

Manhattan Beach Sun

The Weekly Newspaper of Manhattan Beach

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Perfect Day in Manhattan Beach



Joggers, walkers, parents, photographers, and watchers all mix together at the Manhattan Beach Pier. Photos by Peter Thornton, jp.thornton58@gmail.com.

FAA Grounds New Hobby Drones Until They Register

By Rob McCarthy

Rotocopter hobbyists insist the government is ruining their fun, but public opinion seems with the Federal Aviation Administration after it grounded new hobby drones right before Christmas. New owners of the small unmanned aircraft can't fly until they register with the FAA.

The registration rule issued Dec. 21 applies to the hobby drones - known as unmanned aircraft systems, or UAS) - weighing up to 55 pounds. The chief of the FAA announced that 180,000 hobby aircraft were registered in the first two weeks.

FAA Administrator Michael Huerta has expanded no-fly zones around airports as drone ownership increases. The agency expected as many as 1 million hobby drones to be purchased in the United States over the holidays. Reaching every one of those owners is a daunting task for an agency that polices American airspace.

"But this is just the beginning," Huerta said recently. "Our challenge is to make sure everyone is aware of the requirement and registers."

As expected, some UAS operators weren't pleased with the expanded rules for the drones, which are used commercially by photographers to access hard-to-reach locations. Pilots, however, have reported seeing the hobby aircraft in their airspace, which prompted the FAA in mid-2014 to ban the lightweight copters from flying within five miles of airports, curtailing activity in the airport cities of Hawthorne, Inglewood, Compton, Torrance, El Segundo, Westchester and Santa Monica.

A nationwide drone hobbyist group with 22,000 members in California advised members to ignore the registration order for now, the Orange County Register reported on Dec. 29 - eight days after the FAA issued its edict. The Academy of Model Aeronautics has 185,000 members nationwide, according to the Register.

"We strongly believe that the new interim rule is unnecessary," said Dave Mathewson,

executive director of the Academy of Model Aeronautics, in a statement.

The academy objects to the registration of drones, saying that it conflicts with a 2012 congressional rule that prohibits the FAA from regulating small recreational drones. The group's leader issued a statement calling the federal registry redundant because the Academy of Model Aeronautics self-polices its members through its own drone registration system.

Mike Rivard, co-organizer of a Los Angeles and Orange County Drone User Group, compared the FAA's new requirements to the Federal Communications Commission's unsuccessful attempt in the 1970s to get citizens band radios registered.

Federal aviation authorities are using a carrot-and-stick approach to the drone registration process. The cost to register an aircraft is free for the first 30 days, and the penalties for failure to comply can be as much as \$27,500 in civil fines and \$250,000 in criminal fines and imprisonment, according to an FAA press release.

The drone aircraft operated by current owners must be registered by Feb. 19. Owners will provide the FAA with name, address, mailing address, and a valid email address to register. Registration is done through a newly created web site, and a filing fee of \$5 will be charged.

As an incentive to comply, the FAA agreed to waive the fee for the first 30 days. After completing registration, owners will receive a personal registration number, the FAA explains on the web site: www.faa.gov/uas/registration/

"If a person owns more than one small UAS, each aircraft must be marked with that number. Any method may be used to mark the UAS, as long as the number is legible. Registrants may put the number in the battery compartment if it is easily accessible.

"The FAA will immediately email a certificate containing the holder's name, registration number, and the dates of is-

suance and expiration. The operator must keep either a printed or electronic version of this certificate on hand for inspection as proof of registration. Registration must be renewed every three years. If assistance is needed with registration, email UAShelp@faa.gov."

The FAA also released an app for Apple mobile devices for small drone operators to check on U.S. airspace requirements and restrictions. The agency plans to release a test version of the B4UFLY app for Android devices shortly, the Register reported.

"We expect B4UFLY will help raise public awareness about what it means to operate unmanned aircraft safely," Huerta said.

Embry-Riddle Aeronautical University announced a free, open online course to teach drone operators the basics of UAS and their operating environments. It runs through Jan. 24.

Newspapers around the country have come out in support of regulation of the hobby drones, many of which are equipped with cameras. Newspaper editors have voiced concerns that the cameras endanger other aircraft and that any Peeping Tom can figure out how to fly one.

Chief among them was the New York Times, which devoted a lead editorial in its Sunday edition to whether public privacy and safety is at risk from the remote-controlled aerial copters.

Drones "can also be used to snoop on people and harass them. And they can threaten other aircraft," the Times editorial stated. "Many Americans will be skeptical .. unless safeguards are put in place guaranteeing safety and protecting privacy."

Following up on the pushback by drone owners, the publication Aviation Today Network asked "Are Drone Advocates Losing the PR Contest?" The Jan. 11 article cited various U.S. newspapers whose editorial boards had taken a stand on tougher rules for hobby drones.

"Newspapers large and small have said

See FAA, page 6

Weekend Forecast

Friday,
Feb. 5
Sunny
71°/48°



Saturday,
Feb. 6
Sunny
74°/50°



Sunday,
Feb. 7
Sunny
78°/54°



PETSPETS **Pets** PETSPETS

Purrrfect Companions



Shadow

Looking for your purr-fect match? February is wonderful month to adopt a cat or kitten to share a lifetime of love.

Shadow is sweet baby boy who went from the runt of the litter, to now being bigger than his brother Hunter! He was a "bottle baby" with three of his brothers, so he has been very well socialized around other people and cats. Shadow is a very handsome fellow with striking green eyes and beautiful shiny black fur. If you just look at him, he'll immediately start purring and flirting. Shadow loves playing with anything and everything, being held, wrestling with his brother, and being doted on. So be careful because one meeting with this guy and you will fall in love. Ideally, Shadow would love to stay with his brother Hunter, but more importantly he needs a home with another playmate and lots of love and kisses.

Hunter is a curious little guy who likes being in charge and has no problem letting his future family know that. Just like his brother Shadow, he has been very well socialized around other people and cats. With amazing orange eyes and beautiful shiny black fur, Hunter is quite a handsome kitty. He loves the sound of his own voice...even more so if you're in the kitchen. Hunter also loves getting into mischief with his brother Shadow, carrying around his toys (and growling), providing his toys safekeeping in the water dish or food bowl, and straws! Hunter is a great catch with a super cute personality. If he can't stay with his brother Shadow, Hunter would be best in a home with another playmate and lots of love and affection.

Jax and Jazz are two adorably bonded brothers who were found in a Long Beach park. They are extremely sweet, affectionate and curious little guys who love adventure

and exploring all that surrounds them. Very playful, these energetic and expressive boys love "fast food" - that is, they will let you know when their meals aren't given fast enough; though we know all they really want is a loving, forever home where they will be adored. Adopted together, Jazz and Jax will bring you double the love, fun and companionship found only in a kitten's heart.

Kissable belly alert! **Sabine** is just the cutest little kitten and with spots on her belly and her sweet, gentle ways, you know you can't resist her charms! This girl's winsome ways will make you laugh and give you a warm fuzzy glow all over. Sabine would love to be adopted into a home with another kitty, so she can have a playmate and make a new friend!

Sweet little **Spaetzle** was rescued as a one-week old baby from a city shelter. She



Hunter

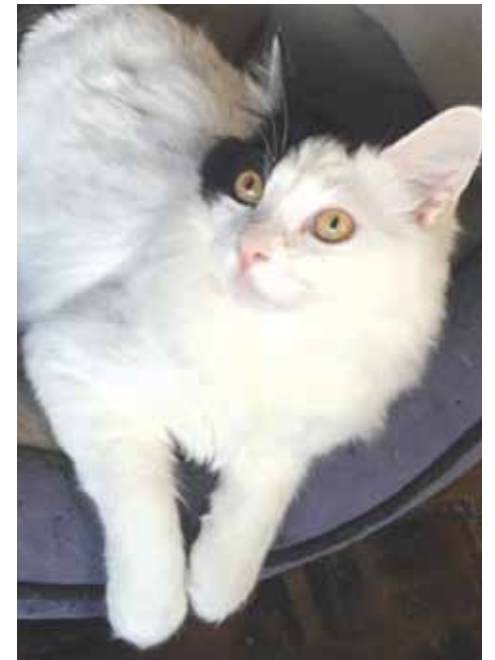


Sabine

was bottle raised by hand and is used to having a lot of love and attention. Calling her "sweet" doesn't do it justice - she is an unbelievably affectionate purr monster who is confident, outgoing and awesome on all accounts. She was raised around other cats and dogs and gets along great with everyone, whether they are young, old, big or small. We don't like to throw the term "perfect kitty" around lightly, but, well, you know.

Anna "Banana" is a gorgeous, unique, outgoing, and quirky little Maine Coon Tabby kitten. She gets along with everyone: cats, kittens, non-aggressive dogs, and small children. She is the first to greet you at the door, and given the chance, will lay in your lap or sleep cuddled next to you all night long. When she was originally rescued, she was kept in a toddler's room for her first days in foster care. Her toddler roommate enjoyed hugging her and carrying her around like a little doll. Always looking to connect with others, Anna thought this was lots of fun! As a kitten, Anna had an inner ear infection caused by polyps. She had to have surgery to remove the polyps, but has now fully recovered. Her ear condition, however, has left her with a slight head tilt. Anna can be a door dasher and is certainly a finger/ear-lobe nurer. Sabrina would love a family who would accept her silly nursing behavior and be cautious of the door-dashing (which only happens once a month or so) to keep her safe.

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



Spaetzle

website www.kittenrescue.org or email us at mail@kittenrescue.org. Your tax deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Blvd. #583, Los Angeles, CA 90024.

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

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Anna "Banana"



Jax and Jazz

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- BEING REHABILITATED
- SCARED OR REACTIVE AROUND OTHER DOGS

THANK YOU!
Those of us who own these dogs appreciate your help and respect!
Illustrated by Lili Chin www.doggiedrawings.net

Earbuds Plugged into Driving Law for 2016

By Rob McCarthy

Listen up if you're a driver who likes to wear earbuds to talk on the phone or listen to your music downloads while you're behind the wheel. A new law for 2016 says you have to have one ear free, or you're going to be ticketed.

California Vehicle Code Section 27400 already existed before Jan. 1 of this year. It needed some clarification that the popular earbuds worn in both ears pose a traffic danger for drivers of motorized and nonmotorized vehicles alike, according to Officer Siara Lund with the California Highway Patrol's division office in Glendale.

Drivers of four-wheeled vehicles aren't the only ones affected by the 2016 headset-earbud traffic law. Bicyclists are under the same restrictions and will be cited the same as drivers and motorcyclists, Lund told me.

"The way that we can tell obviously is if both earbuds and headsets are in, the officer will pull that driver over," said Lund, adding that the headset law for 2016 isn't new. It just added language to the existing law that wearing two earbuds while operating a car, motorcycle or bike is illegal.

The Southern California Automobile Club explained on its web site that the change in law was done to "ensure drivers and bicyclists can hear sirens, horns, and other safety alerts while driving." There are exceptions for drivers of heavy machinery and garbage trucks who require noise-cancelling headsets for protection. Drivers of emergency vehicles, such as a fire engines or ambulances, are exempt. Wearing hearing aids while driving is permitted, the law says.

The CHP and local law enforcement have the discretion to begin enforcing the headset and earbud restriction immediately. In the past when new traffic laws, such as hands-free cell phone use, became law, the CHP and police departments issued warnings to drivers who were caught talking or texting on their cell phones.

Will that be the case if an officer spots a driver or cyclist bee bopping down the road without a free ear? No, said Lund, because the ban on headsets and earplugs has been law in California for a decade.

No doubt, many California drivers were surprised to hear that one of the new traffic laws for 2016 involved earbuds. They probably presumed, like I did, that the

tiny in-ear listening devices for cell phones and iPods were outlawed a long time ago.

Enforcement of the new "old" traffic law means this for drivers who insist on wearing their headphones or earbuds in both ears or covering them:

The next sound they hear could be the whoop of a police siren, which isn't music to any driver's ears.

Pleading ignorance of the new laws may not result in a warning instead of a ticket. So, here are other traffic laws for 2016 that California drivers and vehicle owners are expected to know, courtesy of the Automobile Club of Southern California and the California Highway Patrol:

Slow vehicles on the highway - Bicycles are added to the law about slow-moving passenger vehicles on the highway. All vehicles, including cyclists, should pull over safely to let faster traffic pass on a highway. Any slow-moving vehicle that is holding up five or more vehicles must use the next available turnout or available area to let traffic pass.

Electric bicycles - An electric bicycle with a maximum speed of 28 miles per hour can only be operated by a person 16 years or older, and a helmet must be worn. The new law also creates safety restrictions for all electric bikes, including those with a 20 mph maximum speed, and regulates access of trails and paths.

Motorized skateboards and hover boards - This new law comes just as hoverboard sales are increasing, making them super popular with young adults and teens. The specifics on the new law are that an "electronically motorized board" is defined as a wheeled device designed to be ridden standing up, propelled by an electric motor and limited to 15 mph. A board can be ridden only on a highway where the speed limit doesn't exceed 35 mph or a specific designated bikeway. A rider must be 16 or older and wear a bicycle helmet. Cities and counties have the authority to decide whether to allow, restrict or ban the motorized boards from public places.

There is no mention anywhere if it's illegal to ride a hoverboard or a motorized skateboard while wearing earbuds or a set of headphones. It's just possible the ear-free driving law will need another tweak down the road to catch up.

Cats & Dogs

By Dr. Greg Perrault

Since I last wrote about the new strain of dog flu H3N2 a year ago, over 2,000 dogs have been infected and the virus has been identified in 25 states. The latest outbreak showed up in Seattle Washington last week. Initially, three to five dogs were identified at a local shelter, but between 80 to 90 dogs were thought to be exposed to the virus.

The canine influenza virus is a relatively new disease for dogs. Because of this, dogs have very little to no natural immunity to the virus. In 2004 the original canine influenza virus H3N8 was transmitted to dogs from horses in Florida. The virus was extremely deadly at first and dogs died within days of being infected due to hemorrhagic pneumonia. The virus attenuated (weakened) over time and became less deadly but still caused a lot of respiratory illness in dogs. The vaccine for H3N8 has been available for several years and has proven effective. Up until a few months ago, however, there was no vaccine against the H3N2 strain. Fortunately, a vaccine has been developed against the new strain and is just now becoming available to veterinarians.

It is important to know and recognize the signs of infection both in your dog and in other dogs that your dog may have contacted. Some cases of canine flu may be mild and include signs such as a persistent cough, sneezing, runny nose, fever, loss of appetite, and loss of energy. However, some dogs may develop a more severe disease, which could develop into pneumonia. If you notice any of these signs, it is important that you contact your veterinarian.

Virtually all dogs that are exposed become infected with the virus. Infection rates of 60% to 80% are not unusual and

10% to 20% of those dogs may develop severe disease. Deaths occur mainly in dogs with the severe form of the disease. The mortality rate is thought to be 1-5% or slightly higher.

Neither canine flu viruses are thought to infect humans at this time.

Canine flu spreads mainly through three ways:

One: Through contact with infected dogs. Dogs that do not show signs of canine flu can still spread the virus to other dogs. Just like the flu in humans, newly infected patients are most likely to spread the disease at or before the first signs occur.

Two: Airborne exposure, coughing, sneezing and runny nose. Virus particles become airborne when a dog coughs or sneezes.

Third: Contact with contaminated items such as food and water bowls and toys. It is unknown exactly how long the virus remains viable outside of the body, but it is believed to live several hours on contaminated objects.

Just as you take steps to protect yourself from the flu every year, it is also important to help protect your dog. Vaccinating against canine flu is beneficial by helping to prevent infection in your dog and reducing the spread of the infection. Both the H3N8 and H3N2 vaccines are now widely available and should be given to any dog that is considered at risk.

Talk to your veterinarian for more information about CIV and other preventable canine diseases

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach and is a Commissioner on the Board of Health and Human Services for the City of Long Beach.

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Finance

Businesses Tips to Cut Energy, Save Money

(BPT) - Companies across the nation are looking for ways to become more energy efficient, and small and medium-sized businesses (SMBs) are no exception. Reducing energy consumption is one of the top areas where SMB leaders need more guidance - up 14 percent from the previous year, according to the 2015 Cox Conserves Sustainability Survey.

Energy costs are among the largest business expenses for any company. Simple conservation efforts will go a long way to lower the power costs of your current operations.

"More companies than ever have said they want information on sustainability," says Cox Enterprises Executive Vice President Alex Taylor. "Our survey showed that some SMBs often find it difficult to make or justify the investment in sustainability programs or prioritize them over other demands and initiatives. From our own experience with the Cox Conserves program, I can confirm that sustainability is as good for our business as it is for the environment."

Here are some quick tips that can help any sized business improve efficiency and cost savings.

KNOW YOUR BASELINE

Your utility company can provide detailed usage records that show usage and cost totals, as well as helpful details like peak usage times. This data helps you measure your progress.

TAKE ADVANTAGE OF SAVINGS

Government agencies offer a variety of tax credits, rebates and other incentives to support energy efficiency. Visit energy.gov/

savings to find programs that may be available to your business.

PAY ATTENTION

Take note of the natural energy sources



specific to your geographic location. Sun or wind energy technologies may be great money-saving solutions. If the sun sufficiently lights your office or meeting room, make a point of keeping the blinds open and the electric lights off.

LOOK AT LIGHTING

Lighting retrofits are a simple and effective solution that do not interrupt regular operations and often offer a short return on investment.

ENCOURAGE EMPLOYEES

Turning off computers and other office equipment when not in use is an easy way employees can make an impact.

These tips can start your business on a journey toward becoming a more efficient and eco-friendly organization. The benefits start at protecting the earth and extend to enhancing the bottom line. •

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Looking Up

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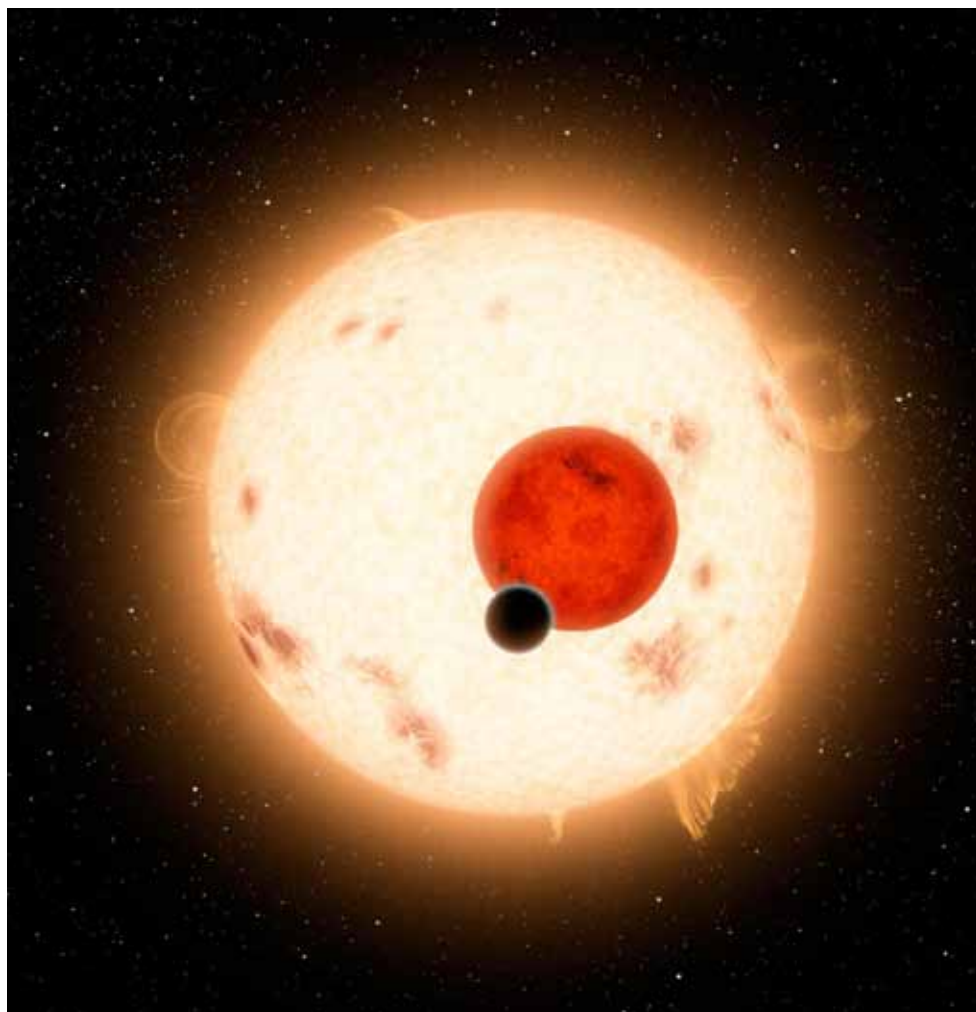


Image of Kepler 16b2

Based on press release from NASA/JPL, provided by Bob Eklund

The fantasy creations of the “Star Wars” universe are strikingly similar to real planets in our own Milky Way galaxy. A super-Earth in deep freeze? Think ice-planet Hoth. And that distant world with double sunsets can’t help but summon thoughts of sandy Tatooine.

The most recently revealed exoplanet possessing Earth-like properties, Kepler-452b, might make a good stand-in for Coruscant—the high-tech world, seen in several Star Wars films, whose surface is encased in a globe-spanning city. Kepler-452b belongs to a star system 1.5 billion years older than Earth’s. That would give an advanced civilization more than a billion-year jump on us. The denizens of Coruscant not only have an entirely engineered planetary surface, but an engineered climate as well. On Kepler-452b, conditions are growing warmer as its star’s energy output increases—a symptom of advanced age. If this planet (which is 1.6 times the size of Earth) is truly Earth-like, some climate engineering might be needed there as well.

The planet Mustafar, scene of an epic duel between Obi-Wan Kenobi and Anakin Skywalker in “Revenge of the Sith,” has a number of exoplanet counterparts. These molten, lava-covered worlds, such as Kepler-10b and Kepler-78b, are rocky planets in Earth’s size range whose surfaces could well be perpetual infernos.

The planet OGLE-2005-BLG-390, nicknamed “Hoth,” is a cold super-Earth, with a mass five times that of Earth and a surface temperature estimated at minus 364 degrees Fahrenheit. That most likely means no Hoth-style tauntauns to ride, or even formidably fanged abominable snowmen (aka wampas). Astronomers used an extraordinary planet-finding technique known as microlensing to find this world in 2005—one of the early demonstrations of

this technique’s ability to reveal exoplanets. In microlensing, backlight from a distant star is used to reveal planets around a star closer to us.

Luke Skywalker’s home planet, Tatooine, is said to possess a harsh, desert environment, swept by sandstorms as it roasts under the glare of twin suns. Real exoplanets in the thrall of two or more suns likely have even harsher environments. Kepler-16b was the Kepler telescope’s first discovery of a planet in a “circumbinary” orbit—circling both stars, as opposed to just one, in a double-star system. This planet, however, is likely cold, about the size of Saturn, and gaseous, though partly composed of rock. It lies outside its two stars’ “habitable zone,” where liquid water could exist, and its stars are cooler than our sun—all of which probably adds up to a lifeless Tatooine.

Endor, the forested realm of the Ewoks introduced in “Return of the Jedi,” is a moon orbiting a gas giant. Detection of exomoons—moons circling distant planets—is still in its infancy for scientists here on Earth. A possible exomoon was observed in 2014 via microlensing. It will remain forever unconfirmed, however, since each microlensing event can be seen only once. If the exomoon is real, it orbits a rogue planet, unattached to a star and wandering freely through space. The planet might have hung on to its moon after somehow being ejected during the early history of a forgotten planetary system.

The hunt for exomoons could actually have powerful implications in the search for life beyond Earth. If exomoons are shown to be potentially habitable, this would open another avenue for biology; habitable moons might even outnumber habitable planets. Could they have bustling ecosystems, with life forms even more exotic than Endor’s living teddy bears, swinging between trees Tarzan-style? Stay tuned. •

Film Review

‘The Birth of a Nation’, ‘Swiss Army Man’ Break Records, Prompt Walkouts at Sundance



L-R: Paul Dano, Daniel Radcliffe in *Swiss Army Man*, Nate Parker in *The Birth of a Nation*

Courtesy of the Sundance Film Festival.

Last week we brought you *Life, Animated*, *Viva*, and *Belgica*, three films that inspired crowds at the 2016 Sundance Film Festival in Park City, UT. This week, we’re covering two films that are a bit more divisive. *Swiss Army Man*’s adventure drama about a farting corpse induced an overwhelming amount of audience walkouts, but also established itself firmly as a cult worthy “must see”, while the historical retelling of a slave rebellion in *The Birth of a Nation* made Sundance history by Fox Searchlight’s acquisition of the film for a record-breaking \$17.5 million. These two very different films have been the talk of the festival circuit, and we’re happy to share our reviews of them with you. For more reviews on Sundance titles, check out: www.cinemacy.com.

SWISS ARMY MAN

Usually, fart jokes are associated with raunchy comedies in the likes of any recent Adam Sandler movie. Insert, *Swiss Army Man* – the Sundance title that’s generated the most vocal reaction among festival goers for its ridiculous, now infamous, farting dead body played by Daniel Radcliffe. This is only how the film begins, but let’s just say it toots even louder from there.

Paul Dano plays Hank, a man lost on an island. Right when he’s about to give up on life, he discovers the aforementioned farting body and finds an unexpected answer to why his life is worth living. He discovers that many elements of this body can help him survive and find a way back home, and keep himself sane (or perhaps insane) by talking to it.

The writer/director duo Dan Kwan and Daniel Scheinert, collectively known as “the Daniels” (the minds behind the outrageous DJ Snake, Lil Jon music video “Turn Down For What”), have a reputation for ridiculous and highly entertaining short films and music videos, and this feature represents a conglomerate of numerous ideas that sound bad yet somehow all work. As Hank develops a relationship with the dead body (one that starts out similar to Wilson in *Cast Away*), the intriguing absurdity keeps you engaged for the rest of the film. This is the type of film best seen with little information beyond the initial premise, as it is full of mystery boxes waiting to be unraveled. Thanks to the great use of locations and production

design, the world building is fantastic and the wackiness becomes downright fun.

THE BIRTH OF A NATION

The true story of slave-turned-preacher Nat Turner and his eventual uprising has been a passion project for actor Nate Parker for 7 years, and he finally quit acting 2 years ago to write, direct, produce, and star in *The Birth of a Nation*. The title is a reclaiming of the same title associated with the 1915 D.W. Griffith silent film. Griffith’s movie was the first epic of its kind but is a blatant and spooky glorification of the Klu Klux Klan from today’s lens. It’s been a blemish that can’t be concealed in cinematic history since its release. Nate Parker’s story repurposes the title as a symbol of how this country was built on the backbones of enslaved Africans and their unavoidable connection to a country founded on the pursuit of freedom. It’s a brilliant way to shelve Griffith’s film, which is an important movie for historical and cinematic study but like the Confederate Flag has no place in today’s world. Parker’s 2016 film most certainly does.

Nat Turner was born a slave but early on was taught to read from the Bible, and would grow up to become a preacher. Through studying the Bible while living in the midst of slavery, Turner reaches a point where he can no longer stay silent about the cruel injustice that, in this world, is a daily routine. At a certain point, he is tired of the slave owners abusing scripture passages to make their slaves submissive and moves toward radical action as the only path to freedom.

Given the subject matter and time period of history, there is an unavoidable comparison to 2013’s *12 Years A Slave* that anyone who has seen both films will feel. Interestingly, between the two films combined, 60 years of history are shown, further emphasizing the enormity of America’s slave epidemic. Parker is not as focused on visual thematics as McQueen was, but certainly has a knack for numerous storytelling devices. Undoubtedly, *The Birth of a Nation* is in touch with numerous themes related to its religious and historical premise and utilizes them well to tell the story, a part of history that does not have a massive legacy. Compared to the general Sundance lineup, the scale of this film feels like a step above the rest; much of that is due to budget, but a significant amount has to be the intentionality of the craft. •

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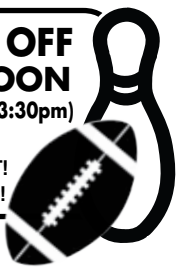
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INVEST AN HOUR OF YOUR LIFE TO SAVE THE REST

February is Heart Month and the American Heart Association is calling on all women to invest an hour of their life to save the rest by scheduling a Well-Woman Visit with their health care provider.

A Well-Woman Visit is a prevention check-up to review a woman's overall health so her doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses. It can be scheduled with a primary care physician, nurse-practitioner or an Obstetrician Gynecologist (OB-GYN).

A Well-Woman Visit requires no additional cost for most women because of the Affordable Care Act. Check your insurance plan for preventive services coverage before scheduling a visit.

"Getting to heart disease before it gets to you is one of the best weapons to fight the nation's leading health threats," said Dr. Ravi Dave, American Heart Association Los Angeles Board President and UCLA Health cardiologist. "An annual preventive checkup is a must for all women. It helps catch health problems early and minimize

damage to the body."

Cardiovascular disease is America's leading killer, but it poses an even greater threat to women, killing more women than men every year. Heart disease, stroke and other cardiovascular diseases cause 1 in 3 deaths among women each year – more than all cancers combined.

An estimated 44 million women in the U.S. are affected by cardiovascular diseases. Ninety percent of women have one or more risk factors for heart disease or stroke.

The good news is 80 percent of cardiac events may be prevented with education and lifestyle changes.

In addition to scheduling a Well-Woman Visit, the AHA also recommends Life's Simple 7 as an approach to improving one's heart and brain health.

1. **Get active:** Aim for at least 30 minutes of moderate physical activity each day, five times a week.
2. **Eat better:** A heart-healthy diet is low in saturated and trans fat, cholesterol, sodium and added sugars, and high in whole grain fiber, lean protein and a variety fruits and vegetables.
3. **Maintain a healthy weight:** Bringing

your body mass index (BMI) below 25 benefits your heart.

4. **Stop smoking:** Breaking the nicotine addiction is very important if you want to live a long and healthy life.

5. **Manage blood pressure:** Keep blood pressure levels to less than 120/80. Uncontrolled high blood pressure can hurt or kill you.

6. **Control cholesterol:** A cholesterol reading of 200 mg/dL or higher requires action. High cholesterol can cause blocked arteries, which may lead to a heart attack.

7. **Reduce blood sugar:** Blood sugar levels above 100 indicate that you may have diabetes or pre-diabetes, which increases heart attack risk.

It is equally important to learn the warning signs of a heart attack. Chest pain and radiating discomfort in the left arm are common symptoms for both men and women. Women, however, may experience other warning signs, including shortness of breath, back or jaw pain and nausea. Call 9-1-1 immediately at the first sign of symptoms.

Learn more at www.goredforwomen.org. To get involved locally, visit lagored.heart.org.

Seniors

Surgery And Anesthesia: Making It Safer At Any Age

(BPT) - Anesthesia today is safer than ever. But try telling that to a nervous parent of a 5-year-old about to have surgery, or to a patient in his 70s in poor health.

Talking to your surgeon and physician anesthesiologist before surgery is an important step in making sure your experience is as safe and comfortable as possible - regardless of your age. But for children and older adults, that conversation is especially important.

Dr. Daniel J. Cole, president of the American Society of Anesthesiologists, has tips for patients of all ages during Physician Anesthesiologists Week, which runs Jan. 31 - Feb. 6.

"Most people don't know that before their surgery they can and should talk with their physician anesthesiologist about their concerns and about their health and health habits," Dr. Cole says. "This is especially true for parents of young children who may be worried about how anesthesia could affect the child, and for older adults who might be taking medications that can increase the risk of complications."

Dr. Cole offers these tips.

For adults: Whatever your age, make sure the physician anesthesiologist knows everything about your health and lifestyle. Talk about:



- Chronic conditions such as allergies, asthma, sleep apnea or diabetes.
- Medications you take, including over the-counter medications and nutritional supplements.
- Your smoking history and alcohol consumption.
- Your options for controlling pain during recovery.

All these factors could influence how

anesthesia affects you and how well you recover from your surgery.

For older adults: People who are older are more likely to have medical conditions or take medications that could make surgery and recovery more difficult. Older adults also are more at risk for developing post-operative delirium, a type of confusion that can be unpleasant for the patient and alarming for the family.

FAA

from front page

the risks small drones pose to other aircraft, to the privacy of people on the ground and to national security justify the FAA's registration requirement as well as limits on the use of such aircraft," Aviation Today concluded.

Close calls with aircraft tripled in 2015, and a drone slowed firefighting efforts to battle a blaze in the Cajon Pass last July.

Crews had to abandon air drops for about 15 minutes.

It didn't help that a government employee last January landed a hobby drone at 3 a.m. on the White House lawn. The drone, which weighed two pounds, was too small to be detected by radar. The employee, who was not identified, did it accidentally, according to the Secret Service.



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- 1/2 cup water
- 1/2 cup crushed tortilla chips

Preparation

1. Boil 6 cups water in saucepan. Stir in shell pasta and jalapeños; cook 8-10 minutes or until tender, stirring occasionally.
2. Drain pasta and jalapeños. Do not rinse. Return to pan.
3. Add cheese sauce; mix well.
4. Brown ground beef in skillet; drain. Add taco seasoning mix and water; simmer until most of the water is cooked off.
5. Add meat mixture to cooked pasta with cheese sauce; mix well. Top with tortilla chips.

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Review of McCormick & Schmicks

By Gregg McMullin

El Segundo has been the home of a widely popular restaurant to the South Bay for years. This fine dining restaurant is touted as a seafood restaurant but don't let you meat lovers be dissuaded because McCormick & Schmicks has an extended menu that features the choices cuts of meats to fancy any meat lover. This is a restaurant that caters to the most discernable diners looking for a culinary separation from the ordinary.

Diners are first welcome from a pleasant and friendly staff at the front entrance located at 2101 Rosecrans Avenue. From the time you enter the building to the time you're ready to leave this capable staff helps make your dining experience memorable. The interior has been updated with friendly details.

The menu is extensive and the quality of the food has never been compromised. The menu promotion can be seasonal and with the Winter Promotional in full swing diners can be assured that Executive Chef Kina Deth has something special waiting for you.

Chef Deth, who has been with the McCormick & Schmicks for the past 14 years, has put together a special menu for the Winter Promotion. It includes an appetizer, homemade soup, a special salad and three different entrees along with three delectable side dishes to choose from.

To start the appetizer brought to my table was a roasted mushroom flatbread. This was a perfect starter that set the tone of the entire meal. This crispy grilled flatbread is topped with sundried tomato pesto, goat cheese, spinach, pan roasted mushrooms and Fontina cheese.

If you enjoy soup then try the tantalizing Blue Crab & Corn Chowder. This was a creamy chowder that had a hint of zest with the chili oil used. It was perfectly balanced with a tinge of spiciness yet subtle enough for your taste buds wanting more. In each bite I savored crab coupled with the freshness



This Sustainable Salmon with Fall vegetables could be a McCormick and Schmicks signature dish.

of each crisp corn kernel. The garnish on top was a drizzle roasted corn salsa with a hint of chili oil.

Next a Tuscan Kale Salad was brought to our table. I was skeptical at first because I know how kale can be a little bitter. From the first bite to the last this salad was loaded with Fuji apple match sticks, radish slices and tossed with a warm bacon apple vinaigrette. It was topped with Feta cheese and spiced pecans. The end result was a delicate flavor of the vinaigrette crossing with the other ingredients without a hint of bitterness.

For our entrée we ordered the Sustainable Salmon with fall vegetables. If you're not familiar with this type of salmon it is raised in the wild. This is where the extremely low stocking density for these fish are 99 percent water to one percent fish raised in an area of the North Atlantic Isles.

The salmon we had had no fishy ocean taste but rather had a subtle but firm unique

flavor that was perfectly seasoned. This piece of heaven on my plate was a generous portion that was basted with scampi butter. Paired with roasted potatoes and brussel sprouts tossed in a balsamic glaze, this Winter Promotion and the special attention your servers give you will have any discriminating diner returning.

An alternative to the salmon could be Jake's Famous Bouillabaisse that was full of clams, black mussel, shrimp, fresh cod, calamari tubes, and king crab all in a special Jake's Bouillabaisse with a hint of garlic and a generous amount of shallots for an inviting taste.

Try the roasted fall vegetables that consist of roasted to perfection diced red and gold beets, roasted cipollini onions and asparagus spears and all drizzled with a hint of black pepper and a mild but tasty horseradish sauce. Or try the wild mushroom spinach sauté that is a perfect blend of roasted mushrooms and spinach tossed and sautéed in a delicate white

wine and house seasoning.

There are tasty endings to your meal but I opted for the Chocolate Bag. The Chocolate Bag is a special dessert meant to be shared. It is dark chocolate formed in the shape of a paper bag filled with white chocolate mousse and fresh berries topped with chocolate shavings.

The level of service at McCormick & Schmicks is what you might expect from a restaurant that has been successful over the years. The only thing better was the food and its extensive wine list and Happy Hour.

The management at McCormick & Schmicks can also make your visit personal. If you give them an advanced notice they can personalize your own menu such as an anniversary with your name on it.

If you're planning to sit in the dining area, call for reservations and ask if their private booths, closed off by curtains for that romantic feel, is available. Dining on the patio under the warmth of heaters or fireplace can be extra special and relaxing.

To take advantage of the Winter Promotion visit McCormick & Schmicks at 2101 Rosecrans Avenue, El Segundo. For reservations call 310) 416-1123. •



The Chocolate Bag should be on everybody's culinary dessert wish list.

Real Estate

Choosing the Right Window for Your Kitchen or Bath Remodel

(BPT) - Kitchens and bathrooms are not only two of the most highly used rooms in your home, they're also two of the most popular rooms to renovate, according to home style experts and Remodeling Magazine's annual Cost vs. Value Report.

With any kitchen or bath renovation, there are many aspects to consider - cabinets, counters, floors, etc. And whether you're making small updates or completely gutting the room, make sure to include window replacement in your list of must-haves.

How can new windows benefit a room? With a style that fits your personality, the right window provides natural light and ventilation to help create a beautiful, functional and comfortable living space.

Keep three key elements in mind when choosing a window for your kitchen or bath: **CHOOSE A WINDOW STYLE WITH FUNCTION IN MIND**

Kitchen windows are often placed above counters or sinks, while bathroom windows tend to be located above tubs, beside showers or above bathroom counters. The placement

of these windows can sometimes make them hard to reach, so choosing a window style that's easy to open and close is a must.

Sliding windows or casement windows - which crank open and closed - are good options for hard-to-reach areas like above a counter or sink.

Ventilation is another key consideration for kitchens and bathrooms. A properly placed window can help decrease the amount of heat and moisture retained from cooking or showering. Awning windows, which can be pulled in or pushed out, are a good option for ventilation, and perform best when placed close to the ceiling or above eye level.

SELECT A WINDOW MATERIAL THAT FITS YOUR NEEDS.

Kitchens and baths require windows that are easy to clean and can withstand moisture, so materials like vinyl or fiberglass are ideal.

Fiberglass windows can withstand extreme heat and cold, are energy-efficient and can have the quality look of painted wood. Vinyl windows are easy to care for and don't require additional painting or staining.

However, if wood is a better fit for the style of your home, make sure to select a finish that will hold up against stains and moisture, and be prepared to do a little more cleaning and upkeep.

CONSIDER ADDITIONAL FEATURES AND OPTIONS.

If you want to maintain privacy while maximizing natural light in the bathroom, choose a window with obscure or opaque glass.

Or, you can streamline the look and function of your kitchen or bath with between-the-glass cordless blinds or shades, which minimize allergens and eliminate clutter. Because these window coverings are tucked between the panes of glass, you won't have to worry about moisture or stains.

Take it one step further and motorize the blinds or shades. Controlled via a remote or home automation system, the blinds or shades can customize the level of light in the bathroom or kitchen. Pella's Insynctive technology is just one example of motorized blinds and shades. •



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840 Center St	5	6	3,876	\$2,150,000	1/15/16	
815 Virginia	3	2	1746	\$1,049,000	1/13/16	
610 Sierra St	3	2	1291	\$1,040,000	1/12/16	
511 Hillcrest	5	4	2,869	\$1,515,000	1/12/16	
1000 E Acacia	3	3	1,964	\$1,249,000	PENDING	
859 Penn	3	2	1,151	\$799,000	PENDING	

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