

Herald Publications - Torrance, El Segundo, Manhattan Beach, Hawthorne, Lawndale, & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 2, No. 51 - December 20, 2012 Float to Honor Life-Saving Gifts Of 20 Organ, Eye and Tissue Donors This issue



Last Saturday, the Minami and Cail families of Torrance honored their son and brother (Jaret Minami) daughter and granddaughter (Brittany Cail), when they decorated their floragraph (memorial floral portraits) -- part of the 2013 Donate Life Rose Parade float, "Journeys of the Heart," which dramatizes the ups and downs experienced by donor families, transplant recipients and living donors. Seen here: Cail family decorating Brittany's floragraph: Raquel Cail (mother) and Bettie Noland (grandmother - Raquel's mother). Photo courtesy of Donate Life California. Read more on page 4.

Police Prepared to Prevent, Respond to School Site Violence

By Dylan Little

At the latest Torrance City Council meeting, Police Chief John Neu, in response to a number of emails from concerned citizens, updated residents on how his department is working to prevent a school shooting tragedy like the one in Newtown, Connecticut. According to Neu, the first line of defense are the School Resource Officers (SROs) who are at every high school in the city and help watch over local junior highs as well. Neu said that the SROs are important not just as police officers, but as trusted liaisons who on occasion receive tips that residents would be unwilling to report to anyone else.

"It's more than just having a uniformed officer on our high school campus. The relationships they build with parents, teachers, administrators and students have been very beneficial for us as a community," said Neu. "When there are issues or problems that arise at our schools, or even outside our schools, it's the SROs that because of that relationship these folks go to." Another resource the Torrance Police Department has developed is the Juvenile Diversion Program, which pairs police personnel with 40 counselors and mental health professionals to provide a wide range of intervention and crime prevention services. This year alone, the program has reached 1,400 clients. Neu would like to see more cities follow Torrance's lead in providing mental health services to those who need it most before these individuals become a danger to communities. "It enables us to get these folks what they need," said Neu. "We work with the criminal justice system all the time, but there is another early [step] that is critically important and that's getting these people the help they need early on. Unfortunately, it's not as robust as I would like to see it--by that I mean other cities, other police departments that could take this on."

The Chief also described how the Police Department has been working closely with the Torrance Unified School District and the private schools in the city to have up-to-date information on each facility. The Department has gone to great lengths to make sure it knows every campus in Torrance inside and out, working with maps, video and having school administrators guide officers around each site explaining potentially important areas.

"What these plans enable us to do is have a map, schematic, a video of the campus, of all the campuses in the city," said Neu. "We have access to that with our field personnel. When you see our command post vehicles out there or Sergeant vehicles out there on the screen, in each vehicle there is access to the map. We also work with school employees when we do out walk-throughs to identify what needs to be documented, what the critical assets are and what escape routes there are. Every event that takes place at a school we are involved."

See City Council, page 9

Local Research Institute Honors Outstanding Donors

By Cristian Vasquez

and health care intervention that affects

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Sunny 63°/50°



Sunday Few Showers 58°/54°



In front of patients, doctors, donors and researchers, LA BioMed celebrated its annual Gala and presented the Spirit of Excellence Award in a capacity-filled ballroom to three different entities and individuals. The Spirit of Excellence Award acknowledges individuals who have made outstanding contributions to society through science, medicine, government, business, philanthropy, and community service and the arts.

"We have proudly served this community for more than half a century, and are pleased that the work we do at LA BioMed is able to help those who need it the most," Vice President of Development with LA BioMed Rodney Franks said. "We look forward to continuing to turn innovative science into breakthrough medicine for residents of the South Bay and beyond for many years to come. I think that LA BioMed is such a tremendous organization that it has an impact across the world and is known for its impact on the medical breakthroughs peoples' everyday lives."

The three entities recognized with the Spirit of Excellence Award included H. Frederick Christie, described as an inspirational leader who has been involved with countless community organizations; and the Susan Scott Foundation, recognized for its community service and commitment to further supporting the well-being of children, including military families. Lastly, the Ryan Foundation was recognized with the award and distinguished for advancing innovation and supporting LA BioMed in its efforts to find therapies that can treat MPS 1, a rare disease that keeps the body from breaking down protein in cells.

"I was so impressed that over the decades this institution [LA BioMed] has been the leader in so many studies and results of research in cardiac issues. Whatever you might be experiencing, this organization is definitely involved in developing something **See Biomed, page 8**

TerriAnn in Torrance

It's a Wrap!

By TerriAnn Ferren

Every Christmas, my sister Linda and I would help my mom wrap presents for my cousins and family. It was always a bit of a stressful time for me. The cellophane tape seemed to have a life of its own and the the living room, and I would put Christmas music on the CD and make spiced apple cider. Then I would clear a large space on my dining room table for my wrapping paper, ribbon, cellophane tape, tissue and any other Christmas bits I had left over from the year



Durdana Bashir.

wrapping paper was a bit hard to control and it would tear when I was too rough in folding. And I remember I wished we would just buy those ready-made bows with the sharp plastic points in the middle that I saw at the drugstore. All you had to do was to stick your bow on the box. Hard to imagine that wrapping gifts dates back to the invention of paper in China about 105 A.D. My mom is an expert wrapper with the patience of a saint or an origami master. Maybe that's because when she 14 years old, she got a



Ellie Sadr

job addressing labels and then wrapping gifts (among many other things) in the will-call department at Kay's Department Store on 52nd and Broadway (across from the competitor Globe Department Store in Southwest Los Angeles.

When Christmastime rolled around, I would wait until I had all my gifts purchased and then take one or two evenings and wrap everything at once. The Christmas tree was always decorated, twinkling in the corner of before that I used to attach to the gifts. All the training I had wrapping gifts with my mom when I was young really helped. But somehow I could never master the perfect bow.

Then one year, a friend taught me how to make the perfect bow. You take at least a one-inch-wide ribbon and loop it around to make a circle. The size of the circle dictates how big the bow will be. Then you loop the ribbon 10 times around the circle so you have a thickness of 10 layers of ribbon around the circle. Press the circle flat. Then take the two ends and fold them together to mark the center with a crease. Cut a "v" at the center crease on each end making sure not to cut through the ribbon! Then take a separate piece of ribbon and tie it tight in a knot at the middle where you cut the v. Let the ends hang because you will use those to attach the ribbon to the ribbon around the box. Then open up the petals of the ribbon and you will have a fluffy, beautiful bow. Circle the package with ribbon and tie a knot at the top or front and then tie your perfect bow on the ribbon around the package over the knot. After I learned this technique, my packages always looked beautiful. Try it for yourself.

It is said that wrapping paper as we know it became popular during the 1920s. It had Christmas scenes and came in many colors. Before that, most packages were covered with brown paper or tissue paper and packages were tied up with a string. After all, the reason to wrap a present is to hide its contents so the recipient is surprised by the gift.

In my high school Home Economics class sophomore year, Sr. Marian Joseph, C.S.J stood in the front of the room with dozens of different styles, colors and textures of wrapping paper and ribbon of all colors and sizes. She didn't say a word, but kept changing the paper and ribbon on the box to make different styles and designs for the package. We ooohed and aaahed and it was very obvious that everyone had a different style and taste in wrapping. That was of course years ago because I don't see anyone in school now learning the fine art of gift wrapping.

One year, I peeked at all my gifts. I would take scissors and cut carefully along the seam of the end of the package and slide out the box to take a peek and then slide it back and re-tape very gently. I told my husband Dave what I had done and after that he would always keep my Christmas presents at work in his office! That was the last year I did that.

Bullock's and The Broadway used to grace the Del Amo Mall and it seemed as if they were in competition on who would provide the best boxes and ribbon. In fact, I remember coming home with bags of boxes and ribbon given to me by the stores that equaled the bags containing the gifts. Now you are lucky if you get a gift box. Last evening, I decided to stop by a local department store and see if sales associates were wrapping gifts. Durdana Bashir, who lives in the South Bay and has worked in cosmetics at the local department store for five years, told me, "We still have boxes and if somebody wants it [products] wrapped, I definitely will wrap it for them. We always provide wrapping." That was great to hear. Taking the escalator upstairs I stopped in hosiery and spoke with Ellie Sadr, who has been working at the store for 11 years and she told me, "Always it is the same thing. We have a silver box and a ribbon and we wrap everything for the customer. Our service is completely for the customer." I asked Ellie if she does a good job wrapping and she said, "I do a good job, I fold nicely and try my best." Well, it seems like this store has it covered, so to speak. On the way out, I asked Diane Kleen, who happened to be shopping in the store, if she had noticed a change in stores providing boxes and wrapping services. She told me, "I have already been shopping for Christmas, especially for my daughter. The wrapping has changed. It has gone to bags a lot and I usually like a nice foil-wrapped present with a bow on it in a box. So I am not so wild about the bags with the paper at all. And if the stores do offer it [wrapping service], it isn't the quality as it was before, so I do it myself."

The hardest gifts for me to wrap are toys. They seem to be boxed in the oddest way as to show the toy, but still give you a place to touch and see how it works. You can either use a mile of wrapping paper (which I have done) or use the new bag system. Yes, it's in the bag. At most stores, you can now buy anywhere from tiny to huge-sized bags to put your gifts in complete with a gift card. Or buy a bag and throw a bit of tissue and there you go. Bagged gifts are artful, beautiful and lovely, and who knew such an easy way to wrap would be all the rage?

However you wrap up your gifts, do it with joy and love. Whether you are wrapping up Hanukkah gifts in bright blue paper or Christmas gifts in red, green or gold, it is the gift of ourselves enclosed in the true gift we give each other. Merry Christmas, Happy Hanukkah and happy wrapping! •



Digne Kleen. Photos by TerriAnn Ferren

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Tani, you were our best Christmas present and still are. Love, from Mom and Dad. Provided by Carol Mikulchik.

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

<u>Calendar</u>

Friday, December 21

• North Torrance Youth Music Ensemble Winter Festival Concert, 7 p.m., James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

• A Christmas Carol, Torrance Theatre Company, 8-10 p.m., 1316 Cabrillo Ave. For more information call Gia Inferrera-Jordahl at (424) 243-6882.

Sunday, December 23

• Bonnie Barchichat's "Comedy Seniors Can Relate To" will be presenting a "Holly-Bolly Holiday Show" including an Indian lunch buffet at Noon and show starting at 1:15pm at the Bombay Tandoori, 4111 PCH. Contact bonnie@seniorcomedyafternoons. com for more info.

Thursday, January 10

• West High Dance Department's Dance Performance, 7 p.m. (also 1/11), James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171. FRIDAY, JANUARY 11

• Studio Cabaret Series-Louie Cruz

Beltran (also 1/12), 7:30 p.m., George Nakano Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171. SATURDAY, JANUARY 12

• Think Clean, Go Clean! Eco Art Contest and Festival, from 10 a.m.-3 p.m., Torrance Cultural Arts Center, 3330 Civic Center Drive. SUNDAY, JANUARY 13

• Guest Artists Series: Stunt Dog Experience, 2 p.m. and 6 p.m., James Armstrong Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

• West High Entertainment Unit Christmas Tree Lot benefiting marching band, percussion, color guard and drill team programs. Weekdays, 3-9 p.m., and weekends 9 a.m.-9 p.m., West High school parking lot, corner of Del Amo and Victor.

• The Salvation Army Torrance Corps needs volunteers for Angel Tree Program, bell-ringers, Adopt-A-Family Program and Can Food Drive. For more information contact Angela Ohl at (310) 370-4515. •

Business Briefs

TONY ROMA'S COLLECTING FOOD, TOYS TO BENEFIT COMMUNITY

Tony Roma's is collecting toys and canned goods donations at its Torrance restaurant location to benefit Toys For Tots and Torrance-area senior citizens as well as the Torrance New Challenge Ministries Fresh Rescue Food Bank. Items can be taken to Tony Roma's, 24301 Crenshaw Blvd., on Sunday to Thursday from 11a.m. to 9:30 p.m. and Friday to Saturday from 11 a.m. to 10 p.m. All donors will be given a Free Appetizer coupon as well as a chance to win a \$100 gift certificate to Tony Roma's. Donations will be accepted through December 20. For more information, interested persons may call 310-326-7427.

FROOTS CELEBRATES FIRST ANNIVERSARY WITH RIBBON CUTTING CEREMONY



FROOTS Restaurant celebrated its Torrance location's first anniversary with a grand ribbon cutting ceremony, which included city dignitaries and members of the Torrance Area Chamber of Commerce. FROOTS specialties include fresh smoothies, salads and wraps and is in Village Del Amo located at 21219 Hawthorne Blvd. Seen here is owner Ronald Dupree of FROOTS in front of his Torrance restaurant along with staff members. Photo by Charlene Nishimura.

TORRANCE ORGAN DONORS HONORED ON PARADE FLOAT



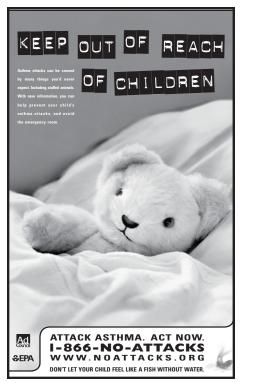
The summer after **Brittany Nicole Cail** graduated from Torrance High School in June 2007, she decided to go to New Orleans to visit her grandparents. She ended up loving it there, so she decided to call New Orleans home. Brittany found a job in food service at the local hospital and working there. The following January, during a visit by her mother Raquel, Brittany shared how proud she was that she had just received her driver's license. Brittany told her mom she was an organ donor and if something ever happened she wanted **See Business Briefs, page 4**



Holiday Eve Free Fares

To help you enjoy the holidays safely, all Metro buses and trains will offer free service on Christmas Eve and New Year's Eve. Specifically, no fare will be charged from 9pm on Monday, December 24 until 2am Tuesday, December 25 and from 9pm on Monday, December 31 until 2am on Tuesday, January 1. Have a safe holiday. Go Metro.

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TANNER SEWING AND VACUUM CENTER Old-Fashioned Service & Top Quality Products To really enjoy this year's Tournament of Roses Parade on January 1, use the Metro Gold Line and skip the traffic and parking hassles. All Metro Rail lines will run overnight on December 31 to help you make your connections. Plan your trip at *metro.net*.

Metro's Division 5 Turns 100

Metro's Division 5 is celebrating its 100th anniversary this month. The bus division at 54th Street and Van Ness Avenue in LA's Chesterfield Square neighborhood began life in 1912 as a streetcar yard for the Los Angeles Railway.

Metro ExpressLanes Now Open

Join thousands of motorists who are getting through traffic faster by using the new Metro ExpressLanes on the I-110 Harbor Freeway. Solo drivers can use the lanes for a toll, while carpools, vanpools and motorcycles travel toll-free. All need a FasTrak[®] account and transponder; to get yours, visit *metro.net/expresslanes*.

Lane Closures Loom In Sepulveda Pass

Individual lane closures for resurfacing and striping could be on the schedule for early next year on the I-405 Freeway in the Sepulveda Pass as part of the freeway improvements project. Check *metro.net/405* for the latest information on closures and construction schedules.



If you'd like to know more, visit metro.net.

<u>Looking Up</u>

Cassini Spots Mini Nile River on Saturn Moon

By Bob Eklund

The international Cassini mission has spotted what appears to be a miniature extraterrestrial version of the Nile River--a river valley on Saturn's moon Titan that stretches more than 250 miles from its "headwaters" to a large hydrocarbon sea. It is the first time images have revealed a river system this vast and in such high resolution anywhere beyond Earth.

Scientists deduce that the river is filled with liquid because it appears dark along its entire extent in the high-resolution radar image, indicating a smooth surface. "Though there are some short, local meanders, the relative straightness of the river valley suggests it follows the trace of at least one fault, similar to other large rivers running into the southern margin of this same Titan sea," says Jani Radebaugh, a Cassini radar team associate at Brigham Young University. "Such faults—fractures in Titan's bedrock—may not imply plate tectonics, like on Earth, but still may lead to the opening of basins and perhaps to the formation of the giant seas themselves," she adds.

Titan is the only other world we know of that has stable liquid on its surface. While Earth's hydrologic cycle relies on water, Titan's equivalent cycle involves hydrocarbons such as ethane and methane (which we know as natural gas).

Images from Cassini's visible-light cameras revealed regions that darkened after recent hydrocarbon rainfall. Cassini's visual and infrared mapping spectrometer confirmed the presence of liquid ethane at a lake in Titan's southern hemisphere known as Ontario Lacus in 2008.

"This radar-imaged river provides another fantastic snapshot of a world in motion,

which was first hinted at from the images of channels and gullies seen by ESA's Huygens probe as it descended to the moon's surface in 2005," says Nicolas Altobelli, Cassini Project Scientist for ESA (the European Space Agency).

Titan (or Saturn VI) is the largest moon of Saturn. It is the only natural satellite known to have a dense atmosphere, and the only object other than Earth for which clear evidence of stable bodies of surface liquid has been found.

Titan is the sixth ellipsoidal moon from Saturn. Frequently described as a planet-like moon, Titan has a diameter roughly 50 percent larger than Earth's moon and is 80 percent more massive. It is the second largest moon in the solar system, after Jupiter's moon Ganymede, and it is larger by volume than the smallest planet, Mercury, although only half as massive. Titan was the first known moon of Saturn, discovered in 1655 by the Dutch astronomer Christiaan Huygens, and it was the fifth moon of a planet apart from the Earth to be discovered.

The Cassini-Huygens mission is a cooperative project of NASA, ESA, and ASI, the Italian Space Agency. NASA's Jet Propulsion Laboratory, a division of the California Institute of Technology in Pasadena, manages the mission for NASA's Science Mission Directorate, Washington. The Cassini orbiter was designed, developed and assembled at JPL. The radar instrument was built by JPL and ASI, working with team members from the United States and several European countries.

Images: http://www.esa.int/Our_Activities/ Space_Science/Cassini_spots_mini_Nile_ River_on_Saturn_moon •

Business Briefs

her eyes to be donated because they were her favorite feature. "I acknowledged Brittany, but didn't want to talk about the subject in detail," said Raquel, who three months later would be faced with that hypothetical situation becoming reality. In April 2008, at the young age of 19, Brittany was in a severe car accident which left her in a coma. Five days later, after complications from a blood clot, Brittany was determined to be brain dead. Her mother remembered the conversation she had with Brittany earlier in the year, so she supported Brittany's wishes to donate. Four of Brittany's organs saved three lives. Her right kidney was received by Erica, who was on the transplant waiting list for over seven years and is doing very well. Brittany's liver was given to a woman named Kimberly, and her left kidney and pancreas were given to Joseph, a husband and father of one. Brittany's gifts of bone, skin and heart valves have helped individuals throughout the country to heal from injuries, burns and heart defects. Those who benefited from her donations hail from California, Iowa, Kentucky, Massachusetts, Missouri, North Carolina, Ohio, Pennsylvania, Virginia and Washington D.C. Brittany's corneas were donated to the Louisiana State University Eye Center for research on macular degeneration. Recently, Raquel became a Donate Life Ambassador and spends much of her time volunteering with her local organ recovery organization, OneLegacy, and sharing Brittany's story to encourage others to become registered donors. Brittany's decision to be an organ donor has made a remarkable and widespread impact on the lives of many. Her mother hopes to carry on the legacy by being Brittany's voice and making sure everyone she meets knows how important it is to make the choice to be a donor.

Jaret Toshiro "JT" Minami grew up with a passion for the great outdoors and had fun

from page 3

playing soccer, fishing, camping surfing and hanging out with his family and friends. JT always sought to help others and befriend those kids who were often alone and had no one talk to. "After he passed, many of his friends told us that JT had such a kind heart," said his mother Barbara. "He was a true friend who didn't care about what was on the surface or befriend you simply to better his career." JT had played club soccer since he was seven and went on to garner an athletic scholarship to play on the men's soccer team at Cal State University Dominguez Hills (CSUDH). He graduated with honors in business administration and was the recipient of the Dr. Hal Charnofsky Male Scholar Athlete of the Year award in 2006. After college, JT worked as a customer service representative at an automobile company. "Players like him are why you coach," said Joe Flanagan, JT's coach at CSUDH. "I knew him as a student and as a teammate, and he was extremely well-liked by his peers and teammates. JT was definitely the most quietly competitive person I have ever met and he's probably the nicest kid I've ever coached." On July 30, 2008, JT suffered a sudden neurological disorder; he was only 25. The exact cause was never determined, although the numerous concussions he suffered playing soccer over the years may have been a contributor. After four days in a coma, JT's family and friends said goodbye to him. The CSUDH soccer team wore his uniform number 3 on their sleeves in his honor during the 2008 season. "When asked about organ donation, our family all agreed that is what JT would want. Unbeknownst to us, JT had already signed up to be an organ donor and was in the donor registry," said Barbara. "We are so thankful and grateful that JT is able to bless others with the gift of life. He is a hero in our eyes and his gift of life has saved and improved the lives of many others." •

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👥 Cookin' Stuff 2722 Sepulveda Blvd., Torrance Cop-A-Tan 24231 Crenshaw Blvd. Cousin Vinny's Cafe 5150 W. 190th St. Creative Cuts Int'l. 21217 Hawthorne Blvd. Crest Restuarant and Bar 1625 Cabrillo Ave. Dee Hardison Gym 2400 Jefferson St. Del Amo Car Wash 20505 Hawthorne Blvd. Del Amo Professional Pharmacy 21320 Hawthorne Blvd. Dino's Burgers 1975 Torrance Blvd. Eddie's Barber Shop 2455 W. Sepulveda Blvd. El Camino College 16007 Crenshaw Blvd. El Pollo Inka 23705 Hawthorne Blvd. Frank's Liquor 1601 Cabrillo Ave. Froots 21219 Hawthorne Blvd. Griffith Adult Center 2291 Washington Ave. Hamilton Adult Center 2606 W. 182nd St. Hof's Hut 23635 Crenshaw Blvd. Home Team Realty 23900 Hawthorne Blvd. Jack's Pizza 5007 P.C.H., Torrance 1-Naba Japanese Restaurant 20920 Hawthorne Blvd.

2012: A Year to Remember

By Adam Serrao

Where would we be without sports? A crazy thought indeed. Throughout the year, athletics has done its part to occupy our time and take our minds off of the trivial problems that we tend to dwell on during our lives on a day-to-day basis. Watching sports serves as an escape for many. It's a way to root for your favorite teams and assist them towards their ultimate goal of winning a championship that once accomplished, brings diehard fans as much pleasure as the players who hoist the trophy in the air. So, this Christmas season is the perfect time to reflect on the year of sports and give thanks for all that we as fans have experienced. From the Olympics to the NHL lockout, we sports fans have a lot to be thankful for, so let's take a look back.

Where would we be without starting with the most popular sport in the nation? Yes, the NFL was back in 2012 and has done its part to take our minds off of any lockout talk. We can leave that up to hockey for now. Eli Manning did his best to follow in his father's and brother's (Peyton) great footsteps by winning yet another Super Bowl with the New York Giants at the beginning of the year. The victory came over the New England Patriots in a game that seemed almost identical to the matchup between the two teams in 2008. It came down to an amazing catch by Mario Manningham (a la David Tyree), and in the end, the result was the same. The Giants won and Tom Brady went on living his life with a supermodel wife, devoid of an extra multi-million dollar ring on his finger. Just the way America likes it.

That's not all that happened with football, though. Once those tormenting six months of the offseason were over after the Giants won their title, the NFL got back to business, but this time without its referees. Perhaps one of the most popular sports games of the year came between the Green Bay Packers and the Seattle Seahawks on the Monday night when a pass that looked to have been intercepted by Packers safety M.D. Jennings was ruled a catch and a touchdown by Seahawks receiver Golden Tate. The call took a win away from the Packers, but they seem to be back on track now. As for the NFL, a \$3 million disagreement blemished almost the entirety of the first half of the season. Thank you for the memories, NFL.

The NBA did its part to satisfy our emotions as well, but for us here in Los Angeles, maybe to a lesser degree than the NFL. Lakers' fans had to endure their first season without Phil Jackson at the helm in quite some time. Enter Mike Brown. A disappointing second round exit from the playoffs followed the lockout-ridden offseason before we were all forced to be made witness to LeBron James' first NBA title. It certainly could have been scripted better for the fans here in L.A., but we did also witness a meteoric rise of the Los Angeles Clippers franchise behind Chris Paul and Blake Griffin and observed an offseason that took Laker fans by surprise when the team went out and not only got Steve Nash, but also acquired Dwight Howard. What makes the story even more interesting is the fact that the Lakers' experiment seems to have turned itself upside down for the time being .-- so much so that the organization chose to fire Mike Brown and hire Mike D'Antoni, all while Phil Jackson was sitting, patiently waiting for his name to be called by the organization that he himself assisted to six NBA titles. What would Hollywood do without the drama? The beat rolls on.

Baseball has never been as big here on the West Coast as it has traditionally been on the East Coast, but both the Dodgers and the Angels look as if they are out to change that. Last season, the Angels gave Albert Pujols a record deal to bring some fun and excitement back to Angel Stadium. Unfortunately, the team missed the playoffs, so it went out and lured Josh Hamilton away from the division rival Texas Rangers. Missing the playoffs again just simply isn't an option. Nothing hurts more than watching your biggest rivals go on to win the World Series. That's exactly what the Dodgers had to do, though, as the San Francisco Giants took the ring and Buster Posey walked home with the NL MVP. That may spark a fire under Matt Kemp as he and his Dodgers finished See Sports, page 10

<u>Up and Adam</u>

A High School Review

By Adam Serrao

In a city that is slowly becoming more and more known for its athletics, Torrance boasts four outstanding schools at each corner of town. While these schools each share the same city in common, their athletic programs are drastically different. From the diverse rivalries to the difference in leagues, all the way down to the proficiency in particular sports--North, South, West and Torrance high schools are all different, but all fight for the same goal. To be number one in their sport is what drives these students toward excellence and what keeps us exceptionally interested. Indeed 2012 brought more of the same for us here around Torrance and in taking a look back, it is easy to realize just what kind of spectacular year this one has truly been.

Of all of the teams in Torrance, the North High Saxons have come out this year with seemingly the most to prove. Almost every time a team has made a run at a title this year, it has been North High that has had its name at the top of the headlines. When basketball season came to an end last year, it was no different. The Saxons had quite the team, led by Eddie Lee and Devante Jenkins, as they rolled into the playoffs and were successful in their first two games before being eliminated by the eventual champion Mayfair Monsoons. The Saxons won their division by going 9-1 in league, finishing with a 21-7 overall record. The Torrance Tartars finished in third place last year and made a little playoff noise of their own. Wins in the first three rounds of the playoffs saw the team advance even farther than North High before being dropped in the semifinals by eventual Division 3AA champion Calabasas. Perhaps the most successful team from last year's basketball season, however, came in the form of a Spartan. The South High Spartans, who finished in fourth place in the Pioneer League, did the miraculous. After squeaking into the playoffs, head coach Leo Klemm took the team all the way to the Division 3AA championship game against the same Calabasas team that eliminated the Tartars. The outcome wasn't pretty, but the way that the underdog Spartans came from behind and turned an average season into a magical one certainly was. That, after all, is what sports are all about.

When it came to baseball season, the Torrance Tartars took their turn to make some noise in the Pioneer League. After an impressive 7-3 record in league play, the Tartars made it into the playoffs behind head coach Ollie Turner where they took a loss in the first round to Don Lugo. Perhaps one of the shining moments from the year was when standout centerfielder Tyrone Taylor was drafted by the Milwaukee Brewers. Truly, any player that can make it from high school to the pros has done a lot to make this city proud. Once again, it was North High that was stealing the headlines on the schedule, as it finished behind Torrance in the standings (third place), but made it all the way to the third round of the playoffs before being knocked out by St. Bonaventure.

The West High Warriors are in a division of their own (the Bay League) and thus don't get as much attention when it comes to cross-town rivalry games. One platform that they did use to put their name on the map, however, was this year's football season. Coming off of a subpar showing in 2011-12, the feeling around West High was that the team was ready to break out. In 2012, that's exactly what it did behind quarterback Joey Notch and running back Barry Thomas. Key victories against North High in the regular season and St. Joseph and Mira Costa in the playoffs propelled the Warriors to the CIF championship game against Palos Verdes. Unfortunately, the Warriors' season ended there, but to go from fourth place to nearly CIF champions is more than just a small accomplishment. The North High Saxons followed a similar path this past year in football, making it all the way to the championship game behind quarterback Jorge Hernandez and receivers Michael Jurado and the two-sport star Devante Jenkins. Their run ended early when they See Up and Adam, page 9

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WWE Stars Build Snowmen at Mattel's Third Annual 12 Days of Play

Photo by Casey Rodgers/Invision/AP Images for Mattel

After-school programs teamed up with Mattel employees and WWE superstar The Miz and WWE Diva Eve to attempt to break the Guinness World Record for the most snowmen built in one hour. Mattel hosts a series of philanthropic events at Mattel headquarters and elementary schools throughout Los Angeles, bringing unique play experiences featuring more than 390 total tons of snow and hands-on activities to underserved children.



Stockton, Diva Eve, The Miz, and Los Angeles school children race against the clock to attempt to break the Guinness World Record.



Hundreds of children from LA's Best Snowmen in Southern California are measured in an attempt to break the Guinness World Record for most snowmen built in one hour at Mattel Headquarters on Thursday, Dec. 13.



Snowmen in Southern California wait to be measured in an attempt to break the Guinness World Record for most snowmen built in one hour at Mattel Headquarters on Thurs., Dec. 13, 2012 in El Segundo, Calif. (Photo by Casey Rodgers/Invision/AP Images for Mattel)



Mattel employees and Los Angeles school children enjoy a "Winter Wonderland" featuring 220 tons of snow at Mattel's Southern California headquarters.



Right to left, WWE stars Diva Eve and The Miz, Bryan Stockton, Mattel CEO, and Deidre Lind, Executive Director, Mattel Children's Foundation, greet Los Angeles school children.





From the kitchen of **Tina & Amy Dunks** Bake Time 8-10 minutes

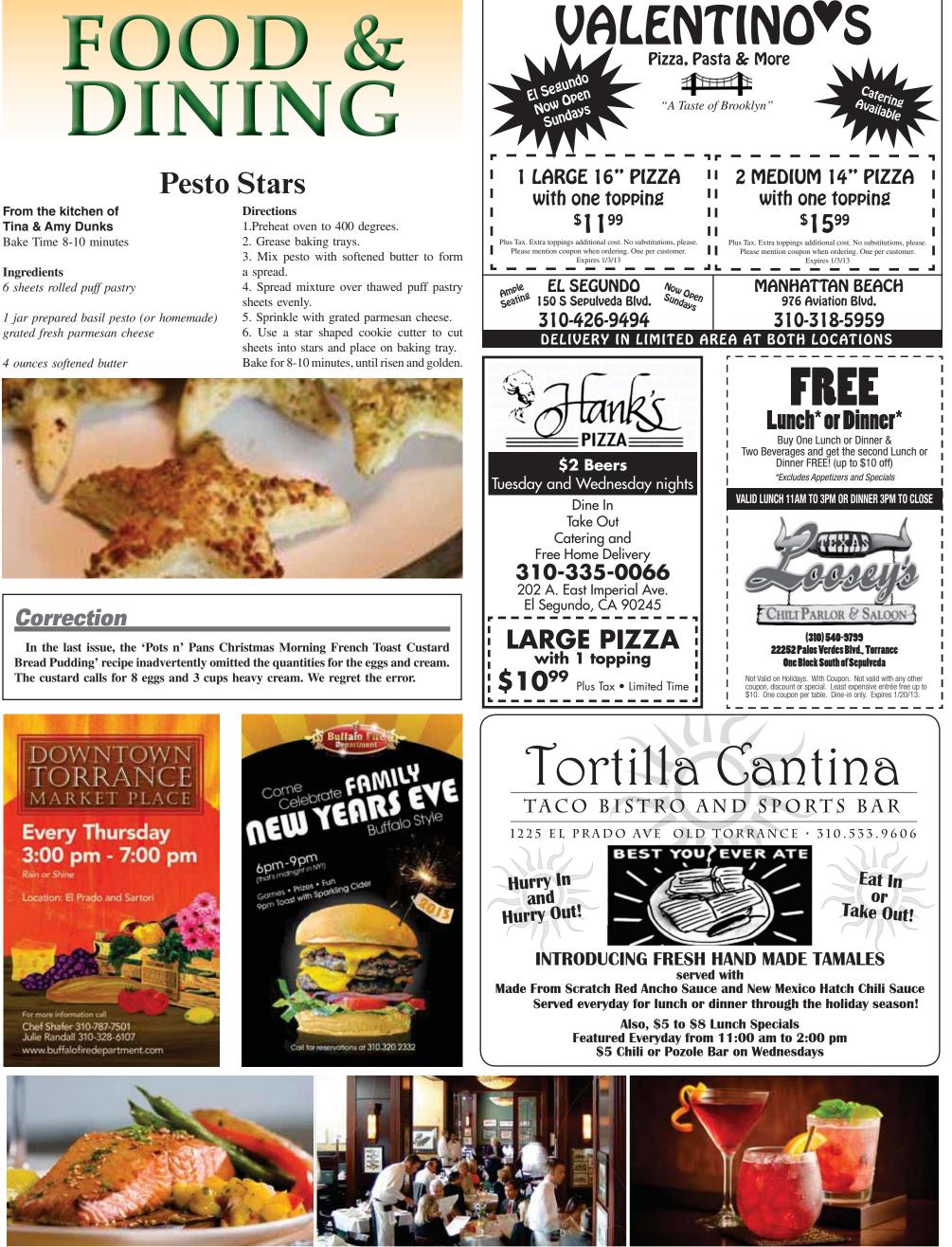
Ingredients

- 1 jar prepared basil pesto (or homemade) grated fresh parmesan cheese
- 4 ounces softened butter

- Directions







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from front page

Biomed

in that area," Christie said. "Something else that they are involved with, which I hope none of you are experiencing because it is such horrible thing to go through, is pulmonary disease. They have done so much in that area to relieve the impact and extend the lives of those affected. In many respects LA BioMed is known more in other countries than we are known wherever we might live in the South Bay area. It has been a great experience for me so far and I look forward to continuing to support their efforts."

The research conducted by LA BioMed at the Harbor-UCLA Medical Center in Torrance has been funded and supported by many individuals and organizations. Since 1952, hundreds of projects have been carried out from the bungalow-type hangars at Harbor-UCLA Medical Center and have resulted in a wide range of developments in the medical field.

"In those 60 years, we saw a few of the contributions made by the researchers at LA BioMed--we have heard of many of those contributions and probably didn't know that they had started at LA BioMed," CEO/President LA BioMed David Meyers said. "My favorite one is that we invented paramedics--not just the term, but the training program. As was pointed out, if you call 9-1-1 and request paramedics, LA BioMed was responsible for it. We invented nurse practitioners with the largest training program for nurse practitioners in the United States, long before it was a

career that many young women would aspire to. I can go on and on and on with things that have affected every one of your lives in one way or another, but tonight we are here to talk about tomorrow. What we will see as we go through the evening is that we have been giving people the gift of tomorrow for 60 years and look forward to doing it for many, many more years to come."

Providing the gift of tomorrow has allowed people like Mark Dant, whose 24-year-old son Ryan was diagnosed with a rare genetic disease with no treatment at the time, to continue fighting to provide for the research that led to a treatment that has allowed Ryan to overcome the disease. "Tonight is a special night for our family. In 1991 there was that moment the doctor told us that Ryan's future would not be what we hoped it would be," Dant said. "What I actually heard, in the father's mind, was that it is no longer possible to think about tomorrow. Tomorrow was painful and Ryan's better days were possibly behind him. So for the next few years we spent many nights, at least I did, lying awake in the middle of the night wondering what might have been. There would be no house with grandchildren laughing, ballgames, graduations and marriages, but tomorrow would never come until one day I met one of my heroes."

Through the research conducted at LA BioMed, the Dants, like many other families, has been able to move past the rare and



Palos Verdes, Calif.-resident H. Frederick Christie (second from left) was one of three honorees who received the LA BioMed Spirit of Excellence Award at the Institute's Gift of Tomorrow Gala, which was held at the Beverly Wilshire Hotel on Dec. 6, 2012. The evening celebrated 60 years of LA BioMed's achievements in turning innovative science into breakthrough medicine for patients in need. Pictured (L-R) are: LA BioMed Legend Dr. Albert Dorman; H. Frederick Christie; LA BioMed President and CEO Dr. David Meyer; and Steven A. Nissen, Esq., Chair of the LA BioMed's Board of Directors.

debilitating diseases that afflict their loved one. Currently LA BioMed is working to transform and upgrade its research facilities at UCLA-Harbor Medical Center, which is one of the few medical facilities that serve the South Bay area.

"It is critical for us to be the research arm of these great institutions, whether we are with UCLA-Harbor or any other organization," Franks said. "The local impact will continue to be strong. We will continue to discover medical breakthroughs via prevention, intervention and treatment. When you look at some of the other bio-tech avenues that we are going through, it is going to have such a great impact both outside and inside of this area."

Franks continued, "I always say that our local discoveries have a global impact. I don't think there that many parts of the world that you can go to where they can say that there is no impact of what LA BioMed has had on their area. EMT alone has had several programs out internationally, teaching other countries as to how they can develop and improve their emergency response system. It is having an impact across the world." •



The Susan Scott Foundation was one of three honorees who received the LA BioMed Spirit of Excellence Award at the Institute's Gift of Tomorrow Gala, which was held at the Beverly Wilshire Hotel on Dec. 6, 2012. The evening celebrated 60 years of LA BioMed's achievements in turning innovative science into breakthrough medicine for patients in need. Pictured (L-R) are: Steven A. Nissen, Esq., Chair of LA BioMed's Board of Directors; LA BioMed President and CEO Dr. David Meyer; George, Tina, and Tim McFarlin, Board members of the Susan Scott Foundation; and LA BioMed Legend Dr. Richard Glassock.



The Ryan Foundation was one of three honorees who received the LA BioMed Spirit of Excellence Award at the Institute's Gift of Tomorrow Gala, which was held at the Beverly Wilshire Hotel on Dec. 6, 2012. The evening celebrated 60 years of LA BioMed's achievements in turning innovative science into breakthrough medicine for patients in need. Pictured (L-R) are: Dr. Patricia Dickson, LA BioMed investigator; Ryan and Mark Dant; LA BioMed President and CEO Dr. David Meyer; and Steven A. Nissen, Esq., Chair of LA BioMed's Board of Directors.





LA BioMed's Gift of Tomorrow Gala, celebrating the Institute's six decades of achievements in turning innovative science into breakthrough medicine for patients in need, was held at the Beverly Wilshire Hotel on Dec. 6, 2012. Pictured (L-R) are the Friends of LA BioMed: Lily Liang, Sue Christie, Sharon Guthrie, Yvonne Liu, Rick Learned, Donna Lee, Joanne Austin and Diana Honeycutt. Photos courtesy of LA BioMed.

People

Congratulations College of Imaging Arts and Sciences, made

Devon Cherry, of Torrance, a first-year student in Rochester Institute of Technology's

Up and Adam

lost in the CIF final to Nordhoff.

Other less talked about sports had their day too--like when The Saxons went to the soccer playoffs and advanced to the second round only to lose to Oak Hills by a slim one- goal margin on penalty kicks. Or when the South High Spartans made it all the way to the SoCal regionals in men's volleyball, winning five playoff matches in a row to get there before losing in the quarterfinals to Jordan. The fact remains that no matter what the sport, these high school athletes in Torrance do their best to put on a show

City Council

This extensive knowledge of local schools helps the Department implement its Rapid Deployment plans at schools, if there is an "active shooter scenario." Neu said that Rapid Deployment involves extensive training for stopping dangerous individuals as quickly and safely as possible. "We are going in," said Neu. "We're going to eliminate the threat."

To go along with Rapid Deployment, the Department has developed the School-site Terrorism Observation Program (STOP) with the goals of arming teachers and administrators with information on pre-incident indicators of active shooters on schools and informing them how police will handle the situation and how to best protect students. STOP is customtailored to each school location and contains a site-specific plan along with information on the best practices for handling a lockdown situation. So far six schools have finished with the program, and the Department is eager to fully implement STOP communitywide. "In 2010, we decided we needed to extend that training to our schools," said Neu. "When we have a critical incident that takes place at our schools, we need to provide that training beforehand."

from page 5

and impress their fans every year. Some go pro and some do it just for fun, but either way they are all appreciated just the same by all those who watch or read about them. The rivalries may always continue amongst the teams, but the affection and pleasure that all who support them receive from the players' talents will remain as well. It certainly has been a year of ups and downs for these teams from Torrance, but one thing is for certain--2012 has been a year in sports that neither these schools nor their fans will ever forget. •

the Dean's List for the Fall 2012 quarter. •

from front page

Finally, Neu said that his department is always learning how to better protect the city's residents. "With every tragic event that takes place in this nation, there are lessons that are learned for all of law enforcement, all of public safety, and all of us, especially parents," said Neu. "Obviously, there isn't anything we can ignore. Unfortunately, there have been too many incidents. Since 1992 to 2012, there have been over 40 incidents at schools that have lead to multiple homicides. We have learned from each event. We have changed our training. We have changed our tactics and now we are at the point where we are working with school employees, which is extremely important."

Mayor Frank Scotto said that while there is no way to make a tragedy like the one in Newtown an impossibility, he believes all the public safety employees are ready to protect the citizens of Torrance if the worst case scenario comes to pass. "We are already ahead of the game," said Scotto. "We believe we've already done a tremendous amount of preparedness. We believe the City of Torrance's police and public safety are well-prepared and hopefully they will never have to use it." •

Police Reports

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

DECEMBER 8

Burglary-Commercial: 3500 BLOCK CARSON ST Suspect(s) pries locks on victims' lockers and takes property/cash, wallet.

Battery-Simple: 3400 BLOCK SEPULVEDA BLVD Suspect puts his hands around victim's neck before punching him in the side and back repeatedly.

Burglary-Auto: 4000 BLOCK 190TH ST Suspect(s) punches door lock for entry and takes property/purse.

DECEMBER 7

Robbery-Weapon: 2100 BLOCK PLAZA DEL AMO Suspect pulls up, exits vehicle, brandishes a handgun and demands pedestrian victim's cash before victim runs away/no loss.

Theft: 3900 BLOCK 235TH ST Suspect(s) removes manhole covers and takes property from housings/copper wire.

Burglary-Commercial: 2600 BLOCK VINE AVE Suspect(s) attempts to force open vending machine and breaks off handle to equipment room/no entry, no loss.

Auto Theft-All: 1900 BLOCK 190TH ST Stolen vehicle: '11 Ford panel truck.

Burglary-Auto: 3400 BLOCK 168TH ST Suspect(s) enters possibly unlocked vehicle and takes property/clothes, umbrella.

Theft: 24200 BLOCK HAWTHORNE BLVD Suspect(s) enters construction site and takes property/compressor, ladders, construction materials.

Auto Theft-All: 3300 BLOCK LOMITA BLVD Stolen vehicle: '05 Chevrolet Tahoe.

#833537

DECEMBER 6

Burglary Residential: 5500 BLOCK 190TH ST Suspect attempts to pick door lock, but is interrupted by noises made by victim inside her residence/no entry, no loss.

Theft: 2300 BLOCK JEFFERSON ST Suspect(s) enters parking garage, cuts lock and takes property/bicycles.

Burglary-Auto: 16400 BLOCK CRENSHAW BLVD Suspect(s) enters possibly unlocked vehicle and takes property/purse.

Theft: 1700 BLOCK CARSON ST Suspects work in concert to distract victim and take her property from under front counter/purse.

Burglary-Auto: 3600 BLOCK LOMITA BLVD Suspect punches door lock for entry, but flees without property when interrupted by victim.

Robbery-Strong Arm: 2600 BLOCK PACIFIC COAST HWY Suspect approaches victim using ATM and forcibly takes his property from his possession/cash.

Burglary-Commercial: 900 BLOCK SARTORI AVE Suspect(s) forces open garage and takes property/bicycle, computer monitor. **DECEMBER 5**

Theft: 3600 BLOCK GARNET ST Suspect(s) enters parking garage, cuts lock and takes property/bicycles.

Battery-Simple: 100 BLOCK PASEO DE LA CONCHA Suspect punches victim in the arm.

Burglary-Auto: 1900 BLOCK CABRILLO AVE Suspect(s) punches door lock for entry and takes property/third row seat, hitch cover. Auto Theft-All: CABRILLO AVE &

LINCOLN AVE Stolen vehicle: '97 Honda Civic. Burglary-Residential: 1600 BLOCK

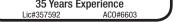
DATE AVE Suspect(s) enters open garage and takes property/drill motors, motorized scooters, scooter chargers, toy gun.

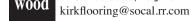
Theft: 3600 BLOCK GARNET ST Suspect(s) takes unsecured property from carport/bicycles.

Burglary-Auto: 2000 BLOCK 180TH ST Suspect(s) smashes window for entry and takes property from engine compartment/battery. **DECEMBER 4**

Burglary-Commercial: 2400 BLOCK PACIFIC COAST HWY Suspect(s) cuts padlock and takes property from victim's storage container/book, fish tank. •







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Sports

the season out of the playoffs, but reloaded. Adrian Gonzalez, Carl Crawford and now Zack Greinke should give the "Boys in Blue" the perfect winning recipe to set Los Angeles ablaze and put the spotlight back on baseball for the first time since Frank McCourt got booted out of the city.

The Olympics took the world by storm in 2012. From Usain Bolt to Michael Phelps, and from the U.S. women's soccer team winning gold to the emergence of Gabby Douglas and the amazing performances set forth by the women's gymnastics team, these three weeks of nothing but sports that the world normally can't find the time to watch was exactly what it took to make this a year to remember. The Los Angeles Kings won the Stanley Cup for the first time since the franchise was founded in 1967 and then the sport went into a lockout. To look at it optimistically, if hockey were to never come back, then at least the Kings will go down as the last champions that the sport has ever seen. David Beckham and Landon Donovan gave Los Angeles and the Galaxy their second title in as many years for a sport

from page 5

that goes relatively unrecognized in America and then the two soccer legends retired. That being said, it looks as if 2012 may have been the last year for soccer greatness in Los Angeles for a long time.

Truly, it is impossible to capture all of the best moments from an entire year in sports and transcribe them onto a piece of paper. One is almost sure to leave something out that captured all of the nation, if even for an instant. The list of notable stories includes "Linsanity," with Jeremy Lin (formerly of the New York Knicks), and the controversy surrounding Lance Armstrong, just to name a few. What really remains significant, however, is the importance of athletics in general. It is a form of entertainment that can unite fans across an entire nation and create conversation between two complete strangers. Where would we be without sports? I, for one, would be without a job. So until next year, keep those eyes open and your appreciation for athletics at an all-time high. The year 2013 is sure to bring an entire assortment of new surprises in our direction. •



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Last Week's Answers

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SUDOKU Medium

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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.

PETSPETSPETSPETSPETS <u>Purrfect Companions</u> Pets Without Partners

Don't let these precious pups spend another day without you. Adopt a "pet without partners!"

This poor darling was found on the street as a stray. She was filthy dirty, matted and very stinky! Such a rotten life for a dog to live... This is her on the day after her grooming. She smells so good! We named her Dolly because she is an absolute doll! She is estimated to be about three years old and weighs eight pounds fully grown. She has a pretty white coat with long silver and black ears. Dolly is spayed, current on vaccines, de-wormed, microchipped, and is good with other dogs.

The cruelty people inflict on helpless animals never ceases to amaze us. Tawny and Ebony were part of a litter of six who were found in a box abandoned in an alley with no food or water. There were also two kittens in there. We chose these two girls to bring into rescue (the other puppies were rescued too). Tawny

is fawn-colored with the black muzzle and weighs three pounds. Ebony is the black pup with the white blaze on her chest and weighs 2.8 pounds. We think they are about seven weeks old. They are available for pre-



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



Tawny and Ebony

adoption only at this time and will most likely be ready to go home around December 22, two days before Christmas. Their birthday is estimated to be October 27.

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 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. •

Start off the holidays with a new best friend when you adopt your purr-fect partner.

Topaz and Ruby were rescued long with their brothers Garnet and Pyrite (also available) from a shelter at four weeks old just two days before they were to be killed. Topaz and Ruby love people and are curious about dogs, so they would do well in any home. They also do great with other cats and would love to be adopted with any of their siblings. They can be adopted together or individually, but because they are so young, Topaz and Ruby must have another young kitty in the home as a buddy.

Ruby is the only girl in the litter of boys and she makes sure they all know that she is in charge. This semi-fluffy baby loves to carry toys in her mouth, growling all the while to ensure no one tries to steal it from her. She absolutely adores little puff balls, pipe cleaners and a plastic toy called a Cat Crazy. Ruby is a precious baby girl and a spunky little sweetheart.

Topaz is the largest kitten of his litter, a full pound bigger than the smallest. He is a boisterous boy with two large black spots on



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



either shoulder, giving him the appearance of a football player. Not only does he look like it, but Topaz loves to charge around the house and pounce on other kitties like a linebacker. His spunk is matched only by his affectionate side.

These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat to 3:30 p.m. in Westchester at 8655 Lincoln Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location.

Be kind. Save a life. Support animal rescue. •

Happy Tails

Darla Makes It Home for Christmas

Adopt a homeless pet and bring the joy of the season into your heart and home. Just in time for Christmas, darling Darla, now Sadie, went home with her "fur-ever" family ...

Hi! Since the time we took Darla home on Sunday, she is doing awesome. I don't did change her name to Sadie. She is totally responding to that and just doing super, super well. She is eating and going to the bathroom when she should. Everything is completely perfect. We are so appreciative. We are enjoying her beyond what we could

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.

think she could be any more loving then she is. She is the greatest dog! My girls and everyone are so in love with her of course and they so enjoy having her. I think she was completely the right pick for our family! We even imagine. Thank you for the pictures--they are precious. I absolutely love them. I'm going to blow one up and put it up like a little portrait. Feel free to come by anytime to see her..." - Debbie. •



Rea Estate

Fire-Proof Your Home This Season

(BPT) - 'Tis the season for at-home entertaining - food, friends, family, fun and yes, even fires. Fire fighters respond to calls of nearly 400,000 home fires each year, according to the National Fire Prevention Association (NFPA). Many fires occur in cold weather months as more people bring warmth into their homes with things like traditional candles or holiday lighting. These fires result in more than 15,000 civilian deaths or injuries annually.

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Fireproof the holiday season with these tips that safeguard your family and your home: **GO FLAMELESS**

Reduce your risk of fire by using flameless candles. Though they look and smell like real candles, they don't pose the same safety risks. Scentsy Wickless Candles provide the light and ambiance of traditional candles without the smoke, soot or an open flame. With more than 80 fragrances to choose from and 100 styles of warmers available, there's a fit for every fragrance personality and home decor style.

AVOID OUTLET OVERLOAD

Don't overload electrical outlets and extension cords with holiday lights or other electronics. Plug only one heat-producing appliance, such as electric blankets, irons, toasters or coffee makers, into a receptacle outlet at a time. Consider avoiding outlet overload by choosing battery-powered options when they're available.

COOK WITH CARE

Unattended cooking is the leading cause of U.S. home fire injuries, according to the NFPA. Don't stray too far from the kitchen if you're frying, grilling or broiling food. If you're boiling, baking, or roasting, be sure to check it regularly and use a timer to remind you when it's finished. Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

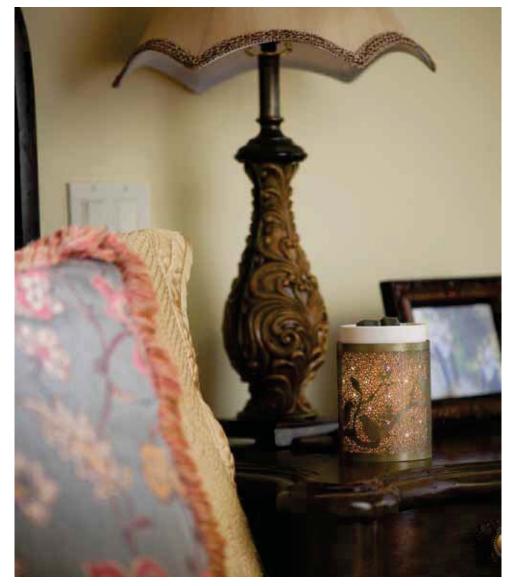
BE PREPARED

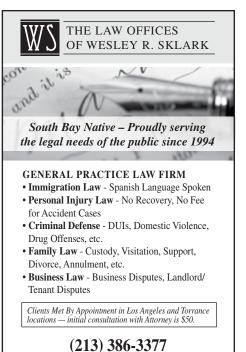
Establish a fire-safe home by installing fire extinguishers and smoke alarms. Use a portable fire extinguisher to save lives and property by putting out or containing small fires. Store extinguishers where they can be quickly accessed in areas with great fire risk, such as in the kitchen or near the garage door. Smoke alarms should be installed in every room of the home, except for the kitchen, and should be tested once each month.

HAVE A PLAN

Establish a fire escape plan with the members of your household, and practice it often. You should always have two ways to exit each room, typically a door and a window. Practicing in a casual environment will help children feel confident in executing your plan in an emergency. Choose a landmark outside, such as a tree in the neighbor's yard or the mailbox, as a meeting location for your family.

Following these fire safety tips will help ensure your memories of this fall and winter season are full of friends and family, not flames..





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