved that Torrance has much more fight in them before it calls it quits on this season."*

of the Pioneer League standings, the Tartars came out quickly and kept their momentum all game long. Their 35-14 victory over the Spartans not only proved that Torrance has much more fight in them before it calls it quits on this season, but also proved that it may just be a long and tenuous season for the Spartans this year.

There was a great deal of motivation coming into this game for both teams, to say the least. Not only was it a rivalry game between two teams that annually seek citywide supremacy, but it was also a game to stay away from the depths of dishonor at the bottom of the Pioneer League. All that being said, only one team came out and acted like it wanted the victory fresh out of the gates. The Tartars, behind running back Bobby Wilson, got on the board less than two minutes into the game with a five-yard rushing touchdown. With about two minutes to go in the quarter, Sean Luna proved that Wilson wasn't the only one who could get it done on the ground, as the former took one in from 20 yards out to make it 14-0 at the end of the first quarter.

The Spartans were able to get on the board almost immediately in the second quarter to cut the Tartars' lead in half, but from that point on, the game continued to be dominated on the ground by Torrance. Another four-yard touchdown by Wilson in the second quarter and a five-yarder from Luna after the half had the Tartars up by a score of 28-7. Sean Fitzgerald got in the end zone for South early in the fourth quarter to cut into Torrance's lead, but yet another member of the Tartars' robust running back committee, Tyree Harris, put the game away with a touchdown in the final two minutes to bring the score to its eventual staying point at 35-14.

Perhaps the best news for both the Tartars and the Spartans is that Pioneer League play has started and the matchups with teams from

around this week against Centennial in order to avoid a truly dismal season.

#### West High

It wasn't an easy task at all, but Mira Costa proved Friday night at home that the West High Warriors are indeed human. The Warriors came out flat from the start, falling behind Costa 14-0 after the home team put up a touchdown in both the first and second quarters. After a scoreless third, all of the action really began. Down 14-0 with 11 minutes to go in regulation, Ray Lima took the ball in from one yard out to cut Costa's lead in half. The Mustangs responded back with a touchdown of their own to make it 21-7, but West didn't give up. Going 65 yards in just four plays, starting quarterback Zach Heeger hooked up with Trevor Lewis to pull the Warriors to within a touchdown with only a minute remaining on the clock. West opted to go for an onside kick and recovered at Mira Costa's 48-yard line. Heeger then found breakout running back Brett Ojiji for a 35-yard completion. Heeger scored from five yards on an option to tie the game with just 15 seconds remaining on the clock to force overtime.

The Mustangs got the ball first in the extra period and used their time wisely. With just two rushing attempts, Costa scored to take a 28-21 lead. Then it was West's turn. Beginning at Mira Costa's 25-yard line, West eventually ran it to fourth down and its last attempt at staying in the game. Ojiji took the handoff from Heeger and rushed forward but was immediately met and stuffed at the goal line. The ball came loose and Lewis recovered in the end zone for the Warriors, but it was ruled a forward pass by Ojiji. Just like that, the Warriors were brought to their first loss of the season.

All is not lost for the Warriors. Though they are in an extremely competitive Bay League,

See Up and Adam, page 10

## Fighting On

By Adam Serrao

As Ed Orgeron stood on the field last Thursday night after the Trojans' 38-31 victory over the Arizona, in his soaking wet white polo shirt, brimming with glee at reporters anxious to interview him, one thing became clear: Lane Kiffin has now become a thing of the past, and the players on the USC Trojans' football team have embraced the opportunity to play for a coach who – well – knows what he's doing. Under Kiffin, the Trojans had failed to live up to their national championship expectations time and time again and, on more than one occasion, were forced to deal with conflicts in the locker room amongst team members. Orgeron's smile may have said it all. With just one game and one victory, all of those conflicts seem to have vanished in thin air. Now the USC Trojans can get back to doing what they know how to do best—play football.

There is still, of course, a lot of work to be done at USC in order to get this team back to where it needs to be and should be in the national eye of the college football public. One thing has become immediately certain though—Kiffin did more harm than good for the team since his arrival to USC in 2010. Once a coordinator for the Trojans back in his glory days, Kiffin quickly built a reputation for himself that was not exactly sterling. Hired on to coach the Oakland Raiders of the NFL, Kiffin was fired after going 5-15 with the franchise after being called a "flat-out liar" by Raiders' owner Al Davis as the latter admitted that he simply "picked the wrong guy."

Kiffin quickly trotted off to Knoxville, Tennessee to become the head coach of the Volunteers. After one 7-6 season, Kiffin bailed on the Vols to return to USC as a head coach. Those from all over Tennessee labeled Kiffin a snake, traitor and weasel, among other things, for his lack of commitment to the college. What made athletic director Pat Haden think that he was going to get an all-star-caliber coach is beyond anyone. Kiffin's track record quickly preceded himself and his lack of football expertise was swiftly unveiled—with all of that leading up to where he is now: jobless. Orgeron remains thankful, though, as he and his players are now all smiles after the team's fourth victory of the season and first without Kiffin on the sidelines.

USC is still just 1-2 in the Pac-12 conference, but its first conference victory came over a very worthy team in Arizona. Having gone 0-2 in conference play prior to Kiffin's firing, it became clear through their victory under Orgeron at USC that this Trojan team certainly has all of the talent in the world. Yet, it lacked confidence under Kiffin that has

now become overwhelmingly evident under the new head coach. Orgeron's Gatorade shower at the end of the game not only symbolized a victory and a step in the right direction for the football team, but also represented the players' pleasure at the fact that they now have a coach for whom they actually want to play. That motivation can obviously go a long way and should do its part to bear fruit in the coming weeks for the Trojans.

Kiffin prided himself on being an offensive coach. Perhaps the only thing offensive about him was his inability to call successful plays. Orgeron, on the other hand, has been a defensive line coach for the majority of his career. As head coach of the Trojans for the first time last week, the offensive play-calling and flow of the game while in possession of the ball looked immaculate compared to what it was under the "offensive mastermind" Kiffin. USC put up the most points that it has in a victory all season under Orgeron, and starting quarterback Cody Kessler finally showed why the school has had so much faith in him. After Kessler's 297 yards, two touchdowns and no interceptions, the Trojans found themselves up by a score of 38-17 in the waning moments of the game against a very tough division opponent.

Outsiders and media types aren't the only ones agreeing that Orgeron has come in and immediately made an impact in Kiffin's demise. Offensive tackle Kevin Graff even went so far as to compare the feeling to that of when former head coach Pete Carroll was in charge of the team. "I think Coach O really brought something special to us," Graff explained. "Coach O really brought Coach Carroll back. That meant a lot to me." As long as "Coach O" keeps meaning a lot to his players, you can expect the team to keep giving its all and keep winning games. Linebacker Hayes Pullard explained that the team "loves Coach O like a dad." Pullard explained. "We look up to him. That's a great feeling. That's the bond you want to have with your family." In the wake of those comments, you can almost hear Kiffin slamming the door on his way out.

It remains to be seen whether or not Orgeron is a long-term solution for the Trojans. Who knows—this week, the team could lose to Notre Dame and everything may just go right out the window. No matter what wins and losses come the team's way, though, one thing is for sure: Orgeron has reenergized this USC Trojans' football team and changed the stagnant culture left over by Kiffin in an instant. If the Trojans are able to keep playing with the same intensity and skill-set that they brought to the table against Arizona, Orgeron may find himself with a head coaching job next season as well. •

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## Looking Up

# Juno Spacecraft Slingshots Past Earth En Route to Jupiter

By Bob Eklund

On Oct. 9, NASA's Jupiter-bound Juno spacecraft made a quick pass by Earth to get a gravity boost and slingshot the probe towards its destination. The time of closest approach was 12:21 p.m. PDT, when Juno passed about 350 miles over South Africa.

As the largest planet in our solar system, Jupiter grabbed most of the mass leftover after the Sun formed. Dr. Scott Bolton of Southwest Research Institute is the Juno principal investigator, leading an international science team seeking to answer some fundamental questions about the gas giant, and in turn, about the processes that led to the formation of our solar system. Jupiter is in the outer solar system, about five times as far away from the Sun as Earth.

"Juno is a large, massive spacecraft," Bolton said. The spacecraft has three large solar panels, measuring nine-by-29 feet, and a titanium vault to protect sensitive electronics from the harsh environment around Jupiter. "Even a large rocket couldn't provide enough propulsion to get us all the way to Jupiter," he added, "so we are flying by the Earth for a gravity-assist that will provide about 70 percent of the initial boost provided by the Atlas V 551 rocket. The gravity assist essentially provides as much propulsion as second rocket launch."

The Juno spacecraft was launched toward Jupiter from Kennedy Space Center on Aug. 5, 2011. The rocket provided Juno enough speed to reach the asteroid belt, at which point the Sun's gravity pulled it back toward the inner solar system. The Earth flyby gravity assist increases the spacecraft's speed relative to the Sun from 78,000 miles (126,000 kilometers) per hour to 87,000 miles (140,000 kilometers) per hour.

"While we are primarily using Earth as a means to get us to Jupiter, the flight team is also going to check and calibrate Juno's science instruments," Bolton said. "As another bonus, Juno is approaching the Earth from deep space, from the Sun-lit side. Juno will take never-before-seen images of the Earth-Moon system, giving us a chance to see what we look like from Mars or Jupiter. We plan to release a movie of this unique perspective of the Earth-Moon system shortly after the flyby."

Juno will arrive at Jupiter on July 4, 2016. Once in orbit around Jupiter, the spacecraft will circle the planet 33 times, from pole to pole, and use its collection of nine science instruments to probe beneath the gas giant's obscuring cloud cover. Juno's science team will learn about Jupiter's origins, structure, atmosphere and magnetosphere, and look for a potential planetary core.

SwRI also provided two science instruments for the mission--the Ultraviolet Spectrograph (UVS) and the Jovian Auroral Distributions Experiment (JADE). UVS will image and measure the Jovian aurora's ultraviolet emissions. JADE will measure the auroral electron and ion populations along the planet's magnetic field lines and determine which particle populations create the Jovian aurora.

Named for the mythological wife of the god Jupiter, who used her special powers to discover the secrets Jupiter was hiding behind cloud cover, the Juno spacecraft will probe the mysteries beneath Jupiter's surface to understand its structure and history. Jupiter's giant mass has preserved its original composition, perhaps providing a "Rosetta Stone" to explain more about the rest of the solar system as well.

## Finance

# Reevaluate Your Benefits Needs During Open Enrollment

By Jason Alderman

If you're among the 170 million Americans who receive health insurance through an employer-provided plan, you'll probably receive your 2014 open enrollment materials shortly. Although it's a pain to wade through all that information, simply opting for your current coverage could be a costly mistake. Here's why:

Health insurance has undergone major



doctors or hospitals withdrawing from a plan's preferred provider network and changes to the number of allowed visits for specialty care (acupuncture, chiropractic, physical therapy, etc.).

If offered, healthcare 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

*"Although it's a pain to wade through all that information, simply opting for your current coverage could be a costly mistake."*

changes since the 2010 Affordable Care Act was passed, including the elimination of annual and lifetime coverage limits and preexisting conditions exclusions, expanded free preventive care and allowing children up to age 26 to remain on parents' plans.

In response, many employers have altered their benefit plans. Plus, if your family or income situations have changed since last year, your current plans may no longer be the best match. And, if your employer offers flexible spending accounts and you're not participating, you're leaving a valuable tax break on the table.

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

Carefully compare all costs and features of the different plans offered and note how your existing coverage may be changing next year. Common changes include: Dropped or replaced medical plans, increased monthly premiums, deductibles and co-payment amounts, revised drug formularies, favored

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 healthcare FSA to pay for IRS-allowed medical expenses not covered by your medical, dental or vision plans. Check IRS Publication 502 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.

Remember these FSA restrictions:

- Employee contributions are limited to

**See Finance, page 8**

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| <b>Home Team Realty</b> 23900 Hawthorne Blvd.                   | <b>Southeast Torrance Library</b> 23115 Arlington Ave.            | <b>Yamabuki Restaurant</b> 23863 Hawthorne Blvd.                 |
| <b>Jack's Pizza</b> 5007 P.C.H., Torrance                       | <b>Southwood Dry Cleaners</b> 22232 Palos Verdes Blvd.            | <b>YMCA Torrance-South Bay</b> 2900 E. Sepulveda Blvd.           |

# A Student's Perspective **Seniors**

## Leave No Stone Unturned

By Glen Abalayan,  
Torrance High Student

After 11 years in the public education system, I am finally a senior. It truly is interesting to be in the delicate line between the days of youth and adulthood. But, although I view the past eleven years with achievement,

subject, I urge you to just go for it. Whether it's in joining clubs, signing up for sports, or enrolling in interesting classes, it is better to have experienced everything you have ever wanted and find out it isn't fit for you than to live with regret. Even in areas outside of school can students still follow this idea. As

*"The amount of regrets a person has rests solely on how willing he is to get whatever he desires. There have been numerous instances when I wished to join a club or develop a new batch of experiences but failed to do so because of either my irrational fear of judgment or laziness."*

there are still a few experiences I regret never doing. Just as how seniors before me have shared tips to the next generation, I also hope to tell younger students, especially those in high school, to leave no stone left unturned when they complete their educational career.

In life, there will always be the "what ifs". However, the amount of regrets a person has rests solely on how willing he is to get whatever he desires. This idea is not only applicable in school, but in life as well. There have been numerous instances when I wished to join a club or develop a new batch of experiences but failed to do so because of either my irrational fear of judgment or laziness. Fear and laziness are the two biggest obstacles a student faces in achieving his or her true potential. Sometimes, I do wonder how different my experience in this school would be had I followed what I desired, but the past has passed and the only thing I can do now is prevent others from falling into the same trap.

If there is the slightest interest in any

life progresses, they will still be faced with choosing whether to pursue their desires. However, instead of choosing classes, students will instead be choosing occupations. It is better to live a life of "oh wells" than to live a life of regrets and "what ifs."

High school, and the primary school experience, is always too short. This fact makes it even more important to experience everything a student desires. The four years students spend in high school is too short for them to listen to irrational fears and succumb to laziness. As long as they overcome these barriers, students will reap everything high school has to offer. There is will be no greater feeling for a student than to walk on stage with his diploma and saying to himself that he has done everything you can possibly do in the time that was given to him. I believe this feeling of accomplishment is what each student strives for. I wish students of later generations heed this advice and make the most out of their brief tenure in high school. Leave no stone left unturned. •

## Book Your Special Event In the CALIFORNIA MUSEUM OF FINE ART



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## Support Your Bones this 'World Osteoporosis Day'

(BPT) - In the U.S., nearly half of all women older than 50 will experience an osteoporosis-related fracture. And while osteoporosis may seem like a disease that only affects people later in life, early prevention is key to better bone health. In fact, bone mass attained early in life may be the most important determinant to bone health when you get older.

Sunsweet, a leading brand of dried plums, has partnered with the National Osteoporosis Foundation (NOF) to promote bone health while encouraging a diet that helps to strengthen bones.

"This is our second year partnering with the National Osteoporosis Foundation," says Brad Schuler, vice-president of Global Sales and Marketing. "Osteoporosis can have a profound impact on quality of life, and we are excited to join forces with the NOF to increase awareness of the simple dietary changes people can make to help improve bone health."

In addition, to help raise awareness for the importance of bone health, many throughout the world are dressing in white and participating in local "Walks for your Bones" in honor of World Osteoporosis Day on Oct. 20. Each year, national osteoporosis societies around the globe embark on a year-long campaign to raise awareness of the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease.

"People tend to focus on the components of a healthy diet for weight management or for disease prevention when it comes to heart disease and cancer," says Dr. Shirin Hooshmand, assistant professor in the School of Exercise and Nutritional Sciences at San Diego State University with a research focus on the prevention and treatment of osteoporosis. "Rarely do people look to their diet as a way to strengthen their bones, but a diet rich in bone-healthy nutrients, like prunes, is actually one of the key components of bone health."

Recent bone health research goes beyond the typical calcium-containing foods to examine the positive link between eating fruits and vegetables and bone health, and results are promising for prunes/dried plums. Emerging research published in the British Journal of Nutrition has found that prunes may help keep bones strong by preventing bone mineral loss, which can lead to osteoporosis.

Diet is just one of the many lifestyle factors

that can help to support bone health. In addition to a diet rich in bone-healthy nutrients, the International Osteoporosis Foundation suggests four strategies to reduce your risk of osteoporosis and fractures, including:



- Exercise regularly
- Avoid negative lifestyle habits and maintain a healthy weight
- Identify the bone health risk factors which you can't change
- Talk to your doctor: get tested, get treated if required

These simple lifestyle steps can go a long way toward achieving better bone health. For more information on ways to get involved with World Osteoporosis Day, visit [www.worldosteoporosisday.org](http://www.worldosteoporosisday.org). •

## Finance

from page 7

\$2,500 a year for health care FSAs and \$5,000 for dependent care.

- Health care and dependent care 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 check your company's policy.

- Outside of open enrollment, you can only make mid-year FSA changes after a major life or family status change (marriage, divorce, death of a spouse, birth or adoption, etc.) If one 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. •

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# Police Reports

The crimes listed are crimes where a report was taken by a law enforcement agency and submitted for investigation. The outcome of the investigation or any criminal court proceedings are not considered when reporting crimes. The crimes listed are as follows: arson, simple assault, aggravated assault-weapon, Auto: Theft: Auto: burglary, Commercial: burglary, Residential: burglary, homicide, strong-arm robbery, robbery with 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.

## October 5

**Auto Theft** 4000 BLOCK 179TH ST Stolen vehicle: '95 Honda Civic

**Burglary-Auto** 2000 BLOCK 236TH ST Suspect(s) forces open sunroof for entry and takes property/ sunglasses

**Burglary-Auto** 16600 BLOCK VAN NESS AVE Suspect(s) enters unlocked vehicle and takes property/MP3s, watches, paperwork

**Theft** BLOCK PACIFIC COAST HWY Suspect(s) takes property from victim's purse as she shops/ cash

## October 4

**Burglary-Auto** 2600 BLOCK PACIFIC COAST HWY Suspect(s) smashes window for entry and takes property/ purse

**Robbery-StrongArm** 1500 BLOCK CABRILLO AVE Suspect grabs victim, pushes him toward business office, but flees without taking any property when interrupted by witness

**Burglary-Auto** 2600 BLOCK PACIFIC COAST HWY Suspect(s) smashes window for entry and takes property/purse

**Vandalism** 3800 BLOCK 190TH ST Suspect(s) throws brick at victim's vehicle's windows

**Burglary-Auto** 3700 BLOCK 230TH ST Suspect(s) enters vehicle by unknown means and takes property/ registration, insurance, remote, sunglasses, cases, chargers

**Theft** 23900 BLOCK OCEAN AVE Suspect(s) cuts lock securing property and takes same from parking garage/ bicycle

**Theft** 21000 BLOCK DONORA AVE Suspect(s) takes property from rear yard/ plant

## October 3

**Burglary-Auto** 2700 BLOCK SKYPARK DR Suspect(s) enters vehicle by unknown means and takes property/ backpacks, tote

**Burglary-Residential** 1800 BLOCK

MARTINA AVE Suspect(s) attempts to kick in door/ no entry, no loss

**Burglary-Residential** 1700 BLOCK FLOWER AVE Suspect(s) kicks in door for entry, ransacks and takes property/ tablets, laptop, passports, SS cards, cash, jewelry, luggage

**Burglary-Auto Betw.** 2400 BLOCK 237TH PL Suspect uses a universal key fob for entry, but flees without taking any property when observed by victim

## October 2

**Burglary-Auto** 23200 BLOCK WALNUT ST Suspect(s) pries/ pulls window for entry, ransacks and takes property/ gift card, sunglasses

**Burglary-Auto** 21300 BLOCK HAWTHORNE BLVD Suspect(s) enters vehicle by unknown means and takes property/ registration, insurance, pens, papers, charger, hair dryer, sunglasses, case, radio

**Burglary-Auto** 2200 BLOCK CRENSHAW BLVD Suspect(s) smashes window for entry and takes property from trunk/ purse

**Auto Theft-All** 18400 BLOCK HAWTHORNE BLVD Stolen vehicle: '13 Mercedes Benz C250

## October 1

**Robbery-StrongArm** 1800 BLOCK CARSON ST Suspect simulates handgun and demands victim's property/ cell phone, cigarette pack

**Burglary-Auto** 2800 BLOCK 234TH ST Suspect(s) punches door lock for entry, ransacks and takes property/ tools

**Vandalism** CABRILLO AVE & TORRANCE BLVD Suspect punches victim in the head before breaking out bus door glass and fleeing

## September 30

**Auto-Theft** 3600 BLOCK EMERALD ST Stolen vehicle: '95 Acura Integra

**Theft** 3900 BLOCK ARTESIA BLVD Suspect(s) takes victim's unattended property/ cell phone

**Theft** 24700 BLOCK VIA VALMONTE Suspect(s) takes property from victim's front porch/ delivered parcels

**Burglary-Commercial** 3600 BLOCK FASHION WAY Suspect(s) cuts lock and takes property from security cage/bicycles

**Burglary-Residential** 1300 BLOCK ENGRACIA AVE Suspect(s) kicks in door for entry, ransacks and takes property/ pillowcase, cash

**Burglary-Auto** 4200 BLOCK REDONDO BEACH BLVD Suspect(s) enters unlocked vehicle and takes property/wallet

**Burglary-Commercial** 22200 BLOCK

See Police Reports, page 10

# Community Briefs

from page 3

ing eight blocks – the walk is approximately 1.5 hours. It's open to the public, requires no reservations and is hosted on the fourth Sunday of every month, May - October. Comfortable walking shoes are recommended -- bring your camera and a friend!

For additional info, please contact the Museum at (310) 328-5392 or visit www.TorranceHistoricalSociety.org. The Torrance Historical Society & Museum is located at 1345 Post Avenue and is open free to the public Wednesday, Thursday & Sunday, from 1:00 PM - 4:00 PM.

## L.A. County's Request Vote-by-Mail Ballot Deadline

The Los Angeles County Registrar-Recorder/County Clerk (RR/CC) Dean Logan reminds L.A. County voters to request a vote-by-mail ballot by Tuesday, Oct. 29 for the Nov. 5 Local and Municipal Consolidated Elections.

The RR/CC began mailing approximately 500,000 vote-by-mail ballots to voters today.

Requesting a vote-by-mail ballot is easy and can be done online or by using the back of the official sample ballot. Registered voters can also apply in person at the RR/CC's main office: 12400 Imperial Hwy., 3rd floor, Room 3002, Norwalk, Calif. L.A. County residents who applied for a vote-by-mail ballot can check the status of their ballot online.

The mission of the Registrar-Recorder/County Clerk is to serve Los Angeles County by providing essential records management and election services in a fair, accessible and transparent manner. For more information, visit www.lavote.net.

## Towers Elementary Halloween Carnival

On Saturday, Oct. 16, Towers Elementary School in Torrance will celebrate Halloween with food, games, a costume contest, photo booth, Halloween Zumba and more. The event is open to the public – Towers encourages guests to bring friends and family. Towers alumni are also encouraged to join. •

# City Council

from front page

leveling), Councilmember Pat Furey said the price tag is the only mark against the new fields. "There is no downside other than sticker shock," Furey said.

While the sticker shock might be an issue, Facility Services Manager Jon Landis said the project is a good value compared with similar projects in Los Angeles County. Compared with El Segundo's two recently built soccer fields with a price tag of a little more than \$5 million and Pasadena's single field for \$1.5 million, this project's five fields for \$3.2 million is relatively underpriced. "The price for one soccer field with no amenities is somewhere between \$1 million and \$1.5 million," Landis said. "The price for [our project] with the total area is within or lower than the prevailing prices."

According to Scotto, the new sports fields are already highly sought after as practice space for a wide variety of sports like soccer, football, cricket and rugby. "We've already had inquiries that will probably use the whole week," Scotto said. "I don't think there is going to be a lack of usage at all."

The project had a strong group of supporters present at the meeting. Councilmember Kurt Weideman said he was encouraged by the "enthusiasm and passion of the speakers." Most of the people who spoke in support of the project were AYSO volunteers like Fred Silver, who said that not completing this project would be a big disappointment. "These fields are a big benefit for the kids in the community,"

Silver said. "Having these fields is critical."

Michael Bird, an AYSO volunteer coach and soccer enthusiast, said new facilities are needed--as many of the fields in Torrance are in bad shape and could lead to injuries. "My kids play... at John Adams school's field and--I hate to say it--but it's horrendous, it's terrible," Bird said. "It's really hard because the kids get hurt, there's a lot of holes and things like that. Using the [artificial] turf, you get a true surface. It's great for injuries...you don't get hurt much."

Councilmember Bill Sutherland voiced his support of the project as a way to add something lasting to the city. "I think this could be one of the premier parks in...the South Bay," Sutherland said. "I think to not do this we will be cheating our children and grandchildren out of an experience we never had. Just because we never had it doesn't mean they can't."

AYSO also figured prominently in another segment of the Council meeting--the unveiling of Torrance's rose float. The organization partnered with the Torrance Rose Float Association to create a soccer-themed float. The float is hitting the parade route in the middle of a nexus of milestones for the 105<sup>th</sup> Tournament of Roses Parade, the 50-year anniversary of AYSO's founding, and 100 years since Torrance's first entry into the parade. The name of the float is "Everyone Plays," and it features anthropomorphic animals playing a game of soccer. •

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

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

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

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## EMPLOYMENT

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## GARAGE SALE

**United Methodist Church,** 540 Main St, El Segundo, Friday 10/18, 9 - 5 p.m. and Saturday, 10/19 9 - 1 p.m.

Housewares, clothing, toys, furniture, books, etc.

## GARAGE SALE

**443 Eucalyptus**, E.S. 10/19, 8:30-Noon. Art work: Picasso; Bonnard; Hoffman; Klimt; Klee; Renoir; Rothko; & original work.

## GARAGE SALE

**Multi Unit** - guitars, prom dresses, antiques, cameras, books, oak library desk, craft supplies. 321 W. El Segundo Blvd - Alley.

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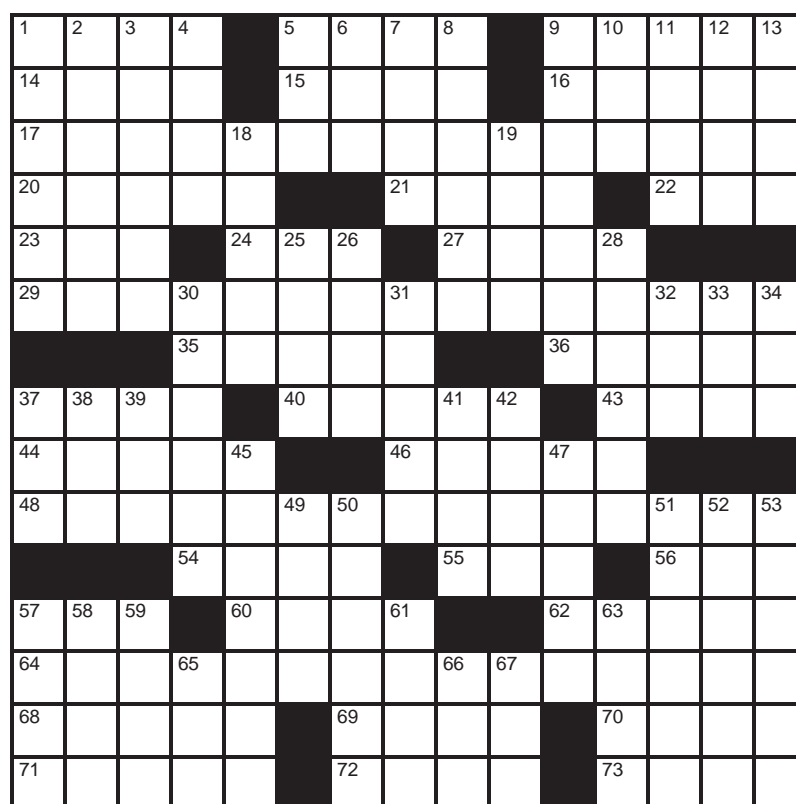
## MOVING SALE

**Moving Sale Saturday, 10/19, 9 a.m. - 1 p.m.** 419 California Street Mostly furniture plus some extras.

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

## WEEKLY CROSSWORD *See Answers Next Week*

"Relax!"



### Across

1. Agave plant
5. Flaky mineral
9. Cleans up, in a way
14. Gulf of \_\_\_\_\_
15. Harsh sound
16. Mother-of-pearl
17. Relax
20. Ankles
21. Same: Fr.
22. Clear
23. Hellenic vowel
24. Good times
27. Impending
29. Relax
35. Reo contemporary
36. Caterpillar hairs
37. Mosque V.I.P.
40. Its capital is Oranjestad
43. Small price to pay
44. Paperlike cloth
46. Tough, durable wood
48. Relaxed
54. Sea bird
55. Sigma follower
56. See 46-Across
57. Harvest goddess
60. Time immemorial

### Down

1. Equivocate
2. Conceive
3. Bright fish
4. French cordial flavoring
5. Wharton grad
6. Harm
7. Pacific
8. Daughter of Zeus
9. Sets of nine
10. Lock of matted wool
11. Computer image
12. Constant
13. Badger's burrow
18. Rows
19. Grace period?
25. Bear in the sky?
26. Not e'en once
28. Come back again

### Down

30. Service station?
31. Jump for joy
32. Made a fast stop?
33. Gabriel, for one
34. Even
37. "\_\_\_ magic!"
38. Mayan language
39. Mock, in a way
41. Thai money
42. Purlieu
45. Previously
47. Underground comic artist Robert
49. Form of ether
50. Bare
51. In a lucid way
52. What you will
53. Plumed hats
57. Sgt. Snorkel's dog
58. Large cat
59. \_\_\_ row
61. Tight
63. \_\_\_ League
65. Pickled delicacy
66. Tax pro
67. Common contraction

## Up and Adam

from page 6

there is still a lot of time to make up their first loss of the season that came in league play. The Warriors will look to rebound quickly this week as they take on Redondo at West High.

### North High

The North High Saxons are continuing their effort to turn their season around after two consecutive losses to start the season. Last week at Centennial, North got back on the winning path after a rough loss to West High last week. It took the Saxons a while

to get going, falling behind 7-0 at the half. As soon as the team trotted back out onto the field after the half, however, the game really began. With 14 points in the third and 14 points in the fourth, the Saxons quickly overcame a slow start and set Centennial down in the first league game of the year for both teams. The win vaults the Saxons into first place in the Pioneer League--a position that they will defend this week as they take on the Lawndale Cardinals. •

## Police Reports

from page 9

**HAWTHORNE BLVD** Suspect(s) smashes window and cuts/ pries away security bar for entry, pries open display cases and takes property/ jewelry

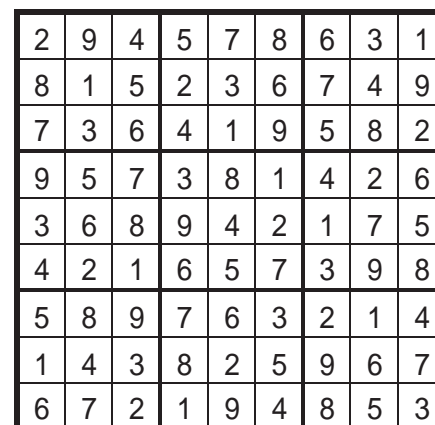
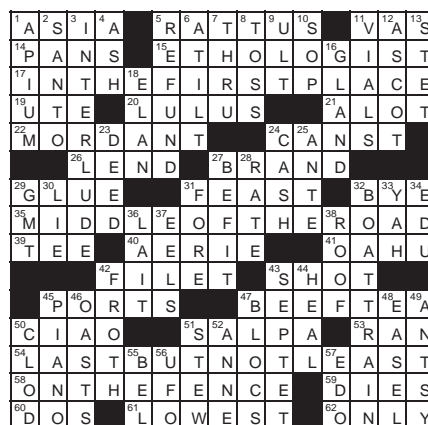
### September 29

**Burglary-Auto** 400 BLOCK CAMINO DE

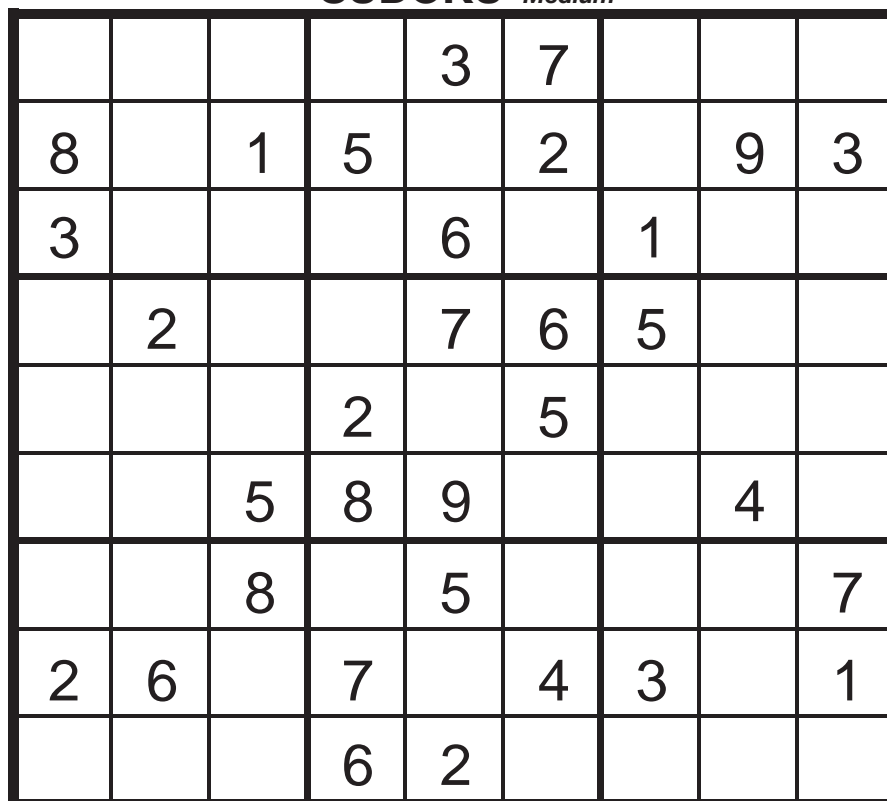
**LAS COLINAS** Suspect(s) enters unlocked vehicle, ransacks and takes property/ registration, cash, dog toys

**Vandalism** 2500 BLOCK PLAZA DEL AMO Suspect(s) intentionally rams shopping cart into victim's vehicle •


## 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.



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# PETSPETS **Pets** PETSPETS

## Wowzer Schnauzer

My name is **Brock**, and I was a real mess when the MSFR folks rescued me. We first met when they rescued my friends, Mia and Tia, and they planned to return for me the following week if I wasn't adopted. In fact, no one could tell that I was a 2-year-old, purebred, Miniature Schnauzer because I was so matted, filthy, infected with fleas and ticks – not exactly attractive. I'm still a little underweight at 13 pounds, but I'm sure my new family will take care of that with treats. The groomer managed to save my beard and eyebrows but the rest of my coat had to go. That's when it was discovered that I previously had a hematoma in one of my ears, which has healed, but it left me with the classic "cauliflower" ear. I'm still a very good looking guy who gets along very well with other dogs, and I have a tail that naturally wags whenever I'm excited. If you visit me at adoptions you can see what a super sweet boy I am.

I'm **Dorothy**, however, I'm not the one with the dog named Toto. I'm the one who is a 2-year-old female purebred Miniature Schnauzer who was recently rescued from



Jason

is only 3-years old, but I am so ready for my forever home. When the MSFR people rescued me from the shelter, I had a really bad case of pneumonia and it was touch-and-go for a while. After three weeks of antibiotics, nebulizer treatments and lots of TLC, I've recovered and looking for my family.

I have been told that I'm a real gentleman, extremely nice and I admit that I get along great with other dogs. At 25 pounds, I may be a bit large, but I can cuddle with the best them. Come to adoptions and see how stunning I am and I'm sure you'll want to take me home.

Hi there, I'm **Vinny**, a 5-year-old male "Schnoodle" (miniature schnauzer/toy poodle mix). I've got poodle-like fur, but my coloring is classic salt/pepper and with my beard, I look more like a Schnauzer. I've had a challenging life starting in April with my being dropped off at a shelter as a stray. I was adopted in May but was confiscated at a vet's office in July because they suspected I had been accidentally, or intentionally, poisoned by prescription drugs. I don't know why my owner never came back for me, but I was finally turned over to a high-kill shelter. After 6 weeks, I was beginning to wonder how much longer I had when the MSFR folks came to my rescue. Even though I get along with other dogs, I'm really not all that interested in them because I'd rather be with my humans. My favorite thing is to follow



Vinny

them around, and I love that cuddling stuff. I'm only 8 pounds, and I don't like small humans because they play too rough and I won't tolerate that. If you come to visit me at adoptions, I'll bet you'll agree that I'm cute as a button, and I have a whole lot of love to give someone who wants a great friend. •



Brock

an L.A. County shelter. I was brought in as a stray with abrasions on my head, my nose and front paw. Everyone thinks that a car most likely hit me, but fortunately, I didn't sustain any serious injuries. I may be a bit large, I weigh 18 pounds, but I am a young, energetic gal who enjoys the company of most dogs. I'm looking for my forever family to share my life with because there's no place like home!

Everyone calls me **Jason**, but I'll answer to a new name of your choice if you adopt me! Life's been pretty rough for a guy who



Dorothy

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# Real Estate

## Four Fast, Easy Kitchen Projects You Can Complete this Weekend

(BPT) - Minor kitchen updates can result in enhanced appearance, enjoyment and increased home value. With a free weekend and a modest budget, you can accomplish some do-it-yourself projects that will give your kitchen a whole new look.

Focus on projects that will have maximum impact with minimal time invested. These would be projects such as restoring existing tile work or installing a tile backsplash, switching out cabinet hardware, or painting an accent wall or the ceiling rather than the whole room. Here are four simple kitchen improvements that you can do in a day or two:

1. Rejuvenate existing tile and grout - Old, stained tile and grout can make an entire surface appear dated and dingy, even if the tile itself is in good condition. Cleaning or recoloring grout can breathe new life into existing tile work, whether its countertops, flooring or a backsplash. Products like tile cleaners and sealants can help remove stains and brighten surfaces without damaging grout. If your grout is in good shape, but you're just tired of the off-white or gray color, try updating it with a grout colorant.

2. Create a trendy tile backsplash - Tile without hiring a professional. If you're a do-it-yourselfer with the right tools and a little bit of know-how, you can easily add a tile backsplash featuring colorful glass or metallic tiles for that designer look in the kitchen.

"Adding a backsplash with decorative tiles

creates a new focal point and at the same time brings in a fresh accent color to the kitchen. Follow through with additional touches and inexpensive accessories such as towels, a new curtain or decorative glass jars to complete the transformation," says independent interior designer Ann Borsheim.

Products like tile-setting mats make it easy to install tile - on a backsplash, countertop or

shower wall. Because the mat's double stick adhesive sheets eliminate the need to apply mortar, so you can work at your own pace. Start with a smooth surface - you can even tile over existing tile surfaces - place the mat in position, cut as needed with scissors or a utility knife, press the tiles of your choice in place and grout immediately using a pre-mixed or single-component grout product.



3. Replace dated hardware - Cabinet replacement can be costly and time-consuming - and best left to professionals. But you can easily and quickly give your cabinets a whole new look by replacing outdated hardware. If your cabinets are still builder-bare of knobs, handles or pulls, adding them can not only make them look fresh, it can make them much easier to use. It's easy to find hardware to suit virtually any design theme or taste, with many home improvement stores carrying a wide range of designer styles from sleek, modern metallics to Victorian-inspired glass.

4. Get creative with paint - Painting is one of the most powerful, cost-effective ways to recreate the look of a room, but painting the entire space can be time-consuming. If you're not up for a full day of painting four walls and all that trim, consider painting one wall in an eye-catching accent color. Or, for something really different - albeit a bit more work - paint the ceiling in a hue that complements the current wall color. No design rule says your kitchen ceiling must be plain white, so spice it up with a color that speaks to you.

Updating your kitchen is a rewarding home-improvement job, and can enhance the kitchen's appearance and your enjoyment of it, as well as boost your home's value. In fact, according to Remodeling Magazine's Cost vs. Value Report, even a minor kitchen renovation will return more than 75 percent of its cost when you sell your home. •

**"The California Museum of Fine Art was looking to promote its grand opening in Downtown Torrance earlier this year and to publicize its special event accommodations. The Torrance Tribune did a superb job covering our grand opening and while we just started running the special event ad, we are already very pleased with the feedback from the local community and businesses."**

**Brian Higa**  
President  
California Museum of Fine Art

**Torrance Tribune**

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Roger Hart (left) with sons: Kevin; Jeremy and his wife Stephanie; and Bradley with his wife Alannah. The Hart family has used its successful business to promote and preserve pride in the Torrance community through responsible real estate transactions and home ownership.

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