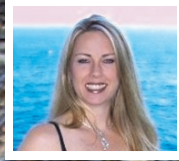




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DBI Insider focus

Places to Visit in California: San Pedro

This is a second installment in a series, "Places to Visit in California"

By The DBI Staff Writer

There was a time in the past when I was a Realtor and sold real estate along the coast from Playa Del Rey all the way down into the historic port city of San Pedro. If you haven't spent much time in San Pedro you may be greatly surprised at the many faces of this city. If you're anything like my aunt and uncle were when I brought them down into San Pedro from the San Fernando Valley to introduce them to this city at the mouth of the Pacific, your thoughts of San Pedro are probably relegated to a rough, urban, blue-collar, longshoreman neighborhood that just happens to be a port city. And while some of that holds true, San Pedro is also a microcosm of Los Angeles itself. Blended communities that showcase everything from the blue-collar lifestyle to the artists working in their lofts, to the white collar, high end communities. Culturally, San Pedro is a melting pot of Italian, Croatian, Latin, Asian, Middle Eastern and everything else in between. San Pedro really is a mix of everything that makes Los Angeles great.

San Pedro's history reaches back thousands of years to the Tongva-Gabrieleno Native Americans who lived in the area and who called it by the name of "Chaaw". The first European to discover the area was Portuguese explorer Juan Cabrillo who arrived in San Pedro bay in 1542. European settlement began over 200 years later in 1769. Chaaw eventually became San Pedro, named for St. Peter of Alexandria, a 4th Century Bishop from Alexandria, Egypt. San Pedro was part of a greater Spanish land settlement called *Rancho San Pedro* that included what we now know today as Manhattan Beach, Hermosa Beach, Redondo Beach, Torrance, The Palos Verdes Peninsula, Wilmington, Harbor City, Lomita, Compton, Carson and some parts of Long Beach and Paramount. Rancho San Pedro was the site of the first Spanish Land Grant in Alta California, New Spain.

Over time the land passed from Spanish to Mexican and eventually American control. In 1888 the War Department took control of the area and from 1919 until September of 1940 over 200 ships from the US Navy's Pacific Fleet were based in San Pedro. Fort MacArthur, a US Army base that became active in 1914 is located in San Pedro as well. Although most of Fort MacArthur has been deactivated, a good portion of it is still in use by the US Air Force as a housing and administrative annex. There is a portion of Fort MacArthur, located at the Battery Osgood-Farley, that has become a museum and is the best preserved example of US west coast defense during the 20th century. There are many exhibits on display and they also hold an annual event called, "Old Fort MacArthur Days" where different tents are set up and you can view what life was like for soldiers all the way from the Roman Empire to those who fought in Vietnam. I will warn you however, it is a very loud event due primarily to the battle re-enactments. This years OFMD will take place on July 13-14, 2013. One other site to see on the grounds of Ft. MacArthur is the Korean Bell of Friendship, donated in 1976 by the Republic of Korea to celebrate the bicentennial of US Independence, to honor the veterans of the Korean War and to solidify the friendship between the two countries.

Two floating museums that you can see are the battleship USS Iowa and the cargo ship, SS Lane Victory. Both ships saw action in World War II, Korea and Vietnam. Other sites of interest would include LA Maritime Museum, the Cabrillo Marine Aquarium, Ports O'Call Village, The Los Angeles Fire Department Historical Society's Old 36s Fire House, The Vincent Thomas Bridge and The San Pedro Arts, Cultural and Entertainment (SPACE) District. As far as food is concerned, there are too many places to list here but I will give mention to Busy Bee, Beach City Market The Deli, Lemani Taverna, and Mishi's Strudel Bakery & Café. For more info go to sanpedro.com and spacedistrict.org. Seriously, go visit San Pedro this weekend! You'll love it!



The USS Iowa, now a museum permanently moored in San Pedro's harbor.

US on Highway Diesel Fuel Prices for California:

5/27/13: \$4.044 per gallon
6/03/13: \$4.025 per gallon
6/10/13: \$4.008 per gallon



Change From:

1 Week ago: -0.017 ↓
1 Year ago: -0.058 ↓
Data as of 6/11/2013



Gloria Jensen & Rod Kelly

That's A Wrap! By The DBI Staff Writer

Recently, two long-time industry executives, Gloria Jensen and Rod Kelly, both Business Development Executives with Direct & Beyond, Inc., decided collectively to retire from the transportation industry. Gloria began her career with in 1978 with Flying Tiger Lines after moving to LA from Bakersfield. She started in operations and went into sales on her 30th birthday. She left Tigers in 1988 and continued to grow her career within the industry, primarily in management and sales. Gloria says the reason she remained in the business so long is because of the many customers and friends that she made over the years, some of which remain even to this day. Born in Edinburgh, Scotland, Rod Kelly began his career after leaving the Army in 1965. A friend suggested that he could not return to Edinburgh without seeing California first. Well, Rod ended up not only seeing California, he remained permanently! Rod worked for Continental Airlines from 1965 until 1984 and then took his talents into the Freight Forwarding Industry where he has remained until now. Gloria and Rod have retired to Indio, Ca. They'll be spending their days playing Golf, working out and soaking up the sunshine. DBI and the entire industry will miss them, but we're thankful for their long careers and excited for them as they begin their new lives!



Wrigley Field Opening Day, LA in 1925

A Brief History of Baseball in Los Angeles

By The DBI Staff Writer

I know that the Dodgers are having one of their worst seasons in recent memory but one of my great enjoyments in life is heading over to Dodger Stadium with my family and watching a baseball game. Really, there is nothing quite like it. Sitting there with your loved ones above the field with a Dodger Dog, a soda and perhaps some popcorn or cotton candy takes me way back to my childhood. In fact, it takes me much farther back than that. To me, Baseball still has that historic feel to it.

Minus not having the three-piece suits, fedora's and ladies dresses pre-

sent, I imagine that it feels quite the same way it did back in the early 20th century. I can't think of another sport in American culture that has been able to retain it's original historic feel like baseball has. And since I love history, I started thinking about the history of baseball in Los Angeles. Although the Dodgers were LA's first Major League Baseball team, they certainly weren't the first baseball team in the City of Angels.

Baseball's history in Los Angeles goes way back to 1903 and The Pacific Coast League with the Los Angeles Angels. These are not the same Los Angeles Angels of today. Today's team adopted the name from the Angels of the PCL as a tribute. The PCL Angels won the Championship Pennant 12 times between 1903 and 1957. In 1934 the Angels fielded what is still considered one of the greatest teams in the history of baseball. That team ended their season with 137 wins and 50 losses with a .733 average. They were 35 1/2 games ahead in first place. The team was so good that their opponent in the postseason was an all star team comprised of the best players of the entire PCL League!

Another popular team hat played in LA during the same era was the Hollywood Stars. Their tenure in LA was from 1926 to 1935 and again from 1938 to 1957. The Stars won the championship pennant three times.

Both of these teams played in stadiums that are no longer standing. From 1903 to 1925 the Angels played in 15,000 seat Washington Park. In 1921, Chewing Gum mogul William Wrigley, Jr. purchased the Angels and when he could not get an agreement struck with the City of Los Angeles to make the improvements that he wanted to make to Washington Park, Mr. Wrigley built his own 21,000 seat stadium and appropriately named it Wrigley Field. In fact, Los Angeles's Wrigley Field bore the Wrigley name before the Chicago Cub's famous field was called Wrigley Field.

In 1957, Phillip Wrigley, the son of William Wrigley, sold the Angels and Wrigley Field to Brooklyn Dodger owner Walter O'Malley for \$3 million dollars. That same year the Angels and Stars left town and because he owned the minor league franchise in Los Angeles, O'Malley had exclusive rights to Major League Baseball in LA, which in turn, allowed him to move the Dodgers from Brooklyn to Los Angeles in 1958.

Glynis' Health Corner

Sinus Headaches



Glynis Jorritsma

Myself and many people I know have been plagued at times with those terrible sinus headaches! It always seems to me that taking aspirin doesn't help the pain much. Usually you

can tell when you have a sinus headache when the pain is from the temples forward. Many years ago when I was working at a health food store, someone gave me this great remedy and it has worked for me ever since. I put a few drops of jojoba oil in each nostril and put my head back for 10 to 15 minutes while massaging my sinus area and sniffing to make sure the oil gets way up in there. I would say my headache went away or considerably improved about 8 out of 10 times. I also follow it up with a Saline and Aloe Nasal Spray by Naturade which I buy at Whole Foods. This keeps the nasal passages moisturized to help prevent the headaches also. The ingredients are so gentle it is safe to use as often as needed. It contains deionized water, aloe, glycerin, sea salt, slippery elm bark, marshmallow root, and fenugreek seed. I love this product and have recommended it to many friends with great results.



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