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Saturday Sunny 74°/61°



Sunday Patchy Fog 71°/62°



Folk Drumming Circle Brings Musical Fun to Madrona Marsh's Turtle Day



Council Honors North Torrance Wrestling Team for CIF Accomplishment

By Dylan Little

The Torrance City Council recognized North Torrance High School's wrestling team for the latter's success at the California Interscholastic Federation's (CIF) Southern Section Division Three Dual Meet Championships. During the June 26 meeting, the Council also discussed what precautions the City's emergency services forces will be taking for the Fourth of July holiday and named July as Parks and Recreation Month.

The North Torrance High School Saxons' Wrestling team was honored by the Council for excellent performance at the CIF Southern Section Division Three Championships, where it beat Santa Fe High School 35 to 27 to clinch the championship title. Mayor Frank Scotto said that it wasn't just the victory against Santa Fe High School, but hard work and dedication that brings the team before the Council. "None of the teams that come in front of us get here by luck," said Scotto. "They all work so hard to obtain these titles."

Overall, North Torrance placed seventh out of 450 schools in its division and 15th among all the high school wrestling teams in the state. According to head coach Luke Santos, the team was victorious based on the dedication of his students and his coaching assistant's focus on not just making better wrestlers but better young men. "By CIF rules, we aren't allowed to work out during August, but that is the only time we don't work out-- that is the only time we don't have something facilitated," said Santos. "We really focus on improvement and becoming better young men and serving the community, and the winning will come as a result of that."

The team captains credited "the efforts of their teammates and of course the guidance of their coaches," in their ultimate success at CIF. They had to trust their coaches and be flexible in their matchups, which pushed all of them a little out of their comfort zones and allowed several to win important individual matches during their meets. "They were put in situations they've never been in before,

they endured, they wrestled and came out on top," said Santos. "They deserve a lot of recognition, have a lot of dedication and they work very hard."

On behalf of the whole Council, Scotto thanked the team for its accomplishments and for continuing Torrance's reputation of CIF athletic dominance. "Congratulations to the North Torrance High Saxons' wrestling team on doing an extraordinary achievement and doing an outstanding job of representing our community with pride," said Scotto. "Mr. Santos and the Saxons' wrestling team's perseverance is commendable and all their hard work has paid off."

The meeting also included an update from

Fire Chief William Racowschi, Police Chief John Neu and Community Development Director John Jones about how the City will handle the crowds, increased drinking and use of illegal fireworks associated with the Fourth of July holiday. According to Racowschi, the Torrance Fire Department will maintain its presence "just as any other day," although he did say that there would be a fire inspector present at Torrance Beach for the firework display there and that the department would be on call to assist the other public safety teams in the community. Neu said that there would be two five-person teams of officers patrolling local parks due to the increased

See City Council page 7

Eagle Scout Project Focus on Local Middle School

By Cristian Vasquez

It took 17-year-old Torrance resident Troop 719 Boy Scout Grant Oshimo little time to decide what to do for his Eagle Scout Project and where to focus his efforts. "My middle school years were probably my most memorable because that place really taught me things that I was able to apply in high school," Oshimo said. "So I developed my project for my PE teachers because when I first got into middle school, I really wasn't into sports but they help me get into it."

For his PE teachers Wes and Kelby Fowler, Oshimo decided to clean out their entire 40x10 PE bin. The effort included a full inventory of the equipment and a re-painting of the inside in white so that the sunlight will not have as much of a negative effect on the equipment. In addition, the soon-to-be high school senior also decided to expand his efforts to assist his band teacher Tim Nail.

"The second part of my project was helping out my band teacher since I was

in band for three years," Oshimo said. "So I helped him by working together to build a trophy case. He really helped me become a leader, which has now helped me in my high school career."

Organizing the Eagle Scout Project was a process that began in February 2011 and the actual day that Oshimo's project took place was September 24, 2011. During that eight-month period, he had to prepare for his project and address every detail that would have to be taken care of to complete the task. Each Eagle Scout is required to create a basic rough draft in writing on what they are going to be working on for a project. That workbook can be a very complicated step for the aspiring Eagle Scouts because they are required to know everything about their project. However, sometimes there are challenges that can't always be planned for months ahead of time.

"It was all planning--how much material we would need, what kind of tools we

See Eagle Scout Project, page 4

SMILE awhile



Jameson Thornburg with her horse Bellagio. Photo submitted by Jesse Thornburg.



Chloe and Gweneth give Esther Williams some competition! Submitted by Great-auntie Donna Cummings.



Marley celebrates her first birthday with a kiss from big sister Lisa. Submitted by

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

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<u>Calendar</u>

THURSDAY, JUNE 28

• South Bay Ostomy Support Group Meeting, 7:30 p.m., at Torrance Memorial Medical Center West Tower building, 2nd floor in #"C, 3300 Lomita Blvd.

SATURDAY, JUNE 30

• Movies in the Park, show begins at dusk (approx. 8 p.m.), McMaster Park, 3624 Artesia Blvd. For more information call (310) 618-2720.

SUNDAY, JULY 1

• Art in the Park, 9:00 a.m.-4:00 p.m., Columbia Park, 4045 190th St. For more information call Debbie Collins at (310) 618-2376.

Monday, July 2

• Between the Covers: Mystery Book Group, 6:30 p.m., North Torrance Library, 3604 Artesia Blvd. For more information call (310) 323-7200.

TUESDAY, JULY 3

• Free Artful Days: Looking At Art: LACMA Collection, 12:10 p.m.-1:00 p.m., George Nakano Theatre, 3330 Civic Center Drive. For more information call (310) 618.2326.

SUNDAY, JULY 8

• Bridge USA Japanese Summer Festival, 10:00 a.m.-7:00 p.m., Torrance Cultural Arts Center, 3330 Civic Center Drive.

SATURDAY, JULY 28

• "Cardboard Box City Event", July 28 at 4:00 p.m. to 7:00 a.m. on July 29, at First Christian Church Torrance. 2930 El dorado St. This event is to raise pledges and awareness of homelessness. For more information call Dorie at (424) 571-2261.

TUESDAY, JULY 31

• Artful Days: Artists Who Laid the Groundwork for Leonardo and Michaelangelo, 12:10 p.m.-1:00 p.m., 3330 Civic Center Drive. Please call (310) 618.2326.

- Diabetes Support Group meets the second and fourth Tuesday of the month, 7:00 p.m.-8:30 p.m., Torrance Memorial Health Conference Center, Rm 1. For more information call (310) 370-3228.
- Caregivers Support Group meets every Tuesday, 6:30 p.m.- 8:00 p.m., Torrance Memorial Conference Center, Rm 5. For more information call (310) 517-4666.
- Overeaters Anonymous, 7:30 p.m. every Tuesday, First Christian Church, Room 8, Maple & El Dorado. Free.
- "Retired Guys Only" Join fellow retirees the first Wednesday of each month, 9:30 a.m.-11:00 a.m., Torrance First United Methodist Church, 1551 El Prado. For more information call (310) 328-3242.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~James Dent



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Centennial Photo Contest Reaches Deadline, June 30



By Dylan Little

Time is almost up to enter a photo in Leadership Torrance 2012's Torrance Centennial On-Line Photo Contest, as the June 30 midnight cutoff date approaches. The group is looking for any photographs of life in the city to add to the historical record. The three photos that best capture the people, landmarks or businesses of Torrance will win prizes and be displayed as part of the City's Centennial events.

The photo contest was created as a way to engage Torrance residents in local history by using their photos to create a visual history of the community. The 2012 class of Leadership Torrance wanted its project to reflect the City's 100th birthday, and according to Leadership Torrance 2012 members Alicia Popoff and Kelli Lee a photo contest would be a great way to get involved in a meaningful way. "We wanted to contribute to documenting the last 100 years and this seemed like the perfect opportunity," said Lee.

To enter a photo in the contest, visit www. ourtorrancephotos.com and complete the entry form, upload a photo and submit a photo story by June 30. The photographs should be related to the City of Torrance and be less than 10 megabytes in size. The group has already received about 100 photos, but is always looking for more. Leadership Torrance 2012 has hosted four photo scanning events, two at the MacMall on Hawthorne Boulevard, and one each at the Torrance Historical Society on Post Avenue and at Mimi's Cafe on Crenshaw Boulevard. These events were designed to help older Torrance residents scan their photos and submit them to the contest, as many of older residents don't have their photos in a digital format and would otherwise be unable to enter the contest. So far, the group has received a very diverse range of photos depicting a wide variety of topics and locations in Torrance. Lee credits Leadership Torrance 2012's ability to get its message out among nearly every demographic in the city for the wide range of photo topics and time periods. "We've had across the board different types of photos because we sent out media to different segments of the population," said Lee.

The photos and their accompanying stories will be grouped into four divisions, each corresponding to a 25-year span within the City's 100-year existence (meaning photos from 1912 to 1937 won't be judged against photos from 1962 to 1987). Within these divisions, the photos will be grouped into one of three categories: People of Torrance,

Leadership Torrance is looking for photos, like this picture of the Torrance Police Department taken in 1938. The photo depicts the Police Department when it was located on 1938 Cravens Avenue. Photo Courtesy of Sheldon Brackett.

Landmarks in Torrance and Business or Industry in Torrance. After the photos have been put into a division and category, judges will evaluate all photo entries and photo stories for each category and time period based on four criteria: technical quality, aesthetic composition, creative vision and Torrance spirit. Leadership Torrance 2012 will pick a winner from each category in each time period based on the total scores in each criterion.

The prizes for each category haven't been announced yet, as Leadership Torrance is still in the process of finding more sponsors willing to help fund the contest. Currently, Lee thinks the prizes will be \$100 gift cards from businesses yet to be determined. In addition to gift cards, the winners will also have a chance to have their photo, along with other outstanding photographs, displayed at a special exhibition at the Toyota USA Automotive Museum. After the exhibition, the photos will be on display at the Katy Geissert Civic Center Library in November. "We are going to have a big reveal to the contest winners on July 22," said Lee. "We want to showcase and recognize those winners and probably some other selections from the contest."

While the contest is nearing its end, Leadership Torrance is just beginning its photo collecting efforts. It is partnering with another volunteer group, the Torrance Historical Society, to create a well-stocked photograph repository documenting in pictures the changes in landscape, industry and daily life in Torrance. After the June 30 deadline, Leadership Torrance will still be gathering photos and accompanying stories to work with the Historical Society on preservation efforts to Torrance's local history alive. "This is about creating a rich repository of photos-that's why even after the photo contest we want to continue collecting," said Popoff.

Leadership Torrance 2012 hopes that the contest will help build awareness of the Historical Society's effort to build a photo repository along with actually building the latter's actual collection of photographs. If the two groups are successful, then this contest could live up to the goal Popoff has for it. "In this Centennial year, we wanted to be part of a project that would be part of history," she said. •

The crimes listed are crimes where a report was taken by law enforcement agency and submitted for investigation. The out-

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.

JUNE 10-15, 2012 Compiled by Cristian Vasquez JUNE 15

Robbery Strong-Arm: ARTESIA BLVD & GLENBURN AVE Suspect grabs victim's property and when she attempts to retain possession, a second suspect punches her in the face before the first suspect succeeds in taking her property/purse.

Battery-Simple: 1700 BLOCK 235TH ST Suspect punches victim in the face.

JUNE 14

Vandalism: 5200 BLOCK SEPULVEDA BLVD Suspect drives off with fuel pump nozzle still in his gasoline tank, damaging same

Burglary-Auto: 16600 BLOCK TAYLOR CT Suspect(s) enters vehicle by unknown means and takes property/GPS.

Burglary-Auto: Suspect(s) enters unlocked vehicle and takes property/TV, wallet.

Battery-Simple: 21700 BLOCK HAW-THORNE BLVD Suspect punches victim in the face.

Burglary-Residential: 3400 BLOCK REDONDO BEACH BLVD Suspect(s) kicks in door for entry and takes property/laptops.

Theft: 3100 BLOCK 180TH PL Suspect(s) takes property from victim's front yard/castle jumper.

JUNE 13

Theft: 21400 BLOCK HAWTHORNE BLVD Suspect(s) takes rear license plate from victim's vehicle.

Burglary-Residential: 3900 BLOCK 226TH ST Suspect(s) removes screen, forces

window from its track for entry, ransacks and takes property/laptop, jewelry.

Vandalism: 3400 BLOCK MARICOPA ST Suspect permits liquid detergent to drip off of his balcony onto victim's plants, damaging same.

JUNE 12

Burglary-Auto: 5000 BLOCK CARMEL-YNN ST Suspect(s) pries open door, ransacks, but takes no property.

Theft: 2700 BLOCK GRAND SUMMIT RD Suspect(s) enters open garage and takes property/tools.

Theft: 1600 BLOCK ACACIA AVE Suspect(s) takes victim's vehicle's headlight covers.

Burglary-Commercial: 500 BLOCK CRENSHAW BLVD Suspect(s) cuts security bars, removes screen, enters office window and takes property/generator.

Theft: 2000 BLOCK 231ST ST Suspect(s) takes property from unattended backpack/cell phone.

Vandalism: 21000 BLOCK HAWTHORNE BLVD Suspect rams a shopping cart into a planter, shattering the planter.

Burglary-Auto: 20700 BLOCK ANNRITA AVE Suspect(s) enters unlocked vehicle and takes property/wallet.

JUNE 11

Burglary-Residential: 4600 BLOCK CATHANN ST Suspect(s) enters residence by unknown means and takes property/watches, cash.

Burglary-Commercial: 22700 BLOCK HAWTHORNE BLVD Suspect(s) cuts through wall for entry, but flees without taking any property.

Burglary-Auto: 16600 BLOCK CASIMIR AVE Suspect(s) enters victim's vehicle by unknown means and takes property/gym bag, cell phone, sunglasses.

Vandalism: ARTESIA BLVD & CREN-See Crime, page 4

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Crime

from page 3

SHAW BLVD Suspect breaks out bus window and flees in an attempt to escape pursing police officers.

Theft: 4100 BLOCK 172ND ST Suspect(s) takes victim's vehicle's catalytic converter.

Auto Theft-All: 1900 BLOCK 237TH ST Stolen vehicle: '96 Honda Accord.

Vandalism: PRAIRIE AVE & 184TH ST Suspect(s) spray paints victim's parked vehicle and cuts two of its tires.

JUNE 10

Theft: 3200 BLOCK PLAZA DEL AMO Suspect(s) takes unsecured property from storage area/ tools, trashcans, mulch. •

Eagle Scout Project

from front page

would use and how we would actually build the trophy case," Oshimo said. "No Eagle Scout has ever been perfect but the council expects them to know the step-by-step process of the project and that they know what they are doing. During my project date it was overcast, so we thought it was going to rain. The following weekend we couldn't do it because we were working on another Eagle project, so we just decided to move forward with it and it all came out pretty well---and it didn't rain."

During the entire process the young Scouts have an advisor assisting with the logistics and direction of their project. However, all the work must be done by the Scout. "The main point is not always to fully complete the project, but the focus is for us to show leadership," Oshimo said. "That is the whole idea of the Eagle Scout project."

Oshimo began as a Cub Scout in elementary school and joined the Boy Scouts 2006. He believes that being part of Troop 719 has made him grow and develop the leadership skills that allowed him to complete his two-part project. "With the Cub Scouts, there was a lot of parent involvement and I learned more about the types of things that I enjoyed and the things that I didn't enjoy," Oshimo said. "I don't think the leadership position really hit me until about seventh grade. Boy Scouts has very little parent involvement. The Boy Scouts are responsible for all of the planning and times of their meetings. The parents make sure that everything is going okay, but the rest is on the Scouts."

It was in the seventh grade that Oshimo earned the position of assistant patrol leader and when he realized that Scouts are capable of stepping up to fill the role of leaders. In addition, the Boy Scouts gave Oshimo a new sense of civic responsibility where leadership and volunteerism are done for the greater good and not for personal glory.

"All Eagle projects are done voluntarily, but we asked the entire troop to come out and help," Oshimo said. "Everyone knows that the alumni will come back and help us, so usually we have the entire troop come out which can include up to 60 Scouts and dads. We also have mothers club come out, which is all the moms in the troop."

There were three other Eagle Scouts who completed their projects alongside Oshimo, raising the total number of Eagle Scouts to come out of Troop 719 to 163. "They [his parents] were really proud of us. I know I am not speaking just for myself, but all of the parents are extremely proud of their sons when they do this," Oshimo said. "My parents really just kept pushing me and pushing me until the project was done. For me, it really brought out what I can do for myself and for others."

Having completed his Eagle Scout project, Oshimo expects the Scouts yet to complete their projects to fulfill the standards and tradition set by Troop 719. Simultaneously, he seeks to continue to live by the oath of the Eagles. "Being an Eagle Scout means living by the qualities and leadership that we have had throughout our entire lives and I plan to continue living by those standards," Oshimo said. "Right now I am still working with the younger Scouts and I enjoy working with them more so than the older Scouts because they listen more. They like to get things done and they know they can always go to me for help. I know when they grow up and become my age, they will remember what I did with them and they will continue that with the younger Scouts." •

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State Farm Welcomes New Agent Neal Bracewell to Torrance

State Farm is pleased to welcome new agent Neal Bracewell to its family of Good Neighbor Agents in Torrance. Neal Bracewell agency, located at 24406 Hawthorne Blvd, is set to officially open its doors on July 2. The community is encouraged to stop by and meet their new neighbor. Prior to becoming a State Farm Agent, Neal worked for Cintas Corporation in service and operations management over the last 11 years in El Segundo and Rancho Dominguez. He is a resident of Redondo Beach and is a veteran of the United States Navy. Neal and his bilingual support team specialize in providing excellent insurance and financial planning services to our customers. Team members, Buntha Hem and Yaeko Mihara are prepared to help customers with their insurance needs. The team speaks English, Cambodian, Japanese, and Spanish.

Community Briefs

SB Literacy Council Seeks Volunteers

Volunteers needed to teach ESL to non-English speakers and reading skills to slow-readers. The SB Literacy Council is a volunteer organization, making a difference in the community. No previous experience is necessary. Training will be provided. Please attend an informational meeting at Katy Geissert Civic Library, 3301 Torrance Blvd., Torrance, July 5 at 7 p.m. Call 310-373-7003 for information.

Nominations Now Being Accepted for Excellence in the Arts Awards

Nominations are now being accepted for the 35th Annual Excellence in the Arts Awards, bestowed on individuals who have made an exceptional contribution to the Torrance arts community. Nominations are being accepted in the following categories: Dance, Music, Visual Arts & Design, Literary Arts, Drama & Theatre Arts, Arts Education, and the Katy Geissert Award for Outstanding Dedication to the Arts. The annual awards program is administered through the Torrance Cultural Arts Commission, appointed by the Torrance City Council. The Commission advises on arts and cultural issues, and in this case makes the final award selection. Eligible nominees must either live or work in Torrance. Nominations are due to the Cultural Services Division of the Community Services Department by 4 p.m. on Monday, July 30, 2012. Nomination forms and guidelines for the program are available by calling 310-618-2376.

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A Student's Perspective

Big Brother's Following You

By Glen Abalayan

Think twice before you like your friend's status because social networking sites are gradually taking away your privacy and sharing it with the entire world. Sites such as Facebook, Google and Yahoo! are exploiting your everyday online tasks to gain more information about you and sell your information to potential advertisers. This may sound like typical news, but large Internet companies are slowly changing their privacy policies behind their users' backs and transforming the Internet from a network of free ideas to a paranoid Orwellian Dystopia.

This subject came to my concern after reading George Orwell's 1984 for my English class. The book focuses on a citizen living in an oppressive dystopia where every single move is monitored by the Secret Police and televisions that function as surveillance cameras are placed inside homes. When asked on whether our society is gradually turning Orwellian, I researched about the loss of privacy and whether privacy exists in such an integrated world. After completing my research, I came to the conclusion that the sudden rise of social networking and its constant changes to privacy policies is the leading cause of the anemic state of Internet privacy and should be a major reason for concern.

The main source of income for online companies is advertising. Since most websites are free and do not require any payment to view their content, they refer to advertisers to provide the site with money for maintenance. This give and take method works when a website starts gaining a larger audience and gets paid by advertisers who want to take advantage of promoting their product to a larger audience.

Larger sites such as Facebook, which require a larger flow of income to maintain services, cannot solely rely on a "per-page view" method of advertising. To fill the financial void this form of advertising causes, corporate sites give out their visitors' search history to advertisers, which they use to further personalize their products to the user. As a company's site grows larger, more drastic privacy changes are implemented. Facebook's recent change in user interface from a wall to a timeline makes it easier for anyone (including potential employers) to gain access to your past posts, pictures or comments. The big change in UI also means a bigger change in privacy as the company now gains access to user's personal info and exact location via Facebook's smart-phone application.

What alarms me the most in this issue is how a majority of websites' privacy changes go unnoticed to the everyday user. Most people who visit corporate sites are unaware of how frequently their identity is being exploited by advertisers and third-party programs. For example, Google sends users' search and browser histories to advertisers by default (you have to change the setting manually). To make matters worse, users are practically defenseless in protecting themselves because most websites imply that the user has agreed to their end user license agreement, which is too long to read casually, upon signing up to their program.

This give and take situation is similar to the one previously listed, but is more imbalanced and benefits the website much more than the end user. This works by the website offering the user an incentive to sign up, such as staying connected with friends, in exchange for a "small amount" of the user's personal information. But to the detriment of the end user, the site can use the user's basic information to attain an even larger amount of personal information.

This method of piecing together various clues is relatively easy and can be achieved by an average individual. An example of this is how anyone can use someone's last name to find their phone number, then to find their home address, and so on. This can also prove to be disastrous because if information from different sources can easily be pieced together, then certain individuals can use the same method for malicious purposes. In some cases, identity thieves are capable of accessing someone's bank account by simply using a user's phone number and email account.

Although websites allow users to change their privacy settings, it is very limited, and depending on its privacy policy, won't stop the website from monitoring your activity. This is shown in Google when a user decides to turn off the website's browsing history monitor. Although Google will not follow the specific account's history once the set-

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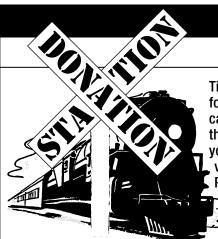
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Hawthorne Education Foundation - 310-676-2276

Inglewood Educational Foundation – 310-419-2705 • The Foundation is dedicated to generating financial support from the community for the improvement and enrichment of educational opportunities for all students in the Inglewood Unified School District.

Kitten Rescue – 818-347-3037 mail@kittenrescue.org • Non–profit, totally volunteer run organization devoted to finding loving homes for unwanted and abandoned cats and kittens placing approximately 1000 into new homes every year.

Lawndale Elementary School District Educational Foundation - 310-676-1197 – lawndaleed@yahoo.com • The LESDEF provides opportunities for elementary students to achieve their potential by supporting programs and additional resources that engage them and enhance standard curriculum.

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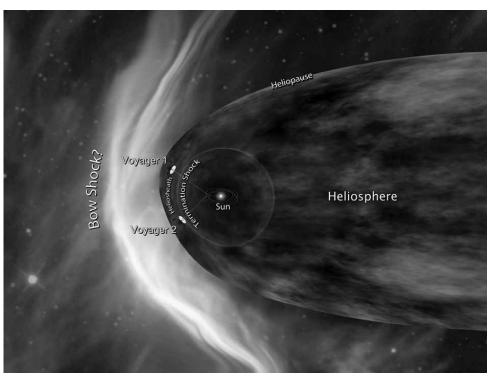
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Looking Up

Data from NASA's Voyager 1 Point to Interstellar Future



By Bob Eklund

Data from NASA's Voyager 1 spacecraft indicate that the venerable deep-space explorer has encountered a region in space where the intensity of charged particles from beyond our solar system has markedly increased. Voyager scientists looking at this rapid rise draw closer to an inevitable but historic conclusion—that humanity's first emissary to interstellar space is now at the edge of our solar system.

"The laws of physics say that someday Voyager will become the first human-made object to enter interstellar space, but we still do not know exactly when that someday will be," said Ed Stone, Voyager project scientist at Caltech in Pasadena. "The latest data indicate that we are clearly in a new region where things are changing more quickly. It

This artist's concept shows NASA's two Voyager spacecraft exploring a turbulent region of space known as the heliosheath, the outer shell of the bubble of charged particles around our sun. After more than 33 years of travel, the two Voyager spacecraft will soon reach interstellar space, which is the space between stars. Image Credit: NASA/JPL-Caltech.

is very exciting. We are approaching the solar system's frontier."

The data making the 16-hour-38 minute, 11.1-billion-mile journey from Voyager 1 to antennas of NASA's Deep Space Network on Earth detail the number of charged particles measured by the two high-energy telescopes aboard the 34-year-old spacecraft. These energetic particles were generated when stars in our cosmic neighborhood went supernova.

"From January 2009 to January 2012, there had been a gradual increase of about

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Seniors

Looking For Variety at Work? Try Occupational Therapy

(ARA) - Occupational therapy is often a misunderstood profession in the health care industry. It is not about getting people in the right jobs, as the word "occupational" suggests, but rather helping patients develop, recover, and improve the skills needed for working and daily living. Occupational therapists work with a variety of patients, from newborns to seniors.

Besides including a range of therapies to address medical conditions, the profession offers different types of work settings. Occupational therapists (OTs) and occupational therapy assistants (OTAs) may work in schools, hospitals, rehabilitation clinics, nursing homes, private practice and home care. The types of specific therapy provided include sports medicine or hand therapy; for example, teaching a patient who has limited control over his or her hands to learn how to type. Another therapy includes social and coping skills training for patients with mental health conditions.

"If someone knew that they wanted a career where they could change their work environment to keep themselves engaged, then working in occupational therapy is a good choice," says Thomas Laster, program director for the Occupational Therapy Assistant program at South University, West Palm Beach campus. "I have met OTAs who go to work every day in elementary schools helping kids, or OTs who fly around the world working with businesses to improve the safety of the working conditions for their employees who perform repetitive tasks, such as on the assembly line."



In 2010 there were 137,300 people working as occupational therapists or occupational therapy assistants, and that figure is expected to grow 33 percent and 43 percent by 2020, respectively, according to the Bureau of Labor Statistics. Generally, occupational therapists have a master's degree, but more are earning professional doctorates, and OTAs have associate, or two-year, degrees.

The primary role of the OT is to evaluate and treat patients. After the evaluation is complete and a treatment plan is created, the OTA assists with implementation of the treatment plan under the supervision of the therapist.

"There are several points of entry," says Laster. "People interested in the profession can earn a degree to become an OTA and be working in the field within two years. For individuals who have a degree in another field, they can earn a degree becoming an

See Seniors, page 8

Politically Speaking

One Man's Opinion

By Gerry Chong

(with apologies to Frank Sinatra and The September Song)

Oh, it's a long, long time from June to November

But the days grow short when you reach September

When the autumn weather turns the leaves to flame

One hasn't got time for the waiting game. Oh, the days dwindle down to a precious few September, October, November

And these precious few days I'll spend with you.

These precious days I'll spend with you.

As Sinatra would have crooned, it is a long, long time from now 'til November, but the days grow shorter for a president to prove the world's perception of him as simply wrong-headed can be changed. He has no time for the waiting game.

The Bureau of Labor Statistics said in mid-June that in the 35 months since the great recession ended, more than three million jobs were created--but 737,000 were temporary jobs and 527,000 were part-time jobs. Thus, 42 percent of new jobs did nothing for the long-term health of the economy. Moreover, even this paltry job growth is waning.

In the most recent statistical weeks, the President has continued to blame George Bush for the state of the economy, but was Bush still President this May 31 when first-time unemployment claims reached 372,000? And then rose the following week to 380,000? And then rose again on June 14 to 386,000? (Damn that George!) The President has rightly said this election is about the economy. Everything else is just noise. If he is to win reelection he must right this ship because the days dwindle down to a precious few...and there is no time for the

For years the Gallup polling organization had asked Americans whether they are economic liberals, conservatives or moderates--and each year, the results had been the same...40 percent claimed to be conservative, 40 percent claimed to be moderate and 20 percent claimed to be liberal. But on May 26, after three-and-a-half years of Obama's liberalism, the percentage of conservatives has increased to 46 percent! Even on social issues, 38 percent claim to be conservative, compared to 28 percent who claim to hold liberal views. There are dwindling days to

reverse this national conviction that Obama is flat out wrong.

After the Obama campaign has touted its successes in Middle East wars, on May 28 the Gallup organization polled military veterans on their choice for President. The poll showed vets favor Mitt Romney by a 58-34 margin. But the days grow short when you reach September.

Even as the Department of Justice sues individual states to prevent them from instituting Voter ID laws, the public says the Obama Administration is wrong. According to a Fox News survey, 70 percent of the

> public believes voter IDs are needed to prevent voter fraud. Among the respondents, 52 percent of Democrats, 68 percent of women, and 58 percent of non-whites believe IDs are needed.

Valid IDs are required to visit the Department of Justice, but not needed to choose the President of the United States. Valid IDs were required

to attend Michelle Obama's book-signing event, but according to the DOJ, minorities would be precluded from such an onerous requirement. Julian Bond said, "IDs are racist in intent and aimed at vulnerable people in our society." The fact is that Democrats have so overused the race card that it has lost its societal guilt impact.

On June 13, the Pew Global Attitudes poll asked about the popularity of Obama's foreign policies. In Europe, its popularity has fallen from 78 percent to 63 percent. In Muslim countries it has fallen from 34 percent to 15 percent. It fell from 40 percent to 22 percent in Russia and from 57 percent to 27 percent in China. China was voted the world's number one economic power over the U.S. by 42 percent to 36 percent. Oh, the days dwindle down, to a precious few.

On June 14, the Breitbart Organization revealed that the Obama Administration operates a system called "Lifeline" in which food stamp recipients and Medicaid recipients receive free cell phones and free minutes. This program costs the taxpayers \$2.1 billion per year and defies Bill Clinton's claim that Democrats have learned to stop digging a budgetary hole. Clinton said in 2010, "We found a big hole we did not dig. We didn't get it filled in 21 months, but at least we quit digging (!). Give us two more years. If it doesn't work, vote us out."

Wilco, Bill. "One hasn't got time for the waiting game..." •

By Duane Plank

Not a ton going on in the political world, at least not in the world that I am commissioned to write about. Which doesn't include the skirviness and in-fighting that happens in local city politics. Don't mean in La La Land--mean in the cities that are fortunate enough to be in the dominating domain, the readership of *Herald Publications*. The sticks and stones throwing, the innuendos and double-crossings that occur locally are out of my scope, and for probably a very reason. Cuz I would write 'em as I see 'em, with little or no regard for propriety or political correctness.

Political Penguin

Which could get me in a tad bit of trouble. Seem to be skirting trouble in the other column, the one that purports to be about sports. Some folks seem to be getting a tad bit sensitive about the missives that I send their way.

All in good fun, mates. Don't take this or the other incredibly well-read column so seriously. They are meant to provide a bit of information, a bit of mirth. And a bit of innuendo.

And because I have enough going on during the work week, what with a "real" job doing my best to help people attain a healthier lifestyle and the two weekly must-read columns, and school board posts, don't really have the time to dig into the innuendo and minutia of the local backdoor deals and dealings that we all know are occurring right down the street at City Hall and in the smoke-filled backrooms.

Or that are being conjured up via incessant email and texting.

Do know that as we approach the doldrums of the Presidential summer campaigning prior to the later this summer political conventions, both sides are doing their best, or worst, to send out their twits and tweets, because that is the way we exchange information in the summer of 2012.

Facebook this, tweet that. Since I have the two jobs and at least one of my employers frowns on personal updating and convo while on the job, marvel at the folks who have the time, or take the time, to play the social media game incessantly. Guess I am a tad bit jealous. Or maybe too ignorant of the new rapid-fire technology to sneak those all important tweets in during business hours.

But if truth be known, have occasionally read and answered emails during a few minutes of downtime while on the job. Shame on me. So if you have ever received a fresh email during the workday, or a reply to your send, consider yourself very privileged. Cuz I don't answer them all, pally.

Where was I? Oh, talking about the Presidential campaign as it is as we head into July. Not much interesting happening, what with the POTUS racing around the country with his handout, trying to grab as much cash as

he can for his war chest that is only too happily being dispensed into his coffers by the Limousine Liberals.

And "The Glove" doing nada newsworthy, other than trying to paper over his years of experience as a corporate bigwig. Dodging questions and parries from a restless press corps, who are being dogged by their social media-loving bosses to find the "next big thing," and find it now. And then tweet it

and re-tweet it.

So attended the Kid's graduation ceremony last Friday. Now I am assuming that I made it, along with the family. Penned this Wednesday night last week--deadlines to meet, ya know? Proud as heck to see the Kid graduate from the Gundo High School. First in a

proud tradition of Planks to graduate from El Segundo High. Course he is the only Plank to actually attend high school in Mayberry. The rest of us graduated with the privileged folk in Manhattan Beach. Proud Mustangs, Mira Costa grads.

Way back in the day. Now, I am sure that the grad thing was a huge deal back in the day and the days we are talking about started in 1977, but it seems that just graduating from high school has become a heck of a whole lot more...complicated? Wife just got back from searching out a tie for the big day. Initially, I guess, ties were optional. But a couple of days prior to the shindig, ties somehow became mandatory?

Guess she said the tie wasn't cheap either. What the heck is, BTW? May be my only kid who graduates from high school, especially since he is my only kid, so who cares how much it costs? A mere pittance compared to the funds that are now required to send a kid to college, thanks to the mismanagement of the political pros who we continue to vote

Or the clowns like Schwarzenegger, who sneak in cuz some of you aren't paying attention. Anyway, trying to figure out the seating and attendance for the cherished graduation ceremony created a few...challenges.

Initially we, like most families, were granted six tickets in the bleachers for the ceremony. Which was a good start, but not going to cover the 11 relatives who begged to attend, sit in the hot sun for hours to catch a glimpse of an oh-so-happy Phillip play with his tassel.

Anyway, gonna assume that the graduation ceremony went off without a hitch and that we were able to find a way to satisfy all of the attendees, especially the seven who flew in from the boonies of Texas and Connecticut to attend the festivities.

Had six tickets and 13 folks, a baker's dozen, to seat. Hope we were able to do it... Knowing my luck, coulda been on the outside looking in... Not the first time. •

City Council

from front page

use on the holiday. "We do generally attract some crowds at our parks and we have to make sure everyone is safe," said Neu.

Neu also said there would be DUI checkpoints throughout the city and an increased police presence at the beach to handle the crowds and traffic tied to the fireworks display. "It's for the safety of everyone who is down there," said Neu, "With the fireworks at the Redondo Beach Pier so nearby, there are a lot of people down there."

Jones chimed in to say that last year's cancellation of the Fourth of July activities at Wilson Park has been continued this year. He also said that the City's Park Rangers will be patrolling all the parks in Torrance to assist the police and keep the parks safe. All

the speakers made sure to note that personal use of fireworks in Torrance is illegal and that public safety officers would be looking out for them.

Lastly, in keeping with the focus on parks for Independence Day, the Council declared the month of July to be Parks and Recreation month in Torrance. In the proclamation read by Councilmember Bill Sutherland, community parks were credited with maintaining the quality of life in Torrance, ensuring the health of all its residents and contributing to the City's economic prosperity through tourism, increased property values and crime reduction. Parks and Recreation Commission Chairperson Hazel Taniguchi and Commissioner Todd Hays accepted the proclamation. •

Deep summer is when laziness finds respectability. ~Sam Keen



The Road to Number One

By Adam Serrao

It has never been an easy road to the crown. Maybe no other person on earth knows that better than LeBron James. After years and years of trying, "The King" has finally gotten a ring for his finger--but it was not without a long and trying battle that his jewel was attained. Coming into this season as the favorites to win the title after narrowly missing out on the same achievement last year, it's almost no surprise at all that James and the Heat are crowned NBA champs now that the last game of the season has been played. Even so, there were many obstacles along the way for the Heat and many instances where the team's supremacy was doubted. Now that they have rightfully been named the undisputed champions of the NBA, however, there are a few very specific reasons that the Miami Heat wound up getting there.

Perhaps the biggest reason why the Heat won the NBA title this year is simply because of the fact that they lost the NBA title last year. Ahead in the series against the Dallas Mavericks two games to one, the Heat held home court advantage and had three games left to get the series closed out. Instead, they not only gave up their lead in the series, but also lost three straight games to Dallas, ultimately dropping the series four games to two. The loss turned out to be a gain for the Heat, however. The team wasn't only fueled in a way that no other team could possibly be fueled because they lost a championship series that many thought they should have won, but they were also given extra strength because they gained experience by being in the finals together as a team. Though Oklahoma City jumped out to the early lead in the series this year, the bright lights and the pressure of the situation clearly got to certain players on the team as the young Thunder proceeded to lose four straight games and the series to Miami. Maybe the loss will provide the same benefits for the Thunder in the future, but it's clear that this year, Miami was prepared and the trophy was theirs for the taking.

This next paragraph may just be purely written with the intent to cover my own back for picking them to win this year's championship, but the San Antonio Spurs deserve a lot of thanks for Miami's championship. Not to say that the Heat wouldn't have beaten the Spurs, but the road to the trophy surely would have been a lot more difficult to attain having to get past Duncan, Parker, Ginobli and a cast of characters that have already been to the finals and won many times in the past. The Thunder deserved to beat the Spurs. After being down in the series, they got themselves together and simply ran the older, more veteran club off of the floor. As mentioned earlier, though, once the Thunder got to the big stage of the finals, they became star struck and weren't able to put together that same type of run. The Spurs' veteran experience would have been a much more difficult challenge for the Heat, and for that reason they should be at least a little bit thankful

Before Chris Bosh came back from injury, it didn't even look as if Miami would beat the Celtics. Dragging the series all the way out to a seventh game, it was Bosh's reemergence in the lineup that ultimately led to Miami's dispersing of Boston. While LeBron James is clearly the most talented player on the team and everyone will focus on giving him the credit for finally reaching his first championship title ever, perhaps no one did more for his title run than Bosh. A first-time title winner in his own right, the Heat's championship hopes were fading quickly when the center was out indefinitely with an abdominal injury. Upon reentering the line-up, Bosh quickly reclaimed his role as the backbone on defense while also doing his part to stabilize the offense. Without Bosh, there would almost certainly be no championship in Miami.

It goes without saying that Dwyane Wade deserves some of the credit too. Not just because of his propensity to show up after halftime and still drop 20 points a game while helping his team to victories, but also because of his ability to step aside and let James run the team. Last year, there was almost a power struggle between the two friends leading to much unwarranted conflict whether it was in the locker room or cast upon the team by the media. This year, however, the ball went through LeBron while Wade expressed no discontent. The realization of actual roles on the team led to a better flow on offense for the Heat and turned them into the offensive powerhouse that they were always capable of being. Credit Dwyane Wade for that.

Then there's LeBron James. Known for not being able to show up on the big stage and for not being able to close out games, this year's finals was a time for James to prove himself. Prove himself is certainly what he did. After disappearing last year against the Mavericks, James ended this season's finals by tallying a triple-double (26 points, 11 rebounds and 13 assists) and taking home the MVP trophy. By averaging nearly 28 points per game in the finals, James not only silenced his critics but also was clearly the number one reason that the Miami Heat won this year's championship trophy. Finally, The King has earned his crown.

As much as people dislike the Miami Heat and don't approve of the way that they put their team together to win a championship, they did everything that was necessary to deserve the title this year. From Chris Bosh to LeBron James, from losing in last year's championship round to winning in this season's, the Heat set themselves up for success. Perhaps they won't win seven championships like LeBron one time so arrogantly predicted, but for now they can at least rest easy knowing that they have earned just this one. •

Seniors from page 6

OTA or attain an advanced degree, such as a master's or a doctorate."

While occupational therapy encompasses work and life skills, things like holding a phone or preparing a meal are abilities that are easy to take for granted. Occupational therapy plays an important role in helping many people improve the quality of their lives by helping them to develop, recover and improve all of the skills needed for working and daily living.

The occupational therapy assistant program has applied for accreditation and has been granted Developing Program Status by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 4720 Montgomery Lane, P.O. Box 31220, Bethesda, MD 20824-1220. ACOTE's telephone number c/o AOTA is (301) 652-

AOTA. Once accreditation of the program has been obtained, its graduates will be eligible to sit for the national certification examination for the occupational therapy assistant administered by the National Board for Certification in Occupational Therapy (NBCOT). After successful completion of this exam, the individual will be a Certified Occupational Therapy Assistant (COTA). In addition, most states require licensure in order to practice; however, state licenses are usually based on the results of the NBCOT Certification Examination. Note that a felony conviction may affect a graduate's ability to sit for the NBCOT certification examination or attain state licensure.

See suprograms.info for program duration, tuition, fees, and other costs, median debt, federal salary data, alumni success, and other important info. •

Up and Adam

Major League Changes For Taylor

By Adam Serrao

Most children enter high school still curious about their future--maybe not even concerned yet with what is to come. Once graduation day arrives and the hats are thrown high into the air above where the ceremony is taking place, many teenagers still have no clue about what lies in store in their lives. Tyrone Taylor is not one of those teenagers. The senior out of Torrance High School has signed with the Milwaukee Brewers for \$750,000 after being selected with the 92nd overall pick in the second round of the 2012 major league draft on June 5. Taylor now knows what lies in store for him in the future and will do everything he can to make it worth his while.

Thoughts of grandeur must have been running through the head of Taylor once he came to his final decision and imagined himself no longer throwing his graduation cap in the air, but instead a baseball cap-moving past the celebration of high school accomplishments and forward to celebrating those in the Major League one day. Taylor was perhaps the most talented graduate coming out of the Pioneer League this season and was rewarded for his remarkable talents by the Brewers. Normally, a player selected where Taylor was in the draft receives an average of \$523,000. The fact that Taylor received more than \$200,000 above the standard average for his position selected in the draft speaks volumes of just how talented the Brewers believe he currently is and how talented he will become in their system.

For Taylor, the decision wasn't easy, but obviously it has quickly paid off for the teenager. Having to choose between Major League baseball and a scholarship to Cal State Fullerton was certainly no easy task, but just like they chose him, Taylor ultimately chose the Brewers. The \$750,000 will certainly help him sleep easily at night. That sum of money is a figure that most of us dream about in our sleep. The talent abundant in the young centerfielder has made his dreams of a similar nature into a reality by placing his signature on a sheet of paper. As he traveled to the Brewers' spring training facility in Maryville, Arizona last weekend, everything began to finally become real.

Taylor finished the season this year batting .488 with four home runs, 29 RBIs and 28 runs scored despite sitting out a couple of games and being pitched around for the majority of his at bats because of his well-known talent. Those numbers certainly

qualify Taylor as one of the best players in California this season and his head coach Ollie Turner tends to agree. "I think in the long run, the Brewers got a steal," Turner said. "Tyrone is worth every penny." The Brewers certainly hope so, as does Taylor. Judging from the excitement that the youngster expressed at being drafted, he hopes to make baseball his career for a very long time.

Taylor first stood out as a sophomore when he helped the Tartars reach the CIF Southern Section Division IV final by batting .398 with five home runs, 21 RBIs and 37 runs scored. He then upped his performance a bit as a junior when he was selected as the Daily Breeze Player of the Year. In order to attain that accomplishment, Taylor batted .473 with six home runs, 26 RBIs and 42 runs scored, all while leading the Tartars to the Division IV semifinals. Baseball wasn't Taylor's only sport in high school, however. In order to show off his athleticism, he was also the football team's most valuable player--doubling as both a running back and a linebacker. Just this last year, Taylor led the Tartars to the CIF Southern Section Semifinal by rushing for 1,521 yards and 20 touchdowns while also registering 425 yards through the air as a receiver for 11 more touchdowns.

South High

Torrance High isn't the only school that has been staying in the headlines over the summer because of its talented players. The South High Spartans are racking up accomplishments of their own. When the Daily Breeze announced its 2012 All-Area boys volleyball team, South Torrance's senior outside hitter Andy Gage immediately came to mind. Gage made the team by leading the Spartans to their first volleyball CIF championship in school history. As the Pioneer League MVP and CIF Southern Section Division III Player of the Year, Gage tallied 26 kills in the last two games of the season to solidify the championship for South.

Vinnie Rios also represented South High by making second team All-Area for the boys' volleyball team. Rios, a senior libero for the Spartans, won the Pioneer League's Best Defensive Player Award this season on his way to also making first team All-CIF. Because of Rios and his slick defensive abilities, the Spartans were able to limit their opponents in points scored and jump out to take the lead in nearly every match played this year. •

Looking Up from page 6

25 percent in the amount of galactic cosmic rays Voyager was encountering," said Stone. "More recently, we have seen very rapid escalation in that part of the energy spectrum. Beginning on May 7, the cosmic ray hits have increased five percent in a week and nine percent in a month."

This marked increase is one of a triad of data sets which need to make significant swings of the needle to indicate a new era in space exploration. The second important measure from the spacecraft's two telescopes is the intensity of energetic particles generated inside the heliosphere, the bubble of charged particles the Sun blows around itself. While there has been a slow decline in the measurements of these energetic particles, they have not dropped off precipitously, which could be expected when Voyager breaks through the solar boundary.

The final data set that Voyager scientists believe will reveal a major change is the measurement in the direction of the magnetic field lines surrounding the spacecraft. While Voyager is still within the heliosphere, these field lines run east-west. When it passes into

interstellar space, the team expects Voyager will find that the magnetic field lines orient in a more north-south direction. Such analysis will take weeks and the Voyager team is currently crunching the numbers of its latest data set.

"When the Voyagers launched in 1977, the space age was all of 20 years old," said Stone. "Many of us on the team dreamed of reaching interstellar space, but we really had no way of knowing how long a journey it would be—or if these two vehicles that we invested so much time and energy in would operate long enough to reach it."

Voyagers 1 and 2 are still in good health. Voyager 2, launched after Voyager 1, is some nine billion miles away from the Sun. Both are operating as part of the Voyager Interstellar Mission, an extended mission to explore the solar system beyond the neighborhood of the outer planets. NASA's Voyagers are the two most distant active representatives of humanity.

Images:

http://www.jpl.nasa.gov/news/news.cfm?release=2012-177 •

FOOD & DINING

Penne alla Primavera

Penne tossed with spring vegetables, such as carrots, morel mushrooms, asparagus, peas and fava beans, along with loads of fresh herbs is a perfect example of Mario Batali's rustic approach to great-tasting Italian food. When both fava beans and morel mushrooms are in season, by all means use them in this recipe. But if you can't find either of those, substitute what looks best. Basic cremini mushrooms will work and frozen lima beans are a good option. Recipe adapted from Molto Gusto by Mario Batali and Mark Ladner (Ecco/HarperCollins Publishers, 2010).

Servings: 8 servings, about 1 1/4 cups each Total Time: 50 minutes

Ease of Preparation: Easy

Health: Low Calorie, High Fiber, Low Sat Fat, Low Cholesterol, Low Sodium, High Potassium, Heart Healthy, Healthy Weight, Diabetes Appropriate

Ingredients:

1/4 cup plus 2 tablespoons extra-virgin olive oil, divided

3 cloves garlic, thinly sliced

2 medium carrots, halved lengthwise and sliced 1/4 inch thick

4 ounces morels, halved if large, or cremini mushrooms, thinly sliced

8 ounces asparagus (8-10 stalks), trimmed and sliced diagonally 1/4 inch thick, tips reserved separately

1 cup peas, fresh or frozen (thawed)

1 cup fava beans or lima beans, fresh or frozen (thawed)

4 scallions, white part only, thinly sliced 3/4 teaspoon Maldon or other flaky sea salt

1/4 teaspoon coarsely ground pepper, or more to taste

3 tablespoons kosher salt

1 pound penne pasta, preferably wholewheat

1/3 cup coarsely chopped flat-leaf parsley 1/3 cup coarsely chopped fresh basil

1/3 cup coarsely chopped fresh mint

1/2 cup freshly grated Parmigiano-Reggiano heese

Steps:

1: Heat 1/4 cup oil in a large pot over medium-high heat until hot. Add garlic and cook, stirring, until barely golden, about 30 seconds. Add carrots, reduce heat to medium, and cook, stirring occasionally, until beginning to soften, 3 to 4 minutes. Add mushrooms and cook, stirring occasionally, until beginning to soften, 2 to 3 minutes. Add sliced asparagus stalks and cook for 2 minutes, then add the asparagus tips, peas, beans and scallions. Season with sea salt and pepper. Cook, stirring, until all the vegetables are just tender, about 2 minutes more. Remove from the heat.

2: Meanwhile, bring 6 quarts of water to a boil in another large pot. Add kosher salt and pasta; cook until just tender, 10 to 12 minutes (or according to package directions). Drain, reserving 1/2 cup of the cooking water.

3: Add the pasta and 1/4 cup of the reserved cooking water to the vegetables, stirring and tossing over medium heat to mix well. Cover, reduce heat to low, and allow to steam together for 2 minutes. Stir in the remaining 2 tablespoons olive oil and a splash or two more of the reserved cooking



water if necessary to loosen the sauce. Stir in the parsley, basil and mint. Serve with Parmigiano.

Nutrition: (Per serving) Calories - 410 Carbohydrates - 60 Fat - 13 Saturated Fat - 3 Monounsaturated Fat - 9 Protein - 17 Cholesterol - 4 Dietary Fiber - 14 Potassium

- 536 Sodium - 324 Nutrition Bonus - Vitamin A (72% daily value), Folate (40% dv), Iron (35% dv), Magnesium (34% dv), Zinc (18% dv), Potassium & Vitamin C (15% dv).

Cover and refrigerate for up to 6 hours; serve cold or at room temperature.

By EatingWell, Courtesy of Arcamax.com •

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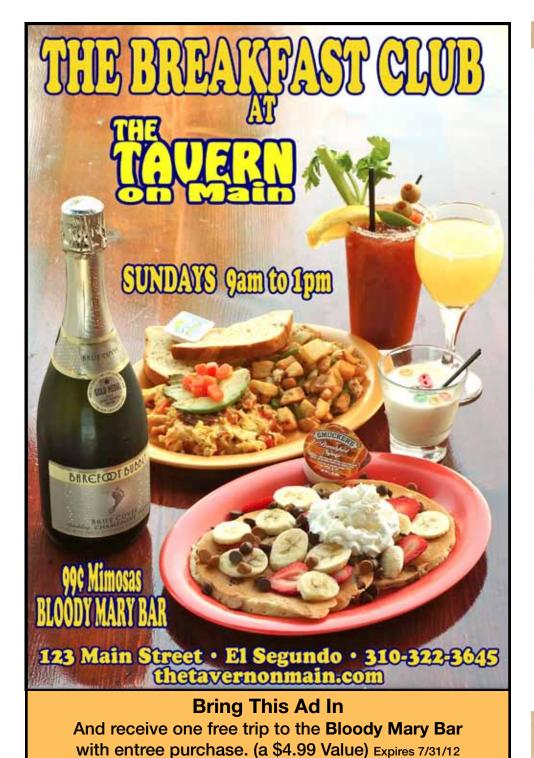
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The Wheel Deal

Scott Robinson Announces Ownership of Latest Dealership: Chrysler Dodge Jeep Ram

Jeff Robinson, of Scott Robinson Honda, is excited to confirm, Chrysler Dodge Jeep Ram, formerly South Bay Chrysler Jeep Dodge Ram, is the newest addition to the Scott Robinson family of dealerships. The grand opening of this latest dealership is set for June 18, 2012. "We are so pleased to be the new faces of Chrysler Dodge Jeep Ram in the South Bay," said

Jeff Robinson, President of the company. Adding, "This newest addition to the Scott Robinson family of dealerships is an exciting new chapter for us and we cannot wait to start providing car shoppers in the Long Beach, South Bay and Los Angeles areas with the Chrysler, Dodge, Jeep or Ram of their dreams."

In 1961, Scott Robinson decided to open

the first automobile dealership on Hawthorne Blvd. The name of the store was Scott Robinson Pontiac. Scott Robinson was a simple man whose main goal in life was to provide for his family. Scott had worked for General Motors since the late 1940's and found an opportunity to relocate his family to the South Bay. Torrance was a rapidly growing city in the

early 1960's and Hawthorne Blvd. was ready for development.

Scott and his son Don opened their doors with just 15 employees. Don Robinson learned from his father that a strong work ethic, positive attitude and treating employees and customers with respect would result in a successful business. That has proven to be true.

In 1970 American Honda Motor Company began to introduce their automobiles to the West Coast U.S. market. It was a time of high gasoline prices and predominantly 8 cylinder engines.

When Scott and Don were offered the opportunity to retail Honda automobiles they enthusiastically agreed. Due to the overwhelming success of Honda, the Pontiac franchise was dropped in 1978. Scott Robinson Honda would now take center stage as the auto industry began to transform.

Following the example set by his father and grandfather, Jeff Robinson joined the dealership team in 1988. Jeff had graduated from USC with a degree in business/entrepreneurship. Today, Jeff is the President of the company.

The Scott Robinson name has established itself as an essential part of the community, and has received industry wide recognition for its commitment to Green practices.

Scott Robinson Honda has served the Long Beach, South Bay and Los Angeles areas since 1961, developing its unique reputation for providing car shoppers with outstanding value, honest service, and diverse inventory.

Scott Robinson Chrysler Dodge Jeep Ram is excited to further develop the Scott Robinson name in the South Bay and Los Angeles areas and to stamp themselves further as an integral part of the community. Scott Robinson strives to provide a large inventory with the best prices on your choice of cars, trucks and SUVs.

Scott Robinson Chrysler Dodge Jeep Ram is your source for a great selection of new and used vehicles. The quality of service that the Scott Robinson name encompasses separates it from other dealers throughout California.

Scott Robinson Chrysler Dodge Jeep Ram is located at 20900 Hawthorne Blvd. in Torrance, CA.

Don't forget to become a fan of Scott Robinson Chrysler Dodge Jeep Ram on Facebook (www.facebook.com/ScottRobinsonChryslerDodgeJeepRam) Editorial provided by Webwire.

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The Wheel Deal

Five Tips to Tire Maintenance

Tire safety isn't exactly the sexiest topic in the car universe, but it's in everyone's best interest to spend a moment thinking about where the rubber meets the road. "Too many drivers fail to do one simple task every month that will reduce their safety risk and help our nation conserve valuable natural resources. Checking tire pressure takes just five minutes, and it's worth every second," said Charles Cannon, president and CEO of Rubber Manufacturers Association. There is a lot to be learned about tire safety. An RMA survey shows that 85 percent of motorists don't know how to properly inflate their tires, and only 20 percent of drivers check their tire pressure each month. AAA anticipates that it will assist 1.2 million stranded motorists with tire-related issues this summer, many of which could be avoided. Follow our tiresafety checklist to make sure AAA doesn't have to come to your rescue.

1. Check tire pressure. Incorporate this into your tire maintenance at least once a month and before and after any long trips.

Automakers often suggest a tire pressure in the neighborhood of 30 psi, but you should check your owner's manual to see what your car needs. Be sure to use the automaker's recommended tire pressure and not the maximum pressure indicated on the tires. That number represents the absolute max psi a given tire can hold, not what it should be rolling on day in and day out. According to Goodyear, a tire that is underinflated doesn't roll as easily and the increased rolling resistance requires more energy, robbing the vehicle of fuel efficiency. Optimal inflation can improve fuel economy by 3.3 percent, according to the U.S. Department of Energy. Keep a gauge in your glovebox, and visit your neighborhood gas station to get air if your tire pressure is too low.

2. Rotate your tires. Michelin says this should be done every 6,000 to 8,000 miles. Every tire will wear differently. On frontwheel-drive cars, the front wheels wear at almost twice the rate of the rear wheels. In left-hand-drive countries, the left tire will wear faster than the right. Rotating where the tires sit on the wheel helps achieve more uniform wear, which means consistent performance and longer tire life. Have your tires rotated at a shop for about \$15 or buy a hydraulic floor jack and do it yourself.

3. Examine your treads. The old wisdom was that tires should have at least 2/32 inch of tread depth, and laws agree. But new information from Tirerack.com shows that greater depth is preferred. In their tests, a new tire with 10/32 inch of depth took 195.2 feet to stop in the rain, while tires with 4/32 inch took 290 feet and tires with 2/32 inch depth took 378.8 feet to stop. To make sure your tires have a tread depth of at least 4/32 inch, stick a quarter, Washington's head facing down, into one of the tire-tread grooves. If any part of Washington's head is obscured, you have at least that amount of tread. Prefer to stick with the legal 2/32-inch tire tread depth? Perform the same check, but use a penny and, of course, Lincoln's head. 4. Align your wheels. Improperly aligned

wheels can create rapid and uneven wear, says the Rubber Manufacturers Association. Misaligned wheels can also create steering and tracking problems. Take you car to a service station for alignment and the technicians will adjust the steering and suspension components to manufacturer specifications, making sure that the wheels are perpendicular to the ground and parallel to each other. According to Midas, a basic four-wheel alignment on an average sedan will cost about \$80.

5. Keep the deepest treads in the rear. Though this may seem counterintuitive, since the front tires do the braking and steering, if you have two newer tires and two older tires, keep the newer rubber on the rear wheels. Deeper treads grip the road and channel water better, making the rear of the car less likely to hydroplane and fishtail. The result is that, while your shabby front tires may result in understeer, it's easier for a driver to correct from such a condition than from oversteer resulting from worn rear tires.

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В	Replace engine oil and oil filter. Also inspect various systems and components. (See applicable service manual for details.)								
MAINTENANCE SUB ITEMS									
#	# WHAT TO DO								
1	Rotate tires, and check tire pressure and condition.								
2	Replace air cleaner element, check drive belt, and replace dust and pollen filter.								
3	Replace transmission fluid and transfer fluid (if equipped).								
4	Replace spark plugs, replace timing belt (if equipped), inspect water pump, and inspect valve clearance.								
5	Replace engine coolant								

Replace rear differential fluid (if equipped

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- Up to 5 quarts non synthetic • Replace drain plug gasket
- Inspect and rotate tires-inflate to proper p.s.i. "Honda Certified" multipoint inspection

B-1 SERVICE

- Replace engine oil and filter
- Up to 5 quarts non synthetic
- Replace drain plug gasket Inspect and rotate tires-inflate to proper p.s.i.
- Inspect, clean and adjust brakes
- Adjust narking hrake "Honda Certified" multipoint inspection

A-2 SERVICE

- Replace engine oil and filter
- Replace drain plug gasket
- Inspect and rotate tires-inflate to proper p.s.i.
- Replace air filter Replace dust and pollen filter
- "Honda Certified" multipoint inspection

- Replace engine oil and filter
- Up to 5 quarts non synthetic
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TerriAnn in Torrance





Kristine Kobe, Jennifer Mai, Sandra Johnson, Karen Shipherd, Raudhah Rahman,and Becky Flegel.

Mickelson ExxonMobil Teachers with their balloon experiment.

Experium – Science Comes to Torrance

By TerriAnn Ferren

One day last week, Kristine Kobe invited me to the Experium Science Academy to join teachers from the Torrance Unified School District (TUSD) enrolled in The Mickelson ExxonMobil Teachers Academy for a day in the lab. What are Torrance teachers doing at a science academy and what is Experium? I was determined to find out. Experium is a brand new science academy that was opened on January 19, 2012 smack in the heart of Torrance and dedicated to making biology, chemistry and physics fun in a "learn by doing" atmosphere. The Mickelson ExxonMobil Teachers Academy, launched in 2005, is a summer camp for third through fifth grade teachers started by pro golfer Phil Mickelson and his wife Amy. Together with ExxonMobil, they began an academy to provide "a special learning environment for teachers." On the website, I saw how you

can nominate your teacher to be part of this very special program and "send them away" to science and math camp.

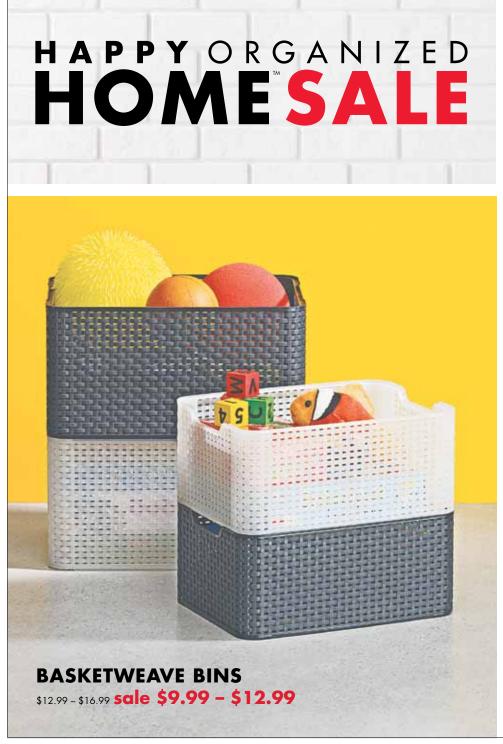
Nestled in the Union Bank property on Hawthorne Boulevard, I parked in the structure and walked across the bridge up the stairs and through the open glass doors into a round building with Experium written in bright orange on the wall above the reception area. Kristine Kobe, Director of Sales/Marketing for Experium, greeted me with a smile. I was full of questions about this fascinating place. What exactly do you do here? Kristine began by explaining to me, "This is our first and flagship facility. Our founders are Karen Shipherd and Gary Stokoe. Karen sat on the board of admissions for Harvard for the South Bay for over 20 years and in that process--say she had two students with the same academic scores, etc. but they picked one over the other. She asked why? The one thing

the selected candidate had was a hands-on, inquiry-based scientific component where they had done some type of scientific research not available to most people." Kristine noted that unless you can get yourself into a university lab somewhere (and good luck with that) you would also need somebody who could give you mentoring time. Karen Shipherd discussed this with Gary Stokoe and they decided to figure out a way to give the students that missing link they needed. They decided to open up a science facility. The front door opened and Karen entered with a broad smile. I asked her why she started the center and she said, "I really think it was because I worked with Harvard admissions for about three decades and then I was a South Bay Area chairman for admissions, so this was my territory and really the common thread that I saw among admitted applicants was a science research background.

And these kids weren't doing regular science-they had to be in a university research lab or a teaching hospital and they had to have a mentor. They had to have the facility and the equipment. Programs just didn't exist for your everyday student, so I wanted to create a place where everyone could have access to whether it was an electron scanning microscope or a gas chromatographer." Karen went on to tell me that all the equipment used in television shows such as *CSI* and *NCIS* are available at the science center and students can learn to operate all of them. Wow.

With budget cuts in schools and diminishing funding for expanding curriculum, I am so pleased this science center exists. Today, nearly 20 teachers from TUSD will be spending the afternoon taking science lab. What they learn they will take back to their respective schools

See TerriAnn, page 13





TerriAnn from page 12

and share with other teachers as well as inspire their own students. Kristine went on to explain, "Sometimes when a kid is struggling in science, it's because they don't get it. They don't care, but you bring them here and they are spinning this and popping that and blowing up this and it gets them interested and they're doing experiments that make the concepts real and brings depth to what they are doing and puts it on a personal level."

All this up-to-the-minute, state-of-the-art equipment gives children from kindergarten to 12th grade a developmental way of learning. It teaches them how to think, learn and wonder about something and not just take whatever it is for granted. For example, Karen said, "It is for the kid who asks, 'Why is the sky blue?' And some kids say, 'Oh, it's because of the ocean,'--but what happens if we go into the Midwest? There is no ocean around there. So it is to keep them wondering what the answer is and then finding out how to figure it out. Really what I wanted to do at Experium was--I make this analogy: 'If you don't know there is an oven, how do you know about something called baking?' So if you don't know that you can work with an x-ray fluorescence spectroscopy or that that piece of equipment exists, you can't think about all the questions you might have because you don't know that there is a way to find the answer. So that is how Experium started. I love kids. I want even the littlest ones to be immersed in the science

Listening to Kristine made me excited about biology and chemistry all over again. My high school chemistry teacher Sister Joan Krause and my biology teacher Katherine Brewer would be very pleased to know my passion for science is still in full bloom at the *Experium Science Center*! I couldn't wait to hear more. Unfortunately there are no adult classes offered just yet, but I think they should start some!

I learned that even little kindergartners are offered classes. Every class is a lab, so each child has hands-on learning. There is a marine biology class for small children where they start out with tiny night crawlers and the girls shriek at the bugs in the beginning, but by the end of the eight-week course they are full-out dissecting a shark! I am assured this is a very user-friendly place. I believe it.

By this time the teachers were arriving, so we were escorted into the first lab and introduced to Becky Flegel, marine biologist, and our first instructor. She told us she teaches younger grades entomology and always uses the correct phylum and name for each organism she is showing. Students learn all about an organism, do several experiments and then let the bugs go according to what the results of the experiments were. At first we only listened to our brilliant professor, but it didn't take long for her to coax us to the counter in the middle of the lab for our first experiment.

The teachers were asked to "act like students" and ask any questions they wished. Becky began by holding dry ice in her gloved hand asking all sorts of questions like what it was, why it was smoking, how cold it might be, etc. She then proceeded to drop the ice on the counter and ask why it was behaving like it was. She put it into water, soap and water, and milk--all the while asking questions about why the results were different. We loved the demonstration and all the lab work we had done in high school and college was slowly coming back to us. The teachers and I were having a great time.

Our next experiment was making a solid polymer chain. We were instructed to take a small paper cup and fill it half full with white Elmer's Glue mixed with water, add a couple drops of paint for color, and then add Borax mixed with water and stir rapidly with a popsicle stick. What comes out is a glob of silly putty

you knead like bread dough until the bubbles cease. There you go!

From there, Becky had us do a very simple experiment keeping with the theme of polymers. Take a balloon and blow it up and tie it just like you would for any party. Then take a sharp wooden skewer, dip it into vegetable oil and slowly spear it in a twisting motion through the densest part of the polymer of the balloon. It will go right through. All except mine. I think I wasn't twisting my skewer enough. Balloons were popping everywhere and giggles accompanied the fun.

Raudhah Rahman, also a master biologist, teaches upper level biology and chemistry to middle school to ninth graders. She led us into her lab and we did experiments to demonstrate expansion and contraction. She had hot plates with aluminum, emptied cans filled with some water boiling inside and a tub of cold water alongside the hot plate. We were supposed to take the can with a pair of tongs and flip it into the cold water. Bang! The can crushed. One would remember this experiment. Then we moved over to the next counter to learn how a hard-boiled egg could slither down the neck of a bottle without any effort. Intrigued? You will have to take a class. We sometimes "turn off" when we hear unfamiliar words we don't understand, but if we give ourselves half a chance, the exciting hidden truths of science are there to be discovered.

When I left the teachers and professors in the lab that afternoon, I couldn't help but wish they had adult classes. The *Mickelson ExxonMobil Teachers Academy* program set up to teach teachers and help them inspire the scientists of the future is one well worth supporting. If you would like to check out the new, amazing *Experium Science Academy* at 21605 Hawthorne Boulevard, Pavilion C, Torrance, CA 90503, call 310-543-3100 or access www.experiumscienceacademy.com. •



Becky Flegel stirring the glue.



Hard boiled egg going into the bottle.

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Star Dental 2370 Crenshaw Blvd., Unit G,

Starbuck's Coffee 5005 P.C.H., Torrance

Staybridge Suites Hotel 19901 Prairie Ave.

Texas Loosey's 22252 Palos Verdes Blvd.

T.R.G. Real Estate Group 3480 Torrance Blvd.
Thai Massage 24020 Vista Montana #A

The Depot 1250 Cabrillo Ave.

The Little Gym 20914 Hawthorne Blvd.

New-Tony Roma's 24301 Crenshaw Blvd.

Toraya Ramen Restaurant 24231 Crenshaw Blvd., #D

Torrance Bakery 1341 El Prado Ave.

Torrance City Hall 3031 Torrance Blvd.

Torrance City Hall 3031 Torrance Blvd.
Torrance Cultural Arts Center 3320 Civic Center

Torrance Library 3301 Torrance Blvd.

Torrance Library 4805 Emerald St.

Torrance Police Dept. 3300 Civic Center

Torrance Recreation Center 3341 Torrance Blvd.

Tortilla Cantina 1225 El Prado Ave.

Tucker's Market 3690 Newton St.

Vince's Spaghetti 23609 Hawthorne Blvd. Wahoo's Fish Taco 3556 Torrance Blvd.

Walgreens 2690 P.C.H., Torrance

Walgreens 4142 P.C.H., Torrance

Walgreens 2976 W. Sepulveda Blvd.

Walgreens 2321 Hawthorne Blvd, Redondo Beach

Walgreens 22930 S. Western Ave.

Walser's Art Supplies 23145 Kashiwa Court

West End Raquet & Health 4343 Spencer St.

Western Museum of Flight 3315 Airport Drive

Yamabuki Restaurant 23863 Hawthorne Blvd.

YMCA Torrance-South Bay 2900 E. Sepulveda Blvd.

Zina's Restaurant 4125 Calle Mayor



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<u>Finance</u>

'Innocent Spouse Relief' Protects Against Tax Fraud

By Jason Alderman

I'll wager that when most brides and grooms utter the phrase, "For better or for worse," the "worse" they're imagining probably involves situations like getting laid off or a prolonged family illness – not being the victim of tax fraud perpetrated by a current or former spouse.

Married couples typically file joint tax returns because

it lets them take advantage of certain tax credits and other benefits not available if they file separately. However, one potential drawback is that you're each responsible, jointly and individually, for any taxes, interest and penalties due on returns filed while you're married, even if you later divorce.

So what happens if your spouse or exspouse – either unintentionally or deliberately - underreported income, overstated deductions, didn't report taxable IRA distributions or any of a host of other sins in the eyes of the IRS? Well, you could be left holding the bag, even if those things occurred without your knowledge or understanding.

That's why each year tens of thousands of people file for "Innocent Spouse Relief" with the IRS. Unfortunately, it can be very difficult to prove your case and many are denied. Plus, until recently, the law mandated that in all cases you must

have applied for relief within two years of the IRS' first collection activity or your claim would be disqualified.

But in one respect at least, the IRS has eased the burden of proof: Last year, the agency eliminated the two-year requirement for taxpayers filing for "equitable relief," a category open to taxpayers who don't meet the strict requirements of other provisions in the In-

nocent Spouse law.

The IRS' change of policy recognized that in some cases, the victimized spouse doesn't even become aware of the transgression until long after the fact. Often it's because the offending spouse has concealed the information or hid or did not forward mailed underpayment notifications from the IRS – or, in the case of domestic abuse, the victim was afraid to come forward.

There are three categories of relief you may seek: Innocent spouse relief; separation of liability and equitable relief. The differences between them (including eligibility, deadlines and statutes of limitations) are complicated, so read "Tax Information for Innocent Spouses" at www.irs.gov for details.

To apply for Innocent Spouse Relief, you'll need to file IRS Form 8857; however, one form will work for multiple years' filings. Don't delay filing just because you don't have all required supporting documentation,

since in some cases the two-year filing deadline does still apply.

In making its ruling, the IRS will consider factors such as your educational and business experience, the couple's financial situation and the extent of your participation in the action that resulted in the erroneous item. The IRS will deny a claim if they believe you benefitted from the tax avoidance.

Taxpayers whose past request for equitable relief was denied solely because of the two-year limit may reapply using IRS Form 8857 if the collection statute of limitations

for the tax years involved has not expired.

Visit "Tax Information for Innocent Spouses" at www.irs.gov for details on the various types of relief available, eligibility qualifications, statutes of limitations and more.

I hope that your marital "worst case" never goes past a minor spat or two, but it's good to know there is relief available for such terrible situations.

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney. •

Ah, summer, what power you have to make us suffer and like it. ~Russel Baker



DEADLINES

OBITUARIES: Monday at noon.

CALENDAR ITEMS: Prior Friday at noon. **PEOPLE ITEMS:** Prior Friday at noon.

DISPLAY AD CHANGES: Prior Thursday at noon.

CLASSIFIEDS: Tuesday at noon. **LEGAL NOTICES:** Monday at noon.

NEW DISPLAY ADS: Prior Thursday at noon.

REAL ESTATE ADS: Monday at noon. **AD CANCELLATIONS:** Prior Thursday.

LATE CANCELLATIONS WILL BE CHARGED 50% OF AD

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Classifieds

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

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

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

APARTMENT FOR RENT

1BD. Must see! This exceptional one-bedroom unit is ultra-luxurious with exquisitely landscaped private outdoor space. A private front entrance and walk-thru to private garage and storage. The unit has a full-sized kitchen with granite countertops, custom alderwood cabinets, stainless steel appliances and refrigerator, front loading washer & dryer, walnut flooring & Italian tile, crown molding, ceiling fan, recessed "can" lighting with dimmer switches, satin-nickel Baldwin locksets, cable ready for flat screen T.V. Magnifying mirror in bathroom with extra large bathtub. Grohe hardware throughout. Central heat & a/c. Internal alarm systems and video surveillance. Also has commercial soundproofing quite rock and double-paned windows. Located in the best area of El Segundo. Walk to beach, shops & restaurants and easy access to freeways. Pets okay upon review. \$2475 rent with 1-year lease minimum. For a virtual tour, click on www.205Standard.com. Available 8/01/12. Call for appt. @ (310) 721-3625.

DUPLEX FOR RENT

2BD/1BA. Westchester, Duplex. Downstairs unit

hardwood floors new Kit-Tile, new carpet, W/D hook-up, rear yard. \$1575/mo. 7154 Ramsgate, Westchester. (323) 418-8324/(310) 901-4863.

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Display Ad Sales Position. We need an experienced Display Ad Salesperson for Herald Publications. Territories include Torrance, El Segundo and Hawthorne. Full or part-time positions are available. 20% commission on all sales. If interested please email your resume to management@heraldpublications.com. No phone calls please.

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429 W. Oak Ave. ES. Sat., 6/30, 7 a.m. No Early Birds! Moving Sale! Everything goes.

852 Lomita St. ES. Sat., 6/30, 8:00 a.m. Household items, girls clothing size 4T to 6, Lots more, must see!

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Experience

from page 5

tings has been changed, it reverts back to its old ways once the user has signed out and continues to use any of Google's products, such as YouTube or Blogger.

A question that arises from this topic is to who else has one's personal information and what happens to it after advertisers exploit it? The answer is that with the rise of social networking, practically any determined individual can have access to a user's private information and after advertisers use it, that information would most likely be free to be further analyzed by companies, potential employers or identity thieves via the Internet. A quick experiment to show how much information a user sends out is

for them to search their name on a search engine. Those who recently Googled their names on a search engine would most likely be appalled at how much information is shared about them and their peers.

Social networking has changed the way information is shared throughout the world. Unfortunately the widespread growth of the service has also led to drastic privacy changes that largely go unnoticed to the average user. These changes undermine what characterizes a specific individual from a generalized statistic and as websites become more cunning in selling one's identity to unknown sources, users should also become wiser in what information they unconsciously give out. •

19 21 30 33 40 42 52 51 53 59 62 63 65 66

WEEKLY CROSSWORD See Answers Next Week

ACROSS

- Hardy post
- Paperlike cloth
- 9. Talk effusively
- 13. Suffer
- 14. Area 51 conveyances?
- 15. ___ Domingo
- 16. Word waiters write
- 17. "Forget it!"
- Anesthetized
- 19. Express excitement
- 22. ____ Bowl 23. "___ Baby Baby Baby" (Linda
- Ronstadt hit)
- 24. Don't hold back
- 28. Inner ear part 32. Ancient Greek theater
- 33. Shiftless
- 35. "Dig in!" 36. Wait on demanding diners,
- maybe? 40. Age or cube
- 41. Georgetown athlete
- 42. Threadbare 43. Attack
- 46. Savory bit
- 47. Hindu month
- 48. Cat chat

- 50. Lights may do this during a storm
- 58. Pre-migraine sensations
- 59. Egyptian god
- Bin brand 61. Refuse
- 62. Kind of store
- 63. Names
- 64. Transmitted
- 65. Cicatrix
- 66. "The have it"

DOWN

- Cutting remark
- 2. Aviation acronym 3. By way of, briefly
- _ Angel"
- 5. Prepare to strum
- 6. In conflict with, with "of" 7. "Big ___ " (Notorious B.I.G. hit)
- 8. Fishing, perhaps
- 9. Mohandas Karamchand
- 10. Change back
- Hasenpfeffer, e.g
- 12. Game ender, perhaps 15. Sweat
- 20. Fine dinnerware
- 21. Eminent

- 24. Large-eyed lemur 25. Bring out
- 26. Article of faith
- 27. Lowe or Reiner
- 28. Arm bone 29. Popular mints
- 30. Caffe
- _ alcohol
- 33. Religious image (var.) 34. V-.
- 37. Elected
- 38. Displeased expression
- 39. Propel, in a way
- 44. Directed skyward
- 45. Upchucks 46. Lame joke
- 48. Ape
- 49. Bowel flusher
- 50. In things
- 51. Artificial bait
- 52. "Pumping_
- 53. Physics units
- 54. Computer info
- 55. Not bad 56. Craving
- 57. Make a dinner salad

5

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Last Week's Answers

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SUDOKU Medium

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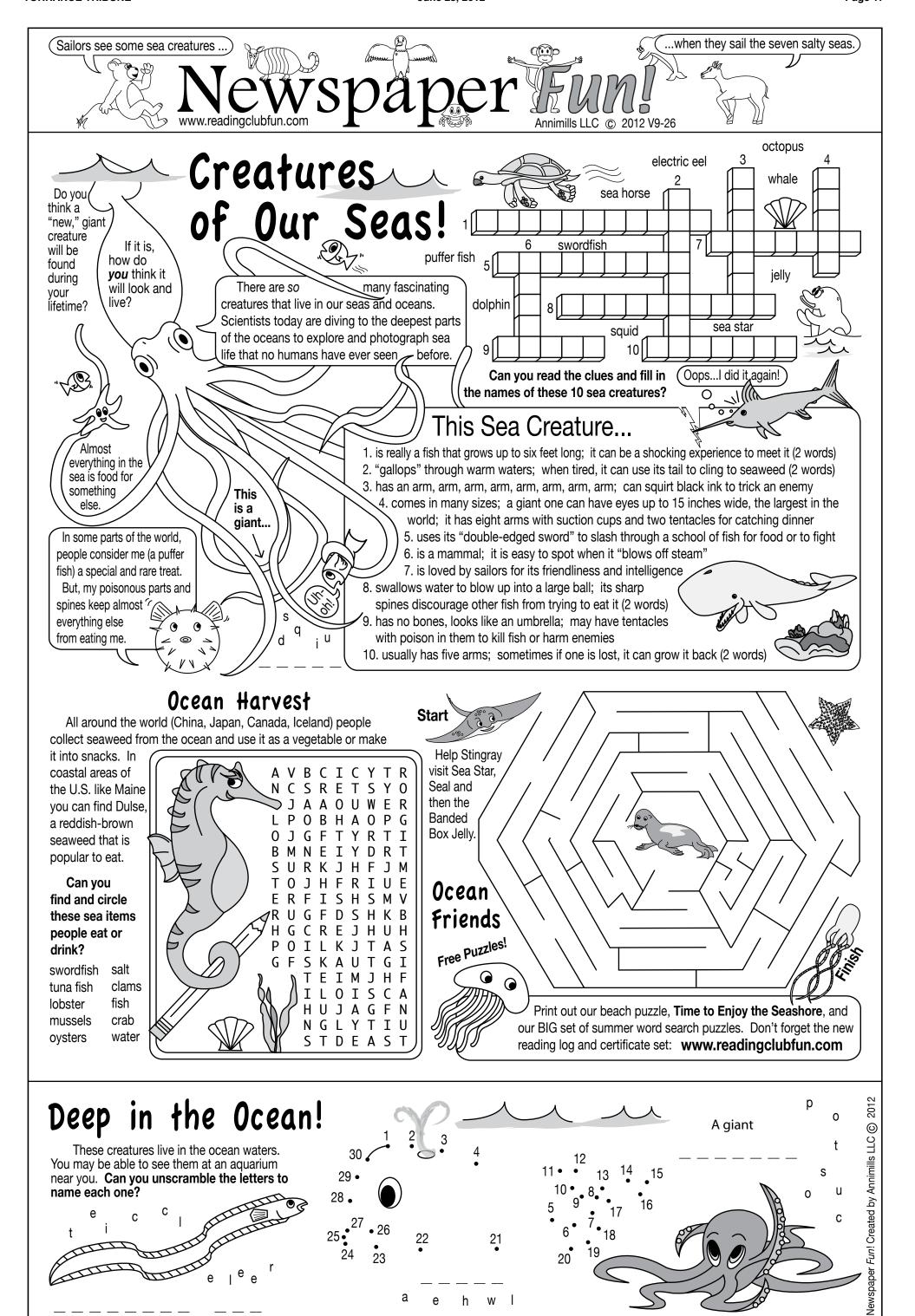
Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

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4 Lines	\$45	\$55	\$65	\$75
5 Lines*	\$50	\$60	\$70	\$80
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PETSPETSPETSPETS

Summer Tips for Pet Parents

By Dr. Greg Perrault

Summer is officially here and we love to spend the long days outdoors with our furry friends. It's also a time to be cautious, not only for yourself but also for your pet. I want to give you some tips on keeping your pet healthy during the hot weather this summer.

Watch out for Foxtails

Foxtails are simply fox-tail-like clusters of seeds on the stalks of certain types of grasses. The clusters have sharp points designed by nature to penetrate the soil once the cluster comes loose from the plant, enabling the seeds to take hold in the ground and grow roots. When they dry out they turn golden in color and resemble tiny wheat-like plants.

These seeds easily stick on your pet's fur and are surprisingly difficult to find because they tend to blend in with your pet's coat.

The most common places to find them on a dog are between the toes, in the ear, up the nose and sometimes in the eye.

In the cat we see them in the eye the most. Signs that your dog may have a foxtail in his nose include sudden sneezing, pawing at his nose and possible bleeding from the nostril. As the foxtail works its way deeper into your dog's sinuses, the dog's symptoms may decrease in severity. You may believe whatever was bothering him has gone away. In reality, the foxtail has become even more dangerously embedded and may cause severe infection.

A foxtail lodged in your dog's ear will cause him to paw at his ear and tilt or shake his head. You may not be able to see the foxtail since its shape makes it quickly travel deep in the ear canal and out of view.

Foxtails lodged in the eyes cause tearing, squinting, and mucous discharge. Your dog may paw at his eye, but you may not be able to see the foxtail if it has lodged beneath the dog's eyelid.

Your dog may even swallow a foxtail, causing him to gag, retch, cough, eat grass, stretch his neck and repeatedly swallow. If you suspect your dog has encountered a foxtail that has entered his body and shows any of these signs, be sure to take him to a veterinarian immediately if you can't remove the foxtail yourself. It's important to act quickly. Foxtails can cause serious and sometimes fatal infections.

Heat Stroke

Dogs cannot get rid of excess heat as easily as we can. A dog sitting in a warm car can succumb to overheating. Never leave your pet in a car unattended, even for a few minutes with the windows cracked open. This can be deadly. Dogs only sweat through their feet and panting is relatively inefficient to cool off. The signs of heat stroke in a dog may be vomiting, diarrhea, rapid breathing, their tongue may become bright red, they may be staggering when walking and their eyes may have a glassy appearance. Even if the temperature seems fine for you, your pet could be in danger of heat stroke. Always have plenty of water available and avoid strenuous activity during the warmest parts of the day.

Skin Cancer

Just like people, pets can get sunburn and skin cancer from exposure to the sun. Pets with light skin and thin coats are at the greatest risk. White cats are especially prone to sun damage and often get skin cancer of the ear tips and pink nose. Dogs with light skin, such as Dalmatians and Pit Bulls often get skin cancer on their bellies. I have several patients that have developed skin cancer, such as hemagiomas and hemangiosarcomas, from sunbathing. Try to avoid the direct sunrays by providing lots of shade and avoid the mid-day sun. There are several sunscreens available for pets. Cats will tend to groom the products off and they may not work as well. Follow the directions and never use zinc oxide on your pet. It will cause zinc toxicity if ingested.

Bee Stings

Bees and other stinging insects can cause serious problems this time of year. Curious pets are naturally drawn to the bugs and after a sting can have an anaphylactic reaction which can be fatal. After being injected with the insect's venom, pets may have vomiting or diarrhea, weakness and collapse. Owners sometimes mistake this for a seizure if they don't see the insect. The gums of the pet may be white or grey. Blood pressure drops dangerously low and death is common without aggressive emergency intervention. Bring your pet to your veterinarian immediately if you suspect he or she was stung by a bee.

Make sure you and your pet are safe and healthy and have a great summer.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach, CA.

Companions

perfect addition to any home.

Molly is perhaps the sweetest little girl ever and she would enjoy nothing more than to be the center of someone's world. She was rescued off death row along with her five babies. Tragically, four of her five kittens died from respiratory infections. Molly recovered from her cold, but the loss of her

kittens was devastating. Thus, Molly absolutely adores kittens! When not playing mom and keeping an eye on various motherless kittens, Molly spends her time seeking out people to snuggle with or other cats to hang out with. She is very social and affectionate with everyone. Also Molly loves to play, as she probably has spent most of her life as a mother and is just now getting the chance to really play as if she was a kitten.

shelter. This angel tends to get She would adore being adopted with a kitten or can go to any home with another kitty.

These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, de-wormed and current on their vaccinations. For additional information and think it gives her extra character to see our other kitties, please check our website and charm! This ebony goddess has at www.kittenrescue.org, or email us at mail@kitwhat many consider a "dog-like tenrescue.org. Your tax-deductible donations for personality." She craves attention the rescue and care of our cats and kittens can be more than anything in the world made through our website or by sending a check and will follow you everywhere. payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice a purr so sweet it almost tickles. Boulevard. Our website lists additional adoption sites and directions to each location.

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

Without Partners

Adopt a "pet without a partner" and give a homeless pet a second

her partner had Wendy already been hit by a car. She is very sweet, soft-spoken and loving. Wendy gets along with other dogs and is fine with cats, too! She is waiting to share her affections with you. Wendy is spayed, current on vaccinations, de-wormed, microchipped, and good with other dogs and

Sweet, beautiful Cora snuck into our alltry and adopt Cora from our all-dog rescue. patches of color and is truly stunning. She

is well-socialized, playful, silly and sweet. Cora is all ready for her forever home. Please don't let her be passed by this "kitten" season. Cora just turned one year old and wishes for a family of her own. Cora is at our facility all the time so she can be seen every





event from 11 a.m. to 3 p.m. or during Creative Pet Supply store hours Monday through Friday 10 a.m. to 6 p.m. She is current on her vaccinations, spayed, de-wormed and is FIV/FELV negative.

To learn more about these and other wonderful dogs, visit our website at www.animalsrule.org. If a dog is on

our website, it's available. Or come to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

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



Happiness is waiting around the corner when

you adopt a purr-fect

Charleze definitely

when she was saved Molly

drew the lucky number

from death row at the

partner.

overlooked because she is black and because of her unusual-looking eye. Most likely, as a kitten, Charleze got an eye infection that luckily healed up on its own. To Charleze, her eye is "normal" for her and doesn't let it bother her one bit. We Like a lithe black shadow, Charleze is always one step behind you. She loves to sleep under the blankets, burrowing under the sheets before settling down for the night with

chance in life. Wendy is a

pretty little girl with her white, wirehaired coat and apricot ears and saddle. She is about two years old and weighs 13 pounds. She was running near our rescue as a stray and sadly,

children over six years old.

dog rescue. This is no place for a cat in this dog-eat-dog world. Since cat rescues are so full these days, we wanted to do our part and Cora is a gorgeous girl, to say the least. She has a beautiful white coat with beautiful

weekend during our Saturday adoption

lappy Tails

Charleze gets along very well with

both cats and dogs, so she is the

Spencer Perfect for Forever Family

Spencer's adoption came with a double dose of blessings...a forever family and his new best friend Bella...

"I've wanted to send pictures of Spencer for awhile, and it is not that I don't have hundreds to share... It is just so hard to pick. He is so amazing--he is perfect for us. We love him so much that is hard to remember life without him. We have been

working with him off leash and he actually is very good at it. He loves our little Chihuahua Bella, and as you can see, they are great friends. He loves to hike and has met many horses and goats. At first he was not so sure about these animals, but now... He loves to run at the dog park. It is beautiful to see the joy on his face when he is running. I have recently started taking him to agility training and he seems to really love it. I have such a great time with him there. He is fast and fearless. Best of all, he is a sweet boy, gentle soul and quite a cuddle bug!" - Bianca.

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

Real Estate





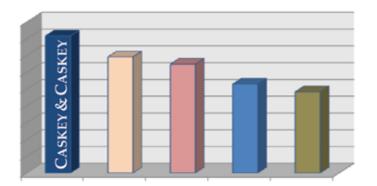
Manhattan Beach May Closed Stats

Sales data May 1, 2012 through May 31, 2012. Property types include single family homes, condos and townhomes as reported in the MLS.

Stats by Market Area	Sand Section	Trees	Hill Section	Village	Heights/ Liberty	Mira Costa
Closed Sales	18	11	3	5	4	10
Avg. Days On Market	97	58	41	30	81	73
Avg. Sold Price	\$2,274,618	\$1,482,090	\$2,166,667	\$1,018,200	\$1,185,725	\$1,505,790

Caskey & Caskey Note: The market is very active. We have completed 5 off market sales in May alone. Please call for a free no-obligation market analysis. (310) 200-1960

Caskey & Caskey #1 Manhattan Beach Listing Agent for Over 4 Years



Wanted: Beach Property

- MB Sand Section Walk Street to \$4,000,000
- **MB Sand Section** Lot up to \$3,000,000
- MB or HB Strand Home up to \$6,000,000
- **MB Sand Section** Townhome up to \$2,000,000
- **North HB Sand Section** 3 bed+ up to \$1,500,000
- **MB or North Hermosa** Strand up to \$10 million



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(310) 200-1960 Dave@CaskeyAndCaskey.com



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Open House Directory

4bd/3ba, Raffle & Prizes awarded \$1,299,000 • Sun 12-5 640 Lomita St., ES 310-999-1203 Deborah Naumovski Shorewood Realtors • Sun 2-4 1526 E. Elm Ave., ES 5bd/3ba \$1,049,000 Bill Ruane **RE/MAX Beach Cities Realty** 310-877-2374 • Sun 2-4 408 Washington St., ES 3bd/2ba \$789,900 Bill Ruane **RE/MAX Beach Cities Realty** 310-877-2374 941 Sheldon St., ES \$699,000 • Sun 2-4 3bd/2ba Bill Ruane **RE/MAX Beach Cities Realty** 310-877-2374 • Sun 2-4 8360 Naylor Ave., Westchester 2bd/1ba \$425,000 Bill Ruane **RE/MAX** Beach Cities Realty 310-877-2374 • Sun 2-4 **1042 W. 14th St., San Pedro** \$379,000 Bill Ruane RE/MAX Beach Cities Realty 310-877-2374 • Sun 2-4 \$239,000 8650 Gulana Ave., PDR 1bd/1ba

The summer night is like a perfection of thought. ~Wallace Stevens

Main Street Realty

Kirk Brown & Kirk Brown, Jr.





Avoid Mistakes Even Good Homeowners Make

(ARA) - Have you ever accidentally left a candle burning unattended? Or left home without turning on the security system? You probably made a mental note to yourself to not do it again, but otherwise didn't think much about it.

But next time, you might not get so lucky. A simple "uh oh" could lead to thousands of dollars in damage to your home.

"We recommend homeowners adopt a mindset of thinking about the consequences of things, of what could go wrong," says Dr. Tim Reinhold, senior vice president of research and chief engineer for the Insurance Institute for Business & Home Safety.

Here are five tips to avoid common homeowner mistakes:

Tip 1: Clean out the filter on your clothes dryer Why? Fire. Those wads of lint that get caught in your dryer's filter can pose a major fire hazard. The U.S. Consumer Product Safety Commission estimates that dryers cause more than 15,000 fires a year.

Your strategy: Be sure to completely empty the lint trap every time you use your dryer. Also, make sure your dryer ducts are metal, since they're less likely to sag and allow lint to build up.

Tip 2: Trim tree branches that hang close to your home

Why? Roof or other property damage. A storm or high winds could sweep through your neighborhood and knock those branches onto your roof, causing serious damage.

Your strategy: Consult an arborist or tree surgeon about any trees in your yard that might present a hazard.

Tip 3: Don't put cardboard boxes from recent big-ticket purchases out on the curb with the garbage

Why? Theft. By placing boxes in a visible location, you're sending a signal to burglars that you have valuable items in your home.

Your strategy: Cut boxes up and put them into the garbage or recycling bin.

Tip 4: Make your house look occupied when you're on vacation

Why? Theft. An empty home can be an easy target for thieves.

Your strategy. Have your mail and newspaper



deliveries suspended or have a trusted neighbor retrieve and safeguard them until your return. "Not only do piles of mail signal that a house is vacant, but thieves can sift through letters to steal your identity," says Joe Vahey, vice president at Erie Insurance. "You also may want to arrange for someone to maintain your lawn if you'll be gone for more than a few days, and consider installing central alarms, motion detectors, or timed lights that will illuminate the area around your house at night."

Tip 5. Check appliance water hoses

Why: Water damage. Hoses for washers and refrigerators wear out and need to be replaced before they spring a leak. The water supply line to the icemaker can also be a water leak waiting to happen.

Your strategy: Replace washing machine hoses every five years. If you see the plastic line along the back of the refrigerator becoming discolored (yellow or brown), have an appliance repair expert check it out.

Despite your best efforts to properly maintain and protect your home, accidents and mishaps still happen, which is why it's also important to know what your homeowners insurance does, and doesn't, cover. For example, no homeowners insurance will cover flood damage from natural disasters, so you may want to seek federal flood insurance if you live in an area prone to flooding. In addition, check to see if yours is a guaranteed replacement cost policy, which would pay to rebuild your home if it's severely damaged or destroyed. The coverage is rare, but some companies like Erie Insurance include it in their standard homeowners policies. For more information on homeowners insurance, visit www.erieinsurance. com/homeowners.

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2420 W. Carson St. #120 Torrance, CA 90501



2105 W. 187th St. Torrance

Just behind a beautifully manicured Japanese black pine tree lies a comfortable 3 bedroom, 2 bath single family home in the City of Torrance. Almost 1400 sf. Convenient serene cul de sac. Oversized fireplace in the living room. Spacious sunny kitchen and dining area feature lots of built-ins and generous cabinet space. Several dual paned windows. Master bedroom has attached 3/4 bath with newer vanity. Full bath was recently updated.

Grassy backyard has a covered patio.

Listed at \$439,000