



PHOTO BY ROGER MORGANTE

Feds To Release Plane Crash Preliminary Report Next Week

BRENTON GAREN
EDITOR-IN-CHIEF

The student pilot of the single-engine Cessna 172 that crashed four minutes after taking off at Santa Monica Airport on Monday was "alert and responsive" enough after surgery to answer questions from federal investigators on Tuesday.

Wayne Pollack, a National Transportation Safety Board senior investigator, told *The Mirror* a preliminary report would be released late next week, but the final report determining the cause may take until next year to complete.

The plane, manufactured in 1973, went down at 2:29 p.m. Monday into a home near 21st and Navy. Pollack said the plane's takeoff at the runway was at about 2:25 p.m.

The pilot, whose name and age has not been released, was pulled from the wreck by two workers who were painting the home that was crashed into. The pilot was rushed to hospital with a suspected broken leg and underwent surgery Monday night. One of the painters was



PHOTO BY DAVID COITRELL

The Cessna 172 crashed into a home at 2:29 p.m. on Monday near 21st Street and Navy Street.

decontaminated at the scene by firefighters after he was exposed to aviation fuel; the other painter was taken to hospital for injuries caused from flying debris.

Pollack, who is being assisted by Federal Aviation Administration

investigators said he could not comment on the pilot's surgery, but said he was "alert and responsive" and was able to answer questions from investigators in hospital on Tuesday.

"He had just come out of surgery," Pollack said. "He appeared to

be doing very well in order to be able to speak with us. As far as the conversation goes, we reviewed the standard things that we review with all pilots that have an accident. We

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Plastic Bag Ban Enforcement Finally Arrives

PARIMAL M. ROHIT
MIRROR CONTRIBUTOR

Santa Monica officially began enforcement of a citywide ban on single-use plastic bags yesterday, an act that was unanimously approved by the Santa Monica City Council on Jan. 25. Santa Monica's ban on single-use carry-out plastic bags, which was under development for three years, was

officially in effect 30 days after the council's action, but with a grace period lasting about six months.

Now, retailers across Santa Monica are no longer permitted to provide their customers a single-use plastic carryout bag. As part of the ban, the ordinance also imposes a 10-cent fee for each recycled paper bag used.

Most retailers in the city have taken advantage of the grace

period not only to urge consumers to diminish their reliance upon plastic bags, but also to curb paper bag use and instead rely solely on reusable bags.

The Santa Monica CO-OP has been one grocery store that has been proactive in helping shoppers seamlessly transition from plastic and paper bags to reusable bags.

In addition to completely dis-

continuing the distribution of single-use plastic bags, the CO-OP offers several varieties of reusable plastic bags.

Bruce Palma, the store's manager, said the CO-OP also offered reusable produce bags. Plastic bags used for produce are not included in the ordinance.

Josephine Miller, of the Santa

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TWILIGHT DANCE SERIES



PHOTO BY ROGER MORGANTE

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Slim Down With Healthy Eating Habits

Jackie Keller, nutrition expert and founding director of NutriFit, Los Angeles' premier gourmet healthy food company and home meal delivery service, says there are many tips on how to achieve your slim down goals with healthy eating habits so you can look and feel great for your upcoming festive gatherings.

According to Keller, the key to shedding pounds is eating "super-fuel" foods. From strawberries, almonds, and broccoli, to peanut butter and even dark chocolate, these high-performance foods are satisfying and rich in nutrients. They nourish the body and increase energy levels, while allowing extra weight to come off naturally.

Here are Keller's suggestions to slim down:

• **Green vegetables:** Asparagus and dandelion greens are extremely moisture-rich and help the body stay hydrated longer, promoting good health. They also contain numerous vitamins and minerals that boost immunity, aiding the body in



staying healthier. Vegetables are a great low-calorie, high fiber food source that supply the body with necessary nutrients. To keep weight off, fill up on greens to

feel full and satisfied, suppressing the desire to munch on fatty snacks.

• **Green tea:** Rather than drinking diet

soda, enjoy iced or hot green tea. Diet soda contains artificial sweeteners which can cause bloating. Additionally, green tea is a great source of antioxidants which have internal skincare benefits and can speed up metabolism to support weight loss.

• **Dairy products:** Research has indicated that fat-free milk, cheese and Greek yogurt are high in calcium and protein and essential in aiding weight loss, while promoting fat loss through the gastrointestinal system. Women and growing children should consume at least three servings of non-fat or low-fat dairy products per day to reap the weight management benefits.

• **Citrus and other fruit:** Citrus fruits, apricots, apples, and other fruits contain pectin, which stimulates weight loss. A well balanced diet should always include at least three servings of fruit a day. Eating fruits that are high in fiber and water content help curb appetite and keep insulin levels consistent resulting in better hunger control.

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