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Weekend **Forecast**

TerriAnn7

Friday AM Clouds PM Sun 74°/65°





Cloudy 76°/67°



Sunday

Partly Cloudy 80°/68°



Hops for Health Helps Raise Cancer Awareness, Funds Free Programs



Hops for Health offered a fun-filled evening—with pub food, hole-in-one putting contest and a tour of the brewery. Proceeds benefit the free programs offered by the Cancer Support Community — Redondo Beach (CSC-RB). Seen here are from left to right: Torrance Police Chief John Neu, Clayton Kazan, Jon Walls, Kevin Kazan, and CSC-RB Sr. Vice President of the Board — Kyle Kazan enjoying refreshments and male bonding time. Photo courtesy of CSC-RB. Read more below.

Christmas Tree Sales Starting Date Moved to Day After Thanksgiving

By Dylan Little

Christmas will be coming to Torrance a little earlier this year. Well at least Christmas tree lots will be. On Tuesday night, the Torrance City Council approved an amendment to the City municipal code changing the date that Christmas tree lots can begin operations from December 1 to the day after Thanksgiving--which this year would be November 23.

The Council's staff report explained that the changes to the code were made to simultaneously maintain the "characteristic of the holiday season" while allowing vendors to start sales earlier. By moving the date Christmas tree lots can begin sales to November, the Community Development Department hopes to allow lots in Torrance to be more competitive with those in other cities. Additionally, Christmas tree sellers will benefit just from having a few extra days in which to make sales. Community Development Department representative Gregg Lodan said that the City has been receptive to the concerns of Christmas tree lot operators town who have been negatively impacted by the current code. "We understand their concerns," said Lodan. "If we stuck to this [the unamended code] this year, they would have one whole week less of sales time."

The Council voted in favor of the amendment. Councilmember Bill Sutherland voiced his support of the new code provisions, but was wary of moving the Christmas season earlier in the year than the day after Thanksgiving. "I realize the reason we're doing this is so business can make more money," said Sutherland. "I don't really have a problem with going to the day after Thanksgiving. I was in some stores today and they already had Christmas decorations up and I have a serious problem with that.

We can't control that, however. But the day after Thanksgiving when I was a child was traditionally the first day of the holidays. I'm all in favor of this, but I would never go before the first day of Thanksgiving."

Other South Bay cities have allowed Christmas tree sales before December 1. In a survey of neighboring cities conducted by the Community Development Department, only one other city

had a December 1 restriction like Torrance formerly had. Other cities allowed sales earlier, either by starting sales after Thanksgiving like Torrance is planning to do, or by having no code section regulating the start date.

Changing the starting date for Christmas tree lot sales is the only change to the City code. The amendment would have no effect

See Christmas, page 5

Cancer Awareness Annual Event More than Doubles in Size

By Cristian Vasquez

contest were all part of the Cancer Support Community-Redondo Beach's third annual Hops for Health fundraiser dedicated to raising awareness about prostate cancer. The event was hosted at the Red Car Brewery & Restaurant in Torrance for a second straight year and drew in more than 120 attendees who helped raise nearly \$10,000.

"We can't express our gratitude enough with how much they have helped--they opened their doors to us and have allowed us to take over their restaurant for a night," Public Relations Outreach Manager CSC-RB Theresa Plakos said. "It was very successful and we were extremely happy with the turnout. We had double the people that we had last year, so the event is definitely growing and we had a terrific time. The focus of it is to raise awareness for prostate cancer and it is something that people are becoming more aware of--and this event hits the core of that."

All of the proceeds will be go directly to

CSC-RB's support programs, which total Food, drinks, auctions and even a putting more than 100 free programs per month. CSC-RB helps cancer patients along with their families and loved ones to recover from both the physical and emotional effects of cancer through a wide range of free programs. These include support groups and educational programs designed to address the loss of control, hopelessness and social isolation that cancer patients and their families can often experience.

> "Since all of our programs are free, we really depend on fundraisers, grants and foundations which are getting smaller as time goes on, but we also rely a lot on individual donations, so fundraising events are really a big deal for us," Program Director and Licensed Clinical Social Worker CSC-RB Tom May said. "The 'Hops for Health' event evolved from the 'Girls Night Out' event which has been going on for the past 10 years every October. 'Girls Night Out' started out as a one-night event at the Comedy Magic Club. Then it evolved

See Cancer, page 11

PETSPETSPETSPETS

de-wormed, microchipped, good with other

Little Moni was abandoned by her owners

when they were evicted from their home.

They just up and moved, leaving this sweet

girl behind. Moni is currently fostered in

a home with pre-teen kids and is fine with

other dogs. At her foster home, she is doing

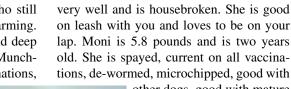
dogs, good with kids and cat-safe.

Pets Without Partners

Adopt a "pet without a partner" and give a homeless pet a second chance in life. Animals Rule will not have an adoption event this weekend. However, come to our special adoption event next weekend, October 6 and 7, at the Manhattan Beach Hometown Fair. We'll be waiting for you at Fire Station #1, 400 15th Street, Manhattan Beach.

Meet Munchkin. Sweet doesn't even begin to describe this little eight-pound guy. He is an exceptionally special boy. Munchkin was owner-surrendered to the shelter because sadly, she could not afford a dog anymore. We are hopefully going to find him a home where he can be the king of his own little castle. His personality and vibe are amazing! Munchkin is a very kind, even-tempered dog with the absolute best personality. He will go from person to person and spend time on each one' lap. It's like he knows

who he has spent time with and who still needs his attention. He is just so charming. With his expressive airplane ears and deep brown eyes, he will melt your heart. Munchkin is neutered, current on all vaccinations,



other dogs, good with mature kids and cat-safe.

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

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

Purrrfect Companions

Happiness is waiting around the corner when you adopt a purr-fect partner.

Abigale is the smallest of the three girls and also the most angelic. She can be rather unassuming, waiting patiently for her turn to cuddle with her foster mom. Abigale is gentle in everything she does, from playing to snuggling. Her dainty purr is a times nearly impossible to hear, but comes out strong when she's suckling on her mother. Her eyes are a unique shade of turquoise, shifting from green to blue throughout the day. Abigale is more white than Calico, making her distinctively different from her sisters and mother. She has adorable spots of Calico colors upon her silken white coat. Abby is as sweet as can be and adores other kitties from first glance. Because she is so young, Abigale must be adopted with another kitty or to a home with a young cat. She would love to be adopted with either of her sisters, or with her mother!

Douglas is a beautiful boy with all the qualities you are looking for. He is a very sweet and affectionate lap cat. His silky smooth black coat makes it all the more pleasurable to have him snuggle up as you pet him. Douglas is also a good listener who pays attention when you talk to him and comes when you call. Playful and loving, he will be your purr-fect companion. Douglas is very bonded to his Tabby sister Victoria and would love to bring her along if you have room in your heart and home for two.

check our website at www.kittenrescue.org, or email us at mail@kittenrescue.org. Your tax-deductible donations for the rescue and



Douglas

care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

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



Abigale

These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, de-wormed and current on their vaccinations. For additional information and to see our other kitties, please

Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location.

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



Moni

Happy Tails

Noble Scores a Great Family Plus a Vacation in La Jolla

What better way to end the summer than a great vacation with your new family? That's just what our little Noble scored! His fur-ever family sent this update to let us know how they are all doing...

"Noble is doing excellent--he adapted very quickly in his new home. He wasn't scared or reserved at all when arriving at our house and marched right in. He sniffed around the house and the front yard and I think he was quite pleased with the ambience and service of the staff. He's been eating very well also-we give him the amount you recommended and he finishes it in under a minute or so. He

had a small 'accident' on the kitchen floor the first night, but other than that he's doing great on the potty thing. We're extremely happy to have Noble in our family now and we look forward to years of joyfulness with him. Please extend my appreciation to Margie again for her excellent guidance. Her information proved very helpful in understanding Noble. Thanks! Oh yeah, he *loves* that tennis ball!" -- Stan and family.

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. •



<u>Calendar</u>

THURSDAY, SEPTEMBER 27

- Creative Spirit Book Group, 7 p.m., Southeast Library, 23115 Arlington Ave. For more information call (310) 530-5044.
- · Mychal's Monthly Seminar: Transitions, 6:30 p.m., Mychal's Learning Place, 4901 W. Rosecrans Ave., Hawthorne. Please RSVP to info@mychals.org or call (310) 297-9333.
- · "Restaurants for Roses" Fundraiser for 2013 City of Torrance Rose Parade float, 11 a.m.-9 p.m., Tony Roma's, 24301 Crenshaw Blvd. For more information call (310) 618-2930.

Friday, September 28

- Capitol Steps Armstrong Theatre, 8 p.m., 3330 Civic Center Drive. For more information call (310) 781-7171.
- Habitat Restoration/Community Service for Students, 8:45 a.m.- noon, Madrona Marsh Nature Center and Preserve, 3201 Plaza Del Amo. For more information call (310) 782-3989.

Saturday, September 29

- Musical Mornings (ages 1-5), 10:30 a.m., Katy Geissert Library, Community Meeting Room, 3301 Torrance Blvd. For more information call (310) 618-5964.
- Free Saturday Nights Summer Concerts: Flying Utensils, 6-9 p.m., The Courtyard, 1261 Cabrillo Ave. For more information call (310) 320-2332

• California Impressionism: Following The French Masters, 12:10 p.m.-1 p.m., George Nakano Theatre, 3330 Civic Center Drive. For more information call (310) 618-2326.

WEDNESDAY, OCTOBER 3

• Open Enrollment: Boots & Bows Square Dance Club Classes, 7-9:30 p.m., Torrance Womens Club, 1422 Engracia St. For more information call Rosemary at (310) 372-9263.

• The Torrance Rose Float Association "Restaurants for Roses" fundraiser, 11 a.m.-9 p.m., Gaetano's Restaurant, 2731 Pacific Coast Hwy. For more information call (310) 618-2930 for details.

Saturday, October 6

- The Attic Swap Meet, 8 a.m.-1 p.m., The Attic, 2320 W. Carson Street. For more information call Melissa Lynch at (310) 782-8828.
- Start Climbing Your Family Tree, 2 p.m., Katy Geissert Civic Center Library, Community Meeting Room, 3301 Torrance Blvd. For more information call (310) 618-

Tuesday, October 9

• City Council Meeting, 7-10 p.m., City Hall, Council Chamber, 3031 Torrance Blvd. For more information call the City Clerk at (310) 618-2870.

UPCOMING

• 38th Annual Bethune Recognition Luncheon, Oct. 20 from 11 a.m.-3 p.m., Double Tree Hotel Penthouse, 21333 South Hawthorne Blvd. For ticket information call Carlin at (310) 838-7107.

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

Twins Abby and Emma Kowalski's, First Day of school , Eagles Nest Pre school, El Segundo. Photo submitted by Jane Kowalski.

SMILE awhile





Three-year-old son, Benjamin Shertzer, walking to school for his first day of preschool at Eagles' Nest. The skies were gray and we felt a few raindrops so he insisted on carrying the umbrella! Photo submitted by Amy Shertzer.

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

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

South Bay BMW 18800 Hawthorne Blvd.

People

CONGRATULATIONS

Victoria Hulbert and Hae Ji Cho, both

Torrance residents, began studies at Emerson College in Boston, MA.

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Akai Swim School 24444 Hawthorne Blvd.

American Tire 22940 Hawthorne Blvd.

Arco 23510 Crenshaw Blvd.

Arico Hallmark 3856 Sepulveda Blvd.

Artesian Car Wash 17500 Prairie Ave. **Back in Action** Del Amo Medical Center

21320 Hawthorne Blvd., Suite 122

Benihana 21327 Hawthorne Blvd.

Billy's Deli & Cafe 5160 W. 190th St.

Bottle Shop 2087 Torrance Blvd.

Brookside Village 621 S. Prospect Blvd.

Buffalo Fire 1261 Cabrillo Ave.

Capricciosa Italian 24301 Crenshaw Blvd

Chamber Of Commerce 3400 Torrance Blvd.

Chase Bank 2549 P.C.H., Torrance

Chateau Liquor 4545 Sepulveda Blvd.

Chinese Shanghai Restaurant 2880 P.C.H., Torrance

Coffee Bean & Tea Leaf 21300B Hawthorne Blvd.

Coin-O-Matic Laundry 21172 Hawthorne Blvd. Coin-Op- Laundry Fluff & Fold 5123 Torrance Blvd.

Cookin' Stuff 22211 P.V. Blvd., Torrance

Cop-A-Tan 24231 Crenshaw Blvd. Cousin Vinny's Cafe 5150 W. 190th St.

New-Creative Cuts Int'l. 21217 Hawthorne Blvd.

Crest 1625 Cabrillo Ave.

Dee Hardison Gym 2400 Jefferson St.

Del Amo Car Wash 20505 Hawthorne Blvd.

Del Amo Professional Pharmacy 21320 Hawthorne Blvd.

Dino's Burgers 1975 Torrance Blvd.

Eddie's Barber Shop 2455 Sepulveda Blvd.

El Camino College MB Blvd. & Crenshaw

El Pollo Inka 23705 Hawthorne Blvd.

Enhanced Chiropractic 23823 Hawthorne Blvd.

Express Auto Service 20505 Hawthorne Blvd.

Frank's Liquor 1601 Cabrillo Ave.

Froots: Smoothies, Salads & Wraps 21219 Hawthorne Blvd.

Griffith Adult Center 2291 Washington Ave.

Hof's Hut 23635 Crenshaw Blvd.

Home Team Realty 23900 Hawthorne Blvd.

ISU – ERG Insurance Agency 3300 Sepulveda Blvd.

Japanese Restaurant 20920 Hawthorne Blvd.

Ken's Market 901 Inglewood Blvd.

L. A. Fitness 3550 W. Carson St #404

La Cocina 4438 W. 182nd St.

Lingley Chevron Extra Mile 23420 Crenshaw Blvd.

Little Company Of Mary Hospital 4101 Torrance Blvd.

Miyako Hybrid Hotel 21381 S. Western Ave.

Mercedes Benz 3233 P.C.H., Torrance

Mongolian BBQ 21006 Hawthorne Blvd.

Pacific Porsche 2900 P.C.H., Torrance

Power Infiniti 3035 P.C.H., Torrance Power Volvo 3030 P.C.H., Torrance

Ralphs , 5035 P.C.H., Torrance

Rascal's Teriyaki Grill 5111 Torrance Blvd.

RE-MAX Exec South Bay 23740 Hawthorne Blvd.

Seafood Town Resturant 22922 Hawthorne Blvd.

Shakey's Pizza 5105 Torrance Blvd., Torrance

Shoe Dog 25359 Crenshaw Blvd.

Snax - Wood Rack 4539 Sepulveda Blvd.

Hamilton Adult Center 2606 W. 182nd St.

Jack's Pizza 5007 P.C.H., Torrance

Levy Adult Center 3420 W. 229th Place

Little Company Of Mary Medical Cntr 4201 Torrance Blvd.

Marriott Courtyard 1925 190th St.

Palos Verdes Bowl 24600 Crenshaw Blvd.

Police Dept. 3604 Artesia Blvd.

Pregnancy Help Center 1311 Crenshaw Blvd., Suite A

Prudential Real Estate 23530 Hawthorne Blvd.

Ralphs 1413 Hawthorne Blvd.

Residence Inn 3701 Torrance Blvd.

Sea Shore Chinese 5137 Calle Mayor

Shorewood Realty 1009 Torrance Blvd.

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

South End Tennis 2800 Skypark Southeast Torrance 23115 Arlington Ave. Southwood Cleaners 22232 Palos Verdes Blvd. 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. 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 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



Dodgers Down in the Dumps

By Adam Serrao

The Dodgers may have the joker, but there is certainly no wild card in the hand that they've been dealt this year. On August 13, the Dodgers held sole possession of first place in the National League West. August 13 seems oh-so-far away now. In just over one month's time, the Dodgers have not only dropped out of first place, but also fallen to as many as 10 games back of the San Francisco Giants for the division lead. Not only that, but with two wild card spots available this year, it looks as if the star-laden lineup of the Dodgers will fail to even attain one of those. An offense full of big names that would tickle the fancy of any general manager in Major League Baseball, the Dodgers simply just can't get on the same page. Blame it on injuries, blame it on a lack of chemistry, blame it on whatever you want. With an ownership team that has tried anything and everything to put a winning product on the field this year, the Dodgers' recent performance is nothing short of one big joke.

It may have been a bad decision by Commissioner Bud Selig to institute the rule that allows two wild card teams in each league. Well, the American League is using its opportunity in the correct way--but until a recent hot streak by the St. Louis Cardinals, the Braves in the National League were the only other non-division-winner deserving to make the playoffs. The fact that the Dodgers have been playing as poorly as they have been yet still had a chance to make the playoffs says less about the talent on their team and more about the woeful play of the St. Louis Cardinals during the first part of September that allowed not only the Dodgers, but the Milwaukee Brewers and Philadelphia Phillies to stay in the race as well. As of this writing Tuesday evening, the Cards had righted their ship and pulled ahead of the Dodgers by four-and-a-half games with just eight to play.

"Obviously we could have really been in huge trouble," said manager Don Mattingly last week. "I think we've been lucky to be here right now." Lucky is right. Not to say that there isn't any talent on the Dodgers' roster. There certainly is. Go down the line: Adrian Gonzalez, Hanley Ramirez, Andre Ethier, Matt Kemp, Clayton Kershaw. The list goes on and on. But this year's Dodgers aren't the team that you see on paper. This year's Dodgers team has seemingly forgotten how to play the game of baseball.

The freefall that the Dodgers have been on lately has been going on so long that you would think Tom Petty was the head of the team--not Don Mattingly. A manager who has been deemed a "players' coach" by all of his confidants, Mattingly has consistently struggled to get all of his players on the same page since the trade. As a result, the team's spirit is gone. Their confidence is nonexistent. A team that previously found so many ways to pull out one-run victories at the beginning of the season has now taken it upon itself to find ways to lose at the end of the games. "I can't really explain to you what's going on," said Kemp, who has seemingly hit a wall. Oh, wait. On August 28, Kemp did hit the wall at Coors Field against the Colorado Rockies and was later taken out of the game. Like a superhero stripped of his powers, Kemp has struggled with the bat ever since. But the All-Star centerfielder for the Dodgers isn't the only one who has been rendered powerless lately.

Since the trade, Adrian Gonzalez has failed to reinitiate himself into the National League as his batting average continues to lag with more strikeouts than RBIs and little big hit potential since his first at-bat with the Dodgers when he homered. Obviously those days, or that day, has come and gone. After a 25-game dry spell, Gonzalez finally hit a couple of homers, but has still not become the player that the Dodgers thought they were getting in the trade with the Red Sox. Kemp and Gonzalez aren't the only ones not producing. There is basically no leadoff hitter in the lineup and the rest of the "big hitters" on the team are batting right around .250 as well. "In baseball, people go through some times where you don't hit," Kemp explained. "It just so happens that none of us are really hitting." If you can't hit the ball, you can't win the game and the Dodgers aren't just failing to hit the ball just sometimes--it has become all the time.

With the season winding down and coming to a close, the Dodgers were still technically in the hunt for the last playoff spot in the National League. After Tuesday night's one-run loss to

"Baseball is ninety percent mental and the other half is physical." ~ Yogi Berra

the Padres, the magic number to be eliminated from the postseason was any combination of four Dodger losses or Cardinal wins. But if the Dodgers find a way to win the rest of their games, who knows? They may just see the Braves in a one-game wild card in which case the Dodgers, behind Clayton Kershaw, would be seen as a pretty dangerous team. Stranger things have happened in baseball. But barring a miraculous winning streak to finish out the year, it certainly feels as if the remainder of this season is a lost cause. • DIT O U N I O N

Up and Adam

Warriors Keep Rolling Against South

By Adam Serrao

The West High Warriors seemingly can't lose and their offense just can't stop scoring. So when they invited the South High Spartans into town last Friday night, it figured to be a good, old-fashioned shootout. The Spartans are pretty potent themselves. South hasn't put up less than 28 points in a game this season. Coming off of a disappointing loss against Mira Costa two weeks ago, though, it remained to be seen whether the team would have what it takes to pick itself up from off the ground and compete with a high-powered offense like West High's for the second week in a row. The Spartans competed, but they were eventually overpowered by the Warriors in the second quarter in suffering the 49-20 loss at West last Friday night.

The Warriors are on some kind of streak. Finishing last year with two victories in a row after a relatively disappointing season gave the team all the momentum that it needed coming into this year. Now at 4-0, West has won six games in a row while outscoring its opponents 276-102. That means that the Warriors have been scoring 46 points a game during the streak. That being so, it was only a matter of time before the Warriors got their offense sparked in this one--and for the South High Spartans, that spelled danger. Once the Spartans got out of the first quarter, the score was 14-7 and they had to be feeling good about themselves thinking that they were able to stick around with the Warriors. Once the second quarter rolled around, however, West put up 33 unanswered points on the board to take a 47-7 lead going into the half.

Running back Barry Thomas was the one who started things off for the Warriors, scoring on a three-yard run in the first quarter. The Spartans were able to respond when running back Ian Van Natta bolted up the middle for a 68-yard touchdown of his own to tie the game 7-7. Tight end Matt Boesen caught a 48-yard touchdown from starting quarterback Joey Notch to respond for West High to close out the scoring for the first quarter. After that, it was all downhill for the Warriors. The Warriors and Thomas seemed to be running downhill as well, as he broke out a 13-yard scoring run to start things off in the second quarter. "They've got a great team," said opposing head coach Josh Waybright. "It's one of the best West teams I've seen in a long time." Notch, the starting quarterback for West, may be one of the biggest reasons for the Warriors' success this season. He threw for 279 yards and three touchdowns on 14 of 20 passes on the night. Thomas ran the ball 20 times for 191 yards

and four touchdowns.

Clearly, this offense has the makings of something powerful. "Our offense has been on a roll lately," Warriors' head coach Greg Holt said. "That's always good for our defense." Certainly, West's defense came up big in the game as well and cannot be overshadowed. Aside from the touchdown run that was allowed in the first quarter, the defense for West High didn't allow one point until late in the fourth when the game was already clearly out of reach. When asked about how he thought the defense was going, Boesen was relatively candid. "I think we still need to work a little bit on our run-stopping," he said. Well, since that was the only touchdown the Warriors allowed when the game really mattered, he's right. It can always be worked on, even when it's already strong. But Boesen finished the night with two sacks and a fumble recovery so for now, he can relax.

The Warriors will take their undefeated record on the road to visit the North High Saxons, who are ready and rested to take on West's high-powered offense after a bye this week. The Spartans, on the other hand, will attempt to end their two-game losing streak as they take on Palos Verdes Peninsula. Peninsula is 1-3 on the season.

TORRANCE HIGH

The Torrance Tartars were riding high when they opened the season with a 47-6 victory against Hawthorne. Since that win, however, the Tartars had lost two games in a row coming into their matchup with the Leuzinger Olympians. The main difference for the Tartars and head coach Rock Hollis has been in their running game. "We're going to run the ball all night," Hollis said. "And then we're going to run it some more." Clearly, when the Tartars can efficiently run the ball, they put up big numbers and eventually get the win. So, that's exactly what they did last Friday night at Leuzinger to attain the 26-7 victory.

The Tartars combined for 281 rushing yards on the night, including Bobby Wilson's 52-yard touchdown run on the opening play of the night for Torrance. Jonathan Heard provided a dual threat for Torrance's backfield as he had a 21-yard touchdown run of his own to put the Tartars ahead 13-0. Sam Hudson followed suit, scoring on a 12-yard rushing touchdown to put Torrance ahead 20-0 going into halftime. In the second half, it was more of the same for the Olympians, as turnovers spelled doom for their offense. The Tartars stuck behind Hollis' promise to pound the ball on the ground all night and took out

See Warriors, page 11



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Politically Speaking

Political Penguin

By Duane Plank

Some things in life are almost preordained, right? Matter of the same-old-same-old will occur. Again. Groundhog Day. Not a matter of if, but a matter of when. What is the best barometer to figure out future behavior? Past behavior. Guarantisado, my friends. In politics, in life.

Cryptic? Not really. With the dirt-bag loons out there running around sporting grenade launchers and other portable weapons of mass destruction in the countries that we are defending, protecting, occupying-- such as Libya--they are determined to wreak havoc on innocents. Not much of a shocker that some of our diplomats and servicemen and women continue to reenter the United States' ground space in flag-draped coffins.

Happier thoughts. Less than six weeks left to the general election, which will most probably allow the current POTUS to occupy his fancy Washington, D.C. digs for another four years. But there will be other issues on the ballot that you will be punching on Tuesday, November 6. And I do hope that you take time from your busy schedule that day, take a break from the texting, uploading, downloading and social media garbage, and actually vote.

And what would also be nice would be if you actually spent a few minutes looking at and studying the propositions and other statewide political races that will be taking place. I know... asking for a lot for you to pay attention to a once-every-four-year nationwide event.

Anyway, one of the Cali props that is kind of more important than the latest social media update is numero 30, which would tax us Californians more and more, all in the guise of trying to keep the Great Bankrupt State afloat.

And since I have probably mentioned, more than once, that we are sending our best and brightest and only Kid off to college, at the UC Santa Barbara, I am very interested in the way the Prop. 30 voting falls. Either way, it seems, more money will be extorted from the family bank account. Whether it be by the Sacramento-based tax and spenders, or the college admin folks, who seem to be able to just name their price, all in the guise of higher education.

The Cal State school system mouthpieces have already sent a salvo out, threatening to increase fees another five percent if Prop. 30 goes down in flames. And also eager to cash in, the UC folks, who were reportedly "brainstorming" over what to do if 30 tanks, threatened to impose a mid-year tuition increase of up to 20 percent.

Nice. No problem. Just write another check. How about some of these maybe overpaid and underworked admin folks and professors take a similar pay cut? I know it must be really taxing to teach a couple of courses a semester, in a somewhat catatonic state, and collect your bloated salary. But if it is "all about the students," how about a little give-back?

Course I am just blowing off a little steam-don't mean any harm. Actually am pretty darn sure that the collegiate educators and support staff earn their money, work very diligently. Just a little winsome today because we dropped the Kid off on Sunday at the Santa Barbara beachside dorms and he begins classes oh-sofar away from Mom and Dad today.

Guess I will get over it. Lots of parents have, right? •

One Man's Opinion

By Gerry Chong

In Judaism, September 16-18 is Rosh Hashanah, which is both the Jewish New Year and the day God opens the Book of Life and judges all on earth. He then decides who shall live and who shall die.

In light of the events now ongoing in the Middle East, how should God judge the following people?

Hillary Clinton: It was Hillary who established the Rules of Engagement, excluding U.S. Marines from defense of the embassy in Cairo and the consulate in Benghazi--instead assigning their defense to local mercenaries who were not allowed to carry live ammunition in their weapons. When the attacks commenced, they ran.

Susan Rice: The U.S. Ambassador to the UN claimed the attack that killed the American Ambassador in Libya was a spontaneous mob reaction to a rogue film and therefore could not have been anticipated. In contradiction, Fox News reported that there were no protests prior to the attack, and the Libyan President says the attack was not spontaneous, but premeditated and executed by foreigners (read: al Qaeda).

CNN reported that three days before the deadly attack, Jamal Mabrouk, a Libyan security official, and his brigade commander met with American diplomats and warned them about deteriorating security conditions in Benghazi. "The situation is frightening. It scares us," Mabrouk says he told the U.S. officials, but they did nothing.

The UK newspaper The Independent says the State Department had credible information 48 hours earlier that the attack was imminent, but it did not warn its diplomats to go on high

alert. Following the attack, papers from the consulate are reportedly missing, including the names of Libyans who are working with

The UK newspaper The Telegraph reported that 24 hours before the attack, Ayman al-Zawahiri mourned the death of Mohammad Hasan Qaed, an al Qaeda operative from Libya, and urged his followers to "puncture the arrogance of the evil empire, America. Zawahiri's urging appeared on a Jihadist website on Monday and the attack occurred on Tuesday.

Jay Carney: Presidential spokesman, parroting the sergeant in Hogan's Heroes said, "We knew nothing. The Administration now refuses to answer any further questions."

Barack Obama: The President had not attended any daily intelligence briefings since September 5, fully six days before the deadly attack. After the attack, he waited 15 hours to issue a statement, after which he blithely flew off to a political fundraiser in Las Vegas--skipping even that tragic day's intelligence briefing. ("Briefings? I don't need no steenkin' briefings!")

While the offensive video constituted a spark, Obama's gloating over the killing of bin Laden also sparked Muslim radicals. His DNC Convention slogan, "GM's alive and Osama's dead," was heard around the world and the rioters responded with the chorus, "Obama, Obama, we're all Osama."

In Judaism, Yom Kippur, the Day of Atonement, follows Rosh Hashanah. So after God opens the Book of Life and judges Clinton, Rice, Carney and Obama, can they atone for the consequences of their misdeeds? •

"We read books to find out who we are. What other people, real or imaginary, do and think and feel... is an essential guide to our understanding of what we ourselves are and may become."

~ Ursula K. Le Guin

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Christmas

on the end date for Christmas tree sales at these lots, which would still be required to wrap up operations by Christmas Day.

The Council also named September 25, 2012 as National Voter Registration Day in Torrance. The Council made this proclamation in order to encourage residents to register to vote and be active participants in the democratic process. City Clerk Sue

Herbers encouraged citizens, regardless of party affiliation, to register to vote and take

part in the upcoming November 6 election. "Today is a day for education and a time to change the conversation a little bit," said Herbers. "This is an opportunity to set aside our differences and to celebrate the right that unites us all as Americans." According to

See Christmas, page 11

from front page



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Police Brief

RESIDENTIAL BURGLARY ARREST DR# 120057505

On Sunday, September 23, 2012, at approximately 1 p.m., Torrance Police Department patrol officers arrested a lone suspect in connection with a series of recent residential burglaries that had been reported throughout the City of Torrance.

Patrol officers responded to a call of a possible burglary in progress at a residence in the area of Carson St and Crenshaw Blvd and after confirming that an attempted burglary had taken place, a male juvenile matching the description given to officers by the reporting person, was taken into custody without incident. The male juvenile was on foot and contacted a short distance away.

Property linking the male juvenile to the attempted burglary was discovered and recovered at the location. A search warrant was written and served at the juvenile's residence and additional property connecting him to numerous area burglaries, was discovered. Several stolen handguns, miscellaneous jewelry and collectables were located and recovered. This investigation is ongoing as Detectives attempt to link the suspect with additional recent burglaries that had occurred in The City of Torrance as well as neighboring cities.

This crime is being investigated under the command and direction of Captain Bernard Anderson of the Special Operations Bureau. Any person who has been a victim of a recent residential burglary in or around the City of Torrance is encouraged to contact Detectives at (310) 618-5570, in an attempt to potentially identify and recover their respective property.

Police Reports

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

SEPTEMBER 15

Burglary Residential: 1900 BLOCK 232ND ST Suspect(s) enters residence via unlocked exterior and interior garage doors,

ransacks and takes property/dishes, artwork, dolls, collectible cards.

Burglary Commercial: 5200 BLOCK PACIFIC COAST HWY Suspect(s) smashes glass door for entry, but glass remains intact/ no entry, no loss.

Vandalism: 20000 BLOCK REDBEAM AVE Suspect(s) smashes victim's vehicle's side mirror.

Auto Theft-All: 3400 BLOCK CARSON ST Stolen vehicle: '06 Chevrolet Silverado.
Auto Theft-All: 18500 BLOCK KINGSDALE AVE Stolen vehicle: '01 Nissan Pathfinder.

SEPTEMBER 14

Burglary-Auto: 20500 BLOCK ANZA AVE Suspect(s) enters vehicle by unknown means and takes property/GPS.

Burglary-Auto: 2200 BLOCK CRENSHAW BLVD Suspect(s) enters vehicle by unknown means and takes property from trunk/briefcase, cash, keys, flash drives, camera, purse. •



SOUTH BAY

What is Measure J?

In June 2012, the Metro Board of Directors authorized placing Measure J before voters in Los Angeles County. If approved, Measure J will extend for 30 additional years the existing one-half cent sales tax that was approved in 2008 and is currently set to expire in 2039 (Measure R). The additional funds will be used to secure bonds, which will allow Metro to accelerate construction of traffic relieving projects and advance the creation of 250,000 new local jobs. To view the expenditure plan and the full text of Measure J, please visit metro.net/measurej.

"Carmageddon II" Set For Sept. 29-30

Plan ahead, avoid the area, or eat, shop and play locally is the message from public safety officials for the second weekend closure of the I-405 Freeway in the Sepulveda Pass — between the I-10 and US-101 — scheduled for September 29-30. Contractors will demolish the remaining side of the Mulholland Bridge as part of the freeway improvements project. For latest updates visit metro.net/405.

ExpressLanes Coming – Get Your Transponder Now

More than 5,000 motorists have opened accounts to get through traffic faster on the I-110 Freeway when the Metro ExpressLanes open November 10. Join them now! These special lanes are available toll-free to eligible carpools, vanpools and motorcycles, and for a toll to solo drivers – all you need is a FasTrak® account and transponder. To get yours, visit metro.net/expresslanes.

Go Metro to USC Football Games

If you're heading to the Coliseum for USC football games this fall, Go Metro. We'll get you past the traffic and parking hassles, giving you more time to catch all the action and festivities. Exit at the Expo/Vermont or Expo Park/USC stations on the Metro Expo Line, or the 37th St/USC Station on the Metro Silver Line. Find out more at metro.net/usctroians.

Join In Rideshare Week Oct. 1-5

Make a pledge and carpool, vanpool or use public transit to get to work at least one day during Rideshare Week, October 1-5, and be eligible to win valuable prizes. The program is open to employers and employees alike. Visit metro.net/rideshare for details.



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

A Student's Perspective

On Generalizing People by Actions of Few

By Glen Abalayan, Torrance High School Student

The recent string of protests overseas in Egypt, Libya, Tunisia and Yemen show how the actions of one man can spark such terrible violence on the other side of the world. These ruthless attacks resulted in the death of Chris Stevens, an honorable and humble Californian and the US Ambassador to Libya, and three other Americans. The riots have caused the tensions between the United States and other Arab countries to increase and question the stability of the regions. But what shouldn't be done to counteract such wrongdoings is to generalize entire populations by the sudden actions of the few.

Recent news stories reporting the incidents depict protestors outside US embassies burning American flags and shouting profanities against the country. Meanwhile on the other side of the world, a few demented Americans are also using the violence as justification towards their dislike over those of Arab descent. Both of these reactions towards the same incident share similar attributes because of how they both believe that the acts of the few are also what everyone else in the population does. On one side are the protestors who believe that every American is against Islam while on the other end you have the few Americans who think that every person practicing Islam is a radical. Both of these views are sickeningly false and are detrimental to the images of both parties.

Another moment in which a mass panic against an entire population ensued occurred exactly 11 years before Tuesday's attacks. Such an incident occurred on September 11, 2001 and shared the same reactions as Tuesday's riots by how the actions of the few caused people to believe the false idea that every person practicing Islam was against the United States. This incorrect belief resulted into violent and hateful acts against Islamic places of worship and its members. Violence against innocent people should never be justified, regardless of their different race or beliefs. Overreactions against a general population over a single incident are common to America's history and dated back from the Salem Witch Trials to Executive Order 9066 and the Red Scare.

But what the media covering the events simply overlooked were pictures of peaceful Libyans paying their respects for the fallen ambassador. Their faces showed deep sorrow and held up signs saying "Sorry, people of America. This is not the behavior of our Islam and Prophet."

Some news reports have even forgotten about the fact that Libyans tried to resuscitate Ambassador Stevens' body and carry him to a hospital. With such examples of the other side of the protests, why had the news agencies not taken advantage of such an opportunity to debunk the harmful stereotypes surrounding people of Islamic descent?

Perhaps people should look to the actions of the fallen ambassador and how he treated others during his assignment in Libya. According to *CNN* and other news sources, Stevens was a benevolent man who did everything he could to help Libya. He chose to continue with his assignment regardless of what others may have said about the current state of the country and the people the ambassador sought to help.

In fact, in the days before his death, Stevens was scheduled to commemorate "an American Space," a plaza with new library along with new computers with Internet access.

What caused the fallen ambassador to be honored in such a high standard by world leaders was how he did not lose hope for those he gave hope to and how he did not listen to the false allegations tainting the reputations of those he helped. Ambassador Stevens not only embodies true American kindness, but also serves as the role model for future peacemakers.

Every crowd will always have a few bad apples. But in the words of author Michael Buckley, "You can't judge the many by the actions of the few." The great panics caused by any incident should never lead to an equally chaotic clash of finger pointing and mudslinging--especially when it results in an unkind generalization of an entire population. There will never be one term to describe a group because every member is unique and should never be characterized by one word or action. The dreadful actions of the few should never be used to generalize entire cultures and fuel the dislike over members of the group. •

Community Brief

PRESCRIPTION DRUG DROP OFF

On Saturday, September 29, 2012, from 10 am-2 pm, the Los Angeles Field Division of the Drug Enforcement Administration (DEA) will coordinate a nationwide one-day collaborative effort to remove potentially dangerous controlled substances from our nations' homes. The National Take-Back Initiative will provide those who have accumulated unwanted and unused prescription drugs a great opportunity to dispose of them safely.

This year, the Torrance Police Department and Ralphs Pharmacy are partnering with DEA to help support this initiative and increase awareness about the dangers of prescription drug abuse. Ralphs has registered as an official collection site. Turn in your unused or expired medication at this Ralphs location:

Ralphs Pharmacy

1770 Carson St. Torrance, CA. 90501 (310) 787-8861

Drop off area is along the east side of the building. Ralphs is asking that citizens enter for the front parking lot, drive around to the east side of the building for drop off and then continue around to the rear of the building to exit on to Abalone Ave. **No needles or syringes please.**

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TerriAnn in Torrance

I Love A Parade

By TerriAnn Ferren

Early Sunday morning I, along with legions of others, headed to downtown Torrance to be part of history and watch the hometown Centennial Parade and witness the Time

organized. Over 80 entries participated in the Centennial Parade.

Staging areas were set up all along the preparade route manned with City employees, volunteers and teachers from local schools. We laughed and I wished the boys fun on the parade route. Tara also has a three-year-old daughter, Ellie, who stayed home with her grandmother, Diane Solomon.

The Torrance Historical Society was well-

The Riviera Garden Club was ready for the parade to begin as Dina and Sam Wiley carried their banner. The First Lutheran Church was lined up and all smiles with Angelica and Jamey Walston carrying the



4 Rotary Clubs of Torrance.

Capsule Ceremony and Centennial Plaza Dedication at El Prado Park. Although I had made arrangements to park in a friend's driveway (who lives on El Prado), the street was blocked off by the time I made it to downtown, so I had to hunt for a spot somewhere else. It took a long time for me to

Everyone in the parade was assigned a number that indicated what order they would march around downtown. The parade was due to begin at noon on Post Avenue, head north to Sartori Avenue, then east to Marcelina Avenue to Cravens Avenue and then north on Cravens to finish at the newly constructed



City Volunteers Linda Cessna, Sheryl Ballew, Shant Megerdichian, and Scott Villalva.

represented and President Kurt Weideman and Sue Golden had the honor of holding the banner alongside a cardboard cut-out of City founder Jared Sydney Torrance. "This is the culmination of all year," announced Kurt.

Behind the Historical Society contingency was a huge group of young girls dressed alike

church banner.

Kirk Rossberg, owner of the Torrance Bakery, walked in the parade with a huge cake. It wasn't a "real" cake, but it represented the Centennial cake that would be cut after the dedication by Mayor Frank Scotto. "This is great. Lots of cupcakes at the end of this



Jeff Ruth and 2-year-old Sophia enjoying the parade.

find a parking space, but I finally lucked out and nestled my car at the corner of Amapola Avenue and Sonoma Street. It was only a few blocks walk to the staging area for the parade, but it was a hot day. It wasn't as hot as it had been earlier in the week, but hot enough to wear a hat and sunscreen. There were parade participants of every age and there was excitement in the air. Streets were closed as hundreds of people congregated in the middle of the parade route lining up by number. For such a huge undertaking, the entire parade preparation seemed very

El Prado Park.

Walking down the line-up, I spotted Cub Scout Pack 966 dressed in their blue uniforms. They seemed so excited to be part of the parade. Nine-year-old Ian Kelso told me that he has been in Scouts three years. Tara Wells, who has three boys in the troop, Caden, Brady and Nathan, added, "We have six- to 10-year-olds--so first grade through fifth grade--and that goes up to 11 [years] and we meet at Anza Elementary School." I asked Tara if she was the Cub Master and she said, "No, my husband is--Bryan Wells."



Cub Scout Pack 996.

in burgundy, black and white uniforms with *Panthers* written across the front. J. H. Hull Middle School, along with the other seven middle schools, seemed to all be represented by these enthusiastic young girls. Alicia Sheppard, and Victoria Mandel, age 10, were both thrilled about participating, and seventh grader Serenity Borges was celebrating her 12th birthday that day. Eleven-year-old Maile Gutierrez was beaming and as I left the *Panthers*, I could see the girls jumping up and down as they sang *Happy Birthday* to Serenity. All that energy!

parade too," said Kirk.

Then I spotted Victoria Ghuham, age 14, from the West High School Drill Team and she was very excited about the parade. Right before the group began moving around the corner, the drill captain and two co-captains hurriedly approached the other girls on the team and touched their hanging Indian beads and began mumbling. I asked one young drill team member, Sydney Weinberg. what they were doing and she explained that the leaders were touching each colored bead **See TerriAnn, page 10**



Assistant City Manager Mary Giordano and Captain Mark Matsuda.



Mayor Frank Scotto cutting the cake. Photos by TerriAnn Ferren.



Now it's been hot outside lately. But the September winds are just around the corner. One of the things my mentor taught me was that a bowl of soup in your restaurant had to be great. Not good but great! Why? Because the weary traveler in the hotel found comfort in a simple bowl of soup.

So even after 41 years in the restaurant world I still make the soup of the day at the Depot. My routine is to come in at 7:30 a.m. and get my big soup pot nice and hot, then decide what to make. I look in the vegetable refer and check the meats and seafood for inspiration. Then start whipping up a pot of comfort.

Every September I even teach a cooking class about soups. This is one of them from this year's class...

The Chef

Roasted Jalapeno and Cilantro Corn Chowder



Makes 2 quarts

Ingredients

1/2 cup chopped onions small dice

2 cups of corn cut fresh off the cob

2 to 3 jalapenos seeded and chopped fine ¹/₄ vegetable oil

4 cups diced potatoes 1/4 inch

2 cups chicken broth

2 cups heavy cream

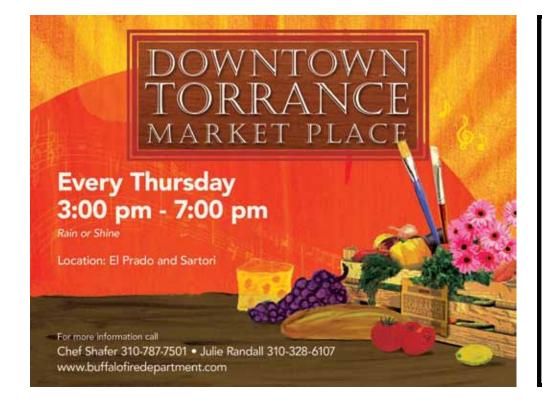
Salt and pepper to taste

½ cup chopped cilantro

In a 4-quart sauce pan sauté the onions in the vegetable oil for 2 minutes or until light brown. Add the jalapenos and potatoes and sauté for 2 more min. add the cream and stock and cook on medium heat till potatoes are soft. Add the corn, salt and pepper simmer 3 to 4 more minutes and serve with the cilantro on the side.

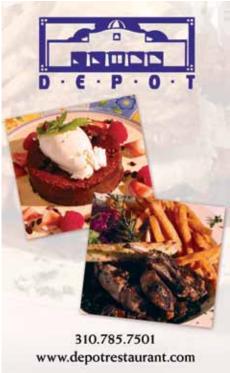
Live well love much laugh often!

Chef Shafer is the chef and owner of The Depot and Buffalo Fire Department restaurants in Torrance. He may be contacted by visiting www.depotreastaurant.com











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TerriAnn from page 7

hanging from the headpieces while saying the color of the bead at the same time: "Yellow, yellow, yellow, brown, white, brown, yellow, yellow... it is a tradition with the drill team," said Sydney. Very interesting...

Directly in front of the drill team, two flute players, Caitlyn Lee and Jinha Kim, both 14 Giordano agreed that so many people were participating and said, "That is what I love about downtown Torrance." A smiling Captain Mark Matsuda added, "Absolutely [enjoying the parade] having a wonderful time, good to be here, good to see all the nice people out here from Torrance."



Olde Torrancians.

years old, posed for a picture. Both young ladies told me they had been playing their instruments since the fourth and sixth grade respectively and the band was going to play *Glorious Victory* as they marched down the streets of Old Torrance.

Homeowners' associations, the four Torrance Rotary clubs, the North High School Saxons and all the other Torrance elementary,



Victoria Ghulam, Age 14, West High School Drill.

middle and high schools, the YMCA and a myriad of other entries participated in the parade. All the bands played exceedingly well and the over 80 entries all seemed to love being part of history as they made their way around the streets of Old Torrance to the newly constructed El Prado Park.

This very special parade had the feeling of a small town. Where else can you stand at the beginning of the parade with the participants getting ready to begin and turn to look the other way and see the beginning entries finishing up at the end of the parade? Yes, we are the biggest small town in America. How exciting to have so many schools, clubs, organizations, citizens and officials participating that they fill the streets! Assistant City Manager Mary

The heat wasn't so intense that it was hard on the parade walkers and it was difficult to find anyone who wasn't smiling. It was as if happiness rays fell upon the citizens of Torrance and good neighbor camaraderie was evident everywhere. I saw young Chloe Silverstein, age three, eating a chocolate ice cream cone that was beginning to drip and it looked so delicious and cool. Her sister Abby, age one, and her mom Jenny Silverstein were eating ice cream too.

Jason Burton, whose daughter was in the parade, was enjoying all the sights and sounds and told me, "My daughter goes to South High School and is in the marching band. She is super excited and we are excited to see her. We absolutely love Torrance. We've lived in a lot of cities. My wife and I are from Hollywood and we have lived around in different areas and we came to Torrance for the school district and we've never been happier anywhere we've ever lived. We love Torrance."

Some residents arrived with their folding chairs and had staked out their viewing positions for the parade early. Shannon Pischel, Lily Smith, age nine, and Sharon Christian came early to the parade. Shannon said, "We got here probably at 11 a.m. and we have lived in Torrance all our lives. We just wanted to come with my mother and we wanted to celebrate the hundredth anniversary." Next to Shannon was a waving Sophia Ruth, age two-and-a-half, with her daddy Jeff Ruth. "My aunt is a longtime resident, I am a longtime resident and my uncle is actually on City Council," said Jeff.

Councilmember Bill Sutherland commented, "I think today has been a heck of a lot of fun and a lot of work, but there are people from homeowners' groups to youth bands. Eightysix or 87 [entries] of all sorts of groups. It is fun and it is a community thing. Councilman



Torrance Theatre Company. Photos by TerriAnn Ferren.

Brewer is here and we both marched in two organizations. Now we are at the end." The parade ended with P.J. Hayden, who was rolling a trashcan a la Charlie Chaplin.

As the parade ended, people began gathering to wait for the dedication of the Centennial Plaza and the Time Capsule Ceremony. *DJ*

the historic event and said, "...Today I am honored to share this historic ceremony--a testament to our strong community...It is because of all of you that we can make dreams come to fruition."

Scotto went on to address the crowd, "By citizens engaging in helping others and



Panthers.

Ozzie, professional disc jockey, kept the festive mood going with energetic music. "I love it," DJ Ozzie said as he put on *Sweet Caroline* by Neil Diamond. "It is an honor for me to be here and play music, make some announcements and see history in the making. It is awesome and I am looking forward to the Birthday Bash, which is going to be October 28.

reaching out and being volunteers in our community is what makes Torrance the great place that it is. It is because of the residents, the business community and the City staff the Centennial Plaza was made possible--a plaza that symbolizes a great and balanced city that we all share in the community. So today, we dedicate this place to all of you. May this plaza be a symbol of our citizens



Torrance Historical Society and Museum.

Then I asked our City Clerk Sue Herbers how she felt about this special day and she said, "I am so glad to see it happen as part of the Centennial Committee--they worked really hard to get this all done. It's really neat to see it. I have bricks that I bought for all of the City Clerks from Al Bartlett through me--so all the years from 1921 to now. So there are two bricks that go together, so that is very exciting."

Mayor Scotto shared, "I am so pleased that so many Torrance residents have come out today. Actually, it is nice and cool today compared with the weather we have been having and we have quite a few participants in the parade and we are extremely pleased because we have a lot of the community. This is something we have wanted to do for years—to have a real community parade—and celebrating the Centennial in this parade is significant and I am so fortunate to be the Mayor in the year we are doing this."

Councilmember Sue Rhilinger added, "I am just very thankful that we had the fog early this morning, so it kept the temperatures down. I think it is helping now. We had a number of people who were walking in the parade still willing to stay around to watch the end of the parade, so it is very good. We had a good turnout. I wish we had more people turn out to watch it—they don't know what they are missing. And it shows it's the people that make Torrance."

The Centennial Program began with the flag salute led by Torrance City Manager LeRoy Jackson. Rhilinger welcomed everyone to that make up Torrance--our balanced city. October 28 is going to be our Birthday Bash and I expect all of you to be there. We're going to have a lot of fun that day."

After wrapping up the ceremony with the unveiling of the Time Capsule and the cake cutting, everyone was able to enjoy the party as 1,500 cupcakes were handed out provided by Torrance Bakery.

What a memorable and special day! A day to hold in our hearts when the City of Torrance came together to celebrate. The jewel by the sea celebrating 100 years, Torrance truly reflects what community is all about.

Mark your calendars for October 28 at Wilson Park 10 a.m. to 5 p.m. for the Birthday Bash and access www.TorranceCentennial. Org for more information. •



P.J. Hayden at the end of the parade.

Cancer

into two nights and then three nights and it has been three nights for the past six or seven years. The women would brag about how much money they raised and about how great it is, so we wanted to create something for the men."

The partnership between Red Car Brewery and CSC-RB has been able to successfully raise awareness about prostate cancer by providing a comfortable atmosphere where men can ask questions about their health. "I am getting close to 50 myself and I know that it is a milestone for men as far as taking personal responsibility for your health," Owner of Red Car Brewery Bob Brandt said. "I think that a lot of men don't want to talk about a lot of issues relating to cancer because it is a sensitive topic and unfortunately for many men and if you don't talk to a doctor about it, then maybe it just won't happen to you."

Featured speakers at the event were CSC-RB Board members Daniel Hovenstine, M.D. and Wade Nishimoto, M.D., who provided an entertaining-type trivia quiz to test guests' knowledge on prostate cancer and awarded those who answered correctly with prizes packaged in surgical gloves. "It was a good camaraderie for men to realize that we don't have to be afraid when talking about our prostate or our testicles," May said. "To me it was very heartening because I often hear from people in our groups that men will not come out to groups or that men will not get involved--and that was not the case. Guys might be difficult to pin down and get them to commit and convince them that this would be a good event, but it turned out quite well."

Laurie Latham Brandt, owner of the Red Car Brewery & Restaurant and wife of Bob Brandt, has been working with CSC-RB for about 11 years and with Hops for Health for three years. Laurie Brandt's friend is a four-time cancer survivor and that was how the former was introduced to CSC-RB. She has since been a strong supporter of the organization ever since.

"We have a lot of loyal customers and it was great to see their people and their supporters come out for this event," Laurie Brandt said. "Especially in this type of economy, you would think people would not want to really get involved or do anything that requires spending more money, but a lot of people see that it was worthwhile. 'Girls Night Out' is such a well-attended event and it has grown exponentially as well. It was fun to see that everyone is on board now and I think it is going to grow even more."

The evening's success also serves to raise

from front page

the profile of CSC-RB and ongoing efforts to provide various forms of support for those affected by cancer throughout the South Bay community. "It is important for people to know that there is a community out there that offers support when they need it. Sometimes they can't get all of the support that they need from their doctors because doctors are so busy treating patients that they sometimes do not have the time to meet the emotional needs that people that are going through cancer have," Plakos said. "That is where we come in. We provide so many different resources for people. Having people here that have gone through the same thing allows people to talk to others about different treatments and resources. We also have exercise programs that can help cancer survivors recover from their treatment as well."

Laurie Brandt concluded, "We will probably get together in January and start planning again. We will be getting together in a few weeks to see what we can change to make the event more enjoyable. We have received very positive reviews, but there are some things that we can hopefully improve. The beer tours were definitely very popular, so I think my husband definitely piqued a lot of people's interest with brewing beer." •

from page 5

Herbers explained that as long as the

Warriors from page 4

the clock in the second half for the eventual victory. Wilson was the top performer in the game, rushing for 139 yards and a touchdown to help the Tartars to a 2-2 record. The Olympians are now 0-4 on the season. The Tartars will face a slightly bigger challenge next week when they take on the Inglewood Sentinels at Torrance High.

NORTH HIGH

Bye Week •



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the proclamation, read by Councilmember they missed a registration deadline or did not know how to register to vote.

Tom Brewer, six million Americans did not vote in the last presidential election because

Christmas

This year, the deadline to submit a voter

registration card is October 22 at midnight. See Christmas, page 13

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Seniors

Getting Answers to Your Medicare Questions

By David Sayen

Health insurance isn't the easiest thing to understand. But if you have Medicare, there's a variety of help resources you can turn to.

One is Medicare's toll-free help line, 1-800-MEDICARE (1-800-633-4227). Trained representatives are available 24 hours a day, every day of the year to answer your questions about your Medicare coverage.

All people with Medicare receive a copy of the "Medicare & You" handbook in the mail each fall. This booklet has a wide range of information about what Medicare covers and what it costs. It includes details about Original Medicare as well as privately-run Medicare health and prescription drug plans that you can join.

Another useful resource is Medicare's consumer-friendly website, at www.Medicare. gov. Among other things, the website has tools that let you compare Medicare health and drug plans. (You can also look for local hospitals, skilled nursing homes, home health agencies, and dialysis centers that best fit your needs.)

Yet another terrific way to get your questions answered is to make an appointment with your

local Health Insurance Counseling and Advocacy Program, or HICAP.

HICAP provides free, personalized counseling to people with Medicare. You can speak with a trained HICAP counselor over the phone or in person. The counselor will give you accurate, unbiased advice about your Medicare benefits and how to get the most out of them.

HICAP counselors can help you with questions about Original Medicare, Medicare Advantage plans, Medicare supplement (Medigap) policies, Medicare Part D prescription drug plans, Medicare Savings Programs, and long-term care insurance.

Got a problem with a medical bill? HICAP can help you deal with it. HICAP counselors are volunteers and they're often enrolled in Medicare themselves, so they know the issues. They can help you understand your Medicare rights, file a complaint if you feel you got inadequate care from a hospital or other healthcare provider, or file an appeal if your Medicare health or drug plan denied you a service.



With Medicare open enrollment season coming up (it runs from Oct. 15 to Dec. 7), you may be thinking about joining a Medicare health or drug plan, or switching from one plan to another. HICAP can help you choose a plan that best meets your needs in terms of cost, coverage, and convenience. A counselor can sit down with you

and help you compare various plans until you find the right one. They also can help you enroll in that plan.

Let's say you take multiple prescription medications. A HICAP counselor can enter all your drugs into Medicare's Plan Finder tool (available through www.Medicare.gov) and search for plans that cover your drugs. The counselor will then help you compare plans based on monthly premiums, co-pays, and any restrictions that may apply.

If you have a low income, the counselor can help you apply for the "Extra Help" program, which helps pay your costs in a Medicare drug plan.

You can reach the HICAP office nearest

you by calling this toll-free number: 800-434-0222.

HICAP isn't affiliated with any insurance company and won't try to sell you insurance. (Funded through federal grants, the program is operated by the California Department of Aging.) Your name will never be passed along for commercial purposes and your personal health information will be kept strictly confidential.

HICAP's only goal is to help you get the best possible health care under your Medicare coverage.

David Sayen is Medicare's regional administrator for Arizona, California, Hawaii, and Nevada. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

"Obstacles are put in our way to see if we really want to reach our goals or if we just thought we did."

~ Alyssa Farmer

<u>Looking Up</u>

World's Most Powerful Digital Camera Opens Eye, Records First Images in Hunt for Dark Energy

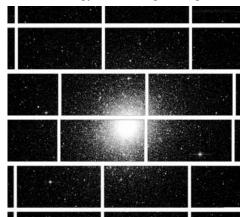
By Bob Eklund

Eight billion years ago, rays of light from distant galaxies began their long journey to Earth. That ancient starlight has now found its way to a mountaintop in Chile where the newly constructed Dark Energy Camera, the most powerful sky-mapping machine ever created, has captured and recorded it for the first time.

That light may hold within it the answer to one of the biggest mysteries in physics—why the expansion of the universe is speeding up.

Scientists in the international Dark Energy Survey collaboration announced last week that the Dark Energy Camera, the product of eight years of planning and construction by scientists, engineers and technicians on three continents, has achieved first light. The first pictures of the southern sky were taken by the 570-megapixel camera on September 12.

"The achievement of first light through the Dark Energy Camera begins a significant



Zoomed-in image from the Dark Energy Camera of the center of the globular star cluster 47 Tucanae, which lies about 17,000 light years from Earth. Credit: Dark Energy Survey Collaboration.

new era in our exploration of the Cosmic Frontier," said James Siegrist, DOE associate director of science for high-energy physics. "The results of this survey will bring us closer to understanding the mystery of dark energy and what it means for the universe."

The Dark Energy Camera was constructed at the U.S. Department of Energy's (DOE) Fermi National Accelerator Laboratory in Batavia, Illinois and mounted on the Victor M. Blanco telescope at the National Science Foundation's Cerro Tololo Inter-American Observatory in Chile, which is the southern branch of the U.S. National Optical Astronomy Observatory (NOAO). With this device, roughly the size of a phone booth, astronomers and physicists

will probe the mystery of dark energy, the force they believe is causing the universe to expand faster and faster.

The Dark Energy Camera is the most powerful survey instrument of its kind, able to see light from over 100,000 galaxies up to eight billion light-years away in each snapshot. The camera's array of 62 charged-coupled devices has an unprecedented sensitivity to very red light—a feature important in this survey because the light from distant galaxies is strongly shifted to the red side of the spectrum. Along with the Blanco telescope's large light-gathering mirror (which spans 13 feet across), the new camera will allow scientists from around the world to pursue investigations ranging from studies of asteroids in our own solar system to the understanding of the origins and the fate of the universe.

Scientists in the Dark Energy Survey collaboration will use the new camera to carry out the largest galaxy survey ever undertaken and will use that data to carry out four probes of dark energy, studying galaxy clusters, supernovae, the large-scale clumping of galaxies and weak gravitational lensing. This will be the first time all four of these methods will be possible in a single experiment.

The Dark Energy Survey is expected to begin in December, after the camera is fully tested, and will take advantage of the excellent atmospheric conditions in the Chilean Andes to deliver pictures with the sharpest resolution seen in such a wide-field astronomy survey. In just its first few nights of testing, the camera has already delivered images with excellent and nearly uniform spatial resolution.

Over five years, the survey will create detailed color images of one-eighth of the sky, or 5,000 square degrees, to discover and measure 300 million galaxies, 100,000 galaxy clusters and 4,000 supernovae.

The Dark Energy Survey (DES) is supported by funding from the U.S. Department of Energy; the National Science Foundation; funding agencies in the United Kingdom, Spain, Brazil, Germany and Switzerland; and the participating DES institutions.

Photos and background information: http://www.fnal.gov/pub/presspass/press_releases/DES-DECam-201209-images.html http://www.noao.edu/news/2012/pr1204.php https://www.darkenergysurvey.org •

<u>Finance</u>

When Seniors Need Financial Assistance

By Jason Alderman

When the last national census was taken in 2010, 48 percent of the population was classified as poor or low-income (earning less than 200 percent of the poverty level). Anyone who's ever tried to live on a low income knows how difficult it can be to make ends meet when cost increases for essentials like

healthcare, housing, food and energy outpace their earnings. This can be especially challenging for seniors living on a fixed income.

The good news is there are literally thousands of federal, state and private assistance programs designed to help seniors and others cover their basic needs. Your challenge might be finding ones for which you're eligible. Here are a few suggestions:

The nonprofit National Council on Aging offers BenefitsCheckUp (www. benefitscheckup.org), a free, confidential web-based service that helps seniors and their caregivers find financial assistance for healthcare, housing, food, utilities, in-home services and much more. After answering several questions, you're issued a personalized report describing programs and services for which you may be eligible, including links to their websites and applications.

Several government-sponsored programs help people with limited income and resources pay for medical coverage, including Medicaid and Medicare. For a good round-up of these programs, go to www.medicare.gov and click on "Get Financial Help."

Most pharmaceutical companies offer patient assistance programs (PAPs) that provide uninsured and low-income people access to prescription drugs they couldn't otherwise afford. Ask your doctor, pharmacist or health clinic for details. Other good resources include: Medicare's alphabetical list of drugs available through PAPs (www.medicare.gov/pap/index.asp); Partnership for Prescription Assistance (www.pparx.org); RxAssist (www.rxassist.org); and NeedyMeds (www.needymeds.com).

In addition, as a result of the Affordable Care Act, Medicare Part D participants who reach the so-called doughnut hole coverage gap now receive a 50 percent discount on brand-name prescription drugs and a 14 percent discount



on generics. (These discounts will gradually increase until 2020 when the doughnut hole will disappear altogether.)

The IRS tax code includes several benefits that target seniors (and often, other lower-income taxpayers), including:

A higher standard deduction amount for most people who don't mize deductions if they and/or their spouse

itemize deductions if they and/or their spouse are over 65 or blind.

An additional tax credit for lower-income people who are over 65 or disabled and file a 1040 or 1040A tax form. (For full details and eligibility, see IRS Publication 524 at www.irs.gov.)

Free tax return preparation assistance and counseling from IRS-trained volunteers is available to people over age 60, as well as low-to-moderate income folks and military families.

IRS Publication 554 provides comprehensive help for seniors to prepare their tax returns.

Many government-sponsored benefits, grants and financial aid programs exist to help seniors, low-income families and others pay their bills, including:

LIHEAP (Low-Income Home Energy Assistance Program) provides grants to help pay utility bills. To see if you qualify, go to www.acf.hhs.gov/programs/ocs/liheap.

SNAP (Supplemental Nutrition Assistance Program) helps millions of lower-income Americans buy nutritious food each month. Visit www.fns.usda.gov/snap for qualification requirements.

Rental assistance for low-income families is available from several U.S. Department of Housing and Urban Development programs as well as other state and local agencies (see www.hud.gov/renting/index.cfm for details).

Go to www.usa.gov/Citizen/Topics/Benefits. shtml for a comprehensive overview of additional aid programs.

And of course, don't forget to ask about senior discounts whenever you shop, travel or buy insurance – 10 percent here and there can really add up.

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

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. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

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ESTATE SALE

6369 W. 78th St. Westchester. Sat. 9/29 & Sun. 9/30, 8 am - ?. Huge Sale! Something for everyone.

ESTATE SALE

710 Bayonne St. ES. Sat., 9/29, 7 am. to 12 pm. Fundraiser for El Segundo Cheer! No Early Birds Please. Furniture, household goods, clothing, to much to list! Everything must go!

GARAGE SALE

307 Main St. Apt.8 (upstairs), ES. Fri. 9/28 and Sat. 9/29, from 9am. to 4pm. Moving Sale, Shabby Chic, Everything must go! (310) 335-0011. 650 West Acacia Ave. ES. Sat., 9/29, 8:00 am. to 2:00 pm. Futon Convertible bed, kid's bike, toys, & some furniture.

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ROOM FOR RENT

Furnished. Non-smoker. Great for commuter. \$600/mo. All utilities paid. Call Barbara (310) 242-3758.

Christmas

from page 11

application is postmarked by midnight, the Los Angeles County Registrar will approve it. Voter registration forms are available at the City Clerk's office and any of the local libraries, as well as online at www.lavote.net. Also, prospective voters can apply online at www.lavote.net without having to mail in a registration form. To take advantage of this method, these voters will need to provide a California driver's license or identification card number, the last four digits of their Social Security number and their date of birth. The driver's license/identification card information is needed to retrieve a copy of the voter's DMV signature to digitally sign the documents.

Herbers provided some other information about the voting process this year. She noted that if voters have moved, changed their name or want to change party affiliation, they will have to re-register with the same methods and deadlines being applicable. She also mentioned that sample ballots will begin rolling out starting September 27 and should be all mailed out by October 16. In addition to information about ballot measures and candidates, the sample ballots contain information on voting by mail on either a temporary or permanent basis, which may help some voters who might be to busy to vote on November 6.

Herbers reminded the audience that registering to vote and finding a way to get to the polls (or mail your ballot in) is a simple but important task for every eligible American. "It's easy--it's real easy to do, so I encourage everyone to do it," said Herbers. •

LASSIFIED AD FORM

The deadline for Classified Ad copy and payment is at *Noon on Tuesday*. We reserve the right to reject, edit, and determine proper classification of classified ads. E-mail ad copy to: classifieds@heraldpublications.com. Include Visa or M/C number along with billing address and phone number. You may also pay by cash or check.

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WEEKLY CROSSWORD See Answers Next Week Meet The Beatles

| Weet The Beatles | | | | | | | | | | | | | | |
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ACROSS

- 1. Rapids transit
- _ print
- 10. Arizona's governor, to friends 13. Toothpick fruit
- 14. Defiant one
- 15. Arapaho foe
- 16. 1966 Beatles hit
- 19. Alexei's father, for one
- 20. Times to call, in classifieds
- 21. Sweet drink 22. Blue eyes or baldness, e.g.
- 24. Endings for ecto- and proto-
- 26. Zesty 29. Hollywood pole
- 30. Nymph
- 31. Almanac tidbit 32. Latin "I"
- 35. 1963 Beatles tune
- 39. Nonclerical 40. Squander
- 41. the moment 42. Splendor
- 43. Ridges
- 45. Wets
- 48. Analyze, in a way Neurotransmission site

- 50. Commend 51. 100 paisa
- 55. Songwriting partnership College frat.
- 60. Newspaper chain
- 61. Skip off
- 62. Put away 63. Watering holes
- 64. Garment slits
- **DOWN**
- 1. Egyptian Christian 2. Wistful word
- 3. Mangrove palm
- 4. Upset
- 5. Ballad's end?
- 6. Side
- Exasperates
- Age 9. Bobble
- 10. Asian plants
- 11. Special Forces unit 12. Uncool candies?
- 14. Lifeboat support
- 17. Vetch or lupin
- 18. Prayer leader
- 23. Optical phenomenon 24. Somewhat, in music

- 25. Mythological plants 26. "Murphy Brown" bar owner
- 27. Part of the Corn Belt
- 28. Jetty
- 29. Aircraft compartment 31. Elite group
- 32. Broadcast
- 33. Palestinian city
- 34. Half of binary code
- 36. Offering 37. Some jazz
- 38. Move
- 42. Ivy League team
- 43. Trick
- 44. Organic compound 45. Model material
- 46. College leave
- 47. Gift recipient
- 48. They remained undefeated by the Romans
- 50. "Time's a-wastin'!"
- 52. Bartlett's abbr.
- 53. Set aside 54. Roll call calls
- 56. It's a wrap
- 57. Prefix with profit
- 58. King's title: abbr.

Last Week's Answers

| 1 14 | ² C | ³O | ⁴ N | | ⁵ P | ⁶ O | ⁷ T | ⁸ A | ⁹ T | ¹⁰ O | | 11 H | ¹² I ¹³ T | 7 | 5 | 3 | 4 | 9 | 2 | 1 | 6 | 8 |
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| | ²³ M | 0 | N | 0 | | | ²⁴ T | E | Е | Т | Н | Ĭ | | 6 | 1 | 8 | 5 | 7 | 3 | 2 | 9 | 4 |
| | | | ²⁵ T | U | ²⁶ N | ²⁷ A | | | | | ²⁸ O | ²⁹ P | ³⁰ A ³¹ L | 1 | 3 | 4 | 2 | 5 | 9 | 8 | 7 | 6 |
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| 68 B | Y | F | | 69 D | F | S | F | R | | | 70 D | Υ | F R | 3 | 9 | 7 | 8 | 2 | 4 | 6 | 5 | 1 |

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| | 4 | | 8 | 3 | | 2 | | |

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.

Market Brings Out Community to Downtown Torrance



The Torrance Produce Company family includes (left to right) Ben, Aster, Philmon, Winta and Luwarn. Photos by Charlene Nishimura.



Anthony Martinez displays his beautiful flower and plant arrangements from Exotic Designs By Tony.

Alex Perez from Alex's Antiques & Jewelry has an array of



Michael Reynolds from Gourmet Blends makes another sale of





Unique jewelry items are displayed by Maria Esquivel and



The crowd enjoyed live entertainment from Folk & Easy Listening performing artist Whitney Steele.



Mary Modglin from Cracked Vessel Vintage displaying her unique



General Manager Mo Azouz brings his Mom's Products to the Downtown Market Place every Thursday afternoon.



Nostalgic art and posters are on display at the Downtown Market



Yesenia Antimo and Teresa Martin from Bella Lili Boutique offer a range of colorful and fun bows and accessories.



Gary Wallace from Foundation Vintage displays his vintage clothing for sale at the Downtown Market Place.



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Six Easy Ways to Improve Your Kitchen, Bathroom and Bedroom

(ARA) - Good lighting is not something most people think much about until they don't have it. Living in a well-lit room is a much more pleasurable experience than trying to cook, read, entertain or do just about anything in a dark, shadowy space.

The American Lighting Association offers these tips for improving the lighting in your kitchen, bathroom and bedroom:

- Add to your task lighting. Many bathrooms and kitchens have plenty of overhead light, but are often lacking when it comes to task lighting, says David Martin, designer with lighting manufacturer Hubbardton Forge. "At the kitchen sink, for example, you can eliminate shadows by including two sources of light." The result is a workstation with easier-to-see spaces that alleviate eyestrain.
- · Include mood-enhancing lights and dimmers. "Places such as bathrooms and bedrooms - once mostly functional - now serve as an extension of our living spaces," says Todd Phillips, owner and senior designer with Quoizel Lighting. The lights in those rooms should be both hardworking and mood enhancing. For example, inexpensive, easy-toinstall cove lights in the kitchen can provide soft illumination after mealtime and cleanup. Additional lights placed at a bathroom vanity and aimed out toward the face can help brighten grooming tasks and offer awakening morning light. A bonus: Those controls can help accommodate varying levels of natural daylight, too.
- Increase the size of your bedside task light. One of the bigger mistakes Phillips

sees in bedrooms is the size of bedside lamps - they're either too small or not adjustable. "The lamp needs to provide light where you need it, and if it's too small it can't do that," says Phillips. Go for a larger size with increased lumen capacity.

- Install track lighting for flexibility. Stationary overhead lights are fine when you need to flood a space with light, but too often kitchens, bathrooms and bedrooms lack flexible sources of light. A good solution is track lighting. " You can direct one or two of the lights on the track and point them to a wall to add accent light for artwork, and use other lights on the track to create different focal points, " Phillips says.
- Add a light fixture for drama. A side benefit of beautiful, light-providing chandeliers and pendants is that they provide focal points. " New light sources give homeowners some great options, " says Phillips. " You can drop in a chandelier over a bathtub to create drama and get mood and ambience too. "

As a bonus, those fixtures help provide the finishing touch for different colors and accents. "People sometimes put quite a lot of money and effort into their rooms and lighting can help to show them to their best effect," says Martin.

• Add a ceiling fan with a light source. With the flip of a switch, a ceiling fan with a light kit can improve a room's livability with both comfort and light. It is just one more example of how light works wonders in the home. "Having more lighting options creates a better lifestyle and it enriches our

lives in terms of the time we spend in our homes," says Phillips.

To see the latest lighting products and to talk to an expert about how to improve lighting in your kitchen, bathroom, and bedroom, visit your local ALA-member retail showroom or go online to www.americanlightingassoc.com. •



Photo courtesy of Tech Lighting.

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