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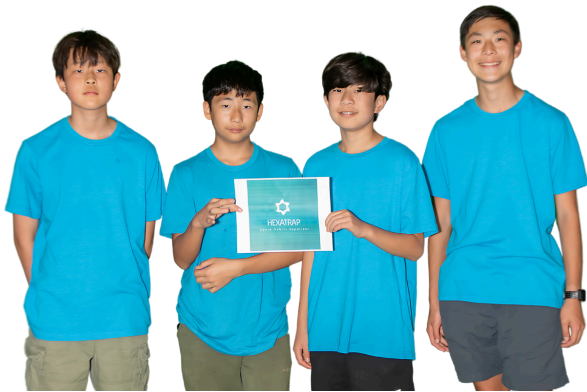
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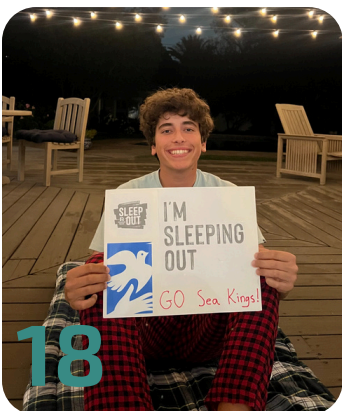
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DISCOVER
SOUTH BAY

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From the Editor

DISCOVER SOUTH BAY

Hey South Bay,
When I first started Local Anchor back in 2017, it was just a Facebook group—a space for moms like me to connect, share advice, and support one another through the chaos and joy of raising little ones. There was no business plan. Just passion. Just love for this community I've called home for so many years.

What started as a handful of moms chatting online has grown into something so much more. Over the years, we've built a platform that uplifts local businesses, supports nonprofits, celebrates everyday heroes, and brings families together. From kindness projects and community events to restaurant weeks and volunteer opportunities, it's been an incredible journey—one rooted in heart and fueled by the people who make the South Bay so special.

Which brings us to this moment.
I'm beyond proud to share our very first printed issue of Discover South Bay by Local Anchor. This magazine is more than a publication—it's a love letter to our hometown. Inside, you'll find local events, inspiring stories, family fun, small business highlights, and so many ways to stay connected and give back.

Thank you for growing with us, for showing up, and for helping us create something truly meaningful. Here's to summer, sunshine, and celebrating our amazing community—together.

With love and gratitude,
Laura
Founder, Local Anchor

Laura Stotland



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Photo Credit: Jenny Puranen Photography

South Bay Students Win Big Learning to Take Out the Trash

By Shahrzad Warkentin

Taking out the trash is always a chore for teens and tweens, but what if that trash was in outer space? South Bay middle school students at PVNet Academy put their STEM skills to the test and won big in a national competition that asked them to devise creative solutions to the very real problem of space trash.

Space: The Final Junk Yard?

Space is vast, but that doesn't mean it has room for garbage. According to NASA, orbital space debris is a massive problem. Low Earth orbit, or LEO, is a veritable junkyard for space debris composed of everything from parts of spacecraft and rockets to old, defunct satellites. All of that junk, which is racing through space at speeds up to 18,000 miles per hour, can pose a tremendous safety risk to both astronauts in space and people here on Earth.

In an effort to inspire the next generation of space explorers and engineers, the Space Workforce for Tomorrow (SWFT) initiative introduced the "National Space Sustainability Competition." In its inaugural year, the competition invited 7th- and 8th-grade students across the nation to imagine innovative solutions to the problem of managing space debris. Two teams of middle schoolers from the South Bay were thrilled to take on the challenge and make new discoveries throughout the process.

"This project really changed how I see things," explained Harry Hyeok Kang, a member of the winning team.

"I used to think protecting the planet just meant cleaning up Earth, but now I realize space matters too. Space debris can mess up satellites we rely on every day."

Thinking Outside the Trash Bin



Photo Credit: Jenny Puranen Photography

Managing trash in outer space requires critical thinking and collaboration to design solutions. Working in space poses numerous unique challenges that scientists and engineers typically don't face on Earth. The second-place team's project involved utilizing a renewable mycelium net to catch space debris. The students knew they wanted to use a net to capture the debris, but they had to think creatively when selecting the right material to use.

"I learned how helpful fungus is in the future of space exploration. During our research time, we found time and time again that mushrooms and fungus can prove to be an invaluable resource," explained Max Rubinstein, a member of the team, which also included Jackson Schimmel, both of which attend Chadwick, and Joseph Jaconi of Manhattan Beach Middle School.

In addition to collaborating creatively, the ultimate goal of the competition is to engage students in awareness of real-world problems, as well as inspire them to take an interest in STEM and space-related careers.

"Right now, I'm most interested in being a coder, but with artificial intelligence on the rise, this might change, so I'm open to anything, including other STEM fields," said Max.

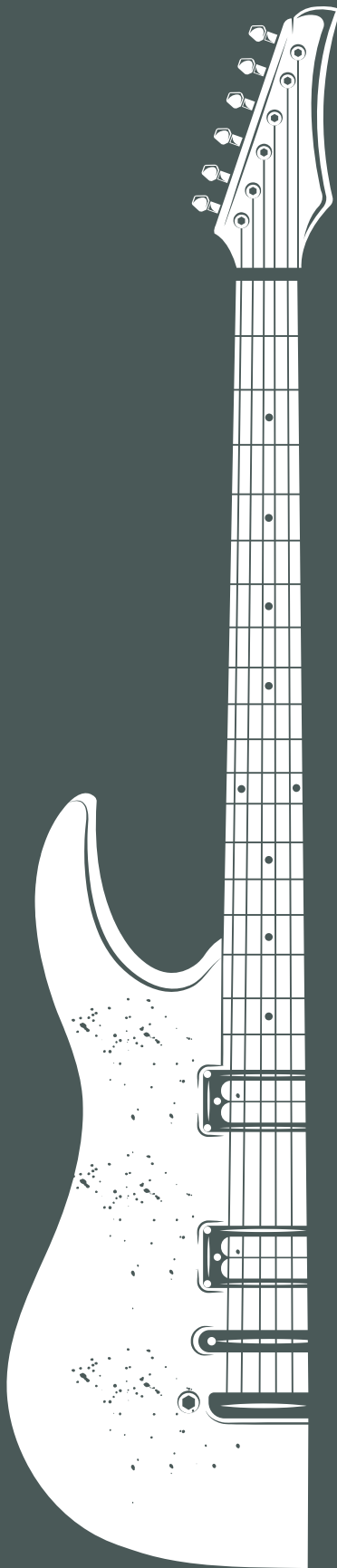


Photo Credit: Jenny Puranen Photography

Philip Ryu, a member of the first-place team, which also included Ezra Hahn, Harry Kang, and Eugene Kim from Ridgecrest Intermediate School in Rancho Palos Verdes, said, "I think that STEM and other technology-related careers have a lot of potential and I believe that if I pursued a career in those fields, I could make a difference in the world and help make our world better."



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Photo Credit: Jenny Puranen Photography

Raising Future STEM Leaders

For 32 years, PVnet Academy for STEM has been offering classes, training, and internships in the fields of science and technology.

PVNet Founder Ted Vegvari provided the South Bay students with free mentorship throughout the process of developing their projects for the competition. Vegvari explained that it really takes a village to help these students learn and grow and parent involvement and support are the keys to success.

To learn more about what PVNet has to offer young minds, check out pvnet.com.

The True Reward

Taking first place in the competition is incredible in itself. Still, the real reward for these students is learning to view the world in a whole new way and gain an understanding of why sustainability matters and how STEM can help make the world and outer space a better place.

"Before this competition, I always thought of the space industry as launching rockets and finding aliens, but through this event, I learned that space poses problems that I never knew existed," explained Philip, whose winning team created a "HexaTrap" to catch space debris.

"I learned that space junk was crowding around our planet and making space harder and harder to navigate and that we needed solutions quickly, which led to the creation of our project."



Photo Credit: Jenny Puranen Photography

Top 10 Summer Wellness Spots in the South Bay ✨

By Corry Mathews – Fitness & Nutrition Expert and Hormone Health Advocate

Wellness doesn't have to mean strict routines or expensive memberships. Here in the South Bay, it looks more like a sandy stroll, a smoothie with friends, or a trail walk that turns into a family adventure.

As a longtime local and mom, I've discovered that the best kind of wellness is the kind you want to do — the kind that's fun, flexible, and easy to build into your lifestyle.

This summer, let the South Bay inspire you to move, breathe, and feel your best. Whether you're flying solo, planning a playdate, or squeezing in self-care between meetings, these 10 feel-good favorites will help you soak it all in — sunshine, sweat, and smiles included.



1. Bike the Strand (Manhattan to Hermosa)

Cruise along the coast with ocean views and fresh air. It's smooth, scenic, and perfect for all ages — and yes, you'll definitely earn that iced matcha stop.

2. Del Cerro Park Hike & Picnic (Palos Verdes)

Wide trails, ocean views, and a breeze that clears your mind — perfect for a family hike or peaceful picnic. Dog-friendly too, so bring your pup and a few treats for the adventure.

3. Sunset Beach Yoga (Hermosa or Manhattan Beach)

There's nothing quite like stretching it out while the sun dips into the Pacific. Join a local class or DIY your own flow — either way, the waves are your soundtrack.

4. The Esplanade Walk (Redondo Beach)

For those who prefer walking shoes to hiking boots, this flat oceanside path offers stunning views and plenty of people-watching. Bonus: it's dog- and stroller-friendly!

5. Sand Dune Park Steps (Manhattan Beach)

Want a quick cardio challenge? The stairs here will get your heart pumping in no time — and the playground nearby means the kids get their movement too.





6. Family Paddle Boarding or Kayaking

(Redondo King Harbor)

Trade screen time for sea time. Rent boards or kayaks and enjoy the calm waters together — it's equal parts workout and memory-making.

7. Farmer's Market Stroll + Local Picnic

(Torrance or Riviera Village)

Fresh produce, local goods, and summer vibes. Grab ingredients for a healthy lunch and enjoy an outdoor picnic right after.

8. South Coast Botanic Garden

Take a mindful walk through nature with the whole family. From sensory gardens to sculpture exhibits, it's a quiet gem that encourages movement and imagination.

9. Morning Coffee + Bluff Walk

(Malaga Cove)

Start your day with coffee in hand and a stroll along the PV bluffs. It's peaceful, beautiful, and the perfect way to set a calm tone for the day ahead.

10. Beach Games & Bodyweight Workouts

From paddleball and spikeball to squats and planks in the sand — when fitness is playful, it sticks. Bring bands, a towel, and a willingness to get sandy.





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Community Spotlight:

LOCALE90 NEAPOLITAN PIZZA MARKET

A TASTE OF NAPLES IN THE HEART OF THE SOUTH BAY

By Discover South Bay Staff



Tucked along Catalina Avenue in Riviera Village, Locale90 Neapolitan Pizza Market brings an authentic slice of Italy to the South Bay. Since opening in July 2014, this beloved pizzeria has offered more than just great food—it's served up a sense of family, tradition, and community with every hand-crafted pie.

For co-owners John and Jen, Locale90 was born from a shared dream and a leap of faith. After John was unexpectedly laid off from his media sales job, he came home with an idea that would change their lives: "It's time to open a restaurant." With roots in Italian hospitality and a family recipe passed down from John's Neapolitan grandmother, the couple spent two years finding the perfect location, securing investors, and building their vision from the ground up.

Their mission? To create a space that captures the spirit of a small Italian pizzeria—cozy, welcoming, and uncompromising in quality. Every pizza is made with thoughtfully sourced ingredients like "00" flour, San Marzano tomatoes, and imported olive oil, then baked to perfection in an open-flame oven that reaches over 900 degrees.

Beyond the food, it's the people that make Locale90 special. From the early days when lines stretched down the block, to adapting during the pandemic with take-and-bake kits that brought families together, the journey has been filled with proud milestones and strong community ties.

Now, the Locale90 team is expanding its reach with the launch of Bar-izza—a premium, par-baked frozen pizza line designed for entertainment venues and hospitality businesses across the South Bay and greater Los Angeles. Bar-izza brings the same quality and flavor of their traditional Neapolitan pizza to locations like Dignity Health Sports Park, with more spots—including the South Coast Botanic Garden and St. Rocke—on the horizon. Each pizza is made fresh daily using house-made dough, then vacuum-sealed to lock in flavor and ease of use. With a fast cook time, minimal labor, and no full kitchen required, Bar-izza offers businesses a turnkey solution for delicious food service—and yes, it comes with the oven.



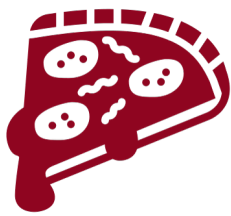
The couple credits their longevity to loyal customers, dedicated staff, and a deep love for the South Bay. “We hope guests feel like they’re sitting in a little corner pizzeria in Italy,” says Jen. “And that they leave with full bellies and warm hearts.”

Giving back has always been central to their story. Locale90 has supported a wide range of local efforts—from school gardens and Blue Zones projects to education foundations and nonprofit events for Walk With Sally and Richstone Family Center. Their philosophy is simple: support the community that supports you.

John and Jen, who have raised their three children in Manhattan Beach and Palos Verdes, are proud to live, work, and serve in the place they call home. “We are so grateful to our regulars, our staff, and our neighbors,” Jen shares. “We can’t wait to keep sharing our table—and now, our pizzas—with the South Bay for many years to come.”

Locale90 Neapolitan Pizza Market
1718 S. Catalina Ave.
Redondo Beach, CA 90277
locale90.com

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SUMMER EVENT CALENDAR

June 13-15
37th Annual Palos Verdes Street Fair & Music Festival
Deep Valley Drive, Rolling Hills Estates

June 15
Father's Day

June 19
Juneteenth

June 21
Family Fun Day at The Point Summer Kickoff
The Point, El Segundo

June 27-29
Riviera Village Summer Festival
Riviera Village, Redondo Beach

July 4
4th of Fireworks
Various Locations - LocalAnchor.com for list

July 18-20
South Bay Greek Festival
St. Katherine's Greek Orthodox Church, Redondo Beach

July 19
Family Fun Day at The Point – July Jamboree
The Point, El Segundo

August 30
Family Fun Day at The Point – Back to School Bash
The Point, El Segundo

August 5
National Night Out
Various Locations

August 16
El Segundo Main Street Car Show
Downtown El Segundo



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Sleep Out: South Bay

Teens Help Unhoused Youth by Giving Up Their Beds

By Shahrzad Warkentin

Would you give up your bed for a night to help unhoused youth in your community?

That's the question being answered in the most inspiring way by a group of local teens from Palos Verdes High School. Inspired by a deeply personal family connection to the cause, two students and best friends, Liam Hartigan and Henry Armstrong, organized the school's first-ever junior Sleep Out event to raise awareness and funds for Covenant House California.



Caroline Conrad

A Personal Mission, A Powerful Movement

The idea for the club and event was sparked by Liam Hartigan's family, who has supported Covenant House for years. His father participates annually in the Covenant House Sleep Out in Hollywood, where adults spend the night on the streets in solidarity with unhoused youth. Too young to join the official Hollywood event themselves, the students took it upon themselves to bring the cause home—literally.

With permission from the school and coordination from Covenant House staff, they launched a student-led club and hosted their own version of the event. Roughly 15 students committed to sleeping on garage floors, in backyards, or anywhere without the comfort of a bed—simulating, in some small way, the realities of homeless youth.

"It's not about comfort - it's about action, and awareness that millions of youth go to sleep each night without the safety of a bed, or the love of a family... and I'm extremely proud of the kids that have joined from Palos Verdes High School," said Carolina Hartigan, Liam's mother.



Liam Hartigan

What Is Sleep Out?

Sleep Out is a global movement founded by Covenant House to raise awareness and critical funds for young people facing homelessness. Participants—known as Sleepers—spend one night outdoors after a period of fundraising and education, symbolizing their solidarity with those who don't have a safe place to call home.

Events often include guest speakers, discussion circles, and opportunities for reflection. Since 2011, Sleep Out has raised over \$118 million and helped Covenant House expand its life-saving services to over 2,000 young people.

How One Night Can Make a Difference

Every dollar raised through Sleep Out helps Covenant House provide shelter, food, clothing, education, medical services, and support for youth ages 18–24 experiencing homelessness. The South Bay teens have already raised over \$5,300 through their campaign, with more donations continuing to come in.

“Gratitude. It made me even more grateful for all the things I have...I also feel like nobody should have to go without basic needs of love and shelter. I’m so grateful for everyone who made the sacrifice to participate, and all the friends and family that have been so generous and supportive.” said Liam Hartigan

Want to Help?

You can support the PV High students’ Sleep Out campaign by donating directly to their fundraising page here go to sleepout.org and search “Palos Verdes High School.” Any amount helps—and every donation goes directly to Covenant House to support youth in need. To learn more about Sleep Out or how to organize your own event, visit sleepout.org.



Pride in the South Bay: Celebrating, Supporting & Showing Up Year-Round

Every June, rainbow flags fly proudly across the South Bay—from city streets and storefronts to schools and homes—as the community comes together to celebrate Pride Month. But Pride is more than a parade or a calendar of events. It's a reflection of history, resilience, identity, and love. For many, Pride is not just a celebration—it's a commitment to advocacy, visibility, and belonging all year long.

This summer, we invite you to take part in that commitment. Whether it's attending a community event, supporting a local LGBTQIA+ organization, or having meaningful conversations with your kids, there are countless ways to celebrate and support Pride in the South Bay.

Celebrate Together: Local Pride Events

One of the most joyful ways to support Pride is to show up. Whether you're part of the LGBTQIA+ community or a proud ally, attending a local event is a meaningful act of visibility and unity. Across the South Bay and surrounding areas, several Pride events offer opportunities to celebrate, connect, and uplift one another.

These are just a few of highlights:

Hermosa Beach Pride returns for its fifth annual celebration the weekend of June 11 through June 15, 2025. Hosted at the Hermosa Beach Pier, this festival features events for all ages and identities. From family-friendly activities on the beach and craft events to vibrant drag and music performances to wellness and workout events, it's a joyful celebration of inclusion and community spirit right in the heart of Hermosa.



Photo Credit: Hermosa Pride

The 5th Annual South Bay Pride Paddle & Luncheon takes place on Sunday, June 29, 2025 at King Harbor in Redondo Beach. This one-of-a-kind event kicks off with a paddle parade through the harbor, followed by a festive luncheon and lively drag performances at the King Harbor Yacht Club

San Pedro Pride 2025 takes place on Saturday, July 12, 2025 from 3:00 PM to 9:00 PM at West Harbor. Hosted by Bridge Cities Alliance, this year's theme, *"Hand in Hand,"* celebrates unity, acceptance, and the collective power of love and community. Expect an uplifting atmosphere filled with entertainment, connection, and the shared joy of Pride.

Support That Lasts Beyond June

Behind every parade and celebration are organizations doing vital year-round work to protect, uplift, and empower LGBTQIA+ individuals and families. These local nonprofits and community groups offer a range of services, including youth mentorship, mental health resources, inclusive education, cultural programming, and advocacy.

Supporting these organizations—by volunteering, donating, or simply showing up—is one of the most impactful ways to be an ally. You can also make a difference by shopping at LGBTQIA+-owned businesses, sharing their work on social media, and attending events throughout the year, not just in June.

As Betty Leinen, President of the South Bay LGBTQ Center, shared, "The community can help by supporting our local organizations and businesses. If they're a nonprofit, please donate or sign up to volunteer. If they're a business, please patronize them. Showing up matters."

Organizations to Know and Support:

South Bay LGBTQ Center – southbaycenter.org

PFLAG Manhattan Beach / South Bay – pflagmanhattanbeach.org

Hermosa Beach Pride- hbpride.org

Bridge Cities Alliance – bridgecitiesalliance.com

Being an Ally, Every Day

Pride is more than a moment—it's a mindset. This means having conversations with your children about inclusion and identity, advocating for safe schools and inclusive classrooms, and using your voice to speak up against discrimination.

"As an ally," Leinen explains, "Pride means standing up, showing up, and speaking out. It's about honoring the history, resilience, and brilliance of the LGBTQIA+ community and using my voice to amplify theirs—every day, not just in June. Pride is transforming exclusive spaces into welcoming ones, showing up for my students and loved ones, and resisting policies that target their existence. It's protest and celebration, legacy and love. For me, Pride is not just a moment—it's how I live, lead, and fight for a world where we all belong."

Whether you're paddling in the harbor, dancing at the pier, mentoring a young person, or simply taking the time to learn, your actions matter. Together, we can build a South Bay that celebrates Pride not just in June—but every single day.

OUR FAVORITE LOCAL SOUTH BAY FARMERS MARKETS

Fresh Finds, Community Vibes, and Local Flavor Every Week

There's nothing quite like the charm of a farmers market — the smell of fresh produce, the sound of live music, and the joy of supporting local growers and makers. Whether you're picking up seasonal fruit, browsing handmade goods, or grabbing a quick bite, here's your go-to guide for farmers markets across the South Bay, organized by day of the week.

TUESDAY

Torrance Certified Farmers Market

Tuesdays, 8am–1pm | Wilson Park, 2200 Crenshaw Blvd, Torrance

Downtown Manhattan Beach Farmers Market

Tuesdays, 11am–3pm | TEMP LOCATION:
Civic Center Parking Lot, MB

Kaiser Permanente Market (Gardena)

Tuesdays, 10am–2pm | 18600 S. Figueroa St., Gardena

WEDNESDAY

Harbor City Farmers Market

Wednesdays, 9am–2pm | 25825 S Vermont Ave, Harbor City

THURSDAY

Veterans Park Farmers Market (Redondo Beach)

Thursdays, 8am–1pm | 309 Esplanade, Redondo Beach

El Segundo Certified Farmers Market

Thursdays, 3pm–7pm | 300 Block of Main Street, El Segundo

South Bay Pavilion Market (Carson)

Thursdays, 9am–3pm | 20700 Avalon Blvd, Carson

Bixby Knolls Farmers Market (Long Beach)

Thursdays, 3pm–7pm | 4580 Atlantic Ave, Long Beach

FRIDAY

Hermosa Beach Farmers Market

Fridays, 12pm–4pm | 1033 Valley Dr., Hermosa Beach

Downtown Long Beach Farmers Market

Fridays, 10am–2pm |

The Promenade, between 3rd and 5th Streets

San Pedro Farmers Market

Fridays, 10am–2pm | 396 W 6th St., San Pedro

SATURDAY

Torrance Certified Farmers Market

Saturdays, 8am–1pm | Wilson Park, 2200 Crenshaw Blvd, Torrance

Playa Vista Farmers Market

Saturdays, 9am–2pm | 12775 W Millennium, Playa Vista

Gardena Farmers Market

Saturdays, 8:30am–12:30pm | 13000 Van Ness Ave, Gardena

SUNDAY

Riviera Village Farmers Market

Sundays, 8:30am–1pm | 1801 S. Elena Ave, Redondo Beach

Palos Verdes Farmers Market

Sundays, 8am–1pm | Peninsula High School, 27118 Silver Spur Rd, Rolling Hills Estates

Long Beach Southeast Farmers Market

Sundays, 9am–2pm | 6602 E. Marina Dr., Alamitos Bay Marina

DISCLOSURE: Event schedules are subject to change. Please contact the market host or venue to confirm details.

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FAMILY MUSIC DAYS @ THE POINT

**LIVE MUSIC, ARTS & CRAFTS
AND LOCAL VENDORS**



**JUNE 21ST 12P-3P
SUMMER KICKOFF!**

**CELEBRATE THE START OF THE SEASON WITH
BEACHY VIBES, MUSIC, AND SUNNY SURPRISES.**

**JULY 19TH 12P-3PM
JULY JAMBOREE!**

**A FESTIVE MID-SUMMER BASH WITH
BACKYARD-STYLE FUN AND SUMMER
TREATS.**

**AUGUST 30 12P-3P
BACK TO SCHOOL BASH!**

**A POST-FIRST-WEEK-OF-SCHOOL CELEBRATION
FILLED WITH INTERACTIVE FUN, COMMUNITY
RESOURCES, AND END-OF-SUMMER VIBES.**

**SEPTEMBER 20TH
SOUTH BAY ROCKS MUSIC COMPETITION**

**A BRAND-NEW YOUTH MUSIC COMPETITION IS
COMING TO THE SOUTH BAY, AND IT'S GIVING
LOCAL TALENT THE CHANCE TO SHINE.**

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ULTIMATE GUIDE TO FREE SUMMER CONCERTS

Local Anchor Family Fun Day w/ South Bay Music Connection

Saturdays, June 21, July 19, August 30, and September 20
The Point in El Segundo

El Segundo Concerts in the Park Alternating Sundays, June 15 – August 24 *Library Park*

Manhattan Beach Summer Concerts in the Park Sundays, June 30 – September 1 *Polliwog Park*

Free Summer Concerts at Redondo Beach Pier Thursdays and Saturdays, July 3– August 30 *Redondo Beach Pier*

Torrance Summer Nights Saturdays, June 7 - August 30 *Most events take place at the Wilson Park Amphitheater*

Summer Concerts in the Park July 26 and August 23 *Ken Dyda Civic Center*

Hermosa Beach Concert Series September 8 and September 15 *South of Hermosa Beach Pier*

Seaside Concerts at Shoreline Village September 8 and September 15 *South of Hermosa Beach Pier*

**Find
out
more**



The Local Anchor - South Bay Summer Bucket List

By Missy Heckscher

Make this your most adventurous, joy-filled summer yet! We've created the ultimate checklist of can't-miss local experiences — from beach days to bike rides, concerts to kayaking. Print this list out, stick it on your fridge, and start checking things off one by one. Whether you're exploring the coast or discovering something new in your own neighborhood, these ideas are perfect for families, friends, and anyone looking to soak up all the fun the South Bay has to offer.



- ☐ Visit the Aquarium of the Pacific
- ☐ Rosie's Dog Beach in Long Beach
- ☐ Shakespeare by the Sea at a local park
- ☐ AVP Manhattan Beach Open (Aug. 15–17)
- ☐ Summer concert at Polliwog Park
- ☐ Rent a kayak, paddleboard, or pedal boat and paddle through Redondo Beach Harbor
- ☐ Take a scenic horseback ride in Palos Verdes
- ☐ Catalina Express for a day trip to Avalon
- ☐ Terranea Resort's Summer Sound Series
- ☐ Local Anchor's Family Music Days at The Point
- ☐ Cool off with ice skating at the LA Kings Ice Rink in Rolling Hills or El Segundo
- ☐ Splash around at the Alondra Park Splash Pad or Seaside Lagoon
- ☐ Watch an outdoor movie at Wilson Park in Torrance (Fridays, June 7–Aug. 30)

- ☐ Hike to the hidden forest swing at Frog Creek in PV
- ☐ Explore South Coast Botanic Garden
- ☐ “Meet the Grunion” at Cabrillo Marine Aquarium: June 13 & Jun 27
- ☐ Bike The Strand
- ☐ Check out a local Farmer's Market
- ☐ Watch a rocket launch from the beach - check SpaceLaunchSchedule.com
- ☐ Take a surf lesson with One Wave Surf
- ☐ Grab a Mai Tai and enjoy sunset views at Old Tony's on the Pier
- ☐ Climb aboard the Battleship USS Iowa in San Pedro
- ☐ Visit the Point Vicente Interpretive Center
- ☐ Check out the Riviera Village Summer Festival
- ☐ Try something new at Crafted at the Port of LA
- ☐ Free summer concert at the Redondo Beach Pier
- ☐ Mini train rides at Wilson Park with the Southern California Live Steamers
- ☐ Grab fish and chips at Captain Kidds
- ☐ Swim at Begg Pool in Manhattan Beach

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Need more ideas? Here's 101 Fun Things to do in the South Bay with Kids



Reset Your Summer: Simple, Nourishing Recipes for Real Life

By Corry Mathews – Fitness & Nutrition Expert and Hormone Health Advocate

I know how it feels when your body—and your life—start shifting. One day, your old routine stops working, your energy dips, and you're left wondering how to feel good again in your own skin. As a mom, wife, and coach, I've lived it—and helped countless women reset, rebuild, and reclaim their confidence by tuning into what their bodies really need.

And during the summer in the South Bay, that means keeping it simple, fresh, and flexible. With packed days, sunshine-fueled appetites, and zero time for guesswork, your meals should work for you, not add to your to-do list.

Let's take the stress out of summer eating. These easy, hormone-friendly recipes are made to keep you and your family nourished, energized, and ready to soak up every moment.

Build-Your-Own Beach Bowl

Everyone loves a bowl — especially when it's colorful, cold, and customizable. Start with a base: Acai or pitaya packets (found in freezer section) + Blend with almond milk and banana until thick and creamy.

Top it off:

- Sliced strawberries, kiwi, and blueberries
- Granola or puffed quinoa
- Drizzle of honey or nut butter
- Sprinkle of chia, flax, or hemp seeds for added fiber and healthy fats

Tip: Lay out toppings for a DIY bar — great for kids or weekend brunch!



Sunset Sheet Pan Dinner

Easy cleanup, big flavor, and no stove babysitting required.

Toss together on a pan:

- Sliced chicken sausage (or tofu for a plant-based option)
- Bell peppers, zucchini, and red onion
- Olive oil + your favorite seasoning blend (try lemon pepper or Italian herbs)

Roast at 400°F for 25–30 minutes.

Serve with quinoa or warm pita bread for a satisfying, no-stress dinner the whole family will love.



Healthy Snacks On the Go

Fuel your adventures with these quick, nutrient-packed snack ideas — perfect for the beach, park, or in between activities.

Protein + Produce Combos:

- Turkey roll-ups with hummus and sliced cucumbers
- Hard-boiled eggs with cherry tomatoes and snap peas
- Almond butter packs with apple slices or banana

Smart Fats + Crunch:

- Trail mix (DIY with almonds, cashews, pumpkin seeds, and a few dark chocolate chips)
- Avocado toast bites on rice cakes
- Guacamole cups with baby carrots and mini bell peppers

Packable Favorites:

- Greek yogurt pouches (look for low sugar options)
- Cheese sticks + whole grain crackers
- Medjool dates stuffed with nut butter and a sprinkle of sea salt


Tip: Keep a “grab-and-go” snack basket in the fridge and pantry so it’s easy for kids to help themselves to healthier choices.

Summer Kitchen Tips

- Keep frozen fruit on hand for last-minute smoothies or bowls
- Prep a batch of chopped veggies on Sunday to use all week
- Infuse your water with fresh citrus, berries, or cucumber for hydration that feels like a treat

Whether you’re beach-bound or juggling carpool schedules, these recipes and snacks help keep your family nourished and energized — with plenty of South Bay flavor.

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South Bay Sustainability Spotlight:

Community Action for a Greener Future

By Erin Resch, Founder of Eco Ethos

The South Bay community is stepping up in powerful ways to champion environmental awareness, wellness, and sustainability. From large-scale school collaborations and artistic advocacy to coastal cleanups and composting workshops, May has brought together residents of all ages in support of a cleaner, healthier future. Here's a look at the incredible efforts taking place across our beaches, schools, parks, and neighborhoods—and how you can join in.



Community-Led Day of Action at South Bay Schools

On April 27, 2025, hundreds of students, parents, educators, and local organizations joined forces for a community-wide Day of Action. In collaboration with Alta Vista, Tulita, Jefferson, Lincoln, Washington, and Birney Elementary Schools, as well as Surfrider Foundation, Keep Esplanade Beautiful, Parkland Conservancy, and local council members, the event highlighted the power of community in advancing sustainability. Activities included beach cleanups, community gardening, clothes donations, and the introduction of Ridwell collection bins.

Art as Education: TikTok Earth Installation

A standout moment from the Day of Action was the unveiling of *TikTok Earth*, a large-scale art installation created entirely from plastic waste. The project was created by Erin Resch, the founder of Eco Ethos. It's a powerful visual reminder of the impact of single-use plastics. The installation served as both an educational tool and a call to action, particularly among younger audiences. Eco Ethos continues to lead efforts in educating the public about microplastics and the benefits of shifting to compostable and reusable alternatives.

Local Cities Step Up for the Environment Redondo Beach

The BeachLife Festival returned to the Redondo waterfront in early May, blending music and coastal culture with environmental awareness. Attendees were encouraged to participate in beach cleanups and learn about sustainability efforts. Later in the month, Los Angeles Waterkeeper hosted a beach cleanup on Coral Way, helping remove debris and raise awareness about protecting marine ecosystems.

Manhattan Beach

Polliwog Park was the setting for a hands-on composting workshop hosted by the Manhattan Beach Botanical Garden. The event provided practical tips and offered discounted compost bins to encourage residents to adopt sustainable waste practices.

Hermosa Beach

On May 10, Hermosa Beach hosted a city-wide garage sale aimed at promoting reuse and reducing landfill waste. Residents gave pre-loved items a second life, reinforcing the city's dedication to environmentally conscious living.



Marine Life in Crisis: Harmful Algal Bloom

Since February, a harmful algal bloom has impacted Southern California's coastline. The toxin released by the bloom has affected sea lions and dolphins, causing severe illness and overwhelming facilities like the Marine Mammal Care Center (MMCC) in San Pedro. Over 190 marine animals have been treated, and daily rescue calls have surged to over 100.

The bloom may be intensified by ocean warming and nutrient runoff, potentially worsened by recent wildfires. Community support is essential during this critical time.

How You Can Help:

- Report stranded marine animals: Call the MMCC Rescue Hotline at 1-800-39-WHALE.
- Volunteer: Email beachcleanupsanpedro@gmail.com
- Donate: Support The Marine Mammal Care Center and other marine conservation groups.
- Stay informed: Follow NOAA and local organizations for updates.

Volunteer with South Bay Parkland Conservancy

The South Bay Parkland Conservancy invites locals to join their volunteer team and take part in nature walks, restoration events, and habitat education. Regular opportunities, such as the Wilderness Park Nature Walks, provide hands-on ways to engage with and protect the local environment. Donations are also welcome for those unable to volunteer but still eager to support conservation efforts.

Sustainable Swaps That Give Back

Looking to clear out old clothes and linens sustainably? The For Days Take Back Bag program accepts all brands and conditions—including torn, stained, and worn-out items. Purchase a \$20 bag at fordays.com with a prepaid return label, fill it, and send it back to receive a \$20 store credit. It's an easy yet impactful step toward reducing textile waste.

Upcoming Wellness & Sustainability Events

- June 8: Wilderness Park Nature Walk, 11:15 AM – 12 PM
- June 21–22: Family Camp Night, Wilderness Park
- June 22: Beach Cleanup hosted by The Marine Mammal Care Center
- June 28: Greenbelt Restoration, 10 AM – 12 PM
- Every Saturday: Madrona Marsh Nature Walks, 10 – 11 AM
- Every Saturday: STEM Programming at S.E.A. Lab Marine Mammal Center, 10 AM – 4 PM

Whether it's through education, conservation, or daily lifestyle choices, South Bay residents are proving that individual and collective action can make a lasting difference. Stay connected, get involved, and continue leading the way toward a more sustainable community.



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Founded by Rocky Rockefeller, AIA, Rockefeller Partners brings over four decades of architectural experience to a wide range of projects across Southern California, from residential estates to commercial adaptive reuse.

A lifelong Californian, Rocky has lived in Hermosa Beach for over 35 years. He and his wife, Amy, reside in this home – remodeled in 2017 to reflect his love of light, openness, and clean design.

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