

# Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

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Sunday, October 25 is the 25th Annual World Famous Pumpkin Race Festival at the Manhattan Pier.



Details on page 2.

## Weekend Forecast

Friday,  
Oct. 2  
Sunny  
80°/67°



Saturday,  
Oct. 3  
Sunny  
80°/67°



Sunday,  
Oct. 4  
Partly Cloudy  
72°/64°



## October is Skechers Friendship Walk Month



The crowd at the 2014 Skechers Pier to Pier Friendship Walk. The 2015 Friendship Walk, which benefits the Friendship Circle, a nonprofit organization for children with disabilities, will be held on October 27, 2015. To register or find out more, visit [skechersfriendshipwalk.com](http://skechersfriendshipwalk.com). Photo courtesy of Skechers.

## Jeanie Nishime, El Camino Vice President

By Nancy Peters

The day Jeanie Nishime began college at Point Loma, near San Diego, she knew she had goals to be a counselor of some kind, so psychology as a major was a no-brainer, of sorts. And then, knowing that a Master's degree would be necessary, she plunged right in to that next level with counseling as her focus. Influenced by a high school psychology teacher, Jeanie became Dr. Nishime when she earned her Doctorate at Pepperdine University in Institutional Management. Meanwhile, she found her niche as a coordinator of peer counseling at Fullerton Community College, developing and administering one of the preminent programs in the community college world. The Extended Opportunity Program and Services (EOPS) allows matriculation of students who have challenges in language, social interaction, economic affordability, and have had educational disadvantages, and encourages retention and transfer of students.

"Somehow I have really found my calling in the arena of community colleges," related Jeanie. "I was the Dean of Counseling at Riverside Community College and worked at Pasadena Community College as well. By the time I made my way to El Camino College, I was established and so was my reputation as an expert," she chuckled, "in community colleges and their great contribution to education."

"I started at El Camino in 2007 as the Vice President of Student and Community Advancement. I have several programs that report to me and though I have not taught, as I thought many years ago I might, I do have contact with students. Mostly, though, it is the great staff at El Camino with whom I have the most daily interaction."

"Students come to me when there is nowhere else for them to go, but 'up the chain.' I guess you can say 'The buck stops here' is a good reason for a student to come and see me," she laughed.

The Admissions, Counseling, Financial Aid Department, Student Outreach, Support

Services, First-Year Experience, Student Development, and Student Complaints and Grievances, the Business Training Center, ECC Foundation, and the ECC Grants come under her jurisdiction. "Students get such a better education at the community college level at El Camino than many people give the system credit for," she explained. "All teachers of academic programs have a masters or doctorate degree. Our students are being taught in smaller classes, by the actual professor of record. We don't actually have Teaching Assistants who teach courses, such as they do at the university level."

"We prepare the student to advance to the UC or Cal State schools of their choice. At El Camino, we have developed the best

STEM program in the entire state community college system," she shares with pride. "We have counselors embedded in our academic programs and classes to support our students. We have the highest acceptance rate to UCLA of any community college Honors Transfer Program in the state."

Jeanie Nishime is currently the President of the Board of Trustees of the El Segundo Unified School District (ESUSD), where she has served as a Board member since 2011. "When I was commuting to Pasadena every day I didn't have time to do many outside activities, although I wanted to be more involved in them. Once I started working at El Camino I could see my way to being more

See Jeanie Nishime, page 2

## Redondo Beach Art Group 10th Anniversary "Power of Art" Exhibit

Works by many of the best artists in Redondo Beach will be showcased at the 10th Anniversary Power of Art - [www.rbag.org](http://www.rbag.org) - with gallery exhibits, art installations, and art opportunity drawings slated October 16-18 2015. Hours will be between 6pm and 10pm, Friday; 11am - 7pm, Saturday; and Sunday, 11am - 5pm at the Redondo Beach Main Library, 303 Pacific Coast Highway, Redondo Beach, CA.

A gala reception, which is free to the public, kicks off the event, Friday. Visitors can browse juried artwork by RBAG artists, gift gallery, participate in the opportunity drawing, and enjoy live music by the Phillip Clark Trio. Food trucks will be on hand, as well.

Saturday will feature "The Enchanted Inuit" presented by South Bay Hands on Art between 11:30am and 1pm; a Tin Workshop, 1:30pm - 3:30pm, and mural unveiling by Leadership Redondo Class

of 2014 at 4pm. Live opera by Opera Nova will be held from 4:30pm - 6pm.

Sunday, South Bay Hands on Art will present "Starry SoCal Night," 11:30am - 1pm, and a Pastel Workshop will be held, 3:30pm - 4:30pm.

The event is sponsored by AES Redondo, CenterCal, King Harbor Marina, and Friends of Redondo Beach Arts (FRBA). For more information, visit [www.rbag.org](http://www.rbag.org), or call Patti at (310) 540-4443.

The Redondo Beach Art Group (RBAG) was founded in 2003 to create and promote artistic discussion, to provide camaraderie and encouragement to the artistic community, to collaborate, and to support the visual arts in the South Bay. The goal of RBAG is to support the arts, art education, public art and community involvement. RBAG is looking forward to establishing a Creative

See Power of Art, page 4

## Jeanie Nishime

from front page

involved outside of work.

"But then I got married and thought, 'I need to enjoy being home and cooking a meal to share with Spence every night.' Spence is active in many activities, especially with our church family, and he was very encouraging when I mentioned entering the election for the school board. He started ordering signs and we were off and running!" she giggled softly. "When I started campaigning I realized that I could really contribute something about the way things work from the state level, having been employed by the state in the community college system for so long.

"I really enjoy working with my colleagues on the ESUSD Board. I bring a different perspective since my experience in education is so different. I see where the missing pieces are when the students get to college and can make recommendations about curriculum and development at the local level. It is so important to prepare students for the choices before them in college.

"I am so proud of the many projects the Board has accomplished. The middle school International Baccalaureate (IB) Designation is such an important one for our schools. The fact that we have a 1:1 iPad program is also an accomplishment for the teachers at the middle and high schools, to make the adjustments necessary to teach from that technological perspective, honoring the investment made in the program, teachers, and students is unprecedented, really.

"We have weathered many challenges as well, not the least of which is the predicament caused by lack of state financial support. We have had to be creative with budgeting and not spending even when students are expected to perform to the highest standards. Standards are paramount and our students adapted to Common Core and revisions in mathematics and science pathways as they compete for acceptance at top colleges and universities.

"Each day I deal with academic issues at El Camino, with professors, program managers, and administrators. At night I handle, along with the other Trustees, the changes of new principals at ESUSD schools, a new Superintendent, and programs, such as STEM moving now down to the elementary grades.

"As an education administrator and as a School Board Trustee my days are full," she said as she continued to do one of the things that relax her, knitting a bolero jacket. "I don't know what the future holds for me. It is not time to retire yet. Our president at El Camino will be retiring early next year, so the outcome of that will present some challenges, I am sure. This year is an election for school board members, so we shall see what I have in store coming down the road.

"My family has always been resilient, accepting of many challenges. My father, Saburo, was in the 100th Infantry during World War II and very active in the 'Go For Broke' organization in Hawaii. My mother, Setsuko, worked full-time until she was 84 years old. I don't plan on doing that!" Dr. Nishime stated adamantly, although chuckling at the thought. "Spence and I want to travel.

"We have both seen a lot of the world (she was born in Japan, raised in Okinawa), especially Spence. He is a retired pilot who served in the US Air Force for six years and, then, as a reservist for 24 years. We have raised seven children between (Jeanie-2, Spence-5) us. We both still enjoy so many things together. In fact, we may have to dust off those roller blades soon and recreate our first date."

Dr. Jeanie Nishime has busy days and nights, but still manages to keep a bright smile on her face at all times, looking forward to a future filled with enormous possibilities.

[Following this interview and submission of this profile, Jeanie Nishime announced her incumbent candidacy for a seat on the El Segundo Unified School District Board of Trustees.] •

## Community Briefs

### Hometown Fair

The Manhattan Beach Hometown Fair will be held October 3rd and 4th on Valley Drive between 15th and 21st streets. Valley Drive will be closed in that area all weekend. Venue

hours are generally between 10am and 5pm, though some attractions stay open until 6pm. Please visit [mbfair.org](http://mbfair.org) for more information.

### 28th Annual Family Halloween Carnival

The Manhattan Beach Parks and Recreation Department's annual Family Halloween Carnival is held every October at Manhattan Heights Community Center located at 1600 Manhattan Beach Boulevard. The event is designed for children ages 2 to 13. Children under the age of 5 years old must be accompanied by an adult at all times. Past carnivals have included face painting, haunted house, food and game booths, and much, much

more! All game booths are constructed by children in the After School REC Program and the haunted house is constructed and staffed by Teen Center staff and their teens. Events, attractions, and costs are subject to change without notice. For more information or to volunteer for this event, contact the Parks and Recreation Department at (310) 802-5448 or via email.

### World Famous Pumpkin Race Festival

The 25th Annual World Famous Pumpkin Race Festival will be held on Sunday, October 25, 2015 at the Manhattan Pier beginning at 12:00 PM for what promises to be the most fun and unusual Halloween event your family has ever experienced! The day long Downtown Halloween Festival and Pumpkin Race will be filled with fun, excitement, surprises and laughter for all ages.

World Famous Pumpkin Racecar Kits

will be available for \$20.00 (cash or check only, payable to City of Manhattan Beach). Racecar kits will be available for purchase beginning in October. Pumpkin Racecar Kits are fun and easy to assemble and contain everything you needed to build a Pumpkin Racecar (2 axles, 4 wheels, 4 spacers, 4 wing nuts, instructions and official rules). For more information, visit <http://pumpkinrace.com/>

### South Bay Galleria Professional Clothing Drive

South Bay Galleria has announced a collaboration with Designing Women South Bay, a women's guild in support of Working Wardrobes, to host a Professional Clothing Drive on Saturday, October 10, 2015 from 10:00 a.m. until 4:00 p.m. For this special clothing drive, South Bay community members are encouraged to drop off gently used professional clothing for men, women, and veterans re-entering the workforce.

Suggested donation pieces for both men and women include dress shirts, slacks, dress shoes and suits. Items can be dropped off

at Suite 361 on Level 3 of the North Wing. Donations of plus size items, accessories, and purses are also encouraged. All professional attire donated must be clean, in good condition and on hangers.

In addition to donating to this worthy cause, volunteers from Working Wardrobes' Designing Women South Bay will be on hand to provide job seeking tips to guests, including resume writing, interviewing, and more. For more information about this event please visit [www.southbaygalleria.com](http://www.southbaygalleria.com) or call (310) 371-7546.

### Pink Uniform Patches Support Breast Cancer Awareness

During the month of October, employees of the Manhattan Beach Police Department will be demonstrating their support of breast cancer awareness by wearing pink shoulder patches on their uniforms. The traditional blue and gold patch has been modified to include a pink sun, lettering and border. Manhattan Beach Police Department stands in support of friends, family and co-workers who have been affected by Breast Cancer.

Chief of Police Eve R. Irvine said about

this program, "The members of the Manhattan Beach Police Department join millions of others around this world to bring awareness to this horrible disease. And, to every breast cancer survivor and those who are currently in battle, we want you to know that we got your back."

Our community is challenged to help make a difference in the fight against cancer by volunteering time, participating in an event, or displaying pink to help increase awareness. •

## 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.

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# Get on Your Mark to Help!

By Thomas E. Cappiello

This is the time of year when I start to get anxious. October 5th will mark the 8th anniversary since I was diagnosed with inoperable Stage IIIA Non-Small Cell Lung Cancer. This week I get my annual surveillance blood test and CT scan to see if I am still cancer free. I call this annual anxious feeling around scan time "scanxiety." It is always an unsettling time of year for me.

Except for some neuropathy in my feet (an after-effect of platinum-based chemotherapy) I feel fine, but I've learned my lesson. I now know that I could have a tumor in my lung and not know it. (You have no nerve endings in your lung, so you might have a tumor and never feel it before it's too late!) Surveillance is the only way to be sure I remain cancer free. If you are a smoker or former smoker, or someone who has been extensively exposed to second-hand smoke, annual surveillance could be right for you too!

In January 2013 I decided to focus my advocacy efforts on promoting lung cancer screening and early detection, which I believe is the most direct way to save and extend lives. I launched the Lung Cancer Research Council Inc. as a 501(c) 3 non-profit. My philosophy, unlike other cancer charities, has been to have no fixed overhead or paid personnel. We have low operational cost and to devote every dollar raised to the mission of promoting lung cancer awareness, screening and early detection. If I can succeed by raising program funding using nothing but volunteers, then I know the community at large believes in what I am doing.

I have to say, my timing could not have been better. In December of 2013 the US Preventative Services Task Force endorsed low-dose CT scan as an evidence based screening protocol, which made lung cancer screening available for the first time to anyone age 55 and older who had a 30 pack-year history of smoking or quit smoking less than 15 years ago. That endorsement was followed by Medicare and Medicaid also accepting and reimbursing low-dose CT as an evidence-based protocol for lung cancer screening.

If you are someone who fits the screening profile and have private insurance or are on Medicare or Medicaid, you are entitled to get an annual screening without paying any deductible or co-pay. I urge anyone who is a former smoker to get screened every year and share this article with anyone you know who should be screened. Screening save lives.

The other reason I always get anxious at this time of year is all the work I have to do to get ready for the SW Florida Lung Cancer 5K Run/Walk and Mile of Memories Walk scheduled this year for November 7th. November is lung cancer awareness month, and I get anxious because I really need a lot of help to run this annual event.

We've been working hard to make our website easier to navigate and to sign up to run or walk in our annual race or create an online fundraising team. If you have not done so already, check out our re-designed website at [www.lungcancerresearchcouncil.org](http://www.lungcancerresearchcouncil.org) My goal this year is to have 1,000 or more people at our November 7th race, but I want to emphasize, you don't have to run or walk, or even be there to participate!

Anyone who wants to help can create an online fundraising team on our website and then share their online team website through social media. This will help spread the word about our efforts as well as help us raise funding. Check out our website or our Facebook page and share it with people you know!

Every year we put out memorial signs to remember people who died from lung cancer. Sadly, 158,000 die every year. There are voiceless millions in America who would

be advocating for lung cancer had they survived their battle with the disease. The Mile of Memories Walk is to honor those we have lost. If you know someone who has lost their life to lung cancer, you can submit their name and memorialize them at the Mile of Memories Walk. To have a sign made for a friend or loved one, visit the Lung Cancer Research Council's website.

Finally, I must recognize the caring and generosity of our presenting sponsor, South Florida Ford, as well as our other major sponsors, including Florida Cancer Specialists, Morgan Stanley, McDonnell Dermatology, Truly Nolen, CeJay Associates, Buffalo Graffix, Florida Weekly, Sun Newspapers, Marketing Arm International, Pulmonary Sleep and Critical Care Specialists, and the Farr Law Firm. We could not hold our race without these sponsors, so please patronize these companies and thank them for what they are doing to help raise lung cancer awareness!

If you or your business would like to be a sponsor, make a donation, or volunteer to help at this year's race, please contact me at [tcappiello@np.zypha.com](mailto:tcappiello@np.zypha.com) or visit The Lung Cancer Research Council website at [www.lercinc.org](http://www.lercinc.org).

Now get on your marks, get set, and go help raise awareness and funding for the leading cause of cancer death in America! •

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www.rbag.org  
 Redondo Beach Art Group is a 501(c)(3) non-profit corporation. EIN 20-2126205

Power of Art

from front page



"Black and White" Bas Relief Sculpture by Patty Grau.



"10 Minutes to Eternity" Assemblage Sculpture by Patty Grau.

Art Center in Redondo Beach that will enhance the lives of South Bay residents, visitors and businesses.

Membership in the group is open to all artists residing and working in the South Bay and to people interested in furthering the arts and the cultural scene in Redondo Beach. Member artists in the group work in ceramics, digital arts, glass, fabric, metal, oil, pastel, pencil, photography, watercolor, wood and more. The Redondo Beach Art Group is a 501(c)(3) non profit corporation, EIN 20-2126205. •

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Email: charlenenishimura1@gmail.com  
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## Chicken with Lemon and Olives



### Ingredients

- 4 chicken breasts
- 1 cup Green and Black Olives from Spain
- 2 preserved lemons, rinds removed and thinly sliced
- 1 lemon, juiced
- 4 sprigs rosemary
- 1 cup loosely packed parsley leaves
- Olive oil
- Salt and pepper

### Preparation

- Preheat oven to 400 degrees.
- Season chicken breasts with salt and pepper. Heat a large, heavy bottomed, sauté pan over medium high heat. Add two tablespoons of olive oil to the pan. When hot, add the chicken breasts skin side down. Cook until skin is golden brown and the skin is crispy, about 4-5 minutes.
- Flip chicken breasts over, add the rosemary sprigs to the pan and place the entire pan in the oven. Cook until the chicken is just cooked through, about 10-12 minutes, or until a thermometer reads 150 degrees internally.
- Remove the chicken from the pan, add the olives, preserved lemons, lemon juice, parsley, and about 1/4 cup EVOO to the pan - this will be the sauce.
- Divide the chicken between four plates, heat the sauce over medium heat and spoon evenly over the chicken breasts.
- Serve while hot and enjoy with a vegetable side such as roasted onions or carrots.

# PETSPETS Pets PETSPETS PETSPETS

## Wowser Schnauzers



Stewie has had a hard life and needs some love.

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](mailto: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](http://www.msfr.org). If you have any questions about a particular dog's availability you can email us at [info@msfr.org](mailto:info@msfr.org). Schnauzers! Bet you can't adopt just one!

Hi there I'm **Stewie** which is probably short for something but I'm not sure what. I'm a four-year old male purebred Miniature Schnauzer who was rescued from a LA county shelter where my previous owner abandoned me. Can you believe that I was dumped at the shelter gate, with nothing but an unsigned note, after a car hit me? Talk about no compassion! I had sutured lacerations on my abdomen and a leg injury but thankfully no broken bones. When I was rescued, my leg had a big abscess and the MSFR Vet did surgery to fix that. I had an excellent recovery and I'm all healed and

ready for my new home. I get along great with other dogs, but because I'm kind of a small guy (only 16 pounds) I do best with dogs that have a calm temperament. If you are interested in Stewie, please email [info@msfr.org](mailto:info@msfr.org) for more information.

My name is **Shermy** and I'm a four-year old male purebred Miniature Schnauzer. I arrived at the IE (Inland Empire) shelter as



Shermy loves people and is a lot of fun.

a stray and thought I would be there forever! After two weeks in that overcrowded place I came down with kennel cough so I wasn't available to be adopted by the general public. I was so glad that the MSFR volunteers found me and decided to rescue me. I'm feeling much better now that I've made a full recovery. I can't wait to meet and greet all the folks who want to adopt a loving, fun, 26-pound boy. I get along great with other dogs but I'm so much more focused on spending time and sharing adventures with people – just call me LOYAL!! If you are interested in Shermy, please email [info@msfr.org](mailto:info@msfr.org) for more information.

My name is **Nixon** and for a youngster, only three years old, my life hasn't been all that delightful. I don't know why my owners were so unkind to me because I really did my best to be good. They never spent much time loving me or caring for me. I was never brushed or groomed so I was always a matted mess. Then they finally decided to drop me off at a shelter and they just walked away without a second glance. Because I was so matted I had to be shaved down after pictures were taken for the neglect case I was involved in. Can you blame me for being fearful of people when the little contact I had was all abuse? Thankfully the MSFR folks rescued me, got me some help and with lots of love and TLC, I'm finally back to my friendly, trusting self and looking for my forever home. I'm 15 pounds of love and devotion just looking for the right family



Nixon has had a lot of rehab and is ready for a family.



Petey is a calm Jack Russell mix.

to give it to. Will you be the ones? If you are interested in Nixon please email [info@msfr.org](mailto:info@msfr.org) for more information.

Hello there – it's me **Petey**. I'm the one-year old male Doxie /Jack Russell mix that was rescued from the Devore shelter in San Bernardino. I've been told that I'm quite the catch – quiet, calm, gentle and I do NOT have the classic Jack Russell personality. I have to admit that I'm a bit shy at first but I absolutely love people and make friends quickly. Since I'm only about 12 pounds, I enjoy playing with "gentle" dogs but I'm not one of those guys who require a doggie pal to make me happy. If truth be told, I'm actually most content with human companionship! I'm also crate trained, non-barky and a whole lot of fun to play with. Petey can be seen anytime at Yellow Brick Road Doggie Playcare in El Segundo Call 310-606-5507 or email [southbaydoggie@hotmail.com](mailto:southbaydoggie@hotmail.com) for appointment. •

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

## Happy Tails

Congratulations to **Rerun**, now named **George Michael**, and his new Dad. Rerun is our cutie that was rescued two weeks ago. He had kennel cough so he never even made it to adoptions. He joins 2014 MSFR alumni, Karma, who is now called Maebby. Maebby

and George were absolutely smitten with each at their meet and greet earlier this week and it looks like a perfect match. George is now living in Lake Balboa and looking forward to a wonderful life. We wish the whole family many happy times. •

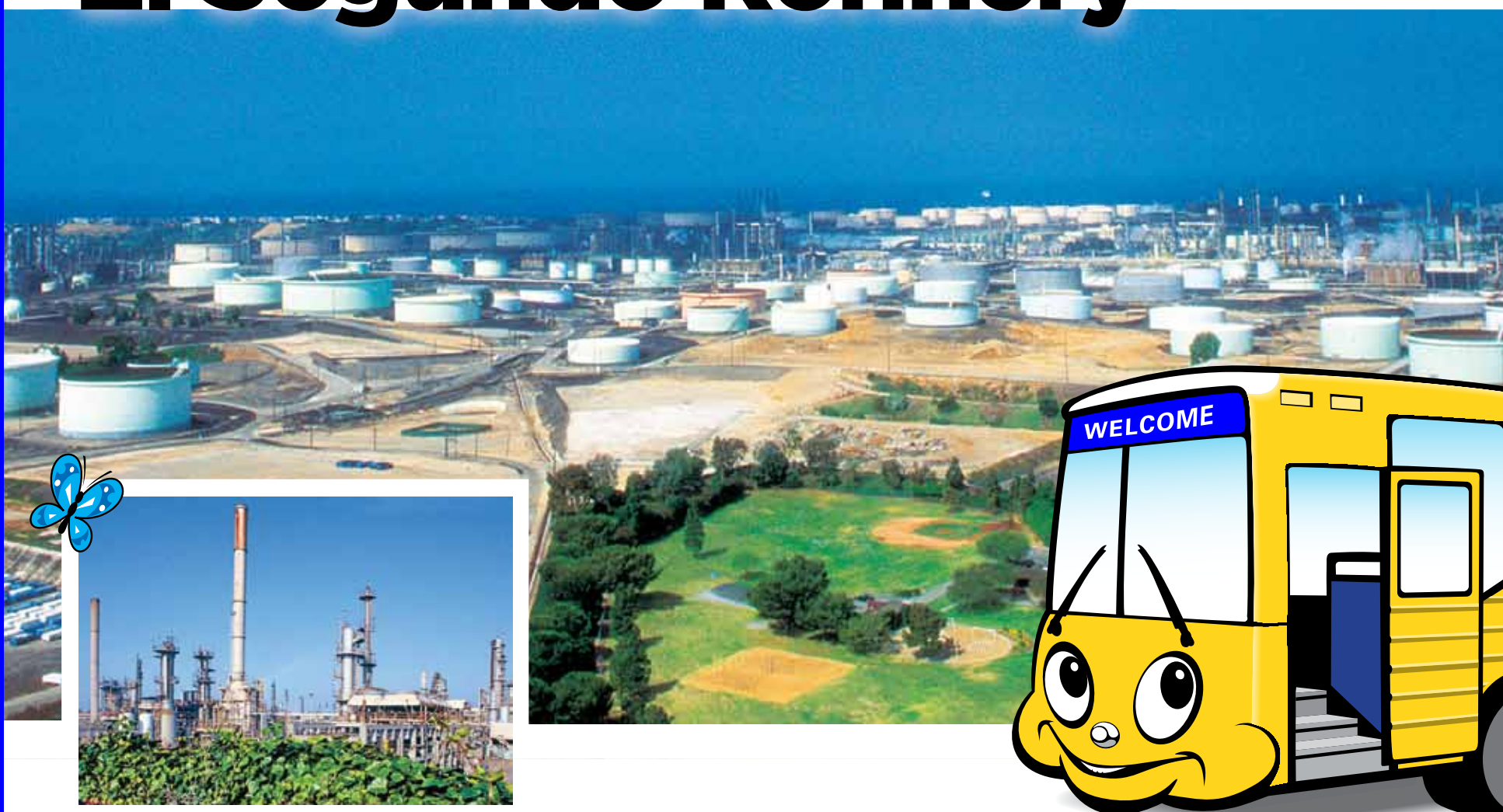


Best wishes to George Michael, who has a great new life with a new sister.



Energizing California  
For Over 100 Years

# Come Visit the Chevron El Segundo Refinery



## Community Tour Day

Saturday, November 7, 2015

9:00am - 1:00pm

Administration Building  
324 W. El Segundo Blvd.

The Chevron El Segundo Refinery will be offering free one-hour bus tours of our facility to our neighbors.

**Tour reservations are required!**

To make reservations, visit  
**[www.chevronelsegundo.com](http://www.chevronelsegundo.com)**.

For those without internet access, call (310) 615-3747.



*Please include the names of everyone in your party, your time preference, city of residence and phone number. Photo ID is required for all adults. **No cameras or camera-phones please.***