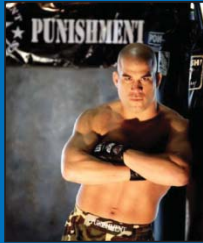




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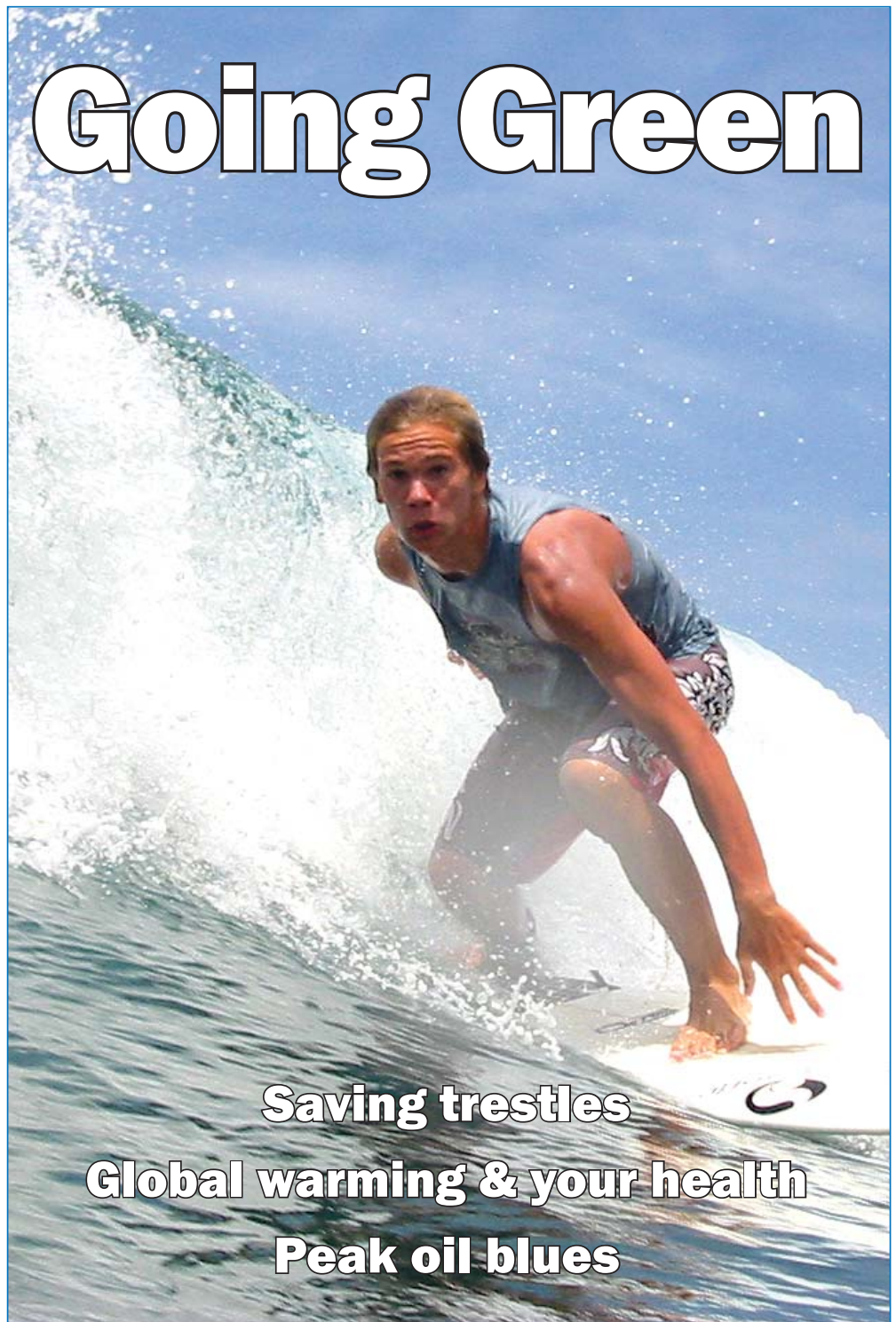
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THE ORANGE COAST VOICE

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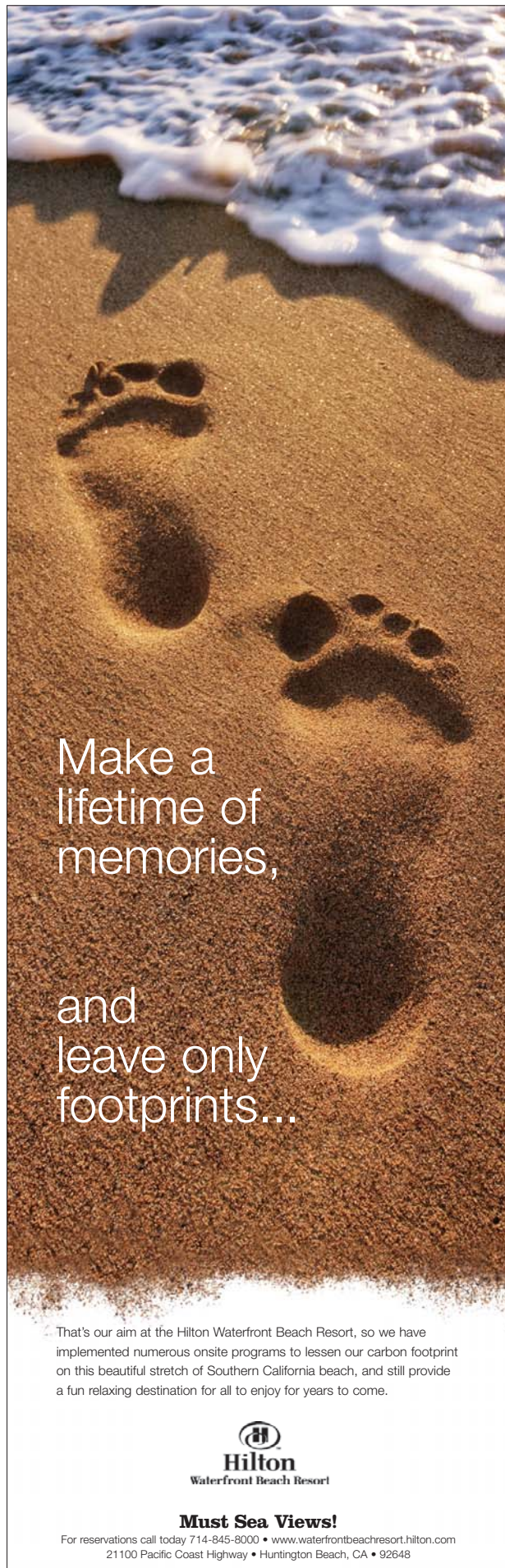


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No Crap Tap

Recycled sewer water helps solve water shortage & tastes good

By JOHN EARL
OC Voice Editor

If you live in Orange County, pat yourself on the back the next time you sit down on the toilet with your copy of the *OC Voice*, because you're helping to prevent California's upcoming water crisis.

Think of it as one way of giving back to nature what you take from it when you water your lawn, hose down your drive way, fill your large swimming pool, shower for 1 hour or flush your toilet 10 times a day. It may be the one way in which "wasting" water helps to ensure your future water supplies.

Water problems aren't unique to California. Drought induced by climate change, as well as poor resource management, including inefficient water use by agriculture and residential homes, linked with population growth have created water shortages in at least one-third of the world.

Although social and economic inequalities associated with world trade policies and privatization of water resources have made the world's poor suffer the most from water shortages, economic wealth alone can no longer guarantee a secure water supply, not even for the richest nation and most prolific over user of natural resources on earth, the United States. Arid areas of the nation are suffering from years of cyclical drought exacerbated by global warming. Even in the wetter areas of the east and southeast, Americans are experiencing severe water shortages that have led to political and regional conflicts.

Big corporate investors as well as grass roots environmentalists realize what's at stake. "The survival of the human race in the next millennium will be tied to the successes of managing fresh water," said Aly Shady, president of the International Commission on Irrigation and Drainage



PHOTO BY MARINKA HORACK

STAGE 3: Each sink, from back to front, represents developing stages of sewage water treatment.

(a group supported by international banking and investment interests) in a recent position paper.

An Arid Land

The problem is acute in southern California, an arid environment that depends largely on water shipped from northern California or the Colorado River, resources that are rapidly diminishing, says Ron Wildermuth, Communications Director for the Orange County Sanitation District (OCSD).

It's a matter of the lifestyle that we have chosen by deciding to live in an arid climate, Wildermuth pointed out, during a recent guided tour he conducted for local water activists of OCSD's new Groundwater Replenishment System (GRS) located at its Fountain Valley plant. It's the

largest purification facility of its kind in the world and it will ultimately be able to produce 250 million gallons of distilled quality water from sewage each day. All things considered, GWR may be California's single best hope for avoiding a water catastrophe.

"There's two things the astronauts can see with the naked eye from the space station," he tells the group, "One is the great wall of China and the other is the water canals of California. We use more energy moving water than other states use for everything... So we've built this metropolis in an arid region with no water. And now we have to find water for this arid region with no water."

Currently, a lot of the water received by southern California is stored

in 1,250 dams built in northern California and then moved south to Los Angeles, Orange and San Diego counties. The source of that water is snow pack in the Sierra Nevada mountain range. South Orange County relies on northern snow pack and the Colorado River for 95 percent of its water. Huntington Beach gets two-thirds of its water from local groundwater wells supplied by the Santa Ana River.

But snow pack levels in the Sierra Nevada are down 22 percent below normal, the result of a 50 year warming trend that brought increased precipitation which falls as rain instead of snow. That means less water for both California and Colorado watersheds. Due to being overtaxed by agriculture and urban sprawl, only 0.1 percent of the water from the Colorado River makes it to its mouth, which is basically a big mud pit a lot of the time.

Water Supply Plans

In March, Gov. Schwarzenegger proposed a 20 percent reduction in per capita water use by 2020. In response, two separate bills have been introduced in the legislature to encourage conservation. Assembly Bill 2175, the Water Efficiency and Security Act, increases water use efficiency for new developments and contains global warming reduction measures. AB2175 would require the state to conserve 3 million acre-foot of water by 2030. The legislation is supported by conservation organizations, including the Sierra Club, Desal Response Group and the Environmental Justice Coalition for Water.

Predicted population increases for the same years targeted in the proposed bills add to the need for corrective water use measures. By 2020 the state will grow by 15 million people, including 7 million in Southern California and up to 500,000 in Orange

See **CHEERS**, Page 4

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The goal of the *Orange Coast Voice* is to give its readers information that can be used to improve the quality of life in their communities and beyond. The *Orange Coast Voice* is your local newspaper.

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C.M. Builds it Green

Sanitation District will build city's 1st LEED building

By LISA WELLS
OC Voice Staff Writer

Last year Costa Mesa proudly displayed its green colors by adopting the Build Green Incentive Program and the Sustainable Municipal Green Policy, and now the city's first sustainable building will be built by the Costa Mesa Sanitation District. The program was adopted as nine month pilot program which is scheduled to end on June 30, unless reinstated by city council.

Taking the lead in California, Costa Mesa's newly adopted municipal program holds city government facilities to the highest "green" certification level in the state which is the nationally accepted benchmark for the design, construction, and operation of high performance green buildings promoting a whole-building approach to sustainability by recognizing sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.

Municipal facilities, like CMSD's, will be constructed in accordance with the U.S. Green Building



PHOTO BY ARNOLD C.

A GREEN RETROFIT: South Coast Plaza will go green, Costa Mesa city officials say.

Council's Leadership in Energy and Environmental Design (LEED) green building rating system's gold requirement.

While a LEED Gold certified building will cost the city approximately eight percent more to build, its costs are recovered in eight to 10 years through energy and water conservation which then continue to save the building money during

its lifetime.

The current program waives permit fees and expedites building plan checks to those who want their home or building to have a lighter carbon footprint. To lessen the financial footprint, Costa Mesa waives fees associated with the construction for green installations such as solar panels, skylights, Energy Star windows or doors, tankless water heaters or

green certification. A green certified building cuts in half the damage to the environment compared to a standard building.

At least two more major green certified projects are underway, according to Willa Bouwens-Killeen, principle planner for the city. Coastline Community College is currently constructing a green building. They plan to have it qualify for LEED certification. Certification is determined upon inspection at the end of the construction.

"I'm proud that we are setting an example at City Hall. It's great to work on a project that will have impact beyond the city limits," Bouwens-Killeen said.

Another LEED hopeful is the South Coast Plaza shopping mall, which would be a retrofit green building project. Bouwens-Killeen was unsure of the mall's progress to date and South Coast Plaza officials didn't return calls from the *OC Voice*.

For more information look for the Build Green Costa Mesa link at: www.ci.costa-mesa.ca.us

Cheers to Replenishment

Santa Ana River basin gets a fix from sewage recycling

Continued from Page 3

County, according to the OCS. State water shortages in the magnitude of 2 – 6 million acre-feet of water per year (1 acre-foot or 326,000 gallons quenches the thirst of two families of four for a year) are predicted by the California Department of Water Resources.

The situation is so dire that the federal government announced that it will cut off all surplus water deliveries to California from the Colorado River by 2016. The needed restoration of the San Francisco – San Joaquin Bay Delta ecosystem due to over use by agriculture and deteriorating levees, according to the OCS, has resulted in cut backs in water deliveries to southern California. Central and northern Orange County rely on that water to help replenish a vast lake resting under the Santa Ana River basin that supplies much of their water.

That underground lake also serves as a natural barrier to seawater coming up the Santa Ana River from the ocean; if its level doesn't remain high enough—and it had dropped to alarming levels in recent years—our source of drinking water would become contaminated by salt water intrusion.

The GRS system will inject its treated water back into that underground basin, protecting it from the ocean while providing a large source of drought free drinking water.

"We decided that we would purify our water, expand the sea barrier and even have some water left over so that we could refill our groundwater basin and delay indefinitely the need for another ocean outfall (a plume of sewage discharged into the ocean)," Wildermuth says.

PR Problem

Toilet to tap, as GWR is often referred to, is a PR problem because many people are disturbed by the thought of drinking water that came from their toilets. But the water is clean and healthy beyond question. Not only that, it's tasty, as I found out when I drank a glass of it at the end of the tour.

That's because the treatment process involves 4 steps from the time



PHOTO BY MARINKA HORACK

BOTTOMS UP: R4RD President, Merle Moshiri, leads a toast to the groundwater replenishment system at the Orange County Sanitation District.

it is flushed down your toilet to the time it comes back out of your water faucets. The first 3 steps are micro-filtration, reverse osmosis and then treatment with ultra violet light and hydrogen peroxide as a disinfectant.

During microfiltration the sewage water passes through 26 basins containing 608 pipe shaped modules, each of which contain 15,000 straws that form a membrane.

"It's not unlike when you have a soda and a straw," Wildermuth explains, "the soda comes up your straw, but the ice stays in the cup... the holes in the sides of these straws are 300 times smaller than a human hair. So you put a vacuum on top of the straw, with about 10 per square

inches of pressure, and pull all of the water through the straws."

From there, the treated water goes through reverse osmosis; a process that allows only water molecules to pass through another membrane, leaving out minerals, salts, viruses, pharmaceuticals and other pollutants. After that, ultra violet light treatment combined with hydrogen peroxide disinfect the water, removing any trace organics that might have snuck through earlier stages of filtration.

At that point, some minerals are placed back into the water to prevent it from corroding the concrete pipes that it will later pass through. That minerals also improve the water's

taste. The water is ready to drink at that point, but its journey doesn't end there.

The fourth and final step is to inject the treated water into the groundwater basin. That is done either directly along the seawater barrier to prevent salt water intrusion or by allowing the water to percolate down to the underground basin, a process that takes about 6 months but helps to naturally clean the water even more.

Limited Alternatives

To those who are still not thirsty for GWR, Wildermuth says that there are not many viable alternatives for dealing with future water shortages. "We can take water from

farmers and drum beat on them to be more efficient. We can take water out of the ocean. Or we can use ground water. And I think reusing our own water is a good start," he explains.

Wildermuth's audience consists of 16 members of Residents 4 Responsible Desal (R4RD), a Huntington Beach group whose members are opposed to a desalination plant approved by the city but still awaiting approval by the California Coastal Commission. R4RD opposes the facility, which will be built and owned by Poseidon Resources, Inc. and would make up to 50 million gallons of drinkable water from seawater daily, but they are very impressed by GWR. They want to what he thinks of the Poseidon plan.

Wildermuth carefully sidesteps that question, repeating the official OCS line that "we need to diversify our water supply in southern California," and that desalination will part of the future supply mix in areas where groundwater basins don't exist.

But Wildermuth and the official OCS literature point to a publicly owned and different type of desalination plant than Poseidon for the city of Dana Point in south Orange County, which has no groundwater basin source. That form of desalination facility is considered much more environmentally friendly than the Poseidon plant because it would suck in seawater from under the ocean shore rather than through the antiquated cooling system like the one that the AES electric generating plant will provide for Poseidon.

Few critics of Poseidon deny the need for desalination plants when properly designed and built where they are needed. But the local existence of GWR, which officially went online in January, makes it hard to see why Poseidon's project is needed in Huntington Beach.

In short, GWR produces far more water for much less money (triple the quantity at \$525 versus over \$1500 per acre-foot) than Poseidon's desalination plant would. Unlike Poseidon, it would not kill marine life or damage the environment in any way.

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Hurricane Katrina

Global Warming

Continued from Page 14

will increase consumption of energy and create more greenhouse gases. And air conditioning is not always available; especially to the poor, who are the ones most affected by global warming and increased energy costs.

The improper use of pesticides may also expose humans to additional health risks and impact sensitive populations, as experience shows.

Desalination plants consume energy; impact marine ecology and their product is not truly equivalent to natural fresh water.

Increased flooding and drought have no real countermeasures except to reverse the environmental changes that caused them. As in traditional medicine, the old wisdom applies, "An ounce of prevention is better than a pound of cure."

Prevention Works Best

Perhaps, the best public health approach is to apply preventive measures, even in the absence of clear evidence today that some of these predicted adverse conditions of climate change may not actually occur tomorrow.

Let's learn from our past mistakes. Those who advocated waiting until the depletion of the Earth's ozone layer is a clearly proven fact, before taking action, inflicted great damage upon humanity in the form of an increased rate of skin cancer and related economic costs that resulted from society's failure to act.

At the academic level, we must reach out to policy makers in a positive manner based on interdisciplinary cooperation to help them enact wise policy decisions that will affect public health.

But a science based approach alone is not enough to turn facts into effective public policy. In fact, the decisions made by policy makers that result in international treaties will help curtail global warming and its effects.

Our response to global warming must come from personal responsibility as well as public policy, however. We each have a moral obligation to humanity to preserve Earth's ecological systems and conserve its natural resources.

Finally, what would we lose if we reduced personal and societal pollution, regardless of the cause of global warming? Most likely, we will lose some of the negative health impacts of pollution and the huge medical cost they entail.

Wouldn't that be a good enough reason to start cooperating with each other to achieve a cleaner environment and to safeguard our world for future generations?

Possibly, we will have the courage to act wisely in the face of our global challenge. That will be a lasting gain for all humanity.

Named by the Journal of Environmental Health as one of 15 Leaders of Environmental Health, Dr. Amer El-Ahrif is a Professor of Health Sciences and Vice President Emeritus at California State University, Dominguez Hills. Dr. El-Ahrif has a multifaceted interest in environmental and public health that covers scientific, historical and ethical considerations. He is also the recipient of the prestigious Mangold Award for Excellence in Environmental Health. He lives in Huntington Beach.

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Solar Power Saves

Solar power is a wise investment for you & the planet

By **DOUG KORTHOFF**
Special to the OC Voice

All "fossil fuel" comes from the conversion of the sun's light energy into chemical energy by living organisms over millions of years. In that process, called photosynthesis, the sun breaks up carbon dioxide into cellulose and other burnable carbon.

The sunlight is "stored" in this form until it is released, usually by burning—in your car engine, for example, and returned to the atmosphere as carbon dioxide. Thus, the burning of fossil fuels contributes to "man made" global warming.

There is a natural "cosmic carbon cycle" of converting carbon dioxide into plants, which decompose into peat, then into shale oil, coal, petroleum, and, at the deepest wells, natural gas, and then, over the ages, carboniferous rock, which is occasionally returned to the atmosphere via volcanic eruptions.

Burning oil—the fruit of millions of years of sunlight—is not a sustainable energy practice for human civilization (see "Peak Oil", this issue); but living on one year's sunlight each year would be. Simple calculations show that there is more than enough sunlight landing on unused roof space alone to generate all our current electricity needs, as well as replace gasoline as the power source for our cars.

Indeed, solar power dwarfs all other power sources. The American Solar Energy Society ([ases.org](http://www.ases.org)) estimates the total world power demand at 18 tera-Watts (tW), but the sunlight landing on the Earth each day is on the order

of 160,000 tW.

Solar hot water and solar electric are both pollution-free, but vastly different in complexity. Solar hot water involves an entire technology unto itself. For this article, we will focus on solar electric.

Roof-integrated solar panels, also called thin-film, operate at a lower voltage and higher temperature, and are less efficient than silicon panels. Usually, they are mounted flush to the roof, without an air gap, and this generates excess heat. These are much less noticeable, much more aesthetic, but mostly appropriate for use in colder climates where they are more efficient.

Most installations in warmer areas use glassy-looking silicon panels that weigh about 3 pounds per square foot, about the same as a layer of composition tiles. They are mounted with about a 6 inch air gap, so that they run cooler and the building lives under shade.

Solar Electric
The simple "grid-tied" solar system produces DC current which is converted to regular AC current. The solar home is the first recipient of the electricity produced; any excess is exported to the grid via the main panel. When doing so, the meter actually runs backward and credits issued for times when the home needs grid power.

Demand peaks in the daytime and falls at

night. Solar power helps meet this day time peak.

Almost all solar Photo-Voltaic power production systems ("PV") are connected to the electric utility grid. PV produces more electric during daytime periods of peak electric usage, when it's needed most.

Grid-tied PV requires that the grid be working and operates at more efficient higher voltages. This is the simplest and most common PV system.

Usually, battery-backup PV systems are hooked to the grid, but can also power your home in case of grid failure. These systems can also be designed to function entirely "off-grid".

Because the inverter and wiring differ, it's difficult to convert once your system is installed, so you have to choose from the get-go. But for both, there are few feelings more empowering than making your own electrical power for your home.

Both grid-tied and battery-backup PV are required to shut down if the grid goes down, because it might be dangerous for those fixing the electric lines. Battery-backup PV uses batteries to continue powering your home, recharging them on the next sunny day. Both reconnect automatically to the grid when it comes back up.

Before sizing your solar system, it's important to know how much electric you

really need. It is recommended that everyone perform an "Energy Usage Audit", supplied free by utilities.

Solar System to Suit Your Intentions
It's a smart idea to buy a system that can be expanded to meet your future power needs. Buying a slightly bigger inverter than you need and leaving open roof space are two strategies for making expansion easier later on.

Some folks wish to allow for the possibility of purchasing an electric car. If you could buy one and power it from your own electricity, the money not spent on gasoline could pay for your solar system in as little as three years, after which it would be free of cost.

Modern utilities use tiered-rates, which penalizes excess usage over a minimum baseline (typically about 300 kWh per month). Energy usage in excess of the higher tiers can be very expensive. Sizing even a small system to shave off the top tiers can be one consideration, after minimizing usage to try to get as close to baseline as you can.

Regulated utilities are required to offer Time of Use pricing, which values peak electricity use as more expensive than off-peak electricity. Since a solar system generates electricity during peak periods, you can usually get "extra credit" by using this rate structure.

You can now figure out what size system would be required to completely wipe out all your energy usage.

If your target or actual use is 600 kWh per month, that means you will need to produce, on average, 20 kWh per day (600 divided by 30). Using the "sunlight factor", that means

See **GO SOLAR**, Page 10

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Retirement Rollover:

Which Direction from Here?

By **SAM F. WIDA**

In my last article I outlined the main causes for the housing slump and the credit crisis that we have been facing for the past several years. Now we will investigate some practical ways to invest for profit during these hard times.

The main ramifications of the housing slump for people looking for sound investments are two fold: interest rates on many common types of investments are now very low. This makes bank CDs and time deposits very thin and unattractive. And with tight credit, borrowing for everyone, individuals and companies alike, is difficult. This cripples investing in real estate and many other things. The key to investing, therefore, is to look for investments that pay well and can withstand tight lending or that enjoy a good economic environment.

A warning: all investments mentioned here must, of necessity, be general in nature. No investment, even of the highest quality, will be suitable to an individual unless it is tailored to his/her own circumstances with all the risks fully explained.

Here are three things that I have been discussing with my investors.

Buy the dividends of large companies

When money is tight or the economy is weak, it usually works to invest in the shares of large companies that pay good dividends.

Large companies that continually pay dividends generally can withstand hard times relatively well. Their brands are firmly established, their sales diversified, and they consistently make money. They make so much money in fact, that they have surplus cash — the dividends that they pay.

Dividend paying companies don't have to borrow money so tight lending standards don't hurt them. While others struggle, they can maintain their competitive advantage and

even become stronger relative to their competitors. This is a big reason why they are often good investments.

In our present economy, with CD and bank deposit rates so low, the dividends of large companies are attractive. Firms such as Verizon, UST Co. (US Smokeless Tobacco), Altria, Johnson & Johnson and Southern Company (a large utility) all pay dividends that range from 2.5% to 4.5% or more and have paid them out consistently. Many firms can boast a long record of increasing their dividend payout over many years. And, of course, once they qualify, the dividends of these companies are given a special low tax rate.

Among the many companies that pay good dividends are regulated utilities, energy, consumer goods and package goods companies. Banks and finance companies have traditionally paid out large dividends but have been hurt by the recent subprime housing market crash. Pharmaceutical firms are usually good dividend payers but this industry is suffering due to many important drugs losing their patent protection.

Of course, each kind of company faces its own particular problems in our poor economic environment. For example, utility companies usually generate strong cash flow and boast steady share prices. But they buy gas and oil to either distribute directly or to use in the generation of electricity. High energy prices can hurt their profits and crimp their dividends. Packaged goods and general consumer goods companies face the challenge of rising commodity prices. Before you attempt to buy any dividends check with an investment professional.

Look for strong overseas companies

In the United States we are suffering from tight lending, rising commodity prices (particularly food and energy) and slow growth.

Overseas there are companies that face few if any of these problems.

Among the developing nations Brazilian companies are becoming popular with investors. Unlike the United States, Brazil is actually profiting from rising commodity prices (among them soybeans and iron). Moreover, its interest rates are going down while its currency is going up. More than ever before there are strong Brazilian companies making good money and paying dividends.

Looking around the world we can find other potential opportunities. Taiwan is a country that has world class companies, especially in the field of electronics. Many of these firms are highly competitive, make good profits, enjoy excellent economic conditions at home and, in some cases, are not very expensive. Some of them even have very good dividends.

Another factor that makes Taiwanese companies attractive is the rapprochement of the new government of Taiwan with mainland China.

In the last election a government that is seen as more sympathetic to closer ties with mainland has caused prices of some of Taiwan's biggest companies to rise. The hope is that closer ties between Taiwan and China will allow for more opportunities to invest, build and export to the mainland.

Look into buying municipal bonds

One of the unanticipated and, largely unrecognized, consequences of the subprime

housing market slump has been a significant decrease in the price of municipal bonds.

When hedge funds and mutual funds managers must raise cash to pay shareholders who want to redeem their shares, something that has happened a lot over the past year, they are often forced to sell off their best and most creditworthy assets. In many cases this has meant selling off shares of highly rated municipal bonds. Unlike other assets, which may be difficult to value, difficult to sell or of low quality, muni bonds have kept their value.

As the credit quality of so many bonds and other things backed by subprime and Alt A mortgages have declined or just vanished, municipal bonds have been sold off heavily. Fund managers and others don't necessarily want to sell them but they have done so as they have needed to raise large amounts of cash very quickly. As a result, the prices of muni bonds have fallen — quickly.

For taxpayers in the upper tax brackets, with money to invest in taxable accounts, it is possible to find municipal bonds with investment grade ratings that have a current yield of about 4% to 4.5%. For investors in the highest tax brackets this translates to taxable equivalent yield of about 6.5% or better.

Again, check with an investment professional. Buy quality and yield consistent with your needs and ability to tolerate risk. And look to invest in muni bonds through funds, rather than buy them individually. There are so many bonds and it can be difficult to find timely and relevant information on individual issuers. Funds are easier and generally safer.

Sam F. Wida, a local financial and tax advisor, specializes in retirement rollover, financial planning and personal and small business income taxes. Initial consultations are free. Phone: 714-375-0028. Office: 16152 Beach Blvd #271 Huntington Beach.

Eating Green

Saving the earth one mouthful at a time

By **DAVID L. M. PRESTON**
OC Voice Staff Writer

In honor of the *OC Voice's* first "green" issue the food section is going to provide a general overview of local restaurants and markets that have a green tilt to them, rather than a straight review. There's too many to choose from to single it out in one edition, but to start off we provide what we think is a good sampling of the wonderful food available in the area, by businesses that are also earth friendly.

Going green can mean going to greens. Greens as in vegetables. While vegetarianism or veganism isn't for everyone, the fact is the carbon-footprint, on average, of plant-based food production is much less than that of meat and dairy production. Animals such as pigs and cows convert grain into meat with a huge loss of energy transfer. (Think of 100 pounds of wheat and how much bread that can make, as opposed to how much a herd animals needs to eat over its lifetime before a pound of meat is produced.) And this, of course, doesn't factor in processing, packaging and transportation energy usage as costs.

Take a minute and even calculate how you can affect your own carbon-footprint by changing your food purchases and diet with any one of many numerous "carbon calculators" available online. We recommend the very thorough "Food Carbon Footprint Calculator" at www.foodcarbon.co.uk.

Earth friendly vegetarian foods are also packaged and processed, but the intermediary of energy loss (animal feed, and their biological processes making cells that make the meat) is overall much less. Customers can also lower produce transportation costs by buying locally grown products, which are often fresher, healthier and supports local economies. The future trend will be decentralization, for energy production, food production, etc., for our species to affect large-scale climate change, so why not make your own efforts to help...and make it delicious and healthy to boot.

Huntington Beach

Bodhi Tree Vegetarian Café

(Reviewed in the *OC Voice* May 2007 edition.)

The Bodhi Tree is a comfortable venue for a downtown sit-down meal with a Chinese-Vietnamese flair to it's totally veggie food. Dishes are made for every "meat" taste, (seafood, poultry, etc.) without any animal products being used. Soybean-curd's galore, but in a variety of presentations and flavors. Extra yummy with an Asian style. Closed Tuesdays.

501 Main St, Huntington Beach
(714) 969-9500

Good-to-Go

Though a small vegetarian restaurant Good-to-Go, at the former



VEGIN' OUT: A Los Angeles based vegan caterer now delivers refrigerated healthy plant-based meals to Orange County. Each box provides a week's worth of freshly prepared vegan meals. Seventy-five percent of the meals are certified organic. An order of 10 meals is \$100, double order \$180. (310) 574-9405. Photos: Top, Wheat Berry Super Salad; Left, Tomato Basil Presto Soup; Below, Traditional Toboul. - LW



site of the sadly defunct gourmet vegan restaurant Good Mood Food Café (which the *OC Voice* reviewed in June 2007), its founders have big goals. Sheevaun Moran and Darlene Baerg are hoping to make Good-to-Go the first "healthy fast food restaurant chain," according to their mission statement on the restaurant's website (www.goodtogorestaurants.com). The menu ranges from fresh almond milk, fruits and vegetables, Power Green smoothies, Brazil Nut veggie burgers and portabella mushroom pizzas. Though not yet reviewed by the *OC Voice* it sounds wonderful. Drive-through vegetarian food? Intriguing. We wish them luck, and hope they include a bike-through lane.

5930 Warner Ave,
Huntington Beach
(714) 840-6400

Mother's Market & Kitchen

Yes, Trader Joe's is definitely a step up from the Ralph's and the Albertsons of the world, but Mother's Market (with locations in both Huntington Beach and Costa Mesa, nearby; and if you'd like a little jaunt, Irvine and Laguna Woods as

well) is special. With every organic product you can think of, and more than a number that you couldn't, it is the next-best-thing to a Farmer's market. Fresh fruits and vegetables, wholesome cereals and bulk grains and nuts fill the store. It's difficult to know where to begin, and should be visited and experienced for yourself. The Costa Mesa and Huntington Beach stores have wonderful sit-down kitchen/coffee/café shops, to provide a nice oasis for those of us who cringe at even the mention of Starbucks. The market is an underutilized resource for fresher foodstuffs in our area. Remember, less processing, less energy waste.

19770 Beach Blvd.,
Huntington Beach
225 E. 17th St., Costa Mesa
2963 Michelson Drive, Irvine
24165 Paseo de Valencia
Laguna Woods
www.mothersmarket.com

Costa Mesa

Avanti Café

Executive chefs Tanya Fuqua and Mark Cleveland make the helm of this "Flavorfully Organic, Handcrafted

Food" café. Featuring organic dishes such as shittake pesto artichoke pizettes, falafel roasted eggplant, and lemon-oil scented roasted polenta crisps, it's eating healthily with class. It also has extensive tea and wine lists to peruse.

259 E. 17th St., Costa Mesa
(949) 548-2224
www.avantinatural.com

118 Degrees: Raw Food Cuisine

A hip lounge, overviewed by Chef Jenny Ross, that focuses on raw foods (the 118 in the title is the hottest temperature a food can be before it is counted as "cooked" and so is to be avoided) located in the CAMI, it's a nice change of pace if you're tired from fried tofu. From a carbon-footprint point of view, raw foods use even less energy than cooked, though that isn't the main argument for raw foodism. That aside, a large variety of foods are best when uncooked. Chocolate ganache, fresh juice mixes (apple-lemon-ginger juice for example), and a garden tahini roll, (made up of a flax wrap, marinated carrots, zucchini and kale) are some of this restaurant's offerings.

2981 Bristol, Suite B5, Costa Mesa

www.shop118degrees.com

Native Foods

(Reviewed in the *OC Voice* May 2008 edition.)

Just reviewed last month (check it out online!) this restaurant is friendly, soothing and really a wonderful vegetarian-vegan stop. From their "Save-the-chicken" wings to Bali-temph burgers and homemade chai, it's high on the recommendation list. Great spot for families, or to just sit and chat.

2937 Bristol St, Costa Mesa
(714) 751-2151
www.nativefoods.com
www.thecampsite.com

Organic To Go

Have had more than one office lunch catered by Organic To Go, I recommend it highly, though it is not solely vegetarian/vegan, and does have organic meat products. According to its website (it is a growing chain) Organic To Go has outlets in Los Angeles, Seattle, San Diego and here in Orange County. It is more of a caterer than a walk-in place, so might be a good option for your next business lunch. The claim is that it was "...the first, USDA certified organic fast-casual café and corporate catering company?" and that "Each product offered...has been carefully reviewed to meet the company's exacting standards to ensure a pesticide, hormone and chemical free dining experience that will help to ensure the sustainability of our environment for generations." They use locally raised ingredients too. Cheers to that!

695 Town Center Drive,
Costa Mesa
1-800-304-4550
www.organicwego.com

Farmer's Markets

Rather than go out to eat why not cook yourself? And the best way to minimize carbon and energy loads is to buy locally and use locally. Farmer's Markets are a great way to do that, and there are many to choose from. The main for the Costa Mesa / Huntington Beach area is, of course, the Farmer's Market at the OC Fairgrounds. Local producers from all around bring the freshest produce and products, and tend to sell at a very fair price. With rising food prices the growth of these markets should increase, as it cuts out the middle-men of corporate-owned grocery chains. And heck, the food tends to taste better too!

Orange County Fair & Expo Center
88 Fair Dr, Costa Mesa
(714) 573-0374
orange.cfb.com

For other farmer's markets check out these references sites:
www.grainproject.org/markets.htm
www.localharvest.org

Food is Oil

By **OC VOICE STAFF**

Unless you are a hunter-gatherer, most food Americans eat contributes to global warming. A United Nations report concluded that the livestock sector is responsible for 18 percent of global greenhouse gas emissions.

Geophysicists Gidon Eshel and Pamela Martin at the University of Chicago compared

the total greenhouse gas emissions of animal and plant-based diets and found that a person eating a vegetarian diet contributes about 1.5 tons of carbon dioxide equivalents less per year than someone consuming the same number of calories from a typical American diet of 28 percent animal sources.

A meatless diet can reduce your carbon footprint more than switching to a hybrid.

But growing crops that vegetarians eat also has its problems, in large part because of the oil based fertilizers needed to restore crop land that has eroded due to over farming, as well as the fossil fuels used in transporting grain, most

of which is fed to livestock.

"[F]ood is oil," as journalist Richard Manning wrote, in a stomach turning expose in Harper's magazine ("The Oil we eat: Following the food chain back to Iraq, 2004). "Every single calorie we eat is backed by at least a calorie of oil, more like ten. In 1940 the average farm in the United States produced 2.3 calories of food energy for every calorie of fossil energy it used. By 1974 (the last year in which anyone looked closely at this issue), that ratio was 1:1."

If everybody in the world ate like Americans, according to a Cornell University food expert Manning interviewed, the world's fossil fuel

reserves would be gone in 7 years.

Food processing converts still more energy into carbon dioxide. Breakfast cereal, for example, is ground, milled, wetted, dried and baked, then packaged. That requires 4 calories for each calorie of cereal produced. As a whole, food processing in the United States consumes 10 calories of fossil-fuel energy for each calorie of food it produces. Meat production is the worst, taking 35 calories of fossil fuel to make one calorie of beef. It takes 68 calories to make 1 calorie of pork.

JUNE CALENDAR

ART

The ARtery. The LAB, 2930 Bristol St., Costa Mesa. Call 714-966-6660 for program; www.sobeca.net.

15 Minutes of Fame: Artists, poets, musicians, dancers and the like will have 15 minutes on stage to do their thing in the living room every first Wednesday of the month. To sign up, email info@thebab.com or www.sobeca.net.

Fine Arts Gallery. Golden West College, 15744 Golden West St., Huntington Beach. Call for current program. 714-995-8358 or 714-892-7711, ext. 91032; www.gwcfineartsgallery.com. Huntington Beach Art Center. Obsessive Compulsive. Gallery hours Wed. - Sat. 12 p.m. - 6 p.m. Sun. 12 p.m. - 4 p.m. Closed Mon. and Tues. 538 Main St., Huntington Beach. Call for current program. 714-374-1650. http://hbarts.tripod.com/calendar/mar.cfm.htm.

CLUBS

Beachfront 301. Sports in HD all week long and DJ-spin music Fri. and Sat., 9 p.m. 301 Main St., Huntington Beach. 714-4374-3399; www.Beachfront301.com.

Blue Café. Sun. Mike Malone and the Soul Collectors, 2-6 p.m. each Sun. 17208 Pacific Coast Hwy., Huntington Beach. 562-592-1302; www.thebluecafe.com.

Chat Noir. This restaurant's Moulin Rouge bar offers live jazz in an elegant setting. Tues. 6 p.m. - Wed. 7 p.m., Thurs. - Sat. 8 p.m. 655 Antoin Blvd., Costa Mesa. 714-557-6447.

Chronic Cantina. Thurs.: Girls Night Out, with DJs spinning music, go-go love, 9 p.m. Free champagne and appetizers for ladies from 8-10 p.m. 1870 Harbor Blvd., Costa Mesa. 949-646-0227; www.chroniccantina.com.

Club Vegas. Live DJs spin the following: Super Estrella Thursdays, Spanish Rock, Latin House, Reggaeton, English Pop, 9 p.m. Fri. House/Tip Hop/Trance, 9 p.m. Sat. 80s/Hip Hop/Rock, 9 p.m., with stage shows following at 11 p.m. 1901 Newport Blvd., Costa Mesa. 949-548-9500; www.clubvegas.us.

Detroit Bar. Resident Live Music Mondays: Support live music every Mon. No cover. Fri. Dance Music, 10 p.m. 843 W. 19th St., Costa Mesa. 949-642-0600; www.detroitbar.com.

Huntington Beach Beer Co. Breweries and sports events in HD all week long, plus DJ-spin dance music Thurs. - Sun., 9:30 p.m. 201 Main St., Huntington Beach. 714-960-5343; www.hbbeerco.com.

Johnny's Saloon. Mon.: Industry Night, 9 p.m. White Trunks, Wednesdays, 9 p.m. Rock & Roll every Thurs., 9 p.m. 17428 Beach Blvd., Huntington Beach. 714-848-0676.

Kirsch Bar. Sun.: DJ group YouMom, 9 p.m. Mon.: Christopher Hall, Scott Weaver, 9 p.m. Tues.: Dis Eyal and Tim Single Speed, 9 p.m. Wed.: DJ Josh, 9 p.m. Thurs. and Fri.: DJ Hurdette, 9 p.m. Sat.: Dis Edwin and John, 9 p.m. No cover. 891 Baker St., Costa Mesa. 714-546-8580; www.kirschbar.com.

La Cave. Jazz joint in romantic underground setting. Live entertainment Mon.-Sat., performance times vary. 1695 Irvine Ave., Costa Mesa. 949-646-7944; www.lacavecostamesa.com.

Lions Den. This club includes the goy-friendly Butterfly Lounge, featuring karaoke on Wed. and DJ-spin dance tunes on Sat., both at 9 p.m. 719 W. 19th St., Costa Mesa. 949-645-3830 or 949-642-2243; www.butterflylounge.com.

Martini Blues Supper Club. Three rooms of music ranging from acoustic to blues to rock offer something for everyone. 214-5874 Edinger Ave., Huntington Beach. 714-840-2129; www.martiniblues.com.

Memphis Soul Café. Wed.: Definitely Maybe, with DJs mixing Indie British pop, 10 p.m. Thurs.: Souled Out, with DJs mixing soul, 10 p.m. 2920 Bristol St., Costa Mesa. 714-432-7685.

Perqs Nite Club. Relax at the oldest downtown bar in Surf City. Thurs.: Open Jam Nights, 8:30 p.m. Fri. and Sat.: Live rock and blues, 9 p.m. - 2 a.m. 117 Main St., Huntington Beach. 714-960-9996; www.perqs.com.

Pete Malloy's Sunset Grille. Colorful restaurant with live rock and blues for Sun. brunch as well as on Fri. and Sat. nights. Hyatt Regency Resort & Spa, 21500 Pacific Coast Hwy., Huntington Beach. 714-845-4775; Huntington Beach.

Pierce Street Annex. Known for its singles scene and fair drink prices, this popular bar offers music and dancing nightly, 330 E. 17th St., Costa Mesa. 949-646-8500; piercestreetonline.com.

Shark Club. Two dance floors blasted with liquid nitrogen offer double the fun. Thurs.: Friction, a goy-friendly dance night, 9 p.m. Fri.: Linelight, with DJs Johnny O, Chey, and Alpha, 8 p.m. Sat.: The Scene, with DJs, live bands, fashion shows, and other events. 841 Baker St., Costa Mesa. 714-751-6428 or 714-751-4405; www.sharkclub.com.

Surf City Saloon. Free pool every day. Live rock shows Fri. and Sat., 9 p.m. Cost: \$5 cover. 18528 Beach Blvd., Huntington Beach. 714-963-7744.

Tumbleweeds Bar & Grill. Live rock and blues nightly after 8 p.m. Food served until midnight for those late-night musicians. 21094 Beach Blvd., Huntington Beach. 714-960-2776; www.tumbleweedshb.com.

DANCE

Monthly Ballroom Dance. Adults of all ages are invited to a rousing 2nd Fri. of each month at a dance thrown by the Huntington Beach Council on Aging. The event welcomes both singles and couples and features live music, snacks, and beverages. From 7:30-10:30 p.m. Cost: \$5. Rodgers Seniors' Center, 1706 Orange Ave., Huntington Beach. 714-536-9387; www.orca.com.

FARMER'S MARKET/SWAP MEET

Farmer's Market. Help stop global warming by supporting markets that sell food grown locally. Weekly market sponsored by the Orange County Farm Bureau. Thurs. 4 a.m. - 1 p.m., at Lot A at the Orange County Fair & Exposition Center, 88 Fair Dr., Costa Mesa. 714-573-0374; orange.cdfb.com or www.orca.com.

Farmer's Market and Art-A-Faire. You'll find fresh flowers, fruits and vegetables grown right here under the Golden State sun at this weekly open-air market. The accompanying art fair features over 50 vendors selling one-of-a-kind items, from handcrafted jewelry to rugs shaped like surfboards. Every Fri., noon-7 p.m. (except during special events such as the U.S. Open of Surfing and Beach Games). Off Plaza next to the Huntington Beach Pier. 714-573-0374; orange.cdfb.com or www.hbartfaire.com.

Golden West College Swap Meet. New and used items abound. Although the collectibles may be antique, the produce and flowers are always fresh. Every Sat. and Sun., 8 a.m. - 3 p.m. Cost: free admission. Golden West College parking lot, 15744 Golden West St., Huntington Beach. 714-898-7927; www.goldenwestswapmeet.com.

Old World Village Antique Faire. Shop for vintage treasures along the cobblestone streets of Old World Village the third Sat. of each month. 7561 Center Avenue, Huntington Beach. 714-893-1518.

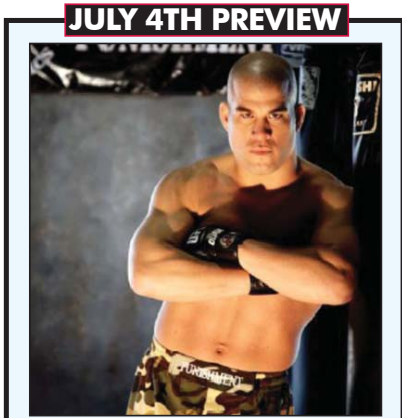
Orange County Marketplace. Full of unique items and bargains, this swap meet is held every Sat. and Sun., 7 a.m. - 4 p.m. Tues.: \$2 admission; kids under 12. Free. Orange County Fair Center, 88 Fair Dr., Costa Mesa. 949-723-6616; www.orangeplacem.com.

Phil's Flea Market. Monthly outdoor antiques market held the third Sat. of each month. 7 a.m. - 3 p.m., in the Gothard St. parking lot at Ocean View High School. A portion of the proceeds goes towards high school's sports programs. Cost: Free. Admission: 17071 Gothard St. (at Warner Ave.), Huntington Beach. 714-893-1518.

Surf City Nights Downtown Street Fair. Main Street is blocked off from cars for this weekly event that features a farmer's market, food booths, sidewalk sales, kids' activities, and live entertainment. The nearby Main Promenade parking garage offers 2 hours of free parking for this event. Every Tues. from 5-9 p.m. on Main St. between Pacific Coast Hwy. and Orange Ave., Huntington Beach. 714-536-5542; www.surfcity-hb.org/announcements/surfcity_nights_information.com

FOURTH OF JULY EVENTS

Fourth of July Parade in Huntington Beach. This 103rd annual parade will march down Main St. from PCH to Yorktown. This is the largest Independence Day parade west of the Mississippi River, featuring more than 300 entries including bands, floats, film and television celebrities, local dignitaries, equestrians and community groups. Parking PCH is closed between Beach Blvd. and Golden West St. between 6 a.m. and approximately 1 p.m. (or until the parade route is cleared). "Staking out" viewing areas is allowed after 7 a.m. on July 3rd. Items must be removed by 2 p.m. On July 4th, Commemorative celebration merchandise and bleacher seat tickets



'BAD BOY' OF H.B.

Tito Ortiz was born January 23, 1975, a Mexican American participant of the sport of mixed martial arts: 'MMA'. Ortiz's career has been within the UFC organization, for over ten years. A former Light-Heavyweight UFC champion, Ortiz is one of the sport's most shining stars. Tito Ortiz has headlined several Pay Per View championship events and appeared on the covers of various magazines, such as Black Belt Magazine, MMA Authority, Ultimate Grappling and Elite Fighter. Along with featured magazine covers, Tito has appeared in many TV shows: most recently "The Celebrity Apprentice." He is highly recognized in the community for his work with charities, fundraisers and annual blood drives. Tito is a strong supporter of the troops in Iraq, with multiple USO tours to visit the men & women fighting for our country. Ortiz is well known, as a respected, charismatic, talented actor, disciplined MMA athlete, fighter and native of Huntington Beach California. Along with fighting in the UFC, acting and supporting the troops, Tito Ortiz owns and runs a successful clothing company in the heart of Huntington Beach: Punishment Athletics! Tito Ortiz is a proud resident of Huntington Beach and continues to increase the revenue for the city with his clothing company: Punishment Athletics, www.punishmentathletics.com

'Bad Boy' of H.B. will ride in Independence Day parade.

are available. Call 714 374-1533. Pier Plaza will also hold an expo in conjunction with the event and a 28 minute fireworks show will begin on the beach after dark.

4th of July at Fred's: Fri. July 4 - 9 a.m. to 12:00 p.m. Bolsa Chica Conservancy at Fred's! A fundraiser for the 4th of July parade at Fred's Mexican Cafe in downtown Huntington Beach. Enjoy second story viewing as the parade rounds the corner up Main Street. Join them for brunch. 100 percent of the proceeds benefit the Bolsa Chica Conservancy's Wetland science education programs, and interpretive center. Cost: \$35/adult; \$15/child 10 and under. Location: Fred's Mexican Cafe at PCH and Main. For tickets: call Turyn at 714 846-1114.

Surf City 5K Run. Kick off the 4th of July with the Surf City Run annually one of the top 3K runs in Southern California join over 3000 of your fellow runners, friends and neighbors celebrate the 4th as only Southern California can. For more information, visit www.surfcityrun.com.

HEALTH

Depression & Bipolar Support. Every Saturday 10 a.m. to 12 noon (patients and family), Huntington Beach Medical Center Hospital, 1772 Beach Blvd., Huntington Beach (between Slater and Talber). Basement cafeteria and Conference Room.

More Depression & Bipolar Support. Family support group. Meets monthly first Saturday of the month 1 p.m. to 3 p.m. (Families only), Huntington Beach Medical Center Hospital, 1772 Beach Blvd., Huntington Beach (between Slater and Talber). Basement cafeteria Conference Room.

MISCELLANEOUS

Elks Bingo Wednesday Matinee. It's your turn to yell "Bingo" over at the Elks

adults, \$1 for kids. 19820 Beach Blvd., Huntington Beach. 714-962-5777; www.hbnews.us/nhouse.html.

MUSIC

Surfing Sundays: Sun. June 22 - 1 p.m. to 4 p.m. Tomorrow Men & Nightly Surf Lads will be performing at the International Surfing Museum located at 411 Olive in Huntington Beach, two blocks up Main St from PCH and between Main and 5th St on Olive. On Sun. June 29 - 1 p.m. to 4 p.m. Revellos will be performing at the International Surfing Museum located at 411 Olive in Huntington Beach, two blocks up Main St from PCH and between Main and 5th St on Olive. It is also the long awaited The Art of Surf Drumming DVD release.

Blues, Brea & BBQ: Sat. June 21 - 5 p.m. to 9 p.m. BrewBakers, 7242 Heil Avenue, the only locally owned self-making micro-brewery in Southern California is offering 'Blues, Brea & BBQ', with the Blues band 'Sportin' Woodies' will perform. Register to win a six-pack of Surf City USA SODA, for which BrewBakers is the creator. Free to attend. For more information contact BrewBakers at 714.596.5506 or click on www.brewbakers1.com.

NATURE

Amigos de Bolsa Chica Tours. Walking tours are stationed on the footbridge and cover a areas of interest: history, birds, endangered species, ecology, and restoration. Cost: Free. Meet at the south lot of the Bolsa Chica Ecological Reserve in Huntington Beach, across the street from the main entrance to Bolsa Chica State Beach. Also available: The Mesa Hiking Tour and the Footbridge/Loop Trail Tour; contact Amigos de Bolsa Chica for schedule info. 714-840-1575; www.amigosdebolsachica.org

Bolsa Chica Conservancy. This non-profit organization promotes the restoration and preservation of the Bolsa Chica Wetlands. The reserve, which extends along the east side of Pacific Coast Hwy. from Warner to Seapoint Aves., is Santa Monica's paradise. Open to the public from sunrise to sunset daily. No bikes or pets are permitted on the trails. Cost: Free. The Interpretive Center is open Tues.-Fri., 10 a.m. - 4 p.m., Sat. 9 a.m. - noon; and Sun., 12:30-3:30 p.m. 3842 Warner Ave. (SE corner of Warner Ave. and Pacific Coast Hwy), Huntington Beach. 714-846-1114; www.bolsachica.org

The Bolsa Chica Land Trust Wetlands and Mesas Tour. On the third Sun. of each month enjoy a guided walking tour presented by the Bolsa Chica Land Trust. 10 a.m. tour lasts 2 hours. Cost: Free. Tour departs from the south parking lot (off Pacific Coast Hwy) of the Bolsa Chica Ecological Reserve in Huntington Beach. 714-964-8170 or 714-846-1001; www.bolsachicalandtrust.org

Save Banning Ranch. The Save Banning Ranch Task Force will host a community forum. July 21, 6:30 p.m. - 9:30 p.m. to tell the other side of the Banning Ranch story and give residents a venue to freely voice their concerns. Wetland conservationists and the concerned Citizens Against Increased Traffic will be present. 1845 Park Ave., Costa Mesa. Tel: 714 845-0746 or E-mail: Christopherh@yohoo.com.

Shipley Nature Center. Situated within Huntington Central Park, this 18-acre natural area is a sanctuary for local wildlife and a haven for nature-friendly humans. Spring Festival, Saturday, April 26, 9 a.m. to 2 p.m. Annual Spring Festival at Shipley Nature Center in Central Park will feature a Maypole celebration, Blue Grass Band, food, plant and boutique items for sale and booths from throughout Huntington Beach. Open to the public. For more info, call 714-842-4772. Location: 17829 Golden West Street. The center is open Mon.-Sat., 9 a.m. - 1 p.m. 17829 Golden West St., Huntington Beach. 714-842-4772 or 714-960-8895; www.shipleynature.org

Zero In On Zero Waste: Premier Business Conference 3rd Annual 'Zero In On Zero Waste: Don't let your bottom line go to waste.' Thurs. June 26 at the Ford Motor Company in Irvine. 8 a.m. - 5:30 p.m. Over 200 business professionals and governmental officials from all over the State of California will gather to work out solutions to avoid wasting resources while improving their 'bottom line.' 1 Premier Place, Irvine. This is not cheap. For pricing and list of speakers go to: http://earthsource.org/zerowaste/OC08/zerowaste-registration.html

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Diego Sepulveda Adobe Estancia. A tiny portion remains of the original adobe that missionaries built circa 1820 as a way-station for herd-leading vaqueros. Later the home of Don Diego Sepulveda, this California historical landmark is maintained by the Costa Mesa Historical Society. Open on the first and third Sat. of each month, noon-4 p.m., or by appointment. 1900 Adams Ave., Costa Mesa. 949-631-5918; www.costamesahistorical.org.

Discovery Science Center. A great and fun place to take the kids and yourself to learn about science while enjoying a picnic it with hands on. 2500 North Main St. Santa Ana. 714-542-2823. www.discoverycube.org.

International Surfing Museum. Immerse yourself in the movies, board, and memorabilia of an endless summer. Open Thurs.-Mon., 12-5 p.m. 411 Olive Ave., Huntington Beach. 714-960-3483; www.surfingmuseum.org

Newland House Museum. Maintained by the Huntington Beach Historical Society, this charming landmark, built in 1898, is a well-preserved residence. This is the site of the Huntington Beach. Open Sat. and Sun. (except on holidays and rainy days), noon-4 p.m. Cost: \$2 for

made easy through the website, www.oblazez.com. You choose the distance, be it 1 to 500 feet swims and like distances of 10, 25, 50 or 112 miles. Location: Huntington Beach Pier 6th Street Parking Lot, Huntington Beach Pier. For more info, call: 714-965-3038 or www.oblazez.com

Card Bingo. Sat. June 14 - 11:00 a.m. Sponsored by the Women of Action, the women's division of the Huntington Beach Chamber of Commerce, with lunch being served at 12 noon. The Card Bingo will be held at The Huntington Terrace, 18800 Florida Street, Huntington Beach. The event will also feature a close out book sale. Donations of \$5 are accepted with proceeds going to benefit the Women of Action various charitable endeavors. For more information, call the Huntington Beach Chamber of Commerce at 714 536-8888.

Disc Frisbee Golf. Whether you're a seasoned pro or a novice, you'll have a blast competing in this innovative sport, which is also called Frisbee golf. Amateur League is held every Wed. afternoon at a handicap course; two-round tournaments are held the first Sat. of each month at 10 a.m., all divisions invited. Cost: \$1-\$2.50; kids under 16 play free. www.casfchic.org Disc Golf Course, Huntington Central Park lot off Golden West St. between Talbert and Ellis Aves.

58th Annual Huntington Beach Pier Swim. June 14 - 8 a.m. The event is affordable, fun, and offers prizes in first through third place with trophy awards will be made to each division. You should be able to swim approximately half a mile around the pier during the event to compete and wetsuits aren't permitted. Entrants must be at least 12 years of age. A special Gene Biele Memorial Prepartus Trophy is awarded to the top team. Award based on top affiliated finishers in any division its subcommittee. Location: Pacific Coast Highway at Main Street. Time: Sign up and late entries on the beach from 8 a.m. to 8:30 a.m. only. For more info call City of Huntington Beach Community Services Department (714) 536-5281. Cost: \$17 prerogative without T-shirt; \$13 prerogative without T-shirt. www.surfcity-hb.org

HB Relay for Life. Sat. June 21 - 24 hour relay to raise money for the American Cancer Society Fight Against Cancer. Location: Oceanview High School, Warner & Gothard. Form a team. Join a team. Get involved. See www.events.cancer.org/huntingtonbeachca for more info.

Weiner National Dachshund Races. Sun. 15 - 2 p.m. The Annual Dachshund races are lively entertainment. The public can register their dachshunds to race. The proceeds go to stand at the end of the gated track each dog is placed into and cajole their pet to run. You the track is fairly short so the run is not strenuous for most pets. Location: Old World Village, 7561 Center Ave., Huntington Beach. Cost: \$1 admission to watch. Fri., 10 a.m. - 5 p.m. 898-5111. www.wienerdogstore.com

THEATER

Costa Mesa Playhouse: 6611 Hamilton Street, Costa Mesa. Call 949-650-5269 or go to the web site at http://www.costamesaplayhouse.org for latest program.

South Coast Repertory: 655 Town Center Dr., Costa Mesa. Call for latest program. 714-708-5549; www.scr.org

Huntington Beach Playhouse: Huntington Beach Central Park, 17111 Talbert Ave., between Golden West and Gothard. Call for latest program 714-735-0676. www.hbhpc.com

Surfing Theater: Thurs. June 12 - 7:00 p.m. & 9:00 p.m. Big Red Productions presents a surfing film for families to enjoy. At only \$3 per person, this event is a must for family and youth entertainment. Giveaways such as surf gear and surfing items, raffles and sometimes live entertainment by surfing bands are presented on this special surf theater night. Location: Regency Charter Center Cinemas, 7822 Warner Avenue. For more info, call the theater line: (714) 596-3456. Sponsorships are welcome: (714) 842-4338 - Leslie or Carlos.

VOLUNTEERING

Bolsa Chica Awareness Day. Help raise public awareness about the importance of the Bolsa Chica Wetlands to our community by rolling up your sleeves and helping the staff remove trash and non-native plant species. Meet on the last Sat. of each month 9 a.m. - noon, at 3842 Warner Ave., Huntington Beach. This includes Friends of the Children's Library, Friends of the Library and Gift Shop, the Genealogy Society, the HB Art League, the HB Playhouse, and Literacy Volunteers. For more info, visit the central library at 7111 Talbert Ave., Huntington Beach, or one of its neighborhood branches: 714-842-4481; www.hbpl.org

Orange County Public Library - Costa Mesa. Volunteers are needed to help with daily branch operations and with fundraising activities. This is not a race, it is an event to raise money and awareness. There is no entry fee. All it takes to participate is a donation

Jewelry by Janet

I refurbish vintage jewelry and repair broken jewelry

Private viewing available

(714) 842-5156

Eat Locally Grown Food

Picking the right farmers markets in Orange County

By **SCOTT SINK**
OC Voice Staff Writer

A stroll through your local produce section will take you on a tour of crops shipped in from the five continents.

Even markets known for selling organic and environmentally-friendly products routinely sell food flown in from overseas. The current food system depends on an abundance of fossil fuel to ship produce long distances.

Even produce grown in the USA can come from the other side of the continent. One wonders if the produce from México traveled less mileage.

What truly local agriculture exists in the Orange Coast in 2008?

During the last generation's real estate boom, the landscape became a crowded constellation of city lights clinging to the rolling hills. A virtually contiguous megalopolis spanning from Santa Mónica to Tijuana unleashed a tidal wave of eastward development deep into the Inland Empire.

Local farmers found themselves penned in by malls and condominiums. They eventually sold their final crop, the land itself.

Meanwhile, cheap food imports from overseas flooded an increasingly global market. We have become a massive suburban people surviving off of trucked-in food produced somewhere far, far away.

Nevertheless, a few alternative models have sprouted up amidst the cracks in the concrete.

For example, Community Supported Agriculture (CSA) programs allow customers to buy a membership in exchange for weekly baskets of groceries dropped off at a local pick-up spot. At least two certified organic farms supply food to our area. South Coast Farms in San Juan Capistrano and Morning Song Farm in Rainbow (near Temecula) are probably the closest such farms to your neighborhood.

Of course, food grown at your house or your neighbor's house is even closer, but probably not on the same scale.

CSA members exchange reusable baskets during their weekly pick-up, avoiding the disposable, single-use shopping bags. Farmers fill up the baskets with a variety of crops, changing the menu with the seasons.

Instead of traveling to multiple markets to sell the produce, small farmers can more easily drop off the baskets at designated pick-up sites. These farmers can avoid the waste of left-over produce associated with unpredictable markets, since they can better plan how much of each crop will be needed.

A CSA customer, who identified himself as Gary, says he lives in San Clemente, but picks



up his basket in Costa Mesa because it works out better with his commute. "Going organic and going natural is more expensive," but the quality is better and "it's nice to support local farmers."

The Old Vine Café and the Avanti Café, both in Costa Mesa, facilitate these pick-ups, and use this food in their dishes.

Mark Cleveland, holistic chef and co-owner of the Avanti Café, says he buys most of his produce from South Coast Farms to make the restaurant "as organic as possible," using only organic eggs, milks, flours, and seeds. The café tries to minimize single use products by using silverware for dining-in guests and biodegradable cups and food containers for take-out orders. Additionally, the coffee is Fair Trade, organic and locally roasted (in Irvine). Cleveland urges consumers to "vote with their dollars to make their world a better place."

The Orange County Agricultural Commission certifies the Farmers' Markets, inspecting the fields to verify that they are selling the same crops they planted. The website shows a full listing of the certified Farmers' Markets in the county.

The Orange County Farm Bureau (OCFB) is part of a national organization which advocates for farmers and facilitates Farmers' Markets. Kathy Nakase of the OCFB recommends buying food "directly from the farmer. There's no middle person." Consumers can direct any questions about the produce face-to-face with

the farmer that grew it. Additionally, produce "stays on the vine longer, is vine-ripened," and is undoubtedly fresher than food shipped in from afar.

CSA's In Your Neighborhood

Morning Song Farm (CCOF certified organic)
www.morningsongfarm.com
donna@morningsongfarm.com
2120 Rainbow Glen Road, Rainbow, CA 92028
(760)731-9566, fax (949)361-1668

Place: Old Vine Café, 714 545-1411
Delivery: 5p.m. Wednesdays in The Camp Organic Center at Baker and Bristol St., Costa Mesa
Address: 2937 Bristol St., Suite A-102, Costa Mesa, 92626.

Place: The Road Less Traveled
Contact: Delilah
Phone: 714-836-8727
Delivery: After 3p.m. on Wed. Near 5 Fwy.
Address: 2202 1/2 N. Main St., Santa Ana, 92706.

South Coast Farms (Certified Organic):

www.southcoastfarms.com.
Place: Farmstand
Contact: 949-661-9381
Address: 32701 Alipaz St. San Juan Capistrano, CA 92675
Hours: Mon. - Sat. 9am - 5 p.m. Sun. 9 a.m. - 4 p.m.

Place: Avanti Café
Contact: 949-548-2224
www.avantinatural.com
AvantiCafeOC@aol.com
Address: 259 E. 17th St. Costa Mesa, CA 92627
Delivery: Thursdays after 3 p.m.

Certified Farmers' Markets in Your Neighborhood

OC Farm Bureau Sponsored Certified Farmers' Markets: www.orange.cf.bf.com

Place: Costa Mesa, OC Fairgrounds
88 Fair Drive
When: Thurs. 9 a.m. - 1 p.m. (rain or shine)
Manager: Trish Harrison

Place: Huntington Beach, Pier Plaza, Main St. and PCH (next to the pier)
When: Fri. 1 p.m. - 5 p.m. (rain or shine)

Place: Irvine, Irvine Center on Bridge and Campus (across from UCI)
When: 8 a.m. - 12 p.m. (rain or shine)
Manager: Trish Harrison

Place: Laguna Beach Lumburyard parking lot (by City Hall)
When: Sat. 8 a.m. - 11 a.m. (rain or shine)
Manager: Jennifer Griffiths

Certified Farmers Markets:

www.ocagcomm.com

Place: Costa Mesa, CAMP Farm and Art Market, 2937 S. Bristol (near Baker)
When: Sun. 9 a.m. - 1 p.m.
Manager: Lara Montagne: 949 533-8617

Place: Garden Grove International CFM, Main Street and Garden Grove Blvd.
When: Sun. 12 p.m. - 4 p.m.
Manager: Roland Chi, 714 889-8880

Place: Laguna Beach CFM Lumburyard parking lot (next to City Hall)
When: Sat. 8 a.m. - 12 p.m.
Manager: Jennifer Griffiths, 714 573-0374

Place: Los Alamitos St. Isador's CFM, Katella and Pine
When: 3 p.m. - 7 p.m.
Manager: Marty Thompson

Place: Fullerton CFM, Woodcrest Park, Orangeflora and Richman
When: 8 a.m. - 1 p.m.
Manager: Mona Amroon, 714 871-5304

Place: Fullerton Market CFM 301 N. Pomona

Food Growing on Your Street

Place: Your home or location near you.
When: All day, every day, rain or shine
Contact: Yourself, neighbors: www.grainproject.org, www.foodnotlaws.com

Green Honor Roll

HILTON WATERFRONT
21100 Pacific Coast Highway
Huntington Beach

GREEN INITIATIVES CURRENTLY BEING PRACTICED:

- Formed a green committee comprised of individuals representing all the departments on property. Committee initiates, implements and supports eco friendly practices.
- Encourage linen / terry reuseage program in guest rooms.
- Discontinued the use of cut flowers in rooms service and replaced with cut herbs.
- Laundry vendor is LEED certified.
- Replaced odor control products with non-toxic & biodegradable product.
- Housekeeping uses all micro fiber cleaning cloths.
- Added Eco Towels to guest room toiletries.
- Partnered with local waste disposal company to recycle our glass, plastic, aluminum,



PHOTO BY JOHN EARL

paper, cardboard & newspapers. Blue recycle bins are housed on loading dock.

- All lights & PC's are powered off at end of work day.
- Parking garage lighting has been replaced with energy efficient fluorescent lighting.

- Vending area lighting has been replaced with energy efficient fluorescent lighting.
- Give guest the option of paper or plastic keys.
- Created Hilton dog beds out of damaged duvets.

- Provide Bio Dog Bags for Dog Waste.
- Encourage all departments to print double sided when possible.
- Only serve drinking water upon request through Never Leave Your Room Service.
- Use Safari Cart in place of Dodge van for guest transports short distances.
- Recycle guest promo/pkg coupons.
- Internals reports & memos are emailed vs. printed.
- To go bags & containers are made out of recycled material.
- Donate damaged linen & terry to charitable organizations.
- Joined EPA's Energy Star program.
- Installed low flow (1.6 gallon) toilets on guestrooms.
- Replaced older equipment (Engineering plant) with new energy efficient models.
- Irrigate in the early morning hours.
- Electronic waste is processed and recycled through Global NIS, a certified process center that converts the waste into separate streams of product constituents.

Saving Trestles

A broad coalition of activists saved San Onofre State Park—for now

By **SERGE DEDINA**
Special to the OC Voice

“Abelita,” the eager groom asked his gray-haired grandmother as they saw around the campfire at San Mateo Campground after a long day surfing a late-season southern hemi at Uppers. “Tell me again about how you saved Trestles. Tell me about Big Wednesday.”

The abuelita smiled. She could still see the thousands of people at Wyland Hall. Still feel the tug of the hand of her youngest daughter as they watched the crowd with awe. She could still hear the excited voices and screams of joy as the Coastal Commissioners overwhelmingly voted to protect San Onofre State Beach Park and Trestles. It was one of the best days of her long and joy-filled life.

In the annals of surfing history, there has never been another day quite like Feb. 6, 2008. That is the day when more than 3,000 surfing pioneers, media celebrities, politicians, bureaucrats, biologists, bird-lovers, Native Americans, surf-moms, grommets, pro-surfers, surf industry CEOs and abuelitas from East L.A. Came together at Wyland Hall at the Del Mar Fairgrounds to stop what Mark Massara, the Sierra Club’s Coastal Program Director, calls “the devil child of all coastal development projects.”

Massara was referring to the plan by the Transportation Corridor Agencies (TCA) to build a toll road that he said, “would have destroyed San Onofre State Park, Trestles, Native American sacred sites, a public campground, a wildlife conservation refuge, an entire watershed, creek, wetlands and a dozen endangered species.”

The decisive rejection on Feb. 6 by the California Coastal Commission (8-2) of the proposed 241 toll road was one of the most significant events in the history of the California environmental movement. The more than 3,000 people who assembled to defend Trestles made up the largest crowd in the history of Coastal



PHOTO BY JOHN EARL

TRESTLES: The symbol for one of the world’s best surfing spots.

Commission hearings.

During what the media called the “Woodstock of the surf movement,” you could feel, “the energy in the air—a booming resonance of civic duty,” said Stefanie Sekich, Surfriider’s Save Trestles Campaign Coordinator. “Seeing thousands of people come together in an orderly, positive fashion made me feel hopeful for the future.”

At 11:20 p.m., when the Coastal

Commissioners voted to stop the toll road, it was “a cathartic moment of validation,” wrote Surfriider’s Matt McCain.

Although the Save Trestles battle is not over, it’s critical to learn from the victory in Del Mar to help preserve other endangered waves in California and throughout the world.

Surfers Can’t Fight Alone

While the Surfriider Foundation did a brilliant job of mobilizing the masses and creating the

coolest marketing campaign in the history of the environmental movement (kudos to Surfriider’s CEO Jim Moriarty, and to Matt McClain, its marketing and communications director), the Save Trestles coalition included the best and the brightest of California’s environmental community—most of whom can’t tell a left from a right, a mushburger from a barrel, or a beachbreak from a reef.

The Sierra Club, through the Friends of the Foothills alliance, used the best tactics of grassroots organizing and direct mail to get the public to take action and organize key advocacy trips to Sacramento for grassroots campaigners (including myself). The Natural Resources Defense Council, Endangered Habitats League, San Onofre Foundation, WILD COAST, California Coastal Protection Network, California State Parks Foundation, The City Project and a host of other organizations and consultants also provided the political, legal and organizing savvy to help convince the Coastal Commission to derail the toll road. This was a sophisticated environmental coalition and campaign I have seen.

The biggest lesson from Del Mar is that surfers cannot fight coastal battles on their own. To save other endangered waves we have to build strong teams that include birdwatchers, biologists and lawyers. We have to connect endangered waves to the communities who cherish the watersheds that gave them life. Most importantly, we have to do what Surfriider’s McClain calls “building our army one person at a time.”

Pro Surfing is About Leadership

With the exception of mountain climbing and river kayaking, there is no other professional sport as dependent on natural ecosystems as surfing. No reef, no Pipe, No shoreline, no J-Bay. No watershed, no Trestles. Which means that more than any other groups of professional athletes, surfers have an obligation to defend the surf breaks that make their livelihoods possible from being destroyed.

See **SOLIDARITY**, Page 11

How to Go Solar & \$ave

What to look for when installing solar power in your home.

Continued from Page 6

your system will have to be 4 kW (20 divided by 5.0 is 4 kW). This will produce as much energy as your projected use; but beware, if your actual use jumps, you will need a bigger system.

A smaller system can be leveraged to zero-out your electric bill if TOU is available and if your system produces a surplus in the peak period. For example, using TOU, daytime peak production of 20 kWh might give you credit for night-time off-peak consumption of 60 kWh. In this way, one typical 4.2 kW system makes enough daytime electric credits for off-peak charging of a Toyota RAV4-EV for driving up to 20,000 miles per year plus domestic electric.

How to find a solar contractor

1. American Solar Energy Society maintains a list of somewhat verified solar installers on <http://FindSolar.Com/>

2. California, through the Energy Commission, lists all solar installers: <http://www.ConsumErenergyCenter.org/erprebate/database/fulllist.php>

3. Word-of-mouth, knowing someone who already has installed a solar electric system.

4. Other ways: research, city information, solar tours, casual installers and loose talk.

Evaluating the Bids

The Solar business is a construction trade, even though it has a sort of “green halo.” A lot of things you’re going to be dealing with are hard-headed contract facts, and watching out for your pocketbook.

The cost of solar is pretty constant. A good solar installer can give you a bid over the

phone, judging by the roof configuration and shading shown on Google Earth.

The current “ball park figure” for installing small solar systems is \$9/Watt, or \$9,000 per kW. This can vary from \$8 to perhaps \$10, but there should be a good explanation for any such divergence. This is the number before any rebate and before any projected tax rebates or credits, and should use the real, PTC, CEC number for system size.

Make sure that you compare bids using the same numbers.

Imagine what the system will look like, and imagine living with it. Will it be easy to access the inverter, to make sure it’s still working, and to read the (usual) display of daily actual production? Do you want the system to be visible from the street? Go through a mental analog of the installation process, and make sure you’re comfortable with answers to all questions.

Nine Ways Solar Power Saves You Money

1. Payments on the solar system, the amortized cost of going-solar, should be less than the equivalent energy from the electric utility company.

2. You are ahead from the start due to the rebate and tax credit.

3. If you finance through a home-equity loan, the interest is deductible.

4. You save after-tax dollars formerly given to SCE, freeing up to 1.4 times that amount in pre-tax income for contributions to 401K, etc.

5. As electric goes up in price, you are protected; your cost stays whatever it was paid.

6. Your money goes into hardware on your roof, not to pay for burning fuel at some faraway place.

7. Solar protects your roof, and cools while generating juice (you basically live under the shade of a 3” gap under the panels).

8. With optional battery backup, you protect against brownouts and blackouts in service.

9. Each solar system relieves the pressure on the grid, lowering wear on the transformer serving your home and your neighbors too. Solar produces energy when and where needed, lowering the need for high-voltage transmission lines and decreasing peak demand and the need for new power plants.

10) Oh, yes, and solar power is the future.

Obstacles to Solar

1. Utilities seem to have mixed feelings. Solar helps them meet peak demand but also

decreases their power and revenue, since many solar customers drop right off the billing system at the same time that they gain control of a small part of the generating plant. Utilities like to remain a monopoly, not give up their power to the homeowner.

2. Cities and Building dept. often block and stymie solar, for unknown reasons.

3. Regulators and unions don’t always like solar, because it empowers the individual and lowers the need for power plant and line maintenance jobs.

4. Regulators demand that the system be placed to achieve maximum predicted performance, occupying usually the highest part of the roof next to the crown.

5. Fire Dept. has an antipathy toward solar, and is now requiring that solar only use a smaller portion of the roof away from the crown, conflicting with regulators’ demands for maximum performance.

6. Solar rights law (Civil Code Sect. 714) states that no one can object to solar for “frivolous” reasons of appearance, but there are virtually no penalties for cities which not to abide by it. In practice, harmonious installation is best. It’s always better to get your neighbors to agree to the installation beforehand, so that everyone’s happy.

Most neighbors are tickled by the fact that your system will be powering their home during the day when it produces excess energy, and all homeowner associations have guidelines for installation of solar panels. After all, you are putting up a sizeable chunk of your money plus your private property for the public good, even if it does make you money in the long run.



PV Solar Panel Roof

Solidarity Saved Trestles

Continued from Page 10

During the Save Trestles Campaign, a large group of surfing professionals for the first time in such a big way, stepped up to the plate and defended a surf spot from development. Pat O'Connell was the first on board from the beginning, lending his time and cheerful personality to the cause. Taylor Knox also helped Surfrider lobby hard for Trestles in the early going.

As I walked into the Del Mar "pit" just outside Wyland Hall on Big Wednesday, I felt like I was at the ASR or the Waterman's Ball. Greg and Rusty Long walked up with their dad Steve, the San Onofre State Park Superintendent and founder of the San Onofre Foundation. The Hobgood brothers signed autographs for eager groms. P.T. Wandered in and out of the crowd. Evan Slater surveyed the scene. Surfing pioneers Mickey Munoz and Woody Eckstrom wandered around greeting longtime friends and fans alike. Inside the arena, surfing statesmen Shaun Thompson planted himself directly in front of the Commission it did the right thing.

While the graceful athletic surfing of Rusty, Greg, Damien, C.J. Pat, Taylor, Shaun and their colleagues inspires me, I am even more thrilled by their noble act of leadership. With more groms than ever dreaming of life in the pro surfing fast lane, those in the WCT and those retired from it need to mentor future pros in the art of giving back to our sport.

Localism is Dead

I was a little worried when I was first invited to be part of the Save Trestles Coalition. I imagined that the hard core Uppers and Lowerers crews might not be too happy about an I.B. Local speaking out publicly about preserving their treasured spot. Instead the opposite was true.

The toll road threat created a steadfast community of longtime locals and California surfers alike who recognize what a special place Trestles is whether they surf it everyday or just a few times a year like I do. More important, when I walk down that trail with my two groms during what for them are epic surf pilgrimages (my youngest son

Daniel celebrated his tenth birthday this past January with a trip to Uppers with his older brother and two best friends), I see more smiles, talk more story and watch more wildlife than at any other spot I surf in Southern California.

On any given day in San Onofre State Beach Park you can talk quad design with Chinese-American surfers from Irvine, admire the grace of local multi-cultural cross-country high school running teams traversing the park's trails, marvel at the prowess of some of the world's best Chicano surfers, and listen to conversations "in about four different languages" according to pat Zabrocki.

At the commission hearing, Los Angeles civil rights and environmental attorney Robert Garcia and Acjachemen activist Rebecca Robles and other Native American leaders provided a moving and passionate defense of San Onofre as a critical site for providing access to open space and recreational resources for underserved communities. The San Mateo Creek watershed is actually Panhe, a key Acjachemen religious, historical and ceremonial site.

The involvement of Chicano, African American, Asian-Pacific Islander and Native American organizations in the Save Trestles movement only underscores the need for the surf industry and surfers to expand our efforts to reach out to underserved communities and people of color. This is not just an issue of tactics and strategy, but a moral and ethical imperative that will help us reclaim the heart and soul of surfing.

The Surfing Industry—Presente!

The multi-billion dollar surf industry is relatively young and just starting to flex its political muscles (please note that WILD COAST receives financial support from a number of companies and the SIMA Environmental Fund). The surf industry was an active participant in the

Save Trestles campaign and was out in full-force in Del Mar.

The surf industry made its presence well known throughout Big Wednesday, from the morning arrival of the logged-busses and vans, to Rusty and Firewire throwing in product for the lunchtime rally. During the midday break, I greeted a lunch table of surf industry veterans—Paul Naude of Billabong, Sean Smith of SIMA, Dick Baker of OP, Gary Ward of Ocean Minded and Bob Mignogna, a SIMA Environmental Fund board member. Later in the afternoon, Baker spoke to the Commission about the economic value of Trestles and the surfing industry to the economy of California.

The surf media also played a critical role in building up the Save Trestles Movement and keeping people informed about latest developments. Just before the commission hearing, Surfrider posted before-and-after Toll Road images on Surfline and Surfermag.com. They hit the surfing world like a bomb. The visual impact of these devastating photos helped convince the surf community what was at stake and the need to attend the meeting.

Surf industry and media involvement in the Save Trestles campaign is a very positive and welcome sign for the future of the coastal protection movement in California and worldwide.

"The whole Trestles event and hearing made it very clear that the industry as a whole realizes environmental battles are not just about writing a check or getting others involved—although we and others still need to do this. This is a collective effort and everyone needs to get and stay involved," said SUM Executive Director Sean Smith. "That day was not just about an individual brand or company. We were all there to make sure that Trestles didn't get plowed over by a toll road."

Real Surfers Can be Politicians Too

During the afternoon of Big Wednesday, meeting attendees were treated to a political spectacle as hypocritical and fake as an oil lobbyist telling you that electric cars are worth buying.

"The TCA loaded the dais with various Orange County city councilmen and women, most of whom conveniently sit on the TCA board," said Matt McClain in a Surfline article. "In a mind-numbing marathon-like drone that could only be compared to a congressional filibuster, the officials spoke... and spoke...and spoke, repeating one another's tired party line ad nauseam. Sitting in the crowd, you could literally see the commissioners' eyes glazing over."

Our communities can no longer afford to be represented by blow-dried kooks who call themselves surfers to just impress a few members of the Anaheim Lions Club or Vista Chamber of Commerce. We need real surfers—men and women who live and breathe for the taste of saltwater and the thrill of a new double-overhead northwest swell—to run for office. But they have to be the kind of individuals who understand that being a surfer is first and foremost always about riding and preserving waves.

My first choice for a surfer who needs to run for office is Surfrider activist Brian Alper, the John "die Hard" McClane of the Save Trestles campaign. Brian is a feisty, non-stop, and articulate Trestles defender and ambassador. Unless real surfers like Brian get involved in politics, we'll continue to risk having poseurs represent us as they do now. Did anyone else notice that south San Diego County Congressperson Susan Davis, a non surfer, heroically defended Trestles, but north San Diego Congressperson Brian Bilbray, a self proclaimed surfer, was a no-show? Being a real surfer means defending your spot against development and ruination—whatever the cost. Surf free or die.

Serge Dedina is Executive Director of WILD COAST at www.wildcoast.net. This article was originally published in *Surfshot* magazine.

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YOUR LIVING TRUST: It is not Wonder Bread!

By John M. Maag

Swimming in the huge Verdugo Plunge. Watching *The Blob* and *The Thing* at the Temple Theater. Running for fly balls on blacktop schoolyards. Glendale was a fun place to live in the 1950's.

I often find myself daydreaming about my boyhood past. It happened recently when I was shopping at Albertson's and saw a loaf of Wonder Bread. I immediately recognized the white plastic cover with red, blue and yellow spots. My mother used Wonder Bread—some 50 years ago—to make fried-egg sandwiches on Sunday mornings. Albertson's was selling the 24 ounce loaf for \$3.69 (wow, this quickly woke me up!), so I decided to go across the street to Vons. It was a good decision because I found the same Wonder Bread at a reduced price (20 cents cheaper at Vons).

On July 19, 2007, in Garden Grove, the Continuing Education of The Bar presented a lecture on *Estate Planning Scams, Botched Trusts and Other Disasters*. Being a professional trustee, trust consultant, and probate court researcher, I attended this event with great interest. Southern California—home of the aging Wonder Bread connoisseurs—is now the hotbed of costly trust problems. Family trust disputes, for example, often generate \$100,000 to \$200,000 in attorney litigation fees!

How in the world, you may be asking yourself, can trust problems, daydreaming and shopping for Wonder Bread be related? Perhaps this author watched too many horror films at the Temple Theater!

When I was at Vons and Albertson's, I was comparing the price of the same exact product (Wonder Bread). The product's color, weight and ingredients (a scary list!) were identical at each store. Therefore, buying the bread at Vons for 20 cents less was a "no brainer." Now, consider the thousands of trust bargain shoppers who—while daydreaming about all trusts being alike—purchased a trust based on price alone. **Buying trusts and groceries in the same way is the leading cause of today's trust problems!**

Every trust is a unique consumer product that has a degree of quality ranging from good to poor—depending on the skill and knowledge of the preparer. Unfortunately, the majority of boilerplate trusts are "user unfriendly" because the preparers have obtained little or no experience as trustees. Also, there are many different types of trust designs, some of which have problematic histories. It is these variables (quality and design) that make trust shopping as dangerous as diving into the new Verdugo Plunge, which is an asphalt parking lot!

If you buy a \$10,000 trust in Newport Beach, will it be better than a \$2,000 trust available in Santa Ana? The answer maybe be no! The design of the \$10,000 trust, for example, might be inappropriate for your assets or family situation. Also, the \$10,000 trust could require years of costly—and unexpected—postmortem (after-death) management. Wealthy trust purchasers, unlike bargain shoppers, often fall victim to their own "pay more and get more" attitudes. They incoherently believe that the quality of a trust increases with the price. As Shakespeare wisely wrote, "All that glistens is not gold."

The "bottom line" for current and want-to-be trust holders is the same: **get real and get educated!** For starters, a few visits to the Lamoreaux Justice Center in the City of Orange could prove to be invaluable. The Probate Court Office has thousands of cases on file involving trusts problems! At no cost (your tax dollars at work), you can easily use the public computers to view—and learn from—these court cases. This type of "street-wise" knowledge will help you detect many common trust flaws and evaluate trust designs before (timing is everything!) a death or disability occurs.

Woody Allen once said, "I don't fear death. I just don't want to be there when it happens!" Despite your fears or dislikes, you must become proactive to protect your property, privacy and intentions. Otherwise, as an uninformed spouse (or heir), you can easily become the next victim of an estate planning scam, botched trust or other disaster!



Since 1981, John M. Maag has operated Estate Conservation, Inc., in Huntington Beach. The firm specializes in researching trust problems (www.estateconservation.com). John is also the author of *The Revealing Trust Series* and *The "Big Time Money" Mystery*. He can be contacted at (714) 847-0377 or estcons@aol.com.

H.B.'s 1st Net-Zero-Energy Home

'My whole life depends on this project,' says green builder

By **LISA WELLS**
OC Voice Staff Writer

After the Huntington Beach City Council officially jumped on the stop-global-warming bandwagon last February by signing the U.S. Mayors Climate Protection Agreement, some of its members were pleased to join in the ground breaking ceremony later in the fall for what will be the city's first "net-zero-energy" or sustainable living home.

Mayor Debbie Cook, Pro Tem Keith Bohr and even Republican Congressman (global-warming-is-caused-by-dinosaur-flatulence) Dana Rohrabacher, stood shoulder to shoulder, shovels readied, alongside Living Green Homes vice-president Jason Scheurer, who is building the 3,213 square foot state of the art structure, located at 319 21st Street, as both a dream home for his family and demonstration model for the public—a way to live responsibly and establish himself as a green builder at the same time.

The term net-zero-energy, (NZE) also often referred to as zero-energy-building, indicates that a building—using only renewable resources—will use no more energy than the building produces. Since buildings account for 40 percent of all spent energy in the united states and Europe, NZE has obvious conservation and economic benefits.

Although the creation of green homes is long overdue, Scheurer and other current green builders will help prepare future home owners for the inevitable mandatory standards. A recent report by the California Energy Commission recommended changing state building codes to require NZE homes by 2020 and NZE commercial buildings by 2030. That initiative would apply to new homes only, but the CEC is also working on proposed legislation that would require old homes to be retrofitted before resale. Also, a state law passed in 2006 mandates a reduction of greenhouse gas emissions to 1990 levels, which conceivably could spur further regulations that would affect home building as well.

High Standards

When completed, Scheurer's Huntington Beach home will meet or exceed standards set by Build It Green, one of several nationally recognized non-profit organizations that rates and certifies homes according to conformity to a long list of strict environmentally friendly building standards.

Build It Green's approach accepts "green building" as a holistic concept and takes a "whole systems approach" to building that incorporates five basic principles, according to the group's web site:

1. Livable communities.
2. Energy efficiency.
3. Indoor air quality.
4. Resource conservation.
5. Water conservation.

Accordingly, Scheurer's green home, which



PHOTO BY JOHN EARL

PIONEER: Jason Scheurer's Build It Green home in Huntington Beach will be above green certification standards.

he refers to as Project 319 after its street address, will be built to limit impact on the community as a whole, including land space, sewers, water conservation, energy resources and other services.

That means this home will go well beyond the usual eye-catching PV solar panels—a substantial energy and cost saver in its own right, and include scores of other ecologically friendly features that are carefully planned and placed throughout the building's structure.

Nuts and Bolts

With just the framing up, it's already easy to see how this house is built on green values. Seventy-percent of the lumber has the Forest Stewardship Council's stamp of approval (FSC is a Greenpeace-endorsed organization that creates standards for international sustainable forestry practices and social justice for

indigenous peoples who might be affected by those practices) and about half of the remaining wood is from recycled materials.

The home's foundation is also made from recycled materials. Forty percent of the concrete is composed of fly ash, which is a residue of coal combustion. When it's added to the common Portland cement, the end product is more durable. The flooring downstairs will be water-based, toxic-free, stained concrete.

The counter tops, which will come from a local manufacturer in Santa Ana, are slick as granite but made from recycled glass and concrete.

The water saving faucets will be 100 percent lead-free. The toilets will be water saving efficient and the lights will be low-energy fluorescent bulbs.

The paint on the walls will have zero

Volatile Organic Compounds. VOCs, which have been attributed to sick building syndrome, are released in homes for 10 years and hide in carpet pads, on counter tops and in the glue in plywoods. A commonly known VOC is formaldehyde, which is listed by the International Agency for Research on Cancer as a "known" carcinogen.

The windows will be made from recycled materials and sealed with the highest quality thermal insulation available. Scheurer has also made sure that extra insulation has been installed in commonly missed areas of framing.

A Green Future

Cook, who is now the Democratic Party candidate trying to take over Rohrabacher's congressional seat in the 46th District, celebrated with a cautionary note. "This home today is just one step in a great many that we need to make," she said. "We have about 60,000 homes in Huntington Beach and they all need to be net zero energy homes."

Bohr, who is a real estate developer by trade, hopes to help make it easier for green builders to get started in the city. "We have a green development committee that the city set up to look at how we can change our policies ... with the leadership of mayor Debbie Cook I think we'll get there," he said.

Scheurer hopes to find this leadership when he requests permission to erect a 35-feet-high windmill on property in order to generate the home's own electric power and make it completely energy self-sufficient. Scheurer, who has been a home remodeling consultant for about 7 years, believes that building should always be a green thing. "All construction companies should build green, or at least energy efficient, because it's going to save everybody more money in the long run, it's about building quality, not quantity," he said, speaking above the din of pounding hammers and generated electricity.

Scheurer, who was born and raised in Garden Grove, has had a passion for green building since he began taking college courses about five years ago. "I took the green classes because I knew the industry was changing and I wanted to be on the engine of the train, not on the caboose," he explained. "I want to be with the innovators, with the guys willing to stick their heads out there and take a chance. This project is a chance. My whole life depends on this project right now."

Upon completion at the end of this year, Scheurer's dream home will be open for public tours and sponsored product showcasing; demonstrations of the latest eco-friendly building products, home appliances and services promise to amaze an estimated 10,000 visitors.

To contact Jason Scheurer: (714) 841-3080 or Jason@Living-GreenHomes.com.



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Peak Oil News Blues

The days of cheap oil are long gone

By **DEBBIE COOK**

Mayor of Huntington Beach

Core to all U.S. transportation planning is the assumption that oil will always be abundant and cheap. This premise continues to dominate every regional transportation plan in the country and drives our auto-centric development patterns. But what if this assumption is wrong? What if we are near the peak of world oil production? It then follows that our assumptions on construction costs, gas tax revenues, travel and aviation demand, mode choice, and growth patterns are also wrong. It would mean that our fossil fuel-based energy future is in jeopardy and that we are not prepared.

On January 22, the Chief Executive of Shell, Jeroen van der Veer, released a sobering letter to his colleagues. In it he added his name to the growing list of energy experts warning that world demand for oil and gas will soon outstrip supply. This is more than an alarming message; it is a sticky idea. It is "peak oil" – the point when the rate of oil extraction hits its zenith.

Ever-Growing Energy Consumption

Since 1956 when Shell geologist M. King Hubbert first predicted a 1970 U.S. peak in production, governments, oil companies, and the mainstream media have refuted the notion of an oil peak by delivering a message of plenty, of technological solutions, of markets overcoming shortages.

Except for a few minor hiccups, they have delivered. The supply disruptions resulting from the 1973 Arab oil embargo, the 1979 Iranian Revolution, and the 1990 Gulf War were short lived and man-made.

Caution-induced efficiency programs were thrown to the wind when supplies not only returned to normal, but also expanded further. Oil prices hit bottom. Economies around the world revved up with cheap oil and globalization. World per capita energy consumption shot upward, including in the United States. Ignoring those earlier warnings, the U.S. became more dependent upon foreign oil to make up for its own declining production. Today, foreign oil accounts for 60 percent of our needs, and U.S. demand, driven by transportation, has not yet been curbed with high prices.

Data from the Energy Information Administration (EIA), which was created by Congress in 1977, and is a statistical agency of the U.S. Department of Energy, illustrates that despite higher energy prices, efficiency measures or advancing technology, global per capita



PHOTO BY JOHN EARL

energy consumption is growing at an alarming rate.

Global Warning

As a frog is apt to stay in a pot of water when the temperature is slowly increased, neither do the warning signs of 2007 appear to be calling Americans to action. A few of the signs include civil unrest in Asia and Africa due to rising fuel and food prices; region-wide power outages in China, India, Argentina, and South Africa and gasoline rationing in Iran.

So far, these are problems "over there." The assumption is that "over here" markets will respond gradually, logically, peacefully, and without the need for government interference. The battle cry from the Wall Street crowd proclaims all that is needed is more access, more investment, and more efficiency. Unfortunately, time is running short on heeding a number of alarming, irrefutable trends coming from the oil patch.

World Oil Production Stagnates

World oil production has been flat for 32 months. Despite the repeated urging by U.S. officials to increase production, OPEC continues to rebuff demands and claims that the world is well supplied. Meanwhile, the price of oil hit an all-time-high of \$100 per barrel on Jan. 2.

Oil Regions in Decline

An increasing number of oil regions have now passed their peak production rates and are settling into irreversible decline. The inscrutable

pronouncements regarding the application of technology to boost production has never been demonstrated to reverse the overall downward trend of oil fields. According to CIBC World Markets Chief Economist and Strategist Jeff Rubin, the 4.3 million barrels per day that will come into production this year will be offset by nearly 3.6 million barrels lost through annual depletion. This means that as depletion grows, it will be increasingly difficult to bring on new projects to compensate.

In a review of nearly 200 new oil projects slated to start production in the next five years, Rubin found that project delays and cost overruns are now the rule rather than the exception in the industry. Collectively, these delays coupled with increasingly rapid depletion will result in a net supply increase of only 3 million barrels per day by 2012 versus the 10 million barrels per day projected by the International Energy Agency.

Oil Discoveries Peak

World oil discoveries peaked in the 1960s. Despite the celebratory announcements of new deepwater oil fields, these discoveries tend to be small and technically challenging to produce. The Association for the Study of Peak Oil and Gas (ASPO), which started as a European network of scientists and others and is now worldwide, reports that world oil discoveries have been declining since 1964. The world is now consuming 31 billion barrels per year but

finding only seven or eight.

Diminishing Export Capacity

Net exports from the world's largest oil producers will decline as their own internal consumption by a burgeoning population grows.

In Saudi Arabia, oil consumption is growing. The country's rapid population growth is increasing pressure on social sectors. With 40 percent of Saudi Arabia's population under age 15, coupled with the expectation that the government will grant women the right to drive cars by the end of 2008, Saudi Arabia's internal requirements will only grow.

Within Russia, Mexico, and OPEC, consumption is projected to rise from 13 million barrels per day to 16 million barrels per day by 2012. This soaring internal consumption will cannibalize export capacity and place even higher demand on oil available to the Organization for Economic Cooperation and Development (OECD) nations.

Responding to the Challenge

All of these trends ensure that oil markets will continue to be tight and oil prices high. How high is a matter of speculation. But a growing chorus of industry experts has predicted a sharp spike by the fourth quarter of 2008.

Averting the economic and social consequences of declining fossil fuel resources and budget-gutting energy prices is the role of government – especially at the federal level where policy sets the framework and tone for state and local governments.

Public expectation is that government will be prepared to mitigate against, plan for, respond to, and recover from a full range of emergencies. Why not peak oil? This is one emergency where early actions improve mobility, air quality, land use utilization, national security, and the economy.

The Southern California Association of Governments is one of the few Metropolitan Planning Organizations in the nation that have incorporated a discussion of peak oil in both its Regional Transportation Plan and Regional Comprehensive Plan. While no amount of talk will fill the energy gap of depleting oil supplies, it will become increasingly difficult for Washington to avoid planning and implementing meaningful peak oil strategies if agencies and policy makers begin to question the assumptions of infinite cheap oil.

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Eclectic Electric Cars

By **DOUG KORTHOFF**

Special to the OC Voice

The Toyota RAV-EV is an all electric, no gas, no oil, no smog-check plug-in electric car. It's a 4-door, 5 passenger hatchback and travels up to 120 mph on a single charge at up to 80 miles per hour. At slower speeds it's possible to get 150 miles of travel. Its battery holds up to 28 kWh, the energy equivalent of less than a gallon of gas, so it definitely cuts back on fossil fuel use.

Perfect over a 10-year development cycle to meet the California Zero Emission Vehicle mandate, the last 328 EVs were sold to the general public from March to November, 2002. After Chevron purchased control of the patent rights to the EV-95 NiMH batteries it needs, Toyota paid \$30 million in damages and the program was cancelled. The batteries can no longer be purchased at any price for any purpose. Fleet users are still running several hundred RAV-EVs, but no more can be made unless Chevron permits it.

Most RAV-EV owners have used the money saved from not buying gasoline to pay for a (house) rooftop solar system in as little as three years, using their excess electricity to charge the EV. To go 1600 miles per month only takes 400 kWh, about one-third of the average home usage. This RAV-EV has been modified to plug



CAR OWNER DOUG KORTHOFF

ENGINE?: The square container under the hood of this Toyota RAV-EV is actually an empty place holder. There is no oil, no gas, no problems.

into any electric outlet and either slow-charge overnight or fast-charge in 1 hour.

You can only guess how many people would do the same if these were ever offered for sale on the open market. If a small generator range-extender were added, perhaps on a trailer or even under the hood, it would be able to travel locally without gas, but use the generator for occasional longer trips or if you forgot to

charge the battery. You can see videos of the RAV4-EV on www.youtube.com/liveoilfree or join TaxpayersAgainstBigOil.com to break up standard oil.

Hybrids, EVs, PV/EVs and Neighborhood Electric Vehicles (NEVs)

In late March, state regulators tried to kill the electric car again, slashing by 70 percent the number of EVs automakers must sell in the

coming years.

A Prius is NOT an all-electric vehicle. Electric Vehicles, or EVs, are all-electric powered cars. The Prius is a hybrid electric car that cannot be plugged in and charged.

A Photovoltaic electric vehicle (PV/EV) is an electric car charged with electricity generated by solar power, or photovoltaic electricity. The solar energy comes from solar panels installed in the sides of the car, but only demonstration vehicles exist today.

Most of the all-electric cars available today are Neighborhood Electric Vehicles (NEVs), which cannot be driven on the freeway (speed limit 25-30 mph), have a 30 mile driving range per charge and can be difficult to maneuver. ZENN is one manufacturer that makes these cars. One NEV model that resembles a large golf cart without doors seems to be popular in the downtown area of Huntington Beach.

AC Propulsion has an all-electric car called the eBox, but they are around \$70,000. Their web site is www.acpropulsion.com.

The most effective way for you to propel production of EVs and plug-in hybrid electric vehicles is to call the automakers and tell them that you demand these cars and will not buy a new car until the EVs are available. You can find their phone numbers at www.pluginamerica.org.

John Earl contributed to this report.

The Descent of Tom Harman

Part II: Born-again immigrant basher

By VERN NELSON
OC Voice Columnist

In the first Naked Gun film, Lieutenant Frank Drebin, while impersonating an umpire in a major league baseball game in order to prevent an assassination, finds himself at a loss what to do when the batter swings and misses. After a long, uncomfortable silence, feeling a thousand expectant eyes fixed upon him, he finally stammers, hesitantly, "...Strike one?" And the crowd erupts into cheers.

Immediately Drebin is transformed by the crowd's approval into a super-umpire. Inspired, he begins shouting and singing out calls with dance moves and acrobatics, driving the delighted fans crazy:

"STEERIIIKE TWOOO!!!" There is no middle ground or gradual change as there would be for you or I; the public's roaring approbation transmutes him instantaneously from mute uncertainty to no-hold-barred showmanship, wallowing in the fans' adulation for the rest of the game.

It was just like that for Senator Tom Harman when he first discovered the awesome crowd-pleasing power of anti-immigrant rhetoric in mid-2006: the assemblyman known most for his solid environmental record, who had never before been noticed to mention immigration, transformed himself overnight into Orange County's foremost defender of Anglo-Americans from the encroaching brown hordes. "It is the single most hot-button issue in the district!" he enthused to Laguna Beach's Coastline Pilot.

California Coalition for Immigration Reform president Barbara Coe, whom I met at a small Mayday Minuteman rally in Santa Ana, tells me, "Tom is the greatest! He not only says the right thing, he gets out there and does it." Pooh-poohing the appearance of insincerity in his suddenly discovering this issue in the heat of a nailbiter primary against wingnut Diane Harkey, she attributes his metamorphosis to a "very convincing presentation" her group gave him at a meeting around that time.

In columns he regularly generates for the other local papers, Harman regurgitates the usual, easily-debunked canards on immigration familiar from such firebrands as Lou Dobbs and Rush Limbaugh.

He repeats the common claim that undocumented immigrants cost taxpayers \$10 billion a year, but in fact they pay—not just sales taxes, income taxes, and property taxes (through their rent), but also \$8.5 billion a year to Social Security and payroll taxes (from immigrants with false SS cards, who will never receive the benefits.) Most Americans don't realize that the undocumented aren't eligible for welfare, Medicaid, food stamps or state health insurance. The Congressional Budget Office concluded last year that the taxes undocumented immigrants pay easily exceeds the cost of services they use.

Then there's the old imaginary immigrant crime wave: In fact, studies have shown clearly that immigrants commit less crimes than native-born citizens; and Justice Department statistics show that noncitizens account for only 6.4 percent of the incarcerated—far from the one-third



Harman claims.

Harman boasts now that he has "penned more bills against illegal immigration" than anyone in the legislature, and this is probably true. He hit the ground running this legislative season with his Senate Bill 3; an amazingly radical and fascistic bill, it fortunately has no chance of passing.

SB3 would make any undocumented immigrant in California, whether on "public or private property," guilty of trespassing and subject to large fines and lengthy imprisonment. This would transform all state and local police into immigration agents and is more radical than anything that Minutemen leaders like Jim Gilchrist have proposed, placing Harman on the fringes of the debate; and his other bills are no better.

Although figures like the new Harman insist their opposition is only to illegal immigration, it's easy to see that he really is, as moderate Republican Congressional candidate Ron St. John observes of his immigrant-bashing opponent Dana Rohrabacher, an "opponent to any immigration, who's in the 'enforcement-only' camp, treating the 12 million undocumented workers here as an invading army and offering a militaristic solution that would depopulate the country."

As Harman 2.0 continues to fantasize out loud about "scaling the borders using technology like laser beams, drones or sound detectors, and then dealing with the twelve million currently here," hate crimes against Latinos skyrocket, and Immigration and Customs Enforcement (ICE) raids of the type welcomed by Costa Mesa Mayor Allan Mansoor grow in their frequency and cruelty across the nation, incarcerating hundreds of Latino immigrants for lengthy terms just for trying to feed their families.

Harman's newfound passion may win him votes among the hardcore Orange County Republican faithful, but he's uncontestedly contributing to the climate of hate and fear that is making millions of lives miserable and solving no real problems. Heck of a job, Tommy!

Next installment: On healthcare? Useless as a stick in the mud!

Vern Nelson is a pianist and composer who plays Friday and Saturday nights at Bacì Italian Restaurant in Huntington Beach. Nelson's website is www.vernnelson.com and he can be reached via e-mail at vernnelson@gmail.com.



Sen. Harman overseas deportation

Global Warming

Fix the problem, not the blame

By AMER EL-AHRAF
Special to the OC Voice

Amid the controversial problem of global warming and its potential impact on human health, there is a rush to fix the blame—either on human activities or natural weather cycles. But the issue is too important for that. We must develop rational strategies to fix the problem rather than fixing the blame.

Over 600 international scientists conclude that human activities that create carbon dioxide, methane, nitrous oxides and chlorofluorocarbons—known as greenhouse gases—are likely to cause an atypical increase in Earth's temperature, which, in turn, creates a sequence of ecological changes that are harmful to human health and wellbeing.

A scientific study by the United Nations' Intergovernmental Panel on Climate Change (IPCC) noted that the Earth's average surface temperature has increased beyond normal range since 1861.

While the exact impact of global warming is uncertain, scientists agree that it will vary according to the severity of the environmental changes it causes and the vulnerability of a certain population, based on age, nutritional status, health standards, economic development and their use of technology.

As global warming causes air temperatures to rise, it also brings changes in precipitation, increased saturation of moisture by the soil, melting of ice caps and a rise in sea level. Concurrent heat waves, changes in air and water quality, droughts, storms and floods with their resulting displacement of populations, raise the potential for adverse effects on public health.

Health Effects
While the health effects of global warming would vary by region, scientists predict that there will be a net increase in human fatalities.

The health consequences of rising temperatures were well documented during the heat wave that affected Europe, particularly France, in August, 2003, causing the estimated death of 30,000 people. In North America, the heat wave that affected Chicago in 1995 resulted in approximately 500 deaths.

The elderly who suffer from reduced capacity of thermoregulation, persons with pre-existing cardiovascular diseases, individuals serving in heat stressed occupations and those living in congested urban areas are more vulnerable to extreme heat waves than others.

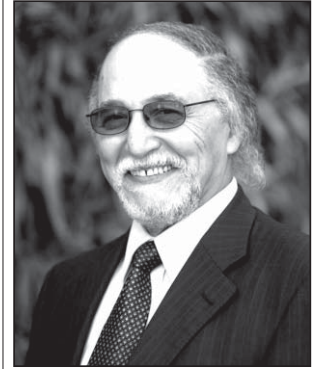
Higher temperatures mean more secondary air pollutants released into the air, which harms human respiratory and cardiovascular systems.

The acute air pollution episodes that happened in London, England in 1952 claimed the lives of 4000 to 8000 people. In the United States, Donora, Pennsylvania was also subject to a disastrous wave of air pollution in 1948 when industrial effluent trapped in an inversion layer killed 68 people and damaged the hearts and lungs of hundreds more.

Global warming may affect the status of marine ecology by stimulating the growth of algae that produce toxins that can be transmitted to humans through the consumption of shellfish.

The increase in sea level caused by melting ice caps could lead to intrusion of seawater into fresh water supplies available to humans, plants and animals and exacerbate flooding brought about by increased precipitation.

Floods triggered by global warming induced



climate change could have devastating health effects. The 1993 Mississippi River Flood displaced over 50,000 people, which increased their exposure to additional injury and disease. The US National Center for Disease Control and Prevention noted an increase in mosquito and rat reports in Iowa as a result of that flood.

Flooding increases agricultural and urban runoff, which can lead to greater human exposure to toxic chemicals. Floods also interfere with delivery of medical and other public safety services. The catastrophic flooding and health problems caused by Hurricane Katrina illustrated this fact.

The spread of diseases is another reason to be concerned about global warming. Seasonal patterns of communicable diseases may change, and the humid habitat in which mosquitoes flourish may increase. Populations of people that were once relatively unaffected by those problems would be at greater risk of becoming seriously ill.

According to one simulation model, climate change from global warming may add millions of cases of malaria per year in certain parts of the world. There are indications that a severe influenza-like disease known as Dengue has spread to higher elevations in Mexico, areas that have not previously reported Dengue cases. American health officials are concerned about the implication of that change on people living in southern regions of the United States.

There are predictions that climate change will affect food production in certain parts of the world. Rising malnutrition will threaten the health of people living in areas where drought is likely to occur.

The images of hunger in Africa due to recent drought episodes are still vivid in our memory. We are seeing the social effects, including riots, of higher food prices and food shortages in a number of developing countries. Social instability combined with what seems to be the end of cheap food have worrisome implications worldwide.

Mitigating Global Warming
Some of the public health effects of climate change can be mitigated. Air conditioning can be used to reduce the impact of rising temperature. Pesticides can be used to control disease-carrying insects and desalination plants can be used to replace lost fresh water due to drought or salt water intrusion.

But an increase in use of air conditioning See GLOBAL WARMING, Page 5

The Orange Coast Voice welcomes submissions to Community Voices by residents of Costa Mesa, Fountain Valley, Huntington Beach and Seal Beach. All submissions should be well researched with a maximum of 800 words and accompanied by your full name, address and phone number for verification purposes. Send to admin@ocvoice.com.

Zero Waste

Let's get out of this dump!

By SARAH S. MOSKO
Special to the OC Voice

A fond memory from my childhood is of visiting the neighborhood dump with my dad to drop off whatever trash, like old tires, we couldn't burn in our backyard incinerator.

Nowadays, the local dump has been supplanted by centralized landfills and major restrictions have been placed on backyard incineration. Our waste stream has been transformed also since the introduction of petroleum-based plastics, single-use disposables, and packaging excess. Too, products once designed for durability and repair have been replaced with flimsier versions intended to be tossed and replaced.

In short, we've become a throw away society.

As of 2006, per capita waste generation in the U.S. was 4.6 pounds per day, up from 2.7 pounds per day in 1960, according to the U.S. Environmental Protection Agency.

Californians Increasingly Wasteful

In California, total per capita waste generation shot up to 13.7 pounds per day in 2006, reflecting a 3.2 pound daily increase per person in just six years. Note that these state figures appear higher than the national ones because the state includes some weighty items, like demolition concrete, in its calculations.

Altogether, Californians produced 92.2 million tons of waste in 2006 waste. Through recycling, composting and transformation (e.g. burning waste to produce energy), 54 percent was diverted from landfills, leaving 42.2 million tons still landfill-bound. Even though the diversion rate has been increasing over time, the tonnage sent to landfills continues to rise because per capita waste and population are increasing too.

Together with urban sprawl, the consequence is that landfills are filling up and prospects for new landfills are limited. Orange County's three landfills, for instance, are expected to have reached capacity within 30 years. Groundwater and air pollution from landfills create additional problems.

Our oceans too have become repositories of non-biodegradable plastic debris—the Algalita Marine Research Foundation in Long Beach has measured six times more plastic than zooplankton in some areas of the Pacific.

OC Businesses Commit to Zero Waste

Such alarming statistics have led to the realization that the idea of "away" when it comes to waste disposal is a luxury of the past.

Enter "zero waste," a fundamental rethinking of waste as a valuable resource. Zero waste starts with prevention of trash through "green"



IN THE DUMPS: "Zero waste" is a fundamental rethinking of waste as a valuable resource.

product design. By using non-toxic materials, configuring products for reuse and repair, and directing unavoidable discards back into the pool of resource materials, disposable waste is avoided.

Local businesses are finding that adopting a zero waste philosophy is good for the bottom line as well as the environment.

Earth Friendly Movers in Huntington Beach, for example, literally turns landfill waste into profit. The company extracts plastic containers from landfills for conversion into durable moving boxes rented out cheaply. The boxes are home-delivered on pallets made

from recycled baby diapers and in trucks run on bio-diesel and used vegetable oil. Waste sludge salvaged from paper recyclers is re-fashioned into packing materials that replace bubble wrap and foam peanuts and later serve as garden compost. After the move, the boxes are retrieved for reuse hundreds of times before grinding them down to make new boxes. "It's all about closing the loop," says company founder Spencer Brown.

Brown claims customers can save 50 percent on moving costs. As to the company's profitability, he says it's "beyond lucrative," also boasting that he pays no fees for trash pick-

up since there is none.

At Ke'an Coffee in Newport Beach, pursuing zero waste has meant minimizing the waste endemic to running a coffee house. Allowing regular customers to leave their own mugs in store for reuse with each visit has been a successful strategy, along with purchasing coffee sleeves with recycled fiber content and selling coffee in biodegradable bags. Spent coffee grounds are free to gardening customers for the asking.

The store's owner, Martin Diedrich, personally hauls old newspapers, cardboard boxes and plastic milk jugs weekly for recycling. Asked why he bothers, "to be part of the paradigm of change to a sustainable future."

RICOH Electronics, Inc, maker of office automation equipment, illustrates zero waste applied within an international giant. Seven of its 9 North American facilities are in Orange County. Together, they generated 6,000 tons of landfill waste in 1998.

Zero-waste-to-landfill with 100 percent resource recovery was established as a corporate mission in 1999 and proudly achieved within 2 years. The company saves over \$2 million annually as a result, according company spokesperson Eiko Risch.

How has RICOH done it? Through company-wide culture change.

For starters, waste eradication is made integral to every employee's job, and RICOH uses its purchasing clout to insist that all raw materials be delivered in reusable containers and contain no hazardous substances the company has banned. Disassembly of used products, like copier machines, to capture reusable parts has also been a key factor. Thermal recycling, the conversion of waste to energy through incineration, is still used as a last resort, although the company is aiming to reduce this from 12 to 8 percent of waste in 2008.

These exemplary businesses show there is no one path to zero waste. Rather, zero waste is a process, a mindset and, for the sake of future generations, a necessity.

Businesses interested in learning how zero waste can improve their bottom line are welcome at Orange County's 3rd Annual Zero Waste Conference on June 26 in Irvine. Visit www.earthresource.org for details.

Sarah S. Mosko is a member of the Earth Resource Foundation, which is based in Costa Mesa. She has a Ph.D. in Psychology/Neuroscience with a background in research. She is now a practicing licensed psychologist. For more information, please visit www.earthresource.org or call (949) 645-5163.

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