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TUESDAY, JANUARY 12, 2010

Volume 9 Issue 52



BIG MAC A BIG LIAR
SEE PAGE 12

Santa Monica Daily Press

We have you covered

THE ARE YOU SERIOUS? ISSUE

Smoking campaign paying off

BY NICK TABOREK
Daily Press Staff Writer

CITY HALL A publicity campaign aimed at educating Santa Monica residents and visitors on the city's tough no-smoking laws has raised awareness about the rules, a City Hall report released last week said.

But while polling shows the $150,000 effort, which involved signs, posters and a flier blitz, was effective in educating tourists and visitors about the rules, it was less successful in getting the word out to Santa Monica residents.

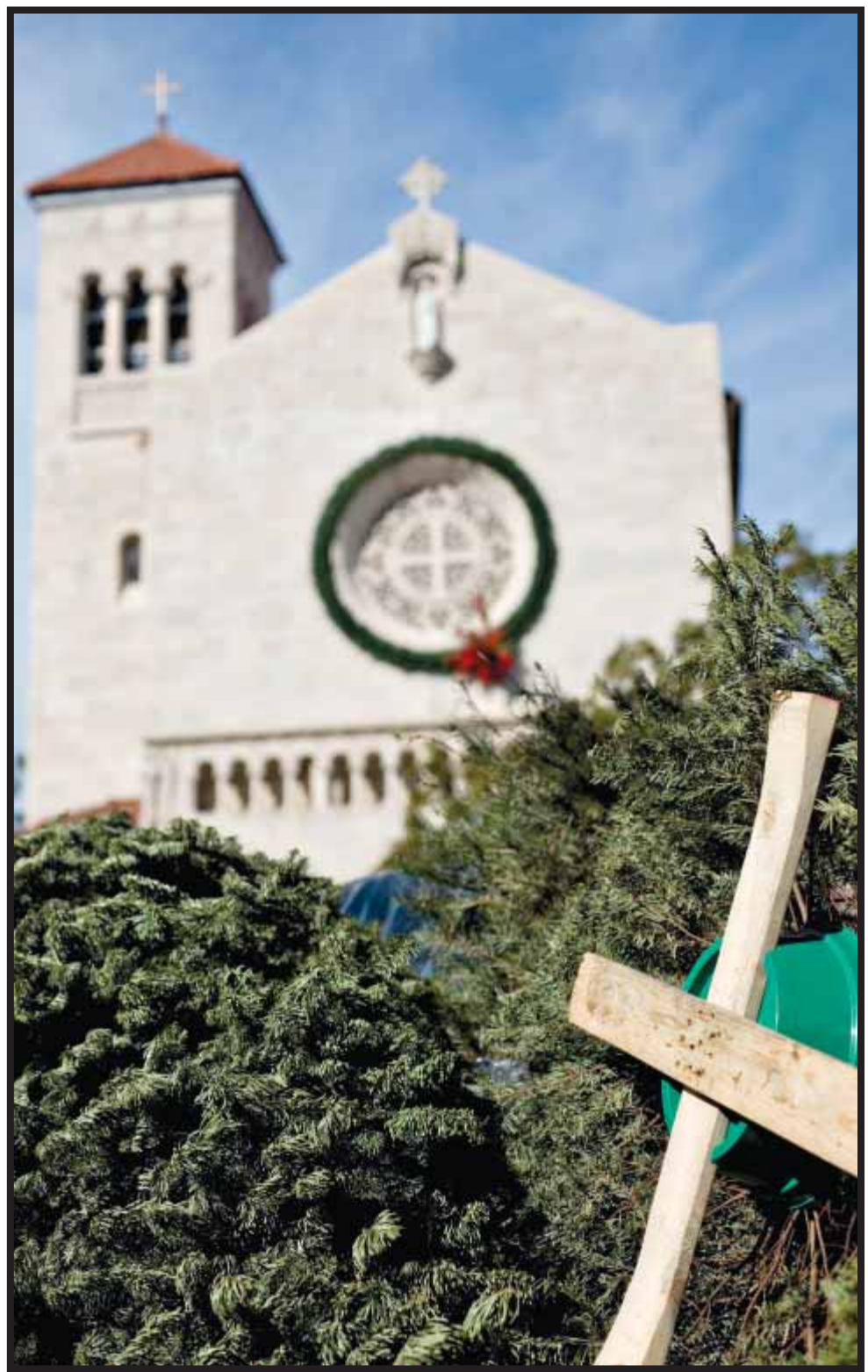
"Man on the street" interviews conducted before and after the campaign that were targeted at tourists showed awareness about the ban on smoking in outdoor public spaces increased 17 percent, from 42 percent to 59 percent. A residential phone poll, though, showed the campaign resulted in just a 1 percent increase in awareness about the ban, from 76 percent to 77 percent.

The ban on smoking in outdoor public places such as the Third Street Promenade and restaurant patios has been in effect since 2006. The ban on smoking in common areas of residential buildings was approved last January.

City Council handed the contract for the smoking law awareness campaign to Santa Monica-based Southard Communications in May 2008 and in February last year approved of its "Smoking Doesn't Belong Here" concept.

The campaign involved distributing signs, posters and brochures, as well as handing out 475 tool kits with fliers in multiple languages to retailers, restaurants, hotels, the Santa Monica Convention and Visitor's Bureau and the Santa Monica Chamber of Commerce. Street teams were also sent out to tourist areas to distribute information and there was a smoking ban-themed art contest for Grant Elementary students, with the winning entry displayed on the side of a Big Blue Bus.

SEE SMOKING PAGE 8



LAID TO REST

Brandon Wise *brandonw@smdp.com*

Resembling a graveyard, used Christmas trees are stacked along California Avenue at Reed Park on Monday. Residents still have time to dispose of their Christmas trees at a handful of local parks. City crews collect the trees and turn them into mulch. Trees can also be dropped off, free of charge, at the waste transfer station at 2401 Delaware Ave until the end of January.

Council postpones meeting because of mayor's death

BY NICK TABOREK
Daily Press Staff Writer

CITY HALL City Council's meeting scheduled for today has been called off because at least three council members thought it was too soon to meet following Mayor Ken Genser's death on Saturday.

Without a quorum of four members, City Hall rescheduled the meeting for Tuesday Jan. 19.

City Councilwoman Gleam Davis said she notified City Hall she would not be attending the meeting out of respect for the mayor.

"It's just too soon … and I suspect a lot of other people in the city were still coming to grips with our terrible loss," she said.

Councilman Bob Holbrook said Mayor Genser "was all about taking care of city business" and would have wanted the council to go ahead with its meeting. But he said he understood his colleagues' decision to postpone the meeting.

"It would not have been an easy night for anyone," he said.

Genser, who had served on the council since 1988, last attended a meeting Oct. 27 and for the past 10 weeks had been hospitalized. No cause of death has been announced, but friends said he had recently had pneumonia and entered the hospital after experiencing severe back pain and shortness of breath.

In coming weeks the council will have to fill Genser's seat either by appointing a replacement or by holding a special election. City Attorney Marsha Moutrie said the city charter stipulates that the council has 30 days to make the appointment after declaring the seat vacant. If no appointment is made in that time frame, a special election would be triggered. A majority council vote is required to fill a council vacancy.

On the council's agenda for the postponed meeting was a proposed agreement between City Hall and the Broad Foundations, which is considering building an art museum next to the Santa Monica Civic Auditorium worth at least $40 million.

City Councilman Bobby Shriver, who has raised questions about the proposed museum deal, will not be present on Jan. 19, so the item has been moved to the next regular meeting on Jan. 26.

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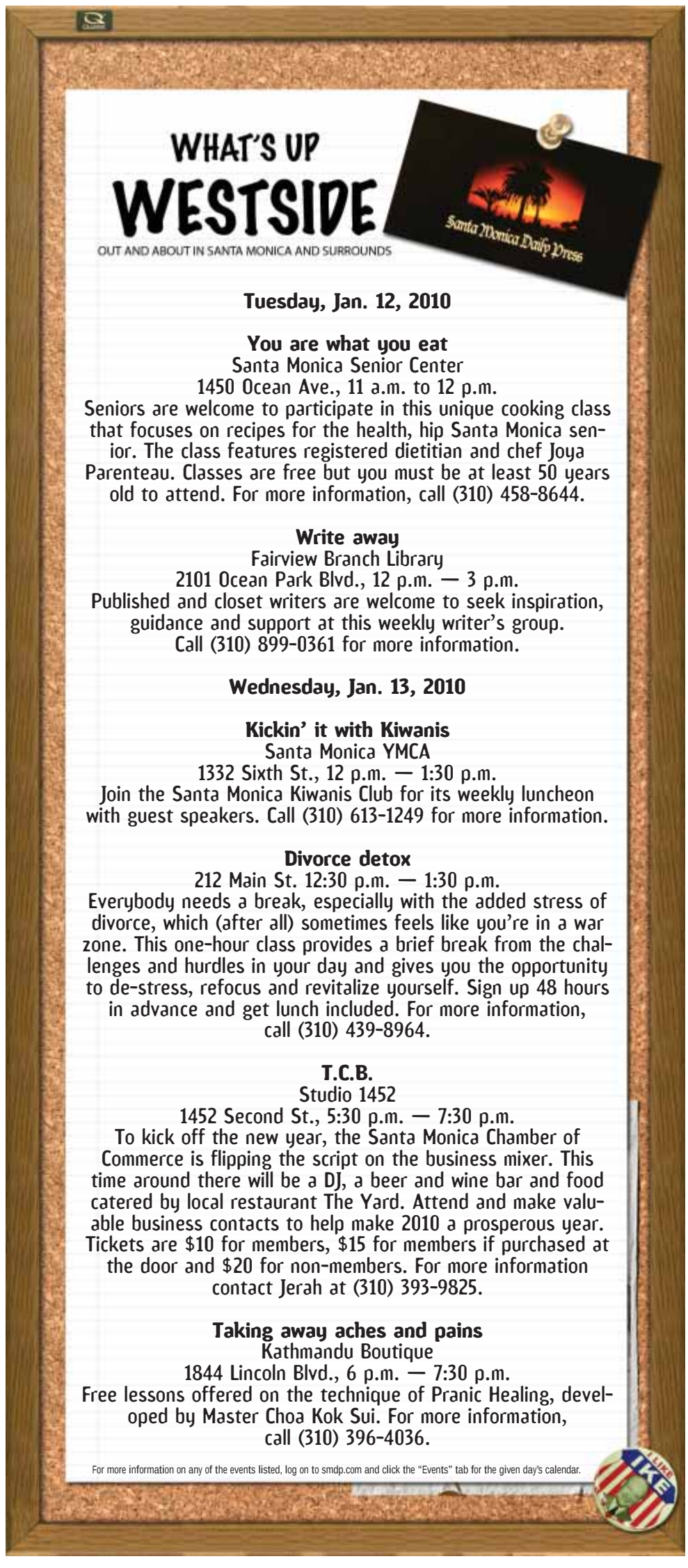
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Tuesday, Jan. 12, 2010

You are what you eat
Santa Monica Senior Center
1450 Ocean Ave., 11 a.m. to 12 p.m.
Seniors are welcome to participate in this unique cooking class that focuses on recipes for the health, hip Santa Monica senior. The class features registered dietitian and chef Joya Parenteau. Classes are free but you must be at least 50 years old to attend. For more information, call (310) 458-8644.

Write away
Fairview Branch Library
2101 Ocean Park Blvd., 12 p.m. — 3 p.m.
Published and closet writers are welcome to seek inspiration, guidance and support at this weekly writer's group. Call (310) 899-0361 for more information.

Wednesday, Jan. 13, 2010

Kickin' it with Kiwanis
Santa Monica YMCA
1332 Sixth St., 12 p.m. — 1:30 p.m.
Join the Santa Monica Kiwanis Club for its weekly luncheon with guest speakers. Call (310) 613-1249 for more information.

Divorce detox
212 Main St. 12:30 p.m. — 1:30 p.m.
Everybody needs a break, especially with the added stress of divorce, which (after all) sometimes feels like you're in a war zone. This one-hour class provides a brief break from the challenges and hurdles in your day and gives you the opportunity to de-stress, refocus and revitalize yourself. Sign up 48 hours in advance and get lunch included. For more information, call (310) 439-8964.

T.C.B.
Studio 1452
1452 Second St., 5:30 p.m. — 7:30 p.m.
To kick off the new year, the Santa Monica Chamber of Commerce is flipping the script on the business mixer. This time around there will be a DJ, a beer and wine bar and food catered by local restaurant The Yard. Attend and make valuable business contacts to help make 2010 a prosperous year. Tickets are $10 for members, $15 for members if purchased at the door and $20 for non-members. For more information contact Jerah at (310) 393-9825.

Taking away aches and pains
Kathmandu Boutique
1844 Lincoln Blvd., 6 p.m. — 7:30 p.m.
Free lessons offered on the technique of Pranic Healing, developed by Master Choa Kok Sui. For more information, call (310) 396-4036.

For more information on any of the events listed, log on to smdp.com and click the "Events" tab for the given day's calendar.

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SMC Hall of Fame to add another name

BY DAILY PRESS STAFF

SMC Legendary Santa Monica College basketball coach John McMullen — one of an elite group of coaches nationwide who tallied more than 500 wins in his career — will be inducted into the SMC Sports Hall of Fame school officials said.

McMullen joins such sports luminaries as Olympic gold medalist and retired SMC professor Dr. Tommie Smith, four-time Olympic swimming gold medalist and SMC alumnus Lenny Krayzelburg, and Olympic track and field bronze medalist and SMC alumnus Johnny Gray in the hall of fame.

The induction ceremony, sponsored by the SMC Foundation, will be held before the men's basketball home game against West Los Angeles College Saturday, Jan. 16.

"The Sports Hall of Fame brings deserved attention to the outstanding programs and rich sports traditions of Santa Monica College," said SMC Foundation Executive Director Dr. JoAnn McLin Ortiz. "It exemplifies the importance of saying 'well done' to those who have participated in those traditions and to those who will carry them on."

McMullen, of Brentwood, retired as coach at SMC in 2004 after 25 years of coaching at SMC but continued teaching physical education until his full retirement in 2007.

Inducted into the California Community College's men's Basketball Association Hall of Fame in 2005, he was named state coach of the year twice and Western States Conference coach of the year four times.

He guided SMC to the state championship round five times and the Western State Conference title six times. With a .689 winning percentage, he tallied a total of 529 wins, joining a handful of coaches nationwide who have passed the 500-win mark.

More than 150 of McMullen's players transferred to colleges and universities throughout the U.S., including the University of Oregon, American University in Washington, D.C., and Claremont-McKenna in Claremont. One player, Anthony Frederick, made it to the NBA, playing for the Indiana Pacers and Sacramento Kings.

At a reunion with former players in 2005, McMullen was praised not only for his skill as a coach but also for his mentorship.

"Quite honestly, in the 20-plus years I've played basketball, he's the best coach I've ever had," said 36-year-old David Sternlight, who played at SMC in 1991-93 and went on to play at Cal Poly San Luis Obispo and in Israel. "He understands discipline and has the ability to bring together guys from all different walks of life. And his knowledge of the game is incredible."



Photo courtesy SMC

MCMULLEN

After retiring from SMC he served two years as assistant coach at New Mexico State University, completing a 45-year teaching/coaching career.

McMullen received his bachelor's degree in physical education and health science from California State University at Northridge and a master's in education from California Lutheran University. He is married and has two grown sons.

news@smdp.com

Lawmaker may seek fed oversight of California cops

BY THE ASSOCIATED PRESS

INGLEWOOD, Calif. A California congresswoman said she's alarmed by the number of people killed by Inglewood police and will look into getting a federal court to oversee the department.

Rep. Maxine Waters, D-Los Angeles, said she will inquire into a possible federal consent decree in the wake of U.S. Justice Department findings that the Inglewood department's use-of-force policies are vague, outdated and possibly unconstitutional.

"These deaths are the result of the failed policy," Waters told the Los Angeles Times for a story published Monday.

A call by The Associated Press to Inglewood Police Chief Jacqueline Seabrooks seeking comment was not immediately returned Monday.

Seabrooks, a former captain with the Santa Monica Police Department, told the Times on Friday that she was still reviewing the Justice Department findings and declined to discuss them.

"We're doing everything that we need to make sure the community can maintain its trust," she said.

A Times investigation last year found that five of the 11 people shot and killed by

SEE COPS PAGE 8



FINISH LINE

Photo courtesy US Road Sports & Entertainment Group

Brian Livingston, an elite athlete, won the first annual 13.1 Marathon - Los Angeles held Sunday, Jan. 10. He conquered the course, which began and ended in Santa Monica, in 1 hour, 9 minutes and 18 seconds. When asked what he enjoyed most about the inaugural course Livingston said, 'Great views. Great enthusiasm.' The first place female, Julia Stamps Mallon, finished in 1 hour, 19 minutes, and 20 seconds topping her fast Ft. Lauderdale finish at the 13.1 Marathon – Ft. Lauderdale in November.

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Many thanks

Editor:

On behalf of Pico Barber Shop we would like to thank everyone who participated in our first annual Christmas Toy Drive. It was a successful event and we will continue to incorporate it as a Pico Barber Shop annual tradition. The Ocean Park Community Center's (OPCC) children's parents selected the gifts that were collected during the toy drive and they gave it to their children, which made it so much more special knowing that we helped provide that special gift to the parents as well as to the kids. Every child deserves a gift during the holidays and every parent deserves to be able to give their child a gift.

We received an overwhelming response from the community as well as several retail stores, including Undefeated shoe store, who donated a dozen pairs of shoes, and many other generous businesses. We would also like to thank all our barbers — Anthony Labato, Todd Bridges, Adrian Lizzaragga, Arturo Arce, Mario Morales, and Martin Hernandez — who volunteered their time and donated gifts. It is nice to see that in a time of financial hardship so many people are willing to donate their time and energy to a great cause! Thank you again. We anticipate another successful toy drive this year!

Lino Lares and Daniel Gonzales
Pico Barber Shop

Say no to cherry picking

Editor:

As a former homeowner on the 1300 block of 14th Street, it's my sincere hope that the Santa Monica City Council has two strong considerations when determining zoning for the corner of 14th and Santa Monica ("Ordinance change sought to allow food truck court," Jan. 8).

First, parking on 14th and surrounding streets is a nightmare. Even a residential parking permit is only a hunting license. The City Council should strongly consider where 1,200 people are going to park while the trucks are serving food.

Second, why should catering trucks be allowed to park and serve food while disadvantaging the hard working restaurant owners in Santa Monica who have large overheads, high rent and who pay city fees and taxes to be in business? To allow itinerant "roach coaches" to cherry pick business away from the area's eateries is a disservice.

I urge the City Council to deny any consideration for rezoning this empty lot for the sake of area residents and the local businesses.

Ron Yukelson
San Luis Obispo





Back to Nature

Reese Halter — Send comments to editor@smdp.com

To freeze or not to freeze?

SURVIVING WINTER IN THE GREAT outdoors is difficult especially when body temperature is unregulated and subjected to subfreezing temperatures. Insects and amphibians have some remarkable adaptations that enable them to successfully overwinter.

The dangers of ice formation in insects and amphibians are similar to those of freezing in plants. Ice must be prevented from growing within cells, instead growing in a controlled fashion in spaces between cells.

Insects either allow themselves to freeze or they avoid freezing altogether. Each strategy is not without risks.

Insects that avoid freezing, like the mountain pine bark beetles, actively lower their super-cooling point, and prevent ice formation by lowering their freezing point enabling them to tolerate temperatures as low as minus 40 degrees.

In order to achieve this level of tolerance they select a dry hibernating site. A waxy outer layer is impermeable to water and it serves as an excellent mechanical barrier against external ice seeding. One organ within bugs that is particularly susceptible to freezing is their gut. So insects empty it, completely, before the onset of hibernation.

In order to super-cool their blood (correctly called hemolymph) they manufacture anti-freeze proteins, alcohols, sugars and even ethylene glycol (the same compound we use in our radiators). The correct mix of anti-freeze compounds blocks ice formation and prevents its growth.

Supper-cooling is a gamble. At any temperature below 32 degrees the only stable state in which water can exist is solid. Any kind of disturbance for a super-cooled bug results in spontaneous flash freezing — an instant death.

The only way to avoid this risk is to promote early and gradual freezing of fluids between cells more specifically in the cell walls. And it's a strategy used by a variety of insects, some frogs, garter snakes and hatchlings of the painted turtle.

There are four requirements in order to successfully freeze: ice growth is promoted at temperatures just beneath 32 degrees; it must be restricted to spaces between cells; the total amount of body ice is limited; and cell membranes must be protected from structural damage.

The ability to create early ice formation is unique and it is undertaken by special ice-attracting proteins in fluids between cells in their walls. These proteins are manufactured in the autumn and disappear in the spring. They essentially reduce energy barriers needed to make ice and promote a lattice (just like a fence) for ice formation.

Here's the tricky part: If ice grows unchecked (i.e. larger and larger) it will dehydrate the inside of cells. The lethal limit of ice, in a living organism, seems to be about 65 percent of total body weight. In order to control ice, once its formation is induced, freeze-tolerant organisms must also make anti-freeze proteins. Their job is to keep ice masses small.

Some bugs in the far north are so well adapted that they posses the ability to switch yearly between freezing or super-cooling!

How do insects know when to get ready for winter? Just like plants in the Northern Hemisphere, insects rely on low, above freezing, air temperatures and reduced daylight hours as their cue to get ready to freeze, or barf and get on the super-cooling rollercoaster.

Land hibernating frogs, with water permeable skin, must withstand freezing. They over-winter beneath a scant cover of leaf litter under snow where they may experience subfreezing temperatures and are not able to control their body temperatures. In one of Mother Nature's most awesome winter feats spring peepers, chorus frogs, gray tree frogs and wood fogs freeze solid and resemble a hard baseball.

They do this by initiating freezing at 28 degrees with high amounts of the sugar glucose (rather than alcohols that bugs use). Glucose is extremely important in protecting membranes like skin.

Very suddenly glycogen (stored glucose) in the liver is rapidly converted to glucose (sugar) and dumped quickly into the blood stream. In fact the glucose level increases 200-fold in about eight hours, until the frog becomes severely diabetic.

Not only is this risky but it becomes a race to deliver the sugar to the body tissues while freezing is progressing. A strong heart is mandatory to pump and within one minute of the first ice formation a frog's heart beat doubles.

Within 20 hours after initial freezing 60 to 65 percent of its body water is frozen. Their heart stops, breathing ceases — the frog teeters on the edge of life. The thin litter layer and a good insulative snow cover are of paramount importance. For no frog has yet been found to survive below 19 degrees.

Once temperatures rise in the spring, within an hour of thawing, the heart resumes beating, six hours later at 41 degrees the heart rate is back to normal.

To freeze or not to freeze? It's a question that Mother Nature has at least two exceptional answers for.

DR. REESE HALTER is a public speaker, conservation biologist and founder of the international conservation institute Global Forest Science. His most recent book is "The Incomparable Honeybee and the Economics of Pollination," Rocky Mountain Books. Contact him through www.DrReese.com.a

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Your column here

Esther Schiller

Send comments to editor@smdp.com

Cigarette smoke forcing renters out

"CONSTRUCTIVE EVICTION" IS A LEGAL term which means that you have been evicted, but not by a court of law. Rather, the conditions in your apartment or rented condo have become so intolerable, or unhealthy, that you have no choice except to move.

Constructive eviction can occur when exposure to your neighbor's tobacco smoke results in difficulty breathing, headaches, burning eyes and exacerbation of chronic medical conditions. Santa Monica law does not protect you from this problem.

California law (CA Civil Code Section 1941) requires that landlords provide a habitable space, and that they protect tenants from "foreseeable harm." Because the California Air Resources Board has identified tobacco smoke as a Toxic Air Contaminant, with no safe level of exposure, it would seem that landlords have the responsibility to protect tenants from secondhand tobacco smoke since it causes illness and even death.

However, Santa Monica's rent control law does not allow a landlord to "change conditions of tenancy" once a tenant moves in. Most landlords believe that they cannot take action to protect a tenant from another tenant's tobacco smoke if the "smoking" tenant's original rental agreement didn't mention tobacco use.

One might think that a reasonable person who smokes would be concerned about whether his/her smoke is affecting neighbors. But at the Dec. 3 meeting of the Santa Monica Rent Control Board, one resident stated she is staying with friends because tobacco smoke is entering her unit from new neighbors in the unit below hers. Another resident held up pictures of her two small children and explained how smoke from the downstairs neighbor, who smokes on the patio, was infiltrating her unit, even when her windows are closed. (One of the children has asthma and frequently is rushed to the emergency room because she cannot breathe.) The landlord says his hands are tied so her only remedy is to move. Constructive eviction anyone?

Recently, scientists have identified the problem of "third-hand smoke." That is when tobacco smoke enters a unit and sticks to surfaces — walls, furniture and rugs — and then outgases back into the room. These dangerous chemicals can be a constant presence.

We believe tobacco smoke in the home environment is a nuisance in the same way an infestation of rats or insects would be considered a nuisance.

Under California Law, Civil Code Section 3479, the term "nuisance" includes anything which [A] "is injurious to health," or [B] "is offensive to the senses," or [C] "interfere(s) with the comfortable enjoyment of life or property."

And, a landlord can evict instead of "maintaining, committing, or permitting" a nuisance on the premises (Code of Civil Procedure, section 1161.4).

The mission of the Rent Control Board is protection of tenancy. But if residents in a city with rent control are suffering constructive eviction because of involuntary exposure to tobacco smoke, shouldn't that be within a board's responsibility to take action?

The Santa Monica City Council passed an ordinance a year ago which bans smoking in common areas of apartments and condominiums, but the ordinance leaves the enforcement to tenants who are affected. Landlords are forbidden to evict under this ordinance.

A member of the Rent Control Board is now suggesting that all apartment units, including their balconies and patios be required to be non-smoking. If the burden of enforcement for this new law falls again to tenants, and landlords are not permitted to evict, what would be the harm to the rent control ordinance? An updated ordinance could also declare that involuntary exposure to tobacco smoke is a nuisance, but absolve the landlord of enforcement responsibility. Currently in Santa Monica, a tenant seeks enforcement by filing a claim in Small Claims Court against the person who is smoking, but the definition of nuisance might increase a tenant's right to a cause of action.

Would this new ordinance affect large numbers of the city's apartment and condominium residents? Hardly, since in California, the number of adults who smoke is less than 14 percent and declining. We believe most tobacco-users are considerate and would change where they smoke if the life of a child or another adult was being threatened. But for those few who continue to threaten the health of their neighbors, there needs to be a remedy. An ordinance that defines involuntary exposure to tobacco smoke as a nuisance would give residents a fighting chance to avoid constructive eviction.

We are asking the community to support an improved ordinance in Santa Monica that at least requires no smoking on balconies and patios, and states that involuntary exposure to tobacco smoke in apartments and condominiums is a nuisance. We hope that the Rent Control Board will not oppose when this issue is brought again to the City Council.

ESTHER SCHILLER is the executive director of S.A.F.E., Smokefree Air for Everyone. S.A.F.E. is working in conjunction with Santa Monicans for Non-Smoking Renters Rights to ban smoking within apartments and condos.

The Q Line

Remembering Mayor Genser

With the passing of Mayor Ken Genser last week, a flood of memories come to mind. In his many years in office, he made quite a mark on local government.

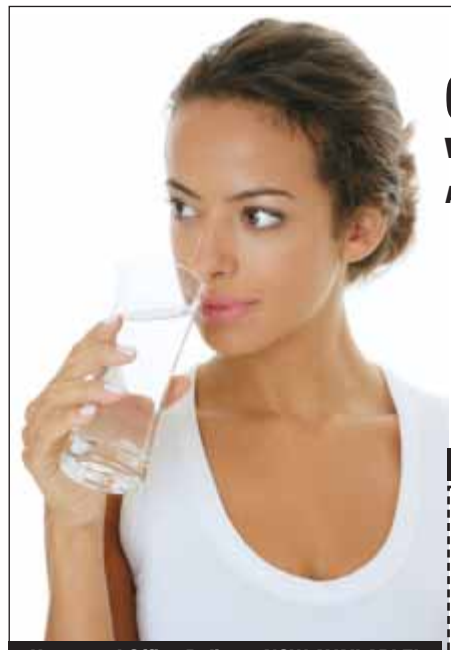
So, this week's Q-Line question asks:

What do you think will be the lasting legacy of the late mayor?

Call (310) 285-8106 before Friday at 5 p.m. and we'll print your answers in the weekend edition of the Daily Press.


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The Quackers

Phyllis Chavez
Send comments to editor@smdp.com

It's OK to cheat off of Mother Nature

Editor's Note: The Quackers are three awesome ducks – Rusty, Richard and Sydney – from the canals of Venice who are on a mission to educate the community about the dangers of global warming and the importance of practicing sustainability, all while surfing the most gnarly waves possible.

IT MUST HAVE BEEN STRANGE, MAYBE even a little scary. It was late and the sky was so dark that New Year's Eve. It would have been easy to see the mysterious moving lights. They were out there, past the shoreline, three distinct bright spots of light.

It was eerie. The lights bobbed rhythmically, up and down, as if they were sitting on the water. A pattern developed. At intervals the lights appeared to rise and with great speed hurtle themselves toward the shore where they would momentarily disappear only to pop up again a short time bobbing off shore. Time after time this odd pattern repeated until shortly after midnight when the lights stopped as mysteriously as they had started.

We had just climbed up the hill from the beach when we heard the people talking about some lights they had seen. Their eyes were wide and they were saying, "There must be a logical explanation! It is probably some sort of weather phenomenon! Maybe it was a really large, concentrated red tide?" One lady said, "It was UFOs, I'm sure!" We just shrugged and finished packing up our gear and took off for home.

It was the next morning when it finally dawned on us. The crowd at the beach had been talking about us!

We had decided this year to surf while everyone else rang in the new year. It was not without its challenges. Once we headed out to Dockweiler beach, donned our party hats and strapped on our miner's head lamps it turned out totally awesome.

2010. The year of the tiger. Rusty watched an old "Rocky" movie on late night TV and decided "Eye of the Tiger," was the perfect song to welcome in the new year. I can't tell you how tired Richard and I were of hearing him sing it. He would not give it a rest. We covered our ears and hummed other songs. It didn't help. Finally, we asked him to at least change the words to "year of the tiger." His answer to that was to belt out his version of the song, "Went the distance, now I'm not gonna stop, just a duck and a will to survive … eye of the tiger," roll his eyes and leave the room.

Once we figured out that we were the mysterious lights, we did have to wonder about those people, just a little. Even though they were up on the highway they must have heard Rusty at midnight when he roared and then sang "Eye of the Tiger" at the top of his lungs. How could they have missed Richard and me when we slid down the face of that perfect 4 footer holding sparklers and yelling "Happy New Year!" UFOs, come on! I think someone had just a tad too much sparkling apple juice.

Our New Year's Day was a quiet one. Between football games, I did a little sketching while Rusty and Richard worked on the garden. It was all quite and peaceful until Rusty boomed out, "Richard! Come see, a really big bird 'bombed' your Rue plant! It's gross."

Richard became excited. It wasn't a bird "bomb." It was a yellow swallowtail caterpillar. He explained that in its larval stage this caterpillar mimics the appearance of bird poop to keep predators from feasting on it.

Examining several more plants Richard was elated to discover several more caterpillars. Rusty and I could not keep from laughing when Richard sighed and said, "I am going to be a butterfly daddy soon."

Seeing the caterpillars reminded Richard of an article he had just read about "biomimicry." He said many scientists and inventors are looking to the natural world to help them create better and more sustainable products, as well as find solutions to some of our most vexing problems.

According to Richard, wonderful things have already taken place by using biomimicry. In Japan and China, scientists are modeling more efficient solar cells after the scales of butterfly wings, which serve as highly effective, microscopic solar collectors.

In Zimbabwe, Richard said, architects were able to design a passive cooling system for a large office building without using any modern heating or air conditioning by studying African termites.

Richard said there were many more examples and then told us something we had never thought about. He said that living organisms have been conducting their own research and development program for about 3.8 billion years. They have tested and solved many of the challenges that humans are facing today so it is imperative that we do everything possible to preserve and learn from our natural world and wildlife. We don't know which one may be the solution for the next insurmountable problem. It could even be that caterpillar that looks like bird poop!

PHYLLIS and the Quackers can be reached at phyllis@phyllischavez.com. The Quackers have a new, amazing Web site! Stories, pictures and a blog at www.thequackers.com.

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Santa Monica Daily Press Visit us online at smdp.com

Santa Monica From A to Z

Alisandra Rand and Melissa Rader
Send comments to editor@smdp.com

Turning rug rats into gym rats

I FIGURED A GYM CLASS MIGHT BE A good thing to try for my daughter Addison. I'd been told Addison had a slight gross motor delay and she never crawled. She hopped around on her bum like a little bunny then one day just got up and walked. According to my pediatrician, these days a lot of kids skip crawling altogether. He explained that ever since the advent of SIDS, moms are being told to make sure their babies sleep on their backs, which he believes inhibits their ability and motivation to crawl. Recent studies suggest that crawling is important, however, as it wires up the connections that cross the left/right axis in the brain and is later linked to reading skills. I thought a gym class might help her make any connections she may have missed.

And I've made a new year's resolution for Dash and Zora — get more exercise. The news of skyrocketing childhood obesity rates always worries me, but the habits we establish now with our kids will hopefully last a lifetime.

Think your child could use a little help with their gross motor skills? Or do you just want them get some extra exercise? We investigated a couple of gym classes in town.

One of Addison's buddies, Otis, signed up for a series of classes at Kidnasium (Wilshire and Lincoln boulevards) so we joined them for a free class to see what it was all about.

The space is amazing. Addison opened the door and entered a magical mystery world filled with bright colorful objects in all different shapes and sizes to climb all over and explore safely (a key word for many moms). She wasn't as interested in the lead activities. My guess is there is so much to take in just in the space alone that it probably takes a few sessions to get them to focus on the rotating activities of which there were an impressive array. There were songs and warm ups to start, a couple of seriously cool obstacle courses designed right in front of us, swings the kids were taught to use standing up, a myriad of basketballs and hoops, and to finish bubbles and stickers.

On the negative side, the classes move a bit quickly for toddlers and they're pricey. An eight week session costs $180 and there is a $40 membership fee the first time you take a series. My friend Sarah got a two-for-one deal on afternoon classes, which is something to think about.

If you're on a budget, however, the best deal in town is probably the gym and swim classes at the YMCA on Sixth Street (at Santa Monica Boulevard). It's free for members and memberships aren't too expensive (individuals are $48/month after a $150 joining fee). The YMCA also has a childcare center for kids 6 weeks to 8 years for $4 an hour for up to two hours if you want to work out yourself.

When we walked in to the gym, Addison's eyes lit up like great big saucers when she saw all the colorful puffy mats to climb over. They even have some of the same activities as the other class. Classes are often led by volunteers, but our class was led by the very engaging young director of the program, Levi Booker, who is clearly committed to his work at the Y. When he's not singing songs and blowing bubbles he's busy organizing fundraisers and special events for the kids. Much of gym time is free play so Addison had a ball. She scared me half to death, flying down slides and crashing into floors and walls. But hey, she got up laughing.

After gym, it's time for swim, and kids need to be changed into their swimming diapers and bathing suits. The locker room is adjacent to the pool, but it can get crowded depending upon the size of the class. The classes are held in the small, shallow pool next to the adult swimming pool. It is heated, and warmer than the regular pool, but it still seems cold at times.

The swim part didn't go over quite as well for Addison. She started crying in the showers before we even got near the pool, so when the lifeguard couldn't find a shower cap for me to borrow, we decided to call it a day. I was grateful to the mom who reached out and said her son cried for two months before he started to enjoy it. It's good to know that we can try to push through and others will be understanding.

On the other hand, Dash loved the swim part of the class when he was a baby. He used to push me away and say, "Baby go!" He'd sink and I'd fish him out spluttering and coughing. When he had recovered, he'd push me away again, saying "Baby go!" Tenacious or stubborn, you decide. I found it was helpful to bring a stroller so I could keep him from running away while I changed out of my suit.

On the negative side, the classes are often taught by volunteers who may not have the training and experience of the leaders at the pricier gymnasiums. In addition, at times the gym can become very crowded, especially at the beginning of the sessions. A swim cap is also required for adults.

Other classes we've heard good things about:

• Dan the Man Super Kids: 2143 S. Sepulveda Blvd., Los Angeles, 90025. Eight-week sessions for $171/45 minutes or $176/1 hour, plus a $50 annual enrollment fee.

• My Gym Children's Fitness Center: 12422 Santa Monica Blvd., Los Angeles, 90025. Ten-week sessions, which include free play for $200 plus an initial lifetime membership fee of $75.

Find a calendar with local events, helpful links, and more adventures of **ADDISON**, **ZORA**, and **DASH** at smatoz.blogspot.com.

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Use of force policy vague, outdated

FROM COPS PAGE 3

Inglewood police between 2003 and 2008 were unarmed. They included a man stopped for public drinking who was shot in the back when an officer thought he was reaching for a gun, and a homeless man killed after reaching for a toy gun in his waistband.

A court consent decree could require the department to show a federal judge and an independent monitor that it had made progress in making reform.

The Los Angeles Police Department operated under such a decree for eight years after Justice Department findings of corruption and racial discrimination. The decree was lifted in 2009.

Los Angeles County's Office of Independent Review spent a year reviewing the Inglewood police, but the City Council has refused to make the findings public despite protests.

The 220-member force operates in a small city south of Los Angeles that is notorious for gang violence.

In a letter to the city's mayor last month, the Justice Department called for changes in officer training and oversight and said some reforms being proposed were inadequate.

The 33-page letter said department policies on use of force were vague, outdated and might be inconsistent with U.S. Supreme Court guidelines.

The department created an apparent conflict of interest by routinely assigning certain excessive force investigations to the same supervisors who wrote or approved the initial police report, the Justice Department concluded.

Officers also need more training on how to deal with people who appear to be mentally ill or under the influence of drugs or alcohol, the letter said.

The department has been cooperating in the investigation, Justice Department spokesman Alejandro Miyar told the Times.a

Campaign boosted tourist's awareness of ban

FROM SMOKING PAGE 1

City Councilwoman Gleam Davis asked that the report be presented at a future council meeting, in part, she said, because the council could consider additional smoking restrictions in the future. The council needs to know if the current ban has been effective, she said.

"Before we even [think] about extending the scope of our smoking ban ... we need to make sure that the ban we've implemented for common areas [is] working the way we wanted it to," she said. "It's a good chance to just take a look and see, 'Is it operating the way it's supposed to?'"

She said the council has not been presented with a concrete proposal to enhance the smoking ban but noted that the Rent Control Board has discussed extending the ban on smoking to include private apartment patios and even apartment units themselves. The Rent Control Board's attorney determined the board did not have the authority to create such a ban, but the council could enact such a law.

Davis said she did not have concerns about the cost of the publicity campaign and its effectiveness in publicizing the smoking laws.

"It has informed particularly tourists who might not be familiar with our laws," she said.

City Councilman Kevin McKeown agreed that the publicity campaign was a needed step. Though some residents were upset the outdoor smoking ban wasn't immediately enforced, he said, the publicity campaign appears to have helped boost compliance.

"The city chose to allow an education period before full enforcement, and the report indicates that educational process has been largely successful," he said.

He said he's asked city staff to update the council on how the smoking rules are being enforced now that the awareness campaign has been fully implemented. In December, the Santa Monica Police Department issued 26 citations for violating the smoking ban, said Sgt. Jay Trisler.

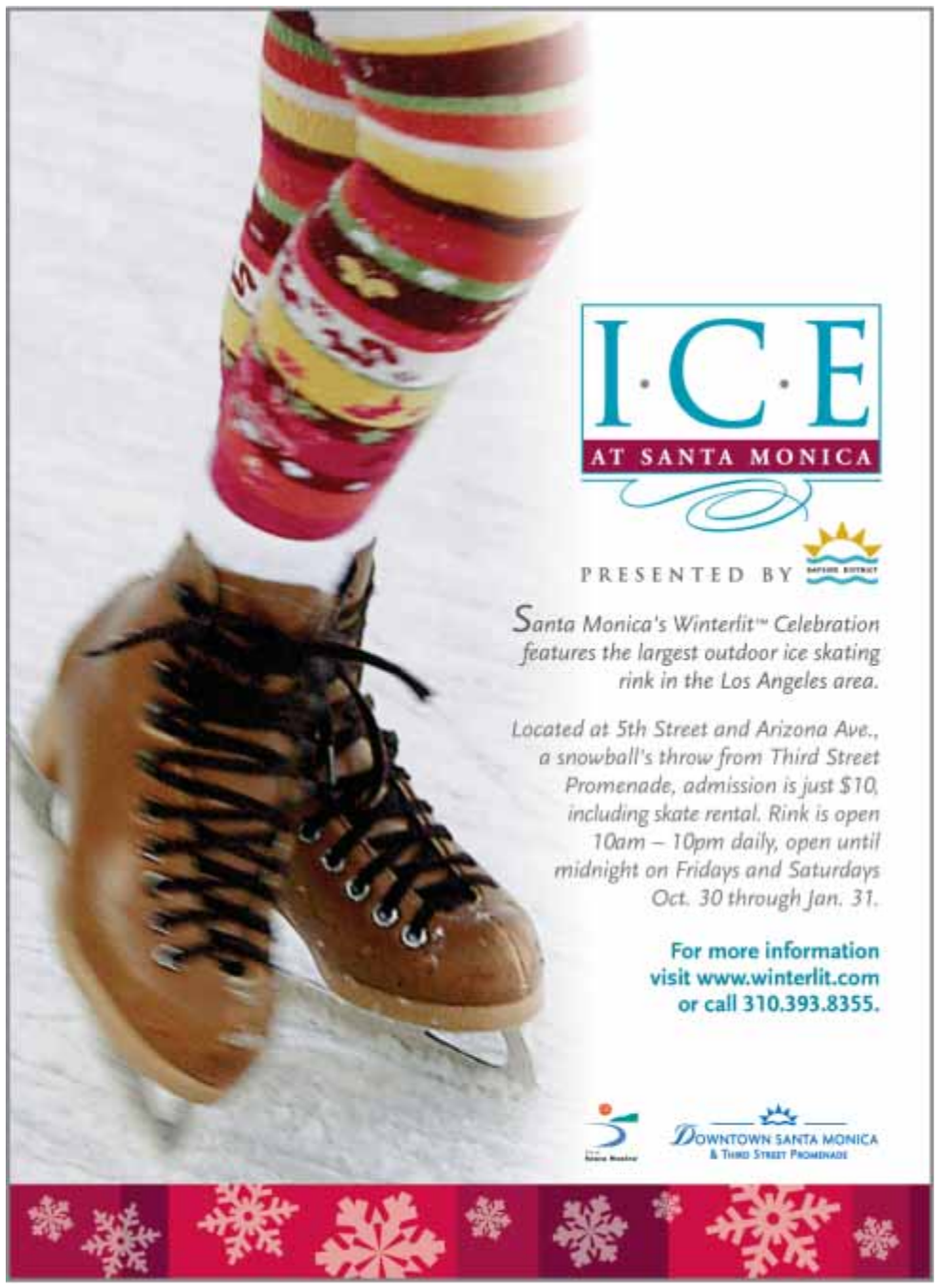
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>
> **Kevin McKeown**
> Councilman

"If the council needs to allocate additional resources for effective enforcement, in the interest of public health I am prepared to support that," McKeown said.

Kim Baker, director of marketing for the Santa Monica Convention and Visitors Bureau, said she thought the campaign was successful because the posters and signs featured designs that were easy for non-English speakers to quickly grasp. With half the tourists in Santa Monica coming from abroad, she said it was important the campaign be highly visual and have any text translated into multiple languages on fliers and other materials.

"In terms of the international visitors' knowledge, they're just not going to know [about the ban]. There's so many tourists and a lot of them are coming in for the first time," Baker said. She said so far there haven't been complaints that the ban is being enforced against unaware tourists.

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Dealmaking common under Schwarzenegger

JUDY LIN
Associated Press Writer

SACRAMENTO, Calif. In a widely reported national interview over the weekend, California Gov. Arnold Schwarzenegger criticized Nebraska Sen. Ben Nelson by saying the Democrat withheld his vote on health care legislation to get more money for his state.

The Republican governor sounded appalled at such political trade-offs when he characterized the health care vote to NBC's David Gregory: "'I'm holding out my vote, unless I get some extra kind of benefits here,'" Schwarzenegger said on "Meet the Press" Sunday. "I mean, if you do that in Sacramento, you know, you'll be sued. It is illegal to do that, to buy votes."

In fact, such political quid pro quos happen all the time in the state Capitol, sometimes with Schwarzenegger's behind-the-scenes involvement.

Just in the past year, Schwarzenegger signed off on tax breaks, giveaways and a ballot measure that were brokered in back room dealings to secure enough votes for the state budget. The vote-sealing deals also have extended to other major pieces of legislation, including water bills that Schwarzenegger lobbied hard to pass.

"Horse trading, for better or worse, is part of the legislative process of compromise, and it's a well-established tradition in Sacramento," said Derek Cressman, the western states regional director for Common Cause. "Certainly, this process is not unusual."

Nelson's vote last month on the national health care overhaul was secured when the legislation freed Nebraska from paying the cost of Medicaid expansion. Schwarzenegger called that deal a "rip-off" for California and other states, which he said would end up subsidizing Nebraska's poor.

Yet concessions of the type Schwarzenegger criticized have been given away to state lawmakers in California with regularity.

Last February, the governor signed a midyear state budget that included $70 million in additional property tax revenue over the next two fiscal years and $50 million each year after that for Orange County. The gift was added to secure the vote of Democratic Sen. Lou Correa of Anaheim.

At the same time, legislative leaders included a $10,000 tax credit on the purchase of new homes to win the support of Republican Sen. Roy Ashburn of Bakersfield.

The final vote on the February budget came from Republican Sen. Abel Maldonado of Santa Maria. He was persuaded to jump off the fence after lawmakers agreed to place a measure on this year's ballot asking voters to change the election system to allow open primaries.

The change is important for moderate Republicans such as Maldonado who often find it difficult to win GOP primary elections, which are dominated by the party's conservative wing. Schwarzenegger recently nominated Maldonado to fill the lieutenant governor's position.

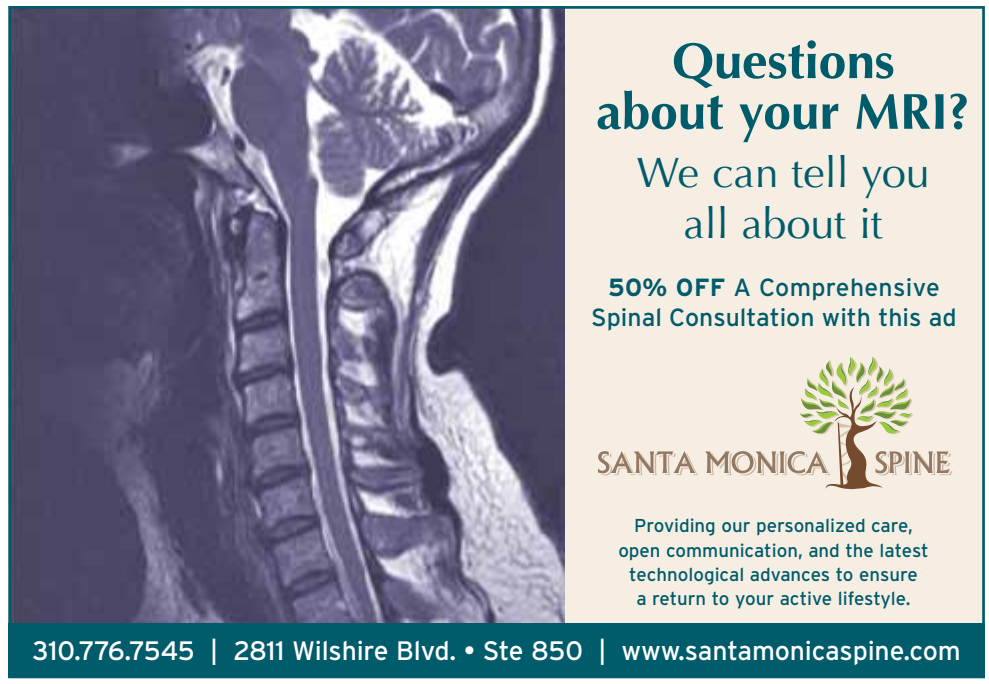
Such key negotiating points on the budget and other major pieces of legislation are worked out behind closed doors between Schwarzenegger and the top legislative leaders.

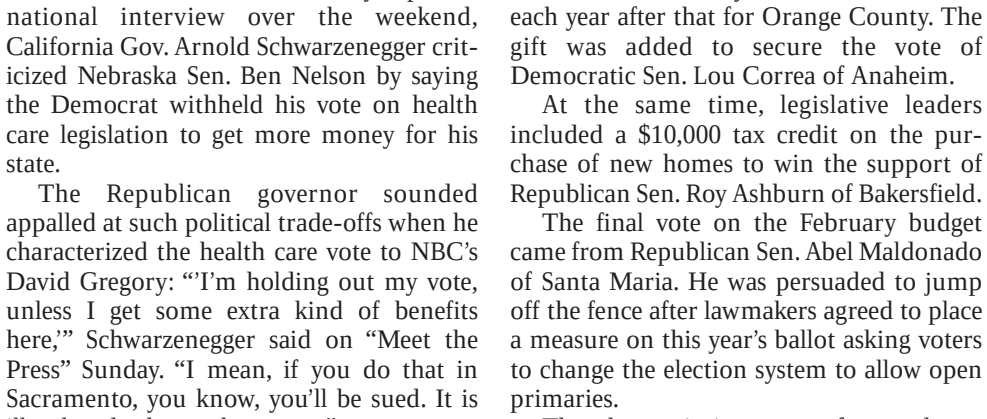
Cressman, of Common Cause, said it was disingenuous of Schwarzenegger to criticize the Nebraska senator for participating in the type of dealmaking that happens frequently in Sacramento.

"He's a politician being a politician trying to make an argument work for him at the moment," Cressman said.

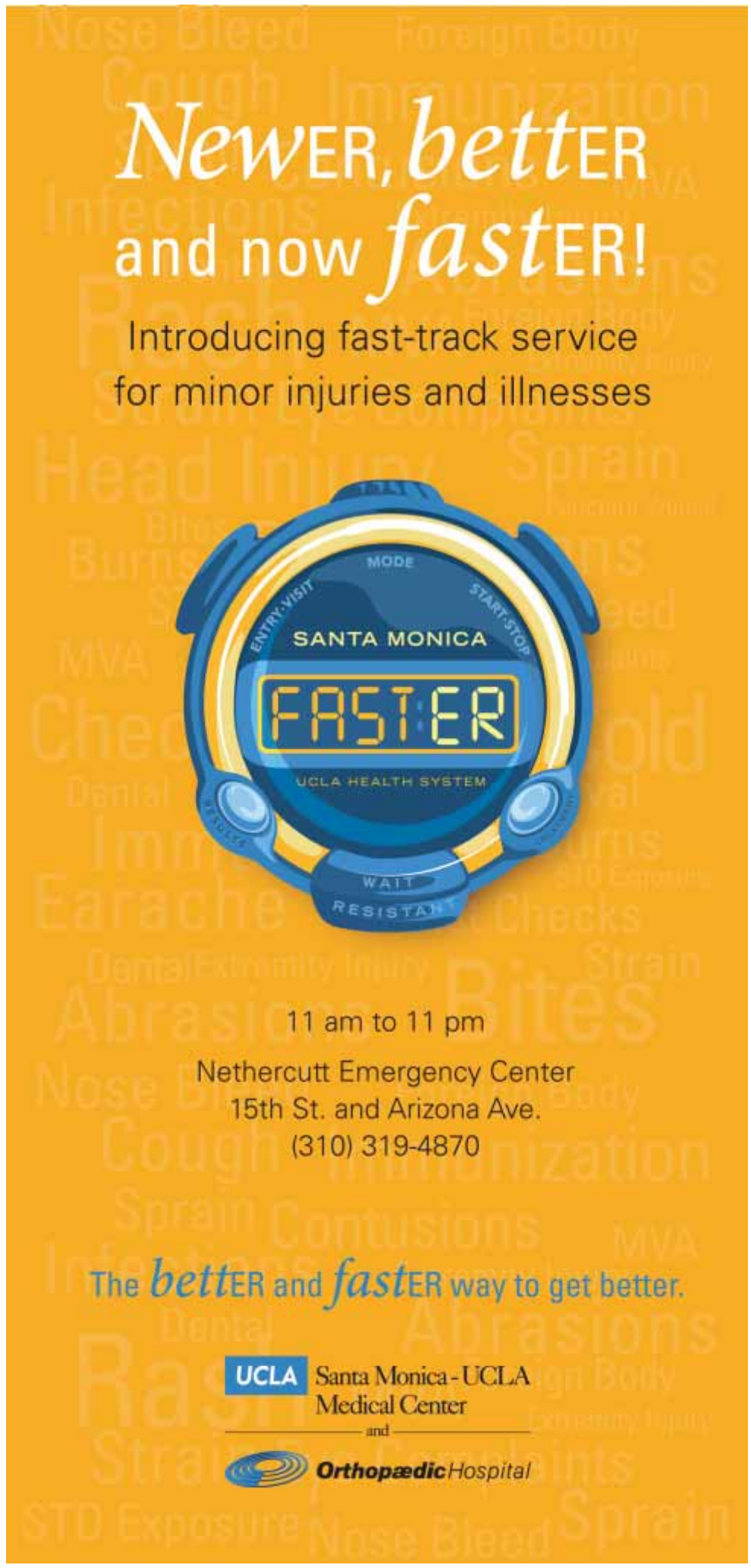
Schwarzenegger spokesman Aaron McLear defended the California dealmaking, suggesting the ends justified the means.

"We believe that the end result of those methods was solving a $60 billion shortfall last year or achieving historic water reform that leaders have been trying to do for decades," McLear said. "What our congressional delegation has allowed to happen with the health care bill does not improve things for California. It makes things worse."









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AOL to lay off up to 1,200 workers to reach target

RACHEL METZ
AP Technology Writer

SAN FRANCISCO The struggling Internet company AOL was laying off up to 1,200 workers this week because it didn't get enough volunteers to accept buyouts.

AOL spokeswoman Tricia Primrose said Monday that only 1,100 had volunteered to leave. That means AOL would need to shed up to 1,200 positions to reach its previously announced reduction target of up to 2,300, or about a third of its work force.

The cuts, which were on top of thousands of positions shed in recent years, came as AOL separated from Time Warner Inc. last month. AOL acquired Time Warner at the height of the dot-com boom in 2001, but the combination proved disastrous, prompting Time Warner to spin AOL off as a separate company.

In recent years, the company formerly known as America Online has been trying to reinvent itself as a content and advertising company as the legacy dial-up Internet access business that made the company famous steadily declined. But AOL has struggled in that transformation as its advertising revenue has failed to offset the drop in revenue from the dial-up business.

AOL was laying off some employees in the U.S. on Monday, though most will occur on Wednesday, Primrose said. She also said the company started laying off employees in Europe on Monday and planned to close offices in Spain and Sweden, though it will continue to have employees working in Sweden at its ad-serving company, Adtech AG. No further details were immediately available on where the U.S. reductions were occurring.

"We made difficult decisions about products and our profitability profile in different markets and made the decisions we believe will best position AOL to be a long-term, successful company going forward," Primrose said.

The cuts will leave AOL at less than a quarter the size it was at its peak in 2004, when it had more than 20,000 employees. Before the latest layoffs and buyouts, AOL had about 6,900 employees.

AOL said in November it would take $200 million in charges for severance and restructuring-related costs.

AOL shares rose 29 cents, or 1.1 percent, to close at $25.97 Monday.

Jackson award overturned

BY THE ASSOCIATED PRESS

LOS ANGELES An appellate court on Monday overturned a $20 million award against a defunct charter jet company for secretly videotaping Michael Jackson and his attorneys during a 2003 flight.

The 2nd District Court of Appeal ruled the amount was excessive, and XtraJet and its owner Jeffrey Borer shouldn't have to pay it to attorneys Mark Geragos and Pat Harris.

"The amount awarded to the plaintiffs was so great that it shocks the conscience," the panel wrote in its ruling.

The case was sent back to the trial judge who last March found in favor of the two lawyers.

The panel said a new trial could occur on damages alone unless Geragos and Harris would share a reduced award of $750,000.

Brian Kabateck, an attorney representing Geragos, said he was leaning heavily toward a new trial.

"The judges acknowledge the behavior here was reprehensible," Kabateck said.

A phone message left for XtraJet attorney Lloyd Kirschbaum was not immediately returned.

Borer and an associate pleaded guilty to conspiracy two years ago for videotaping Jackson and his lawyers as they flew to the pop star's surrender on molestation charges. A jury later acquitted Jackson of 14 charges in the case.

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18 JANUARY

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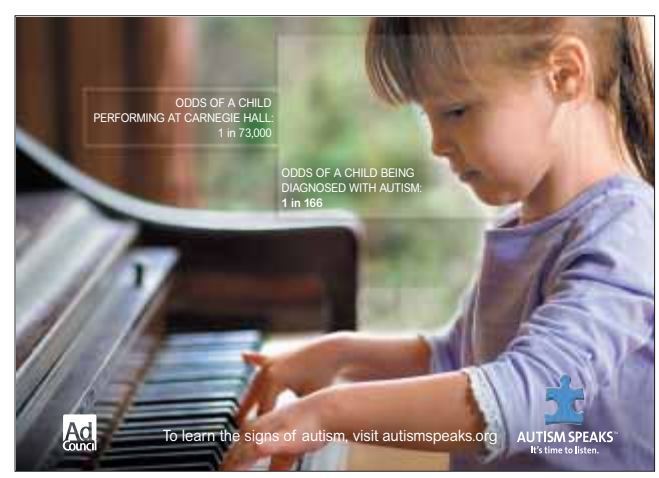
City of Santa Monica

CITY OF SANTA MONICA

NOTICE OF CANCELLATION

Notice is hereby given that the Santa Monica City Council meeting on Tuesday, January 12, 2010 has been canceled due to lack of a quorum. This meeting may be rescheduled to next week, on Tuesday, January 19, 2010, in the Council Chambers, 1685 Main Street, Santa Monica, California.

Date: January 11, 2010
Maria M. Stewart /S



Super Bowl ad prices fall; still most expensive

EMILY FREDRIX
AP Marketing Writer

The economic slump appears to have taken a toll on Super Bowl ads, pushing the price down for only the second time in the game's history, though they're still the most expensive on television.

While early readings suggest there are better deals this year over last, Pepsi won't advertise its drinks for the first time in 23 seasons, joining FedEx and GM, who dropped out last year. In their absence, newcomers and smaller companies have snatched up slots in advertising's biggest showcase.

TNS Media Intelligence said Monday that a 30-second commercial during next month's Super Bowl on CBS are selling for between $2.5 million and $2.8 million, based on reports from advertisers and media buyers. That's a drop from last year, when ads averaged $3 million on NBC — a record, according to TNS. Prices remained strong last year because the majority of ads are typically bought in the spring, before the deepening of the recession, analysts said.

Final figures for this year will come in after the Super Bowl airs Feb. 7. CBS won't comment specifically about its prices, but company officials said they believe prices will be higher than last year.

"We don't calculate average price because it's not how we manage the business, but we're confident that if we did it would be higher than last year," said CBS spokesman Dana McClintock. "In certain cases, we're getting over $3 million" per spot.

McClintock said it was difficult to peg a lower end of the range of prices because clients who bought ads throughout the football season may get a lower rate.

Vacation rental Web site HomeAway was lured in for the first time by the prospect of lower prices. Its ad in the third-quarter of the game is its first television commercial. The company would not say what it paid for the ad.

"We certainly had a hunch that it wasn't going to be massively overpriced versus last year. We had a hunch there'd be some wiggle room," said CEO Brian Sharples, whose company is launching a yearlong campaign tied to the Griswold family of "National Lampoon's Vacation" fame.

CBS officials said the pace of sales had been better than it was for NBC a year ago. As of Friday, only four of the 62 commercial slots remained to be sold.

CBS is keeping a few slots open so it can sell them at higher prices to last-minute buyers, said Bob Horowitz, president of Juma Entertainment and executive producer of television show "Super Bowl's Greatest Commercials."

He said putting a single number on Super Bowl ads is tricky because they are often bought in packages that can include other events like the Olympics.

The only other year that prices declined was from 2006 to 2007, when 30-second slots dropped from $2.5 million to just under $2.4 million, said Jon Swallen, senior vice president of research for TNS. Overall advertising spending fell slightly in the first half of 2007, even before the recession began.

Super Bowl prices crossed the million-dollar threshold in 1995, and topped $2 million five years later.

Prices didn't fall during the downturn of the 1980s because the games didn't have the cachet they do now, Horowitz said. Back then, 30-second spots sold for $275,000 in 1981 and jumped to $600,000 five years later.

Ad prices spiked as viewership soared, going from 68.3 million viewers in 1981 to 87.2 million in 1986, according to Nielsen. Last year's Super Bowl had a record 98.7 million viewers.

From 1990 through last year, the Super Bowl generated $2.17 billion of network sales, including 1,400 commercials from 210 advertisers, TNS said.

CBS won't say what it paid for the rights to the Super Bowl. The three networks that now alternate carrying the game, CBS, NBC and Fox, get it in a package along with the other football games they broadcast through the season.

NBC Universal has said it expects to lose money televising the Winter Olympics next month, mainly from the $820 million the company paid for the rights to the games. The company has said advertising sales were soft for much of past year, but they have increased as the Olympics draw near.

The 2009 Super Bowl brought in $213 million in advertising revenue — just for ads airing during the game. That was a 14 percent increase from the previous year's $186.3 million, when the average 30-second slot cost $2.7 million.

In economic downturns, companies are more likely to buy Super Bowl advertising when they want to make an impact by jump-starting a brand or introducing themselves, said Tim Calkins, a marketing professor at Kellogg School of Management. Dr Pepper Snapple is doing that this year with an ad promoting new flavor Cherry Dr Pepper, featuring rock band Kiss.

The Census Bureau is paying $2.5 million for two pregame spots, two on-air mentions and an ad during the game to promote this year's census.

But it's an expensive proposition for companies like Pepsi, FedEx and General Motors that would otherwise use the game to simply remind people they're still out there.

PepsiCo Inc. won't advertise its Pepsi brand or any other beverages during the game, shifting its ad dollars instead to a new, mostly online marketing effort. But its snack unit, Frito-Lay, will have Doritos commercials in the game.

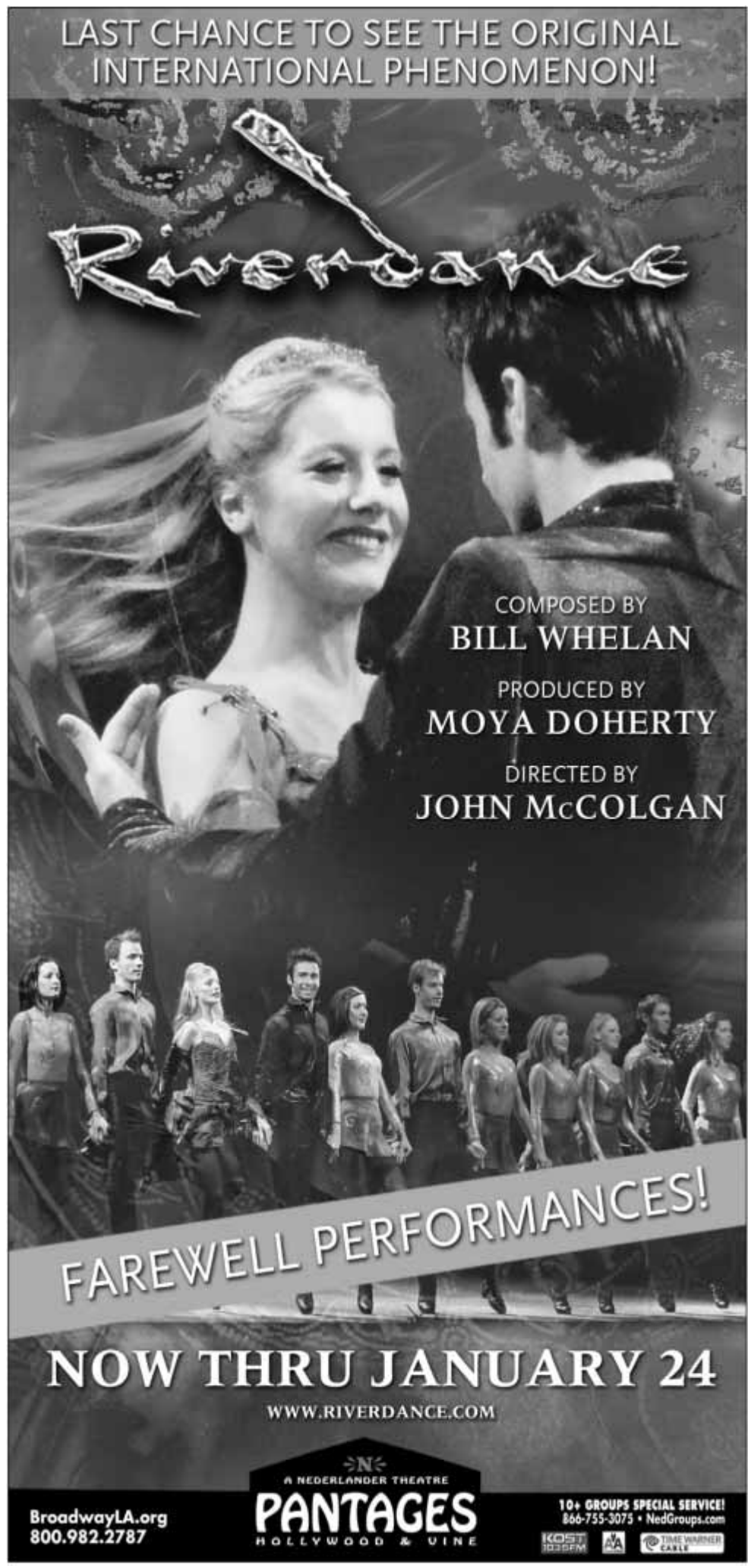
"In a way, Super Bowl advertisers are acting like people are acting in the economy, which is they'll buy only if there's a deal," Calkins said. "If the price is right, people will step up."

That's exactly what 5-year-old HomeAway is doing. The company is spending "many millions" to kick off a yearlong campaign with a commercial bringing back Chevy Chase and Beverly D'Angelo in their roles as the quirky, traveling Griswold family from the movie "National Lampoon's Vacation."

HomeAway paid an undisclosed sum for the rights to the movie from Warner Brothers and spent nearly $1 million to upgrade its technology to handle what may be one million hits on Homeaway.com after the ad airs.

AP Business Writer Ryan Nakashima contributed to this report from Los Angeles and Associated Press Writer Hope Yen contributed from Washington.







Surf Conditions **Water Temp:** 59°

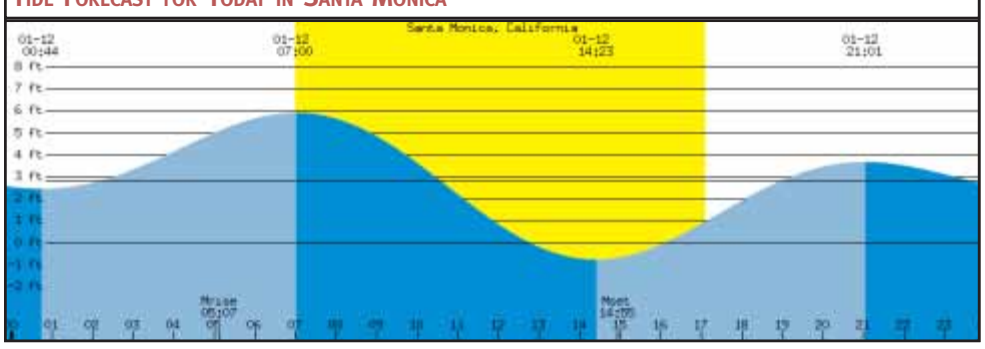
Swell Forecast

Swell is expected to back off to around head high max for west facing breaks.

Long Range Synopsis

Swell should back down, but it looks like DOH surf could persist, at least for the AM.

Tide Forecast for Today in Santa Monica



BEACH REPORT CARD

NORTH LOS ANGELES COUNTY

Grades for this report are based on monitoring data from the previous 30 days up to the ending date of **January 6, 2010**

HEAL THE BAY - 1444 9th Street, Santa Monica, CA 90401 - www.healthebay.org - brc@healthebay.org - 800 HEAL BAY

QUICK STATS (for last 28 days)

- Number of sewage spills -- 0
- Number of beach closures due to a sewage spill -- 0
- Number of wet days -- 13
- Number of A grades for dry/wet weather -- 39 / 16
- Number of (C,D,F) grades for dry/wet weather -- 5 / 23

The Beach Report Card is made possible by: The Diller – von Furstenberg Family Foundation; simplehuman; SIMA

Heal the Bay reminds you not to swim or surf within 100 yards of any flowing storm drain or for 3 days after a rainstorm. After a rain, indicator bacteria counts at beaches throughout California usually far exceed health criteria in the state's Beach Closure and Health Warning Protocol.

LOCATION	DRY	WET
Leo Carrillo Beach, at Arroyo Sequit Creek mouth.	A+	C
Nicholas Beach at San Nicholas Canyon Creek mouth.	A+	A+
El Pescador State Beach, between Lechasa and Las Alisos creeks.	A+	A+
Encinal Canyon at El Matador State Beach.	A	A+
Broad Beach at Trancas Creek mouth.	A+	A+
Zuma Beach at Zuma Creek mouth.	A+	B
Walnut Creek, projection of Wildlife Rd. (private).	A+	A+
Paradise Cove Pier at Ramirez Canyon Creek mouth.	D	F
Escondido Creek, just east of Escondido State Beach.	A	A+
Latigo Canyon Creek mouth.	A+	F
Solstice Canyon at Don Blacker County Beach.	B	C
Puerco State Beach at creek mouth.	A	C
Marie Canyon storm drain at Puerco Beach, at 24572 Malibu Rd..	A+	A+
Surfrider Beach at Malibu Colony fence.	A+	A+
Surfrider Beach (breach location)- daily.	F	F
Malibu Pier - 50 yards east.	B	F
Carbon Beach at Sweetwater Canyon.	A+	F
Las Flores State Beach at Las Flores Creek (point zero).	A+	D
Big Rock Beach at 19948 PCH stairs.	C	A+
Pena Creek at Las Tunas County Beach.	A+	A+
Tuna Canyon.	A+	ns
Topanga State Beach at creek mouth.	D	F
Castlerock Storm Drain at Castle Rock Beach.	A+	ns
Santa Ynez Storm Drain at Castle Rock Beach.	A+	B
Will Rogers State Beach at 17200 PCH (1/4 mile east of Sunset drain).	A+	F

LOCATION	DRY	WET
Will Rogers State Beach at Bel Air Bay Club drain near fence.	A+	C
Will Rogers State Beach at Pulga Canyon storm drain.	A+	A+
Will Rogers State Beach at Temescal Canyon drain.	A+	A
Will Rogers State Beach at Santa Monica Canyon drain (Chautauqua).	A	B
Santa Monica Beach at Montana Ave. drain.	A+	F
Santa Monica Beach at Wilshire Blvd. drain.	A+	F
Santa Monica Municipal Pier.	F	D
Santa Monica Beach at Pico/Kenter storm drain.	B	C
Santa Monica Beach at Strand St. (in front of the restrooms).	A+	B
Ocean Park Beach at Ashland Ave. drain.	A+	C
Venice City Beach, at the Rose Ave. storm drain.	A+	A
Venice Beach at Brooks Ave. drain.	A	C
Venice Beach at Windward Ave. drain.	A+	C
Venice Fishing Pier - 50 yards south.	A+	B
Venice Beach- projection of Topsail St..	A+	B
Marina del Rey, Mothers' Beach- lifeguard tower.	A	B
Dockweiler State Beach at Ballona Creek mouth.	A	F
Dockweiler State Beach at Culver Blvd. drain.	A	C
North Westchester Storm Drain at Dockweiler State Beach.	A+	C
Dockweiler State Beach at World Way (south of D&W jetty).	A+	A+
Dockweiler State Beach at Imperial Hwy drain.	A+	F
Dockweiler Beach- opposite Hyperion Treatment Plant.	B	A+
Dockweiler State Beach at Grand Ave. drain.	A+	A

LEGEND

DRY -- each location is graded on an A – F scale based on bacterial pollution levels present in the surf zone
WET -- grades for days of recorded rainfall and the following 3 days
ns -- no sample taken

Heal the Bay's Beach Report Card® is based on weekly water quality monitoring data provided by the City of Los Angeles' Environmental Monitoring Division and the Los Angeles County Department of Health Services. Data is analyzed as soon as it is made available to us by the public agencies. Beaches are graded on an A–F scale based on the risk of ocean users becoming ill. Samples are analyzed for bacteria—enterococcus, total and fecal coliforms—that indicate biological pollution. A fact sheet detailing the exact methodology used in determining grades for each location is available from the office or on our web site. The report is not designed to measure the amount of trash or toxins found at local beaches.

The Beach Report Card is an indication of past water quality and is not a warranty of the current safety of those areas surveyed. Our lawyers are happy.

Heal the Bay is a non-profit environmental organization dedicated to making Santa Monica Bay and Southern California coastal waters safe and healthy for people and marine life.

Heal the Bay

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MLB

McGwire admits using steroids

RONALD BLUM
AP Sports Writer

NEW YORK Mark McGwire finally came clean, admitting he used steroids when he broke baseball's home run record in 1998.

McGwire said in a statement sent to The Associated Press on Monday that he used steroids on and off for nearly a decade. During a 20-minute telephone interview shortly afterward, his voice repeatedly cracked.

"It's very emotional, it's telling family members, friends and coaches, you know, it's former teammates to try to get ahold of, you know, that I'm coming clean and being honest," he said. "It's the first time they've ever heard me, you know, talk about this. I hid it from everybody."

McGwire said he also used human growth hormone, and he didn't know if his use of performance-enhancing drugs contributed to some of the injuries that led to his retirement, at age 38, in 2001.

"That's a good question," he said.

He repeatedly expressed regret for his decision to use steroids, which he said was "foolish" and caused by his desire to overcome injuries, get back on the field and prove he was worth his multimillion salary.

"You don't know that you'll ever have to talk about the skeleton in your closet on a national level," he said. "I did this for health purposes. There's no way I did this for any type of strength use."

McGwire hit a then-record 70 homers in 1998 during a compelling race with Sammy Sosa, who finished with 66. More than anything else, the home-run spree revitalized baseball following the crippling strike that wiped out the 1994 World Series.

Now that McGwire has come clean, increased glare might fall on Sosa, who has denied using performing-enhancing drugs.

"I wish I had never played during the steroid era," McGwire said.

McGwire's decision to admit using steroids was prompted by his decision to become hitting coach of the St. Louis Cardinals, his final big league team. Tony La Russa, McGwire's manager in Oakland and St. Louis, has been among McGwire's biggest supporters and thinks returning to the field can restore the former slugger's reputation.

"I never knew when, but I always knew this day would come," McGwire said. "It's time for me to talk about the past and to confirm what people have suspected."

He became the second major baseball star in less than a year to admit using illegal steroids, following the New York Yankees' Alex Rodriguez last February.

Others have been tainted but have denied knowingly using illegal drugs, including Barry Bonds, Roger Clemens and David Ortiz.

Bonds has been indicted on charges he made false statements to a federal grand jury and obstructed justice. Clemens is under investigation by a federal grand jury trying to determine whether he lied to a congressional committee.

"I'm sure people will wonder if I could have hit all those home runs had I never taken steroids," McGwire said. "I had good years when I didn't take any, and I had bad years when I didn't take any. I had good years when I took steroids, and I had bad years when I took steroids. But no matter what, I shouldn't have done it and for that I'm truly sorry."

Big Mac's reputation has been in tatters since March 17, 2005, when he refused to answer questions at a Congressional hearing. Instead, he repeatedly said "I'm not here to talk about the past" when asked whether he took illegal steroids when he hit a then-record 70 home runs in 1998 or at any other time.

"After all this time, I want to come clean," he said. "I was not in a position to do that five years ago in my congressional testimony, but now I feel an obligation to discuss this and to answer questions about it. I'll do that, and then I just want to help my team."

McGwire said he wanted to tell the truth then but evaded questions at that hearing on the advice of his lawyers.

"That was the worst 48 hours of my life," McGwire said.

La Russa immediately praised McGwire's decision to go public.

"His willingness to admit mistakes, express his regret, and explain the circumstances that led him to use steroids add to my respect for him," the manager said.

McGwire disappeared from the public eye following his retirement as a player following the 2001 season. When the Cardinals hired the 47-year-old as coach on Oct. 26, they said he would address questions before spring training, and Monday's statement broke his silence.

"I remember trying steroids very briefly in the 1989/1990 offseason and then after I was injured in 1993, I used steroids again," McGwire said in his statement. "I used them on occasion throughout the '90s, including during the 1998 season."

McGwire said he took steroids to get back on the field, sounding much like the Yankees' Andy Pettitte two years ago when he admitted using HGH.



MOVIE TIMES

Aero Theatre
1328 Montana Ave.
(323) 466-FILM

Call theater for information.

AMC Loews Broadway 4
1441 Third Street Promenade

Alvin and the Chipmunks: The Squeakquel (PG) 1hr 28min
12:15, 2:30, 4:45, 7:00, 9:20

Sherlock Holmes (PG-13) 2hrs 14min
12:30, 3:30, 6:30, 9:30

Up in the Air (R) 1hr 49min
1:55, 4:35, 7:10, 9:45

Daybreakers (R) 1hr 38min
12:25, 2:45, 5:05, 7:30, 9:50

AMC 7 Santa Monica
1310 Third St.
(310) 289-4262

Avatar 3D (PG-13) 2hr 40 min
12:00, 2:15, 3:30, 6:00, 7:00, 9:45

Princess and the Frog (G) 1hr 35min
1:50, 4:20, 7:05, 9:40

Up in the Air (R) 1hr 49min
12:10, 2:40, 5:10, 7:45, 10:15

It's Complicated (R) 1hr 54min
1:10, 4:10, 7:10, 10:05

Sherlock Holmes (PG-13) 2hrs 14min
1:30, 4:30, 7:20, 10:10

Leap Year (PG) 1hr 37min
12:05, 2:30, 5:05, 7:30, 10:00

Laemmle's Monica Fourplex
1332 Second St.
(310) 394-9741

An Education (PG13) 1hr 55min
1:55, 4:40, 7:30, 10:00

Young Victoria (PG) 1hr 44min
1:20, 4:10, 7:00, 9:40

Loss of a Teardrop Diamond (PG-13) 1hr 42min
4:50, 9:55

Coco Before Chanel (PG-13) 1hr 50min
4:20

Irene in Time (PG-13) 1hr 35min
1:45, 7:10

Precious (R) 1hr 49min
2:10, 7:20

Twilight Saga: New Moon (PG-13) 2hrs 10min
9:30

Mann's Criterion Theatre
1313 Third St.
(310) 395-1599

Nine (PG-13) 1hr 50min
12:00, 2:30, 5:00, 7:30, 10:20

The Blind Side (PG-13) 2hrs 6min
12:40, 3:40, 6:40, 9:40

Invictus (PG-13) 2hrs 12min
12:50, 3:50, 6:50, 9:50

Imaginarium of Doctor Parnassus (PG-13) 2hrs 02min
1:10, 4:10, 7:10, 10:10

Youth in Revolt (R) 1hr 30min
11:30am, 12:30, 2:00, 3:00, 4:20, 5:20, 6:30, 7:40, 9:00, 10:00

For more information, e-mail news@smdp.com

It's going to be a late night, Pisces

ARIES (March 21-April 19)
★★★★ Tension builds as, out of necessity, you approach a situation differently. Your willingness to go back to square one allows a better plan to evolve. Associates have many ideas -- some good, some not so good! Tonight: Detach and take another look at a situation later on.

TAURUS (April 20-May 20)
★★★ A friend could create a mini revolution in your life, should you permit it to happen. This person could be an associate. Deal with this person firmly and directly, and don't take anything for granted. You might need to establish limits. Tonight: Chat and dinner.

GEMINI (May 21-June 20)
★★★★ Your way of handling situations might be nixed. Remain calm, and let others try their way, which might not work. Sometimes experience is the only teacher in situations like this. Tonight: Listen to an offer and/or invitation.

CANCER (June 21-July 22)
★★★ Don't get into the methodology. Just let go of any remnants of negativity and open up to new types of thinking. If you think outside the box, workable ideas will appear. Tonight: Make time for a special person.

LEO (July 23-Aug. 22)
★★★★★ Be more forthright and direct with a child or loved one. You also might have to put it on the line with a creative project. Others simply might not see eye to eye with you. Know when enough is enough. Tonight: So what if you have to work tomorrow? Enjoy living.

VIRGO (Aug. 23-Sept. 22)
★★★★ You might want to change the path you are heading down. Investigate new possibilities, despite someone's reaction. Perhaps this person is going overboard trying to make an impression or make sure you get where he or she is coming from. Acknowledge this person's position. Still, do what you know works for you. Tonight: Could be late.

LIBRA (Sept. 23-Oct. 22)
★★★★ Understand what is going on with a close associate, sibling or maybe even a neighbor. This person's needs could stun you or shake up your plans. You might need to think about your priorities when you make a decision. Tonight: Run errands on the way home.

SCORPIO (Oct. 23-Nov. 21)
★★★ You are more aware of your limits than you might let on. A child or loved one could be demanding. You might need to say "no." Avoid any risk-taking right now. The end result might have you shaking your head. Tonight: Pay a bill or two.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ You could be taken aback by a family member's reaction. If you want to do something differently, now might be the time, especially if it involves the person who is kicking up his or her heels. Tonight: Do what you want. Claim your power!

CAPRICORN (Dec. 22-Jan. 19)
★★★ Step back if news or an incident throws you into a tizzy. You can only control your reaction and nothing else. Knowing that, you won't get involved in a power play. Take a walk if you feel you are going to lose your temper. Tonight: Get some extra rest; you are going to need it.

AQUARIUS (Jan. 20-Feb. 18)
★★★★ Zero in on what you want without getting too caught up in the costs. At a certain point, a less-expensive or more-effective way will occur if you relax and work with this goal. Tonight: With friends.

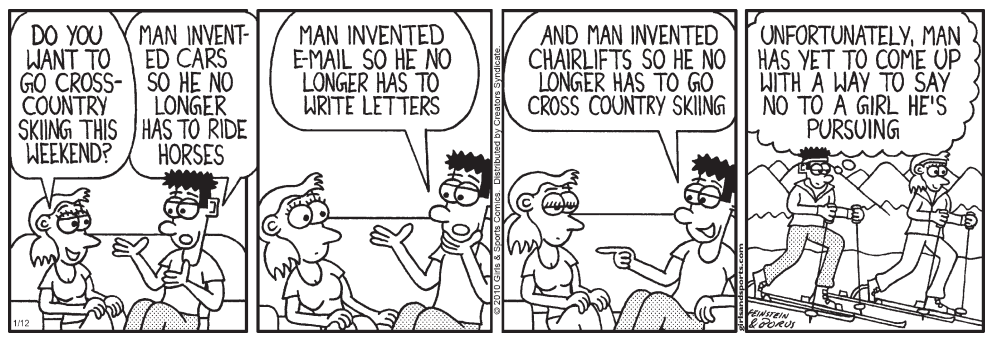
PISCES (Feb. 19-March 20)
★★★★ Others eye how you handle yourself. You could be in a tough situation right now, but realize that severe reactions or doing something unexpected won't help your cause. Tonight: Up late.

Happy birthday

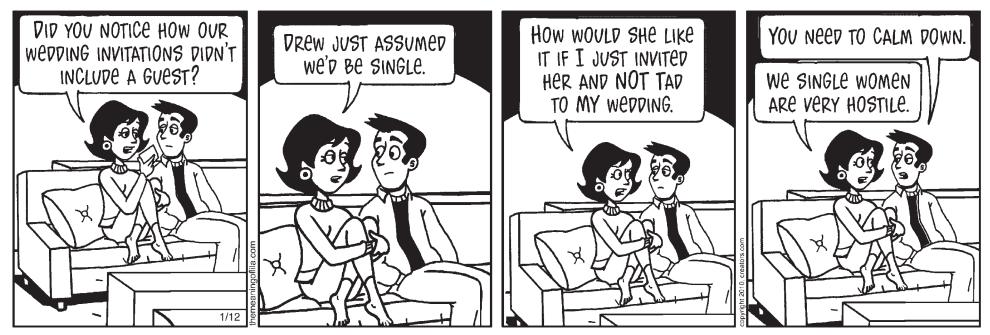
This year, the unexpected often jolts you. You might wonder if you are taking matters too personally or making a big deal out of something that really isn't that big of a deal. Process and rethink happenings and issues as if others' behavior weren't directed at you. You might see a situation in a much more positive vein. You can make a lot of money, and you could spend even more if you're not careful this year! If you are single, others find you to be very desirable. Take your time really getting to know someone. Enjoy the dating game. If you are attached, go back to those old romantic dates. You both will smile. SAG understands you -- at times too well for your comfort. ...

JACQUELINE BIGAR'S STARS
The stars show the kind of day you'll have:
★★★★★Dynamic ★★ So-So
★★★★ Positive ★ Difficult
★★★ Average

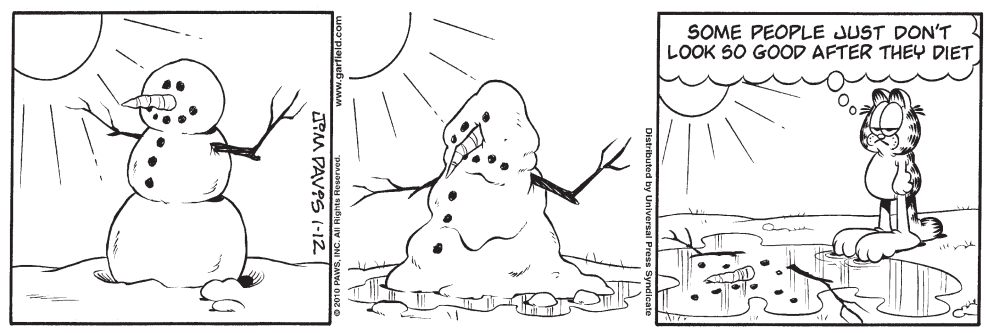
Girls and Sports
By Justin Borus and Andrew Feinstein



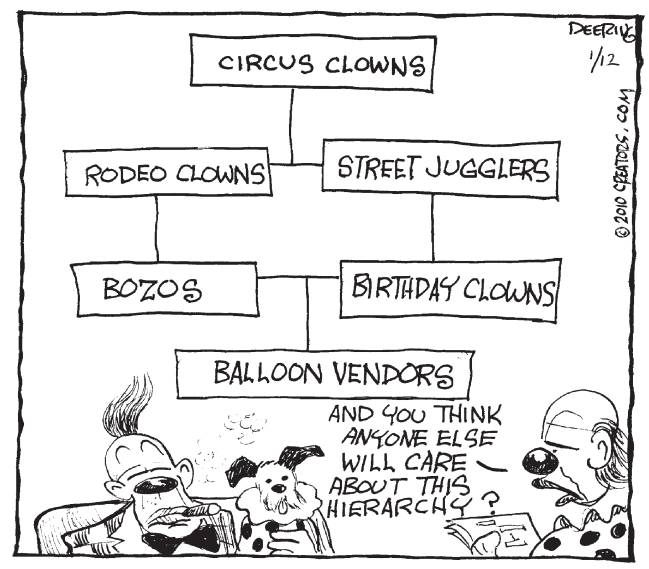
The Meaning of Lila
By John Forgetta & L.A. Rose



Garfield
By Jim Davis



Strange Brew
By John Deering



Speed Bump
By Dave Coverly



Your Trusted Source
Adult Day Services
For more brain boosting activities, check out our Adult Day Service Center.
• Free preview day with lunch!
• Memory jogging exercises
• Fun entertainment
• Support resources
WISE & Healthy Aging
(310) 452-7802
1510 Pico Boulevard
Santa Monica, CA

Sudoku

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column, and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from ★ (easiest) to ★★★★★ (hardest).

Difficulty Level ★★

	4			8			9	
2			6		3	1		5
	7	5	9			2		
	5					6	2	
8								4
	6	3					1	
		6			9	4	7	
4		9	7		5			1
	2			6			3	

King Features Syndicate

GETTING STARTED

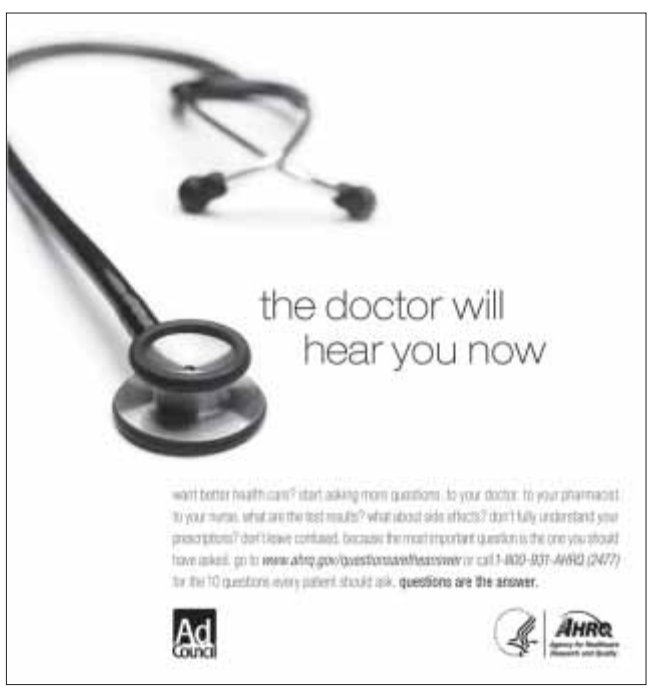
There are many strategies to solving Sudoku. One way to begin is to examine each 3x3 grid and figure out which numbers are missing. Then, based on the other numbers in the row and column of each blank cell, find which of the missing numbers will work. Eliminating numbers will eventually lead you to the answer.

SOLUTIONS TO YESTERDAY'S PUZZLE

8	5	3	9	1	7	6	4	2
6	4	9	8	5	2	3	7	1
7	1	2	6	4	3	5	8	9
9	6	4	2	7	5	8	1	3
5	7	1	3	8	4	9	2	6
2	3	8	1	6	9	7	5	4
1	9	5	4	3	8	2	6	7
3	8	6	7	2	1	4	9	5
4	2	7	5	9	6	1	3	8

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MYSTERY PHOTO

Brandon Wise *brandonw@smdp.com*

The first person who can correctly identify where this image was captured wins a prize from the Santa Monica Daily Press. Send answers to *editor@smdp.com*.

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Billiards shot
6 Pottery piece
11 Somewhat sour
12 Tint
13 Comes to the rescue
15 Number after due
16 Woolen cap
17 Low digit
18 1973 Pacino film
20 Singer Orbison
21 Earth-friendly prefix
22 Create
23 Does KP work
26 Howled
27 Persia, today
28 Price addition
29 Light metal
30 Gaming spots
34 In the past
35 High card
36 Make a choice
37 Eases future development
40 Bothered
41 Volunteer's phrase
42 Baseball manager Joe
43 Keyed up

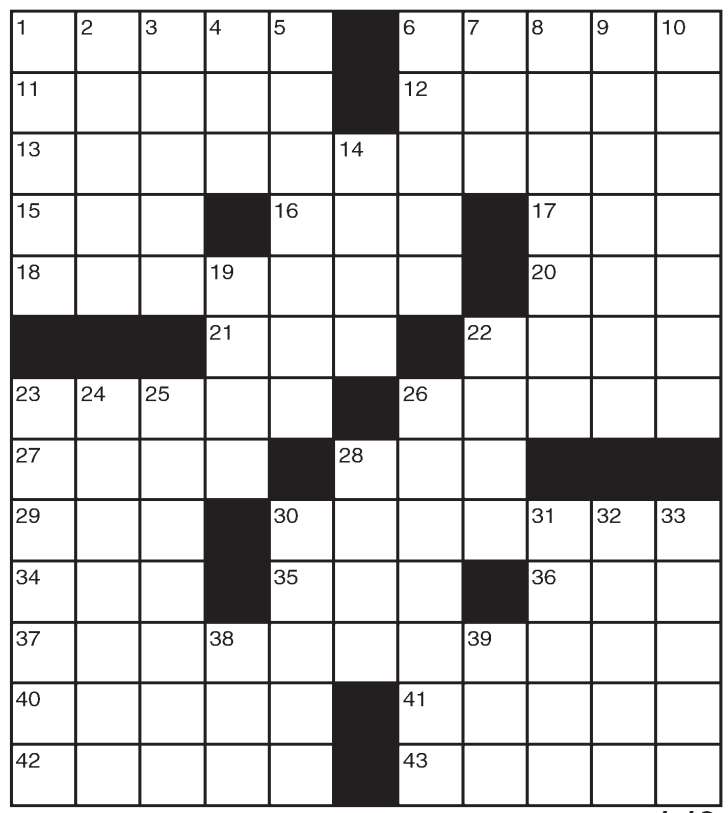
DOWN

1 Play groups
2 Without — in the world
3 Rafting spot
4 Pindar poem
5 Occult figures
6 Doofus
7 Garden tool
8 "God's Little Acre" actor
9 Virginia river
10 Unmoved
14 Folded food
19 Hammer part
22 Long skirt
23 Heartbeat sound
24 Tokyo thanks
25 Went too long
26 Batter's goal
28 Diplomatic skill
30 Social group
31 Bad kind of situation
32 October birthstones
33 Flair
38 Musical ability
39 Farm female

S	I	T	A	R	■	B	A	R	D	■
A	D	A	G	E	■	E	P	E	E	S
S	A	X	E	S	■	R	E	E	V	E
S	H	E	■	U	K	E	■	L	I	E
Y	O	S	E	M	I	T	E	S	A	M
■	■	■	V	E	T	■	B	I	T	E
L	A	M	A	S	■	T	O	N	E	D
A	V	I	D	■	I	O	N	■	■	■
W	I	L	E	E	C	O	Y	O	T	E
M	A	I	■	M	E	L	■	A	W	L
A	T	T	I	C	■	B	A	S	I	L
N	O	I	S	E	■	A	L	I	C	E
■	R	A	T	E	■	R	I	S	E	N

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1-12

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Fantasy 5: 13 23 25 34 39

DAILY 3: MIDDAY: 6 8 1
EVENING: 3 5 3

DAILY DERBY:
1st: 02 Lucky Star
2nd: 09 Winning Spirit
3rd: 08 Gorgeous George
RACE TIME: 1.47.34

Although every effort is made to ensure the accuracy of the winning number information, mistakes can occur. In the event of any discrepancies, California State laws and California Lottery regulations will prevail. Complete game information and prize claiming instructions are available at California Lottery retailers. Visit the California State Lottery web site at http://www.calottery.com

NEWS OF THE WEIRD
BY CHUCK SHEPARD

■ In April 2002, the U.S. Patent Office awarded patent number 6,368,227 to Steven Olson, age 7, of St. Paul, Minn., whose father had filed to help him protect a method of swinging on a swing. The Olsons' discovery: While seated, if you pull alternately on one side's chain/rope and then on the other side's, while gradually introducing a forward-backward thrust, you can swing in an oval-shaped arc, as long as the side-to-side motion is greater than the forward-backward motion. According to the Patent Office, licenses to use the patented method are available from the inventor.

■ CLARIFICATION: Five weeks ago, News of the Weird reported that HoneyBaked Ham had fired Richard Huether, manager of its Cary, N.C., store, while he was still recuperating from being shot in a robbery of the store. The report noted that among the hardships of now being unemployed, his health insurance premium (under COBRA) would thus become steeply expensive. However, following the publication of the WRAL-TV story on which the News of the Weird report was based, HoneyBaked decided to prepay Huether's COBRA expenses for the next 18 months.

TODAY IN HISTORY

1998 Nineteen European nations agree to forbid human cloning.

2004 The world's largest ocean liner, RMS Queen Mary 2, makes its maiden voyage.

2005 Deep Impact launches from Cape Canaveral on a Delta 2 rocket.

2006 The foreign ministers of the United Kingdom, France, and Germany declare that negotiations with Iran over its nuclear program have reached a dead end and recommend that Iran be referred to the United Nations Security Council.

2006 A stampede during the Stoning the Devil ritual on the last day at the Hajj in Mina, Saudi Arabia, kills at least 362 Muslim pilgrims.

WORD UP!

flagitious \fluh-JISH-uhs\ , adjective; 1. Disgracefully or shamefully criminal; grossly wicked; scandalous; -- said of acts, crimes, etc.

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2712 ABBOT Kinney, in Venice parking, laundry, gated. All utilities included 1+1 $1150, single $895. Call Doug (310)577-9609

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1831 Pearl Street, #5
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1766_ Malcolm Ave
Sgl, st, fr, pkg, cpt, ldry **$800**
1766 Malcolm Ave
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MAR VISTA: 12434 CULVER Blvd. unit 1 2+2 stove, fridge, AC, carpets blinds, laundry room, intercom entry, gated parking, no pets.$1375/mo $500 off move-in (888)414-7778 www.jkwproperties.com

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South of Wilshire	$873,500	$624,000
Sunset Park	$1,062,000	$650,000
Ocean Park	$1,395,000	$585,500

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