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TRUMP OUTLINES GOALS IN VIDEOTAPED ADDRESS

President-elect offers update on transition

BY MICHAEL D. SHEAR & JULIE HIRSCHFELD DAVIS

WASHINGTON
President-elect Donald Trump on Monday released a 2½-minute infomercial-style video, turning to social media to deliver a direct-to-camera message in which he vowed to

create jobs, renegotiate trade agreements, end restrictions on energy production and impose bans on lobbying.

Trump offered what he called an update on his transition, which he said is working “very smoothly, efficiently and effectively.”

Reading from a script and looking into the camera, Trump steered clear of his most inflammatory campaign promises to deport immigrants, track Muslims and re-

peal the Affordable Care Act.

“Whether it’s producing steel, building cars or curing disease, I want the next generation of production and innovation to happen right here, in our great homeland: America — creating wealth and jobs for American workers,” Trump said in the video.

The brief YouTube video offered one of the few opportunities for the public to hear from Trump directly since he was



EVAN VUCCI AP

President-elect Donald Trump promised Monday to create wealth for Americans. SEE TRUMP • A8

SUSPECT ARRESTED IN SHOOTING OF OFFICER

Fatality among several recent attacks on police

BY JIM SALTER & DAVID WARREN

A manhunt for a suspect in the fatal shooting of a veteran Texas police detective ended Monday with an arrest in the killing that was one of several weekend attacks against law enforcement in multiple states, authorities said.

The San Antonio detective and officers shot in Missouri and Florida were conducting routine tasks

Sunday when they became the targets of violence. The detective was writing a traffic ticket when he was shot to death in his squad car Sunday morning outside police headquarters.

“I think the uniform was the target and the first person that happened along was the first person that (the suspect) targeted,” San Antonio Police Chief William McManus said Monday.

In Missouri, a St. Louis police sergeant was shot twice in the face Sunday evening while he sat in traffic in a marked police vehicle. He was released from a hospital Monday.

Law enforcement officials say there’s been an alarming spike in ambush-style attacks. Sixty officers, including the San Antonio detective, were shot to death on the job this year, compared with 41 in all of 2015, according to the National Law Enforcement Officers Memorial Fund. Of the 60 killed, 20 were purposely targeted by their assailant compared with eight last year, the group said.

Police officers also were shot and injured during traffic stops in Sanibel, Fla., and Gladstone, Mo., on Sunday night, but authorities have not suggested these were targeted attacks. All the shootings come less than five months after a black military veteran killed five white officers at a protest in Dallas — the deadliest day for American law enforcement since Sept. 11, 2001.

Race was a factor in the Dallas attack, but police have not said if race played a part in any

SEE POLICE • A9

SEE POLICE • A9



JOHN LOCHER AP

The south portal of the proposed nuclear waste dump at Yucca Mountain, which is about 100 miles northwest of Las Vegas.

BACK TO YUCCA MOUNTAIN

Congress expected to soon reconsider Nevada site for storing nuclear waste, including San Onofre plant’s

BY ROB NIKOLEWSKI

Yucca Mountain is back on the bargaining table on Capitol Hill.

And if the nuclear waste repository in Nevada gets back on track — and that’s a big “if,” considering the controversial site has been debated for going on 40 years and six presidential administrations — it could provide a destination for the 3.6 million pounds of nuclear

waste beached at the San Onofre Nuclear Generating Station.

“There will almost certainly be efforts to reintroduce legislation that would restart the Yucca process,” said David Victor, chairman of the Community Engagement Panel, which acts as a liaison between the public and the operators at San Onofre.

“What’s interesting is this is not a normal left-right (political)

issue.”

Located about 100 miles northwest of Las Vegas, Yucca Mountain at one time was determined to be the best site to deposit the nation’s nuclear waste, which has reached more than 70,000 metric tons at some 120 sites across the country.

The site was slated to open in 2017.

But Sen. Harry Reid, D-Nev.,

who loathed the idea of storing waste in his home state, became the senate majority leader after the 2006 elections. During the 2008 presidential campaign, then-candidate Barack Obama said Yucca Mountain was “an expensive failure and should be abandoned.”

The Obama administration cut off funding for Yucca Mountain. SEE YUCCA • A6

MAKING A DIFFERENCE

Military veterans ride the wave to recovery



PAM KRAGEN

Alex West and Kyle Buckettt didn’t become friends until two years ago, but their lives have long followed parallel paths. Each of the San Diego men has served more than 15 years in the Navy, each completed more than a dozen deployments in Iraq and Afghanistan, and each is passionate about the healing power of surfing.

Together, they’re now the volunteer force behind One More Wave, an 18-month-old San Diego nonprofit that provides free custom-designed surfboards to wounded military veterans. Over the past year-and-a-



Micah Shanahan (left) of Addict Surfboards in Sorrento Valley shapes boards for Kyle Buckettt (center) and Alex West, founders of the nonprofit One More Wave. PEGGY PEATTIE U-T

half, West, Buckettt and surfboard shaper Micah Shanahan have delivered boards to 31 veterans who’ve lost limbs in combat, suffered disabling injuries or struggle with post-traumatic stress syndrome. Another 14

boards are now in the finishing stages at Shanahan’s Addict Surfboards in Sorrento Valley.

West, a 31-year-old Ocean Beach resident, said he discovered the ther-

SEE DIFFERENCE • A7

STUDY: U.S. DEMENTIA RATES SHOW DECLINE

BY GINA KOLATA

Despite fears that dementia rates were going to explode as the population grows older and fatter, and has more diabetes and high blood pressure, a large nationally representative survey has found the reverse. Dementia is actually on the wane. And when people do get dementia, they get it at older and older ages.

Previous studies found the same trend but involved much smaller and less diverse populations like the mostly white population of Framingham, Mass., and residents of a few areas in

England and Wales.

The new study found that the dementia rate in Americans 65 and older fell by 24 percent over 12 years, to 8.8 percent in 2012 from 11.6 percent in 2000. That trend is “statistically significant and impressive,” said Samuel Preston, a demographer at the University of Pennsylvania who was not associated with the study.

In 2000, people received a diagnosis of dementia at an average age of 80.7; in 2012, the average age was 82.4.

“The dementia rate is not immutable,” said Dr. Richard Hodes, director of the

SEE DEMENTIA • A10

COMING TOMORROW

Award-winning baker shares tips for holiday treats. **Food**

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MAN'S HOMEMADE SILENCERS BECOME GUN RIGHTS ISSUE

ASSOCIATED PRESS

WICHITA, Kan.
When Shane Cox began selling his homemade firearms and silencers out of his military surplus store, he stamped "Made in Kansas" on them to assure buyers that a Kansas law would prevent federal prosecution of anyone owning firearms made, sold and kept in the state.

The 45-year-old Chanute resident also handed out copies to customers of the Second Amendment Protection Act passed in 2013 by the Kansas Legislature and signed by Gov. Sam Brownback, and even collected sales taxes. His biggest selling item was unregistered gun silencers that were flying out of the shop as fast as Cox could make them, prosecutors said later. One of those customers — 28-year-old Jeremy Kettler of Chanute — was so enthusiastic about the silencer that he posted a video on Facebook.

But last week a jury found Cox guilty of violating federal law for the manufacture, sale and possession of unregistered firearms and silencers.

Kettler was found guilty on one count of possessing the unregistered silencer.

The case could reverberate across the country because it cites the Second Amendment to the U.S. Constitution, pitting the federal government's right to regulate firearms against the rights of states. The judge overseeing the case expects it ultimately to end up before the U.S. Supreme Court.

At trial, defense attorneys contended their clients believed the Kansas law made their activities legal, arguing they are "caught in the crossfire" of the struggle between the state and the federal government over gun control.

Cox and Kettler were convicted under the National Firearms Act, which is a part of the Internal Revenue code enacted under Congress' power to levy taxes. The case raises the question of whether that taxing authority can be used to regulate firearms that stay within state borders. Advocates for states' rights also contend such guns do not fall under Congress' power to regulate interstate commerce.

DEMENTIA

FROM A1
National Institute on Aging. "It can change."

And that "is very good news," said John Haaga, director of the institute's division of behavioral and social research. It means, he said, that "roughly a million and a half people aged 65 and older who do not have dementia now would have had it if the rate in 2000 had been in place."

Keith Fargo, director of scientific programs and outreach at the Alzheimer's Association, said the group had been encouraged by some of the previous research showing a decline but had also been "a little bit nervous" about drawing conclusions because the populations in the earlier studies were so homogeneous.

Now, he said of the new data, "here is a nationally representative study. It's wonderful news."

An estimated 4 million to 5 million Americans develop dementia each year. It remains the most expensive disease in America — a study funded by the National Institute on Aging estimated that in 2010 it cost up to \$215 billion a year to care for dementia patients, surpassing heart disease (\$102 billion

and cancer (\$77 billion).

The study, published online Monday by the journal JAMA Internal Medicine, included 21,000 Americans 65 and older across all races, education and income levels, who participate in the Health and Retirement Study, which regularly surveys people and follows them as they age. The National Institute on Aging funded the work but was not involved with the data collection, analysis or interpretation.

To assess dementia, participants were asked, among other things, to recall 10 nouns immediately and after a delay, to serially subtract seven from 100, and to count backward from 20. The test was based on extensive research indicating it was a good measure of memory and thinking skills.

Participants also were asked about their education levels, income and health.

In a way, the dementia decline might seem unexpected. It occurred despite an increase in diabetes — the diabetes prevalence among older Americans surged to 21 percent in 2012 from 9 percent in 1990. It began to fall only very recently. And, the study found, diabetes increased the risk of dementia by 39 percent.

More older people today also have cardiovascular risk

factors — high levels of blood pressure, blood sugar and cholesterol — which increase the risk of dementia. But more are taking medications for those conditions, so perhaps better control of those risk factors played a role in the decline.

The findings about obesity were especially puzzling. Compared with people of normal weight, overweight people and obese people had a 30 percent lower risk of dementia, the study found. Underweight people had a risk 2.5 times as great. Yet the obesity picture is muddled because other studies have found that obesity in middle age increases dementia risk in old age.

Then there is the education question. On average, older Americans in 2012 had one more year of schooling than older Americans in 2000. And years of education were associated with decreased dementia risk in this study, as in many others.

It is still not clear exactly why education would reduce the risk of dementia. There is the cognitive reserve hypothesis: that education changes developing brains in a good way, making them more resistant to dementia, and that people with more education have brains that are better able to compensate for dementia damage.

But education also is linked to more wealth. People with more education often live in different environments than those who have less schooling, and they tend to have better health overall. They also are less likely to smoke.

As for black Americans, the dementia risk was higher, but some possible reasons — less education, less wealth, more cardiovascular risk factors — did not fully explain the difference. One possibility is that they received a poorer quality of education, so each year of it offered less protection from dementia, said the study's lead author, Dr. Kenneth Langa.

In the end, much of what is happening with dementia rates defies explanation, said Langa, a professor of medicine at the University of

Michigan in Ann Arbor, who also works in the Veterans Affairs health care system there.

Dr. Denis Evans, a professor of medicine at Rush University Medical Center in Chicago, urged caution in accepting the conclusion that dementia rates were declining and, if they are, in accepting the possible explanations. Although he had nothing but praise for the abilities of the researchers, he noted that such studies are extremely difficult to do. Deciding if a respondent has dementia can easily be inadvertently skewed, he said.

"It's very complex," Evans said.

But the decline is consistent with what seems to be a long-term trend, despite researchers' failure to find any effective way for individuals to protect themselves from Alzheimer's, the most common form of dementia. Langa estimates that compared with the rate in the early 1990s, there has been about a 25 to 30 percent decrease in dementia rates among older Americans.

As for the future, that is hard to predict, Langa said.

Even with the lower prevalence of dementia, there will be many more older people in the United States over the next few decades, especially people age 85 and older who are at the highest risk. For that reason, the total number of people with dementia should rise, although not as much as had been estimated.

And there are forces acting against the continuation of the decline in dementia rates. More people reaching age 65 and older in the next few decades will have been obese in middle age, possibly increasing their risk of dementia. In addition, the trend toward more years of schooling seems to have leveled off, so the education effect might not be as much of a factor.

But researchers remain optimistic.

The study found associations, Hodes noted. "Now the real challenge," he said, "is to see if we can generate evidence of what causes what."

Kolata writes for The New York Times.

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