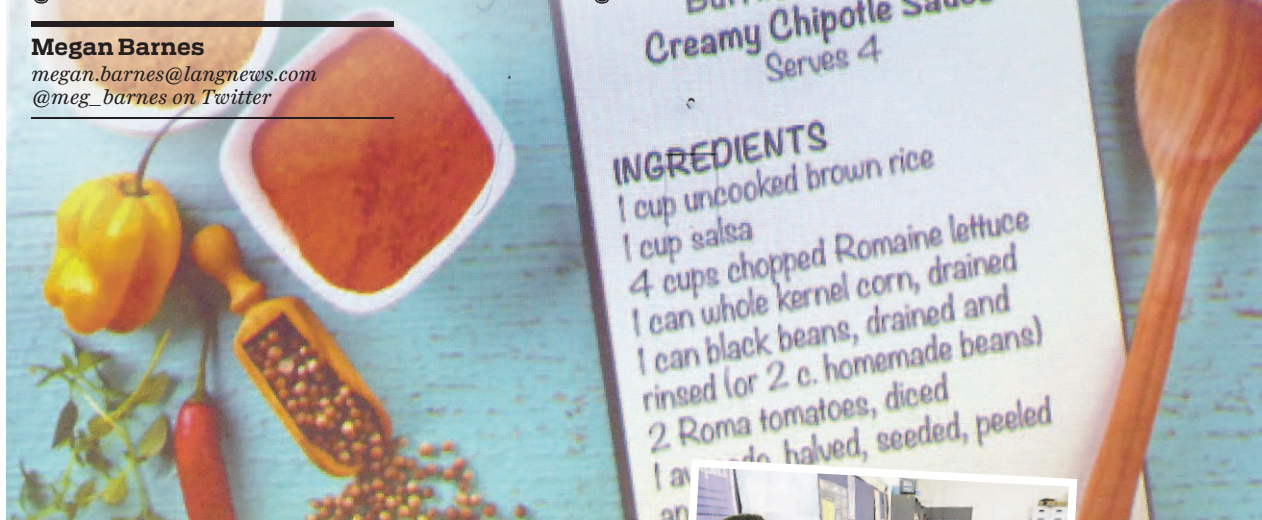


LAWNDALE

FOOD FOR THOUGHT

Environmental Charter students get schooled in healthful cooking

Megan Barnes
megan.barnes@langnews.com
@meg_barnes on Twitter



Students at Environmental Charter High School in Lawndale made burrito bowls with a creamy chipotle sauce Wednesday in the first of six cooking classes taught by GrowingGreat, a Manhattan Beach nonprofit providing nutrition and gardening education to schools in the South Bay and Los Angeles.

The GrowingGreat Chefs program prepares teens for life after high school by going over cooking basics, eating healthfully on a budget and making weekly meal plans. The classes also tie in lessons with STEM subjects, such as chemistry.

GrowingGreat Executive

Director Jennifer Jovanovic said the 17-year-old nonprofit also is working to bring a garden on wheels to the South Bay Universal Child Development Center in Hawthorne.

"We would like to do more in school districts where you have both parents working and you don't have parents who can volunteer throughout the week or the PTA doesn't have funding for things like this," Jovanovic said. "Our neighborhood schools aren't just in Manhattan Beach. They're in Hawthorne, Inglewood and Lawndale — those kids need us to be there, too."



At left, Danny Sanchez, Grace Hanna and Cristina Valadez sample the food.

Below, Growing Great nutritionist Sarah Minkow, right, leads an after-school class.

PHOTOS BY BRAD GRAVERSON — STAFF PHOTOGRAPHER

At right, Jonathan Marroquin, left, and Armando Razo talk over the benefits of adding cilantro to their burrito bowl meal.



At left, Grace Hanna, Bianca Estevez and Danny Sanchez check out their healthful meal.

What's Happening with our Retailers



Melinda Schroeder, Advertorial Writer

Dry Eye Clinical Study

Dr. Michelle Sato in Torrance will be conducting an investigational dry eye clinical research study. If you suffer from dry, uncomfortable eyes you may qualify to participate and be compensated up to \$1,000 for your time. The study consists of six visits over a nine-week period. Study start dates are Friday, January 5, Saturday, January 16 and Sunday, January 17. To find out if you qualify for the study call 1/866-EYEDROP (1-866-393-3767). The Study site will be at East West Eye Institute, 23441 Madison Street, Suite 120, Torrance.

The Nerd at The Norris Theatre

Palos Verdes Performing Arts continues its 33rd season with the comedy, "The Nerd," January 22-31 at the Norris Theatre. Larry Shue's inventive, side-splitting farce about a socially inept nerd has been called one of the funniest plays ever written. "The Nerd" was a hit on Broadway when it opened in 1987 and it also became the all-time top grossing American play in London's West End. The play centers on the hilarious dilemma of Willum Cubbert, an unassuming architect whose life is suddenly upended by an unexpected visit from a man he has never met, but who saved his life in Vietnam. With lovable characters and unexpected twists at every turn, this laugh-out-loud comedy also delivers an inspiring message.

Performance times for "The Nerd" are Fridays and Saturdays at 8:00 p.m. and Sundays at 2:00 p.m. Tickets are \$48-\$58, with a \$10 discount for children. For more information or to purchase tickets call the box office at 310/544-0403, ext. 221, or go to www.palosverdesperformingarts.com. The Norris Theatre is located at 27570 Norris Center Drive on the Palos Verdes Peninsula.

Help Battleship USS Nevada

The Quarterdeck Society is raising funds to find a permanent home for the 38 foot, 1/15th scale model of the Battleship USS Nevada. The model of the historic battleship was featured in the movie, "Tora, Tora, Tora," which depicted the attack on Pearl Harbor. After the filming, the model was recovered by Naval Lt. Commander Walter Riter, a survivor of Pearl Harbor who began restoring it. The USS Nevada was an integral part of the Los Angeles area, where Riter would take the model to schools, parades and community events. After his death, the Quarterdeck Society and Navy Days-LA, partnered together to continue the restorations and find a permanent home for the Battleship USS Nevada.

Currently housed at Seal Beach Naval Weapons station, the funds will serve to find a home where it can be displayed, as well as transportation to various patriotic events where the model will serve as a historic and educational tribute to American history. All of the money raised will go towards towing expenses, maintenance and the continued restoration of the scale model.

Your donations are greatly appreciated and will be put to good use. More information can be found at the Battleship USS Nevada's GoFundMe page online. For more information contact Commodore D.L. Rupp at 310/410-4012.

Special Performance

You are invited to share in the joy of listening to the singing and songs of Faith Rivera, Emmy-award singer and songwriter. Faith will be singing at Unity of South Bay's Sunday services, January 17, 10:30-11:30. Faith believes not only stars are meant to shine but everyone has a sparkle factor. She shares this sunny message with Unity, New Thought and Centers of Spiritual Living groups worldwide. Unity of South Bay is located at 2545 W. 237th St. #4, Torrance.

Western Museum of Flight Lecture

Action Taken: No runway? No problem. Any time you need to rise vertically from a small surface, transition to horizontal flight, then fly at high speed to drop a heavy bomb load onto a hostile target, you might want to consider strapping yourself into an AV-8B Harrier.

This fighter-bomber has proved its mettle in a number of high-threat environments and has usually come out on top. If you would like to know about this remarkable aircraft and its capabilities, now is your chance. Colonel Kevin Gross, USMC (ret), has been there and done that. He will share some of his real life experiences on Saturday, January 16, at 11:00 a.m., and describe the capabilities and missions of the Harrier.

Cost for the lecture is \$5 for non-members; museum members are free. No charge for children under 12. Parking is free. For more information visit www.wmof.com. The Western Museum of Flight is located at 3315 Airport Drive, Torrance.

South Bay Galleria Gift Card

You could win a \$1000 South Bay Galleria gift card. What could you do with an extra \$1000 mall gift card? Go on a shopping spree, treat your family and friends to dinner and a movie or buy your family something exciting. Enter January 11 through 24 by simply visiting Guest Services located on Level 1, main entrance and show your receipts totaling \$25 or more and you are entered. A random winner will be announced January 26, 2016. Visit Guest Services for complete details and rules.

Arthritis Lecture

Osteoarthritis, rheumatoid arthritis and gout are all diseases that cause inflammation and stiffness of the joints. Osteoarthritis is a type of joint disease that results from breakdown of joint cartilage and underlying bone. Rheumatoid arthritis is a long lasting autoimmune disorder that primarily affects joints. Gout is a kind of arthritis caused by too much uric acid in the joints. Learn who is at risk and find out the latest treatments for halting progression of these diseases and their debilitating discomfort. Speakers on Wednesday, January 20, at 7:00 p.m., are Joe Gamboa, MD, Rheumatology and Sunil Hebbar, MD, Family Practice. Torrance Memorial Medical Center, Hoffman Health Conference Center, is located at 3330 Lomita Blvd., Torrance. The lecture is free and no reservations required. Call 310/517-4711 for more information.

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