

El Segundo Herald

The Weekly Newspaper of El Segundo

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Inside This Issue

Business & Professional	12
Calendar	3
Classifieds	13
Crossword/Sudoku	13
Food	7
Legals	14
Obituaries	2
Open House Directory	9
Politically Speaking	5
Real Estate	9-11
Sports	8

El Segundo Metrolink Station Art



The giant metal hand holding a paper airplane at the El Segundo Metrolink station greets an oncoming commuter train. "For Your Intellectual Entertainment" was created by Daniel Martinez in 1995. Photo by www.christopherbarnesphotography.com.

El Segundo Power Plant Modernization Completed

By Brian Simon

After a 13-year wait and many obstacles along the way, the modernization of El Segundo's coastal power plant is finally complete. Facility owners NRG Energy, Inc. began commercial operations at its El Segundo Energy Center earlier this month. "On August 1, we officially entered into the Power Purchase Agreement with [Southern California] Edison, which effectively serves as the start of commercial availability to the utility," said NRG Director of Communications Jeff Holland, who added that a grand opening ceremony is also set for September 12.

The project entailed construction of two new gas-fueled generating units that will produce 550 megawatts of electricity for the California grid—sufficient to power close to 450,000 homes. The units can be online within 10 minutes and at full capacity in an hour, providing critical backup support for solar power and other renewable energy sources. Environmental benefits include significantly lower natural gas omissions and the use of air-cooled condensers in the units in contrast to the prior 1960s era steam boiler technology that relied on ocean water for cooling. "The new Energy Center relies on reclaimed water for its state-of-the-art, air-cooled, combined cycle operation, reducing the use of potable water at the site by nearly 90 percent," it states in a press release about the facility opening. With these measures in place, the facility meets or exceeds California air quality regulations and falls in line with a State objective to achieve 1990 greenhouse gas levels by the year 2020.

The proposal to replace two outmoded, 1950s generators at the plant with new units goes back to 2000, but obstacles ranging from environmental outcry about impacted marine life (addressed with the air cooling system) to

lack of a power purchase agreement (inked with Edison in 2008) to a court-ordered moratorium on issuing emission credits (resolved in 2010) delayed it from moving forward until now.

NRG mothballed two of its 1950s-era units (1 and 2) in early 2003. Units 3 and 4 still remained with a combined 670 megawatt capacity and operated on an as-needed basis over the next several years. But NRG then had to retire Unit 3

as a condition for obtaining the necessary air credits to move forward with the plant modernization, reducing the facility's overall generating capacity but removing the final roadblock in the process. Crews demolished Units 1 and 2 in late 2010 to make room for the new units that are now up and running. The project also featured aesthetic improvements, including removal of two large

See Power Plant, page 4

Weekend Forecast

Friday

AM Clouds/
PM Sun
76°/65°



Saturday

AM Clouds/
PM Sun
74°/64°



Sunday

AM Clouds/
PM Sun
73°/63°



Valerie Voboril: Local Mom, Teacher and World Class Athlete

By Brian Simon

She's a five-foot-two, 35-year-old mother of a two-year-old girl, teaches fourth grade at Richmond Street Elementary School and, by the way, is the third fittest woman in the world. While successfully balancing her career and motherhood, local resident Valerie Voboril also competes in the annual Reebok CrossFit Games—a grueling competition that showcases the globe's most elite athletes. From a pool that started out with thousands of hopefuls, Voboril recently managed to finish third in the women's side of the event for the second time in the last three years while competing in a mixture of weightlifting, swimming, rowing and running events.

Voboril qualified for her first competition in the spring of 2009, which she found out conflicted with an April 19 wedding date set with her fiancé Steve. "We changed our wedding date, I competed, qualified for the CrossFit Games and got married the next weekend," said Voboril. Heatstroke got the best of her that first year, but Voboril finished

third in the Games in 2010 before taking 2011 off to have a baby. She placed fifth last year and third again in 2013.

"My training regimen for this year was a serious juggling act—my family and my career are very important to me as well as my training," said Voboril. "I trained an hour a day for five days a week so that I could dedicate quality time to my family and my students. This is a considerably different training plan compared to the female athletes I compete against who train twice a day for one to two hours, six days a week." Voboril's workout routine includes four 15-minute blocks with rowing, stretching, shoulder activation and stabilization, squatting, Olympic lifting, and anaerobic conditioning.

While proud of her lofty achievements, Voboril said her ability to be an inspirational role model for others continues to be her greatest reward. "I am incredibly lucky because I receive tons of support from my friends, family, gym, and from my students

See Valerie Voboril, page 4

Obituaries

Tani Mikulchik

Tani Mikulchik passed away peacefully at home on August 4, 2013. Tani was a bright, funny, and talented artist and writer. In his younger days he enjoyed fishing and hiking. Later in life he loved to cook and took great pleasure in having friends over for dinner, where he had a captive audience for his stories. Tani had a sweet and loving nature, an awesome sense of humor, and could keep you entertained for



hours with his tales. Tani is survived by his loving wife of 21 years Laura Verouden, his "Mumpy" (Bernice), "Sissy" (Ruth), his parents, sisters, niece, and nephews. A service to remember and celebrate Tani's life will be held at the Douglass Mortuary Chapel in El Segundo on Saturday, August 17 at 11:00 a.m. for all his family and friends. A reception will follow at the home. •

Business Briefs

Summer and Concerts Ending



The final "Summer Concerts in the Park" featured "Neon Nation", an 80's cover band. Once again a great crowd enjoyed the music and the picnic atmosphere. The concerts have been a success for the ES Recreation and Parks Department. This is the third consecutive year the event was sponsored by Chevron. Photo by Marcy Dugan.

City and Former City Manager Settle

The City of El Segundo and the former City Manager, Doug Willmore reached a \$300,000.00 settlement. A statement from the City of El Segundo provided: The City of El Segundo and the former City Manager, Doug Willmore reached a settlement of Mr. Willmore's lawsuit against the City relating to the termination of his employment. While the City admits to no wrongdoing, it did not want to expend further time and resources on the litigation. Therefore, the City believed it was in its best interests to put the matter behind it.

City manager Greg Carpenter provided the following statement: The City Council agreed to the settlement based upon a couple of considerations. First, the City believes it will result in Mr. Willmore receiving the same amount, after expenses, that he would have received (\$109,000) had he accepted his severance package. Additionally, the City wants to allow its employees to focus on providing service to the public rather than litigation. The City is still working on long-term financial issues and business development and the Council would rather

devote its resources and staff time towards these matters.

Doug Willmore currently is City Manager of the City of Bell.

Local Photographer's Work Goes to International Exhibition

Marcy Dugan of Marcy Dugan Photography is honored by peers and jurors for high-quality photography. Four (4) photographs created by Marcy Dugan of Marcy Dugan Photography in El Segundo has recently been accepted into the General Collection of Professional Photographers of America's 2013 International Photographic Competition. Dugan's work will be on display at the Phoenix Convention Center, January 12-14, 2014, in Phoenix, AZ. This International Photographic Exhibition is held in conjunc-



A sample of Marcy's work, "Grace".

tion with Imaging USA, an annual convention and expo for professional photographers and several photographic associations.

A panel of 43 eminent jurors from across the United States selected the top photographs from nearly 5,000 total submitted entries at Gwinnett Technical College in Georgia. Judged against a standard of excellence, just over 1,800 images were selected for the General Collection and just 682 (about 7 percent) were selected for the esteemed Loan Collection—the best of the best.

See Business Briefs, page 13

Herald In Napili, Maui



Last hurrah for ESHS students in Napili Maui - McCall James (Sr) Rhianna Rich (Jr) and Sydney Trump (Sr). Reading the ES Herald at the beach....



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Local Businesswoman Expands her Business by Empowering People

By Cristian Vasquez

At the age of 19, Eileen Freiburger, CFP ESF Financial Planning Group, began her career in the field of financial planning. Her early years

opinionated and we are here to do reality checks--and not everybody loves the feedback," Freiburger said. "If you are not saving enough and if you are in debt, you need someone

"Our business model is very unique because we are going to teach people to do it [financial planning] themselves and objectively answer whatever their financial questions are."

working at Schwab laid the foundation as a financial planner and led her to establish her own successful business.

"As the letterhead says, 'Taking you beyond the numbers' because financial planning is a process--not a product," Freiburger said. "Our business model is very unique because we are going to teach people to do it [financial planning] themselves and objectively answer whatever their financial questions are."

ESF Financial Planning Group opened its doors back in 2002 from an office in El Segundo. In 2004, Jana E. Davis joined Freiburger and together they have grown the business out. By 2008, the business moved to its current location in Manhattan Beach where the work continues to flow in.

"As a business we are as busy as we can possibly be, but I think that we both sleep better at night knowing that we are not turning away clients," Freiburger said. "We are not having someone call and asking, 'How much do you have because if you don't reach our minimum we can't work with you.' That is an awful way to treat people. When a client calls us, anyone that needs feedback, we are trying to make ourselves available. So we stay very, very busy."

Unlike many financial planners who work based on a commission and therefore require a minimum amount of money to work with someone, Freiburger and ESF Financial Planning Group will sit with any individual seeking guidance or advice.

"When we first started, we only did hourly work because we believe that you should learn to do it yourself to empower yourself--you will do so much better," Freiburger said. "Unfortunately, widows, divorcees and people who really weren't exposed to the market really were not comfortable on their own. Self or help is a trademark of the company--self or help financial planning services, whichever way makes the most sense to you. For us, that means that we are busy because not that many people offer this type of a business model without a minimum amount or without an agenda. It really lends itself to address what is that real-world financial question and we will do planning based on what your reality is."

Freiburger is proud that her company does not sell a product to the consumer. Instead they educate customers, allowing the latter to make the decision that they are most comfortable with given the available options.

"We always say that we are objective but

to objectively look over your shoulder and better answer questions. If you can't afford the mortgage that you have gotten into--if you were willing to sell and downsize--we can show you how you can do better with some savings."

With each customer, there are a different set of needs. Yet, common concerns include college money for the kids, savings for retirement and investment options.

"On the other end, we try to stay affordable and available so that if someone really needed us, we are here," Freiburger said. "We will bring someone working on their first 401K while trying to pay off student loans. We might do a working session and spend a long hour together. In the end, we will do an invoice and get the person on the right path because they do not need much more than that. This is not that difficult if you are comfortable enough with letting somebody guide you in the right direction. So much of it is autopilot. Are you saving enough? Can you add more to your 401K? Can you redirect cash to savings? A lot of it is just teaching people to be more comfortable and make those types of services available."

While Freiburger is committed to helping people understand what their different available options are so they can make the decision they feel is best, she wants her customers to walk away feeling that they have accomplished more than just a meeting with someone good at financial investments. "I want them to walk away with the sense that if they are working with a true, independent, fiduciary planner that they can feel more control of their financial life," Freiburger said. "I truly want them to feel that they had a rewarding experience. I may not have all the answers and say when exactly a person should quit their job, but I do want the client to leave with a sense of not necessarily knowing the black and white answers because it is never black and white--but that they understand the options so that they have the control and the empowerment to do what is right for them."

Freiburger added, "That is so unique because many people leave a financial planner's office shaking their heads and not knowing what to do. We do a lot of second opinions and you have no idea how many times we end up explaining other people's products. We are also explaining how to unravel it. In our world, all financial paths lead to low-cost, low-expense, non-commission products. It is a very, very different view."

Calendar

There is a limited word count of 20 words and fees will apply. Email to escalendar@heraldpublications.com. Deadline for submissions is Thursday at 9 a.m.

SATURDAY, AUGUST 17

- Annual Family Campout hosted by ES Rec and Parks Dept, tent set-up begins at 4 p.m., at Recreation Park. For more information call (310) 524-2362.

SUNDAY, AUGUST 18

- ESHS Boy's Water Polo Team's Season Kickoff - Midnight Madness! 11:00 pm - 1:00 am., El Segundo Plunge.

TUESDAY, AUGUST 20

- City Council Meeting, 7-10 p.m., City Hall Council Chambers, 350 Main St. For more information call (310) 524-2306.

SATURDAY, AUGUST 24

- Tree Musketeers' Community Tree Care group, 10 a.m.-12 p.m., Trees to the Sea on Imperial Highway. For more information contact volunteers@treemusketeers.org or (310) 322-0263.

ONGOING

- Registration Open for Tree Musketeers LEADership Public Speaking and Youth Mgr Series courses (youth 10-18 yrs). For more information email info@treemusketeers.org.

Letters

New Beach Facility Article

Dear Herald, Brian Simon's article incorrectly states that the new beach facility has a drinking fountain. Why did the designers fail

to add a very needed feature? They installed two sinks, two showers and an air hose for bikes but not a drinking fountain? Oops! •

Finance

Retiring Soon? Don't Forget Tax Implications

By Jason Alderman



If your retirement is not far off, you've probably already started to estimate what your living expenses will be after the regular paychecks stop. Most would-be retirees remember to include routine expenses like housing (rent or mortgage), medical bills and prescriptions, insurance premiums, transportation -- even food and entertainment.

But don't forget to factor in taxes, which can have a substantial impact on your cost of living, depending on where you live and what your sources of retirement income will be.

Here are a few tax-related issues to consider when budgeting for retirement:

Social Security. Most people can begin collecting Social Security benefits as early as age 62, albeit at significantly reduced amounts than waiting until their full retirement age (65 for those born before 1938 and gradually increasing to 67 for those born in 1960 or later).

Although many states don't tax Social Security benefits, the federal government does. Depending on your "combined income" (adjusted gross income plus nontaxable interest earned plus half of your Social Security benefits), you could end up owing federal income tax on a portion of your benefit. It's complicated,

but basically:

Single people whose combined income is less than \$25,000 aren't taxed on their Social Security benefit. For combined income between \$25,000 and \$34,000, up to 50 percent of your benefit may be taxed. Over \$34,000, up to 85 percent may be taxable.

For married couples filing jointly: benefits aren't taxable for combined income below \$32,000; benefits for income between \$32,000 and \$44,000 are up to 50 percent taxable; over \$44,000 -- up to 85 percent taxable.

To learn more about taxation of Social Security benefits, read IRS Publication 915 at www.irs.gov.

Some people discover after beginning to collect a reduced Social Security benefit that they can't make ends meet and must go back to work, which can backfire: If your annual wages exceed \$15,120, you will lose \$1 of Social Security benefits for every \$2 you earn over that amount (investment income doesn't count.)

Rest assured, however: These benefit reductions are not completely lost: Your Social Security benefit will be increased upon reaching full retirement age to account for benefits

See Finance, page 6

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Power Plant

from front page

oil storage tanks and incorporation of native landscaping, benches and a new sea well to enhance views of the coastline.

"It took over 13 years for the plan to modernize the El Segundo power plant to finally come to fruition, but it was well worth the effort—kudos to our wonderful business partners NRG Energy for meeting all the challenges it faced over the years to make this happen," said El Segundo Mayor Bill Fisher. "We now have an efficient, gas-fueled generating station here in El Segundo that is not only environmentally friendly, but will also supply much-needed power to the grid to help our region... as well as providing a critical revenue stream for the City."

What that revenue stream will translate to in exact dollars is unknown, as it will depend on frequency of operations along with variables in natural gas prices that directly impact utility user tax revenues. "We have load capacity to meet the currently contracted needs of the service area," said Holland. "As the new units create greater efficiency and faster starting capability, we would expect them to run more often than

the previous units when generation is needed."

In past years, the City of El Segundo could typically expect about \$3 million in annual tax revenues from the power plant when Units 1 and 2 ran virtually year-round. Sporadic operations in more recent years coupled with lower natural gas prices markedly reduced those numbers. According to a 2009 fiscal analysis provided by NRG to the California Energy Commission, plant operations were supposed to generate up to \$40 million in various tax revenues over a five-year period—and City officials originally estimated first year tax revenues in excess of \$10 million. Now that final number will well below that target. In its budget projections for 2013/14, the City staff figured in \$200,000 in additional utility user taxes compared to the 2012/13 year-end estimate. Facility operations were higher than expected over the past year due primarily to the closure of the San Onofre power plant. NRG estimates about \$3 million in additional annual tax dollars from the new Energy Center, but that includes Los Angeles County's portion of those revenues. •

Valerie Voboril

from front page

and their families," she said. "The supportive e-mails from my students and their parents bring tears of joy to my eyes." One letter from the mother of a former student praised Voboril for teaching children the value of a strong work ethic-- that nothing comes easy in life and the harder you work to realize a goal, the more likely you can achieve success.

Richmond Street School creates a challenge entitled "Who Can Beat Mrs. Voboril?" at the annual PTA Run For Education. "I hear from parents how their kids can't wait to run, how they train to beat me, and how I make fitness fun," said Voboril, who incidentally finished 13th out of 819 females and third in her age range for the 5K portion of the Run.

Despite her athletic prowess, Voboril's first love is education. A native of Fresno, she graduated from Cal State Northridge with a BA and a teaching credential. She is now just three classes away from completing her Masters degree in education. "Working with children since I was in middle school by babysitting, coaching gymnastics and running kids' art and music programs made teaching a clear and easy career choice for me," Voboril said. "I couldn't imagine a life where I wasn't working with children in some capacity."

Voboril's first teaching job was with Los Angeles Unified School District as a fifth grade in-

structor. However she soon became dejected, feeling she wasn't making a difference in those students' lives. Through the encouragement of her friend Stacy Fienbloom, then a fourth grade teacher at Richmond Street, she applied at El Segundo Unified in 2002. "I love teaching fourth grade and watching the bright young shining faces experience those 'aha!' moments," said Voboril. "I also hope to earn my single subject credential in math and to teach at El Segundo High School at some point in the distant future."

And while it's a challenge to balance the three major elements of her life, Voboril reports that she has become very efficient with her time by working through her lunches, grading papers after her daughter goes to bed and limiting her training to an hour a day so she can devote more one-on-one time to her little one. That little one will eventually attend local schools since the Voboril family moved to town last December. "The decision was easy to make because El Segundo offers fantastic schools and I couldn't imagine my daughter going anywhere else," Voboril said. "I loved this community as a teacher and have come to love it even more as a resident. The community is supportive, involved, caring and family and education-centered. What isn't there to love about El Segundo?" •

Police Reports

Sunday, August 4

One male adult was arrested at 0152 hours from Imperial Highway and Vista Del Mar for misdemeanor DUI.

One male adult was arrested at 0236 hours from Maple Avenue and Sepulveda Boulevard for misdemeanor DUI.

Dead body report was taken at 0503 hours from the 1400 block of East Walnut Avenue. A male adult passed away at his residence.

One male adult was detained at 1737 hours from the 300 block of East Grand Avenue and transported to Harbor UCLA Medical Center for evaluation and treatment.

An online vandalism report was taken at 1556 hours on 08/01/13 from the 1100 block of East Acacia Avenue. Unknown suspect(s) threw eggs at the victim's vehicle.

Monday, August 5, 2013

Vandalism report was taken at 0740 hours in the 100 block of Vista Del Mar. Unknown suspect(s) wrote graffiti on a bathroom stall.

Identity Theft report was taken at 1345 hours from the 800 block of California Street. Unknown suspect(s) withdrew \$700 US currency from the victim's bank account.

Battery report was taken at 1532 hours from the 400 block of Sheldon Street.

Misappropriation of Lost Property report was taken at 1755 hours from the 500 block of Main Street. Unknown suspect(s) found the victim's iPhone and failed to return it. Suspect(s) disabled the phone once the victim activated the locator application.

Tuesday, August 6, 2013

A grand theft report was taken at 0942 hours from the 100 block of West Mariposa Avenue. Taken were sterling silver Christmas ornaments.

A burglary/grand theft report was taken at 1524 hours from the 500 block of North Sepulveda. A bicycle was taken from the location.

A fraudulent check report was taken at 1615 hours from the 400 block of North Continental Boulevard. Unknown suspect created a fictitious check using the victim's business and account number.

One male adult was arrested at 1736 hours from Harbor UCLA Medical Center in Torrance for possession of a controlled substance and possession of drug paraphernalia.

Traffic accident (without injuries) occurred at 1807 hours in the 300 block of Main Street, vehicle versus vehicle.

Wednesday, August 7, 2013

One male adult was arrested at 0357 hours from Imperial Avenue and Cypress Street for plain drunk in public

One male adult was arrested at 1141 hours from the 1800 block of Martin Luther King Avenue (Long Beach) for identity theft, possession of stolen property, possession of a controlled substance and possession of drug paraphernalia.

A burglary (vehicle) report was taken at 1432 hours from the 200 block of North

Sepulveda Boulevard.

A forgery report was taken at 1441 hours from the 700 block of South Sepulveda Boulevard. Unknown suspect(s) used fraudulent checks to purchase items.

One male adult was arrested at 1641 hours from the 800 block of Virginia Avenue for plain drunk in public.

One male adult was arrested at 1720 hours from the 1900 block of East Mariposa Avenue for plain drunk in public.

Property Report- Found property report was taken at 1759 hours from the 300 block of North Sepulveda Boulevard. Several DMV items were found.

Annoying phone calls report was taken at 2158 hours from the 700 block of Indiana Court.

Thursday, August 8, 2013

Grand theft auto occurred between 2000 hours on 08/07/13 and 0744 hours on 08/08/13 in the 200 block of Lomita Street. A 2004 Honda Civic was taken.

Grand theft auto occurred between 0817 hours on 08/07/13 and 0800 hours on 08/08/13 in the 400 block of Washington Street. A 2004 Honda Civic was taken.

One male adult was arrested at 1028 hours from Grand Avenue and Sepulveda Boulevard for providing false information to a peace officer and driving with a suspended license.

Traffic accident (with injuries) occurred at 1349 hours in the intersection of Main Street and Mariposa Avenue, vehicle versus vehicle.

Robbery (simulated firearm) occurred at 1448 hours in the area of Maple Avenue and Washington Street. The suspect simulated a handgun and stole a cellular telephone and wallet.

One female adult and one male adult were arrested at 1100 hours from the 13000 block of Peach Grove Street (Los Angeles) for burglary and identity theft.

A burglary (vehicle) report was taken at 1619 hours from the 100 block of Concord Street. Unknown suspect(s) took miscellaneous items from the vehicle.

A court order violation report was taken at 1800 hours from the 700 block of East Grand Avenue.

One male adult was arrested at 2007 hours from Mariposa Avenue and Sepulveda Boulevard for battery and DUI with a BAC of 0.08% or above.

One female adult was arrested at 2014 hours from Mariposa Avenue and Sepulveda Boulevard for battery.

Friday, August 9, 2013

A traffic accident (with injuries) occurred at 1347 hours at the 2000 block of East Mariposa Avenue, vehicle versus vehicle.

A vandalism report was taken at 1437 hours from the 2000 block of East Mariposa Avenue. Unknown suspect(s) vandalized a utility trailer.

One male adult was arrested at 1530 hours from Aviation Boulevard and El

See Police Reports, page 6

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Politically Speaking

One Man's Opinion

By Gerry Chong

"Yo, America, I'm here in the heart of civilized Detroit, bringing you a review of this week's news... just a'loving in the warm summer sun, sitting on a large rock that used to be a part of the wall of an art museum. Unfortunately the art was stolen, the windows were smashed and the building set afire--but the rock is intact. I've stacked newspapers from

"Pew Research Center says 36 percent of millennials (those between 18-31) now live at home with their parents. That's a record 21.6 million young'uns sponging off mom and dad--the highest percentage in 40 years."

around the country at my feet so I could read the leading headlines to you, keeping y'all informed. F'rinstance:

Pew Research Center says 36 percent of millennials (those between 18-31) now live at home with their parents. That's a record 21.6 million young'uns sponging off mom and dad--the highest percentage in 40 years.

But hell, Pew didn't do enough research. They didn't tell us how many of the parents are living with their parents. Bet the old grannies and gramps are grumbling about supporting another generation.

According to the Centers for Medicare and Medicaid Services, between 2009 and 2012, the number of doctors abandoning Medicare has tripled. That statistic is layered on top of the 60 percent of all physicians considering opting out of the medical profession entirely! Let's think about what that means: First everyone will have trouble finding a doctor--especially if you're a senior. That's good news for Obamacare because the government won't need the IPAB panel to determine which treatments seniors may receive. After all, if there ain't no doctors,

there ain't no treatment, so the entire argument about death panels for old folks is moot.

Ahhh, let's see what else the government is up to. Moments before adjourning for their August vacation, Congress exempted itself and 11,000 staffers from Obamacare. Now, this is a little awkward since a central part of Obama's sales pitch was that lawmakers and their aides would be subject to the same law as their lowly

subjects. Evidently the lawmakers finally read the law and concluded, "It's not for me."

Yippee and Hallelujah--the press says we're in a job boom. Did you know that? In July, there were 266,000 jobs created. Unfortunately, 174,000 were part-time jobs and only 92,000 were full-time jobs. Of all those jobs created, 50 percent were low-paying jobs.

For the first seven months of the year, there were 953,000 jobs created, of which 77 percent were part-time. So what does this mean? It means the income for the average American household is falling, and the length of the work week is collapsing, even as the President says our economy is growing.

There's a lot of irony in the news too. The Administration formed a Call Center to inform Americans of the benefits of Obamacare. In Contra Costa County, 7,000 people applied for 204 jobs but were disappointed to learn the jobs were part-time with no health benefits. Figures, doesn't it?

So Detroiters, keep your chins up. We're not unique here in the Motor City. We're just ahead of the rest of the country. Keep on truckin'. •

Another Man's Opinion

A New Attitude Towards Mental Health

By Cristian Vasquez

The introduction of Senate Bill 330 by State Senator Alex Padilla is a reminder of the urgency with which we as a society need to look at the issue of mental health through a more academic lens. Currently there is no active process for reviewing any types of frameworks toward adopting instructional materials on mental health. These efforts have been suspended since July 28, 2009. Furthermore, the State Board of Education (SBE) is specifically prohibited from reviewing any frameworks and adopting any instructional materials until the 2015-16 school year. This bill requires that the next revision of the health curriculum should include a distinct category on mental health instruction.

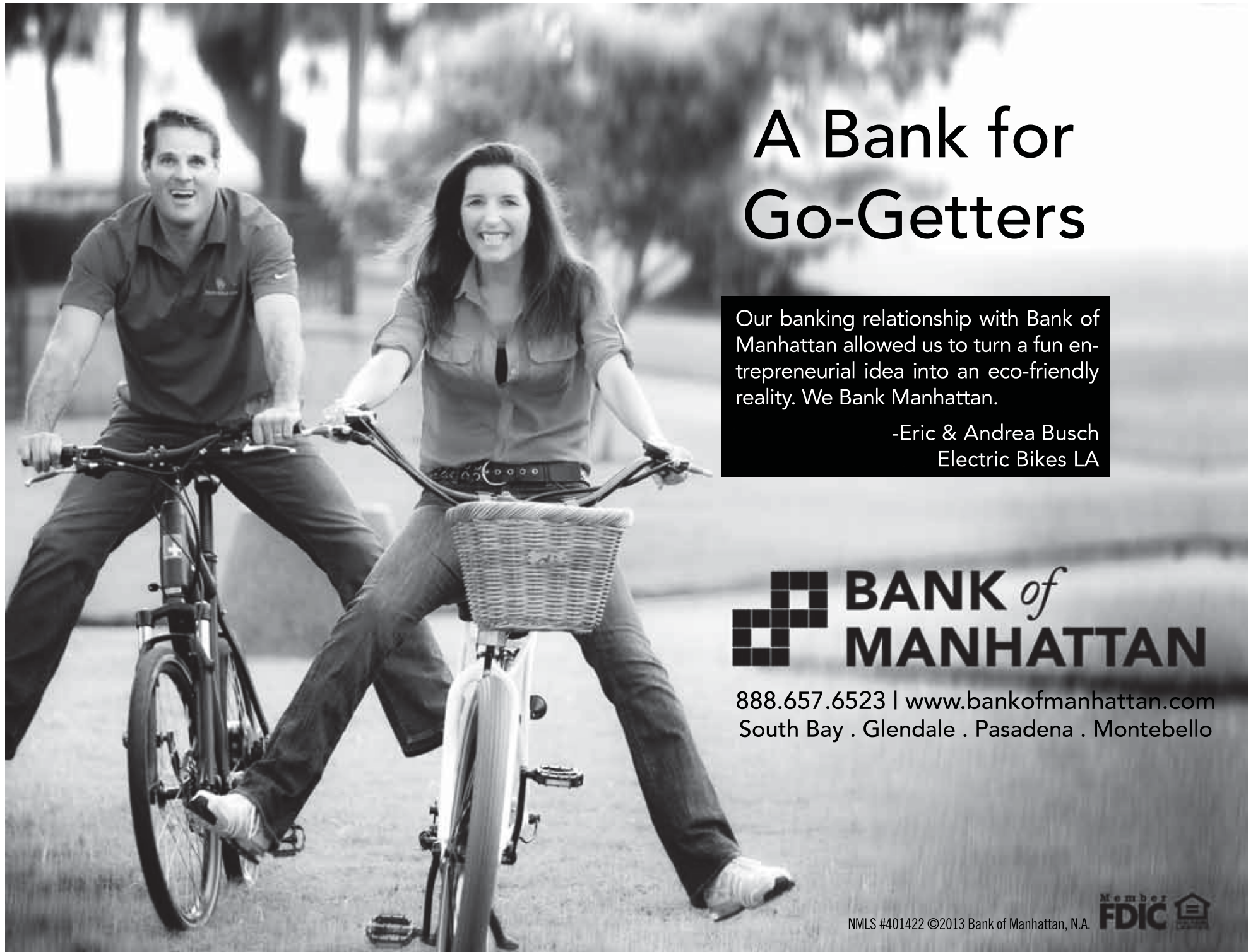
As a society, we continue to struggle with understanding mental health issues for a wide range of reasons--the most significant being the stigma that exists for people suffering from mental issues and disorders. It is tragic that because we don't fully understand the effects of mental conditions on people and the many conditions that do exist, that we, as a society, have the tendency to lump all patients with mental disorders into the "crazy" category. These people are not crazy--they are ill and need care in a variety of forms. Unfortunately for many years, these patients have been stigmatized mainly because most people are not educated about the issue.

Not having a curriculum available to explain to students in the K-12 system what some of these mental disorders are, how they affect people and what the patient must go through will only delay the process of making the general public more aware and accepting of afflicted individuals.

Teaching kids and teenagers that suffering from a mental disorder does not make the patient a bad person is the first step in helping the person afflicted by the condition. Patients with mental illnesses or disorders are reluctant to reveal details of about their struggles because they don't want to be mocked or shunned. When this occurs, the conditions for the person afflicted become worse because they are being marginalized, thus limiting their ability to socialize and try to lead a normal life.

In 2010, when the Lakers beat the Celtics in game seven of the NBA Finals, then Lakers' small/power forward Ron Artest gave one of the most interesting postgame interviews I have ever seen. After saying hello to his old neighborhood, wife and kids, Artest thanked his psychiatrist. The NBA star, from the biggest stage he had ever set foot on, told the world that he was afflicted by a mental disorder. Artest admitted that his doctor was crucial in helping him "relax a lot"--and based on his performance that night, he wasn't lying. The admission from an NBA star, known for one of the ugliest fights in NBA history, that he had a mental disorder brought the issue national attention. Unfortunately in our social media world, these issues are trendy for a while and then quickly forgotten.


Hopefully Senate Bill 330 and Senator Padilla's efforts bring the issue back via an academic approach so that more people with mental disorders can seek the help to relax them, without any of the stigma. If Ron Artest could overcome his issues, then so through a proper academic framework can society overcome its issues with mental disorders. •



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Seniors

How America's Change-Leading Generation Has Redesigned Aging

(BPT) - America's baby boomers first came on the scene in 1946. They've been turning the world on its head ever since.

Known as the country's greatest generation for leading change, baby boomers make up roughly 26 percent of the United States' total population - at about 78 million people. Over the years they've reinvented almost everything about the way America lives - from the music we listen to, to the cars we drive, to the technology we rely upon, to the way we age.

The oldest baby boomers have already begun crossing the threshold into their golden years - and as expected, they're redesigning what's on the other side.

Never known as an understated generation, baby boomers have already made it clear that they won't be fading quietly into retirement. On the contrary, they're all about staying active and engaged. Chronologically they may be aging, but their spirits aren't. So whether it's finding a new career, rock-climbing, volunteering, adventure travel or online dating, baby boomers are embracing life's second act with gusto.

More than any generation before them, baby boomers have adopted lifestyles that help them stay healthy and fit. And they're embracing modern technologies that enable them to stay connected to the world around them and involved in it. An important way in which active baby boomers are keeping up their youthful pace is by taking care of their hearing.

This generation understands that in order to fully enjoy the experiences of life, you need

to stay connected to it. So rather than deny a hearing loss and suffer the negative social, cognitive and professional consequences that inevitably result from leaving it unaddressed, baby boomers are increasingly dealing with hearing loss head on.

Boomers in their 40s, 50s and 60s are getting their hearing tested. And they're benefitting from the technological revolution taking place in the hearing aid marketplace. Simply put, the generation has caught onto the fact that today's state-of-the-art hearing aids are highly effective, sleek and sophisticated wearable electronics that can help them stay actively connected to life - not to mention to all their other prized electronics.

America's baby boomers have been shaking the place up for decades. It's no wonder, then, that they're now redesigning the golden years. For more information on hearing loss, visit the Better Hearing Institute at www.betterhearing.org.

Five trending facts about today's hearing aids:

1. They're virtually invisible. Many of today's hearing aids sit discreetly and comfortably inside the ear canal, providing both natural sound quality, and discreet and easy use.
2. They automatically adjust to all kinds of soundscapes. Recent technological advances with directional microphones have made hearing aids far more versatile than ever before - and in a broad range of sound environments.
3. You can enjoy water sports and sweat

See Seniors, page 12



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Finance

from page 3

withheld due to earlier earnings.

IRA and 401(k) withdrawals. After age 59 ½, you can start withdrawing balances from your IRA without paying the 10 percent early withdrawal penalty - although exceptions are made in cases including disability, qualified first-time homebuyer distributions and certain medical expenses. However, you will pay federal (and state, if applicable) income tax on IRA withdrawals - except for Roth IRAs held at least five years, whose contributions have already been taxed.

With 401(k) plans, you can withdraw funds after age 55 without the 10 percent penalty if you are no longer employed by the company sponsoring the plan.

Other taxes. Some people move to another

state after retirement thinking they'll lower their tax burden. For example, seven states do not tax personal income; however, another two tax only dividend and interest income. And five states charge no sales tax. But because other taxes and cost-of-living expenses vary significantly by community, you should only consider such moves after doing thorough research.

The Retirement Living Information Center (www.retirementliving.com) features breakdowns of the various kinds of taxes seniors are likely to pay, state by state, including those on income, sales, fuel, property and inheritances.

Bottom line: Be sure to consult a financial advisor long before retirement to make sure you fully understand all the many tax and income implications. •

Police Reports

from page 4

Segundo Boulevard for possession of a controlled substance and driving with a suspended license.

Missing Person- One male adult was reported missing at 1624 hours from the 200 block of Main Street. He was later found on a Redondo Beach MTA bus.

A forgery report was taken at 1803 hours from the 100 block of North Sepulveda Boulevard.

One male adult was arrested at 2137 hours from the 1900 block of East Mariposa Avenue for burglary, resisting arrest, parole violation and giving false information to a peace officer.

One male adult was arrested at 2137 hours from the 1900 block of East Mariposa Avenue for burglary.

Saturday, August 10, 2013

Traffic accident (no injuries) occurred at 0927 hours in the intersection of Rosecrans Avenue and Sepulveda Boulevard, vehicle versus vehicle.

Appropriation of lost property report was taken at 0858 hours from the 600 block of Acacia Avenue. Taken was an Apple iPhone.

Stolen Plate- A license plate report was taken at 1538 hours from the 500 block of North Sepulveda Boulevard.

One male adult was arrested at 1808 hours from El Segundo Boulevard and Oregon Street for plain drunk in public.

A disorderly conduct report was taken at 2223 hours from the 2000 block of East Park Place.

Sunday, August 11, 2013

Traffic accident (without injuries) occurred at 1118 hours at Whiting Street and Franklin Avenue, vehicle versus vehicle.

Warrants-One male adult was arrested at 1133 hours from the 2006 block of Mathews Avenue in Redondo Beach for one outstanding El Segundo PD misdemeanor warrant.

Attempt Suicide report was taken at 1711 hours from the 400 block of West Maple Avenue. Victim attempted to commit suicide by cutting both of her arms with a knife.

One female adult was arrested at 2154 hours from the 100 block of South Sepulveda Boulevard for misdemeanor DUI with a BAC of .08% or above. •



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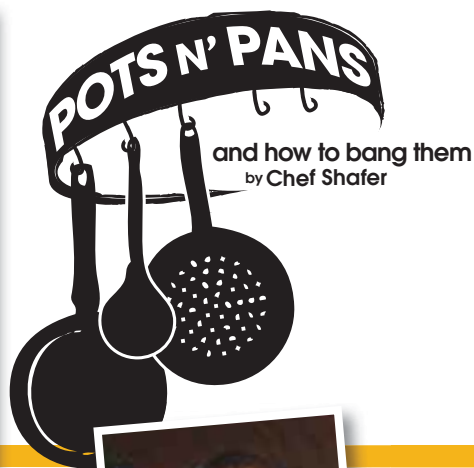
When I was growing up and my mom would find it on sale, she would buy us 'the San Francisco treat'. We would have it with chicken or pork chops. But sometimes I would just make a box of it and add some frozen veggies to it and top it with cheese for me to eat after school.

For those who don't know what this is... it's Rice a Roni.

I remember the salty savory taste of this stuff to this day.

But after reading the amount of salt that's in the box I came up with my own version of this treat.

The Chef



Chef Shafer's Rice a Roni



- 1 medium red onion, chopped fine
- 1/4 cup olive oil
- 1 cup white rice, uncooked
- 1/2 pound fettuccine pasta, broken in 4 inch pieces
- 6 cups chicken broth or more may be needed to ensure the rice is tender
- 1 teaspoon ground turmeric
- 1/4 cup chopped parsley
- 6 to 8 basil leaves chopped
- 2 tablespoons unsalted butter

In a large saucepan, sauté the onions in the olive oil.

Add the rice and sauté with the onions.

Add the parsley, turmeric, fettuccine, and broth. Simmer till rice and pasta are tender.

Finish with the basil and the unsalted butter, then check to see if you need to add salt or pepper. •

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Sports

Sports

Life's a Beach For Lifeguards

By Gregg McMullin

We sometimes take our lifeguards for granted. You know--the ones that sit high above us on the sand. We know they're there if we need



L.A. County's Benjamin Gottlieb and Jeff Lombardo paddle out during their Men's Open 'Surf Boat' race.

them, much like we know the police officer or fireman is ready when we need them too. For lifeguards, though, it is a bit different since we see these men and women basking in the sun and going for dip in the ocean to stay cool--but all the while keeping an eye on us.

These people who patrol our beaches are just as much heroes as a police officer on the beat or fireman saving our homes. They have the task of saving us from the surf when we get caught in a rip tide or administering first aid when we get a cut. They have limited police powers, but they will act if needed. And though it may look like a real cushy job, it isn't for everyone.

From 1989 to 1999, lifeguards were sensationalized by the television show Baywatch. And though in reality our real lifeguards don't look exactly like the ones in the show, you do need to be in great shape, a good swimmer, attentive and a little competitive.

The United States Lifesaving Association is a nonprofit professional group of beach lifeguards and open water rescuers. The USLA works to reduce the incidence of death and injury in the aquatic environment through public education, national lifeguard standards, training programs and the promotion of high levels of lifeguard preparedness.

Each year these lifeguard heroes gather for some friendly competition in the Nautica United States Lifesaving Association National

Lifeguard Championships. Thirty-some teams come from as far away as Hawaii; Smith Point, New York; Hollywood, Florida; and Sussex County, Delaware to compete with

others from the West Coast.

Besides having age groups, the competition also has an "Open Division" that crowns a national champion. Overall there were about 114 open and age-group events at the 44th annual event that took place in Manhattan



Ryan Sterrett of Sussex County, Delaware, dives for a flag ahead of Tim Cabasino of Long Beach, New York.

Beach. More than 1,200 professional and junior lifeguard associations from across the country competed for national, individual and team honors.

These athletes competed against each other in water and beach course events that challenged their endurance and lifesaving skills. These included surf swims, beach runs, paddleboard races, landline rescue relays,

board rescue races, beach flags, and Ironman and Ironwoman races. Some of the athletes competed in multi-events that stretched both the mental and physical capabilities of each participant.

The Los Angeles County Lifeguard Association had "home-beach advantage" when they hosted the Nautica United States Lifesaving Association National Lifeguard Championships. This is the granddaddy of all lifeguard competitions, bringing the best of the best from across the country. In the 43-year history of the event, the L.A. County Lifeguard Association has won the overall team championship 39 times--including the past 26 consecutive events leading up to this year's event.

Here is a rundown of the events: The Beach Run is a 2K run on hard/soft sand. The Surf Race is a swim out and around marked buoys and back to shore. Run-Swim-Run challenges athletes to run a distance on the sand, swim out and around a buoy and then back in, and then finish with another run on the sand.

The Rescue Board race constitutes a paddle out and around buoys and back towards the finish at the waterline. The Iron Guard tests competitors to cover a 1,400-meter course that includes a swim leg, a board leg, maneuvering a solo surf boat and a beach sprint run finish. The Surf/Ski event compels competitors to steady their skis in line in knee-deep water. Competitors paddle their skis around the apex course marked by three buoys in a clockwise direction and then

return to the finish.

The Rescue Race simulates a victim who swims out and lines up on the flag or buoy line. The rescuer races out and swims the victim back to shore. The Swim Relay is a team event made up of five swimmers in which each team member swims out and around the designated buoys and returns to the beach to tag the next swimmer. Taplin Relay places

teams of four competitors (swimmer, board paddler, surf skier and runner) to cover the 1,400-meter course in a sequence of legs with the run leg always the final leg.



Hampton, New Jersey's Lucy Kholhoff (on the left) won the 'Beach Flags' national title over an outstretched Brianne Jackolski (Smith Point, NY)

Beach Flags is much like musical chairs. From a prone position on the sand, upon a whistle to start, guards rise, turn and race to obtain a baton (beach flag) buried upright in the sand. Those who fail to get a baton are eliminated until there are just two competitors. In the final heat, the one who grabs the flag is the winner.

The Junior Guard competition kicked off the three-day USLA National Lifeguard Championships in eight different events. There were four age groups for both boys and girls for each event. Athletes competed in Beach Run, Surf Race, Run-Swim-Run, Rescue Board Race, Iron Guard, Rescue Race, Swim Relay and Beach Flags.

El Segundo's Kira Makuta dominated the first day, which featured young participants from USLA-affiliated lifeguard programs from across the country. Makuta won four first-place gold medals on the day in the Girls' 16- and 17-year-old age division. She also won a gold medal in the relay race. She won titles in Iron Guard, Run-Swim-Run, Surf Race (distance swim) and Rescue Board Race.

"It was fun and exciting," said Makuta after exiting the water following her first win in the Iron Guard event. Junior Guards swim the designated course, run to the transition area, paddle the designated course and then finish with a final run leg.

See Sports, page 13



The start of the Men's Open 'Surf Race' won by L.A. County's Chad Carvin.



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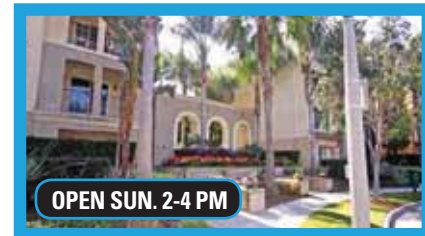
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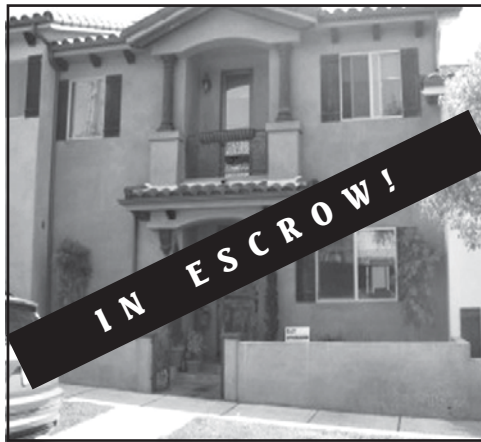


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310-350-4240
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862 VIRGINIA
 3 Bedroom,
 2 Baths with
 tons of character.
 Sound proofing
 completed...
 large corner lot with
 detached
 2 car garage.
\$749,000



IN ESCROW!

212 W. PINE AVE.
 BEAUTIFUL
 TUSCAN VILLA
 3 Bedrooms,
 3 bathrooms,
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 Walk to
 downtown,
 farmers market
 and the beach!
\$749,000

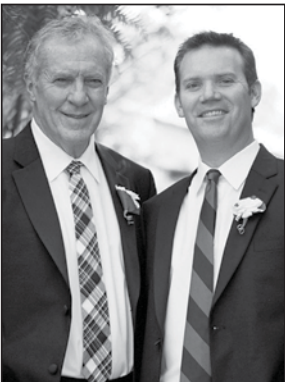
**FOUR
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**LOCATED
 IN A 10+
 LOCATION OF
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 Call Rose or John
 NOW for Details.
**PRICES
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 UNDER 1.2
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**WE HAVE SEVERAL BUYERS WAITING AND READY TO BUY!
 IF YOU'RE THINKING OF SELLING YOUR HOME, CALL US FIRST.**

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361 MAIN ST • EL SEGUNDO

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 FAMILY
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- ★ **NEW LISTING** ★ **GRAND TROPEZ** ★ Super clean 3 bds., 2.5 baths. Formal living room with fireplace, dining area overlooking living room. Kitchen with eating area. Laundry room. 2 car garage. **SOLD!!!**
- ★ **715 W. OAK** ★ Great open floor plan, 3 bds., 2 baths. Family room, fireplace in nice living room. 2 car garage. Reduced price! **SOLD!!!**

COMING SOON!

- ★ **EL SEGUNDO** ★ 2 on a lot. Beautiful Property in Great Location
- ★ **ROLLING HILLS ESTATES** ★ 4 bds., 3 baths - 2,400 sq. ft. Huge lot. Family room. Pool. Much more!
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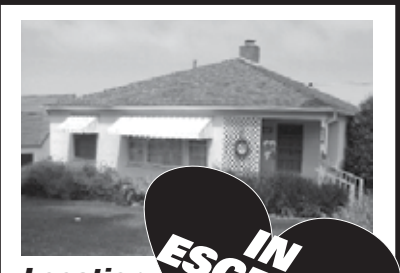


**Newly Listed!
 Needs
 Some Love**
868 Lomita Street
 Super 3 Bedroom, 2 Bath,
 Family Room + Den.
 Over 2100 Sq. Ft.,
 Great Yard, 2-Car Garage,
 Great Neighborhood!
 Offered At
\$819,000



**Best Deal In Town!
 Great Price.**

631 Loma Vista Street
 Adorable 2 Bedroom, 1 Bath, Lg. Living Area,
 Fireplace, Hdw. Floors, Dining, Center Isle
 Kitchen, Small Yard + Patio
 Best Price At **\$699,000**



**Location.
 Location.
 Location.**

606 Whiting Street
 Awesome Street and Neighborhood, Huge 7151
 sq. ft. Lot Size. 3 bedrooms, 2 Baths, Approx.
 1300 sq. ft. + 600 sq. ft. Basement
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**NEW LISTING COMING: EL SEGUNDO
 REMODELED - 3 Bed/2 Bath - 2500 sf. - 7500 sf. lot**

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**I HAVE SEVERAL ALL CASH BUYERS LOOKING FOR A GREAT HOME IN ES. UP TO \$1.8
 PLEASE CALL ME IF YOU ARE THINKING OF SELLING YOUR HOME.**



JUST LISTED !

IN ESCROW !

328 Whiting - ES

Charming Spanish Jewel - R2 Lot - 3 Bed. 2 Bath.

Asking : \$ 1,250,000



JUST LISTED !

6620 Vista del Mar

Stunning 2741 st. Townhouse with spectacular
 360-degrees panoramic ocean views - 3 balconies - rooftop deck
 4 Bed/4 Bath 2 blocks from the beach !

Asking: \$1,485,000

Looking Up

Excellent Prospects for August's Perseid Meteors

By Bob Eklund

The Perseid meteor shower, an annual celestial event beloved by millions of skywatchers around the world, returns to the night sky this week, peaking late night on August 11-12 and continuing for several days through mid-August. And because the Moon will be in its crescent phase and setting in early evening,

The weaker Delta Aquarid and Kappa Cygnid showers are also active during Perseid season, and there are always a few random, "sporadic" meteors. All of these track back to other parts of the sky.

Any light pollution will cut down the numbers visible. So will the radiant's lower altitude if you're viewing early in the night. But the brightest

"To enjoy the Perseids, you need no equipment but your eyes. Find a dark spot with a wide-open view overhead."

no moonlight will hinder the viewing in the later evening hours.

Although an occasional Perseid meteor might catch your attention shortly after evening twilight ends, the prime viewing hours are from about 11 p.m. or midnight (local time) until the first light of dawn. This is when the shower's "radiant" (its perspective point of origin) is high up in your sky. The higher the radiant, the more meteors appear all over the sky.

To enjoy the Perseids, you need no equipment but your eyes. Find a dark spot with a wide-open view overhead. Bring a reclining lawn chair or a ground cloth so you can lie back and watch the sky in comfort. Patience will be needed—in a dark sky, with little or no light pollution, you could see an average of about one meteor per minute.

Perseids can appear anywhere and everywhere in the sky. Faint Perseids appear as tiny, quick streaks. Occasional brighter ones might sail across the heavens for several seconds and leave a brief train of glowing smoke.

When you see a meteor, track its path backward. If you eventually come to the constellation Perseus—which climbs the northeastern sky as the night progresses—then a Perseid is what you've just witnessed.

Occasionally you might spot an interloper.

few meteors shine right through light pollution, and the few that happen when the radiant is low are especially long—skimming the upper atmosphere and flying far across the heavens.

Meteors are caused by tiny, sand- to pea-size bits of dusty debris streaking into the top of Earth's atmosphere about 80 miles up. Each Perseid particle zips in at 37 miles per second, creating a quick, white-hot streak of superheated air. The nuggets in Grape Nuts cereal are a close match to the estimated size, color and texture of typical meteor-shower particles.

These particular bits were shed long ago by Comet Swift-Tuttle and are distributed all along the comet's orbit around the Sun. Earth passes through this tenuous "river of rubble" every year in mid-August.

More about the Perseids and how to watch them appears in the August issue of Sky & Telescope magazine and at: <http://SkyandTelescope.com/Perseids>

International Starry Night Events

Coinciding with the Perseid meteor shower, events are being held around the world to celebrate the first "International Starry Night, a Celebration of Starlight." Check them out at: www.starry-night.org



Seniors


from page 6

while wearing them. Waterproof digital hearing aids have arrived. This feature is built into some newly designed hearing aids for those concerned about water, humidity and dust. This feature suits the active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts and anyone working in dusty, demanding environments.


4. They work with smartphones, home entertainment systems and other prized electronics. Wireless, digital hearing aids

are now the norm. That means seamless connectivity - directly into your hearing aid(s) at volumes that are just right for you - from your smartphone, MP3 player, television and other high-tech gadgets.

5. They're always at the ready. A new rechargeable feature on some newly designed hearing aids allows you to recharge your hearing aids every night, so they're ready in the morning. It's super convenient - and there's no more fumbling with small batteries. •



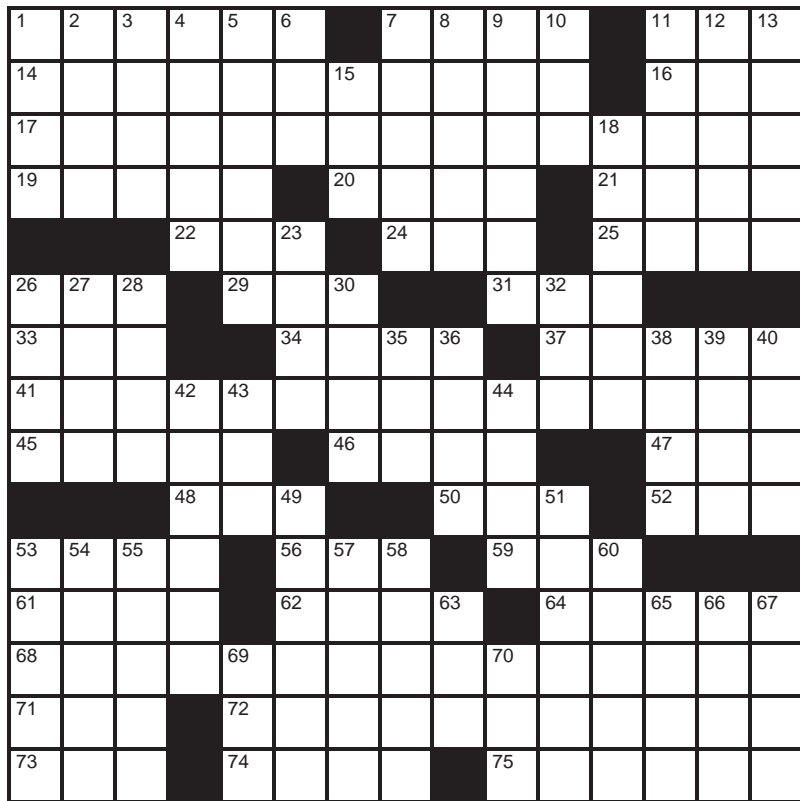
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<p>your ad here! email: accounting@heraldpublications.com</p>				
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WEEKLY CROSSWORD See Answers Next Week
Modern Conveniences



ACROSS

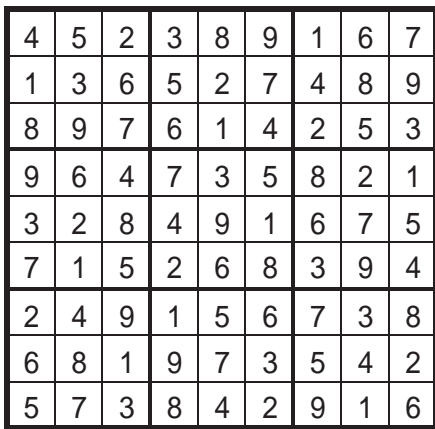
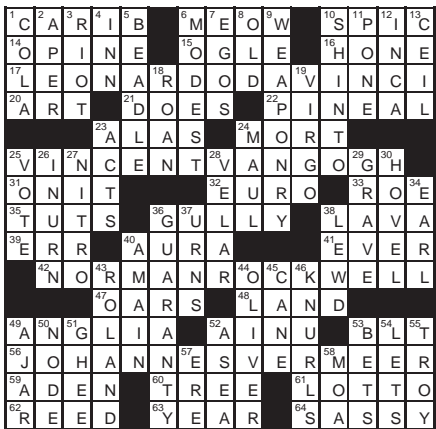
- 1. Short-tailed lemurs
- 7. Told all
- 11. Pork place
- 14. Parish dweller
- 16. Not just any
- 17. For surfers on the go
- 19. Pen filler
- 20. Sloth's home
- 21. African flower
- 22. Step follower
- 24. Lapse
- 25. Intelligence
- 26. "The Office" network
- 29. Soupçon
- 31. Herd animal
- 33. Neighbor of Ida.
- 34. Teases
- 37. Copper coins
- 41. Family reunion fixtures
- 45. Set right
- 46. Break
- 47. Education acronym
- 48. Increase, with "up"
- 50. Young sheep
- 52. Cudjoe or Big Pine
- 53. Puente ____
- 56. "___ magic!"

DOWN

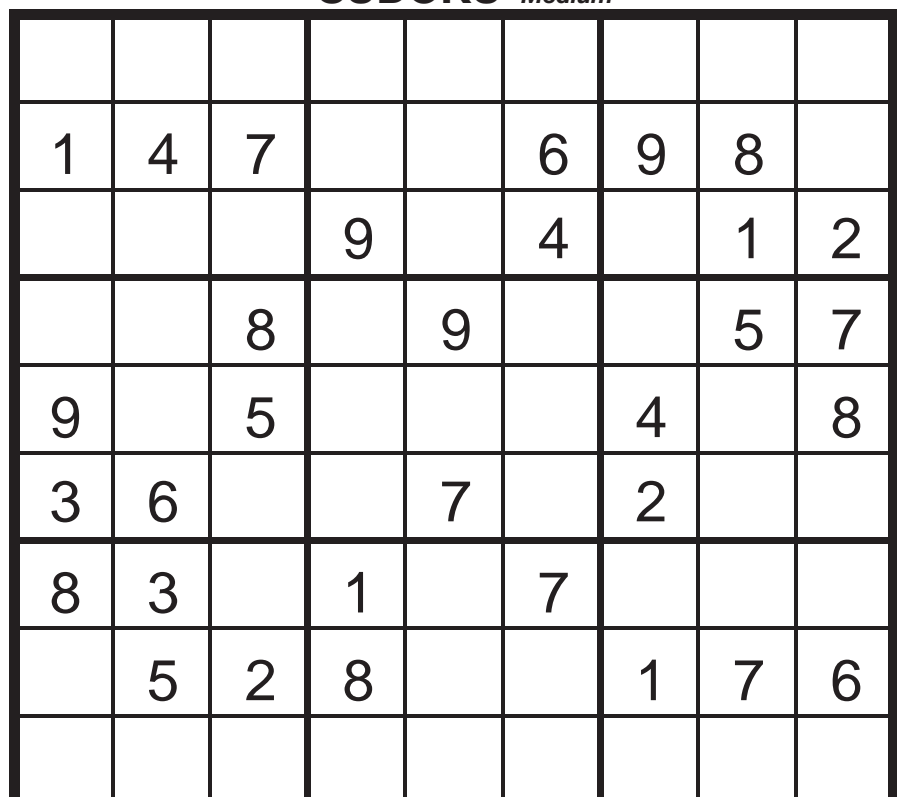
- 1. Pandora's boxful
- 2. Ark builder
- 3. Copy
- 4. Marriage and others
- 5. Certain crustacean
- 6. Bit of a draft
- 7. Sound asleep?
- 8. Archer, at times
- 9. Household linen
- 10. Animal with curved horns
- 11. Inscribed pillar
- 12. Chuck
- 13. Nods
- 15. Make a scene?
- 18. Blotto
- 23. Buster

- 26. Deli order
- 27. Cup part
- 28. Transfer
- 30. Pastoral cries
- 32. Visa statement abbr.
- 35. Clock standard: Abbr.
- 36. ____-free
- 38. Woods part
- 39. Manitoba native
- 40. Make out
- 42. Sign up
- 43. Online magazine
- 44. Kind of page
- 49. Prey
- 51. More bloody
- 53. English race place
- 54. Jungle climber
- 55. Small drum
- 57. "___ Dreams" (Heart hit)
- 58. Wise one
- 60. Lacks, in brief
- 63. A shot
- 65. Dentist's request
- 66. ___ War
- 67. May event, for short
- 69. Nigerian state
- 70. Itinerary word

Last Week's Answers



SUDOKU Medium



Each Sudoku puzzle consists of a 9x9 grid that has been subdivided into nine smaller grids of 3x3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

APARTMENT FOR RENT

Studio for lease. ES. \$1,295/mo. Available immediately. Call (310) 647-1635.

A Must-See. Beautiful, 1 bedroom unit w/private patio, gas BBQ hook-up, double-paned windows, blinds, private 1-car garage & storage, front-loading W/D, full-sized kitchen with granite counters, chrome hardware, custom wood cabinets, gas oven, microwave, refrigerator, hardwood flooring & Italian tile, recessed "can" lighting with dimmer switches, crown molding, cable ready for flat screen TV, and more! Pets okay upon review. \$2,150 w/1-year lease minimum. Avail. 9/01/13. Call for appt. (310) 721-3625.

2 Master Bedroom Townhouse with 2 1/2 bathrooms. All appliances, plus W/D, 2 car garage, wood flooring, 126 Virginia St. \$2,275/mo. Avail. 8/30. Call Jane (310) 545-2845.

EMPLOYMENT

Accounting/bookkeeping Assistant, Local General Contractor seeking a responsible person to fill a part time position requiring between 16 and 32 hours per week. Must have knowledge of Microsoft Excel and general office duties. QuickBooks knowledge is a plus. Please call 310-321-5901 or fax your Resume to 310-640-2907.

Display Ad Sales Position. We need an experienced Display Ad Salesperson for Herald Publications. Territories include Torrance, El Segundo and Hawthorne. Full or part-time positions are available. 20% commission on all sales. If interested please email your resume to management@heraldpublications.com. No phone calls please.

Nursery Caregiver for infants and children to age 5. 10 a.m. - 12 p.m. Sunday mornings. Contact El Segundo UMC office: (310) 322-0051 or esumc@sbcglobal.net.

ESTATE SALE

504 Penn. ES. Fri. 8/16 - Sun. 8/18, 8 a.m.-3 p.m. Antiques Dealer Estate. 3 storage sheds full. Art and artifacts. This dealer was also a hoarder.

GARAGE SALE

207 Loma Vista, ES. Sat. 8/17, 8 am-2 pm. Charitable fundraiser.

HOUSE FOR RENT

3BD/3BA. ES. Home. Ocean View, Fenced yard, 2-car garage, 2,500 sq. ft. Pets OK, No smoking, avail now, \$3,495/mo. (310) 322-5849.

4BD/2.5BA. + bonus room, New amenities, enclosed patio, 2-car garage w/workshop, excellent storage. \$3,950/mo. Discount for long-term. (310) 345-8013.

Visit us online: www.heraldpublications.com

Business Briefs

from page 2

About Professional Photographers of America Professional Photographers of America (PPA) is the largest international non-profit association created by professional photographers, for professional photographers. Almost as long-lived as photography itself, PPA has roots back to 1869. It has never

stopped growing and looking for new ways to assist its now 26,000 members through protection, education and resources for their continued success in the industry. See why photographers love PPA at www.ppa.com Contact: Marcy Dugan 310-322-2917 marcy@marcyduganphoto.com.

Sports

from page 8

Medals were awarded to the top five finishers in age groups, with national honors awarded in the Open division. Then there is the team award that has been dominated by L.A. County for the past 26 years.

Bolstered by a number of strong performances, the L.A. County Lifeguards easily defended their team title for the 27th consecutive year. They outpaced the California State Lifeguards Association and Monmouth County, New Jersey, which finished second

and third respectively. L.A. County's Brian Wilson and Tom Seth won multi-events to help pace their team. L.A. County also had a number of one-two-three finishes in age groups in events including the Surf-Swim, Rescue Board race and Ironman events.

El Segundo's Coral Kemp won the Women's Open Individual points title and was second in the American Iron woman to lead the women's team. She also earned points in the Run-Swim-Run, Landline Rescue and Taplin Rescue.



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PUBLIC NOTICES

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

Date of Filing Application: JULY 30, 2013 To Whom It May Concern: The Name(s) of the Applicant(s) is/are: PIE SQUARED PIZZALLC

H23875

Fictitious Business Name Statement 2013151408

The following person(s) is (are) doing business as 1. KA PA HULA 'O KEAHIALAKA. 2. KA PA HULA O KEAHIALAKA. 3. KA ALEA PRODUCTIONS.

Fictitious Business Name Statement 2013152559

The following person(s) is (are) doing business as HAVANA. 1. 229 MAIN STREET, EL SEGUNDO, CA 90245.

Fictitious Business Name Statement 2013149904

The following person(s) is (are) doing business as INTEFLX REALTY. 505 MANHATTAN BEACH BLVD APT 5, MANHATTAN BEACH, CA 90266.

Fictitious Business Name Statement 2013155600

The following person(s) is (are) doing business as THE AMERICAN COLLECTION COMPANY. 6363 WILSHIRE BLVD., SUITE 305, LOS ANGELES, CA 90048.

Fictitious Business Name Statement 2013153887

The following person(s) is (are) doing business as BMG ACQUISITIONS. 19100 VON KARMAN AVENUE. SUITE 500, IRVINE, CA 92612.

NOTICE OF TRUSTEE'S SALE TTD No.: 20139066667041 Loan No.: XXXXXXHVAR ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTEES ONLY NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 09-06-2006 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE.

warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s).

OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code.

El Segundo Herald Pub. 8/15, 8/22, 8/29/13

H-23880

NOTICE OF TRUSTEE'S SALE TS No. 12-0004434 Title Order No. 12-0009643 APN No. 4139-012-006 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 08/02/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE.

sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$564,092.20.

the county recorder's office or a title insurance company, either of which may charge you a fee for this information.

El Segundo Herald Pub. 8/15, 8/22, 8/29/13

H-23881

NOTICE INVITING SEALED BIDS FOR THE ELEVATED TANK RESTORATION IN THE CITY OF EL SEGUNDO PROJECT NO.: PW 13-07

PUBLIC NOTICE IS HEREBY GIVEN that the City of El Segundo invites sealed bids for the above project and will receive such bids in the offices of the City Clerk, 350 Main Street, El Segundo, California 90245, up to the hour of 11:00 a.m. on:

TUESDAY, SEPTEMBER 3, 2013

at which time they will be publicly opened.

Copies of the Plans, Specifications, and Contract Documents are available from the Engineering Division of the Public Works Department, City of El Segundo, 350 Main Street, El Segundo, California, 90245.

A pre-bid meeting is scheduled for Tuesday, August 20, at 10:00 am, at the Water Yard, 400 Lomita Street in El Segundo, CA 90245.

Any contract entered into pursuant to this notice will incorporate the provisions of the State Labor Code. Compliance with the prevailing rates of wages and apprenticeship employment standards established by the State Director of Industrial Relations will be required.

Affirmative action to ensure against discrimination in employment practices on the basis of race, color, national origin,

ancestry, sex, or religion will also be required.

The City of El Segundo will deduct a five percent (5%) retention from all progress payments as specified in Section 9-3.2 of these Specifications.

The City of El Segundo hereby affirmatively ensures that minority business enterprises will be afforded full opportunity to submit bids in response to this notice and will not be discriminated against on the basis of race, color, national origin, ancestry, sex, or religion in any consideration leading to the award of contract.

In entering into a Public Works contract, or a subcontract, to supply goods, services, or materials pursuant to a public works contract, the CONTRACTOR, or SUB-CONTRACTOR, offers and agrees to assign to the awarding body all rights, title and interest in, and to, all causes of action it may have under Section 4 of the Clayton Act (15 U.S.C. Section 15) or under the Cartwright Act (Chapter 2 [commencing with Section 16700] of Part 2 of Division 7 of the Business and Professions Code), arising from purchases of goods, services, or materials pursuant to the public works contract or the subcontract. This assignment shall be made and become effective at the time the awarding body tenders final payment to the CONTRACTOR, without further acknowledgment by the parties.

Bids must be prepared on the approved Proposal forms in conformance with the Instructions to Bidders and submitted to the City Clerk, 350 Main Street, City of El Segundo, in a sealed envelope plainly marked on the outside:

ELEVATED TANK RETORATION "SEALED BIDS FOR PROJECT NO.: PW 13-07

IN THE CITY OF EL SEGUNDO

DO NOT OPEN WITH REGULAR MAIL"

The bid must be accompanied by a bid bond, made payable to the City of El Segundo for an amount no less than ten percent (10%) of the amount bid for the base contract.

No bid will be accepted from a CONTRACTOR who has not been licensed in accordance with the provisions of the State Business and Professions Code. For these projects, those acceptable classes of license shall be "A". In addition, all work pertaining to the installation of protective coatings shall be performed by a contractor or subcontractor possessing a C-33 License.

The City of El Segundo reserves the right to reject any or all bids, to waive any irregularity, and to take all bids under advisement for a period of ninety (90) calendar days.

Any contract entered into pursuant to this notice shall become effective or enforceable against the City of El Segundo only when the formal written contract has been duly executed by the appropriate officer(s) of the City of El Segundo.

BY ORDER OF the City of El Segundo, California.

Tracy Weaver City Clerk City of El Segundo El Segundo Herald Pub. 8/8, 8/15/13 H-23879



Glaucoma can take your sight away.

Many African Americans have glaucoma and don't even know it. Glaucoma has no warning signs and, if left untreated, can lead to permanent vision loss or blindness.

See an eye care professional. Get a dilated eye exam.

For more information, visit: www.nei.nih.gov/glaucoma

Fictitious Business Name Statement 2013163687

The following person(s) is (are) doing business as LOS ANGELES TAXI. 1. 2100 HERMOSA AVE #9, HERMOSA BEACH, CA 90254.

NOTICE OF APPLICATION FOR CHANGE IN OWNERSHIP OF ALCOHOLIC BEVERAGES LICENSE

Date of Filing Application: July 17, 2013 To Whom It May Concern: The Name(s) of the Applicant(s) is/are: NEW START

Department of Alcoholic Beverage Control 3950 Paramount Blvd. Ste. 250 Lakewood, CA 90712 (562) 982-1337 EL SEGUNDO HERALD: August 15, 2013, 2013 and September 5, 2013. H-961



NOTICE OF PUBLIC HEARING REGARDING THE FY 13/14 ANNUAL BUDGET AND FIVE-YEAR CAPITAL IMPROVEMENT PROGRAM (CIP)

PUBLIC HEARING

DATE: Tuesday, September 03, 2013 TIME: 7:00 p.m. PLACE: City Council Chamber 350 Main Street El Segundo, CA 90245

AND CONTINUED PUBLIC HEARING AND BUDGET ADOPTION

DATE: Tuesday, September 17, 2013 TIME: 7:00 p.m. PLACE: City Council Chamber 350 Main Street El Segundo, CA 90245

TAKE NOTICE that the CITY COUNCIL of the City of El Segundo will hold a public hearing September 03, 2013 to be continued, if necessary, to September 17, 2013, relating to consideration of the FY 13/14 annual budget for the period October 1, 2013 to September 30, 2014 and Capital Improvement Program (CIP) 5-year plan.

All persons may give testimony at both the public meeting and public hearings conducted at the dates, times and places indicated above.

For more information please contact Deborah Cullen, El Segundo Finance Director, at (310) 524-2315.

EL SEGUNDO HERALD AUGUST 15 and August 22, 2013. Cathy Domann, MMC Deputy City Clerk II El Segundo Herald Pub. 8/15, 8/22/13 H-23882

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PETSPETS Pets PETSPETS

Pets Without Partners

Adopt a “pet without a partner” and give a homeless pet a second chance in life.

This sweet little teacup Chihuahua is **Pistol Annie**. Our darling girl was found abandoned in an empty lot in downtown Los Angeles left to fend for herself. Annie was born with deformed hind legs--her kneecaps were on



Pistol Annie

the side of her legs, making it impossible for her to use her hind legs to walk. Now since her knee surgery to place her patellae in the correct position, this amazing little pup is running and playing like any pup her age should do. Check out her two videos on our website. It's both heartbreaking and heartwarming. Annie is nine months old, weighs three pounds and is ready to share her love with you. If you can't adopt this amazing little girl, please consider donating

toward her care as her surgery bill is huge! Pistol Annie is spayed, current on vaccinations, de-wormed, microchipped, and is great with everyone. However, children in the household should be 13 and older due to Annie's small size.

Clover is a very unique-looking puppy... like a little sheep ready to be shorn! Her dear mom Abbey, (also available for adoption) is a sweet, brown Chihuahua. Dad was a little Poodle who did the dirty and then took off! This little gal is all about fun and games. She is a butterscotch tan in color with beautiful blue eyes. She is happy, healthy and loads of fun. Clover has a cute, spunky personality and loves everyone she meets. She was born on June 1, 2013, is ready for her new home, and will need to be adopted in our relative area so she can come back to be spayed at our vet. Clover will be spayed when of age, is current on vaccinations, is de-wormed, microchipped, great with other dogs and cat-safe.

To learn more about these and other wonderful dogs, visit our website at www.animalsrule.org. If a dog is on our website, it's available. Or come to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

Saving one animal won't change the world, but the world will surely change for that animal. •



Clover

Happy Tails

Shanti (aka Ava) is not only a wonderful companion, but has stepped up to the plate to become her human's service dog. From

while I turned in some shoes to be repaired and then walked like a little angel over to Macy's and sat with me while I waited

“When you adopt a “pet without a partner,” you will forever make a difference in their life and they are sure to make a difference in yours.”

homeless to a higher calling, Shanti is truly amazing....

“Shanti is amazing! She is an unusual dog and deserves an unusual name, so I just made this one up myself and she responds beautifully. She had her first trip to the mall today...sat patiently at Nordstrom's

(an interminably long time) to return a package. She is really the most amazing dog I've ever owned. She fits us perfectly. We go to the dog park every evening so she can socialize with other dogs. However as of now, she really prefers to socialize with the humans.

Purrrfect Companions

This week's brother pair will definitely entertain you and charm their way into your heart. Magoo and Barney play with the other cats and dogs at their foster home and could do well in a multi-pet household. They were hand-raised from four weeks old and love to be with their humans.



Barney

Magoo is the total package...an affectionate, charismatic personality with a beautiful silky soft coat. Perching on your shoulder with the heart of a mountain lion, he will then flop over like a rag doll to be cuddled, purring up a storm. Magoo especially loves to lie on your chest as you watch TV or next to your feet as you work at the computer--and soon purrs himself to sleep. He is an energetic, spunky, fun-loving kitten with a look in his eyes that will melt your heart. This darling boy loves to be with you and know that he has your love. His kitten antics will entertain you as he jumps in the air to see how high he can reach and fetches his favorite fuzzy ball when you throw it for him. With his distinct black and white markings and golden eyes, Magoo will grow to be a strikingly handsome cat.

Although he is the smaller of the two, **Barney** rules the roost and commands the attention of his brother Magoo. His soft, gray Tabby markings over his white coat are the perfect background for Barney's beautiful green eyes. He is adventurous and independent, is not afraid to tackle a stuffed toy twice his size, and yet craves your attention. Barney will lie on his back cradled in your arm waiting for a belly rub as he purrs contentedly or will lie at your feet like a puppy dog. He is an energetic, spunky, fun-loving kitten with an inquisitive nature. Ready for action at a moment's notice, he will run and play but then curl up with his brother or next to you. This sweet boy is still just a baby who loves to be held and assured he is loved.

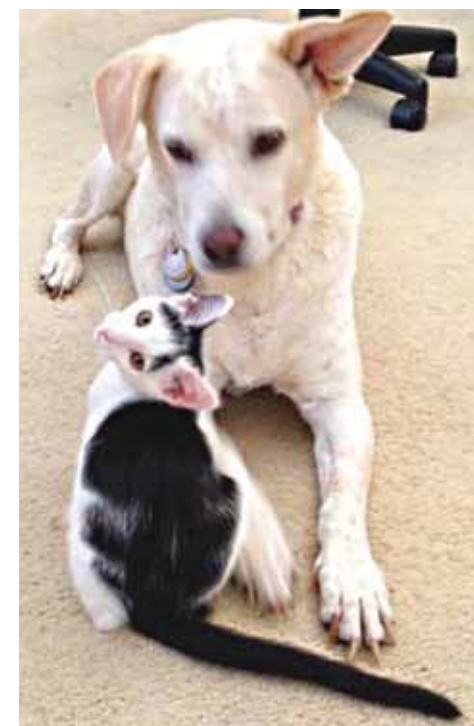
These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat

rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, de-wormed and current on their vaccinations. For additional information and to see our other kitties, please check our website www.kittenrescue.org or

email us at mail@kittenrescue.org. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3 p.m. in Westchester at 8655 Lincoln Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location.

Be kind. Save a life. Support animal rescue. •



Magoo and friend



Shanti at your service.

She trains very easily. Has only had one accident in the house and that was her third night here when she was still getting settled in. She is very comical and does things regularly that make us laugh. Thanks so much for the pictures--they are great and I love them!

I'm heading down to have her registered as a service dog. I am blind in my right eye and she heels on my right side and prevents me from bumping into people when we're in a crowded place. She also is helpful on stairs and curbs, as my depth perception is not always so good. We absolutely adore her and are most grateful to Emily for rescuing her and to your organization for all the wonderful work you do to prevent animals from suffering and to find them loving homes... Most sincerely, Ruthann." •



Barbara Briney
El Segundo



Foti Daviantis
El Segundo



Matt Engle
El Segundo



Sandy Franchini
Manhattan Beach



Kelly Fogarty
Manhattan Beach



Marsha Hansen
El Segundo



Sandy Jacobs
El Segundo



Michele Memmott
Manhattan Beach



Jeffrey Neu
Manhattan Beach



Marie Olivas
Manhattan Beach



Bill Paulsen
Manhattan Beach



Chris Plank
Manhattan Beach



Michele Rogers
El Segundo



Julie Stolnack
El Segundo



Kevin Smith
El Segundo



Carlos Vigon
Manhattan Beach



Dick Wyckoff
El Segundo

Great Ideas. Right Next Door.

GET TO KNOW THE CHEVRON COMMUNITY ADVISORY PANEL

There are some amazing people in the South Bay, people who care about the community and volunteer their time. We're happy to know them as neighbors and proud to have them serve on the Chevron El Segundo Refinery's Community Advisory Panel (CAP). These volunteers represent the "voice of the community" and meet each month at Chevron to share ideas, raise concerns and advise us on our relationship with the community. CAP members are a reflection of the community and when they speak Chevron listens.

WANT TO LEARN MORE?

Want to learn more about the refinery? Would you like a tour of the facility? Visit chevronelsegundo.com and join our community outreach registry.



A Proud Member of the
Community Since 1911