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JUNE 27-28, 2009

Volume 8 Issue 201



Santa Monica Daily Press

MJ UPBEAT BEFORE DEATH
SEE PAGE 3

We have you covered

THE **THIS IS FOR THE SHOW** ISSUE



Maya Sugarman *news@smdp.com*

WAVE OF THE FUTURE? **Congress is contemplating reducing mail delivery to five days a week to save money and reflect a decrease in the use of 'snail mail' in favor of e-mail and online bill pay. Local residents are split on this possibility.**

Locals react to possible loss of mail delivery

BY EMMA TROTTER
Special to the Daily Press

CITYWIDE "A major inconvenience."

"It wouldn't affect me."

"The economy would be hurt even further."

Santa Monica residents and business owners appear to be split on the threat of losing Saturday mail — an option that's "on the table" along with various other cost cutting measures, United States Postal Service (USPS) of Los Angeles spokesperson Joseph Harrison confirmed Thursday.

The cuts are being considered, in part, because of a "severe" decline in mail volume, Harrison said — down in Los Angeles from 2 million pieces per day a couple of years ago to 800,000 or 900,0000 pieces today.

Even if delivery does drop to five days a week, Harrison clarified that Saturday may not be the day that gets cut and that the quality of service will remain constant. USPS has asked Congress for permission to eliminate a sixth day, but no decision has been made.

Shannon McGarry, who works for a Santa Monica-based nonprofit, hopes Saturday mail will not be cut.

"We would definitely be affected," said McGarry, who left the post office at the corner of Fifth Street and Arizona Avenue last Thursday with at least 10 envelopes after checking her organization's P.O. box. "As a nonprofit, we're not set up to pay bills online."

Pedro Loureiro, a resident of Santa Monica Canyon, is starting a new job that requires him to work 7 a.m. to 5 p.m. — on top of his commute, meaning if the post office is closed on Saturdays, the lifelong stamp collector may not be able to send his mother packages containing videos of his kids and a short, sentimental note.

"Losing Saturday delivery would make it really hard for me," he said. "Even a half day would make me happy."

Other residents said losing Saturday

SEE **MAIL** PAGE 12

District votes to purchase homes

BY MELODY HANATANI
Daily Press Staff Writer

SMMUSD HDQTRS District officials on Thursday voted to acquire two homes through eminent domain for the expansion of Edison Language Academy after months of negotiations with the property owners failed to yield results.

The Board of Education adopted a resolution to begin a process that through court-authority gives government entities the power to purchase private land for public use as long as the owner is compensated at fair market value. The Santa Monica-Malibu Unified School District will have six months from the time of adoption to file the necessary paperwork in court.

The Maruyama and Hernandez fami-

SEE **HOMES** PAGE 11

Samohi baseball keeps choice in the family

BY DANIEL ARCHULETA
Managing Editor

SAMOHI Leave it to Athletic Director Norm Lacy to keep his choice for the new baseball coach close to home.

Lacy, who himself enjoys a long history in Santa Monica sports, didn't have to look much further than alumni to select the next baseball coach at Santa Monica High School. Sheldon Philip-Guide, class of 1992, was

SEE **SAMOHI** PAGE 13

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



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715 Pico Blvd., 9 a.m. — 3 p.m.
Come support Samohi students and help them buy their SMC summer school books. Get your car washed for $5 or just put in a donation. Call (310) 396-7101 for more information.

Trailer Music Live
The Broad Stage
1310 11th St., 8 p.m. —10 p.m.
Imperativa Records presents "Trailer Music Live" at the Broad Stage in Santa Monica; an event featuring more than 100 performers, including singers from the Angeles Chorale, the Immediate artists and orchestra and the rock band Globus. Musical tracks will be performed that have been composed and featured in more than 2,500 theatrical trailers including such blockbuster movie franchises as "Lord of the Rings," "Pirates of the Caribbean," "Spider-Man" and many others. Prices range from $30-$50. Call (310) 260-4989 for more information.

Mold your summer
The Clayhouse
2909 Santa Monica Blvd., 9:30 a.m. — 6:30 p.m.
All pieces in the sale have been donated by local clay artists to help this fundraising effort to keep The Clayhouse open. Come by and see beautiful handmade vases, sculptures, dishes, mugs and much more available to enjoy and purchase. Cost is free. Call (310) 828-7071 for more information.

'Topography, Light and Magic'
Blue Seven Gallery
3129 Pico Blvd., 6 p.m. — 9 p.m.
Come to the opening reception for the Conservation Landscape Photography show presented by Robert McGinley. Proceeds from the show will benefit Heal the Bay and Santa Monica Baykeeper. Visit www.smbaykeeper.org for more information or call (323) 936-1447.

Celebrate America
Santa Monica College, Corsair Field
Corner of Pico Boulevard and 17th Street, sunset
Celebrate America at Santa Monica's one and only Independence Day fireworks show. The festivities kick off at 6:30 p.m. with musical entertainment on the new quad. Bring a picnic or enjoy food from vendors. Fireworks begin at sundown. Call (310) 434-3001 for more information.

Sunday, June 28, 2009

Ninth annual Summer SOULstice
Main St. between Pico and Marine,12 a.m. — 7 p.m.
The Main Street Business Improvement Association's Summer SOULstice features over 18 bands, including tribute bands from years past and lots of new groups, a circus show and a petting zoo. The sidewalk sale begins on Saturday at 11 a.m. and continues this Sunday. Many merchants on the surrounding streets will offer sales or parties throughout the day. For more information, visit www.mainstreetsm.com.

Tea time
201 Ocean Front Walk, Venice, 3 p.m. — 6 p.m.
In recognition of aging baby boomers — "younger" seniors — the Israel Levin Senior Center of Jewish Family Service is holding an afternoon tea. Special guests Orson Bean and Suzy Williams will entertain attendees. Other activities offered at the center include games, cards, a book club, recreational groups for yoga, walking and tai chi, speakers and a travel club. To RSVP or for more information, call 310-399-0622.

Music in the park
Marine Park
1406 Marine St., 5 p.m.
Sponsored by the City of Santa Monica Recreation and Parks Commission, Critical Brass will perform hip hop, jazz and funk tunes at this free concert.

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.

Jackson was energetic, upbeat days before death

GILLIAN FLACCUS
Associated Press Writer

LOS ANGELES The King of Pop seemed driven and upbeat in the weeks, even hours, before his death as he rehearsed rigorously for a series of 50 concerts in London that were to begin a late-career comeback.

Friends and colleagues said Friday that Jackson appeared in recent months to be rejuvenated by the prospect of performing again.

After years of seclusion following a child sex scandal, the pop icon was heavily involved in all aspects of the concert rehearsals. He had hired a personal trainer and was practicing with backup dancers and choreographers several hours a day, they said.

"He was working hard, setting the example, overseeing the choreography, kicking butt and taking names," said Johnny Caswell, president of CenterStaging Musical Productions Inc., a Burbank sound stage where Jackson rehearsed until late May. "He was ready to blow everybody out of the water. This was going to be the biggest extravaganza, entertainment spectacle ever."

Jackson was involved in all areas of planning, including watching auditions and choosing the backup dancers who would appear with him, said Maryss Courchinoux, a 29-year-old dancer from Paris who sought a place on stage with Jackson.

Courchinoux said she had been selected as a backup dancer for the London concerts and had been fitted for a costume. She had been invited to Thursday's rehearsal in Los Angeles to meet Jackson and watch the practice to help prepare for her role, she said.

On the same day, Jackson was pronounced dead after collapsing at his home in Holmby Hills, a swanky neighborhood near Bel Air.

Courchinoux recounted how Jackson was in the audience as she auditioned in April, when she performed a set routine and then was asked to do freestyle dances — a hip-hop style called "pop-ins."

From the stage, she could make out Jackson's profile and his glasses where he sat in the empty auditorium. Friends later told her that Jackson jumped up and applauded after her group performed.
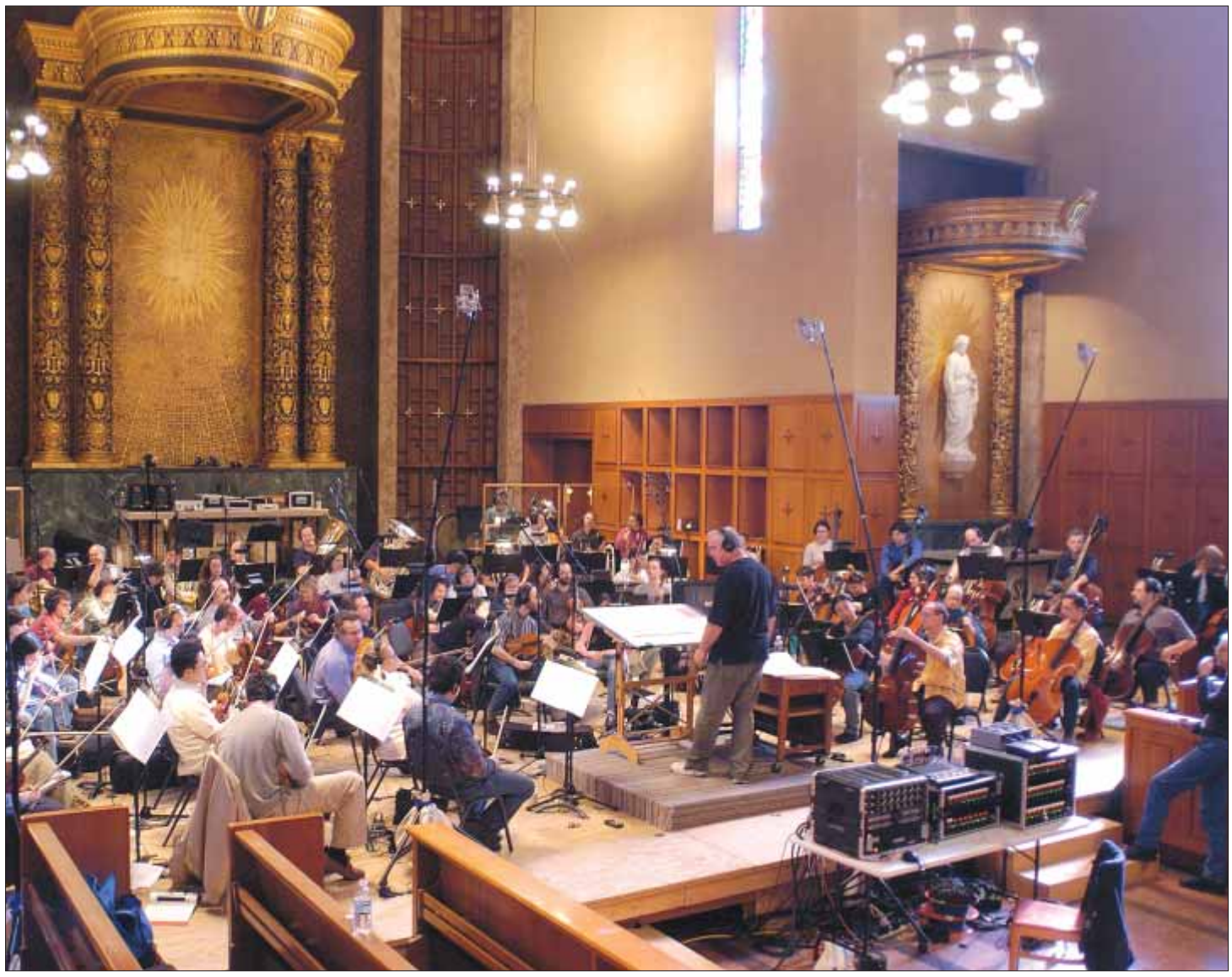


Photo courtesy Asbury PR

BIG SOUND: **'Trailer Music Live' debuted at London's Wembley Grand Hall last year. The production comes to The Broad Stage Saturday.**

Big sound, small bites

'Trailer Music Live' brings the sound of movies to The Broad

BY DANIEL ARCHULETA
Managing Editor

BROAD STAGE In a world where the music is big, the action is intense and audiences crowd movie houses lives Yoav Goren.

Silly movie references aside, Goren is the man behind the soundtracks of movie trailers. Not the music in the movie itself, but the compositions that can be heard in the background of thousands of movie trailers. Most don't realize that movie studios covet Goren's work to make trailers all the more compelling. Whether it's whimsical music paired with kid movies or dark tones for thrillers, Goren has done it all, scoring trailers for blockbusters such as "Spider-Man," "Harry Potter" and "Lord of the Rings."

Unsatisfied by limiting this emerging genre to trailers, Goren decided to make the leap from the silver screen to the stage Saturday. His production, "Trailer Music Live," incorporates over 100 performers including an orchestra, choir and even a rock band all in the hopes that this music has the ability to connect with a live crowd at The Broad Stage.

"The concert is just another extension of maximizing this type of music," Goren said. "This is an attempt to bring this nascent art form to the masses."

Goren and his partner, Jeffery Fayman, began scoring movie trailers 17 years ago when they founded Immediate Music. Realizing that nobody was specializing in scoring movie trailers, the two quickly made their way up the industry ladder becoming the go-to outfit for movie studios looking to give trailers a little something extra.

SEE TRAILER PAGE 12

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Ocean Parker … get me out of here!

Editor:

This is regarding the front page headline "Council approves budget," page 1, June 25. Glad to see the City Council was able to get that "roughly half-billion dollar" budget passed. Unfortunately, they did it by raising the price of some parking tickets 17 percent, from $52 to $61, with everything else a standard $50 fine now, up from $47.

Wow. Aside from increasing the punishment for overdue library books by a nickel, these new car bucks should bring in some real revenue. Kinda [sic] begs the question: Will the number of tickets issued go up, too? This is some solution, balancing their budget on the back of poorer Ocean Parkers with no place to park because we aren't lucky enough to have a garage, carport or off-street patch o' weeds and here come them beachgoers grabbing all our spaces every weekend. Not to mention all the repainted red curbage out there, which seems to extend with every new coat, also squeezing the locals out.

There's something wrong with this picture. I used to believe one could "fight City Hall" and actually have some $47 fines dismissed after sympathetic city fathers and mothers reasoned together. Now I'm just thinking of getting me and/or my car the heck outta [sic] here.

Henry Rosenfeld
Santa Monica

King of Pop deserves an apology

Editor:

Dear Glenn Beck and Fox News,

First, Fox News was late in announcing the death of Michael Jackson.

Second, Glenn you are one of the most insensitive, most uniformed individuals I have watched. Your foolish comments about Michael Jackson were amazing. View your tapes. You asked the producer to show the image of the mansion in which he was staying. You commented that does one person and his statue need a place that big, then laughed. If you had any understanding of what was going on at this time in his life you would have learned that he was using this facility to write, produce, and create his up and coming shows. This was a center of the evolution of his next show.

Glenn, go back to your AA meetings and ask for forgiveness. You should be the last in line in critiquing this creative genius. You owe him an apology! Fox, you owe Michael Jackson and his family an apology!

You should be so lucky to be as creative and have shared so much of yourself as dramatically and at such a high level of creativity and giving us so much beautiful music and amazing entertainment. You, Glenn Beck, have one small ability to progress on the negativity of the world through your eyes. Michael shared his inner soul through his music and entertainment.

Gordon Potik
Santa Monica

Change it up

Editor:

I think it's a good idea to have a branch of the Santa Monica Library at Virginia Avenue Park, but I also think consideration needs to be made for this suggestion: Renovate the Fairview Branch at 21st Street and Ocean Park Boulevard for the purpose of providing a quiet library to enjoy. The Internet section is in the middle of the large room. Children play and make a lot of noise despite having their own computer section and reading room.

It would be a lot quieter for library patrons if the Internet section was moved to the southwest corner behind the book shelves, where it provides a really quiet place to think and work.

Another option would be to move the Internet section into the community room. Every time I have been at a lecture there, the seats are half empty.

Cheryl Erb
Santa Monica



Modern Times

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

Obama's smoky cover-up

WHAT'S THE BIGGEST SECRET THAT THE president and his administration tried to keep from us? Was it about health care? Did it deal with foreign-policy? Was it where he hides the key to the front door at Camp David? No, it's about whether the president still smokes cigarettes.

The other day, President Obama signed an historic tobacco bill. It was aimed primarily at protecting kids by discouraging tobacco companies from targeting young people. The president said that he knows what it was like to get hooked early.

"I was one of those teenagers. I know how difficult it can be to break this habit once you've started."

What he didn't say was, "Even though it's difficult, it can be done. I'm proud to say that I did it."

This omission led reporters to ask the president about it. However, he ducked the question like George W. Bush ducking a shoe. When Obama's press secretary, Robert Gibbs, was asked the question, he didn't want to answer either. Finally, Gibbs said that it's something that the president "continues to struggle with … like millions of Americans have."

I guess in Nixonian terms, you could call that a non-confirmation confirmation. Apparently, the press thought the inhale-and-puff issue was important enough to continue to press the president for details.

Finally, the next day, he admitted, while he "is 95 percent cured," sometimes he has "fallen off the wagon." He said he doesn't smoke in front of his kids, and obviously he avoids being photographed with a cigarette in his mouth.

With this admission, tabloid TV and papers will probably send reporters to dive into the White House dumpster to look for cigarette butts. The Obamas' drycleaner will be grilled about any cigarette odors. Disgruntled former generals will give interviews about alleged smoking.

That's why he should make his struggle with smoking public. Very public. First of all, think of the millions of people who can identify with a person who is trying to juggle a high-pressure job with his family obligations while trying to stop smoking. It would also demonstrate just how hard it is to quit — as if more evidence is still needed. If such a determined man who has overcome so many obstacles has a hard time quitting, that stuff must really be addictive. Finally, those who view him derisively as "Mr. Perfect" would see him walking around with a flaw.

The White House should give out daily bulletins on how he's doing with giving up smoking. The whole country would get involved. It would be bigger than "America's Pet Makeovers" or whatever the latest reality show is called.

I can see the television newscasts beginning with, "Today, the president signed a trillion dollar education bill, warned against nuclear attacks, and threw away half a pack of Marlboros." And then, every day, the evening news would begin with how many days Obama has been without cigarettes. "Today was the president's seventh tobacco-free day," "One month and still counting," or "Obama falls off wagon but will start stopping again tomorrow."

Instead of pretending that he doesn't hear difficult questions or saying he can't answer them because of national security, whenever Obama doesn't want to deal with something tricky, all he'd have to do is shift the conversation over to his non-smoking.

THE WHITE HOUSE SHOULD GIVE OUT DAILY BULLETINS ON HOW HE'S DOING WITH GIVING UP SMOKING. THE WHOLE COUNTRY WOULD GET INVOLVED. IT WOULD BE BIGGER THAN "AMERICA'S PET MAKEOVERS" OR WHATEVER THE LATEST REALITY SHOW IS CALLED.

"The struggle in Iran reminds me of another struggle — my struggle with tobacco. It all started when I was a teenager, lured by advertising that made smoking look cool."

So if he's still smoking, why does he feel he has to hide it like a teenager who's afraid of being punished? He doesn't live in Santa Monica, so he can't be scared of being arrested. Is it because he went on television during the campaign and pledged that he was stopping? Is he afraid of going back on a campaign promise?

Nah, that can't be it. Presidents break campaign promises more often than roided-out athletes break baseball records. So what is it, you ask?

If you remember, he didn't make his "I'll give up smoking" pledge to the nation. He made it to his wife, Michelle. A president can go back on his word to the country and the public will probably yawn. But if he goes back on a promise to his wife, he's in big trouble.

Now that it's out in the open, he'll have to come up with something more clever than, "Michelle, I know Boo just went for a walk, but I think I'll take him for another one. Alone. And the Bidens are barbecuing again, so my jacket might smell smoky when I get back."

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The Q Line

GROWING SUPPORT

This past week, Q-line asked:

A movement is afoot in Santa Monica to turn a vacant lot in the Pico Neighborhood into a community garden. Residents are calling on city officials to dig deep and purchase the parcel. Should the city make the move and buy the property or is the time just not right?

Here are your responses:

"YES, ABSOLUTELY. THE CITY SHOULD purchase that property for a community garden. Something for the citizens for a change. Think of all the money spent on the bums and lowlife from out of town areas, and the housing they are building to keep them here. Please get your priorities straight, City Council."

"WELL IT'S A LOT OF MONEY THAT THE city doesn't have but if they don't spend it on this they'll just end up spending it on the bums. So we might as well spend it on something that's actually good for something."

"I SEE NO DISADVANTAGE IF THE CITY of Santa Monica purchases the Pico vacant lot property at current market value. By the most part, cities can plan well ahead beyond that of the individual. The property will appreciate over the years and prove to be a good investment for the city. In the meantime, it will provide a nice garden spot."

"YES, I THINK IT WOULD BE A WONDERFUL idea to make a beautiful lot in Santa Monica so we can look at beautiful flowers. I say go for it. I definitely think the city should buy the lot. We need to beautify the city, not put in more concrete. I love trees and flowers and little ponds, maybe with some ducks going 'quack quack quack, quack quack quack.' I also happen to be an ex-landlord in this beautiful town of Sanmalicious. So yes, let's add more greenery, like I did on my property on 20th street. High hedges. Our so-called mayor Genser probably would not approve but that's just too bad."

"THE TIME FOR A COMMUNITY GARDEN is always. Capital 'N,' capital 'O,' capital 'W,' now."

"A WONDERFUL AND PRODUCTIVE IDEA. The city should establish community gardens for the benefit of people who live here. Instead, the city lavishes resources on the community corporation to encourage as many poor and near-poor as possible to move here to our socialist paradise."

"NO, IT'S NOT BIG ENOUGH, AND because unless the immediate residential will be able to garden it to grow their vegetables or whatever, how are you going to regulate that? I think no, no, the city should not. My name is Barbara, and I live in the Pico neighborhood. The lot is not big enough."

"CAN WE GET THE PICO NEIGHBORHOOD some diapers? First they want a million-dollar park, then a multi-million dollar library, then a multi-million dollar low-income housing, multi-million dollar low-income condo ownership. Like having a city garden is going to promote anything. Mrs. Low-income-housing and her four kids are going to grow vegetables, Mr. Gang-member by growing tomatoes or marijuana will stop marking his territory with spray paint or urine. The Pico neighborhood could form a cooperative and buy the property or get some progressive actor to buy it for them or hold a raffle or bingo, anything other than spending tax-payers money. These ideas are the cause of the $23 billion state deficit. Spending other people's money is always fun, but nothing in life is free, even tomatoes."

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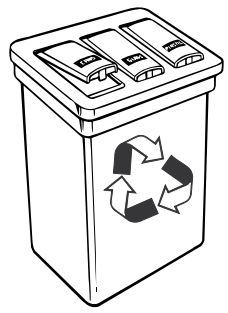


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Federal Aid Project No. ESPL - 5107 (022)
SP2141

Bids shall be delivered to the City of Santa Monica, Office of the City Clerk, Room 102, 1685 Main Street, Santa Monica, California, not later than 2:30 p.m. on Monday, July 20, 2009, to be publicly opened and read aloud after 3:00 p.m. on said date in City Hall. Each Bid shall be in accordance with the Contract Documents.

No jobwalk scheduled for this project.

ENGINEER'S ESTIMATE: $1,630,000
CONTRACT CALENDAR DAYS: 140
LIQUIDATED DAMAGES: $1,200 PER DAY
COMPENSABLE DELAY: $500 PER DAY

Bidding Documents may be obtained by logging onto the Civil Engineering and Architecture website at: http://www.smgov.net/engineering/projects/online_bidding.htm. Bidding Documents may also be examined at the Civil Engineering and Architecture counter located at Santa Monica City Hall, 1685 Main Street, Santa Monica. Copies of the Bidding Documents are also available for a copying cost authorized by applicable law. Additional information may be obtained on the City's website at www.smgov.net/engineering/index.asp or by calling (310) 458-8721. The Contractor is required to have a Class A license at the time of bid submission.

Pursuant to Public Contracts Code Section 22300, the Contractor shall be permitted to substitute securities for any monies withheld by the City to ensure performance under this Contract.





Kitchen Vixen

Elizabeth Brown — Send comments to editor@smdp.com

Healthy recipes for the holiday

WE HAVE A BIG NATIONAL HOLIDAY approaching. Like so many other holidays, there will be food and festivities. But before we celebrate the Fourth of July, lets see what other holidays just passed us by without so much as a mention.

The third week of June was Fruit and Veggie Week, a dietitian's dream. International Splurge Day was June 18, which is the same day as International Panic Day. If you splurged on fruit and veggies, then you certainly had no cause to panic. If you've recently splurged on less "healthful" options, then hopefully you recognized World Sauntering Day, June 19, and contemplated your "splurges" while sauntering about town.

On the 20th, you could have balanced your veggie splurges by enjoying Ice Cream Soda Day. Of course we also just celebrated the first day of summer, June 21. And in case you missed it, the 21st was also Go Skate Day. But that one can be acknowledged as long as weather permits.

It seems we have a day to celebrate everything imaginable. But I have yet to find an observance day for kombucha — a beverage I love so much that it really should have a day all to itself.

I was hoping to declare a kombucha day soon, but due to a slew of research I have yet to peruse, I am unable to declare an official day.

Literally for centuries, kombucha, a colony of friendly bacteria fermented in black or green tea, has been touted as an aid to alleviate many common health problems such as poor digestion, lack of energy, acid reflux and excess weight. Until recently, very few of these problems have been scientifically evaluated. Hopefully, after reviewing the literature, I will be able to tell you what kombucha might do for you, how it works and how you might even make your own.

In the meantime, if you've never tried it, please pick up a bottle of Synergy kombucha, take a few sips and tell me how you feel.

I have been drinking kombucha for about five years. I tend to crave it when my stomach is upset. It calms any nausea or indigestion. I also crave it when I feel run down. It does not give me more energy, per se, but it makes me feel more even keeled.

One theory about kombucha is that it may act as a detox agent for the liver. Since holidays tend to induce excess alcohol consumption and given the fact that alcohol is metabolized by the liver, I'm thinking that the day after any big holiday should be declared kombucha day.

While you wait to hear more about kombucha, please enjoy the following recipes. Each one has a nutritional attribute sure to bring balance to any event. You may even wish to retrospectively celebrate ice cream soda day by adding my Oedipal Ice Cream to your smart soda (see blog entry on Valentine's weekend for ice cream recipe: www.kitchensciencevixen.blogspot.com).

ELIZABETH BROWN is a registered dietitian and certified holistic chef specializing in weight management, sports nutrition, disease prevention and optimal health through whole foods. She can be reached at eat2liv@earthlink.net.

Smart Soda
32 ounce, air-tight jar with rubber gasket (Nextag.com) or mason jar with lid
1 quart filtered water
1/2 tsp. sea salt
3/4 cups Rapidura sugar (or white sugar)
3 lemons, juiced
3 limes, juiced
1/4 cup liquid whey (the liquid you find at the top of the yogurt when it is first opened)
2 tsp. rosemary leaves, chopped
(Adapted from Craig Lane, macrobiotic chef)

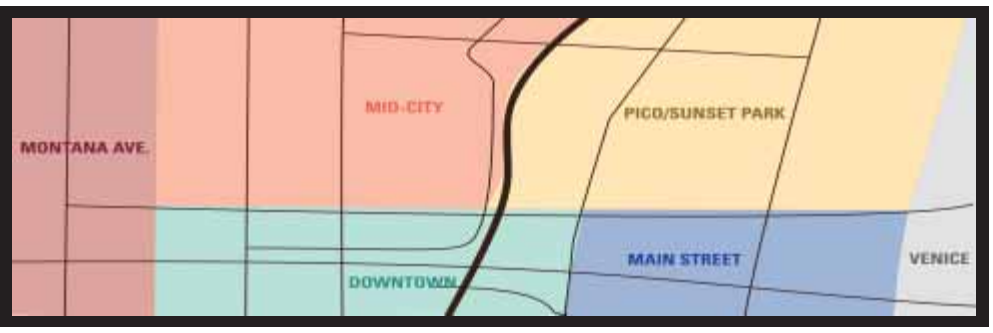
Bring water to a boil in a sauce pot. Turn off heat. Add rosemary. Cover with a lid and let steep for 10 to 15 minutes. Strain water to remove rosemary. Return warm water to sauce pot and dissolve sea salt and sugar. Allow liquid to cool, about one hour. Pour liquid into jar. Add lemon and lime juice and liquid whey. Seal jar. Allow to culture for two days in a warm place. Enjoy on ice with a slice of lemon or lime. Alternatively you could add the same ingredients to sparkling water. Use 1/2 cup agave nectar in place of Rapidura and omit salt. No need to heat.

Berry Kanten (natural gelatin)
8 cups apple juice
4 cups fresh berries – blue, black, raspberries, your choice
3/4 cup agar (Kanten) found with other sea vegetables in the Asian section of the grocery store
Put all ingredients into a sauce pot and bring to a boil. Then reduce heat and simmer one minute, stirring constantly. Pour into individual cups and refrigerate to solidify.

Cashew Cream
1 1/2 cups cashews, raw, soaked overnight in water
1/2 cup orange juice
1 1/2 tsp. vanilla
Soak the nuts at least four hours and drain. Put nuts in food processor of blender. Add orange juice and vanilla and blend until creamy. Add more water as needed to create a creamy texture. Use to top Berry Kanten and garnish with chopped fresh mint.

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Sugar	0	0
Carbohydrates	0	0
Preservatives	0	0
Sodium	0	0
Caffeine	0	0
Herbal Benefits	**No**	**Yes**
Naturally Sweet	**No**	**Yes**

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- Calories
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Check the boxes that best describe your health symptoms.

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- ❑ 2. Neck ache, back pain, musckle spasms
- ❑ 3. Light headedness, faintness, dizziness
- ❑ 4. Ringing, buzzing or popping sounds
- ❑ 5. Rashes, itching, hives, "goose bumps"
- ❑ 6. Heartburn, stomach pain, nausea
- ❑ 7. Excess belching, flatulence
- ❑ 8. Constipation, diarrhea
- ❑ 9. Chest pain, palpitations
- ❑ 10. Frequent urination
- ❑ 11. Poor sexual desire or performance
- ❑ 12. Excess anxiety,worry, guilt, nervousness
- ❑ 13. Increased anger frustration, hostility
- ❑ 14. Insomnia, ,nightmares, disturbing dreams
- ❑ 15. Increased frustration, irritability edginess
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- ❑ 17. Increased number of minor accidents
- ❑ 18. Constant tiredness, weakness, fatigue

If you have any of the above symptoms, Dr. Chao Herbal Drinks can help.

To find out more about Dr. Chao Herbal Drinks, go to **www.uspfb.com**

Dr. Chao Herbal Health Drink



The Dr. Chao Herbal Health Drink is made with Cordyceps, Saffron, Fructus Momordicae, Herba Hyperici Japonici, Herba Houttuyniae, Rubus Suavissmus, and Lavender. Cordyceps among the other herbs, help to alleviate the following symptoms caused by stress:

- Frequent headache
- Irritability
- Depression
- Diarrhea
- Anxiety
- Frequent Urination
- Back Pain
- Neck Ache
- Insomnia
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- Protect Liver
- Nourish the Skin
- Relieve Fatigue
- Anti-Aging and Anti-Oxidants

Dr. Chao Herbal Adult Drink



The Dr. Chao Herbal Adult Drink is made with Herba Epimedii, Cordyceps, Fructus Lycii, Herba Cynomorii and Fructus Momordicae. Herba Epimedii among the other herbs help to provide the following benefits:

- Nourish Sexual Glands
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- Maintain Good Sexual Health
- Restore Sexual Weakness such as: Sexual Exhaustion, Debility and Neurasthenia.

Dr. Chao Herbal Lady Drink



The Dr. Chao Herbal Lady Drink is made with Herba Leonuri, Saffron, Aloe and Fructus Momordicae. Herba Leonuri among the other herbs help to provide the following benefits:

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Neighbors of Edison Language Academy hope to keep homes

FROM **HOMES** PAGE 1

lies, who own houses at 2508 and 2512 Virginia Ave. respectively, sat solemnly in the back row of the board room during the meeting, watching as officials cast their vote in support of the resolution.

"I was just hoping that they would go our way, thinking they will have a little heart," Mary Hernandez said after the meeting.

The mother of four children moved into the three bedroom, one bathroom home 43 years ago, renting it until 1999 when she finally purchased the property from the landlord.

It was the perfect home for the family at the time, a big house in a safe neighborhood, she said.

"I don't even want to think about not living there," Hernandez said. "It's going to be hard."

Oscar de la Torre was the lone member who voted in opposition, saying he understands the need for an improved Edison, but couldn't come to terms with displacing two families who represent the ethnic and socio-economic diversity that makes Santa Monica unique.

"The acquisition of the land is a benefit for the future of public education in the community and I respect everyone's vote, but for me personally it was something that I just couldn't do," de la Torre said. "My hope is that because the real estate market has opened up, there will be other housing opportunities in Santa Monica for these families. People will be compensated the fair amount, but this is still somebody's home and that was why this was so difficult."

The properties in question abut the northeast corner of the elementary school, which is slated to be reconstructed.

The district has already offered Shinobu Maruyama, whose family has owned the house since 1952, $1.89 million for the property, which is right next door to the school. Hernandez, who lives on the other side of Maruyama, has received an offer for $1.99 million.

"As of this date, in spite of the district's good faith efforts at negotiated acquisition, no agreements have been reached with Maruyama and Hernandez," a staff report for the June 25 meeting said. The report also stated that it has always been the district's preference to purchase the homes through negotiations, not eminent domain.

Officials believe that acquisition is necessary to bring the size of the school's campus, which is 4.9 acres, closer to the California Department of Education's standard of 7.8 acres. Adding the two parcels will bring the total acreage to 5.5.

Including the pair of houses, which will create a square-shaped campus, will also allow the school to maximize its play space by locating all the preschool and elementary classrooms to one side, the staff report said.

Campus reconstruction has long been a dream for the Edison community, which has raised concerns about the many physical challenges at the school, including cracks in foundation and the fact that many classrooms are in portable structures.

The school, a dual language institution where courses are taught in English and Spanish, has been fixed up in pieces over the past several years through donations from parents, who have given time and money to build a new courtyard and play area.

The new campus will include 27 classrooms for grades K-5, along with new basketball courts and playgrounds. A new drop-off and pick-up lane, which will include room for 12 parallel parking spaces, will also be constructed.

Lawrence Maruyama, who lives with his mother Shinobu and attended Edison before it was a language academy, said he is waiting on some outside funding that he believes will let him keep the house and allow the district to consider a different set of plans that would include acquiring multifamily residential buildings on both sides of the campus.

Maruyama said he could not disclose further details of the funds, but hopes they come through sometime late next week.

"My mother doesn't want to move," Maruyama said. "It's the house of my grandparents."

The district staff report said that the current proposal would be the lesser of expensive options and displace fewer number of families.

In condemning the properties, which is a declaration that the land will be converted for public use through eminent domain, the district must make several findings, including showing that the parcels are needed for the project. The district will also have to prove that the project "is planned or located in a manner that will be most compatible with the great public good and least private injury," the staff report said.

During the eminent domain trial, a judge will determine the fair market value of the two properties. If the owners challenge the district's intentions to purchase the properties, the judge will also rule whether the SMMUSD has legal rights to do so.

If the judge sides with the district, the ruling will go into a final order of condemnation, which will then be issued to the Los Angeles County Registrar-Recorder to change the properties' titles.

Maruyama said that if the funding does not come through and the district acquires his home through eminent domain, the family will most likely move out of town, calling Santa Monica unaffordable.

"If funding doesn't come through then I'll probably have to invite them (Hernandez) to come visit us in Las Vegas," Maruyama said.

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Residents weigh benefits of online communications

FROM MAIL PAGE 1

mail wouldn't be that big of a deal.

"It would make a lot of sense," Ocean Park resident Barry Levy said. "I used to live in Canada, where there is no Saturday delivery — no one cares."

Nationally, USPS reported a $2.8 billion loss for the 2008 fiscal year. Due to the troubled economy and the trend toward use of the Internet for personal and business communications, mail volume of 202.7 billion pieces was down by 9.5 billion pieces last year, a decrease of about 4.5 percent.

This year, postal officials predict a further drop in mail volume to about 180 billion pieces.

Sunset Park resident Constance Poremsky laments this trend — despite the fact that she's moved almost all of her bill payments to the Internet to save on postage.

"When my mom was alive, we sent each other beautiful letters every week," said Poremsky, who was at the post office to mail her son a letter — something she does once a month. "I write beautiful letters. I make the person at the other end of the line feel really good. To this day people love to receive a letter from me."

A Santa Monica College student who said he comes to the post office about every three months — just to buy stamps for birthday and Christmas cards — also spoke to the symbolic weight of letter writing.

"It's more personal, because a card is tangible," he said. "You can set it on your desk or mantle or something.

"And you know that the person actually got up and walked somewhere to send you something," he added. "He didn't just click a few keys."

Harrison emphasized that many postal services are available online — such as buying stamps, ordering boxes or requesting pickups. Along with realigning routes, raising postage rates and closing offices, these offerings are a way to cut costs and be environmentally friendly.

"The less people who walk through that door, the less it costs them," said Jeff Frangos, who lives on Bay Street. Frangos was at the post office to mail bills and buy stamps. He said he hasn't gotten around to paying bills online.

"I'm old school," he said. "I'm still scared of people getting into my computer or my account."

Levy agreed.

"I like a hard copy," he said. "I'm not overly trustful of what happens online. It's all ones and zeros — and they can disappear."

Postal patrons wouldn't be the only people affected by loss of Saturday service. Postal workers are concerned about what the possible change could do to their livelihood. Some are worried they may be laid off.

"Reducing delivery to five days would have a negative effect on postal employees," said John Driver of the American Postal Workers Union in Los Angeles. "It would reduce the number of employees necessary to process and deliver the mail."

Driver echoed customer concerns about the loss of Saturday services.

"A lot of people rely on Saturday mail," he said. "Having only five days of service would also create more of a backlog of undelivered mail, causing more of a delay.

"There are other ways to save money," he added, citing cutting excess management, reducing subsidies to private mailers that aren't available to the public, and consolidating transportation to save on fuel. "The post office is not taking that into consideration."

Frangos thinks Congress should reverse its course and expand deliveries.

"I think it should stay open on Sundays, too," he said. "That would help even more."

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Trailer music hits the stage

FROM TRAILER PAGE 3

Before Immediate Music came into existence, film editors were at a loss to score theatrical trailers. Goren said that editors would often have to borrow from the scores of other films to complete promos. It was in this space that Goren realized that he and his partner were onto something potentially big.

Some 17 years and thousands of trailers later and Goren had a body of work that he wasn't sure what to do with. Faced with a growing catalog, Goren decided to assemble an album of this work, "Trailerhead." He soon realized that this material could work on the stage before a live audience.

He and his family of musical cohorts developed the first incarnation of Trailer Music Live and debuted it last year in London.

"This event was received with such enthusiasm in London last year, that we felt compelled to bring it to the United States," Goren said. "'Trailer Music Live' is an epic concert event featuring a large orchestra, choir and rock band performing familiar movie music which has never before been heard in a live setting. This event will appeal to movie fans of all ages, as we bring our epic trailer music directly from the movie screen to the live stage."

Performing as part of the production are The Angeles Chorale, recording artists Immediate and rock band Globus. As an added unexpected bonus, Goren has enlisted Todd Waetzig of the Blue Man Group to be the featured percussionist.

John Sutton, who will lead the orchestra, is looking forward to taking part in what he called a unique production.

"It is orchestral and rock 'n' roll at its soul at times," Sutton said. "This is a powerful sound that you cannot sit still through."

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I GOT IT!

Maya Sugarman *news@smdp.com*

A group of volleyball players take to the sand for a quick game on Thursday at SM Beach.

New coach knows the territory

FROM **SAMOHI** PAGE 1

named Friday to replace Rob Duron who resigned following a tumultuous season that saw the team make the playoffs.

"I don't see why we shouldn't be competing with the Chatsworths and Crespis and those types of schools," Philip-Guide said. "We have what we need in terms of talent."

Aside from taking over a team that lost a number of key seniors, including Tyler Skaggs who was drafted by the Los Angeles Angels during the Major League Baseball draft earlier this month, Philip-Guide said the first thing he needs to do is concentrate on fundraising efforts to improve facilities at the aging campus.

He said he intends to use the remainder of the summer to explore fundraising opportunities and to reach out to parents and boosters to help him unify the program and potentially take it to new heights.

The decision to go with Philip-Guide wasn't Lacy's first choice. Once Duron resigned following the season, Lacy began searching for his replacement both in-house and citywide. His search soon led him to Crossroads School's Co-Head Coach Pat Armstrong, who ultimately declined the offer for unspecified reasons. Attempts to reach Armstrong were unsuccessful.

Despite Armstrong's decision to decline the position, Lacy is confident that Philip-Guide is the right man at the right time.

"I like his enthusiasm," Lacy said. "The fact that he's an alum is a bonus."

Lacy said that he was impressed by the new coach's people skills as he quickly won over the selection committee that included administrators and parents.

"Everybody was impressed with him," Lacy said. "The only thing he's lacking is coaching experience."

While this will be Philip-Guide's first head coaching gig, he has a rich background in athletics. A three sport star at Samohi, he went on to play defensive back at the University of Pennsylvania. He put baseball aside while he completed his football career, but once it was over he wanted to give baseball another shot.

He returned to Southern California and enrolled at Glendale Community College where he played baseball. He was taken in the 50th round of the draft by the Angels in 1995. He wound up playing for the club's A-level affiliate until 2000 when he decided to hang up his cleats. He decided to go to work in the automotive industry where he's been for nearly a decade.

He remained out of baseball until this year when he discovered that the position at Samohi was open. He followed the team through local newspapers where he learned of Duron's resignation.

Soon thereafter he approached Lacy and the process that would lead him to the job began. The assignment is considered a walk-on position. Unlike Duron, he will not be a teacher at the school in addition to his coaching duties. Lacy said that school district budget constraints made hiring a full-time instructor impossible.

Ironically, Philip-Guide was coached by Duron during his time at Samohi during the early 1990s. He said that Duron was dogged by complaints from parents during that stint as well.

Philip-Guide doesn't see parental criticism as an obstacle to building a successful program. He said he intends to come to the position with an open-door policy, one that he hopes will put parents and the administration at ease.

"Parents want to see their kids succeed," he said. "I can understand that.

"I can see that everybody thinks their kid should play. We can only put nine guys on the field. There are going to be reasons that things are going to work out the way they are. You can't make everybody happy."

Despite the departure of a number of all-Ocean League players, Philip-Guide sees a talented roster that he hopes will translate into another winning season. He singled out pitcher Alonzo Gonzalez as one of the players he will depend on to lead the way.

The onus of being relied upon is welcomed by Gonzalez.

"I'm excited with it being my senior year," Gonzalez said. "I have to carry the team next year.

"There is pressure when somebody places the number one role on you."

The pressure will surely be there, but Gonzalez said he looks forward to shutting down opposing hitters next year and put the negativity of last season behind the team.

"All we're doing now is trying to rebuild," he said. "We're trying to forget last season and everything that went down off the field.

"Change is good, We're just looking for that last puzzle piece."

daniela@smdp.com


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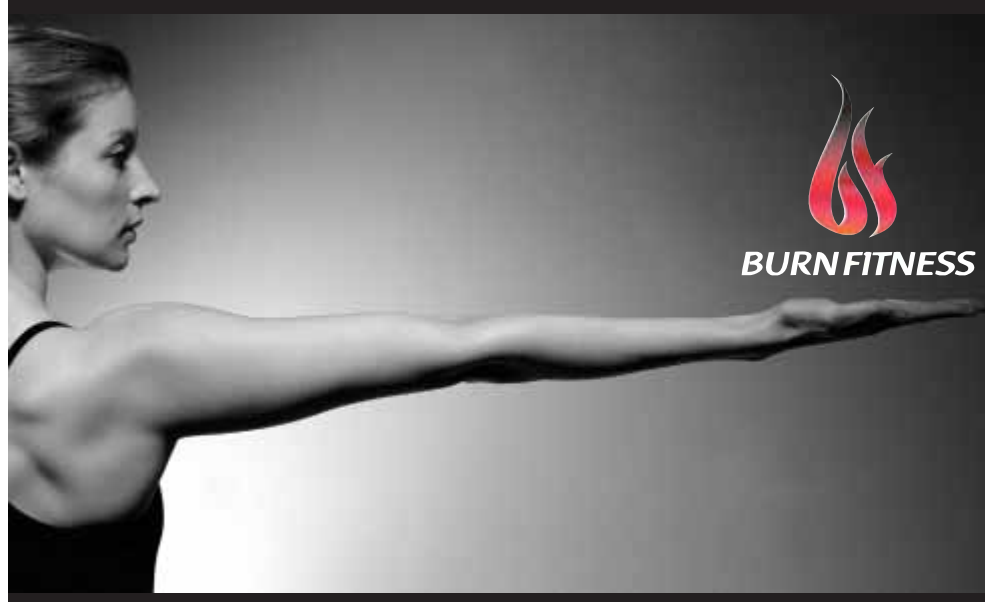
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BOOKREVIEW

BY DANE ROBERT SWANSON



'Tender Grace'

Jackina Stark • Bethany House

Each of us grieves in our own way. We all need time. We also need an outlet for our grief. Some hold it in, others talk it out. Still others journalize. This is the style of writing this book takes.

Grieving is a natural life process we have been told. We all will face it at one point or other in our life when we lose someone near and dear to us. It comes about in this book by the death of a loved one. Another way to look at it is a journey.

"He died the way he'd always wanted to. As anyone would want to, I'd think — sitting in his recliner with something wonderful to read. The bad part, of course, was the juxtaposition of the numbers. He had hoped to leave the confines of the earth at age 85, not 58."

Dr. Elisabeth Kubler-Ross has named for us five stages of grief all people go through. We start with denial and move to anger. From there we start bargaining. When that doesn't work we feel depression. If we are normal we will end up with acceptance.

"Tender Grace" starts when our main character decides she is going to visit all the places she had planned to visit with her husband. Her children don't understand. It seems to be a personal journey she must make.

She needs time to adjust. I feel the author does a good job of handling the topic of grief management.

"The truth is I know of no one who has coped worse with losing a mate than I have."

She concludes, "There is small consolation that most people think I'm fine.

"My children know I'm not, but they are kind and understanding and patient. But even they don't know that I feel as dead to this world as their father is."

Another thing losing a mate does is causes a person to withdraw into themselves. "I've quit reading, best sellers, even Pulitzers, even the newspaper (I canceled it.).

"I've also quit listening to music.

"This lack of appreciation for things I once loved is beginning to define me."

Audrey Eaton is determined to find healing. What she finds on the way is more understanding and acceptance. She starts out trying to recapture memories and ends up making new ones. This is something that must be done to complete the grief work. Early in the book she states, "I miss Tom. I also miss me."

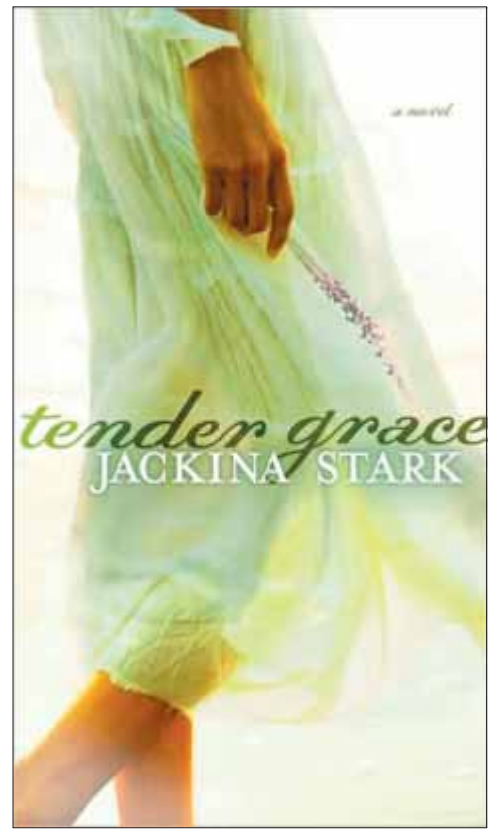
She finds on her journey adventure. On her stop at the Grand Canyon she learns that the mules that journey down to the canyon bottom travel on a pathway so narrow that when they rested they would face the edge. "If they do it facing the wall they can step back and fall off the edge backwards."

"It happens," states a fellow visitor to the canyon.

"I thought about those mules after she left. For fifteen months I'd 'rested' facing the dull nothingness of the cliff, disregarding the potential for danger. Better for me to overcome fear and dread instead, and face the edge of the canyon, where I could embrace beauty and avoid unnecessary catastrophe."

In the end she comes to the realization that she will still miss Tom but she has completed her journey from death to life and was now back home.

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NEW DVD RELEASES

BY RANDY WILLIAMS



Photo courtesy Warner Bros

'Two and a Half Men' Fifth Season

The popular comedy offers another full season on three discs. Storylines include: Charlie (Charlie Sheen) topping the charts as kiddie-song sensation Charlie Waffles. Alan (Jon Cryer) at last meeting the perfect woman who just happens to be dating Charlie. Jake (Angus T. Jones) starts junior high, armed with reams of "helpful" advice from Alan and Charlie. Evelyn (Holland Taylor) ties the knot for the fifth time (lots of guests at the wedding, lots of cops at the reception). Merriment in Malibu. (Warner Bros)

'Push'

This sci-fi thriller, set in Hong Kong, features a group of young Americans with extraordinary psychic abilities who must band together to use their different talents on a mission that will enable them to escape a clandestine government agency that wants their unique powers. Paul McGuigan directs Chris Evans, Dakota Fanning and double Oscar-nominee Djimon Hounsou in this telekinetic drama. "The Science Behind the Scenes," cast and director commentary as well as deleted scenes are part of the package. (Summit)

'Falling Down' Deluxe Edition

Michael Douglas, recent recipient of the American Film Institute's Lifetime Achievement Award, in one of his more underrated performances, plays laid off defense worker Bill Foster in this searing tale of urban reality about an ordinary man at war with the everyday world. Originally released in 1993, it is quite timely. Deluxe edition offers new special features including commentary by director Joel Schumacher and a conversation with Douglas entitled "Deconstructing D-FENS." (Warner Bros)

'Alice's House'

Winner of over 30 awards worldwide, Carla Ribas stars in this portrait of a Brazilian housewife and a Sao Paulo manicurist who has a chance meeting with an old flame and is forced to re-examine her life and address her romantic dreams. Feeling her youth and sexuality slipping away as she lives amongst a sexually-charged household of adolescent boys and a cheating husband, Alice is torn. Interviews with actress Ribas, director Chico Teixeira, the producers and some behind-the-scenes footage are included. (IndiePix Films)

'Jonas Brothers: The Concert Experience'

This extended movie in 3-D and 2-D includes four songs not seen in the theatrical version. It contains a digital copy, a segment that takes a closer look at brothers Kevin, Joe and Nick's world as well as four free pair of 3-D glasses. (Disney)

'Lookin' to Get Out' Extended Version

As co-writer, star and one of the key developers of the project, Jon Voight was instrumental in bringing this newly discovered cut to DVD nearly 30 years after its theatrical debut. Voight's late friend and the picture's director, Hal Ashby, also directed "Harold and Maude," "Being There," "Shampoo" and "The Last Detail." Voight co-stars with Burt Young ("Rocky") and Ann-Margret in a comedy about two gamblers who head to Las Vegas hoping to turn their luck around after losing money in New York. This picture marked the film debut of 7-year-old Angelina Jolie. New interviews with the cast as they recall their experiences making this movie are included. (Warner Bros)

'Rick Steves' Spain & Portugal'

The long-time travel host dedicated to making visitors to Europe well-informed offers over three hours of insight into the customs, cultures, cuisine and leading sites of these popular western European nations. From the Costa del Sol and Moorish influences in nearby Granada and small fishing villages of Portugal to the royal side of Madrid and the home to such artists as Picasso and Dali in the Catalunya, Steves presents a wide possibility of experiences at a friendly, non-rushed pace.

RANDY WILLIAMS can be reached at www.sportandcinema.com



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SURF REPORT

Surf Conditions **Water Temp:** 66°

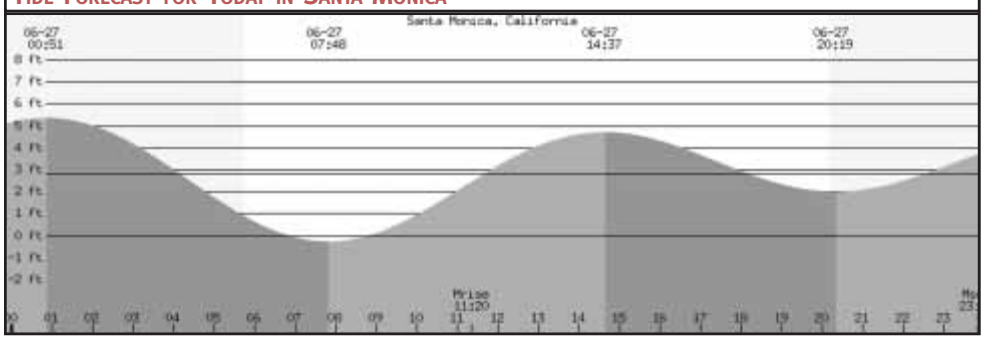
Swell Forecast (2-3 FT)

Saturday the 27th the SSE swell is expected to back down to knee to waist high. Sunday the 28th the SSE should back down to knee high.

Long Range Synopsis

Monday the 29th it looks like we'll be seeing some SW swell come in from that New Zealand North Island storm 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 **June 16, 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 -- 0
- Number of beach closures due to a sewage spill -- 0
- Number of wet days -- 0
- Number of A grades for dry/wet weather -- 39 / ns
- Number of (C,D,F) grades for dry/wet weather -- 6 / ns

The Beach Report Card is made possible by simplehuman, 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 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	C	ns
Escondido Creek, just east of Escondido State Beach	A+	ns
Latigo Canyon Creek mouth	A+	ns
Solstice Canyon at Dan Blocker County Beach	D	ns
Pearce State Beach at creek mouth	A+	ns
Marie Canyon storm drain at Pearce 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	A	ns
Castlerock Storm Drain at Castle Rock Beach	A+	ns
Santa Ynez Storm Drain at Castle Rock Beach	ns	ns
Will Rogers State Beach at 17200 PCH (1/4 mile east of Sunset drain)	B	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)	A	ns
Santa Monica Beach at Montana Ave. drain	C	ns
Santa Monica Beach at Wilshire Blvd. drain	A+	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)	A+	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	C	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

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.


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NOTICE INVITING BIDS

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

Santa Monica Palisades Bluffs Stabilization Project
Federal Aid Project No. HP21L - 5107 (017)
SP1847

Bids shall be delivered to the City of Santa Monica, Office of the City Clerk, Room 102, 1685 Main Street, Santa Monica, California, **not later than 2:30 p.m. on July 15, 2009**, to be publicly opened and read aloud after 3:00 p.m. on said date in City Hall. Each Bid shall be in accordance with the Contract Documents.

A pre-bid meeting is scheduled for July 8, 2009 at 10:30 A.M. in the Civil Engineering & Architecture Division located at 1437 4th Street, Suite 300. A job walk will be conducted immediately after the meeting.

ENGINEER'S ESTIMATE: $3,500,000 to 4,000,000
CONTRACT CALENDAR DAYS: 270
LIQUIDATED DAMAGES: $1,500 PER DAY
COMPENSABLE DELAY: $500 PER DAY

City of Santa Monica

Bidding Documents may be obtained by logging onto the Civil Engineering and Architecture website at: http://www.smgov.net/engineering/projects/online_bidding.htm. Bidding Documents may also be examined at the Civil Engineering and Architecture counter located at Santa Monica City Hall, 1685 Main Street, Santa Monica. Copies of the Bidding Documents are also available for a copying cost authorized by applicable law. Additional information may be obtained on the City's website at www.smgov.net/engineering/index.asp or by calling (310) 458-8721. The Contractor is required to have a Class **A** license at the time of bid submission.

Pursuant to Public Contracts Code Section 22300, the Contractor shall be permitted to substitute securities for any monies withheld by the City to ensure performance under this Contract.

IMPORTANT SPECIAL NOTICE

Bidders are advised that, as required by federal law, the City of Santa Monica is implementing new Disadvantaged Business Enterprise requirements for Underutilized Disadvantaged Business Enterprises (UDBE). Please refer to Section 2-1.02 titled "Disadvantaged Business Enterprises (DBE)" and Section 5-1.7 titled "Performance of Subcontractors" under the Federal Special Provisions tab of these special provisions regarding these requirements.

MOVIE TIMES

Aero Theatre
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Call theater for information.

AMC Loews Broadway 4
1441 Third Street Promenade

Star Trek (PG-13) 2hrs 6min
12:20, 3:15, 6:20, 9:20

The Hangover (R) 1hr 36min
11:40am, 2:20, 5:00, 7:40, 10:10

Night at the Museum: Battle of the Smithsonian (PG) 1hr 45min
11:30am, 2:00, 4:40, 7:20, 10:00

Transformers: Revenge of the Fallen (PG-13) 2hrs 30min
12:00, 3:30, 7:00, 10:30

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

The Proposal (Closed Captions) (PG-13) 1hr 48 min
11:00am, 1:50, 4:35, 7:30, 10:30

Up (PG) 1hr 36min
11:30am, 2:15, 5:05, 7:50

Up (Digital 3-D) (PG) 1hr 36min
10:40am, 1:25, 4:10, 7:00, 9:50

The Hangover (R) 1hr 36min
10:50am, 1:30, 4:25, 7:05, 9:40, 10:45

The Taking of Pelham 1 2 3 (R) 2hrs 01min
11:10am, 2:00, 4:40, 7:20, 10:00

Transformers: Revenge of the Fallen (PG-13) 2hrs 30min
9:15am, 10:00am, 12:45, 1:30, 4:15, 5:00, 7:45, 8:30, 11:15, 12:00am

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

The Stoning of Soraya M. (R) 1hr 56min
1:30, 4:20, 7:10, 10:00

Easy Virtue (PG-13) 1hr 48min
4:30, 9:40

Whatever Works (PG-13) 1hr 47min
1:00, 3:20, 5:40, 8:00, 10:15

Unmistaken Child (NR) 1hr 57min
1:50, 7:00

Summer Hours (L'Heure d'ete) (NR) 1hr 40min
1:40, 4:40, 7:20, 9:55

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

Year One (PG-13) 1hr 40min
12:30, 3:00, 5:30, 7:00, 8:00, 9:30, 10:30

Terminator Salvation (Digital) (PG-13) 1hr 54min
1:30, 4:20, 7:10, 9:50

Angels & Demons (PG-13) 2hrs 20min
12:40, 3:50

Away We Go (R) 1hr 37min
11:50am, 2:30, 3:30, 5:00, 7:30, 9:15, 10:10

My Sister's Keeper (PG-13) 1hr 46min
11:40am, 1:20, 2:20, 4:05, 5:00, 6:40, 7:40, 9:20, 10:20

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

In your thoughts, Libra

ARIES (March 21-April 19)
★★★★ Your dynamic energy comes out. Be aware of what must be done; do it, and then go off. Whether you decide to go to the gym or take a walk, include exercise in your schedule. Listen to news that heads in your direction. Tonight: Easy does it.

TAURUS (April 20-May 20)
★★★★★ Ever playful, you get past someone's coldness. Clarify everything that could be misunderstood. What someone thinks he or she heard might have nothing to do with reality. Tonight: Let someone know how you really feel.

GEMINI (May 21-June 20)
★★★ Remain more direct and caring with others, even if you feel out of kilter. There are some matters you simply cannot change. Your instincts take you to a new level of understanding with a close associate. Tonight: Happy at home.

CANCER (June 21-July 22)
★★★★ Be direct in how you deal with others. If you feel something is off, by all means, open up and verify facts. You suddenly discover a clearing and feel much better. High energy comes your way. Tonight: Make light of a problem.

LEO (July 23-Aug. 22)
★★★ The time has come to deal with situations directly, especially those involving finances. You have many ideas. Tap into some of them and air them out. You could be surprised by what you come up with. A boss does push hard. Tonight: Your treat.

VIRGO (Aug. 23-Sept. 22)
★★★★★ If someone was betting money, he would decide the odds are with you. Right now, even if confusion walks in your footsteps, the ability to prevail over misunderstandings and pursue your proper agenda emerges. Tonight: As you like it.

LIBRA (Sept. 23-Oct. 22)
★★★ Listen to the echoes and simply stop and decide if what you are hearing is rational. Backtracking every so often helps you reaffirm that you are on the right path. Tonight: In your thoughts.

SCORPIO (Oct. 23-Nov. 21)
★★★★★ Zero in on what you want. Oddly enough, someone could misread your intentions. Get together with others. Be open to discussions, but also going to the movies or playing softball. Let go of stress and just be. Tonight: Certainly where the action is.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ Take a stand if you must, but know that you could get a lot of flak. How you deal with someone could change radically if you slow down. Actions count more than words, for the majority of people. There is nothing wrong with both. Tonight: A must appearance.

CAPRICORN (Dec. 22-Jan. 19)
★★★★★ Listen to both sides of a conversation. You might try to forge a new connection on a different basis. Peace is plausible — you must simply find it. Take a drive in the country to refresh your mind and spirit. Ideas will pop when the time comes. Tonight: Create an escape.

AQUARIUS (Jan. 20-Feb. 18)
★★★★ Work with others directly. You might need to confirm plans and what you say to prevent a problem. You can become quite intolerant if pushed. Be aware of how you might be projecting yourself. Tonight: Take time for that special person.

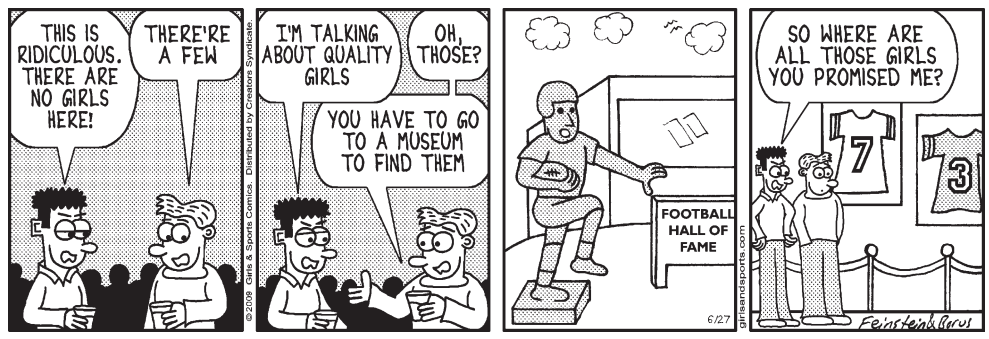
PISCES (Feb. 19-March 20)
★★★★★ Defer to others and listen to what they share. You might need to straighten out a misunderstanding. How you deal with someone could change as a result. You both will understand each other better. Tonight: Just don't be alone.

Happy birthday

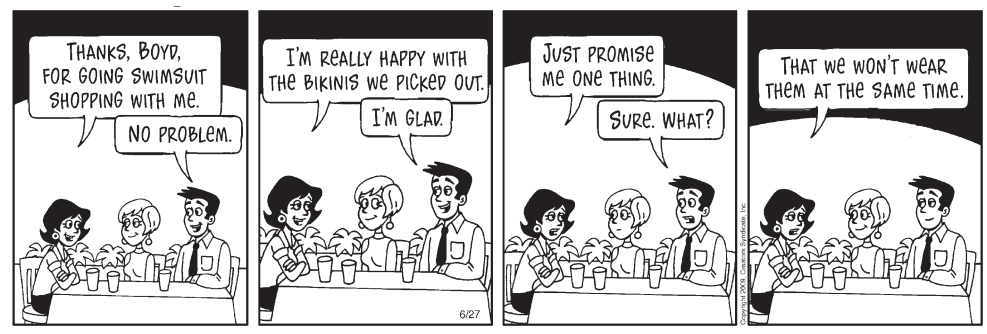
JACQUELINE BIGAR'S STARS
The stars show the kind of day you'll have:
★★★★★Dynamic ★★ So-So
★★★★ Positive ★ Difficult
★★★ Average

This year, you can move through problems with ease by being careful and precise with your communication. At the same time, you will be tightening up your style of relating. Confirming and double-checking will become part of your life. You also might choose to take a workshop or seminar in how to maximize your words. If you are single, you will meet someone in your day-to-day travels. Take your time getting to know this person. Don't rush. If you are attached, listen to your sweetie and imagine what it would be like to be him or her! VIRGO can sometimes be rough to share with.

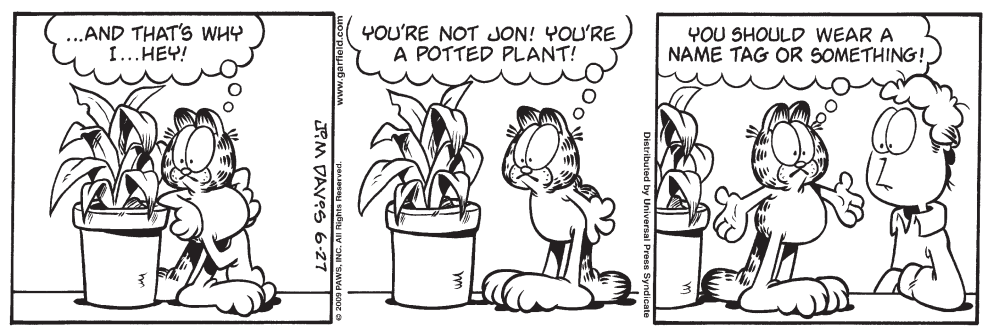
Girls and Sports
By Justin Borus and Andrew Feinstein



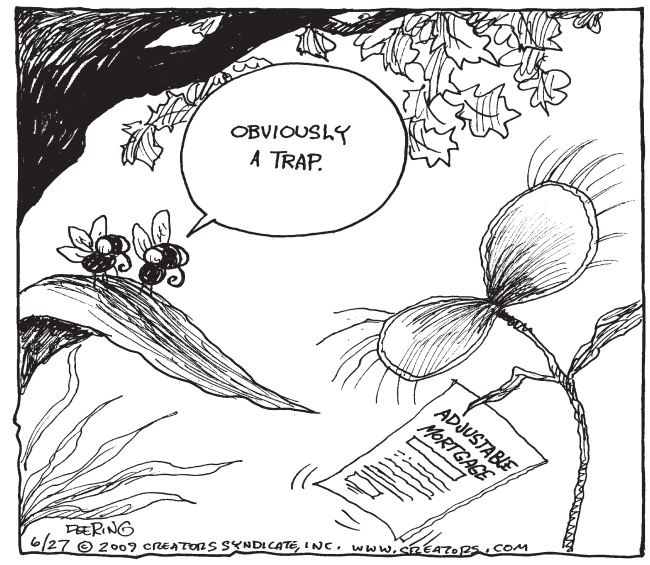
The Meaning of Lila
By John Forgetta & L.A. Rose



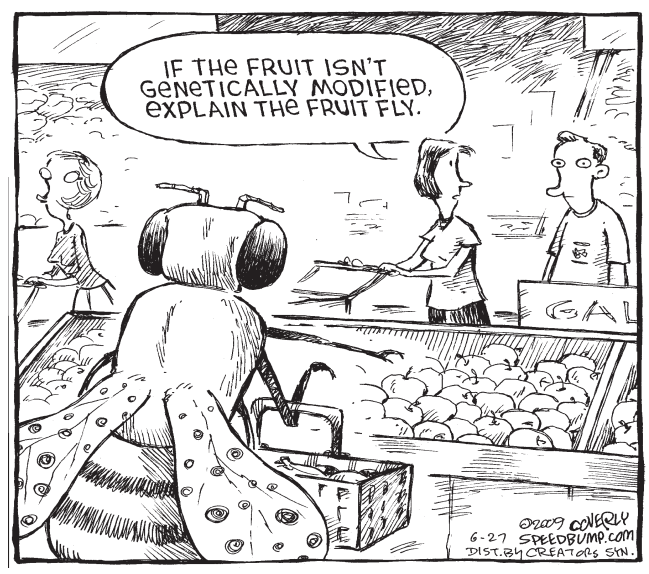
Garfield
By Jim Davis



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 ★★★★

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

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

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

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Maya Sugarman *news@smdp.com*

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CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Urban oasis
5 Colleen
9 Cut-and-dry place
10 Available
12 Biting
13 Ingenuous
14 Response delay
16 Phone bill addition
17 Hostelry
18 Salacious
20 Din
22 Nile serpents
23 Auto flop
25 Zorro accessory
28 Bays
32 Stockpiled
34 Crude
35 Joplin tune
36 Tidal wave
38 Atmospheric layer
40 Derby prize
41 Internet connector
42 Tinker-Chance go-between
43 D.C. team, familiarly
44 June honorees

DOWN

1 "Serpico" star
2 Homecoming group
3 Memorization
4 Rang
5 Pines
6 Santa —, California
7 Refuses to pay
8 Be thrifty
9 Glossy fabric
11 Banana parts
15 Down Under natives
19 Lofty
21 Sights
24 Lasted
25 Billiards shot
26 Electric eel's home
27 Eastern temple
29 Wiped off
30 Circus stars
31 Cheese choice
33 Flower parts
37 Stellar sight
39 Take in

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

Yesterday's answer

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

■	1	2	3	4	■	5	6	7	8	■
9					■	10				11
12					■	13				
14					15		■	16		
17			■	18			19			
20			21			■	22			
■	■	■	23			24		■	■	■
25	26	27		■	28			29	30	31
32				33			■	34		
35			■	36			37			
38			39		■	40				
41					■	42				
■	43				■	44				■

6-27

DAILY LOTTERY

MEGA MILLIONS: 11 15 17 29 46 Meganumber: 16 Jackpot: $81M

SUPER LOTTO PLUS: 3 13 18 23 37 Meganumber: 25 Jackpot: $8M

FANTASY 5: 1 2 9 15 16

DAILY 3: MIDDAY: 7 4 2 EVENING: 1 6 6

DAILY DERBY: 1st: 12 Lucky Charms 2nd: 05 California Classic 3rd: 10 Solid Gold RACE TIME: 1.44.25

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

■ **People Different From Us:** When Christina Vanderclip dropped by the house of her former boyfriend, Travis Schneller, in Greeley, Colo., in June, they soon began to argue. According to police, Travis hit her and pulled her hair, then Travis' mother jumped on Christina's back and pulled her hair, then Travis' younger brother Michael and father, Robert, jumped on Christina, too, hitting and choking her. Christina managed to escape, and police, after a 10-hour standoff, entered the home and arrested the entire Schneller family.

■ **Least Competent Criminals:** (1) Jose Villarreal, charged in Georgetown, Texas, with assaulting his girlfriend, decided to take his chances at trial and rejected the prosecutor's offer of five years in prison. In May, the jury deliberated one minute before finding him guilty, and he got 16 years. (2) Charles Dumas, 37, insisting on his innocence, was convicted of raping a young girl in 1998 and sentenced to 10-years-to-life, but began begging for a DNA test. Finally, earlier this year, prosecutors relented, and a solemn Dumas told a Columbus Dispatch reporter: "This test means my life. It's my last chance to prove to my children that I didn't do this." In May, the results came back: Guilty.

TODAY IN HISTORY

1977 the Supreme Court, in Bates v. State Bar of Arizona, struck down state laws and bar association rules that prohibited lawyers from advertising their fees for routine services. The Republic of Djibouti became independent of France.

1984 the Supreme Court ended the NCAA's monopoly on controlling college football telecasts, ruling such control violated antitrust law.

1986 the International Court of Justice at The Hague ruled that the United States had broken international law and violated the sovereignty of Nicaragua by aiding the contras.

1988 57 people were killed in a train collision in Paris.

WORD UP!

encomium \en-KOH-mee-uhm\, *noun*;
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Between Wilshire & Montana	$1,895,000	$995,000
South of Wilshire	$899,500	$608,500
Sunset Park	$1,150,000	$689,000
Ocean Park	$1,396,500	$964,750

Statistics Updated Every Monday

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