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# Weekend Forecast

Friday,  
September 2  
Sunny  
73°/64°



Saturday,  
September 3  
Partly Cloudy  
73°/63°



Sunday,  
September 4  
Partly Cloudy  
70°/63°



## Manhattan Beach Professor Receives Outstanding Professor Award



Cal State LA recognized Manhattan Beach resident Oscar Bernal and five other faculty members for excellence in the classroom and service to the community during the 2016 University Convocation at the Luckman Fine Arts Complex. (Photo credit: J. Emilio Flores/Cal State LA). See more in yellow box, below.

## Aetna Customers Won’t be the Only Ones Switching ACA Plans

By Rob McCarthy

Aetna Health’s exit from the federally mandated health-insurance program doesn’t affect Californians, however, many residents covered under the Affordable Care Act will be shopping for another health plan in 2017 anyway.

That’s because the health plans offered through the California marketplace are raising their rates by an average of nearly 13 percent in the next enrollment period. The double-digit increase for next year’s coverage will require participants to switch plans or pay most of the increase themselves, according to the exchange’s top official.

“Almost 80 percent of our consumers will either be able to pay less than they are paying now, or see their rates go up by no more than 5 percent, if they shop and buy the lowest-cost plan at their same benefit level,” said Peter Lee, the executive director of Covered California, in last month’s rate-hike announcement.

“Shopping is going to be more important this year than ever before,” Lee stressed ahead of re-enrollment that starts on Nov. 1.

The rates charged by the health companies in the ACA are capped by law, and the rate increases reflect the cost of medical care to plan enrollees, Lee explained. The 10 health plans in the state’s insurance marketplace received permission from state officials to charge more in 2017 after negotiations that took place this summer. Insurers won’t be making “excessive profits” from the higher rates, the head of Covered California assured consumers.

State officials approved the rate increases partly because an artificial cap on premiums is ending next year. The cap, known as reinsurance, was in place for the first three

years to slow rate increases, which it did. The loss of the reinsurance cap accounts for up to 7 percent of the increased rates for Californians enrolled in the ACA.

Medical inflation, especially higher prices for specialty drugs, will be a cost driver for patient care and the insurer bills next year, officials said. Two plans, which Lee did not identify, sought rate relief because they expect to enroll consumers who are sick and need care in the next calendar year. Though the state’s exchange approved the

Cal State LA recognized Manhattan Beach resident Oscar Bernal and five other faculty members for excellence in the classroom and service to the community during the 2016 University Convocation at the Luckman Fine Arts Complex.

Oscar Bernal, a professor of physics and astronomy in the College of Natural and Social Sciences at Cal State LA, was one of four Outstanding Professors honored for excellence in teaching and significant achievement in scholarly inquiry or creativity, as well as professional activities and community service, during the festive ceremony on August 18.

Bernal is an expert in the field of experimental condensed matter physics. He studies and analyzes electronic states of matter found in superconductors and quantum magnets.

Bernal spent a year conducting research and scholarly work at the Swiss Federal Institute of Technology in Switzerland,

increase, the federal government will help pay some of it.

The federal government will contribute more next year to defray the higher premiums for individuals and families, according to Covered California spokeswoman Lizelda Lopez. Federal assistance pays the full amount of coverage for people with incomes well below the poverty level, and low-income adults can qualify for financial assistance to pay their plan premiums. The formula for

**See Aetna Customers, page 4**

### Local Cal State Professor Receives Award

University of Kyoto in Japan, and the National High Magnetic Field Lab in Florida. He has authored and coauthored 63 peer reviewed publications.

Bernal is the principal investigator for the Cal State LA and Penn State Partnership for Research in Education and Materials. The program is funded by the National Science Foundation (NSF), which supports cutting-edge research in materials science and the participation of underrepresented groups in the field.

Bernal has served as program director for the NSF and worked in the foundation’s Division of Materials Science as one of the managers of the Condensed Matter Physics Program.

At Cal State LA, Bernal has served as associate chair, acting chair and chair of the Department of Physics and Astronomy. He obtained his M.S. in physics from Cal State LA and his Ph.D. from UC Riverside. •



# Film Review

## In Directorial Debut “A Tale of Love and Darkness,” Natalie Portman Honors Jewish Heritage



Natalie Portman in “A Tale of Love and Darkness.” Courtesy of Voltage Pictures.

By Morgan Rojas

Natalie Portman is regarded as one of the most ambitious and hardest working people in Hollywood today. Opting to place her career on hold to attend Harvard University in 1999 (getting her degree in Psychology), she is a perfect example for actors everywhere that one shouldn’t rely on beauty, not even talent alone, to survive in show business. The new film “A Tale of Love and Darkness,” based on Israeli author Amos Oz’s bestselling memoir, further proves her abilities as a triple threat in a film that Portman not only stars in, but adapts and directs. Oh, and did I mention the film is in Hebrew with English subtitles?

“A Tale of Love and Darkness” is told from the perspective of Amos as an elderly man, reminiscing about his childhood in the budding State of Israel in the 1940s and ‘50s. Amos (Amir Tessler) is a 10-year-old Jewish boy, not yet mature enough to comprehend the politics of the Middle East. He meets a young Arab girl at a party and although they only speak a few words, they are enough for him to understand the conflict around him. His father Arie (Gilad Kahana), an author with an awareness of the political state of the country, tries to teach his son life lessons every day. His mother, Fania (Portman),

puts on a brave face as the matriarch of the household amongst the turmoil, but battles internal forces that eventually become too overwhelming.

In tackling the vast historical context of Middle East politics, “A Tale of Love and Darkness” is slower and much denser than any of Portman’s other work. Its appeal is that it is non-commercial, but that doesn’t mean it lacks cinematic inspiration. Some of the most vivid scenes come from the nightly bedtime stories Fania tells Amos. Just as the character Sara in “A Little Princess” created fantasy worlds for her friends while in boarding school, the stories Fania tells are acted out in a similar fashion.

This film is not just Natalie Portman’s directorial debut, it has also been her passion project that she worked on for over 10 years. It is an interesting choice for a filmmaker’s debut, as it definitely goes against the grain of formulaic Hollywood films. However, after watching, it seems like no one else could have pulled off this striking balance between romance and melancholy as well as the triple-threat Portman.

*“A Tale of Love and Darkness” is rated PG-13 for thematic content and some disturbing violent images. 95 minutes. Now playing at the Landmark Theater. •*

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## A Special Case



This big boy is nothing but sweet and docile! He is about eight years old and weighs 78 lbs, according to the vet. I first found him on my back doorstep, trying to escape the summer heat in South Los Angeles; he was limping on his back leg and covered in dirt and fleas. He was even so thirsty, he tried drinking a puddle of oil that had been leaking from a parked car. Luckily, I was able to coax him into getting into my car and put a leash and collar on him. He was limping, bleeding from being so flea-infested, covered in black blotches of dirt, and had a huge swollen ear. His breaths were drawn out and exasperated, and he barely wanted to move. In fear that he was seriously injured or sick, I took him to the vet that same day; she explained that he had an extremely large hematoma in his ear that would require surgery as soon as possible as well as advanced arthritis in his back legs. After getting him some much needed flea medicine and an anti-inflammatory for pain, I returned the dog to my house where he is now camping out in my bathroom. Unfortunately, I am not allowed to have dogs at my place of residence, and I already am fostering a cat. He is just too sweet and loving though; even in his poor condition, he nudges his head

onto my lap for me to hold and pet him. This dog has earned his right to be able to spend his last years being well cared for and loved; he needs to enjoy his last years in peace. I am in search for any rescue or family that can lend a hand to help keep this big boy stay out of the pound and streets and get into his rightful, forever home! Interested parties please call 310-755-1626. •



## Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday’s paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser’s claims are true nor does it take responsibility for those claims.

#### EMPLOYMENT

**Outside sales: Looking for Outside Sales Representative** to sell display ads in Torrance. Sales experience a plus. Work from home, but must call on customers and attend events. Flexible hours, approximately 20 hours a week. \$15/hr, plus 10% commission to start, 20% of sales after probation. Interested parties send resume to management@heraldpublications.com.

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# Sports

## Usain Bolts Toward Immortality

By Adam Serrao

As he waited in the tunnel underneath Olympic Stadium, the crowd could be heard from miles away, throbbing like a heartbeat. Everyone was there to see one person. Everyone was there to witness greatness. As the chanting started in the crowd, all eyes were fixed toward the tunnel, waiting to see his tall, daunting visage emerge. “USAIN BOLT, USAIN BOLT!” the crowd excitedly roared. They all knew what they wanted to see and all of a sudden, there he was, emerging as if a gladiator stepping into the arena. Usain Bolt has never been short on confidence, nor has he been shy on talent. As he emerged onto the track in Rio, dancing and smiling to the brim, he knew he was going to win, it was just a matter of how much he was going to win by. By taking home his ninth gold medal in this year’s Rio Olympics, Usain Bolt has done what he had originally set out to do. Usain Bolt has become a legend.

Early on in his career, no one would have ever guessed that Bolt would have grown into the champion he has now become. In 2004, a young, 17-year-old Bolt traveled to Athens to participate in his first Olympics. As skinny and frail as they came, Bolt did

exactly what everyone thought he would do. He aggravated an ankle injury, lost in the 200 meters, and went back home. That trip home proved to be a life changing one for Bolt. He didn’t take losing lightly, and from then on he would be motivated to become the world’s best ever.

Fast forward to the 2008 Summer Olympics in Beijing, China. Bolt was back, in his prime, and this time, he was ready to make an impact. With a remarkable time of 9.69 seconds in the 100 meters, he did just that by completely dusting the world record. Nine gold medals later and domination in three straight Olympics has made the sprinter out of Jamaica the legend that he has become today.

“I would have never thought I could go back-to-back-to-back Olympics,” Bolt explained. “The first one, I was just happy. The second one was a challenge, and the third one is just unbelievable.” Over the course of the past three Olympics, Bolt has not only dominated the 100 meter race, but has also completely conquered the 200 meters and the 4x100 relay, as well. Basically, if he steps foot on the track, he is going to win a short distance race. When Bolt steps foot on the track, every single person who knows about it is going to stop and watch.

Winning gold medals isn’t as effortless as Bolt makes it seem, though. The hard work and dedication that he puts into his training is what has made him the great athlete that he has become today. “Competition is the easy part,” Bolt said. “Behind the scenes, is where the work is done. I think a lot of people, they see you run and they say, ‘Oh, it looks so easy’. Before it gets to that point, it’s hard work. It’s day in and day out sacrifice, day in and day out, just dying.”

The sacrifice has paid off. Not only has Bolt been the world’s fastest man for over 12 years now, but he has also become a legend that we will all likely one day tell our children and grandchildren about. “What else can I do to the world to prove I am the greatest? I’m trying to be one of the greatest,” Bolt said after winning his latest 200 meter gold in Rio. “Be among Ali and Pele. I hope after these Games, I will be in that bracket.”

Bolt doesn’t only have nine gold medals to fall back on to symbolize his greatness. He has also broken a significant amount of world records, as well. 2008 proved to be Bolt’s coming out party. He set the world record in both the 100 and 200 meters that year, running the 100 in 9.72 seconds and

the 200 in 19.3. Bolt later broke his own 100 meter world record twice, running it in 9.69 seconds in the Beijing Olympics and then again in 2009 by running it in 9.58 at the World Championships in Berlin. Bolt also broke his own 200 meter world record at the same World Championships, decreasing his time from 19.3 to 19.19. Bolt and the Jamaican relay team also hold the world record for fastest time in a 4x100 meter relay, setting it at 36.84 seconds at the London 2012 Olympic Games.

Though Bolt has shown no signs of slowing down and could certainly add more gold medals to his mantle if he wanted to, he has assured the national media that his career in racing competitively is over. The sports world is so used to seeing our superstars hang on until they absolutely cannot play anymore, but for Bolt, it is important to go out on top.

“I’ve proven to the world I’m the greatest,” he said. “I really put Jamaica on the map. I’ve really got people taking a look at where the talent is coming from. I’ve done all I can do.” It has now become Bolt’s time to sprint off into the shadows. The world’s fastest man has nothing left to prove and will now forever be a legend in the eyes of anyone who ever reflects upon his illustrious career. •

## Seniors

### The Truth About Alzheimer’s: Early Detection Makes a Difference

(BPT) - It’s the sixth-leading cause of death in the United States, affects more than 5 million Americans and one out of every three seniors will die from it. Yet misconceptions surround Alzheimer’s disease.

Contrary to what many people think about Alzheimer’s, it’s not a normal part of growing older. And while there’s not yet a way to prevent, cure or even slow the progression of the disease, people with Alzheimer’s can benefit from detecting it early. During June - Alzheimer’s & Brain Awareness Month - the Alzheimer’s Association is encouraging everyone to learn the truth about Alzheimer’s disease.

“Misunderstanding crucial facts about the disease can have consequences that can lead to stigma, delayed medical attention and inadequate support for caregivers,” says Ruth Drew, director of family and information services, Alzheimer’s Association. “Greater understanding of Alzheimer’s is urgently needed given the dramatic impact of the disease. It devastates too many families for it to remain a mystery. We need everyone to know the truth about Alzheimer’s so we can bridge current gaps and build greater support toward advancing treatments and finding a cure.”

#### Debunking Common Myths

Alzheimer’s is most often associated with memory loss, but the truth is the disease can appear through a variety of signs and symptoms. A progressive and fatal disease, Alzheimer’s attacks the brain, killing nerve cells and brain tissue, which affects a person’s ability to remember, think and plan.

While the majority of people who have Alzheimer’s are seniors, it can also affect people in their 30s, 40s and 50s - a form of the disease known as younger-onset Alzheimer’s. About 5 percent of people with the disease have younger-onset Alzheimer’s. Everyone is, technically, at risk of developing Alzheimer’s, but certain groups have elevated risks; African-Americans are twice as likely as whites and Hispanics one and a half times as likely to develop Alzheimer’s. Nearly two-thirds of all people who have Alzheimer’s are women.

#### Empowering Information

Every 66 seconds, someone in the U.S. develops Alzheimer’s, according to the Alzheimer’s Association. Detecting the disease early may help the person with Alzheimer’s, caregivers and loved ones in multiple ways.

People who receive an early diagnosis may have more time to explore treatments that could help relieve some symptoms, and help them stay independent longer. They may be able to participate in a clinical drug trial to help advance Alzheimer’s research. Resources such as Alzheimer’s Association TrialMatch can help you find current studies.

Detecting Alzheimer’s early can also give people with the disease, their caregivers and loved ones more time to plan for the future. If you are diagnosed in the early stages of the disease, you may be able to participate in decisions about your care, living arrangements, and financial and legal matters.

Only a doctor can accurately diagnose Alzheimer’s disease, but the Alzheimer’s Association has developed 10 warning signs and symptoms that may help you decide it’s time to consult a physician, including:

- Memory loss that disrupts daily life.
- Challenges in planning and solving problems.
- Difficulty completing familiar tasks.
- Confusion over time or place.
- Trouble understanding visual images or spatial relationships.
- New problems with spoken or written words.
- Misplacing things and not being able to find them by retracing your movements.
- Decreased or poor judgment.
- Withdrawal from others at work or in social situations.
- Changes in mood or personality.

“If a person is having trouble doing something that they routinely did for years or they demonstrate a significant shift in personality that lasts over time - those are warning signs that need to be explored,” Drew says. “Too often people dismiss these changes as stress or having too much to do, but when they persist over time, it’s best to get it checked out. Ignoring the situation is the worst way



of handling it.”

To learn more about Alzheimer’s disease and to find resources for caregivers, families

and people living with the disease, visit [www.alz.org](http://www.alz.org), the website of the Alzheimer’s Association. •

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Finance

5 Interest Rate Terms Every First-Time Homebuyer Should Know

(BPT) - You’ve saved enough for a down payment, your budget is looking good and you’re earning steady income. You’re at the point in your life where you feel confident you’re ready to buy that first home. Congratulations! Buying a home is one of the most exciting and rewarding purchases you’ll ever make. However, if it’s your first time shopping for a mortgage, you may not be super knowledgeable about some of the financing terms you’ll hear, including “interest rates.”

If you’ve used any kind of credit before, you probably have a basic understanding of interest - it’s the money lenders charge in exchange for allowing you to use their funds to make a purchase. While the basic concept is simple, mortgage interest rates can be complex and differing.

“Many factors go into determining the interest rate your lender will offer you,” says Eric Hamilton, president of Vanderbilt Mortgage and Finance. “By understanding the factors that influence your interest rate, you can obtain the best possible mortgage plan and get into the home of your dreams quicker.”

A variety of factors determines your interest rate, including:

• **Down payment** - Just as you put money down on a new car, mortgage lenders like to see down payments from homebuyers. A down payment not only reduces the total amount you need to borrow, but it also shows



the lender you are able to manage money. Different lenders require different amounts for a down payment, but most would likely view 10-20 percent of the home’s purchase price to be a good down payment.

• **Collateral** - This is the property you agree to “put up” in exchange for the loan and serves to protect the lender against

a borrower’s default. If you’re buying a manufactured home, you can collateralize the loan with either the home itself or with the home and a piece of land together. For site-built homes, the loan would be collateralized with the home and land together always.

• **Loan amount** - The amount you need to borrow is calculated by taking the purchase

price of the home, less your down payment, and adding any other expenses that will be financed as part of the loan, which could include closing costs, discount points and third party fees.

• **Credit score** - Lenders will want to review the credit reports and scores for everyone who is listed as a borrower on the mortgage application. With your written permission, the lender will obtain your credit report from a credit reporting agency. Generally, the better your credit score is the more likely you will be approved, plus qualify for the best available interest rate from the lender you choose.

• **Origination cost** - This is the amount the lender charges to process the loan application, which includes gathering and reviewing all loan application documents, underwriting and closing your home loan. This expense typically appears on your loan documents as a “loan origination fee.”

“After you apply for a mortgage, the lender should be able to give you an idea of the interest rate you’ll likely qualify for,” Hamilton says. “With that information, you can use a monthly mortgage payment calculator to estimate just how much the mortgage payment will be each month. Knowing the monthly payment can help homebuyers make better decisions about budgeting, savings, spending and investing.”

To learn more about mortgages for manufactured homes, visit [www.vmfhomeloan.com](http://www.vmfhomeloan.com). •

Aetna Customers

from front page

government health-care premium assistance is based on the federal poverty level.

Consumers will can review their new rates and change plans for their 2017 health coverage when renewal notices arrive starting in October, officials said. Lee warned consumers to be ready to shop the marketplace for comparable coverage at the best price. Enrollees who automatically re-enroll in the same plan and skip any price comparisons could regret it.

“Some consumers who choose to keep their plan will see a significant increase in their premium for 2017, while others will see a more modest increase, depending on where they live and what insurance plan they have,” Lee said.

While the federal formula is complicated and estimating next year’s costs for individuals is difficult because everyone’s circumstances are different, Lopez said the less a person makes, the more assistance they can receive through California’s exchange. The state was one of 16 states, plus the District of Columbia, to create health-care marketplaces in 2014 when the Affordable Care Act, known as “Obamacare,” and its individual-coverage mandate became law.

There is no connection between the ACA marketplace and the rate outrage among employer-sponsored health plan participants and the self-employed who buy their own coverage, spokeswoman Lopez with Covered California said. Any suspicions that insurers are passing along higher costs to insure previously uninsured people through the government-mandated coverage system is unfounded, she said.

Health-care premiums for ACA participants have increased on average by 7 percent a year,

and even steeper rate increases preceded the creation of the health-coverage marketplace three years ago, Lopez said.

The outrage “is not new and not attributable to the ACA,” she said, stressing that rates paid by consumers for health insurance were going up by double digits before the ACA happened.

Aetna Health was never a participant in

Media reports that followed Aetna’s announcement suggested the company was making good on a threat by its top executive to quit the three-year-old ACA unless federal regulators approved a merger with Humana. Federal regulators rejected the merger, and one of those opposed to the creation of an Aetna-Humana health-care juggernaut was the California insurance commissioner.

and Medicare supplemental plans.

The commissioner reported that a combined Aetna-Humana would control 26 percent of all Medicare Advantage enrollees in the country, more than any other health-care insurer. The Department of Justice on July 21 blocked the merger, prompting California’s insurance commissioner to issue a congratulatory announcement to federal antitrust regulators who agreed with him.

The original health plans in the state’s exchange are still participating, and a 12th company joined after the first year and has since dropped out, according to Covered California’s spokeswoman. The existing plans are offered by Anthem Blue Cross of California, Blue Shield of California, Chinese Community Health Plan, Health Net, Kaiser Permanente, L.A. Care Health Plan, Molina Healthcare, Oscar Health Plan of California, Sharp Health Plan, Valley Health Plan, and Western Health Advantage. They are competing for 1.4 million residents enrolled with Covered California.

Almost all California enrollees will have three or more plans to select from next year, officials said, and even without Aetna the state’s health-insurance marketplace is strong for low-income and impoverished

residents, according to officials. The concern elsewhere in the country is that insurers are retreating from states and communities, where health coverage is needed most and where poverty rates are among the highest.

“This is really going to be felt in Southern states and rural areas,” predicted Cynthia Cox, who is associate director of health reform and private insurance the Kaiser Family Foundation. •

Covered California Rate Changes				
	2014-2015 Change	2015-2016 Change	2016-2017 Change	3-year Average Change
Weighted Average Increase	4.2%	4.0%	13.2%	7.0%
Lowest-Priced Bronze (unweighted)	4.4%	3.3%	3.9%	3.9%
Lowest-Priced Silver (unweighted)	4.8%	1.5%	8.1%	4.8%
Second Lowest-Priced Silver*	2.6%	1.8%	8.1%	4.1%
If a consumer switches to the lowest-priced plan in the same tier	—	-4.5%	-1.2%	—
*Second-lowest priced Silver plans are the best basis of determining federal tax credit and are often used as a basis for comparison to national rates.				

Data provided by Covered California.

the California exchange, so its decision to stop offering coverage in 11 states that operate health-insurance exchanges has no effect on the plans or rates offered here. However, California may have played an indirect role in the widely reported pullback from the government-mandated health care program, which Aetna has backed and publicly endorsed before doing an about-face last week.

Commissioner Dave Jones urged the Department of Justice in late June to reject the merger plan, calling it anti-competitive. Following a study of the effects on consumers if the two health insurers combined, Jones gave it a thumbs down, citing the state’s “already highly concentrated” health insurance market, and the likelihood of reduced consumer choice, reduced quality, and increased prices for individual, group





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# Cauliflower Cheddar Dip



## Ingredients

- 1 head cauliflower, chopped coarsely (stems OK)
- 1 cup chopped onion (red onion used in class)
- 2 Tbsp chopped garlic
- 2 Tbsp vegetable oil Coarse or kosher salt (to taste)
- Coarse ground black pepper (to taste)
- 2 cups cream (“heavy manufacturing” 40% fat)
- 1 cup cheddar cheese (or preferred cheese)

## Preparation

1. Heat pan and oil. Carmelize garlic and onion. Add cauliflower before garlic and onion burn. Add cream, salt, pepper. Cook till cauliflower mushy and cream is reduced (but don’t burn it). Turn heat off, add cheese. Puree with hand mixer.
2. Useful for many things: serve with corn chips, use as gravy for biscuits, on eggs for breakfast. Can make the day before and reheat in microwave if you wait to add the cheese until after reheating. Note that cream does not freeze well.



Looking Up

Planet Found in Habitable Zone around Nearest Star

By Bob Eklund

Astronomers have found clear evidence of a planet orbiting the closest star to Earth, Proxima Centauri. The long-sought world, designated Proxima b, orbits its cool red parent star every 11 days and has a temperature suitable for liquid water to exist on its surface. This rocky world is a little more massive than the Earth and is the closest exoplanet to us—and it may also be the closest possible abode for life outside the solar system. A paper describing this milestone finding was published in the journal Nature on Aug. 25.

Just over four light-years from the solar system lies a red dwarf star that has been named Proxima Centauri, as it is the closest star to Earth apart from the Sun. This cool star in the southern constellation of Centaurus is too faint to be seen with the unaided eye and lies near to the much brighter pair of stars known as Alpha Centauri AB.

During the first half of 2016, Proxima Centauri was regularly observed with the HARPS spectrograph on the European Southern Observatory (ESO) 3.6-meter telescope at La Silla in Chile, and simultaneously monitored by other telescopes around the world. This was known as the “Pale Red Dot” campaign, in which a team of astronomers led by Guillem Anglada-Escudé,



from Queen Mary University of London, was looking for the tiny back-and-forth wobble of the star that would be caused by the gravitational pull of a possible orbiting planet.

The Pale Red Dot data, when combined with earlier observations made at ESO observatories and elsewhere, revealed the clear signal of a truly exciting result. At times Proxima Centauri is approaching Earth at about 3 miles per hour—normal human walking pace—and at times receding at the

same speed. This regular pattern of changing radial velocities repeats with a period of 11.2 days. Careful analysis of the resulting tiny Doppler shifts showed that they indicated the presence of a planet with a mass at least 1.3 times that of the Earth, orbiting some 4.5 million miles from Proxima Centauri—only 5 percent of the Earth-Sun distance.

Although Proxima b orbits much closer to its star than Mercury does to the Sun in our solar system, the star itself is far fainter

than the Sun. As a result, Proxima b lies well within the habitable zone around the star and has an estimated surface temperature that would allow the presence of liquid water. Despite the temperate orbit of Proxima b, the conditions on the surface may be strongly affected by ultraviolet and X-ray flares from this very active star—far more intense than the Earth experiences from the Sun.

This discovery will be the beginning of extensive further observations, both with current instruments and with the next generation of giant telescopes such as the European Extremely Large Telescope. Proxima b will be a prime target for the hunt for evidence of life elsewhere in the universe. Indeed, the Alpha Centauri system is also the target of humankind’s first attempt to travel to another star system, the Starshot (<https://breakthroughinitiatives.org/Initiative/3>) project.

Guillem Anglada-Escudé concludes: “Many exoplanets have been found and many more will be found, but searching for the closest potential Earth-analogue and succeeding has been the experience of a lifetime for all of us. Many people’s stories and efforts have converged on this discovery. The result is also a tribute to all of them. The search for life on Proxima b comes next.” •



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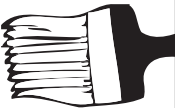
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## Caramel

Make a purr-fect match when you adopt a new feline friend.

**Caramel** along with his brother **Cappucino** and sister **Canela**, were rescued from the South L.A. Shelter. The three siblings are strikingly handsome, with dark coloring. They are accustomed to adult cats and small dogs. **Caramel** is playful, loving, purrs a lot, active and also sweet with the other kittens in his foster home. In one of his online photos, he's cuddling with a much younger kitten. He isn't shy with new people, is super affectionate, and a little more sedate than his siblings. **Cappucino** is a loving little boy who's energetic and enjoys playing with other kittens. He is very loving and enjoys meeting new people. **Canela** is exceptionally affectionate and responsive to people, and will pat the cheeks of total strangers for love. She's playful and cuddly, a real purr machine. Please consider adopting each of these beautiful kittens along with one or both of their siblings.

**Mommie** was rescued with her five babies in Joshua Tree in late April. She was so skinny and tiny, she looked like a baby herself. She is much healthier now and is a great mom, always looking out for her babies. Mommie is very outgoing and playful. Not being afraid of dogs, she will try to play with them as well. We would love to see her adopted along with one of her babies.

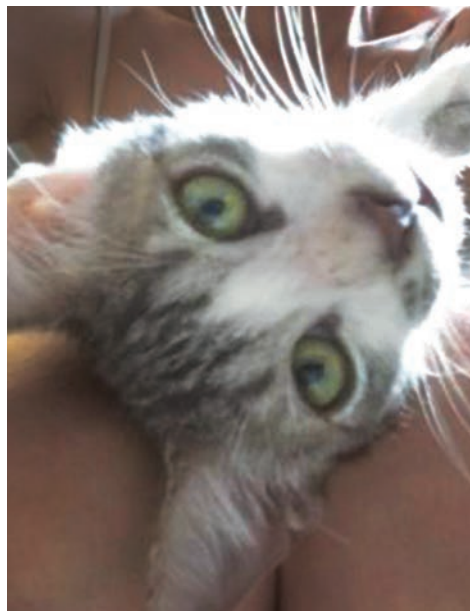
**Rainbow** is an adorable, playful, sweet and gorgeous Bengal/Tabby mixed kitten. She was rescued along with her mom and other siblings from a wet muddy bush in the San Fernando Valley. Not even a day old, if they hadn't been found, the likelihood of survival would have been close to zero. Rainbow needs to be adopted with one of



Mommie

you sit down, purring and nuzzling you. She gets along with all humans - children and adults.. She also loves playing with her foster mates and will need a furry friend in her new home. Toni would love to go home with one of her foster mates or to another playful kitty already in your home. She also gets along with cat-friendly doggies

These cats and kittens are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. For additional information and



Adam

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

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Blvd. just south of Manchester Ave. and also in Mar Vista at 3860 Centinela Ave, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location. •



## Rainbow



Toni



## Cappacino



## Canela



Derek




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1128 E Acacia Ave.	2/1	1243	\$1,099,000	PENDING
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C 215 W. Palm Ave. #202	2/1.5	1136	\$659,000	PENDING
T 1305 E. Grand Ave. #A	3/2.5	1480	\$750,000	SOLD
T 216 Loma Vista St. #C	3/3	1423	\$830,000	SOLD
C 206 Sheldon St.	4/2.5	1641	\$860,000	SOLD
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