



The Beach Voter

League of Women Voters of the Beach Cities

Serving El Segundo, Hawthorne, Hermosa Beach, Inglewood, Manhattan Beach & Redondo Beach

**HELEN HUTCHISON
PRESIDENT OF LEAGUE OF WOMEN VOTERS OF CALIFORNIA
WILL SPEAK AT ANNUAL TRILEAGUE KICKOFF BRUNCH**

Topic: The Journey to 2020

Location: The Depot Restaurant, 1250 Cabrillo Ave., Torrance, CA 90501

When: Sat. Sept. 8. 9:30 Registration, 10:00 Brunch, 11:00 Speaker

PLEASE SEE ENCLOSED FLYER FOR DETAILS.

A Lifeline for the Homeless

Concerned about someone who seems to be on the streets and in need of help? * Now you can get assistance for that person by contacting the Los Angeles County Homeless Services Authority (LAHSA) through its recently established Homeless Outreach Portal (LA-HOP) -- an online reporting system that helps connect the homeless with assistance. The Homeless Outreach Portal can be accessed by computer, phone or tablet at <https://www.lahsa.org/potal/apps/la-hop/> and is available in the County's seven most widely spoken languages.

Using the location you enter, your report will be quickly routed to one of 500 outreach workers in the field. The information you provide will help get the request to the right kind of outreach team, whether generalists or physical or mental specialists.

You should be aware that outreach contact may take up to 72 hours, and multiple visits by the outreach worker may be necessary to build rapport and trust, enabling the homeless person to move into supportive services.

* *Call 911 if there is physical concern for the person, or the person is threatening others.*

If you are interested in working on HOMELESS issues, contact Teri Neustaedter: 913-568-5466, tmufic@gmail.com We have an aggressive agenda for the year, including actively supporting a new development in West Carson and a program presentation in January. Hit the ground running with us in late August at community meetings bringing positive messages supporting Permanent Supportive Housing. <https://yesinmyla.org/>

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The League affirms our belief in our commitment to diversity and pluralism. There shall be no barriers to participation in any activity of the League on the basis of gender, race, creed, age, sexual orientation, national origin or disability. The League recognizes that diverse perspectives are important and necessary for responsible and representative decision making.

The Beach Voter

Co-Presidents:

Barbara Arlow
Joan Le Sage

Editor:

Henrietta Mosley

Copy Editor:

Barbara Arlow

Production:

Mignon Thiem-Murphy
Peggy Bartlett
Susan Grebe
Sunhee Park

Circulation:

Ann Martin

The League of Women Voters encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. Any person of voting age, male or female, may become a League member. The League does not endorse, support or oppose candidates or political parties.

To become a member: Send check in the amount of \$30.00 (first time members introductory rate) payable to "League of Women Voters Beach Cities" to Susan Grebe at 629 19th Street, Manhattan Beach, CA 90266.

Name _____ Phone _____ Email _____

Address _____

Interests _____

Membership Activities

Welcome New Members! Amy Sinclair of Manhattan Beach, Kathryn Cheng of Manhattan Beach, Arnette Travis of Redondo Beach, Ron Arias of Hermosa Beach, Paul Markey of Manhattan Beach, and Kathie Geary of Manhattan Beach.

We held a new member orientation in June, a member coffee in July and are planning more member mixers. Please contact Ann if you want to plan an event. Ann Kuhns annkuhns@verizon.net.

June event—Eight members attended a New Member Coffee at The Great Room Café in Redondo Beach on June 5th. Joan LeSage and Henrietta Mosley provided an overview of the League. We reviewed the League's calendar and **How to Get Involved**. New members signed up for League activities and committees.

July event— Sixteen people attended a Member Coffee at Metlox Plaza in Manhattan Beach including six prospective members. Discussion included current issues such as homelessness and housing.

Upcoming Mixers Monday, August 27th 5-7 pm and Tuesday, Sept. 5th 12-1. See details below.

LWVBC Member Mixer Monday, August 27th 5-7 pm

Come meet other League members, chat about current issues, find out about upcoming League events or, just come for a fun social hour. Bring a friend or two. See you there!

El Torito 600 S Sepulveda Blvd. Manhattan Beach, CA (one block north of Artesia)
Food & drink specials start at \$4 and feature a new \$10 Happy Hour combo in the cantina!

Please RSVP to annkuhns@verizon.net by Aug. 26th so we save enough chairs. Or just show up.

LWVBC Member Mixer Wednesday, September 5th 12—1 pm

Brown Bag—bring your own lunch.

Let's get ready for the November election!
Find out what the League is doing and how you can help.

St. Cross Episcopal Church 1818 Monterey Blvd., Hermosa Beach. Room 4

Please RSVP to annkuhns@verizon.net by Sept. 4th.

Grace Peng is a new member who first moved to Redondo Beach in 1997, moved away in 2014 and recently moved back. She has been blogging about water for more than 10 years at <<http://badmomgoodmom.blogspot.com/search/label/Water>>. She has a BS in chemistry, BA in math, and PhD in chemical physics. She has been working in environmental science since leaving grad school. The following is an excerpt from her blog.

Banking Rain for Sunny Days

Did you get the memo? Climate change will make rain less predictable and more intense in southern California. It's not clear if the total amount of rain will decrease along the coast. **Rain will decrease** in the Colorado River Basin, from which we import some of our water. For the sake of our water supply, we need to change how we handle water runoff.

In 2016, Joe Mozingo of the *Los Angeles Times* reported that only 65 billion gallons of LA's rainwater is captured and stored in aquifers. Another 164 billion gallons goes out to sea. I'm not sure if that 65 billion includes the water captured by smaller-scale "rain gardens" in homes and parks, such as this one that captures all the water on the parcel of the North Redondo Beach Branch Library.



The "local supplies" that provide ~40% of the water used in the LA area come from wells or reservoirs stocked by water that fell as rain in our area (instead of water imported from the Colorado River or Northern California via long canals.) It does not count the rain that fell in your garden and soaked into the ground because that isn't metered/measured.

It's pretty clear that the Colorado River Basin is drying up and climate change is a major contributor. The supply from the California State Water Project that moves water from the Sacramento Delta to central and southern California is also endangered. It's threatened in the north by sea level rise and increased diversions that increase the salinity (salt) in the water

Continued on page 6

Our 2018-19 LWVBC Student Representatives

Welcome to Lilia Tena. She will be a Senior at Leuzinger High School. She wrote, "By representing all seniors of the South Bay area, I will take this responsibility seriously and do my best to address issues, improvements, and anything else necessary to make my community a better place for all residents."



Claire DuMont will be a Senior at Mira Costa High School. "I volunteered to help with the voter registration drives that took place at the end of the year. I truly believe that I have the passion and drive to bring more awareness of the importance of my generation to get involved in politics."



Meet Nina Ihmels, who will be a Senior at Redondo Union High School. She's passionate about youth involvement in democracy and encourages her peers to take advantage of our 26th Amendment right to vote as soon as they can. She fights voter apathy at its root by pre-registering high school students to vote.



Sara Shor will be a Senior at Redondo Union High School. She, ". . . can't wait to exercise my right to vote. However, I know there are other people my age who aren't so enthusiastic, and my goal as a student representative for the League of Women Voters is to instill a desire to vote in crucial, younger voters."



Welcome to Iris Polak, who will be a Sophomore at El Camino College. She believes that voting is the most important right we have. She wants to ensure that everyone has the information necessary to make an informed decision at the polls, and that everyone's vote is counted fairly. Iris believes that the League is uniquely suited to distribute trusted information about issues.



.Banking Rain for Sunny Days, cont'd.

supply. Over-pumping of well water by farmers in the Central Valley has caused the ground to sink as much as a foot per year in some areas, buckling and breaking the canals. Currently, the peak capacity of the water canals to SoCal has been decreased by 20% because of the buckling. Add to this that the canals must cross earthquake country and were built when we had much less experience in how to engineer for earthquake safety. The California "Water Fix" is a political football and you can get whiplash from watching it.

Long story short, we need to improve the things that are completely within our control. That means we should build our neighborhoods with the intent of soaking as much rain water in the ground as we can. It can be as simple as putting in gravel in the lowest spot in your garden so it doesn't flow off your property. It can be giant basins that can harvest 200 million gallons from one storm and put it in the ground. Or it can be something in between.

[Editor's note: Here the blog displays aerial views of a neighborhood-scale rainwater capture project located between Aviation Blvd. and Aviation Way in North Redondo Beach and low-lying home sites susceptible to flooding that were converted into a parkette that serves as a spreading ground after a heavy rain. The aerials can be enlarged to reveal details. Check it out at <http://badmomgoodmom.blogspot.com/2018/07/banking-rain.html>]

If we are to survive and thrive as a city/metro region in the face of climate change, we need to do smart things at the regional, local and personal levels. Take a look around your neighborhood. What is your city doing? What are you personally doing?

LWV-LA Meeting on "Transit and Housing Challenges"

by Diane Wallace

This LWV-Los Angeles meeting was held on Saturday, July 14, 2018 in Los Angeles. Alyssa Walker, Curbed LA, facilitated the forum. The members of the panel included Mott Smith of Civic Enterprise; Tunua Thrash-Ntuk, Executive Director, LA Local Initiative Support Corporation and Co-Chair of the Crenshaw Expo Line; Dick Plotkin, Board of Directors, Beverly Wilshire Homeowners Association and USC Professor; Christopher Hawthorne-LA City Planning Department; and Denny Zane, Exec. Dir., Move LA.

The meeting focused on the relationship between transportation and affordable housing – looking for ways to define a transit-orientated place and redefining the CA/LA lifestyle. LA transportation doesn't work for low income workers and the majority of public transportation riders are low income, people of color. "Go Monrovia" has saved \$\$ by taking the Dial-a-Ride funding to support a partnership with LYFT, which only costs \$.50 per ride. Another factor contributing to the shortage in affordable housing is that Chinese and Russian investors have invested in affordable housing buildings and then they don't rent the properties.

There was a suggestion that transportation should be free.

WE'RE PROUD OF OUR MEMBERS**ARNETTE TRAVIS — Author*****Bitch: A Definitive and Restorative Guide*****TONYA MCKENZIE — Author*****A Child's Memories of Cartoons & Murder******Redondo Beach Chamber Ambassador of the Year***

Program on Optimizing Brain Health Drew Large Crowd

At least 125 people came to Jocelyn Center in Manhattan Beach on the evening of May 31 to hear Sam Chan, PhD and Drs. Dean and Ayesha Sherzai, Neurologists, speak on optimizing brain health and reducing the risk for Alzheimer's. The meeting was arranged by the Health and Well-Being Committee, headed by Harriet Chase, and was a follow-up to last year's program on mental health.

Dr. Chan began his talk on "Brain Development and Resilience" by describing the brain as "a living universe within your control," with 87 billion neurons and 1 quadrillion neural connections, which consumes 25% of the body's energy day and night. Ninety percent of the brain's neural development is complete by age 3; the rest is a matter of "blooming and pruning." Toxic stress, including adverse childhood experiences, can predispose an individual to various behaviors that may lead to Alzheimer's later in life. Quoting Ashley Montagu, he reminded us that "Children learn what they have lived and become the kind of human being they have experienced."

Dr. Chen went on to identify the factors that make up a healthy lifestyle and reduce the toxic stress that can damage the brain, including regular sleeping habits, maintaining positive relationships with others, and a healthy whole food, plant based diet. To live longer we must live better and maintain our cognitive reserve, which is the capacity of the brain to take everything in, good and bad, and process it.

Due to unforeseen problems with the projector supplied for the event, we were unable to see the slides that were to accompany Dr. Chan's talk, but they have been posted on our website at www.lwvbeachcities.org and are well worth a visit.

Drs. Dean and Ayesha Sherzai are Directors of Brain Health and Alzheimer's Prevention at Loma Linda University who are engaged in a joint study with Beach Cities Health District called the Healthy Minds Initiative. Their book, *The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*, emphasizes the benefits of good nutrition, exercise, stress management, restorative sleep and meaningful activity in maintaining brain health. They emphasize that dementia, including Alzheimer's, is a process and it can be slowed. Multiple factors influence its progression, and they maintain that healthy life habits and good nutrition (that "plant-based diet" again) can "overwhelm the bad genes."

The meeting was co-sponsored by the Tri-League (Beach Cities, Palos Verdes Peninsula and San Pedro, and Torrance) and the Beach Cities Health District.

CALENDAR

Aug 27 Monday	5:00 PM-7:00 PM	LWVBC Member Mixer	El Torito 600 S Sepulveda Blvd. Manhattan Beach
Sept 5 Wednesday	12:00 PM-1:00 PM	LWVBC Member Mixer	St. Cross Church 1818 Monterey Blvd. Hermosa Beach Rm. 4
Sept 8 Saturday	9:30 Registration 10:00 Brunch 11:00 Speaker	Tri-League Kickoff Brunch	The Depot Restaurant 1250 Cabrillo Ave. Torrance CA 90501
Sept 17 Monday	6:45 PM-9:30 PM (Mtg begins promptly at 7:00)	Board Meeting	St. Cross Church 1818 Monterey Blvd. Hermosa Beach Rm. 5



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Manhattan Beach, CA 90266