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Volume 12 Issue 54



Santa Monica Daily Press

We have you covered

TIPS FOR DRINKING ON A DIET
SEE PAGE 8

THE BRRR ISSUE

Funding extended, but now what for PYFC?

BY ASHLEY ARCHIBALD
Daily Press Staff Writer

CITY HALL As Tuesday turned into Wednesday, the Pico Youth & Family Center (PYFC) got a new lease on life when the City Council voted to continue its funding despite a staff report recommending the opposite.

By Friday, both officials with the youth organization and at City Hall had begun digesting exactly what that meant.

To recap, the City Council voted unanimously to fund the center through the end of the fiscal year and simultaneously directed staff to begin a community-based process to determine how best to serve the center's target population, namely at-risk or gang-involved youth between 16 and 24.

That work will turn into a formal bidding process by the end of March or early April to allow qualified organizations the opportunity to compete for the role.

Although PYFC is not precluded from putting its name in — or partnering with another nonprofit to do so — nor is it guaranteed victory.

Instead, the group can use the time to fix what city officials consider structural issues that caused the City Council to put the organization on notice in June 2012 with its "Last Chance Agreement," which handed financial control of the nonprofit to the Social Environmental Entrepreneurs, or

SEE CENTER PAGE 7



File photo

HAVE YOU RECEIVED YOURS YET? **Registered Nurse Rubina Andonian administers a flu shot at the UCLA Employee Health Center on Wilshire Boulevard last year. An estimated 24,000 people die from the flu each year, and this year could prove to be even deadlier.**

Santa Monicans brace for flu season

BY ASHLEY ARCHIBALD
Daily Press Staff Writer

CITY HALL Flu season is hitting the country hard, and though California has largely been spared up until now, Santa Monica health professionals are preparing for the worst.

The illness has spread like wildfire through 40 states, forcing Boston to declare a public health emergency.

At least 20 children have died, and although there are no official counts on the number of adult deaths, the Centers for Disease Control estimate that 24,000 people die each year of the flu.

The most common strain so far is H3N2, an infectious version that tends to make people very sick, said Denise Sur, the director of the Family Medicine Program and

SEE FLU PAGE 6

DWP board approves rooftop solar program

BY DAILY PRESS STAFF

DOWNTOWN L.A. Commissioners with the Los Angeles Board of Water and Power voted Friday to approve a 100-megawatt feed-in tariff (FiT) program, clearing the way for the largest urban rooftop solar program of its kind in the nation.

The centerpiece of the CLEAN LA Solar program, the FiT will allow local property owners to sell solar power generated from rooftops and parking lots back to the DWP.

The vote authorizes the DWP to move forward with 100 megawatts of FiT energy by 2016, released in five allocations of 20 megawatts each. In March, the DWP will present a proposal for an additional 50 megawatts. The full 150-megawatt program will be a major economic driver for Los Angeles, creating 4,500 jobs and generating a half-billion dollars in economic activity at full scale, while also eliminating 2.25 million tons of carbon dioxide emissions by 2016, officials with the Los Angeles Business Council said.

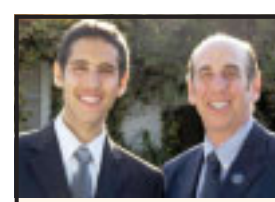
In addition to spurring private investment and creating high-quality jobs, the program will supply renewable energy at a reasonable cost while reducing greenhouse gas emissions and helping the state and city meet renewable power requirements. The full program will power some 34,000 typical L.A. homes, officials said.

"Today's vote is a major step forward for the economic and environmental sustainability of Los Angeles," said Mary Leslie, president of the Los Angeles Business Council, which has been the leading advocate for the CLEAN LA Solar program since

SEE SOLAR PAGE 3


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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Saturday, Jan. 12, 2013

Doing it for the dames
Magicopolis
1418 Fourth St., 9 p.m.
Popular Los Angeles burlesque troupe The Dollface Dames will be holding a fundraiser for Planned Parenthood to help "dames in need." The night will feature performances by the Dames and Sultry Singers, along with magic by Willman. The night starts at 9 p.m. with a pre-party reception held at West 4th and Jane where guests can meet the Dames. Afterwards, at 10:30 p.m., the burlesque performances will begin at Magicopolis. VIP tickets are $100 and general admission tickets are $50. For more information on the event or the Dollface Dames, visit thedollfacedames.com/lets-do-it

Story time
Santa Monica Public Library
601 Santa Monica Blvd., 11 a.m.
In the Children's Activity Room, stories, songs and crafts will be among the things to enjoy on story time Saturday. The event is appropriate for all ages and will end at 12 p.m. For more information, call (310) 458-8600.

Dynamic duo
Santa Monica Public Library
601 Santa Monica Blvd., 3 p.m.
The Santa Monica Public Library and the Topanga Banjo Fiddle Contest present an afternoon concert with bluegrass performers Susie Glaze & the HiLonesome Duo in the Main Library's Martin Luther King, Jr. Auditorium. For more information on Santa Monica Public Library programs, visit www.smpl.org or contact the Santa Monica Public Library at (310) 458-8600.

Exhibitionists
TAG Gallery
2525 Michigan Blvd., 5 p.m.
All 40 TAG artists will be in attendance for the opening reception of the new exhibition at the TAG gallery. The exhibit will span all media and genres of painting, photography and sculpture. Admission to the opening is free. For more information, call (310) 829-9556.

Sunday, Jan. 13, 2013

Overcoming emotional eating
Santa Monica Public Library
601 Santa Monica Blvd., 2 p.m.
Julie M. Simon, therapist, life coach and author of the new book "The Emotional Eater's Repair Manual," will be speaking in the Multi-purpose Room of the library to address the true causes of overeating and weight gain. In this program she will present self-care skills that she feels will help improve your health, self esteem and energy. The event is free and open to the public and seating is on a first-arrival basis. For more information, visit smpl.org or contact the Santa Monica Public Library at (310) 458-8600.

Get inside
Soka Gakkai International-USA
525 Wilshire Blvd., 2 p.m.
Soka Gakkai International-USA's Culture of Peace Resource Center will host a lecture with Dr. Lou Marinoff, acclaimed author of three international bestsellers. The lecture will mark the West Coast launch of his fourth book, "The Inner Philosopher," a dialogue between Dr. Marinoff and Buddhist thinker Daisaku Ikeda. The lecture is free. Free parking is available at 1212 Seventh St. For more information call (310) 260-8900.

Make it rain
Edgemar Center for the Arts
2437 Main St., 5 p.m.
"The Rainmaker," a play set in Depression-era America, will have its last showing at the Edgemar Center for the Arts. The play tells the story of Lizzie, who keeps house for her father and two brothers on the family cattle ranch, and Starbuck, who arrives and promises to bring rain in exchange for $100 to save the family from a drought. Admission is $34.99. For more information, visit edgemarcenter.org/rainmaker.

To create your own listing, log on to smdp.com/submitevent

For help, contact Daniel Archuleta at 310-458-7737 or submit to editor@smdp.com

For more information on any of the events listed, log on to smdp.com/communitylistings



COMMUNITY BRIEFS

DOWNTOWN L.A.

Hearing scheduled for clean water tax

The Los Angeles County Board of Supervisors will hold a public hearing on Tuesday, Jan. 15, at 11 a.m., to hear comments on the proposed Clean Water, Clean Beaches Measure.

The hearing will take place during the board's regular meeting in the Board Hearing Room at the Kenneth Hahn Hall of Administration, 500 W. Temple St. in Los Angeles. The hearing is the first in a two-step process established by Proposition 218.

The measure is designed to establish an annual property-based fee to be paid by all property owners within the L.A. County Flood Control District. Revenues would provide cities and unincorporated communities within the district with a dedicated funding source to reduce trash and pollution in local waterways and protect local sources of drinking water from pollution.

The typical fee for a single-family residence would be $54. The measure would generate approximately $295 million annually.

Santa Monicans already pay a clean beaches parcel tax – Measure V – which was approved by voters in 2006. It raises approximately $2.3 million annually for local stormwater diversion projects to improve water quality at local beaches.

The board meeting will be webcast live via the county website at LACounty.info. Requests to address the board on this item must be submitted in person to the Executive Officer of the board prior to the item being called.

For more information on the proposed measure, visit LACountyCleanWater.org or call (800) 218-0018.

– KEVIN HERRERA

COUNTYWIDE

Kuehl confirms bid for supervisor


KUEHL

Ending months of speculation, Santa Monica native and former State Sen. Sheila Kuehl announced this week that she will run to replace Zev Yaroslavsky, who is termed out, on the Los Angeles County Board of Supervisors in 2014.

Yaroslavsky, who has served on the board since 1994, represents the Third District, which stretches from the San Fernando Valley to the Santa Monica Mountains to the Westside of Los Angeles, including Santa Monica.

"It's really the only place I can imagine using all the things that I learned in the Legislature in 14 years," Kuehl told KPCC on Thursday. "My priorities [are] environmental, health and human services, and then the third thing really has to do with transportation.

In the coming weeks Kuehl will set up a campaign website, look for early donors and endorsements and reach out to supporters through social media, she said on her website.

Former Santa Monica City Councilman Bobby Shriver's name has also come up as a possible candidate for the Third District.

Kuehl was the first woman in the state's history to be named Speaker pro Tempore of the Assembly. She was also the first openly gay person to be elected to the California Legislature. Since leaving office in 2008, she has worked with the Public Policy Institute at Santa Monica College and taught at UCLA.

– KH



NOT PLAYING AROUND

Brandon Wise *brandonw@smdp.com*

Peace activist Jerry Rubin (center right) gives a No Toy Guns Merit Award to founding member of The Mamas & The Papas and longtime anti toy gun activist Michelle Phillips (right) during a press conference at the NoToyGuns.org outreach table on the Third Street Promenade Friday afternoon. The organization recognizes those kids who choose not to play with toy guns, which some believe sends the wrong message to kids by encouraging violence.

SOLAR

FROM PAGE 1

2009.

Mayor Antonio Villaraigosa helped set the CLEAN LA Solar plan in motion in 2008, when he ambitiously called for a 150-megawatt FiT program to be created in Los Angeles.

"I am thrilled that the L.A. Department of Water and Power Board of Commissioners has approved the 100-megawatt FiT Set Pricing Program, making Los Angeles the largest city in the nation to implement a feed-in tariff system," said Villaraigosa. "This program will spur new private sector investment that will create jobs while decreasing our city's reliance on dirty fossil fuels."

Environmentalists said solar power should replace DWP's heavy use of cheaper, and dirtier, coal energy.

"Not only will the feed-in tariff attract significant private investment, it will underline the fact that Los Angeles is a national leader in the renewable energy industry," Councilmember Jan Perry said. "This program represents a smart, economical investment in the long-term health and vitality of our city."

The program establishes an initial guaranteed price of 17 cents per kilowatt-hour, which advocates confirm will be a determining factor to encourage participation. Supporters also praise the inclusion of a "set-aside" allocation for small projects in each of the five 20-megawatt allocations. The allocation for small projects will ensure that local businesses, such as warehouses, and multi-family residential buildings also benefit from the program.

As a result of Friday's announcement, one company — Solar Provider Group — has announced plans to significantly expand its investment in Los Angeles. The investment includes opening a new office and hiring additional employees.

Solar Provider Group has already invested more than $1 million in Los Angeles during the FiT program's demonstration phase, and plans to invest up to $50 million by the end of 2016.

Currently, most of L.A.'s renewable power is generated outside the L.A. basin and transmitted inefficiently to customers.

"In the 21st century, it is simply unacceptable for the majority of L.A.'s energy to come from polluting coal-fired power plants," said Evan Gillespie of the Sierra Club's Beyond Coal campaign. "The pathway to a cleaner energy future will depend on sound, economical programs like the feed-in tariff to wean ourselves off of coal."

California law requires utilities to offer feed-in tariff programs.

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Priorities for the new year

Editor:

In 2013 Santa Monica needs to remain the city people like raising their children in and stay on as they grow older. Quality of life includes clean air, a steady supply of healthy water, mostly renewable energy; a goal to keep following.

To ease gridlock in streets allow no major increase of density, be this housing/ businesses ("mixed use") to make developers rich. Public transportation like the light rail, buses, shuttles, shared cars, Dial-a-Ride are helping people to get to/from Santa Monica and move around. Yet they do not eliminate private cars, delivery/pick up by trucks, maintenance crew vehicles, etc., because "this kind of public transportation system" does not move enough quantities of big goods, groceries and supplies.

It also does not cover all areas completely. Walking and bicycling should be encouraged as a healthy way of getting around, but not everybody is able to do it. Rental electric-wheelchairs need to be available as should rental storage for baggage.

The school board should strongly encourage teachings of tolerance, be these racial, ethnic, gender preferences, spiritual choices, mental or physical differences in capabilities, and all physical or mental illnesses. Positive diplomacy, peaceful interaction need to be taught in hands-on interactions.

Let me conclude with Mother Teresa: "If we have no peace, it is because we have forgotten that we belong to each other."

Christel Andersen
Santa Monica

Smoking ban hurts property values

Editor:

Thanks to your newspaper and Bill Bauer for the column about our Big Brother silly council's new anti-smoking law ("Nanny government not needed," My Write, Jan. 7). One thing Bill left out of his excellent column that some condo owners have pointed out is that they're now restricted on who they can sell their property to and this will result in lower prices.

Condo and apartment owners must disclose to potential buyers and renters that there is no smoking in Commie Monica. This will result in lower prices for condos and apartment buildings since they will only be able to sell and rent to non-smokers. Even non-smokers will be penalized if their aunt Matilda stops by and lights up her medical joint.

My condo pals say they're surprised that the city isn't being sued for loss of revenue and lower property values. In this time where the price of homes has dropped so much, this adds to the distressed property market.

Martin Sampson
Santa Monica



Your column here

Lee H. Hamilton — **Send comments to editor@smdp.com**

What the 'fiscal cliff' deal tells us about Congress

ORDINARILY, THE START OF A NEW Congress is a time for optimism. Fresh faces and a purposeful spirit combine to get Congress off to a hope-filled start.

Yet Capitol Hill right now is far from optimistic. That's because last year's session, with its distressing end by the edge of the "fiscal cliff," left the new Congress confronting head on all the challenges that should have been resolved but weren't: getting spending and the deficit under control, spurring economic growth, and reforming the tax code.

Congressional performance at the end of 2012 fell far short, leaving not just a sour taste in most Americans' mouths, but real cause for concern about how Congress operates. We learned a lot about Capitol Hill from the fiscal cliff episode, and not much of it is flattering.

Even when faced with dire consequences, for instance, Congress seems incapable of addressing big national needs in an ambitious way. In an earlier effort to punt on fiscal issues, it created the fiscal cliff — and then failed to deal with it. Instead, it cobbled together yet another stopgap measure at the last moment. All of the key issues it had a chance to resolve — the sequester, spending, the debt ceiling — will have to be revisited in the next few months. And that's before Congress can even get to the real issues of reviving economic growth with investments in research, human capital and infrastructure.

This throws into sharp relief an even more fundamental problem: the traditional legislative system for dealing with tough issues in a rational manner is broken. The time-honored approach afforded by the regular committee process, the pull and tug of negotiations as legislation worked its way through multiple players, the vetting and deal-making that once took place in a Congress organized to do so — all of that is gone.

Instead, like an uncontrollable twitch, Congress repeatedly indulges in fiscal brinksmanship. This leaves it unable to deal effectively with our challenges, raises serious doubts about the viability of our system, and causes the rest of the world to question our ability to lead.

It was noteworthy that the broad outlines of the fiscal cliff agreement were negotiated by two people, Vice President Joe Biden and Senate Minority Leader Mitch McConnell, while thousands of tiny but important details were left to staff. Some of the most prominent names in American politics decried the lack of transparency in the process and their own irrelevance to it. The issues being negotiated were of enormous importance to their constituents, but powerful and back-bench legislators alike had less input into what was going on than even the unelected staff members of the key players. Their only role was an up-or-down vote at the end.

This is worth noticing because one other thing the fiscal cliff fiasco made clear is that the approach many new members of Congress took during the campaign — that they intend to help Congress get things done — is sorely needed. Politicians on Capitol Hill at the moment are simply unwilling to make truly hard decisions.

POLITICIANS ON CAPITOL HILL AT THE MOMENT ARE SIMPLY UNWILLING TO MAKE TRULY HARD DECISIONS.

Commenting on the Republicans in the wake of the negotiations, New York Times columnist David Brooks said, "The core thing [the fiscal cliff deal] says about them is that they want to reform entitlements and cut spending, but they can't actually propose any plans to do these things because it would be politically unpopular." The same might be said of Democrats and the White House, who recognize that entitlement reform needs to be on the table, but are reluctant to specify what they want to see.

So we're left with two parties passing one another in the night, unable to come to terms and unwilling to risk alienating their core constituencies to do so. In our system of representative democracy, Capitol Hill should be the place where their competing concerns get hammered out. What we learned from the fiscal cliff negotiations is that Congress isn't that place. As a former member, I'm embarrassed that we can't govern this nation better. Maybe the new Congress will have the courage to change course.

LEE HAMILTON is director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.





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The Q Line

Food rules

Cities around the country continue to struggle with the obesity issue. New York City went as far as banning large soft drinks at restaurants to help people slim down.

This past week, Q-line asked:
Do you think it's the role of government to regulate what we eat or is that too close to a nanny state for your liking?

Here are your responses:

"THE LAST TIME I CHECKED, EXCEPT for the city of San Malicious, this is a free country, not a nanny state. So, no, I do not think it is the role of government to regulate what we eat and don't eat. I love good food, but I don't want the government telling me what I can and cannot eat. We do not live in a communist land, except in the city of San Malicious."

"NO, IT'S PROVEN THAT GIGANTIC sodas and gigantic portions make people fat. People can't control themselves because that is what they are provided. It's like the movie industry telling us 'This is what you want, so we are going to give it to you.' That's not true. It's not necessarily what we want. They find a pattern and follow it because they run out of ideas, and then they tell us 'That's what you want.' And that's what the giant soda people will say. 'That's what you want. You want the Big Gulp, don't you?' So, I really don't think that that action was a nanny state thing. I don't think getting rid of trans fats in California was a bad thing. ... Nobody has self control anymore. Children aren't brought up with the right kind of manners and portion control. We are a nation where the thin, healthy people are paying for the obese sick people. So no, and why is it not troubling to me? Because we are already there. We have already fallen off the cliff. We are already a nation of fat people. ... We were trained to clean the plate. I was smacked around as a kid if I didn't finish it."

"THERE ARE TWO IMPORTANT THINGS THE city of Santa Monica can do to help citizens get out and exercise more. Fix the sidewalks. I live in Sunset Park, home to experimental sidewalks made of old tires. After five years, walking on them is nearly impossible because of the way ficus trees have buckled them. I'm limited to three streets where I can walk safely at night. If one were to try to navigate these sidewalks without a flashlight, there is no way they would not trip or fall. Discontinue planting liquid amber trees. The colored leaves in autumn must remind them of their hometowns back East. What comes after the leaves drop are large, spiky, round seeds, roughly the size of Ping-Pong balls. Hundreds and hundreds of them on the sidewalks. I've seen people twist ankles and fall. I've had to pick them out from between the wheels on my child's stroller. Any tree with such large seed pods cannot be placed by sidewalks. I don't know how the city has not been sued over this."

"IT IS NOT THE BUSINESS OF FEDERAL, state, or city governments to regulate how much people can eat or drink, and it is delusional for them to think that this will fight obesity. Government can inform people about the caloric content of foods, the need to limit intake, and to exercise, but it is up to individuals to be responsible for their own health and make their own choices about what to eat."

"MAKE THE NUTRITION INFORMATION available, and that is enough. People can make up their own minds. It is not the government's or anyone else's business what someone else eats. Unless the fat slob is sitting next to you on the plane."

"I THINK THAT IT'S THE ROLE OF HEALTH authorities to suggest what people might do for their good health. But there is no way a government agency should dictate what is eaten or not eaten and try to rule by regulations the things that are purchased or not purchased. If I were a New Yorker I would simply go into a fast food area and order two drinks instead of one super drink. So in essence I am drinking even more than the super drink."

"WHAT DOES ALL THIS NONSENSE about banning 32-ounce sodas, plastic bags, smoking, leaf blowers, requiring seat belts and helmets, bike lanes instead of cars mean? It is the incremental restriction of liberty by Big Brother. Most of these slimy laws are because of the hatred egotistical political hacks have towards what they regard as meek simpletons. Nowadays most mediocre politicians believe in the utopian hatred theory of progressive control of low-informational voters. Subtraction of large sodas by pious hacks eventually leads to excess of taxes and then speech. Absolute power corrupts absolutely. The love of money, along with power, to disrupt people's lives is the root of all evil. Sadly, banning 32-ounce Coca-Cola is a small step to fulfilling the liberal decline of our free society."

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Photo courtesy Santa Monica-UCLA Medical Center

OUCH: **Flu shots could be in high demand as health officials fret over what may be a nasty flu season.**

FLU
FROM PAGE 1

chief of staff at the Santa Monica-UCLA Medical Center.

Fortunately, epidemiologists included that strain in this year's flu vaccine, which, according to the CDC, is roughly 60 percent effective, on par with previous years' inoculations.

"It's amazing to me when they pick these they get it right as often as they do," Sur said.

The rapid spread of the illness so early in the traditional flu season — which extends through March — suggests that this year may counterbalance 2012's unusually light flu season.

"This is a very good year to get the flu vaccine," Sur said.

Over at Ocean Villa, an assisted living home for seniors, the staff have taken that to heart.

Their residents received a high-dose vaccine made specifically for those over the age of 65 in October, and are taking multivitamins, particularly vitamin C, said Raushana Scott, a licensed vocational nurse at Ocean Villa.

If a resident does get ill, they are kept in isolation and staff takes extra precautions to prevent the spread of the illness, which causes a greater impact on the elderly and young children.

"We do a lot of hand washing, use a lot of gloves," Scott said. "We use mask and gowns if we have to."

Over at the Venice Family Clinic on Pico Boulevard, medical professionals have been aggressive in getting every patient over 6 months old vaccinated, said Karen Lamp, the medical director at the clinic.

The clinic serves people under 200 percent of the federal poverty level, or $22,340 for a single person or $46,100 for a family of four.

The flu can have extra complications for those with chronic illnesses like diabetes or obesity, she said.

"Those are the patients we really like to target. They're more likely to end up hospitalized," Lamp said.

The clinic still has over 1,000 doses of the vaccine, but there's never any left at the end of the flu season, she said.

Although getting the vaccine is a help, both in preventing the illness and lessening its severity if you get it, people need to do more than that to avoid the flu this year.

Sur recommends washing hands under warm water, and coughing or sneezing into the crook of the arm to prevent transmission.

ANOTHER WORRY

The flu isn't the only thing going around this year. According to the AP, the norovirus — commonly called "stomach flu" — is also impacting different areas, as is the common cold.

That can complicate flu statistics because people don't get tested for the flu. Instead, doctors usually declare them as having "flu-like symptoms," Sur said.

Flu and cold symptoms can be somewhat similar, and often vary in severity, according to the CDC.

The flu tends to involve fever, body aches, extreme tiredness and a dry cough. People with colds often have runny or stuffy noses and don't end up with medical complications like pneumonia, bacterial infections or hospitalization.

Sometimes you can do everything in your power to prevent getting sick, but it happens anyway. In that case, Sur hopes that people will do the right thing and stay home.

Those infected with the flu can spread the illness to others, including those vulnerable young and old populations. It's recommended that people stay out of work for five days to avoid infecting others, Sur said.

"That's the tougher part, not infecting others in work or school," she said.

It's a problem Lora Morn, the nurse coordinator for the Santa Monica-Malibu Unified School District, sees a lot during flu season.

"Some parents don't want to keep their kids home from school," Morn said.

Parents are concerned that their kids will miss too much class, particularly in honors or advanced placement courses, and get behind. Other parents have to work and have difficulty breaking away from their jobs to come get the kids from school or stay

SEE SICK PAGE 7

CENTER
FROM PAGE 1

SEE, and gave a 36-point checklist of items that needed to be fixed.

The center's executive director and founder Oscar de la Torre and city officials fundamentally disagree on whether or not PYFC and its staff successfully met the terms of the agreement, or even how many terms there were.

Either way, the extension gives the organization a chance to get into fighting shape for the contract that it first won in 2000, said Councilmember Kevin McKeown.

"Continuing PYFC funding through the end of the current funding cycle, providing continuity to the highly-valued services being provided there, opens the door to reorganization in time for the next grant cycle in June," McKeown said Friday.

Over the next three months, staff will go out to the community for feedback on what it takes to serve the population PYFC works with. That information, along with nonprofit best practices, data and research will inform what goes into the formal request for proposals, said Julie Rusk, assistant director of the Community & Cultural Services Department.

"We have to look at what's working, what's not working and what are the gaps," Rusk said.

Organizations competing for the bid will not only have to provide a winning proposal for programs and positive outcomes for the youth, they will have to prove that they have good financial management, board structure and that they're well governed, Rusk said.

That procedure is followed for every grant in the city, including arts grants, Rusk said.

What that means for the PYFC is still very much at question.

For his part, de la Torre sees three possible paths out of the woods.

The first is to work with SEE or a similar organization to continue oversight over the center's finances and governance.

Secondly, the center could put together its own staffing plan and a bigger budget to allow the center to manage its finances in house.

"We don't have a receptionist and it would be good to have a (chief financial officer) that just handles the money and is trained in that," de la Torre said. "You have to have the right staffing pattern."

At present, the center doesn't have the money to do that. In the most recent tax documents available online, it brought in just over $400,000 in 2010 and spent $10,595 more than that.

This year, City Hall will contribute roughly $300,000 to the center, which has raised $18,233 of the $74,367 it committed between July 1 and Dec. 31. According to the city staff report, the center is required under the terms of its agreement to come up with a 25 percent cash match for the municipal grant, and is the only nonprofit to consistently fail to reach that goal.

That doesn't count a $1.6 million check given to the organization by the estate of Peggy Bergmann, a philanthropist that donated over $16 million of her estate to various organizations.

That check is being held by the estate because of the recent confusion at the center, although it's unclear who asked for the check to go back — both the attorney for the estate Sonya Sultan and the former Board Chair Amanda Seward deny responsibility.

The center can access 10 percent of that cash each year, and the money is critical, de la Torre said.

"We're under this model where the city doesn't give you what you need to operate. In this economy, it's difficult," de la Torre said.

The last option is to partner with another nonprofit organization doing similar work. Homeboy Industries, an established Los Angeles nonprofit that helps formerly gang-involved and recently incarcerated people to find new directions for their lives, is the closest match out there, de la Torre said.

"PYFC is a one-of-a-kind model," he said. "We're the only organization I know that does direct services and leadership development effectively."

Certainly the youth that attend the center think so. Over 50 kids and staff members came out to speak in support of PYFC on Tuesday night.

Those kinds of relationships are critical to an organization in the human service, education or social justice world, Rusk said.

"It's part of why Virginia Avenue Park, the (Police Activities League), CREST and the Boys & Girls Club hire people from the community that are empathetic and know how to build empathetic relationships with children and the families," she said. "That is at the core of effective work."

ashley@smdp.com

SICK
FROM PAGE 6

home with them.

"I have had to speak with people's bosses to let them know it's me who's requesting the parent to pick up the child because they're sick," Morn said.

She suggests keeping kids out for one day after the flu fever breaks naturally, without the use of Tylenol or other fever aids.

There's nothing out there to cure the flu, which is a virus and can't be combated with antibiotics. Although people clamor for Tamiflu, an antiviral drug that slows the spread of the flu virus through the body, it's a bad idea to spread it around, Sur said.

"We do not give it to the general population for the same reason we don't give out antibiotics," Sur said. "If we gave everyone Tamiflu, the virus would build a resistance and we would find ourselves without an effective treatment."

So stay clean, stay healthy and if not, stay home.

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Are you drinking on a diet? Those calories can add up fast

BY MICHELLE LOCKE
Associated Press

The first rule of drinking on a diet is: Don't. Surely you've heard that Americans get way too many calories — and nutritionally empty calories at that — from alcohol.

But the second rule of drinking on a diet is that since you probably will ignore Rule No. 1, find a way to enjoy alcohol without letting it swamp your healthy intentions. Here are a few suggestions on how to go about that.

THINK BEFORE YOU DRINK

You don't have to give up alcohol entirely for weight control, says Andrea Giancoli, registered dietitian and spokeswoman for the American Dietetic Association. But you do have to fit it into your calorie limit. Making that work means knowing the calorie counts of what you drink.

For women, federal health guidelines recommend no more than one drink a day (5 ounces of wine, 1.5 ounces of liquor or a 12-ounce beer). For men the limit is two drinks. Though the numbers can vary, most wines sport about 120 calories per serving. Most hard liquors, such as gin and vodka, have about 100 calories per serving. A regular beer has a bit more than 150 calories, while a light beer has about 100.

Those numbers make the hard stuff seem like a good choice when you're watching your calories. Except that most people aren't going to just sip a jigger of vodka and call it a night. And once you start adding mixers and sweeteners and juices, the calories can add up fast.

Just 4 ounces of strawberry daiquiri mixer can add 260 calories to your rum, for a total of 360 calories, roughly the same as a Sausage McMuffin from McDonald's. Even a simple rum and Coke can have 200 calories or more. A vodka and cranberry juice has about the same.

"Mixers can really add up," says Giancoli. "If you like to use liquor vs. having beer or wine, go for the low-calorie mixer. If you're somebody who likes rum and cola, do rum and diet cola. If you're somebody who likes vodka cranberry, you can do vodka with diet cranberry."

It can take some of the spontaneity out of an evening, but if you're planning to drink it's best to plan ahead, tally the calories and budget accordingly.

ICE IS NICE

Lisa McRee, a former "Good Morning America" co-anchor who now publishes the popular recipe and diet tip site The Skinny, remembers being on a "no white foods" diet and being miserable since that included "no white wine." These days she eschews fad diets for a sensible regime of good food cooked well, heavy on the vegetables.

"The philosophy really comes down to eat more things that grow and fewer things that walk," she says.

Cutting carbs and other empty calories leaves a little room for alcohol. And when she wants to enjoy her favorite chardonnay she slips an ice cube or two into the glass. That makes the drink last longer and also dilutes the alcohol, an important point since alcohol is a notorious sapper of willpower.

In summer, she'll do the same with a light red wine. While you probably wouldn't want to do this with a heavy red wine such as cabernet sauvignon — or in front of your vinophile friends — serving wine over ice is not without precedent. McRee first came across it while traveling in Italy in 100-degree weather and seeing the locals chill their wine with a few cubes.

GET ON THE FRESH EXPRESS

Jacques Bezuidenhout (Beh-ZWEE-den-out), the master mixologist for Kimpton Hotels & Restaurants, has an easy tip for trimming calories from drinks: Keep it simple.

"When I approach healthy drinking, I focus on what goes in the glass," he says. "Is the juice fresh squeezed? Are we using quality spirits? When you look at those key factors then really look at what kind of sugar you add to the drink! Sugar is the first thing that will start to tag on the calories or assist in a poor feeling in the morning."

Using better ingredients and fresh juice means you need to add less sugar or liqueurs to balance out the cocktail. He recommends using sweeteners such as agave nectar or honey. His diet cocktail? A gin martini, no mixers required.

Alcohol isn't necessarily the best thing to do when you're watching your weight, "but if you're going to do it, we encourage that kind of wellness factor in our bar. Look at what you're putting in your cocktail, balance that sugar," he says.

And one more tip — buy smaller glassware for your home. If you are constantly trying to fill a 12-ounce martini glass or 14-ounce highball with a cocktail of any kind, your sugar levels and spirit levels will go up, says Bezuidenout.

FLAVOR WITHOUT FEAR

Look for no- and low-calorie ways to add flavor to your cocktails. Diet sodas (including diet tonic water) are an obvious choice. But many companies also offer low-sugar varieties of juices, such as cranberry.

Lemon and lime juice add tons of flavor, but pack just 4 calories per tablespoon. Flavor a serving of white rum with a bit of fresh mint (5 calories for 2 tablespoons), some lime juice, a calorie-free sweetener such as stevia, then pour the whole thing over crushed ice and top with seltzer water and you have a mojito for 110 calories.

Or opt for juices with big flavor so you don't have to use as much. Pomegranate juice — which has just 18 calories per ounce (2 tablespoons) — can do wonders for a shot of vodka and a splash of seltzer.

And if you're playing bartender at home, there's always the infusion technique. Get a bottle of tequila or vodka and dump it in a large glass jar. Use a vegetable peeler to strip the zest off a whole bunch of citrus (for example, 8 or so lemons for a 750-milliliter bottle), then add the zest to the liquor. Cover and set aside for four or five days, shaking every once in a while. Strain out and discard the zest. To drink, spike a serving of it with calorie-free sweetener and a splash of seltzer.





Tour De Feast

Michael Ryan
Send comments to editor@smdp.com



Photos by Michael Ryan

THE SECRET INGREDIENT: **Pulse Cafe uses the edible seeds of various legume crops (peas, beans, lentils) in its smoothies to help make them rich in vitamins and fiber and a natural source of antioxidants and phytochemical.**

They'll smoothie things over

ONE YEAR AFTER TANYA CHEN'S MOTHER died of pancreatic cancer she decided to put healthy living on the forefront and in the storefront. With help from her daughter Yu, the two Santa Monicans have recently opened the doors to the Pulse Cafe on Montana Avenue.

Of course the initial agony of red tape and city hoops that almost every small business owner encounters was experienced by the duo. But through perseverance as well as some very enticing and curious menu items, 2013 looks promising for Santa Monica's newest health-inspired cafe.

Perhaps opening up a health food restaurant in Santa Monica is like opening up a coffee shop in Seattle, or a BBQ joint in Texas. They're a dime a dozen around town. Pulse Cafe indeed has all the familiar offerings one may expect in a local cafe, including coffee, espresso, and lattes. They have a variety of sandwiches, soups, salads, and wraps. There are also plenty of veggie specials and gluten-free items as well. But one thing that sets Pulse Cafe apart from the standard cafe is their smoothies.

More specifically, Pulse Cafe offers a line of both cold and hot smoothies. Yes, hot smoothies! While the very idea of a smoothie being hot goes against all smoothie fundamentals, with the cold weather we have been experiencing it very well may be the quintessential beverage. The hot smoothies vary, but some of the featured ingredients include oats, dates, flax, agave, goji, almond, cashew and coconut. Furthermore, all of the smoothies can be made with freshly-brewed almond or soy milk. If you go, ask for a sample of the homemade almond milk. With bits of almond pulp, and a much more defined taste, it is totally different from the brands available at the grocery store.

The almond milk along with the hemp, soy, and standard, is the foundation for all of the hot smoothies. The milk is steamed as it would be for making a latte. The steamed milk is then blended with the corresponding ingredients such as cacao, hazelnut, chia, date, and agave making up the menu's Be Happy Smoothie.

The energy packed smoothies served up hot make for a much healthier alternative than the morning latte. The hot smoothies are wholesome, healthful and quite different. It's a total departure from the norm, yet the flavors trigger a familiarity like a bowl of hot oat meal on a cold winter's day. Essentially the hot smoothie is just some damn good comfort fluid.

When does a smoothie cease to stop being a smoothie? What if D.K. Donuts pureed a dozen Boston creams and called it a smoothie? Or Santa Monica Seafood blended up a whole bass? Can you make a smoothie with bacon? If so, that's a game changer. According to the Internet, there are no rules. Therefor cheers to Tanya and Yu Chen, creators of Santa Monica's one and only hot smoothie. I predict great things for the Pulse Cafe. Then again, I also predicted the Lakers would go to the finals, but that's a different story.

If you go

Pulse Cafe
1426 Montana Ave.
Santa Monica, Calif.
90403
(310) 394-6700
www.westsidepulse.com/

MICHAEL can be seen riding around town on his bike burning calories so he can eat more food, or on CityTV hosting his own show, "Tour de Feast." To reach him visit his website at tourdefeast.net or follow him on Twitter @TourDeFeastSM.



FIRST LADY: **Tanya Chen, owner of the Pulse Cafe on Montana Avenue, decided to put healthy living on the forefront and in the storefront after her mother died of pancreatic cancer.**



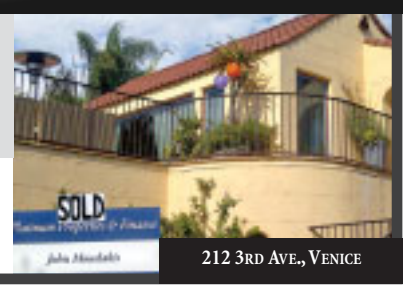




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City of Santa Monica

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Bids shall be delivered to the City of Santa Monica, Office of the City Clerk, Room 102, 1685 Main Street, Santa Monica, California, 90401, not later than 2:30 p.m. on **January 24th** to be publicly opened and read aloud after 3:00 p.m. on said date in City Hall Council Chambers. Each Bid shall be in accordance with the Request for Bids.

A mandatory pre-bid meeting is scheduled for Monday, January 14, 2013 at 10:00 AM to be held at the Airport Administration Building, 3223 Donald Douglas Loop South, Santa Monica, CA 90405.

PROJECT ESTIMATE: $360,000
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LIQUIDATED DAMAGES: Varies (See Project Technical Specification)
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Bidding Documents may be obtained by logging onto the City's Finance website at: http://www01.smgov.net/finance/purchasing/. The Contractor is required to have a **Class A** license at the time of bid submission. Contractors wishing to be considered must submit Bids containing all information required pursuant to the City's Request for Bids.

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Colleges see more money in Gov. Brown's budget

BY TERENCE CHEA
Associated Press

SAN FRANCISCO After years of difficult budget cuts, Gov. Jerry Brown is offering more money to California's public colleges and universities, but in return he wants them to hold down costs, expand online learning and stop raising tuition, which has increased sharply in recent years.

The Democratic governor released a 2013-2014 budget plan this week that for the first time in years increases funding for K-12 schools and higher education, thanks in part to voter approval of his Proposition 30 tax initiative, increasing sales and income taxes, in November.

College and university officials all welcome the increased funding and had no immediate plans to increase tuition.

The University of California and California State University systems would each receive an additional $250 million, which includes $125 million promised for not raising tuition this academic year. California Community Colleges, which has 112 campuses, would get a $197 million boost.

Brown proposed a plan to steadily increase funding for the three systems over the next four years, but only if they freeze fees at current levels, noting that UC and CSU tuition has nearly doubled over the past five years.

The governor said he plans to attend meetings of the UC Board of Regents and CSU Board of Trustees over the next two weeks to urge university administrators to spend within their means.

"The people in the university are going to have to find a way to do the same thing with fewer growing resources than they're used to," Brown told reporters Thursday. "Can we turn down this relentless increase in spending that is so much higher than the cost of living?"

Brown wants colleges and universities to expand the number of online courses they offer to reduce costs and allow more students to get the classes they need to graduate.

His budget plan calls for UC and CSU to each spend $10 million to develop digital versions of high-demand courses — and $17 million for the community college system to develop a "virtual campus" of 250 new online courses.

"Deploy your teaching resources more effectively," Brown said. "We want more kids to be able to get through school quicker."

Brown's budget proposes caps on the number of classes students can take at in-state tuition levels, a policy aimed at encouraging so-called super seniors to complete their degrees faster.

UC and CSU students would be limited to 270 quarter units or 180 semester units — 50 percent more than the minimums needed to graduate. Community college students would be limited to 90 units. Those thresholds would fall in subsequent years.

Although Brown isn't offering as much as they asked for, college leaders said they're pleased his budget would begin to reverse years of cuts that have led to steep tuition hikes, reduced enrollment and reductions to academic programs.

UC officials noted the 10-campus system currently receives about $1 billion less — about 30 percent — in state funding than it received five years ago. Tuition increases only made up 38 percent of that shortfall, with the rest covered by spending cuts, restructuring operations, fundraising and other revenue sources, said Patrick Lenz, UC's vice president for budget and capital resources.

"We share Gov. Brown's interest in stabilizing tuition, and will explore every opportunity to do so," but the university must also maintain the quality of its education, research and health care programs, Lenz said.

CSU Chancellor Timothy White said the governor's budget "heads us in the right direction," but he noted that state funding for Cal State also fell more than 30 percent over the past five years.

"We still face many fiscal challenges and will continue efforts to operate efficiently and effectively," White said in a statement Thursday.

CSU officials said Friday it's still early in the university budgeting process, but at this point there have been no discussions about raising tuition this fall.

"Tuition is really the last resort," said CSU spokesman Mike Uhlenkamp. "We wouldn't increase tuition unless we were forced to, and there's no real reason to do so at this point."

State lawmakers also warned colleges and universities against raising tuition when the state gives them more money.

UC and CSU cannot "come back and find ways to raise fees on students when the circumstances don't warrant it, and clearly the circumstances don't warrant it," said Assembly Speaker John Perez, D-Los Angeles.



Obama, Karzai agree: It's time to wind down war

BY JULIE PACE & ROBERT BURNS
Associated Press

WASHINGTON Uneasy allies, President Barack Obama and Afghan President Hamid Karzai demonstrated Friday they could agree on one big idea: After 11 years of war, the time is right for U.S. forces to let Afghans do their own fighting. U.S. and coalition forces will take a battlefield back seat by spring and, by implication, go home in larger numbers soon thereafter.

"It will be a historic moment," Obama declared.

In a White House meeting billed as a chance to take stock of a war that now ranks as America's longest, Obama and Karzai agreed to accelerate their timetable for putting the Afghanistan army in the lead combat role nationwide. It will happen this spring instead of summer — a shift that looks small but looms larger in the debate over how quickly to bring U.S. troops home and whether some should stay after combat ends in 2014.

The two leaders also agreed that the Afghan government would be given full control of detention centers and detainees. They did not reach agreement on an equally sticky issue: whether any U.S. troops remaining after 2014 would be granted immunity from prosecution under Afghan law. Immunity is a U.S. demand that the Afghans have resisted, saying they want assurances on other things — like authority over detainees — first.

At a joint news conference with Karzai in the White House East Room, Obama said he was not yet ready to decide the pace of U.S. troop withdrawals between now and December 2014. That is the target date set by NATO and the Afghan government for the international combat mission to end. There are now 66,000 U.S. troops there.

Obama's message was clear: The Afghans must now show they are capable of standing on their own.

"By the end of next year, 2014, the transition will be complete — Afghans will have full responsibility for their security, and this war will come to a responsible end," he said, noting that more than 2,000 Americans have died since the war began in October 2001.

The Afghan army and police now have 352,000 in training or on duty, although that number is viewed by many as unsustainable because the government is almost entirely reliant on international aid to pay the bills.

Some private security analysts — and some in the Pentagon — worry that pulling out to quickly will leave Afghanistan vulnerable to collapse. In a worst-case scenario, that could allow the Taliban to regain power and revert to the role they played in the years before the Sept. 11, 2001, attacks as protectors of al-Qaida terrorists bent on striking the U.S.

Many Americans, however, are weary of the war and skeptical of any claim that

SEE WAR PAGE 12

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In Loving memory of

Sadath Garcia
1982 -2013

Sadath Omar Garcia beloved son, brother, uncle, friend, and activist, passed away on January 9, 2013.

Sadath was born on April 3, 1982 in Chicago, Illinois. He attended The Latin School of Chicago where he was a Daniel Murphy Fund Scholar. Among his many accomplishments there, Sadath co-founded the school's Gay/Straight Alliance and Latin American Student Association, participated in the About Face Youth Theater Project and appeared in numerous school productions, volunteered at the Contact Chicago 24-hour crisis hotline, and helped to coordinate assemblies about diversity as a participant at the National Association of Independent Schools' People of Color Conference. As a senior, he received the GLSEN Chicago inaugural Barajas-Reese Latino Youth Scholarship. Sadath remained involved as an alumnus, returning often to speak to students about diversity, sexual orientation and transitioning to college.

Sadath then went to the University of Redlands Johnston College for Integrative Studies, where he designed his own major focusing on history and media studies with a minor in race, religion and ethnic studies, graduating with a B.A. He was a leader in residence life, student government, and was accepted into the school's prestigious Proudian Interdisciplinary Honors Program. During college, Sadath also spent semesters abroad in Salzburg, Austria and Cape Town, South Africa, where he cemented his foundation as a global citizen committed to human rights. He also continued to work on behalf of the National Association of Independent Schools' Student Diversity and Leadership Conference as a faculty member.

Sadath was determined to use his passion for film as a vehicle for progressive social change. He leveraged a university internship experience at Paramount Pictures as a springboard to earn a position at Participant Media, where he worked to create social action campaigns around such movies as An Inconvenient Truth and The Visitor. After leaving Participant, he helped launch Cause & Affect and later worked at the Fox Sports Network.

In addition to his professional career, Sadath also served on the board of FAIR, a non-profit organization of young leaders working to support the movement for marriage equality. During this time, he worked tirelessly towards his goal of attending law school; in 2011 he was accepted to the UCLA School of Law and was awarded a California Bar Scholarship. At UCLA he was enrolled in the David J. Epstein Program in Public Interest Law & Policy as well as the Critical Race Studies Program.

During the summer of 2012, Sadath was accepted into the prestigious and highly competitive White House internship program as part of the Communications Office, where he was involved in the announcement of President Obama's shift in policy regarding Dream Act immigrants. He took a leave from law school in Fall 2012 to serve as a policy advisor on the successful campaign of Elizabeth Warren for election to the United States Senate. Sadath had just recently returned to Los Angeles to continue his legal education at UCLA.

While Sadath's accomplishments were disproportionate to his abbreviated life, it is the way he lived that had the greatest impact on those who knew him. He inspired others by dreaming and achieving big things; he embodied kindness in the way he openly welcomed both strangers and friends into his life; he taught the importance of individual action through his work on social justice, and love of the environment and the arts; and he taught us the importance of friends and family through the way he prioritized his life.



Sadath is survived by his mother and father (Maria and Jose), two brothers (Adam and Oscar), sister-in-law and niece (Yvie and Natalia), and many family members and friends. In lieu of flowers, donations can be made to help with expenses at: http://fundly.com/sadath-garcia-memorial-fund.

SURF REPORT



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Surf Forecasts

Water Temp: **55.4°**

SATURDAY – **POOR TO FAIR** – SURF: **1-3 ft** ankle to waist high
Fading NW wind/groundswell mix; favorable wind but small surf

SUNDAY – **POOR** – SURF: **1-2 ft** ankle to knee high occ. 3 ft
Small NW swell mix leftovers; keeping an eye on winds

MONDAY – **FLAT**
Weak NW swell; keeping an eye on winds

TUESDAY – **FLAT**
Minimal swell

Tides

Morning 6-7' new moon high tides will be draining out to negative lows in the afternoons through the end of the week and weekend. Keep it in mind when/where planning your session as size/consistency of the surf can and will be greatly affected by those big tide swings.

NORTH LOS ANGELES COUNTY

BEACH REPORT CARD

Grades for this report are based on monitoring data from the previous 30 days up to the ending date of: **January 9, 2013**

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

QUICK STATS (for the last 30 days)
Number of sewage spills -- 2
Number of beach closures due to a sewage spill -- 0
Number of wet days -- 17
Number of A grades for dry/wet weather -- 22 / 17
Number of (C,D,F) grades for dry/wet weather -- 0 / 0

The Beach Report Card is made possible by: simplehuman, LAcarGUY, SIMA, and Grousbeck Family Foundation

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+	A+
Nicholas Beach at San Nicholas Canyon Creek mouth.	A+	A+
El Pescador State Beach, between Lechusa and Las Alisos creeks.	ns	ns
Encinal Canyon at El Matador State Beach.	A	A+
Broad Beach at Trancas Creek mouth.	A	A+
Zuma Beach at Zuma Creek mouth.	A+	A+
Winter Creek, projection of Wildlife Rd. (private).	A+	F
Paradise Cove Pier at Ramirez Canyon Creek mouth.	A	A+
Escondido Creek, just east of Escondido State Beach.	A+	A
Latigo Canyon Creek mouth.	A+	A
Solstice Canyon at Don Blocker County Beach.	F	B
Puerco State Beach at creek mouth.	A+	A+
Marie Canyon storm drain at Puerco Beach, at 24572 Malibu Rd..	B	C
Surfrider Beach at Malibu Colony fence.	A+	A+
Surfrider Beach (beach location) - daily.	F	D
Malibu Pier - 50 yards east.	B	A
Carbon Beach at Sweetwater Canyon.	B	B
Las Flores State Beach at Las Flores Creek (point zero).	A+	A+
Big Rock Beach at 19548 PCH stairs.	A+	A+
Pena Creek at Las Tunas County Beach.	A+	A+
Tuna Canyon.	ns	A+
Topanga State Beach at creek mouth.	B	A
Castlerock Storm Drain at Castle Rock Beach.	C	A
Santa Ynez Storm Drain at Castle Rock Beach.	F	A
Will Rogers State Beach at 17208 PCH (1/4 mile east of Sunset drain).	A+	A+

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

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 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

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 guaranty of the current safety of those areas surveyed. Our lawyers are happy.

WAR

FROM PAGE 11

Afghanistan is worth more U.S. blood.

In a reflection of the diminishing support in Congress for a robust U.S. role in Afghanistan, Sen. Joe Manchin, D-W.Va., a member of the Armed Services Committee, sent a letter to Obama on Friday urging him to significantly reduce the number of American troops in the region and bring American forces home as quickly as possible.

"Our troops have accomplished their mission: Osama bin Laden is dead, extremist networks in Afghanistan have been disrupted so that they are no longer a credible international threat and the Afghan security forces have received training and equipment for nearly a decade," Manchin wrote. "It is now time to let Afghanistan determine its own future."

Obama and Karzai also have to decide whether a residual U.S. force will remain after 2014 to prevent al-Qaida from re-establishing a substantial presence in Afghanistan and to continue training and advising Afghan forces. U.S. commanders have recommended that 6,000 to 15,000 U.S. troops remain for those purposes, but the White House seems to believe the true need is closer to 3,000 — or possibly even zero.

Asked at the news conference about a potential post-2104 U.S. military presence, Karzai said, "Numbers are not going to make a difference to the situation in Afghanistan. It's the broader relationship that will make a difference."

Although it's not widely recognized in the U.S., American forces have greatly scaled back their combat role already. In a joint statement, Obama and Karzai said Afghan forces now lead more than 80 percent of combat operations, and by next month they will be in the lead in security for nearly 90 percent of the Afghan population.

Once the Afghans take the lead across the country this spring, "most unilateral U.S. combat operations should end, with U.S. forces pulling back their patrols from Afghan villages," the leaders said in a joint statement. They added that this puts greater importance on providing the Afghans "appropriate equipment and enablers," although they made no mention of specific new agreements to equip the Afghan army or police.

"Starting this spring our troops will have a different mission: training, advising and assisting Afghan forces," Obama said.

He added later that even in a backup role he could not rule out that U.S. troops could be drawn into combat.

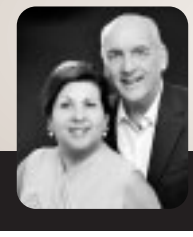
"The environment is going to still be very dangerous," Obama said. But he emphasized that the main role of U.S. forces starting this spring will be support, such as training and advising.

Karzai said he was pleased by the agreement, in part because it means that by spring there will be no foreign troops in Afghan villages. That implies an end to a U.S.-led program in which U.S. special operations forces have moved into rural villages in small numbers to quietly build the beginnings of local resistance to the Taliban.

In their statement the leaders said they discussed the possibility of a continued U.S. troop presence beyond December 2014, when the U.S. and allied combat mission is to end. But they did not settle on any specifics.

Friday's meeting was the first between Obama and Karzai since November's U.S. presidential election.

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MOVIE TIMES

Aero Theatre
1328 Montana Ave.
(310) 260-1528

Saturday, Jan. 12
2 Days in New York (R) 1hr 31min
2 Days in Paris (R) 1hr 36min
7:30pm

Discussion between films with writer-director-actress Julie Delpy.

Sunday, Jan. 13
America, America (NR) 2hrs 54min
7:30pm

AMC Loews Broadway 4
1441 Third Street Promenade
(888) 262-4386

Les Miserables (PG13) 2h 40min
11:45 am, 3:15 pm, 7:00 pm, 10:30 pm

Lincoln (PG13) 2h 30min
11:45 am, 3:00 pm, 6:30 pm, 10:00 pm

Parental Guidance (PG) 1h 37min
11:55 am, 2:30 pm, 5:00 pm, 7:40 pm, 10:15 pm

Promised Land (R) 1h 46min
11:50 am, 2:30 pm, 5:15 pm, 8:00 pm, 10:30 pm

AMC 7 Santa Monica
1310 Third St.
(310) 451-9440

Life of Pi 3D (PG) 2hrs 06min
11:15am, 2:05pm, 5:00pm, 7:50pm, 10:40pm

Django Unchained (R) 2hrs 45min
10:45am, 2:50pm, 6:50pm, 10:45pm

Zero Dark Thirty (R) 2hrs 37min
11:00am, 11:50am, 2:35pm, 3:35pm, 6:20pm, 7:15pm, 10:00pm, 11:00pm

Gangster Squad (R) 1hr 53min
10:30am, 12:30pm, 1:30pm, 3:30pm, 4:30pm, 6:30pm, 7:30pm, 9:30pm, 10:30pm

This Is 40 (R) 2hrs 13min
10:35am, 1:40pm, 4:45pm, 8:00pm, 11:00pm

Laemmle's Monica Fourplex
1332 Second St.
(310) 478-3836

Argo (R) 2hrs 00min
1:30pm, 4:20pm, 7:10pm, 9:55pm

Sessions (R) 1hr 38min
4:35pm

Impossible (PG-13) 1hr 47min
1:20pm, 4:10pm, 7:20pm, 10:10pm

Just 45 Minutes from Broadway (R) 1hr 48min
11:00am

Rust & Bone (De rouille et d'os) (R) 1hr 55min
1:10pm, 4:00pm, 7:00pm, 9:50pm

Dark Truth (R) 1hr 46min
1:50pm, 7:00pm

Hitchcock (PG-13) 1hr 38min
9:40pm

AMC Criterion 6
1313 Third St.
(310) 395-1599

Hobbit: An Unexpected Journey in 3D (PG-13) 2hrs 46min
3:10pm, 10:45pm

Hobbit: An Unexpected Journey (PG-13) 2hrs 46min
11:20am, 7:00pm

Texas Chainsaw 3D (R) 1hr 32min
11:55am, 2:30pm, 5:15pm, 8:00pm, 10:40pm

Jack Reacher (PG-13) 2hrs 10min
12:30pm, 3:45pm, 7:00pm, 10:15pm

Les Miserables (PG-13) 2hrs 37min
11:00am, 2:40pm, 6:15pm, 10:00pm

Silver Linings Playbook (R) 2hrs 00min
11:10am, 2:00pm, 4:50pm, 7:40pm, 10:30pm

Haunted House (R) 1hr 20min
11:45am, 2:15pm, 4:40pm, 7:15pm, 9:45pm

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

Hang with friends, Sag

ARIES (March 21-April 19)
★★★★ The unexpected continues to be a prevalent theme, and you seem to be the common denominator. If you are unhappy with recent trends, ask yourself what your role is in each situation. Tonight: Only where the action is.

TAURUS (April 20-May 20)
★★★★ Whether putting in overtime or dealing with a major project, the love of the good life is put on the back burner for the moment. You'll gain insight into someone's attitude, which could set you back some. Tonight: Check in with an older family member.

GEMINI (May 21-June 20)
★★★★★ Reach out to others, and know full well what is going on behind the scenes. You don't need to verbalize your thoughts. Your acceptance and lack of scrutiny is welcomed. Push less. Tonight: If someone suggests going to an odd place, consider going along.

CANCER (June 21-July 22)
★★★★ A partner takes a strong stance on an issue, which could cause some abrupt changes in the near future. A trip suddenly might become the topic of conversation. The quality of this voyage depends on its spontaneity. Do not ruin that. Tonight: With a special person.

LEO (July 23-Aug. 22)
★★★★ You could be a little off-kilter with all of the excitement happening around you. You like feeling as if you have some control over your life. You might have that for yourself, but it is unlikely that you can control others. Tonight: Sort through suggestions before responding.

VIRGO (Aug. 23-Sept. 22)
★★★ Approach life with a one-step-at-a-time attitude; otherwise, you could find yourself running around in a chaotic frenzy. Someone in your immediate environment seems closed down. Tonight: Easy works.

LIBRA (Sept. 23-Oct. 22)
★★★★ Your playfulness cannot be curbed. You might choose not to verbalize everything that passes through your mind. Use caution with your finances and also with a personal matter, but remain lighthearted. Tonight: Instigate a party.

SCORPIO (Oct. 23-Nov. 21)
★★★ Be aware of what is going on with yourself, and try not to project your feelings onto others. If you're feeling down, try to think about what would change your mood ... or better yet, what would remedy the situation. Tonight: Out and about.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★ Take a hint from Scorpio. You might be able to move through some negativity just by getting out and going for a walk. Do not stay put. You'll see a situation differently because of your unpredictability. Think positively when facing the unknown. Tonight: With friends.

CAPRICORN (Dec. 22-Jan. 19)
★★★ How you deal with a troubled friend might affect your finances more than you realize. Your tendency to indulge others has more to do with you than what they need. Remember, everyone is different. Tonight: You do not always need to treat.

AQUARIUS (Jan. 20-Feb. 18)
★★★★★ The Moon shines on you and highlights your charisma. Lose the word "no" from your vocabulary. An older person in your life might be very difficult. Avoid dealing with this person's issues for now. Tonight: Whatever knocks your socks off.

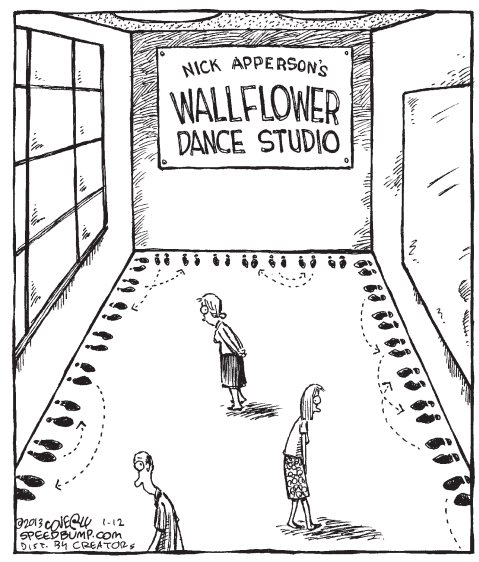
PISCES (Feb. 19-March 20)
★★ You might not feel up to snuff, and others can tell. You might decide to switch gears and head home to take care of yourself. You are a very loving sign with a lot of get-up-and-go. Tonight: Vanish.

Happy birthday

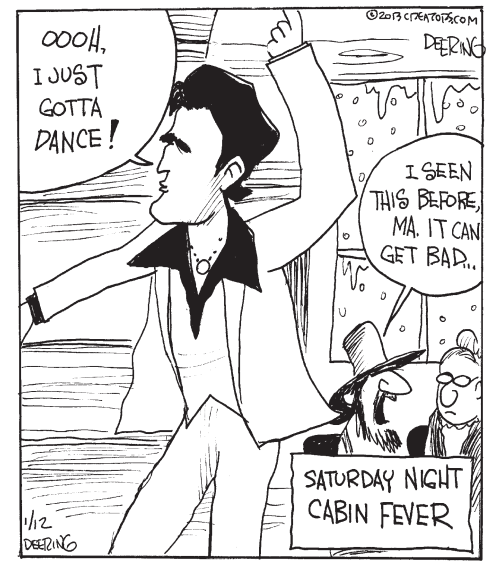
This year you often think that all is well, only to discover later that controversy surrounds you. You'll find that exterior events do not matter if you stay grounded. Your strong personality will attract what you need and want. If you are single, you have many potential sweeties, but it might not be the easiest year for you to develop a strong bond with someone. If you are attached, the two of you could become involved in power plays if you choose not to respect each other's differences. A fellow CAPRICORN is a tough opponent and/or a difficult friend.

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

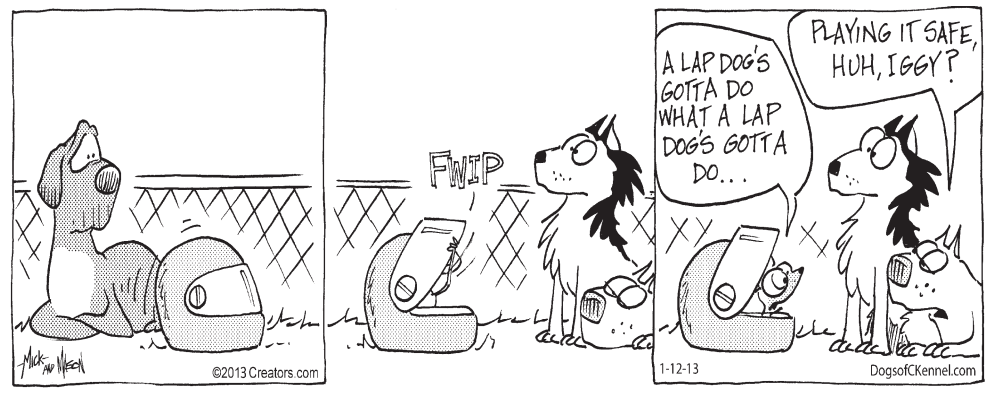
Speed Bump
By Dave Coverly



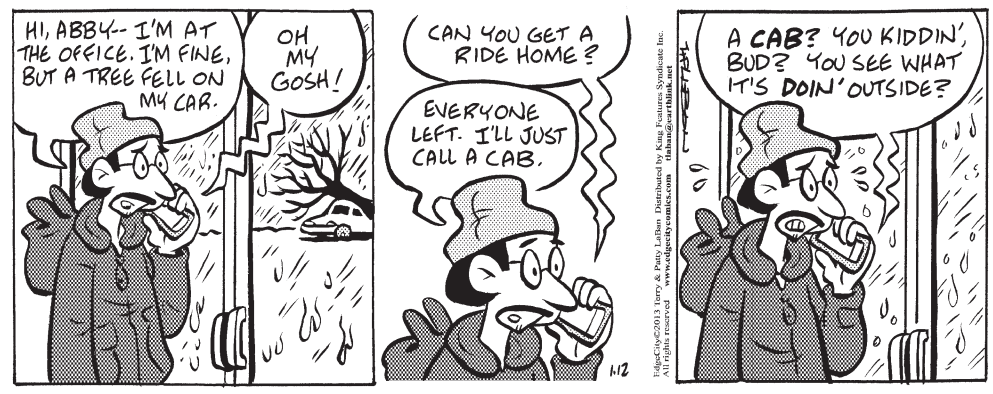
Strange Brew
By John Deering



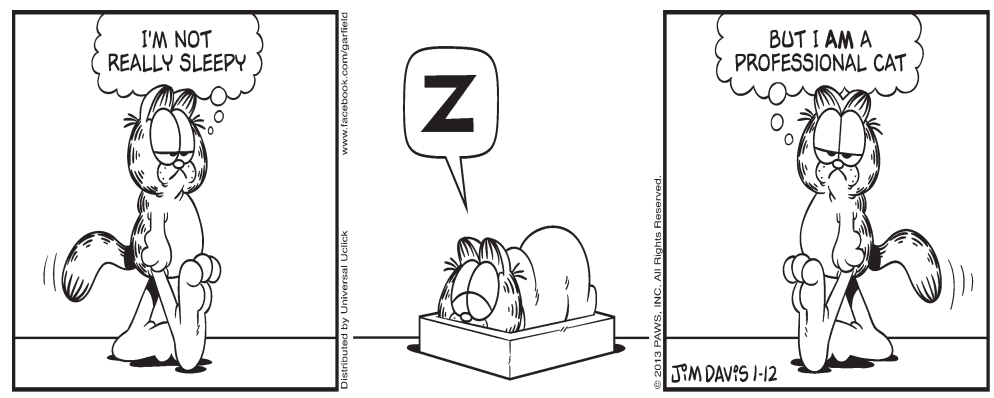
Dogs of C-Kennel
By Mick and Mason Mastroianni



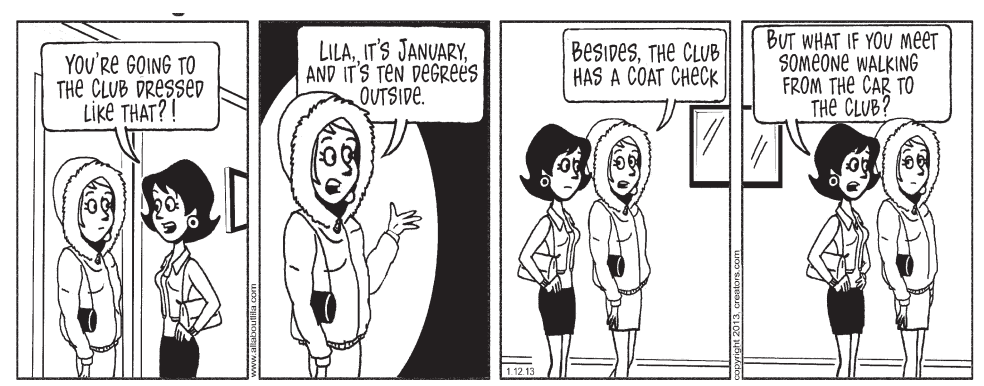
Edge City
By Terry & Patty LaBan



Garfield
By Jim Davis



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



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

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

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

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MYSTERY PHOTO

Daniel Archuleta *daniela@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*. Send your mystery photos to *editor@smdp.com* to be used in future issues. Hint: you can park your car there.

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Pad
7 Spring shape
11 Show up
12 Writer Rice
13 Ticked off
14 "Toodle-oo!"
15 Play direction
16 Major criminal
17 "Shucks!"
18 Placid
19 Took in
21 Wine choice
22 Middle Ages weapons
25 Research site
26 Film editing transition
27 Smith grad
29 Big snakes
33 Decalogue deliverer
34 Syrup source
35 UK resident
36 Get by
37 Squalid joint
38 Put on a pedestal
39 Great serves
40 Landed folks

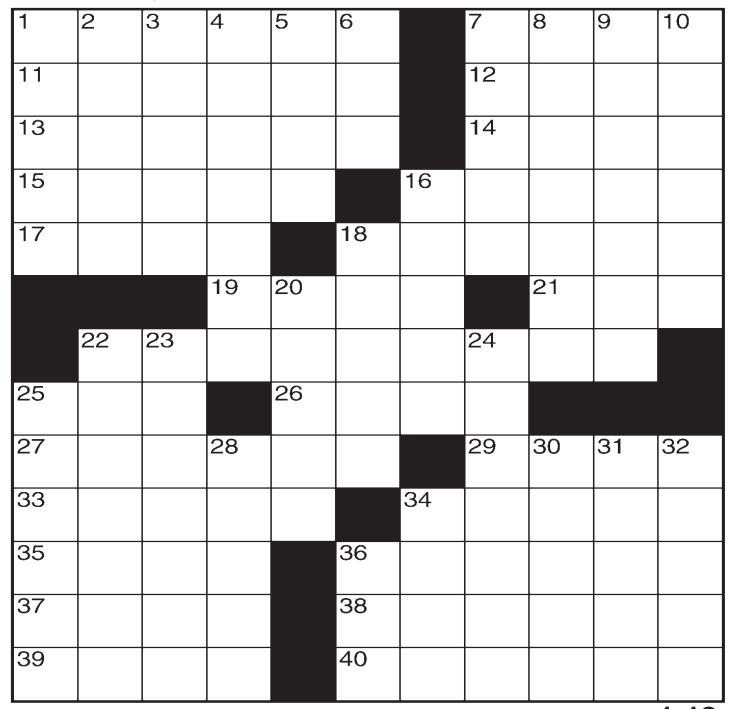
DOWN

1 Come to a point
2 Sports spot
3 Quarterback Favre
4 Concert recording, e.g.
5 Continually
6 "How I Met Your Mother" role
7 Supply food for
8 Ready for action
9 Chants
10 Inclined
16 Disgusted
18 Brown shade
20 Boredom signs
22 Heat-related
23 Insulting
24 Syria neighbor
25 Kappa follower
28 Doles (out)
30 Dizzying designs
31 Hiss of history
32 Squalid
34 Created
36 Newsstand buy, for short

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

Yesterday's answer

NEW CROSSWORD BOOK! Send $4.75 (check/m.o.) to Thomas Joseph Book 2, P.O. Box 536475, Orlando, FL 32853-6475



1-12



NEWS OF THE WEIRD
BY CHUCK SHEPARD

■ Emerging democracies have experienced brawls and fisticuffs in their legislatures as they learn self-government, with Ukraine perhaps the most volatile. When some legislators rose to change party affiliations in December, a fracas broke out and, according to Yahoo News, "Images ... showed a scene that resembled a WWE pay-per-view event, with parliament members using full nelsons, choke holds and other moves familiar to American wrestling fans." In fact, a man with the same name as a WWE heavyweight ("Rybak") had just been elected speaker, and the country's well-known boxing champion Vitali Klitschko was in attendance (as a member of a minority party called "Punch"). (One 2010 brawl in the Ukrainian legislature sent six deputies to the hospital with concussions.)

■ This, the 1,300th edition of News of the Weird, marks birthday No. 25. So, what was happening in 1988 in that first batch of stories published by that first adventurous editor? Well, there was the Alton, Ill., woman who died with a will specifying that her husband, who was an enthusiastic transvestite, was to receive not a penny of her $82,000 cash estate -- but all of her dresses and accessories. And there was Hal Warden, the Tennessee 16-year-old who was granted a divorce from his wife, 13. Hal had previously been married at age 12 to a 14-year-old, who divorced Hal because, she told the judge, "He was acting like a 10-year-old." Happy Birthday to News of the Weird.

TODAY IN HISTORY

1966 - Lyndon B. Johnson states that the United States should stay in South Vietnam until Communist aggression there is ended.

1969 - The New York Jets of the American Football League defeat the Baltimore Colts of the National Football League to win Super Bowl III in what is considered to be one of the greatest upsets in sports history.

WORD UP!

pseudepigraphy
\ soo-duh-PIG-ruh-fee \ , noun;
1. The false ascription of a piece of writing to an author.

Santa Monica Daily Press

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Miscellaneous

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North of Montana	=	$5,285,700
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