

Torrance Tribune

The Weekly Newspaper of Torrance

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First Annual Frog Fitness Throw Down Competition



Fitness legend Mike O'Hearn awards Powerhouse Gym's own Simon Schermerhorn (left) and Nick Rotta (right) as they took home first place and a prize package valued over \$5,000 each at the 1st Annual Frog Fitness Throw down at the Powerhouse Gym in Torrance. See more photos in our "Community Briefs" section, page 2. Photo by Daniel Huipe. •

Retired Lieutenant Devin Chase Honored During City Council Meeting

By Cristian Vasquez

For 29 years Lieutenant Devin Andrew Chase served with the Torrance Police Department. On March 1, the city council thanked Lt. Chase for the years he committed to the community by adopting a resolution honoring his service and legacy.

"I want to thank the citizens of Torrance," Lt. Devin Chase said from the podium. "The opportunity that was provided to me to serve this community has been a very dear part to my life. I tell others that I have been in contact with that I was blessed to have worked for the City of Torrance and I had a blessed career."

Described as an outstanding employee in the resolution, the Lieutenant was considered to set a high standard for officer conduct with his positive attitude, high energy, attention to detail and patience. Furthermore, his "extensive experience in a variety of assignments" made Lt. Chase a valuable asset for the Department's efforts to train and mentor newer officers.

"On behalf of my colleagues on the council, and the councils and mayors that came before that, we thank you for your service," Mayor Patrick Furey said. "We are very, very fortunate to have a great public safety face in the city of Torrance. We have always been considered one of the ten safest cities for a city our size throughout the country and a lot of it has to do with you and your progeny and those who were there before you. On behalf on my colleagues and myself, thank you."

Lt. Chase's career with the Torrance Police Department began on May 9, 1985; on June 11, 1995 he earned his promotion to sergeant and would move up to the rank of lieutenant on Dec 28, 2003. During his 30 years with the department, Lt. Chase worked patrol,

was a member of the department's CSI team, worked gang detail, was a field training officer, field sergeant, area commander, joined the Special Investigations Division in the Vice and Narcotics Section as an officer; he also served as a sergeant and division commander, sergeant in the research and training division and worked communications as the division commander.

"Devin, first of all thank you for coming out tonight. It means a lot when retired employees come back to accept a resolution and to offer a thanks to the city that employed you for all these years," Chief of Police Mark Matsuda

said during the meeting. "From listening to the resolution, when I was hired on, I believe you were working CSI at the time so you had yet to become the legend that you are now. It was neat to be able to see you apply yourself with the focus and accepting of the mentoring of those that came before you to become that narcotics legend, in the sense of major narcotics investigation, drug recognition expert and to see you pass that along to other employees, some of who are here today.

Lt. Chase's commitment to law enforcement extended beyond officer training and often

See City Council, page 6

Treating Pain Leads to New Goal in Life

By Cristian Vasquez

For 20 years Dr. Harold Kraft used his medical abilities in the operating room as an anesthesiologist; there he was able to treat pain patients with epidural steroids during a time when that was the only treatment available in the field. Eventually, Dr. Kraft would leave the East Coast to California in search of different opportunities and would discover the effectiveness laser treatment to help pain patients; it's a concept he now wants to push farther by funding a clinical trial that would focus on the efficiency of laser treatment on people with posttraumatic stress disorder [PTSD].

Dr. Kraft was a skeptic at first with regards to using lasers to treat pain

patients. However, an old patient of his shared her personal success with laser treatment and the doctor looked further into the technology.

"The results that she got were jaw dropping. After studying the biology of lasers, I believe that it is by far the best thing for treating skeletal and muscular pain," Dr. Kraft said. "The results have been fantastic. I am seeing up to ninety percent of patients get some relief: the average relief is in the area of seventy percent. A seventy percent for pain relief is phenomenal."

Dr. Kraft opened his practice in August of 2015 in the City of Manhattan Beach, **See Dr. Harold Kraft, page 2**

Weekend Forecast

Friday
Cloudy
65°/57°



Saturday
Mostly
Cloudy
66°/57°



Sunday
Showers/
Wind
63°/52°



How to Sell Your Torrance Home Without an Agent and Save the Commission

By Dave Salzman

Torrance - If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their

This report is courtesy of and paid for by the Salzman Real Estate Team BRE #00952732.

dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for home sellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

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Police Reports

Theft 2/20/2016 11:00:00 PM 1400 BLOCK MARCELINA AVE

Suspect(s) takes unattended property from counter/ cell phone

Vandalism 2/20/2016 12:00:00 PM 24600 BLOCK CRENSHAW BLVD

Suspect(s) scratches victim's vehicle's paint

Burglary-Auto 2/19/2016 7:00:00 PM 19800 BLOCK HAWTHORNE BLVD

Suspect(s) smashes window for entry and takes property/purse, laptop bag, laptop, charger, books

Auto Theft-All 2/19/2016 5:58 PM 2600 BLOCK AIRPORT DR

Stolen vehicle: '03 Toyota Corolla

Theft 2/19/2016 4:00:00 PM 18300 BLOCK GREVILLEA AVE

Suspect(s) takes property from garage/ bicycles

Robbery-StrongArm 2/19/2016 3:00:00 PM 2200 BLOCK CARSON ST

Suspect punches victim in the face, knocking him to the ground and takes his property/cash

Auto Theft-All 2/19/2016 2:53:00 PM 2500 BLOCK SEPULVEDA BLVD

Stolen vehicle: '94 Honda Civic

Burglary-Auto 2/19/2016 12:19 PM 1900 BLOCK TORRANCE BLVD

Attempt stolen vehicle: '06 Cadillac Escalade

Burglary-Auto 2/19/2016 12:00:00 PM 23200 BLOCK OCEAN AVE

Suspect(s) enters unlocked vehicle, ransacks and takes property/ GPS

Burglary-Auto 2/19/2016 9:35:42 AM 4300 BLOCK REDONDO BEACH BLVD

Suspect(s) smashes window for entry and takes property/suitcase, eyeglass wipes, eye glass solution

Burglary-Auto 2/19/2016 5:30 AM 3400 BLOCK ARTESIA BLVD

Suspect(s) smashes sunroof for entry, ransacks and takes property/ backpacks

Auto Theft-All 2/19/2016 3:36 AM 1700 BLOCK FERN AVE

Stolen vehicle: '03 GMC Yukon

Burglary-Auto 2/18/2016 8:30:00 PM 17300 BLOCK YUKON AVE

Suspect(s) smashes window for entry and takes property/backpack

Theft 2/18/2016 6:40:00 PM 1800 BLOCK 208TH ST

Suspect(s) takes property from exterior rear of location/generators

Vandalism 2/18/2016 6:00:00 PM 3100 BLOCK CAROLWOOD LANE

Suspect(s) uses nails to flatten victim's vehicle's tire

Burglary-Auto 2/18/2016 5:30:00 PM 1200 BLOCK SARTORI AVE

Suspect(s) enters vehicle by unknown means and takes property/purse

Burglary-Commercial 2/18/2016 12:00:00 PM 3400 BLOCK ARTESIA BLVD

Suspect(s) attempts to pry open door/ no entry, no loss

Theft 2/18/2016 11:41 AM 3600 BLOCK 182ND ST

Suspect(s) takes property from unattended backpack/cell phone

Burglary-Residential 2/18/2016 6:30:00 AM 4000 BLOCK 242ND ST

Suspect(s) defeats lock on storage unit/ no loss

Robbery-Weapon 2/17/2016 11:10:00 PM 18100 BLOCK CRENSHAW BLVD

Suspect brandishes a handgun, bangs on victim's vehicle's window and demands victim's money/no loss

Theft 2/17/2016 12:16 PM 2200 BLOCK SEPULVEDA BLVD

Suspect(s) takes unattended property from counter/ wallet

Burglary-Auto 2/16/2016 9:21 PM 20900 BLOCK WESTERN AVE

See Police Reports, page 6

Dr. Harold Kraft

from front page

where he treats patients afflicted by different types of treat pains with lasers. He does not prescribe drugs or narcotics, nor does he use shots or needles, which he describes as exciting, given that conventional non-laser treatment has historically relied on these.

"Most of my patients have failed trial drugs and other therapies, and this laser can make them better," Dr. Kraft said. "There is almost nothing as satisfying as taking a patient that is in severe pain and taking them out of pain without a drug. It has been very exciting. You are able to treat a lot more pain than we were able to treat before."

However, Dr. Kraft came across a way to make his work in the field of pain relief not only more exciting but significantly more beneficial to the public, as a whole, while treating a local Vietnam War Veteran, who suffered from PTSD.

"He introduced me to the fact that PTSD was a bad disease, which had negatively affected his life, so I started researching it," Dr. Kraft said. "Within a month of when I started the research, a paper come out of Denver of a chiropractor and a psychiatrist using a laser similar to mine right into the head. Trans-cranial Laser to treat PTSD and TBI [traumatic brain injury]."

Dr. Kraft describes the results published as breathtaking and phenomenal. Despite only being a 10-patient study, the results surpassed the average effectiveness of PTSD treatment, which is only helpful in 50 percent of patients. That 50 percent standard is considered the gold standard, but the new study gave Dr. Kraft hope that with laser treatment a higher standard could be met.

"That was another fortuitous circumstance that made me realize that PTSD is a horrible disease and that I may have, via the Denver group, discovered what could be a breakthrough treatment, which is laser to the head," Dr. Kraft said. "Only recently, in the past two years, the neurobiology completely supports that using lasers in the front of the head would treat PTSD."

Laser treatment is applied through a massage-like roller ball with the laser coming out of a quartz marble. The laser feels warm on the patient as it penetrates to the muscle or nerve or bone, it is absorbed by the mitochondria, which activates ATP [adenosine triphosphate]. The ATP energizes the cell and additional chemicals are created which accelerate healing and decrease pain.

"Every cell in our body uses ATP; it is essentially a carrier of energy," Dr. Kraft explained. "Every cell in our body uses ATP

to carry energy from mitochondria to other parts of the body that need it. So the laser accelerates the body's process for treating pain and for healing."


Using the pain-treatment laser technology on the brain, the Denver study revealed that applying the laser to the front of the head can help the prefrontal cortex grow back to its normal size. The amygdala, which is where emotions such as fear are generated, is constantly hyperactive in PTSD patients. The prefrontal cortex, which is responsible for a person's ability to act rationally, process information and control the emotions produced by the amygdala, is physically shrunken in people afflicted with PTSD.

"The timing was great and by happenstance another paper came out indicating that the absorption of lasers was much higher in the skull and in the brain; much higher than anyone expected," Dr. Kraft said. "That meant that if you run the numbers, you discover that the study that had been done in Denver with the Trans-cranial Laser Therapy was at the very, very, very lowest amount that would theoretically be able to have an effect. So I thought what if we did the high-end? So they had phenomenal room to grow."


In a presentation made by Dr. Kraft, he states that the Pentagon spends \$3.3 billion a year on PTSD treatments, which are described as modestly effective. The most common types of PTSD treatments are psychotherapy and antidepressants; however, psychotherapy requires 10-20 weeks of therapy, has a high dropout rate, and is not scalable due to the need for trained providers, according to Dr. Kraft's presentation. Currently there are 1.1 million veterans diagnosed with PTSD, with an estimated 700,000 being afflicted since the Vietnam War and another 400,000 post 9-11. In the general population, it is estimated that 7 million civilians live with PTSD.

Dr. Kraft's clinical trial would work with 40 Wounded Warriors afflicted with PTSD in order to further investigate the effectiveness of this technology on this condition, which causes recurring nightmares, sleep deprivation, hyper vigilance and irritability, emotional distress and depression, as well as 22 veteran suicides per day.

"I will tell you that in my dream world, some company in El Segundo, in particular Boeing, Raytheon and Northrop Grumman, could fund this in a heartbeat with a donation," Dr. Kraft said. "The study needs \$400-\$500K to get rolling. Those three companies should be ashamed of themselves if they don't fund this study." •



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Community Briefs

El Camino College Art Gallery to Present "Culture Clash"

The El Camino College Art Gallery will present a mid-career retrospective of the highly energized ceramic works of Keiko Fukazawa. "Culture Clash" spans a period of approximately 30 years and seeks to represent a broad view of this fascinating artist who moves from culture to culture, assimilating ideas and techniques.

"Culture Clash" runs from Feb. 29-March 31 in the ECC Art Gallery. A reception is scheduled for 7-9 p.m. March 3, with a gallery walk-through with Fukazawa at 1 p.m. March 8.

Keiko Fukazawa was born and raised in Japan where she studied art at the Musashino Art University in Tokyo. Here she was stifled

by the viewpoint at the time that women were not to be taken seriously as contemporary artists. Fukazawa's mother, who was a non-traditional person herself, had wanted to be a painter. As this was unaccepted by her generation, she became an excellent and creative cook, while supporting the viewpoint of her unconventional daughter.

The El Camino College Art Gallery is open from 9 a.m. to 4 p.m. Mondays and Tuesdays and from noon to 8 p.m. Wednesdays and Thursdays. For more information, call 310-660-3010. Admission to the El Camino College Art Gallery and gallery events is free. On-campus parking is \$3.

More Frog Fitness Throwdown



Frog Fitness founder and CEO, Richard Pearce awards two lucky contestants with tickets provided by AMP Radio to see Kid Cudi at the Hollywood Palladium. Photos by Daniel Huipe.



Athletes take their marks as the competition kicks off! Photos by Daniel Huipe.



Mike O'Hearn greets fans at the 1st Annual Frog Fitness Throwdown, held at the Powerhouse Gym in Torrance. Photos by Daniel Huipe.

'Monster' Gas Company Bills Investigated

By Rob McCarthy

A preliminary investigation found no irregularities with Southern Gas Company bills that tripled home-heating costs in December and January and created suspicions that a massive gas leak near Porter Ranch was already costing customers.

Mark Pocta, spokesman for the Office of Ratepayer Advocate in San Francisco, told the Herald Publications that chilly weather and higher gas usage were behind the run-up in household utility bills. His office reviewed customer bills after receiving complaints from SoCal Gas households about higher-than-normal winter bills.

"We've looked at SoCal Gas rates and their rates really have not changed significantly over the past approximately five months since September," Pocta said.

Public speculation was that the Aliso Canyon storage leak was being charged already to gas customers. Another theory was the Gas Co. raised rates but didn't announce it. The Ratepayer Advocate Office said neither was true, and that its initial investigation had a simpler explanation.

"We've talked to a number of people about this issue, and we think that the issue is likely related to cold weather during the winter, so the bills have been higher."

The Ratepayer Advocate is a unit of the Public Utilities Commission. The office advocates for customer and environmental protections while working to obtain the lowest rate for public utility service.

This winter has been the coldest since 2011, the Gas Co. said after the public outcry over bills for December and January. Customers in winter use up to seven times more gas for home heating, explained in a newsletter sent out last week.

The Los Angeles City Council in mid-January called on the commission to investigate SoCal Gas bills for winter heating. Councilman Mitch Englander said his \$60 monthly bill jumped to \$200 in January. He questioned whether the smart meters used by The Gas Co. were accurate.

The California Public Utilities Commission is investigating the complaints by Southern Californians who were shocked to see their home-heating bills three times the norm to start 2016, said spokesman Christopher Chow. The commission's early findings found chilly weather that had residents cranking up the thermostat.

"Home heating drives most of the residential gas bills so cold weather will increase gas bills," Chow said.

The December billing period was longer by two to four days for some customers, a result of the holidays. January's billing period reflected in February bills was two to four days shorter, Chow explained.

The drilling operation to cap the leak near Porter Ranch is not costing customers, he said. SoCal Gas said it stopped the methane-gas leak on Feb. 12, four months after San Fernando Valley residents began complaining about a strong odor, nausea, headaches and nosebleeds, according to health officials.

"None of the costs incurred by SoCalGas to resolve the Aliso Canyon Storage Field leak are included in customer rates," Chow said.

Residential gas rates were slightly higher in December for the typical customer because the wholesale price of natural gas rose 4 percent, according to the commission spokesman. SoCal Gas passes along the higher wholesale cost to its customers.

On top of the wholesale price increase, residential usage in December nearly doubled from the month before, according to the Public Utilities Commission.

The commission continues to investigate specific high bills that are cannot be explained by the weather, higher usage or holiday billing period, Chow said.

It's likely that February bills will be lower because of unseasonably hot weather. Meteorologists say that high pressure settled over the region, reversing the El Nino effect. They expect the heaviest of the winter storms to arrive in March and April.

Westside residents complained to L.A. City Councilman Mike Bonin that December and January's gas bills were pricey even for the winter. At least one Porter Ranch resident who stayed in his home told the L.A. Daily News his monthly bill was more than three times the \$100 amount he and his wife pay to heat their 1,800-square-foot home.

"Suddenly, I get this monster bill," Arthur Kalnit said.

A newsletter mailed last week to gas customers contained "Winter Billing FAQs." Half of a household's winter bill is for home heating. The water heater accounts for 25 percent of the bill. Without realizing it, household customers use between three and seven times more gas in the winter than other months, the newsletter said.

Consumers who think their winter bills are inaccurate should contact SoCal Gas to go over their usage, and if they are not satisfied with the outcome, to file a complaint with the Public Utilities Commission. The web site to make a complaint is www.cpuc.ca.gov/complaints.

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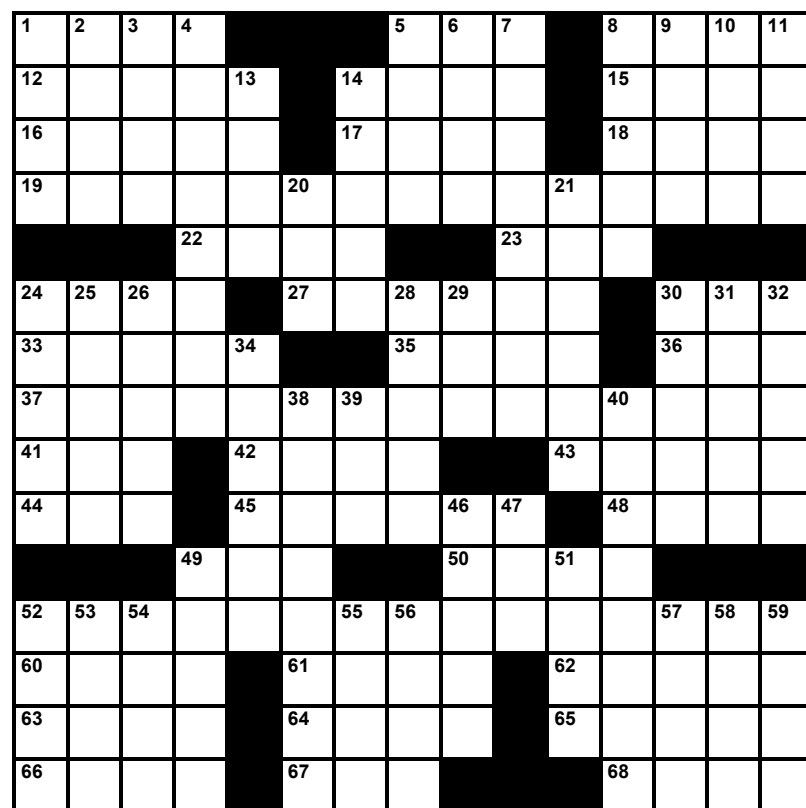
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To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.

WEEKLY CROSSWORD

See Answers Next Week



Across

- 1. "Dirty Dancing" hit "___ Like the Wind"
- 5. Increases
- 8. Alert to something odd
- 12. Tennessee footballer
- 14. Yarn ball
- 15. Motive starters
- 16. Wing feather
- 17. Small forest buffalo
- 18. Home to Honolulu
- 19. Sleigh pullers
- 22. Strong post
- 23. Family man
- 24. Equal to "sir" in Hindu
- 27. In a religious way
- 30. Deed
- 33. Embarrass
- 35. Account entry
- 36. When doubled, a dance
- 37. Sleigh pullers
- 41. Fed. property manager
- 42. Film part
- 43. Audacity
- 44. Aquatic shocker
- 45. Whiten
- 48. Partner of means

Down

- 49. ___ woo, old car company
- 50. Four-letter word
- 52. Sleigh partners
- 60. Eager
- 61. Old Italian currency
- 62. Bird related
- 63. Thrash
- 64. Military group
- 65. Varnish ingredient
- 66. Newbie
- 67. "You betcha!"
- 68. Cairo's waterway

- 20. Number ending
- 21. Tax shelter islands
- 24. Symbol of authority
- 25. Demean
- 26. Forming a bottom
- 28. Bird related
- 29. ___ be good if
- 30. Ghana port
- 31. Silverado, for one
- 32. Shipping weights
- 34. Kind of tea
- 38. Perform on stage
- 39. According to
- 40. Yale University site
- 46. Brooklyn's ___ Island
- 47. Kept
- 49. Out of sight
- 51. Peter the Great, e.g.
- 52. Great quantity
- 53. Nasty
- 54. Room access
- 55. Engage
- 56. Weaponry
- 57. Decree ___
- 58. Mermaid feature
- 59. Green Gables girl

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Film Review

Gene Cernan Tells His Story of Being The Last Man on the Moon

By Morgan Rojas for www.CINEMACY.com

On Wednesday, February 24th, scientists detected the origin point of a space radio signal 6 billion light-years away and managed to find the universe's missing matter as a result. This incredible discovery is a strong reminder of how far we've come since 1969, the moment when Apollo 11 astronaut Neil Armstrong declared the first successful mission to the Moon

young men endured, including desert survival, water survival, and jungle survival just to name a few, was the hard part. The best thing to come from that experience, Gene remarks, was the strong bonds he made with the other men. His close friendships with his co-workers also made the tough times almost unbearable. Two deadly events, the unexpected crash of Gemini 9 which claimed the lives of the two pilots in his crew as well as the emotional Apollo 1 fire



Gene Cernan aboard the lunar module after his final EVA. Photo: Jack Schmitt / NASA.

as *One small step for man, one giant leap for mankind*. Since Armstrong, twelve men in total have walked on the moon during the Apollo missions from 1969-1972. Of these 12, Eugene "Gene" Cernan was the last, and the documentary *The Last Man on the Moon* is his story. Cernan's story is a unique one; a former Navy captain, his journey towards becoming a NASA astronaut started with a simple phone call. In 1961, President John F. Kennedy set the bar high for U.S. space exploration, putting pressure on the space program to be the first country to land on the moon. This public assignment given to NASA resulted in an increased demand for anyone willing to participate in the program, which lead to more opportunities for people like Gene to join. Getting his foot in the door was the easy part, he realizes in hindsight. The intense training that each of the aspiring

of 1967, when his neighbor and good friend Roger Chaffee and two other men died as a result of a flash cabin fire in the shuttle, shook up Cernan's world. At the time, he was married with a young daughter and the thought of never seeing his family again was extremely hard on him. However, when he was selected to be a part of the Apollo 17 crew, NASA's last mission to the moon, Cernan couldn't say no. Cernan spent three days on the moon. Right before he was about to leave, and knowing that man may not be back on the moon again for years, he left his footprints and wrote his daughter's initials in the lunar dust. He describes this moment with such intimacy and detail that it's truly humbling to listen to him. It does not feel like a traditional "documentary-style" film, thanks to the stylized approach

See **Film Review**, page 6

Last Week's Answers

1	9	7	3	6	4	2	5	8
5	8	6	7	2	1	4	3	9
3	2	4	5	8	9	7	6	1
8	4	3	2	7	6	9	1	5
6	5	2	9	1	8	3	7	4
7	1	9	4	3	5	6	8	2
4	3	1	6	5	2	8	9	7
2	7	8	1	9	3	5	4	6
9	6	5	8	4	7	1	2	3

SUDOKU Medium

	2							1
5	8	9		2	1			
					8	4		
	6			5	3			8
1	4		7		2		9	5
8			1	4			3	
		7	3					
			8	7		3	2	4
4							7	

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.

Sports

The Enigma That is Steph Curry

By Adam Serrao

Sometimes it's hard to shift interest over from a football season that takes place every week to the long, 82 game year that the NBA boasts. One person who has certainly been making that shift quite a bit easier is the Golden State Warriors point guard, Stephen Curry. Curry has made quick work of becoming the face of the National Basketball Association. LeBron, who? In just three short years, Curry has not only brought his team to a championship level, but has also won an MVP and is reconstructing the game of basketball as we know it. Sure, it's hard to stay focused on every game of a season that's so long, but when Steph Curry suits up to take the court, all eyes are transfixed on the Warrior.

For those that don't know much about Curry, the son of former NBA player Dell Curry and the seventh overall pick in the 2009 NBA draft played college ball for Davidson. The 6-foot-3, 190 pound point guard started making headlines at a young age. It was at Davidson that Curry was twice named the Southern Conference Player of the Year and set the all-time scoring record for not only his team, but also the conference. During his sophomore year, Curry fully developed his touch. He set the single-season NCAA record for 3-pointers made, foreshadowing what the sharpshooter would soon become in the NBA.

"He's doing things that nobody's ever done before," Warriors coach Steve Kerr said of his superstar after he turned in another 51 point effort in a win against the Orlando Magic. It wasn't just any other win, though. It was a win, on the road, on a back-to-back night after a hard-fought game against the Miami Heat where Curry scored 42 points, including a 3-point shot that eventually decided the game. If you haven't caught on yet, Curry is simply mastering the 3-pointer. From fall-away's, to fade-away's to even half-court shots; if Curry puts the ball in the air, it finds a way to fall through the hoop.

Just last week, Curry set a new consecutive 3-point mark that was formerly held by Atlanta Hawks guard, Kyle Korver. In breaking Korver's record, Curry made a 3-point shot in his 128th consecutive game. Something makes it seem as if that record will last well beyond 128 games. "I have a hard time seeing how that streak is ever going to end," said Orlando Magic head coach, Scott Skiles. "It would have to be kind of a fluke night. He'd just have to be off that night, and that certainly doesn't happen very often." Curry set the record against Skiles and his Magic team in the Warriors 130-114 win. Even Kerr, Steph's own coach, is downplaying the significance of the records that his star player is setting. "It's so simple for him. His 3-point shot is like a 2-point shot," Kerr explained. "It's what he does. It's to the point where we expect a half-court shot."

Perhaps the most amazing thing about Curry is that no one can shut him down. Whether it's the best defensive team in the league or the best individual defender, Curry finds a way to avoid being stopped. He'll shoot a three right in someone's face, beat his defender off the dribble, orcut to the basket from the 3-point line, confusing his opponent, only to get an easy bucket at the rim. "The strength that he has is allowing him to

step further and further back without changing his mechanics," Curry's trainer Brandon Payne said. "He's able to create any look that he wants because he's able to get backward away from pressure." Curry's incredible range is exactly what sets up other opportunities on the court. "If you get up tight on him, that's actually what we want you to do," Payne continued. "We want you to get up tight on him because then it's going to open lanes to the basket when he plays off the high post."

Last Saturday night at Oklahoma City, Curry put on his purest demonstration yet of how and why he's clearly the best player in the league. Not only did Curry tie a record for most 3-pointers made in a game (12), but he broke his own record for most 3-pointers made in a season with 24 games still remaining. Ray Allen previously held the record with 269 3's made. Curry broke Allen's record in the 2012-'13 season with 272 and has broken his own record every year since with 286 in '14-'15 and 288 this year with plenty of games still to be played. Aside from the records, Curry's phenomenal play guided the Warriors into overtime against the Thunder and a ridiculous shot from more than 35 feet out not only won the game for Golden State, but also had the rest of the league in awe. "@StephenCurry30 needs to stop it man!!" LeBron James tweeted after Curry made an absurd shot look routine to win the game. "He's ridiculous man! Never before seen someone like him in the history of ball." Dwyane Wade tweeted out, "Curry is UNREAL!!!!" and Magic Johnson chimed in saying, "@StephenCurry30 has a chance to be the greatest player we've ever seen, if he plays at this level for the next 4-5yrs!" Clearly, Curry has everyone's attention.

Curry is the closest thing that the NBA has seen to "un-guardable" since Michael Jordan dawned the red and black for the Chicago Bulls. Even now, six years into the league, Curry is being labeled the greatest shooter to ever play the game. He has no trouble garnering other labels, too. He's the new face of the league, the reigning Most Valuable Player, an NBA Finals champion and was named the 2015 Male Athlete of the Year by The Associated Press. Curry is bringing finesse back to a league that was so recently enamored with slam dunks and inside post play. The power game has become a thing of the past. Now, people want to show up early to catch warm-ups just to see Curry dribble the ball or shoot 3-pointers that range out toward the half-court line.

Steph Curry is not only changing the way basketball is played, but he's changing the way that we, the viewers, watch the game. Whoever would have thought that the 3-point shot would be exciting? Now, people tune in to watch the Warriors to see how many Curry will make in a night, who he'll shoot them over, and how long the Warriors will go without losing a game. A 20 point deficit, for Curry and these Warriors, can be erased in the blink of an eye. No lead is safe. The 52-5 Warriors are on pace to beat Michael Jordan's Bulls best season record ever of 72-10, giving us all yet another reason to tune in every night. Basketball has never been so exciting and it's Steph Curry who has truly changed the game. •

Up and Adam

Lady Warriors Reach Third Straight CIF Final

By Adam Serrao

There's no secret to who the best girls basketball team in the city of Torrance is. If there ever was, Hayley Tanabe, Kalei Atkinson and the rest of the Lady Warriors have done their part to prove their point. With a 47-42 victory in the semifinals of the CIF Southern Section Division 1AA playoffs against Redondo last Saturday night, West High made their way into their third CIF finals appearance in as many years. Getting to one CIF Final is hard enough. You can ask any team from any other sport around the city. To get to three straight, though, is unprecedented. If you know anything about this West High girls team, then you know that's exactly what they've become - unprecedented.

It was just one year ago that the Lady Warriors beat Troy 52-41 to take home their second straight CIF championship. Two years ago, the legacy all started with a 65-52 Division 2A championship victory over El Dorado. This year, the Lady Warriors will look for their third championship in a row when they take on Ventura this Friday night. It certainly won't be easy. It never really is. But something about this West High team says that they have the upper hand when it comes to playing in championship games.

Getting there was no walk in the park, either. The Lady Warriors were faced with a tough matchup against one of their biggest rivals in the Redondo Union Sea Hawks. "We play our biggest rival on Saturday," Hayley Jones said after a stunning comeback victory over Valencia last Wednesday night to reach the semifinals. "I'm very excited. We did not give up, we didn't have a doubt in our mind." Jones and the rest of the Warriors took that same mindset into their matchup with Redondo. All they had to do first was get past the first quarter. "We notoriously have a bad first quarter," head coach William Atkinson explained of his team. "They don't give up. They know they can come back."

The Warriors got off to their slowest start of

the night in the first quarter once again. The difference this time was their defensive effort, spearheaded by Jones. Though West only put up eight points in the first eight minutes of play, they held the Sea Hawks to just seven. Jones came away with six steals on the night, adding five points, seven rebounds and four blocks. "In a big game like this, you have to take care of the basketball," Redondo head coach Marcelo Enriquez said. "We didn't do a good job of that tonight." Thanks to Jones' effort, the Warriors were able to overcome their first quarter woes and finally hit their groove moving into the second half of play.

West held a 10 point lead with just under four minutes remaining in the game. From all indications, it looked as if the team would cruise into their third straight CIF Final appearance. Redondo didn't give up without a fight, though. A 7-3 run capped by a Nicole Swift 3-pointer brought the Sea Hawks to within three points with just seconds remaining in the game. Redondo intentionally fouled Tanabe on the next possession to put her at the free throw line. As she usually does, Tanabe showed up in the clutch, knocking down both free throws to give her team a five point lead with just seconds remaining. "She makes this calming," Atkinson said of Tanabe. "It's like, 'I've been there before, so it doesn't seem as pressure-filled'" Once the final second ticked off the clock, all of the pressure of the moment was, indeed, lifted. The Warriors walked away with a five point victory and will now game plan for their championship matchup.

Tanabe finished the game with nine points, three rebounds and four steals while her fellow teammates Kalei Atkinson and Katie Timmerman scored 10 points and six points, respectively. Redondo hadn't allowed more than 30 points all playoffs long. The Warriors put up 47. West's stout defense also forced 22 turnovers on the night. Follow the Warriors in their quest for a third straight championship

See Up and Adam, page 6

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Finance

3 Common Tax Mistakes That Could Cost You



(BPT) - Tax season is in full swing, and according to the IRS, Americans often leave more than a billion dollars on the table in unclaimed refunds.

With the average refund hovering at \$2,800, ensure you get back your maximum refund and avoid these common filing mistakes this tax season.

1. Using an incorrect filing status.

When filing your taxes, you may be confused about whether your filing status is single, married filing jointly, married filing separately, or head of household. Your filing status affects a few things: what kind of credits and deductions you might be eligible for, your tax bracket, and the value of your standard deduction.

Filing status is a grey area for a lot of filers who are married and may fall into multiple categories. If you're legally married and going through a divorce, you could potentially file as married filing jointly, married filing separately, or head of household. You can't file as head of household if you and your spouse lived together at any point in the last six months of the tax year. In fact, the head of household filing status might be the one that causes the most headaches.

Confused about which filing status applies to you? Consulting with an experienced professional tax preparer can help set you on the right course. They can help determine if you qualify for a filing status that is more to your advantage.

2. Taking the standard deduction instead

of itemizing.

Only one in three taxpayers itemize their deductions, but millions may be missing out on the benefits.

Often times, home ownership is a life change that helps taxpayers move from taking the standard deduction to itemizing. Itemizing your deduction allows taxpayers to deduct qualifying charitable donations, medical expenses, state income or sales tax, and employee business expenses, among others. Itemizing can save taxpayers hundreds of dollars. For example, if a single taxpayer pays \$9,600 in mortgage interest, property taxes and charitable donations, that is \$3,300 more than the standard deduction of \$6,300. With a marginal tax rate of 25 percent, itemizing saves this taxpayer up to \$825.

3. Forgetting to claim the Earned Income Tax Credit.

The Earned Income Tax Credit (EITC) is a tax benefit for lower-income workers. The IRS estimates 20 percent of those eligible for the EITC fail to claim the credit on their taxes. In fact, many overlook the EITC because they may not earn enough money to have to file a return, but because the EITC is a refundable credit, those who do not owe taxes can still be eligible to receive this credit.

Another mistake taxpayers make? Paying full price at the tax office! If you filed your taxes with someone other than H&R Block last year, H&R Block will do your taxes for half of what you paid last year. Make an appointment today at hrblock.com/payhalf before the offer runs out on March 31. •

City Council

from front page

included his being assigned to fellow officers who were having trouble. The Lieutenant also volunteered many personal hours and resources to help in the training with other agencies in recognizing drugs and when a person is under the influence. His knowledge and experience in the field of narcotics allowed Lt. Chase to travel to Central and South America in outreach efforts to train officers on drug recognition and to effectively delay or destroy the transportation of narcotics.

"I knew when I was a younger officer that I wanted to work in the narcotics and drug side of things but I never thought I would end up traveling to Mexico and Colombia, or any other places to teach; I could never imagine that I would have had those opportunities," Lt. Chase said. "I never looked at it as the global picture because then you would feel overwhelmed. The way I looked at things was that I could change one life at a time. There were lives that I changed for the positive and that is what made it worth it; so I just kept the perspective that I am just trying to change that one person."

Other outreach efforts included educating Torrance students about the Teens and Police Program and teaching the community about Partners in Policing. Lt. Chase's expertise allowed him to work directly with updating the police department's manual, the field training

officer manual, vice and narcotics division and training manuals, as well as developing classes for new officers on basic drug and drug influence training.

Despite being retired, his commitment to law enforcement remains active and he continues to work with the California Narcotics Officers' Association and the training they provide. In 2005, the CNOA honored the Lieutenant with the Alfred E. Steward Award, making him the first Torrance officer to receive the award. The Los Angeles County Narcotics Officers' Association also named Lt. Chase the Narcotics Officer of the Year and in May 2007 he received the City of Torrance Award for Excellence.

Lt. Chase, who was joined by his wife, son and a family friend, and was also congratulated by former colleagues in attendance, is enjoying being retired but looks forward to continue working in a different capacity with law enforcement.

"It was a hard choice. The Torrance Police Department has been a big part of my life and it is a wonderful place to work. It was a difficult decision but it was time," Lt. Chase said. "The most that I am going to miss is the camaraderie with the other officers. Police work is a calling and it is a family; I am still part of the family but I am part of the retired part of the family." •

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one-time \$100 grant to eligible customers. Medical Baseline is for people with major health concerns. The MIDI program funds energy-efficient home improvements.

Gas Co. program funding is limited and awarded on a first-come basis. For a list of Gas Co. programs, visit <https://www.socalgas.com/save-money-and-energy/assistance-programs>. •

Up and Adam

from page 5

when they take on the Ventura Cougars this Friday night.

North High

The North High Saxons were favored to be West High's biggest competition this season. In a sense, they actually were. The Lady Saxons (16-11, 10-0) ran away with the Pioneer League title this year and beat West High twice on the season. Unfortunately for North, they couldn't make it out of the second round of the Division 2AA playoffs. The Alta Loma Braves got out to a hot start two Saturday's ago and put an end to North High's very successful season with a 52-46 win over the Saxons. Despite their abrupt exit from the playoffs, North can take pride in their unblemished league record and Pioneer League title this season.

Torrance High

Despite finishing in fourth place in the Pioneer League standings, the Torrance Tartars (14-11, 4-6) were able to find their way into this year's playoffs with a first round matchup against the Rio Mesa Spartans. Rio Mesa had a huge second quarter and jumped

out to a 38-25 halftime lead. Despite making up some ground in the second half, the Lady Tartars were unable to recover from there. A 60-55 loss ended Torrance's season before they could make much noise in this year's playoffs.

South High

Despite finishing behind the Warriors, Saxons and Tartars in the Pioneer League standings, the South High Spartans (18-11, 3-7) made it into the playoffs and were actually able to make some noise. After losing three straight games in a row to end their regular season, the Spartans fired back in the Division 3AA playoffs. A first round, 48-43 victory over Hillcrest moved South into the second round. It was there that the Lady Spartans took on and defeated Los Altos by a final score of 42-32. South's run was finally put to an end, though, in the quarterfinals when they ran up against an Orange Lutheran team that is now playing in their bracket's championship game this Friday night. A 51-35 loss ended the Lady Spartans impressive run, but not before the team could make a statement to end their year. •

Police Reports

from page 2

Suspect(s) smashes window for entry, ransacks/ unknown if property loss at time of report

Burglary-Auto 2/16/2016 12:20:04 PM 2600 BLOCK SKYPARK DR

Suspect(s) smashes window for entry and takes property/cash

Theft 2/16/2016 9:07 AM 3300 BLOCK ARTESIA BLVD

Suspect(s) takes unsecured property from carport/ bicycle

Vandalism 2/16/2016 8:30:11 AM BOW AVE & 213TH ST

Suspect(s) uses a BB gun to shoot out windows on victim's parked vehicle

Theft 2/15/2016 7:30:00 PM 21500 BLOCK HAWTHORNE BLVD

Suspect(s) takes victim's unattended property/cell phone

Burglary-Auto 2/15/2016 7:30:00 PM 3800 BLOCK 185TH ST

Suspect(s) enters possibly unlocked vehicle, ransacks and takes property/ laptop

Burglary-Auto 2/15/2016 6:00:00 PM 18500 BLOCK FALDA AVE

Suspect(s) enters vehicle by unknown means, ransacks and takes property/ duffel bag, fireman uniform, fireman boots, camera, sunglasses

Auto Theft-All 2/15/2016 5:27 PM 18900

BLOCK WESTERN AVE

Stolen vehicle: '16 Toyota Sienna

Auto Theft-All 2/15/2016 2:35 PM 18900 BLOCK WESTERN AVE

Stolen vehicle: '16 Toyota Sienna

Battery-Simple 2/15/2016 12:08 PM 23700 BLOCK WESTERN AVE

Suspect pushes victim against wall and punches her in the face

Burglary-Auto 2/15/2016 11:30:00 AM 16900 BLOCK PRAIRIE AVE

Suspect(s) pries door handle for entry and takes property/stereo, purse

Burglary-Auto 2/15/2016 3:31:51 AM 3700 BLOCK TORRANCE BLVD

Suspect(s) enters unlocked vehicles, ransacks and takes property/cash, pocket knife, sunglasses, wallets, keys

Theft 2/14/2016 10:00:00 PM 3500 BLOCK 170TH ST

Suspect(s) takes property off of parked motorcycle/saddlebags, tour package

Burglary-Residential 2/14/2016 10:00:00 PM 22400 BLOCK SUSANA AVE

Suspect(s) enters open garage and takes property/wetsuits, skateboards

Burglary-Auto 2/14/2016 4:28:51 3600 BLOCK TORRANCE BLVD

Suspect(s) enters vehicle by unknown means and takes property/credit/debit cards •

Film Review

from page 4

from director Mark Craig as he strikes the perfect balance between the portrayal of Gene's personal and work life. He cuts between Gene in the present day with archival footage of his time at NASA, which, photographically, feels like a subtle effort to relive his experience. The B-roll of various space missions really does make *The Martian* look like a comedy. *The Last Man on the Moon* is a top notch documentary that feels like a perfect fit on the HBO or Showtime roster. It is humbling, poignant, hard-hitting, and emotionally charged, on top of being aesthetically rich and visually beautiful. Without giving too much away, I can say that the last shot will take your breath away as it did mine.

The Last Man on the Moon is not all happy

endings. This is a deeply personal film for Cernan which is why it took until now, 40 years since his return to earth, to share his story. Now living on a ranch in Texas, Gene still works to this day, as his friends and family admit that "retirement" is not in his vocabulary. This film and its message is so important and will leave the viewer feeling inspired from both Gene's words and actions. Lightheartedly joking that he can't live forever, he wants to share his knowledge and experience now because he feels an obligation to inform the younger generations about man's potential and inspire hope for the future. "I walked on the moon," he says at the end of the film, "What can't you do?"

The Last Man on the Moon is playing at Laemmle's Monica Fourplex. •

TerriAnn in Torrance

The 3rd Annual Police Department Awards & Appreciation Luncheon

Story and Photos by TerriAnn Ferren
The 3rd Annual Torrance Police Department Awards & Appreciation Luncheon will

be held next week on Thursday, March 10th at the Marriott Hotel. For the past two years, the Torrance business community, chamber

volunteers, and residents have wholeheartedly supported this special event. Over three years ago, President and CEO of the Torrance

Chamber of Commerce, Donna Duperron began the tradition of honoring our local police with
See TerriAnn, page 9



Alex Martinez, Police Explorer Advisor



Chad Farley, Police Explorer Advisor



Andrew Lee, Special Recognition Award



Craig Hayes, Unit Citation Award



Darryl Tatum, Police Explorer Advisor



Brian Yori, Unit Citation Award



Cody Davidson, Unit Citation Award



Donnell Murphy, Unit Citation Award

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NOTICE: This Fictitious Name Statement expires on February 2, 2021. A new Fictitious Business Name Statement must be filed prior to February 2, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Torrance Tribune: Pub. 2/11, 2/18, 2/25, 3/3/2016. HT-1390

Fictitious Business Name Statement 2016026712

The following person(s) is (are) doing business as KELLEY'S LITTLE ANGELS DAYCARE, 13715 CERISE AVE UNIT 2, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): SONDRAL KELLEY-GILLIAM, 13715 CERISE AVE UNIT 2, HAWTHORNE, CA 90250. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 02/02/2016. Signed: SONDRAL KELLEY-GILLIAM, OWNER. This statement was filed with the County Recorder of Los Angeles County on FEBRUARY 3, 2016.

NOTICE: This Fictitious Name Statement expires on February 3, 2021. A new Fictitious Business Name Statement must be filed prior to February 3, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Hawthorne Press Tribune: Pub. 2/11, 2/18, 2/25, 3/3/2016 HH-1391

Fictitious Business Name Statement 2016031408

The following person(s) is (are) doing business as 1) CORRA GROUP, 2) CORRAGROUP, 201 CONTINENTAL BLVD SUITE 107, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. AI #ON: 2970563 Registered Owner(s): CORRA, 201 CONTINENTAL BLVD SUITE 107, EL SEGUNDO, CA 90245. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/17/2010. Signed: CORRA, NICHOLAS GUSTAVSON, Secretary. This statement was filed with the County Recorder of Los Angeles County on February 9, 2016.

NOTICE: This Fictitious Name Statement expires on February 9, 2021. A new Fictitious Business Name Statement must be filed prior to February 9, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 2/11, 2/18, 2/25, 3/3/2016 H-1392

Fictitious Business Name Statement 2016018856

The following person(s) is (are) doing business as BE AHEAD IN HEALTH, 3816 VIRGINIA ROAD, LOS ANGELES, CA, 90008, LOS ANGELES COUNTY. Registered Owner(s): 1) AMON HEAD, 3816 VIRGINIA ROAD, LOS ANGELES, CA 90008; 2) BRITTANY HEAD, 3816 VIRGINIA ROAD, LOS ANGELES, CA 90008. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: AMON HEAD, PARTNER. This statement was filed with the County Recorder of Los Angeles County on January 26, 2016.

NOTICE: This Fictitious Name Statement expires on January 26, 2021. A new Fictitious Business Name Statement must be filed prior to January 26, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 2/18, 2/25, 3/3, 3/10/2016 H-1393

Fictitious Business Name Statement 2016022348

The following person(s) is (are) doing business as PONSEPOL REAL ESTATE BROKERS, 600 LAIRPORT STREET, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): STANLEY MORTON ZIMMERMAN, 600 LAIRPORT STREET, EL SEGUNDO, CA 90245. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: STANLEY MORTON ZIMMERMAN, OWNER. This statement was filed with the County Recorder of Los Angeles County on January 28, 2016.

NOTICE: This Fictitious Name Statement expires on January 28, 2021. A new Fictitious Business Name Statement must be filed prior to January 28, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 2/18, 2/25, 3/3, 3/10/2016 H-1394

Fictitious Business Name Statement 2016018582

The following person(s) is (are) doing business as CAMBRIDGE AUTOMOTIVE GROUP, 21801 S WESTERN AVE, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): Garnett Station Capital Partners, LLC, 208 North Garnett Street, Henderson, NC 27536, Delaware. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: GARNETT STATION CAPITAL PARTNERS, LLC This statement was filed with the County Recorder of Los Angeles County on JANUARY 26, 2016.

NOTICE: This Fictitious Name Statement expires on JANUARY 26, 2021. A new Fictitious Business Name Statement must be filed prior to JANUARY 26, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Torrance Tribune Pub. 2/25, 3/3, 3/10, 3/17/2016 HT-1395

Fictitious Business Name Statement 2016040253

The following person(s) is (are) doing business as HOLLY PARK FISH MARKET, 1041 S. PRARIE AVE SUITE #13, INGLEWOOD, CA 90301, LOS ANGELES COUNTY. Registered Owner(s): A & R FAMILY, INC, 1041 S. Prairie Ave Suite #13, Inglewood, Ca 90301. This business is being conducted by a corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/01/2009. Signed: A & R FAMILY, INC, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on February 19, 2016.

NOTICE: This Fictitious Name Statement expires on February 19, 2021. A new Fictitious Business Name Statement must be filed prior to February 19, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Inglewood News: Pub. 3/3, 3/10/ 3/17, 3/24 HT-1396

Fictitious Business Name Statement 2016036035

The following person(s) is (are) doing business as BEACHES & BEYOND, 2801 SEPULVEDA BLVD UNIT 114, TORRANCE, CA, 90506, LOS ANGELES COUNTY. Registered Owner(s): ANGELITA K CHUMAN, 2801 SEPULVEDA BLVD UNIT 114, TORRANCE, CA, 90506. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 02/10/2016. Signed: ANGELITA K CHUMAN, Owner. This statement was filed with the County Recorder of Los Angeles County on February 16, 2016.

NOTICE: This Fictitious Name Statement expires on February 16, 2021. A new Fictitious Business Name Statement must be filed prior to February 16, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Torrance Tribune: Pub. 3/3, 3/10/ 3/17, 3/24 HT-1397

Fictitious Business Name Statement 2016044274

The following person(s) is (are) doing business as GUNDO DISTRO, 100 W. IMPERIAL AVE SUITE E, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): DAVE CUSI, 20405 S VERMONT AVE UNIT 4, TORRANCE, CA 90502. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: DAVE CUSI, Owner. This statement was filed with the County Recorder of Los Angeles County on February 24, 2016.

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El Segundo Herald: Pub. 3/3, 3/10/ 3/17, 3/24 HT-1398

Fictitious Business Name Statement 2016042622

The following person(s) is (are) doing business as SOLESTITCHES, 906 SARTORI AVE. APT 3, TORRANCE, CA 90501 2) PO BOX 172, TORRANCE, CA 90507, LOS ANGELES COUNTY. Registered Owner(s): CHRIS TEGUH, 1) 906 SARTORI AVE. APT 3, TORRANCE, CA 90501. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/01/2016. Signed: CHRIS TEGUH, Owner. This statement was filed with the County Recorder of Los Angeles County on February 23, 2016.

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Wesley is a cool cat. He has swag and wants to hang out with his friends, sit and watch TV next to you, and play with his cat friends. He keeps his distance when there is a ruckus. His fur is soft and fluffy and he loves pets and chin scratches. Wesley looks at you with his piercing green eyes and his mane is



Mango

full like a proud king. Buttercup's outgoing personality brought out his playfulness with unconditional love. These two would bring so much joy to any home!

Mango is a young "creamsicle" male kitty who loves to play and follow you around. He also loves relaxing on his cat tree perch. He is strikingly handsome and would be a great addition to your family! Mango has short, soft bright white fur with cute orange tabby patches and very pretty, smiling and expressive golden eyes. His tabby patches are arranged on his face like a Turkish Van although he is more of an oriental Shorthair. He is ready to move in to be your sweet Mango boy! Mango gets along very nicely with everyone (although he might prefer a home without very small children). If you already have another cat, Mango could be a great choice, but he'd probably be happiest getting full attention as a single cat.

Julian is a sweet and mellow boy. He is short-haired Russian Blue mix who is extremely



Audrey

affectionate with people. He gets also along with other cats of all ages. Julian is looking for a safe and loving home. He could be adopted as an only cat, but would probably do best in a home with at least one other kitty.

Audrey is sweet and reserved, a little shy with new people at first, but a real sweetheart once she trusts you. She doesn't mind being held, and will cuddle into your neck for comfort once she gets to know you. She loves playing with her sister, Amanda, and hopes to get adopted with her. **Amanda** is a spitfire, very playful, always on the move, and also cute and funny. But she's also very affectionate. If you put your face close to hers, she'll bump noses with you! Amanda definitely needs a playmate to be happy. Of course, she'd love to be adopted with her sister, Audrey. They promise to keep you entertained.

Anita will be two years old this April. She is a very sweet little girl who loves to play and run. Her favorite toys are laser lights and tiny crumpled balls of paper or tinfoil; she'll

chase them around the house and even carry them in her mouth. She can be a little shy with new people, and a bit skittish if she feels she's being chased or yelled at, but with a bit of gentle lovingness, she'll warm right up and really does love attention and affection. Anita would love another female kitty friend to play with, and she does get along with most dogs (provided they won't chase her!). She would fit right into a home with another cat or dog friend, but no young children please. (She was severely traumatized by young children at her first home.)

These cats and kittens 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, dewormed and current on their vaccinations. For additional information and to see our other kitties, please check our website www.kittenrescue.org or email us at mail@kittenrescue.org. Your tax deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Blvd. #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Blvd. just south of Manchester Ave. and also in Mar Vista at 3860 Centinela Ave. just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location. •

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



Wesley



Julian



Amanda



Anita

TerriAnn

an awards and appreciation luncheon which was started to 'honor brave officers of the Torrance Police Department who, while serving in an official or unofficial capacity, have distinguished themselves through outstanding performance above and beyond the call of duty and/or standard job responsibilities'. Donna went on to tell me, "This event provides the opportunity for residents and businesses to say, 'thank you' to those who work hard to protect and serve our community each and every day." Mark A. Matsuda, Chief of Police of the City of Torrance told me, "This award ceremony provides us a forum to publicly recognize members of the Torrance Police Department and City of Torrance employees who have distinguished themselves through exceptional performance. It also highlights the value of our business partnerships and how those public/private relationships help us to provide service excellence in our community."

Master of Ceremonies, Emmett Miller, ABC News National Correspondent, will once again

make time to honor the outstanding honorees in Torrance, Shatera Luna, Events Coordinator for the Torrance Chamber, headed the planning committee again this year with the help of: Leslie Cortez, Charlotte Melsh, Tim Thompson, Robert Van Lingen, Sean Van Lingen, Lynn Brennan, Jennifer Frew, Leilani Kimmel-Dagostino, Larry M. Halvorsen, Sergeant Paul Kranke, Lieutenant Jennifer Uyeda, and Sergeant Paul Solarzano. The awards presented this year will include: the Chief's Award to Jerry Edwards and Jason McDonald, the Special Recognition Award to Andrew Lee, Eric Bernier, and James Toomey, the Unit Citation Award - Crimes Property Detectives to Steve Andrews, Eric Applegate, Craig Shiosaki, Nathan Tshako, Mark Has-soldt, Rick Rudd, Coty Davidson, Craig Hayes, Eric Dowell, Donnell Murphy, Brian Yori, and Paul Sanderson, The Torrance Police Explorer Advisors, Paul Solorzano, Chad Farley, Alex Martinez, Kelli McCarthy, Erika Chance, and Darryl Tatum, The Civilian Employee of the Year, to Sandra McJannett, the Volunteer of

the Year to Val Clark, the Sworn Officer of the Year to Rob Waldrop, and the Business Recognition Award to Martin Chevrolet, and South Bay BMW/Mini Cooper.

Each year this event has proven to be so special and unique that its memory stays with you for a long time. Last year I was so moved, I gained even more respect and gratitude for the men and women who serve our city, if that were possible. We all know that we here in Torrance have a special and unique Police Department. One fact that makes Torrance special is the way citizens regard the police force. Officers are friends to children. Hickory Elementary School students will again provide the art for each table at the luncheon. Each student draws a picture of what they think a police officer does. The results are just precious. These 4 x 6 laminated cards will once again grace each table with pictures showing officers helping people, along with messages on the cards like, "Thank you", "Get the bad guys," "Police are our friends", and one particular picture that made me laugh last year

was one with a police siren going off on top of a car with the words, "ReeeeeeeReeeeeee" (Which was the sound of a police siren to this youngster.) Children drew pictures of officers talking to their class, showing off the K-9 Unit with the beautiful, smart dogs, and many other activities. Few cities boast the rapport the Torrance Police Department has with its citizens, especially its children. We, the people of the city of Torrance, respect our police. Simply ask someone who doesn't live in Torrance about our Police Department and you soon find out they wish their town had our police officers. We are truly blessed to live in this city with the caliber and integrity of a second to none police force - and Torrance citizens are very aware of that fact. Just ask us.

The Torrance Area Chamber of Commerce invites you to attend this very special 3rd Annual Torrance Police Department Awards & Appreciation Luncheon, from 12 p.m. to 2 p.m. on March 10, 2016 at the Torrance Marriott. For tickets and further information call 310.540.5858 or access www.torrancechamber.com. •

from page 7

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Real Estate

Selling Your Home? Let the Bidding Wars Begin

(BPT) - No wonder you're thinking of selling your home - it's a "seller's market" right now. The housing supply has dwindled, creating more demand for fewer homes.

At the same time, according to Realtor Tammy Reinke, buyers' expectations are higher than ever. They've become accustomed to model-perfect homes.

What's the upshot? "Sellers have a choice," says Reinke. "You can win the price war - or win the beauty contest." By winning the beauty contest, you'll gain pricing leverage. And if your home shows well, it can even spark a bidding war - generating offers that exceed your asking price.

Here are three top "beauty" tips to set your home apart from other contestants, and set yourself up for a fatter settlement check.

1. DIRT'S A DEAL-BREAKER

Make a clean sweep
"Buyers want to see a clean home," says Reinke. "And the first thing to deal with is stained carpets and ceilings."

Stained carpets should be cleaned or replaced. Stained ceilings deserve your attention, too. They can scare off prospective buyers who fear that ceiling imperfections might be a sign of bigger problems.

"If you've got a stained popcorn ceiling, don't bother trying to spot paint over it, it doesn't work," Reinke says. Even professionals find it difficult to match the original finish and color. In addition, flocked or heavily textured ceilings are best replaced because they look so outdated.

Instead, consider installing ceiling tiles or panels directly over the offending ceiling, us-

ing a simple DIY track-and-clip system. To weigh all your ceiling replacement options, pop some real popcorn and settle back with the Armstrong Ceiling video guide to ceilings for lots of ideas and inspiration.

2. DECLUTTER DE HOUSE

Buyers can't picture themselves in your home if they can't see past your piles of stuff. "There's a difference between clutter and an intentional collection," says Tiffany Little, a senior interior design at Albion Associates.

Pull together different items - like pottery or framed photography - using a common design element like color, similar patterns, texture or materials. "It's OK to leave some surfaces empty, and to create a display of personal mementos in a stylish, organized manner in other areas," says Little. "This makes the personal items even more special."

3. SPARK DESIGN INTEREST

So you've cleaned and decluttered, but now your rooms seem blah and uninviting. Nothing enlivens a space like a splash of color. Toss some bright new pillows on the sofa or add tasteful artwork or accessories to complement your color scheme.

Paint adds personality, too, but choose your colors carefully so your wall palette flows naturally from room to room. "I like using a neutral color palette for larger rooms - from ivory tones to values of grey," says Little. She adds mid-tone colors to smaller rooms, while selectively using vivid or deeper colors as accents with accessories and artwork throughout the home.

Finally, don't forget to add texture, whether with a woven area rug or sculptural wire

baskets. "Texture adds great dimension and depth to a room," says Little.

"I especially love the look of Armstrong Ceilings decorative metal ceiling panels in textured tin or copper as accents above a kitchen island. This turns the ordinary, smooth sheetrock ceiling into a wow factor. By add-

ing this textured ceiling color in with a few of the dishes, or countertop items, it unifies the room's palette," she added.

With a bit of primping, your home can win the ultimate beauty contest and attract a buyer who's willing to meet your price, or even pay a premium to call it their own. •

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