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THURSDAY, JULY 9, 2009

Volume 8 Issue 211



Santa Monica Daily Press

IT'S OFFICIAL
SEE PAGE 14

We have you covered

THE WELCOME TO L.A. RON ISSUE

NUTRITION



Benjamin Brayfield *news@smdp.com*

GOOD EATS: **Summer school students break for lunch at the Police Activities League on Tuesday. A new state law went into effect July 1 banning trans fat from food served to students. Santa Monica schools have already banned the artery-clogging fat as part of a wellness program.**

Cutting out the fat in school lunches

BY NATALIE JARVEY
Special to the Daily Press

SMMUSD Where kids once hid from boogie monsters in their closets or ghosts under their beds, today they're being protected from a real threat — trans fat.

July 1 marked the beginning of a statewide ban on trans fat in all food served in public school lunches via vending machines or outside contractors. The bill was passed two years ago but gave schools time to make preparations. Another bill passed around the same time limits carbonated beverages.

In all, three different bills now govern the types of food that can be served in public schools — SB 80 bans trans fats and restricts fried foods, SB 12 limits foods sold in vending machines and SB 965 limits the distribution of carbonated beverages.

The Santa Monica-Malibu Unified School District began implementing these new laws last year to ensure they were meeting food standards ahead of schedule.

"We stopped frying at the beginning of the 08-09 school year," said Orlando Griego, director of food and nutrition services for the SMMUSD.

After the bill banning trans fat was passed, Griego said he began to work with the school district's manufacturers to make sure no trans fat would be used in food. The cafeterias also began to bake products, such as French fries, instead of offering fried goods.

"It was actually very seamless for us because most everything that we offer, the manufacturers were already working very hard to make sure there were no trans fats to be begin with," he said.

Trans fats have become known as "bad fats" because they become hard and build up in arteries, increasing one's risk of developing heart disease, said Dorothy Bernet, a registered dietitian at Healthy by Design Nutrition Specialists on Broadway.

"At first we didn't know they were bad for us, but it's just as bad as saturated fat," she said.

Instead of using trans fats, Bernet suggested using saturated fats found in olive

SEE MEALS PAGE 10

Residents try to decide what community benefits work

BY MELODY HANATANI
Daily Press Staff Writer

CIVIC CENTER It's a phrase that's frequently been brought up during previous workshops for the Land Use and Circulation Element (LUCE), one presented in concept yet undefined.

On Tuesday, residents got their chance to voice what they believe should be community benefits to result from future developments in the city, favoring ideas such as neighborhood-serving retail, workforce housing and transit improvements.

The walls of the Civic Auditorium were lined with posters representing each of Santa Monica's major commercial and industrial areas, all splashed with colorful dot stickers that residents placed next to photos illustrating a suggested community benefit. Next to the photos were rows of sticky notes on which residents wrote comments about additional priorities, whether it be historic preservation or wider sidewalks. One note stated that there needed to be "better bike connectivity to Downtown, (and) beach."

Standing before the board for Wilshire/Santa Monica was Ellen Hannan, a 39-year-resident who came to the meeting to learn more about the LUCE, an update to the city's general plan, which will dictate development in the city for the next 20 years or more.

Hannan said she would like to see more parks come with new developments, broader sidewalks and more public resources within buildings, such as a police substation or small medical clinic.

"There's been no community benefits to date," Hanna said.

Carol Lemlein came to the meeting to try and understand how development she believes is implied in the LUCE can be absorbed while maintaining the quality of life in the city. The president of the Santa Monica Conservancy, Lemlein added that she is also hoping to start a discussion on

SEE BENEFIT PAGE 11

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



Comedy central

Westside Comedy Theater
1323-A Third Street Promenade, 8:00 p.m. — 9:30 p.m.
Visit the first day of the Westside Standup Comedy Festival, which runs through July 11. Tickets are $10 per show or $35 for a festival pass. Call (310) 451-0850 for more information.

Prose and poetry

Novel Cafe
212 Pier Ave., 8 p.m. — 10 p.m.
Come read, listen and enjoy free open prose and poetry readings every Thursday. Everyone and all genres are welcome, including poetry, fiction and non-fiction, as long as there is a 1,000 word limit per reader. Call (310) 396-8566 for more information.

Twilight dance series

200 Santa Monica Pier, 7:30 p.m. — 10 p.m.
Every Thursday, enjoy free concerts at the pier. This week's performers are Joan Baez with special guest Tift Merritt. For more information, call (310) 458-8900.

Friday, July 10, 2009

Why string theory?

Huerta Room, New Roads School
3131 Olympic Blvd., 7:30 p.m.
Hear Tim Thompson, president of the Mt. Wilson Observatory Association, speak on the controversial theory of everything and ponder whether or not physics is stuck in the wrong universe. Free admission. For more information, call (310) 495-7595.

Sebastiao Salgado photography exhibition

Peter Fetterman Gallery
2525 Michigan Ave. #A7, 11 a.m. — 6 p.m.
Discover Africa through the work of renowned photographer Sebastiao Salgado, who has photographed the continent since the beginning of his career in 1973. The exhibition focuses on images of Africa's pristine ecosystems, wild species and remote tribes and their traditional ways of living. For more information, visit www.peterfetterman.com/htmls/exhibitions.cfm.

Free lunch for seniors

Various locations (see below)
12 p.m. — 1:30 p.m.
Wise & Healthy Aging will offer a free healthy lunch to those with disabilities and those over 60 years of age. Suggested donation of $2.50. Lunches available at four locations: Senior Recreation Center, 1450 Ocean Ave.; Reed Park, Seventh Street and Wilshire Blvd.; Ken Edwards Center, 1527 Fourth St.; WISE Adult Day Service Center, 1510 Pico Blvd. For more information, call 310-452-7802.

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.



Fire causes Getty Center evacuation

Mt. St. Mary's College evacuates, residents urged to do the same

BY GREG RISLING
Associated Press Writer

LOS ANGELES The world-famous Getty Center art complex and nearby Mount St. Mary's College were evacuated Wednesday as a fire burned in thick brush on the steep slopes of the Santa Monica Mountains.

The fire erupted at 12:44 p.m. and quickly grew to 80 acres above the Getty's parking facilities. About 200 firefighters and seven helicopters were fighting the blaze with water drops. Some of the helicopters were able to reload from nearby Stone Canyon Reservoir.

Fire Chief Douglas Barry said the fire began about three-quarters of a mile from the Getty and was moving away to the east as winds blew out of the west. The country club community of Mountaingate was notified of potential evacuations, but officials were optimistic.



Byron Kennerly news@smdp.com
Firetrucks line a shutdown Sepulveda Boulevard to combat a brush fire near the Getty Center.

"We feel very confident we'll have this fire under control very shortly," Barry said about three hours into the fire.

The origin of the blaze was not known, said Battalion Chief Patrick Butler.

About 800 employees and 1,600 visitors to the J. Paul Getty Museum and other parts of the hilltop complex were shuttled to the center's south building as a precaution, Getty Center spokesman Ron Hartwig said.

A tram took people down the hill to parking lots so they could drive out the

SEE **FIRE** PAGE 12



Byron Kennerly news@smdp.com
TO THE RESCUE: **A Los Angeles Fire Department helicopter drops water onto a brush fire at the Sepulveda Pass near the Getty Center Wednesday.**

Country music meets classic folk in pier concert series

BY NATALIE JARVEY
Special to the Daily Press

SM PIER Opening for a folk singing icon such as Joan Baez may seem like a daunting task, but the soulful melodies of country singer Tift Merritt should have no problem soaring on their own.

Both songstresses will take the stage at 7 p.m. tonight for the Santa Monica Pier's Twilight Dance Series.

A North Carolina native, Merritt began playing in small clubs during her college years at the University of North Carolina at Chapel Hill, mixing country beats with melancholic, alternative sounds to produce something that's all her own.

The 34-year-old has released four CDs during her singing and songwriting career and her 2004 album "Tambourine" earned her a Grammy nomination for Country Album of the Year.

For Merritt, music is a "family affair" — she's married to her band's drummer, Zeke Hutchins, and has been playing with many of the same musicians for nearly 12 years.

"My music life and my regular life are pretty much the same family," she said, noting that working and touring with an all-male band has introduced her to subjects such as football, in which she usually has very little interest.

Before releasing her 2008 album, "Another Country," Merritt spent some time away from touring with her band, drawing inspiration on the streets of Paris.

"I was there for about three days and I called home and said, 'I'm not coming home for a while,'" said Merritt, who was once a student in the City of Lights.

Renting a loft apartment with a piano in central Paris, Merritt continued writing.

"Something in me really plugs in when I'm there," she said. "It's such a wonderful city. It's very art centered, detail centered."

Now she's back promoting an acoustic solo album entitled "Buckingham Solo." Her performance in Santa Monica marks the start of a series of shows throughout July and August that she will perform without her band.

"You put yourself out there in a very stark

SEE **CONCERT** PAGE 12

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

A question about birds

Editor:

I just wanted to thank nature writer Reese Halter for a great and informative article on the mighty albatross ("Mother Nature's world travelers," July 7, page 4). I enjoy bird watching in the area, but have only had the opportunity to read about and see pictures of this majestic feathered glider. One question though. It seems like some species of gulls look very similar to the albatross, so do gulls glide in the same manner, or are their wings, bones and bodies very different, thus allowing them to fly differently?

Vince Garcia
Santa Monica

Good fit for the community

Editor:

I read your article about the proposed hotel/retail complex slated for 710 Wilshire Blvd. Having lived two blocks north of the property, I am quite familiar with the historic building and its adjacent parking lot footprint, and am puzzled by objections to the development. Quite simply, I think Howard Laks' (the architect) concept for a mixed-use hotel and commercial space, with shops and restaurants in an open-air courtyard, is imaginative and showcases this beautiful building. As a 28-year resident of Santa Monica I am very aware of the paucity of moderately-priced hotel rooms in the area, and welcome this tasteful addition to one of our city's most important industries, tourism. I am always critical of development that adds traffic (and its attendant pollution), but this project seems to address that issue with adequate off-street parking, and as Mr. Laks states in the article (and common sense dictates), hotel traffic patterns have much less of an environmental impact than other uses of commercial buildings. As for the affect on the neighborhood, it seems that would be minimal. South of Wilshire Boulevard on Seventh Street is commercial, and north of Wilshire on Seventh has Christine Reed Park on one side of the street, and only two residential properties on the other.

I am not writing this as a shill for the developers, but as a citizen who, though extremely concerned about unfettered construction, understands the need for mindful development. This project seems to be just that. And looking at examples of Mr. Laks' past work on his Web site, this project seems to be in keeping with his other thoughtful work peppered throughout Santa Monica.

Murray Miller
Santa Monica

Playing the victim

Editor:

When I read letters like Mr. Chandler's ("What a Shame," July 4-5), I wonder where the authors get their information. Don't they know that thousands of missiles have been smuggled into Gaza with the sole purpose of being aimed at Israel? Even here, in America, oceans away from our enemies, we must keep our harbors, airports, etc., well guarded. So imagine the security needed by Israel with such a next-door neighbor.

As for "starving" the people, have the authors never wondered why the elected government of Gaza can smuggle thousands of missiles into their country, but not one carton of food? Of course Gaza won't so that when Israel tries to protect itself, it can be called the villain.

Cecilia Heimlich Rosenthal
Santa Monica



Life Matters

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

Remaining positive in economic hard times

HAVE YOU LOST YOUR JOB? HAS SOMEONE in your family or close to you lost theirs? Or have you or your family lost a significant amount of your savings, or worse yet, your home?

Over the last six months to a year, hundreds of thousands of people have lost their jobs, savings, and homes. The effect of this is on every one of us and no matter what our stage of life or our socioeconomic status in life is, we all tend to react to this in remarkably similar ways.

Fear, anxiety, irritability, agitation, anger and depression are all becoming much too familiar to most of us. How much so depends on our way of looking at things and on how attached we are to others. Social support, faith and optimism seem to be the key to avoiding these unpleasant feelings and more importantly, to keep from being carried away by them.

Families can also get depressed. Together we can spiral in a downhill fashion, if we are not careful.

Studies show that 80 percent of us find these financially bad times to be a significant source of stress in our daily lives. Young people who are just finishing college are worried about getting jobs and parents are worried about how they will be able to send their kids to college. Many couples are fighting and don't know why or don't realize that it is being triggered by money fears. Even couples on the verge of divorce are changing their minds because they simply cannot afford to divorce.

This type of stress can lead to health problems and doctors are finding an increasing number of patients suffering from stress related symptoms.

So what can we do during these tough economic times?

If you are someone who has placed a lot of emphasis on work and material gain, now just might be the time to begin changing. Spend time with your family and friends. Join a church or temple if you are so inclined or go back to your place of worship if you quit somewhere along the way. Or if that doesn't suit you, try joining a group where you have some mutual interest. The camaraderie and social support of belonging to a group can be a big source of relief and perhaps a place of networking for future jobs.

In your families, talk with your children, keep their moods up, and keep a loving supportive environment so that your children will grow into healthy, mature, adaptable adults. Remind your spouse or partner that you love them. Nurture your relationships. It doesn't have to be expensive. Take a walk, make a phone call, watch a movie together or pitch in for a neighborhood potluck dinner.

We don't have to spend money to be happy. Our children are used to getting things because we are materialistic in America. But "things" are not what we really need! We need love and support and we all need to know that we have someone we can turn to. Children can live without the next toy or special label pair of jeans. Actually, we all can live without some of these things, but we really can't live without emotional support. Study after study has shown that social support is important to our health and to our well being. If we want to remain strong, or even just get strong again, if we want to be healthy and productive enough to turn our lives around and to look forward to a healthy financial future, we cannot let ourselves be depressed.

Our friends, families, social support networks must take on the value they deserve. Our perceptions of things must be optimistic going forward. It's a tall order! Hard to do in these depressing times but truthfully, the meaning of an event is in the interpretation we give it. How we look at ourselves, these difficult times and the future is finally, up to us.

Now the good news is we can change the way we look at things.

Try these things:

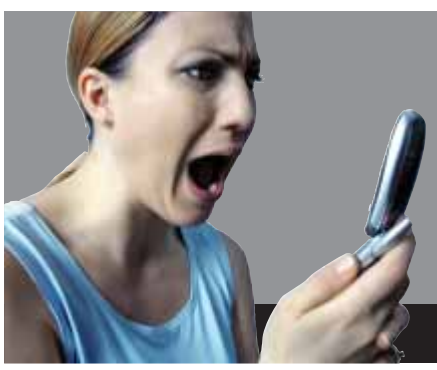
1. Focus on what you can do instead of what you can't do.
2. Make a list of the things you are grateful for.
3. Make another list of your strengths and of your skills.
4. Imagine what you want and keep thinking about it. Dream about it, meditate on it.

You may not be able to control the economy, but one thing you can control is your way of thinking.

Some of us may need help in doing so but it can be done. A major point to this article is that you are not alone. Lots of people are struggling just like you and you should not try to lift yourself up by yourself. Reach out for help and also, reach out and help someone else. Most of all keep trying and keep dreaming.

DR. BARGE is a licensed psychologist and marriage and family therapist practicing in the Brentwood area of Los Angeles. Send your questions or comments to newshrink@gmail.com.

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PUBLISHER
Ross Furukawa
ross@smdp.com

EDITOR IN CHIEF
Kevin Herrera
editor@smdp.com

MANAGING EDITOR
Daniel Archuleta
daniela@smdp.com

STAFF WRITER
Melody Hanatani
melodyh@smdp.com

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

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

CONTRIBUTING PHOTOGRAPHER
Fabian Lewkowicz

NEWS INTERNS
Catherine Cain, Natalie Jarvey, Emma Trotter
news@smdp.com

PHOTOGRAPHY INTERNS
Ray Solano, Benjamin Brayfied
news@smdp.com

ADVERTISING SALES MANAGER
Rob Schwenker
schwenker@smdp.com

ADVERTISING ACCOUNT EXECUTIVE
Grace Wang
gracew@smdp.com
Drew Swadling
drews@smdp.com

ADVERTISING TRAFFIC FACILITATOR
Amber Kessee
amberk@smdp.com

OPERATIONS MANAGER
Connie Sommerville
connies@smdp.com

PRODUCTION DEPARTMENT
Darren Ouellette
production@smdp.com

CIRCULATION
Keith Wyatt
Osvaldo Paganini
circulation@smdp.com

Santa Monica Daily Press
A newspaper with issues

410 Broadway, Suite B
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Meredith Pro Tem

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

Finding it hard to get a little quiet time

SOME MOM WROTE A MAGAZINE ARTICLE a few years ago about how the only time she ever had to herself was when she was in the bathroom. She'd lock the door and sit on the edge of the tub just to get a few peaceful minutes away from her kids.

"Ha ha," I thought when I read it. Until I realized last week that she has one up on me. The lock on my bathroom door doesn't work. I have no safe haven.

My 11-month-old daughter started crawling not long ago and prior to that she figured out how to use her chubby little arms to lift up onto pretty much everything. She's now an expert at crawling and pull-ups, and in the past few weeks she's combined the skills to follow me into the bathroom and dispel any notion that it could ever be a sanctuary. While I'm on the toilet she's not just content to sit and stare at me (although she does plenty of that, too). She stands up by holding onto my knees and cries until I put her in my lap. It's hardly an ideal way to, uh, pass the time.

At first I thought she might be coming into the bathroom to inspect the plumbing. After all, she's already made a point to check out every single wire and plug in the house. I figured she was simply showing signs at an early age that she'd eventually get an advanced degree at a technical trade college. I felt proud.

But the reality is she feels it's her duty to be in the bathroom when I'm there because she's my stalker.

In some ways it's sort of flattering to be stalked. It hasn't happened to me since I was a 22-year-old NBC page in Manhattan and another page, Warren, got drunk at a party and spent the night standing on the street outside of my apartment leaving messages on my answering machine threatening to throw himself in front of the M104 bus on Broadway if I didn't let him in. It's nice to feel wanted like that.

So I'm somewhat secretly delighted that my daughter now can't live without being by my side every second. Especially because it was several months ago that I read in a baby book how she was already supposed to be experiencing separation anxiety.

"She must not love me because she doesn't care if she's not with me all the time," I cried to my husband. "I've done something wrong!"

Shortly thereafter it dawned on me that I wouldn't really know if she experiences anxiety because we are never apart. And it's just recently that I'm realizing that it's not even me she actually wants. I'm merely a vessel. She uses me to get to the good stuff.

Although our house is entirely baby-proofed and filled with a veritable smorgasbord of toys, she wants exactly what she can't have. If it can maim or kill her, if it contains red wine or hot coffee and can be spilled on a carpet, a piece of electronic equipment or her head, if it can destroy a plant or some small piece of our adult happiness, she wants it.

I figure she wants to be on my lap while I'm on the toilet so she can have a better view of what's inside the trash can that she will later attempt to overturn. If she pesters me to pick her up while I'm working, it's not because she wants to cuddle. She goes straight for the computer mouse. Or bangs on the keyboard and tries to pry out the individual letters.

But sometimes she's really just like a puppy. She'll shred any piece of paper she can get her hands on. She sits on the floor, waits for me to pass her down a snack and when she's ready for another bite, swats at me and whines in a way that only Veruca Salt could appreciate. She's delighted when I toss her an empty toilet paper roll so she can bat it around. If I leave the room and come back 12 seconds later, she greets me like we haven't seen each other in years.

More specifically, she's like one of those tutu-wearing circus poodles. You swear it's not agile enough to be able to get up on its wobbly hind legs and balance, and so when it does and then even does some tricks, you want to applaud. Unless it's doing it at precisely the same moment that you just want five minutes to yourself in the bathroom.

E-mail questions or comments to meredithccarroll@hotmail.com.

The Q Line

Why so grim?

A recent Daily Press article discovered that suicides are on the rise across the city. Since the beginning of the year, there have been 20 suicide attempts, 10 of which have been fatal, according to records released by the Santa Monica Police Department.

So this week's Q-Line question asks:

What do you think is causing the spike in suicide attempts?

Call (310) 285-8106 before Friday at 5 p.m. and we'll print your answers in the weekend edition of the Daily Press. Please limit responses to a minute or less.

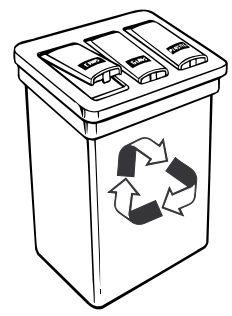

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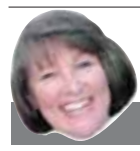
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SPECIAL THANKS TO
Carlos Amezcua of Fox 11 News



Play Time

Cynthia Citron
Send comments to editor@smdp.com

Another winner from Fugard

YOU MIGHT THINK THAT A 77-YEAR-OLD playwright who has written a highly-acclaimed, prize-winning play nearly every year for 53 years might be running out of steam by now. Well, not so with South African/English/American playwright Athol Fugard, who has just written what, in my view, is the best work of his career. And that's saying a lot for the man who wrote such blockbuster dramas as "The Blood Knot," "Boesman and Lena," "Sizwe Bansi is Dead," "Master Harold and the Boys" and 2004's "Exits and Entrances."

"Coming Home" is Fugard's latest play, which is having its West Coast premiere at the theater that he calls his "artistic home in the United States," The Fountain Theatre in West Hollywood. Once again, Stephen Sachs, co-artistic director of the Fountain, has taken on the pleasant task of directing Fugard's play with one of the best teams of performers to be seen on any stage in a very long time.

The woman who is "Coming Home" is Deidrie Henry, who was so electrifying in the Pulitzer Prize-contending play "Yellowman" in 2002. Here again she is mesmerizing as Fugard's heroine, Veronica Jonkers, who is returning to her childhood home after a futile decade in Capetown trying to succeed as a singer.

Veronica brings with her a son (played by Timothy Taylor as a 5-year-old and Matthew Elam at 10) and striking memories of the years she spent in this dilapidated shanty with her loving grandfather, Oupa Jonkers (Adolphus Ward), and her childhood friend, Alfred Witbooi (Thomas Silcott), an exuberant man-child who is still brimming over with kindness and concern. In two extraordinary performances, the men, Ward and Silcott, match the phenomenal Deidrie Henry beat for beat. It's a brilliant tour de force a trois right before your eyes.

Oupa, who has died and left his home to Veronica, turns up periodically as a wise old ghost, delivering, in one instance, a symphony in words about the life-affirming joy of planting a seed and watching it grow. Veronica, who has obviously learned much from his perennial optimism, is able to maintain a brave face even when she tells the sympathetic Alfred the sad tales of the life she had lived in Capetown before she came home.

"Coming Home" is a familiarly predictable tale, set in post-apartheid South Africa, when the newly freed peoples are beginning to realize that all their extravagant hopes and dreams for a bright new future are not going to be immediately forthcoming. But among this distinctive family, the dignity, the kindness, the love, and even the hope still remains.

"Coming Home" is set in a one-room tin-roofed shack designed by Laura Fine Hawkes that manages to be both wretched and homey at the same time. It's a wonderful setting for this warm and beautiful play.

I can't begin to tell you how much I loved this play and its performers. If I were prone to rate these things, I would give it a firm five papayas! Or, as they call them in South Africa, five "paw-paws."

"Coming Home" will continue at the Fountain Theatre at 5060 Fountain Ave., in Los Angeles through Aug. 29. Call (323) 663-1525 for reservations.

Hail to the chief's assorted teammates

Farragut North is the section of Washington, D.C. where old pols go when they die. It's the heart of the business district, close by the K Street lobbyists, where influence is bought and sold.

In Beau Willimon's new play, "Farragut North," currently having its west coast premiere at the Geffen Playhouse, the prospect of winding up there hangs over the principals like the ghost of Christmas' Future. Chris Pine, a 25-year-old wunderkind (think George Stephanopoulos) is Stephen Bellamy, press secretary for a governor who would be president. Bellamy's boss, campaign manager Paul Zara (Chris Noth) is a confident and successful veteran of such campaigns, dipped in the scruples of a James Carville. Together, they have helped lift their candidate to a rising lead in the polls.

The candidate, who never appears, and his plans for the country, which are never expressed, are beside the point. The focus is on the machinations of the people behind the scenes. Bellamy and Zara are aided by a bright young gopher/speechwriter named Ben (Dan Bittner), an ambitious newspaper reporter, Ida Horowicz (Mia Barron), and an earnest young intern, Molly (Olivia Thirlby). Representing the opposition is Tom Duffy (Isiah Whitlock, Jr.) who enters the picture to try to seduce the power-hungry Bellamy to the Other Side.

The convoluted plot is interesting and the actors are engaging, but somehow the whole thing just doesn't ring true. The characters, I believe, are too savvy to fall so helplessly into the holes that other people have dug for them. Further, I am not convinced that experienced political players could be so easily maneuvered and that their actions would be taken so seriously — especially in today's political climate.

Noth, handsome as ever, is a little too jolly and laid back to be totally convincing as the campaign manager.

Pine, on the other hand, is excellent throughout, even though he appears far too gullible for someone as shrewd and calculating as he is apparently supposed to be. Both women carry out their minor, though critical, roles in fine fashion, as does Isiah Whitlock, Jr.

Director Doug Hughes leads his cast through the intricacies of the plot with only a little lag-time and the appropriate sturm und drang. David Korins' set design is simple and effective, as is Paul Gallo's lighting, but the background video collages supplied by Joshua White and Bec Stupak, while providing a burst of political spectacle, were highly unintelligible.

The stage production will continue at the Geffen Playhouse, 10886 Le Conte Ave., Westwood, Tuesdays through Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 4 p.m. and 8:30 p.m. and Sundays at 2 p.m. and 7 p.m. through July 26. Call (310) 208-5454 for reservations.

Cynthia Citron can be reached at ccitron@socal.rr.com.



Simple Real Food

Amanda Cushman

Send comments to editor@smdp.com

More than just fruit on Main

Main Street has a new restaurant that is worth taking a special trip. La Grande Orange located at 1000 Main St. is one of the best places I have been to on this trendy, but quaint street.

It's a lonely section of Main with very few commercial properties except Santa Monica Yoga Works. Therefore there is plenty of street parking and the space is easy to find with its large orange awning.

We arrived at 6:30 on a Friday night and were seated right away. There is plenty of outdoor seating with comfortable banquets and heat lamps that turned on when it got chilly. The large indoor dining room was also appealing with a small bar and lots of light coming in the windows.

Our server was very friendly and well informed and we never needed anything for more than a second before someone came to clear, ask us about what we wanted and suggest different items on the menu.

The food was fabulous. We ordered sushi rolls to start that were perfectly executed and beautifully presented on white dishes. We shared a large salad of butter lettuce with roasted beets, toasted almonds and chevre that had a delicious vinaigrette. I ordered their halibut entrée that came on top of a bed of caramelized fennel — to die for! The texture of the fennel was creamy and smooth. Paired with the crisp outside of the halibut, it was a winner. The portion was just right and also beautifully presented on a large white plate. My husband had their Ahi tuna burger that came with a wonderful homemade coleslaw and had avocado, tomato and lettuce on the bun. We both enjoyed our food immensely.

The atmosphere is very pleasant, whether indoors or out, and the place was bustling by the time we left at about 8 p.m.

They also have a to-go part that is busy during the day that serves baked goods, coffee and items from the menu. Before we left we checked it out and had one of their homemade chocolate chip cookies right from the oven that was finished with a sprinkle of sea salt — fabulous!

I highly recommend La Grande Orange for any type of occasion and hope they will continue to serve such high quality food at great prices.

In case you would like my version of a roasted beet and chevre salad try this and enjoy!

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

Warm Beet Salad with Endive and Goat CheeseServes 4

Ingredients
2 pounds beets, washed and quartered
1/2 cup fresh lemon juice
3 tbs. olive oil
Salt, pepper, to taste
6 tbs. minced mint
1 tsp. lemon zest
2 heads endive, sliced into thin julienne strips or 1 head frisee can be used
1 bunch watercress, tough stems removed
5 oz. goat cheese

Procedure
1. Heat the oven to 400 degrees. Place the beets on a baking sheet and toss with olive oil, salt and pepper. Roast until tender, about 25 minutes. Remove from the oven and allow to cool.
2. Meanwhile, combine the lemon juice, olive oil, salt, pepper, mint and lemon zest in a medium bowl and whisk. Taste and adjust seasoning. Reserve 3 tbs. of the dressing in a medium bowl.
3. Dice the beets and add to the reserved dressing, toss.
4. Add the endive and watercress to the larger bowl of dressing and arrange on salad plates. Top with the beets and crumble the goat cheese over the top, serve warm or at room temperature.

Learning to love some MSG

BY THE ASSOCIATED PRESS

The tri-tip is a small cut of beef — usually between 1 1/2 and 2 1/2 pounds — from the bottom sirloin. Chris Lilly, author of the recent "Big Bob Gibson's BBQ Book," says the cut packs big flavor, but has a low fat content.

Lilly says this cut tastes great marinated, then grilled at a high temperature over direct heat. In this recipe, the flavors of the meat and marinade are enhanced with MSG, a still controversial seasoning that has been making a comeback.

Grilled Soy and Lime Beef Tri-Tip

Servings: 6 to 8

For the marinade:
1 1/2 cups apple juice
1/4 cup soy sauce
3 tbs. seasoned salt
3 tbs. dark corn syrup
2 1/2 tbs. lime juice
1 tbs. red pepper flakes
2 tsp.



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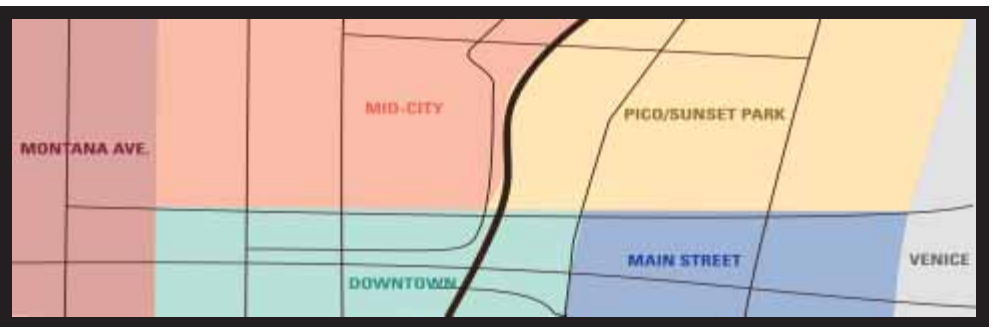
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Benjamin Brayfield *news@smdp.com*

COME AND GET IT: **Santa Monica's compliance with a ban on trans fats is all part of the school district's wellness program, which includes a Farmers' Market salad bar alternative.**

School lunches are now trans fat free

FROM **MEALS** PAGE 1

oil, nuts and avocados. Trans fats, she said, are most often found in processed and packaged food and avoiding these is the best way to limit trans fats in a diet.

Griego said he has been in contact with the vending machine companies to make sure they understood the laws and began complying starting July 1. The sale of carbonated beverages at Malibu and Santa Monica high schools also ended as of July.

Santa Monica's compliance with these bills is all part of the school district's wellness program, which includes nutritional information for all school lunches and a Farmers' Market salad bar alternative to the daily hot lunches.

Though the lunches are low in calories and fat, they are still made to appeal to children. Lunches during the first week of June, which had a combined five-day caloric value of 704, included meals such as corn dogs and "baked potato smiles," cheese pizza and "Brunch for Lunch" with French toast, sausage and hashbrowns.

Summer school programs at Samohi, Lincoln and John Adams middle schools and Grant Elementary will be the first to test the full effect of the bills. Either breakfast or lunch is provided to students who participate in the four-hour summer programs.

The school district also sponsors and provides a lunch program for the Police Activities League to ensure kids are receiving at least one healthy lunch a day during the summer. These lunches consist of the same food found in the schools and are held to the same nutritional standard.

PAL serves about 45 complete meals a day, which consist of meat, a side dish, fruit and milk, said Coco Johnson, PAL lunch coordinator.

Johnson said she has yet to hear complaints about the lunches and the chicken nugget day seems to be the most popular among the kids.

"It's all right," was the general sentiment about the food from PAL participants.

Haile Samoya, a 10-year-old who recently graduated from Will Rogers Elementary, said he likes the food but he gets tired of eating pizza once a week.

"My mom used to be a chef so I think at home it's better," he said, munching on a potato wedge and sipping his chocolate milk.

Others, like Vladimir Lee, who also attends Will Rogers, eat the PAL lunches every day during the summer.

"Fast food would be a lot more fatty," Lee said as he bit into his hot dog.

Some schools will soon have the chance to ease the preparation of these lunches. The district recently received a grant for $65,340 to go toward new cafeteria equipment.

As a part of the grant, preference was given to schools with at least 50 percent of children eligible for free or reduced-price meals. Will Rogers was the only Santa Monica school to meet this qualification, but Griego nominated several schools and said he has yet to hear which of them will receive portions of that money.

He said the added funds will go toward updating old or ineffective kitchen equipment and purchasing machines that are more energy efficient.

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July 14, 6:30–8:30 PM
"Reinventing the Beach House" - A talk on the architectural vision of the new Beach House and its ties to the original Marion Davies Estate with Rome Prize award-winning Architect Frederick Fisher.



July 21, 6:30–8:30 PM
A dynamic mix of performance poetry by Brendan Constantine, Jamey Hecht & Douglas Kearney. Second in a series presented with Red Hen Press.



July 28, 6:30-8:30 PM:
"Hidden Stories of Santa Monica Beach" Historian Alison Rose Jefferson on the little-known history of African American beach culture, including the area controversially known as "The Inkwell," one of the few beaches in Southern California open to African Americans. Jefferson's pioneering research has uncovered stories overlooked in the collective memory surrounding SoCal history and race relations.

Stop by early for an entertaining Beach House tour from Santa Monica Conservancy docents before every evening event.

Tickets: Reservations are required. Events are free but seating is limited. Please visit www.eventbrite.com/org/199463539 or call 310-458-2257 to save your spot.

Parking and driving directions: Located at 415 Pacific Coast Highway just north of the California Incline. Turn at the Beach House Way traffic light for parking ($4/hr, $8/day, disabled placards and senior beach parking passes accepted).

Information: For general information about the Beach House, visit http://beachhouse.smgov.net, email beachhouse@smgov.net or call 310-458-4904.

The Annenberg Community Beach House at Santa Monica State Beach is made possible by a generous gift from the Annenberg Foundation, at the recommendation of Wallis Annenberg, and in partnership with the City of Santa Monica and California State Parks. Additional funding was provided by the US Department of Housing & Urban Development and the federal Preserve America program.

City of Santa Monica



SPLISH, SPLASH

Fabian Lewkowicz FabianLewkowicz.com

A harem of California sea lions (Zalophus californianus) lay on a Coast Guard's buoy near the Santa Monica Pier on Tuesday. Sea Lions are quite intelligent, can adapt to man-made environments, and can be easily trained. Because of this, California sea lions are commonly used for entertainment in circuses, zoos and marine parks; and are used by the U.S. Navy for certain military operations. They can be trained to do different behaviors such as throwing and catching balls on their noses, running up ladders, or honking horns in a musical fashion. California sea lions grows to 660 pounds and 8 feet long, while females are significantly smaller, at 210 pounds and 6.5 feet long. California sea lions feed on a wide variety of seafood, mainly squid and fish; sometimes even clams. They will cooperate with dolphins, sharks, and seabirds when hunting large schools of fish.

Residents see workforce housing, historic preservation as benefits

FROM **BENEFIT** PAGE 1

adding incentives to encourage property owners to preserve historic structures.

She said that the city also needs more neighborhood serving retail and workforce housing.

"We need workforce housing so fewer people feel they need to get in their cars to go to their jobs," she said.

The meeting was billed as being one of the most important to date in the development of the LUCE because of its emphasis on giving residents the opportunity to define what they see as community benefits. Residents in the past have said they would like to see the general plan preserve neighborhoods, maintain the unique beach community character, and alleviate congestion in the city.

Only a handful of areas could see changes, most of which will be concentrated around Bergamot Station, which will be one of the stops for the Exposition Light Rail, and the hospital district. Some areas like Wilshire Boulevard and 14th Street are planned for a proposed activities center, a concept that has seen resistance from residents.

The Wilshire-Montana Neighborhood Coalition recently voted to oppose the project, which creates a one-stop amenities area, during its annual meeting last month.

Eileen Fogarty, the planning and community development director for City Hall, promised that the actual creation of centers will not come as a surprise.

"Activities centers are not going to just pop up," Fogarty said. "That is going to be a very public process."

Bob Odermatt, a consultant with the Odermatt Group, said that there are about 9,500 households who live within half a mile of the proposed activity center at Wilshire and 14th.

"WE NEED WORKFORCE HOUSING SO FEWER PEOPLE FEEL THEY NEED TO GET IN THEIR CARS TO GO TO THEIR JOBS."

Carol Lemlein
Santa Monica resident

City officials said they were also developing a system that would evaluate whether growth is on track with the LUCE. The model would look at various indicators, including the rate and amount of change.

The meeting was among the most well attended, drawing more than 125 people, all equipped with sticky notes and competing for space around the six posters that were set up along the auditorium.

During the meeting, residents were also asked to spend about half an hour going through the various posters and providing their input on community benefits.

Ruben Pacheco, a volunteer at the Pico Youth and Family Center, spent several minutes attaching notes onto the board for Downtown, prioritizing social services and affordable housing.

He said the latter is especially needed because he believes that low-income families are "weeded" out of the city with expensive rents.

"If the (developers) benefit from this, they should give back to the community," he said.

melodyh@smdp.com



Folk icon Baez headlines the night

FROM CONCERT PAGE 3

way when you're by yourself," she said.

Though Merritt enjoys performing, it's in songwriting where her passion truly lies.

"In my secret heart I'd love to be home all the time, being a writer all the time," she said. "That's who I wish I was, not who I am."

Merritt, who records in Los Angeles, is no stranger to California and calls the Troubadour in West Hollywood one of her favorite venues to play. Both she and Hutchins, who will be joining her in Santa Monica during the show, like to surf and hope to catch a few waves while they're on the West Coast.

For Baez, performing in Santa Monica will be a homecoming. The singer once lived above the carousel on the pier with political activist and friend Colleen Creedon.

Today she is one of two co-chairs for the pier's centennial planning committee and made it a point to add the concert at the pier as part of her summer tour, where she will perform with percussionist son Gabriel Harris.

"I always wanted to go and give a concert there," she said in a previous Daily Press interview.

Merritt said it's a compliment to have been asked to perform on the same night as Baez.

"She's someone I've looked up to forever both politically and musically," she said.

Though their music styles differ, both women sing with a striking truthfulness — whether it's Merritt's words about putting pieces back together in her single "Broken" or the political undertones that permeate much of Baez' work.

"I write about what I care about. I write about what touches me," Merritt said. "I write about the things that strike me to tell the truth."

news@smdp.coM

Shuttles used to evacuate

FROM FIRE PAGE 3

south gate, he said.

The center would be closed for the rest of the day, he said.

The Getty's ventilation systems also were shut down to prevent smoke from damaging the priceless artwork, he said.

"The Getty Center was built with a great deal of safeguard," Hartwig said. "You can never be overly confident, but we're certainly prepared to handle fires in this area."

To the north, Mount St. Mary's College was evacuated as a precaution even though the fire was a mile away and a canyon lay between it and the school, spokeswoman Sarah Scopio said.

College was not in session but 100 staff members were being evacuated along with about 200 other people attending a conference, Scopio said.

The school used campus shuttles to take them out until the all-clear was given, Scopio said.

"Right now the fire is not threatening the college directly," she said.

City Fire Department spokesman Erik Scott said residents of the area also were being urged to leave, but no homes were immediately threatened.

The Getty and Mount St. Mary's are prominent landmarks on the rugged mountains above Los Angeles' tony western neighborhoods.

The 100-acre blaze in October burned up to the backyard patios of multimillion-dollar homes before it was extinguished seven hours later.

The Getty Center opened in 1997 on ridges above Interstate 405, which runs through the Sepulveda Pass. It is world-famous for its gardens, conservation and research work and its museum, which holds a number of famous works, including Vincent Van Gogh's painting "Irises."

Mount St. Mary's campus was damaged by the disastrous Bel Air-Brentwood wildfire of November 1961, which destroyed 484 homes and 21 other buildings.

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6:30 PM - 9:00 PM
V Lounge, Santa Monica
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Governor's welfare cuts strike a nerve with Dems

BY JUDY LIN
Associated Press Writer

SACRAMENTO Gov. Arnold Schwarzenegger's insistence on cost-cutting measures to weed out what he has described as "waste, fraud and abuse" in California's social service programs has struck a nerve with Democrats, welfare advocates and the frail.

They say the Republican governor is using the poor as a scapegoat for the state's $26.3 billion budget shortfall. They also fear his proposals, if approved by the Legislature, would trigger increased unemployment and homelessness, and force thousands of people from their homes into expensive nursing facilities.

Mike Herald, a lobbyist for the Western Center on Law & Poverty, likened Schwarzenegger to a bully who bosses around his poverty-stricken family.

"The last thing these families need is a powerful figure accusing them of fraud," he said.

At times, advocates' response has been forceful. On Tuesday, wheelchair-bound recipients of in-home supportive services formed a half-circle around the entrance to the governor's Capitol office, blocking access. They were removed when the Capitol closed for the night.

Shortly before the previous fiscal year ended last month, Schwarzenegger inserted a new set of demands into negotiations aimed at closing a state budget deficit now projected at $26.3 billion through mid-2010.

He wants lawmakers to make eligibility and benefit changes to the state's welfare-to-work program and other social programs. He also wants to require in-home supportive service clients and workers to get fingerprinted as a way to reduce fraud.

Schwarzenegger's latest negotiating points reveal not only an ideological divide between Republicans and Democrats but also have upset the speaker of the state Assembly, one of the two key Democratic budget negotiators. On Monday, Speaker Karen Bass, a Los Angeles Democrat, declined to participate in budget talks, which have yet to restart.

Her office and the governor's have been sniping for days. On Tuesday, Bass' spokeswoman issued a news release saying the governor's office criticism of the speaker and the chairwoman of the Assembly's budget committee amounted to "insulting the intelligence of women lawmakers."

Schwarzenegger showed no signs of backing down during a Wednesday news conference, standing by his proposal to drop welfare recipients if they cannot show they are in job training or looking for work.

"We'll give you the bootstrap, but you have to pull yourself up," he said.

Administration officials said California's policies have allowed poor people to stay on welfare longer than the federal five-year cap.

John Wagner, director of the state Department of Social Services, said lax sanctions have led to a high number of welfare recipients in California. He said the state is home to 30 percent of all welfare families nationwide who are receiving federal cash assistance, compared to 3 percent in Texas and 7 percent in New York. California accounts for 12 percent of the nation's total population.

Schwarzenegger said his proposed policy changes would match sanctions already imposed by other states when families fail to meet work requirements.

The governor's office says the proposals would save money by eliminating support services for families not meeting work requirements and reduce the time a family can receive cash assistance to two years, down from the federal maximum of five years.

He also would require those families not meeting work participation rules to see a caseworker every six months.

Schwarzenegger said the Democratic-controlled Legislature has put off such reforms for far too long.

"It's always important to have a safety net ... but not to abuse the safety net," the governor said.

His office says the reforms to social programs are appropriate for the ongoing negotiations over closing the state's deficit because they would save California taxpayers about $1.7 billion a year.

Advocates fear the governor's goal is to dismantle CalWORKs, the state's welfare-to-work program that provides job training, child care and transportation costs to assist parents.

Schwarzenegger's May budget proposal called for eliminating the program, which would have affected some 546,000 families. Without it, advocates say more families will be driven into homelessness.

Frank Mecca, executive director of the County Welfare Directors Association of California, defended CalWORKs, saying it has moved 500,000 people into jobs since 1998. He said the governor's proposal would dramatically cut services for people who need it.

"You will essentially destroy welfare reform as we know it," Mecca said.

Lindsey Elsheltawy, 28, credited CalWORKS with providing child care and training that eventually helped her land a full-time job as a social worker in Butte County, north of Sacramento.

"CalWORKs isn't just a handout like maybe it was 50 years ago," said the single mother from Chico. "Now it's to get you into the work force as soon as possible."

Schwarzenegger also has proposed deep cuts to the state's in-home support program, which pays workers, often a relative, to cook, clean and bathe 440,000 elderly and disabled people so they can continue living at home.


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City of Santa Monica

ATTENTION MULTI- FAMILY RENTAL PROPERTY OWNERS AND DEVELOPERS REQUEST FOR PROPOSALS
HUD Project-Based Voucher Program
Santa Monica Housing Authority

The Santa Monica Housing Authority (SMHA) invites multi-family rental property owners and developers to submit written proposals requesting Section 8 Project-Based Vouchers (PBVs), a Housing and Urban Development (HUD) rental subsidy program that attaches rental assistance to specific properties serving low-income households.

A total of up to 200 PBVs, depending on availability, may be awarded via this Request for Proposals (RFP). Applications for this RFP must:
- Be located in the City of Santa Monica;
- Request a minimum of five (5) Project-Based Vouchers; and
- Propose to serve households who qualify as: Homeless, Senior or Disabled.

Eligibility, application and participation requirements are described in the RFP. The RFP and Application Form can be obtained at the following website: http://www01.smgov.net/housing/news-notices.htm

The RFP and application are also available at the SMHA offices, 1901 Main Street, First Floor, Santa Monica, CA 90405. If you have any questions, please call SMHA at 310-458-8702.

All proposals MUST be received no later than 5:00 P.M. on Thursday, August 13, 2009.

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NBA

Lakers make Ron Artest deal official with signing

BY THE ASSOCIATED PRESS

EL SEGUNDO, Calif. Ron Artest signed Wednesday with the NBA champion Los Angeles Lakers, the team he wanted to join for years.

Artest, who played for the Houston Rockets last season, received a five-year deal worth about $33 million, according to his agent, David Bauman.

Seated next to Lakers general manager Mitch Kupchak, Artest professed that he has wanted to be a Laker for several years, but the timing was never right.

"This was a long time coming," Artest said. "As I started to compete against the Lakers and against Kobe (Bryant), I had respect for him and I always wanted to be a teammate of his."

During the playoffs, Artest could be seen courtside at Lakers games and was in attendance during the NBA finals last season, when Los Angeles lost to Boston. After the Celtics clinched the championship in Game 6, Artest approached Bryant in the locker room and told him he wanted to help him out.

"I just wanted to make that connection," Artest said. "I wanted to let him know that he played tough and he played great and I can't wait to be a teammate of his."

Artest agreed to a deal last week, but couldn't sign it until Wednesday. The Lakers also re-signed guard Shannon Brown.

Brown signed a two-year contract for $4.2 million. The Lakers are still trying to retain free agent forward Lamar Odom, who averaged 12.3 points and 9.1 rebounds during the playoffs.

Kupchak said he has been in constant contact with Odom's agent, Jeff Schwartz.

"We talk several times a day and I'm hopeful that something can be worked out," Kupchak said. "I really can't be any more optimistic than that."

Kupchak said he had no reservations about signing the colorful and enigmatic Artest, since he has stayed out of trouble for the last few years.

Artest is best remembered for charging into the stands when he played for the Indiana Pacers and allegedly punching a fan after a beer was thrown at him in the closing minute of the team's game against the Detroit Pistons, causing a melee in 2004.

"I think if you would watch the way he's conducted himself on the court the last several years, you would feel the same way I feel," Kupchak said. "We've all been in situations we may have done something we regret, but I think if you don't do it again and you learn from it and you demonstrate that you've learned, then I think that's enough."

In 10 seasons with Chicago, Indiana, Sacramento and Houston, Artest has averaged 16.1 points, 5.1 rebounds and 3.2 assists. The 2004 defensive player of the year believes he will improve the Lakers on that end.

"I'm still able to stay in front of guys and I'll have some shot blockers (behind me)," said Artest, referring to Pau Gasol and Andrew Bynum. "When you've got two 7-footers and hopefully Lamar Odom, all these guys behind you, I can just get into my man defensively and they're going to have to adjust their shot."

Bryant has said he's not sure the Lakers are a better team with Artest, who agreed with the assessment.

"It's not a given that just because you add me to the team we're going to be the No. 1 team," Artest said. "You've got to put that work in."

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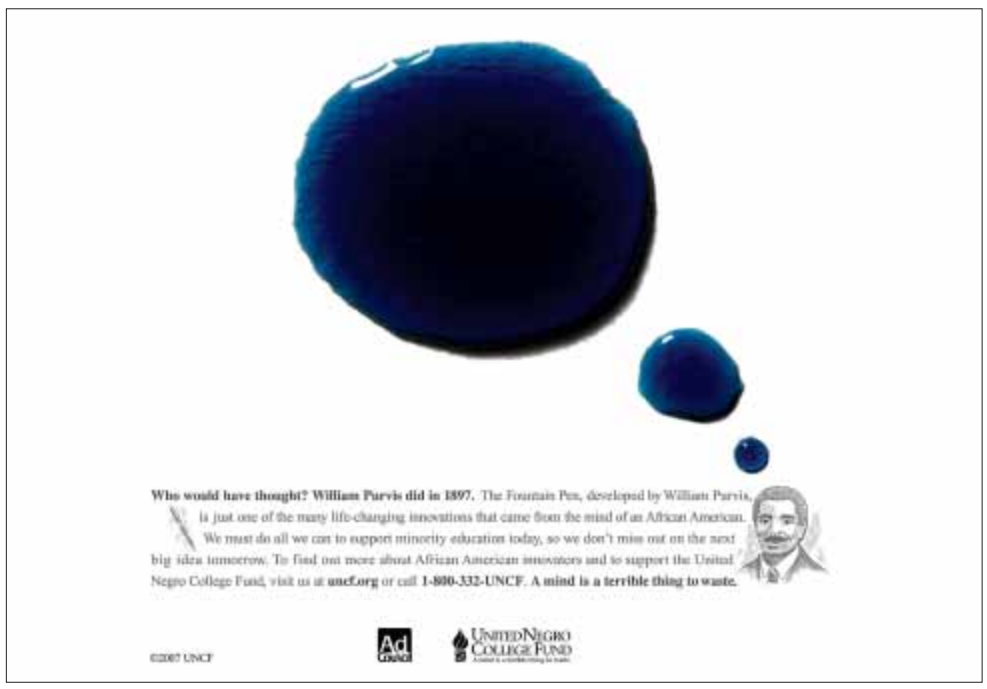
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Seating is Limited
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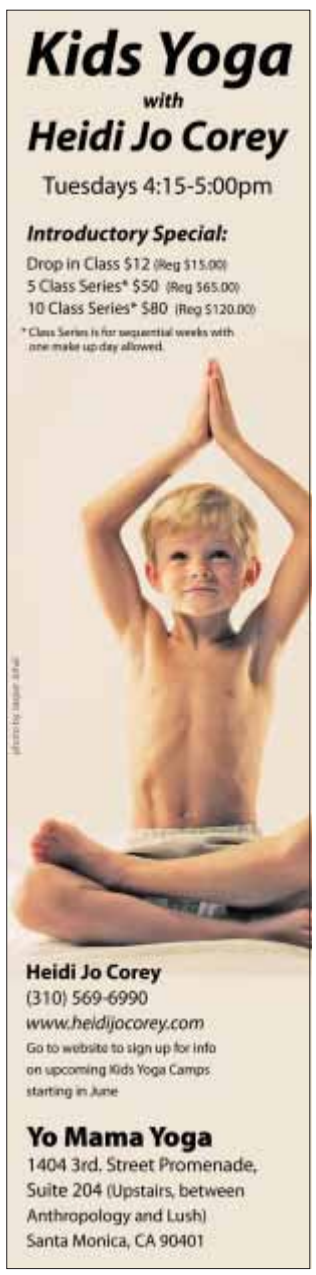
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Surf Conditions **Water Temp:** 64°

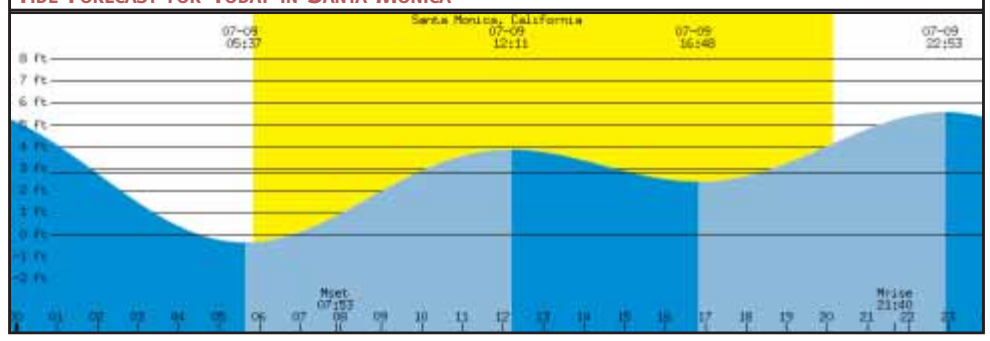
Swell Forecast (not available)

We should also see chest high waves around south facing breaks (head high at times at standouts), but size may drop off in the afternoon.

Long Range Synopsis

This weekend the SW is expected to drop further, perhaps waist high around south facing breaks, but with some chest high set waves from time to time. West facing breaks are looking at minimal wind swell with size knee to waist max.

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 29, 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 -- 42 / ns
- Number of (C,D,F) grades for dry/wet weather -- 5 / 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
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 Lachusa and Los Aliso 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	A	ns
Escondido Creek, just east of Escondido State Beach	A+	ns
Latigo Canyon Creek mouth	A+	ns
Solstice Canyon at Dan Blocker County Beach	C	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	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)	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)	A	ns
Santa Monica Beach at Montana Ave. drain	A	ns
Santa Monica Beach at Wilshire Blvd. drain	A+	ns
Santa Monica Municipal Pier	C	ns
Santa Monica Beach at Pico/Kenter storm drain	A	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'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.

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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MOVIE TIMES

Aero Theatre
1328 Montana Ave.
(323) 466-FILM

Double Feature: The Haunting (PG-13) 1hr 53min & The Day The Earth Stood Still (NR) 1hr 32min
7:30

AMC Loews Broadway 4
1441 Third Street Promenade

The Taking of Pelham 123 (R) 1hr 44min
2:55, 5:30, 8:00, 10:30

Irene In Time (PG-13) 1hr 35min
11:40 a.m., 2:10, 4:40, 7:15, 9:50

Star Trek (PG-13) 2hrs 6min
12:00

The Hangover (R) 1hr 36min
12:10, 2:45, 5:20, 7:45, 10:10

Transformers: Revenge of the Fallen (PG-13) 2hrs 30min
12:00, 3:30, 7:00, 10:15

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

The Proposal (PG-13) 1hr 48 min
10:55 a.m., 1:45, 4:25, 7:20, 10:10

Up (Digital 3-D) (PG) 1hr 36min
10:45 a.m., 1:30, 4:15, 7:10, 9:55

The Hangover (R) 1hr 36min
11:15 a.m., 1:50, 4:20, 7:05, 9:40

Transformers: Revenge of the Fallen (PG-13) 2hrs 30min
11:00 a.m., 12:30, 2:30, 4:00, 6:00, 7:30, 9:30

Public Enemies (R) 2hrs 23min
11:30 a.m., 1:15, 2:45, 4:30, 6:30, 8:00, 9:45

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

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

Moon (R) 1hr 52min
1:50, 4:30, 7:30, 9:55

The Beaches of Agnes (NR) 2hrs 5min
1:20, 4:10, 7:00, 9:50

The Girl From Monaco (R) 1hr 51min
1:40, 4:20, 7:10, 9:40

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

Year One (PG-13) 1hr 40min
12:10, 2:40, 5:10, 7:40, 10:10

Away We Go (R) 1hr 37min
11:40am, 2:10, 4:50, 7:10, 9:40

My Sister's Keeper (PG-13) 1hr 46min
11:10 a.m., 1:50, 4:40, 7:20, 9:00, 10:00

Ice Age: Dawn of the Dinosaurs 3D (PG) 1hr 27min
11:30 a.m., 2:00, 4:30, 7:00, 9:30

Ice Age: Dawn of the Dinosaurs (PG) 1hr 27min
11:00 a.m., 12:30, 1:30, 3:00, 3:50, 5:30, 6:30, 8:00, 10:30

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

Say yes to an offer, Leo

ARIES (March 21-April 19)
★★★★ Knowing what is expected makes a huge difference. Even though a boss could be emotional, you can see eye to eye, though it could be a stretch. Listen to news with an open mind, and you might make an innovative stand. Tonight: Mosey on home.

TAURUS (April 20-May 20)
★★★★★ How you communicate and what you say will make a big difference, especially when dealing with someone in charge. Though sometimes it is a stretch to remain creative, you will want to handle a personal matter in your unique style. Tonight: Others look to you.

GEMINI (May 21-June 20)
★★★★★ Your ability to read between the lines helps you understand what is going on with others and their situation. A family member could be dark or withdrawn. Do try to understand. Walk in this person's shoes. Tonight: Put on a favorite piece of music or go to the movies.

CANCER (June 21-July 22)
★★★★★ Relate to the person involved in each issue. You could be surprised by what goes on if you relax. A personal matter comes up for you that you might need to discuss at a later point, as now could be an inappropriate time. Tonight: Make it cozy.

LEO (July 23-Aug. 22)
★★★★ Relate directly to those in charge. Your inability to get past a restriction could improve. Think of how this situation could serve you. Still, much goes on behind the scenes. Tonight: Say "yes" to an offer.

VIRGO (Aug. 23-Sept. 22)
★★★★ Stay nice and even, learning how to deal with a friend who at best could be considered moody. You know what you want -- spend some time making a plan, the first step in making this concept a reality. Tonight: Squeeze in some exercise.

LIBRA (Sept. 23-Oct. 22)
★★★★★ Your ability to get past a problem could be reflected directly in your success. Others easily could be emotional and demanding, but nevertheless, you are on top of your game. Tonight: Add that extra sparkle.

SCORPIO (Oct. 23-Nov. 21)
★★★★★ Reach out for others, and make a point of moving past a problem, not creating more of one. Sometimes if you move too quickly, you can incur someone's wrath or irritation. Tonight: Open up to the process.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★★ No one doubts your ability to communicate and get to the bottom of problems. The issue remains what to do with a stressed-out boss and possibly a certain need to reinforce finances. Tonight: Hanging out.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ Others continue to demand, while you might want to go off and do something totally unrelated, and perhaps by yourself. Your instincts are generally excellent with your budget, investments and risks. Tonight: Your treat.

AQUARIUS (Jan. 20-Feb. 18)
★★★★★ You are all smiles. Listen to news with a grain of salt. How you get past a problem illuminates the path for others. A partner could be overly serious and demanding. Stop and help this person see a better path. Tonight: Start the weekend early.

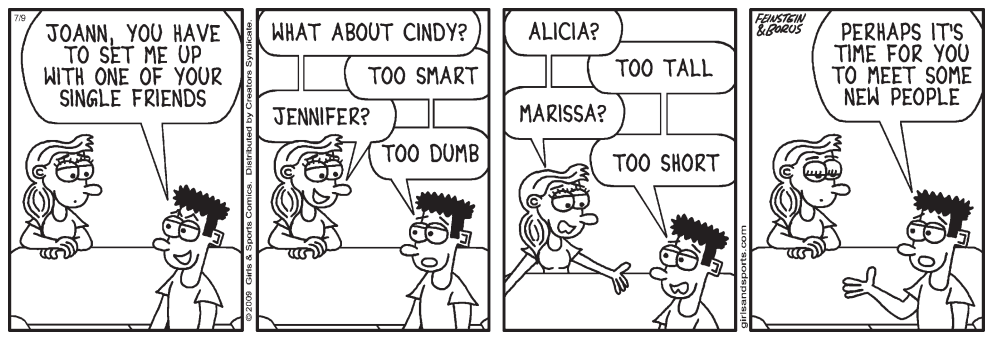
PISCES (Feb. 19-March 20)
HHH Know when to pull back and what is necessary. How you handle a personal matter could change radically if you simply relax. Instead of listening to others' negativity, tap into an innate resourcefulness. Tonight: Get some extra R and R.

Happy birthday

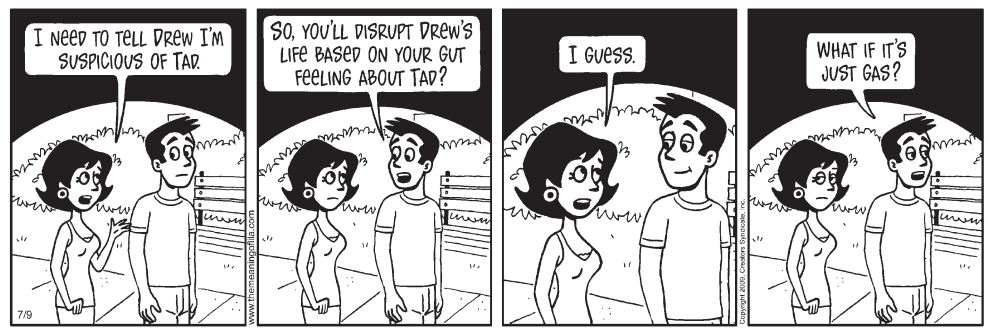
This year, you discover just how much you make a difference, whether dealing with an individual and/or those you encounter in everyday life. You are letting go of a heavy period, and by Christmas, you could be all smiles. During this time frame and later, you could meet your next sweetie through someone you have been deep friends with or someone who has been enormously significant in your life. If you are attached, this year the two of you will connect on a deeper level. Check out the structure of your home, as there could be a problem, and it would be better to catch it now rather than later. AQUARIUS helps you understand what up till now has been inexplicable.

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

Girls and Sports
By Justin Borus and Andrew Feinstein



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



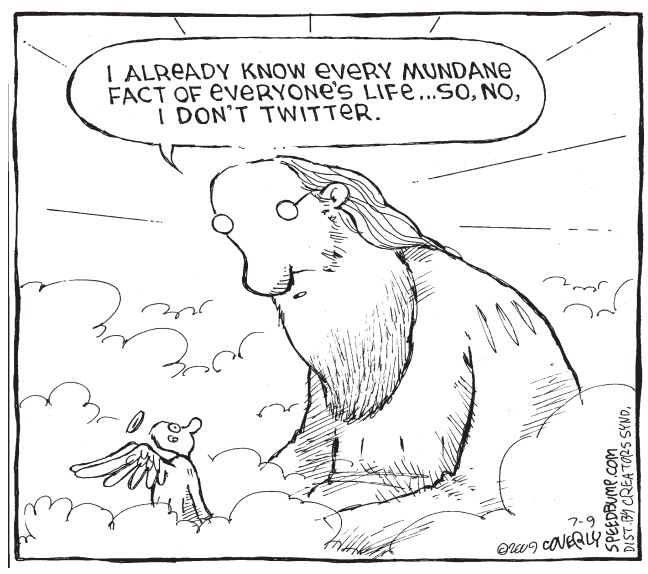
Garfield
By Jim Davis



Strange Brew
By John Deering



Speed Bump
By Dave Coverly



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Sudoku

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column, and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from ★ (easiest) to ★★★★★ (hardest).

Difficulty Level ★★★

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

King Features Syndicate

GETTING STARTED

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

SOLUTIONS TO YESTERDAY'S PUZZLE

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

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MYSTERY PHOTO

Maya Sugarman *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 Collars
5 Hun head
11 "What's — for me?"
12 Polished
13 Hamster home
14 Goes by
15 Drains
17 Shade source
18 Valentine character
22 Brooch part
24 Alpine heroine
25 Concealed
26 Earthy prefix
27 Not nodding
30 Hawke of Hollywood
32 Contract addition
33 W.C.'s 1940 co-star
34 Rival of Rome
38 Local resident
41 Revered one
42 Made speeches
43 Kind of race, for short
44 Pushes off
45 Midmonth time

DOWN

1 Pleasant
2 Have — to grind
3 Full of oneself
4 Boosts
5 African serpents
6 Fix a roof
7 Gift-box liner
8 Powerful bunch
9 Director Ang
10 Plugs
16 Strike caller
19 Obstinate
20 Inkling
21 Singer Celine
22 Scorch
23 Leslie Caron film
28 Read out
29 See the world
30 CPR expert
31 Gauguin's adopted home
35 Some wines
36 Depleted
37 Caribou cousins
38 Negative link
39 Common verb
40 Keg need

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

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						■	45			

7-9

DAILY LOTTERY

MEGA MILLIONS: 25 27 35 38 39 — Meganumber: 28 — Jackpot: $12M

SUPER LOTTO PLUS: 3 8 18 22 31 — Meganumber: 2 — Jackpot: $8M

FANTASY 5: 8 9 18 19 32

DAILY 3: MIDDAY: 4 0 5 — EVENING: 4 1 5

DAILY DERBY:
1st: 09 Winning Spirit
2nd: 07 Eureka
3rd: 02 Lucky Star
RACE TIME: 1:42.45

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NEWS OF THE WEIRD
BY CHUCK SHEPARD

■ Even though life and health insurance companies now routinely penalize smokers with higher premiums (or by refusing their business), the companies themselves own tobacco company stock worth at least $4.4 billion, according to a recent New England Journal of Medicine report. Centers for Disease Control estimates that more than 400,000 Americans die prematurely each year due in part to smoking (burdening life insurance companies but perhaps sparing health insurers from having to pay out over longer lifetimes).

■ Chutzpah: In 2006, a jury in Tampa convicted William Deparvine, 57, of murdering a husband and wife in order to steal their restored, vintage 1971 Chevy truck that they had offered to sell Deparvine. Judge and jury agreed on the death penalty, and thus began the inevitable delay until execution. With time on his hands, Deparvine filed a lawsuit in 2007 against the dead couple's estate, insisting (in line with his failed trial defense) that the truck is now his, that the couple had signed over a bill of sale before they died. The couple's family, having hoped to move on from the tragedy, is instead busy filing court papers.

TODAY IN HISTORY

1540 England's King Henry VIII had his 6-month-old marriage to his fourth wife, Anne of Cleves, annulled.

1816 Argentina declared independence from Spain.

1850 The 12th president of the United States, Zachary Taylor, died after serving only 16 months of his term. (He was succeeded by Millard Fillmore.)

1896 William Jennings Bryan delivered his famous "cross of gold" speech at the Democratic national convention.

1918 101 people were killed in a train collision in Nashville, Tenn. The Distinguished Service Cross was established by an Act of Congress.

WORD UP!

apogee \AP-uh-jee\ , noun:
1. The point in the orbit of the moon or of an artificial satellite that is at the greatest distance from the center of the earth. 2. The farthest or highest point; culmination.

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Obituaries

JOSEPH DIAZ



Joseph Diaz June 24, 1955 - June 13, 2009 Passed away suddenly at UCLA Santa Monica Hospital. Joe was born and raised in Santa Monica. He is survived by his mother Esther Diaz, son Shawn Diaz, wife Susan Blaszyk Diaz He was preceded in death by his father Joseph Cassillas Diaz and brothers Clifford Diaz and Robert Diaz. Memorial services will be held on July, 11, 2009 at his home.

Miscellaneous

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FICTITIOUS BUSINESS NAMES STATEMENT FILE NO. 20090735509 FIRST FILING. The following person(s) is (are) doing business as WALKIE TECHIE, 1818 FEDERAL AVE, APT 2, LOS ANGELES, CA 90025, COUNTY OF LA. The full name of registrant(s) is/are : SAMMY T. WONG, 1818 FEDERAL AVE, APT 2, LOS ANGELES, CA 90025 This Business is being conducted by, an individual. Signed: Registrant has not yet begun to transact business under the fictitious name or names listed herein.. /s/: SAMMY T. WONG
This statement was filed with the County Clerk of LOS ANGELES County on 5/19/2009. NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 6/18/2009, 6/25/2009, 7/2/2009, 7/9/2009

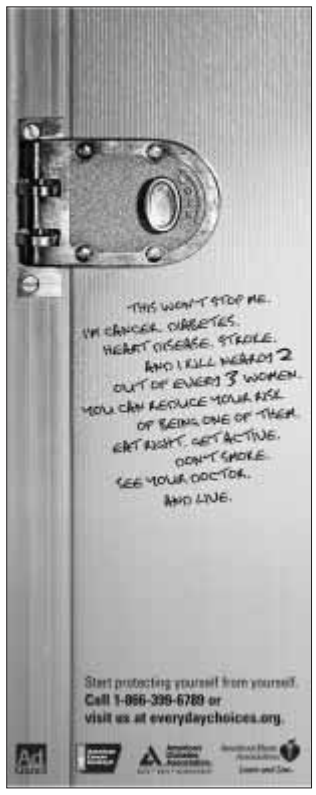
DBAS

FICTITIOUS BUSINESS NAMES STATEMENT FILE NO. 20090843420 FIRST FILING. The following person(s) is (are) doing business as STROLLER'S GARDENS, 2944 16TH ST, SANTA MONICA, CA 90405, COUNTY OF LA. The full name of registrant(s) is/are : STROLLER WHITE, 2944 16TH ST., SANTA MONICA, CA 90405 This Business is being conducted by, an individual. Signed: Registrant has not yet begun to transact business under the fictitious name or names listed herein.. /s/: STROLLER WHITE
This statement was filed with the County Clerk of LOS ANGELES County on 6/5/2009. NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 7/2/2009, 7/9/2009, 7/16/2009, 7/23/2009

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First Six Months of 2008 compared to First Six Months of 2009

Santa Monica Single Family Homes

Santa Monica Canyon

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	3	5	67%
Average Days on the Market	94	46	-51%
Lowest Price	$1,487,000.00	$1,500,000.00	1%
Median Price	$2,050,000.00	$1,579,000.00	-23%
Highest Price	$2,350,000.00	$2,295,000.00	-2%
Average Price Per Square Foot	$715.00	$742.00	4%
Average Sale Price / Average List Price	94.00%	97.00%	3%

North of Montana

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	29	17	-41%
Average Days on the Market	44	82	86%
Lowest Price	$1,575,000.00	$1,400,000.00	-11%
Median Price	$2,695,000.00	$2,050,000.00	-24%
Highest Price	$4,475,000.00	$4,000,000.00	-11%
Average Price Per Square Foot	$958.00	$801.00	-16%
Average Sale Price / Average List Price	98.00%	94.00%	-4%

Between Wilshire and Montana

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	8	8	0%
Average Days on the Market	66	73	11%
Lowest Price	$1,508,000.00	$1,085,000.00	-28%
Median Price	$2,416,618.00	$2,075,000.00	-14%
Highest Price	$3,000,000.00	$2,800,000.00	-7%
Average Price Per Square Foot	$906.00	$685.00	-24%
Average Sale Price / Average List Price	98.00%	93.00%	-5%

South of Wilshire

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	4	1	-75%
Average Days on the Market	19	18	-5%
Lowest Price	$816,000.00	$659,500.00	-19%
Median Price	$897,500.00	$659,500.00	-27%
Highest Price	$980,000.00	$659,500.00	-33%
Average Price Per Square Foot	$563.00	$859.00	53%
Average Sale Price / Average List Price	98.00%	101.54%	4%

Sunset Park

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	26	17	-35%
Average Days on the Market	64	58	-9%
Lowest Price	$780,000.00	$610,000.00	-22%
Median Price	$1,074,000.00	$1,068,000.00	-1%
Highest Price	$2,200,000.00	$1,875,000.00	-15%
Average Price Per Square Foot	$669.00	$563.00	-16%
Average Sale Price / Average List Price	95.00%	94.00%	-1%

Ocean park

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	10	6	-40%
Average Days on the Market	192	57	-70%
Lowest Price	$615,000.00	$1,080,000.00	76%
Median Price	$1,159,500.00	$1,495,000.00	29%
Highest Price	$2,225,000.00	$2,775,000.00	25%
Average Price Per Square Foot	$881.00	$750.00	-15%
Average Sale Price / Average List Price	91.00%	98.00%	8%

Santa Monica Condo's & Townhomes

Santa Monica Canyon

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	1	2	100%
Average Days on the Market	330	63	-81%
Lowest Price	$1,200,000	$1,475,000	23%
Median Price	$1,200,000	$3,287,500	174%
Highest Price	$1,200,000	$5,100,000	325%
Average Price Per Square Foot	$824	$1,486	80%
Average Sale Price / Average List Price	96%	92%	-4%

North of Montana

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	21	8	-62%
Average Days on the Market	66	109	65%
Lowest Price	$465,000	$575,000	24%
Median Price	$1,350,000	$1,225,000	-9%
Highest Price	$5,800,000	$3,175,000	-45%
Average Price Per Square Foot	$945	$864	-9%
Average Sale Price / Average List Price	90%	92%	2%

Between Wilshire and Montana

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	56	62	11%
Average Days on the Market	62	48	-23%
Lowest Price	$394,000	$270,000	-31%
Median Price	$657,500	$707,500	8%
Highest Price	$4,170,000	$1,799,000	-57%
Average Price Per Square Foot	$664	$568	-14%
Average Sale Price / Average List Price	97%	97%	0%

South of Wilshire

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	43	43	0%
Average Days on the Market	88	85	-3%
Lowest Price	$100,000	$156,126	56%
Median Price	$620,000	$550,000	-11%
Highest Price	$1,040,000	$945,000	-9%
Average Price Per Square Foot	$501	$445	-11%
Average Sale Price / Average List Price	95%	95%	0%

Sunset Park

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	15	8	-47%
Average Days on the Market	56	67	20%
Lowest Price	$345,000	$489,000	42%
Median Price	$770,000	$586,500	-24%
Highest Price	$1,199,000	$975,000	-19%
Average Price Per Square Foot	$486	$385	-21%
Average Sale Price / Average List Price	97%	98%	1%

Ocean Park

	previous period 1-1-08 thru 6-30-08	current period 1-1-09 thru 6-30-09	% change
Number of Sales	16	9	-44%
Average Days on the Market	143	78	-45%
Lowest Price	$375,000	$425,000	13%
Median Price	$640,500	$950,000	48%
Highest Price	$1,750,000	$1,200,000	-31%
Average Price Per Square Foot	$737	$617	-16%
Average Sale Price / Average List Price	97%	92%	-5%

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