

Inside This Issue

Certified and Licensed Professionals .....	7
Classifieds .....	3
Entertainment .....	6
Finance.....	4
Food .....	7
Looking Up .....	2
Pets.....	11 - 12
Politically Speaking.....	5
Real Estate .....	8 - 10
Seniors .....	2
Sports .....	3

Weekend Forecast

Friday, Sept. 8

Sunny

74°/66°



Saturday, Sept. 9

Sunny

74°/67°



Sunday, Sept. 10

Mostly Sunny

77°/68°



Northrop Grumman Foundation Supports Cousteau’s EarthEcho Expedition



This year, thanks to support from the Northrop Grumman Foundation, EarthEcho will, for the first time, include U.S. based middle school teachers in an exploration of water scarcity in Southern California alongside Philippe Cousteau, Jr. and the EarthEcho Expeditions team. Since 2013, EarthEcho Expeditions have leveraged the rich Cousteau legacy of exploration and discovery to bring science, technology, engineering and mathematics (STEM) education alive for today’s 21st Century learners and their educators. Photo Credit: EarthEcho

An Unforgettable Adventure Experiencing the Solar Eclipse

By Gregg McMullin

My son Kyle and I made plans to view what has been described as a once-in-a-lifetime event: the totality of an eclipse of the sun. There are two main solar eclipses--a total and an annular eclipse. An annular solar eclipse happens when the moon covers the sun’s center, leaving the sun’s visible outer edges to form a “ring of fire” or annulus around the sun. The total eclipse occurs when the moon passes between the sun and earth and when the moon fully or partially blocks the sun.

The totality of an eclipse happens periodically around the globe. The last total solar eclipse viewed from the contiguous United States was on February 26, 1979 with the path passing through the northwestern states of Washington, Oregon, Idaho, Montana and North Dakota. The next annular solar eclipse that can be seen in the Continental United States will be on October 14, 2023 and will be visible from Northern California to Florida. Following this, we will have a total solar eclipse on April 8, 2024 visible from Texas to Maine.

We flew to Medford, Oregon and rented a car the day before the big event. Since motels were sold out starting at \$399 a night at Motel 6, we planned on car-camping in Madras, Oregon. Madras was one of the best places to view the eclipse in the nation. A friend in Shady Cove suggested we borrow their spare Astro van (yes, they’re still around), so we gladly exchanged my 2017 midsize for his 1998 van.

Expecting extreme longer-than-normal traffic, we made the 215-mile drive in four hours and not the anticipated nine hours. Winding

our way through Madras, we witnessed a number of pastures/turned campsites and signs that read, “Camping \$60 per night.” Then at Kyle’s insistence, we drove a short way outside of the residential and business district and saw acres and acres of pastures turned into a mass of humanity campsites. It was estimated to be 50,000 to 60,000 cars in these pastures. The mass of humanity was supported by tents, RVs and a long line of blue port-a-potties.

Each of these pastures were sold out thankfully, so we drove down a dirt road next to a parachute school. There, off in the distance,

was another family renting out space in their pasture. “One-hundred dollars a night,” said a whimsical 10-year-old girl. Her mother asked how many nights and I responded, “I’m driving an old Astro van, we have no camping gear, an ice chest with four bottles of water and a bag of Kettle corn for dinner.” I guess she felt sorry for us and said, “Okay, don’t tell anyone else...how about \$60?” She knew she was the last place available to stop overnight for the eclipse that would occur the next morning.

We parked next to a Mercedes luxury RV

See Eclipse, page 4

Useful Outdoor Ants Can Become a Nuisance

By Rob McCarthy

Occupants of home and businesses should be on the lookout for an uninvited visitor that walks in announced, invades the kitchen and won’t get out of the bathroom. This public nuisance is well known to South Bay residents, but a call to 911 isn’t going to help. It’ll take a pest exterminator or a visit to the hardware store.

The South Bay is experiencing a summer ant invasion, with these beneficial insects heading inside dwellings, warehouses and anywhere that affords them food, water and cover from the beating sun. The July-through-September period is their busiest time of the year, pest control companies say. Ants live outdoors in colonies they build underground in garden planters or lawns, and all except biting ants are harmless to humans.

Ants are the most common insect found in homes, and there are 210 species of them in Southern California. The summer heat and dry soil conditions signal it’s time for the ants to find water and food, according to the University of California’s pest management experts. As long as they stay outside, these insects quietly go about their business keeping termites and flea populations under control, the UC bug experts tell us.

These beneficial insects become a nuisance when they head indoors looking for water and sugary food in the kitchen. Ants enter through open windows, doors or cracks in walls with exposure to the outdoors, according to pest professionals. An ant sighting, especially in the kitchen or bathroom, is the time to take preventative

See Ants, page 5



Seniors

Understanding the Link Between Salt and Health



(BPT) - The news lately is full of articles about salt and health. Everyone seems to be getting either too much salt or not enough. So which is it? Part of the problem is with how we study the connection. Fortunately, researchers on both sides of the issue are starting to agree on how best to proceed and may soon have a better answer for all of us. That answer may be that for most of us, there is no need to eat less salt than we do now.

The European Heart Journal recently published a report by researchers from the World Heart Federation, the European Society of Hypertension and the European Public Health Association that clarified that eating more than 5 grams of sodium per day increases the risk of heart disease, but there was little evidence that eating less than 2 grams per day had any health benefits. They recommended a safe range of between 3 and 5 grams of daily sodium. The good news is that the average American eats about 3.4 grams of sodium per day, an amount that has stayed the same for the last 50 years.

Of course more research is needed, but also better research. In the past, many studies only looked at the effect of salt on blood pressure. Today more doctors and scientists are looking at the effect salt has on your total health. The researchers agreed that your overall diet is more important to your health than a single nutrient. It's true that a low-salt diet can lower your blood pressure slightly,

but it can also place stress on other parts of your body, and that can increase the risk of bad outcomes like diabetes.

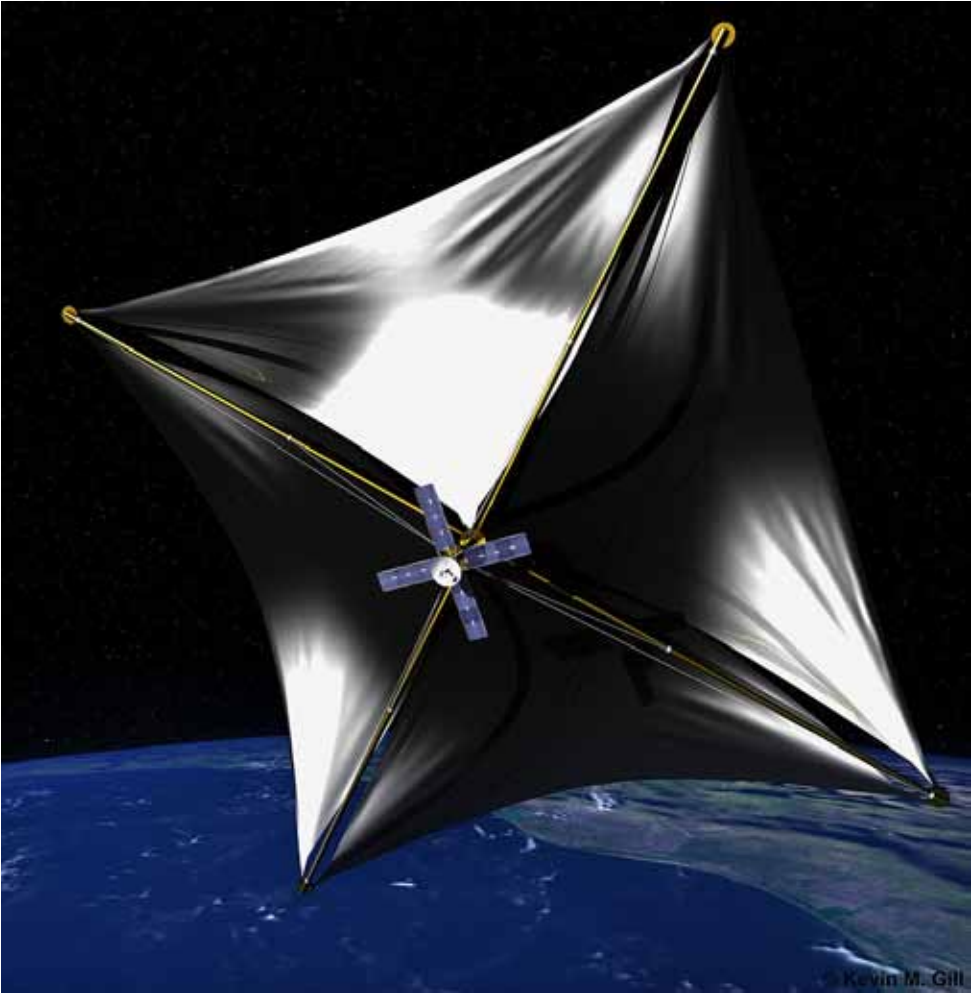
Another way research into salt and health is being improved is in the way the results are collected. In the past, people whose salt levels were being studied provided only one urine sample, but your salt levels vary throughout the day and from day to day.

A much more accurate way to study salt in people is to collect multiple urine samples over many days, not an easy task, but one that the researchers recognized produces much more accurate results. Fortunately, there is a captive group of people that scientists are studying to measure their salt intake exactly: Russian cosmonauts living in a closed environment as part of the "Mars" project. This research is already yielding some surprising results, such as more salt makes you less thirsty.

Everyone agrees that we need salt to live and that it is an essential nutrient, but getting the right amount is important. The fact is that a small percentage of people are salt sensitive and are affected by salt more than others. These individuals may benefit from less salt, but the rest of us may be put at risk from that same low-salt diet. Every person has different health needs and should follow the advice of their doctor. Placing the entire country on a low-salt diet, as some have suggested, may do more harm than good. •

Looking Up

In Quest to Reach Alpha Centauri, Breakthrough Starshot Launches World's Smallest Spacecraft



A Solar Sail begins its journey, accelerated (slowly) by the solar winds. Photo Credit: Kevin Gill

Based on a Press Release from Rubenstein Communications, Inc., Provided by Bob Eklund

Breakthrough Starshot, a multi-faceted program to develop and launch practical interstellar space missions, successfully flew its first spacecraft—the smallest ever launched.

On June 23, a number of prototype "Sprites"—the world's smallest fully functional space probes, built on a single circuit board—achieved low Earth orbit, piggybacking on OHB System AG's 'Max Valier' and 'Venta' satellites. The 3.5-by-3.5-centimeter chips weigh just four grams but contain solar panels, computers, sensors, and radios. These vehicles are the next step of a revolution in spacecraft miniaturization that can contribute to the development of centimeter- and gram-scale "StarChips" envisioned by the Breakthrough Starshot project.

The Sprite is the brainchild of Breakthrough Starshot's Zac Manchester, whose 2011 Kickstarter campaign, "KickSat," raised the first funds to develop the concept. The Sprites were constructed by researchers at Cornell University and transported into space as secondary payloads by the Max Valier and Venta satellites, the latter built by the Bremen-based OHB System AG, whose generous assistance made the mission possible.

The Sprites remain attached to the satellites. Communications received from the mission show the Sprite system performing as designed. The spacecraft are in radio communication with ground stations in California and New York, as well as with amateur radio enthusiasts around the world. This mission is designed to test how well the Sprites' electronics perform in orbit, and demonstrates their novel radio communication architecture.

Breakthrough Initiatives—including most notably, Breakthrough Starshot and Breakthrough Listen—are a set of long-term astronomical

programs exploring the universe, seeking scientific evidence of life beyond Earth, and encouraging public debate from a planetary perspective.

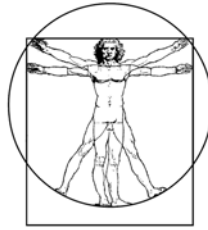
Breakthrough Starshot, announced on April 12, 2016, by Yuri Milner and Stephen Hawking, is a \$100 million research and engineering program aiming to demonstrate proof of concept for light-propelled spacecraft that could fly at 20 percent of light speed and, in just over 20 years after their launch, capture images and other measurements of the exoplanet Proxima b and other planets in our nearest star system, Alpha Centauri.

The Starshot concept envisions launching a "mothership" carrying about a thousand tiny spacecraft (on the scale of centimeters) to a high-altitude orbit and then deploying them. A phased array of ground-based lasers would then focus a light beam on the crafts' solar sails to accelerate them one by one to the target speed within 10 minutes, with an average acceleration on the order of 100 km/s<sup>2</sup>, and an illumination energy on the order of 1 TJ delivered to each sail, estimated to have a surface area of 4 m × 4 m.

If an Earth-size planet is orbiting within the Alpha Centauri system habitable zones, Breakthrough Starshot will try to aim its spacecraft within one astronomical unit (93 million miles) of it. From this distance, a craft's cameras could potentially capture an image of high enough quality to resolve surface features.

The fleet would have about 1000 spacecraft, and each one would be a very small centimeter-sized vehicle weighing a few grams. They would be propelled by a square-kilometer array of 10 kW ground-based lasers with a combined output of up to 100 GW. Each spacecraft would transmit data back to Earth using a compact on-board laser communications system using its solar sail as an antenna and the propulsion array as the receiver. •

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# Sports

## Mayweather/McGregor Melee Motivated by Money

By Adam Serrao

At the end of the day, what everyone in the world knew would happen, happened. The boxing match--or circus, if you prefer--between arguably the best boxer of all time and a fighter who had never boxed professionally for a day in his life ended in favor of the former rather than the latter. Floyd "Money" Mayweather, Jr. strategically allowed mixed martial arts star Conor McGregor to come at him early in the fight that took place last Saturday night at the T-Mobile Arena in Las Vegas. By the eighth round, McGregor was gassed. It didn't take long after that for the fight to end by TKO in favor of Mayweather, giving the two fighters what they had sought after all along--the biggest payday in the history of the sport of boxing.

Mayweather knew what he was doing throughout the entirety of the boxing match. That means purposefully letting McGregor waste his punches on him in order to make the fight more compelling and entertaining to the audience--which has been rare in Mayweather fights throughout the years. "I think we gave the fans what they wanted to see," Mayweather said in the ring after his victory. "I owed them for the Pacquiao fight. I had to come straight ahead and give the fans a show. That's

what I gave them."

Mayweather was never in any jeopardy of losing the fight. He knew that he wouldn't be ever since the rivalry with McGregor was manufactured. Though passionate UFC fans won't like to admit it, even they knew that their star had no chance in a boxing match against one of the greatest to ever live. That--and the exorbitant ticket prices--was the reason why the T-Mobile arena didn't even sell out for the fight. Mayweather, however, was more than happy to end his retirement after two years to collect one final exorbitant paycheck for one hour of controlling what may have been the easiest boxing match of his entire career.

"Our game plan was to take our time, go to him, let him shoot his shots early and then take him out down the stretch," a calculated Mayweather explained post-fight. Throughout the first three rounds of the match, Mayweather landed a total of nine punches to his opponent. In the 10<sup>th</sup> and final round alone, Mayweather connected with nine shots to the face of McGregor, forcing the referee to jump between the two and end the fight within the final minute of the round.

The only controversy surfacing from the night was from McGregor and his fans claiming that the referee stepped in to stop the

fight too soon. "Let the man put me down," McGregor stated after the fight with a plastic cup full of whiskey in his hand. "That's fatigue, that's not damage. Where was the final two rounds? Let me walk back to my corner and compose myself." McGregor is lucky that he got out of the ninth round, let alone the 10<sup>th</sup> while still on his feet. Because of his self-proclaimed fatigue, he was unable to defend himself against Mayweather, let alone throw anything slightly resembling a punch back. The referee stepping in "early," as they do in boxing when someone is getting pummeled, did McGregor a favor. By allowing him to leave the fight while still (wobbling) on his own two feet, the ref not only saved McGregor from the embarrassment that would have surely happened two seconds later of being knocked out cold on the canvas, but also gave the first-time boxer an excuse for what was already an inevitable loss in the ring that night.

Despite the loss, McGregor is poised to quadruple his net worth, which of course was the plan from the outset for an event that could be said to have been more of a contest of promotional antics than anything resembling a professional boxing match. Mayweather, who knew that he would win from the start, will likely be walking away

from the match with more than \$300 million for his one hour of work. That being said, the fight was at least much more entertaining than Mayweather's previous bout against Manny Pacquiao. And despite McGregor never really having a chance at all, he still lasted 10 entire rounds in the ring with possibly the greatest boxer ever, showed a ton of heart, and landed 30 more punches (111) than Pacquiao (81) did in two fewer rounds. Mayweather out-landed McGregor 130-60 in rounds six through 10 once the former finally decided that it was time to box.

UFC fans are a pretty passionate bunch, there's no doubt about that. And despite how easy it is to hate Mayweather for things he has done out of the ring, this fight has made it easy to appreciate the boxer that he is inside of it because of his fighting IQ. A fighter, who is normally defensive by nature, won the match by attacking and formulating a game plan against a bigger, more aggressive opponent. In the end, the fight concluded in a way that everyone knew it would. Mayweather won, fans were entertained, and the two participants who were completely and solely motivated by money made enough of it to set themselves up for the rest of their collective lives.

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Finance

Five Investment Strategies that Can Outlast Market Spikes

(BPT) - You're familiar with the saying "If it seems too good to be true, it probably is"?

Just like any other scheme to "get rich quick," attempting to buy low and sell high based on intermittent fluctuations in the stock market-also known as "market timing"-is almost always a losing proposition over the long term for the investor. Studies have repeatedly shown that those who attempt to align their investments with short-term fluctuations earn less than those who stay in over the long haul.

"Once again, market fluctuations are messing with average investors' minds," says J.D. Roth, author of "Your Money: The Missing Manual" in Entrepreneur. The truth is that even the most stellar investment advisor lacks a crystal ball into the future, and can only make recommendations based on historical research, industry guidelines, and experience.

So what are some better guidelines for investing in the stock market? Consider the following sound strategies, built on the mounds of evidence saying market timing doesn't work as a long-term strategy:

Set clear goals and objectives such as funding children's college educations or investing for your own retirement. Instead of trading when you think it's the right time, the principle of dollar-cost averaging (DCA) says to invest a fixed dollar amount at predetermined intervals.



The advantage of dollar-cost averaging is that you put your money into the market earlier-increasing the likelihood of price change-rather than holding onto cash until you think prices are low.

Trying to achieve alpha-i.e., beating the market with price returns-isn't necessarily the most evidence-based way of getting the highest returns over time, especially looking at your returns net of costs and taxes.

By investing in funds that largely track

a market index (index funds), historical results show that the lower fees typical of index funds and the long-term gains often outperform actively managed funds with higher fees.

A major reason why investors should lean on professional support in today's world is so that they can optimize their investments to lower taxes. Specifically, how assets are located within tax-advantaged and taxable accounts can be managed to lower your

tax liability. Finally, any time you want to reinvest dividends or have reason to switch to a different investment, there are ways to make regular transactions as tax-efficient as possible.

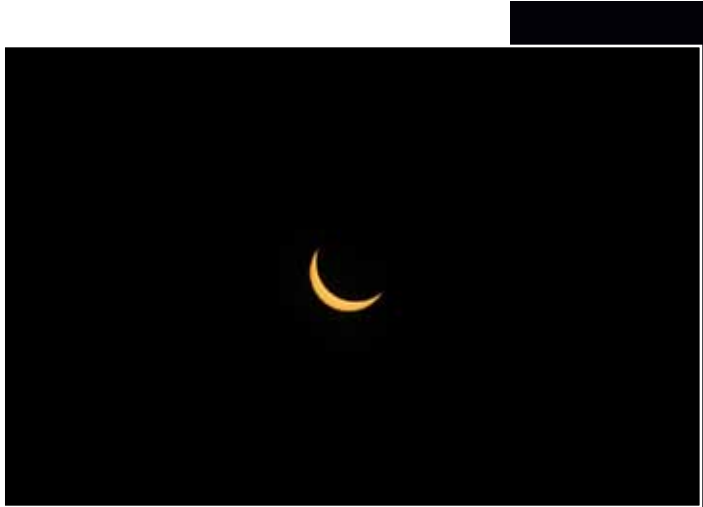
When it comes to outlasting a spike in the market, any investor should be aware of their own biases and behaviors. Pay little attention to financial TV shows and other media reports that hype short-term fluctuations. And be cognizant of the speaker's motivation. Those who think they have a real get-rich-quick scheme are unlikely to share it with others.

Above all, don't let uncertainty stop you from investing. If you look back all the way to 1926, keeping your money in cash/cash equivalents has underperformed both bonds and stocks. The key thing is to just get invested.

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Eclipse

from front page



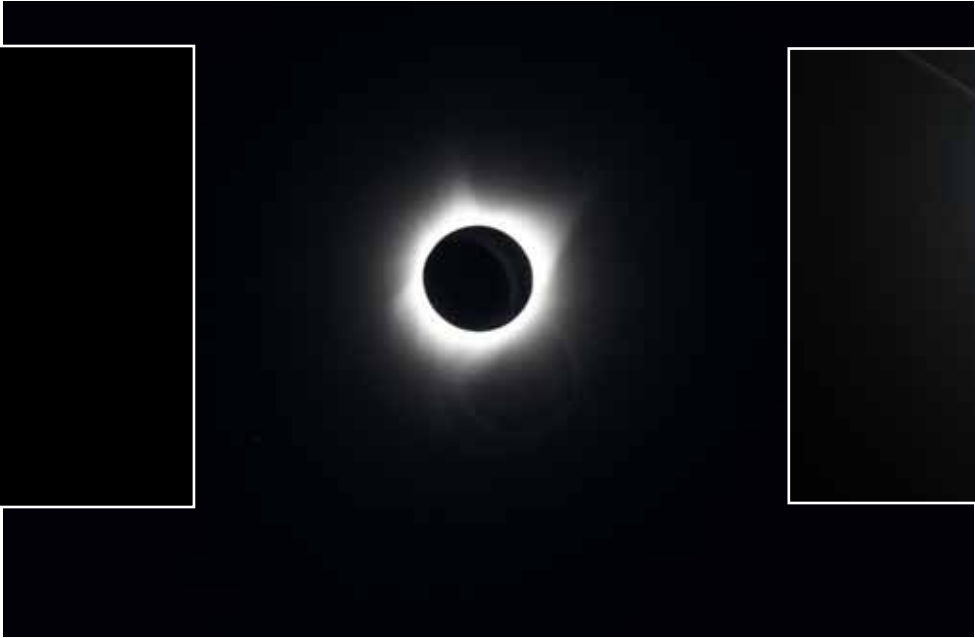
The moon is crossing over in front of the sun, creating a crescent sun.

owned by Deborah and Sam Appel. Actually it was a strategic ploy on my part since the only portable restroom was nearby. We made friends with the Appels instantly.

Kyle set up the cameras for the next morning and explained the process of the eclipse to our neighbors. Then the parachutist gave us a show by making continuous jumps before sundown. Finally nightfall engulfed our world and we found ourselves settling in for what would be a cold night. We had two pillows from Costco and two moving blankets to bundle up with and it wasn't enough.

Morning and the big day for us solar eclipse chasers were now upon us. What seemed like an eternity of sleeping on a cramped bench seat while Kyle was stretched out on the floor was a welcome sight when daybreak opened our eyes.

Sam and Deborah brought over a cornucopia platter of fruit and homemade cinnamon bread for breakfast. Deborah, being the iconic mother that she is, felt sorry for us underequipped campers and wanted to make



Totality of the sun is being blocked by the moon.

sure we were fed. In the meantime, Kyle continued to educate our neighbors on the dos and don'ts for viewing the eclipse.

It's hard to describe the anticipation leading up to one of God's truly beautiful moments. Then at precisely 9:06 a.m., it all started. Our world of sunlight was on the verge of being silenced by the passing of the moon. Kyle would announce different facts relating to the epic event. The entire eclipse process going through all its phases takes roughly two hours.

There are a few precious moments to capture the beauty of this event. Just prior to totality the Bailey's beads, or Diamond ring effect, is prominent. Kyle reminded our neighbors it is not safe to view this without proper eye protection.

Then it happened at 10:18 a.m. PST--the totality of the sun being completely blocked



Baily's beads, or Diamond ring effect.

by the moon. A roar of approval from the throngs and mass of humanity filled the air. The temperature dropped 15 degrees and a 360-degree sunset was seen. Perhaps the loudest and most vocal to voice his approval was Kyle, who was so excited.

The eclipse lasted two minutes and three seconds of totality and seemed to give everyone a sense of gratitude. When the sun started to peek around the moon as it passed by, a number of cows in a nearby pasture started mooing it up as if to say good morning.

As morning darkness became morning sunshine, a mass of vehicles hit the road in an attempt to beat the traffic. Traffic was at a standstill and stayed that way for four hours.

The beauty and uniqueness of a darkened world during the day made this experience all the more memorable. It may have been just two minutes and three seconds long, but the memory will last a lifetime. •



Kyle and Gregg prepare for the solar eclipse. All photos by Kyle McMullin



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# Politically Speaking



## One Man's Opinion

### President Trump's Pardon of Sheriff Arpaio is No Surprise

By Cristian Vasquez

The news that President Trump officially pardoned celebrity Arizona sheriff Joe Arpaio shouldn't come as a surprise to anyone. However it should serve as a reminder that when people in power misbehave, the punishments are rarely ever equal to those imposed on average citizens. Arpaio's conviction, which stemmed out of a 10-year-old lawsuit claiming that the sheriff's office was in violation of the rights of Latinos, was at best a slap on the wrist. The 85-year-old sheriff was vulnerable to a maximum jail sentence of six months, and the president pretty much prevented him the hassle of further court proceedings. While this pardon is a moral victory of sorts for the president's supporters, in reality it's a reminder that criminal behavior is not guaranteed to end in reprimand when in a position of power.

Whether you like the sheriff or not, the fact remains that he gave his department a green light to racially profile people in Arizona solely on the suspicion of their legal status in the country. Yes, there is an obligation to deport immigrants in the country without the legal documents—but that does not mean that I, an American citizen of Latino heritage, should be harassed by local law enforcement because Arpaio wants to be a modern-day hero. Nothing gives Arpaio the right to stop me if I haven't committed a crime. Still, this new-age cowboy felt he was above the law and harassed American citizens like myself under the guise of law and order. Ironically, the often-used argument by conservatives that “if you aren't doing

anything wrong, you have nothing to worry about,” didn't really apply in the jurisdiction of this disgraced sheriff. Yet, he seems to be a fan favorite among Trump supporters.

Even when a federal district judge ordered Arpaio to stop detaining people simply on the suspicion of their immigration status... even if there was no evidence that a law had been broken, he persisted. Why? Because enough people were in such reverence of his antics that he kept up the show. Did he really make Arizona safer? Doubt it, but I'm sure there are plenty in his fan base who are convinced he did. It's sad that a country that prides itself on law and order, due process and having the ability to check a leader's power has so many people falling over themselves for this sad, delusional man. Let's not forget that this is the same person who took pride in putting prisoners inside tents, out in a desert that can reach up to 120 degrees Fahrenheit, during the day. I know... that'll teach them, right? Maybe it's worth the money the state saves on facilities to expose human lives to life-threatening heat.

This washed-up lawman has been nothing more than a sad display of power. Arpaio relied on showboating and fear tactics to gain support among Arizona's voters. His policies led to the harassment of American citizens with brown skin and Spanish surnames and when the courts slapped him on the wrist, his president pal came through to spare him that reprimand. It's not surprising that Arpaio was pardoned, but it is disgusting that his criminal behavior continues to be justified. •

## Another Man's Opinion

### Must Be Trump's Fault About Hurricane Harvey and the Devastation in Texas, Right? Or Left?

By Duane Plank

So as those unfortunate folks in the Texas state were being pummeled by Hurricane Harvey, this scribe was watching and feeling empathy for the folks caught in the eye of this devastating whirlwind. And... figuring there was no way that the lefties would somehow blame President Donald Trump for this.

Even a skow like Rachel Maddow is supposedly smart enough to realize that the Donald doesn't control the weather, right? Not sure what the lefty commentator spoke of this week. Had to file this tome on Sunday evening.

But minutes into the hurricane fray, the libs on CNN started bloviating about how could Trump have had his minions announce on Friday night the canning of one of his advisors nobody knew of--some Russian-sounding dude, Gorko...and strengthening the rules about transgenders in the military, and the pardoning of some yahoo law official in Arizona.

Back in the day, dropping White House news items on a Friday evening when we only had Walter Cronkite to trust (“And that's the way it is...”) was a way for the administration to dispose of press releases when no one was paying attention during the weekend--because the political scribes were out-and-about, getting hammered, hoping to slog into work on Monday morning. I think nowadays it is called the “Friday Night Dump.” On the great, great show back in the day, *West Wing*, it was termed, “Taking Out the Trash.”

Well, at press time, which for me is Sunday

evening, Texas Governor Abbott gave the Trump administration an A+ for the work that had been done to prepare for all the devastation that was going to consume certain portions of the great state of Texas. Trump and company were prepared to declare Texas a disaster zone prior to the devastation that was soon to hit the Lone Star State. Lessons were learned, apparently, after the bureaucratic bumbling, red-tape scrambling, and Bolshoi de jour that plagued the Bush administration back in 2005 when the ferocity of Hurricane Katrina slammed into the city known as the “Big Easy.”

President Bush was apparently nodding off at the time, vacationing, having no clue apparently about what was happening to one of the 50 states under his watch. The response from Bush and his well-paid government vacationers was tardy and pathetic, and helped result in the deaths of, according to published reports, more than 1,000 people in Louisiana.

So Trump, and to be fair, his weather gurus, prepared for this cataclysmic inundation of parts of Texas when all the while he was wandering around at Camp David. Not sure if there is a golf course there. Quick aside, but it does appear like Mr. Trump has an aversion to spending weekends at the White House. Have Melania and the younger Trumpie even moved into their taxpayer-subsidized digs on Pennsylvania Avenue? Guess the Trumps wouldn't be the first married folks who occasionally like to keep their distance, eh?

Trump, with all his imperfections, won this week. •

## Ants

from front page



The Argentine ant is the most populous species in the area and is non-native to the state. It thrives in California and is believed to have killed off and replaced native ants “many of which are 10 times larger,” according to the website, Do Your Own Pest Control. Entomophobes (people with a fear of bugs) should be glad to learn that

Argentine ants don't stick around for long. They don't nest in the walls of a structure, preferring to live outdoors. “They enter to forage and then exit, returning to the nest,” the website says about their lifestyle choice.

This Argentinian species prefers sweet foods, so bagging up fruit and cookies in the kitchen is recommended. They like to nest in moist soil near buildings and live near sidewalks and planters, according to information found at DoYourOwnPestControl.com. Ants typically enter a building looking for food and water in dry or wet weather, and the most effective pest control method is bait that the worker ants carry back to the nest.

There are two species of Southern California ants that attack wood and cause termite-like damage to structures. Carpenter ants and velvety tree ants invade residential and commercial buildings, and they hollow out wooden beams and plywood, according to the do-it-yourself pest site. Anybody creeped out by the thought of insects--you're not alone. Bug phobia and a repulsive reaction to the sight of an insect ranks high on American's list of fears, which is what keeps the pest control companies busy and bug treatments on hardware store shelves. •

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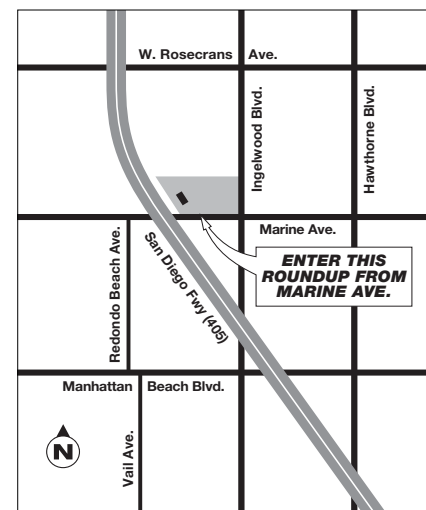
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# Entertainment

## Film Review

### Hip-Hop Heart-Warmer Patti Cake\$ is Stylish and Sweet



Danielle Macdonald in *Patti Cake\$*. Courtesy of Fox Searchlight

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

What if 8 Mile starred a girl? This is essentially Patti Cake\$, a Cinderella story of an overweight underdog who tries to upend herself from a dead end life in her New Jersey hometown by following her dream of becoming a rap superstar. Premiering at this year's Sundance Film Festival and acquired by Fox Searchlight, the rap musical is now playing in theaters, including the Landmark and ArcLight Hollywood.

Patti Cake\$ is a certain kind of wonderful—a refreshing breeze into your life that only indie cinema can offer. The movie is essentially another follow-your-dreams journey, but is made all the better and worthwhile by its stylish, street-savviness and fresh flair. Patti Cake\$ will delight and reignite you to be your baddest self.

Our lead hero Danielle Macdonald is a beautiful new star to fill the screen. As Patricia Dombrowski, aka Patti, she smirks and stunts through the streets with her gangsta exterior, but balances her toughness with sensitivity, flinching when she's shamed by others over her appearance. Macdonald's star is one that alternates between shimmering and shining, and really owns this movie.

This is the work of the film's writer and director Jeremy Jasper (a music video director who wrote all of the rap lyrics to the film). And, oh boy, do these songs kick—especially when it comes time for Patti to do her thing. These well-written moments, whether it's a freestyle rap-off in a gas station or in the makeshift studio, give the lo-fi rap tracks a hard rock swagger of a Sleigh Bells

metal meets the MC-queen authority style of Nicki Minaj. Half the reason I enjoyed Patti Cake\$ so much is because the tunes transport you to this concert world. In fact, if you want to get a flavor of the music now, the Original Motion Picture Soundtrack is available to stream on Spotify. While "PBNJ" may be the film's single, "Hunger Gamez" is a real fun one as well.

Of course, you can't have a party without pathos—or in this case, some sort of story that fuels Patti to strive for this dream (which she takes seriously) without a few real motivating forces that try to inhibit her at every turn. For each brash in-your-face moment of riled energy, there are equal balances of tender and affecting human moments. These include watching her washed-up alcoholic mother sing a karaoke tune, an intimate moment with a mysterious anarchist, and being hospital-bound with her sickly but snappy grandmother. These are all instances that make Patti Cake\$ more than just a fun time, but one of deeper insight and understanding.

While it ultimately follows a more conventional story arc than I thought it would, if you're looking for a movie to shake you out of your more familiar viewing patterns, Patti Cake\$ will do just that. It offers music that rocks and moments that connect. It's a bad girl story that will reinspire audiences of all ages to follow their dreams no matter the odds.

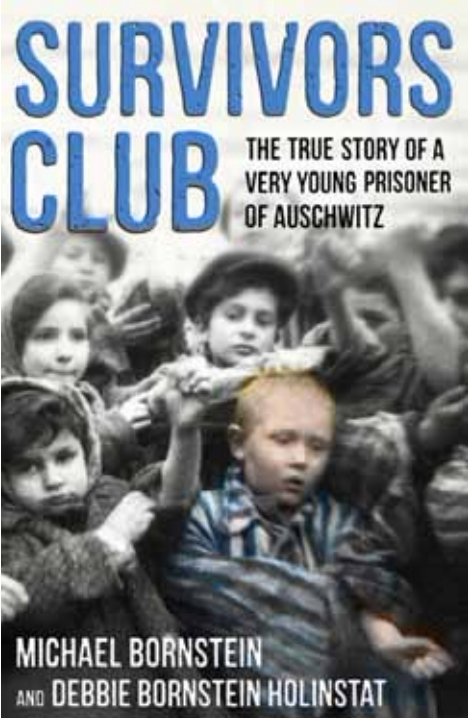
Patti Cake\$ is rated R for language throughout, crude sexual references, some drug use and a brief nude image. 108 min. Now playing at select ArcLight theaters. •

## Check It Out

### Survivors Club: The True Story of a Very Young Prisoner of

#### Auschwitz

By Michael Bornstein and Debbie Bornstein Holinstat



First Day Jitters by Julie Danneberg.

Reviewed by Katrena Woodson, Teen and Young Reader Librarian, El Segundo Public Library

This week's review is a new non-fiction book called *Survivors Club: the True Story of a Very Young Prisoner of Auschwitz* by Michael Bornstein and Debbie Bornstein Holinstat. The story focuses on the lives of Michael Bornstein and a few members of his extended family during one of the darkest times in history, the Holocaust. This book and miraculous story might never have been told if Michael had not seen an image of himself from the day Auschwitz was liberated on a Holocaust-denial website. He knew then that he needed to tell his story and he enlisted the help of his daughter, a TV journalist, to help him find the information that he needed to write this book. In the preface Michael explains that all of the event in this book are factual, but that there is an aspect of fiction. Michael was only four years old when Auschwitz was liberated in 1945, so the duo found documents, diaries and survivors' essays to supplement the memories of a very young child and keep the book as honest as possible. The result of all their hard work is

a thought-provoking and personal look at terrible time in history.

The book is written as a first person narrative that begins before Michael's birth in September 1939 and goes on to explore the first 11 years of his life. You might think that the time in Auschwitz would be the main focus of the story, but it comprises only a few chapters and a small part of Michael's journey. Over the course of this book, we follow Michael as he moves from living in an open ghetto, to a forced-labor camp, to the extermination camp, and then back home and finally to the United States. The hardships and prejudices the Jews continued to face after their liberation from the death camps and the end of World War II are not often discussed, but Bornstein does an excellent job showing the continued struggles of the survivors. The experiences of the Bornstein family parallel those of many other survivors of the Holocaust. Even though this book is aimed at young readers ages 11-14, it will resonate with older readers as well. In today's world, it remains more important than ever to remember these survivors and learn from the mistakes of the past.

The El Segundo Public Library offers access to its collection of titles in a variety of formats, including traditional hardback, e-books and books on CD. To check out *Survivors Club: the True Story of a Very Young Prisoner of Auschwitz* by Michael Bornstein and Debbie Bornstein Holinstat or any other title on your to-read list, please visit the library to apply for your library card, or please contact the reference staff for further assistance. •



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# Real Estate

## Cypress Siding: It's What the Pros Choose

(BPT) - If current design trends are any indication, wood siding is back. Design professionals are recommending one species in particular: cypress. What's behind this revival of cypress siding?

"Good looks, dependable performance and affordability," says Stephen Logue of the Southern Cypress Manufacturers Association, [www.CypressInfo.org](http://www.CypressInfo.org). "Cypress has a unique appearance with its honey-like hues and intriguing grain pattern. Its ability to withstand the elements and nature has long made it a favorite siding material in areas of the country that experience constant heat, high humidity and torrential rains."

Atlanta-based architect Daniel Martin says he recommends cypress to clients based on his firsthand experience with the unique wood.

"The performance is great," Martin says. "I've had cypress siding on my own home for more than 20 years, and I've only had to repaint it once in that time. One of the main reasons I recommend cypress is because it's resistant to decay, as well as insects like termites and bees. Carpenter bees love some other species of wood, such as cedar. They'll bore in and lay their eggs, and then woodpeckers come along and gouge out grooves to get to the eggs, destroying the wood. That's not an issue with cypress."

As Martin has learned, cypress comes by its durability naturally, thanks to an oil that is produced while the tree is growing. The oil acts as a preservative, meaning cypress wood doesn't need to be pressure treated with chemicals like some other wood siding options.

David and Laurel Mullikin, a husband-and-wife design/build duo in Atlanta, say they

use cypress regularly in outdoor applications.

"We've designed some of our best projects with cypress," Laurel says. "It's one of our favorite species of wood to use. In fact, we're currently designing our own new home. We are incorporating cypress as the ceilings for our porches, adding a lot of aesthetic warmth to a part of the house many people overlook. And we're using cypress siding and finishing it with the Shou Sugi Ban method, which involves charring the surface of the wood and then sanding and sealing it."

Whether installing new cypress siding or refreshing existing wood, the first step is to make sure its surface is clean so that it can better absorb the desired finish. Wash the wood with a mild bleach-and-water solution, using a pressure washer on a low setting. Let the solution soak for 15 minutes before thoroughly rinsing. Then, allow the wood to dry for about a week. This also is a good time to repair any nail holes and surface irregularities.



Homeowners who prefer cypress' natural color can preserve the look by applying a clear, water-repellant sealer to all sides and edges of siding boards. It's also suggested to look for products with a UV inhibitor to block out the sun's fading rays. Sealers should be reapplied every few years to rejuvenate and protect the wood. If left untreated, over time, cypress will weather to a dark gray.

To bring out the richness of cypress' grain,

semi-transparent, oil-based stains work best. These stains will penetrate the wood, prevent water problems and allow the wood to breathe. Stains typically need to be reapplied every two years.

No matter your chosen finish, remember to follow the manufacturer's instructions for best results. For more information on cypress, or to get inspired for your next home or renovation project, visit [www.CypressInfo.org](http://www.CypressInfo.org) •



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Cowboy

We have kitties of every size and color. One is sure to be your perfect match. Look at this week's picks and check out their friends at [www.kittenrescue.org](http://www.kittenrescue.org).

**Cowboy** is wacky young boy with very short, shiny, soft, black fur who along with his sister Sammy was rescued at three weeks old from the shelter. Shelters routinely euthanize unweaned kittens if a rescue group is unable to take them. Cowboy was a healthy kitten and thrived on his bottle. Even though he was weaned from his bottle at six weeks old, he still likes to nurse on his foster mom's hand. This super-playful kitten is full of energy and loves to race around playing chase with the other cats or his sister, or just bat his toys around. He will carry his toys around in his mouth and will even reach out with a paw to push any other cat away from his toys if they try to take them. Cowboy needs to be adopted with his sister Sammy. They are very bonded and became the very best of friends when the other kittens from the litter went to a different foster home. Many bottle babies just want to be together and are the most amazing pets.

**Sammy** is a very pretty little Siamese mix kitten with white mittens on all four feet and a little white spot next to her nose. She and her brother Cowboy are bottle babies and were saved from certain death at three weeks old from the shelter. Sammy is a sweet girl who loves to cuddle and nurse on her foster mom's hand when she's not busy racing through the house with her brother. Sammy and Cowboy are two peas in a pod--super-loving and very bonded to each other, so they will need to stay together. Sammy likes to climb the cat tree and carry her toys around in her mouth. She will even give Cowboy a smack if he tries to get her toy. Sammy has a very energetic personality



Sammy

and is on the go off and on throughout the day. When it's sleepy time, she finds a soft place to curl up and recharges for the next round of play. She does need to stay with her brother Cowboy because after losing her other siblings to another foster home, she and Cowboy bonded and became inseparable.

**Chester** is a very joyful kitten and is as curious as they come. He loves to play with any kitty toy in sight. He has a very slight purr that is constant whether he is waking up, eating or playing. Chester is a rambunctious eater. The only time you'll hear him is around meal time. He also loves to groom himself as he is sunbathing. Chester can easily keep himself entertained as long as there are plenty toys around. His favorite toy is the Go Cat mouse wand. Hang it from a cat tree tower and he's constantly after it. His second favorite toy is the Bergan Turbo Cat Scratcher. It makes him spin right-round. Chester will be a great addition to your home, with or without additional critters.

**Phoenix** and his sibling were found on the street when they were newborns. Unfortunately Phoenix's sibling died, which is not uncommon for newborns with no mama cat. Phoenix currently lives in a foster home with several other kittens, knows his cat manners, snuggles and loves his foster sisters and brothers. He gets along well with adult cats and small dogs, and is super-affectionate with people. Sometimes he purrs if you just look at him! Because he is so young, he needs to be adopted with another kitten or be in a home with another playful cat.

**Beamish** is a truly wonderful kitty. He's a big, handsome, brown and white tabby. He loves to play with his toys! His favorites are his tunnel and turbo scratcher. Beam also loves to play with his kitty friends. He is a very funny kitty and sometimes likes to sleep on his back with



Simba



Phoenix

his legs up in the air. He also likes to snuggle in bed and purr like a locomotive. He'll come when you call him and "Beam"! He also makes an adorable chirping sound. Beamish needs a little extra care with Miralax twice a day. His foster mom puts it his food in the morning and evening and Beamish thinks it's a treat!

**Simba** is a very adorable and playful little guy. At first his foster parent was going to name him Hallmark because he looks like he jumped right from a greeting card. He has the softest fur of any kitten ever. Simba purrs and makes biscuits continually. It's pretty hard to put him down. His first owner moved away, so he came into foster care and now he has a BFF named Jerry. Simba and Jerry are inseparable partners in crime. These are two special boys who adore each other. They play so well with each other, it would be wonderful for them to



## Beamish



## Blondie

be adopted together.

**Blondie** is a very sweet kitten that loves affection and attention. He eagerly greets the new people he meets, hoping to charm them into making their laps available so he can get a belly rub. He loves to cuddle and is able to work his way into the hearts of everyone he meets with his loving personality. Blondie also has a playful side and will run from one corner of a room to the other, chasing a laser pointer and toys dangling from a cat wand. After a day of cuddling and playing, he likes to climb to the top tier of his cat tree and take a long nap. Whoever gives Blondie a forever home will be very lucky to have him join the family because he is one cool kitty! Because he is such a social kitten, he needs to be adopted together with another kitten or into a home with an existing cat.

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

Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

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



Chester



