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APRIL 11-12, 2009

Volume 8 Issue 135

Santa Monica Daily Press



TASTY AND GOOD FOR YOU
SEE PAGE 7

We have you covered

THE TAXING ISSUE

City officials address noise at restaurant

BY MELODY HANATANI
Daily Press Staff Writer

WILSHIRE BLVD A year since its opening, the complaints are still coming in from neighbors about SOUTH, bemoaning the noise and other general quality of life issues which they believe came with the popular restaurant.

But while City Hall has responded to those grievances by informing affected residents that the Southern fusion restaurant is technically in compliance with local codes, officials are exploring different ways of resolving the long-standing problem.

Eileen Fogarty, the director of planning and community development, said her staff is evaluating different ways of addressing the issues between the restaurant and its neighbors, including an interpretation of a current law regarding noise and what could be a more likely alternative — a new ordinance.

"We are literally right now in the midst of (weighing) the pros and cons of each to see which would address this issue and not create unintended consequences elsewhere," Fogarty, whose department oversees code

SEE NOISE PAGE 10

St. Monica golf experiences a youth movement

BY DANIEL ARCHULETA
Managing Editor

ST. MONICA Golf is the kind of sport that usually takes years to perfect. Aside from Tiger Woods and his ilk, most players take decades to develop a competitive edge.

Such isn't the case for St. Monica Catholic High School's boys' golf team, which appears to be experiencing a bit of a youth movement.

SEE GOLF PAGE 13



Brandon Wise *brandonw@smdp.com*

STICKER SHOCK: **Store owner Moe Taheri sells Shane Hurley three packs of cigarettes at Santa Monica Tobacco on Thursday afternoon.**

A very painful payment

Taxes on smokes and sales force local businesses, consumers to think twice

BY ASHLEY ARCHIBALD AND WILL WEISS
Special to the Daily Press

Moe Taheri, owner of Santa Monica Tobacco, rang up his customer's order. It was the usual tub of American Spirit and rolling papers, a good mix for people who want to cut the chemical additives out of their cigarettes by rolling their own. When the total appeared in blocky green font on the cash register, the customer balked.

"Oh, I can't do that. Can I take Bugler?"

"I have no problem with that," Taheri said, and went to exchange the tobacco for the less expensive brand.

It's a problem Taheri has seen increasing since the sales and tobacco taxes increased on April 1. Many customers are switching from premium tobacco and cigarette brands to more generic ones to cope with higher prices.

COUGHING UP A LITTLE BIT MORE

The federal excise tax on cigarettes increased 62 cents per pack to $1.01, a 158 percent increase. Rolling tobacco has sustained the largest increase at a whopping 2,159 percent.

The new revenues will be used to fund the Children's Health Insurance Program (CHIP), a state program that insures children in families without access to affordable employer-sponsored insurance. The reauthorization act will allow states to enroll more children who already qualify for coverage in the program and will

SEE TAXES PAGE 12

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



'A Beautiful Girl Like You'
Schomburg Gallery
2525 Michigan Ave., 10 a.m. — 6 p.m.
Schomburg Gallery will display the works of Tim Zinnemann, a jack of all trades in the film industry, but a photographer at heart. From the man who worked on films like "The Pink Panther" and "Street Fighter" comes something completely different — alluring photographs of women caught in unexpected moments that demonstrate true beauty. Admission is free. Call (310) 453-5757 for more information.

'Made Me Nuclear'
Santa Monica Playhouse
1211 Fourth St., 8 p.m.
"Made Me Nuclear," the pop music operetta about surviving cancer, has enjoyed such popularity that its run will continue on through May 30. The play discusses with poignancy and heart the painful topic of cancer through the medium of jazzy music. Admission is $20. Call 1(866) 468-3399 for more information.

Sunday, April 12, 2009

'Bunny Wars'
Edgemar Center for the Arts
2415-2449 Main St., 3 p.m.
This rethinking of "The Tale of Peter Rabbit" combines theater with an interactive audience for a high-energy must-see event for children of all ages. This isn't Peter Rabbit like you've seen him before. He's on a mission to take back the cabbage patch, and Sgt. McGregor won't be standing in his way. Tickets are $10 for children and $12 for adults. Call (310) 924-9199 for more information.

A mythical tour at the Getty Villa
Getty Villa
17985 Pacific Coast Highway, Pacific Palisades, 3 p.m.
Experienced tour guides introduce you to the world of myths, gods and goddesses in this ancient Greece and Rome focus tour. In this one hour tour, discover some of antiquity's most popular gods and their escapades through the medium of ancient art objects. Sign up early as space is limited. Call (310) 440-7300 for more information.

Monday, April 13, 2009

Kenneth Rexroth Centenary
UnUrban Coffee House
3301 Pico Blvd., 7:30 p.m.
Kenneth Rexroth, a chief figure in the San Francisco Renaissance and one of the first American poets to appreciate Japanese poetic forms like the haiku, is remembered in this documentary by Lindsay Mofford. "The Signature of All Things" will be screened alongside the 16 mm short "I Have Two Voices." Admission is free. Call (310) 315-0056 for more information.

Tuesday, April 14, 2009

Poetry and verse
Barnes & Noble
1201 Third St., 10:30 a.m.
The Green Poets meet at Barnes & Noble to discuss original poetry and share personal favorites. The group is led by Santa Monica College's Emeritus School's William L. Robertson. All are welcome to the forum who wish to acquire a deeper understanding and love of poetry. Go to www.greenpoets.com for more information.

Wednesday, April 15, 2009

Domingo-Thornton Young Artists
The Broad Stage, SMC
1900 Pico Blvd., 7:30
The Domingo-Thornton Young Artists Program at the L.A. Opera features young men and women at the beginning of their careers with the talent to acquire international stature. The program is recognized as one of the world's foremost training programs for emerging professional opera singers. Tickets range from $39 to $75. Call (310) 434-3412 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.

Pair of dead whales found in Southland

THE ASSOCIATED PRESS

DEL MAR Authorities were investigating the deaths of two whales found in Southern California waters Friday.

A beachgoer in San Diego County spotted the carcass of a 20-foot whale that washed up on a beach in Del Mar, said sheriff's Lt. Jenene Milakovich.

Federal marine scientists took photographs in hopes of identifying the type of whale and determining its cause of death as sheriff's deputies and lifeguards pushed the carcass out to sea.

Further north, a person on a ship discovered a dead 60-foot fin whale in Los Angeles Harbor, according to the U.S. Coast Guard. The National Marine Fisheries Service arranged for the carcass to be transported to a pier.

Last month, there were at least two dead whale sightings along the California coast.

A 25-foot gray whale calf washed up on an Orange County beach, and a two-ton gray whale drifted to shore in Santa Cruz.



IN FAITH

Benjamin Brayfield *news@smdp.com*

Priests at St. Monica Catholic Church perform a ceremonial feet washing Thursday evening. The ceremony is a symbolic offering from members of the community to take care of each other. Holy Thursday is followed by Good Friday and Easter Sunday.

High-tech gear has low-tech weakness

JASON DEAREN
Associated Press Writers

SAN FRANCISCO Forget, for a moment, computer viruses and sophisticated cybercrimes. A hacksaw and a few other tools were probably all it took for someone to sever eight fiber-optic cables in Silicon Valley this week, knocking out cell phone, landline and Internet service.

The attack was a reminder of the fragility of the telecommunications networks that are increasingly important in our lives. Yet physical sabotage of the networks is extremely rare, and far overshadowed by natural disasters like hurricanes. Security experts were unable to recall a similar incident.

Cables were cut early Thursday in San Jose and nearby San Carlos, wiping out telecom service to tens of thousands of homes and businesses. Some people were still able to place local calls, but 911 service disappeared.

A woman in Gilroy was forced to flee her home during a robbery because she couldn't call 911. She rushed to a nearby firehouse to report the crime, city spokesman Joe Kline said.

Services returned later Thursday as repairs progressed.

Police in San Jose have received leads from potential witnesses, Sgt. Ronnie Lopez said, and FBI spokesman Brian Hale said the incident had no connection to terrorism. He did not elaborate on how that determination had been made.

Lopez said that whoever cut the cables knew how to use the proper tools to remove a heavy manhole cover and slice through the thick cables, which are protected by a heavy plastic sheath.

Still, it wasn't clearly an inside job. In San Carlos, where four fiber-optic cables were severed, Police Cmdr. Rich Cinfio cautioned people not to conclude that the crime required detailed knowledge of the system's workings.

"You can get the tools needed to do this at any local hardware store," Cinfio said.

AT&T Inc., which owns six of the severed cables, posted a $100,000 reward for information leading to an arrest, then raised that to $250,000 on Friday "as the full scope of the vandalism became more clear."

Sprint Nextel Corp. said one of its cables, which provided Internet access for large business customers, was cut, too. Sprint was able to reroute traffic over other lines within a few hours of the cut, said spokeswoman Crystal Davis.

Phone and Internet service from Verizon Communications Inc. was also disrupted for about 50,000 households, since the company uses AT&T's "long-haul" telecommunications lines in the area.

Santa Clara County spokeswoman Joy Alexiou said the sheriff's department doubled patrols in areas where people's phone service was out. County workers went door-to-door checking on vulnerable people like seniors and the disabled.

Internet sabotage for the purpose of extortion or to silence an opponent's Web site is common, but the tools are usually software, not from a hardware store. Thieves sometimes target phone and power lines because the copper has scrap value, but that isn't true of optical fiber.

Greg White, director of the Center for Infrastructure Assurance and Security at the University of San Antonio, said the location of the telecom cables is known to a fair amount of people, but no one previously had shown much interest in cutting them.

"Well, now we see that not only is it possible, at least one individual has done it," he said.

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Walking a fine line

Editor:

In response to Dan Ramos' letter to the editor ("Samohi coach needs to go," page 4, April 7), opinions are like noses, everybody has one.

But I do respect Mr. Ramos' opinion. He has coached on a highly successful Santa Monica High School softball program for over 20 years, and has, along with his family members, been involved in local baseball programs even longer.

But I must say it is difficult to get rid of a high school coach whose team won its league the previous year, no matter how many parents or players complain. And from what I've heard from people around the high school program there has been many concerns about how Coach Duron runs the program.

For the players that want to make the team, be in the starting lineup, or be promoted to pro or college scouts, the high school and travel ball coaches hold the "key to the kingdom." These coaches need to walk a fine line between being independent of parents and listening to their concerns.

A baseball coach is judged by many qualities. His decisions on how to use his players, or who to start or play is only one.

Can he teach is another. Do players enter a program and improve because he teaches mechanics, fundamentals and the mental part of the game? How does he communicate with and motivate his players? These are as important if not more.

Mr. Ramos is as qualified a person I know to become a high school baseball coach, but he must realize a team does not fail one player, just like one player does not fail a team.

Larry Arreola
Santa Monica

Rail line needs to move forward

Editor:

Once again we get to read an anti-transit rant from Bill Bauer, who clings to the delusion that if we stop the Expo Line and other transit and pedestrian improvements that somehow he'll get to live an old-fashioned, suburban, government-preserved, single-occupancy-automobile-only lifestyle in perpetuity in Santa Monica – as if we won't have ever-increasing density anyway. The Southern California Association of Governments is predicting 3 million new Los Angeles County residents over the next three decades.

As the limits of sprawl have been reached, that means increasing density everywhere including Santa Monica, requiring more public transit and pedestrian improvements.

Thwarting rail projects won't stop the ever-increasing density on the Westside. What the Expo Line and Wilshire Boulevard line and other rail lines will give people are transportation options to maintain mobility and economic viability of the region.

While the concerns of Cheviot Hills, Hancock Park and Santa Monica residents need to be listened to, and their concerns reasonably addressed, a few NIMBYs shouldn't be and won't be allowed to thwart the welfare of the entire region by sabotaging the building of these needed rail lines.

People who want to live in Sam Yorty's Los Angeles County need a time machine more than anything else. People who want a low-density lifestyle will need to move to the actual suburbs. (Note: If you live in the middle of Los Angeles or Santa Monica, you do not live in a suburb, nor are you entitled to a government-preserved, suburban, low-density, automobile-based lifestyle just because you feel entitled to one.)

Thank goodness we have reasonable civic leaders like Pam O'Connor and Denny Zane who recognize the importance of the Expo Line and the Purple Line to Santa Monica's future.

Dan Wentzel
Santa Monica



Modern Times

Lloyd Garver — **Send comments to editor@smdp.com**

Straight out of the mouths of babes

THE UNIVERSITY OF OKLAHOMA'S Courtney Paris recently became the first four-time All-American in women's college basketball history. That's right, she played for four years, and she was an All-American every year. She also set some 18 records while playing basketball for Oklahoma.

However, she will probably be remembered for something she said rather than all that she did while a basketball player. About a month ago, she guaranteed that the Oklahoma team would win the National Championship. In fact, she said that if they didn't win it all, she would repay the university for all four years of her scholarship.

On April 5th, Oklahoma lost to Louisville in the semifinals, 61-59. Should Courtney make good on her promise? Is she a braggart or is she someone with integrity? Will the University sue her for the money?

It's not unusual for athletes to boast before a big event. Forty years ago, Joe Namath made his famous guarantee that the Jets would win the Super Bowl. Muhammad Ali used to promise that he would knock out his opponent in a specific round. But I don't remember athletes guaranteeing that if they didn't fulfill their promise, they'd give all the money back. Until now. Paris, the daughter of former San Francisco 49er football player Bubba Paris, had implied that unless she led the Oklahoma Sooners to a championship, she hadn't earned all that the University had given her.

If I were Courtney's father, I'm not sure how I would've reacted to hearing my daughter suggest that she might give back all of her scholarship money. Also, if I were her father, it's unlikely that my name would be Bubba.

Her promise wasn't an easy one to make. Oklahoma was not favored to win. The University of Connecticut, the eventual champions, were the favorites. So it's not like she was a Harlem globetrotter saying he'd give back his entire salary if his team lost to the Washington Generals. This wasn't Julia Roberts saying she'd give back her salary if her latest movie didn't sell one ticket. It's not as if Chicago's Mayor Daley said he'd give back all the money the city had ever paid him if he lost to a Republican. She really went out on a limb.

Quite correctly, the University has said they will not hold Courtney to her promise. They feel she has already earned every penny of her scholarship by bringing attention to the program, by attracting more and more fans, and by playing great basketball. The money is estimated to be at least $64,000. I don't know which is more historic: Courtney's promise or an educational institution turning down money.

Courtney says she's going to pay back all the money no matter what the school says. She doesn't have the money now, but she said she will repay the school even if it takes her the rest of her life.

Most people seem to be writing her off as crazy, a loud mouth, or at best, a kid who foolishly said something that wiser adults should ignore. Maybe she's not any of these things. Maybe she's simply someone who feels that a promise is a promise. As a professional player, she won't make the tens of millions that male pro players make. So it's not like she's going to earn that $64,000-plus in the first two minutes of her first professional game.

Like most athletes, she probably hired a financial adviser after about 30 seconds of her last collegiate game. Maybe he or she will come up with a way that the University can get the money that Courtney feels they're entitled to without causing her any hardship. Perhaps a Courtney Paris Scholarship Foundation will be set up, and the University will end up getting far more than $64,000.

COURTNEY SAYS SHE'S GOING TO PAY BACK ALL THE MONEY NO MATTER WHAT THE SCHOOL SAYS. SHE DOESN'T HAVE THE MONEY NOW, BUT SHE SAID SHE WILL REPAY THE SCHOOL EVEN IF IT TAKES HER THE REST OF HER LIFE.

Adults can learn from young Courtney Paris.

Sure, she was boastful, and maybe she made a promise in the heat of the moment. But in this era when some people feel no compunction about accepting huge salaries or bonuses after poor performance, here is someone who is willing to pay back money just because she didn't achieve ultimate success, almost perfection. She's not asking for a bailout, she's offering her school a bailout. She's not saying, "Don' blame me, it was the other people who messed up."

In recent months, how many executives have we heard say, "I'll pay back every penny to the people I let down?" That's right, zero.

We might never see another student athlete like Courtney. However, to quote Humphrey Bogart in Casablanca, "We'll always have Paris."

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.

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The Q Line

Making room

This past week, Q-line asked:

After hearing a flood of complaints from residents, the City Council has decided to look for an alternative location for the Expo Light Rail maintenance yard. Where do you feel is the most suitable location for the yard?

Here are your responses:

"I REALLY WOULDN'T KNOW WHERE THE best place would be. There isn't much vacant land in this area anymore anyway. The city has overbuilt everywhere. How about the front lawn of City Hall?"

"KEEP IN MIND, FOLKS, THE CONSTRUCTION of a light rail system will not be as simple as having celebrity illusionist David Copperfield walk onto Colorado Avenue, wave a magic wand, say abracadabra, raise the sheet and have a light rail system appear. Trust me, folks, it will be a construction nightmare. It will be interesting to watch the light rail train pass across Lincoln Boulevard on its way to Fourth Street and back again, creating more automotive congestion as automobiles wait for the train to pass, ditto all other north and south bound streets in Santa Monica that cross over Colorado Avenue. I believe a good location place for the maintenance yard would be to have developers place it where the sun does not shine."

"I DON'T SEE WHY THEY NEED TO HAVE a rail yard, they've already got rail yards to maintain their equipment and stuff. There's a track going each way. At the end of the line they just merge into one. The engineer pulls in, gets into the cab at the other end, pulls out and goes on the other line. We don't really need a whole rail yard, just enough track so they can set the train on there so they can switch over to the other line."

"THE BEST LOCATION FOR THE EXPO Maintenance yard I think is Bergamot. Displacing things and structures is a lot easier than displacing people in the Verizon area. It's an inconvenience but I think that Bergamot was built for a rail yard, that's what it intentionally was, and the artists can move on but it's difficult for residents to move on. So I think Bergamot is the best location."

"HOW ABOUT PAM O'CONNOR'S FRONT yard? Or maybe Denny Zane's or Patricia Hoffman's. They're all carpetbagging elitists to this town. The light rail is again something for someone else: bums, tourists, non-profits, educational specialists. What's in it for Santa Monica? Being part of L.A.? How has that benefited us except for a few politicians and business scum. When General Telephone owned the Exposition property, there was no noise from the neighborhood moaners. Someone has taught them to cry very loud. Be that as it may, I agree with them. Bergamot Station is perfect. It's an industrial area: the city yards, the city dump, the freeway. All you have left is some useless tax money, sucking artists, and the shame shell bum housing. Do the right thing, redirect the light rail to Culver City."

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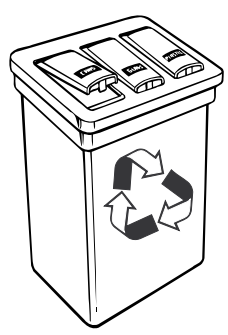
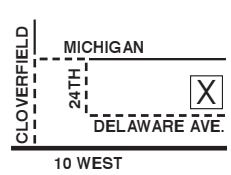
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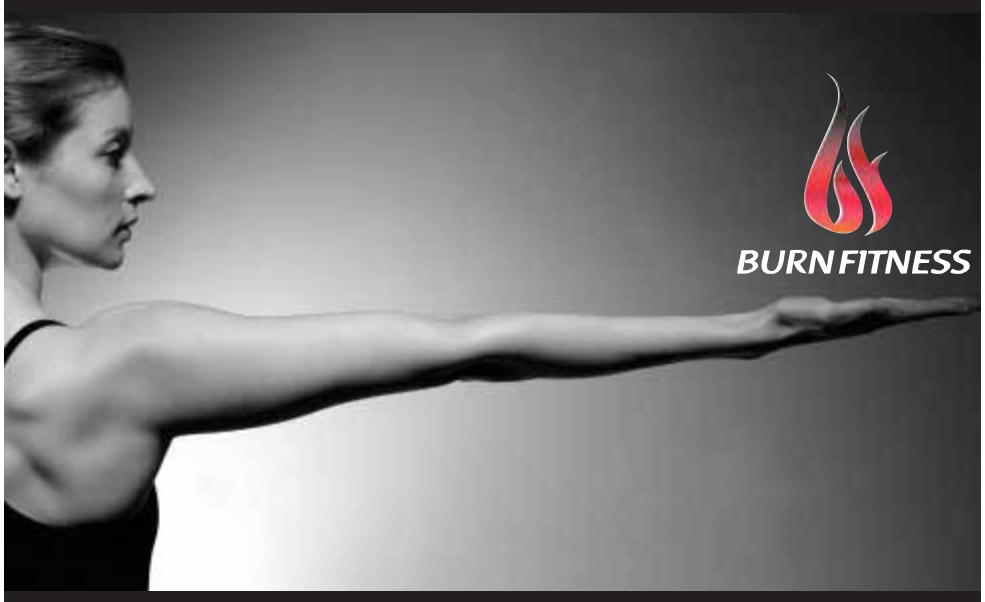
NOTICE OF AVAILABILITY OF PROPOSED FY 2009-10 ONE-YEAR ACTION PLAN ALLOCATING FEDERAL CDBG AND HOME FUNDS

Notice is hereby given that the City of Santa Monica has developed the Proposed FY 2009-10 One-Year Action Plan. The One-Year Action Plan is submitted annually to the U.S. Department of Housing and Urban Development (HUD). It delineates the City's specific projects and activities for one-year use of Community Development Block Grant (CDBG) and HOME funds in order to meet the City's overall housing and community development needs as specified in the Consolidated Plan (FY 2005-10) adopted by City Council and submitted to HUD in June 2005. The City is seeking community comments on the Proposed One-Year Action Plan.

Copies of the Proposed FY 2009-10 One-Year Action Plan are now available to the public for a 30-day community review period ending May 12, 2009. Copies are available on the web at smgov.net, or you may contact the Human Services Division, 1685 Main Street, Room 212, Santa Monica, CA 90401, telephone (310) 458-8701; TDD (310) 458-8696. Please send your written comments to the above address by May 12, 2009, or you may present your comments verbally at the City Council public hearing on that date.

The Council Chambers are wheelchair accessible. If you have any special disability-related needs/accommodations, please contact the Human Services Division.

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Face transplants ready for spotlight

MARILYNN MARCHIONE
AP Medical Writer

Five years ago, it was the stuff of science fiction: Replace someone's face with one from a dead donor. But on Thursday, Boston doctors performed the world's seventh such transplant — less than a week after one in France — and plans are in the works for more.

"Society is allowing us to do this. I think you're going to see more and more," especially in soldiers disfigured in recent wars, said Dr. Frank Papay, a surgeon who helped perform the nation's first face transplant, in December at the Cleveland Clinic.

Some of the successes have been dazzling. People who couldn't eat, speak normally, or go out in public now can walk the streets without being recognized as someone who got a new face.

Even so, face transplants are likely to remain uncommon, used on only the most severely disfigured, because of the big risks and lifelong need to take medicines to prevent rejection.

"It's not going to be like some people imagine — routine, like people getting a facelift, or cosmetic surgery," said Stuart Finder, director of the Center for Healthcare Ethics at Cedars-Sinai Medical Center in Los Angeles.

"We have what appears to be success," he noted, but there is always the chance that some patients may experience serious rejection problems or refuse to stay on the required lifetime of drugs.

Boston doctors stressed the care and psychological screening they required before performing the nation's second face transplant on Thursday. The operation, at Harvard-affiliated Brigham and Women's Hospital, was on a man who suffered traumatic facial injuries from a freak accident.

Face transplants go far beyond the transfer of skin and facial features, using things like bone and cartilage for reconstruction. The team led by plastic surgeon Dr. Bohdan Pomahac replaced the man's nose, palate, upper lip, and some skin, muscles and nerves with those of a dead donor.

The hospital would not identify the recipient or donor, but the donor's family members released a statement saying they hope the procedure convinces others to donate.

"The fact that we are able to give this gift was a tremendous comfort in our time of grief," the statement said.

At a news conference on Friday, Pomahac said: "There is no risk of recognizing the donor on the new patient. There's a 60 percent chance the patient will look how he used to look."

In a phone interview earlier Friday, Pomahac (pronounced POE-ma-hawk) said the man's injury occurred some years ago, and it left him with "no teeth, no palate, no nose, no lip."

"It was difficult for him to speak, to eat, to drink. It certainly caused a lot of social problems," Pomahac said.

The man had been Pomahac's patient for a long time, and doctors decided to pursue a face transplant because previous attempts to treat him left him still badly deformed. It took three months to find a suitable donor, who also provided some organs for transplant in other patients, Pomahac said.

The 17-hour operation began at 1:15 a.m. Thursday, with the recipient and the donor in operating rooms across the hall from each other. The patient was still recovering from anesthesia on Friday.

"He's still not fully awake so he has not seen himself. We have not really had a meaningful conversation so far," Pomahac said.

"He was incredibly motivated to go forward with it," and was extensively evaluated psychologically by doctors in and outside of Brigham, Pomahac said. "We really made sure that nothing was left to chance."

The seven primary surgeons and other assistants all donated their time and services, Pomahac said.

"We are essentially making a lifelong commitment to help him," the surgeon said.

Pomahac was born in Ostrava in the Czech Republic, and graduated from Palacky University School of Medicine in Olomouc, Czech Republic. He came to Brigham for a surgical research internship in 1996 and now, at 38, is associate director of its burn center, where he treats trauma and plastic surgery cases.

The Boston hospital's board approved Pomahac's plans to offer face transplants a year ago.

The world's first transplant in 2005 was led by Dr. Jean-Michel Dubernard in Amiens, France, who treated Isabelle Dinoire, a woman who had been mauled by a dog and grotesquely disfigured. Dinoire's appearance today is virtually normal.

The first U.S. face transplant, and the most extensive operation so far, was done in December by doctors at Cleveland Clinic. They replaced 80 percent of a woman's face with that of a female cadaver. The woman's identity has not been revealed, nor the circumstances that led to the transplant.

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Kitchen Vixen

Elizabeth Brown
Send comments to editor@smdp.com

A different type of threesome

IN LAST WEEK'S ARTICLE YOU LEARNED some facts about flax, but you only learned half of the omega-3 fat story.

As a child I remember listening to a guy named Paul Harvey who did a radio news segment called "The Rest of the Story" where he elaborated on popular news pieces.

We had a radio that went on with the bathroom light. I would listen to Paul Harvey's commentary and would often find myself lingering in the bathroom just long enough to hear "the rest of the story." Paul was on the radio for more than 50 years, up until his death this year at the age of 90. So, in honor of Paul Harvey, I will tell you "the rest of the story" about omega-3 fats.

Omega-3's have garnered much media attention because each day we learn more about their amazing health benefits.

What researchers are finding is that a long standing lack of omega-3's or an overabundance of omega-6's in the diet may be the cause of chronic disease which is rooted in inflammation.

Omega-6's promote inflammation while omega-3 fats promote anti-inflammatory pathways.

But omega-3's and omega-6's are essential. We can not make them in the body; therefore, we must obtain them from the diet. Linoleic acid (LA) is the essential omega-6 fat and alpha-linolenic acid (ALA) is the essential omega-3 fatty acid.

Over the years, our diets have changed from whole foods to processed foods which incorporate more omega-6's. We eat fewer vegetables and more meat from animals that were raised on grains instead of their natural diet of green grasses. Invariably we now get more omega-6's and fewer omega-3 fats in our diets.

LA and ALA are the precursors to fats made by our bodies that are key ingredients in the function of cell membranes and in facilitating the body's pro and anti-inflammatory pathways. LA and ALA compete for the same enzyme that converts them to their longer, more useable forms. LA gets converted to Arachidonic Acid (AA) while ALA gets converted to Eicospentaenoic Acid (EPA) which can further be converted to Docosahexaenoic Acid (DHA).

Ideally, EPA and DHA get incorporated into cell membranes instead of AA.

The presence of these omega-3 fats in cell membranes allows for quick delivery of nutrients in and out of cells while keeping unwanted substances at bay. DHA, in particular, is found in highest concentrations in cells where rapid response is imperative such as in cells of the brain, the eyes, the heart, red blood cells and the muscles of trained athletes. EPA influences metabolic pathways which reduce blood clots, constriction of blood vessels and inflammation.

So a diet rich in omega-3 fats, as you can see, will promote a more healthful, better-functioning you. While a diet high in omega-6 fats will promote disease and discomfort.

Most of the emphasis on omega-3 fats has been on getting more EPA and DHA either from seafood, especially cold water fish, or from fish oil supplements even though plant based foods contain ALA, the mother of EPA and DHA.

SO A DIET RICH IN OMEGA-3 FATS, AS YOU CAN SEE, WILL PROMOTE A MORE HEALTHFUL, BETTER-FUNCTIONING YOU.

One reason for the seafood recommendations is that by eating it we are assured of getting adequate EPA and DHA. Four ounces of chinook salmon has 2,090 mg of a combination of EPA and DHA. The recommended intake per day is 220 mg each of EPA and DHA, while the recommended intake of ALA is 2,200 mg.

More ALA is recommended because the rate of conversion of ALA to EPA and DHA is limited to 5-10 percent at most, but it could be as low as 0 percent. It all has to do with the availability of that enzyme that converts the omega-6 fat LA to AA or converts ALA to EPA and DHA. The more omega-6's in the diet the harder it is for the enzyme to favor ALA conversion.

I was explaining this story to a client who said, "Wouldn't it be easier to just take a supplement?" And I said, "Yes, in the short term but in the long run, we must work to correct a long-term problem." If we ideally cut back on omega-6 sources from processed foods, then we will replace these foods with beneficial, whole foods naturally rich in omega-3 fats.

A long-term solution to improve quality of life is to eat more green vegetables which contain 100 to 300 mg ALA per cup. Strawberries and raspberries contain 120 mg per cup. Walnuts have 2,200 mg per 1/4 cup. Tofu, 360 mg ALA per four ounces. Cod, halibut, snapper, shrimp and scallops contain 300 to 600 mg EPA and DHA per four ounces. It all adds up to a better you through better food.

Next week I will give you some simple yet tasty solutions for eating your omega-3's each and every day!

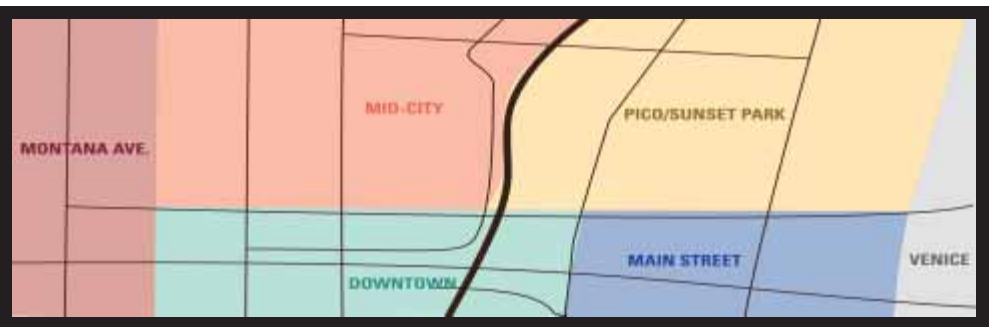
To learn more about Omega-3 fats, watch ELIZABETH'S video entitled: "Eat2Liv: Omega-3 Fats" found on her You Tube channel www.youtube.com/KitchenScienceVixen.

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Santa Monica Daily Press Visit us online at smdp.com

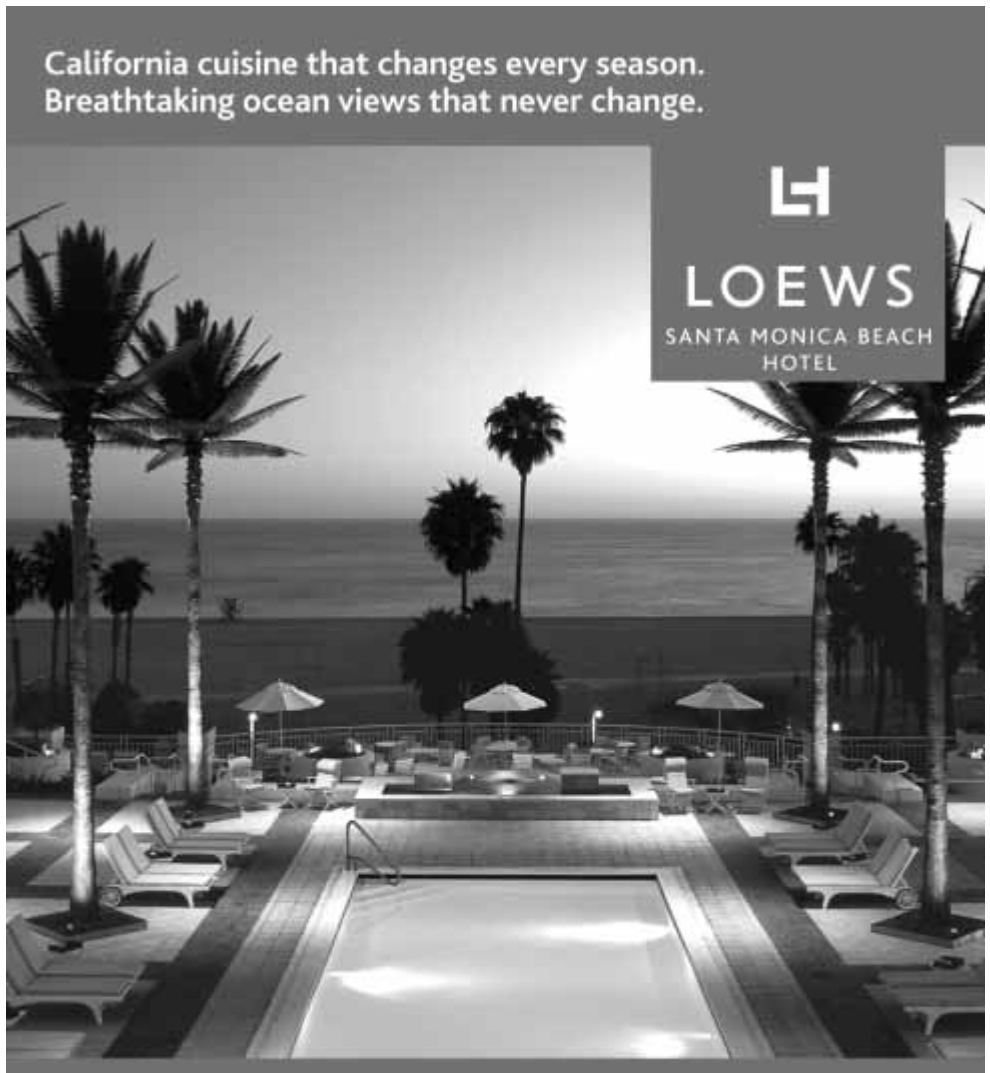


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Restaurant continues to get complaints from neighbors

FROM NOISE PAGE 1

enforcement, said.

Fogarty said the interpretation of the noise ordinance could lead to further complications for restaurants that operate outdoor dining areas, possibly affecting something as seemingly harmless as a conversation between diners.

"We're now trying to craft something that probably would be in the form of an ordinance that just gets to the issue of the music and doesn't have unintended consequences for outdoor diners," she said.

An ordinance could be presented to the City Council as early as May.

City Hall and the Santa Monica Police Department have received numerous complaints from residents who live near SOUTH, which is located at 3001 Wilshire Blvd., since it opened in April of last year. Their list of grievances run deep, from the decibel level of music playing in the establishment to the noise from patrons after they leave to the speed at which the valet drivers traveled on the street. Many residents have said the valet issue has been resolved.

Susan Bronstein, who moved into the neighborhood in 2005, said the problem goes beyond the noise.

"There are patrons going up and down the street," she said. "They're loud and drunk, they're urinating, they get upset if you ask them to move their cars.

"It's [no longer] a neighborhood street."

She adds that neighbors never had issues with previous restaurants that occupied the space, including Punch Grill and Royal Star.

Adam Milstein, who runs the restaurant with partners Philip Boyd, Robyn Landrum and Chris Shanley, said he has made a number of attempts to appease the neighbors, including shutting the main doors by 9 p.m. every night.

The restaurant has faced issues with one neighbor in particular, who lives a few hundred yards to the south on Stanford Street behind Pier 1 Imports. Milstein said that the resident faces a unique issue in that the sound from the restaurant bounces off a building catty corner to the resident.

The owners have offered several potential solutions, including paying for double-paned glass windows, an air conditioner and sound proofing. Milstein added that he has hung a sound proof cloth that went around the entrance of the restaurant, covering the outdoor patio area. The cloth was later removed after it was found to be ineffective.

Kevin Khan, the resident, recently addressed the City Council during a discussion about code enforcement, playing a video in which he demonstrated the noise level at his home. He told City Council members that he lies awake until 2 a.m. every night.

Khan could not be reached for comment for this story.

Milstein said that he and his business partners chose the restaurant for its location,

SEE NOISE PAGE 14

CITY OF SANTA MONICA

NOTICE INVITING BIDS

NOTICE IS HEREBY GIVEN that the City of Santa Monica invites sealed bids for:

BID #2974 – FURNISH AND DELIVER POOL CHEMICALS AS REQUIRED BY THE SANTA MONICA SWIM CENTER.

- **A mandatory job walk will be held on Wednesday, April 15, 2009 at 9:00AM Pacific Time. Bidders are to meet Joe Mc Grath and Amy Thomas at the Santa Monica Swim Center (turn around area) located at 2225 16th Street, Santa Monica, CA.**
- **Please refer to the bid packet for further details. The bid packet can be downloaded at: http://vendors.planetbids.com/SantaMonica/biddtl.cfm?BidNo=332&Status=Bidding**
- **Submission Deadline is May 5, 2009 at 3:00 PM Pacific Time.**

Request for bid forms and specifications may be obtained from the City of Santa Monica, 1717 4th St., Suite 250, Santa Monica, California, by calling (310) 458-2211, or by e-mailing your request to kimberlie.nimori@smgov.net. Bids must be submitted on forms furnished by the City of Santa Monica.

Vendors interested in doing business with the City of Santa Monica are encouraged to register online at http://www.smgov.net/finance/purchasing/

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2006 Volvo S40 2.4i Sedan	A/C, Traction Control, Alloys, 40k miles, VIN#62164608, Certified	$13,994
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2008 Smart Car	Like New, Under 2k miles, 1 only, VIN#8K168945	$16,442
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2006 Volvo XC90 2.5T SUV	Black/Tan, Power W/L, Roof Rack, Alloys, 28k miles, VIN#61286192, Certified	$20,991
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2008 Volvo S80 Sedan	1 only, Prev Rental, VIN#81079211	$25,774
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2007 Infiniti FX35 SUV	Sport Pkg, MP3, Bluetooth, Leather, Dual Pwr Seats, 16k miles, VIN#7X102036	$27,551
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City of Santa Monica
Ordinance Numbers 2286 (CCS)
(City Council Series)

The following is a summary, prepared by the City Attorney's Office, of Ordinance Number 2286, which was adopted by the Council on April 7, 2009.

Ordinance Number 2286 (CCS) amends Santa Monica Municipal Code provisions relating to the City's Code Enforcement Program. The amendments: 1) authorize the recordation of any issued compliance order with the County Recorder's Office; 2) grant prosecutorial discretion to the City Attorney's Office in pursuing Code Compliance matters; 3) clarify the City's ability to criminally prosecute persons/parties that commit Code violations; and 4) clarify the City's ability to seek administrative penalties and administrative costs when faced with substantially delayed compliance with an issued compliance order.

This Ordinance will become effective thirty days after adoption. The full text is available upon request from the Office of the City Clerk, located at 1685 Main Street, Room 102, Santa Monica, phone (310)458-8211.

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Businesses bear the brunt of new taxes

FROM **TAXES** PAGE 1

expand to include 4.1 million more children by 2013.

The new taxes have been difficult for retailers like Taheri to explain to customers, many of whom didn't know about the increased tax.

"Half of them didn't know," Taheri said. "Now we have to go through the hardship to make them understand that it's part of the federal government and there's no profit to be made for us."

As soon as the rest of his customers became aware of the increase, they rushed the store, buying up much of his stock.

"I was sold out of most of my items in just a couple of days," Taheri said.

It is too early to tell what effects this will have on tobacco retailers, said Jim Kline, assistant manager of The Tinder Box, a tobacco store in Santa Monica.

"It's only been 10 days," Kline said. "But it's crazy. You're already dealing in the state of California with a 45.13 percent tobacco tax … . Naturally, that cost gets passed on to the customer. It's the lower-income customers who get hit the hardest."

Though prices are steep, Santa Monica smokers don't see themselves cutting back any time soon.

"I thought about it, and I cut down for the last week, but now I'm smoking regularly," said Kareen Dang as she and four others from the Vidal Sassoon Salon in Downtown were taking a smoke break in front of the building. "I just go to places where they have sales and coupons now."

Although smokers understand that the federal and state governments need revenue, some feel that they are sharing an unfair part of the burden.

"I'm a little annoyed that they're always trying to get it from us," said Ursula Holder , an employee at Fred Segal. "Especially now, with the economy, you think they'd give us a break."

The state of California taxes tobacco at a rate of 87 cents per pack on top of sales tax, meaning that state and federal taxes add $1.88 per pack of cigarettes. However, if California State Assemblyman Tom Torlakson gets his way, the prices are going to get higher.

Torlakson's bill, AB 89, was presented on Jan. 5 and would raise the California cigarette tax to $2.10 per pack. The additional funds would be used to support education, children's healthcare and tobacco-related disease research and cessation programs.

The proposed bill won't complete the legislative process until September, so any possible increases won't be seen until late this year if at all.

NO MERCY FROM THE TAXMAN

Sales tax for nearly all items also increased on April 1 with a half-percent hike to 8.75 cents on the dollar.

A consequence of Measure R, a Los Angeles voter initiative that is expected to raise $30 to $40 billion in transportation funding over the next 30 years, the tax will put a big chunk toward a number of city projects including the so-called Subway to the Sea, a light rail system into LAX, and the widening of the I-5 Freeway.

As consumers begin to see the hit that the increase will make on their month-to-month finances, their spending will likely be restricted, and this in turn will put greater pressure on local businesses to cut costs and retain customers.

Many business owners said that while it is too soon to say if sales will be greatly impacted by the tax increase, they pushed for more business during the final weeks of March in anticipation of a setback.

"It's too soon to tell," said Avo Guerboian of Readers Fine Jewelry. "I made certain sales before the switch in anticipation. We don't like it, but I don't see why any retailer would. Sales are tight now anyway."

Guerboian explained that business has not been especially good for Readers lately because the outfit has temporarily moved into Studio 319 while their regular location is being renovated up the block.

"As of now I haven't seen a lot of change," said Eddie Guerboian, owner of Readers. "There was no resistance from customers (since the tax increase)."

Other big-ticket items, even those of greater immediate utility, have been affected.

"Every increase, regardless of how small, is going to reduce sales, unless there's a corresponding counter effect equal or greater," said Michael Nichols, general manager of Carlsons TV and Appliances.

Nichols said that, however, the small increase also produced a minor increase in sales immediately prior.

"It was a small saving, but it was bonafide," he said. "One percent is 1 percent, and if you had to buy something — it wasn't something you could delay — you may as well go ahead and do it to have an honest savings regardless of the small amount."

Because Carlsons does most of its business with apartment house accounts, most of their customers are interested in basic, functional appliances. These value buys, Nichols said, are perhaps Carlsons' strongest sort.

"I think my sales are going to go up because I'm being presented with unusual opportunities for closeouts because the economy is so bad. I'm able to buy merchandise for a lot less than I normally could," he said. "Even still, it's harder this

SEE **TAXES** PAGE 13

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Sales spike prior to hike

FROM **TAXES** PAGE 12

year than it was last year and the end of last year was no picnic."

DRIVING UP COSTS

Car sales have slumped considerably since the recession began last fall, but many dealers have had to make additional adjustments in light of the Measure R tax hike.

"It's not going to stimulate the economy, it's going to set it back more, especially on high-ticket items like cars," said Pat Ryan, a resident of Beverly Hills whose family recently sold their car dealership in the central valley because of diminished business.

"One percent on 30 grand is a lot of money," Ryan added. "The housing goes first, then the car business — they don't talk about it, but it's about to collapse. It's terrible. It's from Mercedes to Kias. Nobody's buying cars at all."

Though local auto retailers are not doing much better in the long run, many saw sales increase slightly toward the end of March as buyers looked to avoid paying the swollen tab.

"April is always a pretty tough month. You've got the Passover holidays, somewhat of a recession going on, and you have taxes," said Matt Unger, sales manager at Lexus Santa Monica.

Unger said that his dealership had a record month in March with 369 sales, new and used, most of them motivated at least in part by the then-impending tax increase. Lexus Santa Monica has also created a special sale, offering to pay the difference incurred by the tax in order to push more potential buyers into cars and off the lot.

"That was the reason we bought the car," said Jerry Montoya, a freelance illustrator who bought a Corolla from Toyota Santa Monica. "My wife and I did it two days before the tax increase."

Montoya said that while he hasn't yet noticed the effect of the tax increase because he has tried to limit his spending recently, he is anticipating a tighter budget.

Dan Reisenfeld, a Santa Monica resident who was recently laid off by Wells Fargo, said he doesn't necessarily support the Measure R tax because the state is in "stagflation."

"The price of goods and services is not adjusted for the aggregate wage," he said. "I think by increasing the sales tax it's going to hurt a lot of companies. I am a lot more frugal than I was two or three years ago, and other people are going to be a lot more frugal, just by that small tax alone."

Even still, some are willing to shoulder the weight for the greater good. Montoya had no complaints.

"Everybody's suffering right now, but I'm of the mind that if you have to pay a little more tax, so be it," he said. "You make adjustments and you compromise and you improvise."

news@smdp.com

Mariners still a work in progress

FROM **GOLF** PAGE 1

The team's record, 1-5 on the season and 1-1 in Camino Real League play, has been so-so at best, but it's the promise of the team's young players that has Head Coach Rimal Patel excited about the future.

"The freshmen have turned out for every single match, ready to play," Patel said. "They are leading the pack."

Freshmen Krishna Shegran and Paul Fischer showed some of that promise during the league opener last week. Shegran finished five over par after nine holes, Fischer came in seven over. A strong round put in by junior Nick Corben also factored in to the 15 shot rout of league rival St. Bernard.

"Some people have been posting great scores now and then," Fischer said. "I'm proud of the way some of these guys are playing."

The result of the team's second league game against league power La Salle may not have been a victory, but the eight stroke loss to such a dominant squad gave Patel reason to think his guys may be able to compete for a playoff spot, which is awarded to the two top teams in the league.

"(The result of the La Salle game) is pretty impressive," Patel said, "with us being a small private school without a huge budget."

Before the Mariners get a second shot at La Salle, the team will use the rest of spring break to prepare to take on Bishop Montgomery April 20 on the road.

Patel said that he expects Bishop Montgomery to battle his Mariners for the second spot in league and sees the upcoming matchup as an opportunity to distance themselves from the pack. He said that continued strong play by his underclassmen will be needed if his team is to secure a spot in the postseason. He added that this particular group of young men is easy to coach.

"To tell the truth, it is a lot easier with them being younger," Patel said of his eight-man squad that features just one senior. "They just entered school and they don't have as much pressure (as the older players)."

He said that older players often have to miss practice time due to academic demands, which can interfere with a player's development. Freshman Fischer praised his coach's efforts to improve his skills and added that his scores have been improving steadily since the beginning of the season.

While he's been averaging five over par most of the season, Fischer isn't satisfied.

"My scores have been pretty good, but I wish I could score better," he said. "I work for that."

daniela@smdp.com



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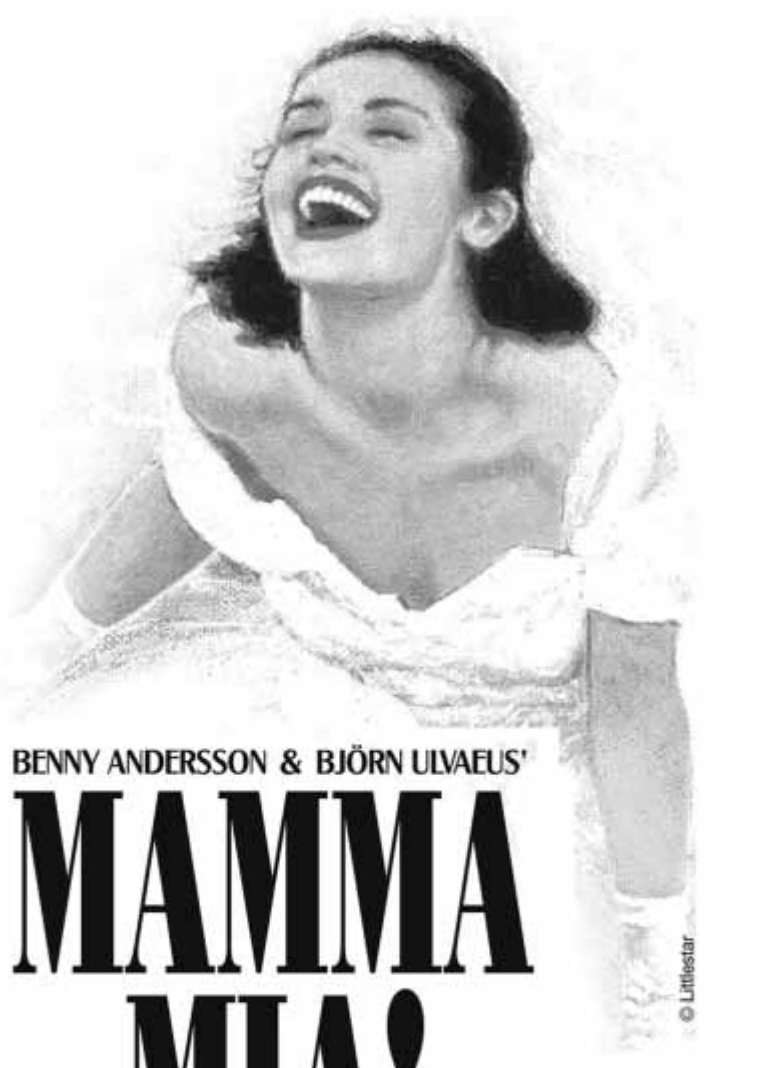
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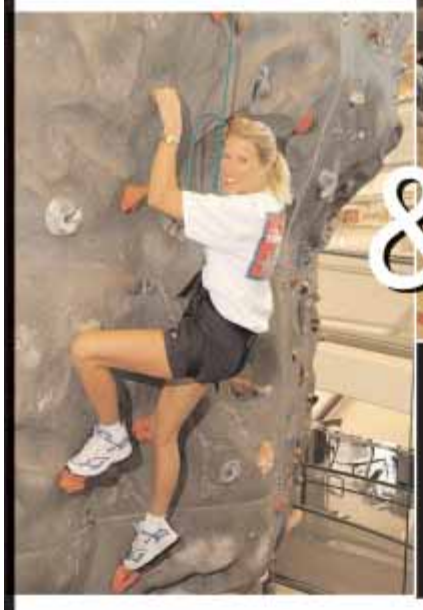
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Brandon Wise *brandonw@smdp.com*

TIGHT QUARTERS: **Patrons pack SOUTH during a recent broadcast of a Laker game.**

Owner disappointed by complaints

FROM **NOISE** PAGE 10

adding that they did not change anything from the previous operations.

"We have, and continue to operate, the same conditions that have been set here for many years," he said. "What we did bring is a crowd."

In the past two months, the restaurant has brought in hedges to line the perimeter of the outdoor dining area to block in the sound, but they were taken out after several weeks.

Alexander Zholkovsky, a USC professor of Slavic languages and literature who lives a few doors down from the restaurant, said that patrons have urinated and vomited in a parking garage that separates his home and SOUTH.

"I have seen several restaurants in that corner and it was never anything close to this," he said.

Some neighbors said they would like to see the restaurant close earlier.

"I don't go on walks at night anymore with my dogs," Bronstein said. "I have to drive my car somewhere to do that."

Several residents have called SOUTH a bar or night club, which would place it under a different set of regulations. The city code for a restaurant requires that food be served at all times, which SOUTH does. A bar or nightclub is different in that it charges patrons a cover fee and has a dance floor, both of which SOUTH lacks. Some residents do contend that patrons dance in the restaurant.

Milstein said he sympathizes with neighbors who are affected from the disruption caused by patrons leaving the restaurant, adding that he has cleaned up urine and vomit. He said that nine out of 10 times, the acts are caused by homeless people who camp around Albertsons.

He said it was baffling that there are residents trying to affect his establishment when many restaurants are suffering in the recession, though SOUTH has performed well.

"We are running a restaurant that employs 50 people — 50 people that have jobs," he said. "We are able to give our tax money back to help schools, streets and programs for the city."

melodyh@smdp.com

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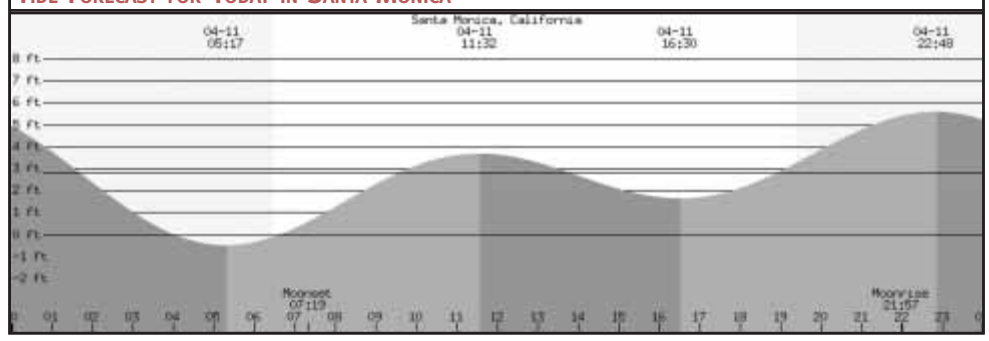
Swell Forecast (5-8 FT)

Saturday the 11th is looking at this point like a heavy wind swell day. Models are pointing to nasty looking head high peaky junk for Saturday around west facing breaks (smaller junk at south facing spots).

Long Range Synopsis

Monday the 13th is when our next swell is due. This is southerly energy from 180-190 degrees from the French Poly system mentioned in the synopsis.

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 **April 4, 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 -- 37 / ns
- Number of (C,D,F) grades for dry/wet weather -- 10 / ns

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
Los Carrillo Beach, at Arroyo Sequit Creek mouth	A	ns
Nicholas Beach at San Nicholas Canyon Creek mouth	A+	ns
El Pescador State Beach, between Lechusa and Las Alisos 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+	ns
Topanga State Beach at creek mouth	D	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	A	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

Citizen Kane (NR) 1hr 59min
7:30

The Magnificient Ambersons 1hr 28min
7:30

AMC Loews Broadway 4
1441 Third Street Promenade

Dragonball: Evolution (PG) 1hr 25min
11:00 a.m., 3:20, 5:35, 7:45, 10:05

Fast & Furious (PG-13) 1hr 39min
11:00 a.m., 1:35, 4:15, 7:00, 9:45

The Mysteries of Pittsburgh (R) 1hr 35min
11:05 a.m., 1:40, 4:15, 7:00, 9:45

Sunshine Cleaning (R) 1hr 42min
11:30 a.m., 2:00, 4:45, 7:20, 9:50

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

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

Hannah Montana: The Movie (G) 1hr 42min
10:00 a.m., 12:30, 3:00, 5:30, 8:00, 10:35

Observe and Report (R) 1hr 46min
10:30 a.m., 12:40, 2:55, 5:20, 7:40, 10:30

Monsters vs. Aliens (PG) 1hr 34min
12:20, 2:40, 5:15, 7:55, 10:20

Monsters vs. Aliens 3D (PG) 1hr 34min
RealD 3D
11:30 a.m., 2:00, 4:20, 7:00, 9:30

Fast & Furious (PG-13) 1hr 46min
Closed Captions and Descriptive Video
10:15 a.m., 1:00, 3:45, 6:15, 9:00

Fast & Furious (PG-13) 1hr 46min
11:00 a.m., 1:45, 4:30, 7:20, 10:00

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

Shall We Kiss? (NR) 1hr 57min
1:30, 4:20, 7:20, 10:00

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

Adventureland (R) 2hr 2min
1:50, 4:30, 7:10, 9:50

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

The Class (Entre les murs) (PG-13) 2hrs 08min
11:00 a.m.

Japanese Film Festival, April 10 — 16; April 11 Films:

Campaign (NR) 2hr
1:00

Mushi Shi (NR) 2hr 11min
4:10

Evangelion (NR) 1hr 38min
7:00

Ichi (NR) 2hr
9:30

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

I Love You, Man (R) 1hr 50min
11:10 a.m., 12:10, 1:40, 2:40, 4:10, 5:10, 6:40, 7:40, 9:10, 10:10

Knowing (PG-13)
1:10, 4:20, 7:10, 10:20

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

The Haunting in Connecticut (PG-13) 1hr 32min
12:00, 2:30, 4:50, 7:30, 9:50

Monsters vs. Aliens 3D (PG) 1hr 34min
RealD 3D, Special Engagement
11:00 a.m., 1:30, 4:00, 6:30, 9:00

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

Easy does it, Gemini

ARIES (March 21-April 19)
★★★★★ Your creativity plugs into your finances or your taxes. Don't be too imaginative! What you do today could cause a huge hassle later. Be smart and go to the movies with a loved one or have a picnic at a favorite spot. Tonight: Be present with the moment.

TAURUS (April 20-May 20)
★★★★ Defer to others, understanding what could occur. If you are clear and direct, you will be able to start a person on a new avenue of thinking. Don't think that it will happen automatically, but it will trigger as a result of a question or discussion. Tonight: A lot of talk and conversation.

GEMINI (May 21-June 20)
★★★ You like to move mountains. If you try to move on a new project, you might trigger an avalanche. Complete rather than begin. Be aware of the limits of your energy, and consider your direction carefully. Tonight: Easy does it.

CANCER (June 21-July 22)
★★★★★ Unplugged, your creativity becomes an awesome force. Know when to pull back, think or find a friend to brainstorm with. You also could funnel that energy into terrific plans for now. Tonight: Enjoy the fruits of your mind.

LEO (July 23-Aug. 22)
★★★ You know when you are happy and content — don't push the envelope. Stay put and enjoy family, roommates and pets. Curl up and do nothing. Not every minute needs to be action-packed. Tonight: Throw a party at home.

VIRGO (Aug. 23-Sept. 22)
★★★ Know when to slow down and let others hold court. You could be tired of hearing the same old thing every day, but this is not the moment to complain. Make calls to a couple of friends you usually don't visit with because of distance. Tonight: Hang out.

LIBRA (Sept. 23-Oct. 22)
★★★ A major mood swing could cause some disruption. Be aware of its impact. Use especially good care with a money matter. You might not have all the answers immediately, but given another week, you will. Tonight: Whatever you feel like doing!

SCORPIO (Oct. 23-Nov. 21)
★★★★★ Your smile helps bring someone back. If you have had a problem in a relationship or friendship, now might be a great time to patch it up. Remember, it takes two to cause a problem. Tonight: What you want.

SAGITTARIUS (Nov. 22-Dec. 21)
★★ Know when you don't need to worry, and just let events play out. Curb a tendency to overreact and perhaps cause yourself a problem. Knowing your limits could be more important than you realize. Tonight: Add in some mystery and a touch of excitement.

CAPRICORN (Dec. 22-Jan. 19)
★★★★★ Find a friend or two to hang out with. Be more aware of how you might be controlling with some people — a habit that might be worth giving up. Conversations could add a lot of steam to any situation. Tonight: A force to be dealt with.

AQUARIUS (Jan. 20-Feb. 18)
★★★★ You might need or want more privacy, but whatever you do, you are on display or the force that makes a situation work. Handling all this might take some time. Understand that some matters must come first. Tonight: A must appearance.

PISCES (Feb. 19-March 20)
★★★★★ Be willing to break a pattern and try something a little differently. Remember, sometimes a new thought, attitude or idea can totally turn a situation around. A friend could be a little tough to deal with. Tonight: Off to a concert or movie.

Happy birthday

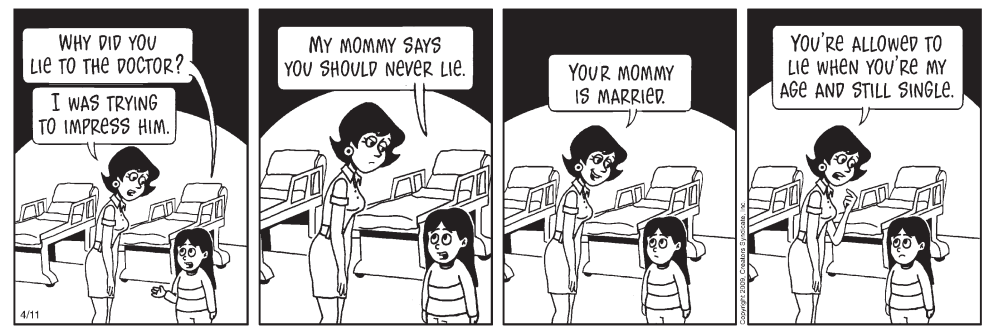
JACQUELINE BIGAR'S STARS
The stars show the kind of day you'll have:
★★★★★ Dynamic ★★ So-So
★★★★ Positive ★ Difficult
★★★ Average

Focus on your direction this year. You will be especially good in a field that demands research and in-depth perceptions. Though you are not innately a big spender, you could waste a lot of money if you're not careful. You will ultimately gain by being impulsive and direct. If you are single, you will have several interesting possibilities to choose from. If you are attached, don't always be the natural-born leader that you are — learn to defer, slow down and not always be right. SCORPIO has strong energy but manifests it very differently from you.

Girls and Sports
By Justin Borus and Andrew Feinstein



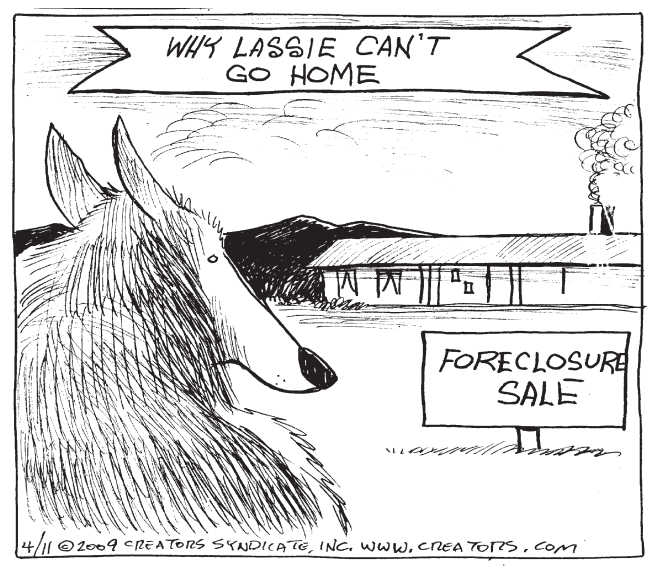
The Meaning of Lila
By John Forgetta & L.A. Rose



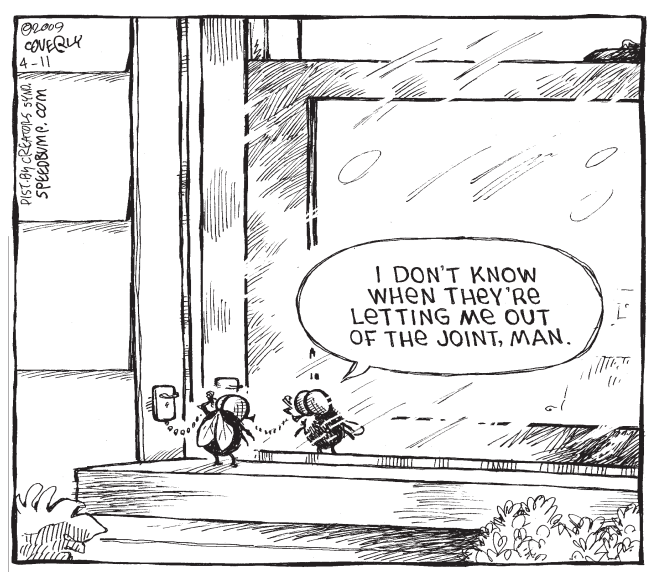
Garfield
By Jim Davis

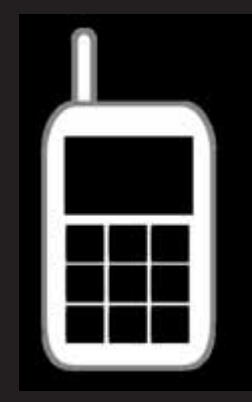


Strange Brew
By John Deering



Speed Bump
By Dave Coverly



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What will YOU do with it?

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 ★★★★

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

King Features Syndicate

GETTING STARTED

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

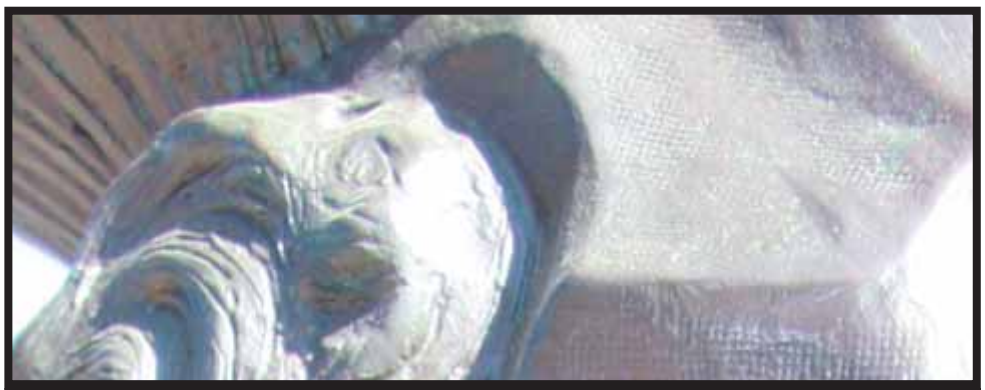
SOLUTIONS TO YESTERDAY'S PUZZLE

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

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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 Used an insecticide on
7 Ohio team
11 "The Stunt Man" star
12 Gumbo veggie
13 Bar perches
14 Lucy's co-star
15 Broadcasts
16 Obama's veep
17 Gaelic
18 Succeed
19 Amused look
21 Naval initials
22 Jason's men
25 Homer's dad
26 Brown seaweed
27 Survived
29 Plane part
33 Worship site
34 Greene of "Bonanza"
35 Recess
36 Small dome
37 About
38 Lowered
39 Spotted
40 Special Forces toppers

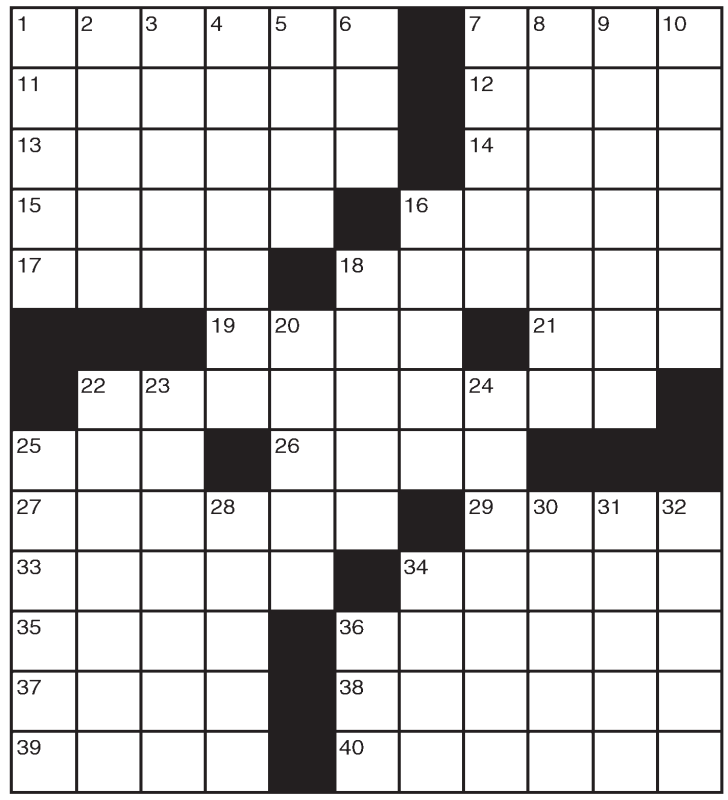
DOWN

1 "Cabaret" director
2 Playful mammal
3 Hired thugs
4 Well-behaved fellow
5 Wings
6 — Plaines
7 "The Kiss" creator
8 Made, but barely
9 Creator of the Zax
10 New Orleans team
16 Insipid
18 Longed
20 Weatherman Al
22 Ear-shaped shell
23 Do museum work
24 Satisfactory
25 Singer Morissette
28 Reserved
30 Stood
31 Ocean arm
32 Main roles
34 Garage offering
36 City transport

S	O	L	A	R	■	P	I	L	A	F
U	N	I	T	E	■	A	M	I	G	O
B	E	N	E	T	■	C	A	N	E	D
P	I	E	■	A	G	E	■	E	N	D
A	D	O	■	I	R	S	■	O	D	E
R	A	F	F	L	E	■	A	F	A	R
■	■	D	I	S	C	A	R	D	■	■
B	E	E	R	■	I	N	F	E	C	T
E	L	F	■	B	A	N	■	S	H	E
D	O	E	■	O	N	E	■	C	A	N
L	I	N	G	O	■	T	E	E	N	S
A	S	S	E	T	■	T	I	N	G	E
M	E	E	T	S	■	E	N	T	E	R

Yesterday's answer

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4-11

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SUPER LOTTO PLUS: 12 18 19 21 30
Meganumber: 4
Jackpot: $8M

FANTASY 5: 5 17 18 24 25

DAILY 3: MIDDAY: 2 7 3
EVENING: 2 6 3

DAILY DERBY:
1st: 08 Gorgeous George
2nd: 04 Big Ben
3rd: 06 Whirl Win
RACE TIME: 1.40.18

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

■ The British Columbia Human Rights Tribunal agreed in February to hear the charge brought by Roxanne Stevenson that she was turned down illegally for a clerk's job by the city of Kelowna because she smokes. "Smoking," itself, is not covered by the law, and a city official said Stevenson frequently used sick leave at a previous job and that, during her interview, she "reeked" of smoke and coughed constantly. Lawyers interviewed by the Vancouver Sun said, however, that employers cannot discriminate on account of health status or addiction without offering to accommodate the worker's condition.

TODAY IN HISTORY

1898 as tensions with Spain continued to rise, President William McKinley asked Congress to authorize military intervention in Cuba.

1899 the treaty ending the Spanish-American War was declared in effect.

1945 during World War II, American soldiers liberated the notorious Nazi concentration camp Buchenwald in Germany.

1951 President Harry S. Truman relieved Gen. Douglas MacArthur of his commands in the Far East.

1979 Idi Amin was deposed as president of Uganda as rebels and exiles backed by Tanzanian forces seized control.

1988 the hijackers of a Kuwait Airways jetliner killed a second hostage, dumping his body onto the ground in Larnaca, Cyprus.

1989 Mexican officials began unearthing the remains of victims of a drug-trafficking cult near Matamoros; one of the dead was University of Texas student Mark Kilroy, who had disappeared while on spring break. (Several cult members were later convicted of premeditated murder and sentenced to 50 years in prison.)

2001 ending a tense 11-day standoff, China agreed to free the 24 crew members of an American spy plane.

WORD UP!

frisson \free-SOHN\, *noun*: A moment of intense excitement; a shudder; an emotional thrill.

Santa Monica Daily Press

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All classified liner ads are placed on our website for **FREE!** Check out ***www.smdp.com*** for more info.

Obituaries

LARRY GENTRY
A long time resident of the Santa Monica Bay area, passed away recently. He was a real estate broker and instructor at Santa Monica College. He was president of the Santa Monica Realty Board and 21st District Vice President for the California Association of Realtors. Larry retired to the Monterey Bay area where he restored historical buildings and enjoyed boating and the harbor.

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.

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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

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

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North of Montana	$3,195,000	$1,295,000
Between Wilshire & Montana	$1,895,000	$784,000
South of Wilshire	$1,100,000	$699,500
Sunset Park	$1,215,000	$698,500
Ocean Park	$1,187,000	$888,000

Statistics Updated Every Monday

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