



# *The Beach Voter*

League of Women Voters of the Beach Cities

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

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## **ANNUAL MEETING AND SALAD LUNCHEON**

Saturday, May 12, 10:00 AM to 1:00 PM  
1534 Ruhland Ave, Manhattan Beach

This is our annual event to wrap up the year. *Please bring a salad to share* and ideas for what you would like to see our League focus on for the coming year. It is your ideas and participation that make up our direction and focus. We are a grassroots organization and now is the time to plan for the coming year,

A kit will be sent by email to all members who have an email address, and by U.S. mail to those who do not. Please print the kit and bring it to the meeting.

You are encouraged to bring a guest. Guests do not have to bring anything other than their interest in learning about the League, who we are and what we do.

## **OPTIMIZE YOUR BRAIN HEALTH**

Monday, May 21, 7:00 PM to 8:30 PM  
Joslyn Community Center, 1601 N Valley Drive, MB

Everybody's talking about it. The brain is the most complex organ in the body. It's 2% of our body's weight but consumes 25% of our energy. But historically there has been little known about how the brain works. It is critical that we focus on brain health- starting with the very young!

As a follow-up to last year's very successful forum on Mental Health, the three local Leagues of Women Voters (Beach Cities, Palos Verdes Peninsula and Torrance) and the Beach Cities Health District will sponsor a program Monday, May 21, 2018 to provide timely information to "Optimize Your Brain Health."

Clinical psychologist Dr. Sam Chan, retired District Chief of the L.A. County Department of Mental Health, has focused his career on mental health promotion and early intervention with infants and young children. Throughout his career he has made significant contributions in the health care, education, and human services fields and importantly - created model parent advocacy programs. Dr. Chan will explain the critical periods of our children's early brain development. He will discuss the risks and protective factors that promote resilience from birth through young adulthood. (Continued on p. 3)

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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**

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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 \_\_\_\_\_

Neurologists Drs. Dean and Ayesha Sherzai are Co-directors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University. Their discussion will focus on how lifestyle behaviors can and do impact your long-term brain health. They will describe practical strategies that you can use to optimize your long term brain health through nutrition, exercise, stress management, quality sleep, and engagement.

Resource tables will be available before and after the meeting. South Bay Families Connected, Los Angeles Caregiver Resource Center, National Alliance on Mental Illness, L.A. County Department of Mental Health and Beach Cities Health District will all have representatives present to provide information and answer your questions.

The program is free and open to LWV members and the general public.

Harriet Chase and Joan LeSage

### Thank you and over and out

Thanks to Peggy Bartlett, Mignon Thiem Murphy and Sunhee Park the March Tri-League Lasagna Supper went off without a hitch. Mignon's St Patrick's Day-inspired decorations set the tone, the lasagna was served up by Sunhee with the able assistance of Beach Cities members. Peggy staffed the sign in table and kept track of the money. All of us *sacrificed* ourselves the week before by going to the caterers and sampling the salads and spent considerable time deciding on dessert. All told a good time was had by us all.

However, we are a little sad to have to say goodbye to the long time tradition of the Lasagna Supper. The costs have gone up considerably, mainly the renting of the Torrance Library Meeting room and the waning attendance for such events make it no longer a financially viable option. We will miss it!

Susan Grebe, Chair

### Did you Know?

The LWV-Beach Cities website has been updated to accept online payments. Go to [www.lwvbeachcities.org](http://www.lwvbeachcities.org) and click on "What's new." There are two different buttons: "JOIN" (with 3 options: new member, individual, and household memberships) and "DONATE" (for things like the Non-Event ad the Lasagna Supper. Check it out for yourself!

Donations can also be made via the "DONATE" button on the Beach Cities Facebook page, [www.facebook.com/LWVBC](http://www.facebook.com/LWVBC).

We have a few more "Non-event" contributions . Thank you to Ellen Rosenberg, Robert Johnson, Linda Klein and Ann Kuhns for helping us reach our goal.

We have nine new members! We welcome Liza Tamura, Manhattan Beach City Clerk; Martha Alvarez, Senior Deputy Manhattan Beach City Clerk; and Patricia Matson, Administrative Clerk II Manhattan Beach,.

We also welcome Roslyn Fanello of Manhattan Beach, Bette Golik of Hermosa Beach, Tonya McKenzie of Redondo Beach, Grace Peng of Redondo Beach, Mark Polak and daughter Iris Polak (both of Redondo Beach)

### VOTING INNOVATIONS

The Lasagna Dinner was not just about lasagna! Speakers from the Los Angeles County Office of the Registrar and the Office of California State Senator Ben Allen were on hand to enlighten us about innovations in election procedures that are designed to make voting both easier and safer.

Allison Towle, from Sen. Ben Allen's office, characterized voter turnout in Los Angeles County as "abysmal": In the recent mayoral election 12-20% of registered voters voted, California as a whole ranks 43 out of the 50 states in voter turnout. A newly enacted law automatically registers you to vote when you get your driver's license unless you opt out. Other recent bills related to elections are AB249 (passed and signed by Gov. Brown), which requires most campaign ads to display their top three funders, even if those contributions were funneled through generically named committees; and SB651 (proposed) which will require initiative petitions circulated by paid signature gatherers to disclose their top three funders.

Jeff Klein, from the Registrar's Office, mentioned that 16-year-olds can now pre-register to vote. Under the new voting system that will go into effect in 2020 there will be a procedure for same day registration. The new voting machines that are being developed will not be on the internet and therefore not susceptible to hacking. They will not retain the information about how you voted and there will be a paper ballot as well. You will be able to check your ballot for accuracy electronically. It will also be possible to scan your ballot at home and/or print it out like a boarding pass and use it to vote electronically at the voting center.

It is hoped that innovations that make voting more convenient, including the replacement of neighborhood polling places with voting centers throughout the County and an extended time period for voting, will substantially increase voter turnout.

## LOCAL SCHOOL SUPERINTENDENTS SHARE THEIR PERCEPTIONS AT LWVBC-SPONSORED PUBLIC EDUCATION FORUM

Whether because of rainy weather, an unfamiliar location (the Multipurpose Room at Manhattan Beach Middle School), or for some other reason, our Public Education Forum on Thursday, March 22 was sparsely attended. Those who were present, however, heard a thought-provoking exchange of views among the superintendents of the three school districts serving the Beach Cities. Program Chair Diane Wallace very ably moderated the meeting.

Mike Matthews, Supt. of the Manhattan Beach Unified School District (K-12, 6,800 students) noted that a major attraction for young families who settle here is the quality of our local schools. Manhattan Beach parents volunteer their time and provide funding to support programs, such as the music program, that enrich the learning experience. There is support for schools from the entire community, including business organizations like the Chamber of Commerce.

Pat Escalante, Supt. of the Hermosa Beach Elementary School District (K-8, 1,479 students) said that her district also benefits from strong parental support, noting the recently passed bond measure to reopen North School and upgrade other school properties. The district receives the basic state funding, but very little beyond that because the district doesn't have many students that generate special funding. Their Education Foundation has raised a million dollars and a scheduled fundraiser is sold out.

Steve Keller, Supt. of the Redondo Beach Unified School District (K-12, 9,364 students) said that attendance has been increasing in his District due to young families replacing older homeowners. The education foundation, which was dormant ten years ago, is now active.

All three superintendents expressed concern about (1) undue stress and anxiety among students and their parents about getting into one of the top colleges, and (2) school safety, in the wake of the Parkland, Florida tragedy. Supt. Matthews commented that students think they must have a 4.9 GPA and lots of activities and have founded two companies in order to compete. Supt. Escalante said that even at the junior high level students manifest fear that if they are not competing they will not be successful.

There was discussion of the need for single entry points to school campuses and fencing. School safety will be a topic for discussion in teachers' in-service training

Supt. Keller brought up the related issue of students' interpersonal relations, noting the continuum that runs from rudeness to teasing to outright bullying. He stressed the concept of "connectedness," saying that kids who are connected to school and to other students are less at risk than those who are not.

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Questions posed by Moderator Diane Wallace elicited the following answers:

Q: If you could have one wish for your District granted, what would it be?

A: R.B. Supt. Keller: Lower class sizes in the middle schools, but we don't have the room or the funds.

M.B. Supt Matthews: Make secondary schools more like elementary schools, where the teacher knows each child. Deemphasize subject content and teach kids how to evaluate information.

H.B. Supt. Escalante: A smaller school population.

Q: What do you want most from Sacramento?

A: M.B. Supt. Matthews: Fund the unfunded Federal mandate for special education. Change the tenure laws to require a longer period of time before granting tenure.

H.B. Supt. Escalante: Relaxation of bureaucratic process that inhibits sharing of vital information in dealing with students' problems and restricts the ability to discipline students or to recognize teachers who are making a difference. Also need to clean up special education laws that are redundant and contradictory.

R.B. Supt. Keller: Recognition that kids from affluent communities have needs too, not just those from poverty. Also would like the threshold dropped for parcel funding.

Q: What are the strengths of the public education system?

A: R.B. Supt. Keller: Building community. Bringing kids, and their parents too, into the community. Schools are the best anchor in a community.

### **LWV Los Angeles County Convention**

LWVUS President Chris Carson was the featured speaker at the LWV-LACO convention on March 24 at the Carson Community Center. Her remarks highlighted innovations the League is considering to simplify League processes, facilitate communication and coordination between levels of the organization, and more effectively engage our members, both in League activities and in the community at large. The National organization is also seeking new ways to finance the League, improve diversity in Leagues across the country, simplify the process for local League formation, and make better use of technology to facilitate communication.

Some of the issues of concern to delegates were artificial intelligence, community policing, climate change, civil discourse, homelessness and amending the property tax assessment system. More information is in the LWV-LACO newsletter. If you can't find your emailed copy contact Henrietta Mosley, [hemosley@gmail.com](mailto:hemosley@gmail.com) and I will forward it to you.

## Mira Costa High School's Participation in the National High School Walkout

by Samantha Walley, LWVBC Student Representative

Alongside thousands of students across the country, on March 14<sup>th</sup> Mira Costa High School students walked out as a part of the Walkout for Our Lives. At 10 o'clock over 450 students met at the front office, where 17 students honored each of the 17 victims of the shooting at Marjory Stoneman Douglas High School in Parkland, Florida. As one of the 17 student leaders, we read aloud a short biography about the students who were killed, and together as a group following the short story of a victim, we said, "We will remember."

Following our brief memorial for the victims of the Parkland shooting as a group students marched onto Artesia Boulevard. We remained there, holding signs and chanting together as a united student body. With the hope of change, students cheered as cars driving by honked in support of our stance and us. As quickly as it started, the walkout ended with our office hours period and all students returned to class. Mira Costa received news coverage from Channel 4 as well as were visited by Manhattan Beach Mayor Amy Howorth and other members of the City Council.

In our work to honor the lives of the victims of Parkland, students at Mira Costa High School all became acutely aware of the security issues that we face, and have voiced concerns to teachers and our administration. Fortunately, our concerns have been recognized by our local government in Manhattan Beach, which has pledged one million dollars to improve safety protocol at public schools as well as newly created policies to help keep students safe in the event of an emergency. This includes a new approach to fire drills, in response to the shooter in Parkland pulling a fire alarm to incite panic and get people out of buildings quickly. Under new direction, the administration and teachers are working cooperatively to improve safety as a whole at Mira Costa.

As one of the students involved in the walkout, my friends and I ensured that we were informed on the matter and on the potential solutions to the issue that were applicable. As a whole, Mira Costa students became aware of the issue of gun violence on high school and college campuses, and together say "Never Again" with knowledge and a deep understanding of the debate on gun control.



## CALENDAR

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<b>May 10 Thursday</b>	<b>6:30 PM-9:00 PM</b>	<b>Tri-League Candidates Forum: State Assy. Dist. 66 and State Senate Dist. 26</b>	<b>Toyota Hall (Torrance Civic Center)</b>
<b>May 12 Saturday</b>	<b>10:00 AM-1:00 PM</b>	<b>LWVBC Annual Meeting and Salad Luncheon</b>	<b>Home of Penny Markey 1534 Ruhland Ave. Manhattan Beach</b>
<b>May 21 Monday</b>	<b>7:00 PM-8:30 PM</b>	<b>Brain Health Meeting</b>	<b>Joslyn Community Ctr 1601 N. Valley Drive Manhattan Beach</b>
<b>June 11 Monday</b>	<b>7:00 PM-9:00 PM</b>	<b>Old/New Board Meeting</b>	<b>Home of Jan Nathanson 13731 So. Rossburn Ave. Hawthorne</b>
<b>June 28—July 1</b>	<b>All day</b>	<b>Biennial National LWV Convention</b>	<b>Chicago</b>



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