

# Torrance Tribune

The Weekly Newspaper of Torrance

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## South Bay Grey Whale Sighting



Off the coast of the Redondo Beach Pier a Grey whale flips its characteristic tail fluke just before it dives down in search of food. Photo by www.christopherbarnesphotography.com

## The City of Torrance to Test Second Low Emissions Vehicle

By Dylan Little

American Honda presented the City of Torrance with a plug-in hybrid Accord during the Torrance City Council meeting of August 16. The new vehicle will be part of a test pilot program that lets Torrance see how electric vehicles can meet the needs of the city and help reduce greenhouse gas emissions while Honda gets valuable data about how the vehicles perform in real-world use.

The plug-in hybrid will be joining the Fit EV, which Torrance has been testing since last year. Mayor Frank Scotto has been proud of the City's involvement in the demonstration program and sees it as a way to show residents how effective electric vehicles can be. "It's been an honor for the City of Torrance to be a participant in the Honda Fit electric vehicle demonstration program," said Scotto. "Hand in hand, American Honda has been able to spread public awareness about reducing carbon dioxide emissions."

While no word was given on the efficiency of the new plug-in hybrid, other than it being able to run solely on electric power for 13 miles, Honda did share that the all-electric Fit EV has an equivalent miles per gallon (eMPG) rating of 118. Scotto believes both vehicles will help Torrance meet its goal of reducing greenhouse gas emissions of City operations by 15 percent. "The addition of the Accord plug-in will help enhance the efforts to reduce emissions in City operations," said Scotto.

The program goes beyond Honda being, in Scotto's words, "one of the great neighbors

that the City of Torrance is so happy to have," but also allows the motor company to monitor how the vehicles perform under real-world use. Steven Center, Vice President of the Environmental Business Development

Office for American Honda, said the test gives Honda valuable insight while at the same time helping Torrance create a win-win situation for both entities.

See **Low Emissions Vehicle**, page 2

## Love for Community Fuels Desire of New Councilman to Serve City

By Cristian Vasquez

For more than 50 years, Councilman Kurt Weideman's family has lived in Torrance. To him it has always been more than a zip code that he calls home. Torrance is the community that has become part of his family.

"The community has educated my family, protected them and provided essential services," Weideman said. "I worked in Torrance for most of my career in a local aerospace firm. The community has accepted me, embraced my family and given me a wonderful life. For those reasons, I have endeavored to contribute to this city that has meant so much to us."

From his appointment by the City Council in 1996 to be the Torrance business representative to the Carson, Lomita and Torrance Workforce Investment Network, to his years of service with the Torrance Historical Society, the Torrance Cultural Arts Foundation, the Planning Commission and many other civic organizations, Weideman understands aspects

of the community that only years of work can provide.

"I believe that my involvement with the community and knowing so much about Torrance can be an asset in fulfilling my new duties as Councilman," Weideman said. "Each community has a personality, traditions and a unique history. I have been a part of that for 50 years--you can say that I matured with the City. I know its leaders and I know its assets. I feel that I have a sense of the pulse of the community. By this, I mean its attitudes about development, traffic, public safety, etc."

Still, deciding to join the Council upon the retirement of former Councilwoman Susan Rhilinger was not a quick and easy decision. "I had run for a Council seat in 2008 and lost," Weideman said. "The process is an extraordinary commitment of time, energy and money. Therefore, only after a discussion with my wife and some intense soul-searching did I agree to throw my hat in the ring. I do intend

See **New Councilman**, page 6

## Weekend Forecast

**Friday**

AM Clouds/  
PM Sun  
76°/65°



**Saturday**

AM Clouds/  
PM Sun  
74°/64°



**Sunday**

AM Clouds/  
PM Sun  
73°/63°





# Muratsuchi Convenes Aerospace Meeting

By Dylan Little

Assemblymember Al Muratsuchi chaired a panel consisting of California legislators, aerospace professionals and industry experts to discuss how to reinvigorate what was once a growing and robust sector of the state's economy. The meeting was held at the Redondo Beach main branch library on August 9 and attracted citizens concerned about the future of the aerospace industry.

Aerospace is a huge sector of California's economy and Muratsuchi who represents the much of the South Bay called it "critically important". The state has major operations and facilities for some of the nations largest aerospace firms, like Boeing, Northrop Grumman and Space X. The aerospace industry brings the state over \$500 million in revenue and employs thousands of workers, most of which hold high skilled and high paying jobs.

Lately however, there is quite a bit of "doom and gloom" concerning the aerospace sector in California. While historically strong, in the face of defense drawdowns, sequestration and base closures the industry has been on the decline. Between 2002 and 2012 the number of aerospace jobs in the state fell from 125,000 to 105,000. Kish Rajan, director of the Governor's Office of Business and Economic Development admitted that growth in the aerospace industry has not been where the citizens of California would like it to be. He said his office has been looking at ways to make California more attractive to aerospace manufacturing investment.

"We need to reshape our thinking when it comes to employment especially in manufacturing," said Rajan.

The highest profile ways that California's government is reshaping their thinking concerning employment is with tax credits and hiring incentives. The state already has a higher cost of living compared with other states that compete with California for aerospace jobs and has regulations that can pose a burden for manufacturing companies. Rajan said the state's lack of incentives for new equipment purchases and hiring (both of which are provided by competing states) made California unappealing to new aerospace investment.

"It did put us at a significant competitive disadvantage," said Rajan.

However, the state is taking action to reverse the downward spiral. Rajan mentioned the California Competes Tax Credit, a discretionary tax credit that can be awarded to companies in exchange for commitments (like increasing hiring) to the state. He also mentioned a new California state sales tax exemption for new equipment purchased in the state, which representatives from Boeing, Northrop Grumman and Space X all half-jokingly mentioned they wished were

retroactive. Rajan said all these changes were designed to show that California can be welcoming to business.

"It sends a loud message that California is open for business in a way it hasn't been before," said Rajan.

To assist in the goal of attracting new aerospace investment, Muratsuchi introduced two bills, AB 777 and AB 927, which he believes will help California remain competitive with other states and encourage greater hiring in the aerospace sector.

"California is working hard to maintain a robust aerospace industry," said Muratsuchi. "I introduced AB 927 and 777 because incentive programs such as sales tax exemption, hiring credits and tax credits will be an added benefit for growth opportunities as the business climate improves."

Jack Stewart, president of the California Manufacturers and Technology Association, warned that "we have a lot of work still to do" beyond offering tax credits and hiring incentives. He pointed out that some of the strict regulation that guide the state's aerospace companies to be among the most environmentally friendly in the world are also impacting their bottom line and maybe be keeping their operations out of California. He mentioned that from an international point of view California's labor is much more costly than other countries, as it's 20 percent more expensive than the rest of the United States, which is itself 20 percent more expensive than it's international competitors in manufacturing. He also cited the state's high energy costs and the potential exacerbation of energy pricing by the state's own greenhouse gas law as especially challenging to aerospace manufacturers.

"It's a tsunami coming across the ocean ready to hit us," said Stewart.

However, as the state positions itself to compete both nationally and internationally and overcome hurdles to new investment, like environmental regulations and high cost of living Rajan wanted to stress that it doesn't mean California will be abandoning it's stewardship of the environment or declining to stand up for it's hard working citizens.

"California is always very concerned with protecting it's environment and it's workers," said Rajan. "Those are core California values."

Rajan seemed confident that the state can reach a balance to spur more investment without compromising those core values.

"We're very optimistic," said Rajan. "We are focused on our problems and we think things are looking up."

At the conclusion of the meeting, Muratsuchi said that he and his fellow legislators will continue to tackle the problems facing the aerospace industry.

"We've got a lot of work ahead of us," said Muratsuchi. •

## Low Emissions Vehicle

from front page

"We are providing vehicles for City use and we're gaining valuable feedback from the City about their performance," said Center. "The City of Torrance plays an essential role in the refinement and evolution of electric drive vehicles and ultimately the expansion of customer adoption of this new technology."

Center noted that the Fit EV trial has put the small commuter car through a variety

of driving conditions and styles. He added that after analyzing the data, the vehicle has shown itself to have performed better than Honda initially estimated. "We loaned the Fit EV to the City last year and we were eager to see the results of how an electric vehicle would perform in the conditions of city driving—that is short trips around the South Bay with many stops in Torrance," said Center. "Now that we've reviewed the vehicle test data, I can report to you that the results have exceeded our high expectations. By driving the Fit EV, Honda estimates that the City of Torrance was able to reduce emissions by a municipal vehicle by roughly 74 percent if you compare that to a gasoline-powered vehicle like the Fit."

was kind of science fiction," said Numark. "So it's incredible to drive an electric that drove like a regular car. This is a viable alternative for people to use this vehicle in their day-to-day lives while also reducing their carbon footprint."

Center noted that the Fit EV trial has put the small commuter car through a variety

*"By driving the Fit EV, Honda estimates that the City of Torrance was able to reduce emissions by a municipal vehicle by roughly 74 percent if you compare that to a gasoline-powered vehicle like the Fit."*

Several Council members have used the alternative fuel vehicles for City functions. Councilmember Cliff Numark said that the technology has vastly improved since his early experiences with such cars. "When I was an intern in college, I worked for the South Coast Air Quality Management District when we were trying to develop alternative fuel vehicles--this in 1988 and back then it

thank American Honda for this great gift to the City of Torrance," said Scotto. "We'll test it and we will tell you how it goes," said Scotto.

The Council also bid farewell to this year's batch of summer interns. Volunteer Coordinator Laura Lohnes introduced seven college students from USC, UCLA, Cal State Long Beach, Cal State Northridge and UC Santa Cruz who assisted City departments with special projects and gained experience in working for local governments as well as knowledge about the breadth of careers available for municipal servants. The diverse group of students had majors ranging from finance to sociology to English, and Lohnes expects big things from all of them. "I was extremely excited to work with all of them and get to know them," said Lohnes. "I look forward to seeing what they'll do next."

While these students are off to other careers with valuable experience under their belts, Lohnes is ready to start working with City departments to prepare next year's program. "I'm looking forward to a really great program next year too," she said. •

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Illustrated by Lil' Chin www.doggydrawings.net



## Local Businesswoman Expands her Business by Empowering People

By Cristian Vasquez

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

people offer this type of a business model without a minimum amount or without an agenda. It really lends itself to address what is that real-world financial question and we will

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

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

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

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

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

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

"When we first started, we only did hourly work because we believe that you should learn to do it yourself to empower yourself--you will do so much better," Freiburger said. "Unfortunately, widows, divorcees and people who really weren't exposed to the market really were not comfortable on their own. Self or help is a trademark of the company--self or help financial planning services, whichever way makes the most sense to you. For us, that means that we are busy because not that many

do planning based on what your reality is."

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

"We always say that we are objective but opinionated and we are here to do reality checks--and not everybody loves the feedback," Freiburger said. "If you are not saving enough and if you are in debt, you need someone to objectively look over your shoulder and better answer questions. If you can't afford the mortgage that you have gotten into--if you were willing to sell and downsize--we can show you how you can do better with some savings."

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

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

While Freiburger is committed to helping people understand what their different available options are so they can make the decision they feel is best, she wants her customers to walk away feeling that they have accomplished more than just a meeting with someone good at financial investments. "I want them to walk

See Local Businesswoman, page 9

## Calendar

THURSDAY, AUGUST 15

• Beach Cities Republicans monthly meeting, 6 p.m. no host dinner, 7 p.m. meeting, Sizzler Restaurant, 2880 Sepulveda Blvd. For more information contact Patti at (310) 753-4159 or plagrelius@aol.com.

SATURDAY, AUGUST 17

• Celebrity Lecture Series: Over the Road and Under the Radar, 11 a.m., Western Museum of Flight, 3315 Airport Drive. For more information call (310) 326-9544.

• Superhero and Monster Mask Making Workshop (ages 8 to 14), 11 a.m.-3 p.m., Torrance Art Museum

3320 Civic Center Drive. RSVP required to Lisa DeSmidt at LDeSmidt@TorranceCa.Gov or call (310) 618-6342.

• Kids Love Aviation Science: SR-71 Spy Plane, 1-3 p.m., Western Museum of Flight, 3315 Airport Drive. For more information call (310) 326-9544.

MONDAY, AUGUST 19

• Torrance Democratic Club Monthly Meeting, 7 p.m., Arjay Plaza, 23211 Hawthorne Blvd. Guest speaker Congressman Henry Waxman.

TUESDAY, AUGUST 20

• City Council Meeting, 7- 10 p.m., City Hall, Council Chamber, 3031 Torrance Blvd. For more information call (310) 618-2870.

• Torrance Certified Farmers' Market, 8 a.m.- 1 p.m., Charles H. Wilson Park, 2200 Crenshaw Blvd.

WEDNESDAY, AUGUST 21

• Free Miracle of Living Health Education

Lecture Series The Diabetes/Kidney Connection, 7 p.m., Torrance Memorial Medical Center, Health Conference Center, 3330 Lomita Blvd For more information call: (310) 517-4711.

• South Bay Cities Genealogical Society General Meeting-The Ice Cream Social, 7 p.m., Katy Geissert Library, 3301 Torrance Boulevard.

THURSDAY, AUGUST 22

• South Bay Cities Council of Governments, 6 p.m., 20285 Western Avenue, Ste. 100.

• South bay Ostomy Support Group, 7:30 p.m., Torrance Medical memorial Center, 3300 block of Lomita, West Tower parking structure, 2nd floor #B".

• Torrance Rose Float Assn presents "Meatballs & Bingo! ", 6-9 p.m., Sons of Italy, 1744 Carson St. For more information call (310) 618-2425.

SUNDAY, AUGUST 25

• Free Walking Tour of Old Torrance, docent-led tour begins at 1:30 p.m., Torrance Historical Society & Museum, 1345 Post Ave. For more information call information (310) 328-5392.

ONGOING

• Downtown Torrance Marketplace, Every Thursday, 3 p.m.-8 p.m., on El Prado Street, from Sartori to the Buffalo Fire Department.

• Free Woman to Woman Image Enhancement Program - Beautifying Self Image through Support. Torrance Memorial Medical Center, 3330 Lomita Blvd. Appointment required. For information call (310) 517-4665. •

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# Politically Speaking

## One Man's Opinion

By Gerry Chong

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

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

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

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

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

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

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

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

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

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

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

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

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

## Another Man's Opinion

### A New Attitude Towards Mental Health

By Cristian Vasquez

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

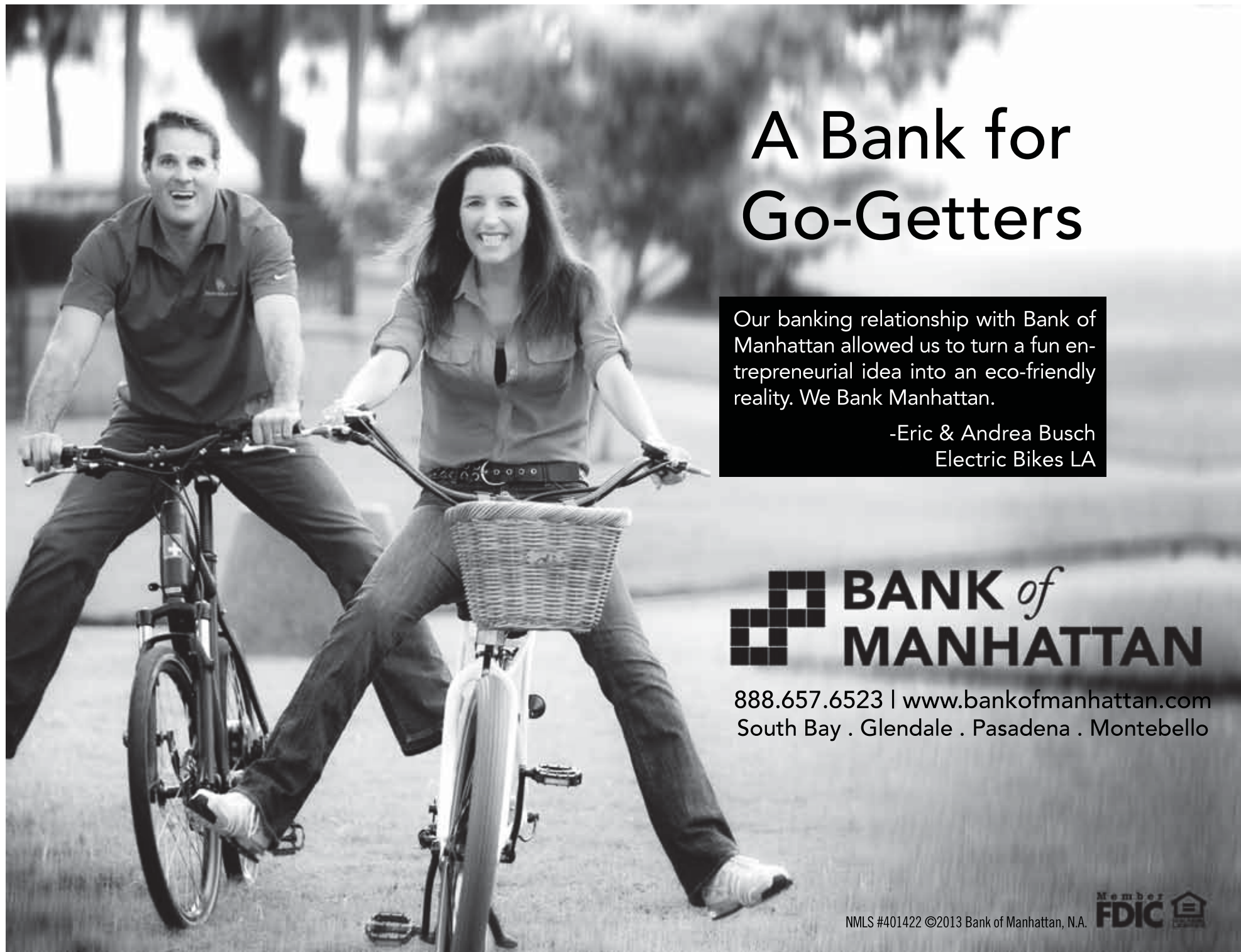
As a society, we continue to struggle with understanding mental health issues for a wide range of reasons--the most significant being the stigma that exists for people suffering from mental issues and disorders. It is tragic that because we don't fully understand the effects of mental conditions on people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

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

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

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


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




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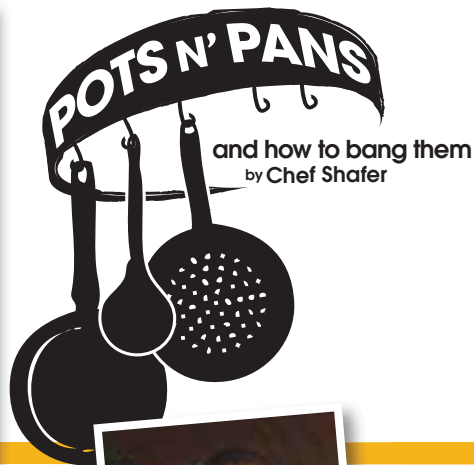
When I was growing up and my mom would find it on sale, she would buy us 'the San Francisco treat'. We would have it with chicken or pork chops. But sometimes I would just make a box of it and add some frozen veggies to it and top it with cheese for me to eat after school.

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

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

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

*The Chef*



## Chef Shafer's Rice a Roni



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

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

Add the rice and sauté with the onions.

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

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

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# Seniors

## How America's Change-Leading Generation Has Redesigned Aging

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

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

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

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

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

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

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

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

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

Five trending facts about today's hearing aids:

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

**See Seniors, page 10**



## New Councilman

from front page

to run to retain my Council seat in June 2014. After the next 11 months of intense on-the-job learning about what makes city government work, I feel that I will become effective and a source of continuity."

For the next 11 months Weideman will be working with one of Torrance's most stable city councils. However in 2014, with three current Council members running for

the City. "The ambition of the elected people on the Council is focused on the City and not some ambition to higher office. The fact of the matter is that this helps the City in that the Council people are serving constituency that they represent instead of looking forward to something else, therefore affecting their decisions on legislation," Weideman said. "If you are looking toward higher office,

*"The community has accepted me, embraced my family and given me a wonderful life. For those reasons, I have endeavored to contribute to this city that has meant so much to us."*

the Mayor's office, there will be the most significant change on the dais in many years.

"We do need continuity and there is a certain legacy with this Council. One of the things about this Council is that it has sat together longer--more consecutively than the members from any other Council," Weideman said. "It has been the same people in the same seats longer than anybody in the history of Torrance. I would like to represent continuity with that Council, which was one of the motivations for me to run. I would, if I could be so presumptuous, like to uphold that legacy. I think that Torrance is run very frugally and conservatively in that when there are good years, they don't go and spend a lot of money. The City is run very well, conservatively and with an eye to the future."

Working to ensure a solid future for Torrance is what Weideman hopes to contribute among a group of elected officials that he considers are completely dedicated to the well-being of

then you are not concentrating at the task at hand and so you are not concentrated on the people because you are trying to play for other groups."

Despite the success of the current Council during the recent fiscal crisis, Weideman does not feel pressured in his new role as a City representative. If anything, he is eager to continue working for the City in his new capacity.

"It is an absolute joy to be a councilman for me. I think this is a culmination of community service for me, if you will," Weideman said. "I don't know if it was a natural stepping stone, but it was natural for me to feel that I can serve everyone. There is absolutely no pressure. The last two weeks, I have been in some intense orientations with City departments and I am updating myself and finding out about current issues--which is not that different from what folks already know about." •

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# TerriAnn in Torrance

## The Joy of Walking

By TerriAnn Ferren

We've all seen them. As we drive down the street, we notice them--especially near a park or a school...the men and women who are walking down the street, on a beach, or around a track getting their exercise for the day.

Not that long ago, I decided to join the throngs of people walking. It was late afternoon and my chosen destination was the Redondo Beach Pier via the neighborhoods straight down Torrance Boulevard to the beach and then back again. The round trip would be about four miles and that should be a pretty substantial walk for a beginner and a first day. After picking out comfortable pants, a sweatshirt and my workout shoes and socks, I took my house key off the ring, tucked it into my pocket and headed out the door on my adventure. Then I promptly headed back into the house. I had forgotten my cell phone. Okay, now I was set and had my route clear in my mind. Before taking off, I did a few simple calf stretches and then a hamstring stretch or two and felt great. I take dance and stretch class, so I decided to add a few of those warm-up moves too before I started.

Off I went down the street, meandering through neighborhoods I had only driven through prior to that day. This was a breeze. At first, I was watching the sidewalk for uneven patches (I didn't want to trip), but as I went along I gained confidence, straightened up and started enjoying the walk--noticing each house with its very distinctive style. The flowers, lawns, driveways, windows and trees were different with each passing house. Strong scents from eucalyptus trees and fresh-cut lawns reminded me of when I was little. Then I began swinging my arms and I upped the pace a bit. Walking down Torrance Boulevard was a bit of a challenge because of the noise and the cars

whizzing past me, but I felt great. Stopping at the corner signal waiting for the light to turn green so I could cross the street was a bit of a challenge. I didn't want to just stand there, but I felt self-conscious if I lifted my knees like a soldier to keep my legs moving. Thank goodness I warmed up a bit, I thought, as I stepped off the curb to cross the street. Now I was in full stride. Passing by businesses I really hadn't noticed before was a bonus to the workout.

There is a vital beat to a town one only feels when walking down the street. I had the pier in my sight and my pace really picked up and I felt a sense of power when I approached the next intersection. The signal turned green just as I was about to cross. Heading toward the pier, I swung around the circular drive and decided to make my way down to the sand to sit and watch the waves and rest. Okay, I know I hadn't walked very far, but for me it was a good start and the view was second to none.

Checking my cell phone, I noticed no one had called. Then I called someone just to tell them where I was--watching the waves at the end of Torrance Boulevard after my walk. Well, half my walk...

The air was fresh and I felt great. My legs were a bit weary, but I knew the walk back would be a breeze. I took one last look at the beautiful ocean and the setting sun and then--reluctantly--headed back up the hill east on Torrance Boulevard. Hmm, seems like it was easier when I started.

Uphill proved to be a little more of a challenge than zooming downhill, but I was ready. I remembered an old movie I saw where walking was shown to be a competitive sport. *Walk Don't Run* starring Carey Grant, Samantha Eggar and Jim Hutton was set during the 1964 Summer Olympics in Tokyo, Japan

and brought racewalking into vogue. There is one scene where Cary Grant is racewalking during his event and I imagined myself doing the same as I kept walking. Only I didn't seem to have the cadence down. Thinking of that sport gave me a vision and I pressed onward.

on their lunch hour quickly walked past and another group behind them were not going quite as fast and were dressed in work-out clothes. There were old men, young men, old women, young women, mothers speed-walking with their young children in strollers, and even



Vilma Plagata listens to music as she walks.

Maybe because it was my first time walking this particular route, but I decided to retrace my route exactly on the way home. The sun was going down quickly and I wanted to get home before dark. Funny, I didn't remember passing some of the houses as I backtracked my route. My calves were a bit tight, but nothing too bad.

Finally, I turned the corner toward my house and felt great. Working hard the last length, I took out my key, opened my front door and went into the house. I did it! It was a great start. Did I continue walking every day? No. Did I continue every other day? No. But I did walk more and exercise a bit more. Sometimes I think I just wanted to see if I could do it.

Yesterday at noon, I was in Wilson Park and there were many walkers/joggers using the path for their exercise regime. Walking together were Lydia and Keith Nishijima, who told me they had just begun their walking routine. "We started this week. We're trying to do at least two or three times a week--go around four laps, almost four miles. One lap is almost one mile," said Lydia.

Vilma Plagata told me, "I do this a lot--not every single day. Whenever I can. I listen to the Pandora music station, so you just shuffle it and it gives you different options."

Two young women who told me they were

older people in walkers all taking advantage of the beautiful surroundings of Wilson Park. And coming down the wide path was a father and son bicycle duo. One thing was the same for everyone--they all seemed to be having a good time outdoors.

The walk is free, the fresh air is free and the scenery is free. Torrance has an abundance of parks and many of them are made for walking--and although my route to the sea was one I know I will take advantage of again, I know there are many other options, like walking along the ocean. This morning at my stretch class I asked if anyone walked regularly and Claudia Fischer told me, "I walk [at] seven in the morning, three laps. That is about 45 minutes. I have a group--a walking group. And I'd never go if people weren't waiting for me. I have to have some incentive or I would never get out of bed."

Elizabeth Findley told me, "I walk at the beach by myself with my dog, Mary Sue." So my classmates get additional exercise outside class, which keeps them in super shape!

If you haven't been out walking in a park lately, come on down. There are people just like you and me enjoying a daily stroll. So come on and join in and I will see you on the path. I will be the one channeling Cary Grant. *Walk Don't Run* is my mantra, remember... •



Keith and Lydia Nishijima just began their walking ritual.

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# Sports

## Lakers' Season Outlook

By Adam Serrao

The Los Angeles Lakers have been one of the most successful franchises in the National Basketball Association since the league's inception. With that great success there naturally comes a more and more demanding fan base. The people of Los Angeles who cheer on

2013-2014 campaign against inner-building rivals the Los Angeles Clippers. That's the newly restocked and reloaded Clippers headed by Doc Rivers, who will most certainly look to make a statement on opening night against a Lakers' lineup that will most likely be devoid of Kobe Bryant. If the Lakers wish

*"If the Lakers wish to have any chance in the first week of play, they'd better hope that Bryant hobbles back on to the court sooner rather than later."*

the Lakers expect success on a year-in and year-out basis. When they don't get it, there always has to be a scapegoat. Take for instance last year's great expectations measured together with the poor final product. Mike D'Antoni was at the head of the line to take blame for the team's poor play. Fans everywhere wanted him out of town and clamored for Phil Jackson's return. If it wasn't D'Antoni taking the heat, it was Dwight Howard. Well, if the fans of Los Angeles thought the last two seasons were bad, their patience will really be tested this season. The release of the 2013-2014 schedule demonstrates exactly why the Lakers and their fans should be ready for, and maybe even embrace, one of the most futile seasons that the organization has had in the last 15 years.

Think back to the summer of 2012. Oh, how great it was. Dwight Howard decided to sign with the Lakers and on July 4, our country's very own Independence Day, Steve Nash seceded from the Phoenix Suns and joined forces to create a "super team" in Los Angeles. Not so super. A coaching change, disagreements with blueprints and schemes and tons of injuries later, the Lakers lost the war for their freedom and became just another casualty in the first round of the playoffs. Now, the Lakers have been left in a less than desirable position stemming from those circumstances. Howard is gone. The lost war brought a swift end to Metta World Peace (who now finds himself in New York with the Knicks), and the Lakers are hanging on to several one-year contracts with the intent to be entertaining, if not competitive, amidst a league of youth, speed and talent. Though the Lakers will be able to start fresh in 2014, the moves that they have made are not enough to help them be competitive in this upcoming season.

If you take a quick glance at the Lakers' upcoming schedule, it quickly becomes apparent that there will more than likely be more chants for the firing of D'Antoni within the first week or two of the season. The city's own purple and gold open up the

to have any chance in the first week of play, they'd better hope that Bryant hobbles back on to the court sooner rather than later. After the Clippers, it's the Golden State Warriors, followed by the San Antonio Spurs, Atlanta Hawks and--soon after--a matchup with Dwight Howard in his newly tailored Houston Rockets' uniform. All in all, the Lakers could be looking at an 0-6 or 1-5 start to the regular season.

Then there's the end of the schedule. By that time, Kobe should be well adjusted to his new Achilles and in full effect for the Lake Show. If they wish to put on any type of show, however, it's going to have to be against the Clippers, Rockets, Warriors and Spurs all over again with a game against last year's Western Conference Finals competitors the Memphis Grizzlies to top it off. So what does this breakdown of the schedule tell us? Well, if the Lakers aren't going to do damage early—and they certainly shouldn't be looking to do damage late in the season—then they are going to need a pretty epic run right smack-dab in the middle to be able to make any noise in the playoffs, or even just in this year's regular season. But what about the unpopular opinion that the Lakers shouldn't even try to make noise?

That's right—the Lakers should tank the season. One of the most unpopular opinions in all of sports... But it almost looks as if the league is trying to make up for the botched Chris Paul trade that would have had the All-Star point guard playing in the purple and gold rather than the red and white. With an extremely difficult schedule at both ends, a crippled Bryant and a roster full of names that will leave most casual NBA fans scratching their heads, it seems as if the NBA is almost asking the Lakers to tank. The league is always better when the Lakers are competitive, and surely executives of the NBA know that. Tanking the season this year will be the best thing that the Lakers can do in order to become extremely competitive next year. First of all, it will allow Kobe to sit on

See Lakers, page 9

## Up and Adam

### Spartans Look Forward to Football

By Adam Serrao

As the summer rolls on, it has become increasingly evident that there has not been much action in the world of high school sports. As the new school year approaches, however, so does the upcoming football season where teams from around the Pioneer League will look to make a name for themselves and ascend atop the standings in their search for a CIF championship. Last year, it was North High that came close to accomplishing the feat. After taking the Pioneer League and going undefeated in league play, the Saxons finished just ahead of El Segundo in the standings and went on to face off against Nordhoff in the CIF championship. While all of the other teams from around the city of

year in which they finished at 4-7 and 1-4 in league play, the Spartans started the season off well with two straight wins, but then quickly dropped in the standings by losing four of their next five and six of their last eight. Despite their struggles, the Spartans did get a nod into the playoffs where they met Bishop Diego in the first round. The Spartans' run would end there as they took a 43-9 loss to be quickly eliminated from contention. Bishop Diego would go on to eventually lose to North High in the third round of the playoffs. The Spartans ended the year in fifth place out of six teams in the Pioneer League—a mark that the team will certainly be looking to improve upon this year. To do so, they will have to beat

*"The Spartans will, however, regain the services of starting running back Brandon Chavez. Chavez will be a senior this season and look to lead South High's rushing attack and offense on the ground."*

Torrance were forced to stand by and watch from the sidelines, the Saxons unfortunately lost and missed the opportunity to take the trophy back home. Where one opportunity is lost, however, another is gained. Now, the South High Spartans will look to become the first team to bring home a CIF title in years.

If you have been following high school football at all in recent years, then you remember the South High Spartans and their epic battle in the CIF championship game. It was the 2010-2011 season when the Spartans, under head coach Josh Waybright, took the Pioneer League by storm and went undefeated in league play on their way to a 12-2 season. The team's success didn't end there, though. South barreled through the playoffs, blowing out its first three opponents by a whopping 109-29 point differential before coming to the championship game against Lompoc. With time running out and down by six points, the Spartans had the ball in the red zone on the two yard line looking to plunge into the end zone, take the lead and win the game and the championship. But just then, it all ended. The Spartans were stopped at the goal line as time expired and just like that all hopes of bringing home the championship dissipated. That was certainly a feeling that the Spartans would not like to experience again, but Waybright and company would give anything to get another crack at a CIF championship.

That's exactly what the Spartans will look to do this year after coming off of a relatively disappointing season last year. In a

the likes of North High, Torrance High and West High—all teams that the Spartans lost to last season.

If the Spartans are going to get back on track this year, they will have to do it without last year's starting quarterback Kyle Nesbit. Nesbit left the school after graduating this past summer and led the team on offense all season long. Last year, he threw for 739 yards and four touchdowns while averaging 92 yards per game through the air. The Spartans will, however, regain the services of starting running back Brandon Chavez. Chavez will be a senior this season and look to lead South High's rushing attack and offense on the ground. Chavez was out with an injury midway through last season, but showed great potential in racking up over 100 yards rushing in two of his first four games. Chavez and the Spartans will look for more production like that in order to be successful in an extremely competitive Pioneer League this season.

The Spartans open up their season on September 6 at home against Carpentaria—a team that South beat on opening day last year on the road by a final score of 28-20. The Spartans will hope for more of the same this season, but will have to have more luck against teams like Mira Costa, West High and Palos Verdes Peninsula in addition to other teams in the Pioneer League if they wish to have any luck in the standings. Be sure to follow the South High Spartans this year, as the season is now only weeks away. •

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1	2	3	4	5	6	7	8	9	10	11	12	13
14						15					16	
17										18		
19						20				21		
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53	54	55			56	57	58		59		60	
61					62			63		64	65	66
67												67
68					69				70			
71					72							
73					74				75			

**ACROSS**

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

**DOWN**

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

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

**Last Week's Answers**

1	C	2	A	3	R	4	I	5	B	6	M	7	E	8	O	9	W	10	S	11	P	12	13	C
14	O	P	I	N	E	15	G	L	E	16	H	O	N	E										
17	L	E	O	N	A	18	R	D	O	D	A	19	V	I	N	C	I							
20	A	R	T	21	D	O	E	S	22	P	I	N	E	A	L									
23	A	L	A	S	24	M	O	R	T															
25	I	N	C	E	N	T	26	V	A	N	G	O	27	H										
28	O	N	I	T	29	U	R	O	30	R	O	31	E											
32	T	U	T	S	33	G	U	L	L	Y	34	L	A	V	A									
35	E	R	R	36	A	U	R	A	37	E	V	E	R											
38	N	O	R	39	M	A	N	R	40	C	K	W	E	L	L									
41	O	A	R	S	42	L	A	N	D															
43	A	N	G	L	I	A	44	I	N	U	45	B	L	46	T									
47	J	O	H	A	N	N	E	S	V	E	R	48	M	E	E	R								
49	A	D	E	N	50	T	R	E	E	51	L	O	T	T	O									
52	R	E	E	D	53	Y	E	A	R	54	S	A	S	S	Y									

4	5	2	3	8	9	1	6	7
1	3	6	5	2	7	4	8	9
8	9	7	6	1	4	2	5	3
9	6	4	7	3	5	8	2	1
3	2	8	4	9	1	6	7	5
7	1	5	2	6	8	3	9	4
2	4	9	1	5	6	7	3	8
6	8	1	9	7	3	5	4	2
5	7	3	8	4	2	9	1	6

**SUDOKU** Medium

1	4	7			6	9	8	
				9	4		1	2
		8		9			5	7
9		5				4		8
3	6			7		2		
8	3		1	7				
	5	2	8			1	7	6

Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

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**Local Businesswoman**

*from page 3*

away with the sense that if they are working with a true, independent, fiduciary planner that they can feel more control of their financial life," Freiburger said. "I truly want them to feel that they had a rewarding experience. I may not have all the answers and say when exactly a person should quit their job, but I do want the client to leave with a sense of not necessarily knowing the black and white answers because it is never black and white--but that they understand the options so that they have

the control and the empowerment to do what is right for them."

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

**Lakers**

*from page 8*

the sidelines and heal for a longer amount of time, it will finally get D'Antoni out of the head coaching chair and it will get the Lakers into the draft lottery.

It has recently been reported that the Lakers have the worst talent in the league for players under the age of 25. An old and slow Lakers' team is something that fans here in Los Angeles have had to put up with for years now and it is showing no signs of getting better. A horrific season this year will help to outweigh that in next year's draft--a

draft that is touted to be the best since the 2003 season when LeBron James, Dwyane Wade and Carmelo Anthony all burst onto the scene. All three of those players will be free agents as well, ripe for the Lakers picking (if you're an optimist). So if the fans of Los Angeles want to bring "Showtime" back to the Staples Center floor and not see it in the guise of a Clipper uniform, maybe they should root for an entirely horrific season this year. The only hurdle left would be to convince Kobe Bryant of that. •



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# Finance

## Retiring Soon? Don't Forget Tax Implications

By Jason Alderman

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



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

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

IRA and 401(k) withdrawals. After age 59

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

*"Although many states don't tax Social Security benefits, the federal government does. Depending on your "combined income", you could end up owing federal income tax on a portion of your benefit."*

your sources of retirement income will be.

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

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

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

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

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

To learn more about taxation of Social Security benefits, read IRS Publication 915 at [www.irs.gov](http://www.irs.gov).

Some people discover after beginning to collect a reduced Social Security benefit

1/2, you can start withdrawing balances from your IRA without paying the 10 percent early withdrawal penalty – although exceptions are made in cases including disability, qualified first-time homebuyer distributions and certain medical expenses. However, you will pay federal (and state, if applicable) income tax on IRA withdrawals – except for Roth IRAs held at least five years, whose contributions have already been taxed.

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

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

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

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

# Looking Up

## Excellent Prospects for August's Perseid Meteors

By Bob Eklund

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

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

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

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

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

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

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

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

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

Occasionally you might spot an interloper.

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

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

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

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

### International Starry Night Events

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

## Seniors

from page 6

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

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

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

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

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## Pets Without Partners

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



Pistol Annie

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

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

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

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

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



Clover

## Happy Tails

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

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

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

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

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

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

## Purrrfect Companions

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



Barney

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

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

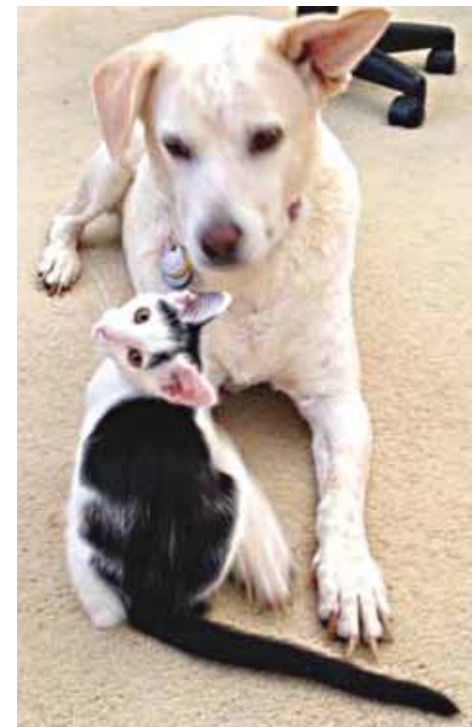
These kittens/cats are available for adoption through Kitten Rescue, one of the largest cat

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

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

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



Magoo and friend



Shanti at your service.

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

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



# Real Estate

## Four Hot, New-Home Trends That Can Work For Your Remodel

(BPT) - Builders are back in business, and new-home construction is up in areas across the country. So is remodeling, as plenty of



Americans choose to stay put and upgrade their current homes rather than tackle the challenge of buying and moving into something new.

If you're planning to renovate your home, you can tap some of the hottest trends showing up in new-home designs. Here are four new-home trends that offer strong returns on your time and money:

1. Creating a view - Americans continue to embrace all things green and that trend is showing up in new home construction in a number of ways, including an emphasis on energy-efficient windows that bring the outdoors inside with a great view.

If your home has older windows, they're likely not as energy efficient as newer options, so replacing them can improve your heating and cooling efficiency. Window replacements typically provide a high return on investment at the time or resale, too - more than 73 percent for wood windows and 71 percent-plus for

vinyl, according to Remodeling Magazine's Cost vs. Value Report.

While you're replacing your windows, you also have the opportunity to open up your home more to outdoor views. Work with your architect or designer and contractor to determine where the best views are, and how much additional glass you can incorporate into your renovation to capitalize on those views.

2. Adding a bathroom - When it comes to renovations that improve resale value and enhance a home's usability, adding a bathroom is at the top of the list for many homeowners. While today's new smaller homes often have less square footage, demand for multiple bathrooms has not changed.

In existing homes, adding a bathroom can sometimes pose plumbing challenges. Up-flush plumbing can solve a lot of them. Up-flush systems pump waste and water from a toilet, sink or bathtub up and out, instead of into a

below-floor sewage pit.

Up-flush toilets enable homeowners to easily and cost-effectively install a bathroom virtually anywhere without breaking through the floors - a special advantage when those floors are made of concrete. That means

*"Up-flush toilets enable homeowners to easily and cost-effectively install a bathroom virtually anywhere."*

adding a basement bathroom doesn't require cutting into a home's concrete foundation, and you can easily add an attic bathroom without tearing up the first-floor ceiling. According to Saniflo, makers of up-flush plumbing products, adding a bathroom using this type of plumbing can cost about \$5,000 less than one that uses conventional plumbing.

3. Defining the kitchen - Kitchens are another popular renovation that pays off in a number of ways. Architects are fine-tuning the popular wide-open floor plan concept, and the change is showing up in the kitchen. Favored designs now open the kitchen on one side to an adjoining room, such as the family room, but enclose the other three walls to create a more defined space, as well as more storage and cabinet options.

This trend works particularly well in older homes where you frequently find a completely separate kitchen. Now, rather than ripping out three walls to create an entirely open flow, you can tap the latest kitchen design trend by opening up just a single wall in the kitchen. This leaves the space well-defined, but also adds the open, social feeling that is so appealing in many new home designs.

4. Maximizing every inch of space - With smaller floor plans gaining popularity, making the most of every inch of space is vital. New-home design employs entertaining nooks, breakfast alcoves, built-ins, pocket doors and other tricks to use every inch of space wisely.

It's a trend that also works well in older homes that may have smaller rooms and less square footage than the McMansions popular a few years ago. For example, it's easier to add a built-in desk to a spare corner and create an office alcove than it is to add an entire office to your floor plan.

If you crave a fresh environment and the latest home design trends, you don't have to give up your old home and tackle the hassles of moving into something new. With some planning and creativity, it's possible to translate some of the hottest new-home design trends into your renovation project. •

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### COURTYARD VILLA ESTATES

Most desirable, west side ground floor unit in one of the finest senior communities in the South Bay today! The second bedroom of this 1,500 sq.ft. unit is currently being used as a den, with no closet. All on one level with no steps. New carpet and paint, no upgrades are needed. Personal laundry room inside. Extra large kitchen with center island and granite tops. Open up the windows for a fabulous ocean breeze!

**\$499,000**