



WHAT'S ON THE TUBE?
SEE PAGE 3

Santa Monica Daily Press

Since 2001: A news odyssey

THE CITY HALL ISSUE



Brandon Wise brandonw@smdp.com

TOWERING FLORA: Daniela Pironti walks her dog along side one of the taller hedges located on Palisades Avenue last week.

Row over hedge heights heats up

BY MELODY HANATANI
Daily Press Staff Writer

CITY HALL The ongoing battle over hedge heights is causing a stir yet again.

The issue this time around concerns not just the size of the towering shrubbery, but more notably a change in the process used to complain about neighborhood hedges.

The City Council last week opted to move the jurisdiction of the appeals process from the Planning Commission — which for the past year has been preoccupied with the general land use plan update — to an independent hearing officer, a shift criticized by appellants who claim there is a

likelier bias from one judge than a larger body representing diverse opinions. Councilmember Bob Holbrook was the lone vote in dissent.

A number of residents are appealing hedges that homeowners hoped could be eligible for grandfather status under a 2005 ordinance that regulates heights.

The change was made to expedite the hearing process, which was estimated to take nearly one year to get through all 23 appeals, the commission already having a full plate with the review of the Land Use and Circulation Element on top of its regular business regarding development, including non-hedge-related appeals.

“From our perspective, that was a situation where the old saying goes — ‘justice delayed is justice denied,’” Mayor Pro Tem Richard Bloom, who introduced the item along with Councilmember Ken Genser, said. “This, as many people observed ... has lingered in our community several years now.

“It really needs to get to a point of finality for everyone’s benefit,” Bloom said.

The commission was scheduled to commence the hearing process at a meeting earlier this month, but was postponed indefinitely as residents were informed that the

SEE HEDGES PAGE 10

Anti-RIFT coalition steps into the fray

BY MELODY HANATANI
Daily Press Staff Writer

DOWNTOWN A ballot initiative that seeks to limit commercial growth in the city will face a new challenger as a coalition of community activists, educators and environmentalists has formed with the specific intent to defeat the measure this fall.

The Save Our City campaign formed in response to the Residents’ Initiative to Fight Traffic, which would limit commercial development in the city to 75,000 square feet annually if passed in November. The measure, authored by the Santa Monica Coalition for a Livable City, was placed on the ballot after receiving more than 10,000 signatures collected in the spring.

The anti-RIFT coalition prides itself on representing a broad spectrum of the community, from religious leaders to environmentalists, and from homeowners to renters rights’ advocates, the group calling itself “historic.” Santa Monicans for Renters’ Rights has yet to take a position on RIFT.

“The broad range [of RIFT], we think, is unprecedented and extraordinary,” Terry O’Day, one of the chairs of Save Our City, said. “It’s because this initiative has such hitting consequences for so many different sectors in our community.”

The group plans to officially announce its launch during a 9:30 a.m. press conference Wednesday at John Adams Middle School.

The coalition describes RIFT as having detrimental consequences, from depriving approximately \$1 million from the Santa Monica-Malibu Unified School District to displacing renters. The initiative has been opposed by several organizations, including the Chamber of Commerce.

O’Day, the executive director of Environment Now, added that RIFT would have serious consequences for sustainability initiatives by impacting adaptive reuse,

SEE RIFT PAGE 9

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Calendar

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



Sustainable Santa Monica

601 Santa Monica Blvd., 6 p.m.- 8:30 p.m.

The Bon Appétit Management Company presents an eye opening presentation on how food choices affect the global environment, local economies, and the quantity and quality of healthy foods. This presentation will be free, but RSVP's are appreciated. Discussion will be hosted by Helene York. Contact Tracy Reitz at traci@sustainablem.org, to RSVP or for additional information.

'One way ticket'

601 Santa Monica Blvd., 7p.m.- 8:30p.m.

Santa Monica author Rita Lowenthal visits the Main Library to present and sign "One Way Ticket," the harrowing tale of her son Josh's addiction to heroin and its impact on his parents and loved ones. This free discussion will take place in the library's multipurpose room. Seating is first come, first serve.

Write away

2101 Ocean Park Blvd., 12 p.m. — 2 p.m.

Inspiration, guidance, direction, and support are offered for all writers every Tuesday at the Fairview Branch Library. For more information, call (310) 450-0443.

'Summer Adventure' time

Multiple locations, 8:30 a.m. — 12:30 p.m.

Franklin Elementary School, Lincoln Middle School, and Point Dume Marine Science School are offering the Summer Adventure program from June 30 through July 25. This program is a fun and educational summertime experience which includes reading, writing, computers, science, math, drama, and sports. For more information, view the online brochure at www.smmpta.org.

Wednesday, July 30, 2008

Kicking it with Kiwanis

1332 Sixth St., 12 p.m. — 1:30 p.m.

The Santa Monica Kiwanis Club is holding its weekly luncheon at the Santa Monica YMCA. There will be a guest speaker at the event. For information, call (310) 613-1249.

Midday labyrinth walks

1008 11th St., Noon — 1 p.m.

Give yourself the gift of some quiet moments in the middle of the week. Walk and meditate on the new permanent Labyrinth in Simkins Hall. Walks are available every Wednesday throughout the summer.

Children's summer program

1501 California Ave., 8:30 a.m. — 12:30 p.m.

Help your child shake off the dog days of summer with the Council of PTAs' Summer Adventure program. Summer Adventure is going to be held at Franklin Elementary, Lincoln Middle School and Point Dume Marine Science School from June 30 — July 25th from 8:30 a.m. — 12:30 p.m. Reading, writing, computers, science, math, drama, sports and art are all a part of this fun and educational summer experience. You can find brochures and applications online at www.smmpta.org.

Energy Healing

1844 Lincoln Blvd., 5:30 p.m.-7:30 p.m.

Master Choa Kok Sui will lead you through a painless healing art that helps the body repair itself. He has worked successfully with ailments ranging from asthma, arthritis, cancer to addictions, depression and phobias. No appointment is required. Panic Healing Sessions are available as a service to the community. Contact Isabel Lacayo at isalacayo@yahoo.com for more information.

For more information on any of the events listed, log on to smdp.com and click the "Events" tab for the given day's calendar.





GOING WAY UP: Daily Press intern Nora Sorena Casey climbs up the ladder to the rig above while on assignment at the Trapeze School of New York on the Santa Monica Pier. Brandon Wise brandonw@smdp.com

Falling down with some style

BY NORA SORENA CASEY
Special to the Daily Press

SM PIER The beach looked so distant from 32 feet above the pier, the white mesh net looked a little slender, but the handle bar felt reassuringly sturdy. I jumped.

I rushed through the air. The woman below yelled instruction — knees up! Arms

down! Arms up! Kick back! Let go! — and I did my best. As I kicked, pulled and finally released I was exhilarated by the rush of air, the speed of the swing, and the feeling of grace when I landed the moves and falls.

At the beginning of my two-hour trapeze lesson from the Trapeze School of New York I was trembling from fear as I climbed up the ladder to the high platform and tried not to

look down. Two hours later I was trembling from adrenaline and fatigue as I back-flipped down from the mesh net.

In between I learned how to jump, how to swing from my knees, how to get caught by a trapeze artist (which proved a little too tricky for me), and my favorite, how to back-flip down from a swinging trapeze. I also got to watch a group of nervous strangers

become confident and cheerful friends. Friends who all loved learning how to swing on a trapeze.

The reasons that brought us all to the trapeze school were different, although by the end we agreed that the experience was worthwhile. The two-hour classes cost any-

SEE TRAPEZE PAGE 8

Parents question ‘decency’ on today’s television shows

BY MELISSA RAYWORTH
Associated Press Writer

Uh-oh. The indecency fine against CBS for Janet Jackson’s televised breast-baring at the 2004 Super Bowl has been dismissed. Partner-swapping has gone prime time,

thanks to the TV show “Swingtown.” And the latest ads for the CW series “Gossip Girl” promise hotter sex than the average TV viewer probably ever experiences.

Getting nervous?

If you’re raising kids, you may be wondering: Has TV only gotten wilder in the

four years since the Super Bowl indecency fine was levied and the phrase “wardrobe malfunction” entered our vocabulary? Is prime time a safe place for kids?

The answer is complicated.

Broadcasters — ABC, CBS, NBC, Fox and The CW — still play by the same vaguely

defined rules that they have used for years, attempting to grab the audience without sending viewers to the phones to call the FCC in anger.

And their recent programming “has been

SEE TV PAGE 9



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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Enough with the negativity

Editor:

So there were 200,000 people (by your count) at Glow last weekend, but you only got negative letters about it? I'd like to hear what percentage of pro or con mail you got about the event.

My girlfriend and I arrived early by bicycle and total-ly enjoyed:

- The feel of that water spray color thing, seen pre-viously in Turkey by possibly the same artist.
- The children in that tent with the balloon roof, sit-ting on black pillows around a sacred light-something.
- Watching continuous throngs of human beings trudging across the sands like refugees. (Bob Dylan once said: "Who aint a refugee?")

Meanwhile, back on land, "Bikes Ruled!" -- which was wonderful as well: to feel like we lived all night in a utopian NewFutureville pedaling amongst one another by the timeless sea so civilized-like ... and we weren't even on xtc or however you spell it.

To paraphrase Lily Tomlin: "Art = soup. Audience = art."

Hank Rosenfeld
Ocean Park

Figuratively speaking

Editor:

Steve Breen's ("Going Postal") sustained parody of a thesaurus-happy and ineluctably oleaginous right-wing lunatic is masterful. Keep those columns coming!

Weldon Berger
Santa Monica

Ban swimming pools

Editor:

It seems that Lloyd Garver has an irrational fear of firearms in the hands of trained law abiding citizens. In his July 26 story "The land of 10,000 lakes and even more fire arms," he seems to be painfully unaware of the facts. Believe it or not, 43 out of 50 states have "shall carry permit laws" and they have not broken out in mass violence or regularly shoot the doctor for a bad nose job as he predicts.

In 1987 after gun control proved ineffective in Florida, they passed shall carry laws. After over 21 years, almost 1.4 million Floridians took training, back-ground checks and got permits to carry a firearm. Only 165 permits have been revoked due to a firearm relat-ed infraction.

Florida's homicide rate which was one of the highest in the country, dropped and is 5.9 percent versus California with 6.9 percent yet California has the best gun control in the country according to the Brady Campaign.

In the United States, according to the BATF, we own over 260 million firearms. In 2006 there were 250,851 million vehicles according to the U.S. Bureau of Transit Statistics. Yes we have more guns than vehicles in the United States. In 2004 all U.S. accidental deaths from firearms totaled 649, with only 63 happening to chil-dren 15 and under. In contrast we have 8.1 million swim-ming pools, with 3,308 people drowning in 2004. Some 761 under the age of 15 drowned while 143 under the age of 5 drowned in toilet bowls. Ban swimming pools and toilet bowls!

In 2007 out of 303 million Americans, 16,204 died in a homicide. The population has increased by 50 per-cent, gun control laws have been removed, gun owner-ship is on the rise, more carry permits than ever and total homicides are down lower than 1970 numbers? How can that be? Where is the pandemonium? Gun fights in the streets?

Ed Davis, one of the authors of the first FBI National Study on Criminal use of Firearms concluded in 2007, said none of these criminals were "hindered by any law – federal, sate or local – that has ever been established to prevent gun ownership. They just laughed at gun laws." Guns and legal gun owners don't kill people, criminals ignoring the laws kill people.

David Alsabery
Santa Monica



What's the Point?

David Pizarra

Send comments to editor@smdp.com

New Deal politics returning

Editor's note: This is the final part of a two part series on the economy and consumerism.

THIS WEEK, THE HEADLINES ARE READING: "Depression Era Chic," "Biggest Rescue Package since Roosevelt's New Deal," and "Worried banks reduce business loans." There is a chill in the air, and it feels like a long cold winter is coming, or more appro-priately, a dry hot summer.

We have many, major problems facing us as a nation.

We have a military that is overextended, exhausted, and when those men and women come home to the yellow bumper stickers reading "Support the Troops" they find a Veterans Administration that is denying their claims as fast as they can be filed.

The VA is cutting its budget and resources are being restricted to make way for the new recruits we need, so that Iraq, Afghanistan and several other hot spots around the world can be "rebuilt."

The billions of dollars that we are sending to Iraq to fund their infrastructure rebuild-ing is money that we are taking from our own cash flow.

I understand the argument that by creat-ing a stable democracy in the Middle East, we will be increasing our own stability in the long run.

I have heard that we are expecting to be repaid by these countries, once they "get on their feet" as it were.

Historically we tend to forgive the debt in exchange for some concessions later on in trade agreements. Generally that has worked out well for all concerned.

Today however, we have to start working on our own rebuilding.

As much as I feel compassion for the peo-ple of the world who have third world con-ditions to live in, I believe that we need to apply the Airplane Rule to America, and we need to do it right away. The Airplane Rule says that you save yourself first, and then you save others.

America needs to start putting some of the billions of dollars that we send overseas into our own society to reinvigorate not just our economy, but our spirit.

Hard as it is for me to write this, I believe that we need to have some big public works projects put in place, not only to sustain the dollar, but to bring back a sense of public-mindedness that is sorely lacking these days.

California could use many new reser-voirs. These manmade sources of water pro-vide us with needed irrigation, and since we produce a huge amount of food it would benefit the country as a whole.

The dams that create the lakes can become hydroelectric producers, and in an era when clean fuel is the buzzword on every politician's lips this should be a dead bang winner.

The lakes themselves provide recreation opportunities which translates into tourism dollars, both locally and regionally.

One look at the lack of infrastructure in our fair burg and you can see that we need to be spending some serious money to adapt to the population explosion that has occurred in Los Angeles County.

Residential density numbers are skyrock-eting, but there is neither a comprehensive plan to alleviate the traffic and congestion, nor is there an issue-based plan to deal with

the upsurge in usage of public assets like sewers, or the development of the famed "Hydrogen Highway."

The damage that we as a country are doing to the planet, by our undisciplined and unthinking usage of plastics, and our voracious need to consume and procreate is worthy of a "Manhattan Project" on the environment, in my opinion.

AS MUCH AS I FEEL
COMPASSION FOR THE
PEOPLE OF THE WORLD
WHO HAVE THIRD WORLD
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RULE SAYS THAT YOU
SAVE YOURSELF FIRST,
AND THEN YOU SAVE
OTHERS.

If we are not going to reduce our repro-duction, the least we could do, would be to limit our impact.

It's not a popular position, but given the high numbers of unemployed, and more each day, we should be putting them to work.

The effort will be good for their self-esteem, from the basics of picking up trash on highways, to building the highways, we're subsidizing peoples lives anyway, why not have them build the society they live in?

I expect that visionary politicians will soon be calling for similar types of projects, these will go beyond the obvious pork barrel politics of the past, but hearken back to the days of the Works Progress Administration, and FDR.

If the parents of today want to leave their children a legacy, it would be better to build some lakes, develop hydrogen energy distri-bution facilities, and a transportation system that helps people get to work.

So now the \$64,000 question, how do we pay for it? Just like we are with the billions of dollars that we are sending to Iraq, Afghanistan and other countries. By creating a country that has its priorities in order, we will be able to provide for our people, all of our people, the vets, the undereducated and the illiterate.

DAVID PISARRA is a Family Law attorney spe-cializing in Father's Rights and Men's Issues in the Santa Monica firm of Pizarra & Grist. He welcomes your questions and comments. He can be reached at dpizarra@pizarra.com or 310/664-9969.

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The Rand Stand

Yaron Brook

Send comments to editor@smdp.com

The government did it

THE FINANCIAL PERIL OF FANNIE MAE and Freddie Mac — the government-sponsored, government-regulated mortgage giants regarded as instrumental in solving the nation's mortgage market problems — has one benefit. It should help expose the lie that today's financial problems are the result of an insufficiently regulated market.

For too long, the refrain has gone, Congress and the administration have been asleep at the wheel when they should have been steering the economy by expanding government control over the housing and financial markets. Economist Paul Krugman slams the administration's free-market ideology; he urges Bush to "reverse course now" and "seek expanded regulation."

All this overlooks a crucial fact: There has been no free market in housing or finance. Government has long exercised massive control over the housing and financial markets — including its creation of Fannie Mae and Freddie Mac (which have now amassed \$5 trillion in liabilities) — leading to many of the problems being blamed on the free market today. Consider the low lending standards that were a significant component of the mortgage crisis. Lenders made millions of loans to borrowers who, under normal market conditions, weren't able to pay them off. These decisions have cost lenders, especially leading financial institutions, tens of billions of dollars.

It is popular to take low lending standards as proof that the free market has failed, that the system that is supposed to reward productive behavior and punish unproductive behavior has failed to do so. Yet this claim ignores that for years irrational lending standards have been forced on lenders by the federal Community Reinvestment Act (CRA) and rewarded (at taxpayers' expense) by multiple government bodies. The CRA forces banks to make loans in poor communities, loans that banks may otherwise reject as financially unsound. Under the CRA, banks must convince a set of bureaucracies that they are not engaging in discrimination, a charge that the act encourages any CRA-recognized community group to bring forward.

According to one enforcement agency, "discrimination exists when a lender's underwriting policies contain arbitrary or outdated criteria that effectively disqualify many urban or lower-income minority applicants." Note that these "arbitrary or outdated criteria" include most of the essentials of responsible lending: income level, income verification, credit history and savings history — the very factors lenders are now being criticized for ignoring.

The government has promoted bad loans not just through the stick of the CRA but

through the carrot of Fannie Mae and Freddie Mac, which purchase, securitize and guarantee loans made by lenders and whose debt is itself implicitly guaranteed by the federal government. Of course, lenders not only sold billions of dollars in suspect loans to Fannie Mae and Freddie Mac, contributing to their present debacle, they also retained some subprime loans themselves and sold others to Wall Street — leading to the huge banking losses we have been witnessing for months. Is this, then, a free market failure? Again, no.

In a free market, lending large amounts of money to low-income, low-credit borrowers with no down payment would quickly prove disastrous. But the Federal Reserve Board's inflationary policy of artificially low interest rates made investing in subprime loans extraordinarily profitable.

Thus, Fed policy turned dubious investments into fabulous successes. Bankers who made the deals lured investors and were showered with bonuses. Concerns about the possibility of mass defaults and foreclosures were assuaged by an administration whose president declared: "We want everybody in America to own their own home."

Further promoting a sense of security, every major financial institution in America — both commercial banks and investment banks — were implicitly protected by the quasi-official policy of "too big to fail." The "too big to fail" doctrine holds that, when they risk insolvency, large financial institutions (like Countrywide or Bear Stearns) must be bailed out through a network of government bodies including the Federal Deposit Insurance Corporation, the Federal Home Loan Banks and the Federal Reserve. All of these government factors contributed to creating a situation in which millions of people were buying homes they could not afford, in which the participants experienced the illusion of prosperity, in which billions upon billions of dollars were going into bad investments. Eventually the bubble burst; the rest is history. Given that our government was behind the wheel, influencing every aspect of the mortgage crisis, it is absurd to call today's situation the result of insufficient regulation.

We do not need more regulation or economic "steering" — laws or bureaucrats dictating to financiers and investors the kind of innovation they may or may not engage in. What we need to do is remove the government's power to coerce, bribe, reward and bail out irrational decisions. The unfree market has failed. It's time for a truly free market.

YARON BROOK is managing director of BH Equity Research and executive director of the Ayn Rand Institute.

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The Q-Line

Growing pains

City Hall is currently working on updating the Land Use & Circulation Element. Some feel that the final document should limit development while others want to see the city continue to be developed to provide more business opportunities and affordable housing.

So this week's Q-Line question asks:

Which direction do you feel the document should go? Should it limit development or continue to allow the city to grow?

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.



Kate Bransfield
Estates Director

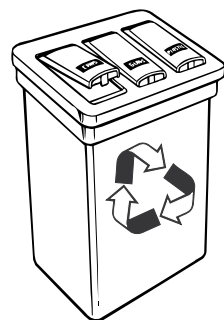
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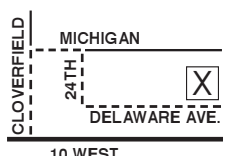
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Demand soars for 'fast acting' diet pill



WORKS FAST: Apatrim™ is causing a buzz among dieters since they don't have to change their lifestyle and it starts working on their appetite just minutes after taking it.*¹

By M.J. MOORE

Universal Media Syndicate

UMS - Thousands of callers clogged an Ohio company's phone lines trying to get this breakthrough diet pill.

The remarkable weight loss supplement that has dieters from all over the country calling is called Apatrim™, and there are some very good reasons why people want it.

You see, Apatrim starts working on your appetite within minutes after taking it, dieters don't have to starve or suffer through intense exercise and its been clinically shown to get great results.*

Participants lost an average of 5 times more weight than those taking a placebo during the 4-week clinical.¹ They got these results taking Apatrim's active ingredient as directed and without adding exercise or diets to their daily routine.*

And people that have used this weight loss supplement are singing its praises.

"All I did was take it about 30 minutes before I was going to eat and I didn't feel hungry. It really works great for me," said Erica Leventhal.²

Researchers believe that Apatrim can suppress appetite which can mean fewer calories are being consumed; this can lead to weight

loss.* Consumers should keep in mind that there's no substitute for proper diet and exercise when it comes to losing weight. Meaningful weight loss requires consuming fewer calories than the body burns.

WHY SO MUCH EXCITEMENT?

Apatrim contains an amazing compound that has a known ability to help control hunger pangs.*

This allows people to eat the foods they want, they just eat less.*

Losing weight is hard and anyone that has struggled with weight loss will tell you that they would love to be able to lose weight without changing their daily routine.

That's where Apatrim comes in since this is exactly what happened in the clinical trial.

"I took Apatrim and I felt fabulous. After eating dinner I felt full and not deprived, I just went about my day and didn't think about food or eating," said Lori Morrow.³

All of this positive feedback makes it easy to understand why there is so much excitement and optimism surrounding this weight loss supplement.

CLINICAL RESULTS

The U.S. clinical study was conducted in Los Angeles under the direction of Dr. Ronald M. Lawrence,³

M.D., Ph.D. a former clinical professor at the University of California's Los Angeles School of Medicine.

The study included healthy, overweight individuals between the ages of 31 and 73. Their caloric intake and level of exercise was not disclosed.

The participants were instructed not to change the food they were eating and not to add any exercise; in other words, no changes to their daily routine. They were told to take Apatrim 30 minutes before lunch and dinner.

An amazing 100% of the participants who took the active ingredient as instructed either lost weight or inches off their waistline during the 4 week study.* In contrast, only one person taking the placebo lost weight, just half-a-pound, and not one reduced their waistline.¹

Some participants experienced incredible results, losing as much as 8 pounds and up to 3 inches off their waistline.*¹

HOW IT WORKS

The active ingredient in Apatrim comes from a plant that grows in India.

This 'miracle' plant is *Caralluma Fimbriata* and it has been used by native tribes in India for centuries to reduce hunger and quench thirst during times of famine and

drought.*

Until recently, the only way to get these benefits was to eat the plant.

But scientists have developed a proprietary method of extraction that is protected by U.S. Patent #7,060,308. This process enables Apatrim's manufacturer to put the plant's benefits into a pill.

Scientists believe Apatrim's active ingredient works by blocking the hunger signals that are sent from the stomach to the brain. The brain then thinks that the stomach is full, causing a reduction in appetite.*

HOW TO GET APATRIM

Initial shipments of Apatrim have been rushed out to a few select retail chains across the country. CVS/pharmacy was among the first stores to snap up the entire initial production.

The company has also set up a National Order Hotline just for Apatrim. This enables people that don't want to fight the crowds or run the risk of not finding it at the store, to get Apatrim delivered directly to their homes.

Starting at 7:00 am today, the order line will only be open for 48-hours. All consumers have to do is call **1-800-782-8750** and ask for Dept. AP1488; orders will be filled on a first-come, first-served

Public now facing 48-hour cut off; clinical trial shows participants lost weight without adding exercise or diets

(continued from previous page)

basis.

"We're bracing for the next surge of calls, we've hired more people and the order lines will be fully staffed," said Ken Geis the Manager of Call Center Operations.

"Even though we weren't able to take all of the initial calls from people trying to get Apatrim we're ready now," said Geis.

Current supplies are limited so consumers that don't get through to the order line in the next 48-hours or can't find Apatrim at the store will have to wait until more inventory is produced or more shipments reach the national chains. ■

Here's how you can get Apatrim:

To make sure that everyone can get Apatrim while the initial shipments are being rushed out to drug stores across the country, a National Order Hotline has been set-up. Simply follow the instructions listed below to have Apatrim shipped directly to your home or you can go to your local drug store to see if Apatrim has arrived.

National Order Hotline; 48-hour cut off

Consumers can begin calling at **7:00 am today**. The order line will only be open for 48-hours. Call **1-800-782-8750** and ask for **Dept. AP1488**. All orders will be processed on a first-come, first-served basis.

Retail Stores:

National chains across the country are working around the clock to get the initial shipments of Apatrim onto their shelves. It has been confirmed that **CVS/pharmacy** and **The Vitamin Shoppe** all have placed orders and should have supplies of Apatrim available to consumers.

On the web: www.apatrim.com

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1. Primary study based on 26 participants over a 4-week period. Participants were directed not to add any exercise or change eating habits. Participants level of caloric intake and exercise were not measured or disclosed. 2. Individual results may vary. 3. Dr. Ronald Lawrence, M.D., Ph.D., conducted the clinical trial and is not affiliated with PatentHEALTH nor endorsing Apatrim.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

www.apatrim.com

Drug stores load up with powerful joint pill

Sales skyrocketing; news of its amazing results spread across the U.S.

By G.W. Napier
Universal Media Syndicate

UMS - Consumers can't seem to get enough of it and drug stores are selling it as fast as they can get it.

"Unbelievable, that's all I can say," said Matthew Woods, Director of Business Development for PatentHEALTH the company that developed the breakthrough joint supplement.

Woods was referring to the fact that in just one day a drug store chain sold 2,000 bottles of the powerful joint health supplement called Trigosamine*.

"We've already shipped over 500,000 bottles of Trigosamine and sales just keep growing, it's been crazy," said Woods.

Scientists have developed this amazing oral tablet that doesn't require a prescription and is taken only once a day.

It's so impressive that one key ingredient has the ability to retain fluid up to 1000 times its own weight; this helps increase lubrication for the joints allowing them to move with ease.*

Trigosamine's key ingredient is Hyaluronate also called HA-13

which is the building block of "natural joint fluid," medically known as synovial fluid.

This joint fluid reduces friction in the joints allowing for effortless motion. It not only lubricates the joints, but it also acts as a comfortable shock absorber.

"As we age, the body's natural production of this fluid declines and this can force the bones in our joints to grind together which can result in nagging discomfort," said Dr. Joseph Dietz¹.

"Using Trigosamine is like taking a can of oil and applying it directly to your joints," said Dr. Dietz*.

Trigosamine combines HA-13 with the essential blend of glucosamine and chondroitin which have been clinically shown to help build healthy cartilage in the joints allowing for increased flexibility and range of motion.*

A clinical study conducted by the United States government found that glucosamine and chondroitin, similar to those found in Trigosamine, had a 79.2% effective rate for those with moderate to severe joint discomfort.^{2*}

But it's the results that make this joint supplement so

impressive.

"We get messages from consumers all the time telling us how great Trigosamine works for them," said Woods.

"Everybody wants it," added Woods.

"CVS/pharmacy was one of the first ones to order Trigosamine and they've loaded up their shelves. We've received reports that show they have some inventory left," said Woods.

"And to make it easier for people who can't find Trigosamine or don't want to go to the store, we've set up a National Order Hotline so they can have it delivered directly to their home," said Woods.

"We'll be offering a direct delivery discount for the next 72 hours, and consumers should know they can't get this discount at drug stores," he added.

Otherwise those living in the local area that miss the deadline won't be able to get the discount. They'll have to go to their local drug store to try and get Trigosamine and may be hard pressed to find it. ■

Or, visit us online at:
www.trigosamine.com



■ **HEALTHY JOINTS:** X-rays reveal joints that have the proper amounts of synovial fluid to lubricate the joints. HA-13, one of Trigosamine's key ingredients is a component of synovial fluid.



■ **ALMOST GONE:** Sales of the joint pill Trigosamine are soaring which could lead to out of stocks as shown in this photo illustration. Consumers unable to find it can call **1-800-924-2109** and have it shipped directly to their homes.

Local Readers Discount Deadline

You may be able to find Trigosamine at **CVS/pharmacy** since they have received shipments. If you want Trigosamine shipped directly to your home and would like the local readers discount, call the National Order Hotline listed below before the **72 hour deadline** expires. Otherwise you'll have to get Trigosamine at the drug store and may run the risk of not being able to find it.

Begin Calling at 8:00AM TODAY
1-800-924-2109
Approval Code: TG4527
Discount Ends in 72 hours

1. Dr. Joseph Dietz, PhD currently conducts full time research for PatentHEALTH, LLC. as Director of Health Science, Research Development.
2. Statements herein are based upon published public information and do not imply affiliation, sponsorship or endorsement of Trigosamine by the United States Government.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



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aefeman@yahoo.com



Brandon Wise brandonw@smdp.com

LEARNING THE ROPES: Instructor Dean Chapman (right) demonstrates for the class the proper take-off with Nora Sorena Casey (center) on Friday afternoon at the Trapeze School of New York.

Leaps of faith, good fun

FROM TRAPEZE PAGE 3

where from \$47 to \$65, depending on the time.

"I've always wanted to do it," Allegra Vassilopoulos, on vacation from New York, said. "I've always seen it on the Westside highway [in New York] and I've never had time to do it so when I saw it yesterday I said, I'm doing it!"

Stephanie Go had tried out a few swings a day before and had so much fun she signed up for the whole two hours. She is only in town for a week but by the end of our lesson she was trying to figure out if she could fit in another class Monday morning before her flight left.

"I come down to work with the Spine Institute and instead of being at work I'm doing this," she said.

I looked up at another person swinging out over the net and at the group of tourists standing together outside of the trapeze area watching us. As I sat and stretched in between swings, I was happy to be on the inside of the trapeze school's walls. The amusement park looked tame in comparison to the rush and freedom of the open swing.

Working on the trapeze was more than just a thrill, though. It is physically difficult, whenever I succeeded in a move I was proud. We spent a short amount of time learning the jump procedure. After that we learned on our feet — or off them in the air.

People went up to the platform one at a time, where a staff member helped clip them to safety cords, and got in position to jump. During the swing a staff member on the ground managed the safety cords and called out instructions and support. In between jumps we all watched and cheered on our class members. Learning together brought the group a sense of unity during our unique experience.

"I'm confused, I don't know how I feel about it" Silvia Campoblanco, who was talked into it her friend, said. "No, its fun."

Campoblanco steadily improved throughout the lesson, as did her enthusiasm. She descended from her last swing, which involved swinging over and then dangling from the arms of the staff catcher, to cheers and congratulations from the group.

"I tell you what," Campoblanco said, "I have a whole new world of respect for circus people."

The most inspirational member of my group was Sara Zucker, a 6-year-old girl with long blonde hair and pink pants who was enjoying her sixth lesson. She seemed a born trapeze artist and did not suffer from the same fears of heights or death that initially concerned the rest of us. I wondered absently if she would enjoy the lessons so much she would live the dream of many children and grow up to work in the circus.

While members of the class enjoyed the lesson, they weren't the only ones having fun.

Dean Chapman currently works as a trapeze artist, and he loves it. Chapman has been with the school since April, and helped them to construct the rig they are using on the pier. He had worked as a camp counselor, and his experience with rope courses and climbing helped him get into trapeze work.

"Every day I deal with the person who is stepping out of their element," Chapman said. "I watch them go from the beginning when they're scared out of their minds to the end of class when they're just having the time of their life."

After doing as many as three lessons a day, Chapman now has the hand callouses, stomach muscles and tan to prove his dedication.

My own two hours of work made my hands a little raw and my shoulders a little sore, but everyone I've talked to is jealous. It feels good to know that they have a right to be: I just learned how to swing on a trapeze, and it was a thrill.

news@smdp.com

SMCLC disputes coalition's claims

FROM RIFT PAGE 1

mixed-use projects and the ability to create transit-oriented communities.

Diana Gordon, who serves as co-chair for SMCLC, refuted a handful of claims made by Save Our City, including an argument that RIFT would not reduce traffic.

She pointed out a presentation made last month by City Hall consultants on the RIFT which concluded that there would be 40 percent less commercial development if the measure was passed.

"If you reduce commercial development by 40 percent, you are going to significantly reduce traffic impacts," she said.

While the consultant did point out City Hall would stand to lose a total of \$11 million in revenue by 2023 under RIFT, that number would be an insignificant percentage of the total budget by that time, which Gordon estimated to be well over \$1 billion, taking inflation into consideration.

"That's [about] one percent of what would be the city's budget," Gordon said. "That is not going to involve slashing, it's not going to rob the schools' money."

The anti-RIFT coalition also claims that the city's affordable housing stock will slowly dwindle if the initiative passes. Gordon points out that the RIFT only pertains to commercial development.

Gordon questioned whether the group was backed by developers.

"They should be calling themselves Save Our Developers," she said.

The coalition is trying to raise funds to wage what will perhaps be a costly campaign against RIFT, getting out information about a complicated topic, O'Day said, adding the money could come from developers.

"It's easy to sign up for a ballot initiative to say I hate traffic, but it's a complicated message beyond that," he said.

melodyh@smdp.com

TV gets steamier than ever

FROM TV PAGE 3

surprisingly tame," says Robert Thompson, a Syracuse University television professor and pop culture guru. Even the notorious "Gossip Girl" ads, he says, are much steamier than the actual show.

"Remember when the 's-word' barrier was broken by 'Chicago Hope'? That was back in '99 or 2000, and people said, 'Now that they've done it, everybody will be doing it.' Well, everybody is not doing it."

But the prime-time landscape has changed dramatically, making things more confusing for parents. If you're tackling this thorny topic, here are some variables to consider:

HAS TV REALLY GOTTEN WILDER?

There's more of everything on TV these days — more sex, more violence, more preschool programming, more cooking and gardening and home repair advice. In short, more that's good, bad and in-between.

Basic cable channels like F/X and TNT attract fans with critically acclaimed, provocative shows that don't have to play by the same rules as broadcast shows. (You choose to invite cable programming into your house, the wisdom goes, so you're accepting its content.)

Some say broadcasters have ramped up nighttime sex and violence to compensate. But since the days of "Three's Company," much of the edgier content on broadcast TV has involved double entendres and sexually suggestive jokes that go over many kids' heads.

Much of the programming for young kids has splintered off to networks like Nick Jr. and the Disney Channel, a move some parents applaud.

But even shows like Disney's "Hannah Montana" are "really pushing the envelope with sexing it up for young girls," says Lee Woodruff, who reports on parenting topics for ABC-TV's "Good Morning America" while raising four kids between ages 8 and 17. "That's disturbing for moms trying to raise girls with a sense of themselves and what's appropriate."

Melissa Henson, director of communica-

tions and public education at the Parents Television Council, says that the line between broadcast TV, basic cable and pay channels like HBO or Showtime has become porous: "We've seen a lot of crossover shows. Things originally developed for cable are appearing on broadcast TV or being promoted on broadcast TV." She mentions cleaned-up episodes of Showtime's bloody series "Dexter" airing on CBS.

WHAT ARE KIDS WATCHING?

New shows now premiere year-round, and with so many channels available even in houses with only basic cable, kids can see a huge range of content.

"You can't possibly know about all the shows, unless you've got nothing going on in your life and you just watch TV with your kids 24/7," Woodruff says.

A show's audience may extend beyond its target market. On The CW, "Gossip Girl," "Supernatural" and "Smallville" feature hot young stars that appeal to teen and 'tween fans, though the network says its programming targets viewers 18 to 34. Parents may assume that a show's popularity with kids makes it appropriate, but then be shocked by the content.

But we tend to confuse "inappropriate" with "indecent."

"There's a big step between 'not appropriate' for little kids and 'it fits the definition of indecency,'" Thompson says. Nighttime broadcast programming may be more adult-oriented than ever, but that doesn't mean the networks are committing decency violations.

Academy of Television Arts & Sciences chairman John Shaffner points out that while some viewers say TV content has gotten obscene, the networks offer only what customers want.

"Television is a pig with a ring in its nose," he says, "and the audience has got that ring in its hands."

Parents do have tools at their disposal to control what gets watched. Kid-friendly fare from earlier in the day can be recorded and shown to kids during prime time. We can ban channels we disapprove of or stick to pre-screened DVDs.

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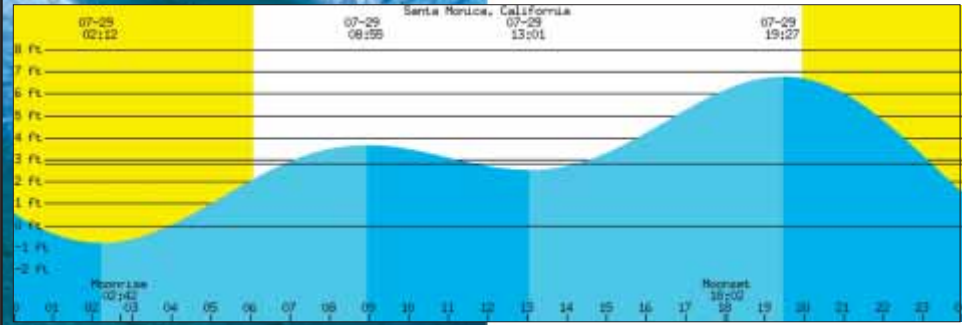
SWELL FORECAST (1-1 FT)

The 29th looks like a waist to chest high day for the south facing breaks as the southern hemi continues to fade, and shorter, 13+ second periods finally arrive. Wind swell should remain minimal. Winds look quite calm for the AM sessions with the usual afternoon onshores. Tide looks moderate once again, but with an extremely high tide in the early evening hours.

LONG RANGE SYNOPSIS

WEDNESDAY THE 30TH IS WHEN OUR NEXT SOUTHERN HEMI IS DUE ...

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 **July 22, 2008**

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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 -- 41 / 15

Number of (C,D,F) grades for dry/wet weather -- 6 / 15

The Beach Report Card is made possible by **simplehuman** **Goldhirsh** **FOUNDATION** **the James H. Goldhirsh 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 Closures and Health Warning Protocol.

LOCATION	DRY	WET
Las Cienegas Beach, at Arroyo Sequit Creek mouth	A+	ns
Nicholas Beach at San Nicholas Canyon Creek mouth	A+	ns
El Pescadero State Beach, between Luchessa and Las Alitas creeks	A+	ns
Escalante Canyon at El Morado State Beach	A+	ns
Broad Beach at Tomales Creek mouth	A+	ns
Zuma Beach at Zuma Creek mouth	A+	ns
Walnut Creek, projection of Wildfife Rd. (private)	A+	ns
Paradise Cove Pier at Ramirez Canyon Creek mouth	D	ns
Escalante Creek, just east of Escalante State Beach	A+	ns
Lariga Canyon Creek mouth	A+	ns
Solstice Canyon at Don Blocker County Beach	D	ns
Puerto State Beach at creek mouth	A+	ns
Marie Canyon storm drain at Puerto Beach, at 24572 Malibu Rd.	D	ns
Surfside Beach at Malibu Colony fence	A	ns
Surfside Beach (beach location)- daily	C	ns
Malibu Pier - 50 yards east	A	ns
Carlin Beach at Sweetwater Canyon	A+	ns
Las Flores State Beach at Las Flores Creek (point zero)	A+	ns
Big Rock Beach at 18948 PCH stairs	A+	ns
Pine Creek at Las Tunas County Beach	A+	ns
Tuna Canyon	A+	ns
Topanga State Beach at creek mouth	A	ns
Castroville Storm Drain at Castle Rock Beach	A+	ns
Santa Ynez Storm Drain at Castle Rock Beach	A+	ns
Will Rogers State Beach at 17280 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 Palms Canyon storm drain	A+	ns
Will Rogers State Beach at Tennessee Canyon drain	A+	ns
Will Rogers State Beach at Santa Monica Canyon drain (Chantrelle)	A+	ns
Santa Monica Beach at Montana Ave. drain	A	ns
Santa Monica Beach at Wilshire Blvd. drain	A	ns
Santa Monica Municipal Pier	F	ns
Santa Monica Beach at Pico/Kanter storm drain	A	ns
Santa Monica Beach at Strand St. (in front of the restaurants)	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 Topail St.	B	ns
Marina del Rey, Mothers' Beach- Flagstaff 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.

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Heal the Bay's Beach Report Card™ is based on weekly water quality monitoring data provided by the City of Los Angeles' Environmental Monitoring Division and the Los Angeles County Department of Health Services. Data is analyzed as soon as it is made available to us by the public agencies. Beaches are graded on an A-F scale based on the risk of ocean users becoming ill. Samples are analyzed for bacteria--enterococcus, total and fecal coliforms--that indicate biological pollution. A fact sheet detailing the exact methodology used in determining grades for each location is available from the office or on our web site. The report is not designed to measure the amount of trash or toxins found at local beaches.

The Beach Report Card is an indication of past water quality and is not a warranty of the current safety of these areas surveyed. Our lawyers are happy.

Completing appeal hearings could've taken up to a year

FROM HEDGES PAGE 1

council was considering handing the responsibilities over to a hearing officer.

“How can you decide at the 11th hour to change one aspect of the ordinance that might have provided some modicum of hope to disadvantaged hedge appellants,” Virginia Kohfeld, an appellant, said during the council meeting last week. “If you choose to have a hearing officer, he needs to be truly unbiased and independent.”

Planning Commission Chairman Gwynne Pugh said the hearings would be better served by a hearing officer because it is a legal issue.

“Even though the Planning Commission is a quasi-judicial body, it nevertheless really is a judicial matter,” Pugh said.

The issue of hedge heights first came up in 2004 when residents received a notice under an outdated 1948 law to clip their bushes or face a stiff fine. The issue pitted neighbor against neighbor, some arguing that the hedges provided privacy, while others contended that the bushes created an uninviting environment for pedestrians.

The hedges have since been regulated under an interim ordinance that caps front yard hedges at 42 inches and those on side and rear yards at 12 feet. The ordinance allowed for long-existing hedges that exceeded those limits to be grandfathered.

Residents who opposed grandfathered hedges had the opportunity to file appeals. Approximately 105 were submitted to the Zoning Administrator and 28 of its determinations were later appealed to the commission. About five of those appeals have since been withdrawn.

The council considered hiring a three-person panel to add more balance in the determinations. That idea, which could've added more time than if a hearing was handled by one individual, was nixed. The hearing officer is estimated to cost \$35,000.

Appellants argued that the burden of proof of hardship shouldn't fall on them.

“We just continue to be negatively impacted by an ill-conceived ordinance that caused more problems, more ill will, and it's ... a waste of time,” Linda Velonis, an appellant, said. “You try to fix something and the fix has caused more problems and that's just unfair to us.”

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ODDS OF A CHILD BEING DIAGNOSED WITH AUTISM:
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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 ★★

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

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

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

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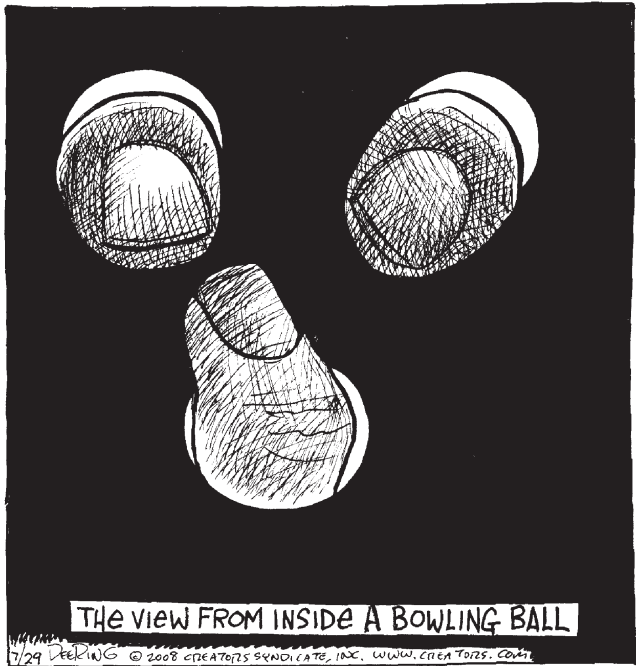
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The first person who can correctly identify where this image was captured wins a prize from the Santa Monica Daily Press. Send answers to editor@smdp.com.

Soraya Danesh news@smdp.com

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Less common
- 6 Accumulated
- 11 Spry
- 12 Grammar topic
- 13 Where Congress works
- 15 Genesis name
- 16 Rage
- 17 Rap's — Kim
- 18 Ladies of Spain
- 20 "My word!"
- 21 Boss to Alice and Flo
- 22 Lascivious desire
- 23 Scooter's kin
- 26 Batting plays
- 27 Related
- 28 Chess piece
- 29 "Skedad-dle!"
- 30 They have their pros and cons
- 34 — tizzy
- 35 Writer Tan
- 36 Hurler's stat
- 37 National park in Utah
- 40 Not dozing
- 41 Pound part

DOWN

- 42 At a future time
- 43 Tree houses
- 1 Indy events
- 2 Spiny-leaved plant
- 3 Turn red, perhaps
- 4 Yale student
- 5 No longer working
- 6 Game sheet info
- 7 Bat wood
- 8 Construction tool
- 9 Least attractive
- 10 Buckshot

S	L	A	N	G		B	R	I	M	
T	A	M	E	R		W	I	D	O	W
A	N	O	D	E		A	M	B	L	E
I	A	N		A	N	N		A	I	L
R	I	G	H	T	H	A	N	D	E	D
			A	L	L		O	G	R	E
M	E	R	R	Y		T	W	E	E	D
O	D	E	S		A	R	I			
L	I	G	H	T	H	A	N	D	E	D
E	T	A		R	A	N		A	X	E
S	I	T	K	A		S	E	V	E	N
T	O	T	E	M		O	V	E	R	T
	N	A	G	S		M	A	S	T	S

Yesterday's answer

- 14 Spoken
- 19 Sign of trouble
- 22 Moon goddess
- 23 Enchanting
- 24 Battle site of 1945
- 25 Sound of little feet
- 26 Ancient city on the Euphrates
- 28 Office note
- 30 Library stamp
- 31 Prom crowd
- 32 Put up
- 33 Bank fixtures
- 38 Mamie's husband
- 39 Bemoan

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				

7-29

DAILY LOTTERY

MEGA MILLION 2 16 19 35 52
Meganumber: 17
Jackpot: \$16M

Super LOTTO 7 9 14 28 41
Meganumber: 11
Jackpot: \$44M

Fantasy 5 2 4 10 31 32

DAILY 3 MIDDAY: 1 5 6
EVENING: 2 6 2

DAILY DERBY 1st: 06 Whirl Win
2nd: 02 Lucky Star
3rd: 11 Money Bags
RACE TIME: 1:46.39

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

■ In Singapore in June, a 36-year-old man was sentenced to 14 years in jail and 18 strokes of the cane after he was convicted of 23 counts of molesting women on elevators and other places, mostly by sniffing their armpits.

■ In June, a masochist, with tastes similar to those of the Ontario man reported here three months ago, was sentenced to four years in jail for encouraging two underage girls near Bicester, England, to kick him repeatedly in the groin until he could no longer handle the pain.

TODAY IN HISTORY

1588 the English attacked the Spanish Armada in the Battle of Gravelines, resulting in an English victory.

1890 artist Vincent van Gogh, 37, died of a self-inflicted gunshot wound in Auvers-sur-Oise, France.

1900 Italian King Humbert I was assassinated by an anarchist; he was succeeded by his son, Victor Emmanuel III.

1914 transcontinental telephone service began with the first test phone conversation between New York and San Francisco.

1948 Britain's King George VI opened the Olympic Games in London.

1957 the International Atomic Energy Agency was established.

1957 Jack Paar made his debut as host of NBC's "Tonight Show,"

1958 President Eisenhower signed the National Aeronautics and Space Act, which created NASA.

1967 an accidental rocket launch aboard the supercarrier USS Forrestal in the Gulf of Tonkin resulted in a fire and explosions that killed 134 servicemen.

1968 the Vatican issued an encyclical in which Pope Paul VI reaffirmed the Catholic Church's opposition to artificial means of contraception.

1981 Britain's Prince Charles married Lady Diana Spencer at St. Paul's Cathedral in London. (However, the couple divorced in 1996.)

WORD UP!

quondam \KWAHN-duhm; KWAHN-dam\, *adjective*: Having been formerly; former; sometime.

Santa Monica Daily Press

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