

Torrance Tribune

The Weekly Newspaper of Torrance

Herald Publications - Torrance, El Segundo, Manhattan Beach, Hawthorne, Lawndale, & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 7, No. 25 - June 22, 2017

Inside This Issue

Calendar of Events.....3

Certified & Licensed Professionals2

Classifieds6

Community Briefs2

Crossword/Sudoku6

Legals7

Real Estate.....8

Sports3

TerriAnn in Torrance.....4

Lundquists Make \$32 Million Gift to Torrance Memorial



Craig Leach, President and CEO, Torrance Memorial Medical Center; Melanie Lundquist; Richard Lundquist; Mark Lurie, MD, Cardiology; and Barbara Demming Lurie celebrate the Lundquist couple's latest gift of \$32 million to the medical center. This brings the Lundquists' total donations to a historic \$100 million. In conjunction with the gift announcement, Melanie and Richard Lundquist announced the renaming of the Torrance Memorial's Lundquist Cardiovascular Institute to the Lundquist Lurie Cardiovascular Institute. Photo Provided by Torrance Memorial Medical Center. •

Graffiti Removal, Bus Stop Maintenance Receives Fourth Amendment

By Cristian Vasquez

The Torrance City Council on Tuesday approved a fourth amendment to the City's agreement with Graffiti Protective Coatings, Inc. for the removal of graffiti removal services until October 31, 2017, and bus stop maintenance services.

For the graffiti removal services, the City agrees to spend \$126,400 while maintenance for bus stops are set to cost \$33,600. Funding for both services is available through the City's 2017-2018 General Services Operating Budget (Graffiti Removal Services) and its Transit Enterprise Fund Operating Budget for the latter.

"I just wanted to thank staff," said Councilman Mike Griffiths. "This graffiti project that the City has been doing is probably one of my absolute favorite projects that the City does. I think it sets Torrance apart from many, many cities around us."

In 1989 the City launched its contractor graffiti abatement program that has since been considered one of Southern California's most successful. Unlike other graffiti abatement programs that rely heavily on citizens reporting incidents of defacement, Torrance's program emphasizes that the contractor actively seek out and remove the acts of vandalism. Furthermore, the City also seeks removal of graffiti an initial solution rather than simply painting over the affected area.

"The abatement contractor is responsible for removal of all graffiti visible from a public street or thoroughfare within the City of Torrance, including City parks and park interior restrooms," states the staff report signed by General Services Director Sheryl Ballew. At the moment the contractor's

response time is within 16 working hours, or eight hours for City-initiated requests, and four hours for emergency call-outs. For the past 10 years Graffiti Protective Coatings, Inc. has been providing what staff described as "exceptional" services. Staff also reported numerous positive comments received from residents regarding GFP's professionalism and fast response times.

"The fact that you can rarely see graffiti around our city is a tribute to how well this project works and I fully support it," Griffiths added.

Through the bus stop maintenance program, the contractor is responsible for emptying

trashcans twice a week. In addition, safety checks of all trash receptacles and benches must be conducted, as well as emergency service requests (unlimited), at no extra cost to the City. As of January 1, 2015, graffiti abatement became subject to prevailing wages. Prevailing wages, as defined by the California Department of Industrial Relations (DIR), determined "that the general prevailing rate of per diem wages for a particular craft, classification, or type of worker is uniform throughout an area--the director issues a determination enumerated county by county, but covering the entire area."

See City Council, page 7

School Board Votes to Continue Supporting Project Lead The Way

By Cristian Vasquez

Members of the Torrance School Board at this week's meeting unanimously approved the Advanced Manufacturing and Engineering Technology Linked Learning (AMETLL) Consortium Grant award for the 2017-2018 school year. The grant, in the amount of \$93,000, will allow Torrance Unified School District to continue providing support for the Project Lead the Way (PLTW) High School Engineering and Gateway to Technology (GTT) programs.

"For the past two years, Torrance Unified School District has been partnering with El Camino College in a grant sponsored by the Advanced Manufacturing and Engineering Technology Linked Learning

Consortium, a regional collaborative (which includes Long Beach City College, El Camino College, Los Angeles Harbor College, Cerritos College and Pasadena City College) focused on the development of a rigorous academic program integrated with career-based learning and real world workplace experiences," states the staff report.

This four-year grant, 2014-2015 to 2017-2018, will help support PLTW programs at Torrance High School, North High School and South High School. PLTW high school courses are University of California A-G (UC requirements) approved. They also offer college credits via

See School Board, page 7

Weekend Forecast

Friday
Partly
Cloudy
68°/62°



Saturday
Sunny
71°/63°



Sunday
Sunny
76°/64°



Community Briefs

West High School Students Earn NHRP Scholar Awards



West High's Zachary Babbitt (left) and Jonathan Hernandez (right) with Mayor Patrick J. Furey (center) at the Torrance City Council meeting where the two students received certificates of recognition. Photo Provided by Roberta Babbitt.

The National Hispanic Recognition Program has recognized West Torrance High students Zachary Babbitt and Jonathan Hernandez as scholars. During a recent City Council meeting, Mayor Patrick J. Furey presented the two with the City of Torrance Certificate of Recognition for their achievement.

Babbitt received 14 out-of-state full ride scholarships to earn the NHRP Scholar Award. He was accepted into all 9 UC campuses,

earning \$8,000/year grants. He will attend UC San Diego as an electrical engineering major. He received a \$4,000/year grant from the university due to his 4.5 GPA.

Hernandez is President of West High's Advance Choir and is a member of National Honor Society and was captain of the varsity swim team. He has a 4.54 GPA and will attend UCLA as a chemistry major (pre-med) with future plans to go into medical research.

The \$32 million donation will establish an Orthopedic and Spine Institute as well as a Neuroscience Institute at the hospital where 8,000-10,000 orthopedic, spinal, neurosurgical, and neurological patients were served last year. The focus on orthopedics and spine surgery will allow Torrance Memorial to expand its capabilities and recruit surgeons in these specialties. The hospital also intends to establish new ambulatory locations for orthopedic and spine medical services, reducing the need for patients to leave the South Bay. The Neuroscience Institute—one of the only such programs at a non-academic hospital in Los Angeles County—will mean that patients with neurological needs, which previously had to be referred out of the area, could be cared for at Torrance Memorial.

Additional funding will go to upgrade the surgical and ICU capabilities at the hospital. The Lundquists' commitment to Torrance Memorial stretches back to 1985 when Melanie was a volunteer at the hospital. Melanie's inside view of the hospital's operations motivated her to become more involved. Over the last 11 years, the Lundquists established a Cardiovascular Institute, significantly expanded beds in the hospital's Emergency Room and helped to fund the Lundquist Tower, a 256-bed all-private room hospital. The Lundquists provided in the \$50 million donor agreement that their name should be removed from the building when naming rights could be used to attract another significant donor in the future. – Content Abridged from Press Release Provided by Torrance Memorial

El Camino College to Present Annual Summer Kid's College Program

The El Camino College Community Education department will present its annual summer Kid's College program for children entering grades one through 12. The six-week program consists of three two-week morning and/or afternoon weekday sessions to choose from, in addition to several one-day Saturday sessions between June 26 and August 5.

Kid's College not-for-credit workshops, one-day Saturday camps and weekday classes are designed for serious summer fun with an emphasis on inspiring a sense of wonder and imagination for learning.

Classes offered this summer include: Kid's College Chefs, Minecraft Designers, Science Explorations, Cartooning & Drawing,

Academic Chess, Kid's Rock Guitar Camp, and Musical Theatre Camp for grades one through five.

For grades six through eight, students can try Video Game Animation, Creative Writing, The Voice/Singing Class, and basketball and volleyball camps. High school students may enroll in SAT Boot Camp, Math Tutoring, and Writing the High School Essay, among other selections.

Morning and/or afternoon classes are available. Lunch supervision is provided for students in grades one through five who are enrolled for the full day. All classes are held on the El Camino College campus. Registration is required. Parents are encouraged to enroll now as classes fill quickly. •

Lundquist Historic \$100 Million in Gifts to Torrance Memorial

Torrance Memorial Medical Center leadership and community members were joined last week by local elected officials from throughout the South Bay to announce a \$32 million donation by philanthropists Melanie and Richard Lundquist to establish a Neuroscience Institute and an Orthopedic and Spine Institute at the 470-bed nonprofit

medical center located in Torrance. The contribution, combined with the Lundquists' previous contributions of \$68 million to the hospital, gives Torrance Memorial the distinction of receiving \$100 million from a single donor--the largest known contribution to a non-teaching/research hospital in the United States.



Thank you, Advertisers!
We couldn't do it without you.
Herald Publications

CERTIFIED AND LICENSED PROFESSIONALS

concrete

LINDAHL CONCRETE, INC.
Specializing in all Residential Concrete
• Driveways • Patios • Pool Decks
• Stone • Pavers • Stamping
Call Casey or Carl - Lic. 531387
310-326-6626
Casey Lindahl founder of Lindahl Concrete Inc.
— WE ACCEPT CREDIT CARDS —
WWW.LINDAHLCONCRETE.COM

construction

Julian Construction, Inc.
Foundation Replacement/Repairs
House Bolting • Floor Leveling
Soft Story Retrofit
FREE INSPECTION
Low Price Guarantee • 0% Financing Available
BONDED & INSURED 323-733-3377 LIC. #788526
www.julianconstruction.com

gardening

EL SEGUNDO GARDENER
Licensed/Bonded
All E.S. Crew, Lawn Service Clean Ups,
Tree Trim, Sprinklers, Handyman, etc.
CALL OR TEXT BRIAN
310-493-7811 | 310-322-7396
Lic # 100085424

handyman

BILL'S HOME & APARTMENT MAINTENANCE
CONTRACTOR QUALITY at Handyman Prices.
We cover everything from A-Z.
Bill Henrichon
Cell: 310-890-7531
Office: 310-542-3470
billhenrichon@sbcglobal.net
Henrichon & Associates Inc.
CA ST LIC# 1011547 / Licensed & Insured

Serving the South Bay for 25 years
FREE ESTIMATES

handyman

TOUCHSTONE
PAINTING • PLASTERING
HANDYMAN
Reasonably Priced - Referrals Upon Request
310-517-9677
30 Year Business and Resident in the South Bay

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

FREDERICK'S PAINTING OF EL SEGUNDO

Interior & Exterior
NO Job too Small • Free Estimates
Call Freddy **310-910-4841**
LIC #948597

painting

RICH'S PAINTING
Specializing in exterior
Quality interior work
Reliable • Reasonable Rates
310-640-9465

plumbing

MATTEUCCI PLUMBING
24 Hour Service
Since 1990 • Lic # 770059 • C-42 C-36 C-34 C20 A
Free Estimates
FULL SERVICE PLUMBING
Sewer Video Inspection
Rooter Service • Copper Repipes
310-543-2001

YOUR AD HERE

Email to reserve your space
marketing@heraldpublications.com

plumbing

FOR ALL YOUR PLUMBING NEEDS
We offer Senior Discounts
We match any pricing
Open 24/7
Free Estimates
License # 537357
1-310-782-1978

roofing

NICK'S ROOFING SERVICE
— Small jobs OK! —
310-697-9147
CA License # 1009097

roofing

RAMEY ROOFING INC.
Old Fashioned Values...
50 Years and Counting.
New Roofs and Repairs
310-322-4129
CA St. Lic. #558797, Bonded, Insured

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

Sports

Up and Adam

Warriors Come Close, Get Ousted by the Champs

By Adam Serrao

The West High Warriors softball team enjoyed an extremely successful season that would have been even more enjoyable for head coach Jason Belcher and company were it not for two close losses handed over by a couple of inner-city and league rivals. A 22-8 record for the Warriors was bested only by the South High Spartans in this past season’s overall standings. One key loss to North High dropped West High into third place in the Pioneer League standings. The other, to South High, wound up ending the Warriors’ season for good.

The West High Warriors came into this year’s regular season with a lot of hype surrounding the team. While West may have finished in third place in last year’s standings behind North and Torrance High, the return of key players like Alizae Umi and standout pitcher Mailee Newman made the Warriors a threat to all other teams in their division as well as a ballclub to watch with the Pioneer League title up for grabs.

The hype surrounding the Warriors proved to be more than justified as the regular season finally got off to a start last February. West didn’t just begin the year beating other teams. They began the year blowing other teams out. Three straight victories to open the season in the Redondo Tournament preceded a 7-2 victory over their rivals from South High in the Final. Umi homered in the championship game of the tournament to knock in three runs, while Newman pitched seven complete innings of two-run ball while striking out 11. “We don’t have anyone else near her caliber,” coach Belcher explained of Newman. Newman and Umi both immediately showed why the Warriors were to be feared in a year that they boasted so much firepower both at the plate and from the pitching mound.

The victories didn’t stop rolling in for West after the Redondo Tournament. The Warriors opened regular season play with six wins in a row, until Mira Costa handed Belcher and his team their first loss of the year. “We had a chance to beat Mira Costa, but didn’t get it done,” Belcher said after his team’s close 3-2 loss. “We’re coming together as a team is really what is going on. Girls are picking each other up.”

The Warriors came out of their loss to Costa ready to go. A 16-5 win over Culver City was quickly followed by yet another victory over the eventual Pioneer League and CIF champion South High. Newman allowed only four hits through six innings to her rivals,

while striking out 10. Newman and West kept their torrid pace going, entering league play with an overall record of 10-3. An 18-0 demolition of Leuzinger followed by a 3-0 victory at North kept the team’s divisional record flawless as well.

Things only began to fall apart for the Warriors down the stretch when two consecutive losses to the Spartans and one to the Saxons proved to shake up the standings. West went from sitting on top of the Pioneer League to suddenly finding itself in third place with a 3-3 record in league play The Warriors’ only loss of the season to North came at the most inopportune time, with Newman pitching a seven-inning gem but getting absolutely no offense to back her in a 2-0 shutout loss to the Saxons. Throughout the entire regular season, West played the Spartans a total of five times—including once in the CIF Division 5 semifinals. While the Warriors won their first two matchups of the year, they lost the last three in a row. That not only cemented a third place finish in the league standings, but ultimately kicked the Warriors out of the race for a CIF championship as well.

While West scored first in the semifinal game, its lone run in the top of the first inning only seemed to madden the Spartans. South responded with five runs after two innings as Newman got knocked around at the worst time possible. Through six innings of play, the star pitcher gave up 13 hits and six runs (three earned) to the Spartans in a 6-4 loss that saw the Warriors’ postseason run end with a semifinals loss to their rivals. “West is our rival,” opposing pitcher Maddy Stockslager explained. “It’s almost a personal thing against them. When they scored first, we got fired up to want to win even more.”

The heartbreaking loss will fire the Warriors and Belcher up even more so in an offseason that should certainly see the team improve. While Umi, the team’s big offensive threat, will be moving on to college, Newman will be back in the fold for her senior season and be raring to go. Umi is only one of two seniors that an extremely young West High roster will lose over the offseason. In addition to Newman, six other juniors will be returning along with five sophomores in what will certainly be a team that is hungry for a championship next year. The Warriors may have fallen just a bit short of their ultimate goal this time around, but don’t be surprised to see Newman and the rest of the West High softball team put together a season for the record books next year.

– Asixlion@earthlink.net

Calendar of Events

Deadline for Calendar items is the prior Thursday by noon. Calendar items are \$1 per word. Email listings to marketing@heraldpublications.com. We take Visa and MasterCard.

THURSDAY, JUNE 22

- Propagation Society – Planting Seeds for the Future, 10:30 AM., Madrona Marsh Nature Center & Preserve, 3201 Plaza Del Amo, free to public, Call: 310-782-3989.
- Novels at Night Book Group, 6:30 PM., free, Southeast Library, 23115 Arlington Ave., Call: 310-530-5044.

FRIDAY, JUNE 23

- Free Advance Directive Workshop, 10:00 AM. – 11:00 AM., 5315 Torrance Blvd. Suite #B1, Call: 310-543-3402.
- Friday Fun for Kids, 10:00 AM. – 12:00 PM., free, Madrona Marsh Nature Center & Preserve, 3201 Plaza Del Amo, Call: 310-782-3989.
- CITY HALL CLOSED – (All Day)

SATURDAY, JUNE 24

- Torrance Certified Farmers’ Market at Wilson Park, 8:00 AM. – 1:00 PM., 2200 Crenshaw Blvd., Between Carson St. & Sepulveda, Call: 310-781-7520.
- TOCA South Bay Festival of the Arts, 11:00 AM. – 5:00 PM., free, The Torrance Cultural Arts Center, 3330 Civic Center Drive, Call: 310-378-8100.
- Sushi Demonstration and Books, 2:00 PM., free – registration is required, El Retiro Library, 126 Vista Del Parque, Call: 310-375-0922

SUNDAY, JUNE 25

- The 10th Concert of Los Angeles Men’s Glee Club, 3:00 PM., Tickets: \$10, James Armstrong Theatre, 3330 Civic Center Drive, call: 310-781-7171.

MONDAY, JUNE 26

- Madrona Marsh Nature Center & Preserve - CLOSED, 3201 Plaza Del Amo.
- Summer Reading Program Begins! - All Day at Torrance Libraries, free, For more info call: 310-618-5959.
- Dance Performance (The Studio Art of Dance), 7:00 PM., James Armstrong Theatre, 3330 Civic Center Drive, Call for ticket info: 310-640-9245.

- Pajama-Rama, 6:30 PM., WALTERIA Library, 3815 W. 242 St., Call: 310-375-8418.
- Babytime, 10:30 AM., Katy Geissert Civic Center Library, 3301 Torrance Blvd., Call: 310-618-5964.

TUESDAY, JUNE 27

- City Council Meeting, 7:00 PM., City Hall, 3031 Torrance Blvd., Call: 310-618-2780.
- Torrance Certified Farmers’ Market at Wilson Park, 8:00 AM. – 1:00 PM., 2200 Crenshaw Blvd., Between Carson St. & Sepulveda, Call: 310-781-7520.
- Family Storytime, 10:30 AM., North Torrance Library, 3604 Artesia Blvd. Call: 310-323-7200.
- Family Storytime, 10:30 AM., Henderson Library, 4805 Emerald St., Call: 310-371-2075.
- Family Storytime, 11:00 AM., Southeast Library, 23115 Arlington Ave., Call: 310-530-5044.
- Pajama-Rama, 6:30 PM., Katy Geissert Civic Center Library, 3301 Torrance Blvd., Call: 310-618-5964.

WEDNESDAY, JUNE 28

- Craft Delight, 12:00 PM., free, Henderson Library, 4805 Emerald St., Call: 310-371-2075.
- Torrance Antique Street Faire, 8:00 AM – 3:00 PM., free admission- pet friendly, 1317 Sartori Avenue, Torrance Blvd.
- Pajama-Rama, 6:30 PM., Henderson Library, 4805 Emerald St., Call: 310-371-2075.
- Reading By Design: The Crafting Hour, 7:00 PM., adults ages 17 yrs. & older welcome, free, Katy Geissert Civic Center Library, 3301 Torrance Blvd., Call: 310-618-5959.

THURSDAY, JUNE 29

- Propagation Society – Planting Seeds for the Future, 10:30 AM., Madrona Marsh Nature Center & Preserve, 3201 Plaza Del Amo, free to public, Call: 310-782-3989.
- Reading By Design: Arty Loon, 2:00 PM., free, Henderson Library, 4805 Emerald St., Call: 310-371-2075.
- Reading By Design: Arty Loon, 4:00 PM., WALTERIA Library, 3815 W. 242nd St., Call: 310-375-8418. •

Visit us online: www.heraldpublications.com

Saving a life from a potential catastrophe EVERY 10 MINUTES!

I live alone

but I'm never alone. I have Life Alert®.

One touch of a button sends help fast, 24/7, even when you can't reach a phone for:

- medical • fall • fire • invasion
- CO gas emergencies.

No landline? No problem!

CONSUMER'S CHOICE AWARD

AS SEEN ON TV

FREE SHIPPING!

For a FREE brochure call: 1-855-980-5453

Life Alert®

Medical Alert Industry Leader Since 1987

Their Price

Crestor™

\$870.10

Typical US Brand Price for 40mg x 100

Our Price

Rosuvastatin

\$141

Generic equivalent of Crestor™
Generic price for 40mg x 100

Are You Still Paying Too Much For Your Medications?

You can save up to 97% when you fill your prescriptions with our Canadian and International prescription service.

THEIR PRICE	OUR PRICE	THEIR PRICE	OUR PRICE		
Viagra™ \$2011.91 <small>Typical US Brand Price for 100mg x 40</small>	VS	Sildenafil* \$139.00 <small>Generic Price for 100mg x 40</small>	Cialis™ \$2148.19 <small>Typical US Brand Price for 20mg x 40</small>	VS	Tadalafil* \$186.00 <small>Generic Price for 20mg x 40</small>
Nexium™ \$826.49 <small>Typical US Brand Price for 40mg x 100</small>	VS	Esomeprazole* \$89.00 <small>Generic Price for 40mg x 100</small>	Advair™ \$1105.23 <small>Typical US Brand Price for 250-50mcg x 180</small>	VS	Salmeterol & Fluticasone Propionate* \$152.00 <small>Generic Price for 250-50mcg x 180</small>
Premarin™ \$448 <small>Typical US Brand Price for 0.625mg x 84</small>	VS	Conj. Estrogen* \$48.00 <small>Generic Price for 0.625mg x 84</small>	Evista™ \$772.37 <small>Typical US Brand Price for 40mg x 100</small>	VS	Raloxifene* \$84.00 <small>Generic Price for 60mg x 100</small>
Abilify™ \$2964.49 <small>Typical US Brand Price for 15mg x 112</small>	VS	Aripiprazole* \$88.00 <small>Generic Price for 15mg x 112</small>	Zetia™ \$817.24 <small>Typical US Brand Price for 10mg x 100</small>	VS	Ezetimibe* \$83.00 <small>Generic Price for 10mg x 100</small>
Celebrex™ \$1087.96 <small>Typical US Brand Price for 100mg x 100</small>	VS	Celecoxib* \$79.00 <small>Generic price for 100mg x 100</small>	Januvia™ \$1144.84 <small>Typical US Brand Price for 100mg x 84</small>	VS	Sitagliptin Phosphate* \$139.00 <small>Generic Price for 100mg x 84</small>

Get an extra \$15 off plus FREE SHIPPING

Get an Extra \$15 Off & Free Shipping On Your 1st Order!
Call the number below and save an additional \$15 plus get free shipping on your first prescription order with Canada Drug Center. Expires June 30, 2017. Offer is valid for prescription orders only and can not be used in conjunction with any other offers. Valid for new customers only. One time use per household. Use code 15FREE to receive this special offer.

Call toll-free: 844-665-8321

www.canadadrug.us/torrance

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

TerriAnn in Torrance

A Culinary Journey with Michael

Story by TerriAnn Ferren
All Photos Courtesy of Fox's MasterChef

Everyone eats. And you probably would agree that most everyone cooks to some extent, even if that means simply boiling water. But some among us rise beyond whipping up simple eggs and toast, and step into the realm where words like *culinary*, *cuisine*, and *chef* are used. Last week, I spoke with 31-year-old Michael Lertchitvikul, born in North Arlington, New Jersey, who discovered *his voice* in the kitchen after a little diversion.

“What brought me out here [to Torrance] was literally a change of pace from life...I went from a place where I had everything I wanted. I had the dream job, I had a full ride to the school that I wanted to go to, but I was somebody who would consider himself an atheist evangelist...I came all the way out here [from New Jersey], found God and became very involved with my church and did a 180 on my lifestyle and what I wanted from life,” said Michael. He admitted it was a very impetuous decision that led him into having a dramatic world view and lifestyle change.

His journey began after his freshman year in college. Michael told me, “...I decided to pack up a backpack full of clothes and fly cross-country and start over. I left behind my scholarship, my student ID for the financial district...basically all my dreams to reset on life and settle into sunny California. That is how I ended up in Torrance. That was in 2004.” Looking for a change of pace in his life, Michael bravely took a breather.

He told me he was working 100 hours a week consistently at his private equity firm he had started four years prior, where he managed people's money, helping them grow their assets. Because he *was* his company, like any investor with integrity and a very high work ethic, his family and friends trusted him with their money. Michael explained, “I was a workaholic in the truest respect. I just one day realized that my relationship with God and my relationship with my friends, everything was out of balance because of my workload. So I left my job, packed up a backpack full of clothes [again] and hit the road. I started traveling around the world doing two things that I absolutely love--rock climbing, and cooking and eating.”

Michael then told me that while traveling, he dined in all the famous restaurants around the world--meeting the chefs of the restaurants, then volunteering and working as an unpaid intern (apprenticing as a chef) under those he admired. He said, “Partway through my journey, I came down with a crazy neuropathic, neurological nerve condition. Basically, my shoulder became paralyzed. Doctors don't exactly understand why, but that left me licking my wounds and I came back to Southern California [Torrance] and I ended up watching *MasterChef* and watching *Top Chef* and I was thinking, ‘Man, I can do this! I can do

everything they do!’” That sent Michael on another journey. Every day was spent training and duplicating the dishes he saw *MasterChef* executing--and then stepping out in faith, he showed up for an open audition for *MasterChef* and was selected.

I asked Michael if recuperating in his adopted home of Torrance aided in his recovery and he said yes, telling me of several little haunts he enjoys frequenting. The Vietnamese sandwich shop called Little Shop of Mary on Torrance



Michael's Journey.

Boulevard is one of his favorite places, where he hopes future collaborations with the proprietor will develop.

Michael continued, “At one point, I spent some time training at Manhattan Beach Post in Manhattan Beach with the famous chef, David LeFevre...I spent some time training at Pok Pok LA that is the most famous Thai restaurant in America. They had an LA location. I spent some time training at their Chinatown lot before they closed down, in preparation for the show...the name of the chef is Andy Ricker. He is world-renowned and basically the biggest name in Thai food in America.”

I then asked Michael what he would choose as his favorite food and he told me he really likes “contemporary global cuisine” but his background is Thai because his parents are from Thailand, so good, authentic Thai food would be his favorite.

Michael's parents arrived in the United States from a little village outside Thailand, near Bangkok, and Michael is the very first person in his entire family born in America. He is the youngest of three brothers. “I am the last one and the most irresponsible one,”

he said, joking.

I asked Michael what his parents thought about his journey thus far which has led him into an appearance on Fox's *MasterChef* and focused on the culinary life and he said, “As any self-respecting Asian parents, they are worried out of their minds! They have told me that I am foolish and crazy. I was hoping to come home with a white apron and a *MasterChef* title, but unfortunately, that was not in the cards for me...I got sent home in the top 40. But

I kind of want to show Gordon and Aaron and Chef Christina that they sent the wrong person [home] and find a higher height than anyone else on my season. I am just doing what I've got to do to make my name known in the culinary industry,” Michael said.

Since the show, Michael has worked with a lot of pop-ups, collaborates with local restaurants, and is involved with EatWith, which is a portal for online, for lack of a better description, Air BnB for dinner parties. *MasterChef* has partnered with EatWith this season and you can find out more by checking them out at www.eatwith.com/masterchef/. In essence, if you wanted to have a dinner party at your house in three weeks, and you have eight seats “open for booking,” it is literally like making a reservation at a restaurant--only you go to a house and you will be fed by a chef, like Michael, for example. I hadn't heard about this site, but am more than intrigued. Michael's EatWith information is www.eatwith.com/offering/16648/?eventId=49105.

Along the way, Michael has been cooking for his church, South Bay Community Church, located on 190th Street, which has developed into one of his ministries. “A big thing I do is I cook for the congregation and I go and volunteer for the Long Beach Rescue Mission. I cook for people who are recovering and getting back on their feet... so it is something I am genuinely passionate about. I enjoy feeding people not just from a ‘putting food in front of people aspect,’ but an expression of love and care--and expression of like, this is me trying to prepare something that is good for your body, good for your spirit, and I am here for you emotionally and spiritually, you know? It is not a physical nourishment, but something that goes a little bit deeper,” Michael said.

An additional focus of Michael's deals with bringing light on the horrific reality and problem of human trafficking in Southeast Asia and what we can do to help. “I go back to Thailand on a fairly regular basis...typically to Bangkok and Shanghai, but the places I work in are in the boonies...it is a home away from home for me,” Michael said.

Talking with Michael made me realize, admittedly that I am not a connoisseur of Thai food, but he assured me, “You are here in Torrance with me, you have to come out and try my food sometime. I will educate you. They sent me home that I could be here cooking for you [Torrance and] Chef Gordon hears I am doing something better, feeding you guys.” Well, one thing for sure, is that my appreciation and respect for this young, inspiring and determined chef grew the moment I heard his story. Following one's dreams sometimes comes by way of a few detours, and in Michael Lertchitvikul's case, his was via finance. So get ready and set the table for a true *MasterChef* in my book, for some amazing cuisine from one culinary gifted resident from the city of Torrance. •

dish

\$54⁹⁹

Month

Limited Time

TV & INTERNET

FREE Same Day Installation



FREE HBO for 12 Months!

FREE Upgrade to our Industry Leading HD DVR



Hopper

sling

CALL NOW - SAVE UP TO 30%

1-866-945-7295

dish

ALTITUDE

Restrictions apply. Call for more information. Offer ends on 6/21/17.

Free Digital Delivery





Herald Publications is now offering to send you a link to your favorite community newspaper every Friday! The emails will also include a list of upcoming local events.

Just email us at: dd@heraldpublications.com and tell us which local community newspaper you'd like.

Simple as that and free!!!



Politically Speaking



One Man's Opinion

Now is Definitely the Time to Question the Source

By Cristian Vasquez

Watching any of the Fox News pundits and their conservative guest experts would have you believe that the liberal media is responsible for the nation's ills. Maybe listening to any conservative a.m. radio jockey is enough to convince you that the liberal media is destroying America's values. Fortunately, these claims are no more than hollow talking points drafted to reinforce people's biases, and to convince new people that their biggest fears are real. The truth is the liberal media isn't destroying American values. If anything, the media in general is failing the public by giving enshrining personal opinions and demonizing facts--and no network does this better than Fox News.

The Fox News crowd (probably calling me a libtard, snowflake) is petrified of the influence the liberal media has over our young kids. Yet they fail to acknowledge that this GOP propaganda machine ranks highest in the cable news ratings. Since 2002, the conservative publicity machine has been the most-watched cable news network in the country. The quarterly ratings released in late March reported the network to have drawn an average of 1.72 million total day viewers, far ahead from CNN with 826,000 total day viewers. In addition, this was the 61st consecutive quarter that Fox News finished in first place among cable news networks.

So with this well-run propaganda machine dominating the cable news ratings, how is it that the liberal media threatens our very existence? The argument isn't that there is

no such thing as liberal bias in the media. MSNBC and CNN are very left-leaning. However, their ratings don't even come close to Fox News. So how is the liberal media destroying the country? It's not. Fox News has one function: to push the GOP agenda with disregard for truth and facts and anyone that thinks differently is unpatriotic.

Remember President Obama's birth certificate scandal? They loved dragging that one out. How about constantly debating if the former president is a Muslim? As if that is a bad thing. How about that classic "terrorist fist bump" between President Obama and the First Lady? It's not like the network has a sports branch to know that athletes fist bump all the time. How could they ever know? Maybe Fox News is just scared of Hollywood liberals. You know, celebrities and their unnecessary opinions trying to influence our minds. If only there was a way to avoid Tinseltown. How dare these communist actors drag people to theaters to spend millions of dollars every weekend in support of their socialist agenda?

Fox News is so committed to spewing lies about anyone/any agency or corporation that doesn't move to the beat of the GOP drum that their viewers have been indoctrinated with pathetic talking points used to attack the opposition. There is a liberal media and Hollywood is the belly of the liberal beast, but Fox News dominates the cable news. People will always be more influenced by the daily lies and rhetoric of GOP propaganda pundits and their fearmongering party machine, than by a two-hour film watched last year. •

Another Man's Opinion

Just Wondering at This Point, "Can We All Just Get Along?"

By Duane Plank

"Can we all just get along?" That was the question once asked by criminal and victim Rodney King, who drowned in his swimming pool 15 years ago when he was wasted on drugs and alcohol. King's plight, as you may remember, was at the flashpoint in riots that roiled the City of Angels 25 years ago when he was roughed up by responding policemen after leading officers on a high-speed car chase.

At the ensuing trial, none of the four officers involved in the incident were found guilty. Shortly after the verdict was announced, South LA burst into flames, with acts of arson and rampant looting being perpetrated wantonly as police were unable to contain the rioters.

LA was a city divided--much as Washington, DC is a city politically fractured today. It doesn't seem, politically speaking, that anyone wants to get along with anyone on the other side of the aisle.

There appeared to be a day or two of bipartisanship in Washington after a gunman who tried to assassinate Congressional members and ended up severely wounding Republican Congressman Steve Scalise was taken down by law enforcement.

It is sad that an assassination attempt is apparently needed to bring the warring political factions together, albeit momentarily. Even Senator Nancy Pelosi looked contrite, dialing back her standard partisan verbiage when she spoke the day after the shootings.

How did this schism in civility happen? Right wing and left wing loonies, leveraging social media, are everywhere. Resist, disrupt, obstruct is the mantra. The Clinton

News Network has made it their mission to get Trump impeached. There are incendiary talking heads, on both sides, vitriolic spinners, collecting a check, trying to incite, as they spew venom. And then they walk away, to show up the next day and appear on another erudite "panel," allegedly having expertise on whatever they are opining?

It goes both ways, media-wise. FOX News has its share of partisan provocateurs. But CNN's mission, ever since Ms. Clinton failed in a campaign that was darn near impossible to lose, unless you ran a very flawed candidate, has been to get Mr. Trump out of office. They even have a commercial with the tagline, "We know our mission." Really?

Thankfully the rifle-toting Hodgkinson was shot down by the brave folks who responded to his mayhem. Hodgkin's, by the way, is a disease. Hodgkin's is a type of lymphoma.

So, are we careening down the path to another to another un-Civil War?

From most accounts, if Scalise and his security detail had not been there, it could have been a carnage of defenseless Republican civil servants facing a guy with a rifle, defending themselves with baseball bats.

Being that this assassination attempt occurred on a baseball field, I leave you with some lyrics from the great musician John Fogerty. "Put me in, Coach, I'm ready to play," penned Fogerty. He wanted to be inserted into centerfield on the ballfield.

Centerfield. Right down the middle of the diamond. We need our elected officials to play it more down the middle, with less pandering to the left or right. •

Helping Your Pet Get Through the Noisy Fireworks Season

By Dr. Greg Perrault

As another perfect spring comes to an end, Southern Californians prepare for their least favorite season---fireworks season. Fireworks season begins near the beginning of June and tapers off in early August. Random explosions, crackles and whistles are the hallmark of fireworks season. And as annoying it is for us, the random fireworks can be absolutely terrifying to our pets with noise phobias.

It is thought that about 20 to 25 percent of dogs in the United States have noise phobia. Like other phobias, there is an exaggerated response to the stimuli that may worsen over time with repeated negative experience. There may be a predisposition in female dogs compared to males. Certain breeds, such as herding dogs, may also have a tendency to overreact to loud noises.

Dogs that have noise phobias often exhibit shaking and excessive panting. Some dogs may drool excessively too. They often try to hide under furniture or go into closets or the bathroom to escape the perceived threat of the random loud noise of fireworks. Some dogs will try to climb onto their owners for comfort. Others panic and try to escape by jumping off balconies or even crashing through glass windows or doors resulting in injury or death.

Some of my clients have pets that are so negatively affected by the noise that they will relocate their pets out of the area for a week or two around the 4th of July holiday.

There are three things that you can do that may help you get through the fireworks season:

1. Behavioral and environmental therapy: This involves desensitizing your pet prior to the actual event by exposing them to very

low levels of the noise that causes panic in a controlled setting while providing positive rewards. There are CD recordings of thunderstorms and fireworks that you can play at very low levels while rewarding your pet with treats and petting. As your pet becomes comfortable with the recorded noises, you can try gradually



increasing the volume.

During the actual event of a fireworks show, you can modify the environment by closing the blinds to block the flashes of light, turn on some distracting sounds like easy listening music (by the way, reggae music was found to be the most relaxing music for dogs in a recent study...who knew?). Covering your pet with a blanket may help block some of the noise.

And last, but certainly not least, is to not leave you pet alone during major events. Nearly all noise-phobic dogs become more afraid and panic when left without their humans around.

2. Natural remedies: These include herbal, aromatic and compression therapy. Certain herbal supplements, such as Rescue Remedy,



can work in some pets. Essential peppermint oil properly diluted in safflower or coconut oil applied to the footpads has been used successfully in some dogs (never apply undiluted essential oil on your pet). It is thought to work by distracting the dog and may also have some direct calming effect from the scent. Adaptil pheromone collars are effective in many dogs and are long-lasting and safe.

Compression therapy is placing a very snug wrap around your dog, much like swaddling a baby with a blanket. Thundershirt is one brand that is widely available and many of my clients find these easy to use and effective.

3. Drugs: Even after desensitizing, natural remedies and environmental modification, there are still many dogs that are going to freak out with fireworks. These pets need prescription medicine. There are a few different categories of drugs that are used for noise phobias. Sedatives: For years pets were prescribed sedatives like Acepromazine for noise phobias. While usually safe for most pets, recent studies show that this class of drugs do not decrease anxiety and may actually make pets more sensitive to loud noises. However, the only FDA-approved drug for noise phobias in dogs at this time is a sedative that is given in very small doses, referred to as microdosing. Dexmedetomidine oromucosal gel, brand name Sileo, is a highly selective alpha-2 adrenoceptor agonist that blocks norepinephrine release, thereby calming the pet. We have used this medicine for about a year at our hospital and have had success in most, but not all, noise-phobic dogs.

Anxiolytics: These are medicines that reduce anxiety. Xanax, Prozac and Trazodone are examples of this class of drugs. These drugs may have a longer action and may be more appropriate for longer term use than other medicines in some patients.

While safe in healthy pets, always consult your veterinarian before you try any of these treatments for your individual pet.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach. •

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.

EMPLOYMENT

For The Child, a non-profit agency has a position available in Santa Monica. We are looking for a child care worker to supervise and carefully care for children (2.5 to 13 years old). This exciting opportunity is a partnership with Los Angeles County Superior Courts. It is a fun, drop-in, child waiting room that provides free child care. Services are offered to children whose parents or caregivers have business with the court. You are responsible for organizing and implementing enrichment activities with children from diverse cultural, ethnic, and socio-economic backgrounds as well as monitoring the children's behaviors to ensure a pleasant and safe environment. \$12.00-\$14.00 per hour

Qualifications: Ability to speak clearly and maintain positive communication with parents and families. Physical ability and strength to lift children and move play area objects. Required Education, Training, Experience or Skills: 12 units in ECE/Child Development. 1 year paid work experience in child care/preschool

center preferred. Ability to carefully care for and nurture children in crisis. Good interpersonal skills, ability to calm difficult situations, positive, team player, punctual, professional, organized, patient, and friendly. English and Bilingual English/Spanish preferred. Live Scan Finger-Print , DMV, TB Skin test clearance required after interview. Work Environment/ Physical Demands: Must be able to adapt and excel in a continuously changing environment, and make the children's needs their primary focus. The ability to lift up to 40 pounds is required. Must be able to fully engage in physical activity. Must be able to kneel, stoop, sit on the floor, stand for a long time, and demonstrate and engage in activities like jumping, dancing and walking. Must be able to see and hear well enough to monitor the classroom to keep children safe at all times. Benefits Offered: For Full Time: medical, dental, vision, 401K

Application Deadline: Open. E-mail resumes with relevant education/units, work experience, and three professional references to: kidsplace@forthechild.org

EMPLOYMENT

Seeking registered dental assistant/front office (RDA) Old Town Torrance. Send resume to: rdaassistapplication@gmail.com

FOR RENT

Fully frnshd 2br/ba W/D in El Segundo. With swimming pool & jcz. Call (714) 624 0876

FOR RENT

Quaint studio guest cottage, utilities, cable, internet included, laundry on premises. Available 7/15, 310-749-4246

ROOM FOR RENT

Torrance, near Del Amo Mall, \$750/ month including utilities, unfurnished, wifi, washer/dryer, pool, available July 1st. Jennie 310-530-5546.

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

WEEKLY CROSSWORD

See Answers Next Week

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20			
			21					22				
	23	24					25			26	27	
28				29		30	31			32		33
34			35			36			37			
38					39				40		41	
	42			43				44		45		
				46			47	48				
	49	50				51				52	53	54
55						56				57		
58						59				60		
61						62				63		

Across

- Influence
- Youth
- Albert Einstein forte
- Solomon-like
- Eaten up
- Newspaper, TV, i.e.
- Signs
- Blade
- Threw in
- Don't shoot him!
- Romantic connection
- Step in
- Busy insect
- Artist's stand
- Functioned
- Untouched
- Made disorderly
- Egyptian, for example
- Sofia Loren's native land
- Draw
- Menacing look
- Insignificant
- Many aced individual
- Harden
- Closer
- Ran a marathon
- Flushed

Down

- "__fan" movie
- Port
- Acts as the interlocutor
- Acceptances
- Come to rest
- Inflame
- Big game
- An era
- Annexes
- Neckwear
- Hornswoggled
- Washer setting
- Shaper
- Adversary

Down

- Four-poster, e.g.
- Depleted
- Alert
- Appear
- Eliminate
- Challenged
- Jar's lip
- Headliner
- Military address
- Put money on it
- Finding out new things
- Clutch
- Part of FDIC
- Takes off
- Tall grasses
- Toy boxes
- 2008 Olympics nation
- Was sweet on
- Rolling rock?
- Blatant
- "For __ The Bell Tolls" '43 Cooper film
- Red
- Balanced
- Ownership paper
- Burgle

Last Week's Answers

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66

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

SUDOKU Medium

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

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.

Do you or a loved one struggle on the stairs?



AN ACORN STAIRLIFT IS A PERFECT SOLUTION FOR:

- ✓ Arthritis and COPD sufferers
- ✓ Those with mobility issues
- ✓ Anyone who struggles on the stairs

\$250 OFF!
THE PURCHASE OF A NEW STAIRLIFT!

CALL NOW FOR YOUR FREE INFORMATION KIT AND DVD

1-844-316-8275

*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ ROC 278722, CA 942619, MN LC670698, OK 50110, OR CCB 198506, RI 88, WA ACORNSI8940B, WV WV049654, MA HIC169936, NJ 13VH07752300, PA PA101967, CT ELV 0425003-R5.

touch & take off!

Get Internet with over 99% reliability

Plus, enjoy speeds up to 45Mbps at one all-included price, with no extra monthly fees.

Internet plan starts at **\$40.00** /mo

Internet speeds up to 45Mbps
Wi-Fi Gateway router to connect your devices
AT&T Internet Security Suite—powered by McAfee
Bundle with another qualifying AT&T service and get internet for \$30/mo.

Call today and pay less **855-977-6038**

DIRECTV + Internet + Home Phone

Bundles Start at **\$89.99** /mo



Over 145 of your favorite channels
Internet speeds up to 45Mbps
A Genie® HD DVR receiver and 3 additional TV receiver
HD Included
Phone - With over 25 convenient calling features

©2017 AT&T Intellectual Property. All rights reserved. AT&T, the AT&T logo, and all other AT&T marks contained herein are trademarks of AT&T Intellectual Property and/or AT&T affiliated companies. Subsidiaries and affiliates of AT&T Inc. provide products and services under the AT&T brand. All other trademarks are the property of their respective owners.



School Board

dual enrollment, dependent on the course and instructor. This national non-profit organization has been promoting careers in Science, Technology, Engineering and Math (STEM) since 1997.

PLTW works with K-12 students and teachers throughout the United States to create an engaging classroom environment not seen through any other program. Among the programs offered by PLTW are its K-12 Computer Science Pathway, the K-12 Engineering Pathway and K-12 Biomedical Science Pathway. Through its Computer Science program, PLTW is able to engage students in “true-to-life activities” such as developing online art portals, or problem-solving apps. PLTW’s engineering programs allow students to engage in career activities such as designing a home, programming electronic devices, or exploring algae as a biofuel source. Students in the biomedical science program obtain a hands-on experience into the duties of medical investigators, biomedical engineers and surgeons.

The GTT program, which is available at Madrona Middle School and Hull Middle School, allows students to engage early in engineering classes in order to support the advanced engineering classes in high school. By engaging students during this middle school period, GTT is attempting to spark interest while incorporating national standards in math, science and technology. Through

its hands-on approach, students learn how technology is used in engineering to solve everyday problems, while simultaneously triggering their imaginations to be creative and innovative.

The grant approved by the School Board also sponsors the LAUNCH program at Torrance Elementary School. LAUNCH is PLTW’s elementary school phase when as early as kindergarten students are introduced to science and engineering through project-based learning. Each program is designed to align with Common Core State Standards as well as Next Generation Science Standards. At the local level, the programs meet the California Career Technical Education Model Curriculum Standards for the Engineering Technology Pathway.

Torrance Refinery Youth Development Program Approved

The School Board also approved participation in the Torrance Youth Development Program for the 2017-2018 school year. Students who become members of the Youth Development Program will be assigned jobs from June 26-July 27, 2017. Participants must be no younger than 15 or older than 18 years old and must be a sophomore and returning student for the 2017-2018 school year.

The program seeks to attract students interested in a summer job that includes job training and one who are willing to demonstrate an ability to follow directions

and learn. Participants must also work well with others and demonstrate the ability to meet all of the obligations stated under the agreed commitment. Furthermore, students selected will be those “not realizing success in school at potential; exhibit at least minimum proficiency skills; may show decline in interest and effort compared with previous years,” states the staff report.

Funds are fully provided by the Torrance

City Council

However, the City’s current contract does not include prevailing wages since it was entered in 2012 and is set to expire June 30, 2017. In its final year, the cost is set at \$237,038 for graffiti abatement and \$53,449 for bus stop maintenance.

Services provided after June 30 of this year will be subject to the DIR’s prevailing wages, including the contract amendment. The prevailing wage determination by the DIR mandates that graffiti abatement fall under Painter: Brush and Spray (\$45.27 per hour), as well as the laborer (\$52.08 per hour) categories, potentially raising the City’s cost for graffiti removal and bus stop maintenance to as much as \$720,000 per year.

The City worked on petitioning DIR for the new classification “graffiti removal technician” to be established at a lower prevailing rate (\$21.83 per hour). The City was able to

Refinery, but they are administered by Torrance Unified and the City of Torrance. The program is designed to accommodate a schoolwork program for 25-30 students. Initially the program will include an intensive pre-employment orientation, followed by job skills. There will be a balance of classroom activities and on-the-field job coaching, both tailored to meet the needs of participants who may have a need for work due to family circumstances. •

from front page

determine that 80-85 percent of the work hours are spent patrolling the community in search of defacement to remove. It is only the rest of the time that is dedicated to the assessment and determination of best removal method.

“On May 3, 2017 the City was notified by the DIR that the petition for a graffiti removal technician category for graffiti abatement has been denied, as the DIR stated work that involves removing graffiti, in the County of Los Angeles, is already covered under the Painter and Laborer category in the area,” states the staff report. “This contract amendment requests four months contract extension, to include prevailing wage rates as deemed by the DIR, and to allow the City time to execute the new RFP for Graffiti Removal Services and Bus Stop Maintenance.” •

PUBLIC NOTICES

Fictitious Business Name Statement 2017134201

The following person(s) is (are) doing business as AUDIO VAULT, 3514 SARA DR, TORRANCE, CA, 90503, LOS ANGELES COUNTY. Registered Owner(s): MICHAEL COLIN SPREITZER, 3514 SARA DR, TORRANCE, CA, 90503. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: MICHAEL COLIN SPREITZER, OWNER. This statement was filed with the County Recorder of Los Angeles County on MAY 24, 2017. NOTICE: This Fictitious Name Statement expires on MAY 24, 2022. A new Fictitious Business Name Statement must be filed prior to MAY 24, 2022. 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). Pub: 6/1, 6/8, 6/15, 6/22/2017 HT-1639

Fictitious Business Name Statement 2017131152

The following person(s) is (are) doing business as 1) THE HAPPY SIDE OF DIVORCE, 1601 21ST STREET, MANHATTAN BEACH, CA, 90266 LOS ANGELES COUNTY. 2) HAPPY SIDE OF DIVORCE. Registered Owner(s): TANYA NATHAN, 1601 21ST STREET, MANHATTAN BEACH, CA, 90266. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2017. Signed: TANYA NATHAN, OWNER. This statement was filed with the County Recorder of Los Angeles County on MAY 22, 2017. NOTICE: This Fictitious Name Statement expires on MAY 22, 2022. A new Fictitious Business Name Statement must be filed prior to MAY 22, 2022. 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). Pub: 6/1, 6/8, 6/15, 6/22/2017 H-1640

Fictitious Business Name Statement 2017133601

The following person(s) is (are) doing business as UPTOWN CHEAPSKATE, 1) 20725 HAWTHORNE BLVD, TORRANCE, CA, 90503, LOS ANGELES COUNTY. 2) 20426 HAWAIIAN AVE, LAKEWOOD CA, 90715. Articles of Incorporation or Organization Number (If Applicable): AI #ON 201628110214. RegisteredOwner(s):UPTOWN_ALI, LLC., 20426 HAWAIIAN AVE, LAKEWOOD, CA 90715, CA. This business is being conducted by a LIMITED LIABILITY COMPANY. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2017. Signed: UPTOWN_ALI, LLC., MANAGER, ALISA LINDSEY. This statement was filed with the County Recorder of Los Angeles County on MAY 24, 2017. NOTICE: This Fictitious Name Statement expires on MAY 24, 2022. A new Fictitious Business Name Statement must be filed prior to MAY 24, 2022. 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). Pub: 6/1, 6/8, 6/15, 6/22/2017 HT-1641

Fictitious Business Name Statement 2017138190

The following person(s) is (are) doing business as RAV INSURANCE SERVICES, 13658 HAWTHORNE BLVD STE 303, HAWTHORNE, CA, 90250, LOS ANGELES COUNTY. Registered Owner(s): RAYMOND ALEJANDRO VERGARA, 13658 HAWTHORNE BLVD STE 303, HAWTHORNE, CA 90250, CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2017. Signed: RAYMOND ALEJANDRO VERGARA, OWNER. This statement was filed with the County Recorder of Los Angeles County on MAY 30, 2017. NOTICE: This Fictitious Name Statement expires on MAY 30, 2022. A new Fictitious Business Name Statement must be filed prior to MAY 30, 2022. 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 TRIBUNE: Pub. 6/8, 6/15, 6/22, 6/29/2017 HH-1642

Fictitious Business Name Statement 2017138085

The following person(s) is (are) doing business as DANIELJAMESCUSTOM, 2785 PACIFIC COAST HWY, SUITE 194, TORRANCE, CA, 90505, LOS ANGELES COUNTY. Registered Owner(s): JAMES DANNY BABB, 4327 NEWTON ST, TORRANCE, CA 90505. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: JAMES DANNY BABB, OWNER. This statement was filed with the County Recorder of Los Angeles County on MAY 30, 2017. NOTICE: This Fictitious Name Statement expires on MAY 30, 2022. A new Fictitious Business Name Statement must be filed prior to MAY 30, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). TORRANCE TRIBUNE: Pub. 6/8, 6/15, 6/22, 6/29/2017 HT-1643

Fictitious Business Name Statement 2017135524

The following person(s) is (are) doing business as GARCIAS TAILOR SHOP EXPRESS ALTERCATIONS, 10816 HAWTHORNE BLVD, INGLEWOOD, CA, 90304, LOS ANGELES COUNTY. Registered Owner(s): CRISTINA VELASQUEZ, 630 S FIR AVE, INGLEWOOD, CA, 90301, CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2017. Signed: CRISTINA VELASQUEZ, OWNER. This statement was filed with the County Recorder of Los Angeles County on MAY 25, 2017. NOTICE: This Fictitious Name Statement expires on MAY 25, 2022. A new Fictitious Business Name Statement must be filed prior to MAY 25, 2022. 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 TRIBUNE: Pub. 6/8, 6/15, 6/22, 6/29/2017 HI-1644

Fictitious Business Name Statement 2017142839

The following person(s) is (are) doing business as 1) DAYS INN AIRPORT CENTER, 901 W MANCHESTER BLVD, INGLEWOOD, CA 90301, LOS ANGELES COUNTY 2) DAYS INN AIRPORT, 640 W MANCHESTER BLVD, INGLEWOOD, CA, 90301-157, LOS ANGELES COUNTY. 3) AIRPORT CENTER INN 4) AIRPORT CENTER INN-LAX 5) DAYS INN AIRPORT LAX 6) DAYS INN AIRPORT MAINGATE. Articles of Incorporation or Organization Number (if applicable): AI#ON: 1551799. Registered Owner(s): SMITRAY INC, 901 W MANCHESTER BLVD, INGLEWOOD, CA 90301. This business is being conducted by a CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/1997. Signed: SMITRAY INC., SECRETARY, N DAHYABHAI. This statement was filed with the County Recorder of Los Angeles County on JUNE 2, 2017. NOTICE: This Fictitious Name Statement expires on JUNE 2, 2022. A new Fictitious Business Name Statement must be filed prior to JUNE 2, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). INGLEWOOD NEWS Pub. 6/15, 6/22, 6/29, 7/6/2017 HI-1646

Fictitious Business Name Statement 2017138265

The following person(s) is (are) doing business as GENESIS GIFTS & MORE 1) 11946 INGLEWOOD AVENUE, HAWTHORNE, CA, 90250, LOS ANGELES COUNTY 2) 11942 ½ INGLEWOOD AVE, HAWTHORNE, CA, 90250, LOS ANGELES COUNTY. Registered Owner(s): ERIKA S. VILLEGAS-HERRERA, 11942 ½ INGLEWOOD AVE, HAWTHORNE, CA, 90250 This business is being conducted by an INDIVIDUAL. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2017. Signed: ERIKA S VILLEGAS-HERRERA, OWNER. This statement was filed with the County Recorder of Los Angeles County on MAY 30, 2017. NOTICE: This Fictitious Name Statement expires on MAY 30, 2022. A new Fictitious Business Name Statement must be filed prior to MAY 30, 2022. 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 TRIBUNE Pub. 6/15, 6/22, 6/29, 7/6/2017 HH-1648

Fictitious Business Name Statement 2017147528

The following person(s) is (are) doing business as EDOCTORS, 909 N. SEPULVEDA BLVD., 11TH FLOOR, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY. Registered Owner(s): INTERNET BRANDS, INC., 909 N SEPULVEDA BLVD., 11TH FLOOR, EL SEGUNDO, CA 90245, DE. This business is being conducted by A CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2012. Signed: INTERNET BRANDS, INC., SECRETARY, B. LYNN WALSH. This statement was filed with the County Recorder of Los Angeles County on JUNE 7, 2017. NOTICE: This Fictitious Name Statement expires on JUNE 7, 2022. A new Fictitious Business Name Statement must be filed prior to JUNE 7, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 6/22, 6/29, 7/6, 7/13/2017 H-1649

PUBLISH
YOUR
PUBLIC
NOTICES
HERE

ABANDONMENTS:
\$125.00

ABC NOTICES:
\$125.00

DBA
(Fictitious Business Name)
\$75.00

NAME CHANGE:
\$125.00

Other type of notice? Contact us
and we can give you a price.

For DBA's email us at:
dba@heraldpublications.com

All other legal notices email us at:
legalnotices@heraldpublications.com

Real Estate

Five Tips to Keep Your Home Secure from Hackers

(BPT) - Times have changed. It's no longer enough to protect your physical home, it's also vital you stay safe from cybercrimes. It has become increasingly easier for criminals to gain access to financial accounts, email and even hack internet-connected devices in the home.

The good news is that there are a handful of steps you can take to help defend your home from cyberattacks and lock down access to your personal information.

1. Know Your Status

Before you can take steps to keep yourself safe from external threats, it's important to understand your level of vulnerability. The website havebeenpwned.com is a useful tool that searches more than 190 data breaches to see if your personal information has ever been leaked.

If you've been the victim of a data breach, immediately change the password of the vulnerable account along with the passwords of any websites or accounts that use the same credentials.

2. Invest in a Protective Router

Much like the front door is the entryway into a home, the Wi-Fi router is the entry point into a home's digital information. It's

also the first line of defense against external threats. Do your research and invest in a router that prioritizes network security. You should always password protect your Wi-Fi and be sure to change the default username and password that comes pre-configured on the router.

If you can't remember the last time you manually updated your router, it may be running outdated software, leaving your home vulnerable. Because the update process can be laborious, consider swapping out your old router for a newer technology like eero. eero's mesh Wi-Fi system takes home security to the next level by automatically installing regular software updates and security patches, so customers can avoid the hassle of manually updating their router. eero is equipped with the latest in Wi-Fi security, allowing you to kick unknown devices off the network via a smartphone app or share the Wi-Fi password with others via text message or email, so you don't have to leave it posted on the fridge.

3. Secure Your Devices

You don't need to live in a "smart home" to be vulnerable to external security threats. These days, more and more products con-



nect to the internet, and while that can be useful, it also leaves your home vulnerable to hackers. The first thing you should do when you get an internet-connected device up and running is check for new firmware updates. Also be sure you're not ignoring prompts for software updates and patches in the future.

4. Choose Strong Passwords

They need to be at least 12 characters in length, and include numbers, symbols, and lowercase and uppercase letters. They shouldn't include personal information or common words (e.g., "password").

Strong passwords can be hard to remember, but you shouldn't keep a written record of them. Instead, consider registering for a password manager like LastPass. Pass-

word managers are applications or browser extensions that store login credentials for the websites, then log in to those sites automatically for you, so you don't have to remember every password for each account.

5. Lock Down Your Social Media Channels

Be careful about what you're sharing on social media. Besides not posting sensitive information like your address, phone number, and when you're headed out of town, be aware of other personally identifiable information that's out there.

To keep yourself safe, ensure you're properly securing your social media sites from the public and limit the amount of information you're posting on those channels. Also, when you're selecting your security questions, certain answers might be easy for intruders to locate online. Common security questions ask for your mother's maiden name, your high school mascot, and the name of your family pet. Consider choosing more obscure questions to answer.

While following these steps won't ensure you're completely safe, they will help put you and your family ahead of the game when it comes to online and digital security. •

ELOISE MENDEZ



310-322-9761



15111 FREEMAN AVE. UNIT #80, LAWDALE



Beautiful tri-level townhome with 3 bedrooms, 2.5 bathrooms and a 2-car attached garage in the gated La Palma Estates. Living room with laminated floors and fireplace. Offered at \$459,000

(310) 951-8679

EZEQUIEL "ZEKE" ACEVES

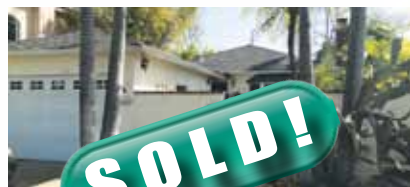
zekeaceves@aol.com

www.zekeaceves.com



Call for a **FREE** Market Analysis

ALWAYS A PHONE CALL AWAY



SOLD!
408 Kansas, ES
3 bed, 1 bath. Fireplace.
2 car garage. \$1,100,000



SOLD!
507 1st St., ES
Open floor plan. Large kitchen.
4 blocks to the sand! \$999,000



SOLD!
830 Maryland, ES
2 bed, 1 bath w/family room.
Backyard w/city view. \$1,049,000



DRE # 00946399

John Skulick

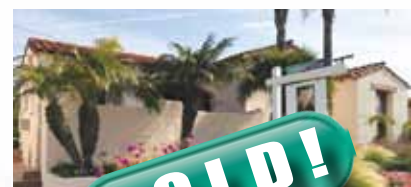
310-350-4240

TeamSkulick@gmail.com

Coming Soon! 424 California St.



**Lovely 3 bedroom, 2 bath.
1408 sf. 10+ location.
Beautiful backyard!**



SOLD!
415 1st St., RB
Spanish style, 1 bath. Ocean
View. Walk to Pier. \$899,000



SOLD!
602 1st St., ES
3 bed, 1.5 bath. Large deck
w/city light views. \$1,099,000



Brand New!

Gorgeous Single Family Home.
This one will **KNOCK** your socks off!
Fabulous Extra Wide Lot.
Call for Details...



DRE # 01064179

Rose VanHook

310-350-5920

RoseVH@earthlink.net

teamSKULICK

Your Real Estate Connection