

Torrance Tribune

The Weekly Newspaper of Torrance

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Weekend Forecast

Friday
Mostly
Sunny
80°/66°



Saturday
Partly
Cloudy
78°/67°



Sunday
Partly
Cloudy
81°/66°



Making the Most of Summertime



Eva enjoys the Slip N Slide at Camp Escapades, a summer camp sponsored by Pediatric Therapy Network and held in Rolling Hills Estates. See more photos, page 2. Photo courtesy of PTN.

Police Department Has New Top Dog

By Dylan Little

There's a new officer patrolling the streets of Torrance, although unlike most officers he's doing it on four legs. Rex, the Torrance Police Department's newest K-9 officer was introduced to the Torrance City Council during their August 26 meeting.

Rex is filling the paw prints of Torrance's last K-9 officer, Faro, after Faro's retirement from the force. Mayor Pat Furey said Torrance's K-9's have been a valuable part of the city's police department. "A trained K-9's ability to quickly search and accurately detect is far superior to a human and significantly enhances police efficiency," said Furey.

The department was able to afford another K-9 due to donations from Simon Property Group (who operated the Del Amo Fashion Center), Toyota Motor Sales, and Scott Robinson Honda, each of whom Furey thanked for their commitment to the community. Torrance resident Judy Gibson was instrumental to getting these donations, although she modestly said it was "very easy to solicit." She said she was amazed by the police work K-9s do.

"If I were a criminal and I saw Chief Matsuda coming I'd be scared, but I'd be more afraid if I saw the dog," said Gibson. "They are amazing what they can do and we are so lucky in Torrance to have this program."

The Torrance Police Department is also warning citizens about a telephone scam where callers claiming to be the police or fire department ask for contributions from citizens. Matsuda warned Torrance residents that neither department directly seeks funding this way. He and Furey asked residents to contact the Police at (310) 618-5570 with any information connected to the scammers, such as the times of the calls and any phone numbers given or displayed by the caller.

"Neither department calls and directly solicits funds from residents," said Matsuda. "However of note, the [Police and Fire] associations do

sometimes. If you feel the solicitation is a scam, feel free to call our detective division with the information, such as time of day, number that shows up on your machine if there is one."

Torrance resident Georgia Perkins said she had received a scam call claiming she was delinquent for Jury duty. The scammer asked for her e-mail and her credit card information to pay the bogus fine. "The Chief didn't go far enough we he spoke of the scam," said Perkins.

Lastly, the Council approved funding for the construction of 14 electric vehicle charging stations in six different locations in Torrance, including Wilson, Columbia, and McMaster parks, as well as the Walteria and Katy Geissart Libraries. The charging stations are intended to encourage electric vehicle use to cut down on emissions from commuters. The original

plan was approved by the previous Council, although it was missing a fast charging station that senior planner Danny Santana said wasn't feasible with the original budget.

"The last time we were before [the Council, you] expressed an interest in incorporating DC fast charging," said Santana. "The funding we had available at that time did not allow for that."

However, Santana, with the help of a number of other city departments, found a way to bring a fast charging unit to each of the proposed locations in the city. The California Energy Commission awarded the city a grant for over \$400,000 for the fast charging stations, as well as allowed the city to use its previous grant funding to help match the funds, resulting in more funding at less cost to Torrance taxpayers.

See City Council, page 9

Diagnosing and Treating Allergic Reactions in Pets

By Dr. Greg Perrault

My article this month is dedicated to Riley the bulldog. He was a well-known canine celebrity in the city of Long Beach, and will be missed.

Allergic reactions can occur for many reasons and can vary from mild to severe. One of the most common reasons for allergic reactions is a bite or sting from an insect. However, allergic reactions can occur from exposure to almost anything, just as it can in people. Dog breeds with short muzzles, such as pugs, Boston terriers, and bulldogs are at higher risk of developing severe anaphylactic reactions.

Mild: Pets that have a mild reaction will have minimal swelling or pain where they were stung. Your pet may or may not require treatment but monitoring for

worsening symptoms is strongly advised. Your pet may not develop allergic symptoms right away so it's a good idea to call your veterinarian and have a plan should things worsen.

Moderate: This is the most common reaction in dogs. Pets with moderate allergic reactions often will have urticarial, a moderate vascular reaction of the skin marked by hives or weals and rapid swelling and redness of the lips, around the eyes, and in the neck region. It is usually extremely itchy. Urticaria may progress to anaphylaxis and is considered life threatening.

Severe: The most severe reaction is anaphylaxis, a sudden, severe allergic response that produces breathing difficulties,

See Allergic Reactions, page 10

Business Briefs

Fun for All at Camp Escapades

On August 14, campers at Pediatric Therapy Network's Camp Escapades attended the Sunrider Invitational game, where they played basketball together and got to meet the LA Kings' Ice Crew. PTN's Camp Escapades is an annual two-week summer day camp for children with special needs, including autism, Down syndrome, cerebral palsy and other developmental concerns. Campers enjoy sports,

moonbounces, yoga, music, dance, cooking, arts and crafts and waterslides. Special events include a petting zoo, carnival day, aquatic touch tanks, drum class, fun science presentations and more. Since 1997, over 4,500 campers and 6,500 volunteers have had the opportunity to learn, grow and have fun at Camp Escapades. For more information visit pediatrictherapynetwork.org. All photos courtesy of PTN.



Mayor Pat Furey was the referee for PTN's Sunrider Invitational game and poses with the LA Kings Ice Crew and other sponsors such as Eric Chen of Sunrider International and Police Chief Mark Matsuda.



PTN CEO Terri Nishimura acknowledges American Honda for the presenting sponsorship of Camp Escapades. (L-R): Terri Nishimura with Karin Baker, Steve Morikawa, and Kacey Takashima of Honda.



Yellow Duck and Purple Penguin campers with their teen volunteer buddies.



Bailey from the LA Kings high fives his teammate, Eric Chen from Sunrider International

Planet Fitness Opens First Torrance Location



Planet Fitness, located at 20040 Hawthorne Blvd., opened its first Torrance location and held a Torrance Area Chamber of Commerce-sponsored ribbon cutting on August 20. Planet Fitness currently has seven locations in the Los Angeles area and a second Torrance location is planned. With a \$10/month membership fee and 24/7 access, Planet Fitness strives to make it a place for those who currently do not go to the gym because of monetary or time constraints and can work out without pressure. For additional info, go to www.planetfitness.com. As part of the grand opening celebration, Planet Fitness General Manager Dante Martin and Asst. Manager Marissa Chandler made a special donation to the American Cancer Society's Relay For Life. Photo by Charlene Nishimura.

PROFS Holds Financial Seminar



The Professional Roundtable of Financial Services (PROFS) is one of the programs offered to members of the Torrance Area Chamber of Commerce with the mission to establish essential relationships within the financial community as well as to keep informed and knowledgeable on financial matters. On August 21, guest speakers Matthew M. Hadnett and Josh Thomas from South Bay Lending presented information on the California housing market trends. Lunch was catered by Continental Gourmet Lomita. Pictured (L to R) are President Matthew M. Hadnett and Josh Thomas from South Bay Lending, PROFS program chair Candy Messer and lunch sponsor Tim Thompson from Centaurus Financial, Inc. For more info on PROFS, contact Candy at candy@abandp.com. Photo by Charlene Nishimura.

Chamber Endless Summer Mixer



Leilani Kimmel-Dagostino catches up with Captain Otto Stiefel from the Torrance Fire Department at the Torrance Area Chamber of Commerce's Endless Summer mixer and open house, which was held in their outdoor parking area on August 21. Sponsored by Green Hills Memorial Park, the event featured business vendor booths and refreshments from local eateries including Berribliss Café, Continental Gourmet Lomita, Froots, Gourmet Grindz, Sizzler and Torrance Bakery. Photos by Charlene Nishimura.



Enjoying the Endless Summer networking event were (L to R) Shirley Pe, Jac Folkert, Theresa Mack and Heidi Cunningham.



Pat Redner and Zehra Syed from Welbrook Senior Living were on hand to join the Endness Summer fun!



Mojo-A-Gogo! with band members Randy, Gary, Jeff and Tyman provided the groovy live entertainment.



Alyssa Cruz-Fernandez serves up samples of Sizzler's new menu items at the Endless Summer Mixer & Open House.



Froots' Ron Dupree dishes out healthy wraps and smoothies at the Endless Summer event held in the parking lot of the Torrance Area Chamber of Commerce, located at 3400 Torrance Blvd.



The City of Torrance booth was well represented by (L to R) Domenica Megerdichian, Calvin Ko, Sunny Lai, Fran Fulton, Judy Emerson and Leslie Cortez.

Finance

Employee Engagement is the Secret for Small Businesses

(BPT) - One of the biggest worries for a small business owner is training and investing in quality employees and then losing them to a larger company - potentially a competitor - that might be able to offer larger salaries or better benefits.

It might look like a no-win scenario for a small business to entice quality employees to stay, except for one

factor - engagement. When employees are engaged in the company business, they're less likely to jump ship, they'll be more productive and they'll make the company more money, according to a Hay Group Study.

"Why should anyone care if they have engaged employees?" asks David Fagiano, chief operating officer for Dale Carnegie Training. "Engaged employees create superior results. A Gallup study shows that companies with more engaged employees outperform others by up to 202 percent. That translates to a substantially better bottom line.

How can a small business owner encourage his employees to become more engaged in the company? Consider the following drivers of engagement:

- A sense of value: Employees who feel valued tend to be fully engaged in a company's goals and help achieve big milestones. Supervisors have the ability to create this sense of value, which can lead to confidence, empowerment, enthusiasm and inspiration. Review how your employees are supervised. Are they trusted to do their jobs without heavy review? Do they ask for help only when needed? When requested, do they receive assistance? Finally, do employees feel their supervisors are being honest when presenting information or answering questions? According to the Dale Carnegie Training "How to Drive



Employee Engagement in Small and Mid-sized Businesses" whitepaper, 67 percent of employees deem that having help or support when needed is important, compared to 46 percent who report that compensation increases above the cost of living is important.

- Continued training: Investing in employee training develops a bond between the employee

and the business. Additional training shows the employee there's room to grow in the company, and that the business values his or her expertise. Plus, the company benefits by having employees learning the latest information in the industry.

- Improved communication: There is a difference in opinion on how well employers communicate with employees. According to the whitepaper, employers think they do a better job of it than their workers report. Because of this discrepancy, employers need to make more effort in communicating business information. Consider holding a weekly progress report meeting or developing a newsletter. Involve employees in meetings discussing the future of the company, and give everyone tasks to help achieve the goals that are decided upon. This allows employees to feel they're taking an ownership in the company, which will lead to them becoming more engaged.

Making an employee feel like he or she is important can take the professional relationship far. "Engagement means winning the hearts as well as the minds of employees," Fagiano says. "It's the difference between someone in your company saying, 'I understand where this company is going,' versus, 'I believe in where this company is going.' If you can generate belief at that level, you can drive spectacular results." •

Calendar

There is a limited word count of 20 words and fees will apply. Email to calendar@heraldpublications.com. Deadline for submissions is Thursday at 9 a.m.

SATURDAY, SEPTEMBER 6

- Torrance Public Library Presents "Sneaky Math" Attendees will see introductions to Fractions, Algebra and Geometry and make several fun Math Gizmos they get to keep. A Q & A session will follow. 2:00 PM at Katy Geissert Civic Center Library ~ Community

Police Reports

Burglary-Auto 8/16/2014 11:59:00 PM 300 BLOCK CALLE MIRAMAR

Suspect(s) enters vehicle by unknown means, ransacks, but flees when vehicle owner sets off car alarm/ no loss

Burglary-Residential 8/16/2014 9:41 PM 17400 BLOCK VAN NESS AVE

Suspect(s) attempts to pry open window screen, but fail to make entry before being seen by witness

Theft 8/16/2014 4:39 AM 21300 BLOCK WESTERN AVE

Suspect(s) enters secured loading dock at location by unknown means and takes secured property/ bicycles

Battery-Simple 8/15/2014 8:30:00 PM 4000 BLOCK 226TH ST

Suspect punches victim in the chest and arms, causing injury

Theft 8/15/2014 7:50:00 PM 20800 BLOCK WESTERN AVE

Suspect(s) enters unlocked office at location and takes property/ cell phone

Theft 8/18/2014 6:30:00 AM 17500 BLOCK CRENSHAW BLVD

Suspect(s) takes property from victim's utility trailer/battery

Theft 8/15/2014 4:15:00 PM 21800 BLOCK HAWTHORNE BLVD

Suspect(s) takes unattended property from

Meeting Room, 3301 Torrance Blvd., Torrance, 310-618-5959 ~ www.library.TorranceCA.gov.

ONGOING

- Downtown Torrance Marketplace. Every Thursday, 3-8 p.m., on El Prado Street, from Sartori to the Buffalo Fire Department.

- "Happy Hats for Kids In Hospitals" hosts workshops to decorate or sew hats for hospitalized children every Tuesday, 12:30-2:30 p.m., 923 Van Ness Avenue. For more information call (310) 787-0970. •

break room/cell phone, wallet

Burglary-Commercial 8/15/2014 10:33:37 AM 1600 BLOCK CABRILLO AVE

Suspect shatters display window for entry and takes property/ jewelry

Battery-Weapon/Agg 8/15/2014 9:25 AM 300 BLOCK PASEO DE LA PLAYA

Suspect forces victim off his bicycle and to the ground

Vandalism 8/14/2014 10:49:06 PM 23100 BLOCK HAWTHORNE BLVD

Suspect swings skateboard at victim's vehicle causing damages

Vandalism 8/15/2014 8:30:00 AM 3900 BLOCK 182ND ST

Suspect(s) defaces victim's vehicle with eggs

Battery-Simple 8/14/2014 5:00 PM 17000 BLOCK OSAGE AVE

Suspect tackles victim throwing him to ground, then kicks and chokes him

Burglary-Commercial 8/15/2014 6:50:00 AM 4100 BLOCK 185TH ST

Suspect(s) removes screen, smashes window for entry and takes property/ fire extinguisher

Auto Theft 8/15/2014 6:50:00 PM 2900 BLOCK PACIFIC COAST HWY

Stolen vehicle: '10 Toyota FJ Cruiser

Burglary-Residential 8/14/2014 10:50:00 AM 18500 BLOCK CRENSHAW BLVD

See Police Reports, page 9

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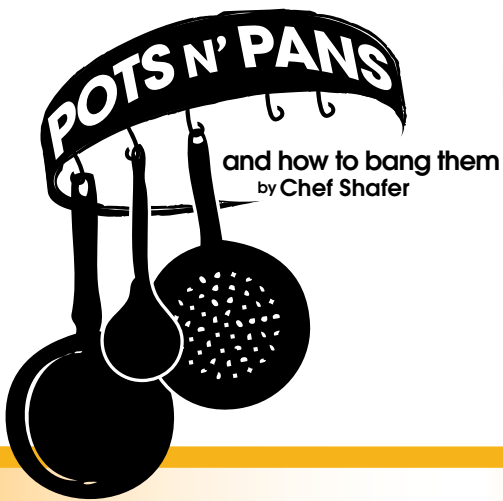
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Traveling Torrance Tribune



Violet Takacs from Back In Action in Torrance, vacationing near Fisherman's Bastion in Hungary, shares the local news. Photo Provided by Violet Takacs.



*G*ot a blast from the past yesterday. My 93-year-old mom sent me some recipes from one of my first cooking classes that I taught here at depot 22 years ago. I was amazed at the food styles and how some had changed and others have come back. Here is my favorite of the bunch.

The Chef

Baked Brown Sugar and Peach Custard



Ingredients:

- 3 pounds of peaches cut into wedges
- 2 cups heavy cream
- ¼ pound butter
- ½ cup flour
- 1 ½ cups brown sugar
- 1 pinch ground cinnamon
- ½ teaspoon vanilla
- Pinch of salt

Instructions:

- Place the peaches in a casserole dish 9 by 11 or so
- Chop the butter into little pieces and sprinkle over the peaches
- In a mixing bowl mix together the cream sugar flour salt cinnamon and vanilla.
- Pour over the peaches evenly then bake at 350 for 35 to 45 minute or till golden brown and bubbly
- Serve with ice cream.

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Sports

USC or UCLA: Which Side Are You On?

By Adam Serrao

Imagine a city in which two College Football teams that are just over 10 miles apart from one another are among the best teams in all of College Football. Okay, now stop imagining, because that city is Los Angeles and those teams are USC and UCLA. For almost a quarter century, the two teams have taken turns being amongst the elite of College Football. It was UCLA's turn, then USC's, then UCLA's again and - you get the picture. Last year, UCLA had all of the fun once again. With a new regime change and most of all their penalties having been shed, however, it looks like USC just may be primed for a revival. For the first time in a very long time there is finally reason to believe that both, at the same time and in the same year, USC and UCLA will be elite.

Okay, so if you're a USC fan, then naturally your first instinct will be to say that UCLA will stink this year. Likewise, if you're a UCLA fan, then USC will continue on with their losing ways and pay for how Reggie Bush cheated nearly 10 years ago. Naturally only time will tell what will come of this college football season, but I am here to tell you why this year both teams will be good.

Let's start with USC. Lane Kiffin is gone. There. I said it. That's reason enough for USC fans to believe that their team will be better this year. Now cast off to Alabama as an offensive coordinator under Nick Saban, no Trojan fan will ever have to see his visor smugly blocking out the sun on their sidelines again. The bubble screen is now a thing of the past. Enter Steve Sarkisian.

Sarkisian is inheriting a team that is lacking depth but extremely deep in talent like most USC teams traditionally are. Being that he has a team with loads of talent, Sarkisian's plan is to use an up-tempo style of play using conventional offensive sets, unlike his predecessor with the visor. "We are going to go fast," Sarkisian said. "And that is something very different than has ever been seen at the Coliseum." He's speaking of the one in Los Angeles, of course. Not the old Roman one. But Sarkisian expects his players to play as if they are gladiators every time they set foot out on the field this year.

Then there's UCLA. There is almost no questioning the reasons why UCLA will be good this year. Brett Hundley remains the starting quarterback after foregoing millions of dollars to join the NFL. Now he will be one of the main frontrunners for the Heisman trophy and will most likely have his team competing for a National Championship while he is the big man on campus and enjoys all of the benefits that come along with that. Not paid benefits, of course. Let's not get anyone in trouble. Finishing at 10-3 just a year ago, head coach Jim Mora brings back a squad that is ranked at No. 7 in the preseason USA Today coaches' poll (USC was No. 15). Mora, though met with blank stares upon his arrival in Westwood, has permeated the Bruins football team with a competitive spirit that is almost unmatched in all of College Football, the same competitive spirit that Pete Carroll once upon a time breathed into his USC football team before bailing for the NFL. According to

See USC or UCLA, page 10

Spartans Looking To Improve

By Adam Serrao

It wasn't long ago that the South High Spartans were the class of the Pioneer League football conference. Under head coach Josh Waybright, the team seemed to be competing for a CIF title, let alone a Pioneer League division crown, every single year. As they do with most things in life, however, hard times came upon Waybright and the Spartans and the team simply did not look the same last year. Using

One of the ways that the head coach hopes to do that is by changing up his offense a bit. By bringing in a new offensive coordinator, things should start to look a little bit different on at least one side of the ball. Deon Toliver has recently spent two seasons as the head coach of the Gardena Panthers, but also has experience within the Pioneer League, as he used to coach at Leuzinger as well. Anyone who knows head coach Waybright knows

"One of the ways that the head coach hopes to do that is by changing up his offense a bit. By bringing in a new offensive coordinator, things should start to look a little bit different on at least one side of the ball."

the tough-luck season as a learning experience, though, could be the best thing the Spartans could do. With a new start awaiting and fresh slate in front of them, coach Waybright and his Spartans will look to reclaim their former glory as the best team in the Pioneer League.

It doesn't seem that long ago that the Spartans were in the game that had them tasting glory against traditional powerhouse Lompoc for the CIF championship. With 14 points in the fourth quarter, the Spartans came storming back from an early 10-0 deficit and trailed by only six with just seconds remaining on the clock. With the ball on the opponent's two yard line, Waybright was going to rely on his running game to get the job done. Running back Eric Capiacchione took the ball and with only two yards to go until glory, was stuffed after traveling about 1.9 of those two yards. Time ran off the clock, the Spartans lost the game and the team has unfortunately never seemed to be the same since.

That year was almost five years ago for the Spartans, taking place in 2010. Waybright and his squad made the playoffs the next year, but were ousted in the second round before being dropped in the first round in 2012 and missing the playoffs altogether last year. That brings us up to date on the Spartans. With their worst record in a long time coming last season (2013), not only coach Waybright, but the rest of his team is extremely motivated to finally get things turned around. With only two wins all season long, it was obvious that the team needed to improve not only on defense, but on offense as well. The team's two wins on the season came against the two statistically worst teams in the division last season. Though they were still good, tough league victories, Waybright and company will look to multiply those victories this season and become the best team in their league.

that he likes to lead with a run-first attack. Big running backs and smash-mouth style of play are almost what define him as a coach. Toliver, however, will bring a spread offense style of play to South High, which should switch things up just enough and may even be a recipe for success for these Spartans.

If the Spartans are going to improve this year, they certainly have the schedule to do so. Opening the season up against Lawndale at home on September 5th should give Waybright and his team ample opportunity to spread their wings and start the year off the right way with a victory. In their last eight games, South is 7-1 against Lawndale. Carpinteria and El Segundo might provide the team with their two biggest challenges in back-to-back weeks just before league play begins, but it is then that the Spartans will have to put their strength to the test and show their fans how they have improved since last season. In a tough interleague schedule, the Spartans will look to rely on returning starters Joshua Rotuna at wide receiver and the Bjazevich brothers both in the backfield and catching the ball to get the job done.

Though it hasn't necessarily been smooth sailing for Waybright and his team as of late, the choppy waters have never been one to deter the Spartans from ascending back to greatness. It has always been difficult to keep South High down for long and with a new offense and a few returning starters who now know the ways, this could be the year that the Spartans return to the top of the Pioneer League standings. Naturally, only time will tell what the season has in store, but with a favorable schedule and the undying will of Waybright and his Spartans to retrieve a Pioneer League crown, there is surely nothing that is out of the realm of possibility for the season to come. •

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Politically Speaking

One Man’s Opinion

A Day Like Any Other

By Gerry Chong

Yawn. This is a day like any other. Woke up to a cup of coffee, the morning paper and the internet news. It’s all the same stuff. Even the President wasn’t all that excited. His speech from Martha’s Vineyard condemned the beheading of an American journalist before he retired to the golf course to join former NBA star Alonzo Mourning. Not much to get excited about. He said what was expected, that he would “relentlessly” pursue justice against the Islamic terror group ISIS. Blah, blah, blah. . . .

When British Prime Minister heard the news of the beheading, he cut his vacation short, but the Brit is not the picture of cool our President is. Our laid back man just went back to play. After all, it’s not like there’s a shortage of journalists, and they knew the dangers of their profession, so it’s on to the first tee.

Meanwhile, half way ’round the world, The Syrian Observatory for Human Rights revealed that ISIS had the best month in its history. It had expanded by 6,300 recruits, bringing its membership to as many as 50,000. Of those, 20,000 were foreigners from Chechnya, China, Europe, and Arab countries. A strong recruiting effort is being made to admit foreigners so Jihad can strike anywhere in the world.

ISIS encourages Western Muslims to abandon their families and move to Syria to fight. In Canada, for example, they utilize videos showing hockey and fishing scenes; in Indonesia, they hand out free fried chicken vouchers . . . any device to recruit warriors.

In the Middle East, they use preaching vans travelling from village to village encouraging children to “Kill all Infidels.” The vans urge religious minorities to convert to Islam or be killed. Even Muslims who are considered not extreme enough are slaughtered.

By the numbers, if our side in the war against terror is not killing more than 6,500 Jihadists each month, we’re losing the numbers in the war But not to worry, with fashionable shades and the most stylish shorts and shirts, Joe Cool’s showing his grit and dedication. Why, on the first tee, he smashed a drive 250 yards down the middle, pretending ISIS was the golf ball.

This morning’s Fox News anchor asked his audience to name one, just one, decision Obama has made in foreign affairs that has resulted in a positive conclusion. Libya? Egypt? Afghanistan? Iran? Iraq? North Korea? Ukraine? Syria? How about Hamas and Hezbollah against Israel? How are we doing in our battle with al Qaeda? Have we tamed Boko Haram? Have we stemmed Somalia’s pirate attacks?

Yes, this day is a day like any other. As the world spasms, our man is cool. In June he vacationed in Rancho Mirage. In July he attended 12 fundraisers charging \$32,000 a plate, while condemning the role of Big Money in American politics. Since it’s August he’s kicking back in Martha’s Vineyard for 16 days. The word is that his hosts in the California desert are preparing for an encore in October, before his Christmas vacation in Hawaii. He’s cool, man, super cool. •

Another Man’s Opinion

Banning Plastic Bags Won’t Save the World

By Cristian Vasquez

Recycling has always been a big deal in our house. My grandmother and parents recycle, as does my roommate, so we have never been opposed to doing our part to minimize our negative impact on Mother Nature through our everyday actions. However; Senate Bill 270, which attempts to ban plastic bags everywhere in California, is an absurd solution to a legitimate problem. There is nothing ridiculous about trying to minimize the impact of our daily-use items on nature. Yet, banning plastic bags at a statewide level is a shortsighted solution that will have little influence in society’s attempts to save the environment.

Plastic bags have become Public Enemy No. 1 to the ocean. Dumping them hurts sea animals and bags become part of trash gyros in our vast oceans, which in turn affects ocean life even more. This is a legitimate concern, but plastic bags aren’t going to doom sea life into extinction; overfishing will take care of that better than a plastic bag from Vons. If the concern about using plastic bags is based on the detrimental effects that they have on the environment, then we should focus on the littering tendencies in our society more than one single item itself.

This leads me to another issue: SB270 does not include any elements of litter reduction. I’m not doubting the sincerity with which environmentalists are addressing this issue, but why are plastic bags being singled out with such tenacity? The problem to me would be the fact that there is trash making its way to the ocean. The focus should be on reducing waste on land and finding ways to prevent any type

of trash and waste from entering our creeks, rivers and storm drains so that none of our trash ends up in the ocean. If banning plastic bags to protect the environment is a better solution than preventing trash from entering the ocean to begin with, then let’s just ban everything that turns into trash.

Let’s ban paper bags from all fast food restaurants; let’s ban the wrapping paper that restaurants use to wrap our food; we should also ban plastic utensils; maybe we can even ban pens since they too are made of plastic and if we are honest with ourselves, everyone loses pens. My point is that banning useful items in the name of environmental protection is a cop-out that will fail to fix the problem while inconveniencing the majority of the population.

Chances are I will be criticized for this stance, as I have been when I vocalized these same sentiments to people in the past. That’s okay. I have come to accept that this plastic bag ban trend is not my cup of tea. While I do agree with not harming our environment, I also believe that banning plastic bags, or charging an additional 10 cents for them, will not save our ocean. For us to save our environment, we need to be conscious of our actions and modify our behaviors. I for one will continue using plastic bags not as a sign of protest but simply because it is more convenient and because I do not throw my reusable plastic bags into the ocean. I keep these bags and use them at home in ways that make my life a lot easier and without hurting the environment. My efforts to save marine life will be a bit more practical . . . I will avoid eating seafood. That will save more fish than any plastic bag ban ever will. •

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JD Coin Laundry 1517 Cabrillo Ave.
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Miss Donuts & Bakery 1871 PCH
Miyako Hybrid Hotel 21381 S. Western Ave.
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Mr. B’s Liquer 2430 190th St.
North Torrance Library 3604 Artesia Blvd.
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- Pediatric Therapy Network 1815 213th St.
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Walgreens 2321 Hawthorne Blvd., RB
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TerriAnn in Torrance

Eye See You

By TerriAnn Ferren

“Of all the senses, sight must be the most delightful” -- Helen Keller.

Our eyes are one of the most fascinating organs of our bodies as they allow us to see, and we rarely think about them unless they get sore, tired, or sick. I remember from biology class that the eye is composed of nerves, cornea, retina, and other parts that captures light into the magnificent sphere and sends messages by nerve fibers to the brain allowing us to see and comprehend what we are looking at. Actually, even if I could explain perfectly how the eye works, I still don't understand exactly how we see.

Every year we are told by our eye doctor that we should get an examination for the health and welfare of our eyes. Most of the time I seem to get in for an exam, but it had been three years since I succumbed to the dark rooms and strange machines used by the eye doctor.

Three weeks ago, I made an appointment for an eye exam at my local eye care center in town. It wasn't completely out of responsible eye care that I made the appointment. It was honestly because I was down to my last pair of disposable lenses and needed an exam for a prescription to order more. But I did feel better just making the appointment.

Arriving at the office, I had to wait a bit. Why is it that most doctors' offices usually are running behind? Waiting for the eye exam, I began to check my own eyes by closing one eye and then the other to test how well I could read the brochures on the table in front of me as I sat in the black chair.

Finally, a pleasant assistant, Darielle Crawford, called my name and I followed her into the first cave, I mean room. It was a nice enough room and I sat down in front of a contraption that sort of looked like a microscope. This device was to check my peripheral vision. It was a test. I know it is a test that checks health and not a 'grade' check for subject matter, like at school, but I sat up straight in the chair, held the clicker in my hand and was ready to get 100%. That part of the test went fine and I did well. After the peripheral vision test, there was a color-blind test. I remember taking those tests when I was young and they seemed so easy. I mean, color? Then I was told the importance

of the test. My father in law is color-blind. He wasn't aware of it until he went to take his physical when he wanted to join the Air Force in WWII. They informed him that he was color-blind so he immediately left the office and joined the Marines. Being color-



Darielle Crawford, eye professional.

blind hasn't hindered him in any way. Well, maybe a bit. Once my father-in-law painted the kitchen wood trim in their mountain cabin red, as a surprise for my mother-in-law. She was shocked, returning home, to find out he had painted the trim bright pink. My mother-in-law always picked out the paint after that.

Darielle told me, “Before a patient sees the doctor, I pretty much do the pre-assessment. It assesses your vision before she [the doctor] sees you, so she can see what is going on, which is pretty awesome.” We finished up with the first tests and then Darielle escorted me into the next room, which had more machines. One of the machines took a photograph of my eye. Darielle instructed me how to press my face against the machine, to reveal only my eye into the machine for the photograph. As I looked into the dark space I saw red, green and yellow pop up as I varied the pressure of my face on the machine. Red meant I pressed too hard, yellow meant I was close to green and green meant I had applied the perfect pressure for distance so the photograph could be taken and read clearly. My goal was to press my face against the rim and hold it still when I saw green. It was when the green light was on that a light

flashed and took the photo. I did that for each eye. It was sort of like balancing your face to hit a green light. “We've brought in [this] new technology which is really great, - [it is called] the 'Optos' machine, which takes a photo of the retina of the back of the eye. You can tell anything that is going on with the retina. For instance if someone comes in – and there is a retina tear they wouldn't have known if [we] didn't take the photos. So it really is a lifesaver for people. You can also tell what is going on with the body, which is awesome too,” said Darielle. That machine was amazing and I had no idea the photographs could show so much. In addition, the machine detects problems such as diabetes, cataracts, or elevated pressure in the eye. “You can definitely look at someone's eye and see that something is going on. That's what our Retina Optos machine does,” said Darielle.

I then asked Darielle how she got involved in eye care and she told me she is a recent college graduate and has been working in the eye field for a little over a year. I asked her if she enjoyed her work and she told me, “It is really fun. I love meeting people from all over. I have met people from the U.K., Russia, Guam, and just meeting people in the area. They are so nice. I love working with my

the room where I was waiting I noticed how eye doctor's offices have changed. Nowhere to be found was the big white poster with an 'E' on top and letters and numbers in graduated reduced sizes underneath tacked on the wall. What has replaced the poster is a camera which projects the test letters and numbers on the wall when the doctor flips off the lights.

Dr. P. opened the door, checked my chart, and asked a few questions before dimming the lights and moving the eye equipment in front of my eyes to take a look. She turned on a beam of light toward one eye and then the other, scanning for who knows what. She explained everything she was doing which made me feel relaxed and comfortable. After a few other tests I was told to look through the 'contraption' toward the 'chart' and read.

In the end, I was pleased to find out my eye prescription hadn't changed, which made me happy. I ordered what I needed and preceded to the last room – that made four rooms I visited – to put on my new contact lenses. They fit perfectly and I felt wonderful. New contacts or glasses make everything brighter and clearer.

Eyesight is something most of us don't think much about on a daily basis but if there is a problem with our eyes, it becomes everything



Choosing glasses. Photos by TerriAnn Ferren.

team here, they're pretty awesome as well. Especially Dr. P., she is so great.”

After taking all the eye tests and having my eyeballs photographed, I awaited the presence of the eye doctor, Dr. P. Looking around at

to us. Our sight is precious. If you, like me, haven't been to the eye doctor in a year or so, it might be time to make an appointment. Go ahead, it is painless; and frankly, the machines are amazing, take my word for it. •

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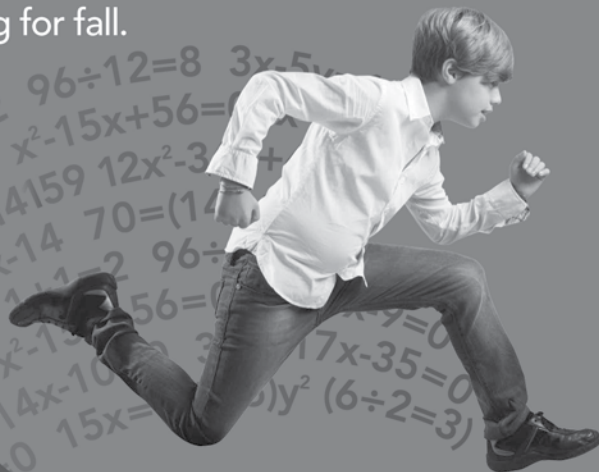
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Police Reports

from page 3

City Council

from front page

Suspect(s) enters unlocked door and takes property/cash, jewelry
Vandalism 8/14/2014 9:15:01 AM 3300 BLOCK LOMITA BLVD
Suspect throws water bottle at victim’s vehicle causing damage
Burglary-Residential 8/14/2014 11:15:00 PM 3400 BLOCK GARNET ST
Suspect(s) removes screen, enters window, ransacks and takes property/ desktop computer, laptop, duffle bag
Burglary-Residential 8/14/2014 3:55:00 PM 18300 BLOCK MANSEL AVE
Suspect(s) removes screen and window for entry, ransacks and takes property/cash, jewelry, clothing, purse
Burglary-Auto 8/14/2014 1:05:57 AM 6100 BLOCK PACIFIC COAST HWY
Suspect(s) pries open door using unknown tool and takes property/ cash, checkbook, tools
Auto Theft 8/13/2014 5:30:00 PM 2900 BLOCK PACIFIC COAST HWY
Stolen vehicle: ‘10 Toyota Tacoma
Theft 8/12/2014 11:59:59 PM 22500 BLOCK HAWTHORNE BLVD
Suspect takes unattended property from location/ purse
Auto Theft 8/13/2014 5:00:00 AM 3500 BLOCK MARICOPA ST
Stolen vehicle: ‘05 Toyota Camry
Burglary-Auto 8/15/2014 7:42:18 PM 3700 BLOCK NEWTON ST
Suspect(s) enters vehicle by unknown means and takes property/ GPS
Vandalism 8/12/2014 5:36 PM 3300 BLOCK LOMITA BLVD
Suspect(s) damages victim’s vehicle’s window with a possible BB gun
Burglary-Commercial 8/12/2014 6:00:00 AM 300 BLOCK CRENSHAW BLVD

Suspect(s) pries lock hatch for entry and takes property from storage unit/ contain-ers with antique trinkets, antique firearms, documents
Auto Theft 8/11/2014 8:00:00 PM 1800 BLOCK CABRILLO AVE
Stolen vehicle: ‘86 Mazda P/U
Theft 8/11/2014 4:59:00 PM 21600 BLOCK WESTERN AVE
Suspect(s) enters open business and takes unattended property off of table/ cell phone
Burglary-Residential 8/11/2014 9:30:00 PM 4400 BLOCK SPENCER ST
Suspect(s) removes screen, enters open window and takes property/ laptops, charger, backpack
Burglary-Residential 8/12/2014 12:00:30 AM 24400 BLOCK WARD ST
Suspect(s) smashes window for entry, ran-sacks and takes property/ TV, DVD player, DVDs, jewelry, cash, clothes
Battery-Weapon/Agg 8/10/2014 12:18 PM 23500 BLOCK ANZA AVE
Suspect pepper sprays victim in the face
Vandalism 8/10/2014 12:02 PM CARSON ST & PLAZA DEL AMO
Suspect(s) uses spray paint to tag exterior walls
Theft 8/10/2014 12:00 PM 21300 BLOCK HAWTHORNE BLVD
Suspect(s) takes unattended property from location/ purse
Burglary-Auto 8/10/2014 12:05:00 PM 4100 BLOCK TORRANCE BLVD
Suspect(s) pries open rear window and takes property/third row seat
Burglary-Auto 8/10/2014 8:45:00 PM 4200 BLOCK SEPULVEDA BLVD
Suspect(s) locates hidden key for entry, ransacks and takes property/ wallet, CD player, clothes, vehicle’s side mirror, hide-a-key •

“Staff went out and looked for additional funding sources and thanks to multiple departments we were able to put together a package very quickly. We are happy to report we secured a grant from the California Energy Commission for almost \$406,000. That’s a great value to the city,” said Santana. “Not only in expansion for our existing infrastructure, but in timely recharging capabilities.”
The additional grant funding for the project earned Santana and the rest of the city staff kudos from the Council. Council member Kurt Weideman said their diligence and determination has had a positive impact on the city. “I’d like to express my gratitude to staff,” said Weideman. “[They went] out and gained a \$406,000 grant to bring this project forward. I think it’s your hard work and dedication that really helps the citizens in this city.”
Electric car owner Joe Galliani supported the investment in charging equipment. He said he’s been involved in other South Bay cities’s electric vehicle charging programs and believes Torrance’s program could bring in more electric car drivers to shop and explore the city.
“The initiative your staff took to get this outrageously large grant is much appreciated,” said Galliani. “What these chargers in Torrance do, is makes us a destination location. These are the things electric car owners look for when they decide where to shop, where to spend their leisure time, where to eat diner.” •


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Fictitious Business Name Statement
2014204643

The following person(s) is (are) doing business as CALCRO CONSTRUCTION COMPANY, 732 CENTER PL, UNIT B, MANHATTAN BEACH, CA 90266, LOS ANGELES COUNTY. Registered Owner(s): JOSIP TESKAC, 732 CENTER PL., UNIT B, MANHATTAN BEACH, CA 90266. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed above on: n/a. Signed: JOSIP TESKAC, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 29, 2014.

NOTICE: This Fictitious Name Statement expires on July 29, 2019. A new Fictitious Business Name Statement must be filed prior to July 29, 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: August 7, 14, 21, 28, 2014 **H-1140**

Fictitious Business Name Statement
2014228847

The following person(s) is (are) doing business as 1) CARPOOL CREATIVE; 2) CARPOOL MEDIA; 3) CARPOOL PRODUCTIONS; 4) CARPOOL STUDIOS, 4232 LINDBLADE DR. APT. 6, LOS ANGELES, CA 90066, LOS ANGELES COUNTY. Registered Owner(s): CARPOOL LLC, 4232 LINDBLADE DR. APT. 6, LOS ANGELES, CA 90066. This business is being conducted by an Limited Liability Company. The registrant commenced to transact business under the fictitious business names listed above on: July 18, 2014. Signed: Carpool LLC, CFO. This statement was filed with the County Recorder of Los Angeles County on August 12, 2014.

NOTICE: This Fictitious Name Statement expires on August 12, 2019. A new Fictitious Business Name Statement must be filed prior to August 12, 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: Pub. 8/21, 8/28, 9/4, 9/11/14. **H-1146**

Fictitious Business Name Statement
2014218988

The following person(s) is (are) doing business as 1) 2520 ALSACE AVENUE; 2) 2231 HAUSER BLVD. 1842 WASHINGTON WAY, VENICE, CA 90291, LOS ANGELES COUNTY. Registered Owner(s): WILLIAM GARRETT O'NEIL, 1842 WASHINGTON WAY, VENICE, CA 90291. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed above on: n/a. Signed: WILLIAM GARRETT O'NEIL, INDIVIDUAL. This statement was filed with the County Recorder of Los Angeles County on August 8, 2014.

NOTICE: This Fictitious Name Statement expires on August 8, 2019. A new Fictitious Business Name Statement must be filed prior to August 8, 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 Pub. August 14, 21, 28, Sept. 4, 2014 **H-1142**

Fictitious Business Name Statement
2014196354

The following person(s) is (are) doing business as 1) LOS ANGELES WORM FARM COLLECTIVE; 2) LA WORM FARM COLLECTIVE; 3) LAWFC, 2112 MELLON AVE, LOS ANGELES, CA 90039, LOS ANGELES COUNTY. Registered Owner(s): 1) KIMLER HERMES C GUTIERREZ, 2112 MELLON AVE, LOS ANGELES, CA 90039; 2) DAHLIA FERLITO, 318W CHEVY CHASE DR 202, LOS ANGELES CA 91204; 3) STEPHANIE LEE CHEN, 12763 ACLARE ST., CERRITOS CA 90703; 4) STEPHANIE VAN, 2112 MELLON AVE, LOS ANGELES, CA 90039; 5) ANTOINETTE REYES, 318 W. CHEVY CHASE DR. 202, LOS ANGELES, CA 91204. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name listed above on: n/a. Signed: KIMLER HERMES C. GUTIERREZ, PARTNER. This statement was filed with the County Recorder of Los Angeles County on July 21, 2014.

NOTICE: This Fictitious Name Statement expires on July 21, 2019. A new Fictitious Business Name Statement must be filed prior to July 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 Pub. August 14, 21, 28, Sept. 4, 2014 **H-1141**

Fictitious Business Name Statement
2014225582

The following person(s) is (are) doing business as TACTICAL COMMAND CABINETS, 5528 W. 124TH ST., HAWTHORNE, CA 90250 LOS ANGELES COUNTY. Registered Owner(s): NIAL MC KEOWN, 5528 W. 124TH ST., HAWTHORNE, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed above on: 08/13/2014. Signed: NIAL MC KEOWN, OWNER. This statement was filed with the County Recorder of Los Angeles County on August 13, 2014.

NOTICE: This Fictitious Name Statement expires on August 13, 2019. A new Fictitious Business Name Statement must be filed prior to August 13, 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).

Hawthorne Press Tribune. Pub. August 21, 28, Sept. 4, 11 2014 **HH-1148**

Fictitious Business Name Statement
2014198214

The following person(s) is (are) doing business as LAX COFFEE, 115 E. ARBOR VITAE ST., INGLEWOOD, CA, 90301, LOS ANGELES COUNTY . Registered Owner(s): MIX N ROLL BAKERY, 4841 W. 96TH ST., INGLEWOOD, CA 90301. This business is being conducted by a corporation. The registrant commenced to transact business under the fictitious business name listed above on: N/A. Signed: Mix N Roll Bakery, Vice President, Leydi E. Martinez. This statement was filed with the County Recorder of Los Angeles County on July 30, 2914.

NOTICE: This Fictitious Name Statement expires on July 30, 2019. A new Fictitious Business Name Statement must be filed prior to July 30, 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 Pub. 8/28, 9/4, 9/11, 9/18/14. **H-1149**

Fictitious Business Name Statement
2014223139

The following person(s) is (are) doing business as 1) CBR PRODUCTIONS; 2) CALVIN RHONE PUBLISHING; 3) WORD/ SONG, 1939 W. 76TH ST., LOS ANGELES, CA, 90047, LOS ANGELES COUNTY. Registered Owner(s): CALVIN B. RHONE, 1939 W. 76TH ST., LOS ANGELES, CA, 90047. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed above on: 1990. Signed: Name. This statement was filed with the County Recorder of Los Angeles County on August 12, 2014.

NOTICE: This Fictitious Name Statement expires on August 12, 2019. A new Fictitious Business Name Statement must be filed prior to August 12, 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 Pub. 8/21, 8/28, 9/4, 9/11/14. **H-1145**

Fictitious Business Name Statement
2014237873

The following person(s) is (are) doing business as BEACH MEX, 409 E. GRAND AVE, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): NEW HOMBRES, LLC., 17231 PALMETTO LN, KINGWOOD, TX, 77339, TEXAS, LLC., New Hombres, LLC, member, Scot Nicol. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name listed above on: July 28, 2014. Signed: Name. This statement was filed with the County Recorder of Los Angeles County on August 21, 2014.

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El Segundo Herald Pub. 8/21, 8/28, 9/4, 9/11/14. **H-1150**

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Allergic Reations

from front page

collapse and possible death. Symptoms usually occur within minutes following an insect bite or sting and proceed rapidly. Symptoms usually include sudden onset of vomiting, diarrhea, staggering, rapid drop in blood pressure, swelling of the larynx leading to

It seems when this enzyme is elevated after an insect sting, prognosis goes down for the dog and more aggressive treatments are needed. Your veterinarian may want to check this enzyme if an insect sting is suspected. In many anaphylactic reactions the gall blad-

be transported to a veterinarian immediately. Severe reaction treatments may include I.V. medication, such as epinephrine and fluids, as well as oxygen and other life supporting procedures.

There is no way to prevent or predict these allergic reactions, so it is important

to have a plan and be prepared. Put your veterinarian's phone number, as well as the after hours emergency clinic that your veterinarian recommends when they are closed, on your cell phone.

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

“Your pet may not develop allergic symptoms right away so it’s a good idea to call your veterinarian and have a plan should things worsen.”

airway obstruction, seizures and cardiovascular collapse or death. This reaction is life threatening for your dog. Antibodies that the immune system has made to some portion of the insect venom trigger anaphylaxis and urticaria.

It is important to note that in the most severe reactions I've seen, the owners never suspected a bug sting or any other allergic reaction. They called our hospital because their dog was vomiting, lethargic or had diarrhea.

There is no diagnostic test for anaphylaxis or urticaria. However there is a correlation between a liver enzyme called Alanine Transferase (ALT) and insect envenomation.

der and liver will become edematous and swollen and can trigger a chain reaction of organ failure that may be fatal.

Treatment in mild cases can include oral diphenhydramine (Benadryl); however, call your veterinarian for proper dosing. Treatment for a moderate reaction involves a trip to the hospital for evaluation and will usually include injections of cortisone and other medicine. Treatment for a severe reaction is critical and your pet should be taken to a hospital as soon as possible. Minutes count. Giving oral antihistamines, like Benadryl, in an acute, severe reaction is usually ineffective and can be dangerous. These animals need to

Mora, however, his team still has a long way to go. “Our success right now, in my opinion, is still very limited. We haven’t won the Pac-12 championship. We’re 0-3 against Stanford.” Mora is correct, but a mindset like that and a veteran quarterback at the helm should be the perfect recipe to finally get his team over the hump and into the brand new four-team playoff format that will be instilled into college football for the first time this year.

With no NFL team anywhere in sight, it’s always better when you have college football to rely on. Los Angeles is especially abuzz when both of these teams are at their best and this year could just be the year that we see it happen. The

two teams don’t meet this year until November 22nd. It would be an even more interesting meeting if both teams are undefeated at that time. In order to see that, however, UCLA must first get past Texas in Arlington, Arizona St. in Tempe, and Oregon at the Rose Bowl. USC will first have to get past Fresno St. once again (like they did in the Las Vegas Bowl) and Stanford the very next week. Can this be the first year in decades that both teams, only 10 miles apart, are elite at the same time? Of course, only time will tell. But come November 22nd, no matter what their respective records are at the time, only one team will reign supreme. Which side are you on? •

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Real Estate

4 Ways to Discover Design Potential of the ‘5th Wall’

(BPT) - With autumn just a few short weeks away, many people will soon spend less time on the patio and more time within four walls. Actually, five walls if you include the ceiling.

Many homeowners don’t consider ceilings part of their interior design, and it shows. Most are expanses of bland white paint. But savvy do-it-yourselfers are converting these blank canvases into interesting and functional design elements that can accent a room’s decor, create a cozier space or disguise problems commonly found on this fifth wall.

The best news: Updating a ceiling is one of the easiest and budget-friendly ways to freshen a space. All the recent attention on ceilings - from both professional designers and DIY-ers - has prompted the creation of new products and project ideas.

Dana Vento, DIY expert and popular home renovation blogger, recommends tackling a ceiling project that can be quickly and easily finished over the weekend. Here are her tips to boost your home’s value while achieving DIY gratification this fall:

WARM UP WITH WOOD

There’s a reason wood flooring is so



popular - it tends to warm up a room and add character. The same goes for ceilings. Real or engineered wood panels can extend your sense of style in any room. That’s because they come in a wide range of tones, textures and patterns to suit any decorating

style, from rustic to mid-century modern to sleek contemporary.

GO BEYOND PLAIN VANILLA

For those who want to add a splash of color, the ceiling holds special allure. Painting the ceiling the same color as the walls (or

one shade lighter) can make a small room feel larger. A bright color, say yellow or pink, could enliven a child’s room, while a sky blue ceiling creates a more soothing ambience. Black ceilings have their own design advantages, dramatically defining a dining area in an open floor plan, for instance, or enhancing the enveloping atmosphere of a home theater.

LOVE THE LOOK OF METALS

Add some character and shimmer to your ceiling. Consider today’s pressed metal ceiling tiles. They’re far easier to install than their antique ancestors, and the light-bouncing properties of copper, brass and lacquered steel can help raise the ceiling visually in any room.

HIDE THE POPCORN

Even confident DIY-ers don’t relish the idea of scrapping popcorn ceilings to remove the material and then deal with the messy cleanup. But now there’s an easier and more attractive fix, Vento says.

“We took the plunge and installed an Armstrong Woodhaven plank ceiling, which can be applied directly over the popcorn,” she says. Like wood, Woodhaven planks come in different finishes, and can also be painted.

Vento recommends homeowners start thinking about their ceiling by exploring websites for ideas. A good place for inspiration is www.armstrong.com/residential-ceilings/ceiling-inspiration.html which has hundreds of examples including some interesting before and after photos.



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