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THURSDAY, JANUARY 28, 2010

Volume 9 Issue 66



GOOD SUSHI DONE CHEAP
SEE PAGE 7

Santa Monica Daily Press

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THE GATHER THE CANDIDATES ISSUE



Brandon Wise *brandonw@smdp.com*

TRYING TO BRIDGE THE BUDGET GAP: **Revenue from a tax on hotels, such as The Georgian, plummeted as tourism fell off last year, with City Hall earning 30 percent less from its transient occupancy tax last July compared with the year before.**

City Hall braces for cuts as revenue drops

BY NICK TABOREK
Daily Press Staff Writer

CITY HALL Painful spending cuts could be on the horizon as City Hall grapples with a bleak financial outlook, though officials said Santa Monica is in a better fiscal position than most cities.

"Things are so much worse in virtually every other place," City Councilman Richard Bloom said, wrapping up the council's budget discussion on Tuesday. The meeting was the council's first in-depth look at City Hall's finances ahead of the next fiscal year, which begins July 1.

The most optimistic forecast predicts a $30 million City Hall deficit by 2014 if spending isn't cut, and a gap as high as $53 million if the economic recovery is slower than expected, Finance Director Carol Swindel said in her report to council Tuesday night.

The gap between revenues and expenditures for next year is expected to be $13.2 million, though a one-time transfer from an "economic uncertainty fund" will reduce the deficit to $6.9 million. Swindel's "worst case scenario" projection for next year leaves City Hall with a $12.1 million deficit after using its one-time funds.

The budget shortfall is the combined result of significantly reduced revenues across Santa Monica's diverse tax base.

Revenue from a tax on hotel rooms, for example, plummeted as tourism fell off last year, with City Hall earning 30 percent less from its transient occupancy tax last July compared with the year before.

Sales tax revenue from auto sales, an important chunk of Santa Monica's economy, were down 13 percent from two years ago.

Meanwhile, City Hall's health insurance costs are projected to grow at 12 percent each year and contributions to the California Public Employees' Retirement System (CalPERS) are expected to far outpace revenue growth. Payments to the system for employees' pensions have increased due to stock market losses in the past two years.

The situation presents City Council members with difficult and unfamiliar choices, even if Santa Monica's economy rebounds faster than other cities.

The budget for the next fiscal year won't be adopted until June, but the council began the process of setting priorities on Tuesday. Council members were short on specifics but gave general indications of where they believe savings should come from.

Councilwoman Gleam Davis said she thinks the council should "minimize our cuts in services to our most vulnerable members of our community."

If spending is to be reduced, programs for at-risk youth, the homeless, the elderly and the economically disadvantaged should remain in tact, she said.

SEE **BUDGET** PAGE 10

Council hopefuls need not apply

BY NICK TABOREK
Daily Press Staff Writer

CITY HALL Would-be City Council members interested in the seat vacated by the death of Mayor Ken Genser won't have to apply for the position.

Instead of filing an official application with City Hall describing their qualifications, interested parties are being asked to contact a City Council member or the City Clerk directly to be considered for the seat.

The change means there will not be a publicly available official list of potential appointees, though City Clerk Maria Stewart said she will post the names of people interested in the vacancy who contact her on City Hall's Web site. Those who tell council mem-

SEE **COUNCIL** PAGE 11

HIGH SCHOOL SPORTS ROUNDUP

Samohi's Baltizar cleared to play

BY DANIEL ARCHULETA
Managing Editor

SAMOHI With a showdown with the top-ranked team in the country looming, Santa Monica just got better.

As the Vikings girls basketball team prepares for Saturday's Mater Dei game, the California Interscholastic Federation Southern Section reversed course and has granted Bianka Baltizar, a transfer from Arizona, the right to play. CIF-SS officials initially denied her eligibility in December, claiming that she had "inappropriate contact" with a former Samohi coach. A CIF-SS source said she knew the coach through a club league, a violation of bylaws.

"New information was presented to the commissioner by the family that resulted in reversing his decision," said Thom Simmons, CIF-SS's director of communications. He didn't elaborate further.

Head Coach Marty Verdugo said that, as part of the team's appeal, he submitted a let-

SEE **ROUNDUP** PAGE 10

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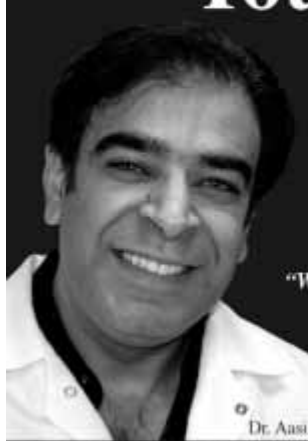
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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



Thursday, Jan. 28, 2010

Modern medicine
Santa Monica Public Library
601 Santa Monica Blvd., 7 p.m. to 8:45 p.m.
Feeling overwhelmed by the fast-paced modern world? Join integrative medicine experts David Allen and Allen Green from the Center of Optimum Health, who will discuss ways to minimize the effects of chemical and environmental toxins and maintain good health. For more information, call (310) 445-6600.

Artists for Haiti
Track 16 Gallery
2525 Michigan Ave., Building C-1, 8 p.m. to 11 p.m.
Come out for an evening of art and entertainment — for a good cause. "Artists for Haiti" will feature a silent auction, photographs of Haiti, music and short films from the Jacmel Film School. All donations from the event will go directly to Father Rick Frechette of St. Damien's Hospital and ground-level doctors and rescue workers. A minimum donation of $100 is required. For more information, call (310) 659-7783.

Jane Doe on the brain
Powerhouse Theatre
3116 Second St., 8 p.m.
The Los Angeles Theatre Ensemble will present the world premiere of "In the Company of Jane Doe," telling of one woman's fight for self-discovery. The show is written by award-winning playwright Tiffany Antone and directed by Mary Jo DuPrey. This play is presented each Thursday, Friday and Saturday through Feb. 6.

Friday, Jan. 29, 2010

Last Fridays
Main Street, after dark
Much like Venice's First Fridays, Last Fridays will give patrons a chance to hang out on Main Street into the late night hours. Participating businesses will stay open late with special events.

Last days of ICE
Arizona Avenue at Fifth Street
10 a.m. — 10 p.m.
Bring back childhood memories — and create new ones — as you slice through the ice in a festive atmosphere filled with holiday cheer and balmy ocean breezes. The ice rink will remain open through January. Admission is $10 and includes skate rental. The rink is periodically cleared for short periods to groom the ice. If raining, the rink will remain open in light rain or drizzle conditions, closing only for heavy downpours. For more information go to www.downtownsm.com.

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.

'People's History' author Howard Zinn dies at 87

BY HILLEL ITALIE
AP National Writer

MID-CITY Howard Zinn, an author, teacher and political activist whose leftist "A People's History of the United States" became a million-selling alternative to mainstream texts and a favorite of such celebrities as Bruce Springsteen and Ben Affleck, died Wednesday. He was 87.

Zinn died of a heart attack in Santa Monica, daughter Myla Kabat-Zinn said. The historian was a resident of Auburndale, Mass.

Published in 1980 with little promotion and a first printing of 5,000, "A People's History" was — fittingly — a people's best-seller, attracting a wide audience through word of mouth and reaching 1 million sales in 2003. Although Zinn was writing for a general readership, his book was taught in high schools and colleges throughout the country, and numerous companion editions were published, including "Voices of a People's History," a volume for young people and a graphic novel

At a time when few politicians dared even call themselves liberal, "A People's History" told an openly left-wing story. Zinn charged Christopher Columbus and other explorers with genocide, picked apart presidents from Andrew Jackson to Franklin D. Roosevelt and celebrated workers, feminists and war resisters.

Even liberal historians were uneasy with Zinn. Arthur M. Schlesinger Jr. once said: "I know he regards me as a dangerous reactionary. And I don't take him very seriously. He's a polemicist, not a historian."

In a 1998 interview with The Associated Press, Zinn acknowledged he was not trying to write an objective history, or a complete one. He called his book a response to traditional works, the first chapter — not the last — of a new kind of history.

"There's no such thing as a whole story; every story is incomplete," Zinn said. "My idea was the orthodox viewpoint has already been done a thousand times."

"A People's History" had some famous admirers, including Matt Damon and Affleck. The two grew up near Zinn, were family friends and gave the book a plug in their Academy Award-winning screenplay for "Good Will Hunting." When Affleck nearly married Jennifer Lopez, Zinn was on

SEE OBIT PAGE 11



Photo courtesy Benjamin Kay

THE REMAINS OF THE STORM: **Styrofoam cups dominate the landscape south of the Santa Monica Pier following last week's rain storms. Students from Santa Monica High School found extremely high levels of bacteria in the water during testing.**

Students find high levels of bacteria in bay

BY DAILY PRESS STAFF

SM BAY Students at Santa Monica High School were shocked to see extremely high levels of bacteria present in the waters here following last week's heavy rains.

The students, enrolled in the Surfrider Teach & Test program monitoring water quality in the Santa Monica Bay, found bacteria levels weighing in at more than double what the U.S. Environmental Protection Agency considers safe, warning surfers and swimmers to make sure they stay out of the water for at least 72 hours after it rains.

The rains send urban pollutants and fecal bacteria into storm drains and onto local beaches, raising the risk for contracting a serious infection, said Lindsey Jurca, educational chair for the Surfrider Foundation's Malibu and Santa Monica chapters.

"High bacteria levels are expected when it rains because everything from the streets floods the ocean, but the kids and the public are generally not aware of how high the level of bacteria can be," Jurca said. "When they do find out, some are pretty shocked."

Bacteria levels at the Santa Monica Pier were 223, which is 119 organisms per milliliter higher than the EPA safety threshold of 104, according to Surfrider. The Pico-Kenter storm drain at the end of Pico Boulevard had bacteria levels that averaged at 120, and Ocean Park sampled at 331.

Samohi students also tested water quality at the storm drain underneath the pier, which City Hall replaced last year due to leaks that were causing poor water quality grades. Bacteria levels in the storm drain runoff were 7,915 — more than 75 times higher than what the EPA considers safe.

Students specifically tested for the presence of enterococcus bacteria, or fecal bacteria, which can cause urinary tract infections and in some severe cases meningitis. It is among the most common antibiotic-resistant bacteria.

"Fecal bacteria is just one of the many harmful things urban runoff carriers, which can include trash, cigarette butts, pathogens and even heavy metals," said student Katie Rowbotham.

While testing is needed, students plan to step up their efforts to protect the public by participating in a new warning system at local surf shops. Jurca said students plan to provide surf shops with weekly updates to water quality reports so that surfers, who often can't resist the high tides that come with rain storms, be more prepared. The reports should be posted in a month, Jurca said.

The Teach & Test program at Samohi is funded through Surfrider and a grant from the California Coastal Commission. The goal is to raise awareness about the importance of keeping dangerous urban runoff from reaching the bay. Students are also encouraged to consider careers in science.

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Inappropriate stumping

Editor:

Kelly Olsen's remarks during the memorial service for Ken Genser the other day were completely inappropriate ("Mayor Genser remembered as tenacious," Jan. 25). Rather than eulogize Mr. Genser, Olsen decided to politicize the service by stumping for someone to occupy the City Council seat vacated by Mr. Genser due to his untimely death.

Olsen has been noticeably and thankfully absent from public life for quite some time, and after attending the memorial for Ken Genser the other day, it is clear to me and others that Olsen should remain neither seen nor heard from.

Saul Cohen
Santa Monica

Politics have no place at memorial

Editor:

This past Sunday I attended the memorial service for Mayor Ken Genser, which was moving, humorous, sad and generally let everyone there share his life as it was shared by speaker after speaker.

However, I took umbrage to some of the words of former Councilman Kelly Olsen, who we know held a vigil at Ken's bedside. To say that his dying wish was to have Patricia Hoffman as his replacement on the council and say it repeatedly was in poor taste at this gathering. This is America and we elect our public officials, or in the case of our fair city, sometimes appoint them. Let us hope that the City Council takes the right path in filling the vacancy and not do it out of empathy for we all mourn Ken's passing. May he rest in peace.

Herb Silverstein
Santa Monica

The buzz on Busby's

Editor:

There were 20 applauding residents at the Planning Commission and many, many more who did not attend. Why is it that the article ("Bar's pool plan goes down the drain," Jan. 23) about Busby's expansion doesn't have a single quote from local "disgruntled" residents?

I'm a local resident and if asked I would have helped you out. I would point out that as the Busby's owner mentions, they rely on business from midnight to 2 a.m. He also mentions that they had to hire extra security, so it must be a rowdy crowd indeed. I'm quite certain that all those security guards don't leave the bar and escort the patrons home.

At 2 a.m., most of the residents are sleeping. We had done so for years without any issues until Busby's opened. Now with Busby's, sleeping is often disturbed by mostly friendly, yet very loud arguments, people vomiting on the lawn, cars peeling out and such.

I would guess the Busby's owners would feel a bit disgruntled themselves if they were often awakened in the middle of their sleep. "Hey, wake up, Busby! Go out there and tell those kids to shut up and go away. While you are out there clean up that mess on the sidewalk so we don't smell it in the morning. Come on, Busby, get out of bed!"

Busby's idea was to use up their inadequate parking space for expansion. Doing so would increase the number of patrons while providing less parking. That would send even more tipsy folks out into the neighborhood at 2 a.m. and put more drinkers on the streets all day long on the weekends while our kids are around.

I wish I had been at the Planning Commission to stand up and cheer. I hope they take the next step and keep restaurant liquor licenses for restaurants and not sports bars. If they do there will be a lot more than 20 residents standing and cheering for the Planning Commission.

Clyde Smith
Santa Monica

✉ WHAT DO YOU THINK?

■ Send letters to **editor@smdp.com**



Life Matters

JoAnne Barge & Katrina Davy Send comments to editor@smdp.com

Requesting your presence, not just your presents

DEAR NEW SHRINK,

A friend of mine recently got engaged and I just received an invitation to their engagement party. This is the first engagement party I have been invited to and I'm not sure what the proper etiquette is. Is it required that I bring a gift? If so, what type of gift is appropriate? The invitation does not have any details and simply lists the time and the location. I do not want to show up without a gift if that is expected but given my financial situation, I am not really in a place to buy this couple multiple gifts.

Signed,
Confused Invitee

DEAR CONFUSED INVITEE,

Gift giving etiquette can be a difficult thing to balance especially given the individual nature of such decisions. While ultimately you will have to come to your own conclusion based on your relationship with the couple and financial limitations, I hope to provide you with a few suggestions to help you solve your gift-giving situation.

First off it is rarely required that you bring a gift. In fact it is far more common for a couple to print "no gifts" on their invitation than to require gifts for a celebration. Gift giving is intended to be a voluntary gesture of kindness and should not be a required element of attending a party. The ultimate purpose of the engagement party is for family and friends of the newly engaged couple to celebrate and acknowledge the new stage the couple has reached. Further, the engagement celebration is typically the first of many events scheduled to celebrate the couple so rest assured there will be plenty of other opportunities to give gifts.

The actual location and details of the party may help you to make your decision. For instance, if the party is at a restaurant or bar where you are expected to pay for your own meal or drinks then you are already contributing to the celebration. If the party is a surprise for the couple it is unlikely that they will be expecting gifts and will simply be thrilled with the shock of having all their friends and family in one location celebrating with them. Further, giving large gifts or cash may be out of place for public locations given the chance that they may be misplaced or inappropriate for a confined setting. In many situations you may know others who have been invited to the engagement party. Consulting with them might help you determine whether it is appropriate to bring a gift and if so, to gain their advice on what you should give.

If you do decide that a gift is appropriate the cost and type of gift would depend a lot on the couple and your relationship with them. There are a number of things you might consider that can symbolize your friendship without breaking the bank. Many couples register with department and specialty stores soon after announcing their engagement and setting the date. It may be helpful to review their registry as these are pre-selected by the couple and you are sure to provide something they can use. You might also consider a gift that will help the couple plan for their wedding night, giving you an avenue to be more creative in your gift-giving. For instance, a gift-card to a local bakery so they could test out cakes or wedding magazines to get their planning off to a quick start. These gifts will show that you're thinking about their current situation and providing ways to connect with the couple during the coming months of their engagement. Also consider giving tools that will help the couple further organize wedding planning like a date book or organizer. Another idea is to give the couple time together by giving a gift certificate for dinner, dance lessons, or tickets to a local show.

If money is tight, you might consider just writing a personal card to the couple congratulating them on their engagement. This card will symbolize your friendship and warm wishes for their future together. Another suggestion might be to do some wedding planning research for the couple based on your own experience or the advice of recently married friends. For instance, providing the couple with information on local wedding photographers, bakers, florists, wedding planners and venues will be welcome assistance for the busy couple. Finally, when in doubt, a bottle of wine serves as an easy symbol celebrating the newly engaged couple.

Finally, remember that the couple invited you to their engagement party for your presence, not your presents. Whether you attend with a gift in hand or not, the purpose of the event is for you to have a good time and to celebrate what's really important — the newly engaged couple.

KATRINA DAVY is a professional career counselor holds degrees from Cornell and Columbia universities. Got something on your mind? Send your questions to newshrink@gmail.com. All questions will be kept anonymous; let us help you with your life matters!



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Meredith Pro Tem

Meredith C. Carroll
Send comments to editor@smdp.com

Polygamy may not be so bad after all

AS I'VE DONE AFTER EVERY EPISODE FOR the past four seasons, when "Big Love" ended on Sunday night I yelled downstairs to my husband Rick, "Thanks for making me your only wife!"

"Big Love" is the most tremendous show on television, not for its deliciously complex story lines as much as the weekly reminder that having only two people in my marriage (three if you count "SportsCenter") is something for which I am continually grateful. The times that I worked at jobs with only women were bad enough. It would have been torture if I'd had to take them all home with me every night, too.

However, lately I've had more questions than answers about polygamy. It started last summer when we went to see "Julie and Julia" and I sat adoring every frame of the film while Rick leaned over and whispered, "No wonder Julie's marriage is on the rocks. Which one of them has to do all those dishes after she wrecks the kitchen every single night for an entire year while cooking her 'gourmet' meals?"

I shook my head at him and clicked my tongue in disgust. It was no surprise that comment came from the man who will forgo a recipe (the twice he cooks each decade) if he discovers that any of the pots or utensils needed for it cannot go in the dishwasher and must be hand washed instead. But the truth is, he wasn't entirely wrong.

It's just a fact that dirty dishes and housework in general can put a strain on a marriage. When we got engaged, someone wisely advised that employing a housekeeper is far less expensive than couple's therapy.

The thing is though, even if you have live-in help, someone is still always going to throw his jacket on the kitchen table instead of hanging it up in the coat closet and someone else is still always going to ignore her hair in the bathroom sink until it eventually clogs the drain. Unless you live at a Four Seasons Hotel in a suite pricey enough to merit First Butler Service — thereby ensuring your space is maintained to perfection at all times — on some level, house cleaning (and the amount of time the TV is tuned to ESPN Classic) will always be a thorn in the side of marriage.

If the studies that have shown that women work 39 more hours per week than men planning and executing household chores are even remotely accurate, then the idea of one husband with multiple wives doesn't actually sound like such a bad thing.

From my "Big Love" education I've learned that women in plural marriages aren't pushed too hard to work outside the home, in which case I imagine that each wife only has to clean the toilet or wash the dishes once every so often. Some days you might get to be the one to beat the carpets with a stick outside or sweep the garage while someone else has to wipe your kid's butt or defrost the freezer. It kind of sounds like Hazel's version of Shangri-La.

Of course there's more to plural marriage than having other people wash the linens and make jam while you're shopping at Costco in preparation for the end of days. And it's not all that good. According to "Big Love," polygamy seems to necessitate lots of long, deep, analytical discussions about the state of the relationship. Sort of like the ones you had with your boyfriend in high school, only this time it's with all of his other girlfriends, too.

And then there's the scheduling of the nights you get to sleep with your husband, which seems like the story of Elin Nordegren Woods' life or a bad episode of "The Bachelor" (or any episode of "The Bachelor," for that matter).

To be sure, there's nothing I relish more than waking up in the middle of the night and having the distinct comfort of knowing Rick is by my side. Although being able to stretch out across the bed diagonally without worrying about knocking into him (or knocking him onto the floor) is a close second. If I could do the latter — guilt-free — a few nights a week while he spoons one of his other wives, then it seems as if everyone wins.

Just think how much grief John Edwards would have saved everyone if only he had ever received a testimony and lived on a polygamist compound in Utah instead of his philanderist compound in North Carolina. He easily could have been the prophet of Juniper Creek by now. Admittedly, it's not the White House, but at least he'd have finally found a community that would have celebrated instead of censured him.

More on and from **MEREDITH** at www.MeredithCarroll.com.

The Q Line

Adding to the City Council

The City Council has the somber task of having to replace a fallen member in Mayor Ken Genser. The task at hand is selecting the proper process and candidate to fill the open seat.

So, this week's Q-Line question asks:
How should the council fill the seat? Should there be a special election or should the council select its next member, and who should it be?

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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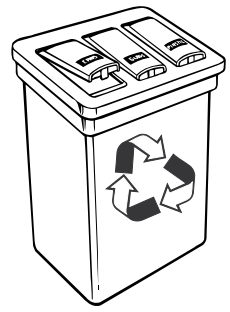
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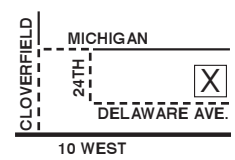
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Simple Real Food

Amanda Cushman
Send comments to editor@smdp.com

Venturing east of the 405 for grub

I AM VERY IMPRESSED WITH THE transformation of Culver City and enjoy strolling along Culver or Washington boulevards in the evening amongst the newly opened cafes, restaurants and bars. What a face-lift this small town has had over the last five years. Every time I go there something new has opened and one of the new eating establishments, Meet at 9727 Culver Blvd., was our destination last night.

It sits amongst three other restaurants, all of which have outdoor tables making it very appealing to enjoy the wonderful Southern California weather.

After living in New York City for many years, I get a kick out of dining outside in January with a light wrap on thinking of all my friends on the East Coast freezing their butts off! So here were three of us sitting at a lovely table outside, waited on by one of the owners of this relatively new French café and restaurant.

We had prompt and friendly service for the most part and were impressed with the simple and enticing menu.

We ordered appetizers; a burrata and tomato salad garnished with fava beans and balsamic glaze and a crab, avocado salad that was quite a large portion. Two could have split this. Both were very good and the presentation was stunning for each dish.

Our entrees were roasted chicken with sautéed spinach and a burger with potatoes gratin. Both were beautifully presented and decent portions. I had the roasted chicken that was served with a spicy au jus. I found it a bit dry and quite chewy, nothing special and on the verge of bland. The spinach was very good (but how does one ruin sautéed spinach?) and I chose a mixed green salad as a side that arrived in a chunky soup bowl. The greens needed more dressing and would have been more appealing on a salad plate. My dining companion said the burger was very good although he didn't love the potatoes as they were "chewy, and I make better potatoes gratin." Oh well! We ordered an apricot chocolate tart for dessert that was delicious, but we waited for it for at least 15 minutes. I was about to ask if they had gone to the market to get apricots when it arrived. It was served cold which means they must have forgotten about it. So all in all it was enjoyable to be dining outside in the middle of winter with a gracious server who is also part owner. But the food was less than fabulous and I would say it might be better to have lunch here or appetizers and save dinner for another place in this town with countless choices for great food.

My version of roasted chicken can't be simpler or more delicious and calls for a free-range organic chicken to insure the proper flavor.

AMANDA CUSHMAN is a culinary educator who has cooked professionally for 25 years. She teaches privately for groups of two to 20 students. She has developed hundreds of recipes for cookbooks as well as food magazines and Web sites. She can be reached amandascooking@gmail.com.

Lemon-garlic roast chicken

Serves 2 to 3

Ingredients
1 whole free-range organic chicken, 2 1/2 pounds
8 cloves garlic, peeled, halved
4 Tb. unsalted butter
2 Tb. chopped thyme
Salt, pepper
1 lemon cut in half
1 bunch parsley
Thyme sprigs
1/2 cup chicken broth or more as needed
2 shallots, minced

Procedure
1. Heat the oven to 450. Rinse the chicken and pat dry.
2. Rub the cavity of the chicken with one clove of garlic, sprinkle with salt and pepper and place 2 Tb. of butter inside. Squeeze the juice from one of the lemon halves inside and take a few sprigs of parsley and add to the cavity. Chop remaining parsley and set aside.
3. Lift the skin from the breast meat and distribute the remaining butter under both sides. Add the chopped thyme to both sides and the cloves of garlic.
4. Combine the broth and lemon juice from the remaining half in a small bowl. Tie the legs together and place chicken on a rack in a roasting pan. Roast for 20 minutes, basting twice with the chicken broth and lemon juice.
5. Reduce the heat to 350 and continue roasting, basting often until the temperature reaches 170, about 40 minutes. Allow chicken to rest about 10 minutes before carving.
7. Pour the juices from the pan into a degreasing cup and allow separating. Reserve 2 Tb. of the fat. Return the fat to the roasting pan and set over med-high heat. Add the minced shallots and sauté three minutes. Add the degreased juices and deglaze the pan scraping up any brown bits in the pan. If there isn't enough liquid you can add white wine, dry sherry, dry vermouth or chicken stock to the pan.
8. Carve the chicken as shown and transfer to a serving platter, pour the gravy over the chicken and garnish with the parsley and serve.

Serve these yummy potatoes with the roasted chicken and you will be a big hit with friends and family

Scalloped potatoes

Serves 6

4 oz. cheddar cheese, grated
1/4 cup grated parmesan
2 pounds russet potatoes, sliced 1/4 inch
1 1/2 tsp. salt
1/2 tsp. pepper
1 small onion, chopped
3 Tb. all purpose flour
4 Tb. unsalted butter
2 cups low-fat milk

1. Heat the oven to 400. Butter a 13-by-9-by-2-inch baking dish.
2. Mix the cheeses. Arrange half of the potatoes in overlapping slices on the bottom of the dish. Sprinkle with half the salt and pepper, half the onion, the flour and half the cheese. Dot with 2 Tb. of the butter. Arrange another layer of potatoes on top, the remaining onion, salt, pepper and butter.
3. Heat the milk in a small saucepan until scalded. Pour over the potatoes and cover with foil. Bake for 45 minutes. Uncover and sprinkle the remaining cheese over the top cover with foil. Bake another 45 minutes. Remove the dish from the oven and let it sit for 15 minutes before cutting.



The Re-View

Merv Hecht

Send comments to editor@smdp.com

Sushi and sake on a budget

I'VE WALKED BY THE HIKARI SAKE HOUSE on the corner of Fourth Street and Santa Monica Boulevard hundreds of times. I just assumed it was another typical overpriced sushi place run by another sushi-Gestapo-chef who would order me to leave if I ordered the wrong thing. Finally, I went in with my friend John and, boy, was I wrong!

As soon as we sat down, Stephanie, a psychology major at Santa Monica College, brought us a refreshing bowl of miso soup with a big smile. A bus boy brought us a glass of water, the lunch menu and the drink menu.

The décor was industrial tech. The restaurant is small, but the tables are well spaced apart, with floral dividers between them. There's a comfortable bar with three television sets behind it, each showing a different sporting event. The music playing softly in the background, Stephanie informed us, was "electronic tech" music. Overall the low noise level is a welcome change compared to most local restaurants.

The lunch menu was organized primarily in "lunch special" boxes. The specials run from $9.95 to $16.95. All of the boxes come with five pieces of sushi, so the price difference has to do with which roll you order. Below, the specials were a number of other dishes, some of which I haven't seen before in a Japanese restaurant. The extensive menu includes just about any Japanese sushi house dish you can think of. One nice feature was the number of small dishes that go well with beer. More about that below.

Among the unexpected dishes on the menu are the Kurobuta sausages described as "Japanese black swine sausage" and an unusual tofu dish — both of which we ordered along with the special lunches. John ordered the lunch with the fresh water eel roll, and I ordered the more expensive one with the "BLT." I don't know what BLT stands for, but the description was a California roll with baked lobster on top. As some of you might recall, I wrote a column on that particular dish a few months ago.

The drink menu is also quite extensive, with an excellent selection of cold sake in bottles at very reasonable prices — from about $10 to $30 for a bottle serving two people. We drank green tea.

The sausages came first. They were just like the ones I eat at breakfast when I'm in London. Served with a little pot of mustard, they would be perfect with a beer during happy hour. They arrived very quickly with another seldom seen specialty — battered soft tofu. This turned out to be quite a vegetarian treat that consisted of about eight large coconut colored squares and a dipping sauce served on the side, with a number of chopped vegetables to put into the sauce to enhance its flavor. The sides are necessary because the tofu didn't have much flavor. But the combination of the soft tofu texture and the flavorful sauce enhanced with the fresh onions and grated radish in the dashi broth makes for an interesting taste.

Next came a nice selection of the five pieces of sushi including tuna, seared tuna, halibut, whitefish and albacore. Each one was delicious, although I would have preferred the halibut to have the edges better trimmed. The rice, while not warm as I prefer, was room temperature and the right texture.

Then came John's eel roll, served on a long plate. There were eight good sized pieces, with the foot-long eel resting on top of a California roll, with a sweet sauce on top. While we were sampling that, my order arrived. This was the least appetizing in appearance, but the most delicious of all. In a round deep dish there was a California roll at the bottom, with pieces of lobster, chopped tomato and mushrooms on top, all with a lobster sauce baked and crispy noodles sprinkled over it. It looked like a big jumble of unidentifiable objects, and I could have done without the crispy noodles, but it tasted great.

While everything was delicious, it was way too much for two people to eat, and we could have been satisfied with splitting one of the specials. We certainly didn't need the appetizers. On the other hand, we did get to taste a nice selection of the menu.

Now comes the best part (which you've already guessed). As far as I can recall, this is the most reasonably-priced Japanese restaurant I've visited in the Santa Monica area. And they are right in the high-priced center of the business district! But at these prices, there are people chop-sticking away throughout the day and night. In fact, this small little space is the second largest distributor of Sapporo draft beer in Los Angeles County! That might be because during happy hour a nice glass of draft beer is $2, and the 32 oz. size is only $4. And during happy hour is when the little sausages ($5.95) and the small dishes ("Zensai") such as the sizzling asparagus and mushroom at $8.95, or the albacore tartar at $2.95 can best be appreciated with a glass of draft.

The Hikari Sake House is owned by Kevin and Kayla Koo, from Korea. Kevin trained at Sushi Roku and a number of other top-notch Japanese restaurants for 15 years before opening his own place. While his English still needs some improvement, his friendliness and desire to serve his customers comes through loud and clear.

The Hikari Sake house is open every day from 11:30 a.m. to midnight, 401 Santa Monica Blvd., (310) 576-7011.

MERV HECHT, the food and wine critic for the Santa Monica Daily Press, is a wine buyer and consultant to a number of national and international food and wine companies. He can be reached at mervynhecht@yahoo.com

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POS: parent over shoulder
WTGP: want to go private?
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121: one to one ADR: any day now AFAIK: as far as I know AFK: away from keyboard A/S/L: age, sex, location B4: before B4N: bye for now B4U: back at the keyboard BBIAB: be back in a bit BBL: be back later BBR: bye-bye now BBS: be back soon BFE: big evil grin BF: boyfriend BFN: bye for now BG: big grin BL: belly laughing BMTIPG: brilliant minds think in parallel gutters BRB: be right back BTA: but then again BTW: by the way BWL: bowling with laughter BWTHDIK: but what the heck do I know C&C: chuckle & grin CIO: crying in disgrace CMF: confirmed (in my) next post CP: chat post CRBT: crying real big tears CSL: chuckle, snicker, grin CU: see you CUL: see you later CYO: see you online DBAU: doing business as usual DIIK: do I know you? DL: dead link DLTBBB: don't let the bed bugs bite DQMOF: don't quote me on this EE: evil grin EMFH: excuse me for butting in EMSG: email message EOT: end of thread F2F: face to face FF: fingers crossed FISH: first in, still here FWTFWTW: for more than you ever wanted to know FYI/M2: telling off my chair laughing FTBOMH: from the bottom of my heart FUD: fear, uncertainty, and doubt FWIW: for what it's worth G2G: got to go G: grin GA: go ahead GAL: get a life GBAH: grinning, ducking, and running GF: girlfriend GFN: gone for now GIWIST: gee, I wish I'd said that GMTA: giggling my tush off GMTA: great minds think alike GNL: giggling not loud GTRM: going to read mail GTSY: glad to see you HAK: hug and kiss HAGN: have a good night HDOP: help delete online predators HHO: hanging head in shame HTH: hope this helps HUB: head up butt IAC: in any case IANAL: I am not a lawyer (but) IC: see IDK: I don't know IHA: I hate acronyms IIRC: if I remember correctly ILU: I love you IM: instant message IMHO: in my humble opinion IMSOHO: in my not so humble opinion IMO: in my opinion IOW: in other words IPN: I'm posting naked IRL: in real life IWALY: I will always love you IYKWIM: if you see what I mean JIC: just in case JK: just kidding JMO: just my opinion JTLYK: just to let you know K: okay KFY: keep in touch KOC: kiss on cheek KOL: kiss on lips KOTC: kiss on the cheek KWIM: know what I mean? L8R: later LD: later, dude LDR: long distance relationship LLTA: lots and lots of thunderous applause LMIRL: let's meet in real life LMSO: laughing my socks off LOL: laughing out loud LOMFAO: laughing on hand my belly is bouncing LTM: laugh to myself LTNS: long time, no see LTR: long-term relationship LULAB: love you like a brother LULAS: love you like a sister LUWAMH: love you with all my heart LY: love you M/F: male or female MOOS: member of same sex MOTOS: member of the opposite sex MSG: message MTF: more to follow MUSM: miss you so much NADT: not a darn thing NFW: naked in front of computer NP: no problem NRN: no reply necessary OIC: oh I see OLL: online love OM: old man OTF: off the floor OTOH: on the other hand OTTOMH: off the top of my head P2P: peer to peer PDA: public display of affection PEBCAK: problem exists between chair and keyboard PLZ: please PM: private message PMFJI: pardon me for jumping in but PNMF: put on a happy face POS: parent over shoulder PU: that stinks QT: cutie RL: real life ROTFL: rolling on the floor laughing RPG: role playing games RSN: real soon now SAL: span for life SEEYA: smiling ear to ear SHCOON: shoot hot coffee out of nose SMH: slaps head in disgust SF: surfer friendly SMEM: send mixed egotistical male teenager SO: significant other SOMY: sick of me yet? SOT: short of time STR: search the web SWAK: sealed with a kiss SWL: screaming with laughter SYS: see you soon TA: thanks again TCOB: taking care of business TCOY: take care of yourself TFA: thanks in advance TILII: tell it like it is TMI: too much information TPTB: thinking of you TTFN: talk to you later UR: you're welcome WB: welcome back WFM: works for me WIBNI: wouldn't it be nice if WTGP: want to go private? WTF: way to go WU: what's up WUF: where are you from? YBS: you'll be sorry YL: young lady YM: young man

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The first installments in Measure R local return sales tax monies totaling $9.5 million are going out to 38 cities in LA County for transportation improvements. The payments are from sales taxes received from July through September. Cities receive the payments based on transportation-related projects they have identified.

Westside Subway "Open House" In Century City February 2

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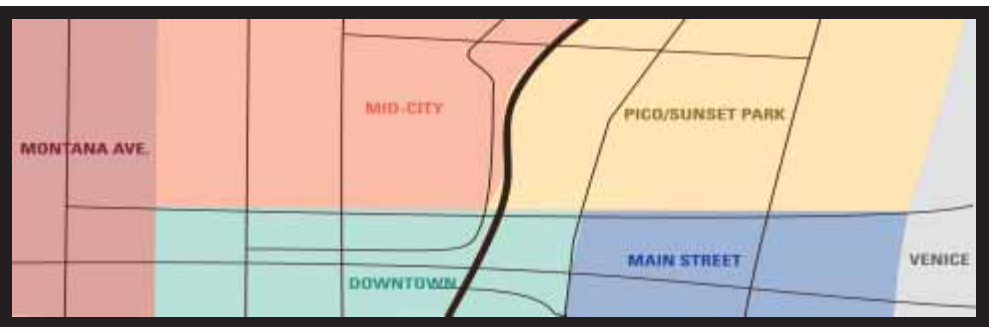
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Brunos Italian Rest Deli 1652 Ocean Ave.	(310) 395-5589
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Buca Di Beppo 1442 2nd St.	(310) 587-0771
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Cafe Crepe 1460 Third Street Promenade	(310) 576-0499
Cafe Paradiso 2408 Wilshire Blvd	(818) 427-1796
Cafe Presto 2425 Colorado Ave. #107 B	(310) 829-7757
Cafe Sol 2425 Colorado Ave.	(310) 829-0031
California Chicken Cafe 2401 Wilshire Blvd	(310) 453-0477
California Crisp 13 Santa Monica Place	(310) 394-3800
California Pizza Kitchen 214 Wilshire Blvd	(310) 393-9335
Callahans Restaurant 1213 Wilshire Blvd	(310) 394-6210
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Chez Jay 1657 Ocean Ave.	(310) 395-1241
Comfort Cafe 420 Broadway	(310) 395-6252
Cora's Coffee Shoppe L P 1802 Ocean Ave.	(310) 434-2468
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Il Fornaio 1551 Ocean Ave.	(415) 945-0500
Infuzion Cafe 1149 3rd St. #100	(310) 393-9985
Interactive Cafe 215 Broadway	(310) 395-5009
Ipanema Cafe 150 Santa Monica Place	(310) 838-8586
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Acapulco Restaurant 3360 Ocean Park Blvd.	(310) 450-8665
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El Torito 3360 Ocean Park Blvd.	(310) 450-8665
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Ocean Park Pizza 2819 1/2 Ocean Park Blvd	(310) 450-9949
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The Coffee Bean & Tea Leaf Ocean Park Blvd.	(310) 396-6706
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The Enterprise Fish Co 174 Kinney St.	(310) 392-8366
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Goudas & Vines 2000 Main Street	(310) 450-6739
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It's All Good Bakery 2629 Main St.	(310) 260-0233
Joes Main Street Diner 2917 Main St.	(310) 392-5804
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Library Alehouse 2911 Main St.	(310) 314-4855
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Main Street Bagels 2905 Main St.	(310) 392-6373
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Sparky's Fine Frozen Yogurt 3110 Main St. #12	(310) 399-4513
Urth Caffe 2327 Main St.	(310) 749-8879
Via Veneto 3009 Main St.	(310) 399-1843
The Victorian Baker Cafe 2640 Main St.	(310) 392-4956
Wildflour 2807 Main St.	(310) 452-7739
World Café 2640 Main St.	(310) 392-1661
Yose Restaurant 2435 Main St.	(310) 255-0680

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Abbot's Habit 1401 Abbot Kinney Blvd	(310) 399-1171
Abbot's Pizza Co 1407 Abbot Kinney Blvd	(310) 396-7334
Agra Indian Kitchen 2553 Lincoln Blvd.	(310) 396-8749
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Cafe Del Rey 4451 Admiralty Way	(310) 823-6395
California Pizza Kitchen 3345 Fiji Way	(310) 301-1563
Casa Escobar 14160 Palawan Way	(310) 822-2199
Chart House 13950 Panay Way	(310) 822-4144
The Cheesecake Factor 4142 Via Marina	(310) 306-3344
Chin Chin 13455 Maxella Ave Ste 266	(310) 823-9999
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Harbor House Restaurant 4211 Admiralty Way	(310) 577-4555
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Sapori Ristorante 13723 Fiji Way	(310) 821-1740
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Budget gap could reach $53 million without cuts

FROM **BUDGET** PAGE 1

Councilman Bob Holbrook, though, said City Hall may have to make cuts to its non-traditional programs that most cities don't fund. The priorities, he said, should be the core functions of city government — public safety and maintenance.

If City Hall is going to bring spending in line with revenue projections for the next five years, Councilman Bobby Shriver said the council will have to look at its biggest spending category — employees' salaries. He said it will be impossible to achieve the kinds of savings that the budget outlook calls for without reducing compensation costs.

Seventy-one percent of City Hall's budget is spent on salaries and benefits.

> "THINGS ARE SO MUCH WORSE IN VIRTUALLY EVERY OTHER PLACE."
>
> Richard Bloom
> Councilman

The council is scheduled to hold budget workshops on May 25 and 26 before adopting a budget June 15.

nickt@smdp.com

Vikings make college plans

FROM **ROUNDUP** PAGE 1

ter explaining the situation.

"CIF hardly ever overturns a decision," Verdugo said. "I knew we did nothing wrong."

Baltizar was allowed to play in last night's Ocean League game against Hawthorne, but results from the game were unavailable at presstime.

Verdugo expects Baltizar to immediately contribute. He said he wasn't sure if she'll crack the starting lineup against Hawthorne, but she will play significant minutes.

Although she wasn't allowed to suit up for games, CIF-SS rules allowed for her to continue practicing with the team. Verdugo said that time gave the power forward the opportunity to learn the plays and her teammates' habits.

Her versatility in both the post and handling the ball gives the Vikings a dual threat who can pound it inside or stroke it from distance,

"She's like a female version of Charles Barkley," he said. "She's already getting a lot of college attention."

> "NEW INFORMATION WAS PRESENTED TO THE COMMISSIONER BY THE FAMILY THAT RESULTED IN REVERSING HIS DECISION,"
>
> Thom Simmons,
> CIF-SS's director of communications

VIKINGS MAKE COLLEGE DECISIONS

With just days until National Signing Day, a pair of Santa Monica football players have decided where they will take their next snaps.

Quarterback Garrett Safron is expected to accept an offer to play for Sacramento State, a Big Sky Conference team. Defensive end Keelan Malone has decided on Villanova, a team fresh off the 2009 Division I Championship.

Both players have been offered full scholarships. They join linebacker Luke Zelon, who will play for Harvard, as the only players who have made their college choices clear. Head Coach Travis Clark said that safety Jared Onouye and wide receiver Mike Smith are still in talks with several colleges. National Signing Day is Feb. 3.

"I'm so excited for these guys and their families," Clark said. "Not everyone gets an opportunity to play college football."

He said that sending players on to play collegiate ball helps his younger players see the big picture.

"This gives them something to be inspired about," Clark said. "It shows them that their coach is going to work hard to place them into college."

YOUTH MOVEMENT SHOWS SIGNS

A year removed from a trip to the semifinals of the CIF-SS Division 6AA playoffs has Pacifica Christian's boys basketball team experiencing a few growing pains.

A team heavy on underclassmen has struggled to a 7-12 record, but Head Coach Kevin Kelsey sees more than just losses piling up.

He sees improvement.

"We're hanging in there," he said. "We're getting better."

Playing its first year in the Heritage League hasn't made things easier for the Seawolves. After a 24-4 season last year, the powers that be moved them into a tougher league that has proven difficult to compete in. The Seawolves started league play 0-3, but a win over Los Angeles Lutheran on Tuesday gave Kelsey reason to believe that things are on an uptick.

"There's no nights off," Kelsey said of the new league. "We have to be more consistent."

Most of the team's steady contributions come from sophomore center Zach McMillan, who is averaging 19 points and 17 rebounds a contest. Kelsey said he'd like to feed him the ball even more, but opposing teams realize he's their top performer and scramble extra defenders to deny him the ball in the post.

Kelsey said he expects the return of sophomore point guard JR Walker will take some of the burden off of McMillan.

Walker will start tonight against Hillcrest Christian at Willows Community School in Culver City at 7:30 p.m. This will be a rematch of a 84-68 Hillcrest victory.

Kelsey points to Hillcrest's Britton Doerbecker as the man his frontcourt will have to stop. Instead of assigning Walker the task of slowing down Doerbecker and his 22 point average, he will give that job to guards Kevin Hammer and Chris Aronson.

He said he wants to "save" Walker's energy for offense.

daniela@smdp.com

Zinn fought for civil rights

FROM OBIT PAGE 3

the guest list.

Oliver Stone was a fan, as well as Springsteen, whose bleak "Nebraska" album was inspired in part by "A People's History." The book was the basis of a 2007 documentary, "Profit Motive and the Whispering Wind," and even showed up on "The Sopranos," in the hand of Tony's son, A.J.

Zinn himself was an impressive-looking man, tall and rugged with wavy hair. An experienced public speaker, he was modest and engaging in person, more interested in persuasion than in confrontation.

Born in New York in 1922, Zinn was the son of Jewish immigrants who as a child lived in a rundown area in Brooklyn and responded strongly to the novels of Charles Dickens. At age 17, urged on by some young Communists in his neighborhood, he attended a political rally in Times Square.

"Suddenly, I heard the sirens sound, and I looked around and saw the policemen on horses galloping into the crowd and beating people. I couldn't believe that," he told the AP.

"And then I was hit. I turned around and I was knocked unconscious. I woke up sometime later in a doorway, with Times Square quiet again, eerie, dreamlike, as if nothing had transpired. I was ferociously indignant. ... It was a very shocking lesson for me."

War continued his education. Eager to help wipe out the Nazis, Zinn joined the Army Air Corps in 1943 and even persuaded the local draft board to let him mail his own induction notice. He flew missions throughout Europe, receiving an Air Medal, but he found himself questioning what it all meant. Back home, he gathered his medals and papers, put them in a folder and wrote on top: "Never again."

He attended New York University and Columbia University, where he received a doctorate in history. In 1956, he was offered the chairmanship of the history and social sciences department at Spelman College, an all-black women's school in then-segregated Atlanta.

During the civil rights movement, Zinn encouraged his students to request books from the segregated public libraries and helped coordinate sit-ins at downtown cafeterias. Zinn also published several articles, including a then-rare attack on the Kennedy administration for being too slow to protect blacks.

He was loved by students — among them a young Alice Walker, who later wrote "The Color Purple" — but not by administrators. In 1963, Spelman fired him for "insubordination." (Zinn was a critic of the school's nonparticipation in the civil rights movement.) His years at Boston University were marked by opposition to the Vietnam War and by feuds with the school's president, John Silber.

Zinn retired in 1988, spending his last day of class on the picket line with students in support of an on-campus nurses' strike. Over the years, he continued to lecture at schools and to appear at rallies and on picket lines.

Besides "A People's History," Zinn wrote several books, including "The Southern Mystique," "LaGuardia in Congress" and the memoir, "You Can't Be Neutral on a Moving Train," the title of a 2004 documentary about Zinn that Damon narrated. He also wrote three plays.

One of Zinn's last public writings was a brief essay, published last week in The Nation, about the first year of the Obama administration.

"I've been searching hard for a highlight," he wrote, adding that he wasn't disappointed because he never expected a lot from Obama.

"I think people are dazzled by Obama's rhetoric, and that people ought to begin to understand that Obama is going to be a mediocre president — which means, in our time, a dangerous president — unless there is some national movement to push him in a better direction."

Zinn's longtime wife and collaborator, Roslyn, died in 2008. They had two children, Myla and Jeff.

Council appointment debate set for Feb. 23

FROM COUNCIL PAGE 1

bers they're interested won't necessarily be included on the list, raising concerns about transparency.

The decision is a departure from the process used to fill the seat vacated last year by the death of City Councilman Herb Katz, when City Hall solicited applications and ended up with 27 contenders. The panel eventually appointed Santa Monicans for Renters' Rights co-chair Gleam Davis to the council with a majority vote in February.

The process that led to Davis' appointment sparked criticism that council members had given applicants false hope they could be appointed.

The council on Tuesday voted 4-1 not to solicit applications to fill the vacancy, with Councilman Kevin McKeown casting the dissenting vote. Mayor Pro Tem Pam O'Connor was not present at the meeting.

City Councilman Bobby Shriver opposed soliciting applications from the community because he said only a small group of individuals has any chance of being appointed.

At Tuesday's meeting he named four individuals he believes have a legitimate shot at being appointed to the seat, and said participating in a process that gives the impression a broader pool of applicants will be considered is disingenuous.

The people he named were: Planning Commissioner Ted Winterer, former Planning Commissioner Terry O'Day, former school board member and SMRR co-chair Patricia Hoffman and school board member Oscar de la Torre.

In an interview he said it's conceivable names could be added to that list, but said soliciting applications from the public at large would give rise to false hopes.

"Telling people that there's anything other than a political process going on [is] just not right," he said.

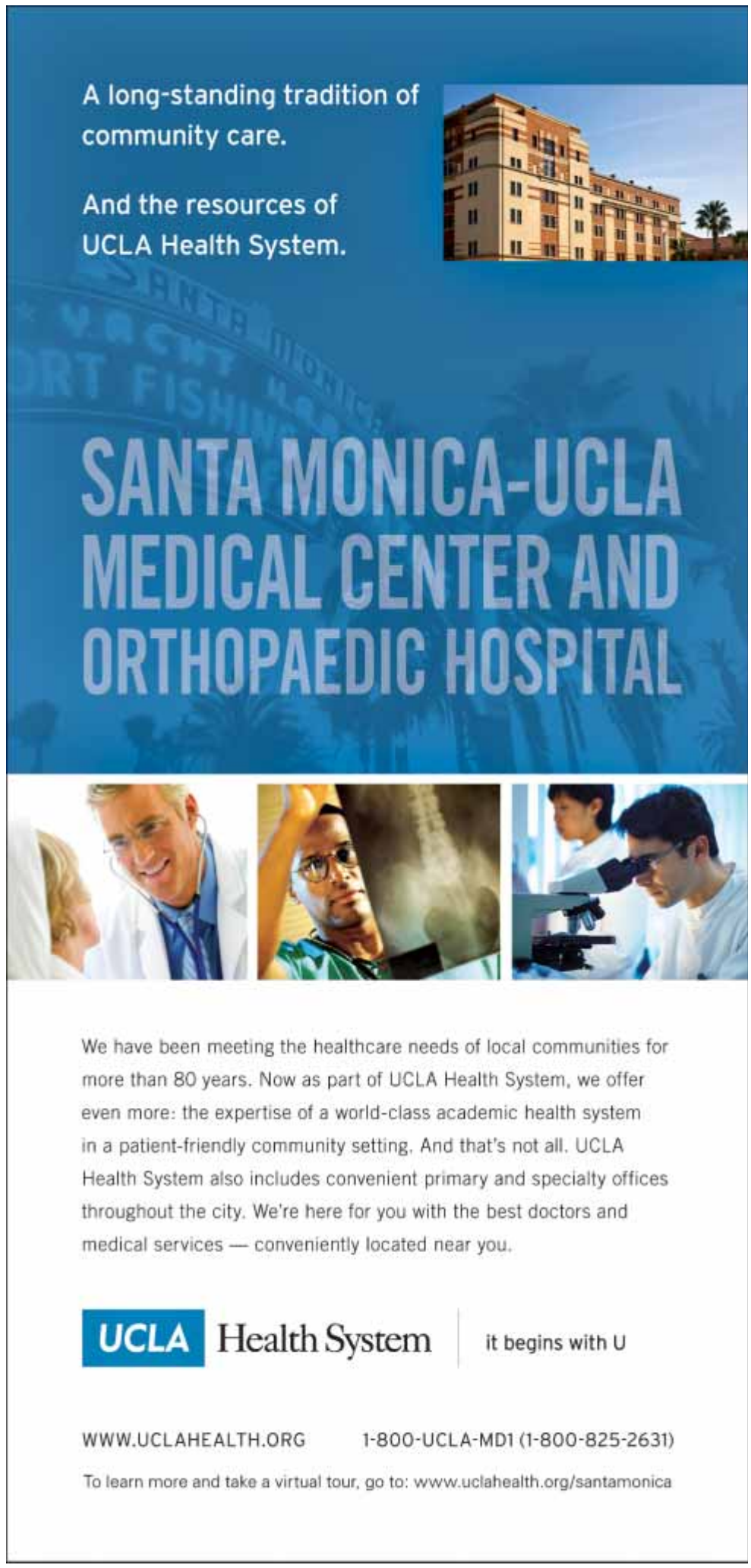
McKeown said he favored asking for applications as a way to make the process as transparent as possible. He suggested Tuesday night that applicants for the council seat also be considered for City Hall commissions and boards, which he said would make the process more inclusive and help promote civic involvement.

"Rather than trying to fix perceived problems with the appointment applications, the council majority simply threw up its hands and declared that it's an insider process, so live with it," he said. "We could have done much better to promote community transparency and political sustainability."

Anyone who is registered to vote in Santa Monica and resides in the city is eligible for the position. The council will attempt to appoint a new member Feb. 23. If no candidate gets a majority vote a special election would be triggered.

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Weeks after Haiti quake, food aid falls too short

BEN FOX &
VIVIAN SEQUERA
Associated Press Writers

PORT-AU-PRINCE, Haiti Whether locked up in warehouses or stolen by thugs from people's hands, food from the world's aid agencies still isn't getting to enough hungry Haitians, leaving the strongest and fittest with the most.

The newly homeless of the rubble-strewn Bizoton slum say they haven't gotten food, water or help with shelter in the two weeks since the earthquake.

"If it rains now, that's it," Wilson St. Ellis, 50, a father of eight, said Wednesday amid plastic sheets stretched here and there as flimsy shields against the elements.

Where donated rice, beans or ready-to-eat meals are being distributed, crowds quickly become unruly, with young men pushing ahead and grabbing food bags from women and the weak. U.N. peacekeepers fire pepper spray and Haitian police swing sticks to restore control.

"These people are just hungry," U.N. spokesman Vincenzo Pugliese said of the thousands thronging food distribution points, where he said U.N. peacekeepers were reinforcing security.

Food remains scarce for many of the neediest survivors despite the efforts of the United Nations, the U.S. military and dozens of international aid groups. Relief experts say the scale of this disaster and Haiti's poor infrastructure are presenting unprecedented challenges, but Haitian leaders complain coordination has been poor.

"Many mistakes have to be rectified in order to bring help to the people who need it," President Rene Preval complained to reporters.

In a bid to improve food distribution, representatives of the U.N., the U.S., the Haitian government and private aid groups met Wednesday, and afterward Donal Reilly of Catholic Relief Services said they decided to divide Port-au-Prince into zones, designating a major aid agency to be responsible for delivering U.N. food to each sector.

Meanwhile, in a stunning development so long after the 7.0-magnitude tremor collapsed thousands of buildings in Port-au-Prince and beyond, French rescuers pulled a 17-year-old girl Wednesday from the rubble of a home near the destroyed St. Gerard University.

The last confirmed such rescue occurred Saturday, 11 days after the quake, when a man was extricated from the ruins of a hotel grocery store. A man pulled from rubble Tuesday said he had been trapped not on Jan. 12, the day of the quake, but during an aftershock. At least 135 people have been unearthed by rescue teams since the quake, which killed an estimated 200,000 people.

On food aid, the U.N. World Food Program (WFP), which says it has reached 450,000 people, urgently appealed to governments for more cash for Haiti supplies — $800 million to feed 2 million people through December, more than quadruple the $196 million already pledged.

The food agency says rising tensions and security incidents — "including people rushing distribution points for food" — have hampered deliveries. But since the massive relief effort's first days, other problems have also delayed aid — blocked and congested roads, shortages of trucks, a crippled seaport and an overloaded Port-au-Prince airport.

"The unblocking of the logistical bottlenecks is an absolute priority," the European Commission said Wednesday, describing a seven-day backlog of 1,000 relief flights seeking permission to land at the single-runway airport.

The senior U.S. officer in Haiti said Haitian families simply cannot rely on any particular location for rations.

Food is "flooding" into the city, Lt. Gen. Ken Keen told reporters, "but it's being delivered pretty much in terms of where we can get to and where we can distribute it," not always in locations that are "sustained every day."

At some regular distribution points, such as near the Champs de Mars, the central plaza where thousands of homeless are living, daily food handouts have drawn crowds of frantic people. Desperation boiled over earlier this week and Uruguayan peacekeepers retreated as young men rushed forward to grab U.S.-donated bags of beans and rice. A pregnant woman collapsed and was trampled.

Elsewhere as well, the strong have preyed on the weak, prying donated food from their arms.

"These things should be done is a systematic way, not a random way," said Dr. Eddy Delalue, who runs a Haitian relief group, Operation Hope. "It's survival of the fittest: The strongest guy gets it."

At one squatter settlement Julia Jean-Francois, 25, clutching a grocery bag filled with small packets of donated water, told of her encounter with food robbers.

"I lost all the rice, beans and oil that were distributed last week. A group of young men shoved me and grabbed the bags and ran away," said Jean-Francois, whose mother was killed in the quake.

An hour later, she said, one of the men returned and offered to sell her the same food for the equivalent of $18. She refused, relying instead on a communal kitchen she formed with homeless neighbors.

She said Haitian police patrolling nearby did nothing while people were robbed. "We complained, and they got into their truck and left," she said.

As she spoke Wednesday, a gang of youths pushed into a line of people waiting for water, shoving an elderly woman, who screamed and swung her bucket at their heads.

Port-au-Prince street vendors can be seen openly selling U.S.-donated rice by the cupful from bags marked "not for resale."

Fears of official corruption surrounding the food aid also are surfacing.

Paul Coroleuski of the U.S.-based Convoy of Hope, which has distributed aid in Haiti for three years, said he has more than 100 tons of food in a Port-au-Prince warehouse ready to hand out, but it has been delayed for days by Haitian officials who say they will take over distribution.

Private agencies like his worry that Haitian officials "will do what they always have done, which is the government takes care of the government and the people are secondary," he said.

Haitian officials denied the government plans to take over food distribution from private agencies.

Coroleuski's frustration and distrust of the government is echoed in Port-au-Prince's streets.

"If they turn it over to the Haitian government, they would take it all for themselves," said Muller Bellegarde, 30, as he waited for food in the unrelenting tropical sun.

Haitians remember that when the government took charge of delivering international aid to the city of Gonaives after deadly hurricane floods in 2008, much of it ended up sold on the black market.

California default notices fall 24 percent

ELLIOT SPAGAT
AP Business Writer

SAN DIEGO Mortgage default notices for California homeowners fell 24 percent during the fourth quarter, suggesting the worst might be over for foreclosures in entry-level markets while problems spread to pricier neighborhoods, a research firm said Wednesday.

There were 84,568 default notices filed from October through December, down from 111,689 during the previous three-month period but up 12 percent from 75,230 during the same period of 2008, MDA DataQuick reported.

The latest tally is down 38 percent from the peak of 135,431 in the first quarter of 2009 and marks the third straight quarterly decline. MDA DataQuick cautioned that the peak number was inflated by new notification requirements that delayed some foreclosures in 2008.

However, default notices are climbing in mid- and high-end neighborhoods, as homeowners who were able to make payments longer than those in entry-level markets feel the results of the recession and job losses, said MDA DataQuick president John Walsh.

The state's most affordable markets accounted for 35 percent of all defaults in the latest quarter, down from 52 percent of all defaults a year ago. Those markets account for about one of every four homes.

In upscale Orange County, for example, default notices increased 24 percent from a year earlier. Defaults also rose sharply in Santa Barbara, Santa Cruz and other markets on the coast.

On the flip side, default notices fell 13 percent in Merced County, which was hammered early in the foreclosure crisis. The hard-hit Inland Empire, east of Los Angeles, showed declines or only slight increases.

Notices of default are the first step in the formal foreclosure process.

The number of homes actually lost to foreclosure totaled 51,060 in the most recent quarter, up 2 percent from 50,013 during the previous three months and up 11 percent from 46,183 during the same period of 2008.

The latest number is down 36 percent from an all-time high of 79,511 in the third quarter of 2008.

The results show that Californians are still working through a period of easy credit from several years ago, San Diego-based MDA DataQuick said.

Loans defaulting in the fourth quarter had a median origination in July 2006, same as the third quarter. The median origination was June 2006 in the same period of 2008, meaning the market has worked through only one month of bad loans last year.

"Mid-2006 was clearly the worst of the 'loans gone wild' period, and it's taking a long time to work through them," Walsh said.

Gary Painter, director of University of Southern California's Lusk Center for Real Estate, said the numbers underscore how homeowners in high-end neighborhoods were able to stave off foreclosure longer than others.

"The people at the bottom end of the market are going to walk away first," he said. "I think the worst in the starter home market is over but it is still historically high. It's just not as bad as it was, but we have turned that corner."

It is too early to say foreclosures across the market peaked or that the housing market overall has rebounded, Painter said.

"We're not going to see — for the next year certainly — any huge spikes in prices," he said.

MDA DataQuick analyst Andrew LePage agreed that it's too early to say foreclosures overall have turned the corner. Late payments on home loans — a step prior to filing a default notice — have risen over the last year, suggesting there may be lots of foreclosures to come.

Still, a return to the "dark days of 2008" is unlikely in entry-level markets like the Inland Empire and Merced County in central California.

"We're not through yet but a huge percentage (of subprime loans have) already been flushed through the system," he said. "It's still pretty bad by historical standards."

The drop in defaults comes as banks come under pressure in Washington to ease the terms of troubled home loans.

Banks lowered mortgage payments for 172,288 California borrowers through December under the Obama administration Making Home Affordable program launched in March, but only 7.8 percent of those modifications were permanent, according to government data.

The absence of permanent modifications fuels questions about how long defaults will continue to fall, LePage said.

"There's still a lot of uncertainty about how the distress will play out the next year or two," he said.

Still, the decline in defaults indicates that banks are turning more to short sales and loan renegotiations, Walsh said. A short sale is when the seller owes more than the house is worth, and the lender is willing to take the loss to exit the investment.

"A lot of the mortgage loans that are in distress are being kept out of the foreclosure process," said Celia Chen, senior director of Moody's Economy.com.

Countrywide had more defaulted loans than any other lender with 5,588, followed by Wells Fargo at 3,482, Washington Mutual at 3,460 and Bank of America with 1,760. Last quarter's default rate on loans that originated in the second half of 2006 ranged from 1.5 percent for Bank of America to 13.1 percent for World Savings.

Increased patient cost-sharing may hurt elderly

ALICIA CHANG
AP Science Writer

LOS ANGELES Higher Medicare copays, sometimes just a few dollars more, led to fewer doctors visits and to more and longer hospital stays, a large new study reveals.

With health care costs skyrocketing, many public and private insurers have required patients to pay more out-of-pocket when they seek care. The new study confirms what many policymakers had feared: cost-shifting moves can backfire.

"Patients may defer needed care and may wind up with a serious health event that might put them in the hospital. That's not good for the patients, not good for society, not good for anybody," said Dr. Tim Carey, who heads the University of North Carolina's Sheps Center for Health Services Research.

Carey had no role in the research, published in Thursday's New England Journal of Medicine.

The study included nearly 900,000 seniors in 36 Medicare managed-care plans from 2001 to 2006. During that period, half of the plans raised copays for visits to doctors and specialists. Researchers compared medical use patterns in those plans with use in similar Medicare managed-care plans that kept copays the same. Copays for prescription drugs remained unchanged in all plans.

Among plans that increased patient cost-sharing, the average copay for a doctor visit roughly doubled, from $7.38 to $14.38. The copay to see a specialist jumped from $12.66 to $22.05. By contrast, the average copay for unchanged plans was $8.33 to see a doctor and $11.38 to see a specialist.

For every 100 people enrolled in plans that raised copays, there were 20 fewer doctor visits, 2 additional hospital admissions and 13 more days spent in the hospital in the year after the increase compared to those in plans whose copays did not change, researchers found.

The trend was most pronounced among blacks, people living in lower-income neighborhoods and those with chronic illnesses such as diabetes, high blood pressure or heart disease.

The results suggest that raising copays to contain costs is counterproductive, said Dr. Amal Trivedi, assistant professor of community health at Brown University, who led the study. Not only may it lead to higher health care spending, but patients also suffer, he said.

"Outpatient care for elderly adults, particularly those with chronic diseases, is very valuable and may not be something you want to discourage by having a large copayment," Trivedi said.

The study was funded by grants from Pfizer Inc. and the federal government.

The findings echo previous studies on increased patient cost-sharing. When California's Medicaid program introduced a $1 copay in 1972, it led to an 8 percent decline in doctor visits and a 17 percent increase in hospital days.

Cal State moves to improve graduation rates

THE ASSOCIATED PRESS

LONG BEACH California State University is launching a systemwide campaign to improve its college graduation rates.

The initiative announced Wednesday at the CSU Trustees meeting in Long Beach calls for increasing the six-year undergraduate graduation rate from 46 percent to 54 percent by 2016.

The 23-campus system also wants to close the gap in completion rates between underrepresented minorities and other students.

Each campus will use a variety of strategies to help more students finish their degrees, such as requiring them to meet with academic counselors, declare majors earlier or attend summer remedial classes before freshman year.

But skeptics question whether the university can boost degree completion rates when budget cuts have led to big fee increases, fewer instructors and more difficulty getting classes.

EPA to visit town with high birth defect rate

NOAKI SCHWARTZ
Associated Press Writer

LOS ANGELES An Environmental Protection Agency official has said he will visit a California farm town near the largest toxic waste dump in the West, but the agency has no plans to formally investigate birth defects there.

Jared Blumenfeld, administrator for the EPA's Pacific Southwest region, said Wednesday he plans to visit families in Kettleman City next week to discuss the situation. The state is conducting its own health study, which is expected to be released in February.

"The families in Kettleman City are demanding answers as to what caused this human health tragedy and the EPA is working diligently with our state and local partners to get answers to those questions," he said.

While the federal agency isn't launching its own investigation, Blumenfeld said he is making sure that "every enforcement, regulatory and permitting action that should've been taken has been taken."

The Kings County Board of Supervisors recently approved expansion of the Chemical Waste Management Inc. waste site that sits just outside Kettleman, a town of 1,500 halfway between Los Angeles and San Francisco. The dump expansion still needs state and federal approval and opponents have filed suit to stop it.

Residents and activists, who rallied outside the U.S. EPA Region 9 headquarters in San Francisco on Wednesday, were pleased by Blumenfeld's interest.

"The fact that the head of Region 9 is going to speak at the rally and meet with leaders after the rally and is coming to Kettleman is unprecedented," said Bradley Angel, with Greenaction, a group that has been working alongside residents. "They're certainly looking more into the issue than ever before."

The dump's owners support a health study but have said there's no evidence linking the facility to the birth defects.

Of 20 children known to have been born in Kettleman City between September 2007 and November 2008, five had a cleft in their palate or lips, according to a health survey by activists. Three of those children have since died.

Statewide, clefts of the lip or palate routinely occur in fewer than one in 800 births, according to California health statistics. Along with those health problems, activists point to the high asthma and cancer rates in the community.

BreAnda Northcutt, spokeswoman for state EPA head Linda Adams, said the agency is very interested in the results of the state's study.

"Cal EPA is very concerned about the health concerns raised by residents and is working closely with the California Department of Public Health to ensure that the issue is examined closely," she said in an e-mail.

Attorney: Mental exam delayed in Fort Hood case

ANGELA K. BROWN
Associated Press Writer

FORT WORTH, Texas Army officials agreed to delay a mental evaluation for the man suspected of going on a shooting spree at Fort Hood until after a military court hearing that will determine if he will stand trial, his attorney said Wednesday.

Defense attorney John Galligan told The Associated Press he received a letter Wednesday from Col. Morgan Lamb, a Fort Hood brigade commander who has been appointed to oversee judicial matters in the case of Maj. Nidal Hasan.

Lamb said Hasan's mental exam will be delayed until after his Article 32 hearing, which is similar to a civilian grand jury proceeding, but the three-member board of military health professionals can start reviewing documents in the case, Galligan said.

Fort Hood officials did not immediately return a call Wednesday. It's unclear when the Article 32 hearing would be held.

Hasan, an Army psychiatrist, is charged with 13 counts of murder and 32 counts of premeditated murder in the Nov. 5 shooting on the Texas Army post near Killeen, about 150 miles southwest of Fort Worth. He was paralyzed from gunshot wounds that day and remains in a San Antonio military hospital.

Galligan said he was pleased with the evaluation delay, calling it "a major development," but said he still doubted that Hasan could get a fair trial.

But Galligan expressed concern that the two civilian members of Fort Hood's police force credited with shooting Hasan and ending the rampage would be guests of the first lady during President Barack Obama's State of the Union speech Wednesday night.

"When they're parading key witnesses in front of the nation, it's disturbing," Galligan said.

Before Lamb's ruling, the panel, called a sanity board, was to interview and do tests on Hasan as early as Feb. 8 and report its findings by month's end.

The panel will determine whether Hasan had a severe mental illness at the time of the shooting, and if so, his clinical psychological diagnosis, whether that prevented him from knowing at the time that his alleged actions were wrong, and if he is competent to stand trial, according to military law.

Galligan had requested the delay, citing his lack of military files related to Hasan's mental status and a potential conflict of interest with the panel. Galligan said one member taught at the medical school when Hasan was a student, and the attorney asked for an all-civilian panel.

Lamb denied a request for civilian mental health experts to be on the panel, Galligan said, adding that "we will continue to fight that."

Lamb approved Galligan's request for more documents — including academic and performance evaluations, records indicating Hasan was at risk of psychosis and minutes of meetings in which Hasan allegedly discussed his religious concerns.

Lamb also will allow a forensic psychologist on the defense team to be present for Hasan's evaluation, Galligan said.

NYC leaders debate site of 9/11 trial

KAREN MATTHEWS
Associated Press Writer

NEW YORK Where should the men accused of planning the Sept. 11 terrorist attacks be tried? Not here, say New York City business and community leaders whose list of alternatives includes military bases, federal prisons and a 172-acre island in New York Harbor.

Even Mayor Michael Bloomberg, who previously supported the Obama administration's decision to hold the trial in New York, appeared to change his mind. "If they were to move it elsewheres, I'd be very happy with that," Bloomberg said Wednesday.

When U.S. Attorney General Eric Holder announced last month that professed Sept. 11 mastermind Khalid Sheikh Mohammed and four accused accomplices would be tried in federal court in lower Manhattan, the initial outcry was over trying them in a civilian court. Critics warned that the trial would give the men a world stage to spout anti-U.S. rhetoric.

Downtown Manhattan civic leaders and the Real Estate Board of New York say they have no problem with a civilian trial, but it should be somewhere else.

"We cannot do that again to lower Manhattan," said real estate board President Steven Spinola, whose group has set up a Web site, www.MoveTheTrial.com.

Julie Menin, chairwoman of Community Board 1 in lower Manhattan, said the Justice Department should consider "outside-the-box" ideas for a trial venue — places such as Governors Island, a former military base in New York Harbor that now welcomes summertime picnickers and bike riders; the U.S. Military Academy at West Point or Stewart Air National Guard Base in Newburgh, N.Y.

Community Board 1, a quasi-governmental body whose jurisdiction encompasses the federal courthouse and the nearby World Trade Center site, sent a letter to Holder on Wednesday requesting a study for "appropriate alternatives" within New York's southern judicial district.

No date has been set for the trial, which could take years. Stepped-up security will make it an expensive proposition.

Bloomberg has estimated the cost at $216 million for the first year after the suspects arrive in Manhattan from Guantanamo Bay, Cuba. After that, the mayor said it would cost $200 million annually for as long as the men are detained in the city — mainly overtime for extra New York Police Department patrols.

Bloomberg and other New York elected officials have called on the federal government to foot the bill.

Spinola of the real estate board said the steep price tag for security is only part of the problem.

"What's the economic impact on the city of New York?" he asked. "The restaurants in Chinatown, the small stores in lower Manhattan? This is just the wrong place to put the trial."

Dean Boyd, a Justice Department spokesman, said, "We are aware of the impacts that added security can have on neighboring communities, and we will work closely with local officials to minimize disruptions to the community to the greatest extent possible, consistent with security needs."

Colorado pot dispensaries stump for regulation

COLLEEN SLEVIN
Associated Press Writer

DENVER Colorado lawmakers have an unlikely ally in their first attempt to curb the state's booming medical marijuana industry: owners of the some of the shops that sell pot.

Many dispensary owners say they're on board with regulations if they give them uniform guidelines and avert a more severe crackdown like one approved this week in Los Angeles. Hundreds of Los Angeles pot shops face closure after the City Council voted Tuesday to cap the number of dispensaries in the city at 70.

The Colorado proposal — which a legislative committee approved 6-1 Wednesday — would make it more difficult for recreational pot users to become legal medical marijuana patients. It would bar doctors from working out of dispensaries, make it illegal for them to offer discounts to patients who agree to use a designated dispensary, and require follow-up doctor visits.

Most of the 150 people at the hearing opposed the bill. Many of them worry it will cost them hundreds of dollars on top of the $90 annual fee they pay to register as a medical marijuana user.

William Chengelis said he can't get his regular Veterans Administration doctors to sign off on medical marijuana and said buying pot illegally and paying the $100 fine would be cheaper than paying a private doctor for follow-up visits.

"I cannot afford this bill," Chengelis told lawmakers.

In response, the committee backed allowing the state to waive the $90 fee for those who can't afford it. Sponsor Sen. Chris Romer, D-Denver, said he would also see if there was a way to allow dispensaries to reimburse veterans for doctor visits.

While some advocates see any regulations as a violation of the medical marijuana law passed by voters in 2000, many dispensaries say they welcome the certainty that more regulation would provide.

"We're saying we really can't operate without any rules," said Matt Brown, a medical marijuana patient and leader of a coalition of about 150 dispensaries and over 1,000 patients.

Erik Santos, who operates a dispensary out of an office building in a trendy part of Denver's downtown section, thinks it makes sense to limit large marijuana growers to industrial areas and keep dispensaries out of residential areas. He wants lawmakers to pass laws now before even more dispensaries open up and prevent those with possible criminal ties from giving the industry a bad name.

Another bill still in the works could set up more regulations on dispensaries and suppliers.

Colorado cities are also looking to lawmakers to pass regulations. Hundreds of dispensaries have popped up across the state — in empty storefronts, office buildings and even a historic movie theater.

Some cities have passed moratoriums on pot shops as they figure out how to regulate them and wait for more guidance from the state. The Denver suburb of Centennial voted to ban dispensaries and close a shop that had already opened, but a court blocked that move.

"Everyone is waiting to see what happens this (legislative) session," said Mark Radtke, a lobbyist for the Colorado Municipal League.

Dino feathers were reddish-orange

SETH BORENSTEIN
AP Science Writer

WASHINGTON Scientists have for the first time confirmed color in a dinosaur. Don't think purple Barney, but reddish-orange Conan O'Brien.

The first solid proof of pigmentation has been spotted in the fossilized tail feathers of a smallish meat-eating dinosaur found in China and named Sinosauropteryx. The creature seems to have russet colored rings, according to a paper published online Wednesday in the journal Nature.

That 125 million-year-old tail has the same internal cellular coloring agents as the hair of a red-haired person, said study lead author Mike Benton, a professor of paleontology at the University of Bristol in England. And the same finding provides what some outside experts say is even more conclusive evidence that some dinosaurs had feathers, further linking them to birds.

Benton and his colleagues didn't actually see the reddish color itself. Using an electron microscope, they spotted the specific cellular signs of the color. An earlier study by another group of researchers and Benton's team found similar cellular color hints in prehistoric bird feathers.

Drawings of dinosaurs show them in all sorts of hues, usually duller Earth tones such as brown and gray, but scientists have only speculated on their coloring. As their connection to birds came to light, so did the idea of brighter colors. But until now, there was no proof of any coloring.

Before Benton's technique, which is likely to be copied with other dinosaur fossils, paleontologists had to look to a dinosaur's anatomy to guess at colors, said famed dinosaur expert Paul Sereno at the University of Chicago. The color and the feathers were probably used for display, like a peacock, he theorized. Sereno, who wasn't part of Benton's team, called it a "landmark paper" that gives us "a sneak peek at how they might have appeared when alive."

"That's really cool just to be able to pin down this aspect," said University of Maryland paleontologist Thomas Holtz Jr., who wasn't part of the discovery team. "It does sort of help bring a more complete view of the living creature ... and further from just being a bunch of bones."

This dinosaur was "a dinky little guy," Holtz said. Adult Sinosauropteryx were about three feet long, but the tail accounted for more than half of that length and it had a long neck, so "there's not a lot of dinosaur there," he said. It fed on small mammals, sort of like a prehistoric roadrunner, he said.

While some dinosaurs are rather closely connected to birds evolutionarily, Sinosauropteryx is not. It was around earlier than the beginnings of birds and is the "most primitive feathered" dinosaur, Benton said. And those feathers, early in their evolutionary development, resemble tiny bristles, less than one-fifth of an inch tall, he said.

COMMENTARY

Tiger's new world of getting better

TIM DAHLBERG
AP Sports Columnist

Hello, I'm Tiger Woods and I'm a sex addict.

Those might be the toughest words Woods ever had to say, assuming, of course, he stood up and said them at a clinic in Mississippi.

That's also assuming Woods is currently residing at the Pine Grove Behavioral Health and Addiction Services clinic in Hattiesburg, though photos taken by a certain tabloid suggest it to be true. If so, the world's greatest golfer is under the care of a superstar in his own field, sexual addiction treatment pioneer Patrick Carnes.

Unfortunately for Woods, greatness on the greens doesn't count in group therapy. Unlike golf, he has hardly any way of controlling what goes on.

It begins the same way for all. You can't be treated until you acknowledge there's a problem.

"I don't know if he can stand up and say it," said celebrity shrink Dr. Drew Pinsky, who hosted a VH1 sexual addiction reality show. "But it's a key component of these things."

For now, the frantic hype over where Woods is has begun to subside, if only because the consensus is that he indeed is behind guarded gates. The paparazzi have, for the most part, left Hattiesburg, driven out by a new fence encircling the clinic and the fact the money shot has already been taken.

Desperate times reportedly drove Woods to a place he never would have imagined.

It's easy to see why. There's no driving range, no chipping green to work on the short game. So far, no one has spotted Woods at the nearby athletic club where patients sometimes pump a little iron.

And if Woods thought preparing for the Masters was tough, he's likely now spending long days filled with lectures, group sessions and the ever-present 12-step program every patient must conquer. Patients must dress a certain way, address each other a certain way and, most importantly, can never touch another patient without permission.

Cell phones are left at home.

"These kind of programs are very structured," said Maureen Canning, a clinical consultant for sexual compulsive programs at the Meadows treatment facility in Arizona. "It's basically a 12-hour day every day, plus homework."

Treatment centers like the Meadows and Pine Grove are places where people end up only when the consequences are so painful they have no choice. For some it's divorce, while for others it's a lost job, jail or even disease.

National scorn? Well, that, too.

Indeed, for Woods the pain has to be magnified by the fact he's such a public figure. People cheered his every move, dreamed of what it would be like to be him.

Behind it all, though, may have lurked a very different person.

"Most sex addicts are extremely lonely emotionally," Canning said. "They look really good. They're intelligent, bright and personable. But emotionally, they're lonely because they don't know how to feel feelings or allow anyone close. They confuse the intensity of sex with that of intimacy."

Canning says the best part of her job is helping a patient sift through his or her life to find the underlying reasons behind the addiction. For almost all, she says, there was a traumatic incident in childhood, anything from being spanked to more extreme things.

Often, it has something to do with the parent of the opposite sex.

That, at least, is Carnes' theory and that of his followers in a relatively new field. There are other skeptics who believe the whole thing is a bunch of psycho babble and that some people, mostly men, are inclined to want to have sex with reasonably attractive people of the opposite sex because it's in their DNA to do so.

The American Psychiatric Association does not list sex addiction as a diagnosable mental disorder, and there are no real statistics on how many people it might affect or the cure rate.

"It is what alcohol was 25 or 30 years ago," Canning said. "People don't want to talk about it and, because of the shame, people don't have a lot of places to go. They stay isolated in their pain and behavior."

If Woods is to change that behavior, his wife, Elin, likely will need to play a role. Spouses are encouraged to join some of the therapy because they are considered part of the overall problem.

"There's a reason that person chose to be with that identified addict and that tells you that person needs to do a bit of work, too," said Pinsky, an addiction specialist and longtime radio advice show host. "It's often difficult to get them to do so because they're thinking 'Why should I be doing anything when I'm so betrayed?' But you do hope in Tiger's case that his wife commits to the relationship and appreciates the effort."

That's the short version anyway.

"We actually did a whole Oprah on this," Pinsky said.

Don't count on seeing Woods on "The Oprah Winfrey Show" anytime soon. The six weeks of inpatient therapy is just the beginning for a program that can stretch up to five years.

This long-term program is much like one for alcohol or drug addiction, which means making sure Woods' environment is structured so he doesn't have the urge or opportunity for sex outside his marriage. Usually that involves having someone around to make sure he stays out of trouble and keeps up with his 12-step meetings.

That can be tricky for someone who travels around the world to make a living, especially if his wife and kids aren't along. Woods will have to abide by new rules, and his Vegas haunts will surely be out.

He may find it particularly difficult to adjust to a confining lifestyle while trying to regain his dominance on the golf course.

The reward is that it may be the only thing that can save his marriage.

The bonus is that it may some day also help salvage his reputation.



SURF REPORT

Surf Conditions **Water Temp:** 58°

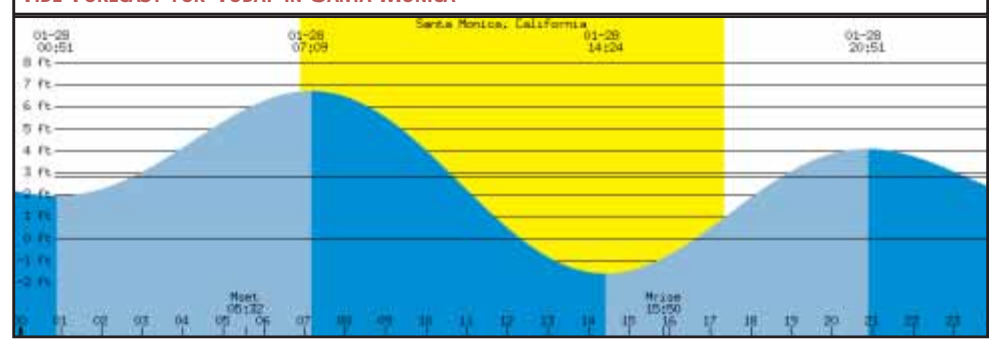
Swell Forecast

The NW swell should back off to chest+. A smidgen of southern hemi should mix with the wrap to help south facing breaks see some waist to chest high sets.

Long Range Synopsis

Looks smaller, perhaps just waist+ at west facing breaks.

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 20, 2010**

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

QUICK STATS (in last 28 days)

- Number of sewage spills -- 0
- Number of beach closures due to a sewage spill -- 0
- Number of wet days -- 12
- Number of A grades for dry/wet weather -- 43 / 10
- Number of (C,D,F) grades for dry/wet weather -- 4 / 34

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+	A+
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+	A+
Walnut Creek, projection of Wildlife Rd. (private).	A	F
Paradise Cove Pier at Ramirez Canyon Creek mouth.	A	B
Escondido Creek, just east of Escondido State Beach.	A	F
Latigo Canyon Creek mouth.	A+	A+
Solstice Canyon at Don Blacker County Beach.	A	B
Puerco State Beach at creek mouth.	A	D
Marie Canyon storm drain at Puerco Beach, at 24572 Malibu Rd..	A+	F
Surfrider Beach at Malibu Colony fence.	A+	F
Surfrider Beach (breach location)- daily.	F	F
Malibu Pier - 50 yards east.	A	F
Carbon Beach at Sweetwater Canyon.	A+	A+
Las Flores State Beach at Las Flores Creek (paint zero).	A+	F
Big Rock Beach at 19948 PCH stairs.	A	F
Pena Creek at Los Tunos County Beach.	A+	F
Tuna Canyon.	A+	ns
Topanga State Beach at creek mouth.	B	F
Castlerock Storm Drain at Castle Rock Beach.	A+	F
Santa Ynez Storm Drain at Castle Rock Beach.	A+	F
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+	F
Will Rogers State Beach at Pulga Canyon storm drain.	A+	F
Will Rogers State Beach at Temescal Canyon drain.	A+	F
Will Rogers State Beach at Santa Monica Canyon drain (Chautauqua).	A+	F
Santa Monica Beach at Montana Ave. drain.	A+	F
Santa Monica Beach at Wilshire Blvd. drain.	A+	F
Santa Monica Municipal Pier.	C	F
Santa Monica Beach at Pico/Kenter storm drain.	A	F
Santa Monica Beach at Strand St. (in front of the restrooms).	A+	F
Ocean Park Beach at Ashland Ave. drain.	A+	C
Venice City Beach, at the Rose Ave. storm drain.	A+	F
Venice Beach at Brooks Ave. drain.	A+	F
Venice Beach at Windward Ave. drain.	A+	F
Venice Fishing Pier - 50 yards south.	A+	F
Venice Beach- projection of Topsail St..	A+	F
Marina del Rey, Mothers' Beach- lifeguard tower.	F	F
Dockweiler State Beach at Ballona Creek mouth.	A	F
Dockweiler State Beach at Culver Blvd. drain.	F	F
North Westchester Storm Drain at Dockweiler State Beach.	A+	F
Dockweiler State Beach at World Way (south of D&W jetty).	A+	F
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+	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 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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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.

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
12:00, 2:15, 4:30, 6:45, 9:05

Imaginarium of Doctor Parnassus (PG-13) 2hrs 02min
12:30, 3:30, 6:30, 9:30

The Princess and the Frog (G) 1hr 35min
12:15, 2:40, 5:05

To Save a Life (PG-13) 2hrs
1:30, 4:15, 7:00, 9:45

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

The Tooth Fairy (PG) 1hr 42min
1:20, 4:00, 6:50, 9:30

Up in the Air (R) 1hr 49min
1:35, 4:10, 6:45, 9:20

It's Complicated (R) 1hr 54min
1:10, 4:15, 7:10, 10:00

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

Legion (R) 1hr 40min
12:05, 2:30, 5:10, 7:45, 10:15

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

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

The Young Victoria (PG) 1hr 59min
1:20, 4:10, 7:00, 9:40

Crazy Heart (R) 2hr 07min
1:30, 4:20, 7:10, 9:55

A Single Man (R) 1hr 55min
1:40, 4:30, 7:20, 9:50

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

The Blind Side (PG-13) 2hrs 6min
1:00

Youth in Revolt (R) 1hr 30min
12:10, 2:20, 4:40. 7:20, 9:30

The Book of Eli (R) 1hr 58min
11:30am, 2:10, 3:50, 4:50, 7:40, 9:50, 10:30

The Lovely Bones (PG-13) 2hrs 15min
1:10, 4:10, 7:10, 10:10

Extraordinary Measures (PG) 1hr 46min
Noon, 2:30, 5:00, 7:30, 10:00

The Spy Next Door (PG) 1hr 32min
11:40am, 2:00, 4:20, 6:40, 9:00

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

All smiles, Cancer

ARIES (March 21-April 19)
★★★ Some misunderstandings are more difficult to handle than others. You might be better off listening to what the other side has to say. Sometimes there is more value in being receptive than in acting. Tonight: Easy works.

TAURUS (April 20-May 20)
★★★★★ Keep talks moving, and refuse to lock onto a point of misunderstanding. Opt for the point of understanding. You will do better if you keep the higher cause in mind. Understand what needs to happen here. Tonight: Know what you want.

GEMINI (May 21-June 20)
★★★ Curb a tendency to make someone feel as if he or she has to hold back. You might need to rethink a situation more carefully. Investigate options that allow greater exchange for both parties. Then you can really create a great idea, event or talk! Tonight: Take a hard look at your budget.

CANCER (June 21-July 22)
★★★★★ You have the wherewithal to change the very nature of a situation. Your ability to grasp the dynamics involved is critical. A misunderstanding might be just that. Don't put all your power and energy into it. Tonight: All smiles.

LEO (July 23-Aug. 22)
★★★ Partners know how to work the unexpected, like it or not. You might feel as if you have little recourse than to go along with a financial partner. You really do have options, but you might not be comfortable with them. Understand your limits and work within a key framework. Tonight: Take your own advice!

VIRGO (Aug. 23-Sept. 22)
★★★★ Zero in on a meeting where you have a greater opportunity to have your point heard and at the same time find supporters. You could be more than overwhelmed with a certain situation involving a way-too-unpredictable partner. Tonight: Where the action is.

LIBRA (Sept. 23-Oct. 22)
★★★ Stay on top of work, despite the fact that you might want to take a walk or go for a drive. As strange as it sounds, your nervous energy could be preventing you from accomplishing more. Listen to what a child shares. Tonight: A must appearance.

SCORPIO (Oct, 23-Nov. 21)
★★★★★ Dig into your imagination for answers. You could be taken aback by another person's seemingly great solution. See what works for you, and understand the many possibilities. If need be, do find an expert. You want different ideas, don't you? Tonight: Choose the unusual.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★★ Understanding evolves if and when you sit down and have a long-overdue conversation. Not everyone needs to understand where you are coming from. Examine your different choices and listen to what someone shares. Tonight: Make it cozy.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ Your ability to see past the obvious emerges. You understand what many don't: the complexity of an issue. Open up to the potential of change and understanding. See what happens if you talk with a friend more openly. Tonight: Defer to others.

AQUARIUS (Jan. 20-Feb. 18)
★★★★ Your sense of direction comes through in many different ways. Realize what you can do to change the tides. Understand you are but one person. Think through an upcoming offer. Do you really want to take on any more work? Tonight: Easy works.

PISCES (Feb. 19-March 20)
★★★★★ Don't expect others to see through the same lens as you. Your experiences are different and, in some way, far richer. Listen to news with an open mind, then consider if you want to do anything about it at all. Tonight: Fun times are here.

Happy birthday

This year proves to be unique in its own right. Experiencing a period like this one might not occur again for a long time. You have many options, but they all demand hard work and focus. Claim your power, but avoid wild spending. Your finances will expand, though you might want to pull back some. If you are single, you have more to offer than you think. Remain sensitive to your needs. If you are attached, the two of you might want to take up a mutual hobby or pastime. CANCER is nurturing but also sometimes has demanding expectations.

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

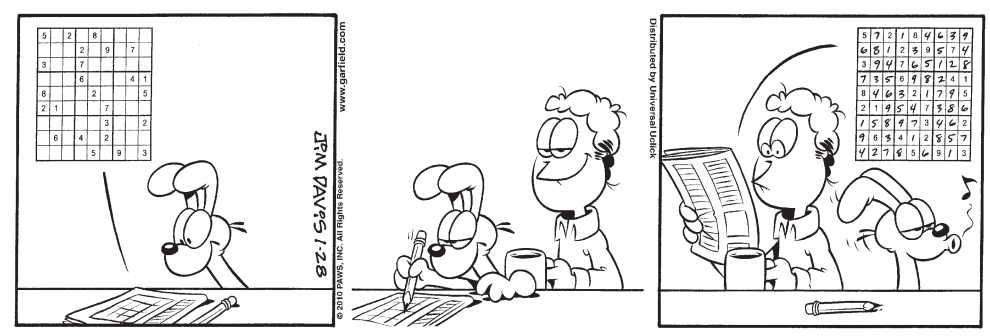
Girls and Sports
By Justin Borus and Andrew Feinstein



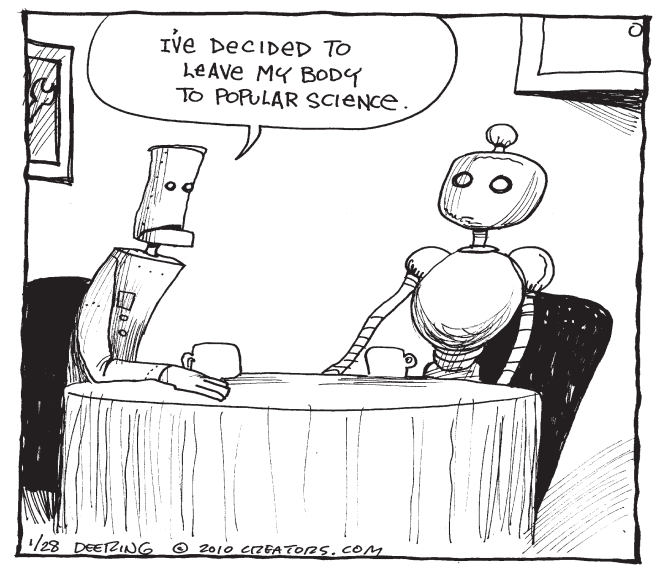
The Meaning of Lila
By John Forgetta & L.A. Rose



Garfield
By Jim Davis



Strange Brew
By John Deering



Speed Bump
By Dave Coverly



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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 ★★★

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

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

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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 Folder parts
5 Closet pairs
10 Huron neighbor
11 "Street-car" cry
12 Ore source
13 Stock-piled
14 Moving like a duck
16 Trivial
20 Leave work
23 Large snake
24 Tolerate
25 Annoy
27 Father's pride
28 Brain-based
29 Hawking
32 Forming into small pools
36 Grownups
39 Words of under-standing
40 Stately dance
41 Thin board
42 Wrong
43 Towel embroi-dery

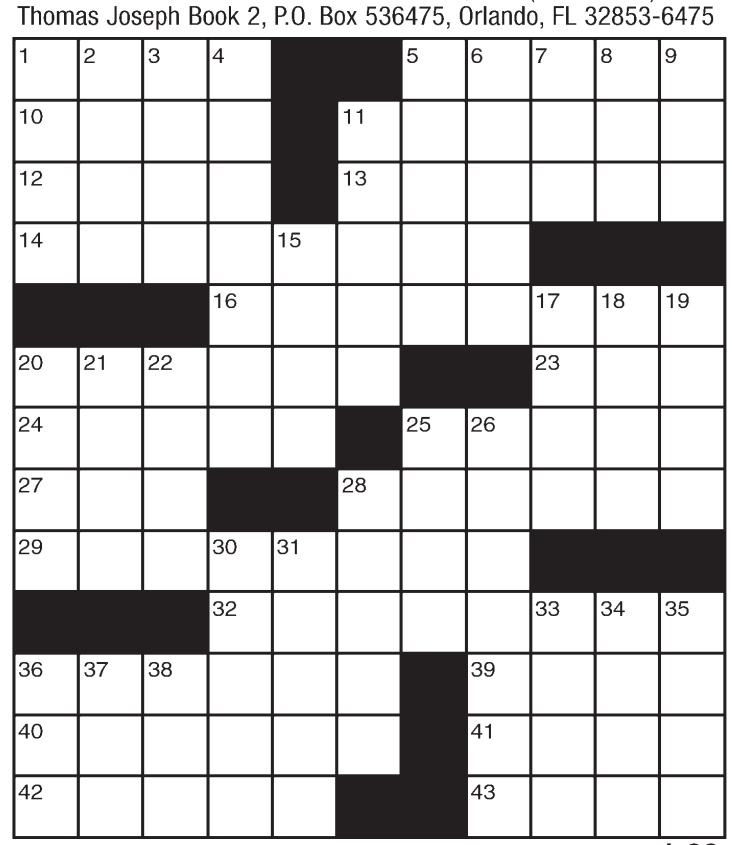
DOWN

1 Office helper
2 Diva's song
3 Tough spot
4 Bean container
5 Get to one's feet
6 Katherine of "Grey's Anatomy"
7 Dated
8 Bulldog backer
9 — Salvador
11 Trombone part
15 Green shade
17 "Yeah, sure!"
18 Flaring star
19 High-lander
20 Sound of surprise
21 Bassoon's kin
22 Hart's mate
25 Await
26 These words, for example
28 Center
30 Subpar grade
31 Mando-lins' kin
33 Vacation spot
34 Approach
35 Under-stands
36 Dr.'s org.
37 Underlit
38 Numerical prefix

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

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



1-28

DAILY LOTTERY

MEGA MILLIONS: 7 8 38 39 48
Meganumber: 22
Jackpot: $144M

SUPER LOTTO PLUS: 6 25 35 39 45
Meganumber: 23
Jackpot: $14M

FANTASY 5: 7 22 24 25 36

DAILY 3: MIDDAY: 3 3 3
EVENING: 7 0 7

DAILY DERBY:
1st: 12 Lucky Charms
2nd: 06 Whirl Win
3rd: 11 Money Bags
RACE TIME: 1.49.13

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

■ New York City, under Mayor Bloomberg's leadership, has taken aggressive positions against cigarette-smoking and restaurant dishes made with trans fats, but the city's Department of Health is apparently more tolerant regarding heroin. A recently released, department-funded 16-page pamphlet instructs heroin users on "safer" ways to inject the drug (and suggests, if the first needle stab misses a vein, the more healthful course is to pull out and begin anew rather than try to maneuver the syringe). Of course, the booklet contains several warnings against any use of heroin, but those, obviously, are messages habitually ignored by addicts.

■ In December, Portuguese dancer Rita Marcalo, seeking to raise public awareness of the tragedy of epilepsy (which has afflicted her for 20 years), performed a 24-hour "show" at a West Yorkshire, England, theater in which she attempted to trigger an epileptic seizure on stage. She had stopped taking medication beforehand and continually stared into flashing strobe lights, but was unsuccessful. However, in the second part of her project (which has been funded by an Arts Council grant of the equivalent of about $20,000), she will continue the quest, but only in front of cameras, hoping to capture a seizure for a subsequent video production.

TODAY IN HISTORY

1915 An act of the U.S. Congress creates the United States Coast Guard.

1916 Louis D. Brandeis becomes the first Jew appointed to the United States Supreme Court.

1917 Municipally owned streetcars take to the streets of San Francisco, California.

1918 Finnish Civil War: Rebels seized control of the capital, Helsinki, and members of the Senate of Finland go underground.

1921 A symbolic Tomb of the Unknown Soldier is installed beneath the Arc de Triomphe in Paris to honor the unknown dead of World War I.

WORD UP!

panjandrum
\pan-JAN-druhm\ , noun;
1.An important personage or pretentious official.

Santa Monica Daily Press

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Roomates
Commerical Lease
Real Estate
Real Estate Loans
Storage Space
Vehicles for Sale
Massage
Services
Computer Services
Attorney Services
Business Opportunities
Yard Sales
Health and Beauty
Fitness
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Sgl, st, fr, pkg, cpt, ldry **$800**
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This statement was filed with the County Clerk of LOS ANGELES County on 12/9/2009. NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 1/7/2010, 1/14/2010, 1/21/2010, 1/28/2010

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South of Wilshire	$898,000	$624,000
Sunset Park	$1,049,000	$599,000
Ocean Park	$1,700,000	$585,500

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