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## Weekend Forecast

**Friday, August 4**  
Mostly Sunny  
79°/70°



**Saturday, August 5**  
Mostly Sunny  
79°/70°



**Sunday, August 6**  
Mostly Sunny  
79°/66°



## Women’s Flag Football Game Raises \$60,000 for Alzheimer’s of Greater Los Angeles



The 6th annual tackleALZ flag football game took place Saturday, July 15 at Campus El Segundo. Two teams--the FireALZ (pictured above) and the AlzStarz--competed fiercely both on and off the field in a friendly rivalry to raise awareness of Alzheimer's disease and funds for Alzheimers' of Greater Los Angeles (ALZGLA). Team FireALZ won the game, 13-12, but team AlzStarz won the online fundraising challenge. tackleALZ raised more than \$60,000 for ALZGLA. (Photo by Rich Cruse Photography)

## Vista del Mar to Go Back to Two Lanes in Each Direction

*The following is a press release issued late last week by Los Angeles Councilmember Mike Bonin (11<sup>th</sup> District) on plans to revert Vista del Mar back to its former four-lane configuration, as well as other changes:*

"I'm writing with some important news regarding the road safety projects in Playa del Rey. About two months ago, the City [of Los Angeles] launched two different projects, both designed to improve safety in parts of Playa del Rey.

I said at the time that we would evaluate them and make changes based on community feedback -- and I meant it. That's why earlier this month we added a lane back on eastbound Culver Boulevard. I have continued to listen--and today, I am announcing some big changes in response to what I have heard.

### Announcement 1: Vista del Mar

Two months ago, the Los Angeles Department of Transportation (DOT) narrowed Vista del Mar from two lanes to one in each direction. DOT did so suddenly and without community input because they were told the City faced immediate and serious liability concerns from people who were being killed or seriously injured crossing Vista del Mar, to and from the beach and free parking on the road. DOT was warned it needed to act before summer, and they also knew they needed to preserve beach parking to make sure everyone, from everywhere and from all walks of life, had access to the coast.

That move was incredibly controversial--let's be clear, most people hated it--and I said that I would eagerly embrace an alternative solution that met the requirements of improving safety and maintaining coastal access. Today, I am very glad to report we now have that solution thanks to my good friend, Los Angeles County Supervisor

Janice Hahn.

Janice has agreed to create an equivalent number of public parking spaces below Vista del Mar, at the beach itself. That will allow us to address the primary and the largest safety concern, by prohibiting parking entirely on Vista del Mar. And that will allow us to restore the road to two lanes in either direction. We will do it as soon as the County is able to restripe its lots and create the additional public parking. On top of that, LADOT is going to make a change to the signal and the turn at Vista del Mar and Culver Boulevard, and they expect it will have a significant impact on resolving the bottleneck there.

Thank you, Supervisor Hahn and LADOT, for helping us find a workable solution.

### Announcement 2: Playa del Rey Road Safety Task Force

Now, for the second announcement, regarding the other streets, the ones that are part of the Safe Streets for Playa del Rey project. That project made changes to Culver, Jefferson and Pershing in an effort to make the community safer and more walkable. For those areas, I am forming a 'Playa del Rey Road Safety Task Force' to evaluate and make recommendations regarding the project and its impact on those streets and on the surrounding neighborhood. The task

**Vista del Mar, page 2**

## Smartphones Are Beginning to Mess with Our Heads

By Rob McCarthy

Commerce, education and personal communication haven't been the same since the smartphone became the must-have consumer electronic device. By one estimate, nearly every human being on the planet old enough will have a smartphone very soon. There could be six billion of these mobile communication devices worldwide by 2020, according to business analytics company IHS Markit. A decade ago, smartphones hardly existed.

Yet, for all of the advances made because of smartphones, recent research points to an overdependence of the technology that shows up in how people nowadays talk, interact when together, and problem-solve. One recent study by a team of researchers in Austin, Texas concluded

that a smartphone nearby makes it harder to think and concentrate. The findings by the University of Texas team came from studying the technology and study habits of college students, but there's application here for high school administrators and teachers, parents and business leaders looking at ways to boost productivity and innovation in the workplace.

"Our smartphones enable—and encourage—constant connection to information, entertainment and each other. They put the world at our fingertips, and rarely leave our sides," the co-authors wrote, adding that so much connectivity has a consequence. "Although these devices have immense potential to improve welfare, their persistent presence may come at a

**See Smartphones, page 4**



# Looking Up

## A New Search for Extrasolar Planets with the Arecibo Radio Telescope



Barnard's Star Will Be Studied Simultaneously from Different Observatories

**Based on Press Release from the University of Puerto Rico, Provided by Bob Eklund**

The National Science Foundation’s Arecibo Observatory and the Planetary Habitability Laboratory of the University of Puerto Rico at Arecibo have joined the Red Dots project in the search for new planets around our nearest stars. This new collaboration will simultaneously observe in both the optical and radio spectrum Barnard’s Star, a popular star in the science fiction literature.

Barnard’s star is a low-mass red dwarf almost six light-years away and the second-closest stellar system to our Sun after the Alpha Centauri triple-star system. There are hints of a possible super-Earth mass planet in a cold orbit around this star.

The Arecibo Observatory’s giant radio dish will be used in a new campaign to observe nearby red dwarf stars with planets. The purpose of this campaign is to detect radio emissions from these stars, such as from flares, to help characterize their radiation and magnetic environment and any potential perturbations due to other bodies. These perturbations might reveal the presence of new sub-stellar objects including planets.

Barnard’s Star will be the eighth red dwarf star to be recently observed by the Arecibo Observatory. Results from Gliese 436, Ross 128, Wolf 359, HD 95735, BD +202465, V\* RY Sex, and K2-18 are currently being analyzed. These observations are led by Prof. Abel Méndez, Director of the Planetary Habitability Laboratory of the University of Puerto Rico at Arecibo in collaboration with Dr. Jorge Zuluaga from the Universidad de Antioquia in Colombia.

The Red Dots team will be joining the observations with the Arecibo Observatory of Barnard’s Star in coordination with other observatories. They are planning simultaneous photometric and spectral observations

from SNO, LCO, TJO, and CARMENES from Spain, and earlier with ASH2 from Chile. All these observations will be used to understand the star, but more observations by the Red Dots team will be necessary for the detection of any new planet.

The first extrasolar planets were discovered from the Arecibo Observatory in 1992. They were three small planets named Draugr, Poltergeist, and Phobetor around the Lich pulsar, a fast-rotating neutron star that emits a beam of electromagnetic radiation. The first planet around a Sun-like star was later discovered in 1995 and today we know of more than 3,500 of them.

The first and only time that Barnard’s Star was observed from the Arecibo Observatory was during the SETI Institute’s Phoenix Project (1998-2004), as part of SETI’s search for extraterrestrial intelligence. The new observations are in a different frequency (4 to 5 GHz) where radio emission from stellar flares have been observed in other similar or cooler objects. This is the first time Barnard’s Star is seen with such frequencies and sensitivity.

Barnard’s Star is named after its discoverer, E.E. Barnard, a pioneer American astronomer who used Yerkes Observatory’s 40-inch refracting telescope in the early 1900s to photograph the nearby stars in the Milky Way Galaxy and create an atlas of their positions and distances. To determine the distances to the stars, he would photograph the same star-field in both the spring and fall—and then measure changes in a star’s position compared to other nearby stars in the two seasons as the Earth moved in its orbit around the Sun.

He found that one star, a “red dwarf” later named for him, had an extreme change in position. A simple calculation using trigonometry showed it to be only about six light-years away from us—the closest known star after the Alpha Centauri star system. •

# Seniors

## Unlock the Secret to Healthy Aging by Improving Your Health in Three Key Areas



(BPT) - You’re still just as active as you were in your thirties and forties, but as you continue to add those candles to your birthday cake each year, you can feel the effects of aging starting to take a toll on your body. As you age, your body needs a little extra care to maintain optimal health; that’s why you go for your morning walk and eat a balanced diet. These things can help you support your overall well-being, but there are other factors to consider if you want to live a healthier, more active lifestyle as you grow older.

“Many people don’t realize how much of an impact hormone, heart, and bone and joint health can have on their day-to-day lives,” says Dr. Andrew Halpner, vice president of science and technical services at Douglas Laboratories. To maintain this ideal lifestyle, he offers his advice on ways you can support your health in each of these key areas.

Properly balanced hormone levels are one of the most important factors when it comes to staying healthy as you age. Healthy hormone levels support healthy sexual function, body weight, sleep and glucose metabolism.

Establishing a healthy diet, ensuring sufficient sleep and making time for recreation are great first steps toward supporting your hormone health. It is also important to consult your healthcare provider to discuss regular blood work to monitor your hormone levels.

Finally, to help maintain healthy glucose metabolism and tissues, add a nutritional supplement, such as Wobenzym Plus, to your daily regimen.\*

Heart health is an important part of any healthy aging plan. You’re already monitoring your lipid profile diligently, but what else can you do?

Lipid levels are important, but maintaining

glucose homeostasis and cytokine balance is just as important to supporting proper heart health.

A healthy diet that focuses on fiber and regulates carbohydrate intake has been proven to support healthy glucose levels. Consider complementing your diet with regular exercise and nutritional supplements to further support good health.\*

Maintaining healthy bone and joint function is critical for both men and women. When bones are weak or joints are stiff, it can be difficult to keep up your desired level of activity.

Bone health is directly impacted by vitamin D levels. To support these function areas, boost vitamin D by spending brief periods of time in the sun - with sun protection, of course - or consult your healthcare provider about taking a supplement to achieve optimum vitamin D levels.\* Additionally, adding a nutritional supplement such as Wobenzym Plus can help provide temporary relief from everyday aches and pains to ensure that when you want to be active, your bones and joints are ready to keep up with you.\*

A balanced diet and moderate exercise are the building blocks of any health regimen, but as the years pass, your body may need additional support. Remember your hormones, heart, bones and joints when tailoring your health plan and consult your healthcare provider before introducing any new products into your routine. For more information on how to live a healthier, more active lifestyle, visit [douglaslabs.com/healthy\\_aging](http://douglaslabs.com/healthy_aging).

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. •

## Vista del Mar

from front page

force will be composed of neighbors who have supported the project and were engaged from the start, neighbors who have criticized the project and were unaware of it before, local small business people, and safe streets advocates. It will also welcome the input of other residents, of commuters, and agencies or entities that can bring expertise or financial resources to the table--such as the County or some of the South Bay cities. I will ask the task force to make short-term and long-term recommendations, based on data, community feedback, and available financial resources. I will ask them to make a report 90 days after we make the changes on Vista del Mar.

The primary metric for the task force needs to be the most important one -- safety. Our neighborhoods in Los Angeles are suffering from an epidemic of traffic collisions. In April, Los Angeles Police Department Chief Charlie Beck told us more people had been killed this year by automobile collisions than by gang violence. The number one cause of death for children under the age of 14 in Los Angeles County is automobile collisions. This status quo is absolutely unacceptable, and slowing speeds through our residential and commercial neighborhoods is the most important and significant thing we can do to address that. The City absolutely must take the steps necessary to implement Mayor Garcetti’s executive order and eliminate traffic

fatalities by 2025.

There is no precise science or single toolkit to guide how we make our neighborhoods safe. It means trying things, taking risks, and often making tough decisions. I’ve never been afraid to do that--and I wouldn’t be much of a public servant if I were.

But I also wouldn’t be much of a public servant if I did not listen to the people I represent, if I were unable to admit a mistake, or if I didn’t try to fix those mistakes. And that’s what I am doing now. If you are one of the many people who were inconvenienced, who were late to work, or who missed a bedtime story with your toddler, I am truly sorry. We are doing our best to make this right.

I cannot promise that the City’s efforts to improve road safety won’t have any impacts on commutes--speed kills, and we need to slow down in certain areas to save lives--but the level of gridlock created by Vista del Mar was unacceptable--and now, thanks to Supervisor Hahn, we have an alternative.

I hope to have an update in the next week on the timing of the lane restoration on Vista del Mar, and of the formation of the task force. I look forward to sharing that information with you. In the meantime, thank you for voicing for opinions and sharing your feedback. I hear you, and I am proud to represent you.”

Regards, Mike [Bonin] •

# Classifieds

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.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser’s claims are true nor does it take responsibility for those claims.

**APARTMENT FOR RENT**  
**Apt for Rent** – 2 BD/1 BA upstairs duplex newly refurbished, stove, frig, W/D hookups. Off street parking. Close to restaurants, groceries & parks. \$1950. 310-322-4848.

**APARTMENT FOR RENT**  
**2 BD/1 BTH** El Segundo - Bright upstairs unit in duplex, completely renovated, everything new. Small courtyard, pets OK. Must see! \$3000/mo. 310-343-1184.

**CONDO FOR LEASE**  
**Condo for Lease:** 2 Beds/2 Baths; Beautiful and bright south-facing, top floor unit; Master suite with walk-in closet; Laundry hook-ups; \$2995/month – Contact 310-877-2374

**FOR RENT**  
**State of the Art** - New 2 bd 2 ba El Segundo Home. Featuring new SS appliances, lg bdrms w/walk in closet. Master bath w/dual sinks & walk in shower. W/D hookups. Private yrd & new deck affords indoor / outdoor living. Great ES location. Please call or text for showings. Patti (310) 985-1184 or Terry (310) 487-1476. \$3795/mo.

**FOR RENT**  
**ONE UNIT LEFT!** Remodeled 2 bed 1 bath unit in West ES! Walk to beach, dining and shopping! Electrolux stainless appliances, D/W, fridge, oven & stove, & micro. too! Recessed lighting w/dimmers, wood laminate floors throughout. Upper unit, bright and cheery! 1 car garage parking plus 1 driveway space.

\$2700 S & L Property Management 310/350-4096

**GARAGE SALE**  
**Contractor clearing garage.** Commercial door hardware, bathroom accessories, building materials, and more. Back alley of 139 Nevada St. 7am-11am. Sat. 8/5

**HOUSE FOR RENT**  
**2BD/1BA** completely refurbished, hardwood floors, W/D hookups, small patio, 2 car garage. Center of town. \$2850/month. 310-322-3151

**HOUSE FOR RENT**  
**4BD/3BA** - 2 story house, 2 car garage, fenced yard, all hardwood floor. Remodeled kitchen, new paint, sound proof system. walk to beach. \$4,100/month. 310-663-9898



# Sports

## Should Los Angeles Football Fans Choose the Rams as Their Team?

By Adam Serrao

Since the Rams packed up their bags and headed west for Los Angeles, it has been no secret that they have failed to incite excitement within their newfound fan base. A far cry from “The Greatest Show on Turf” that used to call St. Louis home, the Los Angeles Rams have been subpar so far, to say the least. Whether it has been management moves, coaching decisions, or simply just a roster full of bad players, the Rams debuted in Los Angeles with a 4-12 season last year, failing to excite a city that has been salivating for football ever since the Rams (and the Raiders) left after the 1994 regular season. This year’s Rams team is obviously still not a Super Bowl contender. They should be better, however, and in doing so will manage to give Los Angeles fans more of a reason to feel proud to enjoy football once again.

Last year’s Rams fan base crowded the Coliseum in Los Angeles for many reasons, but none of those reasons were because the Rams were actually good at football. Whether it was because it was the first year that the game was back in L.A. or simply because Sundays are meant for watching the NFL, Los Angeles had the second best home attendance in the entire league last season.

Ineffectiveness has its own way of keeping fans away, especially when a second team (the Chargers) makes itself available to the masses and moves into the area. Rams fans shouldn’t scare easily, though, because this year’s team plans on being much better the second time around.

This year’s Rams roster could boast as many as 10 new starters when the NFL season begins. Those new starters will be most easily recognized on the offensive side of the ball and specifically under center. Though quarterback Jared Goff eventually made a few starts once head coach Jeff Fisher got fired, he didn’t start the season as the main signal-caller of the team. This year should bring with it added responsibility for Goff, which will either make or break the quarterback’s future with the team. Goff was in an awkward spot last season with uncertainty surrounding the entire organization and a cross-country move that had just taken place. This year, Goff is in charge and it’s time for the former number one overall pick the in draft to take control of the franchise.

Not only will many of the starters be new to the team, but Sean McVay is entering his first year as a head coach in the NFL. McVay has tabbed new wide receiver Robert Wood as a perfect fit for his offensive

system. Woods used to play at USC, so at least he’ll be used to the scenery. He has yet to catch more than 65 passes in a season, but seems destined to do so in his first year in Los Angeles.

The Rams also beefed up their offensive line this offseason, which was a major liability one season ago. Look for Toddy Gurley and the running game to become much better this year than last with the additions of left tackle Andrew Whitworth and center John Sullivan. Rookie wide receiver Cooper Kupp and second-year tight end Tyler Higbee will also look to add depth to a passing game that lost Kenny Britt, but still looked absolutely anemic last year on the football field.

On the defensive side of the ball the Rams have welcomed in outside linebacker Connor Barwin, who most recently played with the Philadelphia Eagles but had his best season in Houston under new Rams defensive coordinator Wade Phillips. Phillips is also bringing over Kayvon Webster from the Denver Broncos to compete with E.J. Gaines for the starting spot at cornerback opposite Trumaine Johnson. Any addition to a defense that is already lethal and features the likes of Aaron Donald and Robert Quinn is a good move. The defensive side of the ball won’t necessarily be a problem that the

Rams will struggle with this season.

It was no question that the Rams needed to shake things up on the roster after a four-win season in a very competitive NFC West division. Los Angeles has done its part to strengthen the roster with new coaches McVay and Phillips plus a relatively new offensive line. That same offensive line is what will be instrumental to the team’s success and Goff’s growth as an NFL quarterback. As the line goes, so goes Gurley, the running game and Goff--with what little passing attack he presumably has. New players don’t necessarily mean more wins for the Rams. A starting job for Goff doesn’t mean that he’ll necessarily be good either. But a fresh start for everyone involved should only help to improve what was an agonizing second half of the season last year.

The Rams are 13 years removed from the playoffs and 14 years removed from their last winning season. Now is the time to show that they are on course for a future playoff appearance. The team may not have what it takes to beat out their divisional opponents this season, but they can certainly begin to make a mark on the league and on the city of Los Angeles before another team bolts in and steals their thunder.

Asixlion@earthlink.net •

## Billing Law Rewards Patients for Doing the Right Thing

By Rob McCarthy

Patients covered under a health plan can no longer be billed for out-of-network fees by a hospital, lab or imaging center if the consumer did everything correctly and went to an in-network provider. A new California law that took effect on July 1 shields consumers from surprise medical bills from facilities that used an out-of-network doctor or specialist. No longer are consumers in privately managed health plans responsible for the overcharges.

The California Department of Managed Health Care this month welcomed the patient-protection measure, which state lawmakers approved last year and Governor Jerry Brown signed into law. It takes the consumer out of the middle of any billing dispute between a healthcare facility and a health insurance plan for out-of-network charges, which patients were responsible for paying in the past. Consumer groups charged that the billing practice was unfair.

The consumer protections included in Assembly Bill 72 should reduce surprise bills for seven in 10 Californians. The law won’t end the practice known as “balance billing” for everyone. The new protections don’t apply to Medi-Cal, Medicare or those on a self-insured health plan, according to the state’s healthcare authority.

Healthcare consumers with an eligible plan can only be charged for their share of in-network costs when they remain in their network, regardless of who delivered the care. Surprise bills typically are generated by hospital stays, visits to diagnostic labs and imaging centers, without the knowledge or consent of the patient.

“This means when you go to a healthcare facility like a hospital or a lab in your health plan network and end up with a doctor who is not in your health plan network, they cannot charge you more than you would have to pay for an in-network doctor,” said an announcement by the Department of Managed Health Care, or DMHC.

In the event a surprise bill shows up in the mail, the DMHC says consumers should file a complaint with their health plan and include a copy of the bill. “Your health plan will review the grievance and should tell the provider to stop billing you,” the state’s

healthcare regulator advised. If the health plan takes more than 30 days to respond or a consumer isn’t satisfied with the response, then file a complaint with the department. The department accepts complaints by phone at 888-466-2219 or online at its website, www.HealthHelp.ca.gov.

The California Association of Health Underwriters last fall supported passage of the consumer protection measure. The trade association represents 2,000 health insurance agents and brokers who respond to tens of thousands of phone calls per year about out-of-network billings, according to the group.



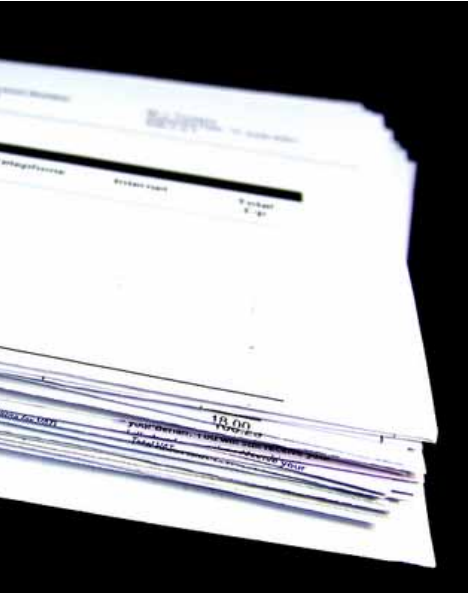
Its top leader believes the high number of billing disputes that his members must referee will decline starting this month.

Association President Rick Coburn said, “The reason we support AB 72 is that our licensed, certified health insurance agents are usually the ones the consumer calls first asking for help to investigate, and then deal with, out-of-network charges and balance billing.” The measure had bipartisan support of Democrats and Republicans in Sacramento, and was the top legislative priority for health insurance agents in 2016, according to the group.

The new law also restricts the amount an out-of-network provider can bill for patient services. Another name for them in the insurance billing industry is non-contracted providers. The new restriction does not forbid a patient from seeing a doctor or specialist

outside a plan’s network of approved providers. Going outside an HMO or PPO network of approved doctors and medical practices is still permitted, but with the patient’s knowledge and consent that additional charges will be incurred. Written consent must be given at least 24 hours before the appointment.

Surprise bills usually follow a procedure at a surgical center or a hospital stay that is done at an in-network facility where the anesthesiologist who assisted was not in the patient’s health plan network. The anesthesiologist sends a bill to the consumer, who didn’t approve using a non-contracted



team member, thus triggering a dispute.

Tests at labs and imaging centers can also be a source of unexpected charges when the doctor who reads the test results is outside the network. His bill marks a milestone for California healthcare consumers, says Oakland

Assemblyman Rob Bonta.

“When patients do everything correctly by staying within their health networks when they seek medical care, they shouldn’t get hit with a surprise bill that is often in the hundreds or thousands of dollars,” he said.

As of July 1, California now has the strongest consumer protection in the nation against surprise medical charges that patients in some reported cases rang up even after they told hospital admissions and staff they only wanted to be treated in-network. The new law isn’t retroactive, so those patients have no choice but to fight the bills and hope the uncontracted doctor will reverse the charges or lower the bill amount using a new formula. A non-network doctor may charge a patient either 125 percent of the amount Medicare reimburses for the procedure or at the health plan’s established rate. The provider can choose whichever rate is highest.

Unauthorized medical charges due to out-of-network doctors is widespread across the nation, according to Consumer Reports. The consumer advocacy group found that nearly one-third of patients said they received a surprise medical bill for healthcare. Nearly one-fifth of emergency room visits resulted in unexpected charges, a Yale University team found.

“Even with all the uncertainty about healthcare coming out of Washington, Sacramento is providing some more security for patients, who should now no longer get surprise out-of-network bills when they go to an in-network hospital or other facility” said Anthony Wright, executive director with Health Access California, one of the co-sponsors of the new law. •



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# Politically Speaking

## One Man's Opinion

### There are Some Comparisons that Should Just Never be Made

By Cristian Vasquez

People, please stop comparing your political struggle to slavery. It's a pathetic and lazy attempt at garnering support for your side that is not only morally repugnant, but also flat out wrong. With the ongoing debate about repealing Obamacare and approving the American Health Care Act, supporters of universal healthcare have raised their voices in favor of such a system. Whether related or not to the discussion, an old video of Senator Rand Paul equating one's belief in healthcare as a right with believing in slavery has made the rounds on social media. Thinking it was taken out of context, because no logical-thinking human being would compare slavery to anything other than bondage, I searched for and found the video of the Senator's asinine comments.

Sadly, Senator Paul's claim that a person who believes in healthcare as a right is equivalent to support for slavery isn't the first time a politician stoops that low in the name of political gain. Before being appointed Secretary of Housing and Urban Development, Dr. Ben Carson said Obamacare was the worst thing to happen to America since slavery. As disgusting, misguided and reprehensible as that comment is, even worse is that there are people who agree and defend this statement. For all the anger and resentment that Obamacare caused conservatives--despite the fury and frustration that the thought of universal health care causes in supporters of right-wing politics--this in no way comes

close, even remotely close, to slavery.

Now, there will be all sorts of brain yoga and Pilates done to justify this ridiculous claim, but none of it is true. If you have a cause you adamantly support, then use facts--not feelings based on pretzel-formed logic. Maybe I haven't read the articles that describe how doctors in countries with universal healthcare are taken from their land, shackled, beaten and forced to work for absolutely zero pay. And to argue that the financial restrictions of a healthcare provider make for demoralizing conditions is still not slavery. Before the accusations come, I'll be clear about where this is coming from: the need for human decency. This is not an attempt to be PC, but more of a demand for respect. It's a plea for people to stop comparing one of America's biggest crimes to whatever political cause they are trying to promote.

To Dr. Carson, and anyone who is passionate about their position on any issue... instead of desecrating the memory of every soul lost to the savagery of slavery, do some actual work to defend your position. Relying on inflammatory rhetoric to scare people into a position is a disservice to the cause being promoted. In the end, no matter the outcome of the healthcare issue, it is not going to result in the separation of individuals from their homeland and family. It will not lead to the deliberate physical restraining, mental abuse and moral torture of individuals, nor will it be followed by a century of Jim Crow laws. •

## Another Man's Opinion

### Trump Continues On-the-Job Training: Is Lucky that Jerry Brown is 79 Years Old

By Duane Plank

Was listening to the radio in early November of 2016, a few days after the shocking victory of Donald Trump over the beleaguered Hillary Clinton. One of the talkers, Leo Terrell, said that "Trump will either be the best President ever, or the worst President ever."

What say you? According to certain cherry-picked polls, Trump's approval rating is hovering around a sad 36 percent.

With the lefties still on full-frontal assault leading the impeachment brigade--along with the political fossils Pelosi and Waters high-fiving each other as the Trump administration continues to implode while committing unforced errors that derail their attempts to get things done--the Dems still have no apparent policy agenda other than to disrupt and obstruct. And they have no candidate perched to carry the mantle in 2020. If only Jerry Brown were 10 years younger.

My task is not to champion Democrat Brown, the four-term Governor of the Golden State. But what type of credibility would I have as a political opiner if I looked the other way regarding his successes, his cleaning up the mess left by the Terminator? Could Brown garner similar accomplishments if he were residing in the White House?

The Trump administration is now six months in, and the revolving door at the White House is still spinning. Sean Spicer, embattled press secretary and SNL pincushion, is out and Trump buddy Anthony Scaramucci is now the new communications director. With Spicer out, who will actress Melissa McCarthy make fun of next season on the suddenly relevant

late-night TV show? Some of the folks who participated in her multiple box office bombs?

Trump has continued running amok, unrestrained, bad-mouthing his own selection for Attorney General, Jeff Sessions. For those of you new to the political game, Sessions was one of the first people, back when he was a Senator, to put on one of those Trump hats and champion the soon-to-be President. He became AG after a couple of others, apparently Rudy Giuliani and Chris Christie, turned down the job.

Apparently Sessions talked to a Russian comrade and is now in the scope-sights of the Trump firing line. Sessions partook in a little chit-chat, caviar and vodka. And who amongst us wouldn't have done the same?

Trump did accomplish something positive recently. He nominated Jon Huntsman, the very well-respected ex-Senator, as the ambassador to Russia. Not sure how much Trump had to do in championing the nomination. Reports mentioned that the press release touting the appointment of Huntsman, who has sparred with the Donald in recent years, had his first name misspelled by a bumbler in the Trump administration.

With all the slings and arrows Mr. Trump has taken because of his alleged Russian contacts, with the Kid, Jr. ducking in and out of clandestine meetings, with CNN 24-7 pushing impeachment, one can only wish Huntsman good luck and godspeed.

If Trump makes it to the 2020 election cycle unscathed, he will be fortunate that Mr. Brown considers himself too old to make his fourth run at the presidency. •

## Smartphones

from front page

cognitive cost."

Previous research in this area demonstrated that smartphones are distracting, so lead researcher Adrian Ward designed two experiments to test "how dependence on these devices affects the ability to think and function in the world off-screen. In the experiments, Ward and his team ask participants to do one of three things with their phones: place them on the desk and within plain view; place them in a pocket or purse; or store them in a separate room. The UT-Austin team set out to discover if the devices caused "brain drain"--aka the ability think clearly and concentrate.

It turns out that smartphones have gotten into people's heads, or their psyches, more specifically. That was the conclusion of the UT-Austin team that reported that the presence of a smartphone negatively affects the owner's ability to think, solve problems, and concentrate. Even if they're not using their phones, the students experienced "brain drain," according to Ward's research. The closer the phone, the greater the disturbance too.

Some of the takeaways from the 2017 study confirm what educators, parents and business leaders have suspected about the pros and cons of smartphones on campuses, in society, and at on-site workplaces. Placing a smartphone face down on a desk doesn't reverse the "brain drain" effect, the Texas researchers found. Neither does turning off the phone except when the device is placed in another room. Ward and his team concluded that separating the user from the device may be the only way to help people to focus better and be less distracted.

One possible explanation why distance breaks the device's hold over one's attention is that 89 percent of people with smartphones

experience "phantom vibrations," feeling as though their phones are vibrating even when they're not. A 2012 paper published in the journal *Computers in Human Behavior*



College students with smartphones within reach found it harder to concentrate and focus.

described the false-positive as a "recent psychological phenomenon that has attracted the attention of the media and medical community." The Indiana University researchers, like the UT-Austin group, looked at the smartphone habits of college students. The phantom vibrations typically happened once every two weeks, the collegians reported.

Another possible reason: poor decision-making caused by the distraction of a smartphone. This was a finding from a 2014 study by a team at the University of Pittsburgh. Like much of the cell and smartphone research done before this year, the Pittsburgh team wondered how smartphone use affected behavior. Not all decision-making by the tech users was good. In fact, the findings were a mixed bag: some bad, some good.

While the researchers identified a con-

nection between mobile device use and poor decision-making for simple, routine decisions, they noted that decision-making improved when a person took advantage of the technology as an assistant to research and compare opinions and options before taking any action.

In the UT-Austin study, students whose phones were in another room scored higher on tests of memory, focus and problem-solving than did their fellow students whose phones were placed in a desk nearby. The conclusion? That the presence of a smartphone nearby seemed to affect the brain's ability to function, even when a person isn't consciously thinking about the device. Researchers asked the students if they believed their test scores were influenced by whether their phones were turned on, off, or close by. The majority didn't think it mattered.

There's a popular notion that people can concentrate on more than one task or thought at a time. However "multitasking," as it's known, has its doubters. There is growing research suggesting that multitasking can actually reduce productivity because the brain is forced to jump back and forth between tasks rather than simultaneously focusing on two things. Neurobiologists, psychologists and social scientists have begun to delve into the longer-term effects of living in a state of near-constant multitasking. Jim Taylor, who

teaches at the University of San Francisco, says that multitasking is nearly impossible and an excuse for doing too much.

The concept was created "to make overly scheduled and stressed-out people feel productive and efficient," Taylor said. It's only possible to multitask if one of the tasks is so "automatic" that it requires no focus or thought. For example, stirring a pot of gravy and carrying on a phone conversation would qualify. Walking and eating is another pairing of a thoughtful activity with a no-brainer, he explained. Listening to music and reading is another. "... Because reading comprehension and processing instrumental music engage different parts of the brain. However, your ability to retain information while reading and listening to music with lyrics declines significantly because both tasks activate the language center of the brain," said Taylor, who writes for *Psychology Today* and has published a parenting book for the digital age about preparing children for a mass media world.

"The goal for parents is not to disconnect their children, but rather to expose them to popular culture and technology when they are developmentally ready," he writes in "Raising Generation Tech: Preparing Your Children for a Media-Fueled World." The goal--and challenge for parents of young children--is to equip them with what Taylor calls the "perspectives, attitudes and tools they need to thrive in this digital age."

The messages coming from Taylor and the UT-Austin team have a common theme, though they're drawn from observations of children and young adults. There's a proper time and a place for smartphones and mobile devices. Deciding when to allow them or institute a power-down rule is for parents, teachers and bosses to decide. •



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# Entertainment

## Check It Out

### Rich People Problems

By Kevin Kwan

**Reviewed by Kristina Kora-Beckman, Librarian I, El Segundo Public Library**

Kevin Kwan's latest in his Crazy Rich Asians series, *Rich People Problems*, provides a hilarious glimpse into the outlandishly entertaining world of the Chinese uber-wealthy. Family scandals abound, including an ex-wife driven over the edge by jealousy, divorce battles gone awry, and relatives jockeying to stake a claim to elderly matriarch Su Yi's massive fortune as her health declines.

Such is the drama Nicholas Young finds himself embroiled in as he rushes to his grandmother's side to say goodbye before it's too late. But unlike his other relatives scheming from the sidelines, Nick

doesn't care about inheriting the money, even trophy estate Tyersall Park, which is rumored to be worth billions. Yet that doesn't stop cousin Eddie's manic scheming to be named heir, even going so far as blocking Nick from seeing his grandmother. Despite the machinations, Nick sneaks in to see his

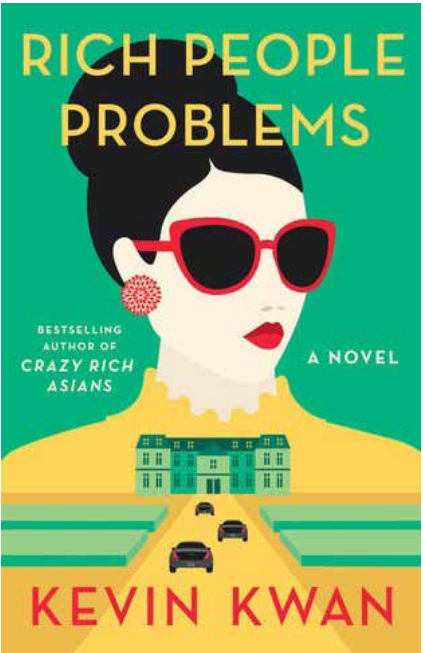
grandmother one last time. More surprises are in store when Su Yi's will is revealed and complications arise from resulting conflict.

Interspersed with the drama, we get to see Su Yi's backstory, including her experiences during the war, her complicated relationship with her husband and how those experiences shaped the person she came to be later in life.

This book is a guilty pleasure, full of label-dropping, absurd antics such as plastic surgery for a pet fish, and delicious dishes, perfect for indulging in pool or surf side.

To check out *Rich People Problems*, or catch up on books one and two in the series, please visit the library to apply for your free library card. These books

would also qualify for prizes in our Adult Summer Reading program, going on now through September 2. The program includes activities, raffles and events such as book talks, Art Walk programs and computer classes. For more information, or to sign up, please stop by the Adult Reference Desk. •



*Rich People Problems* by Kevin Kwan.

## Film Review

### Dunkirk is an Epic Achievement that Should Be Seen on the Big Screen

By H. Nelson Tracey

Film director extraordinaire Christopher Nolan has cemented himself as one of the few in the industry whose name alone not only draws audiences to see his films as fast as they can, but on the biggest screen that they can. The undeniable legacy of his entire filmography, including *The Dark Knight* trilogy and *Inception*, has been immortalized into pop culture and for all of the right reasons: he makes great, expansive movies on the largest canvases possible.

Because of this, it's likely that by the time of publishing you may have already seen *Dunkirk*--his latest film (in theaters everywhere now). The short answer is that it is a must-see experience, as much as all his prior entries are. But if Nolan's name

Movies themselves are a manipulation of time: they can take place in under 90 minutes or across decades, as even a single cut can move us millenniums (most famously in 2001: A Space Odyssey). Nolan applies this exploration of moving time into a battle where time and escape were the most important driving forces on everyone's minds, making him a perfect thematic match for *Dunkirk*. I can't think of another war movie before this that chooses to display a historical event in non-chronological order. This is just one of many ways in which the movie stands out unlike any war film I've ever seen before.

Much can be said about the experience of seeing this film in IMAX. The genuine IMAX screen at Universal Citywalk is where I was able to experience this film and it did



Christopher Nolan's *Dunkirk* is stunning in both scale and artistry. Photo courtesy of Warner Bros.

alone isn't a draw, there's plenty more to get excited about in this film.

Taking place within the World War II Battle of Dunkirk, the film depicts three intersecting perspectives related to a massive evacuation of Allied soldiers (primarily British) from the French coast of the English Channel. From the air, from the sea and from the beach, we witness three contrasting vantage points in this massive conflict. Everything comes from the level of the soldiers, giving a grounded feeling of immediacy to the entire situation. There are no flashbacks or backstories. Everything is in-the-moment immersion into the conflict at hand. Each facet of this triptych is equally engaging, and watching them intersect is cinema at its finest.

Nolan has never done a war film before, nor a film based on true events, but manages to apply some of his signature themes here still. A primary theme in *Dunkirk* is time, and specifically the manipulation of it. Each of the three stories takes place over different speeds of real time that we're told of at each of their beginnings. From each perspective, the tension lasts a different length (depending on their position)--and without saying too much, Nolan addresses this head-on.

not disappoint, as the visuals projected onto such a massive canvas are utterly breathtaking. Shots that would normally feel like conventional establishing shots play as jaw-dropping visuals on a screen so large you can't see from top to bottom. Indeed, while many films are reformatted for IMAX as a way to fill the premium space, there is truly no other filmmaker than Nolan working today who has a mastery of how to fill such an epic canvas. Many other films may market themselves as being needed to be seen on a big screen, but *Dunkirk* is one of the few that truly lives up to that promise.

At a lean 106 minutes in running time (his shortest by a margin, excluding his first feature film, *Following*), there is not a single wasted moment in *Dunkirk*. It's a captivating journey made unforgettable by how uniquely it's told. It has been a great summer for independent film, but *Dunkirk* is a reason to believe in the power of a great blockbuster when made by a great filmmaker. It's a great continuation of Christopher Nolan's legendary filmography, and easily one of the best films of the year.

106 minutes. "Dunkirk" is rated PG-13 for intense war experience and some language. Now playing in theaters everywhere. •

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# Island Coconut Shrimp Salad



## Ingredients

- 1/2 of 18-ounce package of SeaPak Family Size Jumbo Coconut Shrimp
- 2 packets orange marmalade sauce (included in coconut shrimp package)
- 2/3 cup bottled ranch salad dressing
- 1 10 oz. bagged mixed salad greens (or 1 head of lettuce, chopped)
- 1 mango, peeled and sliced
- 1/2 red bell pepper, diced
- 4 T macadamia nuts or pecan halves (if desired), chopped

## Preparation

Prepare coconut shrimp according to package directions. In small bowl, whisk together the orange marmalade sauce and salad dressing.

Divide the salad greens, mango slices and diced peppers among 4 serving plates. Evenly top each plate with shrimp.

Pour the salad dressing mixture over each serving of the coconut shrimp salad.

Sprinkle chopped nuts over the salads and serve immediately.

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# Real Estate

## Seven ‘Little’ Upgrades that Mean a Lot to Homebuyers

(BPT) - Anyone who’s ever bought or sold a home knows how even little things can sway a buyer to feel a particular house is “just right.” While major features such as a good location, a big kitchen, and a certain number of bedrooms and bathrooms all drive a home’s price and how attractive it is to buyers, small details like fresh paint and new faucets can also help clinch a sale.

When you’re trying to sell your home, you should be willing to spend some money on repairs and improvements to help boost the sale price. The good news is that you don’t have to spend a lot to make a big impact if you invest in key quality details. Here are seven “little things” you can do to help make your home more appealing to buyers, and possibly get a better price - and you can accomplish them in just a weekend:

### Upgrade Your Kitchen Faucet and Sink

The kitchen faucet and sink aren’t just practical tools every kitchen needs - they can also be essential elements of a room’s overall design and appeal. Replacing a dated kitchen faucet is a minor change that can mean a lot to homebuyers.

### Install a Programmable Thermostat

If your home’s thermostat predates Facebook, it’s probably time to ditch the dial and install a touchpad programmable thermostat. Not only would a new thermostat help your home look more modern, a programmable thermostat helps with



energy efficiency - something that’s very important to today’s homebuyers.

### Replace Incandescent Light Bulbs

If your home still has traditional light-bulbs, replacing them with energy-saving LEDs or CFLs is an easy way to improve your home’s overall energy efficiency.

### Upgrade the Front Door

Your home’s entrance is the feature that officially welcomes potential buyers into

your humble abode. Replacing an old, weathered front door with a new one creates a positive first impression.

### Put a Water-Efficient Faucet in the Bathroom

A great deal of water can be wasted in the bathroom, and the faucet can be one of the biggest culprits. Replacing an older bathroom faucet with a modern water-conserving option like one from the Townsend bathroom sink faucet collection is not only visually appealing for buyers, it also speaks to their sense of environmental responsibility.

### Add a Water Filtration System in the Kitchen

Americans are more aware than ever of the quality of water inside their homes, so adding a filtration system can be an extra feature that appeals to homebuyers.

### Install a Sun Tube

Who doesn’t want a home filled with natural light? Not only does sunlight deliver physical and mental health benefits, using natural light can also help reduce dependence on artificial light sources that impact your energy bills. DIYers can install this special reflective tubing for under \$500, while pro installation can run closer to \$1,000.

When you’re selling a house, every little bit helps, and upgrading small details can make a big difference in how potential buyers view your home. Go ahead, make these upgrades now, and see potentially higher gains in the sale of your home. •



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# PETSPETS PetSPETS PetSPETS

## Purrrfect Companions

Adopt a cat cuz cats are cool. A cat (or two) makes every house more fun! Here are just a few of our cool cats (and kittens).

**Badger** is a short and stocky, adorable and



Badger

lovable guy. He's very playful, especially with his brother Bear. His favorite toys include anything he can drag around and chew on. Badger loves being brushed and petted! His markings are very unique—you can't tell from his pictures, but he has a lovely striped raccoon tail. A true gentleman, he even loves to "help" while you're cleaning out the litter box. When you can't find Badger, it's best to check odd places because that's probably where he is. He loves a good nap under the couch or in the weird part of your closet you didn't know existed. Badger was bottle-fed as an infant, so he loves humans. This cutie is available and wants to come live with you!

**Bear** is a long, lean and handsome boy. He is the alpha guy of his brother Badger and other siblings. Kind of like a frat boy, Bear is always up for partying, roughhousing and playing with a mouse on a string. He even will sometimes growl at a mouse on a string to show it who's boss. Bear is the absolute sweetest baby there is. As a bottle-

fed infant, he is quite fond of humans and loves attention he receives from people. If you're sitting down, he'll walk right up to you and climb straight into your arms for a cradling. Bear will purr forever and then meow at you if you shift him incorrectly or stop petting him. This super-soft baby will greet you at the door and demand attention. His good looks and charm will win you over.

All cats are special, but **Lucas** is a special kind of special. With tons of personality, you will not have a boring moment in his company. He has been introduced to a few other cats and has been good with all of them. He's not an alpha cat—he's quite submissive, yet comfortable and confident. When Lucas is playful, he gets very silly. He is also very affectionate not only with his own humans, but with others as well. Lucas is quite verbal when he's

playing and when he gets food. He does a combination of chirps and meows that are adorable! He has a white heart on the front of his neck, white toenails on his front paws, and white "eyebrows." Lucas is bonded with his BFF Maximus and they love to play/eat/sleep together. Search for "The Adventures



Bear



Lucas

of Lucas" on YouTube to see his videos.

**Maximus** is a sweet, playful, loving kitty. He likes being picked up and cuddled and will often hug you back or stick his adorable



Maximus

little lion face into your neck. As soon as you touch him, he'll start purring. Maximus is just so happy! Even when he had a bath (which everybody knows is not any cat's favorite activity), Maximus just sat there, purring away! Afterwards he patiently waited to be towel-dried, and then sat on his foster mom's lap and licked himself dry. Maximus is bonded with his BFF Lucas. Check them out on YouTube – "The Adventures of Lucas

and Maximus".

**Dakota** is a charming little girl. She loves to climb onto any available lap to get some head rubs and affection. She is not at all shy about meeting new people because she knows they will give her the attention she wants. There is not a skittish bone in her little body. She is also quite a beauty! This little lady is not going to be without a forever home much

longer because she not only has good looks, but also has a great personality. Dakota is playful, affectionate and loving--the perfect ingredients for a furry companion. As an ac-



Dakota

tive kitten, she needs to be adopted together with another kitten or into a home with an

## Why Won't these Pesky Fleas Go Away?

By Greg Perrault

Veterinarians often hear from their clients that the flea medicine they use doesn't seem to work anymore. Maybe the fleas have become resistant to the medicine, or a new type of super flea has evolved in our area, or this year's weather is somehow making the flea problem worse than previous years.

Practicing in Southern California for 25 years, I can tell you fleas are bad every single year. There is very little to no resistance to most flea products. There are no super fleas evolving and it gets hot every summer.

Then why do we get complaints from pet owners that the fleas are eating their pets alive even after giving the flea control medicines? There are four main reasons it seems this way.

First, pet owners may not be giving the medicine to all of their pets every month all year round. This is the number one reason for a stubborn flea infestation. Fleas don't go away in the winter in Southern California. They just slow down a little. Skipping monthly treatment allows the fleas to produce eggs that eventually molt into cocoons in the environment. These cocoons wait until the weather is warm to hatch. Since each flea will produce 500 eggs, even one or two fleas per month during the winter can result in thousands of hatching fleas in June and July.

Second, the environment is not being treated. While treating the pet directly to kill the adult flea is absolutely crucial, the adult flea that

lives on your pet only comprises about five percent of the entire flea population. Most of the flea lifecycle is in the yard and house. Eggs, maggots and cocoons comprise 95 percent of the population and they are unseen for the most part. Vacuuming only gets a small percent up from carpet or cracks in wood floors. Ask your veterinarian for safe and effective products to kill the eggs and maggot stages. The cocoons, unfortunately, are nearly impossible to kill and can survive at least 350 days in almost any weather.

Third, our perception and expectation of what flea products actually do differs from reality. Twenty-five years ago, it was not uncommon for me to have a few dogs and cats die from flea anemia blood loss every summer. The pets that died were often young puppies or kittens or ill older pets. But one case that stands out was an adult, middle age, healthy Dalmatian that presented for weakness and lethargy. He was about 60 pounds, covered in fleas. He collapsed and died as the owner walked him into the exam room. His body temperature was low and his gums were pale white. We took a blood sample and found his PCV, packed cell volume, was less than 10 percent. A normal red blood cell percent would be around 40 (PCV is a measurement of the percent of red blood cells compared to the rest of the blood volume). All that was available to kill fleas back then was flea shampoo and sprays that contained toxic pyrethrin compounds. They would

kill fleas, but were short-acting and could make the pets sick if used too frequently. Today we have several medicines that are extremely safe and very effective. But if the medicine is only given when you see a flea, you are missing literally thousands of cocoons that have been allowed to build up over the year that will eventually hatch and jump on your pet.

Lastly, online products may be counterfeit, outdated or were stored at too high a temperature. Several of the drug companies that produce flea control medicine only sell to authorized outlets. Many online companies do not get their supply directly from the manufacturer, but instead rely on what is known as the grey market. Grey market products do not have a pedigree or paper trail showing who handled the product or from where it came. We are told by the manufacturers that most of the flea medicine begins to degrade if stored at temperatures above 85 degrees. So if the medicine sat in a truck in Las Vegas on its way from Florida, then there is a good chance it may not work as well as intended. Always demand flea medicine be dispensed in its original packaging and that all serial numbers and expiration dates match. Call the manufacturer directly if they don't.

Hope this helps, and as always, speak to your veterinarian for the best advice on flea control for your particular situation.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach. •

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



