

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. 9, No. 1 January 1, 2015

Inside This Issue

Certified and Licensed Professionals.....	6
Classifieds.....	3
Community Briefs.....	2
Finance.....	2
Food.....	5
Looking Up.....	4
Pets.....	7
Politically Speaking.....	4
Seniors.....	2
Women at Work.....	3

Catch of the Day at the Pier



A family of fishermen gather at the end of the Manhattan Beach pier with coolers and lawnchairs in hand to relax as they catch dinner. Photo by Osvin Suazo, oszy.suazo@gmail.com.

Tree Musketeers Still Growing After All These Years

By Brian Simon

The concept that time flies truly hits home when one realizes that the group of El Segundo eight-year-olds who founded Tree Musketeers back in 1987 are now in their mid-thirties. The then-third graders had just planted a sycamore that they named "Marcie The Marvelous Tree" and came up with the seed of an idea that would eventually lead to the formation of the world's first youth-led environmental organization.

Yet while those original 13 eventually moved on to careers and families, Tree Musketeers continues to thrive in its quest to ensure a healthy future for the planet with a new generation of youths taking the helm. While supported by a small professional staff of adults, the Tree Musketeers still remains firmly under the control of its enthusiastic young leaders. The current six-member Youth Management Team meets weekly to oversee all program activity from inception to completion.

"The leadership ladder at Tree Musketeers begins with LEAD [Leadership, Education and Action Development] courses," said Lina McDermott of Manhattan Beach, one of the Youth Management Team members. Tree Musketeers President and Youth Manager Samantha Cano of South Gate added, "You read often about Tree Musketeers' young executives going off to prestigious universities because this level of leadership and community service is the stuff great college portfolios are made of." General LEAD classes, which take place during the summer, educate the youngsters in personal, people, management and public speaking skills. Youth Tree Planting Supervisor LEAD classes are also on the calendar for January and February.

The South Bay is the focal point of the organization's Hometown Program—with the idea that local kids can implement urban forestry, youth leadership and public education projects that can serve as models for other communities not just in the area but across the country and ultimately internationally. Central to this effort is the Partners for the

Planet 3x3 campaign that aims to engage three million young people worldwide in fighting global warming by planting three million trees. "We are about one-third of the way there," reported Youth Manager Talia Gerard from Manhattan Beach, adding that nearly one million trees have been planted so far in 25 states in America as well as 15 countries over five continents. Among the projects is the ambitious planting of 4,000 trees in Zimbabwe by the end of this month.

In the home base of El Segundo, upcoming activities include new plantings on January 24 and February 28 on Memory Row—the area of West Imperial Avenue between Main and Hillcrest streets. The trees serve as living tributes to people or events. The annual Arbor Day event, which draws hundreds of volunteers into the community to plant trees along the south side of Imperial Highway and care for the Trees to the Sea in the median, will take place on March 7. Looking after the Trees to the Sea remains a high priority not just for the organization, but for local residents. "El Segundoans care deeply about the Trees to the Sea and many call or drop in at Tree Musketeers [the headquarters are on Richmond Street just north of Grand Avenue] to voice their concerns at the trees' decline," said Youth Manager Utsa Parikh of El Segundo, who lamented that donations to the cause are few and far between. "As a result, we've had to scale back maintenance activities to focus on trees in El Segundo."

In using the term "trees in El Segundo," it's notable that the Trees to the Sea are technically located in the City of Los Angeles. Despite the fact that the section of West Imperial serves as a crucial gateway to El Segundo, making headway in beautifying the area continues to be a major logistical challenge. "It took 17 years and three generations of youth leaders to take the dream of a green Imperial Highway off the shelf and set it in motion," said Tree Musketeers founder Tara Church. "Acting as a nonprofit liaison between the two cities of Los Angeles and El Segundo, Tree Musketeers' young executives of 2004 secured permission to

plant trees on the barren median strip that separates the airport from the South Bay." Initially, the City of Los Angeles agreed to care for the trees, but then reneged on the deal shortly before the first planting. That left maintenance duties to Tree Musketeers with limited financial means. Extensive fundraising provided a recycled water irrigation system and three years of care resulting in 500 trees planted between 2005 and 2008. But the money ran out in 2011, leaving the area in jeopardy not only due to lack of resources to continue to fill in vacant sites with new trees but also hampering the ability to properly care for the larger mature trees that are most instrumental to the environment—but are in dire risk of dying. Inadequate care can shorten the life span of such trees from over a century to under a decade. To address the issue, a GlobalGiving campaign is underway to raise money for Trees to the Sea care. As of press time the organization remains short of the \$12,500 goal, but hopes to make a final push as the year wraps up.

Also critical to Tree Musketeers' cause is to engage young students. "There are opportunities for any school service club to get involved with Tree Musketeers by scheduling to volunteer with us during our regularly scheduled events or to schedule a volunteer day specifically for their group," said Youth Manager Raquel Gerard of Manhattan Beach. "All of that is handled by our Volunteer Manager." As an example, the DaVinci Innovation Academy—a Wiseburn Unified School District school located in Hawthorne—recently held a volunteer day for a first grade class and a few of the room moms reportedly got their hands dirty taking care of trees. "Our Urban Forester Luke Midura taught the class about tree care activities such as watering and mulching and said that the group was enthusiastic and hard-working," said Youth Manager Fernando Aguilar (Gardena), who added that several Torrance schools also hosted volunteer events with West High School students digging in

See Tree Musketeers, page 2

Weekend Forecast

Friday,
Jan. 2
Sunny
59°/42°



Saturday,
Jan. 3
Sunny
62°/44°



Sunday,
Jan. 4
Mostly Sunny
67°/45°



Community Briefs

Tree Recycling Encouraged throughout South Bay

This year, after the presents are opened and the ornaments are removed from the once-sparkling Christmas tree, Waste Management of Southern California invites Manhattan Beach residents to recycle their tree through its curbside tree collection program.

Curbside tree collection for residents will take place the first three weeks following Christmas on customers' scheduled collection day from December 26 through January 17. For the weeks of December 23 and December 30, collection will be delayed one day for customers normally serviced on Thursday and Friday.

When placing trees on the curb for collection, customers should follow these guidelines: Remove all decorations, including tinsel, lights, ornaments and tree stands, and place your tree on the curb for recycling. Place only un-flocked trees at the curb (please note that flocked trees cannot be recycled. They will be collected with your trash.). Trees taller than six feet must be cut in half.

For the creative recycler, here are other ideas for repurposing your tree: Place the

Christmas tree in the garden or backyard and use it as a bird feeder and sanctuary. Fresh orange slices or strung popcorn will attract the birds and they can sit in the branches for shelter. A Christmas tree is also biodegradable: its branches can be removed, chipped, and used as mulch in the garden. Of course, you can get a rooted tree and then plant it in your yard after Christmas.

Bigelow Mobile Tea Bar to Visit Manhattan Beach

To mark the 70th anniversary of Bigelow Tea, a Mobile Tea Bar has begun a cross-country tour from Boston to California and back to Florida to meet and inspire tea lovers with fascinating lore and tempting flavors of the world's favorite brewed beverage. The Bigelow Mobile Tea Bar will first visit Bristol Farms at 1570 Rosecrans Avenue in Manhattan Beach on Sunday, January 18 from 10am-5pm. Tea Lovers will also have the opportunity to learn about the history and culture of tea, the top quality ingredients that go into American-crafted Bigelow Teas, and the company's commitment to sustainability and the community. For more information about the Mobile Tea Bar, visit: <http://bigelowtea.com/bigelowmobileteabar> •

Finance

6 Surprisingly Common Student Money Misconceptions

(BPT) - From sports teams and extracurricular clubs to first jobs and first cars, high school students learn new lessons every day, many away from the classroom. But when it comes to balancing their obligations, many students learn some tough lessons for the first time as they dip their feet into adult life, particularly with their finances.

"Only 7 percent of high school students are financially literate and fewer than 30 percent of adults report being offered financial education at school or college," said Brian Page, finance teacher and personal finance adviser to H&R Block Budget Challenge. "Personal finance can be an overwhelming subject to learn, so many students have developed money misconceptions."

According to Page, many students share these six common misconceptions when it comes to money:

1. A person can save what is left over at the end of the month. Those who save by making automatic savings deposits right from their paycheck save four times more than those who only deposit directly into one account, according to CFED.org.

2. College is unaffordable. Most teens are well aware of the surge in college costs. However, many teens don't realize that, by comparison shopping, seeking financial aid and looking at alternative pathways to earning a degree, college costs can be more manageable.

3. All debt is bad. "Borrowing now to improve your future self can be a good idea," Page said. "Student loans not exceeding your first year's anticipated income makes sense for most everyday Americans." To find information on anticipated salary, check out PayScale.com.

4. Overdraft protection is free to use. This couldn't be further from the truth. The Consumer Financial Protection Bureau found the typical overdraft situation is comparable



to a small-dollar loan with a 17,000 percent interest rate.

5. I don't need to budget right now. Teens annually spend nearly \$100 billion, reports the University of Illinois. Yet only 17 percent of teens maintain a budget, states an H&R Block survey. Budgeting is important now as small expenses can add up and get you into trouble - for example, the average American spends more than \$2,500 a year dining out, according to the Bureau of Labor Statistics. Properly monitoring your spending habits can help avoid overspending.

6. Never use credit cards. It depends. "If you're unable to control credit card spending, steer clear," Page said. "However, they can be ideal credit building tools for young consumers who use them responsibly." Consider starting with a secured credit card, avoid borrowing more than 30 percent of the credit limit each billing cycle and always pay the balance in full and on time.

Having these misconceptions doesn't mean teens are doomed to have a damaging financial future. Proper education through programs like the H&R Block Budget Challenge help teens prepare for the real world so they can correct any misinformation received in the past. •

Seniors

Exercise Tips Your Heart Will Love

(BPT) - A regular exercise routine is an important component of heart health, yet less than one-third of Americans get the minimum 30 minutes of daily exercise five days a week, as recommended by the American Heart Association (AHA). Nationally, as many as 250,000 deaths annually are attributable to a lack of regular physical activity.

While exercise is important for everyone, regular aerobic activity can be critical to ensuring healthier outcomes for cardiovascular patients. Even a little exercise goes a long way.

"Just 5-10 minutes of daily running, even at very slow speeds, can significantly lower the risk of mortality among cardiovascular patients," says Ed Dannemiller, a specialist pharmacist in the Express Scripts Cardiovascular Therapeutic Resource Center. "Simply getting the recommended minimum amount of exercise can help reduce cardiovascular events such as heart attack and stroke by 30-40 percent."

Ed and his team counsel heart patients about the benefits of regular exercise in addition to following the medication regimen and other lifestyle changes.

Regular exercise has many other benefits for your heart as well, including: strengthening the heart muscle, lowering blood pressure and cholesterol levels, gaining better control of one's blood sugar and maintaining bone strength. Exercise can also help heart patients lose weight and lead more active lives without chest pain.

If you are considering starting an exercise regime, keep these precautions in mind to minimize your risks and prevent an adverse reaction.

- If you recently had a heart surgery or procedure, experience chest pain or shortness of breath, recently had a heart attack, or have diabetes you should consult a physician before beginning any exercise regimen.

- If you are on beta blockers, anti-arrhythmic drugs and calcium channel blockers, you may have a reduced heart rate and may experience lower gains in heart rates when exercising. Medications such as the decongestant pseudoephedrine, anti-depressants, and thyroid medications can increase exercise heart rate. It is important to know the right aerobic heart rate target to prevent overtraining or under-training your heart if you are on any of these medications.



- If you are a cardiovascular patient, high-intensity exercises such as push-ups, sit-ups and heavy lifting may not be recommended for you, so it's a good idea to first speak with your physician.

- You may also need to avoid certain everyday activities that can overly affect the heart rate, such as raking, shoveling and mowing.

- Walking, swimming and light jogging are good beginning exercises if you have a cardiovascular condition.

But what if you're already on a workout schedule? Then keep these useful tips in mind:

- Maintain a steady pace and rest between workouts.

- Do not exercise outdoors in extremely humid, hot or cold temperatures. Extreme temps can make breathing difficult and cause chest pain. Try mall-walking instead.

- In cold weather, cover your nose and mouth when exercising outside.

- Stay hydrated by drinking water, even when you're not feeling thirsty and especially on hot days.

- Avoid overly cold/hot showers or sauna baths after exercise.

- Avoid exercising in hilly areas because it may cause your heart to work too hard. Closely monitor your heart rate with your target rate in mind.

- Stop exercising if you experience pain, dizziness, shortness of breath or excessive fatigue. Consult your physician.

- Stop the activity in the event of a rapid or irregular heartbeat. Check your pulse after 15 minutes of rest and consult your physician if the rate is still higher than 100-120 beats per minute.

A regular exercise routine, along with adherence to the medication regimen, can put you on the path toward better health. •

Tree Musketeers

from front page

on a regular basis.

Tree Musketeers hosts several corporate team-building and service projects each year. After organizing one such activity for DirecTV employees, Danielle Foley (who handles procurement for the company) commented that "everyone on our team loved the event today. It was an overwhelmingly positive action." Other ongoing El Segundo programs include restoration of wildlife habitat below Clutter's Bluff, planting



Managers Raquel Gerard & Lina McDermott with Adult Partner Dodie Gomez gather tools and signs for volunteers on Arbor Day 2014. Photo by Tree Musketeers Staff.

and maintaining public trees throughout town and a residential tree service from which the proceeds support the nonprofit's mission. A tree map will also soon be featured on the organization's website to allow site visitors to view the location, species and other particulars of public trees throughout El Segundo. Residents will be able to add to the tree database over time. Looking a bit further into the future, Tree Musketeers is working with Inglewood Unified School

District to bring youth leadership and Arbor Day 2016 to La Tijera School.

That database doesn't begin to encompass the two million trees planted worldwide over the past 17 years and the more than 1.3 million youth participants who have played a role in creating a better environment thanks to the outreach efforts of Tree Musketeers. Little did that original group of eight-year-olds know that their idea would pan out quite like this... •

BURKLEY & BRANDLIN LLP
ATTORNEYS AT LAW

LIVING TRUSTS/WILLS, PROBATE, EMPLOYMENT LAW, PERSONAL INJURY
TRUST AND ESTATES LITIGATION, BUSINESS LITIGATION, CIVIL LITIGATION

310-540-6000

*AV Rated (Highest) Martindale - Hubbell / **Certified Specialist Estate Planning, Trust & Probate Law, State Bar of California, Board of Legal Specialization

Women AT Work

Heidi Butzine Advocates Support of Small Business

By Laura Sorensen

Sometimes it's nice to be able to do work in a coffee shop, especially one with comfortable couches and book-filled corners like Catalina Coffee in Redondo Beach. Catalina has a laid-back vibe for a coffee shop; people are reading quietly in the corners and a mom lets her kids color on a low table across from me. There's no annoying holiday music, or at least it's not up loud enough to drill into one's eardrums.

It's no accident that I have arranged to meet Heidi Butzine at Catalina, which is a proud local Redondo institution. Butzine, a collected and articulate, and very friendly interviewee, who brought her formal "office suit coat" but never had to put it on, has made a career from supporting local business. Her articulate and intelligent look at consumers and their spending habits has coalesced into a book called "Shop Local: A Practical Pain-Free Guide to Shopping with Purpose." Hey, just in time for the holidays. Butzine hopes to nudge the consumer towards mindfulness when shopping, and help him or her make a decision that takes the local business into account.

Butzine is a child of the South Bay who grew up in Torrance and Lomita and whose first job was at Del Amo mall. In high school she loved to write, but her passion was always geared towards business: she wanted to be the woman with the big office high in the shiny tower. She wanted an office of her own, like the one her great-grandmother had when she worked for many years in the aerospace industry, or like the one where she visited her father. She enrolled in Harbor College, at the same time as she got a full-time job working as a copy-girl in the mailroom at a small nonprofit. "Paying for your own school helps you realize the importance of your own education," she notes, and she lived by her own maxim, using her money to pay for her tuition while she lived at home and worked her way up from the mailroom.

And here is where it gets intriguing. The nonprofit company took a chance on Butzine, who considered herself a shy girl and was the youngest person at the nonprofit by many years, giving her the responsibility of

helping to organize public meetings and seminars for important clients of all types. At Harbor College, she switched her major from business to communications with an emphasis on PR. She would go from the academic environment, learning about public relations strategies, and put them directly into use when meeting clients and organizing the events at the nonprofit. It was like going to two colleges at once, honing her interpersonal skills and communicating with construction workers and CEOs, and the combination made her indispensable to her employers. "I've been able to put that to work," she says modestly. "That" has become her most valuable asset, and she also realized that the CEO in the office tower was not really her style after all. Instead, she wanted to work where she could meet and interact with lots of people.

At her next job, which she acquired through her contacts at the nonprofit, she was promoted to VP of operations, and then at the same time went and put herself through the executive MBA program at UCLA. She and her mentor formed a residential risk consultancy business that dealt with "just about every home builder in the country" until the recession. That position took ideas from all her former jobs and synthesized them into such a lucrative business that they were bought out in 2007, just in time for the recession to hit. Butzine, who was transitioning away from that business, had to watch as many of her former employees were laid off. "Ultimately," she said, "I had



Heidi Butzine -- entrepreneur, wine enthusiast, local business supporter, and founder of ShopLocal.us. Photo courtesy of Heidi Butzine.

to let myself go." She closed the door on that job and took a break in Italy.

It would be another entire article to talk about Butzine and Italy. She has an abiding passion for wine and winemaking – and another side business certifying students who want to learn about wine – and she has taken the Culinary Institute of America wine program. In Italy she followed a tour bus around and learned that "wine comes from the same area where the food is grown, where the mushrooms come from. . . ." In other words, Italians like to shop local.

Butzine came back to California with more information about wine and wrote articles for Napa-area wineries. She likes to tell the story that when she spoke to local winemakers up North, they would say, "If our neighbors fail, then we fail as well." Meaning, communities have to band together to save one another's businesses, even if they are competitors. If businesses feel responsible for each others' successes, and if consumers realize that and spend their money at local businesses, local economy will begin to boom and "support and save what makes our communities unique and different," says Butzine. This idea became the seed for her next venture, ShopLocal.us.

ShopLocal.us is a type of glue that binds local small businesses together. Butzine wants to give businesses a chance to interact with one another, and to become more visible to the type of customer looking to support them. Then it's easy for consumers to access local business and be confident that their money is well spent and is headed back into the community rather than being funneled away to

corporate headquarters. Butzine has begun to certify businesses in the South Bay area that want to be recognized as local, and consumers can use an app to target these businesses. "The point is to spend money in your community, because it comes back to you," she says, as the businesses support schools, little league teams, and other services.

Butzine hasn't stopped at the South Bay, though: she wants to take ShopLocal to a national level. California has long had a pro-small-business mentality, but many other U.S. cities have more of a "shop big-box for everything" habit. Butzine wants to change that by training others with a passion for the shop-local ideal to connect with small business owners, raise visibility, and work with citizens to promote mindfulness while spending and awareness of what small businesses are found in their own neighborhoods. But these "other Heidis" aren't found just anywhere: Butzine is the perfect combination of passion, drive, knowledge, and practice. She makes friends with business owners, blending the personal with the professional in a way that is very fulfilling for her while still advancing her goals. It might be that she doesn't have a counterpart anywhere. However, Butzine is confident that she can find qualified candidates around the country who have the same qualities. Her goal for the next year is to roll out the platform in other locations besides the Redondo Beach area.

When I asked her to give advice to someone who is passionate about small business and wanted to get involved in the shop-local movement, she said that small businesses need each other, and that people shouldn't just try to start a "business in a vacuum" online and expect it to work without connection to the outside world. Be committed, confident, and trust in your own abilities. "Not everyone will be a fan of yours," she said, but if you're honest to your ethics, and continue to do the right thing, success will come. She also said something which I have heard many times from successful women – don't let yourself be limited by people around you. "If you're honest and prove your value, you will shine, and there won't be anything to hold you down." •

It's Time. Equal Pay for Equal Work.

This is the personal opinion of Heidi Maerker

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.

EMPLOYMENT
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.

EMPLOYMENT
Board and Care Manager Provide care to mental ill residents and asst in medical services. Min 2 yrs exp req'd. Mail resume to: Immaculate Heart Board & Care. 743 W. Gardena Blvd. Gardena, CA 90247

EMPLOYMENT
Cost Estimator - ID & quantify cost factors. Calculate cost estimates. Evaluate cost effectiveness. FT. BS Statistics reqd. Send resume: HR, Ito Inc., 431 Isis Ave., Inglewood, CA 90301

EMPLOYMENT
Data Analyst-Gather & analyze data to monitor & forecast food trends. F/T. BA in Econ. or Marketing reqd. Resume to: HR, Ito Inc., 431 S. Isis Av., Inglewood CA 90301

FOR RENT
One room for rent in a 3BD 2BA house including washer/dyer, kitchen privileges, parking available, free wi-fi.

\$900/mo 310-508-5840
FOR RENT
 A) **227 E. Oak**, unit 103, El Segundo, CA: Beautiful 2 bed/2 bath; condo with view, exceptionally large patio, and 2 car covered parking. Asking \$2,495 per month. Please call 310-647-1635 for more info.
 B) **535 Indiana Street**, El Segundo, CA: Large 3bed/1.5bath, plus bonus room. Asking \$2,500 per month. a. Please call 310-647-1635 for more info.

To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.

Brrrrr-ring in the New Year

A little ice to make it exceptionally cool.

The Jewelry Source
 337 Main St. El Segundo. 310-322-7110
 www.jewelrysourceUSA.com

MASTER JEWELER
 BRILLIANCE YOU DESERVE®

Politically Speaking

The Optimism of the Young

By Gerry Chong

The bouncing baby New Year stood preening before the mirror, hiking up his diapers, slicking back his hair, and straightening the sash across his body that read “2015.” With a bounce he high-stepped into the room, passing an old and disheveled ’14 on his way out.

“Man, this is a tough gig, little guy. Hope you’ve got what it takes to make it through to the end.”

“No problem, old man, I got a sense of humor that will take me through anything, so I’m stronger than you. Fr’instance, I’ve gotta laugh when ‘Moonbeam Brown’ nominated three members to serve on the California Supreme Court. Their role, of course, is to interpret our Constitution. Only problem is, none of the three has served a single day as a judge! They’re Washington D.C.-based law professors! So it’s kinda like asking a baseball coach to play in the Major Leagues. So you see, old man, you’ve just gotta laugh.

“Or how about this one: and you can really blame Bush. A Gitmo releasee, Ibrahim al-Rubaysh, a Saudi, is now a senior leader of al Qaeda in Yemen, so the U.S. would kinda like to get him back. Obama is offering \$5 million to recapture a guy we already had in our prison.

“See, old man, yuk it up. It’s good for your soul. Not had enough examples? Try this one: Obama has nominated Alyssa Starzak to be General Counsel to the Army. Only problem is that Intelligence officials have accused her of stealing CIA confidential files. Apparently, Ms. Starzak

lifted a copy of the confidential Panetta Report which described U.S. handling of detainees. Shamee, shamee, Ms. Starzak.

“Look out! Here comes a politically incorrect knee slapper. Circulating around the internet is the White Trash response to ‘Hands Up- Don’t Shoot.’ The Tea Baggeres are responding, ‘Pants Up- Don’t Loot.’

“OK, OK,” said the brash ’15, “I’m the new kid on the block so I don’t know when to stop the racist stuff. Don’t throw bottles at me yet. Give me a few months to learn the ropes and I promise not to do that again. But don’t squelch my sense of humor. Let me run one last hilarity (no, not Hillary) by you.

“Apparently there has been a flood of signups for Medicaid, which is good. But the he high level of government reimbursements to Medicaid doctors ran from 2013 through 2014, and will end by the time ’15 takes his throne. Steve Zukerman of the Urban Institute says doctor reimbursements in 2015 will fall by an average of 43% across the country, but in California, Florida, New York and Pennsylvania it will fall by 50% or more.

“Moreover, the Administration has told the Supreme Court that doctors do not have the right to challenge the adequacy of their reimbursements. Wheeeee, this is more darned fun!”

So with a bow, ’15 explained to ’14 that he just lacked the appreciation of humor as the prism through which to view history. Hooray for the optimism of the young. *

Movie Studio’s Initial Decision was Wrong

By Cristian Vasquez

Being in the media makes it natural that I would be inclined to refuse any form of censorship. For several weeks now Sony studios has been harshly criticized for canceling the release of its movie “The Interview” due to threat made by North Korean dictator Kim Jong-Un. While executives at Sony studios have since change their stance and agreed to a limited release of the film, their initial reaction was very disappointing and embarrassing. For starters, it is bad enough when an American entity tries to censor our airwaves but to allow an outside source to silence us is insulting. Let’s not forget that in the Post-Janet Jackson/Justin Timberlake Super Bowl circus, many television and radio executives took it upon themselves to self-censor, with some influence by the FCC. We are 10 years removed from that absurd incident and it seems that we haven’t completely shaken off the tendency to micromanage all content for fear of complaints. So to have a major movie studio consider not releasing a movie because someone in another country is upset is absolutely absurd.

I will admit that any type of terrorist threat, not matter how small or insignificant we might personally consider it, should be taken serious. However, terrorists thrive on people’s fear and if we fold to all of their demands, it is my opinion that we make ourselves more vulnerable to the entity making the threat. Furthermore, we make ourselves vulnerable to any other terror group paying attention. Lastly, and not to sound arrogant but I am not afraid of North Korea’s threats. Granted, I am no expert on National Security but to borrow from and old expression, I do believe that their leader is all bark and no

bite. I’m not implying the man isn’t unstable enough to try something but it’s not enough to worry me.

For anyone who would stay away from a theater because of the threat, that is okay. I can respect their personal decision to err on the side of caution. Maybe I’m still immature but North Korea’s threat wouldn’t keep me from going anywhere in the United States. Yet, to have a movie studio entertain the idea of holding out is discouraging. There might be more to the initial reaction than just fear, but if that is the case, then say so.

To be honest, I probably wasn’t going to line up on Christmas Day to watch this movie. I have other plans; spend time with family, eat with an absolute lack of self control and then ask my mom to help make my stomach feel better. Yet, the fact that it isn’t an option because of fear is absurd. I can’t sit here and pretend that everyone has a good sense of humor so I am sure that the North Korean dictator wasn’t flattered at the premise of the movie. Still, leaders around the world are constantly mocked and they deal with it because it is the nature of life. If President Obama, or President Bush before him were upset every time they were made fun of in the media, they wouldn’t have made past their first term (SNL has at least one skit mocking the sitting president every week).

So as the Christmas break comes to an end, finally we can all decide what to do, where to go and what to watch. I for one will take the advice of President George Bush and take my family and enjoy life the way we want it to be and that means free of fear. If I refrain from watching “The Interview” it will be because I have something better to do. •

Looking Up

Venus Express Goes Gently into the Night

Based on a press release from the European Space Agency, provided by Bob Eklund

The European Space Agency’s Venus Express has ended its eight-year mission after far exceeding its planned life. The spacecraft exhausted its propellant during a series of thruster burns to raise its orbit following the low-altitude aerobraking earlier this year.

Since its arrival at Venus in 2006, Venus Express had been on an elliptical 24-hour orbit, traveling 66,000 km above the south pole at its furthest point and to within 200 km over the north pole on its closest approach, conducting a detailed study of the planet and its atmosphere.

However, after eight years in orbit and with

propellant for its propulsion system running low, Venus Express was tasked in mid-2014 with a daring aerobraking campaign, during which it dipped progressively lower into the atmosphere on its closest approaches to the planet.

Normally, the spacecraft would perform routine thruster burns to ensure that it did not come too close to Venus and risk being lost in the atmosphere. But this unique adventure was aimed at achieving the opposite, namely reducing the altitude and allowing an exploration of previously uncharted regions of the atmosphere.

“During its mission at Venus, the spacecraft provided a comprehensive study of the planet’s ionosphere and atmosphere, and has enabled us

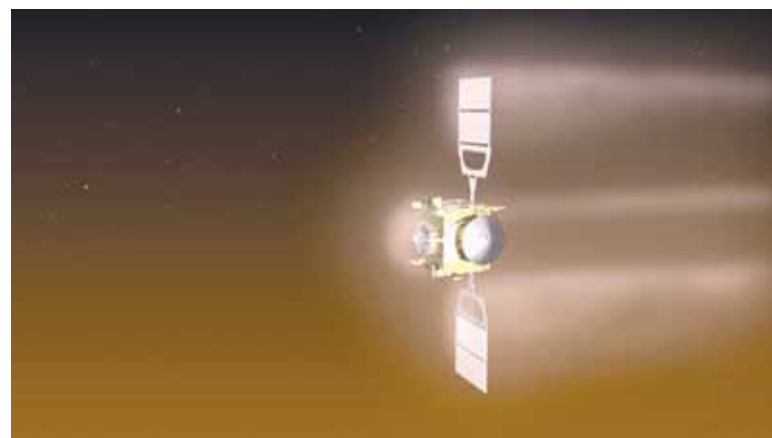
to draw important conclusions about its surface,” says Håkan Svedhem, ESA’s Venus Express project scientist. Venus has a surface temperature of over 450°C, far hotter than a normal kitchen oven, and its atmosphere is an extremely dense, choking mixture of noxious gases.

One highlight from the mission is the tantalizing hint that the planet may well be still geologically active today. One study found numerous lava flows that must have been created no more than 2.5 million years ago—just yesterday on geological timescales—and possibly even much less than that.

Indeed, measurements of sulfur dioxide in the upper atmosphere have shown large variations over the course of the mission. Although peculiarities in the atmospheric circulation may produce a similar result, it is the most convincing argument to date of active volcanism.

Even though the conditions on the surface of Venus are extremely inhospitable today, a survey of the amount of hydrogen and deuterium in the atmosphere suggests that Venus once had a lot of water in the atmosphere, which is now mostly gone, and possibly even oceans of water like the Earth.

Studies of the planet’s ‘super-rotating’ atmosphere—it whips around the planet in only four Earth-days, much faster than the 243 days the planet takes to complete one



Artist’s representation of Venus Express as it orbits Venus during June and July 2015. The Venus Express will exhibit its “aerobrake” maneuver, which will reduce its viewing altitude from 200 to 130km. Credit: European Space Agency – C. Carreau.

rotation about its axis—also turned up some intriguing surprises. When studying the winds, by tracking clouds in images, average wind speeds were found to have increased from roughly 300 km/h to 400 km/h over a period of six Earth years.

At the same time, a separate study found that the rotation of the planet had slowed by 6.5 minutes since NASA’s Magellan measured it before completing its five-year mission at Venus 20 years ago. However, it remains unknown if there is a direct relationship between the increasing wind speeds and the slowing rotation.

How to see Venus: Venus is just coming back into view in our evening sky, after spending several months as a “morning star.” It first became visible soon after sunset in mid-December, just 4 degrees above the southwest horizon, and is steadily gaining elevation each night. By January 6, it will be 9 degrees above the horizon in mid-twilight. And you can continue to enjoy Venus as an “evening star” in the western sky for the next several months. •

Studio
ANTIQUES

WE CAN SELL YOUR ANTIQUES & COLLECTIBLES FOR YOU ON eBay

NOW is the Season to SHARE

Bring any unwrapped gift, gift card or non-perishable food item to Studio Antiques and it will be donated to C.A.S.E. for our neighbors who need help this season.



337 Richmond St El Segundo
310-322-3895 9-5:30 studioantiques.com

TANNERSEWANDVAC.COM
OLD-FASHIONED SERVICE & TOP QUALITY PRODUCTS

NEW SEWING CLASSES!
CHECK OUR WEBSITE
TannerSewAndVac.com



310-670-2429
SEWING AND VACUUM SERVICE
FOR ALL MAKES AND MODELS.
FACTORY TRAINED TECHNICIANS.
EXPERT SEWING INSTRUCTORS.
SAME DAY SERVICE AVAILABLE.
ESTABLISHED SINCE 1964.

Husqvarna Miele

Honey-Balsamic Chicken with California Grapes



Ingredients

- 2 tablespoons olive oil
- 4 boneless, skinless chicken breasts
- 1/2 teaspoon sea salt
- To taste freshly ground black pepper
- 3 shallots, roughly chopped
- 2 cups red seedless California grapes, halved
- 1 cup green seedless California grapes, halved
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey
- 2 cloves garlic, minced
- 1 teaspoon chopped fresh rosemary

Preparation

Preheat the oven to 400 F. Heat the oil in a large oven-safe skillet over medium-high heat. Season the chicken with salt and pepper and add it to the skillet with the shallots. Cook for 10 minutes, stirring and turning the chicken occasionally, until it and the shallots are nicely browned.

Add the grapes, vinegar, honey, and garlic and bring them to a boil; cook and stir for five minutes more. Place the skillet in the oven and roast for 10 minutes, or until chicken is cooked through. Sprinkle the top with rosemary. Serves four.

Nutritional analysis per serving (without sides): Calories 261; Protein 28 g; Carbohydrate 19 g; Fat 8 g (Sat. Fat 1g); 28 percent Calories from Fat; Cholesterol 68 mg; Sodium 314 mg; Potassium 486 mg; Fiber 1 g.

Serving suggestion: Serve over a brown rice blend or polenta with lightly steamed chard or kale.

VALENTINO'S

Pizza, Pasta & More

"A Taste of Brooklyn"

1 LARGE 16" PIZZA with one topping \$13.99

ANY SMALL COLD 6" SUB \$6.95
made on our daily fresh homemade bread with bag of chips and small drink

Plus Tax. Extra toppings additional cost. No substitutions and coupon must be presented. Please mention coupon when ordering. One per customer. Expires 1/15/15.

Plus Tax. One per customer, must present coupon, not valid with any other offer, no substitutions please. Expires 1/15/15.

<p>EL SEGUNDO 150 S Sepulveda Blvd. 310-426-9494</p>	<p>MANHATTAN BEACH 976 Aviation Blvd. 310-318-5959</p>
<p>DELIVERY IN LIMITED AREA AT BOTH LOCATIONS</p>	

310.785.7501 • www.depotrestaurant.com

1261 Cabrillo Avenue, Torrance

310.320.2332
www.BuffaloFireDepartment.com

DOWNTOWN TORRANCE MARKET PLACE

Every Thursday 3:00 pm - 7:00 pm
Rain or Shine

Location: El Prado and Sartori

For more information call
Chef Shafer 310-787-7501 • Julie Randall 310-328-6107
www.buffalofiredepartment.com

New AB 60 Law Allows Undocumented Drivers to Apply for Licenses

In 2013, Governor Brown signed AB 60 into law, and it goes into effect on January 1, 2015. This statute directed the Department of Motor Vehicles (DMV) "to issue an original driver's license to any California resident who is eligible for a driver's license, regardless of immigration status," according to the DriveCA coalition at DriveCA.org. Further, "An AB 60 license will have a visible distinguishing feature and cannot be used for certain federal purposes, such as to enter restricted areas of federal facilities." The DMV has issued a list of answers to questions a new applicant might have. For appointments or other information regarding AB60 visit ab60.dmv.ca.gov.

Q: When is a person eligible to apply for

a driver license under the new AB 60 law?

A: Undocumented applicants can begin applying for a California driver license on January 2, 2015. During the initial visit, applicants will be required to prove their identity and residency, and take a driver knowledge and vision exams. A behind-the-wheel test will be given at another time.

Q: Do AB60 customers need to make appointments to apply for a driver license?

A: Anyone planning on visiting a DMV field office to apply for a first time driver license is required to schedule an appointment. However, the DMV has set up four temporary Driver License Processing Centers in Granada Hills, San Jose, Stanton, and Lompoc, where anyone can drop in without making an appointment.

Q: Does the driver license being issued under the AB 60 law have any limitations?

A: Yes. A driver license, under AB60, only allows an individual to legally drive a car and cannot be used to verify or provide legal or documented status. The face of the driver license clearly states that "Federal Limits Apply" and on the back disclaimer reads "This card is not acceptable for official federal purposes. It does not establish eligibility for employment, voter registration, or public benefits." In other words, a person cannot use this driver license to board an airplane or enter a federal building. However, it is important to point out that police officers in California cannot discriminate based on immigration status or the fact the driver holds an AB60

driver license.

Q: I plan to apply for a California driver license under the AB60 program. As an applicant without legal presence, will my information be used for anything other than a driver license application?

A: We are sensitive to the fact that many applicants without legal presence may be fearful of this review process and/or possessing this new driver license. Discrimination against an individual based on possession of an AB60 driver license is a violation of law, including the Unruh Civil Rights Act (Section 51 of the Civil Code). An AB 60 driver license shall not be used to consider an individual's citizenship or immigration status as a basis for an investigation, arrest, citation or detention. •

Purchasing? Refinancing? Looking for a 2nd Home?

Kinecta has the right SOLUTION for YOU!

Not a member? It's easy to join!

Kinecta Federal Credit Union • 1440 Rosecrans Avenue, Manhattan Beach, CA 90266
Established 1940 • Not-For-Profit • Over 250,000 Members

Ask me about our Purchase Specials!

Eric Kari

Mortgage Loan Consultant
NMLS# 1010087
E: Eric.Kari@kinecta.org
C: (310) 418-5641

CERTIFIED AND LICENSED PROFESSIONALS

KEEP IT LOCAL

NEW LOWER RATES!

26 weeks (6 months) is only \$400
52 weeks (1 year) is only \$750

If you have any questions call us at 310-322-1830.

HOW TO PAY: CHECKS, CASH OR CREDIT CARDS. Include Visa or M/C number along with billing address, security code, expiration date, email address and phone number. **PAYMENT MUST BE RECEIVED BEFORE AD IS PUBLISHED!**

The deadline for Business and Professional (B&P) Ad copy and payment is at Noon on Tuesday. We reserve the right to reject, edit, and determine proper classification of B&P ads. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims. **MUST HAVE CONTRACT LICENSE NUMBER IN AD.**

PLEASE NOTE:
NEW EMAIL ADDRESS
E-mail ad copy to:
class@heraldpublications.com

COMMUNITIES COUNT

flooring

KIRK FLOORING

(310) 322-6099

Fax (310) 322-6899
lic# 648106
333 Indiana Street, El Segundo
kirkflooring@socal.rr.com

YOUR AD HERE

Email to reserve your space
class@heraldpublications.com

handyman

BILL'S HOME & APARTMENT MAINTENANCE

CONTRACTOR QUALITY at Handyman Prices.
We cover everything from A-Z.

Bill Henrichon
Call: 310-890-7531
Office: 310-542-3470

Billshomeandaprtmain@yahoo.com
CA ST LIS# 786081 / Bonded & Insured

Serving the South Bay for 25 years
FREE ESTIMATES

painting

PAINTERS PLUS

INTERIOR • EXTERIOR PLUS IMPROVEMENTS • REPAIRS

FREE ESTIMATES
LOWEST PRICES • GUARANTEED QUALITY
5 YEAR FREE MAINTENANCE

SERVING THE BEACH CITIES FOR OVER 20 YEARS

CALL DON 310-798-0450
LIC # 726089

gardening

EL SEGUNDO GARDENER

Licensed/Bonded
All E.S. Crew, Lawn Service Clean Ups, Tree Trim, Sprinklers, Handyman, etc.
CALL BRIAN
310-493-7811 310-322-7396
Lic# 100085424

YOUR AD HERE

Email to reserve your space
class@heraldpublications.com

handyman

YOUR AD HERE

Email to reserve your space
class@heraldpublications.com

plumbing

24 Hour Service
Since 1990 • Lic # 770059 • C-42 C-36 C-34 C-20 C-10 A
PLUMBING, HEATING, COOLING & ELECTRICAL
Full Service Plumbing • Heating • Cooling & Electrical
Sewer Video Inspection • Rooter Service • Copper Repipes
310-543-2001

handyman

YOUR AD HERE

Email to reserve your space
class@heraldpublications.com

handyman

TOUCHSTONE

PAINTING • PLASTERING
HANDYMAN
Reasonably Priced - Referrals Upon Request
310-517-9677
30 Year Business and Resident in the South Bay

plumbing

Phone/Text
310.738.7094
El Segundo Resident
23 YEARS EXPERIENCE
Sewer Video • Hydrojetting • Bonded • Insured
CA LIC. #980971

concrete

Need A Driveway or Patio? Lindahl

Concrete, Inc.
Specializing in all Residential Concrete
WWW.LINDAHLCONCRETE.COM
Call For Estimate
310-326-6626
Lic#531387

electric

Wise Electric Contracting Service
Commercial/Industrial/Residential
License No: 785853
Serving El Segundo since 1945

Keith R. Wise Owner/Operator
Phone: **310-529-5271**
Fax: **310-615-0063**

handyman

PHILMO HANDYMAN SERVICE

One Call does it All! Over 30 Years Experience
Water Heaters \$150 Plus Parts
Painting, Doors, Locks, Windows, New Faucets,
Licensed Electrician, Toilets, Plumbing Repair,
Light Fixtures, Drywall, Earthquake Valves, Water Leaks
No job too small, We do all Sec 8 work
323.420.4498 323.752.3664
Cell Phone Message Center License # 145328

painting

RICH'S PAINTING

Specializing in exterior
Quality interior work
Reliable • Reasonable Rates
310-640-9465

plumbing

Lic#557167
Est. 1989
Heating-Electrical • Stoppages
Tankless Water Heaters
KillasserKid@verizon.net
310.613.4563

design & construction

TOTAL CONCEPT
DESIGN & CONSTRUCTION
CCL#: 522719
Complete Renovations
Outdoor Living Areas
Stone Patios, Fireplaces, BBQ's, Waterfalls & Spas,
Water Wise Softscapes
Website: www.TCLsouthbay.com
Call: 310-371-3368

YOUR AD HERE

Email to reserve your space
class@heraldpublications.com

YOUR AD HERE

Email to reserve your space
class@heraldpublications.com

painting

TKO PAINTING CO. INC.
Knocking Out The Competition
Satisfaction Guaranteed
Great Competitive Prices
FOR A FREE ESTIMATE
Call Troy at
310-663-1672

YOUR AD HERE

Email to reserve your space
class@heraldpublications.com

OVER 40 THOUSAND PAPERS DELIVERED WITHIN MILES OF YOUR HOME OR BUSINESS.

PETSPETS Pets PETSPETS

Wowser Schnauzers



Gavin has a sunny personality.



Manny is playful and sweet.

We are looking for volunteers to help with our pet adoption fairs which are held every Saturday at the Petco located at 537 N. Pacific Coast Highway Redondo Beach 90277, from noon-3:30 p.m.. If you are interested in volunteering and can commit to at least one Saturday a month, please contact us at info@msfr.org. You can also visit all of our Miniature Schnauzers & Friends rescues at the adoption fair or check out our website, www.msfr.org. If you have any questions about a particular dog's availability you can email us at info@msfr.org. Schnauzers! But you can't adopt just one!

I'm a 10-year old female, purebred Miniature Schnauzer named **Agnes**. I was rescued from a shelter where I ended up after getting lost. Even though I looked pretty good on the outside, I needed a lot of medical treatment. After I had my dental check-up I had to have 20 teeth extracted, that's probably why I'm only 15 pounds. I also had a few lumps, which turned out to be just fatty growths, removed. I'm feeling much better now and the really great news is that my senior screen exam results show that I'm in good health. I'm what's called very low-key so I get along with other dogs because I pretty much just ignore them. What I really want for the New Year is a soft bed, someone with snuggle with and a best forever friend. If you are interested in Agnes, please email info@msfr.org for more information.

Hi! My name is **Slater** and I'm a 1-year old, male Miniature Schnauzer/Poodle mix who is 13 pounds of fun. I was rescued from a LA county shelter where was brought in as a stray. That is one scary place so is it any wonder that I was very frightened and skittish when the MSFR folks rescued me? Once I realized I wasn't going back there, I warmed up nicely to my foster family but I'm still a little slow in the trust department. That's why it would be best to have a patient owner who is willing to give me time to earn my trust. Once I know I can trust you,



Slater is loyal and affectionate.

watch out! You'll never find a more loyal, affectionate guy who loves to play - even with other dogs. If you are interested in Slater, please email info@msfr.org for more information.

My real name is Emmanuel but my friends call me **Manny**. I'm an adorable, 1-year old, male, Miniature Schnauzer mix whose New Year's resolution is to find my forever home. I was lost and terrified when I was brought into a LA country shelter as a stray. I just huddled in the corner and didn't interact with anyone until the MSFR people rescued me. After being in my foster home for just two days I started to come out of my shell. I'm a very playful pup who gets along well with other dogs and I'm extremely affectionate with people. My foster Mom said that I'm underweight - only 10 pounds - and she is working on "fattening" me up with a nutritious diet. Please come to adoptions and see what an awesome friend I would be. If you are interested in Manny, please email info@msfr.org for more information.

My name is **Gavin** and I'm certain that I'd be the perfect family member for you. I was rescued from a LA County shelter where I



Agnes is 10 years old and would like someone to snuggle with.

was considered a stray. I am a stunning, pure white, 2-year old male Miniature Schnauzer mix. I have long legs, a plummy, natural tail and I'm a sleek 14 pounds. I've been told that I have an awesome temperament but that's because I'm so happy when I'm around my people. I even get along well with other dogs but you need to come to adoptions and see what a unique little guy I am. If you are interested in Gavin, please email info@msfr.org for more information. •

Be kind. Save a life. Support animal rescue.

Keep Your Pets Healthy During the Holidays

By Dr. Greg Perrault

'Tis the season to get gastroenteritis. The holiday season is the time for parties and great food and festivities. It's also the time of the year when we see a lot of pets come to the hospital for digestive issues. We want our pets to enjoy some of the special treats that only come once a year. Unfortunately, holiday food is often too much of a change from our pet's normal diet and they get sick. Holiday food is rich and spicy and doesn't agree with the digestive systems of cats and dogs. Between Thanksgiving and New Years we see dozens of pets per week with vomiting and diarrhea from holiday food. Many times it is not intentional. When we have guests over to our home, our little vacuum cleaner dog manages to gobble up every morsel that hits the ground. Unfortunately, he pays the price the next day. Make sure to lock up the trash after a holiday dinner, too. Pets can be just as sneaky as the Grinch.

If your pet does get into the holiday food and gets sick, please do not give them human medicine such as Pepto-Bismol or other digestive aids. Many of these products contain ingredients that are safe for people but not for pets. Kaopectate and Pepto-Bismol both contain aspirin, which can easily cause gastric ulcers in pets, even in tiny amounts. Your veterinarian will have similar products made specifically for your pet that are safe and effective.

Holiday time includes other potentially hazardous things for our pets. We have had two marijuana ingestions in the last week and both cases were serious enough to require hospitalization. Dogs are much more

sensitive to marijuana than people and even tiny amounts can have profound effects for days. In fact, the owners of the last case that came to us was unaware that their pet had ingested marijuana and thought the dog was having seizures and was dying. The dog was so ill the owners thought they were going to have to euthanize their beloved dog.

Most pets won't ingest alcohol such as wine or straight whisky. But eggnog, sweet warm cider drinks or rum balls are tasty to our pets. Be careful of leaving drinks and snacks unattended.

If you are planning on getting your pet some treats as a gift, make sure to only give a small amount at one time to avoid an upset stomach. In addition to getting a squeaky toy or food treat for your pet, consider getting them pet insurance. Pet insurance, if started when your cat or dog is young and healthy, is surprisingly affordable. Another suggestion I give clients is to start a simple savings account for your pet. Put a few dollars away every month into an emergency pet account. You never know when that nest egg will come in handy.

Finally, please think carefully before giving a pet as a gift. Many people aren't prepared for the responsibility and expense that a pet demands.

Our pets bring us so much joy and happiness. Please keep them safe this holiday season. Wishing you and your furry friends a Happy Holiday.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach.

Pets can get loose or lost through mishaps and travel quickly. Microchip: it works!

Happy Tails

Congratulations to **Kristy**, rescued in July, who now lives in Santa Ana with her new family. Kristy's gone to a home of Schnauzer lovers who recently lost their 16-year old Schnauzer after losing their 12-year old

Golden just several months before. Leave it to Kristy to heal their hearts by making their family whole again. What a great Christmas this will be for everyone! •



Kristy has gone to a new loving home and helped heal her family's grief.