

Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

Herald Publications - El Segundo, Manhattan Beach, Hawthorne, Lawndale, & Inglewood Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 Vol. 7, No. 3 March 6, 2014

Inside This Issue

Business & Professional	6
Calendar	3
Classifieds	2
Finance.....	3
Food	4-5
Pets	8
Politically Speaking	6
Seniors	3
Sports	7

Weekend Forecast

Friday
Mostly
Sunny
69°/54°



Saturday
Partly
Cloudy
78°/55°



Sunday
Mostly
Cloudy
77°/56°



Cutie-Pies and Cookies



It's Girl Scout cookie time again! Pictured are 9-year old Reese Martinez (L) and 7-year old Rachel Goins from Torrance Girl Scout Troop 15195. Photo by Charlene Nishimura

Performing Arts Center Open to All

By Nancy Peters

Most local residents are familiar with the iconic El Segundo High School on Main Street, extending from Mariposa Avenue (south) to Oak Avenue (north) and from Main Street (west) to Sheldon Street (east), with its new football stadium and track, baseball fields, and the several structures on the campus that comprise the band room and black-box theatre, the science building, the library and the very recognizable bell tower at the center of it all. The building began construction in 1927, with the first graduating class in 1929, and major building renovations completed in 2005. But those renovations did not include the auditorium.

At the heart of the building is the auditorium, provided with new seats in the late 1990s. After a bond measure was approved by the voting residents in 2011, there was the green light for the latest state-of-the-art improvements. A new sound booth and sound system, a computerized lighting board, a new curtain and fly system on stage, and a video projector system with SurroundSound were all part of the major renovation of the auditorium.

New, more comfortable seats were added. The 830 seats sit on a sloped grade in a staggered configuration so no patron has an obstructed view of the stage. The backstage was completely redone, adding new dressing rooms, offices, storage closets and a second floor to access the fly system.

In August 2011, the El Segundo Performing Arts Center (www.elsegundopac.org) opened to the public. The center is available for use by El Segundo Unified School District, is utilized by El Segundo High as its assembly venue, and is rented by outside production groups. On Sunday mornings, The Bridge (formerly El Segundo Foursquare Church) worships in the majestic space.

The District is the proprietor of the center and hired a full-time employee to manage the coordination of the use of the theatre space. In July 2012, an alumna of the high school who performed on the stage numerous times began a new career. Angelica Roque, the Director of Theatre Operations, shares her passion for the Performing Arts Center with

anyone who asks. "I just want the building to be used to its utmost capacity," she said. "The community invested in the renovation as a separate bond issue to upgrade the auditorium, making it an impressive space to outsiders of the city--not just to the School District, not just to the Parks and Rec Department. It is a showplace and brings in revenue. I feel it is my job to protect that investment."

A department of one, Angelica is in charge of a myriad of moving parts, from keeping a calendar in order so no conflicts are booked to making certain that contracts for use are written correctly so the District is paid the right amount by the renters of the venue. Basically, she is the liaison for all who enter the theater.

Angelica first performed on the high school auditorium stage at the age of nine, when as a fourth grader she was part of the cast of Annie in a production from the El Segundo Recreation and Parks Department Drama Program. "I had a really loud voice, so the director moved me up from the chorus to play one of the featured orphans," she shared, "but the first time I sang in front of an audience, I was four years old, I think, at Miceli's Restaurant. I sang *Under the Boardwalk* and then two years later, I performed with my dad at a wedding. I remember I caught him looking at the words, but I was 'seasoned' at the age of six and didn't have to look. That is a vivid memory for me, thinking, 'Who doesn't know the words to *Whole New World*, Dad?'"

Angelica comes from a performing family. Her parents, Danny and Nora, who met in the choir at church, and her two brothers, Christopher and Brandon, are all performers. Her dad created a cabaret act he showcases in clubs in Hollywood and Las Vegas and has been a Disneyland cast member, worked at Knott's Berry Farm as a character in many of the shows, and is a natural-born performer. Her mom, who has worked for various school districts (not including El Segundo) as an administrative employee for many years, sings and acts in productions as a hobby but is always cast as the leading lady. Her brother, Chris, is a founding member of

Courage Theatre Company and a working LA stage actor. Brandon, the middle brother, is a percussionist with the El Segundo Community Concert Band and was a member of the UCLA Drumline.

"I think I have been singing since before I was born," Angelica laughingly related. "You know, like a genetic disease. I loved to sing even before I could talk. I love to sing the classics, especially jazz, but a good musical theatre song is good too. When the lyrics tell a good story and the music transports the listener, I love a song like that."

Angelica continued, "I got my first professional singing job at 16 when I became the out-front singer for the Beach Cities Swing Band. I loved being a member of my college a cappella group, the TriTones. Now I perform with a cover band on the Casinos Circuit and in my dad's cabaret act. I sing with Chris every week at our church."

Angelica has also been a Young American since 2004, performing before graduating from high school after a recruited audition. Over the last nine years, she has traveled the United States and the United Kingdom as a touring teaching member for workshops that teach students about music and performing during an intensive three-day course prior to a live performance. This last year she directed the New Kids Show for the Young Americans.

"The Young Americans has been a great experience for me," Angelica added. "I learned a lot from the members of the Swing Band, especially about music of the eras they play. And my performing years as a student right here on that stage [Performing Arts Center], are all memorable. Performers form bonds, making friends for a lifetime. But right now, I thoroughly enjoy what I do. I am really passionate about the theatre! I love the new sound system. The lighting board is fun to program. The backstage is *such* an improvement from what I and my friends remember of that area when we were in plays. I feel a personal connection with the Performing Arts Center. And I get paid to do the things I love to do. What could be better than that?" •

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.

2 bedroom with office, den or third bedroom/ 1.5 bath. Custom built fairly new 8420 Fordham Road. Westchester \$2,200/month.

Writers wanted for local community newspapers. Areas to be covered are El Segundo (El Segundo Herald) and Torrance (Torrance Tribune). You must have some writing experience. Please send resume to management@heraldpublications.com. No phone calls please.

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.

Assistant Director of Rehabilitation: Assist w/ daily operation of rehab dept of the assigned facilities, including clinical & admin duties. Assist Dir of Rehab w/ interviews & recommend new hires & training of therapy personnel. Communicate co memos, visitations, policies & implement new programs. Coordinate the scheduling of dept staff w/ supervisor, area mgr &/or staffing coordinator to meet the needs of facility clientele. Build relationships w/ local hospitals & referral sites. Ensure adherence to all regulatory standards pertaining to delivery of rehab services. Help organize rehab orientation for new dept personnel, ensure paper work is completed timely & distributed to appropriate HR personnel. Bachelor's in health services, physical therapy, occupational therapy, speech language pathology or related fields of study required. Job site: Inglewood, CA. Send resume to Intergo Resources, Inc., 19222 N. Broadway, Santa Ana, CA 92706.

Estate sale. 7911 Kenyon
(Westchester 90045) 3/7 - 3/8,
3/9, 10a.m-3p.m. Antiques,
glassware, china, jewelry,
linens, books, tools, garden
items, appliances, clothes, arts,
rugs, plants. 70 years accum.

Beautiful townhouse in El Segundo, close to 1200 square feet. Unfurnished two bedrooms 1 bath with office. Warm two toned interior colors. A large open entertainment area with patterned tile floors/counters. Contemporary lighting ceiling fans. new window blinds dishwasher, stove, large closets, paid water, gas and trash. covered parking. gated building. close to beach. shops. freeway and airport. Call Mike at (310)322-7166.

Sat., 3/8 - 8:00am - 725 Maryland.
Furniture, surfboard, surf racks,
antiques, comic books, clothes.

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

PRICING	1X	2X	3X	4X
Up to 21 words:	\$40	\$50	\$60	\$70
Up to 28 words:	\$45	\$55	\$65	\$75
Up to 35 words:	\$50	\$60	\$70	\$80
Up to 42 words:	\$55	\$65	\$75	\$85
Up to 49 words:	\$60	\$70	\$80	\$90



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

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!**

Payment Type ☐ CASH ☐ CHECK ☒ ☐

Credit Card Billing Information

Card Number **Security Code** **Expiration Date**

First Name on Card **Last Name on Card**

Address

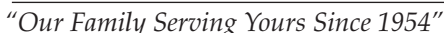
City **State** **Zip/Postal Code**

Phone Number **Signature**

Ad Copy _____

COMMUNITIES COUNT

For your convenience you can fill out this form and fax it (310-322-2787), email (class@heraldpublications.com) it or bring it into the office at 312 E Imperial Avenue, El Segundo.



**BURIAL-CREMATATION-WORLDWIDE TRANSFER
PET MEMORIAL PRODUCTS**

500 EAST IMPERIAL AVENUE
EL SEGUNDO, CALIFORNIA 90245
Telephone (310) 640-9325 • Fax (310) 640-0778 • FD658



**LIVING TRUSTS/WILLS, PROBATE, EMPLOYMENT LAW, PERSONAL INJURY
TRUST AND ESTATES LITIGATION, BUSINESS LITIGATION, CIVIL LITIGATION**

310-540-6000

*AV Rated (Highest) Martindale - Hubbell / **Certified Specialist Estate Planning, Trust & Probate Law, State Bar of California, Board of Legal Specialization

Calendar

TUESDAY, MARCH 18

• City Council Meeting, 6-11 p.m., City Council Chambers, 1400 Highland Avenue. Next meeting: Jan. 21.

ONGOING

• Sea Story time, every Sunday at 11:30 a.m., at the Roundhouse Aquarium at the end of the Manhattan Beach pier. For more info visit www.roundhouseaquarium.org.

Seniors

Medicare Advantage at Risk for Seniors and Disabled



(BPT) - Nearly 15 million seniors and people with disabilities are enrolled in a Medicare Advantage plan in this country. That number adds up to almost one third of the total Medicare population.

Some provisions in the new Affordable Care Act (ACA), if implemented, could jeopardize Medicare Advantage benefits for each and every one of those 15 million Americans.

While Medicare Advantage benefits have already been reduced, they now face additional cuts, as much as \$200 billion dollars over the next 10 years. Seniors and the disabled are expected to bear the brunt of these cuts, reducing the benefits they receive.

“Medicare Advantage has allowed us to provide far better overall care to our patients,” says Dr. Donald Rebhun, HealthCare Partners medical director. “And that level of care is at risk if these additional cuts go through.”

According to the Coalition for Medicare Choices, Medicare Advantage is a health benefits program available to individuals who are 65 or older or those with permanent disabilities. The coverage is provided through private health plans rather than the government and is required to meet or exceed the standards set by the original Medicare program. In addition to hospital and physician coverage, Medicare Advantage plans often include other benefits such as prescription drug, vision, hearing, dental, fitness, mental health and management of chronic illness.

The proposed cuts could mean higher out-of-pocket costs, limited choice of doctors, fewer plans managing chronic conditions and

fewer plans offering dental/vision coverage and enhanced wellness/fitness services.

Data from the Medicare Current Beneficiary Survey shows that Medicare Advantage plans continue to be a vital source of coverage for low-income and minority beneficiaries. For example, 31 percent of African-American Medicare beneficiaries and 38 percent of Hispanic beneficiaries were enrolled in Medicare Advantage plans, and 41 percent of Medicare beneficiaries with Medicare Advantage plans had annual incomes of less than \$20,000.

These programs are particularly critical to the well-being of thousands of low-income individuals who may not qualify for Medicaid and would therefore lack access to chronic disease management services. Because of these cuts, out-of-pocket costs for seniors and individuals with disabilities could also rise and premium-free comprehensive drug coverage would be in jeopardy.

“Thanks to the funding we receive from our risk-based contracts, we have developed creative and innovative programs and services that have delivered better clinical outcomes. These cuts will directly impact the care we can provide to our patients,” says Rebhun.

If you or a loved one has a Medicare Advantage plan, take time to research the funding cuts and reimbursement changes. Make your voice heard and tell your federal and state representatives to stop further cuts and continue to protect your benefits. To reach your representatives, visit ProtectMyMA.com/Today.

Finance

Invest in U.S. Savings Bonds This Tax Season

(BPT) - Millions of Americans get a refund on their taxes each year. If you are one of them, why not use part of your refund to save for the future with a Series I Savings Bond from the U.S. Department of the Treasury? You can invest as little as \$50 in this affordable, safe and convenient savings option, which can help

on www.treasurydirect.gov. To efficiently gift savings bonds to your child using your tax refund, open a TreasuryDirect account for your child within your own account.

Why Series I Savings Bonds?

Series I Savings Bonds currently offer an interest rate of 1.38 percent, and they’re exempt

“U.S. Savings Bonds are a good investment at tax time - or anytime.”

you meet your long-term savings goals and build a brighter future.

“Tax season can be a great time of year to build savings,” says Jerry Kelly, national director of the Treasury Department’s Ready. Save. Grow. campaign. “I encourage anyone who is due a tax refund to consider using part or all of their refund to grow their savings with U.S. Savings Bonds.”

If you would like to buy a savings bond with your tax refund, follow these steps:

1. Fill out Form 8888 - Complete this form to designate your desired dollar amount to buy paper Series I Savings Bonds or to deposit into your TreasuryDirect account.
2. Set up a TreasuryDirect Account - Although you can buy paper savings bonds with your tax refund, digital savings bonds are even easier to manage with an online TreasuryDirect account. For instructions on how to set up a TreasuryDirect account, visit www.treasurydirect.gov and click on the tip sheet and guided tour links.
3. Give paper savings bonds as a gift with tax refund dollars - You may use your tax refund to buy paper savings bonds as a gift to others. To do so, follow the specific instructions for Part II on Form 8888. The bonds will be mailed to you.
4. Buy digital savings bonds for yourself with tax refund dollars - Deposit an amount into your TreasuryDirect account by using Form 8888. Then access your TreasuryDirect account to buy savings bonds or other Treasury securities.
5. Give digital savings bonds as a gift with tax refund dollars - You may use your tax refund to give digital savings bonds as a gift to others. Deposit an amount into your TreasuryDirect account by using Form 8888. Then use your TreasuryDirect account to make a gift of this deposit. Resources that provide guidance on gifting savings bonds include a tip sheet, demo and video that can be found

from state and local income taxes. What’s more, interest earnings may be exempt from federal income taxes when the earnings are used to pay for qualified higher education expenses.

I Bonds are long-term savings instruments that can help you save for a home, retirement, college tuition or other life goals. You must hold an I Bond for at least one year after it’s issued, but it’s best to hold it for at least five years to avoid any early redemption penalty. To learn more about the value of savings bonds, the Treasury Department’s Savings Bond Calculator will come in handy.

Save with savings bonds year-round

U.S. Savings Bonds are a good investment at tax time - or anytime. Payroll direct deposit through your employer is a convenient option for building a regular savings habit. Every pay day you can automatically contribute to your TreasuryDirect account and build your nest egg. To learn more about payroll direct deposit and Treasury securities, go to the Ready.Save.Grow. website at www.treasurydirect.gov/readysavegrow.

The preceding information was provided by the U.S. Department of the Treasury, Bureau of the Public Debt.

TreasuryDirect is a registered mark of the U.S. Department of the Treasury. Ready.Save.Grow. is a service mark of the U.S. Department of the Treasury. •



Turn your tax refund into savings.

ON MARCH 17
CELEBRATE
ST. PATRICK’S DAY AT THE BOWL
& PARTY ALL DAY LONG!

FOOD SPECIALS
GREEN BEER
LIVE MUSIC



WEAR GREEN & when you buy one game of bowling you’ll GET ANOTHER GAME FREE

For more information please call Charlotte at charlotte@pvbowl.com; or 310.326.5120

Palos Verdes Bowl

THE SOUTH BAY’S HOME FOR OLD SCHOOL ENTERTAINMENT

TANNERSEWANDVAC.COM
OLD-FASHIONED SERVICE & TOP QUALITY PRODUCTS



SEWING AND VACUUM
SERVICE FOR ALL MAKES AND MODELS.
FACTORY TRAINED TECHNICIANS.
EXPERT SEWING INSTRUCTORS.
SAME DAY SERVICE AVAILABLE.
ESTABLISHED SINCE 1964.
310-670-2429

Husqvarna Miele

Open your *heart*
Open your *home*
Become a *Mentor* today

California MENTOR is seeking loving families with a spare bedroom to support adults with disabilities.

Receive free skill development, a competitive stipend, and ongoing support.



California MENTOR
Family Home Agency
MentorsWanted.com

For more information, contact us at 562-424-0066

Deluca Trattoria: Authentic Italian Eatery Raises the Bar

By Brian Simon

It took some time, but Downtown El Segundo has emerged as a Southland dining destination with an eclectic mix of eateries all within walking distance of one another. Already a popular go-to spot from its opening in the fall of 2007, Richmond Street’s Deluca Trattoria has upped the ante since the arrival last April of new managing partner Andrea Francesco whose goal is to provide authentic Italian cuisine and a signature experience. Judging from a recent Herald staff visit to Deluca, Francesco definitely means business. It’s always commendable to strive to make a good thing even better. For Francesco, getting to the next level meant a commitment to not only upgrade the quality of the food and wine but also the service. “The first thing we did when I came in was to work with staff to improve the restaurant,” he said. “We built a team and reorganized schedules to build relationships with the patrons and create familiarity.”

Francesco next went to work on the menu ingredients, with the goal of going “farm to table fresh” with everything homemade and handmade. “In running a business, you can get into a comfort zone with your suppliers,” he warned. “So we’re changing the supply chain to look for more local sources and to gain access to the freshest possible, hand-selected produce from the tomatoes to the carrots to the onions.” The kitchen has also moved from dry pasta to the fresh stuff--delivered to the restaurant within 24 hours of being handmade just like it is in Italy, Francesco noted. “It makes a huge difference.” Additionally, the sauces are made from scratch, chickens are free range or organic, seafood is sustainable and steaks are prime. Chef Luis Rosales, who has cooked in Los Angeles area kitchens ranging from fine dining to casual for more than 20 years, adds his personal flair to the ever-evolving menu that now boasts several new entrees. He and Francesco also continue

to fine-tune the house favorites by testing new ingredients and concepts virtually on a daily basis. Nothing is ever set in stone.

Coming from an Italian family (his mother lives in Florence) that produces wine in the mother country and imports internationally, Francesco not surprisingly made a complete revamp of Deluca’s wine list—which used to be predominantly domestic. The wine bar now focuses on mainly Italian selections with only about 20 percent coming from California plus a few choices from notable areas such as

“I like to use the simple Margherita (tomatoes, basil and mozzarella) as a benchmark for pizza craft and Deluca nails it.”

France and Argentina. Francesco definitely knows his vino—he is an Italian wine expert and educator who teaches food and wine, consults for restaurants throughout California, and even serves as a wine judge at international competitions. His wine list is thoughtfully considered in order to pair with individual food items. The roster of Italian varietals and blends is one of the more interesting and extensive in the entire South Bay—particularly on the red side. Here you’ll find several top-notch Super Tuscans, Amarone, Barolo, Brunelo and much more. Happy hour selections are available on some of the wines between 5 and 7 p.m. and all bottles are half-off on Wednesdays. Deluca also features a number of craft beers you don’t see every day, including a few from locales such as the Czech and Slovak republics, as well as the local El Segundo Brewing Company’s own Hop Tanker Double IPA. The restaurant hosts a craft beer tasting every Friday night.

During the Herald visit, we sampled a mix of house specials and longstanding favorites. The popular and amply portioned Insalata della Casa is a personal addiction, with its intriguing blend of chopped lettuce, tomatoes, mozzarella, grilled chicken, dried cranberries, white beans

and roasted nuts in a tangy red wine vinaigrette. It has changed subtly in recent months and is even better than before—it’s a tad more peppery, with the mozzarella now imported from Italy and the beans of the cannellini variety. We enjoyed it with basket of hot, freshly baked bread dipped in a wonderful garlic/olive oil blend. We also devoured a new menu item—the crunchy, baked garlic parmesan toast and it was good enough for us to toast to it.

On the entrée side, the Pollo al Ripieno was particularly outstanding, featuring a perfectly

cooked chicken breast stuffed with goat cheese and ricotta and topped with a flavorful sauce that seemed a blend of Marsala and marinara. The dish also comes with roasted red peppers, broccoli and mushrooms.

Herald CEO Heidi Maerker proclaimed that night’s special risotto as the best she had ever tasted. Risotto (an Italian rice dish cooked in broth to a creamy consistency) has always been a flagship dish at Deluca. This evening’s version included chunks of chopped turkey and ham as well as peas and asparagus for the perfect blend of soft and crunchy elements. Even better, Rosales added several grilled tiger shrimp to the mix.

Other notable dishes included the simple, but classic spaghetti with fresh basil, sun-dried tomatoes, garlic and parsley; and tender, sliced, braised beef short ribs enlivened with a wonderful red wine reduction and accompanied by sauteed peas, carrots and “smashed” potatoes. The kitchen also turns out some very fine pizzas, with thin-crust pies that can feed a couple of people and taste just as good the next day. I like to use the simple Margherita (tomatoes, basil and mozzarella) as a benchmark for pizza craft and Deluca nails it.

The menu features over a dozen pasta selections, additional pizzas, salads, soups, antipasti, and entrees highlighting chicken, veal (including a brilliant Osso Bucco), lamb and seafood. Desserts include classic staples such as Tiramisu, Italian gelatos, chocolate torte and Crème Brule, but be sure to look into whatever the weekly special might be. Despite being full to capacity, our group tore through a stellar cheesecake with a light Graham cracker crust and topped with raspberry chunks. The sweet stuff goes particularly well with espresso or cappuccino—a decidedly Italian way to wrap up a good meal.

Deluca has a warm, rustic feel and welcoming décor. There is also a front veranda patio with a view of quaint Richmond Street, as well as a private rear patio and bistro lounge ideal for parties or special events. Thursday through Saturday night starting at 6 p.m. by the bar area, you can catch a rotating roster of talented artists performing a variety of musical styles (jazz and pop standards in particular), with the house upright piano featured most evenings. The restaurant manages to work equally well as a family eatery, a spot for date night, or the ideal venue for single folks to sit at the wine bar sipping some Chianti, nibbling on pizza and taking in some live music. Francesco has indeed succeeded in bringing the authentic trattoria experience to El Segundo and he continues to look for ways to improve. “If I ever rested on my laurels, my grandmother would turn over in her grave,” he said. “A recipe is never perfected...”

Deluca Trattoria is located at 225 Richmond Street. It is open for lunch Monday through Friday from 11 a.m. to p.m. and for dinner Monday through Saturday from 5 p.m. to 10 p.m. Mondays feature an all-you-cat-eat pasta special, while entrees are two for one on Tuesday. For more information, call 310-640-7600 or go to Delucapasta.com. •

Chef Shafer Presents

TRIPLER

ROMP N' STOMP³

At the Buffalo Fire Department!

BOURBON TASTING

Microbrews and Alternatives Available

BBQ BFD STYLE • BLUES BANDS



June 1, 2014 • 12pm-6pm
Call 310-787-7501 for tickets

Limited VIP Gold Seats \$100

(Upfront seating, cocktail and dessert service)

General Seating \$75

Seating tables of ten. All sales final and non-transferable.

When I was growing up in New York, part of every Italian mother's cooking skills was to learn how to roast peppers. These beautiful red and green bell or sweet peppers were an essential part of any antipasto salad platter. The trick was to almost burn the outside of the pepper without ruining the sweet meat that the charred skin was protecting. To place a platter of fire roasted peppers in good olive oil and sea salt was the perfect way to start a meal. Served with cheese sausages and crispy bread set the tone for the meal.

The Chef



Fire Roasted Bell Peppers

Ingredients: 1.) 6 large firm bell peppers 2.) 2 tablespoons of olive oil



Rub the peppers with the oil and place on an open flame or grill. Char them on all sides till the skin or outside is a black color, but not burnt. Keep turning the peppers till all the sides have been charred. Place the charred peppers in a plastic bag and close the bag to let the peppers steam, about 5 minutes. Remove the peppers from the bag. Peel or brush off the charred skin with your hand. Rinse the peppers under a light stream of cold water. Remove the core and serve with a drizzle of extra virgin olive oil and a sprinkle of sea salt.

Happy eating! •

El Segundo Farmer Boys®

Grand Opening Weekend March 14-15

Friday, March 14th:

4pm Ribbon Cutting Ceremony with City Officials
Farmer's Burger® Eating Contest 5pm
Sign up at the restaurant!

Saturday, March 15th:

FREE Big Cheese Burger 2pm-4pm

Must be present (one per customer)

Balloon Clown 2pm-5pm

Kid's Face Painting, 2:30pm-5pm

Prize Wheel • Giveaways (while supplies last)



2161 E. El Segundo Blvd.
(310) 648-7850

Farmer Boys® is famous for our farm-to-table fresh burgers, made-to-order sandwiches, and breakfast served all day. Join a few hundred of your closest friends at the El Segundo Farmer Boys® Grand Opening weekend March 14 & 15.



One free Big Cheese per customer. Must be present. Offer good at 2161 E. El Segundo Blvd. location only. In-store customers only. Big Cheese giveaway is March 15th, 2014 from 2pm – 4pm, while supplies last.



4 pc Fish Platter **\$8.79**
with this coupon



No substitutions. Limit one offer per coupon. One coupon per person, per visit at participating locations only. Not valid with any other coupon, combo meal, advertised special or offer. State sales tax applicable. Expires April 6, 2014.

HPELS1

ANY Bread Bowl
with 22oz.
Fountain Drink

\$6.49
with this coupon



No substitutions. Limit one offer per coupon. One coupon per person, per visit at participating locations only. Not valid with any other coupon, combo meal, advertised special or offer. State sales tax applicable. Expires March 31, 2014.

HPELS2

Hotcakes OR French Toast Combo



\$5.49
with this coupon

Offer includes
Coffee or 22 oz.
Fountain Drink



No substitutions. Limit one offer per coupon. One coupon per person, per visit at participating locations only. Not valid with any other coupon, combo meal, advertised special or offer. State sales tax applicable. Expires April 6, 2014.

HPELS3

Fish Sandwich
Mixed Combo

Offer includes any two: 2 Onion
Rings, 2 Crispy Zucchini or Small
Fries with a Regular Drink

\$6.49
with this coupon



No substitutions. Limit one offer per coupon. One coupon per person, per visit at participating locations only. Not valid with any other coupon, combo meal, advertised special or offer. State sales tax applicable. Expires April 6, 2014.

HPELS4

Fiesta Fish Wrap
with 22oz. Fountain Drink



No substitutions. Limit one offer per coupon. One coupon per person, per visit at participating locations only. Not valid with any other coupon, combo meal, advertised special or offer. State sales tax applicable. Expires April 6, 2014.

HPELS5

Big Cheese
Mixed Combo



No substitutions. Limit one offer per coupon. One coupon per person, per visit at participating locations only. Not valid with any other coupon, combo meal, advertised special or offer. State sales tax applicable. Expires April 6, 2014.

HPELS6

\$5.59
with this coupon

Offer includes any two:
2 Onion Rings, 2 Crispy
Zucchini or Small Fries
with a Regular Drink

Politically Speaking

One Man's Opinion

By Gerry Chong

Busy, busy, busy. Up in the North Pole Santa was flitting from elf work station to work station, encouraging his little men to work faster because Christmas would be here too soon. Then, from behind a tour group approached. Beaming Santa, addressed them, saying, "I'll bet most of you thought I only worked once a year, but nothing could be further from the truth. Each year we search for a gift to keep our constituents in line and voting for our cause. Why last year, we knew cell phones were the rage, so we gave each of our voters at least one. When taxpayers complained, about the cost, we explained it was because when our eager job searchers found tons of job opportunities they needed a cell phone to field all those offers.

Unfortunately, the offers never materialized so our constituents used their free minutes to call old Aunt Martha, or order another nickel bag, or whatever. Soon when their minutes were gone, our people just sold that useless phone. (sigh, oh well, our heart was in the right place).

This year, we're proposing a greater gift, and it's not going to cost taxpayers a dime! We'll require all companies, regardless of whether or not they're profitable, to give our constituents a raise. Why, by raising the minimum wage from \$7.25 to \$10.10 per hour, we'll bring millions of our voters into the middle class, and it won't raise the national debt, cool, no?"

In his triumphant declaration, Santa felt a little tug on his hem. A shy tourist with a green eyeshade, a sharp pencil and a pocket calculator looked up at the Great One and said, "Sir, you're wrong on three counts: first, if employers raise the minimum wage, they'll have to raise the wage of that worker's supervisor. Then that supervisor's supervisor would have to receive a raise, and so forth as the initial increase reverberates through the entire company's cost structure. The company's prices will have to increase to reflect it's cost increase, and inflation will ensue.

Second, a cumulative increase of \$2.85 an hour plus FICA and other taxes is enough to inflate the company's cost structure, but provides less than \$500 per month to each worker; far too small a sum to bring 'millions into the middle class' as you claim. Then there is the collateral damage of 500,000 minimum wage earners who will be terminated by companies that need to stay in business.

Third, your thought process is flawed. If you raise the bottom, you don't leap from them over other into the 'middle.' You simply raise the bottom, to an inflated level and everyone else will still be above them."

A red-faced Santa glared at the tourist and bellowed, "Look here, you little creep, this is an election year. We need to keep giving gifts to our constituents to ensure they vote the right way, so get outta my face." And with that, Santa wheeled about on his heel and left the room. •

Another Man's Opinion

Arizona's Leaders Come to their Senses

By Cristian Vasquez

The national media's attention recently shifted to Arizona when our neighbor's senators approved Senate Bill 1062. This bill, Religious Freedom Restoration Act, would have altered a part of an Arizona law regarding free exercise of religion to broaden protections to nongovernmental entities. Meaning that "any individual, association, partnership, corporation, church, religious assembly or institution or other business organization" would have been allowed to argue "burdens" on their religious preferences as a defense in court. In essence businesses could not be sued for denying service to anyone, including homosexuals, when religious beliefs were the reason behind the decision. Fortunately, Arizona Governor Jan Brewer vetoed the bill.

Still, it is disgusting that 33 senators in Arizona would pass a law that gives one segment of the population the legal authority to discriminate against others. Every individual is deserving of equal protection under the law, including the many religious groups that have found a home in America. However, this law didn't protect religious liberties--but simply attacked those not falling in line with certain religious practices. The law was a preemptive attempt at protecting business owners of faith from attacks that have not

occurred. Maybe the faith-based community feels that having same-sex marriage legalized across the nation is the same as an assault on their faith. The good thing is that this is not true. Religious freedoms in America are safer than ever. Regardless of what certain news outlets argue, religious freedoms are not under attack.

Americans of all and any religious faith can attend Mass, temple or services on any given day without fear of arrest or attacks. Religious organizations continue to receive tax breaks from the government, religious buildings are not being torn down or burned to the ground in an organized fashion and there is no desire from the gay community to destroy the faith-based organizations. Having same-sex couples marry does not hinder my ability as a Catholic to attend Mass and be the best person that I can possibly be, based on my religious upbringing. However, Arizona's Senate Bill 1062 would have allowed the faith-based community to hinder someone else's ability to live and exist.

Without this law in place, business owners can still deny their services to same-sex couples because of faith preferences, even if they do risk being hit with a lawsuit. However, the great thing about running a business is that it will succeed or fail based on the quality

See Another Man, page 8

BUSINESS & PROFESSIONAL DIRECTORY

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

**YOUR
AD
HERE**

Email to reserve your space
class@heraldpublications.com

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

Bob Boice
Quality Work Since 1966

Home Repairs
Carpentry - Painting - Repairs &
Improvements - Small Jobs O.K.!

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

handyman

HANDY MAN

• Tile Work • Granite
• Stone Work • Plumbing
• Electric • And Much
More • Etc.

CALL RUDY
323-286-9706

handyman

**BILL'S HOME AND APARTMENT
MAINTENANCE**
General Contractor
Specializing in apartment turn around and home repairs.
PAINTING, PLUMBING, ELECTRICAL, DOORS, WINDOWS,
SCREENS, GATES, FENCES, DRYROT-TERMITES DAMAGE REPAIRS

BILL HENRICHON
p: 310-542-3470 c: 310-890-7531
CA Lic# 786081 • Licensed • Bonded • Insured

handyman

TOUCHSTONE
PAINTING • PLASTERING
HANDYMAN
Reasonably Priced - Referrals Upon Request

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

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 C-20 C-10 A
Free Estimates

PLUMBING, HEATING, COOLING & ELECTRICAL
Full Service Plumbing • Heating • Cooling & Electrical
Sewer Video Inspection • Rooter Service • Copper Repipes

310-543-2001

plumbing

CENTRAL ROOTER
Leak Repair • Clean any Drain
24/7
FREE ESTIMATES
310-344-3378
lic. pending

bankruptcy

BANKRUPTCY
Law Offices of
CHRISTIE CRONENWETH
310.257.4995

Free Consultations for Bankruptcy & Debt Relief
This is a debt relief agency helping people to file
for bankruptcy under the Bankruptcy Code.

25202 Crenshaw Blvd., Suite 207, Torrance, CA 90505
www.cronenwethlaw.com • cronenwethlaw@yahoo.com

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

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

Sports

Clip City

By Adam Serrao

While the Lakers continue to struggle to get wins up on the board, their counterparts from just across the arena are quietly making a run at a championship this year. Yes, the Los Angeles Clippers have taken over the role as the dominant basketball team in Los Angeles. If you haven't let yourself believe it yet, start getting used to it. Chris Paul, Blake Griffin and a cast of other talented basketball characters have come together to make the Los Angeles Clippers the premier team in L.A. this year. Normally, that role belongs to the purple and gold. With Hollywood drama as everpresent as it is for the normally dominant team this year, however, someone had to take over the reins. Donald Sterling, for the maybe the first time ever, seems to be interested in winning a title and his team may just be poised to do exactly that this year.

The Los Angeles Clippers haven't only started the year with talent, but they've continued to gain integral pieces to add to their own championship puzzle throughout the course of this season. Most recently, they have added both Glenn "Big Baby" Davis and Danny Granger into the mix in an effort to give their roster the best chance of competing for the finals in the Western Conference. Of course, there are still

the San Antonio Spurs and Oklahoma City Thunder to deal with, but simply the fact that the Clippers can call themselves one of the three best teams in the conference means that they have come a long way. That doesn't mean that these Clippers don't have anything to improve on, though. Even head coach Doc Rivers can tell you that. "We haven't been consistent enough defensively," Rivers said following the All-Star break. "You look at the Portland game the other night. We won in an offensive game because we got seven or eight straight stops at the end. And you look at that and think, 'What were we waiting for?' through that game. All of a sudden we started doing some things we should've been doing, so that's my concern. We've become so good offensively, I think at times we think, 'Well, we'll outscore them.' That does not work in the playoffs." Rivers definitely makes a good point and the fact that he is already looking forward to the playoffs means that this Clipper team definitely has a little bit more than just potential.

One thing that gives the Clippers more than just potential is the acquisition of former Boston Celtic, and most recently Orlando Magic center, Glen Davis. Davis will most certainly add to the Clippers' depth off of the bench and add

another big body to Rivers' defensive scheme. "It gives us another big and what I like about a guy like that is he can play a five with a four," Rivers said. "If we got a guy like that, he also knows my system." For most of you who do not speak Doc Rivers, what he means is that Davis, most of the time, plays the power forward position but can also go up against the opposing teams' centers on defense. Also, Rivers coached Davis on his 2008 championship team, giving the Clippers a more experienced addition while also bringing more size to their bench and front line.

In addition to Davis, the Clippers also fortified their squad by signing Danny Granger. Granger, formerly of the Indiana Pacers, struggled to overcome a knee injury while playing in only five games a year ago. Recently, he was traded from the Pacers, where he spent his whole career, to the Philadelphia 76ers. Philly bought Granger out, giving the five-time Pacer leading scorer free range to sing with whichever team he so chose. Unlike the Lakers, the Clippers just happen to be Southern California's most desirable destination these days and Granger joined Davis to help out an already solid basketball team.

In their quest for their first championship ever, the Clippers may not even need outside help,

even though they now have acquired it. Though Paul has been injured for a portion of the season, Griffin has been having the year of his career. Averaging nearly 28 points per game in the latter portion of the season, Griffin has not only been one of the most improved players in the league, but also one of the league's most valuable players. Together with Paul, and a deep bench, the Clippers may just be poised to have the most successful season in franchise history.

The portion of the game where the Clippers are most successful is obviously offense. With Paul and Griffin clicking on all cylinders, the Clippers are averaging 106.7 points per game--second to only the Portland Trail Blazers. Unlike what Rivers thinks, the Clippers actually only allow opponents to shoot 44.1 percent from the floor to rank the team seventh in the league defensively. Everyone knows the Clippers can score the ball--but in order to take the Western Conference title, even that seventh rank will have to improve. Maybe Davis will help. Maybe Rivers' attention to detail will help. One thing is for certain, however. Defense wins championships. If the Clippers get clicking on all cylinders, they will be an extremely difficult team to beat in this year's playoffs.

Adam Serrao - Asixlion@Earthlink.net •

South Advances to CIF Semi-Final for Record Seventh Straight Year

Photos by Shelley Kemp

This past week in two CIF Playoff games, the Lady Spartans reigned supreme. Mid week at home, it was a late goal by Freshman Forward Claire Grouwinkle that helped the team advance to the Quarterfinals. South 1, Sierra Canyon 0. Then, on Friday in a rain-soaked away game,



South Lady Spartans celebrate their victory over Sierra Canyon and their advancement in CIF Playoffs.

South again prevailed 2-1 over Riverside Poly, with Grouwinkle heading in the tying goal (27th minute) and Kelsie Bozart scoring the winning goal (61st minute). The latter deflection came off of a set piece -- an assist from her sister Korie Bozart on a direct free kick that sent South to the Semis! Go Spartans! •



Senior Goalkeeper Paige Brandt takes the ground to stop a Sierra Canyon shot.



Senior Cassidy Griego leaps up to head the ball.



Claire Grouwinkle breaks away after a header from Isabella Ofsanko and goes on to score the only goal in the second overtime period.



The Lady Spartans try to head the ball into Sierra Canyon's goal late in the second period of a tight tie game.

PETSPETS*Pets*PETSPETSPETS

Pets Without Partners

Large or small, adopt a “pet without a partner” and give a homeless pet a second chance in life.

Pebbles was intercepted along with her brother as their family was dropping them off at the shelter. We were told she is a Mastiff/American Bulldog mix. Pebbles is a very sweet and playful puppy who was born November 30, 2013. She gets along with all other dogs and loves children. She has discovered toys and love to toss them up in the air and run and chase them. Pebbles will make a great addition to any family that loves large-breed dogs and has time to spend properly training her. Pebbles will be spayed, is current on vaccinations, microchipped, and is fine with other dogs and with children.

Come and meet **Racine** and her litter of puppies. There are four males and one female pup in this litter. Mom Racine was pregnant in a high-kill shelter and was rescued before the puppies were born. The puppies are now 10 weeks old and ready for their forever homes. Racine and her puppies are current on vaccinations, microchipped, fine with other dogs, and would be best with children over 12 due to their small size. They will be neutered/spayed when they are of age.



Pebbles

Connor is beautiful fawn-colored Mastiff and a gem of a dog. He was born November 2007 and was given up after his family’s daughter was diagnosed with leukemia and their world was turned upside down. We can’t say enough good things about Connor. He loves everyone he meets, and he grew up with kids and is happy to have

them in his family. Gentle, loving, sweet, calm, mellow and easygoing, Connor is fabulous in every way. He was raised as an inside dog, is totally housebroken and has very good house manners. Connor walks superbly on leash and just loves to be with you wherever you are, no matter what you are doing. He would be best placed as an only dog or with another large female dog--he is not cat-safe. Remember that at 125 pounds, Connor can eat fair amount of dog food, so keep this in mind when budgeting for a new family member. Connor is neutered, current on vaccinations, has had a dental, is de-wormed, microchipped



Racine and her 10 nweek old puppies.



and good with kids.

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

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

Another Man

from page 6

of the service that is provided. If a business owner decides to deny service to anyone, for whatever reason, that represents an immediate loss of income and the loss of what could have been a loyal customer. You can be sure that same-sex couples being denied service will not only never return to said business, but also never recommend that establishment to anyone. I’m sure we have all seen the “we

reserve the right to refuse service to anyone” signs inside of businesses. The good thing is that the consumer has the right to take their business elsewhere.
The problem with this law is that it legalized discrimination and left the victim without recourse. Religion is not under attack and laws like these simply highlight the lack of decency that exists in some of this nation’s lawmakers. •

Purrrfect Companions

Team Kitten Rescue is an official charity of the Asics LA Marathon, March 8 and 9. Help us help homeless animals by supporting the team today! Check our website for details. And add a little love to your life with a new best friend when you adopt your purr-fect partner.

Arwen is a gorgeous little brown Tabby and



Arwen

white girl with soft, golden eyes. This sweet girl was rescued from death along with her four newborn kittens. Time brought healing and as Arwen began to put on weight, she also began to take an interest in life once again. Arwen will rub against your legs, winding about your feet with a playful youthfulness that is extremely endearing. She adores playing with toys that she can bat and swat at, nuzzling her face against them from time to time as well. Arwen would be best suited in a calm, quiet adult household where she can feel secure and safe.

Carmen is a stunning girl who will grace your home with her beauty. If you are looking for a sweet cat who is gorgeous to look at, won’t bother anyone or anything and gets along with any resident cats, then

Carmen



Carmen is your girl! Carmen will sleep on the bed if you’d like and will just generally hang out wherever you are in the house. If you have a safe cat enclosure or an enclosed yard with cat-proof fencing, Carmen *loves* to roll in the grass and that’s when her playful side will come out. Carmen needs to be given time to adjust to a new place and new people. Once she is settled in she will ask for gentle pets from you, her new best friend.

These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, de-wormed and current on their vaccinations. For additional information and to see our other kitties, please check our website at 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 Boulevard, #583, Los Angeles, CA 90024.

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

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

Happy Tails

Best Friends, Popeye and Sam

We love a *Happy Tail* with a happy ending to the beginning of a new, wonderful life...

“I just wanted to take a second to update you on the wonderful, smart Popeye the Pug. He has been a wonderful addition to our family! He and Sam, our Belgian Malinois, have fallen in love with each other. She thinks he is the greatest thing ever and is not keen on letting him out of her sight.

“Popeye is incredibly smart and learns very quickly. We have not found it as hard as we thought to train a blind dog. He sits like a champ, has leaned to shake, and we are working on ‘down’ and hope to get him rolling over soon. He was the first to learn the doggie door once it was installed. He *loves* his walks and is off like a sprinter every time we head out for a walk.

“They make such an odd couple! But they would never notice--they truly love each other and could care less about the 40-pound



Popeye, the one-eyed dog, with his new best friend Sam.

difference. Popeye loves to walk under Sam or sometimes even stand under her as they scope out the activity in front of the house.

“You cannot even tell he is blind. Sometimes he misjudges a wall, but he just shakes it off and keeps on going.

“He is a great problem-solver (sometimes more so than we would like). He has figured out how to get up onto the cockpit of our boat from the cabin. Or before I closed in the stairs,

he figured out how to climb around the baby gate. Or if you hide a treat under a couple dog beds, he will work on it ‘til he has got it all moved to get it. Or if you mess up the pillows on the sofa, he will work ‘til they are back to how *he* likes them--not what looks good! As you know he is our second blind dog, and we always tell people it is a non-issue! Just adopt and give them the love---Tim.”

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