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Weekend Forecast

Friday, July 7  
Sunny  
76°/66°



Saturday, July 8  
Mostly Sunny  
81°/66°



Sunday, July 9  
Mostly Sunny  
81°/66°



Students Create Drought-Free Garden



Getting Started: Grades of Green announced the results of a partnership with the Los Angeles Metropolitan Water District for the 2016-2017 school year. The partnership, in the form of a grant, lead to outstanding impact on water conservation efforts this year, including the creation of a drought-free garden by two outstanding students. Students Maxine Finster and Elise Yee., 6th grade, of Green Youth Corps Eco Leaders at Manhattan Beach Middle School followed the guidelines for a drought-free garden from the National Wildlife and received a National Wildlife Certification for their efforts.

Patriotic Investors Bet on Underdog in 1776

By Rob McCarthy

The Declaration of Independence that we celebrate on July 4 marks not only the birth of this nation, but the beginning of the national debt. Defeating the superior British army required money for weapons and to pay soldiers, and historians have credited two allies--the France and the Dutch--for backing the 13 colonies. The victory for independence was longer than expected and more expensive. Thus, the national debt was created.

From 1775 to 1783, the nation’s leaders used a variety of methods to pay for the war, some of which are still done today. The federal government printed money, and so did the individual states, because at the time there was no U.S. central bank. To raise money for the war effort, states issued war bonds and sold them to wealthy landowners in the colonies who put up their land as collateral, according to author John L. Smith whose account appears at the Journal of the American Revolution. He notes that wealthy, patriotic Americans were bullish on George Washington’s underdog army and the state-funded militias, betting on them to defeat the British.

“Similar to World War II savings bonds, these war bonds paid about six percent interest--again, assuming America won the war,” Smith wrote in an essay entitled “How Was the Revolutionary War Paid For?” The bonds weren’t a huge success, he believes, because private loans to fund the war effort paid higher interest and carried less risk. More than 240 years ago, smart investors hedged their bets on General George Washington and company.

“If defaulted upon, [private loans] could at least be recovered in an English court even if America lost,” Smith wrote. “..."

The bonds were a bet that America would win the war. But if America lost, it was thought that just holding the bonds could indicate to the victorious British Crown that you supported the traitors.”

The opportunity to invest in the outcome of the Revolutionary War and the eventual independence for the 13 colonies came with considerable risk for all concerned, Smith notes. When the war ended in 1783, the newly emancipated country was between \$16 million and \$25 million in debt and needed to start paying back investors, including the French, Dutch and Spanish governments that backed the patriots. The private lenders and war bondholders expected to be repaid too, so Congress

Builders Can’t Find Enough Workers as Construction Surges

By Rob McCarthy

The Southern California construction business is booming with major improvements at Los Angeles International Airport expected to take years to complete and the Los Angeles Rams football stadium project in Inglewood is breaking ground after a rain delay. Now, comes word the Los Angeles Clippers and their owner Steve Ballmer plan to build his team its own arena nearby in Inglewood, adding to the South Bay’s sports presence.

The basketball arena, which Ballmer says would be built near Century Boulevard and Prairie Avenue, could seat 20,000 fans and be finished in time for the 2023 season, according to published reports. The Clippers currently play at Staples Center, but they are the third pro sports tenant there behind

formed a central U.S. bank and assumed all of the war debts.

It was the start of two unpopular facts of American life: taxation and the national debt. The national debt grew for a half-century after the end of the war in 1783 and reached \$58 million (\$1.4 billion in today’s dollars) by 1835. Congress that year paid off the debt, according to an article on the Pulitzer Prize-winning reporting site Politifact, but not before racking up more unpaid bills from the War of 1812, also fought against the British.

To reduce the national debt and pay back private and foreign investors, the U.S. Congress after 1812 required debt reductions of

See Investors, page 3

the Lakers and the Kings of the National Hockey League. Having an NBA team in Inglewood again could save South Bay basketball fans the drive into downtown Los Angeles to see a game. It could also get the ball rolling on more vocational training, which contractors say is needed because they can’t find enough workers to meet current projects in the area.

May employment in the construction trades was the highest in nine years, according to the Associated General Contractors of America. The trade group reported a spike in hiring nationally with 11,000 more construction jobs added ahead of the summer. Southern California is the epicenter for the construction boom that is raising workers’ take home pay as union and non-union

See Construction Surge, page 5



Finance

Four Simple Ways to Stay Productive and Conquer Your To-Do List



(BPT) - Did you know that in an average week, 75 percent of Americans skip doing something for themselves because they didn't adequately plan or allow enough time for it? Does looking at your to-do list feel so daunting that it discourages you from making any progress at all?

You're not alone. A new Post-it Brand productivity study found that more than 1 in 4 Americans feel completing everything in their weekly to-do list is harder than running a marathon.

Juggling multiple tasks at one time, along with a never-ending to-do list, is a common challenge for everyone - even those at the top of their game. Two professionals in the culinary and fitness industries share some of their tips to help you take control of your to-do list and increase your productivity.

The 'Write' Way

You're 42 percent more likely to get something done if you write it down, according to research from the Dominican University of California. Creating a to-do list is an efficient way to visualize and prioritize your tasks, both short-term and long-term. Celebrity chef Russell Jackson is always looking for ways to be more productive and stay inspired. "Writing items down helps me feel that I've taken the first step in conquering the task," he says. "I like to think of lists as a roadmap to help me visualize what I need to achieve." Post-it Super Sticky Notes, 4 inches x 6 inches, are a perfect tool for jotting down tasks, goals and to-dos, and when paired with flags and tabs, it's easy to keep important information at your fingertips, stay organized and take your to-do list wherever you go!

Break it Down

Too often people attempt to improve their productivity by tackling large projects in a single session. The results may be disappointing and, in many cases, the project is left unfinished. Instead of getting bogged down in the entire scope of a project, take

time to break down to-dos into digestible actions, and goals into specific, manageable categories and tasks. This allows you to focus on handling each of these smaller objectives so you can transition some goals from to-do to done.

Toss Your Tech

"Technology isn't always the answer to checking things off your to-do list," says Jackson, adding that even a tech lover such as himself needs a tactile method to spark creativity. Without a screen limiting you to seeing only the small tasks at hand, take advantage of a large surface and use Easel Pads to move big ideas around so you can see everything you are trying to accomplish. Seeing how fluid tasks can be can relieve some stress.

Clear Your Mind

If you find your current strategy isn't working, don't be afraid to switch it up. Go for a walk or clear your head by taking 15 minutes to do something you enjoy. For world-renowned fitness artist and celebrity trainer Nicole Winhoffer, even a 10-minute jog can help bring fresh ideas. She uses Post-it List Notes to write down her post-workout inspirational thoughts. "When you come back to your task after that quick sweat session, write down the first things that come to mind - those can spark ideas that you might never have thought of."

Post-it Brand created a quiz to help you learn more about your list-making style and to find solutions and tools to help you be productive, tackle your to-do lists and achieve your goals. Visit [www.post-it.com/quiz](http://www.post-it.com/quiz) to take the short quiz and find solutions tailored for you to boost your productivity.

Survey details: The Post-it Brand Productivity Survey was conducted by Wakefield Research ([www.wakefieldresearch.com](http://www.wakefieldresearch.com)) among 1,021 nationally representative U.S. adults ages 18+, between March 30 and April 5, 2017, using an email invitation and an online survey. •

Seniors

Outdoor Adventures Offer Out-of-This-World Fun on Florida's Space Coast



(BPT) - When winter cold and snow force you indoors, you might dream of getting away to somewhere warm and sunny that offers plenty of energizing fun and a much-needed change in the weather. Planning for your spring and summer vacations is a great way to score some budget-friendly deals. It also helps you beat the winter blues by giving you something to look forward to.

But where to go, you might ask. One great option is Florida's Space Coast, a destination that, while renowned for its ties to the U.S. space program, also offers an astonishing abundance of adventure-filled, outdoor vacation activities.

If you're starting to explore your spring or summer vacation possibilities, here are some can't-miss things to do that make the Space Coast an out-of-this-world destination:

- Take a nighttime "bioluminescence" kayak tour along the Merritt Island National Wildlife Refuge or Cocoa Beach. These tours allow you to get up close and personal with some of the glowing creatures who magnificently inhabit the waters along Florida's Space Coast.
- With so many great beaches, the area is an ideal destination for surfers and other water sports enthusiasts. Here, you can visit the flagship Ron Jon Surf Shop in Cocoa Beach - a 52,000-square-foot, multilevel store offering a huge selection of surf boards, swimming attire and other surf-brand apparel. Meanwhile, at the nearby Ron Jon Surf School, you can arrange a surfing lesson or even rent a paddleboard.
- Immerse yourself in nature at the Merritt

Island National Wildlife Refuge, a 140,000-acre park that is home to at least 1,500 species of plants and animals, including alligators, manatees and a wide variety of birds. If the time of year is right, you can also take a guided nighttime Turtle Walk to observe sea turtles as they lay their eggs.

- The region is a paradise for birds, making it the perfect place to host the annual Space Coast Birding & Wildlife Festival, normally held early in the year. Bird-watching, or "birding," is just part of the fun at the festival, which also offers entertainment, unique dining experiences, special events and more.

- In Titusville, sign up for a Coast-to-Coast Bike Tour and get an up-close view of the region's vibrant wildlife areas and historic sites. Or, for an epic ride, venture out on your own along the Coast-to-Coast Connector Bike Trail.

- Get your adrenaline pumping with a zip line aerial tour. Brevard Zoo's Treetop Trek allows you to zip line, crawl or climb your way through acre after acre of lush Florida landscape.

- The Space Coast is one of the few places you can personally witness a rocket launching into space, and it is breathtaking. Rockets carrying satellites into orbit or transporting cargo to the International Space Station launch periodically throughout the year. You can find the launch schedule at [SpaceCoastLaunches.com](http://SpaceCoastLaunches.com).

To learn more about Florida's Space Coast and plan your spring or summer getaway, head to [visitspacecoast.com](http://visitspacecoast.com). •

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



# Sports

## Lakers Hand Franchise Keys to Lonzo Ball

By Adam Serrao

The Los Angeles Lakers have finally received what the team and its fans have been waiting ever so impatiently for. With the second overall pick in last Thursday's 2017 NBA Draft, Magic Johnson, new general manager Rob Pelinka and the rest of the Lakers organization selected Lonzo Ball in the first round to join the Purple and Gold. Any time the Lakers get a new piece to add to their otherwise depleted puzzle, the sports world goes crazy--and like a busy day on Wall Street, craziness ensues as opinions and conjecture begin to frantically fly around the room as if people's lives depended on it. The acquisition of Ball will certainly fuel that very same fire and as Lonzo takes the keys of what has been an old, rundown Ford Explorer, he'll immediately be expected to turn it into a Lamborghini Veneno. That being said, it has become increasingly evident that the pressure mounted on the 19-year-old's shoulders to deliver what the Lakers have been lacking is enormous, to say the least.

The NBA Draft is a tricky place to try to build a team's future. Throughout the years, there have been many players who were set to come into the league with all of the hype in the world surrounding them, only to quickly fizzle out and leave the team that drafted them curious, angry and still sitting at the bottom of the standings once again at the end of the year. Anthony Bennett in 2013 may be the best example of a number one overall pick not panning out. There was also Michael Beasley at number two

in 2008, Adam Morrison at three overall in 2006, Evan Turner at number two in 2010...and who could possibly forget Greg Oden with the first overall pick in the 2007 draft? Needless to say, now Lonzo must do everything he can to not be mentioned in the same paragraph as those, and other, first round draft day busts.

Lonzo may be the most NBA-ready player to enter the league from this year's draft. Not only did he improve his Chino Hills High School team drastically on the way to an undefeated record and a national championship in his senior season, but he also carried UCLA during his freshman year in college. Lonzo has the unique ability to share the ball, get his teammates involved, and assist his roster in playing better overall team basketball. He led the nation in assists his freshman year and broke the UCLA record for most assists in a season in the only year he was there.

Ball has shown throughout high school and college that he is a leader whose only concern is winning. His goal as a player is to make the players around him better--not to fill up the stat line with 60-point nights like a previous Lakers legend did so effortlessly on occasion. Ball should be able to improve his team in every way possible, but must first get past the enormous amount of pressure that has already been placed upon his shoulders.

Magic didn't hesitate to put that pressure squarely on Lonzo's shoulders immediately after he was drafted. "You look to your right, there's some jerseys hanging on the

wall," Johnson said to Ball. "We expect a Ball jersey hanging up there one day, all right? Good."

Who could be mad at Magic, though, when he flashes those big pearly whites and the entire room smiles with him? "So, Lonzo," he continued. "Just leave me one or two records alright? Don't break all my records." Even Pelinka got involved in the immediate praise heaped upon Ball before the latter had played even one minute of NBA basketball. "Those leadership qualities are what's going to take the Lakers to our ultimate destination, which is winning an NBA championship," Pelinka said. One second overall draft pick and the Lakers, their front office and fans everywhere are already thinking about championship.

It wasn't long ago that D'Angelo Russell was supposed to be the savior for the Lakers. Russell, the number two overall pick in the 2015 Draft, just got shipped out of town with Timofey Mozgov for Brook Lopez and this year's 27th pick. Now that he's gone, it's easy to point out all of the point guard's flaws, but he was at one time considered to be the player who was going to turn the Lakers franchise around and had everyone acting like they were on Wall Street again. Russell may still reach his full potential in New Jersey with the Nets, but he alone showed that becoming the league's next big star is clearly not as easy as simply stepping foot on the basketball court--especially in Los Angeles.

To call someone a franchise player before they have even logged one minute of game-time action is a bit hasty, to say the least.

Sure, it's fun to imagine what a roster full of potential with players like Ball, Brandon Ingram and Julius Randle might look like, but potential is the key word in that sentence. Ball is facing sky-high expectations. With as much pressure that is on the 19-year-old, though, Magic and Pelinka should be feeling even more. Ball is just one piece in turning the Lakers around into a championship team. With the enormous target that has now been placed on his back, he's going to need a lot of help around him to secure any sort of team transformation. It's up to Magic and company to find that help in free agency before talk of a championship should even be uttered down the Staples Center hallways.

"The tide has turned. People want to play here again," Magic related to a crowd of reporters. "It's exciting times for the L.A. Lakers." The Lakers will have an extreme amount of roster and salary cap flexibility come the 2018 offseason. That's when Magic plans to do most of his damage in free agency and most of his recruiting to get big-name players like Paul George, for instance, into the Purple and Gold. For now, Laker fans can throw conjecture across the walls and run around yelling at a frantic pace, hoping that their team is championship material. No one's beating the Golden State Warriors anytime soon, so let Lonzo play his first minute of NBA basketball and maybe then, the Lakers can begin what will still need to be an absolutely enormous transformation into becoming a playoff-ready basketball team.

Asixlion@earthlink.net •

## Investors

from front page

at least \$10 million per year, according to Politifact. The financing plan worked, and the national debt that had ballooned to \$58 million (\$1.4 billion in today's dollars) by 1835 was paid off that year.

Still, an expert in federal spending told Politifact that paying off federal debt entirely isn't always a sound fiscal policy. Neil Buchanan with the George Washington University Law School said that immediately after Jackson's presidency ended, "the country did eventually have the good sense to borrow again to finance the country's enormous economic expansion" into the 20th century.

Even today, the U.S. government's debt is tied to military campaigns and wars, according to federal spending data. Conflicts, starting with the eight-year war for independence, are associated with taxation and economic inflation, according to published sources. A history of America's war debt published at Debt.org, a consumer-help organization for consumers with debt, shows that World War II put the U.S. government further in debt and warranted tax increases. Congress paid for the Korean War again by raising individual and corporate taxes.

"In the United States, conflicts tend to lead to the rise of both debt and taxes as the government struggles to fund its armed forces," says the article "War Debt: America's Cost of Going to War." Recent conflict in Iraq and Afghanistan boosted the national debt without raising taxes, it noted.

As America liberated itself from King George and fended off a series of military challenges from the British, the national debt grew with the military victories. When the Revolutionary War ended, the newly created Department of Finance reported the national debt at \$43 million. The government debt skyrocketed after the Civil War to \$2.6 billion, and today stands at \$19.95

trillion, according to the US Debt Clock.

New York investor and developer Seymour Durst created the clock on February 2, 1989. Durst said at the time, "If it bothers people, then it's working." The national debt on the clock's opening day was \$2.7 trillion.

Durst's debt counter is located in New York City, and though it has only been around for less than 30 years, the \$19.653 trillion number that flashes today at New Yorkers passing by at West 44th Street and Avenue of the Americas is a numerical reminder of the cost that came with declaring freedom from British tyranny.

One of the other takeaways as Americans celebrate the national holiday for the 241st time is that before there was Wall Street, there were investors who backed the dream of independence that the sign-



ers of the historic document unleashed on July 4, 1776. It took more than vision to create a new nation. There were lenders and individuals in the background, many of them silent shareholders in what would become the United States of America. •

The Congress of 1776 issued currency to pay for the war.  
Source: Journal of the American Revolution



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Looking Up

Solar Eclipse Across America: Science and So Much More!



Photo Credit: Rick Fienberg/TravelQuest International/Wilderness Travel

Based on Press Release from American Astronomical Society (AAS), Provided by Bob Eklund

Astronomers and solar physicists will be out in force during this summer's total eclipse of the Sun (<https://eclipse.aas.org/eclipse-america>), now just two months away. They'll use ground-based telescopes, airborne instruments and orbiting satellites to shed new light on some of the Sun's best-kept secrets. But if there's one thing the American Astronomical Society (AAS) wants you to know, it's that the August 21 solar eclipse is much more than a scientific bonanza—it's an opportunity for everyone to experience what is arguably nature's most awesome spectacle.

When the Moon totally blocks the Sun's bright face (<https://eclipse.aas.org/eclipse-america/eclipse-experience>), the landscape darkens suddenly, bright stars and planets shine forth in a twilight-blue sky, pastel hues of sunset glow around the horizon, the temperature drops noticeably, and birds and animals behave as if night has fallen. But the star of the show hangs in the sky where the brilliant Sun used to be: the impossibly black silhouette of the Moon, ringed by our star's faint outer atmosphere: the pearly white, gleaming solar corona. Made of rarefied gas heated to millions of degrees, the gossamer corona gets sculpted into streamers and loops by the Sun's powerful magnetic field and shines with a light seen nowhere else. It is hauntingly beautiful.

According to AAS press officer Rick Fienberg, a veteran of 12 total solar eclipses, "Going through life without ever experiencing 'totality' is like going through life without ever falling in love."

On Monday, August 21, the Moon's 70-mile-wide dark shadow will sweep across the United States from Oregon to South Carolina. Some 12 million Americans live within this narrow path, and they'll be joined by millions of visitors eager to stand in the Moon's shadow for two minutes and 40 seconds.

The rest of the continental U.S.—outside

the total eclipse path—will see a deep partial eclipse in which the Moon covers half or more of the Sun's bright face. But a partial eclipse offers almost none of the drama and beauty of a 100% total one. "It's literally the difference between day and night," says Fienberg.

Here's another difference: the totally eclipsed Sun is safe to look at directly. But a partial solar eclipse, even a very deep one, is unsafe to look at directly without using a special-purpose solar filter, namely, one certified to meet the ISO 12312-2 international safety standard (<https://eclipse.aas.org/eye-safety/iso-certification>). Such filters are commonly available in the form of cardboard- or plastic-framed "eclipse glasses" and hand-held viewers (<https://eclipse.aas.org/eye-safety/eyewear-viewers>).

"Never wear eclipse glasses while looking through binoculars, a telescope, or a camera lens," warns Angela Speck, professor of astronomy at the University of Missouri. "Sunlight focused by the optics will burn right through the filters and injure your eyes." Speck co-chairs the AAS Solar Eclipse Task Force, which is helping to prepare the country for the August 21 event by maintaining the Solar Eclipse Across America website (<https://eclipse.aas.org>), which provides basic information about the eclipse, links to other authoritative resources, and safety tips.

"If you don't have a safe solar filter," says Speck, "you can view the partially eclipsed Sun indirectly, for example, by pinhole projection as described on our website (<https://eclipse.aas.org/eye-safety/projection>)."

The August 21st total solar eclipse is the first to touch the continental U.S. since 1979 and the first to cross from coast to coast since 1918. It's also the first to be visible exclusively from the U.S. since we became a sovereign nation.

Solar eclipse eye safety:

<https://eclipse.aas.org/eye-safety>

Solar eclipse resources, including books, maps, equipment suppliers, and much more:

<https://eclipse.aas.org/resources>

Entertainment

Film Review

Baby Driver is a Total Joy Ride Fueled by a Killer Soundtrack

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

If you're looking for some excitement at the movies this summer, look no further than *Baby Driver*. Written and directed by fanboys everywhere's favorite Edgar Wright, *Baby Driver* is a stylish explosion of genre-blending action thriller, romantic heist movie and crime film all in one.

*Baby Driver* centers around a kid named Baby (Ansel Elgort), a Wayfarers-wearing youth who keeps a mostly wordless demeanor (think Steve McQueen or Ryan Gosling's strong and silent type high school selves) and who, after getting mixed up in a world of crime, is forced to pay off a debt to crime boss Doc (Kevin Spacey) by wheeling around more hardened criminals post-heists.

Winding and wheeling his way around Atlanta's city streets, Baby evades the cops with devilish gear shifts and burnouts that will leave audiences totally floored (the movie uses no CGI for the car stunt work). Every hairpin turn of every getaway drive is accompanied by some carefully curated song queued up on his iPod. *Baby Driver* fuses getaway driving

and the job's skizo thugs, Buddy (Jon Hamm) and Bats (Jamie Foxx).

With *Baby Driver*, Wright continues to prove he is truly one of today's most visionary directors. Fans of Wright's previous films (*Sean of the Dead*, *Scott Pilgrim vs the World*) will know that he has perfected a visual identity and humor all his own—but here, Wright brings those elements together to an even bigger mainstream stage.

*Baby Driver* is slick, slick, slick, and effortlessly cool, where car lane changes and drifting spins, camera zooms and quick editing cuts are all oiled up in perfect unison (notice Ryan Heffington, the choreographer of Sia's "Chandelier" music video, is credited as the film's choreographer in the opening title credits). The opening scene, one long uninterrupted take set to "Harlem Shuffle," is an amazingly executed number that sets up the internal rhythms for the rest of the movie (look for the song's lyrics graffiti'd on the sides of the city's backgrounds).

Taking the driver's seat is the baby-faced Ansel Elgort (*The Fault in Our Stars*) in a



Jamie Foxx and Ansel Elgort in *Baby Driver*. Photo courtesy of Sony Pictures Entertainment.

and rock radio so expertly that if the movie is considered the engine, the music would be the fuel that keeps it ripping and roaring. After a traumatic car collision leaves a childhood Baby parentless and with an always-present ringing in his ears, he drowns out his Tinnitus by listening to music, and at all hours of the day. Whether compulsively cranking classic rock cuts during his high-speed sprints or just serving up some old soul tunes getting coffee for his criminal cohorts, music is as much Baby's secret weapon as it is his distraction.

Beginning with the film's opening getaway sequence, grooving along to the soundtrack is like rocking out at a concert. This neo-musical experience continues through to the very end, where, after meeting the sweet, kind-eyed diner waitress Debra (Lily James), Baby decides to try and go straight and get out of the crime game—that is, if he can escape the ruthless Doc

role that requires the young actor to play both the strong and silent type while keeping his youthful aloofness intact. Wright's remaining ensemble is just as well cast. It's always a treat to see Kevin Spacey play bad, as well as Jamie Foxx as a menacing character. Lily James delights as a Southern Belle, but the scene-stealing performances go to Jon Hamm, who sheds his Don Draper image for a villain with depth; as well as the likely unknown CJ Jones—a real-life deaf stand-up entertainer who plays Baby's guardian, lending a great performance and character to this whiz-bang movie.

If you're looking for an adrenaline rush this summer, do yourself a favor and see *Baby Driver* in theaters. It's not only one of the best films of the summer, but of the year to date.

*Baby Driver* is rated R for language throughout and violence. 113 minutes. Now playing in theaters. •

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# Lemon-Herb Roasted Pork Sirloin



## Ingredients

- 1 Smithfield Prime Boneless Pork Sirloin Roast
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon each finely chopped garlic & kosher salt
- 2 teaspoons each black pepper, chopped fresh sage, chopped fresh oregano & finely grated lemon zest

## Preparation

Heat the oven to 350° F. In a small bowl, combine the olive oil, garlic, salt, pepper, sage, oregano and lemon zest; coat pork sirloin completely with the rub. Place the pork roast on a rack in a roasting pan; pour water into bottom of pan until 1/2-inch deep. Roast pork until internal temperature reaches 145° F to 160° F, about 1 hour.

Remove pork roast from oven, tent loosely with foil, and let stand 20 minutes before carving. Serve with collard greens on the side.

*Created by Chef Colby Garrelts, 2013 James Beard Foundation “Best Chef: Midwest” award winner*

## Construction Surge

from front page

tradespeople find themselves and their skills in demand again.

The building boom has created a labor shortage, which the construction industry says could be alleviated by more emphasis by local school officials on career and technical training programs. Jobs at construction sites in California and elsewhere are going unfilled, and many offer good salaries and require only a high school diploma or the equivalent to land them. Lawmakers and labor and education officials can do something to address the shortage of qualified construction workers by funding and reinvigorating career and technical education programs, the leader of the nation’s building trade group says.

“It is time for elected officials to get the world out to students that construction offers high-paying jobs with upward mobility,” said Stephen E. Sandherr, chief executive officer for the Associated General Contractors of America. With more major building projects in the pipeline in the Los Angeles area, his group is worried that high school and middle school students aren’t aware of the career opportunities in carpentry, drywall installation, concrete and other skilled labor for home and commercial construction jobs.

Construction officials said construction labor shortages were becoming more severe in many parts of the country after years of under-investment in career and technical education programs, formerly known as vocational education. They are urging the Congress and the White House to take steps to increase funding and flexibility for the Perkins Act, which provides federal funds for career and technical education.

They also urge state and local leaders to make it easier for construction companies and local trade associations to create regional recruiting and training programs. The heaviest demand for builders is in California, pushed by the LAX modernization work and the start of the NFL stadium and entertainment complex in Inglewood. California contractors added 38,000 jobs in a year, according to the latest figures from April.

Here in Los Angeles County, 5,800 tradesmen and women were working again in the spring as building projects got underway—a sign that the region has shaken off the economic drag of the 2007 housing crisis. Contractors are creating jobs faster than the overall U.S. jobs economy, according to recent government data. Foremen are working their crews longer hours, but paying overtime is only a temporary solution for now.

Contractors kept employees on the job longer because firms couldn’t find enough skilled and qualified people for their projects, according to the building trade association’s economist. But, more projects such as the newly announced Inglewood arena for the Clippers would make the labor shortage even worse and likely cause delays and scheduling headaches for project managers and their clients. “If the labor market remains tight, firms may have to adjust their business practices as they shift limited personnel from one project to the next,” said Ken Simonson, the trade association’s chief economist.

California construction companies could look out-of-state for skilled labor. However, there will be competition for experienced tradespeople. Thirty-nine states, including ours, are experiencing their own construction booms and doing more hiring, according to government labor reports. Two states experiencing sharp downturns in construction hiring are Illinois and Mississippi, where the sector lost 6,600 and 3,600 jobs, respectively, in April. The Illinois state government is dealing with a massive budget crisis, which has idled all non-essential activities and state-funded construction projects.

There are other state labor pools ripe for cherry-picking by Southern California contractors. The largest construction job losses are happening in the Houston metro area (7,600 jobs), followed by St. Louis (4,000 jobs) and the Chicago area, which is down 3,800 jobs in the latest data. Skilled labor also can be found in the West near Casper, Wyoming, which experienced a 21 percent drop in employment. Double-digit job losses are happening in the Midwestern states of Michigan and to the East in Trenton, New Jersey and Charleston, West Virginia, the data shows.

Construction workers are averaging nearly 40 hours per week, and hourly pay had climbed to \$28.55 as of May. The building industry says pay in the trades is typically nine percent higher than what people earn in the private sector. Demand is highest for homebuilders, where employment nationwide was up nearly five percent in May. Demand for labor in

nonresidential construction and heavy and civil engineering work is increasing, but at a slow rate of 1.7 percent in a year-over-year comparison. Private sector projects have triggered the building boom.

Riverside-San Bernardino-Ontario, California (14,600 jobs, 16 percent) added the most construction jobs over the past year,

even as private sector demand continues to grow. The recent infrastructure proposal outlined by the Trump administration should provoke needed debate in Washington about how to pay for future public works projects, trade officials said.

The LAX modernization project is a notable exception. The \$14 billion update to



The LAX modernization project started in 2009 and the work is expected to last through 2023, creating more than 120,000 construction jobs per year. (Photo Provided by Los Angeles World Airports)

followed by Tampa-St. Petersburg-Clearwater, Florida (8,900 jobs, 13 percent), data shows. Other construction hot spots are Las Vegas-Henderson-Paradise, Nevada (8,500 jobs, 16 percent); Atlanta-Sandy Springs-Roswell, Georgia (6,800 jobs, six percent) and San Diego-Carlsbad, California (6,300 jobs, eight percent).

Association officials cautioned that public investments in infrastructure have declined by 8.5 percent during the past 12 months,

the terminals, runways and parking facilities include a proposed people mover that will connect off-site parking near the 405 freeway with the nation’s second-busiest airport. Projected to last through 2023, the program is considered the largest public works project in the history of Los Angeles. It began in 2009 with the expectation it would create 121,000 construction jobs annually over the project’s 14-year span, according to the Los Angeles World Airport website. •



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# Rite Aid Merger Had Drugstore Customers Sweating

By Rob McCarthy

The announcement last week that Walgreens has downsized the deal to buy the Rite Aid drugstores nationwide means that South Bay shoppers won't be saying goodbye any time soon to the small neighborhood retailer. Had Walgreens gone ahead with the original plan to buy all of Rite Aid's stores, some store closings were very likely and the nostalgic Thrifty ice cream counter with its single, double and triple scoops was in jeopardy.

Federal regulators had until July to decide whether to okay the planned merger between the numbers one and three drugstore chains in America, but Walgreens pulled the plug on the originally proposed deal first announced in 2015. Rite Aid said in a press release on June 27 that Walgreens had reworked its offer because of doubts the Federal Trade Commission would approve a merger of the former numbers one and three drugstore chains in America.

The new deal calls for Walgreens to buy 2,186 Rite Aid stores for \$5.175 billion. While the original deal included Rite Aid properties in California and throughout the West, those stores will continue to be owned and operated by Rite Aid, the company said. Rite Aid's chairman thanked store employees for enduring a two-year wait to see what would become of their stores and jobs.

"I would like to thank our entire Rite Aid team for their extraordinary efforts during this process and their tremendous focus on taking great care of our customers and patients," said Rite Aid Chairman and CEO John Standley.

Rite Aid bought the Thrifty Drugstore chain in 1996 and rebranded all of its stores in Southern California. Much of the delight of ice cream lovers, Rite Aid preserved the ice cream counters in the retail drugstores it bought from the Thrifty PayLess Corporation. When Walgreens and Rite Aid announced two years ago the chains would merge, Thrifty

Ice Cream's future again was in doubt. The iconic ice cream brand, founded in Southern California, is remembered by longtime South Bay locals for serving single scoops for a nickel and triple-scoop cones for 15 cents. Today, cone prices start at \$.1.99 for a single scoop and come in popular flavors called Chocolate Malted Krunch, Butter Pecan, Medieval Madness, and Circus Animal Cookies, made with real Mother's Cookies.

The 2,186 stores included in the agreement are primarily located in the Northeast, Mid-Atlantic and Southeastern regions of the United States. For now, it appears the South Bay Rite Aid stores in El Segundo, Inglewood, Torrance, Redondo Beach and Rolling Hills Estates will get a reprieve. The company said it will use the proceeds from the Walgreens deal to strengthen its finances and to pay down existing debt.

Because Walgreen backed out of the original merger deal, it agreed to pay Rite Aid a \$325 million termination fee, the company said. "While we believe that pursuing the merger with [Walgreens] was the right thing to do for our investors and customers, this new agreement provides a clear path forward and positions Rite Aid as a strong, independent, multi-regional drugstore chain and pharmacy benefits manager with a compelling footprint in key markets," Standley added.

Rite Aid said it expects the scaled-back merger to be approved by federal regulators, and that the deal should close by year's end. Financial analysts said in the days leading up to the Walgreens-Rite Aid announcement that online retail giant Amazon is interested in entering the retail pharmacy business, and that Rite Aid's remaining 2,100 stores could be an acquisition target for Amazon CEO Jeff Bezos, who just purchased the Whole Foods grocer.

Walgreens is among the top-five largest U.S. drugstore chain in prescription drug sales and

has more than 8,000 stores nationwide. CVS has 9,600 stores nationwide and is pushing Walgreens, which until last year was the top-grossing U.S. retail pharmacy. Rite Aid, which had ranked next in retail pharmacy sales through its 5,200 stores, dropped last year to fourth place behind Wal Mart, according to 2016 industry data.

Rite Aid's presence in the South Bay is much smaller than Walgreens or CVS. However, the former Thrifty Drugstore chain and its iconic ice cream brand have a long history in the Los Angeles area. Brothers Harry and Robert Borun in 1929 opened their first Thrifty Cut Rate store in downtown Los Angeles. The original Thrifty's was located across the street from the original B Thrifty Cut Rate. The brothers opened five more downtown-area stores, and then expanded beyond the city center to the Mid-Wilshire district in 1931. By the early 1940s, Thrifty Drug Stores operated 58 stores, and the Southern California-based chain opened its 100th store in 1950. Thrifty stores dotted cities between Santa Rosa and San Diego and ran a radio commercial that was a staple on L.A. stations for a decade. "Save a nickel, save a dime. Save at Thrifty every time," the jingle said.

The Rite Aid chain started as the Thrif D Discount Center in 1962 and within three years added 21 retail stores. The 22nd store added a pharmacy, changing its name to Rite Aid, and the entire company officially adopted that name in 1968. Two years ago, it ranked as the largest drugstore chain on the East Coast, and the third-largest nationwide, with 4,600 stores in 31 states, according to Investopedia.

So, what's likely to happen to your friendly neighborhood Rite Aid store now that it won't be swallowed up as planned by the much-larger Walgreens? One financial analyst writing for The Motley Fool thinks Walgreens' decision to call off the mega-merger hurts Rite Aid's prospects of hanging on in the competitive

retail-pharmacy landscape. "There's a lot of bad news for Rite Aid. The most obvious is that its stock took a shellacking, with shares plunging nearly 30 percent after the announcement that the acquisition wouldn't happen. Rite Aid stock is now trading at its lowest level since the middle of 2013," analyst and contributor Keith Speights wrote on June 30.

Because Rite Aid will emerge from the latest agreement as a much smaller company, it will have significantly less revenue and cash flow. Speights says that shoppers might feel the pinch on drug pricing and elsewhere in the chain's remaining stores. "The worst thing about its size being pared down is that Rite Aid must still compete against big pharmacy retailers like Walgreens," he wrote. "Lower volume from fewer stores could put Rite Aid at a disadvantage in negotiating for prices. The company could also have less money to fund new initiatives to remain competitive with larger rivals."

Standley, the Rite Aid chairman, in a statement about the restructured deal, sought to assure customers that it would be business as usual in all of the stores, including those properties changing ownership in the next six months. "We have an outstanding team of associates and, with their continued support, we will work together to deliver a great customer experience, improve our business and deliver value to all of our stakeholders," he said.

Wall Street reacted negatively to the news of a slimmed-down Rite Aid chain. Its shares fell 30 percent to a near four-year low after last week's announcement. One retail analyst said it was his opinion that Rite Aid has a long climb ahead to remain "relevant" in the retail pharmacy sector once the deal closes. Rite Aid's pharmacy business has reported declining profits recently, and being smaller will make it tough to negotiate lower drug prices with wholesalers, most analysts believe. •



## One Man's Opinion

### Unqualified For The Job, Spicer's Antics No Longer Laughable

By Cristian Vasquez

White House Press Secretary Sean Spicer has brought to the position a different kind of spotlight. From his first press briefing back in January, it was clear that Spicer was going to come out and twist facts in order to make the President happy. To be fair, that has been the job of every press secretary. He's responsible for delivering good PR on everything coming out of the White House. Spicer hasn't been the first, nor will he be the last, to have the daunting task of justifying whatever information comes from his boss' office, regardless of how absurd, outlandish, controversial or nonsensical. For that, Spicer has become the subject of mockery and ridicule by comedians and criticism by media outlets already unfriendly to the administration. Still, none of this is unwarranted. The truth is Spicer has brought a lot of this on to himself and he, or his boss, are only making the situation worse.

During the week of June 19, the powers that be decided that Spicer would conduct his press briefings in the absence of cameras. At this point it is easier to ignore the man's gaffes while at the podium given that he has proven to not be the most qualified for the position. When a difficult question is presented, or when his answers are challenged with pesky facts, Spicer falls apart. He trips all over his words and looks petrified. For the many gaffes committed by Spicer, it's easy to have sympathy for the man--but to deny cameras access to his briefings is truly

pathetic. The job has become too stressful for Spicer, or the administration is growing impatient with his poor performance. Either way, it's not the cameras that need to go but rather the messenger.

The truth is that press briefings are not mandated by law. Rather they are in place based more on a tradition, or practice, that allows access to the President. It is part of our nation's belief in a free press. For the past 25 years, secretaries from both parties have conducted on-camera press briefings on a regular basis. Is this something that should really change? Despite all of Spicer's shortcomings, his press briefings are highly rated. When he takes the stage, it is standing room only and everyone listens. Yes, many are just waiting for the man to crash and burn, but it's surprising to see that Spicer hasn't demonstrated a significant improvement in his job performance. It has been five months.

So, how much does banning recording devices really help the White House? It certainly doesn't help Spicer, who has already proven a grotesque lack of ability to be in that position. The President could shut down these press briefings and just rely on his comical, fact-deprived tweets at odd hours of the night to inform the nation. However, that's not transparency and that isn't access to the person elected to run the nation. Most importantly, it's not journalism. Either Spicer gets better at his job, or Deputy Press Secretary Sarah Huckabee-Sanders needs to get promoted. •

## Another Man's Opinion

### Watergate Redux? Trump and the Phonied-Up Russian Collusion Non-Story

By Duane Plank

I do appreciate you putting down, momentarily, your iPhone 12--or whatever level they are at--and perusing the paper. That is, unless you are reading this column on your phone. Then, as the great fictional character Emily Litella, played by the brilliant Gilda Radner, used to say on *Saturday Night Live* way, way before condescending Trump caricatures by Alec Baldwin somewhat returned the left-leaning show to water cooler prominence, "Never mind."

As Dick Nixon famously stated after he was forced out of the office of POTUS for his misreading of what was a two-bit burglary at the Watergate Hotel back in 1972: "It wasn't about the burglary, it was about the cover-up." Brilliant! And, if you follow certain media sites, we are amid another epic cover-up.

As the elected left-winger politicians, CNN shills and other media elites continue to go full throttle, pushing the Russian collusion theory, some elected officials have recklessly broached the "I" word. I bet Ms. Maxine Waters has mentioned that option more than a few times today as she continues leading the resistance?

Put up, or pipe down, collusionists. Flip a little (any) evidence out there, or move on. Maybe craft a coherent message that can energize your base, other than resist Trump?

We are almost a year into the investigation of collusion with the Roo-skies by members of the Trump campaign, with his minions allegedly clandestinely meeting with Russian operatives to derail the Clinton campaign express. With zero substantial evidence on the table.

Who amongst you thought that Trump had a snowball's chance in Hades of trouncing Clinton? Not I. Clinton was boat-raced into back-page oblivion. Don't posit the fact that Clinton won the popular vote. Newsflash to those of you who may not remember what they learned back in high school civics class. You win the presidency by winning what the founding fathers constitutionalized: the electoral college. She didn't lose because of the Russians!

The score was Trump 304, Clinton 227. Bam! An electoral college landslide. The Dems haven't rebounded too well with this year's special elections, have they? I believe they have a clean sheet on the books, proudly going 0-4, even after throwing a reported \$24-plus-million Benjamins into the recent congressional election in Georgia. A lot of that money was funneled into the congressional race from California liberal interests, attempting to influence an election thousands of miles away.

Maybe if some of the money that was sent out of state was applied to problems that we have locally, it might have been better spent?

Dems were so apoplectic after the Jon Ossoff loss (a candidate, by the way, who did not even live in the district he was running in) that they are considering jettisoning the venerable Nancy Pelosi, Minority Speaker of the House.

Enough time and money has been wasted considering this absurd conspiracy theory. There is no smoking gun, no Deep Throat. It is time to move forward and work on solving America's issues in 2017--not look into the past and try to topple another presidency. •







# Real Estate

## How Color Influences the Mood of Your Home

(BPT) - Looking to make a few changes around the house? A fresh coat of paint can make a big difference on the look of your home and how you feel living in it. But unless you're a color expert, it's hard to know what colors are best among the endless array of options. A great place to start is by understanding the psychology behind various colors, so that you can achieve the look and create the effect you want in each room.

"Color is such an important factor in setting or improving our moods; it greatly influences human emotion and behavior," says Dr. Sally Augustin, a color psychologist who applies science-based insights to how we experience colors. "The brain interacts with color in a variety of ways, from calming to energizing. By applying color psychology to your paint selections, you can make each room evoke the emotions you desire."

Most people talk about neutrals like black and white, according to a new color study conducted online by Harris Poll on behalf of Sherwin-Williams through listening to social media conversation about colors mentioned with areas of the home. But when asked directly, the majority of participants say more vibrant colors should be used throughout the home, such as blue, red and green.

Based on this new research and Dr. Augustin's insights on color psychology, here are



some ideas on choosing colors for painting projects:

### In the Mood for Blue

If you're drawn in by beautiful blues, you're in good company. Sixty-two percent of Americans select blue as one of the colors they like the most.

### Black Comes Back

It may be surprising that black is the second most popular color (32 percent), and

is especially liked among millennials, at 41 percent. Many have fallen in love with darker tones again, and dark black like Tricorn Black SW 6258 and even charcoal, navy and deep jewel tones are all gaining in popularity, adding urban sophistication to a wide range

of spaces, from living rooms to kitchens.

### What Green Really Means

Generations see green hues differently. Millennials associate it with energy (33 percent compared to 24 percent of Gen Xers and baby boomers). Boomers are more likely than millennials to associate green with calmness (26 percent vs. 20 percent).

### Raving for Red

According to Dr. Augustin, since red is also the color of many fine wines, painting a wall Rave Red SW 6608 in a dining room can appropriately call wine to mind.


### Cheery Vibes with Yellow

Forty-two percent of Americans associate yellow with happiness. The color yellow is also psychologically linked to physical warmth.


### What's Right About White

The top feeling most Americans associate with white is calmness (34 percent). In color psychology, white also signals cleanliness, so shades of white can be good choices for the bath, laundry or anywhere in your home that you want to add brightness.

For more tips and ideas on how to spruce up your home with paint color, visit [swpaintingweek.com](http://swpaintingweek.com).<sup>a</sup>



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12-1:30pm*

*Open  
Sunday  
2-4pm*



## Coming Soon! Townhouse

**2 bedroom, 1 1/2 baths**

**2 car Garage**

**Plantation Shutters**

**Private patio and Tennis Court.**

**\$649,000**



*Coming Fall 2017*

## Brand New!

**Gorgeous Single Family Home.  
This will KNOCK your socks off!  
Fabulous Extra Wide Lot.  
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