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Weekend Forecast

Friday,
November 3

Partly Cloudy

65°/59°

Saturday,
November 4

Partly Cloudy

67°/60°

Sunday,
November 5

Mostly Cloudy

65°/57°

Pier to Pier Friendship Walk



Skechers Pier to Pier Friendship Walk was held October 29th and had a huge turnout. Organizers said it was an amazing day filled with fun, family, friends, and entertainment! They surpassed their \$1.8 million fundraising goal and are thrilled to give back to children with special needs and education! Photo Credit: Will Hartman

California’s Health Premiums Are Holding Steady for the Time Being

By Rob McCarthy

California’s healthcare exchange will raise premiums for a second consecutive year, but limit the 2018 increase to the silver mid-level plans as a way to offset a possible loss of federal assistance, it has announced.

President Trump’s threat to withhold the federal government’s contribution toward making health insurance affordable for individuals and families will only affect the silver-tiered plans for now, said Executive Director Peter Lee for Covered California. Silver plans will average a 12 percent price hike next year, but could go as high as 27 percent for some policyholders who receive financial assistance, his office said.

A surcharge on silver plans was necessary because of the “ongoing uncertainty at the federal level,” Lee’s office said last month. The federal government partners with states that created and run health insurance marketplaces—like Covered California—to pay some of the premiums so that individuals and families can comply with the Affordable Care Act. Under the law, every child and adult must be covered by a private or government-sponsored health plan.

The President on October 12 also signed an executive order that allows low-cost, low-benefit plans to be sold to individuals in compliance with the Affordable Care Act. It was widely reported that the President’s directive would weaken the law and keep to his promise to “let it die.” The consequences of the presidential order on Californians and their health insurers were unclear at press time.

California Insurance Commissioner Dave Jones was critical of the executive order that allows insurers to sell policies across state lines. Jones called it “President Trump’s latest attempt to sabotage the Affordable Care Act” and to strip away protections for Californians with pre-existing conditions who were priced out of insurance before the 2013

law took effect.

“This change in the long-standing state-based regulatory approach is very harmful to consumers. We will do everything within our power to prevent it from going into effect,” Jones said immediately after the White House released the Presidential Executive Order Promoting Health Care Choice and Competition nationwide.

The order can be viewed at www.whitehouse.gov/the-press-office/2017/10/12/presidential-executive-order-promoting-healthcare-choice-and-competition, on the White House’s website.

Under the Obamacare law in effect since 2013, participating health plans must offer lower premiums or deductibles to low-income consumers. The federal government reimburses the carriers for the lower-adjusted cost to the consumer. Those reimbursements from Washington, D.C., total \$800 million in cost savings to Californians, according to estimates from Lee’s office.

“Covered California worked hard to come up with a plan that ensures a stable market and protects as many consumers as possible from an unnecessary price hike,” Lee said

See Premiums, page 4

Employees Reveal How Much They Loaf

By Rob McCarthy

Once as a supervisor, I reprimanded a young customer-service rep in our office who was checking her smartphone every time I looked up from my desk. She was the niece of a good friend, so I persuaded HR to hire her.

My request seemed reasonable. However, it went over as well as a burp in church. Another manager in the office later told me that I was wrong to single out one employee for something everybody in the office was doing. That our staff goofed off was hardly a revelation. I just didn’t know how much or exactly why--until now.

White collar employees admitted to a Bay Area staffing firm that they goof off 10.5 hours a week. Millennial males say they’re the most bored in offices and cube farms. They estimate playing on their phones, surfing the Web and--get this--working on their unfinished novels almost 14 hours per workweek.

The survey sample wasn’t huge, for what it’s worth. The OfficeTeam, based in Menlo Park, says that the researchers took responses from 380 adult workers and 300-plus senior managers at companies with 20 or more staff.

This project calls to mind screenwriter Mike Judge’s 1999 film Office Space, about a group of restless tech workers. The leader of the group, named Peter, spends his day in a cubicle updating banking software ahead of the Y2K changeover and watching out for his boss who’s going to ask him to work the weekend.

Another writer who has explored the topic of slacking on the job is Bloomberg View columnist Noah Smith. He penned an article in May about “Goofing Off at Work Masking Rising Productivity,” in which he opined that companies are getting their money’s worth even if today’s employees are shopping online

See Employees, page 3

Seniors

Turning 65? Choosing the Right Medicare Part D Plan Starts with Four Simple Rules



(BPT) - If you're turning 65 in 2017 or 2018, you're one of 10,000 people who become Medicare-eligible each day. Choosing Medicare prescription drug coverage can be confusing, especially for the first time. You may have questions about which plan fits your healthcare needs and budget or how to enroll. The good news is, it doesn't have to be overwhelming if you know these four rules.

Rule #1: Lower premium plans may mean higher costs. Plans with a lower premium may end up costing more in the long run if they have higher drug copays, which can really add up.

Rule #2: Not every plan covers every drug. Drug lists (formularies) can change every year and so can the drugs you take. Be sure to check your plan's formulary each year to make sure any medications you take are covered.

Rule #3: Check that there are pharmacies close to you. That way, it's easier to fill your

prescriptions. Select a plan with a wide range of "preferred" pharmacies, which typically offer lower co-pays than standard pharmacies in the network. Also, see if using a home delivery pharmacy or a 90-day supply could lower your costs even more.

Rule #4: Look for 24/7 access to pharmacists and Medicare experts who can answer questions about your medicines and offer drug safety tips, money-saving alternatives and expertise in drugs to treat specific conditions.

Also, remember to check the Medicare Part D plan's Star Rating. This is the overall quality and performance rating (out of 5 stars) based on member satisfaction surveys and other measures by The Centers for Medicare & Medicaid Services (CMS).

For more information, please visit www.Medicare.gov or www.RoadmapForMedicare.com. To talk to an Express Scripts Medicare adviser, call 1.866.544.3794, 8 a.m. to 8 p.m., 7 days a week (TTY users: 1.800.716.3231). •

Looking Up

Mt. Wilson Celebrates 100th Anniversary of Historic 100-inch Telescope on Nov. 4



Mount Wilson Observatory. Image Courtesy of mtwilson.edu

By Bob Eklund

On Saturday, November 4, you are invited to come up to Mount Wilson and celebrate 100 years of space exploration with the 100-inch telescope. From 2 p.m. to 10 p.m. the observatory's historic telescopes, including the 100-inch, will be open to the public, with docents on hand to talk about how they ushered in the modern era of astrophysics and revolutionized our understanding of the universe.

Please dress warmly, as it can get very cold up on the mountain this time of year. We are over a mile high. Handicapped visitors should be aware that the telescopes have several flights of stairs inside.

From 2 to 4 p.m., there will be talks in the museum auditorium on the history of the observatory by longtime docent Nik Arkimovich, and a talk by Sam Hale, observatory trustee and grandson of Mount Wilson Observatory founder George Ellery Hale.

At 4 p.m., UC Berkeley astronomer Alex Filippenko will give a talk in the museum auditorium on the 100-inch telescope. Tickets for this limited-seating event are available at the observatory website, www.mtwilson.edu. Also check the observatory website for directions for driving to Mount Wilson.

From dark to 10 p.m., assuming the weather permits, the 100-inch telescope will be open to the public for free viewing. The telescope will be pointed at different objects during this time, so visitors can file in and take a peek through the famous telescope that Edwin Hubble used to discover our expanding universe.

The 100-inch was first tested on the night of November 2, 1917—in the middle of the First World War. The small crowd gathered in the new dome at sunset included, along with observatory staff, the visiting English poet Alfred Noyes, who later chronicled the

unfolding drama in his epic poem "Watchers of the Sky":

"... The explorers of the sky, the pioneers
Of science, now made ready to attack
That darkness once again,
And win new worlds."

Observatory founder George Ellery Hale felt that the 100-inch's great light-gathering power would be especially useful in solving the mystery of the spiral nebulae. A debate was raging as to whether these graceful objects were "island universes" or lesser systems tributary to our Milky Way Galaxy, Into the fray stepped Edwin Hubble, who joined the Mount Wilson staff in 1919.

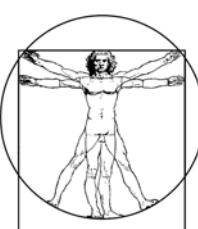
Once at Mount Wilson, Hubble used the 100-inch to attack the spiral nebulae problem. Believing them to be "island universes" (now called galaxies), Hubble looked for variable stars (which vary in brightness) in the Andromeda nebula. One proved to be very important. It was a Cepheid variable, a type that had been shown to be useful as an indicator of distance. The search for Cepheids was expanded to other spiral nebulae, and dozens were found, all of which indicated that the distances to the nebulae were far too great for them to be a part of our galaxy. Hubble's discovery with the 100-inch had proved beyond question that nebulae were external galaxies comparable to our own. It opened the last frontier of astronomy, and gave, for the first time, the correct conceptual value of the universe.

Hubble used the 100-inch for decades to push back the limits of the universe. He measured galactic distances and speeds to prove that the universe is expanding, changing our perception of the nature of the universe and leading to the "Big Bang" theory of its origin. In recognition of his achievements, the 94-inch Hubble Space Telescope was named after him. •




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Sports

Surprising Rams Catching NFL by Storm

By Adam Serrao

Maybe it took a trip to London to finally get the world to realize that the team is for real. Maybe it's just a new head coach and an explosive offense led by second-year quarterback Jared Goff that has the Los Angeles Rams sitting tied for first place in the NFC West standings. Either way you spin it, the Rams have won four of their last five games and are now 5-2 heading into Week 9 of the NFL season. After 10 long years of a tumultuous, losing brand of football, who would have thought that the Rams would have had what it takes to be a competitive team in the NFL in what is now just their second season in Los Angeles?

The outlook for the Rams is currently as sunny and bright as the typical seven-day forecast in Los Angeles. The last time the Rams finished the regular season with a winning record was in 2003, when they also won five of their first seven contests of the year. New head coach Sean McVay certainly hopes that this season ends in the same successful way that the 2003 season did, when the Rams took home the NFC West title and lost in the divisional round of the playoffs.

"He has a standard and it's pretty high in terms of precise football execution," Rams general manager Les Snead said of McVay,

who is currently the youngest head coach in the NFL. "We needed a culture change," star defensive tackle Aaron Donald added. "You just want to bust your butt for him."

McVay's youth and exuberance can certainly be said to be one reason for Los Angeles' stark turnaround from a 4-12 finish just one season ago. Another reason can be what he and the rest of the coaching staff has done for an offense that is one of only two in the league to score over 200 total points in the season dating back to last week. Jared Goff, the quarterback who looks like a new man now that Jeff Fisher is gone, has the Rams offense leading the league through their bye week in scoring, averaging 30.3 points per game. Goff's nine touchdown passes to just four interceptions gives the Rams a distinct weekly advantage on the offensive side of the ball that the team has not experienced since the glory days in St. Louis when they were nicknamed "The Greatest Show on Turf."

Instead of Marshall Faulk, who occupied the backfield in those days some 18 years ago, now resides Todd Gurley. Gurley, like the Rams as a whole, is also enjoying a resurgent season in which he has averaged 4.3 yards per carry and gained 627 yards on the ground. Gurley has also been getting it done as a receiver, compiling a total of 293

yards and three touchdown catches thus far, giving the team a potent, dual-threat offensive weapon to line up behind Goff.

No team is complete without an elite defense and although the Rams began the year slowly on that side of the ball, new defensive coordinator Wade Phillips has now seemingly turned things around. While the Rams may have given up a total of 96 points in weeks two through four of the regular season, they have only allowed a total of 33 points in the three games since then. Currently L.A. is allowing 19.7 points per game, which ranks the team as the league's 10th best scoring defense. Coming off of a 33-0 shutout over the Arizona Cardinals at Twickenham Stadium in London with Donald now back from his holdout and fully integrated into Phillips' system, that shutout may be a sign of things to come. It also certainly bodes well for a Rams team that is headed into a mixture of tough matchups against the likes of the Houston Texans, New Orleans Saints, Philadelphia Eagles and Seattle Seahawks, among others.

It may be an understatement to say that the Rams are the biggest surprise of the 2017 NFL season so far. What's even more surprising, though, is that the young team is finding ways to get the job done on the road

too. Four of the team's five wins entering the break have been away from the Coliseum in Los Angeles (counting the game in London), as a variety of players continue to get the job done in the face of adversity. "We've got a lot of good contributors who understand their importance and their role, and you just try to make a habit of pointing them out" McVay explained. "That lets them feel appreciated because it is recognized and that credit is well deserved."

It's not just the Donalds, Goffs and the Gurleys who are getting the job done, but also the Matt Longacres (who leads the team in sacks), Malcolm Browns (backup running back) and Marqui Christians (special teams ace) who are flying under the radar, giving the Rams a fully balanced attack. That fully balanced attack is precisely what Los Angeles will need as it gets into the part of the schedule that will see the team take on many of the NFC's elite line-ups. Through the first half of the season, Los Angeles already has more wins than it had all of last year. While only time will tell if they can hold onto the first place spot in their division, it has become overwhelmingly clear that this young Rams team is certainly headed in the right direction.

Aserrao6@yahoo.com •

Employees

from front page

at their desks.

The average working American puts in roughly a 34-hour workweek. Work output is rising even though the actual effort is declining, meaning "more is being done with less," according to Smith. That's a good thing.

"If I can complete a task in two hours

economists.

The OfficeTeam's examination of employee habits found that management underestimated how much paid staff time is going towards non-work activities. They guessed too low.

Some the managers--39 percent--thought their people had too much work to com-

said Brandi Britton, district president for OfficeTeam. When it comes down to it, the responsibility for staying busy and not pushing back from work is on the employees themselves, she said. Managers and supervisors can check in with staff to make sure they are engaged and staying on track too.

with projects that challenge and interest them," she said.

Some creative ways people say they dodge work are:

- Learning a language
- Doing crossword puzzles
- Doodling
- Daydreaming
- Making videos
- Watching TV shows and movies
- Playing online games

Asking for extra work, cleaning their desks, and looking for another job finished near the bottom of the list. •



Employees say they talk to their co-workers when boredom strikes at the office.

that used to take four, and spend the extra two hours surfing Twitter, it means that technology, management or some other aspect of the economy has gotten twice as good," Smith writes.

He adds, "Even if slacking off is a bad thing, it could be good news for technological progress."

And, Smith writes, it would explain why the adoption of information systems technology in U.S. companies hasn't lifted the nation's productivity over the past 30 years. Why productivity is flat has stumped

plete. Others acknowledged the lack of motivation to get things done, saying that employees didn't feel challenged enough by assignments. While slacking off is a year-round habit, office workers reported feeling the most bored in the winter months.

What are these people doing instead of work? One answer: Trying to look interested and engaged at meetings. Employees admit to putting on appearances at their desks, too, in case their supervisors pop in unexpectedly. "Let's face it, the work-day isn't always filled with excitement,"

The question, "What do you do when bored in the office?" brought some garden-variety answers. People said they browse the Internet, check personal email and social media, pay bills and talk to co-workers. A few talked about waging "rubber band battles" and working on an unfinished manuscript.

Britton with OfficeTeam offered some career advice for those who find their work dull and uninspiring. "When boredom strikes or there's a lull in activity, individuals should proactively ask to help



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Premiums

from front page

last week as the 2018 rates were announced. Silver plans will cost less than \$25 per month more next year with the surcharge, the exchange estimates.

In the South Bay, the number of health plans participating in the ACA marketplace remains strong. Residents will have their choice of eight health plans next year through Covered California. Anthem is dropping out of the individual marketplace and will sell only employed-sponsored health plans next year, the insurer said in August.

Health plan participants in next year’s individual ACA market will be:

- Blue Shield HMO and PPO
- Health Net of California HMO and HSP
- Kaiser Permanente
- L.A. Care

said about the President’s order.

It’s too early to know if health plans based outside California will make a foray into the nation’s largest insurance market. Jones, a Democrat, said the President’s order weakens his office’s power to protect consumers who must buy their own insurance under the law.

The President has chosen to “promote a race to the bottom, where insurers choose to incorporate in the state with the weakest laws and requirements providing the fewest benefits and skimpiest consumer protections,” Jones said.

More than 1.4 million California residents use Covered California to compare plan benefits and select the most affordable coverage for them and their families, the exchange says. Of that number, 1.2 million receive some



Peter V. Lee, executive director of Covered California

- Molina
- Oscar

People also use their employer-sponsored health plans, Medi-Cal, Medicare or the Children’s Health Insurance Program (CHIP) to comply with the coverage requirement in the nation’s Patient Protection and Affordable Care Act, passed by Congress in 2011.

Lee urged the White House not to withhold the ACA subsidy money, which the President said he was considering doing after the Republican-controlled Congress failed to deliver on his campaign promise to repeal Obamacare along with the individual mandate that all Americans be insured or pay an annual penalty.

Commissioner Jones opposed the White House intervention after failed attempts by the House and Senate to pass repeal bills ending the Obama administration’s law.

“We can expect this to result in the sale of products that don’t cover our healthcare needs, cost most consumers more,” Jones

financial assistance to defray the monthly premium for their coverage.

Lee echoed what he advised consumers last year when their premiums through Covered California jumped almost 12 percent: Compare the plans and shop for one that makes sense financially and medically. The average silver plan was under \$100 per month last year for three-in-five people, and \$10 for the bronze plans, he said.

A bronze plan offers higher out-of-pocket co-pays and deductibles for physician and hospital services. This lower-tier option is recommended for healthy young people and families without pre-existing medical conditions that could require hospitalization and surgery. A bronze meets the individual mandate at a lower monthly cost.

Covered California’s open enrollment period runs from November 1 through January 31. Consumers can explore plans and pricing options and whether they qualify for financial assistance at www.CoveredCA.com. •

Finance

Three Steps to Help Freelancers and Gig Economy Workers Avoid a Tax Blunder



(BPT) - More and more people are earning extra cash by freelancing in the sharing economy. That may mean writing on the side, playing music on the weekends, driving for ride-sharing services like Uber or Lyft or selling handmade jewelry on Etsy.

“While it’s easier now than ever to earn extra cash, it’s important for freelancers and independent contractors to get smart about their tax responsibilities,” said Mark Jaeger, director of Tax Development for TaxAct, a leading provider of affordable do-it-yourself tax software. “Gig economy earners must remember they are responsible for paying federal and state income tax on any income earned. And, they’re also subject to self-employment tax, to cover Social Security and Medicare taxes.”

If you’re one of the 55 million Americans who chooses to freelance, it can be difficult to correctly calculate and report to the IRS how much tax you owe. In fact, a recent survey conducted by the National Association of Enrolled Agents found that, “independent contractors participating in the gig economy were cited as among those most at risk of failing to accurately report all of their income.”

Taxpayers who miscalculate taxes owed are likely to get a form called a CP2000 from the IRS. Whether you work full time and earn a little extra cash from a side hustle or you’re a full-time contractor, meticulous record-keeping is a must. Once a quarter, as you determine what you’ll owe for quarterly tax payments, make note of which of those receipts are deductible.

When you’re freelancing, you’re your own accounting department. Not only are

you responsible for generating invoices and collecting payment, you must also keep track of all income earned and accurately report it to the IRS.

For example, gig economy workers who make money freelancing for multiple clients while also moonlighting as an Uber or Lyft driver should track all income and expenses separately. That means keeping accurate records of any money paid directly by clients and keeping track of income reported on documents such as Forms 1099-MISC and 1099-K. These forms are issued when self-employment income exceeds \$600 (1099-MISC) and when a contractor is paid through credit- and debit-card payment processors (1099-K). Come tax time, fill out a Schedule C for every company or client who has paid you to report all of the income you earned.

The IRS requires independent contractors to file and pay taxes on a quarterly basis, even if you anticipate getting a refund at the end of the tax year. Use a tax calculator to help determine whether you should make estimated tax payments. You can also use Worksheet 2.1 in IRS Form 1040-ES, Estimated Tax for Individuals, to figure out whether you must pay estimated tax. Whatever method you choose, make sure you calculate adjusted gross income, taxable income, taxes, deductions and credits.

As a rule of thumb, if you will owe at least \$1,000 in taxes, you should plan to pay estimated taxes during the current tax year. Jaeger added, “If you owe estimated quarterly payments but don’t pay them in full, you could face an underpayment penalty by the IRS.” •

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Politically Speaking



One Man's Opinion

President's Voter Fraud Commission to be Under Investigation in a Few Months

By Cristian Vasquez

The commission established by President Trump to investigate voter fraud after he was elected to office will soon be under investigation. The frustration with this investigation is that there is no need for it. Had the President not created a commission to “investigate” a non-issue, there wouldn’t be this waste of resources. Last week the U.S. Government Accountability Office (GAO) pronounced that it has accepted a request by Democratic lawmakers to investigate the Trump’s Presidential Advisory Commission on Election Integrity. While the investigation will not kick off for at least another five months, it will seek to determine if the commission is working in a manner that is transparent to the public, in a way that offers complete understanding of the commission’s conclusions.

However, this commission is one of two things: a distraction by the President that will stroke his ego after losing the popular vote by three million ballots; or a coordinated effort with the GOP to suppress voting in predominantly minority regions where Republicans don’t do well during elections. More likely than not, it’s the latter. Without a shred of solid evidence indicating voter fraud, the President set up the commission to “study” a political talking point that will result in voter suppression.

At the helms of this bogus commission is Kris Kobach, who has worked tirelessly to suppress voters in Kansas. Fortunately at the national level his efforts have been delayed by court orders, fines and lawsuits, and now the investigation by the GAO will

hopefully further derail his efforts.

As an independent, non-partisan agency, GAO is tasked with investigating issues such as the use of tax dollars, supporting Congress in meeting its Constitutional obligations and ensuring that the federal government is held accountable. Since its inception, it is reported that the commission has met less than a handful of times. The Democratic members of the commission also complained that they are kept unaware of basic information such as the type of research being conducted, future meeting dates and the deadlines for sending reports to the President. These allegations don’t prove that Kobach and his GOP henchmen are in a mission to revoke every minority’s right to vote—but given his track record and the unfounded claims of voter fraud, I wouldn’t put it past them.

The truth is that our voting system is very reliable. In 2016 the Brennan Center for Justice studied 42 jurisdictions where officials oversaw 23.5 million votes, of which only 30 were linked to some type of voter fraud (0.0001 percent). So there weren’t droves of people driven from one state to another to cast votes. No, millions of illegal aliens didn’t vote either and no, voter fraud is not a big problem. The big problem for this president is everything that comes out of his mouth is a lie. His claims of fraud could have very well been the reaction of an egomaniac unable to accept not winning the popular vote. We’ll have to wait at least five months, but this investigation will prove once more that our leader is no more than an insecure, uninformed man-child surrounded by enablers. •

Another Man's Opinion

Tumultuous Times in the Political World, But How Is Your 401K Doing These Days?

By Duane Plank

So, I grew up reading the paper. Every morning, grabbed the paper from the humble Manhattan Beach Pine Avenue domicile I lived in as early in the morning as possible. I still actually read the paper—not on my phone or some other time-wasting device, but paper. And don’t take it into the potty. I kinda want to get in and out when I’m in there.

Anyway, back in the day, I was a slave to the reading of the great Alan Malamud, who wrote column styled “notes on a scorecard.” A rat-tat-tat of events on the sporting scene.

Now, longtime readers of Plank, myriads that are out there, may remember the fantastic somewhat sports-related Frankly Plank diatribe, which is currently on hiatus. So, I like to write, and hope my tons of readers find it amusing. Occasionally I will throw a dot-dot-dot column at you. Indulge me?

The Dems and their lap-dog media outlets are still pursuing the Russia collusion frenzy... although it now appears the Russian collusion Bolshoi was instigated by the pathetic biggest losers on Hilary’s team, as they tried to cull oppo research on the Saint Donald Trump.

...And the mighty continue to fall in Tinseltown, as lib actresses, wannabes and hangers-on continue to come out--way, way after the fact--and accuse some of the perverts apparently running rampant in the liberal bastion of Hollyweird of bad actions. Why did these ladies not report the bad actions of these powerful men when those occurred? As Dire Straits penned and crooned, and MTV put into heavy, heavy rotation back when they created their empire, which by the way,

doesn’t seem to play any music, “money for nothing, chicks for free.” Might have been these gold-diggers’ thought processes. Just saying?

So, some of the Kennedy files have been released after a gad-zillion years. So much for full transparency, right? Plank has been a Kennedy-phile for a heck of a long time. The day JFK was nailed in Dallas, I was a four-year-old kid watching the soap As the World Turns with my sainted grandmother, Luz, in her LA domicile. And I still watched that soap until it was canned in 2010.

Anyway, I think my grandma was playing cards, or something similar, and did not see the great Walter Cronkite break through on the tube and intone that President Kennedy had been felled by a hail of bullets from... someone.

I went downstairs and informed my mom and aunt about the Kennedy shooting. They, of course, busy doing nothing, scoffed at my early reportage of the assassination. Maybe they were watching Days of Our Lives?

Watched with rapt attention, as rapt as a midget four-year-old could, the next couple of days, with the on-screen shooting of Oswald by the shady Ruby character ... and the sad, sad, funeral for JFK, which flashed on black and white on my granny’s TV, featuring his very young children. JFK had mused that if some scumbag was willing to give up his own life, he could shoot the President. Just like if some scumbag wants to murder a bunch of concertgoers in Vegas, it is virtually unstoppable.

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Entertainment

Film Review

Oscar-Worthy *The Square* is a Satirical Look at Affluence through Modern Art



Elisabeth Moss and Claes Bang in *The Square*. Courtesy of Magnolia Pictures

By H. Nelson Tracey for www.cinemacy.com

About once a year, if we're lucky, a movie comes along that transcends the labels of comedy, drama and other classified genres. It will also prove that with top-tier filmmaking, you can utilize a full emotional range to tell a story. It is safe to say we have an entry for this year in Ruben Östlund's *The Square*.

A modern art museum in Sweden, vying to be cutting edge while also needing to sustain its overhead and encourage people to actually visit, is getting ready for its newest, boldest exhibit: *The Square*. At the helm of the museum is Christian (Claes Bang) who lives in a swanky apartment, drives a Tesla and has no trouble scoring beautiful women. Because this new exhibit is almost entirely focused on helping people and trusting strangers, Christian presents himself with the challenge of upholding the artistic vision of altruism throughout the rest of his life.

In reaction to his generally self-serving behavior, the new exhibit pushes Christian out of his comfort zone. Yet in every earnest (or disingenuous) attempt to help other people--his co-workers, the homeless, family members--there is a bitter, comical pushback. The results are absolutely hilarious, perhaps because of how cringe-worthy and honest the situations are as people react while trying to fall into societal norms.

By using the world of modern art and affluence as its backdrop, *The Square* allows for bizarre features to be fair game while also utilizing cinematic artistry when necessary. Most importantly, this film is a satire of the wealthy do-gooders who reek of hypocrisy without even realizing it. In most American films when we see characters who are wealthy, it is typically either glamorized

or normalized. Here, as was true of his last film, Östlund takes a critical examination of wealth in a way in which we all can take a lesson.

To English-speaking audiences, a trio of recognizable faces each play a supporting role: Elisabeth Moss as a naive reporter, Dominic West as a self-serving artist and lastly, Terry Notary--whose name doesn't carry star power, but whose resume includes doing motion capture for the *Kong* and *Planet of the Apes* movies. Here, Notary plays a controversial performance artist and I'll only say his animal motion capture work gets to play off extraordinarily. The star of the film remains Claes Bang, whose deadpan delivery as Christian, no matter what scenario he finds himself in, is both endlessly relatable and at times hysterical.

It is not required that you see Östlund's last feature, *Force Majeure*, before you see this film. However, it does prime you for what to expect from his particular style. His preceding film also deals with painfully comedic scenarios of an affluent family set in a ski resort. That being said, the ideas and aspirations that Östlund introduced in *Force Majeure* are delivered in greater extremes in *The Square*.

It's too early to see what the competition will be for the Best Foreign Language film Oscar. History has proven that this specific category has some of the most misguided of the already fallible awards, but my reaction would be that this film is a shoe-in. *The Square* represents the first truly amazing movie of the fall awards season.

The Square is rated R for language, some strong sexual content, and brief violence. 142 minutes. Now playing at *The Landmark* and *ArcLight Hollywood*. •

Check It Out

Hazel Gaynor's *The Cottingley Secret* Delves into Fairy and Family Mystiques

Reviewed by Roz Templin, Library Assistant, El Segundo Public Library

Olivia Kavanaugh inherits an old bookshop when her beloved grandfather passes away. She's in the midst of wedding plans, engaged to a distant (both physically and emotionally) businessman. She takes leave of her job and plans to travel from London to Ireland to investigate her inheritance and settle her grandfather's affairs.

Not only does she fall in love with the

ensure her grandmother's medical bills are paid, Olivia must face up to some hard truths and make difficult decisions. There is a bit of romance that presents itself unexpectedly, as well as some unexplained phenomena that occur in her bookshop's window display.

Fairytale stories and verse shed some light on the basic questions of belief. If you can't see or touch something, does that mean it doesn't exist? During the original Cottingley fairies incident, the United Kingdom was reeling from the injuries and loss of life. The First World War Spiritualism (which included belief in fairies or "elementals") was very popular and gave hope to survivors that they may see their loved ones again in another realm. Olivia also experiences quite a few deaths in this story, and we come to understand her growing attachment to the fairy manuscript and to those persons involved in the event. She has recurring dreams of a little red-headed girl that get resolved as she nears the end of the forgotten manuscript.

Author Hazel Gaynor did some extensive research into the real story of those famous fairies and she adds some extra information at the back of the book that's pretty interesting. In a section she supplies for further reading, there are titles she used as well as some that might add some insight to a curious reader.

The El Segundo Public Library offers inter-library loan services for titles that we don't own in our library, but that might be found in another nearby. Please stop in and let us help you locate that special search item. •



The Cottingley Secret

old shop, but Olivia finds there is a cottage to empty and sell as well as financial woes to address. Her grandmother is in a nursing home, suffering from Alzheimer's, and she doesn't know which way to turn.

She finds an old manuscript that describes the famous Cottingley Fairies--the photographs taken in the Yorkshire village of Cottingley by two young girls in the early part of the 20th Century. People (including Sir Arthur Conan Doyle) believed they proved that fairies really existed. "Notes on a Fairytale" is an important part of Olivia's story and The Cottingley Secret reveals some history of her own family that she didn't know was missing.

During the months she spends in Ireland, trying to make a go of the bookshop and



Roz Templin

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HERALD PUBLICATIONS

Corn and Cherry Tomato Salsa Recipe



Preserve Seasonal Flavors through the Joy of Canning

A simple recipe sure to become a hit with the whole family this summer is Corn and Cherry Tomato Salsa. Once you stock your pantry with it, you can even get inspired with other fun recipes to add it to, like these 3 Step Skillet Tacos, found on FreshPreserving.com.

Ingredients

- 5 lbs cherry tomatoes, roughly chopped
- 2 cups corn kernels
- 1 cup red onion, finely chopped
- 2 teaspoons salt
- 1/2 cup lime juice (about 3 large limes)
- 2 jalapeno peppers, seeded and minced
- 1 T chipotle chili powder (optional)
- 1/2 cup chopped fresh cilantro
- six pint-size canning jars with lids and bands

Preparation

1. Prepare boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set aside with bands.
2. Bring all the ingredients to a boil in a large stainless steel or enameled saucepan. Reduce heat and simmer five to 10 minutes, stirring occasionally.
3. Ladle the hot salsa into a hot jar, leaving 1/2-inch headspace. Remove air bubbles. Wipe the jar rim. Center the lid on the jar. Apply the band and adjust to fingertip-tight. Place the jar in the boiling water canner. Repeat until all the jars are filled.
4. Process the jars for 15 minutes, adjusting for altitude. Turn off heat, remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

NOTE: The use of fresh lime juice in this recipe is for the purpose of fresh flavor and has been verified as safe by scientific testing..

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Real Estate

Fall Yard Projects to Tackle as the Weather Cools

(BPT) - The temperature may not have dropped just yet, but make no mistake, fall is coming. Soon enough, baseball will give way to football, green leaves will turn yellow and red and your lawn care routine will take on a whole new set of tasks. Fall lawn care isn't the long marathon of the summer yard season, but it packs plenty of work into a few short months before the winter. You can make this lawn care blitz a little bit easier by applying the following tips.

Stimulate Your Lawn

While your grass may no longer need its weekly mowing in the fall, you can't ignore it until spring. Look for brown, tan or white patches on your lawn, as this can be a sign of mold growth. Apply a lawn fungicide to halt this growth and an organic fertilizer to stop its spread and support future root growth.

Blow those Leaves Away

Raking leaves can be a Herculean task, so simplify the process by investing in a lithium-ion blower. The Greenworks 60-volt



Backpack Blower is a heavy-duty solution perfect for homeowners with a quarter to

three-quarters of an acre to cover. And for yard-lovers that prefer a handheld blower, Greenworks has you covered there too! Both solutions are lightweight and reduce noise while eliminating emissions, and because they're battery powered, you don't have to bother with mixing gas and oil.

Seed and Sod

If you do notice patches of dead grass in your yard - a common occurrence if fallen leaves have not been blown away - don't wait until spring to address the issue. Over-seeding the area can rectify the problem if the spaces are small. If your lawn has significant portions

that have died, it may be time to look into sodding options instead for more comprehensive coverage.

A Fresh Spray Clean

A season's worth of wind and rain can leave the sides of your home looking pretty dingy. Fall cleanup is the perfect time to give your home a reset by spraying down your siding, decks, and patios. Greenworks 2200 PSI Electric Pressure Washer is an environmentally friendly gas-alternative solution with five nozzles that allow you to adjust the tool's water pressure based on the task at hand. The pressure washer is also designed with Smart Response Technology to adjust motor RPMs as nozzles are changed, ensuring the perfect water flow for every job - and the on board LED display guides you to the best job for each nozzle, letting you clean your home in a

smart, efficient way.

A Hole in the Ground Supports Future Growth

Fall is arguably the best time of year to aerate your yard, allowing water, oxygen and fertilizer to more easily reach the root structure of your grass. Self-propelled aerators are relatively inexpensive, and you can also rent one if you plan to make this a once-a-year chore. Whatever you decide, tackling this chore now will allow your lawn to grow back thicker and fuller next year when it will be time to start thinking about spring lawn care once again. •



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my real forever home. If you have a dog and are looking for a pal for him, I’m your guy. I get along really great with other dogs and would do best in a home with another doggie pal. If you don’t have a dog and are home most of the time, I’m your guy. I’m the best 20-pound companion you could ever ask for and I’m even a good looker.”

If you’re interested in **Ozzie**, please email info@msfr.org for more information.

“Hi there! I’m **Beanie**--a four-year old, male Shih Tzu mix. One day, I decided that I was old enough to venture out on my own. Big mistake. Huge mistake. While romping through the fields, meeting new friends and discovering all kinds of interesting smells was fun, I also got very hungry, dirty and picked up some not-so-nice things called foxtails. Then animal

control found me and took me to an LA County shelter where they called me a stray. Once at the shelter, my coat was totally shaved down--talk about humiliating--so they could remove the foxtails. Unfortunately they couldn’t get them all...so while I was anesthetized for neutering, they surgically removed more foxtails. Well, I was truly a pathetic sight--emaciated, bald, holes from foxtails, sutures and a prominent under-bite. I looked like a cross between Dracula and Frankenstein. The MSFR people, who were at the shelter to rescue some Schnauzers, were so moved by my pitiful appearance that they rescued me as well. A quick trip to their veterinarian revealed that there were eight more foxtails to be removed. Half of them were easily removed, but the remaining four required another surgery--so those were removed when they did my dental. All in all it took **four** surgeries over the course of two months to totally rid me of those dreadful critters. Now that I’m healed and foxtail-

free, I’ve put on a few pounds and am currently at my appropriate weight of 10 pounds. My coat has grown back in and is a silky caramel and cream color--and with my sweet and gentle temperament, what more could you ask for? I even get along great with other dogs. In fact, I really would be happiest in a home with another dog because I don’t like being alone. I’m a real love and like nothing more than to just melt in your arms while sitting with you, but I’m awfully smart too. I’ve learned that if you want to venture out on your own, you should wait until you’re at least six and avoid foxtails at all costs.”

If you’re interested in **Beanie**, please email info@msfr.org for more information.

“They call me **Alma** and I think it’s because of the meaning of my name. In Latin, it means kind and loving and that’s definitely who I am. Well, actually I’m also



Alma

a 4.5-year old, female Miniature Schnauzer mix who was rescued from an LA County shelter after my previous owners surrendered me. Can you believe that they adopted me from the shelter when I was only two months old and now, over four years later, they relinquished me because they are moving to a place that doesn’t allow dogs? I guess in hindsight I wasn’t all that important to them because they never had me spayed, and let’s just say that the environment left me a bit nervous. I think I would like my forever family to be an adult-only home that’s low key and peaceful. I may be 18 pounds, but I’m a sleek, longer-bodied girl who could possibly have some “doxie” in my pedigree. I get along really well with other dogs...so if you have one and are looking for a gal-pal for your pooch, or just someone to share your life, I’m the girl for you.”

If you’re interested in **Alma**, please email info@msfr.org for more information. •



Beanie

Happy Tails

Congratulations to **Nana**, our exceptionally sweet and loving eight-year old Poodle mix, and her new family. Her adopters, who are no strangers to us, have been taking in rescues for about 15 years. They have adopted two dogs from an organization we worked with in the pre-MSFR days and they have also adopted a MSFR rescue. In fact, Nana’s mom was even a volunteer Santa Claus back in the day when we did Christmas photos! Nana, now named Trixie, is living in Palos Verdes Estates with an eight-year-old Shepherd mix brother named Kasey. Apparently, Trixie’s favorite new toy is Lampchop. How ironic that was her original name from the shelter! Wishing all of them happy times and many adventures.



Nana

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

We are looking for volunteers to help with our pet adoption fairs which are held every Saturday at the Petco located at 537 N. Pacific Coast Highway Redondo Beach 90277, from noon-3: 30 p. m. If you are interested in volunteering and can commit to at least one Saturday a month, please contact us at info@msfr.org. You can also visit all of our Miniature Schnauzers & Friends rescues at the adoption fair or check out our website, www.msfr.org. If you have any questions about a particular dog’s availability you can email us at info@msfr.org. Schnauzers! Bet you can’t adopt just one!

Adopt a cat 'cause cats are cool. A cat (or two) makes every house more fun! Here are just a few of our cool cats (and kittens).

A Siamese cat with a light tan body, dark brown face, ears, and paws, and bright blue eyes. The cat is lying on a patterned rug with green, red, and beige designs. It is looking directly at the camera with a calm expression.

Leonard

A black and white cat is lying down on a dark green surface, with its head resting on a plaid cushion. The cat has yellow eyes and white paws.

Higgins

he has a very robust purr. He will walk right up to you to ask for pets by rubbing against your legs. Bruce has typical kitten energy and needs to be in a home where he can play with another cat. One of his sisters, Selina Kyle, Harley Quinn, or Poison Ivy, would be a great playmate for Bruce if you don't already have another feline friend for him.

catch him relaxing with his back legs all stretched out. He is a purr machine who loves to snuggle, since he was rescued at only a couple of days old and was bottle-fed his entire life. Since Lucky is so young and



Ivy

playful, he would do best in a home with another kitten or young cat.

Sam has the cutest face, with little tufts of white in his ears. His favorite time of day is feeding time, and boy does he let his foster mom know it! He herds her towards the food in the morning and again at night. When the treat bag comes out, he's beside himself with



Sam



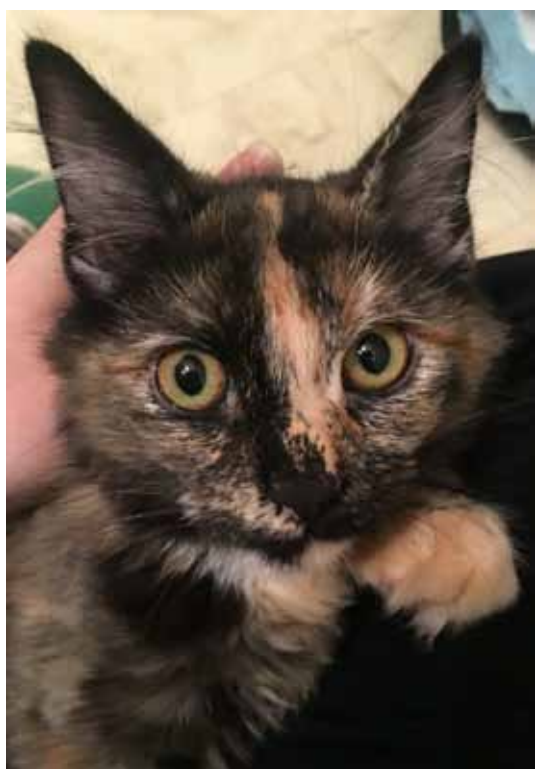
Lucky

Yara is a dilute Tortie with the cutest pink nose, which is why her foster mom also calls



Bruce Wayne

As a young kitten, **Ellaria** was pulled from the car engine by a receptionist at a Kitten Rescue partner veterinarian. This little



Ellaria

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



Yara

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

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