

# Manhattan Beach Sun

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## El Segundo Aquatics Center Breaks Ground



A groundbreaking ceremony last week marked the start of construction of the El Segundo Aquatics Center—with City of El Segundo and Wiseburn Unified School District officials, business community supporters and LA Kings mascot Bailey on-hand wielding shovels.

## Older Americans Credited for Valuable Service

By Rob McCarthy

They fill gaps in schools as tutors and as foster grandparents. They offer companionship to homebound seniors and lend business-management advice to non-profit organizations. Older Americans plug these social service gaps so that people in South Bay communities don't slip through the cracks and wonder if anybody cares.

People 55 and older collectively provide \$78 billion annually in economic value with their service, according to a new report, titled "Volunteering and Civic Life in America." That's the value of 3.3 billion hours of volunteer service, which lightens the load on parents, teachers, service providers and hospitals. Food banks depend heavily on senior volunteers to collect donated food. Nonprofits need volunteers with skills in fundraising and running a business too.

Older Americans are tackling critical work in their communities that might not otherwise get done. And their contributions often go unnoticed, which is why May is Older Americans Month. This is a chance to highlight the important contributions that active and service-minded seniors make. President John Kennedy started the monthly observance in 1963, and it's celebrated nationwide with volunteer-appreciating luncheons and special events.

The needs of children, families and seniors outstrip the available government funding, and local charities and social service agencies report ever-growing demand for food, housing and cash assistance. Statewide, nearly 16,000 senior volunteers are making a difference in their communities through the Senior Corps program.

"As local organizations experience increased demands with fewer resources, older Americans are stepping up to fill in the gaps, and their service is more important now than ever," said Erin McGrath, acting director of Senior Corps.

Another group making a difference in local

communities is the South Bay Village, an "all-volunteer village helping our member seniors remain active and engaged in our community, while remaining in their own homes." Volunteers with the Torrance-based Village drive seniors to appointments, do light home projects and will help them with shopping.

The Village is a national movement that spread to the South Bay in 2014. Nearly one-third of Americans 65 and older lives alone, according to the Village movement. Half of seniors who reach 85 live by themselves, and many report feeling lonely. Seniors who have

regular visitations are healthier and happier, studies have demonstrated.

The need for companions for homebound seniors is growing, as U.S. life expectancy rates stretch. U.S. women on average are living to 80 and men to 76, based on figures from the U.S. Centers for Disease Control. In this country, an estimated 10,000 people turn 65 every day—a ready supply of new volunteers.

"Older adults are transforming society and addressing some of the toughest problems facing our nation by closing the mentoring gap, reducing crime and reviving cities, fighting

**See Service, page 2**

## Weekend Forecast

**Friday, June 2**  
Partly Cloudy  
70°/61°



**Saturday, June 3**  
Partly Cloudy  
73°/60°



**Sunday, June 4**  
Partly Cloudy  
70°/60°



### Facts About Strokes that Could Save Your Life

(BPT) - Chances are you know someone who has had a stroke. An estimated 795,000 people in the United States have a stroke each year, according to the Centers for Disease Control and Prevention. Despite how common strokes are, there are a lot of widely believed misconceptions. Unfortunately, not knowing the facts can put a person at bigger risk for experiencing a stroke themselves, or, not being able to help someone else who may be experiencing a stroke.

To help separate fact from fiction, the medical experts at Life Line Screening share the truth about the top misconceptions about stroke:

**Misconception:** Strokes only happen to older people. **Fact:** Research found 61 percent of strokes happen in people over the age of 65. That means 39 percent of strokes happen to younger people. **Misconception:** Strokes are not a problem in the United States. **Fact:** You may only know a few people who've had a stroke in their life, but someone has a stroke every 40 seconds in the U.S.

**Misconception:** A stroke will kill you. **Fact:** Approximately one out of eight strokes results in death within thirty days. The other seven instances leave the person disabled. Stroke is fatal in about 10 to 20 percent of cases and, among survivors, it can cause a host of disabilities, including loss of mobility, impaired

speech, and cognitive problems.

**Misconception:** Strokes cannot be prevented.

**Fact:** Up to 80 percent of strokes could be stopped before they start. Health screenings are an effective way to identify and understand risk factors so they can be properly managed. Research shows nine out of 10 cardiovascular doctors support preventive health screenings for cardiovascular disease (plaque in the arteries) among patients with key risk factors. To learn more, visit <http://www.lifelinescreening.com>.

**Misconception:** Only a doctor can identify a stroke. **Fact:** Everyone can and should know the signs and symptoms of stroke. By taking quick action, you could save a life. According to the CDC, the most common signs of stroke are: • Sudden numbness or weakness in the face, arm or leg, especially on one side of the body. • Sudden confusion, trouble speaking or difficulty understanding speech. • Sudden trouble seeing in one or both eyes. • Sudden trouble walking, dizziness, loss of balance or lack of coordination. • Sudden severe headache with no known cause. If you or someone else has any of these symptoms, call 911 immediately. Understanding the facts about stroke helps empower you to control your own health. Even if risk factors are present, you can take proactive measures to help prevent stroke for yourself and loved ones. •

## Finance

### Job Opportunities Await in Tomorrow's Expanded Urban Areas



(BPT) - Predicting the future can be a Herculean task in its own right, but when it comes to forecasting the growth of urban areas across the globe, research points strongly toward some new truths. One, urban areas will continue to grow. Two, with continued development of "smart" technologies for homes, businesses and entire cities, there is expected to be a significant impact on the employment landscape.

#### The Boom of Urban Areas

Today, more than half of the world's population lives in urban areas, according to the Department of Economic and Social Affairs of the United Nations' estimates and projections data reported in the 2014 Revision of World Urbanization Prospects. And, that figure is only predicted to grow. In fact, experts estimate urban centers will be home to two-thirds or 66 percent of the world's population by 2050.

These same predictions also see more people flocking to larger cities. By today's estimates, there are 28 megacities - locales with populations of more than 10 million people - across the globe. However, that number is expected to jump to 41 megacities as early as 2030. And as these cities continue to grow, managing that growth effectively becomes even more important.

#### The Growth of Technology and the "Internet of Things"

As cities continue to grow, experts forecast they will face challenges. There will be the need for infrastructure improvements to meet the challenges in housing, transportation, energy and employment to continue functioning successfully. As well as the ability to anticipate and prepare for future job skills

requirements. A key factor in addressing both of these dilemmas lies in the continued development of technology, including the Internet of Things (IoT), to help cities utilize resources more efficiently.

IoT can be integral in helping to maintain efficiency in these ever-growing cities by transforming the existing infrastructure into a giant interactive network to include everything from air quality, transportation and energy to communication systems.

#### Finding Professionals to Meet the Challenges of Change

To prepare for the new economy, students can learn through coding bootcamps like those offered by DeVry University. Over a 10-week course period, these bootcamps offer attendees coding skills education that can be applied in the growing IoT economy. They also prepare students for the marketplace by helping them create a portfolio, develop an interviewing strategy and fine tune their social media presence. Students can feel more empowered to face the challenges that are ahead.

"Innovative education is critical. To meet the needs and wants of today's students, and of employers looking for professionals with targeted skill sets, we continuously explore new ways to deliver relevant educational offerings," said Shantanu Bose, Ph.D., provost of DeVry University. "Bootcamps are accelerated learning opportunities to augment current knowledge or immerse oneself into new disciplines in a matter of weeks or months. And like degree and certificate programs, bootcamps can be impressive additions to resumes when aligned with the chosen field." •

## Seniors

### Three Steps to Reach 100 Feeling Youthful and Healthy



(BPT) - What will your life be like when you turn 100? A century ago the question seemed almost flippant, a needless consideration for most people, but today it's very real. The percentage of people living to 100 has grown almost 66 percent in the last 30 years, according to U.S. News and World Report.

The MDVIP Health and Longevity Survey reveals that more than half of Baby Boomers and Generation Xers want to live past the age of 90. More than a quarter want to live beyond 100. The majority from both generations also believe advances in science and technology are going to keep more people alive past the age of 100.

However, these findings come at a time when the life expectancy of Americans has declined for the first time in two decades and one in two adults is living with at least one chronic disease.

"To reach their longevity goals, Americans can no longer afford to put their health on the back burner," says Dr. Andrea Klemes, chief medical officer at MDVIP. "Most people don't wait until they're 60 to start saving for retirement. The same should go for their health, where making small investments today can pay big dividends many years down the road."

Many chronic conditions, such as high blood pressure, heart disease and Type 2 diabetes, are preventable through simple lifestyle changes. Still, nearly two out of three Boomers and Gen Xers admit they could be doing a better job of exercising regularly, eating well and maintaining a healthy weight.

The key to greater longevity is prioritizing your health now - when you're well - to prevent problems later on. Whether you're age 38 or 68, arm yourself with the right

knowledge and tools to set realistic health goals and help you stay on track to achieving them.

You can start today by asking three questions:

#### What's Your Number?

When's the last time you had your blood pressure or cholesterol levels checked? Maintain a current record of your vitals and lab results along with your family history. Make sure you discuss these details with your doctor, who can help identify your risk for certain conditions and suggest lifestyle changes based on the results.

#### What's Up, Doc?

Going to the doctor is an essential component of maintaining good health but choosing the right doctor directly affects the benefit of each visit.

It's important to find a primary care doctor you trust, who makes you feel at ease and takes the time to know you and your medical history.

#### What's the Plan?

Whether your goal is to lose 10 pounds or to lower your blood pressure, you need a plan to get you there. "I tell my patients to think of it as a business plan for their health," says Dr. Steven Wilson, an MDVIP-affiliated family practitioner in Redlands, California. "First determine your health goals and make them the focus of your attention. Discuss your goals with your doctor who can help you formulate a health plan for the next year and beyond."

To learn more about MDVIP's national network of more than 900 primary care physicians who deliver personalized care with an emphasis on prevention and a close doctor-patient relationship, visit MDVIP.com. •

## Service

the opioid epidemic, helping seniors remain independent in their homes, and rebuilding communities following disasters," McGrath with Senior Corps said.

Not only are older Americans doing good for others, they're also reaping the benefits of staying physically and socially active. The Senior Corp, which has 15,800 volunteers in California, says its community-service projects are a "great opportunity" to "meet critical community needs while contributing to longer, healthier lives."

A growing body of research points to mental and physical health benefits associated with

volunteering, including lower mortality rates, increased strength and energy, decreased rates of depression, and fewer physical limitations, according to Senior Corps.

Seniors are becoming more computer-literate and Internet-savvy, and the number of senior households with a computer was at 35 percent, based on 2015 Census data. Any older person looking for volunteer opportunities in the South Bay area will want to check the website [volunteermatch.org](http://volunteermatch.org). Nonprofits use this site to let interested volunteers know about staffing needs in these organizations. Now, older residents can match their interests with

calls from volunteers from local nonprofits and organizations by checking the website, [Volunteermatch.org](http://Volunteermatch.org).

A search for volunteer opportunities in the South Bay found needs for tutors, caregivers and people to help homebound residents both young and old with errands and grocery shopping. If you think you don't have anything to offer as a volunteer, think again. Here are a few of the local groups in need:

South Bay Literacy Council needs tutors for its English as a Second Language program. The group also is looking for a computer tutor, an event planner, and people to help with grant writing, public relations and in the office.

Hospice volunteers are needed at Silverado Hospice in Torrance. Volunteers visit patients in their homes or at a nursing facility, and read to them a newspaper or book, talk, listen to soothing music together, or share photos. Other ways to comfort hospice patients are with flowers from the garden.

*from front page*

The Beach Cities Health District for Manhattan Beach, Hermosa Beach and Redondo needs conversation companion volunteers for older and disabled adults with memory loss. Volunteers provide socialization and engagement through planned activities and are provided training and matched by the agency with a client.

The Beach Cities Health District also needs in-home exercise volunteers to visit with older or disabled clients to perform basic exercises that maintain the homebound person's body strength and flexibility. Volunteers also are needed to run routine errands, including grocery shopping and mailing letters and packages. Errand volunteers are needed 90 minutes per week, mostly between 9 a.m. and 3 p.m.

The Grandparents as Parents group in Inglewood is recruiting a facilitator for the local support group. Duties include leading meetings, collecting data about group members and doing follow-up work when needed to assist participants. •



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# Sports

## When Superteams Meet

By Adam Serrao

A long and boring NBA regular season and playoff schedule has finally culminated with the matchup that basketball fans have been anticipating since the Finals ended one year ago. That's when LeBron James brought home the first championship trophy ever for the Cleveland Cavaliers. Now, LeBron will be arriving to play in his seventh straight NBA Finals as the Cavaliers return for the third time in a row. James' opponent is back and recharged too. The Golden State Warriors bring their fully loaded arsenal of offensive weapons back for an encore to the encore-only this time, they're even more loaded with the second best player in the league on their side as well.

All eyes are on the NBA's biggest star as the Finals begin this Thursday in Oakland, California at Oracle Arena, the home of the Warriors. LeBron James and the Cavaliers have "flipped the switch"--and after a horrific second half of the regular season, they have turned things up a notch to once again destroy the rest of the Eastern Conference in the playoffs thus far. Now, all talk of LeBron being as good as Michael Jordan and all talk of the Eastern Conference being an inferior conference gets tossed out of the window. In the NBA Finals, no one cares about Jordan or the Eastern Conference anymore. James has a maximum of seven games to beat the Warriors and once again prove that he is one of the greatest NBA players in the history of the sport.

One of LeBron's biggest criticisms throughout his career has been that he has continuously joined forces with other elite players to create "superteams" and, in doing so, has accumulated wins because of all of the talent with which he has teamed. Well, Kevin Durant thought to himself, "If LeBron can do it, why can't I?" Now the Warriors,

who were already one of the best teams in the league without him, get to add the second best player in the league to try to bring back the Larry O'Brien trophy to Oakland and bring King James' reign to an end. All of the pressure seems to be on Durant's and Golden State's shoulders. If the Warriors can't beat Cleveland for the second year in a row, this time with the addition of Durant, then the argument for James as the greatest player ever will basically be set in stone.

At the age of 32, LeBron is playing the most efficient basketball of his entire career. The superstar is scoring more points, getting to the free throw line more often, committing fewer turnovers, averaging more assists and playing better defense than he has ever played in his time in the NBA. All of this has come while James has lackadaisically frolicked through a regular season and Eastern Conference playoff schedule, seemingly adding just enough energy necessary to get the job done. James is a beast. There's no doubting that. He's Gulliver on the island of Lilliput playing basketball against the Lilliputians. Now, however, LeBron will run up against his greatest challenger ever and face off against the juggernaut that is Golden State.

Both Tyronn Lue of the Cavs and a duo including Mike Brown and Steve Kerr of the Warriors will certainly be looking for ways to expose their opposition leading up to and throughout the seven-game series. For the Warriors, it's pretty easy. Stop LeBron James and you stop the Cavaliers. Sure, players like Kyrie Irving and Kevin Love have shown the ability to have good games and carry the team at times in the past. With no LeBron, though, Cleveland's overall team efficiency plummets like it did in their 111-108 loss to the Celtics almost two weeks ago. That means that a barrage

of Durant, Klay Thompson, Andre Iguodala and maybe even Draymond Green will be necessary to bother James enough for Golden State to get the series win.

For the Cavs, they'll have to find a way to expose the Warriors in the paint and on the boards. That means Love and Tristan Thompson will have to outmuscle and outthrustle Green, Zaza Pachulia and JaVale McGee down low in order to gain the advantage. On the surface, that doesn't seem like too hard of a task. The Warriors, though, are an extremely deep team both on the offensive side of the ball and defensively. Golden State finished second in the regular season behind only the San Antonio Spurs, allowing only 104 points per 100 possessions. In the postseason, they have gotten even better, allowing just 101.7 points per 100 possessions. Statistics from the past don't matter in the Finals, though, especially when you're facing off against LeBron. Whichever team can execute their game plan more efficiently will obviously come out on top, no matter what the numbers of the past have the tendency to say.

With almost zero parity and an 82-game regular season that literally didn't matter, basketball fans have arrived at a Finals rematch featuring the Warriors versus the Cavaliers for the third year in a row. The first time, the Cavs were without Love and Irving. In the reboot, Golden State lost Andrew Bogut and was dealing with an emotional Dray-

mond Green that may have lost his team the entire series. This time around, there are no injuries and no excuses for a storyline that is set in stone. The Warriors have brought (arguably) the greatest team that this league has ever seen to match up against (arguably) the greatest player that this league has ever seen. To add yet another another wrinkle, Brown, a former coach of the Cavaliers and of LeBron's, will now be in charge of Golden State as Steve Kerr continues to nurse a nagging back injury. Brown was fired from the Cavaliers not once, but twice (likely because LeBron wanted him gone). The former Cavaliers head coach is still receiving paychecks from his old team and would love nothing more than to eliminate them from the playoffs all while being paid by the Cavaliers to do it.

Now, an 82-game regular season has concluded, leaving basketball fans with only one question remaining. Which is better, a team full of great players or the team with the best player? Beginning this week, NBA fans will finally have something that is intriguing to watch once again when two superteams battle it out with legacies and legend all on the line. One franchise will call itself champion of what has now become a two-team league. The other will be thrust into basic irrelevance with the other 28 franchises of an otherwise dull and unvaried NBA.

Asixlion@earthlink.net •

## 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.

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### EMPLOYMENT

For The Child, a non-profit agency has a position available in Santa Monica. We are looking for a child care worker to supervise and carefully care for children (2.5 to 13 years old). This exciting opportunity is a partnership with Los Angeles County Superior Courts. It is a fun, drop-in, child waiting room that provides free child care. Services are offered to children whose parents or caregivers have business with the court. You are responsible for organizing and implementing enrichment activities with children from diverse cultural, ethnic, and socio-economic backgrounds as well as monitoring

the children's behaviors to ensure a pleasant and safe environment. \$12.00-\$14.00 per hour  
Qualifications: Ability to speak clearly and maintain positive communication with parents and families. Physical ability and strength to lift children and move play area objects. Required Education, Training, Experience or Skills: 12 units in ECE/Child Development. 1 year paid work experience in child care/preschool center preferred. Ability to carefully care for and nurture children in crisis. Good interpersonal skills, ability to calm difficult situations, positive, team player, punctual, professional, organized, patient, and friendly. English and Bilingual English/Spanish preferred. Live Scan Finger-Print, DMV, TB Skin test clearance required after interview. Work Environment/Physical Demands: Must be able to adapt and excel in a continuously changing environment, and make the children's needs their primary focus. The ability to lift up to 40

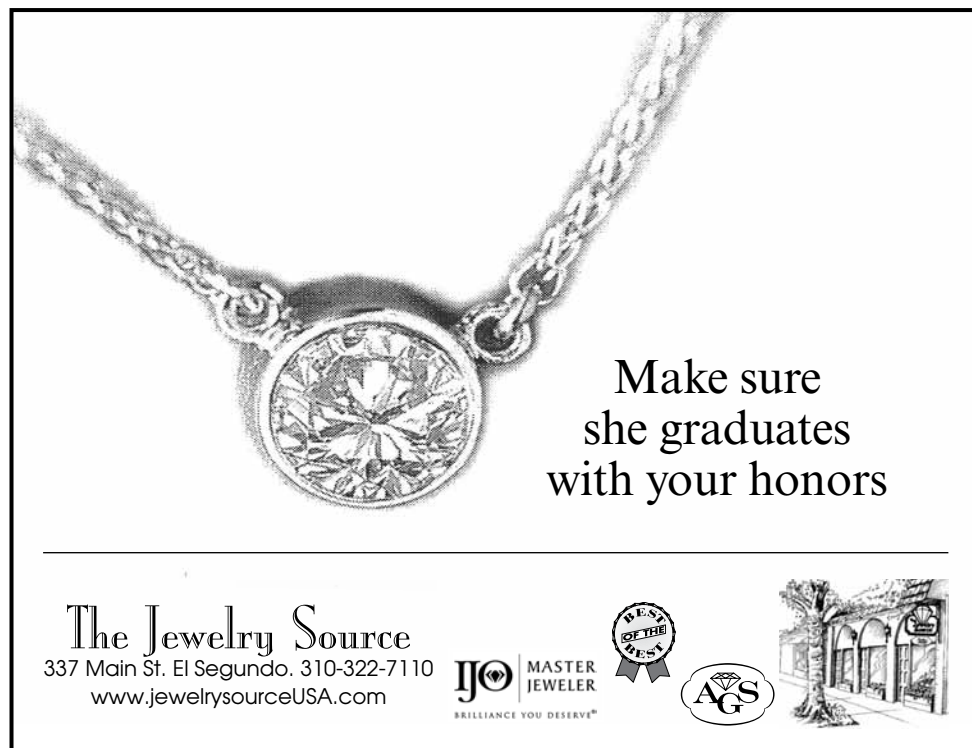
pounds is required. Must be able to fully engage in physical activity. Must be able to kneel, stoop, sit on the floor, stand for a long time, and demonstrate and engage in activities like jumping, dancing and walking. Must be able to see and hear well enough to monitor the classroom to keep children safe at all times. Benefits Offered: For Full Time: medical, dental, vision, 401K Application Deadline: Open. E-mail resumes with relevant education/units, work experience, and three professional references to: kidsplace@forthechild.org

### ESTATE SALE

Estate Sale: Sat 6/3 7am @ 646 Maryland, -furniture, household, clothing, tools misc.

### YARD SALE

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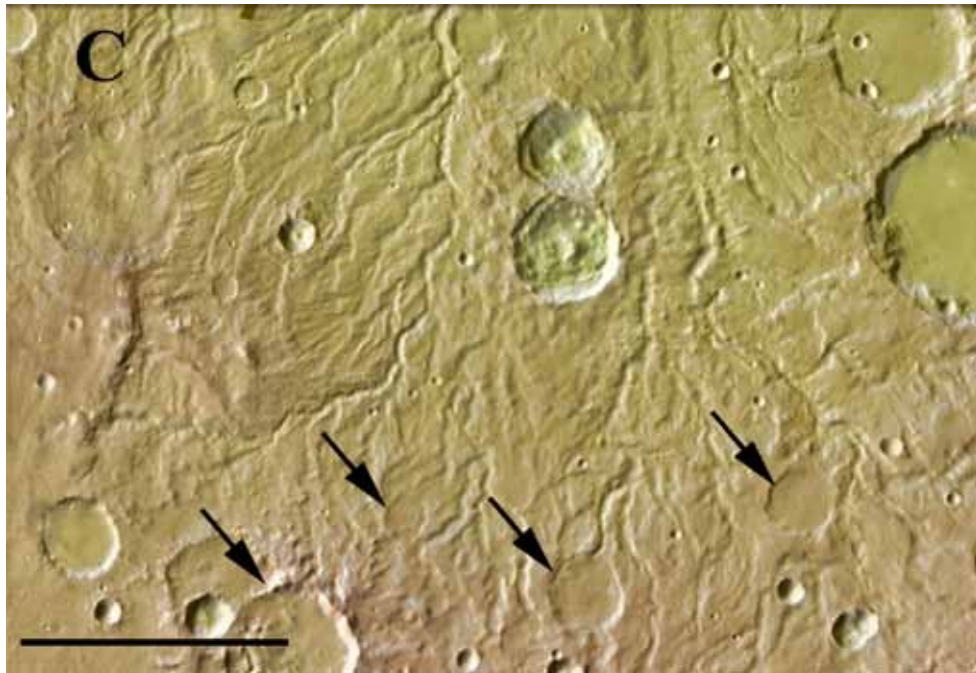
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# Looking Up

## How Hard Did It Rain on Mars?



Valley networks on Mars show evidence for surface runoff driven by rainfall. Photo by Elsevier.com

### Based on Press Release from Elsevier, Provided by Bob Eklund

Heavy rain on Mars reshaped the planet's impact craters and carved out river-like channels in its surface billions of years ago, according to a new study published in *Icarus*. In the paper, researchers from the Smithsonian Institution and the Johns Hopkins University Applied Physics Laboratory show that changes in the atmosphere on Mars made it rain harder and harder, which had a similar effect on the planet's surface as we see on Earth.

The fourth planet from the Sun, Mars has geological features like the Earth and Moon, such as craters and valleys, many of which were formed through rainfall. Although there is a growing body of evidence that there was once water on Mars, it does not rain there today.

But in their new study, geologists Dr. Robert Craddock and Dr. Ralph Lorenz show that there was rainfall in the past—and that it was heavy enough to change the planet's surface. To work this out, they used methods tried and tested here on Earth, where the erosive effect of the rain on the Earth's surface has important impacts on agriculture and the economy.

"Many people have analyzed the nature of rainfall on the Earth, but no one had thought to apply the physics to understanding the early Martian atmosphere," said Dr. Craddock of the Smithsonian Institution.

To understand how rainfall on Mars has changed over time, the researchers had to consider how the Martian atmosphere has changed. When Mars first formed 4.5 billion years ago, it had a much more substantial atmosphere with a higher pressure than it does now. This pressure influences the size of the raindrops and how hard they fall.

Early on in the planet's existence, water

droplets would have been very small, producing something like fog rather than rain; this would not have been capable of carving out the planet we know today. As the atmospheric pressure decreased over millions of years, raindrops got bigger and rainfall became heavy enough to cut into the soil and start to alter the craters. The water could then be channeled and able to cut through the planet's surface, creating valleys.

"By using basic physical principles to understand the relationship between the atmosphere, raindrop size and rainfall intensity, we have shown that Mars would have seen some pretty big raindrops that would have been able to make more drastic changes to the surface than the earlier fog-like droplets," commented Dr. Lorenz of John Hopkins University, who has also studied liquid methane rainfall on Saturn's moon Titan, the only other world in the solar system apart from Earth where rain falls onto the surface at the present day.

They showed that very early on, the atmospheric pressure on Mars would have been about four bars (the Earth's surface today is one bar) and the raindrops at this pressure could not have been bigger than three mm across, which would not have penetrated the soil. But as the atmospheric pressure fell to 1.5 bars, the droplets could grow and fall harder, cutting into the soil. In Martian conditions at that time, had the pressure been the same as we have on Earth, raindrops would have been about 7.3 mm—a millimeter bigger than on Earth.

"There will always be some unknowns, of course, such as how high a storm cloud may have risen into the Martian atmosphere, but we made efforts to apply the range of published variables for rainfall on Earth," added Dr. Craddock. •

## Medical Research Could Be Looking in the Wrong Direction

By Rob McCarthy

What would life be like if scientists discovered a cure for heart disease or cancer? A breakthrough end to one or both of these leading causes of death would save 600,000 lives every year, for starters. If research yielded a "silver bullet" that killed cancer in the body and stopped the progression of heart disease, it would be hailed as a modern miracle. However, it wouldn't guarantee a long and healthy life for many.

Curing cancer might add 3.5 years to the average life expectancy and 4.5 years for heart disease, according to Jay Oshansky, a public health researcher. That's because of what he calls "competing risks," which are other physical and mental health conditions that can attach to the body's organs and cells with age. Because people are living longer than any time in modern history, we're entering uncharted waters.

"Keep in mind we got exactly what we wanted, which were longer lives. But the price we had to pay was a rise in heart disease, stroke and Alzheimer's," Oshansky said. People living well into their late 70s and 80s are pushing into unknown medi-

is doing research with funding from federal and private sources, including some drug companies and a cancer institute.

Goldman co-published a paper with Oshansky and others titled "Society and the Individual at the Dawn of the 21st Century" published in the *Handbook of the Psychology of Aging*. The paper looked at what's happening among the older population as the life expectancy moves higher for men and women. U.S. women have pushed the average life span to 80.1, while the men are at 76.4 years.

Japanese women are living longest, on average until age 86. Men in Switzerland rank top among males at 80.7 years and outlive American men by more than four years, health statistics show.

The leading causes of death for Americans are heart disease, cancer, chronic lower respiratory disease known as COPD, stroke, Alzheimer's and diabetes. Yet, medical advances and better treatments are lowering the number of deaths from these six leading killers in the United States.

Between 2004 and 2014, age-adjusted death rates among men and women declined 29

### *Aging science could beat back cancer, heart disease and the other leading causes of Americans' death*

cal territory, and it merits more study into the aging process and how to keep people healthy and active for as long as humanly possible, he said.

Aging science, Oshansky believes, could beat back cancer, heart disease and the other leading causes of Americans' death without actually curing them. Researchers of human aging study the human body looking at ways to slow the aging process so that people in their 80s are more like 60-year-olds. Oshansky calls it "pushing off the aging process" and delaying the onset of debilitating diseases.

Oshansky is co-author of the book *Aging: The Longevity Dividend* that describes this emerging science, which is funded at a much lower level than single-disease research efforts run through the Cancer Society or the Alzheimer's Foundation. When the breakthrough on how to put the brakes on aging comes, Oshansky expects it to dwarf anything being done to slow the progression of cancer. "Aging really underlies everything, though funding for cancer research is far greater," he says. "This is the next medical advance."

Scientific pursuit involves research dollars --lots of them. Work on aging science is being done close to home, at the University of Southern California's Schaeffer Center for Health Policy and Economics. Dana Goldman a USC professor and director of the center,

percent for stroke; 23 percent for heart disease for men and 27 percent for women; and 16 percent or cancer for men and 13 percent for women, according to the National Center for Health Statistics. Deaths due to Alzheimer's increased over that time by 11 percent for the men and 15 percent for U.S. women.

Oshansky and his colleagues aren't promising a longer life free of cancers and strokes, but they argue that when human aging is better understood, the good times will outweigh the bad times. "A better way to say it is to grow older healthier," he said. "Taking 70 years to become 50, taking 80 years to become 60. We'll be able to do what we want longer, remain in the labor force, draw on Medicare less ... the benefits to society are huge."

The work to better understand and harness aging goes on coast to coast. A research team at Salk Institute in La Jolla last year reported that it reprogrammed the genetic material of mice, rejuvenating their organs and increasing their lifespans by 30 percent. It's too early to test on humans, but the Salk scientists now believe it's possible to turn back the clock on aging.

MIT researcher Leonard Guarente, who is a researcher in the field, called it a "pretty remarkable finding"—one that could go down as a bedrock discovery in the history of aging research. •



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# Politically Speaking

## Political Penguin, Round Two

By Duane Plank

Back! Those of you who have been reading Herald Publications papers for a while may remember that I was scribbling political thoughts for the paper back in the day. I believe that day ended about four or five years ago. I was ruminating about the machinations of the failed Mitt "The Glove" Romney campaign for the presidency. Laughed about the gazillion-dollar waste of money that Meg Whitman foisted out there as she was trounced when she ran for Governor in the great state of California, boat-raced by the three-time failed presidential candidate Moonbeam Brown. Who has, in my estimation, done a pretty good job of governing Cali after taking over for the overmatched actor Arnold Schwarzenegger, who is now back to over-utilizing hair care products and selling violent movies to teenagers.

Of course the politically astute Brown just shammed all Californians, agreeing to apparent backdoor deals (bribes) to collect enough votes from legislators so that he could ram through the recent gas tax hike to allegedly fix roads. Except the Dems will probably appropriate the money, as they always do, and throw it into some social help plan. Maybe we can bankroll the criminal illegal immigrants and pay for their legal defense with the monies? Or bankroll the ever-growing tab for Brown's beloved Bullet Train boondoggle?

Glad I can comment on the political scene again. I guess Bill O'Reilly turned down the Herald gig? Or maybe with the \$25-million golden parachute he was

handed when Fox showed him the door, he decided he didn't need the Benjamins?

In what seems a time warp, I was writing about the very flawed New Yorker Anthony Weiner years ago. Shockingly, the disgraced Dem politico has again made the headlines, with a mea culpa about his self-admittedly salacious texting of a 15-year-old girl. He was also somehow embroiled in the incredible downward spiral of the Hillary Clinton campaign and flameout. Nice to see Hillary on the tube recently, taking full responsibility for her incredible loss back in November. Full responsibility... except she blamed Mr. Comey, she blamed Russia, she blamed everyone but herself. Maybe she shouldn't have spent so much time glad-handing the pampered elites, palms-up, trying to raise more and more money, papering the Clinton bank account? Maybe she should have visited some of those states the Dems always elitistly dismiss as fly-over states, get herself out of the cozy Beltway, or the friendly confines of her uber-rich New York digs, and visit Wisconsin one time and have a brat?

So, before you know it, the 2018 elections will be upon us. The Democrats, with Cali lady pols Nancy Pelosi and Maxine Waters bloviating and blindly leading the charge, continue to look under rocks for the Russian connection to Trump's stunning win. And the lefty blusterers on CNN and MSNBC continue to be in full meltdown mode, doing their best to damage the Trump administration.

It is a very interesting time to pay attention to politics. Game on! •



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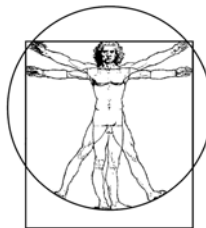
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# ★ Entertainment ★

## Film Review

### Love is on the Rocks in Indie Rock Relationship Comedy, *Band Aid*

By Ryan Rojas for [www.cinemacy.com](http://www.cinemacy.com)

Embarking on adulthood is hard, but doesn't have to be joyless, as the new indie mumblecore comedy *Band Aid* shows. Making its premiere at this year's Sundance Film Festival and in theaters this Friday, *Band Aid* is a light-hearted romantic comedy about the hardships of modern relationships and how sometimes those things are best dealt with by some good old-fashioned rock and roll. Making her feature film debut is writer, director and star Zoe Lister-Jones, who shows in her millennial-set Silverlake comedy how young adults of today's age deal with major relationship issues by self-therapizing and writing indie rock songs about one's troubles, leading to a refreshing take on romance and growing up.

*Band Aid* centers around a longtime Los Angeles couple, Anna (Lister-Jones) and Ben (Adam Pally), who, while seeing their friends' relationships take the next steps with engagements and children, busy themselves by dealing with remedial frustrations. Their constant complaining about dirty dishes serves as a deeper frustration for their stagnant lives and inability to commit more to each other. When petty shouting matches continue to

erode at their relationship, the two decide to deal with their anger by dusting off their garage-kept instruments and writing rock songs as an outlet for expressing their annoyance with each other--a temporary "band-aid" on a much larger issue both are unwilling to admit to having. *Band Aid* moves along charmingly--but the longer the two stay together, the more they fight. This in turn leads to more originally written songs and puts them in the awkward spot of advancing their rock band life at the cost of worsening their relationship. Emotions swirl, leading to a dizzying place that forces Anna and Ben to confront the hardships of their complicated relationship.

While *Band Aid* moves along with a breezy and casual style (it most resembles the mumblecore stylings of indie director Joe Swanberg's *Joshy* and Netflix's original series *Easy*), it unfortunately plays its minor notes far too heavily and for far too long. The continuous fights throughout the movie end up playing much too uncomfortably, without any sense of release or relief. *Band Aid* should have been more of a joyous and uplifting comedy, but this story is one that feels more willing to ruminate in the low points of their relationships rather than on

the fun and promising times of creating music together. For this reason, the film will probably be best received by younger crowds who relate to the light-hearted fare and snarky attitudes of the unremitting protagonists.

The most redeeming moments of *Band Aid* are the original songs that Lister-Jones and Pally perform, which are catchy and show a fun chemistry between them. Veteran

funnyman Fred Armisen lends consistently humorous moments to the flick as the weird next-door neighbor who plays drums for the band. Although *Band Aid* treads far too much into tonally uncomfortable areas, it's still a strong showing from Lister-Jones and may really capture a hard note to hit.

*Band Aid* is not rated. 91 minutes. Opening at ArcLight Hollywood and The Landmark this Friday. Available on VOD on June 9. •



*Band Aid*, Courtesy of IFC Films

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# Credit Scores Expected to Rise a Bunch in July

By Rob McCarthy

New credit-scoring rules this summer will lift average scores by 20 points and push millions of American consumers into the good-borrower category, the industry's California-based leader predicts. FICO, which developed the credit-scoring system used by consumer lenders, reported that the average credit score in April reached 699. That average score for American borrowers set a record and was just one point shy of the "good" range of 700 to 749. FICO is a San Jose, California-based analytics company that focuses on credit-rating services used by lenders and employers.

About July 1, the nation's three credit-reporting bureaus no longer will count tax liens and civil judgments against FICO credit scores. Nearly 11 million people should see a 20-point jump in their credit scores, and another 700,000 people would see their scores go even higher.

The credit bureaus Equifax, TransUnion and Experian are changing the rules in response to findings by a federal agency about shortcomings in how the bureaus use public data in credit scoring.

The Consumer Financial Protection Bureau's April report highlighted a need for changes, specifically better identity-matching

of consumers to avoid misreporting of unpaid taxes, child support or debts. Civil judgments can hurt a person's credit score more than ordinary loans, according to industry experts. The effect of a court-ordered judgement on a FICO score is almost immediate, they add.

Not all tax liens or judgments will disappear from people's FICO scores, but most of them will, according to the Consumer Data Industry Association that represents the credit bureaus. The change is expected to push more consumers above the 700 mark and closer to the 750-800 range that signifies excellent credit.

The two biggest factors in the FICO scoring model is paying bills on time and not carrying high balances or overextending available credit limits. Car and personal loans and credit card balances that together exceed 30 percent of a person's available credit are counted against their score.

Other factors in the scoring method are length of credit, new applications for credit, and whether a borrower shows a mix of credit. The scoring favors a combination of auto loans, home equity, personal loans and some credit cards. Credit report errors about late payments and balances are common and affect a FICO score.

The Federal Trade Commission has estimated

that 20 percent of consumer credit reports contain errors. Because of the error rate, consumers are advised to check their credit reports every year for accuracy. Consumers who believe their credit reports contain bad information may write a letter asking the credit bureau and the company that reported the information to make a correction. Both must investigate the dispute.

Using a credit repair service is another option for contesting and removing errors from a report. The Fair Credit Reporting Act protects borrowers and consumers by requiring the credit bureaus to provide correct and complete information to lenders when they process an application. Consumer protections of the act include:

--The right to receive a free copy of your credit report.

--The right to know the name and identity of anyone who received your credit report in the last year, or the past two years, for employment reasons.

--A lender must tell you the name and address of the credit bureau it used to deny an application.

--The right to a free copy of the credit report that was used to make the denial; a request must be made within 60 days of the denial.

--A consumer may add an explanation to a

credit report if the company or bureau refuses to correct disputed information.

Lenders have been advised to be cautious about reviewing a loan applicant's creditworthiness after July 1. Financial planner and blogger Sean Williams with The Motley Fool writes that consumers' credit habits will be the same in two months, regardless of their higher FICO scores. "Lenders could find themselves at a higher risk of loan defaults as these tax liens and civil judgments are removed from people's credit reports," Williams warns.

FICO is the most popular credit score formula used by lenders, though there is a recent competitor called VantageScore. The three major credit bureaus created VantageScore, which uses some of the same predictors as FICO to rate a borrower's creditworthiness. This alternative to FICO also uses what it calls "trended data" in scoring. The data focuses on how a person used available credit over a 24-month period, and looks at money management skills by comparing payment due dates with the actual date a bill was paid, according to Investopedia.com.

The last time FICO changed the scoring rules was in August 2014 when it decided that unpaid bills that were settled with a collection agency should not count against a person's current creditworthiness. •



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## The Mess is the Best Cooking with Family Creates Lifelong Memories

The first step to family fun in the kitchen is selecting the "Messipe." One of Prinze Jr.'s favorite "Messipes" is: The Sauce. This tasty tomato-based sauce has enough steps and ingredients to get the whole family involved, yet it is also easy to make and delicious.

"Between the prep, taste tests, stirring and adding the Parmesan cheese at the end, the whole family works together," he says. "This time spent with family is just as good as the meals we make."

### Ingredients

- 1 tablespoon olive oil
- 1/2 pound ground pork
- 1/2 pound ground veal or beef
- 4 ounces diced pancetta
- salt and black pepper
- 1/2 cup red wine (something you would drink)
- 3 small to medium cloves of garlic
- 1/4 cup minced fresh parsley
- 1 teaspoon dried basil
- 1 box or can (26 ounces) tomato sauce
- 1 box linguine



### Directions

1. Start off with a clean slate. Ask the kids to quickly help empty the dishwasher and sink to de-clutter the kitchen. Before you start cooking, have the kids guess how long they think the "Messipe" cleanup will take and time it. The winner gets to try the first bite!
2. In a medium soup pot, heat the oil over medium low heat.
3. Add your diced pancetta to the pan and cook for 2 minutes.
4. "Messipe" moment: Roll up your sleeves, it's time to get messy! In a bowl, take turns mixing the veal and pork with washed, clean hands. Add your salt and pepper, then add to the pan, browning the meat with the pancetta. Stir occasionally, with a wooden spoon, for about 8 minutes, breaking the meat up as you go.
5. Increase the heat to medium and add the wine, simmering until it reduces by half.
6. Add the garlic, parsley, basil and tomato sauce. Reduce the heat to low and cook, stirring occasionally, until the sauce begins to thicken, about 30 minutes.
7. Cover and cook for 15 minutes more (aka walk away till it's done). Take turns tasting for salt and pepper and serve hot. "I like to pair the sauce with linguine pasta - and it's also my kids' favorite," Prinze says.
8. Cleanup tip: If sauce spills, quickly drop some flour on the spill to stop the spill from spreading. This way, you can keep cooking and not worry about cleaning up the mess right away. When you're ready, fill a spray bottle with warm water and a few drops of Palmolive Ultra Strength dish liquid. Let the kids squirt the bottle over the mess...or maybe even at each other!

For more kid-friendly "Messipes" and cleanup tips, visit [www.facebook.com/palmolive](http://www.facebook.com/palmolive).

# PETSPETS Pets PETSPETS

## Purrrfect Companions



Augustus

This week's kitties (and many others on our website) are all deserving of a home with a family to call their own.

**Augustus** craves and demands attention. He is currently residing at the Kitten Rescue Sanctuary where he is one of the volunteers' favorites and greets everyone who enters by hanging out near the front door and reaching his paw out to people who pass by. He is a genuine lap cat and very outgoing! Augustus lives with many other cats and gets along well with them, so he could be adopted into a home with other cats or as a single. Augustus is FIV positive from his time on the street. Cats with FIV+ often get passed over because people feel worried about the diagnosis. However, given proper care and attention, an FIV+ cat will live the same lifespan as an FIV negative cat. The disease is extremely hard to transmit from cat to cat and it requires direct blood contact (typically from a deep puncture wound). It is not transmissible to humans. Augustus would make your life complete...give this guy a chance!

**Tyra** came to us from the LA City Shelter system as a nursing mom kitty. Her kittens have both found a wonderful home, so now it's "Ty's" turn to find a loving home of her own! Tyra is an expressive, "almost tuxedo" young lady adorned in a black and white peignoir who is more of a lap visitor than a lap cat, as she's always busy playing and exploring. She is affectionate and very playful, with her favorite toys being a feather wand and ping pong balls. We think Ty was an only kitten early in life who missed the benefit of having another kitty teach her the proper etiquette of play, so Ty is a bit rough when playing. A patient



Tyra



Casey

and understanding adult-only home would be the best environment where Tyra could thrive and provide unconditional love. It takes a special adult to love Tyra. Could you be the one?

Looks? Personality? **Casey** is the total package! He is a darling boy who offers to his humans both a lot of affection and tons of entertainment. Casey loves getting petted and purrs loudly to let you know you are doing a good job petting him. His foster mommy cradles him like a baby, which he enjoys very much too. Casey is energetic and very playful, so he would absolutely love a playmate in his forever home. He gets along well with both boy and girl kitties. People who meet Casey for the first time are very impressed with his striking looks and then are even more impressed with his great personality! Casey is crossing his paws that he will meet you soon!

**Rudy** is a sweet, affectionate and very playful kitty who was kicked out of his house by his 19-year-old owner because she thought he would be happier as a "wild animal." Rudy wandered the streets for over a week without food or shelter until a nice neighbor found him and called a Kitten Rescue volunteer, who took him in. He is very social and loves people. He gets along with other cats and he tolerates dogs well. Sometimes Rudy can play a little rough--and so for this reason, he may not be the right fit for families with small children. Sometimes he bites hands lightly when he's playing. Rudy is a total love bug!

**Venus** is a friendly, sweet and spunky calico kitten with beautiful gold-colored eyes. Venus and her sister Mandy were hand-raised since they were two weeks old and



Rudy

have grown into adventurous, happy young kittens. Venus loves her sister and gets along well with our other cats. Although Venus is affectionate and friendly, she knows when to stand up to the adult cats. This curious kitty loves to sit on the kitchen counter and watch when you are cooking or puttering around. Venus loves to play and her favorite toy is a feather toy on a string--she will do amazing back flips while she tries to catch it. She also loves to run around with her sister like they were a herd of gazelles. It's cute to hear the pitter patter of eight little feet. Venus and Mandy would love to be adopted together, as they get along beautifully and will be great friends.

**Mandy** is a sweet calico kitten with gold-colored eyes who was hand-raised with her sister Venus since they were two weeks old. She's completely comfortable around people and is gentle and fun. Mandy has an easygoing personality and a very cute meow, which she uses to manipulate us into giving her treats. She loves to rambunctiously play with her sister. They chase each other and love racing up and down our stairs. Her favorite toy is a pink fuzzy ball that she bats around. Mandy is very tolerant of bathing



Venus

and nail trimming. Unlike her sister, who likes to let everyone know that she doesn't appreciate baths, Mandy usually just gently mews a couple of times but otherwise relaxes in the tub. Mandy and her sister Venus would be a great addition to your family!

These kitties are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. For additional information and to see these or our other kittens and cats, please check our website [www.kittenrescue.org](http://www.kittenrescue.org) or email us at [mail@kittenrescue.org](mailto:mail@kittenrescue.org).

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Mandy



# Real Estate

## Big-Impact Ideas For Small Patio Spaces

(BPT) - Do you have a small patio? Do you think you can't do much with the space due to its size? There's probably a lot more potential than you think.

From the influx of urban dwellers, empty-nesters in transition and even the tiny-home movement, the trend of downsizing continues across the United States. Contrary to popular belief, you can have an impressive patio even if you have a smaller abode.

Here are a few design ideas to help bring your limited patio area to life while maximizing the space:

### Rugs

Add visual interest under foot with a patterned rug. A rug properly placed under a table can break up a smaller floor, giving the illusion of more square footage. Colored rugs are readily available in a variety of designs. Pick your favorite striped, chevron or paisley variety and see what a difference it makes.

### Water Features

The natural elegance, gentle gurgle and sparkle of a flowing water feature can add a sense of peacefulness to any patio. For smaller spaces, easily turn a decorative waterproof container or planter into a beckoning



water feature by simply adding water and a smartpond Low Water Shut-off Fountain Pump. This smart pump automatically shuts

off if the water becomes too low, preventing pump burnout. It's also a great replacement pump option to revive a decorative premade fountain that has quit working. Learn more at [www.smart-pond.com](http://www.smart-pond.com).

### Think Vertical

To get the most out of a limited space, think upward instead of outward. Hanging plants are a classic option, but vertical wall gardens are a top trend that's sure to be a conversation starter. You'll enjoy plenty of greenery but also open floor space for your furniture, water feature and entertaining to ensure a welcoming area for hosting summer parties.

### Built-Ins

To get the most out of every inch of your petite patio, look for furniture and features that multitask to help save space while maximizing functionality. An easy solution is to opt for a table that opens to become a cooler for

beverages or a bench to hold blankets and other patio extras. Just remember to keep scale in mind so you don't overwhelm your space with massive furniture.

### Mixing Materials

Matching is out for 2017, so forget about perfectly paired combos and explore a variety of decor. A great way to try this trend is to add visual interest by experimenting with different materials. Inject your own personality through various finishes. One example: consider setting black resin pots next to a handwoven wicker for an eclectic blend of textures.

### Vibrant Colors

Don't make the mistake of thinking a small space must have muted colors. Vibrant hues inject energy and style, often making a small patio feel larger than it is in real life. From ocean blues to ferocious fuchsia, an accent pillow here and a throw blanket there will transform your space dramatically.

From DIY water features to vertical gardens, a small patio doesn't have to be short on style or functionality. Let these top trends guide you to create a space you'll enjoy all year long. •



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**\$999,000**



**415 Miramar Dr., RB**  
Spanish 2 bed, 1 bath. Fireplace. 1250 sq. ft. 2 car garage. Courtyard w/Ocean View. Walk to Pier.  
**\$899,000**



**830 Maryland, ES**  
2 bed, 1 bath w/family room. Backyard w/city view. 8000 sqft. lot. Prime Gundo location!  
**\$1,049,000**



**602 Lomita, ES**  
Clean 3 bedroom, 1.5 baths. Large Rec room opens to yard. Large deck with city light views.  
**\$1,099,000**

**Coming Soon!**  
Lovely 3 bedroom, 2 bath Home.  
1408 sq. ft.  
Beautiful backyard.  
10+ Location.

**Brand New!**  
Gorgeous Single Family Home. This one will KNOCK your socks off! Fabulous Extra Wide Lot. Call for Details...



**408 Kansas, ES**  
Charming 3 bedroom, 1 bath. Fireplace, Hardwood, Fresh new paint. 2 car garage.  
**\$1,100,000**



DRE # 00946399  
**John Skulick**  
310-350-4240  
[TeamSkulick@gmail.com](mailto:TeamSkulick@gmail.com)



Your Real Estate Connection



DRE # 01064179  
**Rose VanHook**  
310-350-5920  
[RoseVH@earthlink.net](mailto:RoseVH@earthlink.net)

# BILL RUANE

RE / MAX ESTATE PROPERTIES

## EL SEGUNDO



**UNIQUE CRAFTSMAN STYLE HOME**

### 509 CALIFORNIA ST

4 BEDS 3 BATHS • 2,500 SF • OPEN FLOOR PLAN  
UPGRADED KITCHEN & LIVING AREA  
PRIVATE BALCONIES OFF ALL UPSTAIRS BEDROOMS  
RV PARKING • \$1,799,000



### BRAND NEW TOWNHOMES

3 & 4 BEDROOMS • CALL FOR DETAILS

## CONDOS



**OPEN HOUSE SAT 2-4**

### 900 CEDAR ST #205

2 BEDS • 2 BATHS POOL SPA  
COMPLETELY REMODELED!  
REC-ROOM • \$589,000



### 950 MAIN ST #307

2 BEDS • 2 BATHS  
COMPLETELY UPGRADED  
BRIGHT WEST FACING UNIT • \$609,000



### 123 E. OAK #108

2 BEDS • 2 BATHS  
1,256 SF • MASTER SUITE  
GIANT PATIO • \$629,000

### RESIDENTIAL/ OFFICE



### 431 E. GRAND AVE FOR SALE

APPROX. 3,200 SF PRIME CORNER LOCATION

### COMMERCIAL



### RUSTIC LITE BAR 14019 HAWTHORNE BLVD HAWTHORNE



### 12539 PRAIRIE AVE HAWTHORNE \$1,590,000 • 3,600 SF 25+ PARKING SPACES

### COMMERCIAL / HIGH TECH & CREATIVE WORKSPACE



**SMOKY HOLLOW - 4 UNITS AVAILABLE "BUILT TO SUIT"**  
OVER 26,000 SQ FT CREATIVE WORK SPACE • BRICK AND MORTAR COMMUNITY  
MASTER LAYOUT COMBINING 6 BUILDINGS ON 6 ACRES OF LAND  
IDEAL FOR ALL BUSINESS BRANDS & START-UPS



**COMMERCIAL SPACE**  
10,000 SF • SHORT TERM LEASE AVAILABLE  
\$1 / FOOT NNN

**Matt Crabbs: (310) 864-9034 • Bill Ruane: (310) 877-2374 • email: bill@billruane.net**

# LOOKING TO SELL BY SUMMER?

CALL THE #1 SELLING AGENT IN EL SEGUNDO

RECEIVE A FREE IN-DEPTH MARKET EVALUATION OF YOUR RESIDENTIAL, INVESTMENT OR COMMERCIAL PROPERTY

**310 . 877. 2374**



RE/MAX WORLDWIDE EXPOSURE

9 AM - 9 PM 7 DAYS A WEEK

## EL SEGUNDO



**SOLD**

### 216 LOMA VISTA ST #B

3 BEDS • 3 BATHS • ALL REMODELED • BRIGHT UNIT W/ PATIO • MINUTES FROM THE OCEAN!



**OPEN HOUSE SAT 2-4**

### 400 BUNGALOW

6 BEDS • 4 BATHS • REMODELED HOME OVER 3,000 SF • \$1,499,000



**OPEN HOUSE SUN 2-4**



### 754 HILLCREST ST • \$1,488,000

4 BEDS • 3 BATHS • 2,243 SF • REMODELED KITCHEN SUPERB OCEAN VIEW

# LOOKING FOR HOME

WITH MINIMUM 9,000 SF LOT

**WILL BUY AS IS ALL CASH**

## HAWTHORNE



**SOLD IN 3 DAYS**

### 5412 W. 123<sup>RD</sup> ST

COMPLETELY UPGRADED HARDWOOD FLOORS • HUGE BACKYARD 2 CAR DETACHED GARAGE!



**COMING SOON**

### 5501 W. 118<sup>TH</sup> PL

HUGE LOT APPROX. 8,000 SF 3 BEDS • 1 BATH CORNER PROPERTY



### 13912 TRURO AVE \$885,000

5 BEDS • 4 BATHS • 3,227 SF RV-SIZED GARAGE

## WESTCHESTER



**OPEN HOUSE SUN 1-4**



### 6333 W 83RD ST \$1,199,000

3 BEDS • 2 BATHS • APPROX. 1,800 SF • WEST OF SEPULVEDA • LARGE LIVING ROOM WITH BAMBOO FLOORING & FIREPLACE FORMAL DINING AREA INCLUDES FRENCH DOORS LEADING OUT TO PATIO AREA • NEW ANDERSEN WINDOWS UPGRADED SPACIOUS KITCHEN INCLUDES GRANITE COUNTERTOPS • AWESOME PRIVATE BACKYARD WITH GRASS AND PATIO AREAS