

Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

Herald Publications - El Segundo, Manhattan Beach, Hawthorne, Lawndale, & Inglewood Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 Vol. 6, No. 8 - August 1, 2013

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Manhattan Beach to Host National Lifeguard Championship



Manhattan Beach will be the site of the United States Lifesaving Association National Lifeguard Championships Aug. 7 to Aug. 10. The Los Angeles County Lifeguard Association earned the Large Chapter Team title last year marking the 26th consecutive year they walked off with top honors. Since the competition began in 1970, the Los Angeles County Lifeguards have won the team title 39 times. Photo by Cristian Vasquez.

Manhattan Beach Resident Named to Girls Scouts Board of Directors



Courtesy of GSGLA

Girl Scouts of Greater Los Angeles (GSGLA) recently elected April Spencer of Manhattan Beach to its Board of Directors. GSGLA is the premier leadership development organization for girls throughout communities in Los Angeles County and parts of Kern, San Bernardino, and Ventura counties. The council serves more than 43,000 girls in kindergarten through 12th grade in partnership with 25,000 volunteers.

Spencer is a Media & Entertainment Tax Partner in Ernst & Young's Los Angeles office and has 20 years of experience providing corporate tax accounting and tax planning services to private and public companies in the distribution, professional services, and media and entertainment industries. Spencer is also the director of the Ernst & Young Entrepreneur of the Year and the Entrepreneurial Winning Women programs for the greater Los Angeles area, and serves as the West Sub-Area

Community Engagement champion for the firm. Spencer is active in her community and is an Advisory Trustee for the Greater Los Angeles Chapter of the ALS Association as well as a member of United Way's Women Leaders Steering Cabinet.

She joins a Board of 24 volunteers elected by the membership. The Board represents greater Los Angeles' rich diversity and offers operates within the scope of its mission to build girls of courage, confidence, and character, who make the world a better place.

GSGLA actively engages its Board and the outside community to support the leadership development of girls. Funds raised through the Girl Scout Cookie Program helps provide critical programs for girls ages 5-17 from all social economic backgrounds, but is not enough

to meet the increasing program needs. The Board of Directors are committed to bringing Girl Scouting to every girl and helps make this possible through their personal financial support and through professional affiliations.

Girl Scouts of Greater Los Angeles serves more than 43,000 girls in partnership with more than 25,000 volunteers throughout the diverse communities of Los Angeles County and parts of Kern, San Bernardino, and Ventura counties. The council's programs engage girls in the areas of Leadership, Arts & Culture, Business Smarts, Environment & Outdoor Adventure, STEM (Science, Technology, Engineering, Math), and Wellness & Healthy Living. To join, volunteer, reconnect, or support, visit www.girlscoutsLA.org or call 1-888-GSGLA-4-U. •

Weekend Forecast

Friday

AM Clouds/
PM Sun
71°/61°



Saturday

Mostly
Sunny
70°/62°



Sunday

Partly
Cloudy
72°/62°



Councilman Powell Elected to ICA Board of Directors

Manhattan Beach City Councilman Wayne Powell was elected to the Independent Cities Association Board of Directors at its general membership meeting. The Independent Cities Association (ICA) is a 501(c)(3) nonprofit, public benefit corporation that was established in 1961 by full service cities (cities that provide their own police and/or fire services) in Southern California to improve local government. The combined population of ICA member cities is approximately 7 million. For additional information about the ICA visit www.icacities.org.





PET LOVERS EVENT

SUNDAY, AUGUST 4

11AM - 3PM



BRING YOUR PET!

- Free raffles throughout the day
- Best Pet Trick & Best Pet Costume Contests!
- Owner and Pet Look-a-Like contest
- Win Pet Safety products from Toyota
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Police Reports

JULY 23

Vandalism: 100 Block of 1st St. Officers responded to the location regarding a subject seen by residents tagging a city sign. The subject was detained and arrested for vandalism.

Residential Burglary – Attempt: 1000 Block of 11th St. MBPD responded to an audible burglary alarm at a residence. Officers discovered an unknown suspect(s) broke a window to the rear. The preliminary investigation revealed the door was opened, but no sign of entry into the home and nothing appeared missing.

JULY 19-20

Residential Burglary: 800 Block of 10th St. Unknown suspect(s) smashed the kitchen door to gain entry into the residence. A safe, comic books, and miscellaneous items were taken.

JULY 19

Robbery: 2700 Block of N. Sepulveda Blvd. Unknown suspect(s) entered Citibank and passed a note demanding money.

Residential Burglary: 2600 Block of N. Poinsettia Ave. Unknown suspect(s) pried open a bathroom window to gain entry into the residence. Two guitars, two laptops, and two iPads were taken.

JULY 14-15

Vehicle Burglary: 800 Block of 5th Street Unknown suspect(s) smashed the passenger side window and took two toolboxes that were left in the passenger side of the truck.

JULY 14

Vehicle Burglary: 2nd Street/Sepulveda Blvd. Unknown suspect(s) entered a vehicle, which was parked on the street and stole miscellaneous items. The front driver and passenger side windows were left slightly open. There were no signs of forced entry.

JULY 6-12

Vandalism: 14th Street/N. Manhattan Avenue. Unknown suspect(s) vandalized a vehicle, which was parked on the street. The suspect(s) poured oil and left cigarette ash and burn marks on the vehicle.

JULY 11

Death Report: Workers arrived at Begg Field 1501 N. Peck to distribute compost throughout the city. The body of a 21 year old man, who was reported missing out of Long Beach was found at the location. The Los Angeles County Sheriff's Department is heading up the investigation. If you have any

information about this incident, please call Sheriff's Homicide Bureau at (323) 890-5500.

JULY 10

Residential Burglary: 3500 Block of Laurel Ave. Unknown suspect(s) entered the residence through an open window, ransacked the location, and stole miscellaneous jewelry.

JULY 6-7

Theft: 1500 Block of 8th St. Unknown suspect(s) stole a bench from the front yard.

Residential Burglary: 200 Block of Rosecrans Ave. While the victim was sleeping, unknown suspect(s) removed the screen and entered the residence through an open window. A wallet, laptop, and keys were stolen.

JULY 5-6

Residential Burglary: 1600 Block of 21st St. Unknown suspect(s) broke several windows to a residence and eventually gained entry through a rear window. The suspect(s) ransacked the rooms. No report of any loss at this time due to the resident being out of town.

JULY 3-6

Residential Burglary: 2800 Block of N. Manhattan Ave. Unknown suspect(s) entered an open/unlocked garage and took a bicycle.

JUNE 28-JULY 3

Attempted Residential Burglary: 2300 Block of John St. Unknown suspect(s) attempted to pry open two doors to the residence, but no entry was made.

JULY 2

Attempted Theft: 4200 Block of N. Crest Dr. Unknown suspect entered an unlocked vehicle, which was parked on the street. The victim saw the suspect rummaging inside the vehicle. No loss reported.

Residential Burglary: 500 Block of 3rd St. Unknown suspect(s) entered an open garage and removed a bicycle from a wall rack.

JUNE 26-JULY 1

Theft: 300 Block of 36th St. Unknown suspect(s) entered an unlocked vehicle, opened the trunk, and stole a briefcase that contained documents, bills, and miscellaneous items.

JUNE 24 & JULY 1

Theft: On June 24th the victim met with a contractor and when he left, an envelope containing \$5000 was missing. On July 1st the victim met with the same contractor and upon completing work, the contractor was paid. After the contractor left, the victim discovered her wallet missing. •

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

A Must -See. Beautiful, 1 bedroom unit w/private patio, gas bbq hook-up, double-paned windows, blinds, private 1car 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.

2BD/2BA. X-Large Deluxe 2 story town house style. Laundry hook ups, gated parking, fireplace, 2 patios. \$1,895/mo. Call (949) 878-1678 or (310) 615-0974.

2 Master Bedroom Townhouse with 2 1/2 bathrooms. All appliances, plus W/D, 2 car garage, wood flooring, 126 Virginia St. \$2275/mo. Avail. 8/30. Call Jane (310) 545-2845.

3BD/1.5BA. ES. New windows, new paint, new floorings. Non smoking property. No pets, carport w/storage. \$1,900/mo. + \$2,000 deposit. Call (310) 955-7202.

AUTO FOR SALE

2007 PT Cruiser, 31,000 Miles - \$8,500 obo. (310) 256-0439.

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.

Design Artist - 3D character models. BA req'd. Send resume to: Big Red Button Entertainment, 880 Apollo St., #245, El Segundo, CA 90245.

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.

FOR SALE

Thule Roadway 2 - Hitch bike Carrier, never used, \$200. Call (714) 771-2993.

GARAGE SALE

Estate Sale! 1224 E. Walnut Ave. ES. Fri., 8/02 & Sat., 8/03, 7 a.m. both days. Antiques, collectibles, furniture, much more.

Come! 623 Whiting Street, ES. Sat., 8/03, 8 a.m. - 1 p.m. Yard Sale! Beds, couches, dining room set, dishes, rugs and more!

HOUSE FOR RENT

4BD/2.5BA. + bonus room, New amenities, enclosed patio, 2 car garage w/workshop, excellent storage. \$3950/mo. Discount for long term. (310) 345-8013.

LOST & FOUND

FOUND: Great female dog Boxer-Beagle mix. Looking for a loving home with a yard for her. For more information, please call DJ at (310) 648-8422.

SEEKING ROOM FOR RENT

Clean, older married male, infrequently in town, seeking shared apartment with own bathroom in El Segundo. Roommate reference available. (661) 618-8866.

People

Congratulations

The following students, all from Manhattan Beach, earned recognition at the following schools:

Sydney Harrison and **Brandon Hafetz**, made the 2013 Spring semester Dean's List at Berklee College of Music.

Alexandra Lersch, and **Allison Poltash**, made the Spring Term 2013 Dean's List at

Choate Rosemary Hall. They both received their diplomas at Choate Rosemary Hall's 123rd Commencement on June 2.

Michelle McCarthy received the Dean's Award for academic excellence during the 2013 Spring term at Colgate University.

Dakota Ford graduated Cum Laude from Choate Rosemary Hall on June 2. •

Calendar

SATURDAY, AUGUST 3

• Art Exhibition: California Cruisin', 1-5 p.m., Creative Arts Center, 1560 Manhattan Beach Boulevard.

SUNDAY, AUGUST 4

• 53rd Annual Sand Castle Design Contest, 9 a.m.-12 p.m., South Side of Manhattan Beach Pier.

• Concerts in the Park: Barley Legal (Surf Music), 5-7 p.m., Polliwog Park Amphitheater, 1601 Manhattan Beach Boulevard.

MONDAY, AUGUST 5

• Mayor's Walk 'N' Talk, 8 a.m., Peet's Coffee and Tea, 328 Manhattan Beach Boulevard. Meet, walk and chat with Manhattan Beach Mayor David Lesser.

TUESDAY, AUGUST 6

• City Council Meeting, 6-11 p.m., City Council Chambers, 1400 Highland Avenue.

• National Night Out: "Night Out Against Crime", 5-9 p.m., in your neighborhood. To register your block's participation call (310) 802-5183.

SUNDAY, AUGUST 11

• Concerts in the Park: Hard Day's Night (Beatles Tribute), 5-7 p.m., Polliwog Park Amphitheater, 1601 Manhattan Beach Boulevard.

MONDAY, AUGUST 12

• Sharrows on Pacific Avenue Town Hall Meeting, 6-8 p.m., Police/Fire Community Room, 400/420 15th Street.

SUNDAY, AUGUST 18

• Concerts in the Park: Susie Hansen (Beatles Tribute), 5-7 p.m., Polliwog Park Amphitheater, 1601 Manhattan Beach Boulevard.

TUESDAY, AUGUST 20


• City Council Meeting, 6-11 p.m., City Council Chambers, 1400 Highland Avenue.

FRIDAY, AUGUST 23


• 53rd Annual Manhattan Beach Open, 9 a.m.- 6 p.m., Aug. 23-Aug. 25, South side of the Manhattan Beach pier.

UPCOMING

• Mayor's Walk 'N' Talk, 8 a.m., Peet's Coffee and Tea, 328 Manhattan Beach Boulevard. Meet, walk and chat with Manhattan Beach Mayor David Lesser. •



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Politically Speaking

One Man's Opinion

By Gerry Chong

The grossly painted harridan, oversold so many times before, made her entry from stage left—ignoring the disdain with which her audience greeted her. Present were businesses, 60 percent of which said they had either frozen hiring or cut existing employees because of her. Thirty-eight percent said she has caused them to pull back from planned business growth. Twenty-four percent believe they will drop employee health insurance entirely. Ironically, the President speaks of economic growth while he touts her as his primary accomplishment.

In the audience, front and center were unions, led by the Teamsters, who finally understand that the harridan damages unions. Since 62 percent of all jobs created under this “recovery” have been to part-time workers, temporary workers, and the lowest earning segment of the economy, there will be fewer targets for unionization who can afford to pay union dues. In a terse and critical letter to Democrats, the unions have complained of being duped by the Administration since 40-hour workweeks, the backbone of the middle class, are disappearing.

Seated in the orchestra section were healthcare insurance companies such as Aetna, United Healthcare, and Anthem Blue Cross, all of which have withdrawn from the California Insurance Exchange. The GAO estimates that in 2011, Medicare and Medicaid paid a whopping \$50.7 billion in fraudulent payments while the 10 largest insurance companies earned only \$13.7 billion. In other words, the government lost nearly four times as much as the largest insurers earned!

With only two months before Obamacare is to be implemented, doctors are nearly clueless about how the law will affect them. In a CNBC poll, only 11 percent of doctors believe the law will open as scheduled. Asked how policies purchased from exchanges will impact their business, 78 percent were slightly familiar or not familiar at all. Eighty-one percent were either slightly familiar or not familiar with rates exchange insurers will pay. Doctors were unaware that under Exchange rules, a patient can go up to three months without paying premiums and still not get dropped.

Doctors know they will see a greater work load, but 70.5 percent say they have no idea how the claims process works.

The left wing of the audience was occupied by Democrats whose support for Obamacare has fallen by 20 percent. In a poll conducted jointly by Republican and Democratic pollsters, 56 percent of the public favors dropping Obamacare entirely.

Now that the President has chosen to delay the employer requirement to provide employee insurance for one year, the IRS is in turmoil. It needs employer information before determining the amount of subsidies the individual will receive from taxpayers. Since employer reports are not due until 2015, there is no way to determine 2014's individual subsidy amounts.

In the loge section sat the NBA and NFL, both of which the President pressured to promote Obamacare but both of which declined.

At the curtain, the band played on, the huckster did her dance and the audience jeered. It's 60 days and counting to the Obamacare train wreck. •

Another Man's Opinion

Keeping the Lights on Benefits Everyone

By Cristian Vasquez

Newly elected Assemblyman Al Muratsuchi introduced Assembly Bill 66 in June to require the California Public Utilities Commission (CPUC) to mandate an “electrical corporation to include in an annual reliability report, information on system reliability, including the frequency and duration of interruptions in services.” This is in response to the power outages that have occurred in the Rancho Palos Verdes area—where since 2008, an average of 26 power outages have been reported a year. Under Assemblyman Muratsuchi's bill, the CPUC would develop the report with the expectation for it to use the information within to remedy the problem.

While the legislation introduced was in response to a regional problem, its outcome will impact the entire state. It should not be too much to ask that the CPUC demonstrate at the very least a level of competence and transparency that would make California residents not have to worry about power outages. We all expect to come home to watch TV, do some online shopping and update our Facebook status without interruption. I am sure that most of us are reasonable enough to understand that even the most efficient and well-operated system can from time to time have a setback. However, 26 power outages annually for the past four years is a major malfunction. Whatever the issue that is causing this in the RPV area should have been taken care of a long time ago.

Thank you, Assemblyman Muratsuchi for requiring the CPUC to provide a report and subsequently fix the issue, but we really should not need a law asking the CPUC how to do its job. If the clerk at 7-Eleven forgot how to make coffee 26 mornings every year...wait, he would be fired after two mornings with no coffee. It is great that there are requirements being established, but the truth is it's absurd that they are needed. Why haven't heads rolled because of this? So many power outages for such a long time indicate more than just a problem with the system—it demonstrates a high level of incompetence by those responsible for addressing the issue. Such was the level of dysfunction that one of our elected officials had to remind the CPUC how to do its job.

It is sad that we have become such an incompetent state that power outages can paralyze a region within our borders twice a month since 2008 without any signs of improvement. Is it because our bureaucracy has become too big for its own good? Probably. Is it maybe that we don't have the right people in the right positions to run these entities? Very likely. Or maybe those responsible just don't care. That is also a likely possibility. The one thing we know for sure is that the CPUC has failed our neighbors in the RPV area and hopefully Assemblyman Muratsuchi's bill will fix the problem so that these power outages do not spread to the rest of the state. I don't know about everyone else, but I certainly do not miss the blackouts from the Enron days. •

Finance

How to Replace Important Documents

By Jason Alderman

If your wallet has ever been lost or stolen, you know what a pain it is to replace your driver's license. That goes double when other vital documents like your, passport, birth certificate or car registration are misplaced or destroyed in a natural disaster. Without the proper ID, you can't start a new job, buy a house, apply for insurance or a host of other common transactions.

Here's a guide on how to get copies or replacements for many common documents:

Birth, death, marriage and divorce certificates. These records come from the states where the events occurred. The Centers for Disease Control and Prevention has a handy directory that provides links to the appropriate agencies in all U.S. states and territories, including costs and mailing instructions (www.cdc.gov/nchs/w2w.htm).

Passport. Immediately report lost or stolen passports to the U.S. State Department by calling 877-487-2778. If it happens overseas, contact the nearest U.S. Embassy or Consulate. Visit http://travel.state.gov/passport/lost/lost_848.html for further instructions.

Driver's license, car registration. To learn how to replace your driver's license, vehicle registration or car title (which you'll need to transfer ownership), or to access other motor vehicle services, contact the Department of Motor Vehicles. Go to www.usa.gov/Topics/Motor-Vehicles.shtml for links to each state's DMV.

Social Security card. These days, you may not actually need to replace a misplaced Social Security card. If you know your Social Security number, you generally can still collect Social Security benefits, get a job and apply for government benefits and services. However, if you do want to replace the card, you'll need to gather documents proving your identity and citizenship and complete an application (www.ssa.gov/online/ss-5.pdf); then mail or take the paperwork to your local Social Security office.

Military service records. Veterans often need copies of their military service records to

apply for government programs, including health care, retirement or education benefits. You can apply to the National Archives (www.archives.gov/veterans) for a copy of your records (or an immediate family member's if deceased). The site also has information on replacing lost military medals and awards.

Green card. If your U.S. Permanent Resident (Green) Card is lost, stolen or damaged, or if your name or other important information has legally changed since it was issued, you may request a new card from the U.S. Citizenship and Immigration Services (USCIS) by filing Form I-90 (available at <http://www.uscis.gov>). If you're outside the U.S. and lose your green card, contact the nearest U.S. consulate or USCIS office before applying online for a new card.

Medicare card. To replace a lost, stolen or damaged Medicare card, follow the procedures at <https://secure.ssa.gov/apps6z/IMRC/main.html>. To replace a Medicaid card, contact Medicaid (www.medicaid.gov).

Tax returns. If you need exact copies of previously filed and processed tax returns (including attachments), you may order them from the IRS by submitting IRS Form 4506 (at www.irs.gov). There is a \$57 fee for each year's return you request. Before ordering an exact copy, however, ask whether a “tax return transcript” or “tax account transcript” will suffice. These abbreviated printouts of returns are often acceptable substitutes for student loan and mortgage lenders and are free. To order transcripts, go to www.irs.gov/Individuals/Order-a-Transcript.

School transcripts. If you need to order high school or college transcripts, it's best to contact the school's registrar or student services office directly for instructions. (Some websites that claim they can expedite the process have proven unreliable.)

For even more suggestions, see “Replace Your Vital Documents” at www.USA.gov. •

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There are many reasons why a dog may need space:

- HEALTH ISSUES
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THANK YOU!

Those of us who own these dogs appreciate your help and respect!



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Dear Foodies and Friends,
So my youngest son turns 13 this Friday. How this happened I don't know but it did. He is such a good eater and always willing to try something new.

His favorite is a dish we call "cheesy noodles". This is a concoction of any kind of long noodles, linguini, fettuccini, or even ramen mixed with some broccoli and lots of cheese.

Needless to say it is the go to at any meal period, breakfast, lunch, 11zies or dinner if we got some noodles they are turned into cheesy noodles.

Note: My four dogs like the leftovers

The Chef



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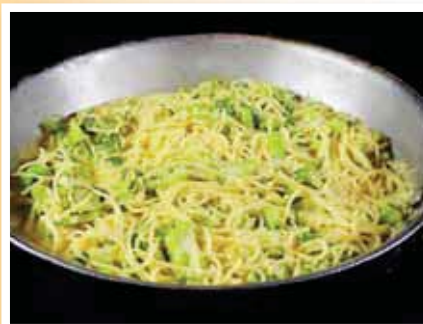
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Cheesy Noodles a la Noah



- 1/2 pound long noodles blanched in water then rinsed and cooled
- 1 pound of broccoli chopped roughly
- 1/2 cup chopped onions
- 1/8 cup olive oil
- 3 cups chicken broth
- 1/8 cup lite soy sauce
- 1 cup grated cheddar
- 2 tablespoons butter
- 6 slices American cheese or more
- 1/2 cup grated parmesan

In a hot saucepan sauté the onions and broccoli in the olive oil for 2 minutes. Add the broth, cook for 1 minute. Add pasta. Bring to a boil. then add the cheddar and American cheese. Stir till hot, then add the soy. When then cheese has melted, remove from the fire and mix in the butter and parmesan. Finally, eat and have fun.

Tips: You can also add bacon, chicken, other veggies or anything you want!

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Sports

Braun vs. Brains

By Adam Serrao

Though sports may be a vastly different world than the one that we all currently live in, certain moral factors about its living remain the same. For example, we are all raised in a society that upholds its citizens to tell the truth. At an early age, we are taught to be honest and in doing so our character will be a virtuous one. In the sports world, that same moral standard of honesty remains the same.

“Likewise, Braun fails to acknowledge the fact that he lied directly to face of the public, of baseball, of his peers and of the country when two years ago he fervently denied having taken any sort of PED.”

Look at Pete Rose, for example. Dishonesty will keep him out of the Hall of Fame for as long as he lives. Lance Armstrong must now be experiencing that same feeling--maybe even to a greater extent. Then there's Ryan Braun. Braun has played for the Milwaukee Brewers since the 2007 season and has since turned himself into a five-time All-Star, a five-time Silver Slugger, a Rookie of the Year (2007), an NL home run leader (2012) and an NL MVP (2011). Just recently, however, Braun was caught by Major League Baseball (MLB) and suspended for the rest of the year without pay for “violations of the Basic Agreement and its Joint Drug Prevention and Treatment Program.” Not even two years ago, Braun professed his innocence in the matter and swore to everyone who looked on that he was innocent. Now a proven liar, Braun, like those who have come before him, must prepare to pay the price.

That price, for Braun, does not seem to be a steep one upon first glance when considering the repercussions of his actions. Braun's suspension includes the final 65 games of the Brewers' season and any potential postseason action that the team may see. The money that Braun will lose resulting from this suspension amounts to \$3.25 million. After he serves his not even half-season suspension, however, Braun is eligible to return to the Brewers' organization for spring training and receive the remaining \$132 million on his contract.

Without the use of performance enhancing drugs, Braun may have never even made it to the Big Leagues and definitely would not have accrued some of the money awards that he has garnered up to this current date. The fact that he loses only \$3.25 million while also receiving an extended vacation may have made his cheating worthwhile for the player. It boosted Braun's name and brand to a level that it would have otherwise never

seen and turned him into a multi-millionaire. MLB used Braun as its first example, but the slap on the wrist that they gave him may not even do its part to deter other players from becoming future offenders. If Braun's case proves anything, it's that financially PEDs are worthwhile, especially for a player with a subpar skill set.

While the picture that has just been painted may make it seem like Braun is getting away with highway robbery, he does in fact seem to be somewhat apologetic for his actions. “As I have acknowledged in the past, I am not perfect,” Braun said in a statement released by MLB. “I realize now that I have made some mistakes. I am willing to accept the consequences of those actions. This situation has taken a toll on me and my entire family, and it has been a distraction to my teammates and the Brewers organization. I am very grateful for the support I have received from players, ownership and the fans in Milwaukee and around the country. Finally, I wish to apologize to anyone I may have disappointed--all of the baseball fans, especially those in Milwaukee, the great Brewers organization and my teammates. I am glad to have this matter behind me once and for all and I cannot wait to get back to the game I love.” Braun may have put this matter behind him, but to those who appreciate the game of baseball, there is still much more to be heard that has yet to be said. For instance, Braun has

still never admitted to taking PEDs or any kind of steroid. That is in fact what he has been suspended for, yet he fails to directly acknowledge his own wrongdoing.

Likewise, Braun fails to acknowledge the fact that he lied directly to face of the public, of baseball, of his peers and of the country when two years ago he fervently denied having taken any sort of PED. “I truly believe in my heart and I would bet my life that this substance never entered my body at any point,” Braun said in February of 2012 when initially accused of taking PEDs. “If I had done this intentionally or unintentionally, I'd have been the first one to admit it. I truly believe this substance never entered my body.” All of those statements have now been proven to be lies and one of baseball's biggest names has now forever tarnished his name as well as his career.

Ryan Braun didn't only lie to himself--he lied to everyone around him. What's worse

is that by lying about his initial positive test, Braun wound up getting the sample collector fired and cost a man his job. By having no integrity himself, he jeopardized another man's integrity (and job) in the process. Braun may still be a millionaire and may still come back to get paid next season, but his peers in the game of baseball and most fans of the game of baseball will no longer respect him. Braun not only lied, but also forced others to lie for him and will now forever be the victim of a tarnished reputation. There are still honest players like Andy Pettitte and Jason Giambi, who have been caught using PEDs, admitted to it and apologized for their actions. Those players have been forgiven and forgotten about. The Ryan Brauns of the world, however, have no excuse for their actions on or off the field and will forever be marked with the scarlet letter of disgracing their peers, their own names and the entire game of baseball. •

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Snuggles

was being dropped off at the shelter. The family received him as a gift and was not expecting it. They begged us to take him because he was such a great little dog. We agreed and this little Yorkie-Westie hitched a ride back to the rescue with us. Snuggles is a sweet little clown with a very animated personality. He is young at nine to 10 months old and a tiny guy at 5.7 pounds. He is full of spunk and loads of fun. Snuggles loves toys and will chase little plush toys you throw for him and will then bring them back. Come and meet him--you will absolutely love him. This is a breed that will require some grooming appointments, so please remember this when budgeting for him. Snuggles is neutered, current on vaccinations, de-wormed, microchipped, and is great with other dogs and with children.

Darla is a beautiful Shepherd mix who is a very quiet, passive, sweet gal. She comes when called, is perfect on leash and loves to play with plush toys that she chases when thrown up in the air. Darla is around 12 months old and weighs 50 pounds. She is still a little underweight. She is very friendly, lovable and a super quick learner. She is wonderful with all of our dogs at the rescue and has a very go-with-the-flow personality. Darla will make her new family very happy. Whoever adopts her is in for a real treat! Darla is spayed, current on vaccinations, de-wormed, microchipped, is great with other dogs, and loves children.

Bandit is a love of a dog. He is sweet,



Bandit

gentle, kind-spirited and knows how to rock those airplane ears. He loves to hug you as he snuggles in around your neck and he will hang onto you with his paws. Snuggling with you is when he is happiest. Bandit has a sad story, as his owner died unexpectedly at only 45 years old. Poor little guy sat in a boarding kennel for over a month before we took him in. Bandit is darling, to say the least, and would make a great addition to any family situation. He is great with all other dogs and is completely housebroken. He is seven years old and weighs about 13 pounds. He's not shy about giving out kisses and has a spectacular little personality, as he is just now starting to really shine here in our rescue. Shine, little star...shine! Bandit is neutered, current on vaccinations, de-wormed, microchipped, housebroken, loves everyone he meets, and is great with other dogs and with children.

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



Darla

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Harriet

edos? Some say they are pretty much the best cats in the world. Tuxedos are known to be funny, friendly, sweet and sometimes a little weird. Harriet is all of the above. Harriet is a little round fur-ball with the sweetest personality. She's friendly and outgoing with new people, dogs and cats. Are you looking for a kitten that you can introduce to all your friends and family? Harriet will do! She's the kind of girl you bring home to meet your mom. She loves to play and explore. Hope you're ready for some quality naps with this little girl—she's very soft and cuddly. Her foster mom suspects that she'll be a sweet and easygoing cat when she grows up. She'll make an excellent companion and lap cat when she's older. Right now, she just wants to be your baby.

Harriet is very attached to her brother, Elliot. They do everything together. They were both bottle-fed by humans since they were only three weeks old. Because of this, these two are more affectionate, more social and more comfortable in new environments than your average cat. They've been raised with a Cocker Spaniel and a toddler, so they are used to

loves to play! He has a few toys that he'll carry in his mouth and leave hidden around the house. When he's tired, he'll nap at your feet, on your bed, or anywhere that you are. Elliot also loves to purr! Just one pet, touch or poke and he's purring louder than you've ever heard a cat purr before. So come over and meet Harriet and Elliot today. You'll be glad you did!

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 at 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.

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Elliot

children and dogs.

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levard, 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.

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