

Manhattan Beach Sun

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Manhattan Beach Police Academy Motors On



Community Police Academy Class #16 is having a great time and has learned so much already in three weeks. Last week's class learned all about traffic enforcement and DUI investigations from Manhattan Beach Police Department motor officers. The class had such a fun time checking out the fully-loaded police motorcycle. Photo Courtesy of MBPD

Health Officials: Flu Shot Still Good Idea

By Rob McCarthy

Los Angeles County health officials said Friday the influenza outbreak that overwhelmed hospital emergency rooms and contributed to at least 96 deaths so far in January has peaked, and that the annual flu shot isn't to blame.

Officials say the H3N2 influenza virus making the rounds in South Bay communities, schools and workplaces reached a peak much earlier than in previous years. This year's flu shot is reportedly between 10 and 30 percent effective against the powerful strain of influenza. Still, county health officials and local physicians continue to recommend a flu shot for anyone over six months of age.

"The vaccine may not completely prevent the flu. But it does help the body launch an immune response," said Dr. Deborah Lehman, who is an infectious disease specialist and professor at the UCLA School of Medicine.

The Los Angeles County Public Health Department reminds residents that being vaccinated against flu protects a person who receives the vaccine and reduces their risk of contracting influenza and spreading it to others. Receiving the flu vaccine is "the most effective way to protect yourself and others" from getting the flu, according to health officials for the region.

Nearly half of Americans skip annual flu shots that some employers and health plans offer for free, according to U.S. Centers for Disease Control. For people with heart disease, a flu shot can have an additional benefit. Studies have shown that a flu vaccination can prevent heart attacks, according to medical researchers. "When people hear the vaccine isn't that effective, they assume there's no point in getting it -- and that's very frustrating," said Dr. Lehman at UCLA.

Public health officials in the United States and Great Britain have called for greater public-information campaigns to boost flu vaccinations among patients with known heart conditions. The British medical journal Heart reported in October 2016 on the link between the flu and heart attacks. A "wealth of studies

shows that heart attack risk is significantly increased within days of contracting the flu, and risk remains elevated for up to a year," the paper's authors wrote. In fact, their data showed that a flu shot was as effective at preventing a heart attack as quitting smoking or regularly taking cholesterol medicine. An annual flu vaccine can reduce cardiac risk by 19 to 45 percent, they found. In comparison, cholesterol-controlling medication lowers the risk by 25 to 30 percent, the authors wrote.

Even with its limited effectiveness, the current flu shot should ward off the more serious effects of the strong H3N2 virus making the rounds this month, health experts say. Healthy vaccinated children and adults may still experience a fever, cough and several days of discomfort. The current strain of

flu is called the A variety, and the annual flu shot is most effective against the B type, according to health officials. A B-type of flu could make the rounds here in late winter or early spring, they caution.

The flu outbreak is waning, but it's not gone by a long shot, so health officials advise residents and caregivers of children or the elderly to recognize the signs of distress due to the current flu strain, and to take emergency action if necessary. That includes these warnings from the UCLA School of Medicine:

- Elderly and people with compromised immune systems need to pay special attention to flu symptoms.

- Dehydration is a main danger because it can set off a chain reaction that makes it

See Health, page 5

Weekend Forecast

Friday, February 2
Partly Cloudy
75°/55°



Saturday, February 3
Partly Cloudy
75°/55°



Sunday, February 4
Partly Cloudy
76°/56°



Bonuses, Bigger Checks Promised to Workers

By Rob McCarthy

A message from the taxman can usually be summed up in two words: Pay up. So it's a pleasant surprise when the Internal Revenue Service announces that many taxpayers have more money coming their way soon.

Tax season, which opened on Monday, puts the IRS in a giving mood and this year is no different. When Congress approved a tax code overhaul in late December, the changes included lower tax rates for individuals. The IRS has posted the new tax tables on its website, and expects employers to begin using them in February.

"Many employees will begin to see increases in their paychecks to reflect the new law in February," the IRS said, without giving an estimate about how many U.S. workers' take-home checks will rise.

Congress' new law won't affect current tax returns for 2017, though it did raise the standard deduction for individuals to \$11,000, heads of household to \$18,000, and married couples to \$24,000. For

people with simpler tax situations, the new tables are designed to produce the correct amount of tax withholding. The revisions aim to avoid a common taxpayer mistake: over- or under-withholding of income taxes.

The Tax Cuts and Jobs Act passed by Congress last December is predicted to deliver modest tax cuts to middle-income people. The Tax Policy Center in Washington, D.C., estimated an average tax cut of \$1,200 for all households in 2018, which won't be seen until next year's income tax returns are filed. But, the larger paychecks don't have to wait that long.

The time it will take for employees to see the result of tax cuts legislation on their paychecks will vary, according to the IRS. Those hikes in take-home pay depend on the employers and how quickly they calculate federal withholdings using the 2018-revised tables. "Employers should begin using the 2018 withholding tables as soon as possible, but not later than

See IRS, page 7



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Community Briefs

"Chinese Dancing" At Manhattan Beach Library

Did you know Chinese New Year is Friday, February 16, 2018? Celebrate the New Year one more time by coming to the Manhattan Beach Library on Saturday, February 10th, 2018 at 11:00 AM for an authentic cultural performance, "Chinese Dancing @ the Library!"

In this program, a troupe from the Asian Arts Talents Foundation will demonstrate authentic Chinese dances, including the "El-

egant Ladies," "Why Are Flowers So Red?," and "Red Lantern" dance.

This event is free and registration is not required.

Manhattan Beach Library is part of the County of Los Angeles Public Library, and is located at 1320 Highland Ave., Manhattan Beach, CA 90266. For more information, please call 310545-8595 or visit the library's website at colapublib.org.

"Tales And True Stories Of Black History Month" At Manhattan Beach Library

The achievements, contributions, and culture of people of African descent from America's history has often been overlooked. In honor of Black History Month, come to the Manhattan Beach Library on Wednesday, February 28th, 2018 at 4:00 PM for some special story time that will introduce children and families to these people and events in a fun and informative way!

In this "Tales and True Stories of Black History Month," storyteller and world traveler Michael McCarty of Dream Shapers will re-

gale attendees with inspiring stories of black men and women from American history, as well as authentic tales from Africa.

This event is free and registration is not required.

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Seniors

A Cup of Tea Can be the Best Solution for Everyday Wellness



(BPT) - Before medicine and pharmaceuticals filled our remedy box, food and food ingredients were considered healing agents. Hippocrates was wise in his understanding of the special powers of food, beyond satisfying our appetites: "Let food be thy medicine and medicine be thy food."

There are many cultures that rely on herbal remedies and natural foods for everything from soothing an upset stomach to lifting our spirits when we're down, to calming jittery nerves and even fending off colds and flu. Many of the best cosmetics tout ingredients to smooth skin, prevent aging, block the sun, reduce inflammation and minimize puffiness. There are four common herbs that have been used by many cultures and that are found in many of our kitchens.

Turmeric is a commonly used ingredient in Ayurvedic practices. In Hindu, the bright yellow color of turmeric is associated with the sun. In India, turmeric is used in wedding and religious ceremonies and is thought to bring good fortune. Not only is it said to brighten our spirits, but it has also been found to have some anti-inflammatory properties, which are healing for the body.

Ginger, a relatively inexpensive and easy-to-find root, is considered a very healthful spice in the same family as turmeric. It is rich in many healthy components and has a strong aroma caused by the compound gingerol. Ginger has a long history of use in traditional and alternative medicine. It is most commonly used to soothe a stomach ache and combat nausea, and is frequently used by women to prevent morning sickness during pregnancy.

Cinnamon, another popular spice, is known for its healthy antioxidant properties and delicious sweet taste. It may help to reduce inflammation and be heart healthy. It may also be helpful in regulating blood sugar levels within the body, and even have some protective effect against developing colds.

Chamomile is a flower that has historically been associated with relaxation and calming. Many different cultures have used it alongside lavender as a soothing beverage to enjoy before bedtime.

Many of these ingredients can be found in our pantries, and including them in our diets is as simple as incorporating them into recipes or brewing up a delicious cup of tea. Herbal teas are a delicious and probably the easiest way to introduce these ingredients into our daily lives. Sipping tea throughout the day provides a natural break.

Tea itself (from the plant *Camellia sinensis*) contains many healthy compounds such as polyphenols, which are great antioxidant compounds. Studies with this phenomenal beverage are linked to many areas of health and wellness.

Bigelow Tea has long understood the art of blending top-quality ingredients in their teas and has recently introduced a new line called Bigelow Benefits, which takes the concept of herbal tea one step further by carefully crafting a tea bag with an enticing mix of beneficial herbs, flowers and fruits that supports your daily health.

So next time you are looking to have a more healthful lifestyle, or just a good night's sleep, look no further than your tea cup. •

Sports

Brady's Bunch of Rings Back at Big Bowl

By Adam Serrao

The sun sets in the west, the moon rises at night, and Tom Brady is in the Super Bowl. Few things in the world are seemingly as automatic as Brady and the Patriots playing for a championship at the end of a season. Come this Sunday, they'll both be right back where they seemingly belong. You can love him, hate him or even refuse to have an opinion about him, but as Brady readies to play in the eighth Super Bowl of his career, you certainly have to respect the way that he plays the game of football.

Even if you love to root against Brady and the Patriots – which most football fans who don't cheer for the Patriots do – you have to admit that New England being in the Super Bowl at least makes the game a bit more interesting to watch. What can be better than rooting against the guy who will likely go down as the greatest quarterback to ever play the game, not to mention his head coach who thrives on being unlikeable?

The good news, too, is that New England has never dominated its opponents in the biggest game of the season. In his seven championship games so far, Brady is 5-2. Were it not for some miracle plays by Eli Manning and the New York Giants, he could very easily be 7-0. Just as easily, though, Brady could have been

0-7. The total difference in scoring between the Patriots and their opponents in seven Super Bowl games is just 12 points. New England has put up 169 points, while their opponents have combined for 157. That alone should provide enough foreshadowing to tell that this weekend's Super Bowl LII will likely be a close game, no matter what outcome arises.

Philadelphia doesn't figure to be a walk in the park for the Patriots either. Despite losing their MVP-caliber starting quarterback in Carson Wentz, backup Nick Foles has come on as of late and is leading the team in quite a similar fashion. "They've got a great defense," Brady explained of Philly. "As good as we've faced all year. They've been playing well all year and that's why they're in this game – and that's why we're in this game. It's going to be a great game." Brady would likely change his opinion about the game should the Patriots lose, but losing isn't necessarily something that comes easily to New England.

The Eagles defense will be tasked with stopping Brady and his teammates on Sunday. That same group ranked fourth in the league in total defense (306.5 yards per game) and points allowed (18.4) this season. Great defenses have fallen to Brady before, though. Just two weeks

ago, he and head coach Bill Belichick dispatched the Jacksonville Jaguars and their top-ranked defense this season. Even still, it's not the team on the other side of the ball that the Patriots concern themselves with and that in itself could be the reason for the team's prolonged success. "I think they have their strengths, but we have ours," Brady continued on. "It's going to come down to who plays the best and that starts with being who's the most prepared."

No other quarterback in NFL history has ever played in eight Super Bowls. This weekend, at the ripe young age of 40, Brady will become the first ever and maybe the last ever to do so. Perhaps the most important thing that has fueled the quarterback's decade-and-a-half-long run is preparation. The drama and controversy that has been mixed in between has certainly made it easier to root against Brady and the Patriots, but when it comes down to X's and O's, New England naturally has a distinct advantage no matter how old the quarterback or how athletically gifted the team.

Now, as Brady prepares for his third Super Bowl appearance in the last four years, the outcome of the game has almost been painstakingly decided before it has even been played. When Brady's on the field, people expect him to win.

He has been a dominant force in the NFL for 17 years now. In the most important game of the year, even Patriots detractors feel as though the ending is predetermined. The only thing that can seemingly take him down is a remarkable helmet catch or maybe just Eli Manning himself. Fortunately for Brady, Eli's not suiting up in Minnesota this week. No matter what the score of the game or how much time left on the clock, Brady consistently finds a way to win. Just ask the Atlanta Falcons. Twenty-five points wasn't a big enough cushion in the second half of play. Unless they have a miraculous play to draw up in the huddle, Philadelphia certainly has its hands full come game day.

Yes, Tom Brady and the Patriots are going to the Super Bowl again. You've heard it before and quite frankly, it's getting rather disgusting to talk about year in and year out. But just as the Patriots have worn down fans of the NFL, they have also worn down their opponents. The Philadelphia Eagles are next to face off against Belichick and Brady in a championship game. That coach and quarterback are certainly no stranger to big games. That reason alone gives the initial advantage to New England, no matter the eventual outcome of the game on Sunday night.

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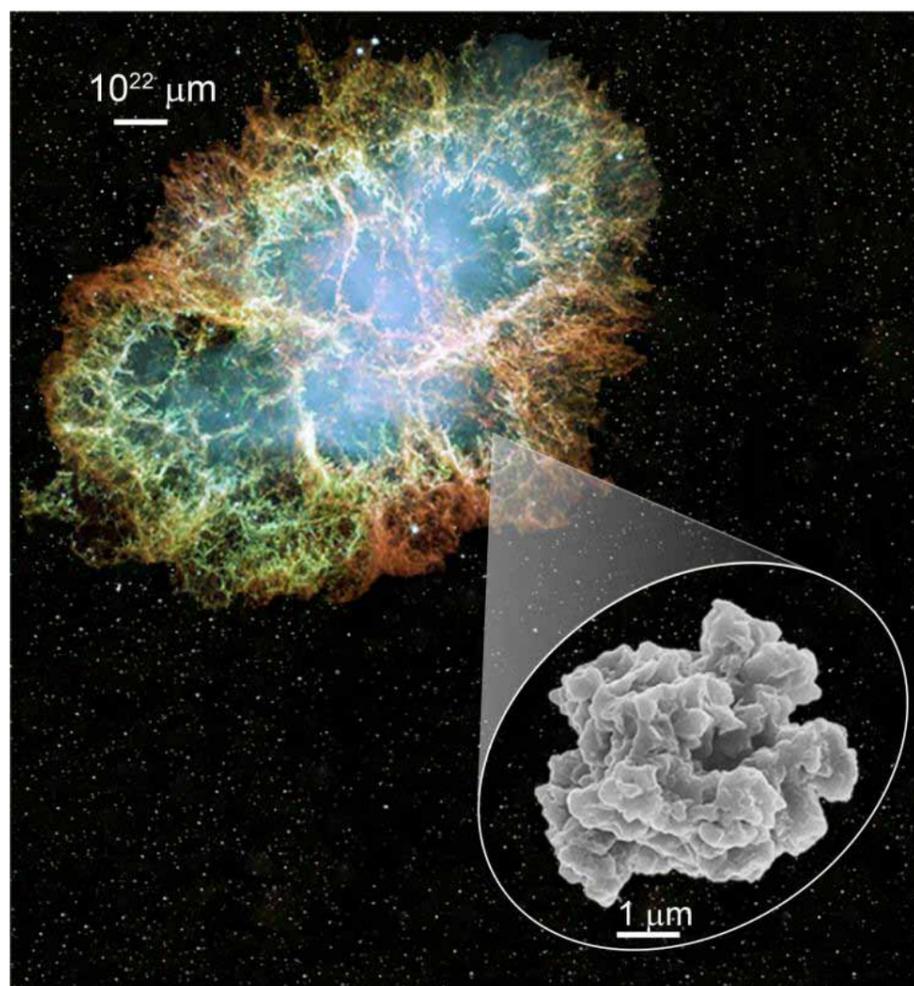
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Looking Up

A Stardust Memory: Meteoritic Stardust Unlocks Timing of Supernova Dust Formation



An electron microscope image of a micron-sized supernova silicon carbide, SiC, stardust grain (lower right) extracted from a primitive meteorite. Photo: Carnegiescience.edu

Based on a Press Release from Carnegie Institution for Science, Provided by Bob Eklund

Dust is everywhere—not just in your attic

or under your bed, but also in outer space. To astronomers, dust can be a nuisance by blocking the light of distant stars, or it can be a tool to study the history of our universe,

galaxy, and solar system.

For example, astronomers have been trying to explain why some recently discovered distant, but young, galaxies contain massive amounts of dust. These observations indicate that Type II supernovae—explosions of stars more than ten times as massive as the Sun—produce copious amounts of dust, but how and when they do so is not well understood.

New work from a team of Carnegie cosmochemists published by Science Advances reports analyses of carbon-rich dust grains extracted from meteorites that show that these grains formed in the outflows from one or more Type II supernovae more than two years after the progenitor stars exploded. This dust was then blown into space to be eventually incorporated into new stellar systems, including in this case, our own.

The researchers—led by postdoctoral researcher Nan Liu, along with Larry Nittler, Conel Alexander, and Jianhua Wang of Carnegie's Department of Terrestrial Magnetism—came to their conclusion not by studying supernovae with telescopes. Rather, they analyzed microscopic silicon carbide, SiC, dust grains that formed in supernovae more than 4.6 billion years ago and were trapped in meteorites as our solar system formed from the ashes of the galaxy's previous generations of stars.

Some meteorites have been known for decades to contain a record of the original building blocks of the solar system, including stardust grains that formed in prior generations of stars.

"Because these presolar grains are literally stardust that can be studied in detail in the laboratory," explained Nittler, "they are

excellent probes of a range of astrophysical processes."

For this study, the team set out to investigate the timing of supernova dust formation by measuring isotopes—versions of elements with the same number of protons but different numbers of neutrons—in rare presolar silicon carbide grains with compositions indicating that they formed in Type II supernovae.

Certain isotopes enable scientists to establish a time frame for cosmic events because they are radioactive. In these instances, the number of neutrons present in the isotope make it unstable. To gain stability, it releases energetic particles in a way that alters the number of protons and neutrons, transmuting it into a different element.

The Carnegie team focused on a rare isotope of titanium, titanium-49, because this isotope is the product of radioactive decay of vanadium-49 which is produced during supernova explosions and transmutes into titanium-49 with a half-life of 330 days. How much titanium-49 gets incorporated into a supernova dust grain thus depends on when the grain forms after the explosion.

Using a state-of-the-art mass spectrometer to measure the titanium isotopes in supernova SiC grains with much better precision than could be accomplished by previous studies, the team found that the grains must have formed at least two years after their massive parent stars exploded.

"This dust-formation process can occur continuously for years, with the dust slowly building up over time, which aligns with astronomer's observations of varying amounts of dust surrounding the sites of stellar explosions," added lead author Liu. •

Finance

Beyond the Diploma: Helping Teens Forge Their Futures

(BPT) - What's the key to optimism? From a career standpoint, it's having a vision where you see yourself climbing and thriving, and you know there will be a place in the world for your skills and knowledge.

Unfortunately, there are many teens and young people who have a much bleaker vision of their futures. Ask them where they see themselves in five years, and they may shrug, draw a blank or get that tight feeling in their stomachs.

It's more prevalent than you may think. Approximately 5 million young people between the ages of 16 and 24 - or one out of seven - are not enrolled in school and are unemployed, according to the Social Science Research Council's Measure of America report.

Within this problem, though, is an opportunity for these youth. The U.S. has a record 6 million job openings, even as 6.8 million Americans are looking for employment.

Two groups have come together to help young people pursue these in-demand jobs by providing resources to prepare them for college and their careers.

Through a \$3 million partnership, Boys & Girls Clubs of America and The Hartford will help develop the next generation's workforce by creating 30 college and career centers in the next three years. The centers will be built in Boys & Girls Clubs across the country, reaching 70,000 teens per year.

"This partnership is part of The Hartford's commitment to help build successful communities through targeted philanthropic investment and employee volunteerism," said Diane Cantello, vice president of corporate sustainability at The Hartford. "We are proud to partner with Boys & Girls Clubs of America to give teens access to relevant and inspiring resources as they plan their futures."

Learn how to look for a job - and how to stand out. Whether you're looking for a part-time job, or starting to put together your resume, learn about what hiring managers are looking for. Spend time revising your



application and resume, and ask trusted adults to help you fine-tune it. It's also worthwhile to put your video camera to use to practice job interviews.

It's never too early to network. Perhaps you've heard the saying that "the more things change, the more they stay the same." While it's true that the economy isn't exactly stable and technology is rapidly transforming the job market, the most valuable resource in

a job search is people. Talk to teachers, guidance counselors, mentors and parents about your career interests; not only can they provide feedback on what fields they see as a potential fit, they can also connect you with people in those careers for a job shadow or informational interview.

Volunteer. If you already know what you want to do, finding a volunteer opportunity is a great way to get hands-on experience. Or if you're not sure yet, volunteering allows you to try out different things and discover what you find interesting.

Pursue your passions. Discovering what you're passionate about is a lifelong pursuit that will evolve and change over time; however, you will spend a significant portion of your life working, so why not make it as enjoyable as possible? Think about the things you love most and areas where you excel, then consider potential career options that align with those interests and skills. •

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Politically Speaking

One Man's Opinion

Celebrities Aren't Banned From Enjoying Their Right to Freedom of Speech

By Cristian Vasquez

It's easy to dismiss and criticize celebrities for sharing their political opinions, but it's also as childish as a kid on the playground becoming upset because a classmate brought the same version of their toy. The weekend gave us another edition of the Grammys, which in all honesty was avoided in this household like it has been every year. However, what's never ignored is the anger from certain people who have convinced their ignorant minds and feeble egos that celebrities have no right to express any sort of political thoughts. U.S. Ambassador to the U.N. Nikki Haley demonstrated her ignorance and intolerance Sunday night when she tweeted, "I have always loved the Grammys but to have artists read the Fire and Fury book killed it. Don't ruin great music with trash. Some of us love music without the politics thrown in it." Well, Haley and the people who think like her simply need to stop being such whiny babies.

Art has always been political. Music has never existed separate from political, social commentary. Maybe Haley has never heard Merle Haggard sing the lines, "After a soldier fights, should we read him his new rights? There's not that many to read anymore. Where's all the freedom that we're fightin' for?" I wonder if Haley knows that the classic American song "Yankee Doodle" itself has political roots. Or maybe she's just selective about whom she wants to criticize. Maybe Haley is just another one of the snowflakes

that her boss constantly takes jabs at, but he hasn't realized as much. Let's not pretend that the arts exist isolated from current events, because art is an expression of life and life is as varied as the music that's out there.

It is ironic that an ambassador chosen by a party known for constantly slashing funding for the arts is online criticizing the message in the arts. If the industry decides to be political during its biggest celebration, does anyone really have the right to tell it to stop? No. Nothing about the freedom of expression states that it's limited to people in a certain profession, income bracket or from a specific political ideology. Now, do people like Haley also get upset when conservative celebrities speak out? Did Haley speak out against Hank Williams, Jr. when he called President Obama a Muslim who hates the military? I wonder where Haley's outrage was when Ted Nugent threatened President Obama and Hillary Clinton. Haley is a hypocrite of the worst kind and needs to stop spreading the idea that being a celebrity makes you unworthy of a political opinion, especially when that opinion contradicts your personal views.

Let the Grammys have their night. It's an exclusive party for artists brave enough to take a chance on a creative career and fortunate enough to have made it. If their political opinions can ruin your day, then toughen up. Not everyone in the world agrees with you. •

Another Man's Opinion

One Year In, Trump Seems to Be Doing a Darn Good Job...If You're a Legal Citizen

By Duane Plank

So I am still tooling around in my kid's Honda Civic, as he kiped my Mini-van about 15 months ago, as he attends music festivals and similar-type events in and around the environs of Santa Barbara, chauffeuring around his posse. He and his buddy descended on the mansion Friday night, caught me a little off-guard, as they were attending a music soiree in LA. He had to hit the floor in the master bedroom, because my dump was going through a bit of renovation and the furniture was askew.

Anyway, mentioning this because the kid's car that I am driving is a Honda hybrid. Doing my best to save the world and all. And it sports a Bernie Sanders bumper sticker. Kid became politically motivated when Sanders made his cheated run at the 2016 Dem presidential nomination.

If you pay any attention, you may remember that the nomination was rigged by the entrenched, old-line Dems for the skow Hil Clinton, against the upstart Sanders... as she was expected to trounce whichever Republican garnered the nomination on the way to busting the glass ceiling and becoming the first woman POTUS in the good-old-US-of A. Girl power. How did that work out?

Mention this because a recent poll -- because why not float polls two years in advance? -- noted that the pathetic Dems have apparently listed the fossil Sanders as the second choice today to nab the 2020 nomination. He trailed the number one relic Joe Biden. Also mentioned in the poll was two-time loser Hillary Clinton, author of the

tome *What Happened*, which finally showed up on my doorstep courtesy of the Amazon drones. She was number three in the poll. Took Amazon two weeks to get me the Trump book *Fire and Fury*, but I did receive way-too-many emails from the Amazon god zillionaires expressing their remorse for the delay in the delivery of my books.

Shockingly, Congresswoman Mad Maxine Waters, who has incredibly become very wealthy after she started her career in politics (how the heck did that happen?) is not considered a viable candidate for the presidency in 2020. Mad Max has recently toned down her incoherent diatribes against President 45, though she and a few Lib losers were threatening to boycott Trump's this past Tuesday evening State of the Union Address.

Nice! Stay home, or in some other paid-for domicile, and not support the...elected... president of our country. Someone should investigate Mad Max's finances, BTW.

And Trump throws out a plan to help the illegals, Dreamers, whatever, to get a path towards citizenship, and Schumer and Pelosi, who probably hadn't even read the deal, cry foul. Resist, resist. What programs are you proposing, my leftist brethren, other than the garbage of victimization?

Finally, since I have two jobs, I am always amused when the hardly-working DACA freeloaders can take time out of their busy days and protest. At Disneyland. Last Tuesday. Me, no time to protest. Them? The best and the brightest, all college grads, according to the blowhards on CNN. Disneyland? Really?

Adios to the Dreamers. •

Health

from front page



An annual flu shot can lessen the severity of the seasonal illness and prevent a heart attack.

harder for the body to defend itself.

"If children, the elderly and immunocompromised people don't get enough fluids - or if they can't keep food and drink down - they need more help than a parent or other caregiver can provide," UCLA health professionals caution.

Seek medical attention if a person with the flu has difficulty breathing or their breathing becomes fast. Children who are unusually irritable or sleepy should see a doctor right away, too.

Frequent hand-washing during the cold and flu season can help health people not get sick, experts say. Getting adequate sleep, exercise and eating a balanced diet also are keys to warding off cold and flu germs, they say. These common viruses spread in families, schools and offices through sneezing and contact with surfaces.

The county public health office lists the flu's symptoms as: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. It adds that pneumonia is the most common complication of the flu, which can worsen asthma or heart disease. This year's H3N2 virus is responsible for at least 36 deaths in the county so far, compared with 13 deaths at this time a year ago, according to the county health department.

L.A. County offers flu clinics to South Bay residents at two locations through Feb. 18. Call the Curtis Tucker Health Center in Inglewood at (310) 419-5325 or Torrance Health Center at (310) 354-2300 for clinic appointments. The public health centers are open weekdays and see patients on a first-come, first-served basis.

During the first two weeks of January, nine percent of all emergency room visits were for flu symptoms and more serious complications, county officials said last Friday. Flu, like the seasons, follow a distinct pattern where these nasty bugs run hot and cold, the county's weekly "Influenza Watch" revealed in its Jan. 19 bulletin. "In a typical flu season, illnesses caused by influenza A viruses predominate early in the season," it said, adding that the B-type viruses come in a second wave later in the flu season, which runs from October to May.

The H3N2 type-A virus peaked earlier than usual, officials say, and is widespread across the contiguous 48 states. It has contributed to 96 deaths -- mostly among older residents in their 80s -- as of Jan. 19, according to the county health department.

The CDC says that colds and flus are easily confused, though both are upper respiratory illnesses. Flus are worse than common colds, with more severe and intense symptoms, federal health officials say. The telltale sign of the flu is a fever, while a cold is more likely to bring on a runny nose or stuffed sinuses, the CDC says. "Colds generally do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations," it adds. •

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The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

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HERALD PUBLICATIONS



Entertainment



Film Review

The Miseducation of Cameron Post Wins Top Honors at Sundance Film Festival

By Morgan Rojas for www.cinemacy.com

There are so many good things to say about *The Miseducation of Cameron Post*, the second feature film from director Desiree Akhavan and the winner of the U.S. Dramatic Grand Jury Prize, Sundance Film Festival's highest honor. Adapted from Emily Danforth's acclaimed teen novel, *Miseducation* is the coming-of-age story of a young teen sent to a religious camp to "pray the gay away." Led by Chloë Grace Moretz, the entire cast brings life to these characters, mixing heart and humor for moving performances. What's more, one of the most inspiring parts of this production, besides Moretz's female-empowering performance, is the below-the-line hiring -- as Akhavan herself, along with the film's cinematographer, editor, co-writer and music supervisors,



Morgan Rojas

compose an all-female crew. Cameron Post (Moretz) sits in a bible study group, silently observing the environment around her. Having grown up in a Christian household, it has been said since day one that there is a very clear right way and wrong way to live in the eyes of the Lord, which does not bode

well for Cameron being that she likes girls. When she is caught engaging in sexual activity with her secret girlfriend on prom night, Cameron's life is instantly turned upside down as she is immediately sent to God's Promise, a gay conversion therapy school run by Reverend Rick (John Gallagher, Jr.) and Dr. Lydia Marsh (Jennifer Ehle). This "school" claims to cure "SSA," or "Same Sex Attraction" through Christian teaching.

Luckily, like Cameron, not all of the students -- or disciples, as the school calls them -- are on the same page with the school's mission. Cameron quickly finds kinship in rebellious classmates Jane (Sasha Lane) and Adam (Forrest Goodluck), who smoke poorly-grown pot and eye-roll their way through the school's stream of hokey activities -- like worksheets and collage art therapy -- intended to trace back to events in the students' lives which "caused them to be gay." It's evident that no one at God's Promise wants to be at God's Promise, but Cameron and her new friends rely on each other to get through this process as relatively unscathed as possible.

Chloë Grace Moretz is subtle yet astounding in the title role. The authenticity she delivers as a teen struggling with her sexual identity proves she was absolutely the perfect casting choice, and she doesn't shy away from the movie's more demanding scenes of physicality with other women. Her vulnerability in this role makes it easy for audiences to see just how awful this experience is for those who are forced to



Chloë Grace Moretz, Forrest Goodluck, and Sasha Lane in *The Miseducation of Cameron Post*. Courtesy of the Sundance Institute.

partake in it (fortunately, as was reported at the post-screening Q&A, more and more states are beginning to outlaw conversion

therapy in growing numbers). John Gallagher, Jr. as the conflicted Rev. Rick especially shines in his role. "Rick eating cereal" was the movie's scene-stealing moment. Also, Ehle as the domineering school leader gives another brilliant performance.

Since the release of her debut feature, *Appropriate Behavior*, Akhavan has shown that the ambitions of her artistry have grown in the last four years. Back then, it seemed like a plausible assumption that she would continue to work in niche hipster fare and follow in the footsteps of Lena Dunham's style of trendy filmmaking. But with this project, she proves that she has much bigger aspirations as well as skills. Akhavan has created a film that is appealing to everyone and specifically meaningful to the young LGBTQ community. *The Miseducation of Cameron Post* serves as a beacon of light for anyone struggling

with aspects of their lives and proves that being true to yourself is the only way to live. •

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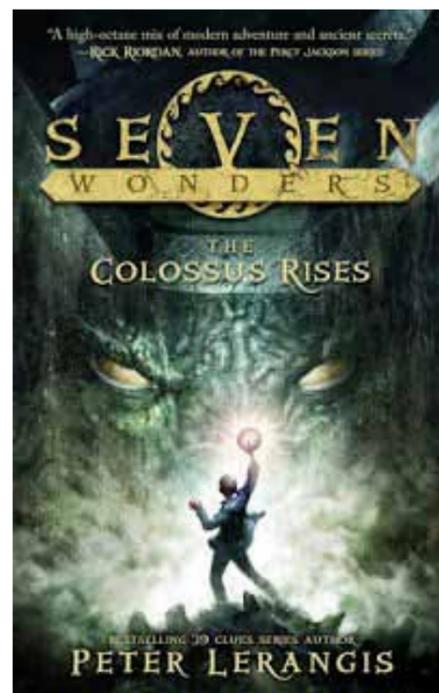
The Colossus Rises by Peter Lerangis

Reviewed by Katrena Woodson, Teen and Young Reader Librarian, El Segundo Public Library

This week's review is of *The Colossus Rises* from the *Seven Wonders* series by Peter Lerangis. Fans of Riordan will rejoice to find a new series revolving around ancient myths and legends. Lerangis invites readers to tag along to the far corners of the world on a new adventure filled with excitement, danger and myths.

The main character is Jack McKinley, a 13-year-old boy who just happens to be a descendent of an ancient civilization with a rare genetic condition that will lead to his death in a few months unless he is able to tap into the ancient power of Atlantis. However when Atlantis was destroyed, the source of its power was stolen and divided into seven pieces and hidden. These pieces are the key to Jack's survival. They are known as Loculi and they haven't been seen in thousands of years. The only clue Jack has is that these Loculi are supposed to be hidden in the seven wonders of the ancient world. Jack and a small group of other teens called "the select" must work together to find and collect the Loculi.

Lerangis does an excellent job of combining modern life with ancient myths and legends



Seven Wonders

and packaging it like an action/adventure movie. From the first page, readers will be able to tell that this is a fast-paced book that they won't be able to put down and will leave them on the edge of their seats.

The El Segundo Public Library offers access to its collection of titles in a variety of formats, including traditional hardback, e-books and books on CD. To check out *The Colossus Rises* by Peter Lerangis, or any other title on your to-read list, please visit the library to apply for your library card, or please contact the

reference staff for further assistance. •



Katrena Woodson

Marinated Garlic and Lemon Roasted Chicken Drumsticks with Honey Mustard Sauce

Ingredients

- 10 chicken drumsticks
- 1 large lemon zested and juiced
- 1/4 cup extra virgin olive oil
- 3 whole cloves garlic, chopped

- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 pinch each salt and pepper
- Minced parsley for garnish

Honey Mustard Sauce:

- 3 tablespoons melted butter
- 1/2 cup each honey and mustard
- 1 tablespoon lemon juice



Source: Nestle's Balance Your Plate

Preparation

- In a bowl, mix together lemon juice, zest, olive oil, chopped garlic, paprika, oregano, salt and pepper. Add chicken drumsticks and toss to coat evenly. Cover bowl with plastic wrap and place in refrigerator for at least 30 minutes. When ready to cook, let chicken come to room temperature for about 20 minutes.
- Preheat oven to 375 degrees.
- Arrange chicken on oiled foil-lined sheet pan.
- Bake uncovered for 20 minutes. Flip chicken pieces and cook another 10 minutes until chicken reaches 165 degrees and is no longer pink.
- Make sauce in a small bowl by whisking together the mustard and honey.
- Add water as needed for a workable consistency.
- With a small pastry brush, brush sauce over chicken and broil 5 minutes until bubbly.
- Place chicken pieces on a serving platter and sprinkle minced parsley over all.

IRS

from front page

Feb. 15, 2018," the IRS said.

Whether taxpayers really see any extra money depends on whether they read their pay stubs. A finding by the Electronic Payments Association suggests that any slight change could go unnoticed by the majority of U.S. workers. The association reported that 82 percent of U.S. workers use direct deposit instead of a paper check. If they read their electronic pay stubs, they'll see a difference.

There's an added bonus in the tax rate change for workers. Employees do not have to do anything at this time, though the IRS is revising the standard W-4 withholding form that each employee fills out at time of hire. "The new withholding tables work with the Forms W-4 that workers have already filed with their employers to claim withholding allowances. This will minimize burden on taxpayers and employers," the IRS said.

The tax code changes took effect on Jan. 1, just days after the House and Senate approved the biggest tax reform legislation in

decades. Companies since have announced bonuses for employees because Congress

- Bank of America: \$1,000 bonuses to about 145,000 of its workforce.

- FedEx: \$200 million in raises, about two-thirds of which will go to hourly team members. The delivery service giant also plans to contribute \$1.5 billion to its pension plan.

- Home Depot: Gave one-time cash bonuses of \$1,000 for hourly associates before Jan. 1.

- Honeywell: Increased the 401(k) match for employees in the U.S., Canada and Puerto Rico.

Financial institutions and banks, including Wells Fargo and Washington Federal, raised staff salaries and bumped the company minimum wage to \$15, using the corporate tax savings. Verizon gave employees, excluding its top management, 50 shares of the telecom company's restricted stock. Apple was even more generous, handing out \$2,500 in stock to most of its employees.

Not everyone will enjoy a tax reduction under the new law. While most taxpayers will pay less, some taxpayers will pay a

slightly higher tax rate for 2018, according to Executive Director Kathy Pickering with The Tax Institute. High-earners with a marginal tax rate of 35 percent (up from 33 percent) will be most affected.

Even if you didn't receive a celebratory bonus, the IRS said that 70 percent of taxpayers are expecting refunds this year. The tax season opened Monday and runs Jan. 29 through Tuesday, April 17. The filing period is five days shorter than last year, putting added pressure on tax preparers and self-filers to make the deadline.

The IRS says 90 percent of refunds are issued in under 21 days, but to expect delays with returns that claim the Earned Income or Additional Child Tax Credits. The Earned Income Tax Credit is for working people with low to moderate income. To qualify for this refund, you must file a tax return, even if you do not owe any tax. According to the agency, "The IRS expects the earliest EITC/ACTC related refunds to be available in taxpayer bank accounts or on debit cards starting on Feb. 27, 2018, if they chose direct deposit and there are no other issues with the tax return."

For the second consecutive year, April 15 falls on a weekend -- so the tax return filing deadline falls two days later on a Tuesday. •

Separate here and give Form W-4 to your employer. Keep the top part for your records.

Form W-4
Department of the Treasury
Internal Revenue Service

Employee's Withholding Allowance Certificate
OMB No. 1545-0074
2017

1 Your first name and middle initial: **Josh** Last name: **Bronson** 2 Your social security number: **222-33-4455**

3 Single Married Married, but withheld at higher Single rate.
Note: If married, but legally separated, or spouse is a nonresident alien, check the "Single" box.

4 If your last name differs from that shown on your social security card, check here. You must call 1-800-772-1213 for a replacement card.

5 Total number of allowances you are claiming (from line H above or from the applicable worksheet on page 2): **5**

6 Additional amount, if any, you want withheld from each paycheck: **0**

7 I claim exemption from withholding for 2017, and I certify that I meet both of the following conditions for exemption.
• Last year I had a right to a refund of all federal income tax withheld because I had no tax liability, and
• This year I expect a refund of all federal income tax withheld because I expect to have no tax liability.
If you meet both conditions, write "Exempt" here:

Under penalties of perjury, I declare that I have examined this certificate and, to the best of my knowledge and belief, it is true, correct, and complete.

Employee's signature (This form is not valid unless you sign it.): _____ Date: _____

8 Employer's name and address (Employer: Complete lines 8 and 10 only if sending to the IRS.) 9 Office code (optional) 10 Employer identification number (EIN)

For Privacy Act and Paperwork Reduction Act Notice, see page 2. Cat. No. 10220Q Form W-4 (2017)

There's no need for employees to make changes to their W-4 withholding forms, according to the IRS.

did away with the previous corporate tax rates and created a new rate of 21 percent.

Several airlines are among the employers who are passing along the corporate tax cuts. Alaska, American and Southwest Airlines all pledged \$1,000 bonuses to their employees. Alaska went a step further and offered \$118 million in incentive bonuses to its 23,000 workers nationwide.

Other companies and entities that do business in the South Bay that have promised tax cut bonuses include:

Real Estate

Think Spring: Plan the Landscape of Your Dreams

(BPT) - The weather outside is frightful, and the week ahead calls for falling temperatures, maybe even snow. That makes it easy to dream of warmer spring weather, but to plan for it? To sit and strategize for making the most of next year's lawn and landscape projects? That seems like no small feat.

The good news is that spring will be here before you know it, and now is the best time to work with your local landscape professional to set the stage for a healthy spring. With the expertise and knowledge of a professional, you'll be well on your way to get a thriving landscape you'll enjoy come spring.

Quality lawn care and landscape professionals are all around you, but finding the perfect one can be challenging if you go it alone. Instead, consult the National Association of Landscape Professionals (NALP) professional directory at www.loveyourlandscape.org/find-a-pro/. You'll have access to the NALP's comprehensive directory and can find inspiration through the organization's expert advice columns and idea center, motivating you to take your spring landscaping projects to new heights.

The initial conversations you have with



your landscape professional are essential for creating a beautiful outdoor space. When working with a professional, you can become more prepared by considering the answers to these questions in advance of your first meeting.

What's Important to You?

You don't need to know every last detail, but you should have a broad understanding

of what you want. Do you want to entertain? Have space to garden or create a private area to enjoy quietly by yourself?

What's Your Budget?

When it comes to dreaming of the perfect landscape project, the limit is your imagination. But once you place some real-world practicality behind it, the limit will ultimately be your budget.

What Plants are Best for Your Property?

Flowers, shrubs and trees are all integral to any landscape project and you should have an idea of what you'd like to see. If you don't know, visit your local greenhouse or nursery for inspiration and gain a greater understanding of native plants that fare well in your environment.

What Level of Lawn Care is Needed?

Whether or not you have sprawling acres of land, a healthy lawn of any size and shape sets the foundation for a beautiful landscape. Your lawn care professional can review with you how to grow and maintain a lawn through all the seasons. Consider if weed control, mowing, aeration, fertilization and irrigation may be needed as part of your lawn care program.

The long weeks of winter are here, but now is the perfect time to formalize your plans for a gorgeous, spring lawn and landscape. A professional can help you reach every goal you've dreamed about. So start planning today. Your home will benefit from your preparation - and on those cold mornings, it sure helps to dream of spring, doesn't it? •

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adopted out with her sister and somehow wound up at a pound in Texas. Why? We have no idea, but what we do know is that it was through no fault of her own, because she is a perfect kitty. Thanks to her microchip, Magic found her way back to the Kitten Rescue sanctuary. Magic is outgoing, friendly, loving, affectionate and playful. She would be happy in an active home or a quiet one, as long as she receives lots of attention.



Chloe

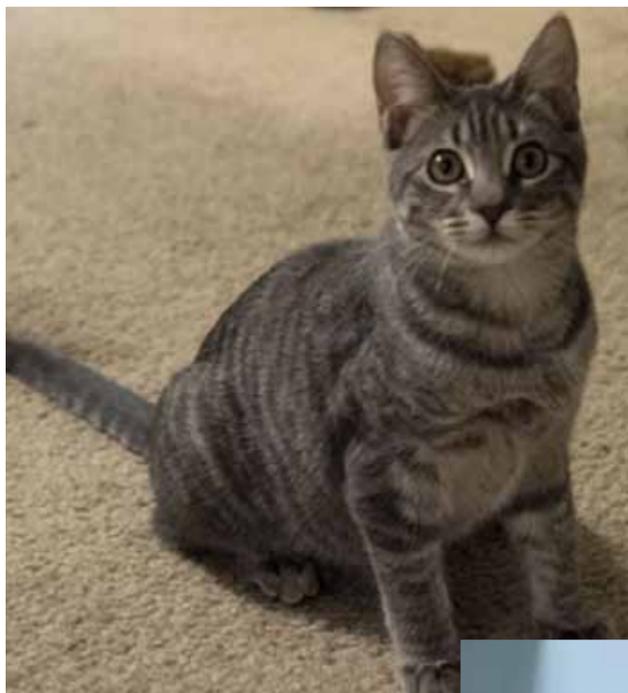
Chloe is an energetic, dainty kitty with a petite body and huge green eyes. Chloe will melt your heart. She was surrendered by her owner for unknown reasons and spent over a month at the shelter before she was fostered through Kitten Rescue. Despite this rough time, Chloe adapted almost immediately to being in a home with a loving caretaker and several cat "siblings." She is a friendly girl who will chirp when she sees you and rush over to give you a head butt. She makes great eye contact and is very responsive. If you call



Cameron

Cameron is a wonderful little boy. He gets many compliments on his gorgeous looks from every single person who meets him. Besides being a very handsome, classic buff tabby, Cameron is also loving and playful. He enjoys getting petted, especially having his back scratched, and will purr loudly to show you his appreciation. He loves playing with his siblings, kitty friends and his toys. After a good play session, Cameron likes to lounge and receive a good petting.

Leo was found by a Good Samaritan. He was in pain, dehydrated and not able to walk after he was hit by a car. He was brought to the Kitten Rescue Sanctuary and given fluids, food, flea medication and lots of love and attention. He is now fully recovered and ready to find his purrmanent home! Young Leo is a very playful kitty and loves other cats. He enjoys getting love, pets and attention from humans. He prefers to have all four paws on the ground



Marlowe

her, Chloe comes running. She can amuse herself, but also gets along well with other cats. Chloe is ready for a forever home and will be forever grateful.

Marlowe is a tiny little tigress full of energy. She's a gorgeous, playful and petite little cuddle bug who loves to snuggle after fun play time with her human parent and cat friends. She would be happiest with at least another kitty to keep her company for all that fun. Marlowe loves all toys and loves to hide behind house plants like she's in the jungle. She's quite the purr machine -- letting you know she's happy -- and gives lots of affection, including little cat kisses.

You are going to love having a little **Magic** in your life. This amazing kitty was



Magic



Leo

and is not fond of being picked up. Leo's ideal home would have a buddy for him to play with and loving and attentive humans who would dote on him.

Zuri's snow-white coat makes her the fairest kitty of them all. She may be a princess, but she'll treat you like a king or queen. Don't let her delicate looks deceive you. She's no damsel in distress. Zuri will climb the tallest tower and leap into the biggest bunk beds just for a chance to snuggle up with you. She loves basking in the warmth of your lap or the next best thing: your blanket. For the most part, Zuri is the small and silent type until you hear her purr... and you will hear her purr.

Puffin is 100 percent the cutest little purr machine. A sweet gentleman, he



Zuri

behind the curtains. Needless to say, Puffin makes a great friend to other cats and is a great companion.

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



Puffin

will melt you with his piercing green eyes. He's a gentle little guy and will come give you attention when you need it the most. Puffin loves to jump on your lap and snuggle next to you in bed at night. Super playful, he loves to chase balls, string and laser pointers, and to play with his foster sister. So affectionate, you can often find him grooming her and giving her kisses one minute... and then the next, chasing her around the room playing hide and seek

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 Blvd. Our website lists additional adoption sites and directions to each location.

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

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Precious Pooches



Phoenix

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

"They call me **Phoenix** and you'll soon agree it's a most appropriate name for me. I'm a tiny, three-year-old female Terrier mix who ended up on the streets after being neglected. When animal control found me, they took me to an LA County shelter where I was relocated from general population to the medical ward. I was a real mess, so it was no surprise when the adopter who originally wanted me never showed up to seal the deal. Luckily, the MSFR folks had spotted me while looking at another dog and gave their name as a backup in the event the adoption fell through. They rescued me exactly as I was – stinky, messy, underweight (only seven pounds), with parasites and feeling pretty discouraged. A trip to their veterinarian and a prescription to rid me of the parasites was first priority. Then a bath and some nutritious food with a lot of TLC thrown in and I'm feeling so much better. Now, I'm working on gaining a few pounds -- my ideal weight

should be about 10 pounds -- and then watch out, world because I'm finding my forever home! I'm super sweet, cute as a button, will be your best friend and... like the bird in Greek mythology, I will rise from the ashes of my old life to the much better life I deserve." If you're interested in Phoenix, please email info@msfr.org for more information.

"They call me **Alma** and I think it's because of the meaning of my name. In Latin, it means kind and loving and that's definitely who I am. Well, actually I'm also a 4.5-year-old, female Miniature Schnauzer mix who was rescued from an LA County shelter after my previous owners surrendered me. Can



Alma

you believe that they adopted me from the shelter when I was only two months old and now, over four years later, they relinquished me because they are moving to a place that doesn't allow dogs? I guess in hindsight I wasn't all that important to them because they never had me spayed, and let's just say that their environment left me a bit nervous. I think I would like my forever family to be an adult-only home that's low-key and peaceful. I may be 18 pounds, but I'm a sleek, longer-bodied girl who could possibly have some 'doxie' in my pedigree. I get along really well with other dogs. So if you have one and are looking for a gal-pal for your

pooch, or just someone to share your life, I'm the gal for you." If you're interested in Alma, please email info@msfr.org for more information.

"My new name is **Flora**, which is of Latin origin, and means flower. It's absolutely the perfect name for a tiny, 10-pound gal, as I continue to bloom under the care of my foster folks. I have to tell you that when I was found by animal control and taken to an LA County shelter, I was nothing short of a mess. I had to be placed in the medical building because of a disgusting and painful skin condition. I won't get too graphic, but the sores and inflammation were so bad that I didn't even want to be touched. I certainly was not adoptable in that condition and that's when the big-hearted MSFR folks rescued me. They took me straight to their veterinarian where several different skin tests were performed and the final diagnosis was that my condition was called demodectic mange with an ear infection. Thankfully it's not contagious, so I just spent a few days at the animal hospital receiving treatment. Amazingly, I responded so well that I was looking and feeling much better after only one treatment and a medicated bath. I should be all healed and ready for my new home mid-January. It's been a bit of a rough road for this four-year old, female, purebred Miniature Schnauzer, but I know the best is yet to come! If you're looking for a petite youngster to share your life, I'm definitely the sweet gal for you. I even get along with other dogs, but do just fine by myself." If you're interested in Flora, please email info@msfr.org for more information. •



Flora

Happy Tails



Congratulations to Ross and his new family!

He came to MSFR in November after being rescued from an LA County shelter where this guy was such a smelly, matted mess that no one ever suspected that in reality he was a handsome, purebred Miniature Schnauzer. He was actually adopted the week before Christmas and our last adoption for 2017, but we wanted to make certain that everyone was

going to be happy with this arrangement. We wanted to confirm that Ross's new "sibling," a 10-year-old Poodle mix, didn't mind sharing their home with another rescue. Happily, they get along just fine and Ross, now named Baxter, lives in North Redondo with his new mom and "Pierre." Wishing all of them much happiness and lots of great adventures... •

THE YELLOW DOG PROJECT.com

If you see a dog with a **YELLOW RIBBON** or something yellow on the leash, **this is a dog who needs some space.** Please do not approach this dog with your dog. Please maintain distance or give this dog and his/her person time to move out of your way.






There are many reasons why a dog may need space:

- HEALTH ISSUES
- IN TRAINING
- 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.dogsthatings.net

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