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Sunny 71°/55°



Saturday

Partly Cloudy 69°/56°



Sunday Partly Cloudy

67°/54°



Boys U12 Turkey Tournament Champs



Invaders BU12 are Turkey Tournament Champions! They played in the annual Torrance Turkey Tournament held in January. They played four games in two days and allowed only one goal. (pictured left to right) Coach Frank Glynn, Tyler Sine, Niall Glynn, Tyler Ralls, Jeremy Olsen, Cameron Long, Kyle Myers, Casey Lund, Owen Guilford, Jack Fruchtman, Aiden Mc Roberts, Matthew Kusserow and Nathan

Rates Set for New Sports Complex

By Dylan Little

The Torrance City Council approved a fivetier rate plan for the nearly complete multi-use sports fields at 555 Maple Avenue during the group's February 11 meeting. Rates for using one of the facility's two artificial turf fields range between \$75 and \$150 per hour with an additional \$15 fee for lighting the field.

Originally, City staff put together a revenue-neutral proposal that would have Torrance-based non-profits and similar groups paying \$100 per hour during peak hours and \$75 per hour otherwise. Torrance residents and for-profit groups would pay \$125 per hour during peak hours and \$100 per hour otherwise, with other uses costing \$150 per hour during peak hours and \$125 per hour otherwise. Senior business manager Jason Minter said the rates compared well with similar fields. "When staff put together the rental rates, we did look at what the market could bear or what other facilities around us in El Segundo and Redondo charge and found that these rates are on the low end," said Minter. "We don't want to be blind to the revenue-generating possibilities, but at the same time we want to have fees that make it affordable to our youth organizations as well."

However, representatives from Torrance's AYSO groups believed the pricing to be too high for them to make use of the fields. In a letter to the Council, AYSO Area Director Fred Silver said it would cost his organization \$204,200 for the 1,021 hours it would like to use the fields. The letter asked the Council to put serving the children who take part in AYSO before balancing the books for

"I would now like to speak about community ties, building relationships that take a front row to finances and recouping money for projects like 555 Maple Avenue," Silver's letter read. "Does the City really need to recoup their investment in three years, five years or even 10 years or in the long run would it work in a more favorable light for the City to work out a more manageable program for the local Torrance AYSO programs that

have shown that their only goal is to enrich children's lives through soccer?"

Councilmember Pat Fury disagreed with lowering the proposed rates. "[When the fields were first discussed] one of the questions I asked was, 'Are all of you willing to pay that kind of money?' and everyone came up here and said, 'Yes, we are willing to pay that kind of money.' This is a very expensive capital investment by the City of Torrance--more than \$3 million--and we need to recapture that in time to keep it as a premiere facility," said Fury. "Here we come to the 24th hour and now everyone is coming here saying, 'We want it for half-price."

Fury also reminded the AYSO supporters that nothing is changing with the availability and price of the fields they currently use. "These are not the only fields in the city of Torrance. These are just the newest fields that are opening in the city. All the other ones are still available at the same prices they were before," said Fury. "On certain occasions you can rent it for those special things, but in the meantime we do have all these other facilities you can use."

Likewise, Councilmember Tom Brewer sought to proceed with the rates proposed by City staff on a trial basis to help ensure the project can break even. He said he would be open to revisiting the fee structure if the City began taking in more than it was expending on the fields. "We did discuss that we wanted to break even," said Brewer. "Now we are monkeying with the fees without really knowing what impact that's going to have on the revenue. I'm concerned that we did make a promise to be revenue-neutral--we were going to try to spare the taxpayers any additional expense--and now we're up here switching things around. As much as it looks bad, I think the fees we have up here are the ones we should look at."

However, Mayor Frank Scotto took the opposite approach. He believed that additional

See City Council, page 2

Clippers Visit Active Students at Richardson

By Dylan Little

The Los Angeles Clippers are known for bringing their high-energy performance in the NBA, but on February 6 they left the Staples Center court for the blacktop at Richardson Middle School to run basketball drills with the students and teach them the importance of staying fit. Clippers small forward Matt Barnes and center Ryan Hollins hosted the basketball and book clinic and, with the help of former Clipper Lamond Murray and other members of the Clippers FIT program, ran the middle schoolers though dribbling, passing and layup drills as well as some aerobics and sprinting. After the activities they talked to the students, giving them

a chance to answer some trivia questions and impressing on them the importance of taking care of their bodies. "The habits that you create now, they'll stay with you forever," said Hollins. "You always want to have a healthy and fit lifestyle to keep you active."

Richardson Middle School was the top campus in this year's LA Clippers FIT Minutes Challenge with students logging 664,738 minutes of physical activity this year. Principal Chad Maberry said the Clippers FIT Minutes program is already close to what the PE department at his school asks its students to do. "We already have a program where part of their PE

See Clippers, page 2

Business Briefs

Flight School Gymnastics Ribbon Cutting



Co-Owners of Flight School Gymnastics display their certificates and include (L to R) Chris Thompson, Suzanne Caron, Chris Kelley and Olga Kaplan.



Parallel bars in back, practicing splits in the front.



Flight School Gymnastics, located at 503 Van Ness Avenue in Torrance was the site of an energetic ribbon cutting on January 31. Flight School offers beginning gymnastics all the way through competitive team. Sponsored by the Torrance Area Chamber of Commerce, the ribbon cutting drew officials including City of Torrance Councilwoman Heidi Ashcraft, Councilman Bill Sutherland, Councilman Kurt Weiderman, the Chamber's Chairwoman of the Board Sherry Kramer and President & CEO Donna Duperron. Additional info can be found at: www.flightschoolgymnastics.com or (424) 558-8171. Photos by Charlene Nishimura.

City Council

from front page

use and other revenue sources could make up any shortfall a rate cut would create. "I think we can look at this . . . like a business plan," said Scotto. "If we are short on revenues we can come back and revisit the raising of the rates, but I think it's a very difficult thing to charge a lot of money for people living in Torrance."

Councilmember Bill Sutherland agreed with Scotto and motioned for a new fee structure that would add a category for non-profit youth programs based in Torrance that would pay

the City should aim to be revenue-neutral, children's needs should come before that concern. "Yes, we have to make a profit [later amended to be revenue-neutral], but we have to at some point put children first," said Sutherland. "Even if for some reason in the first couple years we don't recoup our expenses . . . this is done with taxpayer money and the children should be able to play."

Sutherland's proposal was unanimously approved by the Council and should go into effect when the facility opens. •

West Torrance Robotics Wins the Inspire Award

The West Torrance Robotics team @West High School won the Inspire Award at the recently completed FIRST Los Angeles Regional Qualifier Tournament held at Desert Christian High School in Lancaster.

The Inspire Award is the highest level of recognition for First Tech Challenge (FTC) teams. This formally judged award is given to the team that truly embodied the 'challenge' of the FTC program. The team that receives this award is chosen by the judges as having best represented a 'role-model' FTC Team. This team is a top contender for all other judging categories and is a strong competitor on the field. The Inspire Award Winner is an inspiration to other

the regional championship and are so grateful for the amazing support of our teacher/advisor Mrs. Christy Evans, Chief Mentor Tom Heideman, Principal Pam Metz, parents, family and the local business community. Their sacrifice, dedication and commitment to helping us to become the best that we can be is invaluable."

In addition to the Inspire Award, West Torrance Robotics was a finalist for the PTC Design Award, Rockwell Collins Innovate Award, Control Award and the Think Award.

With their standout performance in Lancaster, the West Torrance Robotics team will represent West High and compete in the Los Angeles Regional Championships on February 22, 2014



West Torrance Robotics with medals from Inspire Award.

teams, acting with Gracious ProfessionalismTM both on and off the playing field. This team is able to communicate their experiences, enthusiasm and knowledge to other teams, sponsors, and the Judges. Working as a unit, this team will have demonstrated success in accomplishing the task of creating a working and competitive robot.

WTR Board member Anusha Ranganath said, "We are excited about representing West High at at Monrovia High School.

FIRST was founded in 1989 to inspire young people's interest and participation in science and technology. Based in Manchester, NH, the 501 (c) (3) not-for-profit public charity designs accessible, innovative programs that motivate young people to pursue education and career opportunities in science, technology, engineering, and math, while building selfconfidence, knowledge, and life skills. •

Clippers

from front page

class they keep a weekly fitness log," said Maberry. "This program ties right into what we're already doing. It's important to our community that kids are out and about doing exercise and staying fit. They need to be aware of how it impacts them beyond a PE class."

PE teacher Lauren Kamiyama said that most of her students have many outlets for physical activity. Even with those who aren't bursting with energy, she tries to find ways to get them moving. "I'm active myself and a lot of the kids are active outside--they

just don't realize how active they are," said Kamiyama. "The kids who aren't as active I try to give them different activities they can do that might intrigue them to just go out and walk. A lot of them are going out and walking with their families.'

One student who didn't need any extra encouragement was Leo Lida. He was the student who added the most minutes to Richardson's tally and was one of the top five participating in the program. To reward him

See Clippers, page 10



CALLEGRNIA

 ${f SBM}$ Funded in part through a cooperative agreement with the U.S. Small Business Administration.

Small Business Development Centers



This Week in 1864

Article in Harper's Weekly supported equal pay for black soldiers.

FEBRUARY 14

Sherman's troops captured Meridan, MS

February 15

U.S. Supreme Court ruled in ex parte Vallandigham that it had no authority over military courts.

February 16

Solomon Andrews petitioned Congress to examine his invention of a flying dirigible.

CSS H.L. Hunley sank USS Housatonic

off Charleston, SC; Hunley also sank.

FEBRUARY 18

President Lincoln lifted the naval blockade of Brownsville, TX.

FEBRUARY 19

President Jefferson Davis inquired about plans to defend Mobile, AL from naval attack.*

These history tidbits were excerpted from *United States House of Representatives calendar.* This "We, the People" calendar commemorates the 150th anniversary of the American Civil War and is provided by The United States Capitol Historical Society. The calendar was sent by Congressman Henry A. Waxman. •

machine causing damage/ no entry, no loss

AM 4200 BLOCK SEPULVEDA BLVD

glass door, but flees when interrupted by

resident/ no entry, no loss

property/watch

166TH PL

17000 BLOCK ATKINSON AVE

Burglary-Residential 1/30/2014 10:36:30

Suspect(s) attempts to pry open sliding

Burglary-Residential 1/30/2014 6:00 PM

Suspect(s) enters open window and takes

Theft 1/30/2014 9:00:00 AM 2100 BLOCK

Suspect(s) enters vehicle by unknown means

See Police Reports, page 8

and takes property from engine compartment/

lice Reports

January 26 - February $\overline{01}$ Burglary-Auto 2/1/2014 7:53:00 PM 16900 **BLOCK PRAIRIE AVE**

Suspect(s) punches door lock for entry and takes property/third row seat, cell phone

Burglary-Auto 2/1/2014 8:45:00 PM16900 BLOCK PRAIRIE AVE

Suspect(s) smashes window for entry, ransacks and takes property/ stereo system, amps, hats, purse

Theft 2/1/2014 9:00:00 PM 3800 BLOCK SEPULVEDA BLVD

Suspect(s) takes unsecured property from locker/ wallet

Burglary-Auto 2/1/2014 7:50:00 PM 16900 BLOCK PRAIRIE AVE

Suspect(s) punches door lock/no entry,

Burglary-Auto 2/1/2014 7:50:00 PM 16900

BLOCK PRAIRIE AVE Suspect(s) punches door lock for entry, ransacks and takes property/ stereo system,

Burglary-Auto 2/1/2014 7:53:27 PM 16900 **BLOCK PRAIRIE AVE**

Suspect(s) punches door lock for entry, ransacks and takes property/ stereo system, tablet, cell phone charger, CD

Battery-Simple 2/1/2014 5:07 PM 23700 **BLOCK WESTERN AVE**

Suspect punches victim in the face

Theft 2/1/2014 11:00 AM 21800 BLOCK HAWTHORNE BLVD

Suspect(s) takes unattended property from kiosk/ wallet

Theft 1/31/2014 5:47 PM 25900 BLOCK ROLLING HILLS ROAD

Suspect(s) cuts lock securing and takes same from parking garage/ bicycles

Theft 1/31/2014 5:44 PM 3300 BLOCK

Suspect(s) takes unattended property from front of residence/ laptop, TV, computer equipment, fire hose

Vandalism 1/31/2014 9:00 PM 23400 **BLOCK HAWTHORNE BLVD**

Suspect(s) slashes victim's vehicle's tires Auto Theft 1/31/2014 5:30:00PM2200 BLOCK 161ST ST

Stolen vehicle: '98 Honda Civic

Theft 1/31/2014 3:41 PM 2600 BLOCK PACIFIC COAST HWY

Suspect(s) cuts lock securing property and takes same from location/ bicycle

Burglary-Auto 1/31/2014 2:43 PM 24400 **BLOCK CRENSHAW BLVD**

Suspect(s) punches door lock of truck bed covering and takes property/ tools

Burglary-Auto 1/31/2014 8:00 AM 22000 **BLOCK EVALYN AVE**

Suspect(s) enters vehicle by unknown

means and takes property/ coins Auto Theft 1/30/2014 6:30 PM 20100

Stolen vehicle: '05 Chevrolet Silverado **Auto Theft** 1/31/2014 7:30:00 AM 16100 BLOCK DAPHNE AVE

Stolen vehicle: '99 Honda Civic

BLOCK HAWTHORNE BLVD

Auto Theft 1/31/2014 7:50:00 AM 22900 **BLOCK ARLINGTON AVE**

Stolen vehicle: '08 Ragen trailer

Vandalism 1/30/2014 12:37 PM 3900 **BLOCK 190TH ST**

Suspect(s) tampers with exterior ATM

alendar

- South Bay Republican Women Federated Monthly Luncheon, 10:30 a.m., DoubleTree Hotel, 2133 Hawthorne Blvd. For more information call Vera (310) 320-1431 or Gloria (310) 326-9340.
- "Make Something You Love at a Place That You Love!", 4 p.m., Walteria Library, 3815 W. 242 Street. For more information call (310) 375-8418.

SATURDAY, FEBRUARY 15

- Classical Music Concert Series, 3:30 p.m., First Lutheran Church of Torrance, 2900 W. Carson Street.
- Free Tech Training For Adults, 10 a.m.-5 p.m., Katy Geissert Library, 3301 Torrance Blvd. Space is limited. Call (310) 618-5945 to register for individual appointments on Saturdays between the hours of 10 am - 5 pm.
- WMoF Celebrity Lecture Series: A Grumman Historical Perspective from Michael Ciminera, 11 a.m.-1 p.m., Torrance Airport, 3315 Airport Drive, Red Baron #3. For more information call (310) 326-9544.
- South Bay Conservatory presents: George Washington's Boy, 7:30 p.m., George Nakano Theatre, 3330 Civic Center Drive. For more information call (310) 781-7171.

TUESDAY, FEBRUARY 18

• Community Blood Drive, 8:30 a.m.-2:30 p.m., Phenomenex, Advanza Room, 2341 W. 205th St., Floor 2. For more information call (310) 212-0555 x2497 or email Nathaly Pardo at nathalyp@phenomenex.com. Wednesday, February 19

• The South Bay Women's Chorus rehearsals, 7-9 p.m., at a home in Torrance. For more information contact CJ Lippincott at cheryljean61@hotmail.com or call Ellen at (310) 372-3412.

Saturday, February 22

• The South Bay Quilters Guild 2014 Quilt Show: Wish Upon A Star, 10 a.m.-5 p.m., Torrance Cultural Arts Center, 3330 Civic Center Drive.

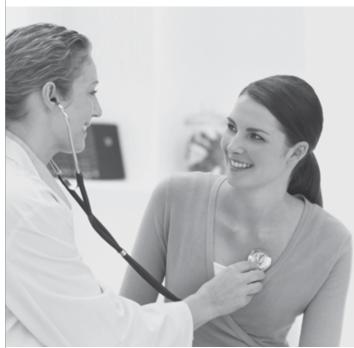
Tuesday, February 25

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

UPCOMING

• Low Cost Vet Clinic, March 10, 6-7:30 p.m., Torrance-South Bay YMCA, 2900 W. Sepulveda Blvd. For more information call (310) 325-5885.

- Downtown Torrance Marketplace. Every Thursday, 3-8 p.m., on El Prado Street, from Sartori to the Buffalo Fire Department.
- Torrance Art Museum Presents "Reverb", 11 a.m.- 5 p.m., 3320 Civic Center Drive. Exhibition runs through March 8. For more information call (310) 618-6388. •



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uclahealth.org/getsocial

Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

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Well located adjoining business spaces suitable for retail, service, or professional use, each with private bath, separate outside doors, onsite parking. 114 E. Grand, El Segundo. Call (310) 322-2837.

EMPLOYMENT

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.

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.

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2500 sq.ft. garage- RV Depth + space for 4 cars. \$3200 per/month.

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



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HERALD **PUBLICATIONS**

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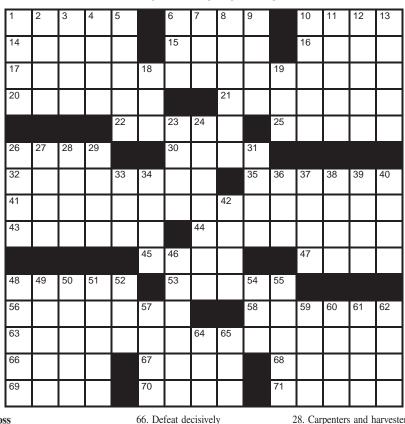
HOW TO PAY: CHECKS, CASH OR CREDIT CARDS. Include Visa or M/C number along with billing address, security code, expiration date, email address and phone number. **PAYMENT MUST BE RECEIVED BEFORE AD IS PUBLISHED!**

Payment Type	○ CASH	○ CHECK	O MasterCard	VISA
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Card Number			Security Code	Expiration Date
First Name on Ca	ard		Last Name on Card	
Address				
0.1				
City			State	Zip/Postal Code
Phone Number			Signature	
riiviie nuiiibei			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.

WEEKLY CROSSWORD See Answers Next Week From Time To Time



Across

- 1. Muscat native
- 6. Goya's "Duchess of ____"
- 10. Dorking, e.g.
- 14. Held up
- 15. Cardinal 16. Title of respect
- 17. Intermittently
- 20. Bug
- 21. Tights 22. Campaign
- 25. Convex flower clusters
- 26. U.N. agency
- 30. "O, gie me the _
- acres o' charms": Burns 32. Theseus slew him
- 35. Squeal
- 41. Without delay 43. Botched
- 44. Certain stanza
- 45. Go bad
- 47. One of three vessels
- 48. Wrap
- 53. Hirudinean 56. Missile part
- 58. Club-shaped tool 63. Occasionally

- 67. Eyeball
- 68. Disney flyer
- 69. Slam
- 70. New Jersey five
- 71. Brace

Down

- 1. Airy
- 2. "___ along!"
 3. Not aweather
- 4. Hardly Mr. Cool
- 5. Tennyson poem
- 6. Spanish 101 verb
- 7. Kind of partner
- 8. Flat rolls
- 9. Daughter of James II 10. Like ice cream
- 11. Alphabetic system
- 12. Invitation heading 13. Domain
- 18. Opposite of paleo-
- 19. Sawbones
- 23. Cloud
- 24. Busy
- 26. Prayer leader
- 27. Commend

- 28. Carpenters and harvesters
- 29. Sounds at fireworks 31. Portico
- 33. Kind of time
- 34. Combines
- 36. Astern
- 37. River in southern France 38. Ethnic cuisine
- 39. Reclined
- 40. It towers over Taormina
- 42. Unadulterated 46. Senescence
- 48. Katzbalger, e.g.
- 49. Capital west of Haiphong 50. Dense, roll-shaped cloud
- 51. Stimulates
- 52. Island chain?
- 54. PC "brain" 55. Obeys
- 57. Any day now
- 59. Censor's target
- 60. Volume 61. Brain section
- 62. Organic compound 64. Club alternative
- 65. "___ Girls"

Last Week's Answers

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

SUDOKU Medium

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

Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

SOCRES /

Up and Adam

Saxons Chasing Pioneer League Title

By Adam Serrao

As the boys' high school basketball season draws nearer to a close, the Pioneer League chase for a championship continues to heat up. Certain teams from around Torrance begin to drop out of the race for the Pioneer League title right around this time, while other teams like the North High Saxons begin to demonstrate their might and rise to the top. All season long, the Saxons have been one of the best teams in the league. Winners of five games straight and six out of seven coming into last week's games, North looked to be a relative lock to take the Pioneer title. Its victory over the Torrance Tartars last Wednesday night to sweep the season series between the two teams did its part to reiterate that fact, but no one saw what would happen next in Lawndale coming. The only team with a real shot of catching the Saxons in the standings avenged its loss earlier in the season as the Cardinals defeated North by a final score of 90-73. The victory vaulted Lawndale into first place, one game in front of the Saxons with just one week of regular season play remaining.

Lawndale's only loss in league play this season came to the Saxons back towards the latter end of January. Since that time, the Cardinals have won five games straight and nine of their last 10 to storm to the top of the Pioneer League standings as their stride in the second half of the season continues in full force. That stride was evident from the start of the game against North, as Lawndale came out of the gate strong and never really let up. With 26 points in the first quarter, the Saxons did their best to keep up with leading scorer Koh Flippen still sidelined with a broken wrist. Trailing by only five points at halftime, North looked as if it was poised for a comefrom-behind victory. Just as the Saxons began to have hope, however, Lawndale started a 20-7 run early in the third quarter to all of a sudden lead by 16 points at 69-53 late in the third.

The Cardinals were able to put things away in the fourth quarter by holding the Saxons to just 16 points. While missing the point production of Flippen, the Saxons had to rely on good games from both Mo Nwodili (22 points, 10 rebounds) and Chad Ashimine (17 points), but ultimately it wasn't enough as the Saxons fell in their third-to-last game of the regular season. With only two games against El Segundo and South High remaining on the schedule, the Saxons (19-5, 6-2) must win out while hoping for Lawndale to slip up against both South and Torrance High in order to have a chance at the Pioneer League title. Crazier things have happened in the Pioneer League

over the years, but either way North looks to be poised for a successful playoff push this postseason.

South High

The South High Spartans finally broke their streak of six straight losses as they took on the El Segundo Eagles, who currently sit one place above the Spartans at the bottom of the Pioneer League standings. The game was much like what would have been expected from two struggling teams this season, as both struggled to eclipse 30 points for the entire game.

With only 12 points at the half, El Segundo found itself down early to the Spartans, but not by much, as the halftime score was a paltry 17-12. The Eagles cut into that lead bit by bit, outscoring South by two points in the third to pull to within three. Without much action in the fourth, the game came down to the final play with just one minute remaining on the clock. Tied at 28-28, Ryan Higashi hit a three-point shot for the Spartans to give his team the lead and eventually the victory. Higashi finished with a game-high 11 points on the night, giving South its first league play victory of the season. With just two games against Lawndale and North High remaining on the schedule, the Spartans (6-18, 1-7) will look to add one more onto the final tally before the season ends.

Torrance High

Coming off of a disappointing 31-point loss to North High last Wednesday night, the Torrance Tartars rebounded nicely with a thriller against El Segundo last Friday night at Torrance. Abdullah Nazarkhan continued his impressive play this season, leading the Tartars with 13 points. Kyle Polk added 12 in a game that needed extra time to be decided. All tied up after four quarters, it wasn't until the overtime period that Torrance (13-11, 3-5) pulled away and eventually took an eight-point victory at 56-48. The Tartars will take on Centennial and Lawndale in their final two games of the season.

West High

Things seem to continue getting worse and worse for the West High Warriors this season as the team struggled to find any success at all inside of league play in the Bay League. The Warriors' last victory came January 3 when they beat the South High Spartans. Since that time, West has lost 10 games in a row, including their last contest, falling to first place Redondo by a final score of 79-31. The 48-point loss is the worst of the season for the Warriors (6-18, 0-8). They will now look to salvage their first league play victory of the season in their final two games as they take on Leuzinger and Palos Verdes Peninsula this week. •

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Twelfth Man Gets First Ring

By Adam Serrao

It was over from the start. Literally from the very first play of the game, the future began looking bleak for Peyton Manning and company. On Super Bowl Sunday, the Seattle Seahawks didn't just beat the Denver Broncos for the football championship--they exposed them. While almost everyone who lives outside of the Seattle area supposed that Peyton Manning was going to come out guns blazing and tear up the number one defense in the league, reality was quite the opposite. After Manning and the Broncos looked dazed and even rattled almost all game, it was the Seattle Seahawks who came up big in the biggest game of the year. Mistake after mistake led Manning, the savvy veteran, to his worst loss of the season and ended a year that was one for the record books on a sour note. Maybe Manning just wasn't prepared enough. Maybe the pressure of the moment got to him. Or maybe Seattle just had a better game plan and better coaching than Denver did. One thing for sure, though, is that these Seattle Seahawks are built to win and may have already built a dynasty right before the American football-watching public's eyes.

Everyone should have known before they ventured to put a Super Bowl bet on the Broncos that the old saying holds true: defense wins championships. The Baltimore Ravens did it last season and the New York Giants did it the season before that, but perhaps the most impressive display of defensive prowess occurred this year against the topranked offense in the league. Get used to it. These Seahawks are built to last. Not only do they already have one Super Bowl under their collective belts, but this deep and talented roster is sure to only get better as the team also maintains the best home field advantage in the league. Not only that, but the management and the coaching staff are primed and motivated to win and win big .The owner is also one of the of the richest men in the country, willing to sign top-notch free agents at the cost of winning.

Perhaps the best thing about this Seahawks team to fans of the organization is that the roster faces little turnover. That means that the Super Bowl won't go down as a fluke and this team should be around to stay as one of the league's strongest powerhouses. "We really have an eye on what's coming," head coach Pete Carroll said the day after his team's Super Bowl victory. "John Schneider [owner] has done an extraordinary job of structuring this roster contractually and with vision of looking ahead to keep our guys together." That being said, no team has won back-to-back Super Bowls since the 2003-

2004 New England Patriots, making Seattle's chances of repeating look rather bleak. Like Tom Brady, though, Russell Wilson was a late-round, lightly paid draft prospect who happened to find success in the NFL. He, Richard Sherman and various other Seahawks who were vital to this year's championship run are still playing under rookie contracts, meaning that they are underpaid considering their skill levels. For the Seahawks, though, that is a good thing, as it keeps the team under the salary cap and allows them to spend money elsewhere on other vital parts of the roster.

What will happen, though, when these players search for the money that they deserve once their rookie contracts expire? In addition to Wilson and Sherman, safety Earl Thomas, defensive end Michael Bennett, defensive tackle Tony McDaniel, cornerback Walter Thurmond and wide receiver Golden Tate will all be seeking exorbitant contracts, leaving open the possibility that they may just find them with some other team, all but crippling the fulcrum of the Seahawks. Smart moves by the team's Schneider have led to the Seahawks being about \$5 million under the salary cap in 2014, giving the team and its management ample opportunity to restructure contracts, retain key players and make the pieces of the puzzle work as they must. "One of the things that happens so often is teams have a big fallout once they win the Super Bowl," Carroll continued. "We're not in that situation. We don't need to be in that situation. We've done it with foresight and looking ahead."

The good thing for the Seahawks and their fans is that the team won't have to worry about making any changes for at least another two years. That's when the players who are on rookie salaries will begin to demand much wealthier contracts. In the meantime, everyone can rest easy knowing that the best defense in the league will most likely come out of Seattle for the remainder of that time. Seattle is so stalwart on that side of the ball that it is already being compared to teams that have gone down in history as exceptional defenses--teams like the '85 Bears, '72 Dolphins or 2000 Ravens. All of those teams, though, only won one championship at a time. These Seahawks look as if they're built to possibly win many and get on par with the Pittsburgh Steelers and their Steel Curtain of the 1970s.

Either way, only time will tell what's in store for the National Football League and the world champion Seattle Seahawks. But with a supposedly healthy Percy Harvin for next season, money in their pockets and assets only to gain, it looks as if these Seahawks will be around for quite some time to come. •



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TerriAnn in Torrance

The City Clerk in Torrance

By TerriAnn Ferren

What is a City Clerk? Although the City of Torrance has had a City Clerk since its inception, I can't honestly tell you exactly what a City Clerk does other than run elections and keep minutes. The New World Dictionary of the American Language said, "An official in charge of the records, accounts, etc.," which wasn't much help. I decided to ask the current, but soon-to-be-retiring City Clerk of Torrance Sue Herbers what her job has been these past two decades.

It was a warm afternoon the day I met our City Clerk Sue Herbers at a coffee shop near Wilson Park. I couldn't wait to speak with her. Sue has been City Clerk since she was seated on March 15, 1994 (elections that year were held on March 8).

Sue had a very international upbringing. She was born in Inglewood, California at The Stork and when she was five years old, her dad was sent to Saudi Arabia with his job. So the family moved to the Middle East. I asked Sue what Saudi Arabia was like at that time and she told me, "We lived in a company town, so it was like a very small community. It was interesting because everything you got you brought with you 'cuz there was no place to go shopping or do anything. They sent you [her dad] over for two-year contracts and you got a month vacation every two years so you could come back to the States." Then Sue told me that on those trips back here to the States, her mother would have to anticipate what they would need while they were overseas--everything from clothes and shoes to supplies. Can you imagine guessing how much a child would grow in two years so you had the right size dresses and shoes? "People were very good at sharing," explained Sue. "We had bowling alleys, libraries--they built them for the employees. We had a swimming pool, theaters... I got to watch movies all the time and it was safe. My folks left in 1960 and then went back again between 1971

and 1983, so I got to see it a couple different times. But the schools only went through the ninth grade."

Then Sue told me that after ninth grade, she had to make a choice of either going back to the United States to go to school or going to a boarding school. Sue chose Marymount International boarding school in Rome, Italy. "At 14, my mother put me on an airplane. It was exciting," recalled Sue. "There were other people that were doing the same thing. My best girlfriend went to England to an English school and I had another friend who

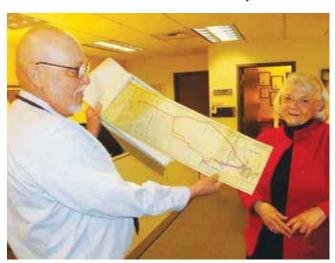
went to Marymount in Barcelona, so we all went in different directions--but at the time, you all came back at Christmas because you weren't too far away and the company would pay for that. Before I finished that year of high school, my father quit that job and came back to the States. We lived in Torrance and I went to South High School in 1961. Then my dad went to Iran and we went along, so I went back to Marymount International School in Rome, Italy. I graduated from Marymount and then went to American College in Paris, which was the first year it opened. I lived in a foyer [a French dormitory] and it was run by nuns who couldn't speak any English, but I had had four years of high school French and living and immersing in the environment I learned French. I also learned how to play bridge in French."

Sue continued to tell me about her life abroad. "It was an experience and I treasure it because I treasure living in this country more than anything because I see what it's

like living somewhere else...and no, I think people don't value what they have currently because we have so many ways of expressing our support and encouragement and being a part of the process," said Sue. "That to me is

where to participate, you participate in democracy. Other people don't have that opportunity. They don't see what they can do. I appreciate it. My goal is, and how I see my role, is to educate people to use the system. This is what you're paying tax dollars for. What can we do for you to make your experience better? That is how I see my role as a City Clerk. How can I help you? How can I make your experience better and how can I help? And there are things I can change and some things I can't change and trying to explain it to visitors from foreign countries is always interesting-trying to explain the

difference between the city, county and state, and the federal system and the courts that are not part of this and the schools. We will tell you where to go and we will tell it with a smile. When you call my office I can't help you with everything, but I can direct you to the correct department or suggest where you might want to take your concern." Sue told me she works collaboratively with the other



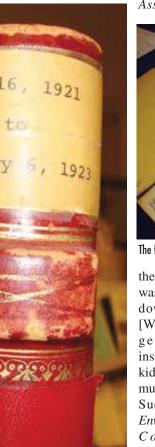
Joe Huld, Records Management Coordinator, showed me an original historic map of the Pacific Electric Red Car line through Torrance. Photos by TerriAnn Ferren.

departments in the City to assist people who come into the City Clerk's office with their issues, complaints and questions.

I asked Sue if she always wanted to be a City Clerk or if she ever thought about it and she said, "That was not one of the things that I had in my mind when I was growing up. I had no idea what a City Clerk was." After college, she went to work at Bonanza Airlines and it was during that time she met Jerry, a farm boy from Iowa who happened to work in the airline industry as well. They have been married for 47 years and have two sons, Mark and Keith. "I knew the night I met him that I was going to marry him. I knew it," said Sue. How romantic.

Jerry and Sue moved into Torrance in the '70s and the first thing she did was to join the PTA. Sue explained, "I started becoming active with the PTA and was involved with everything they did. I was even in a babysitting co-op with Connie Jackson during that time." Sue has been very active in our community and has served as president of the Torrance Council of PTAs, has been on the State PTA Board, served on the Cable Television Advisory Board the first year it was inaugurated, and also served on the Board of the Southeast Torrance Homeowners

Association. "One of



Historic and original first book of minutes of the City of Torrance from May 16, 1921 to February 6, 1923.

the first things we did was to get rid of a bar down on Arlington. [We also worked on] getting sidewalks instead of having the kids walk through the mud and asphalt," said Sue. "I was on the Environmental Quality Commission and involved with the stop Torrance development plans, which was to

save the marsh. I was

representing the PTA at the time and one of those meetings lasted until 3 a.m. To me, it was that important."

Sue went to work for the Torrance Unified School District, having varied responsibilities, including helping set up the English Language Development Center. "I really enjoyed it," said Sue. "Then Katy Geissert put me on a Blue Ribbon committee to decide to have term limits or to make the positions of Clerk and Treasurer elected or appointed. So that was another opportunity to get to know people in the City. In 1992 Sue worked as an election assistant to City Clerk John Bramhall and those were the days where you drew boundaries of precincts on maps. There was nothing electronic about it.

As it happened, in 1993 Sue paid her own tuition and went through the sixmonth Leadership Torrance program, which connects top leaders and experts in the South Bay, examines the City of Torrance's issues and resources and offers a broad networking base for relationships and business. "To me it was important," said Sue. "I needed to know more about my community. It was worth it. It was like a semester of school. I paid my own way and I met police officers and other people in the City that I would have never met. We had a lot of fun."

Twenty years ago, in March of 1994,

Sue Herbers was elected to the office of the City Clerk of the City of Torrance. She stepped into the office with both feet and learned everything she could and reached out to other City Clerks and became involved, as is her nature. Sue changed things in the office dramatically when, with the approval of the City Manager, she brought computers into the office. The duties of the City Clerk are listed on the City of Torrance website www.torranceca. gov: "The City Clerk is citizens and is responsible under Section 620 and 621 of the City Charter to serve as the custodian of the City Seal and to keep the record of proceedings of the City Council including ordinances, resolutions, and minutes. In addition, the City Clerk provides

> information to citizens and City departments as well as support services to City departments as required."

Sue told me, "I learn something new every single day. I promise you every single day there is something

The first page of the historic book of minutes. new. The Clerk's duties are in the charter. We keep records/contracts. Now it is a little easier because we have our minutes [from Council meetings] from 1996 to the present electronically and easily searchable, so you can go back and refer. And we have Le Roy [Jackson], who remembers everything. We actually have the minutes from 1921 to 1959

> After listening to Sue explain to me all of the things our City Clerk does, I now understand how much the position entails. A great deal about the position is listed on line at the City's website and of course you can always visit the Clerk's office at 3031 Torrance Boulevard.

scanned. We wear so many hats.'

Then I asked Sue what she has enjoyed about the job and what she plans on doing now that she has decided not to run for City Clerk again and she told me, "What I like about the job is being in the middle of helping people--of insuring that connections are made to help identify areas where there can be improvements or efficiencies. Being helpful. I won't miss being there every Tuesday night [at the weekly City Council meeting]. You have to have a lot of patience. I am going to stay in the City of Torrance and I am going to continue to be a part of the community and be available as a resource to the City Clerk's office, and am open to anything that comes my way. [I will] read books and slow down a little bit. And Tuesday night is [going to be] 'date night' at AMC and Regal Theatres. I need to focus on our [Jerry and my] lives together." Sounds good to me!

Torrance has been blessed to have had the benefit of the knowledge, skills, professionalism and expertise of Sue Herbers, an exceptional citizen who served and made a difference in our town. Thank you, Sue for all the years of dedicated service to the citizens of Torrance! You indeed have made a very positive impact on the office of City Clerk and the City of Torrance. •



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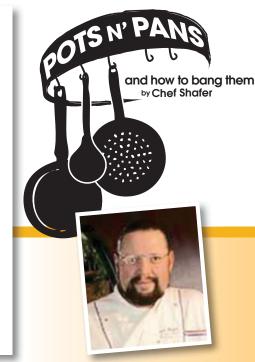
his week we are very crabby so we will have to make some crab cakes.

I always hated the crab cakes that you would get in some restaurants. They usually were more breading than crab. I understand why they did it but it doesn't make up for the poor quality.

The reasons for all the bread are two fold. One is that crab is expensive and two the bread helps keep it together and easier to fry off.

Here is my way of making crab cakes that lets you taste the great crab, still get the crispy coating and they still remain light.

The Chef



Chef's Crab Cakes



1 can pasteurized crab, 1-pound size (you can get it at Costco or Whole Foods) ½ cup finely diced celery 1/4 cup finely chopped green onions 1/2 cup mayonnaise 1/2 cup panko breadcrumbs Pinch black pepper 1/2 cup panko breadcrumbs Most markets sell this Japanese-style bread crumb

In a bowl mix together crab, celery, green onions and mayonnaise. Add 1/2 cup of panko and mix. Let sit for 20 minutes. Then form into round cakes with the use of a cookie cutter that is the size you want them to be. Lightly coat with the other ½ cup panko. In a medium heated pan, brown off the cakes in oil till golden brown and serve with dipping sauces or the melon salsa that you see in the photo. Look for the melon salsa recipe next week. •

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<u>Seniors</u>

Boomers Embrace Technology to Facilitate More Graceful Aging

(BPT) - Generation X and Millennials get credit for being the most tech-savvy generations, but a growing group of baby boomers are demonstrating that the generation gap has nothing to do with digital know-how. Folks 50 and older are embracing technology to help them age more gracefully than ever.

Whether they're using devices to hear better in challenging situations, or social media to reconnect with friends they've not seen since high school, baby boomers are demonstrating they're not afraid to use technology to make life easier. Here are a handful of ways boomers are using technology:

- · Coping with auditory challenges In our noisy, fast-paced society we commonly encounter many situations - such as a business meeting, family gathering or phone call - in which hearing may be difficult, even for people who don't need a specialized hearing aid. Savvy boomers are using a Bluetooth-enabled amplification device to discretely improve volume and clarity in a variety of challenging environments.
- Relationship management Four in five people age 50 to 75 are active on social media, and of them 75 percent are on Facebook, according to a survey by technology security company McAfee. Boomers use social media - including professional sites like LinkedIn to reconnect with friends from high school or college, maintain contact with family and friends, date, build professional connections and develop personal interests.

- Managing investments Approaching retirement can make boomers feel driven to maximize their investment returns. Yet not everyone has access to or can afford working with a financial planner. Many boomers use online investing tools to fill knowledge gaps and build their nest eggs. From in-depth information on tax-deferred or tax-free investment products to online brokerage accounts, technology has made it easier than ever for the 50-plus set to save toward retirement.
- Catching up on their reading Changes in vision are a natural part of aging, and it's not uncommon for people to need some help reading their favorite novels. Yet traditional compensation tactics, like wearing reading glasses or choosing large-print books and periodicals, shout "fogey." E-readers, however, are cool - and allow boomers to enjoy their favorite reading material at the type size that's easiest for them to read.
- · Staying healthier for longer Boomers have rewritten history in many ways, and not the least among them is their determination to stay as active and healthy as possible into their old age. An array of fitness technology - from pedometers to in-home gym equipment that tracks BMI and heart rate - is helping boomers achieve their fitness and wellness goals.

From devices that improve hearing clarity to online tools that help them better manage their finances, baby boomers are using technology to ensure they enjoy life and remain active and healthy well into their golden years. •

Police Reports

Auto Theft 1/29/2014 2:16 PM 2400 BLOCK TORRANCE BLVD

Stolen vehicle: '99 Honda Civic

Vandalism 1/29/2014 1:44 PM 21000 **BLOCK DONORA AVE**

Suspect(s) scratches victim's vehicle's paint Burglary-Residential 1/29/2014 1:05 PM 3800 BLOCK NEWTON ST

Suspect(s) kicks in front door and takes property/jewelry

Burglary-Residential 1/29/2014 2:30:00 PM 22900 BLOCK GALVA AVE

Suspect(s) removes screen, enters open window, ransacks and takes property/ jewelry

Burglary-Auto 1/29/2014 6:30:00 AM 3400 BLOCK MARICOPA ST

Suspect(s) enters vehicle by unknown means, ransacks and takes property/ cell phone, check

Theft 1/28/2014 7:45 PM 19300 BLOCK HAWTHORNE BLVD

Suspects take unsecured property from loading area/bales of cardboard, wooden

Burglary-Commercial 1/29/2014 8:00 AM 24200 BLOCK HAWTHORNE BLVD Suspect(s) takes unsecured property/ metal

rods, metal bolts, washing machine Burglary-Auto 1/29/2014 5:45 AM 2600 BLOCK SEPULVEDA BLVD

Suspect(s) enters vehicle by unknown means, ransacks and takes property/ golf equipment

Auto Theft 1/29/2014 8:40 AM 20500 **BLOCK EARL ST**

Stolen vehicle: '05 Ford E350 Vandalism 1/28/2014 11:46 AM 3800 BLOCK 182ND ST

Suspect(s) tags exterior walls of location Burglary-Auto 1/28/2014 11:30 AM 3200 BLOCK PLAZA DEL AMO

from page 3

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

Auto Theft 2/1/2014 1:20:00 PM3100 BLOCK 187TH ST

Stolen vehicle: '00 Honda Civic

Theft 1/28/2014 7:51 AM 1900 BLOCK 190TH ST

Suspect(s) smashes window for entry and takes property/ third-row seat

Auto Theft 1/28/2014 7:22 AM 2300 BLOCK 236TH PL

Stolen vehicle: '94 Ford Aerostar

Arson 1/28/2014 8:30 AM 2200 BLOCK CARSON ST Suspect(s) sets fire to classroom door

Auto Theft 1/28/2014 9:05 AM 2000

BLOCK 177TH ST

Stolen vehicle: '12 Ford van Burglary-Auto 1/28/2014 9:00 AM 17000 BLOCK VAN NESS AVE

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

Burglary-Auto 1/28/2014 8:00 AM 1400

BLOCK MADRID AVE Suspect(s) enters unlocked vehicle and takes property/wallets

Burglary-Auto 1/27/2014 8:00 PM 3400 BLOCK SEPULVEDA BLVD

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

Burglary-Auto 1/27/2014 1:32 PM 5500 **BLOCK TOWERS ST**

Suspect(s) enters unlocked vehicle and takes property/wallet •

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Politically Speaking

One Man's Opinion

By Gerry Chong

Sinister Sam stood in a half-crouch in a New York City alley, furtively glancing from left to right to see if the cops had spotted him and ready to run if need be. His hat was pulled down low over his eyes and he twirled his waxed mustache, waiting for a target. Sure enough, a Rube came walking past the alley, gazing up at the giant buildings.

"Ppssstt," said Sam, flipping open his coat. "Wanna buy a gen-u-wine Rolex for \$19.95?" The Rube walked by smiling, but the persistent Sam followed. "Okay, how about a health care plan where you don't have to pay any premiums until you get sick?"

Skeptically, the Rube asked, "How's your system work, Sam?'

"Okay, wise guys like you stay on the sidelines, not buying insurance until you need it. When you're ill, you can't be rejected and you can't be charged an exorbitant premium when you do enroll. What's more your penalty for not enrolling early is a small fraction of one month's premium, so it's insignificant.

"Like rounding up cattle, the government caused cancellation of 50 percent of all individual insurance plans and 60-75 percent of all employer-provided plans, forcing up to 100 million privately insured people into the government corral. The insurance companies then rope and brand the new enrollees with a 40 percent premium hike to make up for guys like you. Even those who have had their insurance cancelled and reinstated have their premiums jumped by 25 percent.

"To help new enrollees pay for these premium hikes, the government offers

subsidies based on a claimant's declared income up to \$94,000. But since the IRS cannot audit every claim, the President says the government will provide subsidies on an 'honor system.' No one knows, therefore, what impact the subsidies will have on the enrollees' net policy costs...or the national

Scratching his head, the Rube asked, "But what if the 'un-sick' can't afford the new skyrocketing premiums even with government subsidies--what will happen to them?"

"The federal government has already thought of that," replied Sam, "by increasing funding to state-run Medicaid programs for the poor."

"And what about the insurance industry?" the Rube wondered. "If the un-sick don't buy insurance early, won't the industry go broke?"

"Nope," said Sam. "The law includes a taxpayer bail-out for insurance companies if this mega-scheme collapses. The bottom line then is that the federal government will bear the ultimate responsibility as the payment source of all health care costs--first through unquantifiable taxpayer subsidies on skyrocketing premiums, or second through federal government grants to state-run Medicaid programs, or third, by promising to bail out insurance companies devastated by this Machiavellian scheme. In any of the three eventualities, the government will be the ultimate single payer health care underwriter, exactly as the President had planned from the beginning. Simply put, this is the greatest entitlement program of all time, so be the wise guy, Rube. Buy insurance when you need it...no sooner."

"Okay Sam. Flip open that coat of yours and let me have one of those Rolexes." •

Another Man's Opinion

Career Full of Accomplishments Thrown Away by Lies

By Cristian Vasquez

When Senator Roderick Wright was found guilty of perjury and voter fraud a few weeks ago, it was a good day for the American justice system. I won't deny that the news did cause a bittersweet reaction in me. It was bitter because Wright has a well-deserved reputation for helping small businesses and advocating for lowincome children. However, it was sweet because the Senator did break the law and we finally see an elected official being held accountable for his or her actions. In the end, despite the crime being committed and the reputation that he built being tarnished forever, it was a good day for the State's legal system because it proved that we are capable of convicting a popular, well-liked person of a crime.

Wright is the first member of the State Legislature to be convicted of a felony since the Shrimpscam sting of the 1990s. With Wright scheduled for sentencing on March 12, he could face more than eight years in jail along with being banned from ever being an elected official for life. Not surprising, the Senator plans to appeal the verdict. Despite his plans to shake the verdict off, it was refreshing that a jury found Wright guilty of lying about where he lived during his run for State Senate in 2008. Much hoopla is made about voter fraud when it relates to the people casting a vote. Some states (mostly in the South) have worked toward passing laws to require a voter

identification card or making the process to register to vote a lot more complicated. All of this is to ensure that only legally qualified individuals cast a ballot. Someone who is not qualified to vote will go to jail upon casting a ballot. As rare an occurrence as this is, just as rare is a politician going to jail for voter fraud.

While there is still much to be determined in this case, it is encouraging that a guilty verdict came back considering the failure of other juries to do the same with elected officials accused of the same type of crime. Los Angeles' Richard Alarcon has dealt with his own issues regarding the same type of voter fraud and not much happened with regards to consequences. If anything, Alarcon can file (if he hasn't already) for his pension given his years

Senator Wright has been found guilty and now I hope that he is punished for his crime. It would also be nice to see laws that make these residency requirements to run for office easier to verify. If millions of innocent Americans have been put at risk of disenfranchisement due to the very, very unlikely in-person voter fraud scenarios, then the possibility of politicians committing voter fraud via false residency should be treated no differently. What Wright did was wrong and it is great that he was caught and convicted. Unfortunately, everything he accomplished prior to this conviction will from now on be easily overlooked. •

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Clippers from page 2

for staying so active, the Clippers are giving him two tickets to the Clippers Community Kids Awards taking place on Saturday, April 12, which includes an on court recognition, a meal and the chance to watch the Clippers play the Sacramento Kings. Ironically, it was his intense training in baseball, not basketball, that had him racking up about 8,000 minutes of physical activity this year. "I pretty much only play baseball," said Lida. "I play six days a week on three different teams. I play baseball year-round." While Lida is very seriously focused on baseball, he said he is excited for the chance to see the Clippers play.

For three years ,the Los Angeles Clippers have been running this program to challenge students in elementary and middle school to be eat healthier, track their exercise and change their lifestyle. Morris has been involved with the effort and hopes to reach students in every part of Los Angeles. "The Clipper Organization has always been big in the community—we've always been in the community," said Morris. "The Clipper Foundation decided three years ago that we're going to do a Clipper FIT program to go out and reach more kids in diverse communities all around LA and talk to them about staying

fit, staying active and being healthy."

The goal of the program is to encourage students to record a minimum of 20 minutes of physical activity per day. What the activity is isn't as important as making sure students are up and moving. Morris recommended easy activities like jogging or walking, but clearly his activity of choice is basketball. He said basketball is an accessible game for everyone, even if you aren't a seven-foot-tall athlete like Hollins.

"Everything we do revolves around basketball, obviously. A lot of people love the game," said Morris. "Courts are outdoors, indoors. You can always find a basketball court somewhere in the city. Anybody can play the game. Anyone can pick it up."

By encouraging kids to stay active and keep an eye on their nutrition, Morris hopes these students can avoid serious health problems when they get older. "Adult diabetes is running rampant in the community," said Morris. "For kids as young as middle schoolaged to be dealing with adult diabetes says a lot about the foods we are eating--too much sugar. Kids need to be more healthy and think about it and the more we can bring the message to them, the better off they'll be in the future." •

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Fictitious Business Name Statement 2014010777

The following person(s) is (are) doing business as SOUTH BAY MUSIC ASSOCIATION. 329 E. WALNUT AVE., EL SEGUNDO, CA 90245. Registered Owner(s): El Segundo Concert Band, 329 E. Walnut Ave., El Segundo, CA 90245. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: El Segundo Concert Band, Michael Rice, President. This statement was filed with the County Recorder of Los Angeles County on January 14, 2014.

NOTICE: This Fictitious Name Statement expires on January 14, 2019. A new Fictitious Business Name Statement must be filed prior to January 14, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: January 23, 30, 2014 and February 06, 13, 2014. H-1037.

Fictitious Business Name Statement 2014015706

The following person(s) is (are) doing business as FIRST FLIGHT COMMUNICATIONS. 137 ARENA STREET SUITE D, EL SEGUNDO, CA 90245. Registered Owner(s): Philip Bonney, 7587 McConnell Ave, Los Angeles, CA 90045. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Philip Bonney. This statement was filed with the County Recorder of Los Angeles County on January 21, 2014. NOTICE: This Fictitious Name Statement expires on January 21, 2019. A new

expires on January 21, 2019. A new Fictitious Business Name Statement must be filed prior to January 21, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: January 30, 2014 and February 06, 13, 20, 2014. H-1044.

Fictitious Business Name Statement 2013264785

The following person(s) is (are) doing business as SOCAL FILTERS AND SERVICE, INC. 3457 EL SEGUNDO BLVD. UNIT A, HAWTHORNE, CA 90250. Registered Owner(s): 1. David McKinney, 325 Monterey Blvd A, Hermosa Beach, CA 90254, 2. Carleton Beck, 2170 Fanwood Ave, Long Beach, CA 90815. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A Signed: David McKinney, Vice President. This statement was filed with the County Recorder of Los Angeles County on December 30, 2013. NOTICE: This Fictitious Name Statement expires on December 30, 2018, A new Fictitious Business Name Statement must be filed prior to December 30, 2018. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: January 09, 16, 23. 30. 2014. HH-1028.

Fictitious Business Name Statement 2014011969

The following person(s) is (are) doing business as 1. 9CAT MUSIC 2. 9CAT MUSIC PRODUCTION, 17802 WILTON PL, TORRANCE, CA 90504. Registered Owner(s): 1. Yukiko Komoto, 17802 Wilton PI, Torrance, CA 90504. 2. John Komoto 17802 Wilton PI, Torrance, CA 90504. This business is being conducted by a Married The registrant commenced to transact business under the fictitious business name listed: . Signed: John Komoto, Co Owner. This statement was filed with the County Recorder of Los Angeles County on January 15, 2014. NOTICE: This Fictitious Name Statement expires on January 15, 2019. A new Fictitious Business Name Statement must be filed prior to January 15, 2019 itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: January 23, 30, 2014 and February 06, 13, 2014. HT-1038.

Fictitious Business Name Statement

2014018505
The following person(s) is (are) doing business as EXOTIC AUTO BODY. 11010 S. LA CIENEGA BOULEVARD, INGLEWOOD, CA 90304. Registered Owner(s): Tashken Auto Service, Inc., 118 Nevada Street, El Segundo, CA 90245. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Tashken Auto Service, Inc, President, Aleksandr Naymon. This statement was filed with the County Recorder of Los Angeles County on January 23, 2014.

Angeles County on January 23, 2014. NOTICE: This Fictitious Name Statement expires on January 23, 2019. A new Fictitious Business Name Statement must be filed prior to January 23, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: January 30, 2014 and February 06, 13, 20, 2014. HI-1045.

Fictitious Business Name Statement 2014012000

The following person(s) is (are) doing business as JW CONNEX. 24411 NEECE AVENUE, TORRANCE, CA Registered Owner(s): 1. Junko Harada, 24411 Neece Avenue, Torrance CA 90505. 2. William T. Harada, 24411 Neece Avenue, Torrance, CA 90505. This business is being conducted by a Married The registrant commenced to transact business under the fictitious business name listed: . Signed: William T. Harada, Co Owner. This statement was filed with the County Recorder of Los Angeles County on January 15, 2014. NOTICE: This Fictitious Name Statement expires on January 15, 2019. A new Fictitious Business Name Statement must be filed prior to January 15, 2019 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code) Torrance Tribune: January 23, 30, 2014 and February 06, 13, 2014. HT-1039.

Fictitious Business Name Statement 2014010916

The following person(s) is (are) doing business as 1. RANCHO POOL SUPPLY 2. PRIDE POOL SUPPLY. 2338 COTNER AVENUE, LOS ANGELES, CA 90064. Registered Owner(s): Gretchen Qualls, 2338 Cotner Avenue, Los Angeles, CA 90064. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: August 11, 2003. Signed: Gretchen Qualls, Owner. This statement was filed with the County Recorder of Los Angeles County on January 14, 2014. NOTICE: This Fictitious Name Statement

NOTICE: This Fictitious Name Statement expires on January 14, 2019. A new Fictitious Business Name Statement must be filed prior to January 14, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: February 06, 13, 20, 77 2014 H-1048

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Fictitious Business Name Statement 2014014804

The following person(s) is (are) doing business as PZAZZ ME. 8726 S. SEPULVEDA BLVD STE. D-277, LOS ANGELES, CA 90045. Registered Owner(s): Robust Entertainment, Inc, 8726 S. Sepulveda Blvd, Ste D-277, Los Angeles, CA 90045. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Robust Entertainment, Inc, Owner/President, Chantal Nicholas. This statement was filed with the County Recorder of Los Angeles County on January 17, 2014.

County on January 17, 2014.

NOTICE: This Fictitious Name Statement expires on January 17, 2019. A new Fictitious Business Name Statement must be filed prior to January 17, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Business and Professions Code). Inglewood News: January 23, 30, 2014 and February 06, 13, 2014. HI-1040.

Fictitious Business Name Statement 2014022461

The following person(s) is (are) doing business as CTL-E. 1602-D ARTESIA SQUARE, GARDENA, CA 90248. Registered Owner(s): 1. Jeffrey Allen Landreth, 1602-D Artesia Square, Gardena, CA 90248. 2. Monica Jean Landreth, 1602-D Artesia Square, Gardena, CA 90248. This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name listed: February 06, 2013. Signed: Jeffrey Landreth & Monica Landreth, Owner. This statement was filed with the County Recorder of Los Angeles County on January 28, 2014.

NOTICE: This Fictitious Name Statement expires on January 28, 2019. A new Fictitious Business Name Statement must be filed prior to January 28, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: February 06, 13, 20, 27, 2014. HT-1047.

Fictitious Business Name Statement 2014012446 The following person(s) is (are) doing

business as HAMLAIN LTD. 433 MARYLAND ST., EL SEGUNDO, CA 90245. Registered Owner(s): Michael S. Hammond, 433 Maryland St, El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: September 13, 2007. Signed: Michael S. Hammond, Owner. This statement was filed with the County Recorder of Los Angeles County on January 15, 2014. NOTICE: This Fictitious Name Statement expires on January 15, 2019. A new Fictitious Business Name Statement must be filed prior to January 15, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State,

or Common Law (See Section 14400 ET

El Segundo Herald: February 13, 20, 27,

SEQ., Business and Professions Code).

2014 and March 6, 2014. H-1052.

Fictitious Business Name Statement 2014015469

The following person(s) is (are) doing business as 1. PIPE TECHNOLOGY business as 1. PIPE TECHNOLOGY 2. PIPE TECH 3. PERFORMANCE COUPLING COUPLING COMPANY 5. WESTERN HOSE & GASKET 6. WESTERN HOSE & SUPPLY 7. WESTFLEX INDUSTRIAL. 12600 CHADRON AVE. HAWTHORNE CA 90250. Registered Owner(s): Westflex, Inc., 325 West 30th Street, San Diego, CA 91950. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: January 01, 2014. Signed: Westflex Inc, Vice President, Paula Legros. This statement was filed with the County Recorder of Los Angeles County on January 17, 2014. NOTICE: This Fictitious Name Statement expires on January 17, 2019. A new Fictitious Business Name Statement must be filed prior to January 17, 2019 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). 30, 2014 and February 06, 13, 2014. HH-

Fictitious Business Name Statement 2014022727

The following person(s) is (are) doing business as YCE'COLL BRAND CLOTHING. 3135 W. 59TH PLACE, LOS ANGELES, CA 90043. Registered Owner(s): Yory S. Coll, 3135 W. 59th Place, Los Angeles, CA 90043. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: Signed: Yory S. Coll, CEO. This statement was filed with the County Recorder of Los Angeles County on January 28, 2014.

expires on January 28, 2019. A new Fictitious Business Name Statement must be filed prior to January 28, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: February 06, 13, 20, 27, 2014. HI-1046.

Fictitious Business Name Statement 2014012902 The following person(s) is (are) doing

business as WEAREALL1. 1629 E. MAPLE AVE # 4, EL SEGUNDO, CA 90245. Registered Owner(s): Griselda M. Lougedo, 1629 E. Maple Ave Apt 4, El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Griselda M. Lougedo, Founder. This statement was filed with the County Recorder of Los Angeles County on January 16, 2014. NOTICE: This Fictitious Name Statement expires on January 16, 2019. A new Fictitious Business Name Statement must be filed prior to January 16, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

El Segundo Herald: February 13, 20, 27,

2014 and March 6, 2014. H-1050.

Fictitious Business Name Statement 2014013080

The following person(s) is (are) doing business as CORGAN. 999 NORTH SEPULVEDA BLVD SUITE 580, EL SEGUNDO, CA 90245. 401 NORTH HOUSTON STREET, DALLAS, TX 75202. Registered Owner(s): Corgan Associates, Inc., 401 North Houston Street, Dallas, CA 75202. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Corgan Associates, Inc., Principal, COO. Treasurer, Jon Holzheimer. This statement was filed with the County Recorder of Los Angeles County on January 16, 2014.

NOTICE: This Fictitious Name Statement expires on January 16, 2019. A new Fictitious Business Name Statement must be filed prior to January 16, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: January 30, 2014 and February 06, 13, 20, 2014. H-1043.

Fictitious Business Name Statement 2014030020

The following person(s) is (are) doing business as 1. GAMEDAR 2. GAMEDAR LLC. 904 SILVER SPUR ROAD SUITE #193, ROLLING HILLS ESTATES, CA 90274. Registered Owner(s): GAMEDAR LLC 904 Silver Spur Rd Ste #193, Rolling Hills Estates, CA 90274. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name listed: June 12, 2009. Signed: GAMEDAR, LLC, Manager Signed: GAMEDAR, LLC, Manager Celeste McWhorter. This statement was filed with the County Recorder of Los Angeles County on February 4, 2014. NOTICE: This Fictitious Name Statement expires on February 4, 2019. A new Fictitious Business Name Statement must be filed prior to February 4, 2019. The filing of this statement does not of itself authorize the use in this state of a the rights of another under Federal. State or Common Law (See Section 14400 FT SEQ., Business and Professions Code).

Fictitious Business Name Statement 2014034186

Torrance Tribune: February 06, 13, 20, 27

The following person(s) is (are) doing business as SOUTH BAY DENTAL CARE. 17023 HAWTHORNE BLVD, LAWNDALE, CA 90260. 711 11TH ST, MANHATTAN BEACH, CA 90266. Registered Owner(s): Dr. Abad, Inc. A Dental Corporation, 17023 Hawthorne Blvd, Lawndale, CA 90260. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Dr Abad Inc. A Dental Corporation, President Erwin Gavilan Abad. This statement was filed with the County Recorder of Los Angeles County on February 7, 2014. NOTICE: This Fictitious Name Statement expires on February 7, 2019. A new Fictitious Business Name Statement must be filed prior to February 7, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Lawndale Tribune: February 13, 20, 27 2014 and March 06, 2014. **HL-1051.**

PETSPETSPETSPETS

Wowzer Schnauzer



Poppy

"I may be named **Poppy**, but I'm not just sweet and pretty like the flower. I've got lots of spunk and personality for a five-month-old girl. I look mostly like a Miniature Schnauzer, but I'm a mix--we just haven't figured out what I'm mixed with! I should be about 20 pounds when I'm fully grown, but right now I'm a tiny 11-pound bundle of puppy shenanigans. I'm not bragging, but I really am cute as a button, I love everyone and would be the best friend you could ask for." If you are interested Poppy, please email info@msfr.org for more information.



Milton

"I'm a two-year-old, purebred Miniature Schnauzer whose life has been a real soap opera. I'm now named Milton and I am looking for a forever family. First I had a family I thought loved me, but they dumped me at a high-kill shelter because they were moving. Then I was supposed to be adopted, but the adopter stood me up! If it wasn't for the MSFR folks, I might have never made it out of that shelter. I'm feeling pretty hopeful that my life is going to get much better soon. I am a stunning black and silver guy with a natural tail who is about 26 pounds. If you want to be entertained, I can do that because I've still got lots of puppy antics to show you. I get along great with other dogs, but really love people." If you are interested in Milton, please email info@msfr.org for more information.





Congratulations to **MacIntosh**, our last Downey shelter rescue of 2013, and his new mom. MacIntosh is the dog that has a burn scar, an eye injury that healed and a BB pellet in him that we had removed. His new mom saw him at the MSFR adoption fair and fell in love with him. During the day, his new mom cares for her daughter's Bichon mix, so he'll have lots of love and someone to play with. Wishing them all much happiness!

If you have any questions about a particular dog's availability, you can email us at info@msfr.org.

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

MacIntosh



Mozari

"If you're looking for a one-year old male Chihuahua/Dachshund mix named **Mozart**, look no further. I was rescued from a high-kill shelter in the nick of time and I have to admit it was pretty scary. I may not be able to read a note or compose a song, but I am one bouncy, happy little guy who loves to play with dogs and people. I can't play the piano, but I can give you lots of love and I'm very entertaining. If you want to see 10 pounds of joy, come see me at Yellow_Brick Road Doggie Playcare in El Segundo. Call 310-606-5507 for more information."•

"Hello, my name is **Millie** and even though I'm only two years old, I'm looking for a new home. I didn't do anything wrong, but my last owner had to give me up when they went into a nursing home. Since no one in the family wanted me, I was handed over to the nice MSFR rescue people. I love to play fetch and I get along well with other dogs, so if you already have a dog it won't be a problem. My foster mom tells everyone that I am a very sweet girl and that I'm almost housebroken--I really am working at that one! At 20 pounds I'm a bit large, but I can still sit on your lap and be the best companion ever." If you are interested in Millie, please email info@msfr.org for more information.

Millie



"A dog is the only thing on earth that loves you more than he loves himself." -Billings

Reg Estate

Eliminate VOCs When Planning a Home Remodel

(BPT) - Remodeling a home's decor leaves the space feeling fresh and new - something which all family members will enjoy for years to come. However, a home remodel can do more than just improve the looks of rooms in the house. It can also improve the indoor air quality - an important factor especially during the winter months when homes are sealed up tight against the cold outdoor air.

Carpeting, paint and even the materials used in your shower might contain harmful Volatile Organic Compounds (VOCs). Studies have found the level of VOCs inside homes can be two to five times higher than the level outside, according to the Minnesota Department of Health. Some people may experience negative reactions to breathing in these compounds, depending on their health condition, as well as the levels and duration they're exposed to the chemicals.

New technology has helped home improvement companies create products that don't contain VOCs, so as you plan your remodeling project, be sure to look for these products to help keep the air in your home cleaner.

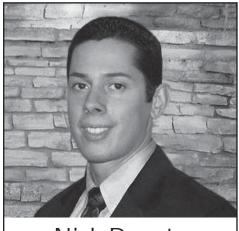
• The walls - A fresh coat of paint is the first element when planning a room design. Choosing the perfect color and knowing if a primer coat is needed are just two decisions that need to be made when picking a brand. But also know that many paint companies are now producing VOCfree paints, which can help improve the air quality in the room.

• The bathroom - Usually one of the smallest rooms in the home, it's more important to make certain the airspace has good quality.

• The kitchen - You may never have thought your kitchen cabinets have the potential to pollute the air inside your home. But if they are made from a plastic-based material, or painted or varnished, there's a chance the cabinets are producing VOCs. Wood cabinets look great in kitchens, and as you choose the perfect cabinets to replace your older cabinets, be sure to research the manufacturer to see if they use any staining or varnish products that produce VOCs. Or consider painting your new cabinets using the paint brand you researched earlier when choosing paint for the walls.

When your home remodel is complete, sit back and enjoy the new look. And take a deep breath of air, knowing you've helped to reduce some of the contamination with careful research about the features you added to your home. •





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Across the street from St. Catherine Laboure School

4 bedroom, 2 bath with an updated kitchen and a new bathroom. New roof, carpet, paint, forced air heat, copper plumbing and windows. Family room is open to the kitchen and has a fireplace. Abundant storage throughout the home. Nicely landscaped front yard and fruit trees in the backyard. Attached two car garage.

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