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LOCAL NEWS

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RESTAURANT REVIEW

Breakfast is a big deal, even for lunch restaurant

By Merrill Shindler

Chattanooga

As far as lunch spots, there's only one restaurant called Breakfast. It's in Chattanooga. There's also only one Breakfast. There are 11

branches in and around Chattanooga, two in Orange County and one in Putnam County. There's also a Breakfast Republic in Calver City and West Hollywood.

And then there's the branch on Second Street in the Belmont Square section of Long Beach. You want your breakfast at the Republic, you'll find a single version (although the breakfast menu is the same) at the Belmont Square branch. It's called the American, and it consists of three options: a burger, a steak, and a choice of sausage or the omelet. Simple and to the point. It's a breakfast. The menu can get more anywhere. But there's not much more on the menu that qualifies as a breakfast.

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They're still open. If you're looking for breakfast, you'll find it at the Belmont Square branch of the Republic. Photo by Merrill Shindler.

60TH ANNUAL INTERNATIONAL SURF FESTIVAL



The 60th annual International Surf Festival is the 60th annual International Surf Festival at Manhattan Beach's Surfside.

Lifeguards, others strut their stuff

By Lisa Jacob

Manhattan Beach

Los Angeles County Lifeguards and thousands of competitors gathered at South Bay beaches last week for the 60th annual International Surf Festival.

The six decades, the summer tradition has highlighted the physical prowess of lifeguards and others who surf, body surf, swim and play volleyball.

The festival — which began Wednesday with the Medal of Valor Awards ceremony — ends today.

The International Surf Festival is presented by BeachSports, Hermosa Beach, Manhattan Beach, Redondo Beach, Torrance, those cities' chambers of commerce, the Los Angeles County Fire Department and the Department of Beaches and Harbors.

Saturday featured the International Bodybuilding, Championship, Surfing, and Volleyball.

Championship, Dick Fitzgerald Beach Run, Judge Iveta Fayta Meche Beach and Charlie Siskley Jr. Men's volleyball.

The events on tap for today, meanwhile, include:

• Dwight Cross Par to Pier Swim, which begins at Hermosa Beach Pier.

• Junior Seaman beach volleyball, throughout the day, Manhattan Beach on the sand.

• 700+ Games Parade, 2:30 a.m., north side of Manhattan Beach Pier.

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INTERNATIONAL RELATIONS

LB, Yokkaichi celebrate 60th anniversary as sister cities

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And this week, the two cities will celebrate their 60th anniversary together, the oldest relationship of the nine international locales Long Beach is involved with under the International Sister Cities program.

"The relationships that have been built over the last 60 years," said Mike Vaughn, board chair for Sister Cities of Long Beach, "have created a special and vibrant bond between the two cities."

The rededication of the Friendship Garden is free and open to the public.

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Rich Archbold

Columnist

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