

Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

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Weekend Forecast

Friday

AM Clouds/
PM Sun
72°/62°



Saturday

AM Clouds/
PM Sun
73°/64°



Sunday

AM Clouds/
PM Sun
76°/64°



Aquarium Fun Run a Success for All Ages



(From L-R) Parker Stickney, Luke Plelert, and Ben Burmeister were the youngest winners of the Roundhouse Aquarium Fun Run, held May 17th at the Manhattan Beach Pier. For more photos, see page 2. Photo by Lynne S. Gross.

Mayor Fuentes Adds Politics to Already Impressive Resume

By Laura Sorensen

It's her day off, but Suzanne Fuentes still likes to talk about her job. Anyone else would be relaxing at the coffee shop where we meet, trying to get far away from work; but she'd rather give me a personal tour. She works at Northrup Grumman, in a large white windowless building overlooking a huge bay where satellite construction is ongoing. She smiles when she uses all her satellite and engineering acronyms, exuding an enthusiasm for her work that I don't see all the time in people who have been at their jobs for decades. Generously she invites me to see where she works, and so I ride with her into the white-and-green campus, where she signs me in through security and shows me all around. It looks like . . . well, like a big building where people work. "I have an office with a door," she laughs, as we pass rows and rows of cubicles, one stuffed with black balloons and decorated with streamers for a 50th birthday party.

Fuentes's love of engineering began when she was just a girl. Her mother, Suzanne Weston, had been a yeoman in the Navy before settling down in California as a business manager at Hughes Aircraft. "She was a single parent and had four kids . . . she went back to work when I was 13 or 14," and Fuentes watched her younger siblings while her mother worked, sometimes biking over to her mother's office to eat lunch with her. Many of Weston's friends worked at Hughes, and Fuentes met them regularly, which exposed her to the idea of becoming an engineer. Her mother's encouragement was pivotal in her own decision to go into science-based career, first with a BS in biology, and then as a new hire herself at Hughes Aircraft.

Even though she grew up in El Segundo, went to college at LMU, and then settled down in a house across the street from where she grew up, Fuentes has traveled quite a bit because of her expertise. She has been many times to Cape Canaveral, spent time at the University of Hawaii, shivered through a very cold winter in Connecticut, and lived in Taiwan for two years. She indulged all my talk about LA's

amazing weather, noting that after her stay in Connecticut she brought back with her "an impressive collection of windshield scrapers." I bet they would make a great wall display.

Fuentes's dedication to her career has put her in the right place to be the first female Quality Engineer in the Integration, Test, and Launch (ITL) department at Northrup Grumman's Space Park; the first female Quality Assurance Manager (QAM) in the same department; and sometimes the only woman in a "high bay full of 60 men." Her personal philosophy is to be open to experience: to say yes to offers, even if they seem scary. When she was sent to Connecticut she had two days' notice to pack for a four-month stay, and she had to decide right then whether or not to go. Even though it was the dead of winter there, snowing like crazy, and she worked night shifts, she had a fulfilling experience. "I've just had so many opportunities, so I tell young people, 'Don't limit yourself! Say yes to everything!'" Even what seems like a bad moment can turn out well, as when she was passed over for a big job at NASA and assigned instead to the construction of ROCSAT, a satellite built for Taiwan's National Space Program Office. "ROC is the acronym for Republic of China, which is the official name of Taiwan, but people called it 'RoxanneSAT', because . . . almost all the managers were women." At first she was disappointed not to manage the seemingly more important NASA job, but the ROCSAT experience turned out to be one of the best of her life, and she is still in contact with friends she made during her time in Taiwan.

Fuentes is positive about her experience as a woman in the aerospace business, noting that her employers have been overwhelmingly fair to her. She is glad to see the increase in STEM (science, technology, and math) programs aimed at children in middle and elementary school, because these programs present STEM careers as simply another option, both for boys and girls, and encourage children to think about a future as an engineer. These classes, she notes, might nudge a child

toward engineering, and who knows, a former student might apply to her department. Be determined, she tells the kids; be dependable, and be kind, and you'll be the kind of person that everyone wants to hire.

Fuentes's philosophy and her passion have spilled over into her second life as an elected official. At first she had no thought of being an official: she only wanted to be involved in the community somehow, and spent time volunteering on many committees, hearings, and planning coalitions to benefit South Bay cities. "I just stepped up, and paid attention, and thought that I should get involved. . . . Don't put limits on yourself, because enough people will do it for you, that you can't . . . just do it anyway. Don't put limits on yourself."

Then she got hooked on city council meetings, and began just attending them because she found them so interesting. Her joke about city council meetings is, "There's reality TV, and then there's reality," and there's no question about which she finds more fascinating. She simply enjoyed herself, while becoming more and more interested in what El Segundo residents feel like they require for our city. Because so many residents have grown up here and their parents and children live here as well, they are invested in city policies, and Fuentes understands that and sympathizes. She told me stories about her own childhood here and how the city felt like a safe place to live in because people were watching out for one another, and she feels like that hasn't changed, and no one wants it to. "I was lucky enough to grow up here and . . . I know so many people from my childhood, the kids and the parents, and now the kids are the parents . . . there's that continuity, and that love of El Segundo." Her tenure as mayor is another way for her to be hands-on involved in the city she loves and meet her constituency in person. She even convinced me that I needed to go to a city council meeting: "The people who show up [at city council meetings], I'm really grateful for them, that they come share

See Mayor Fuentes, page 2

Mayor Fuentes

from front page

their opinions with us . . . some people don't like what we did, and some people do, and they're both important. And sometimes it's more important to hear people that don't like what you did, to get another perspective." It's no use living in a bubble, she continued, where she might only hear agreement, so she appreciates hearing from everyone, even those people who don't agree with her. "So

when are you going?" she asked me at the end of the interview, and it struck me: she is simply practicing what she preaches. What if we were all a little more dependable, reliable, and kind? What would our town be like? I can't answer that: but the Mayor would see many more of us at the city council, ready to get involved, and I think it would make her very happy. •

Calendar

MANHATTAN BEACH CALENDAR

SATURDAY, JUNE 7

- Free Garden Pollution Prevention class, 10-11 a.m., Manhattan Beach Botanical Garden, 1236 North Peck Ave. RSVP: Julie Gonella at (310) 546-1354.
- Bike and Skateboard Safety Expo, 12-3 p.m., Manhattan Heights Park, 1600 Manhattan Beach Boulevard. For more information call (310) 802-5448.

SATURDAY, JUNE 14

- Free Class: "Success with Succulents", 10-11 a.m., at the Manhattan Beach Botanical Garden Amphitheater, 1236 North Peck Avenue.

TUESDAY, JUNE 17

- City Council Meeting, 6-11 p.m., City Council Chambers, 1400 Highland Avenue.

SATURDAY, JUNE 21

- 2014 Begg Pool "Kickoff Party", 10 a.m.-2 p.m., Begg Pool, 1402 North Peck Avenue. For more information call (310) 802-5448 or (310) 802-5429.

SUNDAY JUNE 22

- Concerts in the Park: Mira Costa High School Jazz Band, 5-7 p.m., Polliwog Park Amphitheater, 1601 Manhattan Beach Boulevard.

TUESDAY, JUNE 24

- Child Safety and Fingerprint Event at Farmers Market, 11 a.m.-5 p.m., 13th Street and Morningside Drive.

FRIDAY, JULY 4

- 4th of July Pool Party Celebration, 10 a.m.-2 p.m., Begg Pool, 1402 North Peck Avenue. For more information call (310) 802-5428. •

Business Briefs



Manhattan Beach Resident Receives Visionary Award

Dr. David Hill, a Manhattan Beach resident and the scientific director of the Assisted Reproductive Technology (ART) Lab at the renowned Southern California Reproductive Center, was honored last weekend by the American Fertility Association, receiving the Joyce M. Vargyas MD Visionary Award.

ART is the largest fertility lab on the West Coast and has a growing reputation as one of the best and most technologically advanced labs in the country. Dr. Hill accepted his award on May 3rd at the American Fertility Association's annual event, Illuminations L.A. 2014.

Roundhouse Aquarium Awards Prizes to Fun Run Winners

By Lynne S. Gross

Tom Zannoch, Amy Shertzer, Tafton Thompson, Sara Gustafson and Luke Plelert took home the first place prizes from the Roundhouse Aquarium 5K Fun Run held May 17. Zannoch was first in the category for men 15 and older and also had the overall best time of 18:25.0. The race started at 9:30 a.m. at the Manhattan Beach pier with over 100 participants running north along the ocean and back again. A group of Roundhouse volunteers cheered the runners on and offered them water at various points along the way. Racewire provided the timing and Drew Mitchel acted as disc jockey. The major sponsors were Chevron, Wells Fargo, Forbes/Corrales Coastal Properties, USA National Title Company and BBVA Compass. Proceeds from the race support the aquarium's educational programs related to ocean life and the environment.

The awards ceremony took place after all the participants had finished running (or walking). The top three in each category received a medal and a prize. The awards ceremony was followed by a lively auction. Prizes for



Winner Tom Zannoch, about to cross the finish line. Photo by Lynne Gross.

the race and the auction came from many local businesses including: Baskin Robbins, Coffee Bean and Tea Leaf, Equinox, Guru's Gate, Kettle, Landis' Labyrinth, Murad, Old Venice, Starbucks, Surf Concepts, Uncle Bill's and Village Runner. Participants mentioned that they particularly liked the feel of the race because everything was so well organized and friendly. They also enjoyed running through waves and having the volunteers cheer for them.

Mira Costa Students Awarded Vietnam Veterans America Scholarship

Since 1995 the Vietnam Veterans of America South Bay Chapter 53 has been awarding scholarships to graduating seniors from local South Bay high schools. In addition to supporting continued education, the Chapter is trying to heighten awareness of Vietnam War, the men and women who served there, and the huge impact it has made on the United States, then and now. The recipients for this year are Kaylyn Fukuhara of West Torrance HS, Matthew Welch of Mira Costa HS, Madison Lanting of Mira Costa HS, and Sarah Antilla of Redondo Union HS. Each scholarship applicant was required to interview a Vietnam Veteran and submit an essay based on the interview. On May 28 they were each awarded \$1000 and read their essays at a special reception held in their honor. Photo by Kyle Orlemann. •



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Finance

Discover the Little-Known Investment Strategy Your Advisor Isn't Telling You

(BPT) - Did you know self-directed IRAs allow Americans to invest in assets other than stocks and bonds, while enjoying the tax-free or tax-deferred status of their retirement account? Very few Americans realize that they have the option to self-direct their IRAs, or other retirement plans, into real estate and other alternative assets. Most investors believe that the only IRA investment



options are bank CDs, the stock market or mutual funds - often because of inaccurate information from their current IRA custodian.

The truth is, with government-sponsored retirement plans such as IRAs and 401(k)s, you have the option to invest in almost anything (including real estate), not just stocks, bonds and mutual funds. All the benefits those plans provide, including tax-deductions and tax-free profits, apply to whatever investment you choose, including real estate.

The power of tax-deferred and tax-free profits in real estate

"The most powerful force on Earth is compounding interest." - Albert Einstein

One of an IRA's greatest features is that it allows Americans to enjoy the true power of tax-deferred compounding interest. Compound interest occurs when interest is earned on a principal sum along with any accumulated interest on that sum. In other words, you are earning interest not only on your original investment, but also on the interest earned from the original investment.

Compound interest can occur with any investment you make, but the true power of compounding interest is obtained when you make an investment through a tax-deferred vehicle, such as an IRA.

By taking advantage of an IRA's tax-deferred status, you do not have to pay tax immediately on your earnings, for example on the sale of a property or collection of rent. Thus, you are able to enjoy the power of compounding on all of your profit, not just what is left after taxes.

Now apply those benefits to real estate investing. Tax-deferred profits on your real estate transactions allows greater flexibility to make more investments, or to just sit back and watch your real estate investment grow in value, without worrying about taxes.

IS THIS FOR REAL?

Most investors don't know this opportunity exists because most IRA custodians do not offer truly self-directed IRAs that allow Americans to invest in real estate and other non-traditional investments.

Many traditional IRA custodians are unaware of the fact that an IRA can invest in alternative investments, such as real estate. Only a truly self-directed IRA custodian like Equity Trust will allow you to invest in all forms of real estate or any other IRA investments as allowed by the Internal Revenue Service.

IS THIS LEGAL?

It is. Since 1974, Equity Trust and its affiliate companies have assisted clients in increasing their financial wealth by investing in a variety of opportunities from real estate and private placements, to stocks and bonds in self-directed IRAs and small business retirement plans.

There are a few prohibited investments, according to IRS Publication 590, as it relates to self-directed IRAs. These investments include artwork, stamps, rugs, antiques and gems. Other investments, including stocks, bonds, mutual funds, real estate, mortgages and private placements, are perfectly acceptable as long as IRS rules governing retirement plans are followed.

GETTING STARTED

Investing a self-directed IRA in real estate is simple and very similar to the way you invest in real estate. In no time at all you can be investing in real estate and other alternative assets receiving tax-free or tax-deferred profits for the rest of your life.

The main difference to keep in mind between self-directed investing and general investing is that you are a separate entity from your IRA. As such, everything related to your investment must be titled in the name of your IRA and cannot be in your name, personally. Examples of this would be the property deed, insurance and utilities. Additionally, all profits generated from the investment, as well as expenses related to the investment, must come from and return to the IRA, and cannot be co-mingled with your personal funds.

Self-directed IRA custodians such as Equity Trust are passive, which means they cannot give investment advice. •

Seniors

Centenarians Reveal Their Secrets to a Long, Happy Life

(BPT) - One hundred years ago, the average American's life expectancy was between 50 and 60 years, and so the estimated 53,000 centenarians in the United States today have lived much longer than most of their contemporaries. Perhaps that is why a new survey shows that these 100-year-olds feel "blessed" (36 percent), "happy" (31 percent) and "surprised" (12 percent) to have lived so long. Not one reports feeling sad or burdened; only 3 percent say they feel lonely.

For the past nine years, UnitedHealthcare has conducted a survey of 100 100-year-olds to gain insight into their lives. For its most recent 100@100 survey, the company also polled 65-year-old baby boomers to examine how the

attitudes and lifestyles of people entering their retirement years compare to those who hit that same age 35 years ago.

According to the study, one thing both groups agreed on is that they feel younger than their years. On average, the centenarians surveyed said they feel just 83 years old, while 65-year-old baby boomers said they feel 55 years old.

"It's encouraging that older Americans feel more youthful than the number of candles on their birthday cake might suggest," said Rhonda Randall, D.O., chief medical officer of UnitedHealthcare Retiree Solutions. UnitedHealthcare serves more than a quarter of America's centenarians through its Medicare plans. "By looking at how they are living their daily lives, we can glean important insights about the keys to staying healthy and feeling vibrant as we age."

The following are some of the secrets to healthy aging, as revealed by the 100@100 survey.

SECRET 1: KEEP UP WITH EXERCISE

Despite their age, centenarians stay active: more than half walk or hike and nearly a third do strength-training exercises. Some even run outdoors or play team sports every week (4 percent). Exercise is an important part of boomers' lifestyle as well. Nearly 3 in 4 walk or hike each week, 37 percent do strength-training exercises and 13 percent run outdoors or play team sports.

SECRET 2: GET PREVENTIVE CARE TO STAY HEALTHY



Older Americans are taking the saying "an ounce of prevention equals a pound of cure" to heart by keeping up with preventive health care services to stay well. Nearly 9 in 10 get an annual exam (87

percent of centenarians and 89 percent of baby boomers) with their primary care physician, and the majority also report getting eye exams regularly (71 percent of centenarians and 76 percent of baby boomers).

SECRET 3: MAINTAIN A POSITIVE ATTITUDE

Both centenarians and baby boomers say maintaining their physical health and a positive attitude are equally important to successful aging (66 percent and 81 percent, respectively). In fact, 82 percent of centenarians say laughing/having a sense of humor is important to healthy aging.

Perhaps the most important lesson revealed in the 100@100 survey findings is that living a long, healthy life is about more than just genetics. Daily habits and lifestyle choices can make a difference not only in how long people live but also in how they feel as they age.

For more information on how to stay healthy beyond 65, visit nihseniorhealth.gov. For complete 100@100 survey results, visit the news room on UHC.com. •

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Politically Speaking

One Man's Opinion

By Gerry Chong

I have always admired people who could turn a phrase in a few words and speak volumes in the process. Two such men were Frederic Bastiat and Herbert Stein. Never heard of them, you say? Here are thumbnail sketches: in 1849, the French economist Frederic Bastiat wrote that there are only two ways a person could better himself: "Productivity or Plunder." On an individual basis, if one man took from another that which he had produced, it

the process of taking from the top discourages industry, while simultaneously providing benefits for not working as a disincentive to work. Consequently, a system that disincentivizes work by both top and bottom cannot possibly serve the best interests of the nation. By Bastiat's or any rational person's definition, such a condition is comedic "plunder."

And now we come to Herbert Stein's warning, as paraphrased by FOX News: "Anything that can't continue, won't." The financial cost

"As a result, the average family income has declined during this Liberal driven recovery."

would be a criminal and immoral act. But on a collective basis, that criminal act is the foundation of Liberal thought.

But having more than a criminal foundation, the philosophy has two corollary consequences: it is collectively enslaving and individually degrading. There is no question that every society is a complex milieu that defies a clear sense of order. The challenge for every individual is to understand himself and make a place within this complex stew. Conservatives laud and promote individual achievement, while Liberals denigrate human capacity by contending that it is beyond the ability of individuals to find their place. Liberals contend that if one is a woman, Black, Hispanic, Gay, Asian, Muslim, government employee, or a member of any group other than white, male, and Christian, the game is rigged and cannot be won. Thus, the government must set up a reverse-discrimination set of rules designed to enhance opportunities for selected groups only. The irony is that Liberals have created new categories of discrimination. Rationally,

of liberalism cannot continue. Exhibit one is the LBJ War on Poverty. Over its life, the government has spent \$22 trillion in entitlements, yet the percentage of the population living in poverty today is nearly the same as when this economic war began. As one wag said, we waged a war on poverty, and poverty won. Today's Administration doubled down on the war, spending so much money our national debt has exploded by 70% over less than six years. Yet, we have 46 million living in poverty, 49 million living off food stamps, and 11 million unemployed. Even as the President crowds over the 9 million jobs created, a closer look reveals that there has little recovery in the higher end jobs that were lost after the last recession, while the majority of the jobs gained were in low paying, entry level positions. As a result, the average family income has declined during this Liberal driven recovery. Bastiat and Stein, in their condensed eloquence have given us a foundation and perspective from which to vote in the coming elections. Use it wisely. •

Another Man's Opinion

Speaker Boehner Should Be More Serious About His Job

By Cristian Vasquez

In the world of politics, it's common to see odd alliances as well as unexpected rivalries. For a few years now, Speaker of the House John Boehner has been clashing with fellow Republicans. These Tea Party foes have been a headache for the Speaker, who has had to juggle attacking the Democrats while deflecting attacks from this small group of Republicans. As a result, Boehner is now teaming up with some of his friends in order to make sure that Tea-Party-aligned Republicans don't have an opportunity to hurt his chances at being the Speaker next year. Given the animosity that members of the GOP have demonstrated toward the Democrats it is easy to assume that Boehner would have no problem obtaining support from fellow conservatives. Sadly, that isn't the case in the world of politics.

Politico.com is reporting that Boehner and his friends are "discussing tactics such as trying to change GOP Conference rules to punish members who do not support the party's nominee during a floor vote." Part of what that means is that any lawmaker who opposes the party's choice for speaker could lose committee assignments, among other perks. The report also states that Speaker Boehner's friends have already removed some Republicans from a committee for straying too far from the party's platform. As if it wasn't frustrating enough to watch the country's two major parties fling mud at each other as they throw childlike temper tantrums in

what they call political discourse; now we have to watch the internal bickering. In all honesty, this isn't exclusive to the GOP for Democrats are guilty of such asinine behavior as well. As a matter of fact, presidential primaries can be said are the blueprints for such behavior. But I digress.

As I have said in the past, Washington fails everyone when the people elected to office get more caught up fundraising and campaigning and serving. What Speaker Boehner and his buddies are doing to Tea Party Republicans falls into this category of wasted time. Rather than focusing on addressing the concerns of constituents and fixing the endless amounts of issues that afflict the country, these lawmakers are too busy trying determine who can be part of the cool kids' club. Having Tea Party members blacklisted for expressing ideas that don't reflect the GOP platform is absurd. Several GOP members constantly take jabs at the media for being too liberal and at the President for being a Socialist; yet, here they are telling people within their own party that they can't participate because they think differently.

I don't agree with the Tea Party on much other than that we are taxed way too much. However, they shouldn't be victims of this Boehner witch-hunt simply because they will not vote how he and the party desires. If Boehner wants to keep his job, maybe he should try serving the people who vote for him rather than organizing a mob to eliminate a group of politicians that he considers a threat. •

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Roger Hart (left) with sons: Kevin; Jeremy and his wife Stephanie; and Bradley with his wife Alannah. The Hart family has used its successful business to promote and preserve pride in the Torrance community through responsible real estate transactions and home ownership.

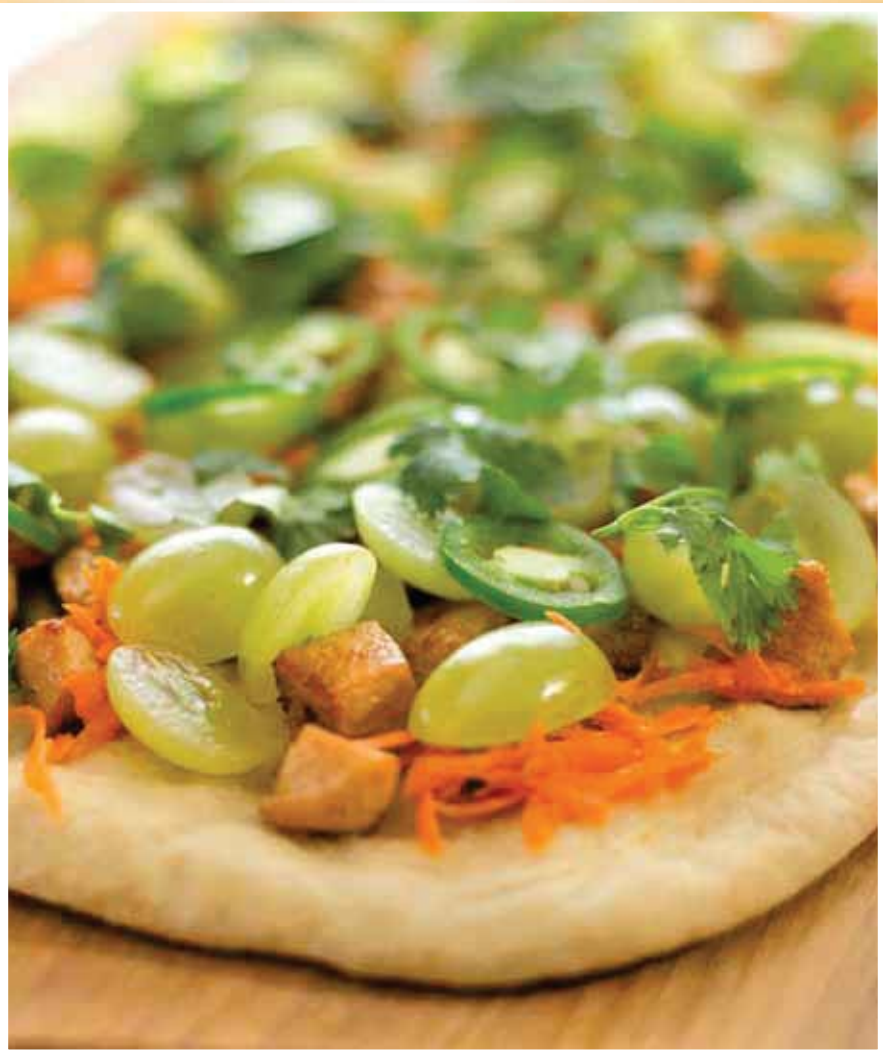


Add a Burst of Flavor to Summer Meals with Grapes

(BPT) - With warm summer weather comes the desire to lighten family meals and impress guests with thoughtful fare for backyard entertaining. Call on the bounty of fresh fruits and vegetables for inspiration. For instance, simply adding a handful of grapes immediately adds taste, color, freshness and a healthy enhancement to any dish. All three colors of grapes - green, red and black - are easy to use, extremely versatile, and conveniently available. California grapes provide a juicy, refreshing texture that complements many popular

and often strongly spiced flavor profiles, including Asian and Latin offerings. With just 90 calories per 3/4-cup serving, grapes add a crisp, no-guilt lift to summer meals. You can also feel good about adding them into many other dishes because they are a source of antioxidants and other polyphenols, which may contribute to heart health. Try this grape-enhanced summer recipes guaranteed to impress at your next summer gathering:

Banh Mi-Style Flatbread with California Grapes



Ingredients

- 1 (14-ounce) package prepared pizza dough

1 tablespoon canola oil

1 tablespoon minced garlic

1 tablespoon lemongrass paste

12 ounces chicken breast, cut into 1/2-inch pieces

2 tablespoons low-sodium soy sauce
- 1/2 cup shredded carrots

Pinch of sugar

1 tablespoon rice vinegar (unseasoned)

2 cups halved green seedless California grapes

1/4 cup coarsely chopped fresh cilantro

1 jalapeno pepper, very thinly sliced (Remove seeds for less heat)

Directions

Roll the pizza dough into a 10-by-14-inch oval on a lightly floured board. Transfer it to a baking sheet. Bake at 450° F for 8 to 10 minutes, or until lightly browned. Meanwhile, heat the oil in a medium skillet, and stir in the garlic and lemongrass paste; cook for 1 minute. Add the chicken and soy sauce; stir-fry over medium-high heat until the chicken is cooked through. Place the carrots in a small bowl and stir in a pinch of sugar and the vinegar. Spread the chicken mixture over the baked dough then sprinkle it with the carrots, grapes, cilantro, and jalapeno slices. Cut the flatbread into 8 square pieces.

Nutritional Information

Serves 4.

Nutritional information per serving (2 slices): Calories 418; Protein 22 g; Carbohydrate 55 g; Fat 12 g (Sat. Fat 2g); 27 percent Calories from Fat; Cholesterol 44 mg; Sodium 357 mg; Potassium 508 mg; Fiber 2 g.

Grapes from California are available May through January. For more information and recipe ideas go to grapesfromcalifornia.com or [facebook.com/grapesfromcalifornia](https://www.facebook.com/grapesfromcalifornia).

VALENTINO'S

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ITALY – ARGENTINA – MEXICO – PERU
& OTHER LATIN COUNTRIES

TRY OUR ARGENTINIAN EMPANADAS! SELECT FROM:

BEEF
(ONION, OLIVES, EGG, BELL PEPPERS)

SPINACH
(ONION, MOZZARELLA CHEESE, BECHAMEL SAUCE)

SPICY BEEF
(ONION, BELL PEPPERS, CHILE HABANERO)

POMO
(TOMATO, BASIL, MOZZARELLA CHEESE)

CHICKEN
(ONION, BELL PEPPERS)

PEPPERONI
(PEPPERONI, MARINARA SAUCE, MOZZARELLA CHEESE)

10% OFF!

IN STORE PURCHASE ONLY. MINIMUM OF \$20 OR MORE.

Please Present Coupon to Cashier at either Lomita or Hawthorne Market Locations.

TWO LOCATIONS!

LOMITA
25600 Narbonne Ave. (near PCH)
310.530.3213

HAWTHORNE
12921 S. Prairie Ave. (near W. 129th St.)
310.676-5444

CONTINENTALGOURMETMARKET.COM

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.



LIKE US
ON FACEBOOK



APARTMENT FOR RENT

1BD/1BA. Large Apt. In ES quiet gated building. W/swimming pool, laundry facility, pond w/ water fall \$1,275/mo. No pets. Call Mike at (310) 322-7166.

APARTMENT FOR RENT

1BD. Lower unit. Deluxe w/hdwd floors, SS stove, DW, Micro, refrig, granite counters, stack W/D, A/C, private patio, 1-car garage. \$1,650/mo. Avail 6/27. 764 Main St. (310) 963-7653.

EMPLOYMENT

Part-time office worker wanted: Must be familiar with Mac computers and knowing Indesign is a plus too. Hours would be approx. 9-1:00PM. Monday – Thursday. Responsibilities will be varied. Skills required include by are not limited to: strong english speaking and writing ability, working well with public, attention to detail and meeting deadlines. Interested parties, send resume to management@heraldpublications.com. No phone calls please.

EMPLOYMENT

Writers wanted for local community newspapers. Area to be covered is Torrance (Torrance Tribune). You must have some writing experience. Please send resume to management@heraldpublications.com. No phone calls please.

EMPLOYMENT

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

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

EMPLOYMENT

Part Time Sales/Photography. Mom365 has an opening for a part time sales & customer service oriented person to take babies' first official photos at Torrance Memorial Medical Center. Please submit your resume to: Careers@mom365.com.

GARAGE SALE

Huge yard sale June 7, 8am-noon. Antiques, furniture, house wares, great stuff! 641 Bungalow

GARAGE SALE

Sat. June 7 8am-1pm 820 Bungalow. Multi family. No early birds.

GARAGE SALE

June 7th 7am-noon. Furniture, household, clothing and tools 100% of proceeds go to breast cancer. 510 Arena Street.

ROOMMATE WANTED

E.S. male to share house with mature m/f \$950/mo. Security dep. and 1 month rent to move in (\$1,900) - (310) 322-2504.

CERTIFIED AND LICENSED PROFESSIONALS

KEEP IT LOCAL

NEW LOWER RATES!

26 weeks (6 months) is only \$400
52 weeks (1 year) is only \$750

If you have any questions call us at 310-322-1830.

HOW TO PAY: CHECKS, CASH OR CREDIT CARDS. Include Visa or M/C number along with billing address, security code, expiration date, email address and phone number. **PAYMENT MUST BE RECEIVED BEFORE AD IS PUBLISHED!**

The deadline for Business and Professional (B&P) Ad copy and payment is at Noon on Tuesday. We reserve the right to reject, edit, and determine proper classification of B&P ads. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims. **MUST HAVE CONTRACT LICENSE NUMBER IN AD.**



HERALD PUBLICATIONS

PLEASE NOTE:
NEW EMAIL ADDRESS
E-mail ad copy to:
class@heraldpublications.com

COMMUNITIES COUNT

electric

Wise Electric Contracting Service
Commercial/Industrial/Residential
License No: 785853

Serving El Segundo since 1945

Keith R. Wise Owner/Operator
Phone: **310-529-5271**
Fax: **310-615-0063**

flooring

KIRK FLOORING

(310) 322-6099
Fax (310) 322-6899
lic# 648106
333 Indiana Street, El Segundo
kirkflooring@socal.rr.com

fumigation

SPECIALIST HONEST PROFESSIONAL

- Fumigation, Drywood Termite • Pest Control
- Treatments • Wood Repair Specialist
- Escrow Papers • Termite Reports
- Free Inspections • 30 Years Experience

562.633.5503 • 310.346.2076
323.806.3495 • 310.864.8490
Lic#PR5267

gardening

EL SEGUNDO GARDENER

Licensed/Bonded
All E.S. Crew, Lawn Service Clean Ups, Tree Trim, Sprinklers, Handyman, etc.

310-493-7811
Lic# 100085424

gardening

McRobert's Gardening
Since 1992

Lawn & Yard Service, Clean-Ups, Repairs, Etc.

CALL RON
310-463-1042
Lic #12156

handyman

TOUCHSTONE

PAINTING • PLASTERING
HANDYMAN

Reasonably Priced - Referrals Upon Request

310-517-9677
30 Year Business and Resident in the South Bay

handyman

BILL'S HOME & APARTMENT MAINTENANCE

CONTRACTOR QUALITY at Handyman Prices.
We cover everything from A-Z.

Bill Henrichon
Cell: 310-890-7531
Office: 310-542-3470

Billshomeandaptmain@yahoo.com
CA ST LIS# 786081 / Bonded & Insured

2011 2012 2013

Serving the South Bay for 25 years
FREE ESTIMATES

handyman

Bob Boice
Quality Work Since 1966

Home Repairs
Carpentry - Painting - Repairs & Improvements - Small Jobs O.K!
Please no plumbing calls.

310-316-3435
Lic#817498 B.H.I.C.

plumbing

CENTRAL ROOTER

Leak Repair • Clean any Drain
24/7

FREE ESTIMATES

310-344-3378
lic. pending

painting

MIKE'S EXTERIOR PAINTING
Top of the Line Exterior Painting & Repair

GO SEE "601 LOMITA"

424-220-0102 | Repair & Replace
Lic #565712 B & C33 Damaged Wood

painting

TKO PAINTING CO. INC.
Knocking Out The Competition

Satisfaction Guaranteed
Great Competitive Prices
FOR A FREE ESTIMATE

Call Troy at
310-663-1672

painting

PAINTERS PLUS



INTERIOR • EXTERIOR
PLUS
IMPROVEMENTS • REPAIRS

FREE ESTIMATES
LOWEST PRICES • GUARANTEED QUALITY
5 YEAR FREE MAINTENANCE

SERVING THE BEACH CITIES
FOR OVER 20 YEARS

CALL DON **310-798-0450**
LIC # 726089

painting

RICH'S PAINTING

Specializing in exterior
Quality interior work

Reliable • Reasonable Rates
310-640-9465

plumbing

MATTEUCCI PLUMBING

24 Hour Service
Since 1990 • Lic # 770059 • C-42 C-36 C-34 C20 C-10 A

PLUMBING, HEATING, COOLING & ELECTRICAL

Full Service Plumbing • Heating • Cooling & Electrical
Sewer Video Inspection • Rooter Service • Copper Repipes

310-543-2001

plumbing

Frank's Plumbing

Lic#557167
Est. 1989

HVAC-Electrical • Stoppages
Tankless Water Heaters

KillasserKid@verizon.net
310.613.4563

plumbing

SECOND CITY PLUMBING & Rooter Service

Phone/Text
310.738.7094

El Segundo Resident

23 YEARS EXPERIENCE
Sewer Video • Hydrojetting • Bonded • Insured
CA LIC. #980971

carpet cleaning

BRITE HIGH POWER CARPET CLEANING
SINCE 1945

Fast drying non-toxic, pet odor treatment, area rug cleaning at our facility.

PICK UP AND DELIVERY

Call for free estimate **310 675-8600**
or visit www.britecarpetcleaners.com
Lic. #987614

concrete

Need A Driveway or Patio? Lindahl
Concrete, Inc.

Specializing in all Residential Concrete
WWW.LINDAHLCONCRETE.COM

Call For Estimate
310-326-6626
Lic#531387

construction

JOSEPH'S CONSTRUCTION
Kitchen And Bath Remodeling

Electrical - Plumbing - Paint - Stucco
Roofing - Concrete - Fencing - Patios
Reliable - Reasonable Rates - References

310-367-6024
Free Estimate, Insured, Lic#468913 Since 1985

YOUR AD HERE

Email to reserve your space
class@heraldpublications.com

OVER 40 THOUSAND PAPERS DELIVERED WITHIN MILES OF YOUR HOME OR BUSINESS.

PETSPETS Pets PETSPETS PETSPETS

Wowser Schnauzers

We are looking for volunteers to help with our Saturday pet adoption events which are held at Petco located at 537 N. Pacific Coast Highway Redondo Beach 90277. If you are interested in volunteering and can commit to at least one Saturday a month, please contact us at info@msfr.org

Hi there! I'm **Donny** as in Donny and Marie, but I'm not that one. My two sisters (one coinci-



Wyatt is recovering from an accident and needs a lot of love.

dentially named Marie) and I ended up as strays in a LA country shelter. One sister got adopted before the MSFR folks rescued Marie and me. Marie has already been adopted so I'm the only one looking for my forever home. I'm a cute little Miniature Schnauzer mix (could be a doxie because I have a wiry coat) who only weighs 10 pounds. Since I'm only 5 months old, I could weigh about 15 pounds when I'm grown up. I like other dogs and get along great with them even though I'm a bit timid at first. If you are interested in Donny, please email info@msfr.org for more information.

They named me **Wyatt** because it means "strong warrior"... and that's what I had to be to survive. I'm a purebred black-and-silver Miniature Schnauzer who is only 1.5 years old but I am indeed a survivor. I was rescued from a LA county shelter as a stray, after being hit by a car. I had 30-40 staples for a abdomen injury,

a broken hock and several broken toes and I think that I am quite lucky to be alive. The MSFR volunteers had their Vet do surgery to repair my broken leg and I'm happy to report that the Vet thinks I will make a full recovery. I'm behaving myself and being a good patient so I should be healed and ready for a new home by the end of June. I get along great with other dogs and I'm a real cutie. I'm also very sweet and appreciative of any and all affection. If you are interested in Wyatt, please email info@msfr.org for more information.

My name is **Winnie** and I am the perfect little lady for you. I'm a quiet, sweet, female Miniature Schnauzer who gets along great with other dogs and LOVES people. I'm just a slip of a girl, weighing only 10 pounds, and at 8 years of age there won't be any growth spurts! After I was rescued from a LA county shelter I was examined by a Vet and had a dental done. Twelve teeth had to be extracted but I am a healthy, happy and loving gal. If you are interested in Winnie, please email info@msfr.org for more information.

Pixies are tiny and that's what I am! I'm an adorable, gentle, female, longhaired Chihuahua who was rescued from a LA county shelter. I had a benign mammary tumor which was removed, and now I'm healed and ready to find my new home. I'm



Winnie is a miniature schnauzer who loves to socialize!

7 pounds of love and companionship. At 5 years of age, I've learned lots of things. I'm do a great job of walking on leash and I ride nicely in a car but my favorite pastimes are being held and cuddled. I get along great with other dogs and I am very affectionate with women but a little suspicious of men. Please contact Yellow Brick Road in El Segundo if



Donny is a 5-month-old mini-schnauzer mix needs a good home.

you would like to meet Pixie. (310) 606-5507.

Please visit all of our Miniature Schnauzers & Friends rescues at the adoptions fair held every Saturday from noon-3:30 p.m. or check out our website, www.msfr.org. Our adoptions fairs take place at Petco, 537 N. Pacific Coast Highway, Redondo Beach, California. Schnauzers! **Bet you can't adopt just one!** •



Pixie is a tiny girl who loves to be cuddled.

Happy Tails

Luke Finally Finds a Home

Major drum roll . . . congratulations to Luke and his new Mom. We are so pleased to announce that Luke, our 10-year old Miniature Schnauzer who was our longest foster care boy, has found his forever home. Luke, now named Luke Sky Walker, was rescued from a shelter in February 2013. He required bladder stone surgery and a dental. He is sweet, handsome boy whose new mom is SO very proud of him and she tells everyone that senior dogs make wonderful pets. Thank you to Luke's new Mom for having such a big heart. Adoptions like this are the best. If you have any questions about a particular dog's availability you can email us at info@msfr.org. •



After being in foster care for more than a year, Luke Skywalker has found a new home.

EL SEGUNDO ANIMAL HOSPITAL

Second Year Anniversary ANNUAL OPEN HOUSE CELEBRATION

SATURDAY • JUNE 7, 2014 • 11am-3pm



Please join us in celebrating our Second Year Anniversary at our Annual Open House!

Come meet our doctors and staff, take a tour of the hospital and stop by our vendor booths for lots of great giveaways and pet health information.

COMPLIMENTARY FOOD • DOOR PRIZES • PHOTO BOOTH • PETS WELCOME!

240 Center Street • El Segundo, CA 90245 • 310.606.8811



Proud to Be Your Neighbors in the Beach Cities

LIVING, PLAYING & RAISING OUR FAMILIES HERE FOR OVER A CENTURY

Since 1911, thousands of Chevron El Segundo Refinery employees and their families have called the Beach Cities “home.” We live here, play here, raise our families here, and we care about our community just like you.

You might find us coaching your child’s soccer or baseball team, volunteering with you on the PTA or chaperoning your child’s field trip. You might see us shopping at the grocery store or eating lunch at your favorite restaurant.

We are proud to be Chevron employees and proud to be your neighbors in the Beach Cities!



To learn more about the Chevron El Segundo Refinery, visit us at www.chevronelsegundo.com.

A Proud Member of the
Community Since 1911