

FOOD & DINING



HELPING KIDS STAY STRONG

Meals may taste great, but many also lack some of the essential nutrients kids need, especially when it comes to building and maintaining strong bones. With more than 90 percent of girls and 75 percent of boys ages 9 to 13 not getting the daily recommended 1,300 milligrams of calcium for their age group, according to the National Osteoporosis Foundation, the need is greater than ever for parents to ensure their kids are developing strong bones for life. Providing kids with foods rich in calcium options is one easy step parents can take. One great option for breakfasts and snacks is a quick and easy yogurt parfait, which includes calcium-rich yogurt.

Yummy Yogurt Parfait
Recipe developed by GTC Nutrition.

Ingredients:

- 6 ounce package peach Horizon Organic Yogurt
 - Snack-size can diced peaches in fruit juice
 - 1-teaspoon wheat germ
 - 1/4-cup Barbara's Bakery Organic Wild Puffs cereal
- Preparation:
Drain peaches. Layer a parfait glass or other glass with yogurt, peaches, wheat germ and cereal. Use cereal for top layer of parfait (fresh fruit can be substituted).

In addition to consuming and absorbing adequate amounts of calcium, kids need regular exercise to ensure a lifetime of strong bones. Similar to muscles, bones become stronger through regular activity, and the warm months are a great time for kids to increase their activity levels.

To learn more about building and maintaining healthy bones visit www.nutraflora.com or www.nof.org. Courtesy of ARAcontent.com •

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Dog Park

from page 4

a bare minimum at El Segundo Dog Park, according to Cummings. "It has been very good overall with very high use," he said. Recreation and Parks maintains the grounds by keeping fencing secure, supplying bags for waste pick-up, cutting grass (what little there is) and providing water. "We also recently put in wood chips to keep the dust down,"

added Cummings. "When you consider you have dogs off the leash, some neutered and some not, I think it's remarkable how few incidents we've had. There have been issues where people have abandoned dogs there and in some rare cases in which dogs were aggressive, but for the most part people are good in handling things there."

Police Reports

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Criminal threats report was taken at 1456 hours from the 500 block of North Sepulveda Boulevard. Unknown suspect called the business threatening to "shoot the place up".

Hit and run report was taken at 1725 hours in the 100 block of South Sepulveda Boulevard.

Violation of a court order report was taken at 1732 hours in the 1300 block of East Grand Avenue.

Burglary report (vehicle) was taken at 1904 hours at Nash Street and Imperial Highway. Unknown suspect(s) broke into victim's vehicle and took items.

Burglary report (vehicle) was taken at 1916 hours in the 1400 block of East Imperial Avenue. Unknown suspect(s) broke into victim's vehicle and took items.

One male adult was arrested at 2335 hours from Grand Avenue and Sheldon Street for plain drunk in public.

THURSDAY, OCTOBER 1

One male adult was arrested at 0613 hours from LAPD for one outstanding ESPD misdemeanor traffic warrant.

Child annoyance report was taken at 0835 hours from the 400 block of Lomita Street. Unknown male suspect fondled himself in front of two female juveniles. Incident occurred on 9/6/09.

Burglary (auto) report was taken at 0927 hours from the 200 block of N. Sepulveda Boulevard. Unknown suspect took the victims purse containing a cell phone, credit cards and a small amount of cash.

Forgery report was taken at 1044 hours from the 900 block of N. Sepulveda Boulevard. Unknown suspect has been using the victims ATM card which was lost on 9/24/09.

Forgery report was taken at 2105 hours from the 600 block of West Walnut Avenue.

One male adult was arrested at 2307 hours from the 300 block of North Sepulveda

Boulevard for driving without a license and was subsequently issued a citation.

WEDNESDAY, SEPTEMBER 30

Burglary occurred between 2000 hours on 09/29/09 and 0615 hours on 09/30/09 from the 400 block of Douglas Street.

Forgery report was taken at 0943 hours in the 300 block of North Sepulveda Boulevard. Suspect used fraudulent currency to purchase items.

Forgery report was taken at 1051 hours in the 2300 block of East El Segundo Boulevard. Unknown suspect(s) used the victim's credit card to make online purchases.

Vandalism report was taken at 1109 hours in the 400 block of East Imperial Avenue.

Identity theft report was taken at 1707 hours in the 2200 block of East El Segundo Boulevard.

TUESDAY, SEPTEMBER 29

Vandalism report was taken at 1019 hours in the 1900 block of East Grand Avenue. Fire extinguisher used to vandalize business.

One male adult was arrested at 1313 hours in the 500 block of North Sepulveda Boulevard for using others ID, false impersonation, burglary, and fraud.

Burglary (residential) report was taken at 1834 hours in the 700 block of Indiana Court. Taken from the carport area was a bicycle.

One male adult was arrested at 1851 hours from Hughes Way and Sepulveda Boulevard for two LBPB misdemeanor warrants.

Burglary (residential) report was taken at 1835 hours in the 1200 block of East Sycamore Avenue. Taken from the garage area were miscellaneous items.

One male adult was arrested at 2327 hours from Inmate Reception Center for suspicion of criminal threats.

MONDAY, SEPTEMBER 28

Stolen vehicle report was taken at 0638 hours from Main Street and Grand Avenue.

Water Polo

from page 7

that jumped out to a 6-3 lead and held on for the tense 7-6 victory, advancing to the championship final versus Mira Costa and relegating El Segundo to the third place game versus Santa Monica. There were highlights in the Crescenta game, however, with the Eagles never "out of it." Blacksten had a canvas-booming counterattack goal off of a breakaway steal, while Johnathon Combs had a goal off of a Reynolds-drawn ejection to close the gap before the Eagles just ran out of time.

So the stage was set, Blue and Gold spirits were up to entertain Ocean League rival Santa Monica High—which El Segundo had not beaten since 2006. The first period was a 1-1 standstill until the opponent earned a penalty shot with just 0:03 left on the clock. The game was deadlocked 2-2 in the second following a steal and unassisted goal by Blacksten, and then remained a defensive battle for many minutes, with both teams field-blocking shots at will. The defensive damage done on the Eagle side came courtesy of Combs and Corby Cordobes, but one rebound and a bad break resulted in El Segundo falling behind 2-4.

The excitement really kicked in at that point. First: Blacksten--eight-meter goal! Then: A Reynolds steal, pass to goalie Chris Cordobes, to Blacksten lob off the crossbar, but Combs was on the spot backdoor for another goal. Next up: A Blacksten steal to Reynolds for the breakaway and push-shot goal. It wasn't over: Blacksten took a hard

45 m.p.h. shot off the bar that ricocheted back into his hand; then he smartly fed Jackson Hogoboom with a "right-back" goal. Momentum was going El Segundo's way at the end of the half.

Early in the third quarter found Corby Cordobes faking the Samohi goalkeeper and scoring off of an assist from Sommo. Later, following a save by Chris Cordobes, a Blacksten-drawn ejection resulted in an extra player advantage for the Blue and Gold. Nice passing from Sommo to Blacksten and back again led to a skip shot goal that proved to be the game-winner to earn the bronze. "Overall, a great weekend for us," touted Eagle head coach Riley Brady. "All four of our games were confidence builders, but especially the last two, after being down, we still fought back. Even with the loss to Crescenta Valley, it was a total team effort to get back in the game and give us a chance of getting back in the championship. And then against Samo—I mean, we haven't beaten them in over two years—everyone contributed. A great win, but now we have to focus on League. My special thanks to all the parents and volunteers who helped put the event on."

The Eagles finished the tournament with three wins and one loss, but upset the number three-ranked team in CIF-Southern Section Division V, so they should move up in the standings. The first third of the season is over, so by the time this article hits the newsstands, Ocean League play will be in full swing. •