



# info•bits

## 2016 City Yard Car Show



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## City Yard Open House & Car Show

It was a fun-filled day at the 2016 City Yard Open House and Car Show, held June 4th at the City Services Facility. From the display of the classic cars and motorcycles, to the demonstrations of city vehicles and equipment, the event served as both a feast for the eyes and a learning experience. While kids enjoyed getting inside the array of fire trucks and dump trucks, attendees talked with local vendors participating in the Disaster Preparedness Expo & Environmental Fair about all things related to the environment and energy conservation.



## Torrance Armed Forces Day Parade

In its 57th year, the city celebrated its active duty service members and veterans with the annual Armed Forces Day parade on Saturday, May 21st, 2016 as part of its three-day celebration. As one of the few cities in America designated to host an Armed Forces Day celebration and parade, Torrance honors the major sacrifices of our nation's men and women. This year's honored branch was the Army.



## Good Posture: Position Yourself for Optimal Health

As you're sitting at your computer at work trying to beat a deadline, you probably have not thought once about the fact that low-back pain is the primary cause of musculoskeletal degeneration.

Yes, that's right, as you sit there working away, leaning forward, with your shoulders rounded, lower back pain is making its home on — where else — your lower back. Recent studies have shown that sitting for long periods of time (more than 3 hours) is more dangerous than smoking. Did you know that 31 million Americans experience low-back pain at any given time?

Low back pain can be alleviated by a simple solution...your posture. Good posture is one of the most important ingredients in living a pain-free, happy life. In today's youth-oriented culture, it is shocking how this truth gets overlooked.

Having improper posture means that your foundation is out of alignment, which means that your secondary joints have to pitch in. Unfortunately, these secondary joints aren't qualified to do the job, so now your body starts to mold itself to compensate, since the inferior joints aren't doing a very good job.

Generally, bad posture starts off as a result of a sedentary lifestyle. Through correct exercise and muscle strengthening, the pain and improper stance would go away.

Let's say you have a forward lean; many older individuals have this posture. The issue is probably overactive hip flexors. To check, dig your thumb on the top of side of your leg where your leg stops. It should feel very tight, and you should feel some relief when you press in — that means your hip flexors are overworked. This is because your gluteus maximus is very weak. All you would have to do to fix it would be some well constructed static stretches, and perhaps ball squats to strengthen those glutes and fix that forward lean.

The solution for improper posture is simple, it just takes commitment. It doesn't cost anything to have good posture, except that it asks that you take care of it. In return, it will take care of you. Just think of your posture as a form of health insurance with a youth rider.

## Small Business Takes Torrance to New Heights

Being known as "The Balanced City" certainly comes with its share of benefits and responsibility. With major companies such as Honda and Honeywell Aerospace occupying the lead spots as Torrance's top employers, the 8th largest city in Los Angeles county is making major efforts to continue its fast business growth.

Despite the influence of big business, it may be small business that drives Torrance into the future. Fran Fulton, Torrance's Economic Development Manager, discussed the city's efforts to develop and grow business in the area, and specifically its concerted efforts to engage small businesses.

As part of the Economic Development Team, Fulton regularly meets with small business owners to provide resources in a number of areas, such as planning and site selection. She recommends local resources, such as the South Bay Workforce Investment Board and the Torrance Career Center, as places small businesses can access for assistance with recruitment and training - for free!

"It seems like a crazy thing for a business to not take advantage of, but a lot of times businesses don't know about them or don't know how to access them," Fulton said. "That's where we come in and [act as an] ombudsman to help guide and advise them."

Her team also partners with a number of outside organizations. One particular one she is excited about is the South Bay Entrepreneurial Center, which began in 2011. As a business incubator and accelerator, it offers education and mentorship programs for entrepreneurs seeking to launch and grow their business.

To encourage business to come to Torrance, the city offers a small economic development assistance fund. This grant/loan agreement is available on a case by case basis, and can range from \$7,500 - \$150,000. While no repayment is expected dollar for dollar, the possibility of bringing jobs to the city is a huge benefit of the money granted.

The entrepreneurial spirit continues to grow, and with that comes more opportunity to position Torrance as a major business destination.

## Baseball in Torrance

by Michael George, Reference Librarian

Before Xbox, there was baseball. Getting out on a weekend or weeknight to play ball was one of the most popular activities in the "Model Industrial City." In the late 50s through the early 60s, at the height of baseball's popularity, the city boasted an impressive Industrial League, Recreation League, Semi-Pro League, and City Employee League, not to mention slow-pitch and softball leagues. (The Recreation Department, which ran some of the competitions, was almost always on top in the City Employee League. The Police Department was usually near the bottom, finishing 0-10 in 1961.) Vying for glory on the diamond were such teams as the Torrance Red Jackets, Ex-Legion Chicks (really), Torrance Teppa Keggars, and teams from Union Steel, Mobile, Douglas, Magnavox, Pacific Steamship, South Bay Butchers Supply and Dr. Ross's Dog Food. The Torrance Herald gave a "perpetual trophy" to the winners of the softball league.

In the early 30s, an "indoor" field (a half sized field but still open air) was constructed at the corner of Carson and Border. This was one of the first lighted fields in the entire South Bay. It was made possible by "five good citizens who guaranteed the lighting money," the landlord (who donated the use of the land), and a partnership with the Chamber of Commerce and city government. Opening day in 1931 featured the Kiwanis, Rotary, ball players, government officials and the American Legion Drum and Bugle Corp marching in a parade from downtown to the field. Festivities included a major pyrotechnic display (costing \$25). The stands could hold 1,000 people, which was over 10% of the entire city population at the time.

Most of the baseball games, including games of the Torrance Tournament, the California semi-pro championship event, were played at Kendall Field. Kendall Field, then referred to as Municipal Park, Torrance Park or simply The Park, was rebuilt with WPA funds in 1939. Twenty years later, the park was falling apart and had to be rebuilt again. The Torrance Herald commented on the new metal bleachers, "They won't be covered and won't have the pioneer-like glamour of the former cavernous set of seats, but they will be sittable [sic] and non-splinterous [sic]." As many as 35,000 people enjoyed watching the games in just one month during a softball tournament.

Adult baseball began to wane in the 70s to our more "virtual" era. The major manufacturing plants, aerospace companies and harbor facilities, who were the mainstay of the industrial leagues, left town. As the Torrance Press said, "It is getting harder to field teams." Plans to build a stadium to attract a professional team (no, not the Rams) never materialized. But baseball and softball for the younger set and through the Community Services Department is still alive and well in Torrance today.



## Torrance Trivia

### Spring/Summer 2016 Results

**Question:** This municipal facility started life as one of the first serving the Waleria section of the city. Over the years it has been destroyed by a runaway Chevy, lodged in a fire station and a WWII surplus dispensary and has a twin not five miles away. What is this facility?

**Answer: Waleria Branch Library**

Correct answers submitted by Jay Spradlin, Christopher Gooch, Bill Kamimura, Jill Reed, Zoe Yun, Lisa Gutierrez, Patrice Deleget, Jeannie Fuller, DarLynn Nemitz, Carl Kaemerle, and Diane Megerdichian.

**And the winner is:**

Zoe Yun! Please contact Myisha Phillips in HR to claim your prize.

**New Trivia Question:**

The Sister City Program started during the Eisenhower Administration to foster "people to people" diplomacy between American cities and cities endangered by the threat of communism during the Cold War. The program has since evolved into a valuable cultural exchange, enhancing the quality of life of the participating cities. Which city was not a sister city of Torrance?

- A. Guatemala City, Guatemala
- B. Konya, Turkey
- C. Kashiwa, Japan
- D. Cannes, France

Submit your answers to [torrancetrivia@gmail.com](mailto:torrancetrivia@gmail.com) with "Torrance Trivia" in the subject line. Those with the correct answer will be entered into a contest drawing for a gift card! Thanks to Michael George for assistance with Torrance Trivia.

## Welcome New Hires 3-29-16 to 6-7-16

May-Li C. Apontti	Community Services
Pedro Bermudez	Transit
Robert G. Broadstone	Community Services
Diane C. Charlin	Community Services
Shin D. Furukawa	Public Works
Joey M. Garcia	Public Works
Jeffrey D. Herrera	General Services
Lance F. Hollandsworth	Police
Suzann S. Kortenkamp	Community Services
Jesse J. Lopez	Police
David P. Mach	Transit
Nataly V. Martinez	Community Services
Sarah M. McCanless	Community Services
Suzette D. Molinos	Community Services
Varinthorn P. Nakkeow	Community Services
Payal H. Patel	Community Services
Nehidu Romero	Community Services
Kirsten D. Rowe	City Manager's Office
Christopher W. Tomsic	Police
LaShanay N. Urssery	General Services

## Promotions

Lucero Cordova	Relief Bus Operator
Rickey N. Cradle	Fire Engineer
Mario A. Ellis	Relief Bus Operator
Eric M. Hirota	Tree Trimmer
Paul A. Lindman	Fleet Services Supervisor
Patricia Luna	Library Technician
Erick J. Mendoza	Relief Bus Operator
Frank Ramirez	Relief Bus Operator
Christopher D. Self	Water System Operator I
DeMarvin A. Smith	Relief Bus Operator
Narkisha C. Williams	Library Technician

## Retirements

Emmanuel Martin	Associate Engineer
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23 years of service

## July 4th Fireworks Show

City of Torrance announces the return of 4th of July Fireworks Show at a new location this year, the Torrance Civic Center. The show starts at 9 pm. Seating will be available at Toyota Sports Complex and the Los Angeles County Courthouse Parking Lot.

For more information, please visit

[www.torranceca.gov/29872.htm](http://www.torranceca.gov/29872.htm).

## Have A Safe Holiday!

*Remember, fireworks are illegal in Torrance.*

## Employee Spotlight



Damian Skinner

### ***Sanitation Services Manager***

The city is proud to announce a new addition to the Torrance family! Damian Skinner has been brought on board as the new Sanitation Services Manager. With a blended background in both environmental science and corporate finance, Skinner brings a big picture perspective to his new role.

Skinner got his start with the city of Culver City as an intern in their recycling outreach program while attending Loyola Marymount University. After graduating with a degree in biology, he worked for a number of biotech companies isolating monoclonal antibodies. He later returned to Culver City, and worked as a staff assistant in Solid Waste Operations while also earning his MBA from Pepperdine University. He worked his way up to his last role as the Environmental Programs and Operations Manager.

Currently overseeing 54 employees, one of Skinner's biggest responsibilities is overseeing the residential refuse and recycling collection operation. He also manages the street sweeping and wastewater operations, as well as the city's storm drain operations.

He has also returned to his roots in recycling, overseeing the city's environmental initiatives. "Getting the word out to Torrance residents about our recycling programs and events, creating opportunities for residents to get rid of their stuff like electronic waste is a top priority," he said.

A native of St. Croix, Virgin Islands, he arrived in Long Beach when he was six years old. Happily married with three kids, Skinner enjoys paintballing, video gaming, and is a lifelong sketch artist.

Welcome aboard, Damian!