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APRIL 4-5, 2009
Volume 8 Issue 129

Santa Monica Daily Press



LATIN FLAVORS GO GLOBAL
SEE PAGE 6

We have you covered

THE PRETTY YOUNG THING ISSUE

Expo board in favor of Colorado alignment

BY MELODY HANATANI
Daily Press Staff Writer

DOWNTOWN L.A. Officials with the Exposition Construction Authority on Thursday got the green light from its board of directors to continue pursuing Colorado Avenue as the route the light rail will take through Santa Monica.

The authority will now spend the next several months responding to the roughly 3,000 pieces of communications it received during the draft environmental impact report's public comment period, which ended March 27.

"We're going to be responding to comments which might entail contacting people to get clarification on their comments or discuss with them what it is our response would be," Monica Born, the project director for

SEE EXPO PAGE 10

District focuses on communication

BY MELODY HANATANI
Daily Press Staff Writer

SMMUSD HDQTRS The Santa Monica-Malibu Unified School District might be one of the best organizations of its kind in the state but that doesn't mean it couldn't use some help in communicating that assessment.

That's according to a recent audit of the district's communication practices, techniques and approaches, finding that while there isn't necessarily a problem with the way officials are disseminating information

SEE DISTRICT PAGE 13



Brandon Wise *brandonw@smdp.com*

COOL CUT: **Stylist Cheryl Vasquez creates a new look for customer Natalia Nemeth at artlab salon on Montana Avenue.**

Businesses brave financial storm

BY MELODY HANATANI
Daily Press Staff Writer

OCEAN PARK BLVD The skyrocketing unemployment rate and the increasingly growing presence of going-out-of-business signs and bankruptcy filings all crossed Ingrid Morgan's mind when she decided to start a restaurant.

But for the British native, who opened the Sunset Cafe in February, starting a business was a life-long dream.

With her sister, Michelle, and friend, Alyson Wyatt, the three Brits decided to open the restaurant at the former home of the Sunset Grill on Ocean Park Boulevard, changing the name but hiring the same chef and essentially keeping the menu intact, adding a few specialties from their home country.

"We're in a rough economy but we're doing OK," Morgan, who also works at the British Consulate-General's office in Los Angeles, said. "We're hanging in there."

A dauntingly tough financial time, which has forced consumers to cut back on spending, has done little to discourage entrepreneurs from opening up shop in Santa Monica over the past year, some of whom actually report that business has been good.

David Abrams, who in November opened artlab on Montana Avenue with business partner Jason Lara, said that the hair salon has received a steady stream of clients over the past several months, pointing out that his other business, LuxeLab, which is located next door, is enjoying its best year to date.

He believes the issue specifically with Montana Avenue, which has seen more than 30 businesses leave in the past year, has less to do with the recession and more with a natural rebirth.

"It's spurred by the already-in-motion changes that are starting to happen," Abrams said.

David Choi, an assistant professor of entrepreneurship at Loyola Marymount University, said a new venture's chances of surviving depend on the type of business, noting that retailers of a high-end products or services might have a lot of trouble since those are the areas in which consumers are staying away.

"Anything that is not a necessity but a luxury right now would not be a good time," he said.

SEE BUSINESSES PAGE 11

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



Jr. Chefs of America
Sur La Table at the Farmers' Market
6333 Third St., 4 p.m. — 8 p.m.
All aspiring young chefs between ages 10 and 18 are welcome to come to the open casting call for the "Jr. Chefs of America first annual WEBISODE cooking contest." Existing Jr. Chefs will also be present for a special cooking demonstration, along with Top Chef Fabio Viviani. Pre-register at www.jrchefsofamerica.com to reserve your audition time. Auditioning is free, and prizes are worth over $500.

Shot in Santa Monica: 'Nomads'
Ocean Park Branch Library
2601 Main St., 2 p.m.
Join the Ocean Park Branch Library for a screening of "Nomads," a 1986 film starring Pierce Brosnan and Lesley-Anne Down. Brosnan plays Dr. Charles Pommier, a French anthropologist who dies while in pursuit of other-worldly creatures. With his dying breath, he confides his discoveries to Dr. Eileen Flax (Down). As the movie progresses, keep an eye out for familiar Santa Monica scenery! Call (310) 392-3804 for more information.

'My Father's Dragon'
Morgan-Wixson Theatre
2627 Pico Blvd., 11 a.m. — 12:30 p.m.
Small children will love this creative romp through the magical worlds of Tangerina and Wild Island. Their mission: to save a baby dragon. This is the West Coast premiere of this interactive production. Tickets are $6, and there is another performance on Sunday. Call (310) 828-7519 for more information.

Duke Ellington Celebration
UCLA, Schoenberg Music Building
2 p.m. — 7 p.m.
UCLA music students are celebrating Duke Ellington's 110th Birthday with a music festival. Performances will include student jazz groups and the UCLA Philharmonia later in the evening. This event is free and open to the public. Call (310) 206-3033 for more information.

Ninjafest 4
Santa Monica Beach
2030 Ocean Ave., 10 a.m.
Do you think you can run the course? "Ninja Warrior," a hot Japanese obstacle course show responsible for American spin-offs like Wipeout, is coming to Santa Monica. Sign yourself up to run the course and see if you could be the next Ninja Warrior. The first 75 fans who show up will get a free T-shirt.

Sunday, April 5, 2009

Beach party!
Santa Monica Beach
10 a.m. — 1 p.m.
World class instructors from a variety of martial arts disciplines will descend on Santa Monica Beach for three hours of high impact fun. People are encouraged to participate in 30 minute sessions of the discipline of their choice to experience the full range of martial arts available and choose the one that's right for them. The event costs $20. Call (310) 246-0943 for more information.

'Desperate Writers: The Final Draft'
Edgemar Center for the Arts
2437 Main St., 2 p.m. and 7 p.m.
In this screwball comedy, two writers with everything to lose go to unusual lengths to get their script read by a movie producer. Performances are Fridays and Saturdays at 8 p.m. as well. Tickets cost $25. Call (310) 399-3666 for more information.

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.



Surfers save the ocean

BY ASHLEY ARCHIBALD
Special to the Daily Press

OCEAN PARK BEACH Actress Tanna Frederick remembers the first time she got up on a wave. She was learning to sail and decided on a whim to try surfing as well — one less thing between her and the "amazing playground" the native Iowan had found in the ocean.

"It's weird because it's indescribable," Frederick said of surfing. "It's like Disneyland — you can't put it into words."

Suddenly her life changed dramatically.

There was a new schedule: asleep at 7:30 p.m., up by 6:30 a.m. and surfing through the morning. It was this intimate connection with the sea that brought Frederick face-to-face with the problem of pollution, especially when conditions got so toxic that surfers were banned from the waves.

She decided she was going to do something about it.

This Sunday Frederick and Shaun Tomson, featured in the surf documentary "Busting Down the Door," will host Project Save Our Surf, a surf-a-thon at Ocean Park Beach in Santa Monica to raise money for the international ocean conservation group Oceana.

Celebrity and professional surfers including Michelle Rodriguez ("Lost"), David Chokachi ("Baywatch"), Rob Machado, and World Champion of International Professional Surfing P.T. Townend will surf for sponsors to raise money and awareness for Oceana.

The event runs from 9:30 a.m. to 3 p.m. with participants surfing five-hour shifts, while also carving it up during free-style sessions. For the casual surfer, five hours is a long time to be in the water, fighting the pull of the ocean and wrestling with the waves.

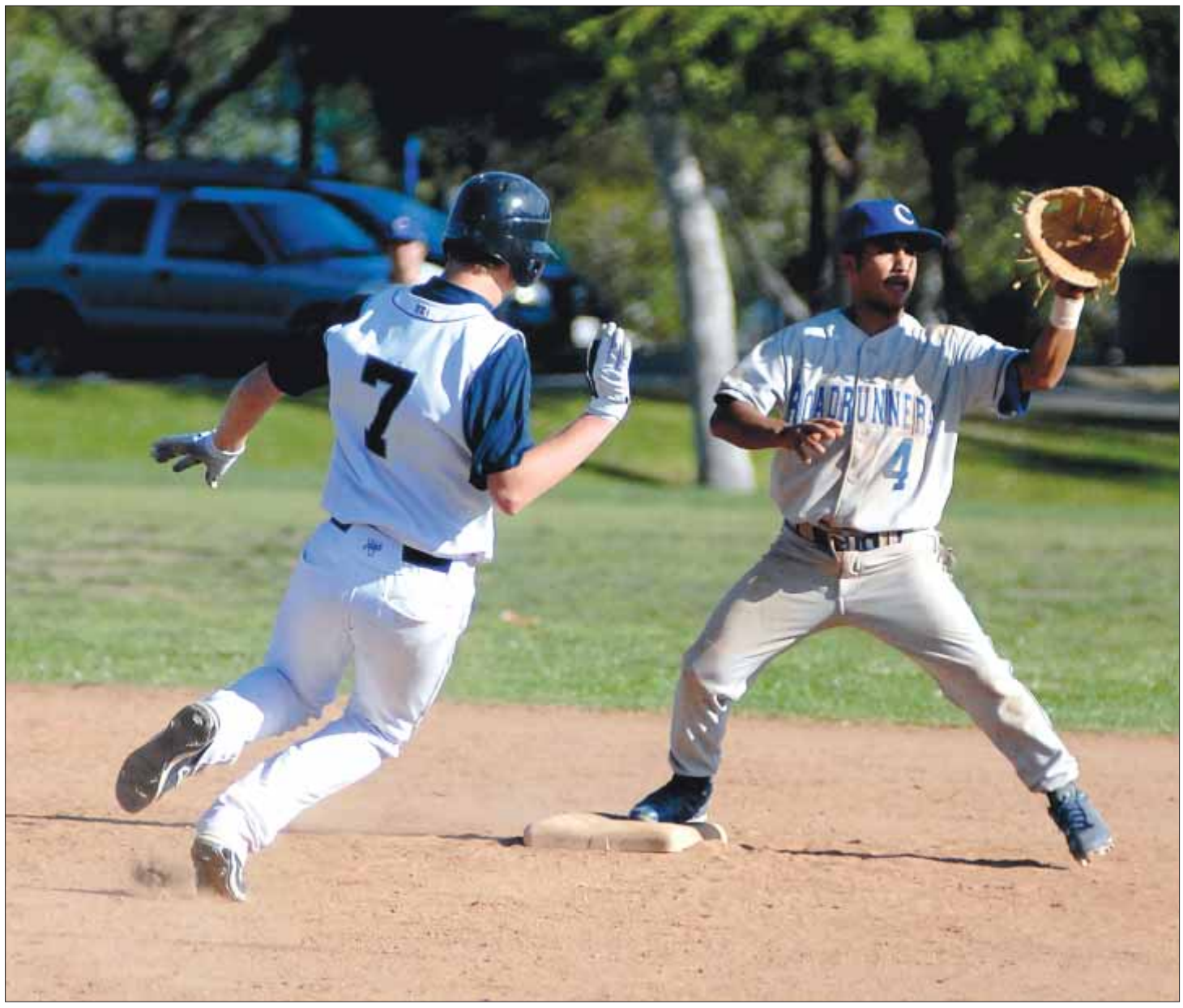
But this is nothing compared to the last surf-a-thon Frederick hosted.

"Last time it was a 24-hour event, so people were doing really long periods of time," she said. "This one is just a bit shorter."

For those who prefer the sand to the surf, the line-up includes a host of activities from free massages to a musical performance by Birdsong and the Eco-Wonders. Kids will enjoy face-painting and team relay races.

The evening will culminate with a celebrity gala at the Shutters on the Beach Ballroom. Actor Noah Wyle will co-host a

SEE **SURFERS** PAGE 12



Morgan Genser *news@smdp.com*

TURNING TWO: **Crossroads' Andres Leyva turns a double play against Viewpoint High School earlier this season. The Roadrunners are 7-1.**

Seniors pace Crossroads baseball

BY DANIEL ARCHULETA
Managing Editor

CROSSROADS It's amazing what a little senior leadership can do.

Led by a trio of veterans, Crossroads' baseball team is enjoying a breakout season. After a pair of losing seasons, which didn't produce a playoff appearance, the Roadrunners have raced out to 7-1 record.

Co-Head Coach Matt Amido gives much of the credit for the impressive start to his seniors, adding that their leadership has been crucial in the development of a team that is comprised of a number of underclassman. Due to a lack of participation, the school decided to combine both the varsity and junior varsity squads this season.

"[The seniors] are the kind of guys who get to practice early," Amido said. "They are keeping everybody accountable."

Senior second baseman Jason Snyder said that he and fellow seniors Jaysen Chariamonte and Caleb Hodge like to play the roles of good cop, bad cop to get across to the younger players.

"Our main leader is Caleb Hodge, he plays the bad cop," Snyder said. "He yells at everybody. Jaysen and I are like the good cops.

"It is kind of the best of both worlds."

Snyder, who is also the team's closer, said the strategy appears to be working, yet gives most of the credit for the strong start to the squad's younger players.

"We have a lot of young talent this year," he said. "That, combined with senior leadership, has given us a really good chemistry.

"We work hard and win."

Part of that hard work has come in the pitching department. Former JV Head Coach Pat Armstrong has joined Amido as co-head coach this season and apparently the duo have discovered a winning rap-

SEE **BASEBALL** PAGE 10

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

For the record

Editor:

While we hate to beat a dead horse, we feel compelled to clarify two stories that ran in SMDP this week.

First, about that CARB fine story: Yes, CARB fined BBB last year for a record keeping violation that was discovered – and promptly corrected – in 2007. But because BBB makes every effort to operate an eco-friendly service, here's how we quickly met and exceeded CARB requirements:

• Our 186 large buses have always successfully passed "opacity tests" (aka a smog test for diesel-powered buses). These tests meant BBB met the CARB regulation to reduce particulate matter emissions by 40 percent from the 2005 baseline.

• In 2007, CARB informed BBB that test results for our 14 smaller buses had to be included in the calculation of that 40 percent reduction. Although BBB tested smaller buses prior to 2007, we didn't realize that test receipts needed to be included in CARB reports. Staff immediately collaborated with CARB to develop and successfully implement a compliance plan within 12 weeks.

In a nutshell: the fine was for a technical mistake that was remedied and cannot be replicated, since we also took the following steps to exceed CARB standards from now on:

• Voluntarily installing devices that have the highest emissions reducing rates available on our small buses, lowering pollutants by 85 percent.

• Designating professional staff to liaison with CARB liaison so we can stay ahead of the curve on state regulations

So locals and other riders should rest assured that they can continue to brag about our entire fleet exceeding all CARB emission-lowering regulations by 11.9 percent. And with plans to introduce electric hybrid vehicles next year, air quality in Santa Monica will continue to be stellar thanks to BBB efforts.

Now, about that horse-drawn carriage story: why not? Everything old is new again, right?

Stephanie Negriff
Director of Transit Services
Big Blue Bus

Baseball is the pasttime

Of the home and of the Braves
Of Ruthian proportions
And Maglie's closer shaves
The outings of the innings
Are of three and then by nine
Except for those with extra ones
The beautiful design
A sport they play without a clock
On fields ever green
With seventh inning stretches
In its parks oh so serene
And little boys they run around
Their hearts before their feet
They tease the ever jealous fan
Whose glove lies by the seat
Good or evil, know not which
To sacrifice or steal
To argue with the umpire
The imminent appeal
We idolize our heroes
Who epitomize our dreams
Oh baseball is the glove where hearts
Break well before the seams

Ivan Smason
Santa Monica



Modern Times

Lloyd Garver

Send comments to editor@smdp.com

The queen and I

PRESIDENT OBAMA AND FIRST LADY Michelle recently visited the queen of England in Buckingham Palace. Although the event obviously took place in England, for me it was yet another "only in America" event. In what other country could Michelle and Barack Obama come from where they were born and raised and end up visiting the queen? If you used that time machine you have in the garage, and went back a few decades and were driving through the Southside of Chicago or the streets of Honolulu, and you pointed to young Michelle and/or young Barack and you told your passenger, "Some day he (or she) is going to have a private audience with Queen Elizabeth," you would have been put away faster than you could say, "totally delusional." But there they were in Buckingham palace.

We Americans probably have even more affection for the institution of the British monarchy than the Brits themselves. Part of the charm of places like the Britannia Pub and Ye Olde King's Head is that they are foreign, but not too foreign. We wouldn't want to have a king or queen, but we think it's great that they do. We love the tradition, the pomp, even the absurdity of it. Most of us will never get to meet the queen mum, so we can only enjoy a visit with her majesty vicariously, as with the president's recent visit.

I know I did. I couldn't help thinking what it would be like for me to be in Buckingham Palace shaking hands with the queen and Prince Phillip. Barack and Michelle are far more sophisticated than I am, but there had to be at least a moment of, "Can you believe we're actually going to visit the queen?" Which, if they're like most couples, was probably followed up by, "Yes, but what I can't believe is that you're wearing that tie to Buckingham Palace."

I can imagine my wife giving me last-minute advice in the car. "Now, not everyone in the world cares about basketball. Don't ask the queen if she had a good bracket for the Final Four."

When we pulled up to the palace, I'd be struck by a moment of panic when I'd turn to my wife and ask, "Are you sure this is the right night? Check the invitation. What if we messed up and it's next week?"

Once actually in the queen's presence, I don't think I'd be able to resist asking her what we'd all like to ask her: "What's up with the purse? You carry it wherever you go, and you clutch onto it for dear life. You've got a zillion guards. Who do you think is going to steal your purse?"

And if there were a lull in the conversation -— because I wasn't bringing up basketball — it's just possible I'd say, "So, your majesty, it doesn't look like the recession has hurt you at all. Just look at this place, your majesty. Your job is pretty secure, isn't it?"

Sticking with tradition, the Obamas and the royal couple exchanged gifts. If you ask me, there's a good chance that both couples will be "re-gifting" these items around Christmas. The president and his wife gave the queen an iPod and a book of songs signed by Richard Rodgers. I would've gone for something more personal — a bottle of wine from our basement, maybe flowers from our garden, possibly some home-baked mandel bread. The queen gave the Obamas a silver-framed portrait of her and her husband. In my fantasy, I have enough self control to wait until I get back to the car before asking the question, "Who gives a picture of themselves as a gift?"

THE QUEEN GAVE THE OBAMAS A SILVER-FRAMED PORTRAIT OF HER AND HER HUSBAND. IN MY FANTASY, I HAVE ENOUGH SELF CONTROL TO WAIT UNTIL I GET BACK TO THE CAR BEFORE ASKING THE QUESTION, 'WHO GIVES A PICTURE OF THEMSELVES AS A GIFT?'

Knowing me, sometime during the visit, I'd probably try to show off my knowledge of the British language. As I ignore my wife's dirty looks, I'd say something like, "I was really brassed off by all the traffic on the way here from our flat. The Bobbies stopped all the lorries because some bloke nicked someone's breakfast bangers. Which way to the bloomin' loo?"

I guess what this all means is that President Obama and Michelle suggest that everyone in America can grow up and meet the queen. I, on the other hand, suggest, "not everyone."

LLOYD GARVER has written for many television shows, ranging from "Sesame Street" to "Family Ties" to "Home Improvement" to "Frasier." He has also read many books, some of them in hardcover. He can be reached at lloydgarver@gmail.com. Check out his Web site at lloydgarver.com and his podcasts on iTunes.

WRITE A LETTER TO THE EDITOR
EMAIL TO: EDITOR@SMDP.COM OR FAX TO (310) 576-9913
Santa Monica Daily Press
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PUBLISHER
Ross Furukawa
ross@smdp.com

EDITOR IN CHIEF
Kevin Herrera
editor@smdp.com

MANAGING EDITOR
Daniel Archuleta
daniela@smdp.com

STAFF WRITER
Melody Hanatani
melodyh@smdp.com

STAFF PHOTOGRAPHERS
Brandon Wise
brandonw@smdp.com
Morgan Genser
news@smdp.com

CONTRIBUTING WRITERS
Bill Bauer, David Pisarra, Meredith Carroll, Kenny Mack, Jack Neworth, Lloyd Garver, Taylor Van Arsdale, Dane Robert Swanson, Ryan Hyatt, Steve Breen, Elizabeth Brown, Merv Hecht, Ron Scott Smith Mike Heayn, Brian Hepp Mariel Howsepian, Cynthia Citron, Amanda Cushman, Steve Parker and Phyllis Chavez

CONTRIBUTING PHOTOGRAPHER
Fabian Lewkowicz

NEWS INTERNS
Catherine Cain, Ashley Archibald, Rob Lawrence, Teddy Leshnick
news@smdp.com

PHOTOGRAPHY INTERNS
Raymond Solano, Rachel Dardashti
news@smdp.com

ADVERTISING SALES MANAGER
Rob Schwenker
schwenker@smdp.com

ADVERTISING ACCOUNT EXECUTIVES
Julie Martinez
juliem@smdp.com

Robert Hertel
roberth@smdp.com

Grace Wang
gracew@smdp.com

ADVERTISING TRAFFIC FACILITATOR
Amber Kessee
amberk@smdp.com

OPERATIONS MANAGER
Connie Sommerville
connies@smdp.com

PRODUCTION MANAGER
Robert Summa
summa@smdp.com

CIRCULATION
Keith Wyatt
Osvaldo Paganini
circulation@smdp.com

Santa Monica Daily Press
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The Q Line

More student bodies?

This past week, Q-line asked:

Santa Monica-Malibu Unified School District officials are considering increasing class sizes to cover budget shortfalls. Do you feel that increased class sizes would negatively impact students or do you believe that it is necessary in light of the current economic situation?

Here are your responses:

"WHY IS IT THAT IN TIMES OF STRESS the first who suffer are the children? Unfortunately, the greedy people who cause this are still living high, and their children are safely enrolled in private schools. We must protect our children even though we're unable to protect ourselves."

"WHEN I WENT TO SCHOOL YEARS AGO, in another state, the class sizes were even larger. We all learned to read, write and speak proper English and do basic math. So a few more students in today's classes should not matter that much. Depends on the students' willingness and ability to learn, and the competence and interest of their teachers. If it helps the economy, I'm for it."

"IF THE SANTA MONICA SCHOOL DISTRICT is anything like Los Angeles, they probably have a lot of illegal aliens in classes. They could kick them out, deport them, and that would free up space for people who actually have a right to be in this country. That'd save money, get rid of the illegals."

"OF COURSE EXTENDING THE CLASSROOMS is going to have a negative impact on the students – that's terrible. And what about the teachers? They got an extra workload now? Or are they going to be paid extra? Now these kids, they're supposed to be the ones who are going to pay for this. And now we're cutting back on their education. Now the city has showered all this money supposedly on education. Somebody please tell me, what does a stadium have to do with education? What course do they teach inside that multi-million dollar stadium that I guess we're going to build from the bonds that we passed? How about the plans at Samohi now they're putting in a swimming pool, a dance studio, what else. what does that have to do with education? It's a shame that we dedicated all this money really to entertainment and left nothing for education! Now we have to expand our classes! It's not what I would expect from Santa Monica."

"WHILE ON THE SUBJECT OF SCHOOLS and classroom size, I am more concerned regarding the disparity in learning capabilities of the students who sit in the same classroom at the same time together. I recall many years ago when I was in the eighth grade, there were three straight-A students, who were known to be brilliant. Two girls and one boy. I always felt those three students should have been placed in a higher learning class. Any one of the three could have stood up and taught the rest of the class who was struggling to rise above average with a few needing special tutoring. In the evening after school, the boy would assemble magnificent remote controlled gasoline engine model airplanes. One girl worked in her father's hardware store, the other girl worked in her family's bakery. The young boy who assembled airplane models became an airplane pilot with a major airline. The hardware girl expanded her father's hardware business into a chain of hardware stores. The bakery girl became a Ph.D. and made teaching her career. As for my C-average self, due to my family owning horses, after school I would saddle a Palomino stallion and ride all over the countryside. Due to my love for horses, I eventually worked for a thoroughbred horse-racing turf club. There was something about the aroma of hay, oats and horse manure that turned me on. Something like the aroma of diesel fuel to a truck driver. A good teacher should be able to control and teach 30 students in one classroom, but no more than 30 if all students' learning capabilities are equal."

"WHEN I WENT TO SCHOOL HERE IN Santa Monica 50 years ago, there were 30 plus students in each class. Also, the elementary teachers had no edge like they do today. The reason teachers could handle the load was first, teachers were made of sterner stuff. Discipline was strictly enforced, school administrators backed their teachers, the board backed the principals, the PTA supported a no-nonsense board. What do we have today? A school board that should have seen this coming last August and started making plans. Instead of laying off people, close a couple of schools, especially the $30 million new Edison Language Academy. For every person laid off, the superintendent loses $100 from his paycheck. The board loses bathroom privileges for an hour. That kind of stress has a way of cutting dead wood real quick."

"SADLY, THE DIRE ECONOMIC SITUATION necessitates increased class sizes. Parents can minimize the negative effect of this by carefully making positive that their children do their homework and other required studies. Parents should not underestimate the great good they can do in this respect."

"DO I FEEL THAT THE INCREASED CLASS sizes would negatively impact students? Duh! I mean, is this left over from the April Fools' issue? Of course it's going to impact them in a negative way."

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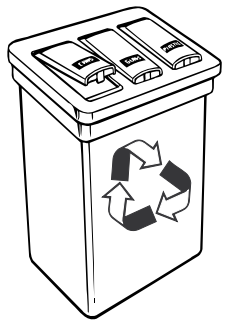
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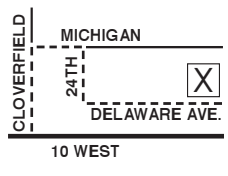
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Consumers choose simple green life in recession

MEGAN K. SCOTT
Associated Press Writer

NEW YORK When it comes to going green, Kristen Chase does what she can: recycling, using her own grocery bags, buying organic produce and conserving energy and water.

But the 32-year-old mom of three doesn't drive a hybrid, have solar panels on the house or furniture made from recyclable materials. Not in this economy.

"Our thing is we want to make green changes because we love the earth," said Chase, of Atlanta. "But at the same time, we don't want to stress ourselves out about it. We're living on a budget and we can't go overboard."

Not many people can these days. With many Americans curtailing their spending, the multibillion dollar green products market, which has seen rapid growth over the past few years, is expected to lose momentum, analysts say.

While people are still willing to make small, cheaper changes, many are shying away from big purchases. Hybrid car sales, for example, are down almost 30 percent from a year ago, according to HybridCars.com, a consumer information Web site.

It's unclear just how much the general decline in consumer spending will affect the green movement, since eco-friendly products tend to be more expensive. Surveys show most people are willing to pay more for eco-friendly products, but a smaller number actually do, said Michael Solomon, a professor of marketing and director of the Center for Consumer Research at Saint Joseph's University in Philadelphia.

"I think people do vote with their pocketbooks," said Solomon. "Right now, that is the No. 1 priority for most Americans, for most people around the world."

Many people seem to be focusing on smaller changes, such as buying local or driving less. Some are giving up pricier brands as cheaper options become available.

Wendy Brooks, 36, a mom of two in Phoenix, cleans with vinegar and washes clothes with Purex Free & Clear, cheaper than using eco-friendly Seventh Generation products. She also purchases rBGH-free milk as opposed to the more expensive organic milk. She eats organic produce and skips meat three times a week.

Jennifer Brooks, 40, a mom of three in Cherry Hill, N.J., makes sure the kids turn the lights off and is fanatic about recycling, even the disposable water bottles that she feels bad about using.

Latino flavors go international

KELLY DINARDO
For The Associated Press

The latest thing in Latino cooking is a little less Latino.

The growing political and cultural clout of American Hispanics has infused the collective American dinner plate with the flavors of the Latino kitchen. And it turns out that culinary cultural exchange goes in both directions.

As Hispanic communities have grown and increasingly rubbed elbows with neighbors, the American Latino kitchen has changed, too, adopting more of the flavors and ingredients of other cuisines, says Daisy Martinez, of Food Network's "Viva Daisy!"

The result is an exciting fusion of Hispanic, Asian, Italian and all-American cooking.

"I've had Southern barbecue pulled pork tacos. I've seen Mexican sushi with jicama and ceviche shrimp," says Ken Rubin, a culinary anthropologist at The International Culinary Schools at The Art Institute of Portland in Oregon. "Cuisines are very fluid.

"In the same way we borrow from Latin foods to create things like the Fiesta Burger, Latin chefs do the same," he says.

While population growth has fueled the change — Latinos make up 15 percent of the U.S. population today and will make up a quarter of it by 2050 — the changing demographics of restaurant kitchens also has played a role.

"The kitchen staff at restaurants has long been Latino," says Martinez. "Now young Latinos are getting classically trained. They're not just line cooks, but executive chefs. So you get the passion of Latin cuisine with the refinement of classical training."

Hoping to expand those numbers, schools such as the Culinary Institute of America in Hyde Park, N.Y., have courted Latinos. In 2007, for example, the school opened a campus in San Antonio.

Some Hispanic chefs, such as Jose Garces, an Ecuadorian-American who runs several restaurants in Philadelphia, have built careers out of meshing other cuisines with Hispanic cooking.

Garces recently opened Chifa in Philadelphia, a Peruvian-Chinese spot inspired by Douglas Rodriguez's nuevo Latino movement, which put haute Latino cuisine on the menu, and the molecular gastronomy of Spanish chef Ferran Adria.

Garces creates dishes such as a traditional hiramasa ceviche topped with a mustard foam.

"We take a traditional cooking style like ceviche and add one culinary technique like the aerated mustard and create something totally different," says Garces. "The use of techniques and applying them to traditional foods is the core of how things have changed."

A public better educated about food also has helped Latino cooks move beyond the conventional.

What to drink with your Latino foods

VICTORIA BRETT
For The Associated Press

Latino food is hot. Often figuratively, sometimes literally. So what do you drink with it? In Mexico and Cuba, one of the top choices since the 1950s has been the michelada cocktail, and the trend is inching north.

Not just a lime squeezed into the neck of a beer bottle, the michelada — also known as "cerveza preparada" or prepared beer — is a true cocktail and a perfect compliment to Latino food.

Recipes vary by bartender and region, but traditional ingredients include lager beer over ice, juice from one lime, two to three drops of Tabasco, a dash of Worcestershire sauce and pinch of salt.

"It's like a Bloody Mary in a weird way," says Lourdes Castro, author of the recent cookbook, "Simply Mexican." "It gives Latino food a different dimension. The acid from the lime brings out the flavors in the beer and the food."

Castro says a michelada goes perfectly with shredded pork stew spiked with smoky chipotle tomato sauce.

"The beer and pork combination goes really well together. It's a classic pairing in Cuba," she says. "The effervescence from the beer is good with something on the heavier side, like stew. The combination lightens up the meal."

The smoky chipotles in this stew add deep flavors and moderate heat. Mexican crema is the traditional accompaniment, but sour cream is a fine substitute. Either will help tame the heat.

Shredded Pork Stew with Smoky Chipotle Tomato Sauce

Servings: 6

1 pound pork shoulder
2 bay leaves
3 cloves garlic (2 crushed and 1 chopped)
2 tablespoons olive oil, divided
1 pound fresh Mexican chorizo, casing removed
1 medium yellow onion, sliced
1 teaspoon salt
1 1/2 pounds (about 7) plum tomatoes, halved lengthwise, cored and sliced
2 canned chipotle chilies in adobo sauce, chopped
1/4 cup adobo sauce (from the canned chipotles)
1/2 teaspoon dried oregano
2 sprigs fresh thyme, leaves removed from stem
2 sprigs fresh marjoram, leaves removed from stem
6 sprigs fresh cilantro, to garnish
Tortilla chips, to serve
Mexican crema or sour cream, to serve

Place the pork in a large saucepan. Add enough water to cover the meat by 1 inch.

Add the bay leaves and crushed garlic. Bring to a boil and skim off the grayish foam that rises to the top during the first few minutes.

Lower heat to simmer and cook for 45 minutes, partially covered, or until the pork is tender. Allow the pork to cool in the water, then drain, reserving 1 cup of the liquid. Shred the pork by pulling apart the fibers with your fingers. Set aside.

In a large saucepan over medium, heat 1 tablespoon of the oil. Add the chorizo and cook, breaking it apart as you stir, until it begins to render its fat. Using a slotted spoon, remove the chorizo from the pan and set it aside.

Add the remaining 1 tablespoon of olive oil to the pan and set over medium. Add the onion and remaining chopped garlic, then saute until the onion begins to soften, about 3 minutes.

Add the shredded pork and salt, then saute for another 3 minutes. Deglaze the pan by pouring in a couple of tablespoons of the reserved cooking water and scraping the bottom of the pan with a heatproof silicone spatula.

Add the chorizo, tomatoes, chipotles, adobo sauce, oregano, thyme and marjoram. Stir well and simmer for 5 minutes. Pour in the remaining reserved pork cooking water and continue simmering, uncovered, for 25 minutes.

To serve, transfer the stew to a large shallow bowl and garnish with cilantro. Serve with tortilla chips and Mexican crema.





Kitchen Vixen

Elizabeth Brown
Send comments to editor@smdp.com

Just the flax, ma'am

WHEN HUMANS WERE hunter-gatherers, death from chronic disease was unheard of partly because their diets were equally rich in omega-6 and omega-3 fatty acids.

Today Americans consume a diet that on average contains 17 grams of omega-6 for every one gram of omega-3 fatty acids. In Japan, residents consume a diet that that is four to one omega-6 to omega-3 fatty acids. This is the goal for the U.S. and Canada.

What happened over the past 10,000 years to cause such disparity in our omega fat ratios? Well, convenience, which is forever a blessing and a curse, has caused an imbalance. An increase in consumption of "manufactured" food instead of food as nature intended has become more of a hindrance than a help.

So now we are trying to figure out the best way to correct our long-term mistakes. As with most of our food foibles, it's up to scientists and researchers to conduct numerous experiments and give us some recommendations. (So we think!)

Initially, only omega-6 fatty acids (a subclass of poly-unsaturated fatty acids or PUFA's) were considered essential when researchers found that sources of the omega-6 fat, Linoleic acid, made the dry skin of rats soft and supple again. From that point on, omega-6 fats were considered essential and food manufacturers were given the green light to use PUFA's in place of those dreadful saturated fats.

Years later, we learned that omega-3 fats are also essential after observing their effect on brain development in infants. Today we are trying to correct a long-term imbalance that has been blamed for causing everything from Alzheimer's to schizophrenia.

Not to say it's not true, but who's really to blame here, the fats that occur in nature or the people who tried to manipulate their natural existence?

It's going to take another article to really delve into the cause and effect of adding and subtracting fats, but suffice it to say that we need to cut down on omega-6 fats while increasing omega-3 fats. To do this, simply reduce processed foods and increase fresh whole foods.

Eat more seafood. All seafood is a source of omega-3 fats because fish live on a diet rich in microalgae, which is naturally rich in the omega-3 fat Docosahaexanoic acid (DHA). Eat more leafy greens that thrive in harsh climates. For example, purslane, which grows in the cracks of sidewalks, is a source of omega-3 fats. If you're embarrassed to pick weeds and eat 'em, buy them from your local organic green farmer. Spinach, romaine lettuce and collard greens also provide some omega-3 fats, although their overall fat content is low.

The best sources of omega-3 fats include seafood, flax seeds, walnuts, soybeans, tofu and microalgae abundant in the ocean or available in supplement form.

There are three different types of omega-3 fats which receive the most attention and research. They are Alpha-Linolenic-Acid (ALA), Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). Until recently it was thought that you had to find sources of all three in order to reap the full benefits, but one study found that people who consume 2.4 to 3.6 grams of flax seed oil per day saw significant improvement in all three types of omega-3 fats in their blood.

One teaspoon of flax oil (3 grams) provides 2.1 grams of omega-3 fats while two tablespoons of ground flax seeds provides 2.2 grams of omega-3 fats.

I AM A PROPONENT OF FLAX SEEDS BECAUSE NOT ONLY DO THEY HELP TO CORRECT OUR LIFE-LONG IMBALANCE BY PROVIDING OMEGA-3 FATS, THEY ALSO SERVE MULTIPLE FUNCTIONS IN THE DIET. ASIDE FROM OMEGA-3 FATS, BY CONSUMING THE SEEDS OF FLAX, YOU GET 2.3 GRAMS OF PROTEIN, 4 GRAMS OF CARBS AND 7 GRAMS OF FIBER, MOSTLY CHOLESTEROL LOWERING SOLUBLE FIBER.

I am a proponent of flax seeds because not only do they help to correct our life-long imbalance by providing omega-3 fats, they also serve multiple functions in the diet. Aside from omega-3 fats, by consuming the seeds of flax, you get 2.3 grams of protein, 4 grams of carbs and 7 grams of fiber, mostly cholesterol lowering soluble fiber. You also get B-6, folate, copper, iron, magnesium, manganese and phosphorus in addition to lignans-a pre-biotic, found in seeds, grains and legumes that is converted by beneficial gut bacteria into hormone-like substances which may protect against certain cancers. Flax oil and fish don't offer the same benefits but they do have benefits of their own.

For now, please try to add ground flax seed to foods to reap the most long-term benefits.

Buy flax seeds whole. Their hard protective shell means that they can be stored anywhere but once you grind them, they must be stored in the refrigerator or freezer and used within three months. A coffee grinder works well for making these seeds edible and digestible. Add flax to your diet gradually to decrease gastric distress.

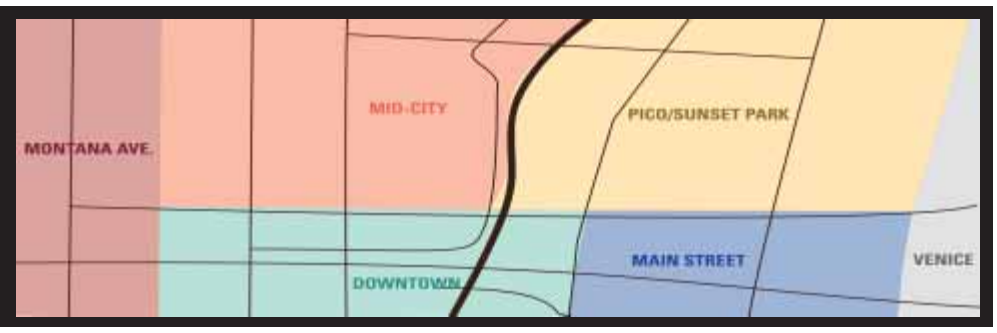
Because ground flax seeds are rich in fat and protein, they make a great egg replacer when you need an egg for binding ingredients, but not to replace eggs as a leavening agent. Mix two tablespoons ground flax seed plus two tablespoon water to replace one egg.

To learn more about Omega-3 fats, see ELIZABETH'S video entitled: "Eat2Liv: Omega-3 Fats" found on her You Tube channel www.youtube.com/KitchenScienceVixen.



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Roadrunners head to Santa Ynez

FROM **BASEBALL** PAGE 3

port. Armstrong has spent countless hours with the pitching staff, honing their skills and sharpening their resolve.

"We talk every night," Amido said of his co-coach. "We go over everything.

"We're on the same page."

Reluctant to take credit for the turnaround, Amido said that the early success this season is the product of a coaching staff dedicated to the finer points and a team replete with players who are not only quality athletes but are astute students of the game.

"The players are starting to buy into our philosophy," Amido said. "They are not just getting up there and seeing how far they can hit the ball. They are buying into moving guys over.

"We're pretty good with that and I think it will continue."

Amido's approach to the game is a simple one. He believes that small ball is the key for a team that is light on power hitters. Even if the roster was stacked with sluggers, Amido said that games are rarely won with the long ball and that manufacturing runs can perennially be counted upon to put teams in positions to win.

"We take other teams apart," Hodge said. "We bunt, we steal, we force the other team into uncomfortable positions. We don't go for the long ball. We do have guys who could do that, but we don't base our offense around that."

He said that both head coaches have been preaching that approach from the beginning and that the players see that it works and are happy to stick to the program.

"Why try something different when what you are doing is working?" Hodge said.

Next up for the Roadrunners, who have been on spring break this past week, is the Santa Ynez Tournament. The three-game tourney begins April 6.

Amido feels that the road trip up north may be the team's acid test. He expects the competition to be fierce and the margin for error razor thin.

"I think we have a long way to go," Amido said, "but we're heading in the right direction."

daniela@smdp.com

Expo staff to respond to more than 3,000 public comments

FROM **EXPO** PAGE 1

Expo phase two, said.

The report examined four different alternative routes the light rail would travel during phase two of the project — Culver City to Santa Monica. The options include two routes that would travel along the Metropolitan Transportation Authority's right-of-way, which hits various Los Angeles streets before branching off to either Colorado Avenue or Olympic Boulevard, taking it to the terminal at Fourth Street and Colorado in Santa Monica. The second set of options would place the route on Venice Boulevard to Sepulveda Boulevard before branching off to either Colorado or Olympic.

The board took its staff's suggestion and asked that the right-of-way and Colorado alignment be pursued. The City Council also endorsed the Colorado route last month.

The Colorado alignment would remove one travel lane in each direction and eliminate parking on one side, but cost about $50 million less than Olympic, which would require the rail go above grade with an elevated station at the current Sears automotive site Downtown.

The route will not be finalized until the board approves the EIR later this year.

Approximately 50 people spoke during the public hearing at the board meeting, about 80 percent of whom were in favor of the staff's proposal.

The groups that have endorsed the Colorado alignment include Crossroads School, which was concerned with student safety, and the Santa Monica Treesavers, which wanted the coral trees along the Olympic median to stay in place.

Los Angeles County Supervisor Zev Yaroslavsky also directed the authority to identify an appropriate location for the rail maintenance yard, which is currently proposed for the Verizon site on Exposition Boulevard, near homes in the Pico Neighborhood.

The staff was further asked to address the community's concerns with the grade crossings at Westwood Boulevard, Overland Avenue, Centinela Avenue and Barrington Avenue.

City Hall is expected to hire a real estate consultant to identify alternative rail yard prospects within phase two. The deadline for consultants to submit bids is Monday.

melodyh@smdp.com



Santa Monica Resident Needs Assessment for New Federal Homeless Prevention and Rapid Re-housing Program

The City of Santa Monica has received an allocation of federal stimulus funding for temporary financial assistance to prevent individuals and families from becoming homeless or to help people who are homeless move into housing.

People may receive short-term rental subsidies, payment for back rent, security deposits, utility deposits, moving assistance and short-term motel and hotel vouchers if their rental housing is not yet available, as well as help finding housing and accessing support services. The program will start in the fall of 2009 and address local needs.

Please respond to our survey at http://www.smgov.net by **Wednesday, April 8**.

Funding will be available to low-income individuals and families who make no more than $27,750/year for a one-person household or $39,650/year for a four-person household.

Public comments: Individuals may provide comments at the:

- Santa Monica Disabilities Commission meeting, Monday, April 6, 2009 at 6:30 p.m.
- Santa Monica Commission on the Status of Women meeting, Wednesday, April 8, 2009 at 7:00 p.m.
- Santa Monica Housing Commission meeting, Thursday, April 16, 2009 at 4:30 p.m.
- Santa Monica Commission for the Senior Community meeting, Wednesday, April 22, 2009 at 1:00 p.m.

The above meetings will take place at the Ken Edwards Center, 1527 4th Street.

Santa Monica Rent Control Board meeting, Thursday, April 23, 2009, at 7:00 p.m., Santa Monica City Hall Council Chambers, 1685 Main Street.

Public hearing: The Santa Monica Social Services Commission will convene a public hearing on the proposed Homeless Prevention and Rapid Re-Housing program on Monday, April 27, 2009 at 7:00 p.m. at the Ken Edwards Center, 1527 4th Street.

The plan will be available for public review from May 1 – 12 at www.smgov.net or at the Human Services Division, City Hall, Room 212, 1685 Main Street. The Santa Monica City Council will hold a public hearing on the proposed Homeless Prevention and Rapid Re-Housing program during the May 12, 2009 City Council meeting which begins at 5:45 p.m. in Council Chambers, City Hall, 1685 Main Street.

All meeting facilities are wheelchair accessible. If you have any special disability-related needs/accommodations, please contact the Human Services Division at (310) 458-8701; TDD (310) 458-8696 or humanservices.mailbox@smgov.net.



Brandon Wise *brandonw@smdp.com*

SHARING: **Stylists cut hair at the new artlab salon (left) connected to the original salon, Luxelab.**

Some new businesses experiencing growth despite poor economy

FROM **BUSINESSES** PAGE 1

Those interested in starting a research and development or technology firm could have better luck thanks to the federal stimulus package that comes with grants for such new businesses, he added.

The trick for potential businesses interested in opening during a recession is finding the right time to launch before the market picks up again, especially in real estate where rent could easily jump right back up.

David Whitworth, who is planning to open Pizza Fusion on Ocean Park Boulevard in mid-May, said he believes it is more crucial to begin business as soon as possible because of the rent he's paid over the past year. The business will specialize in pies made from organic ingredients.

"There is no perfect time," he said. It's a tough time right now but I think that it will get lighter pretty soon and we'll be ready."

The Chamber of Commerce has began offering some services to help its members weather the economic storm, including allowing monthly instead of annual payments, making them one of the few organizations on the Westside to do so.

The chamber also offers seminars for prospective businesses and quarterly educational series on different topics, including health and marketing.

Edward Van Brusselen, the members services manager for the chamber, said that the organization has also began giving free mixer passes to prospective and new businesses.

Approximately 175 businesses have joined the chamber since the beginning of April 2008, more than 44 of which have been added since January. About 75 percent of those members are new businesses in the city.

But about 200 members have left the chamber since April of last year, much of which was a result of businesses closing or leaving Santa Monica. Many business owners said they couldn't afford the chamber membership, which is on a sliding scale based on the number of employees, Van Brusselen said.

For Andrew Steiner, who opened Andrew's Cheese Shop on Montana Avenue last August, business has been steady, but a drop in the past two months has given the owner a cause for concern.

"Early April has been horrendous and it makes me think we are not going to make it," he said.

He said that word has been spreading more and more about the store, which offers several hundred varieties of cheeses. Steiner has began hosting more events at night and hopes to receive a liquor license soon.

Abrams said he doesn't view the recession as necessarily a bad thing.

"I see a recession as presenting a different kind of opportunity, meaning that people just change their buying habits and what a good business will do is change the way they do business to accommodate for that and add value so you make it that people can't imagine going anywhere else," he said.

His newest venture embraces a movement he sees taking shape on the Westside of Los Angeles where more mixed-use developments are popping up and residents are getting out of their cars.

The salon doubles as an art gallery and night club at least once a month, bringing in a DJ who will spin music as clients get their hair done while drinking wine.

"We came up with artlab as a partner to that new L.A. client that we saw coming out," he said.

For Morgan, her decision to open a restaurant was to fulfill a dream and jump on an opportunity that presented itself when the Sunset Grill, of which she was a longtime customer, closed late last year.

The trio of owners kept the restaurant essentially the same but added some personal touches.

She plans to expand the business by adding catering. The business is also open during the evenings, a change from the previous ownership.

"I knew that there was a lot of potential and I still think there is potential," she said.

melodyh@smdp.com



State of oceans getting worse

FROM **SURFERS** PAGE 3

live auction. The goal is to raise $150,000, and all the proceeds will go to Oceana.

Oceana was founded in 2001 to combat global ocean degredation. The group is based out of Washington D.C. and lobbies to improve standards for ocean health.

Despite tough economic times, Oceana remains afloat because of widespread support for ocean issues.

"It's definitely a concern that hits all nonprofit communities as people try to be more conservative about how they spend their money," said Juliana Stein, senior communications manager with Oceana.

The cause garners a great deal of support because it is as close to instant gratification as environmental improvements get, with simple steps producing change relatively quickly.

"Oceans are among the causes that people can really make a difference in a short period of time," Stein said.

That's good news, because United States coastal areas are facing major pollution-related challenges.

According to the Natural Resources Defense Council's most recent figures, pollution-caused beach closings hit their second-highest level in 18 years in 2007. Ocean, bay and Great Lakes beaches had over 20,000 closing or advisory days, meaning that authorities counseled beach-goers to avoid the water.

Many of the problems come from stormwater contamination and sewage spills that can lead to conditions like skin rashes, pink eye, meningitis and hepatitis, the NRDC reported.

Beaches in Los Angeles County have many of the same issues.

"Los Angeles County beaches are some of the most challenged beaches in the state," said Matthew King, spokesperson for Heal the Bay. "Generally it's an optimistic story, because we're seeing major improvements. Part of that is low rain totals in the last few years, and some is infrastructure and education."

Reports like these are why Frederick is hosting Project S.O.S., because for her it's as much about the education component as it is about fundraising. And nobody said becoming aware had to be boring.

"Being an environmentalist is not always associated with being depressed about the state of the world, but getting together and celebrating," Frederick said. "Improvement can come that way and the world can become a better place through celebration and joy."

Tickets for the gala are $100 per person and can be purchased by calling (310) 271-0202. For more information, check out the Project S.O.S. Web site at www.project-saveoursurf.com.

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COMMUNITY BRIEFS

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Pacific Park goes blue for animals

The Santa Monica Pier Ferris wheel and the Los Angeles International Airport's pylons will sport a new color scheme at dusk on Tuesday in support of the Society for Prevention of Cruelty To Animals Los Angeles.

The Ferris wheel and pylons will be illuminated in spcaLA's blue and white to raise awareness for the plight of animals caught up in the global recession. Pacific Park will also sport dog and cat images to bring the message home.

"All the shelters are complaining of turn-ins, where people are saying they just can't afford to keep their pets anymore. Numerous animals have been abandoned in houses and apartments," said Madeline Bernstein, president of spcaLA. "It's heartbreaking."

The problem of animal abandonment has become so severe that California recently passed a law requiring realtors to report animals they find in homes.

As Los Angeles is lit up in blue and white, other national landmarks will be bathed in the orange of the American Society for the Prevention of Cruelty To Animals, a group that serves the New York area.

Contrary to popular belief, the ASPCA is not an umbrella organization for all SPCA branches, which can be a problem for fundraising efforts here in Los Angeles.

"It's very confusing and all of the SPCAs in the United States market against this. Every SPCA stands alone. It's always been quite difficult, but especially in these economic times when people don't understand that," Bernstein said.

The Ferris wheel and pylons will shine with local solidarity and the power of hundreds of thousands of eco-friendly LED lights on Tuesday night. DAILY PRESS

WILSHIRE BOULEVARD

Taxes on the cheap

The Santa Monica Staples is giving a helping hand to people sweating over their tax returns by providing free, environmentally-friendly printing.

Between April 5 and April 15, Staples will offer 20 pages of free black and white, double-sided copies of 2008 tax returns and 100 free scans to PDF documents until July 4 for customers who purchase a Staples Copy & Print Center USB flash drive.

Copies will be made on recycled paper.

Using paper-saving options like double-sided printing can reduce paper waste by 20 percent and reduce monthly paper expenses by $60 according to Energy Star. DP

Audit finds district can improve communication

FROM **DISTRICT** PAGE 1

and keeping its employees and community in the loop, there are plenty of opportunities for improvement.

The audit, which is expected to lead to a new communications policy for the district, was presented to the Board of Education on Thursday.

"One of the areas I felt was important for us to address was overall communication not only internally but externally here in the district," Superintendent Tim Cuneo said. "This was the first portion … in looking at our internal communications as an organization and also with our community in how we gather information with communication and bring it back to the district."

Tom DeLapp of Communication Resources for Schools, which conducted the audit, recommended that the district hire a communications officer to not only disseminate releases to media outlets, but to serve as the point person for information between district employees, making sure that everyone is on the same page.

"It is somebody whose job hinges on communication, community relations and accountability," he said.

The study found that there is general uncertainty about the communications duties of employees and who is the responsible staff member for talking about certain issues.

He met with more than 120 parents, classified employees, teachers, principals and administrators over three days to gauge their opinion on how effectively the district communicates, finding that the community is generally engaged and well-informed about the schools.

"You are perceived as a good to excellent school district, serving your students well and you can and should improve to stay competitive," DeLapp said.

He called communication the "hydraulic fuel" of the school system, which enables other parts to work.

"The district has the tendency to do point and shoot communication work and follow the issue when it's broken rather than get in front of issues," he said.

DeLapp added that there is potential to improve communication through the district's Web site, making it more of a place where parents could get their questions answered. The Web site was renovated just a few years ago.

The study also recommends the district conduct customer relations training for employees who come into contact with the community.

"Understand that customer service is the front line of communication," DeLapp said.

School board member Ben Allen said that the district can't be "cheap" on communication, noting that neglecting it would be dangerous on many levels.

"We let ourselves stretch way too thin and we are not putting forward our most professional put-together voice in the community," he said.

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Outside the Biscuit

Michael Tittinger
Send comments to editor@smdp.com

Sometimes, great notions are worth a second visit

BEANTOWN. THE HUB. BAHHSTON.

Ground zero for the American experiment, this precocious trade port of a city has always been ready for a fight, be it the grossly outnumbering British or the just plain gross New York Yankee fans invading its well-worn turf. But despite its modest size (just over 600,000 residents) and scale (89 square miles, half of which is water!), this city and its inhabitants take a backseat to no one. And if you don't like it, you can take a leap into the harbor.

Pound for pound, this point of Puritanical entry just might be the most historical, cultured, educated and chowder tolerant city in the union. Just ask them. Boston is the "City on a Hill," "the Athens of America," "City of Notions" and no less than "The Hub of the Universe," modestly shortened to "the Hub." Grandstanding aside, there is much to admire in this city. "The Cradle of Liberty" seems to fit just fine.

With a renewed interest in the American ideals bandied about during a historic national election, the opportunity to get back to basics in Boston proved irresistible when my wife's studies brought her here in March. Of course, the residents here might ask, "Where the hell have you been?" It's here where the idea of what America should be, and shouldn't be, was hatched. And it's here where those notions are still firmly planted. It's inescapable. History awaits at every turn (a fact I was reminded of stumbling from one Irish pub to another through the courtyard where the Boston Massacre took place 239 years ago that same day!).

Following a sleep-depriving, six-train trek from Philadelphia to Babylon, Long Island to Boston (including three hours of delays) over a two-day period, we felt like we'd just gone a couple of rounds at Guantanamo. My double-knitted, LL Bean tourist hat would have to hang steady another night. Fortunately, our hotel on the cusp of Beacon Hill was within walking distance of several authentic Irish pubs (as is every hotel, flophouse and tent in Boston). Finding a quick fix of Sam Adams, clam chowder and shepherd's pie was easy peasy. Ten minutes east on Cambridge Street (which felt like an hour in the snow) put us inside Kinsale's, a pub constructed in Ireland that serves mostly as a Government Center lunchtime spot, but was lively enough for the post-dinnertime push. From there, it was off to the Black Rose in the historic Faneuil Hall-Quincy market. The fabled Rose has played host to the likes of the

SEE **BOSTON** PAGE 15



Photo courtesy Michael Tittinger

ARRESTING SIGHT: **Liberty Hotel, formerly the Charles Street Jail, is a hot spot to dine and rest one's weary head.**

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A slice of history around every corner

FROM **BOSTON** PAGE 14

Chieftains, flutist James Galway, Tommy Makim, Liam Clancy, John Denver and even members of an Irish rock group called U2 over its three decades. On this weeknight, a sparse crowd seemed content with an acoustic trio alternating Neil Young songs with Simon & Garfunkel. Kinsale's and the Black Rose are certainly two of the more touristy pubs, but on this frigid night, with a pint of locally brewed Sam Adams in hand, it always felt like a good decision.

So where to start when visiting Boston? That's easy -- just follow the red brick road.

The Freedom Trail, a 2.5-mile walking path, begins smack outside the visitors center at Boston Common (a park established in 1634!) and winds its way to more than 15 stops in and outside historical downtown. A painted red line soon morphs into brick and before you know it, you've landed in the land of Adams, Franklin and Revere.

Like the European cities on which it is based, Boston is above all else, a walking town, with its manageable growth, divergent neighborhoods, narrow streets and cobblestone footpaths, everything is within reach. Don't bother renting the hybrid to show off your bleeding green prowess. The city's Transport system includes subways, buses and regional rail lines that get you anywhere in the city within minutes, and where it doesn't, you can walk. And with the notorious Big Dig having stuffed cluttering highway overpasses underground, the city is not only easier to maneuver, but more open and breathable.

What's old is new again.

That adage springs to mind frequently when visiting Boston. Being one of America's oldest cities, it was the first to face the problem of having a bunch of decidedly cool old buildings losing their usefulness. Take the former City Hall building on School Street, stop No. 6 on the Trail. Situated on the former site of the Latin School — America's first public school, counting Ben Franklin, Sam Adams and John Hancock among its alums — Old City Hall was abandoned in 1969 in favor of more modern legislative digs. In the 1960s, adaptive reuse was a new concept, but the Civil War-era structure has enjoyed a Third Act in the form of public office and restaurant space.

That policy of creative reuse continues today, with the Liberty Hotel being one of the most striking examples. The former Charles Street Jail is a landmark liberated, with its foreboding granite cruciform structure now beckoning travelers with the same intensity it once served to deter them. Following a five-year, $150 million renovation, the 90-foot central rotunda now serves as the lobby, jail cells as luxury hotel rooms and the former drunk tank as a nightclub.

"When we opened, the building itself was enough to attract new business," said Katie Archambault, the hotel's marketing manager, over breakfast at Clink, a brick-walled, metal-gated in-house eatery that once housed Boston's unfinest. "Now, a year and a half after our opening, it's 'what are you going to do to keep them coming back?'

"In a word, service."

Ironically, when the Charles Street Jail opened in 1851, it was the model of humane service, providing each prisoner with an 8 by 10-inch brick cell and ample natural light. Flash forward six score and seven years and they were packing their "guests" in like sardines, four to a cell. The jail was deemed unfit in the 1970s, but the prisoners' loss is our gain. The jet set has already gotten wind. Billionaire Richard Branson celebrated the launch of his Virgin airline service in Boston with a jailhouse lobby bash. It's also a mainstay of the Hollywood sect. Paul Rudd and Jason Segel were checking in when we were heading out. I resisted the urge to shout "I Love You, Man!"



Photo courtesy Michael Tittinger

OLD SCHOOL: **Boston's Old City Hall was home to its City Council from 1865 to 1969, but now serves as a succesful example of adaptive reuse, housing a number of businesses, organizations and a Ruth's Chris Steak House.**

Break out of the Liberty (www.libertyhotel.com) and the North End neighborhood — the city's oldest — is a timeless stop for dinner. After getting off at the wrong Transport stop, Henry, a North Ender for 26 years, led us on a de facto tour back through Freedom parts and into this Italian hamlet that comprises Paul Revere's house, 140 Sinatra-loving restaurants and about as many Catholic churches.

"I don't know how to answer that," Henry said, when asked about the cost of living in Boston. "I just buy my food and leave."

Fair enough. He was throwing dizzying dinner choices at us like Tim Wakefield knuckleballs, then was off. We settled on Antico Forno, a brick-walled (what else?), brick-oven Italian restaurant that (honest to God) served up the best gourmet pizza we ever had. I miss it already.

In fact, I miss Boston already. Not just the food or the culture or the history that smacks you in the face with the winter wind. And not just for its 21 eclectic neighborhoods, each with a unique story mirroring America's maturation. For it's no small thing in these times of fiscal worry to remind yourself why you live like you do, where you do, and to recognize how it feels to lose a lifestyle you've convinced yourself was a right, just like our forefathers came to believe.

MICHAEL TITTINGER left as editor of the Daily Press for the security of being an unemployed screenwriter. Check on the status of his beard at m.tittinger@gmail.com.

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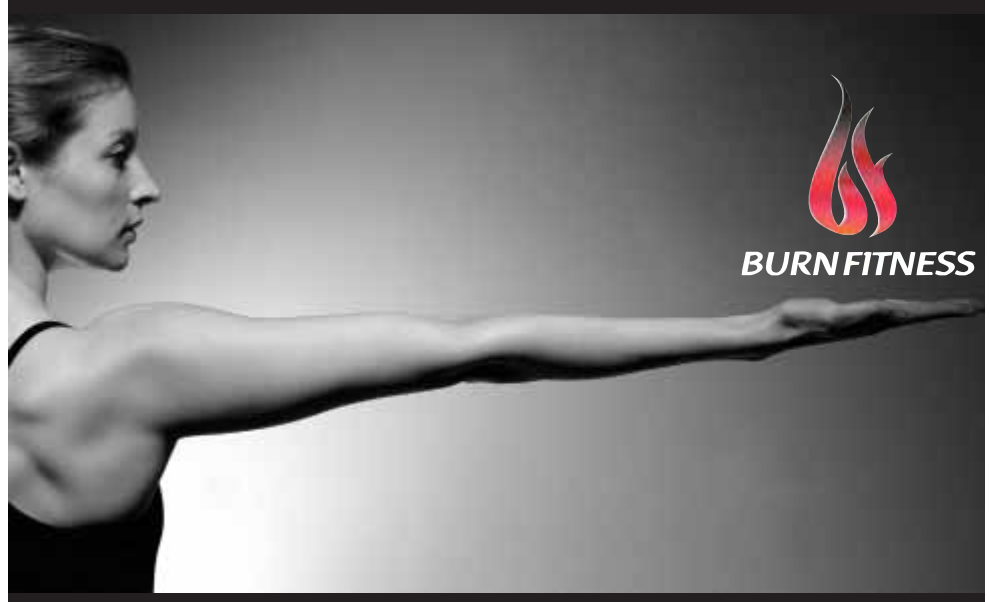
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NEW DVD RELEASES

BY RANDY WILLIAMS



Photo courtesy Fox

'The Wrestler'

Mickey Rourke was nominated for a Best Actor Academy Award in the title role as Randy "The Ram" Robinson, a faded professional wrestler who must retire for health reasons, but finds his quest for a new life outside the ring a dispiriting struggle. Marisa Tomei is riveting as Rourke's co-star single mother stripper friend. (Fox)

'Doubt'

Meryl Street and Philip Seymour Hoffman co-star in this dramatic performance based on the Pulitzer Prize and Tony Award-winning play. Sister Aloysius Beauvier (Streep) the rigid, domineering principal of the Saint Nicholas Church School develops an extreme dislike for the progressive and popular parish priest Father Flynn (Hoffman). She suspects he has created an inappropriate relationship with a troubled young male student, but when faced with no proof Sister Aloysius takes doubt to a higher level. Nominated for five Academy Awards, the film presentation here includes bonus material about the music, cast and transition from stage to screen. (Disney/Miramax)

'The Kite Runner' (Blu-ray)

From the director of "Finding Neverland" (Marc Forster) two young boys are inseparable friends until one fateful act tears them apart. Years later, one embarks on a quest to right the wrong from years past in a display of courage and devotion. (Dreamworks)

'Tell No One'

Still grieving over the murder of his wife eight years earlier, pediatrician Alexandre Beck faces an escalation of that nightmare when police reopen the case after finding two bodies where hers was found, thus making Alex a suspect again. The mystery deepens when he receives a mystery e-mail with a video link suggesting his wife may in fact still be alive. (Music Box Films)

'Intelligence' Season Two

A simply brilliant Canadian crime drama set in Vancouver focusing on the uneasy alliance between the region's chief intelligence officer (Klea Scott) and the city's key drug boss (Ian Tracey). Probing the high stakes world of global crime full of nuanced characters of questionable loyalties and rife with moles, call girls, crooked bankers, backstabbing politicians and an array of underworld figures, Intelligence, winner of the Gemini Award for Best Drama, is just that. In a dozen episodes you get all that "The Wire" and "The Sopranos" offered. (Acorn Media)

'NFL Super Bowl XLIII: Pittsburgh Steelers Champions'

The high drama that lasted until the very end has got to make the last Super Bowl one of the most thrilling. And who better to capture the story than NFL Films? Here is an all-encompassing package for fans of this historical franchise and football fans in general. Profiles of second year coach Mike Tomlin, Dick LeBeau, Willie Parker and Ben Roethlisberger as well as media day and post-game highlights are included. Exclusive locker room and sideline soundbites are part of the package. (NFL Films/Warner Bros.)

'Paul Rodgers: Live in Glasgow'

Widely considered one of the greatest rock vocalists in music history, the former front man for Free and Bad Company pounds out some of his best from a performance in this Scottish city in the autumn of 2006. Extra material includes an interview with Rodgers and his band as well as a performance by his son, Steven, who was a supporting act on the tour.

RANDY WILLIAMS can be reached at writtenbyrw@yahoo.com

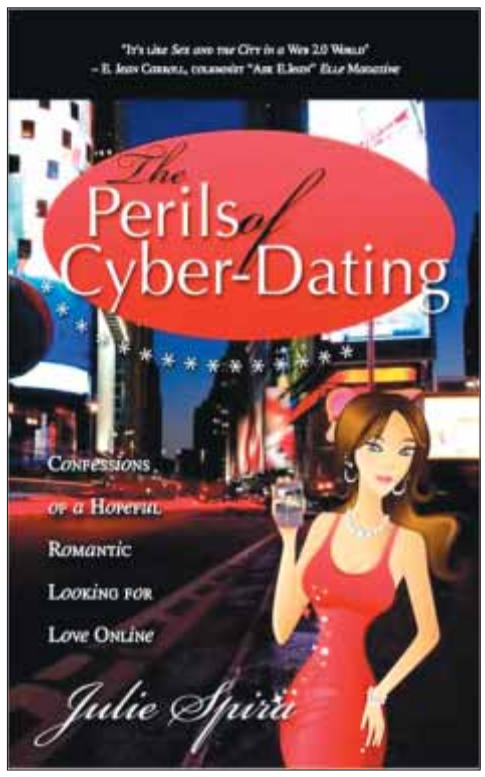
BOOKREVIEW

BY DANE ROBERT SWANSON



'The Perils of Cyber-Dating'

Julie Spira • Morgan James



More people are doing it now – going online to find mates. It can be a dangerous area to surf in. You don't know what you are getting nor how truthful those profiles are.

"This book is not intended to scare or discourage anyone from online dating. It is a real-life guide to embrace and navigate the World Wide Web with fun and entertaining stories." author Julie Spira writes in the introduction.

She states that there are over 40 million singles now online seeking love. It is not always what you see is what you get. "When choosing to go online in search of love, the most critical challenge is creating your online profile." It seems that most people will fudge on their details. "I used to be honest about my age," she admits, "I sometimes found myself cutting off a few years to fit into a search. It seems that is the unspoken rule for most women online and men now expect it to be the norm."

Spira provides us with her list of dates she had through cyber dating. With over 250 dates in almost 15 years, a few marriage proposals and a divorce from a person she met online, she has experience to choose from. Some are humorous and some are fairly sad. She is still single but wiser. She started in her 30s and into her 50s, on and off.

She admits she was one of those early adapters to the scene. She started in the mid-1990s using the online dating possibilities offered on the Internet.

She sums up her reason for writing this book. "I have learned a lot throughout the course of my nearly 15 years of on-again, off-again cyber-dating experiences. While some of these memories have faded, before sending the others up to Internet Heaven – which is my version of the trash icon on my computer where I send my bad cyber-dates to with a one way ticket, I've decided to share them with you."

In her accounting she lets us share in her dates with The Architect, the Neurologist, and the Plastic Surgeon. In between there was the Art Dealer, the Boy Next Door, The Investment Banker, the Drummer Boy. That is just to name a few.

She also gives us some rules of "Netiquette" we should follow if we are inclined to use the Internet for our dating pool. "We are living in the information at your fingertips mode as the Internet has become part of our daily lives, and we can find out more than we probably want to know."

She therefore advises you don't "Google" your date before the first date. One of her dates did and it was a disaster. She found out more about herself than she knew was out there. Also don't discuss body parts on the first encounter. She had one person she dated who gave her the details of his colonoscopy between the entrée and the dessert. When it comes to your profile there should be a cut off rule of five to 10 years on your age and five to 10 pounds on your weight.

Not all cyber-dates were disasters.

This book is a must for this generation of singles, both male and female, who are into cyber-dating. It is possible to find someone if you know the rules.

The best looking book reviewer in Santa Monica wants his reading public to know he is open to reviewing all types of books. He is also open to suggestions sent to his mail box at smdp_review@yahoo.com. Happy reading.

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World watches first ladies

JOCELYN NOVECK
AP National Writer

It's been billed as one of the major face-offs of the NATO summit, and it had nothing to do with troops in Afghanistan or relations with Russia.

No, it was the breathlessly anticipated moment on Friday when two of the most scrutinized women on the planet — Michelle Obama and Carla Bruni-Sarkozy — finally met, in the grandeur of an 18th-century palace in Strasbourg, France.

Only a day earlier, the airwaves had been filled with dissections of Mrs. Obama's meeting in London with Queen Elizabeth II — how the two had bonded, despite what some in Britain implied was a mild faux pas on the first lady's part of draping her arm briefly around the monarch.

All due respect to the queen. But suddenly on Friday that story seemed so, well ... yesterday.

"Fashion Face-off," wrote Britain's Guardian newspaper of the meeting between Mrs. Obama and Bruni-Sarkozy, wife of French President Nicolas Sarkozy. Others called it a "Style Summit" between "the First Ladies who Lunch." Women's Wear Daily wrote in an online update that the "much drumrolled First Lady fashion showdown" had confirmed that both women were "sticklers for their pet designers."

Even the Hollywood entertainment site E! Online posted an item on "European summit fashion" — undoubtedly a first. (It added: "Yeah, we never thought we'd say that.")

The meeting began with a friendly "Bonjour!" from Mrs. Obama as the couples approached each other, then a French-style double-cheek kiss between the women.

Then it was time for the presidents to greet the opposing spouse. While Sarkozy and Mrs. Obama kissed, the other pair did not, leading to a vigorous debate in the blogosphere: Did Bruni-Sarkozy suddenly turn shy and avoid a customary kiss from the U.S. president?

Or was it Obama who hesitated? Or, more likely, did Bruni-Sarkozy anticipate that Obama MIGHT hesitate, and thus hesitate herself? Or did Obama ... well, never mind.

Because the focus was really on fashion. And for the record, the women did not look exceedingly different. Each wore a stylish but proper coat with a bow at the neck — for Mrs. Obama a black silk number flecked with fuschia flowers by Thakoon, one of her favorite designers, whose ivory tweed coat she wore to board Air Force One in Washington.

For the French first lady, it was a gray coat by Dior, also a favorite. Both women removed their coats inside to reveal coordinated dresses — Bruni-Sarkozy's in gray, and Mrs. Obama's in fuschia. Mrs. Obama wore kitten heels, and Bruni-Sarkozy wore flats — apparently to avoid towering over her husband.

And for the evening later in Baden-Baden, Germany, the two also looked remarkably similar in chic knee-length black dresses.

One fashion expert thought both women looked elegant, but that Bruni-Sarkozy, a former supermodel, may have toned down the flash just a bit too much.

"I'd prefer a little color with that beautiful tailoring," said Sasha Igleton, deputy fashion director of Glamour magazine. Then again, she suggested, the French first lady may have been purposely toning down the glamour. As for Mrs. Obama, Igleton especially liked the "gorgeous" fuschia dress.

Wall Street ends week on strong note

MADLEN READ
AP Business Writers

NEW YORK Not even grisly job losses could get in the stock market's way Friday.

The Dow Jones industrial average clawed higher to end above 8,000 for the first time in nearly two months, and logged an impressive fourth straight week of gains.

The last time the Dow rose for four consecutive weeks was between September and October of 2007 — when the index reached its all-time high above 14,000.

The Labor Department's March unemployment report was a big hurdle for the market. The numbers were certainly grim, but not terrible enough to derail an emerging sense of optimism over the past four months that the economy may be beginning to right itself.

Tom Phillips, president of TS Phillips Investments in Oklahoma City, said the improved tone is helping traders react more moderately to bad news than they might have even a month ago.

"If the expectation was for truly horrendous numbers and they're only ugly, that's a good thing," he said.

Employers slashed a net total of 663,000 jobs last month, only slightly worse than the 654,000 economists expected. The employment rate jumped to 8.5 percent, its highest level since late 1983, when the economy was starting to emerge from a deep recession.

The economy has shed a total of 5.1 million jobs since the recession began in December 2007. Nearly two-thirds of the losses have come in the last five months.

While many investors are looking ahead to an eventual recovery, others say Wall Street might be just as short-sighted now as it was when it was panicking. Potential pitfalls lie ahead not just for the job market, but also in corporate earnings reports and outlooks that start pouring in next week.

According to preliminary calculations, the Dow climbed 39.51, or 0.5 percent, to 8,017.59. That is the index's highest close since Feb. 9, when the index ended at 8,270.87. A month later, the index sank to a nearly 12-year low of 6,547.05, but it's now 22.5 percent above that trough.

The rally that began in March has been the Dow's biggest four-week advance since 1933.

On Friday, the Standard & Poor's 500 index rose 8.12, or 1 percent, to 842.50. The Nasdaq composite index rose 19.24, or 1.2 percent, at 1,621.87, helped by BlackBerry maker Research in Motion Ltd., whose shares surged on better-than-expected profits.

About two stocks rose for every one that fell on the New York Stock Exchange, where volume came to 1.5 billion shares.

The Russell 2000 index of smaller companies rose 5.94, or 1.3 percent, to 456.13.

Government bond prices fell as investors entered riskier assets. The yield on the benchmark 10-year Treasury note rose to 2.90 percent from 2.76 percent late Thursday. The yield on the three-month T-bill rose to 0.21 percent from 0.20 percent.

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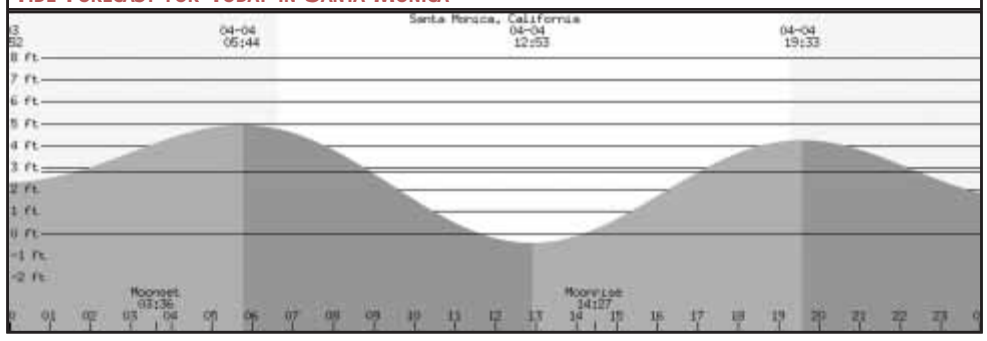
Swell Forecast (5-7 FT)

Saturday the 4th is looking like a rather wind-swellish day. Sunday the 5th should see the wind swell fade to nil -- perhaps waist high max at west facing breaks.

Long Range Synopsis

Monday the 6th is looking rather small at this point as wind swell fades further and the light southern hemi dwindles away. Waist high most everywhere seems like a reasonable expectation.

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 four weeks up to the ending date of: **March 31, 2009**

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

QUICK STATS (for the last 28 days)

- Number of sewage spills -- 1
- Number of beach closures due to a sewage spill -- 0
- Number of wet days -- 8
- Number of A grades for dry/wet weather -- 36 / 1
- Number of (C,D,F) grades for dry/wet weather -- 10 / 0

The Beach Report Card is made possible by simplehuman, The Goldhirsh Foundation, the James Irvine Foundation, Ford

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

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

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

The Canterbury Tales & Arabian Nights
7:30

AMC Loews Broadway 4
1441 Third Street Promenade

Bart Got a Room (PG-13) 1hr 20min
11:00 a.m., 1:00, 3:10, 5:15, 7:30, 10:00

Fast & Furious
11:00 a.m., 1:35, 4:15, 7:00, 9:45

Last House on the Left, The (R) 1hr 49min
11:20 a.m., 1:55, 4:35, 7:15, 9:55

Taken (PG-13) 1hr 33min
11:05 a.m., 1:15, 3:35, 5:50, 8:15, 10:30

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

Duplicity (PG-13)
1:15, 4:10, 7:15, 10:10

Sunshine Cleaning (R) 1hr 42min
11:00am, 2:10, 4:45, 7:30, 10:00

Fast & Furious (PG-13) 1hr 39min
11:45am, 12:45, 2:20, 3:30, 5:00, 6:15, 7:45, 9:00, 10:30

Monsters vs. Aliens 3D (PG) 1hr 34min
11:30am, 2:00, 4:30, 7:00, 9:30

Monsters vs. Aliens (PG) 1hr 34min
Closed Captions
12:20, 2:45, 5:15, 7:55, 10:20

Race to Witch Mountain (PG) 1hr 39min
11:15am, 1:50, 4:20, 6:40, 9:15

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

Alien Trespass (PG) 1hr 30min
5:00, 7:30, 10:00

Sin Nombre (R) 1hr 36min
1:45, 4:10, 7:00, 9:30

Adventureland (R) 2hr 2min
12:30, 1:45, 3:00, 5:35, 7:10, 8:10, 9:45, 10:40

Harvard Beats Yale 29-29 (NR) 1hr 44min
11:00 a.m.

Tokyo Sonata (PG-13) 1hr 59min
11:00 a.m., 1:50

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

I Love You, Man (R) 1hr 50min
11:50am, 2:20, 4:50, 7:20, 9:50, 12:00am

Knowing (PG-13)
1:10, 4:10, 7:10, 10:10

Watchmen (R) 2hrs 43min
1:20, 5:00, 8:30

The Haunting in Connecticut (PG-13) 1hr 32min
12:10, 2:40, 5:10, 7:40, 10:00

12 Rounds (PG-13) 1hr 48min
11:00am, 1:40, 4:20, 7:00, 9:40, 12:20am

Haunting in Connecticut, The (PG-13) 1hr 32min
12:10, 2:40, 5:10, 7:40, 10:10, 12:30am

Monsters vs. Aliens 3D (PG) 1hr 34min
11:10am, 1:30, 4:00, 6:30, 9:00, 11:30

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

Time to party, Taurus

ARIES (March 21-April 19)
★★★ Just when you thought your juggling act was perfected, you discover the house of cards tumbles. How you frame this situation will define it and your solution. Actually, everything that occurs might be for the better. Look at the revealed weaknesses. Tonight: Let go of problems.

TAURUS (April 20-May 20)
★★★ Sometimes you are wistful as you remember days of the past. Many times, our dreams don't become realities. What occurs in the next few days will give you the opportunity to resurrect an old dream or desire. Consider yourself lucky! Tonight: Time for a dinner party.

GEMINI (May 21-June 20)
★★★★ Though your temper could bubble up when dealing with a specific person, do resist any displays of anger. Emerge from this event understanding that some people cannot or will not change. Tonight: Find your pals.

CANCER (June 21-July 22)
★★★★ A recent dream or discussion gave you guidance as to which way to go in an important issue. Primary to your well-being is feeling secure and established in your present circumstances. Tonight: Indulge and enjoy.

LEO (July 23-Aug. 22)
★★★★ When events force a regrouping, smile and use this opening as a new opportunity. Go back to square one — what would you really like to do? Once you have answered that question, you'll feel centered and know what to do. Tonight: You are the party!

VIRGO (Aug. 23-Sept. 22)
★★★ Know when to step back. If you're flabbergasted by another's actions or non-action, you might be best served by doing nothing until the right words come to you — if they do. Tonight: Do your thing.

LIBRA (Sept. 23-Oct. 22)
★★★ Knowing what needs to happen could be substantially different from making it occur. If a friendship or situation is problematic, back off. Sometimes it is better to regroup. Look to a change in your daily life pace. Tonight: Where people are.

SCORPIO (Oct. 23-Nov. 21)
★★★ You might have your hand forced by unanticipated events. What appeared like a clear path suddenly is fraught with boulders. Be willing to take action, for better or worse. Others want your leadership. Tonight: Lead the gang to a party!

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★★ Reach out for others at a distance. Financial news puts a new light on a situation, and if you work with it, the news might not be bad. Once people open up to talking, you could be surprised by everything they say. Tonight: Go with spontaneity.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ You could feel somewhat out of kilter. Re-establish your centering before making anymore money decisions. Your ability to read between the lines could help when dealing with a partner or key person. Tonight: Look at all the offers you get!

AQUARIUS (Jan. 20-Feb. 18)
★★★★ Defer to others and acknowledge what is happening. You don't need to control, as you are in control of yourself. Let others carry this banner if they feel the need. Your popularity grows by leaps and bounds. Tonight: You might want to go from party to party.

PISCES (Feb. 19-March 20)
★★★ Visualize and take command of today. If you have a project you might want/need to complete, do so. Make time for a child or friend and share a favorite hobby or pastime. Tonight: If need be, rethink a decision and/or friendship.

Happy birthday

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

This year, your ability to get past restrictions proves to be remarkable. Many wish they had the same talent! Never lose focus of key goals, even when dealing with the frivolous. Be aware of a high frustration level when you try to juggle too many concerns. If you are single, you'll meet people with ease, but making a decision as to who you want as yours might be another long tale. If you are attached, the two of you need to work together. Take the lead in social and community events. LEO always invigorates your mind and soul with his or her passion.

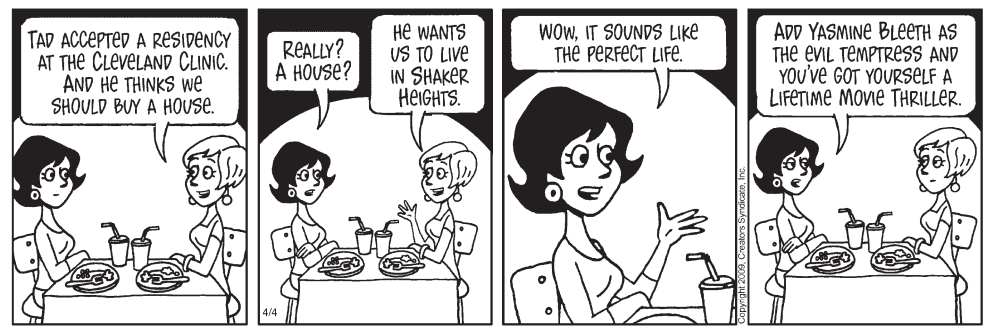
Girls and Sports

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 ★★★★

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

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

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

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MYSTERY PHOTO

Soraya Danesh news@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 Noted seamstress
5 Lushes
9 Sap source
10 Modify
12 Exemplary
13 Old capital of India
14 Caffeine-free brew
16 Got together
17 Corrode
18 2005 fantasy film
20 Skiers' sites
22 Paradise
23 Sports spot
25 Lily pad sitter
28 Tear off
32 Brown scarab
34 Dove cry
35 Choose
36 Puts on a server
38 Paper buys
40 "Frasier" pooch
41 Train stop
42 Salon creations
43 Makes suits
44 Serving aid

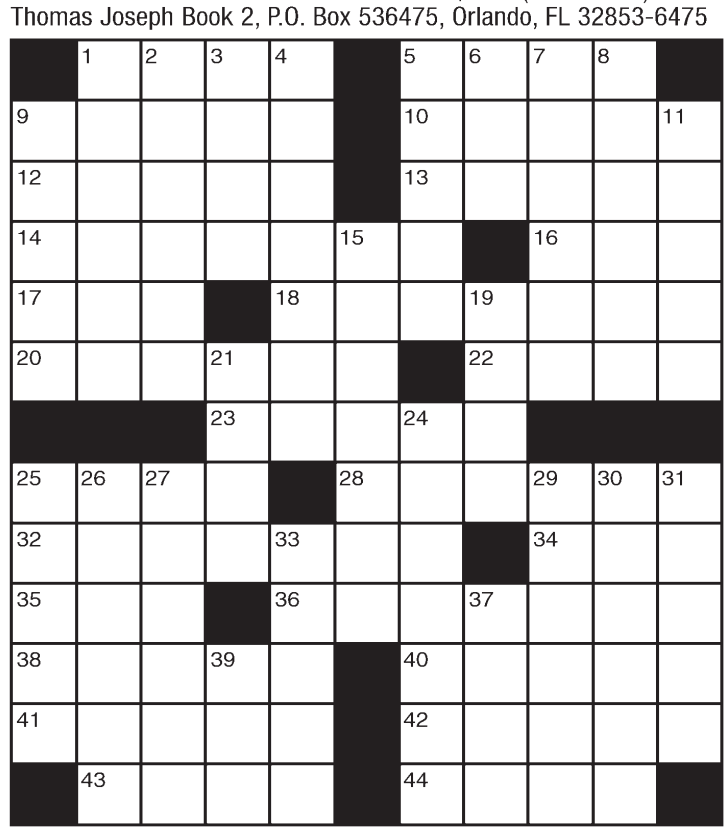
DOWN

1 Tire type
2 Willing to consider
3 Louver piece
4 Bubbly quaff
5 Egypt's Anwar
6 Exalted verse
7 Book of Jewish law
8 Planet
9 Silent ones
11 Mythical giant
15 Became less stringent
19 Passion
21 Magazine part
24 Overlook
25 Coastal inlet
26 Madras money
27 Like some books
29 Maine park
30 Systematize
31 Gardening aids
33 Some statuary
37 Skunk output
39 Cut hay

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

Yesterday's answer

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4-4

DAILY LOTTERY

MEGA MILLIONS: 16 22 38 39 48
Meganumber: 42
Jackpot: $54M

SUPER LOTTO PLUS: 4 7 17 31 33
Meganumber: 1
Jackpot: $35M

FANTASY 5: 7 9 25 29 37

DAILY 3: MIDDAY: 1 9 1
EVENING: 3 0 8

DAILY DERBY:
1st: 08 Gorgeous George
2nd: 12 Lucky Charms
3rd: 01 Gold Rush
RACE TIME: 1.43.78

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

■ **Least Competent Criminals:** (1) Alleged bank robber Feliks Goldshtein was arrested after a brief chase by police, who were summoned to National City Bank in Stow, Ohio, in January. Employees may have been tipped off because Goldshtein, wearing a ski mask, had waited patiently in a teller's line and only displayed a gun when he finally reached the counter. (2) Romeo Montillano, 40, who was being sought in the December robbery of a Kmart in Chula Vista, Calif., pleasantly surprised the cops when they learned that a "Romeo Montillano" had registered for the upcoming police officers' exam on Feb. 25. Indeed, he showed up, and he was arrested.

TODAY IN HISTORY

1850 the city of Los Angeles was incorporated.

1887 Susanna Madora Salter became the first woman elected mayor of an American community: Argonia, Kan.

1945 during World War II, U.S. troops on Okinawa encountered the first significant resistance from Japanese forces at the Machinato Line.

1949 12 nations, including the United States, signed the North Atlantic Treaty in Washington.

1968 civil rights leader Martin Luther King Jr., 39, was shot to death at the Lorraine Motel in Memphis, Tenn. (James Earl Ray later pleaded guilty to assassinating King, then spent the rest of his life claiming his innocence before dying in prison in 1998.)

1975 more than 130 people, most of them children, were killed when a U.S. Air Force transport plane evacuating Vietnamese orphans crash-landed shortly after take off from Saigon.

1979 Zulfikar Ali Bhutto, the deposed prime minister of Pakistan, was hanged after he was convicted of conspiring to murder a political opponent.

1983 the space shuttle Challenger roared into orbit on its maiden voyage.

WORD UP!

longueur \long-GUR\, *noun*: A dull and tedious passage in a book, play, musical composition, or the like.

Santa Monica Daily Press

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Employment

GIVE OF YOURSELF American Cancer Society Discovery Shop needs volunteer sales help. You can contribute by spending 4 hours per week Thurs., Fri., or Sat.assisting in our up-scale resale shop in Santa Monica. Conact Terry or Shaunnah at (310) 458-4490.

IMMEDIATE POSITIONS available in the Housekeeping Department. Hospital experience preferred. Must speak English, Call (310)829-8431 for interview.

Line Cook with valid drivers license for catering delivery Must speak English. Please call (310)985-0080

OCEAN HOUSE, an upscale retirement community is looking for an evening receptionist full time. The shift is 4pm-12am and the schedule includes weekends. Must have a love for seniors and great communication skills. Previous experience preferred. Pre-employment drug and background check. Please apply at 2107 Ocean Ave. or fax resume to (310) 314-7356. EOE

OCEAN HOUSE, an upscale retirement community, is looking for part time servers for its dining room. Shifts include 4-8pm and during the week and on weekends. Must have a love for seniors and great customer service skills. Pre employment drug and background check. Please apply at 2107 Ocean Ave. EOE

For Sale

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Yard Sales

Santa Monica Multi family yard sale
2326 11th St. Saturday 9-1

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on April 4-5th from 8am to 5pm.
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www.hollyhock-farm.com

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501 N. Venice unit 10 single, $1100/mo $400 off move-in stove, fridge, carpet, utilities included, laundry, parking, no pets. (310)574-6767 www.jkwproperties.com

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833 5TH St. SM upper unit 206 single $1395 stove, carpet, blinds, swimming pool, laundry, granite countertops, wood/tile floors, intercom entry, gated parking, no pets. $500 off move-in (310)393-2547 www.jkwproperties.com

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For Rent

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(310)869-7901

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2104 Ocean Park Blvd. #2 $1950 2+1

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PALMS 3346 S. Canfiled #205 $1075 1+1 upper, stove, fridge, blinds, carpet, on-site laundry, garage parking, intercom entry no pets.$400 off move-in (310)578-7512 jkwproperties.com

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Santa Monica $1695.00 2 Bdrms, 2 Bath , w/appliances, NO pets, parking, dshwshr, fireplace, balcony, 2535 Kansas Ave., #205 Open daily for viewing 8am-8pm. Additional info in unit. Move-in-special-available. Manager in unit #101

Santa Monica $1650.00 2 Bdrms, 1Bath NO pets, stove, refrigerator, parking 1935 Cloverfield Blvd., #15 Open daily for viewing 8am-8pm. Additional info in unit. Manager in unit #19. Move-in-special-available

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SANTA MONICA / Mar Vista/Palms Adj. $1200.00 to $2150.00 1 Bdrm, 2 Bdrms, w/appliances, parking For list of our vacancies, see manager at : 1935 Cloverfield Blvd. #19, Santa Monica move-in-special available

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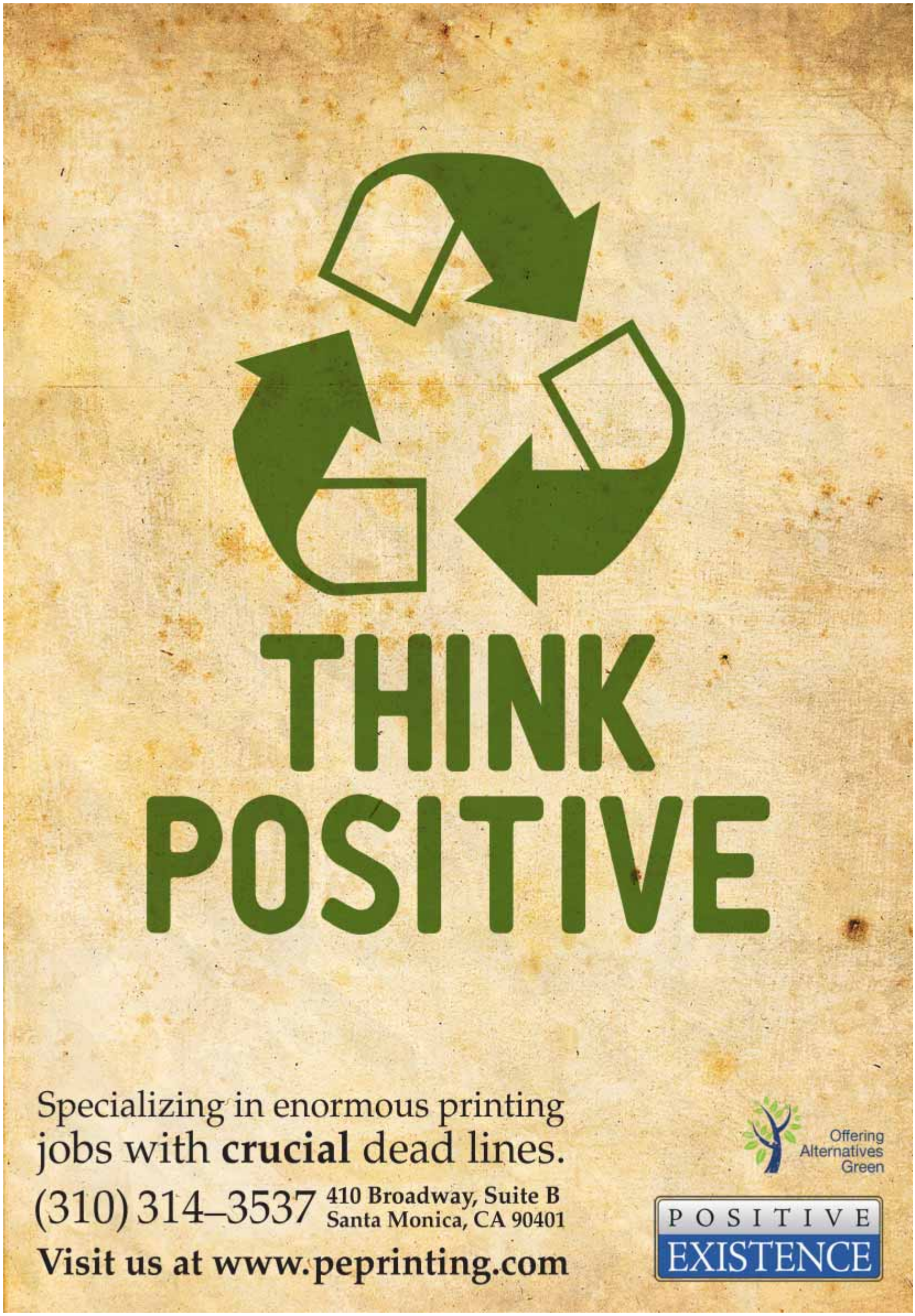
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North of Montana ~ Single Family Homes

First Three Months of 2008 compared to First Three Months of 2009

	Previous Period 1-1-08 thru 3-31-08	Current Period 1-1-09 thru 3-31-09	% change
Number of Sales	9	2	-78%
Average Days on the Market	43	64	49%
Lowest Price	$2,100,000	$2,786,000	33%
Median Price	$2,400,00	$3,253,000	36%
Highest Price	$3,050,000	$3,720,000	22%
Average Price Per Square Foot	$1,013	$690	-32%
Average Sale Price / Average List Price	98.37%	95.94%	-2%

North of Wilshire ~ Condo's & Townhomes

First Three Months of 2008 compared to First Three Months of 2009

	Previous Period 1-1-08 thru 3-31-08	Current Period 1-1-09 thru 3-31-09	% change
Number of Sales	18	23	28%
Average Days on the Market	96	53	-45%
Lowest Price	$402,000	$340,000	-15%
Median Price	$590,000	$659,000	12%
Highest Price	$1,140,000	$1,799,000	58%
Average Price Per Square Foot	$610.84	$575.83	-6%
Average Sale Price / Average List Price	96.71%	96.45%	0%

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