

Santa Monica Daily Press

HAVING A COW OVER RAW MILK
SEE PAGE 3

Since 2001: A news odyssey

THE SHAKE, RATTLE AND ROLL ISSUE

Quake rattles buildings, nerves

BY DAILY PRESS STAFF

DOWNTOWN The strongest earthquake to strike a populated area of Southern California in more than a decade rattled windows and chandeliers, made buildings sway and sent people running into the streets on Tuesday. But there were no immediate reports of serious injuries or major damage.

The 5.4-magnitude quake — considered moderate — was felt from Los Angeles to San Diego, and as far east as Las Vegas, 230 miles away. Nearly 30 aftershocks quickly followed, the largest estimated at 3.8.

The quake was centered 29 miles south-east of downtown Los Angeles near Chino Hills, a San Bernardino County city of 80,000 built mostly in the early 1990s with the latest in earthquake-resistant technology.

Buildings swayed in downtown Los Angeles for several seconds, leading to the evacuation of some offices.

“I’m still shaking. My knees are wobbling. I thought the building might collapse,” said Rosana Martinez, 50, who works in a fifth-floor office at the California National Bank in downtown Los Angeles.

Employees at Santa Monica City Hall had to be evacuated after a small gas leak was reported. Members of the Santa Monica Fire Department responded and determined that the building was safe to enter and employees returned to work, SMFD Fire Marshal Jim Glew said.

Fire fighters and police officers conducted general surveys of the city, stopping at all “essential buildings,” including hospitals, but there were not reports of obvious damage.

As strong as it felt, Tuesday’s quake was far less powerful than the deadly magnitude-6.7 Northridge earthquake that topped bridges and buildings on Jan. 17, 1994. That was the last damaging temblor in Southern California, though not the biggest. A 7.1 quake struck the desert in 1999.

SEE EARTHQUAKE PAGE 9



CARE FREE: The Natural Resources Defense Council named Los Angeles County the home of California's dirtiest beaches. Santa Monica was among those listed with the highest levels of fecal matter in its waters. Despite the report, locals and tourists still turned out to enjoy a day at the beach on Tuesday, the day the beach quality report was released.

Report: Santa Monica beaches have high fecal bacteria

BY MELODY HANATANI
Daily Press Staff Writer

DOWNTOWN Santa Monica Beach continues to earn the distinction of being one of the dirtiest in the state, a result of an aging urban runoff system and water contaminated by fecal-dropping birds.

The Natural Resources Defense Council released its annual water quality report on Tuesday, finding that the county is home to seven of the most polluted beaches in the state, among the largest offenders being Avalon on Catalina Island and the Santa Monica Pier.

It's a hardly surprising finding given the performance of the notoriously dirty water surrounding the pier, which also received poor marks on previous studies, including Heal the Bay's Beach Report Card released in May.

“The primary factor in this region is it's

SEE BEACH PAGE 8



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Calendar

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WEDNESDAY, JULY 30, 2008

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS

Kicking it with Kiwanis

1332 Sixth St., Noon — 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. Pranic Healing Sessions are available as a service to the community. Contact Isabel Lacayo at isalacayo@yahoo.com for more information.

Thursday, July 31, 2008

The best medicine

717 Broadway, 11 a.m. — Noon

You never need an excuse to laugh. At least that's what Kim Selbert, a certified laughter yoga leader and occupational therapist, preaches at her laughter sessions. Participants laugh for no reason in hopes that it increases their vitality, positive energy and improves their health. The session is open to everyone. For more information contact Selbert at (310) 849-4642 or kim-selbert@mac.com.

Creepy crawlers

2601 Main St., 2:30 p.m. — 4:30 p.m.

Slither on down to the Ocean Park Library for some creepy stories and cackling creature puppets. You are guaranteed to be bugged into laughter. This program is for children ages 3-7. This program is free but tickets are required. Tickets must be picked up at the front desk after noon on the day of the program. For more information call (310) 392-3804.

What's new this week

2101 Ocean Park Blvd., 1 p.m. — 2:30 p.m.

Join in for a free-wheeling review and discussion of the week's key news stories, at home and abroad — politics, the economy, society, and culture. Discussion moderator, Jack Nordhaus, is a former college history professor.

The Meathands have it

4455 Overland Ave., Culver City, 8 p.m.

The "Magic Meathands" perform an hour of fully improvised hilarity based on audience suggestions and participation. The show is presented by director Bill Johnson, in a great cafe that offers delicious coffee, food, drinks and comfortable couches. What sets this improv group apart is their personal connection with the audience and community, so their best material comes directly from the people around them. For information, call (310) 559-8868.

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.



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AUGUST 14
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Juana Molina
Samantha Crain &
The Midnight Shivers

AUGUST 21
Peter & Gordon
Gerry & The Pacemakers

AUGUST 28
Toots & the Maytals



Brandon Wise brandonw@smdp.com

KEEPING IT RAW: George Klembith buys two quarts of raw milk from Miele Adler, an employee of Organic Pastures, at the Farmers Market last week. Raw milk producers are pushing for the passage of a state law that would make it easier for them to sell their products. Opponents claim raw milk is dangerous and should only be sold after passing strict safety standards.

Proposed bill may be raw milk's last chance

BY CHRISTINA YOON
Special to the Daily Press

ARIZONA AVE Despite recent bacteria scares in foods like spinach, tomatoes and jalapeño peppers, Mark McAfee's raw milk business is thriving. His farm, Organic Pastures, has increased profits at an average of \$1 million a year for the past several years.

Fans of his raw milk, butter and cheese have said that his products have helped clear

up health problems including poor vision, allergies and even old injured muscles.

"People tell me stories of how their asthma will come back and how their eczema flares up (without raw milk)," said McAfee, whose milk can be found at the Downtown Farmers' Market, Whole Foods and Co-Opportunity. "It's a pretty powerful food."

Although McAfee has no problems finding customers for his raw milk, he and Claravele Farm, the other raw milk dairy in

California, are in danger of shutting down if a newly proposed bill, SB 201, does not pass on the state Assembly floor in August.

SB 201, or the Fresh Milk Act of 2008, was drafted by Senators Dean Florez (D-Shafter) and Don Perata (D-East Bay) as an alternative to the current milk safety law, AB 1735, which raw milk farmers claim was created by opponents to set the dairies up for failure by

SEE MILK PAGE 10

Flying with a little less baggage

BY MELODY HANATANI
Daily Press Staff Writer

SM AIRPORT City Hall is trying to think more globally when it comes to the Santa Monica Airport, outside of flying that is.

In a time when the airport is being criticized for jet fuel pollution, local aviation officials are giving travelers the opportunity to take back some of the dirty air created during their trips to the city.

A new service recently made available through the airport's Web site gives pilots and passengers the option to buy carbon offsets, which is the cost it would take to cancel out the greenhouse gas emissions from the flight.

By plugging in their point of origin, destination and number of passengers, flyers can calculate their carbon output and offsetting price, donating that money to non-profit organizations which use it for activities that would cancel out the emission equivalent from the flight, whether it be planting trees or installing solar panels.

The cost to offset a round-trip flight for two from San Francisco to Santa Monica would be about \$5.27, but the ultimate price of environmental awareness is priceless, according to Rod Merl, the airport's senior administrative analyst.

"Our community is concerned about what they can do," Merl said. "We wanted to create that opportunity for people."

SMO is considered to be the first general aviation airport to provide the voluntary program.

Carbon offsetting has become an increasingly popular strategy the past several years, the globally-minded giving money to neutralize the negative contributions from the cars and homes.

Among the first organizations to jump in the field was the Carbon Fund, a Maryland-based group founded about four years ago.

The non-profit currently offsets more than 2.5 billion pounds of carbon dioxide from nearly 900 businesses and individuals.

"When people started thinking about off-

SEE OFFSETS PAGE 9



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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

The right to bear arms

Editor:

Regarding Llyod Garver's commentary on Minnesota gun laws ("The land of 10,000 lakes and even more fire alarms," page 4, July 26-27), let me say that Mr. Garver might be surprised to find that Minnesota is quite liberal, while perhaps lacking some of the Trotskyites and "red diaper babies" of the Santa Monica People's Republic. Even so, Minnesota is one of 40 odd states which issue concealed carry permits to law-abiding adults. In California you must have a badge before your life is worth protecting with a firearm. Of course, some people believe the police will protect them. Aside from the police having no legal obligation to protect any individual citizen, it is good to remember the adage, "when seconds count, the police will be there in minutes."

Our founding fathers believed individual citizens should have their own sources of power, in the form of firearms and private property.

Interestingly, personal pistols provided greater security, not less. While this has been proven statistically by John Lott and others, I will give just one example. In 1984 I worked for a year as a policeman at the VA on Sawtelle, before moving on to a better-equipped agency. At that time VA police wore shirts and carried no sticks or guns. This gave the illusion of a "helping agency" the doctors, but it meant that we had to subdue drunks, dopers, psychotics, transients, and terminated employees without the visual intimidation of normal police uniforms and equipment. Mace rarely deterred anyone. Incidentally, nationwide, four unarmed VA police officers were shot to death before the agency finally got sticks and Berettas.

David E. Steele

Los Angeles

Where's the 411?

Editor:

I am a tenant in the Archstone Smith building on Main Street. (Tuesday) morning we were shaken up a bit by a 5.8 earthquake. I had lived in California before and so knew what we should do. However, other tenants come from all over the world and they had no idea what was happening.

The people who build and run these apartment complexes should post instructions in each unit giving clear instructions what to do in an emergency. I would have expected that the posting of such messages would have been mandated by the Santa Monica City Council. There is no difference between a short term residence, such as 201 Bicknell, and a hotel.

Ellen Wiest

Santa Monica



Word in Edgewise

Kenny Mack

Send comments to editor@smdp.com

Enquiring minds

WHEN JOHN EDWARDS DIDN'T WIN THE

Iowa caucuses in January, he knew his campaign for president was over. When I read that he was confronted by two National Enquirer reporters in the basement of the Beverly Hilton in the wee morning hours last Tuesday, I knew his career in public life was probably over too. At the very least, he blew his chance to be Barack Obama's running mate and the next vice president.

If you haven't heard about this, you're missing one of the most compelling storylines to come out of this endless campaign. According to Newsweek, a few years ago in NYC, John Edwards met a woman named Rielle Hunter in a bar. She's an aspiring actress and filmmaker who dated author Jay McInerney and was the inspiration for the "ostensibly jaded, cocaine-addled, sexually voracious" Alison Poole character in his novel "Story of My Life."

Maybe she showed John Edwards her reel, or maybe she showed him some of the tricks she learned partying her way around New York in the '80s.

Either way, he was allegedly moved to provide her with hundreds of thousands of dollars in start-up money for a production company and a six-month contract to produce a series of Webisodes documenting his presidential campaign back in 2006.

He either truly believed in the skills of a filmmaker with one IMDB credit or he wanted her to be able to see how the other half lives in his "two Americas." The bottom line is he cut her some serious checks.

Last fall, the story started to get strange. In September, the Webisodes disappeared. By December, Rielle Hunter was pregnant and had relocated to Chapel Hill, N.C. — living in a rented house in a the same gated community as Edwards' associate Andrew Young and claiming that Young was the father of her baby.

This was odd for a few reasons, not the least of which being that she has reportedly been a guest for dinner at his house with his wife and his three kids. Talk about awkward; I can just hear his wife asking, "Honey, do you plan to be there at the birth of your boss' love child that you're falsely claiming to be the father of?"

The baby has now been born and both mother and child have relocated (again) to Santa Barbara, so the checks are still coming from somewhere. That brings us to Monday of last week and the events that will be remembered as the ending of John Edwards' political career.

He was in town to join L.A. Mayor Antonio Villaraigosa at a press event on dealing with homelessness on Monday afternoon.

If the story is true and he is the father of her baby, this would serve as the perfect opportunity for Edwards, Hunter, and their illegitimate little bundle of joy to spend some quality time together.

So she came down to L.A. with a friend of hers, a "facilitator" if you will, who had reserved two rooms in the hotel under his name (presumably for the purpose of secrecy).

The National Enquirer reports that Edwards showed up around 9:45, avoided the lobby, went down some side stairs to

the bottom floor, then caught the elevator. The facilitator waited in one room with the baby while Edwards and Hunter were alone in the other. Apparently they ventured out of the hotel together briefly, then went back inside. Sounds like a condom run to me, which is a lot like locking the barn door after the horses have all gotten out.

THE NATIONAL ENQUIRER REPORTS THAT EDWARDS SHOWED UP AROUND 9:45, AVOIDED THE LOBBY, WENT DOWN SOME SIDE STAIRS TO THE BOTTOM FLOOR, THEN CAUGHT THE ELEVATOR. THE FACILITATOR WAITED IN ONE ROOM WITH THE BABY WHILE EDWARDS AND HUNTER WERE ALONE IN THE OTHER.

Edwards reappeared a little after 2:30 in the morning, but when he exited the elevator in the hotel basement, he was greeted by questions from waiting reporters. He ran up the stairs to the lobby, but spotted a photographer and headed back down to the basement where he ducked into a restroom and held the door shut until security came to escort him out.

Security probably would have escorted the reporters out instead, but they were registered guests at the hotel. Ah, those brilliant tabloid journalists, they'll get ya every time.

The kicker in this story is that on Monday night at the Beverly Hilton, the Television Critic's Association was holding a press tour, so the place was crawling with producers, actors, and writers.

The rooms reserved by the facilitator were actually down the hall from the TCA hospitality suite. So while John Edwards and Rielle Hunter were (allegedly) enjoying what amounts to a conjugal visit, they were (probably) making the beast with two backs a stone's throw from some of the same actors and actresses who will end up reading for the parts of John Edwards and Rielle Hunter in the movie that will inevitably be made about them.

KENNY MACK is a writer, comedian, and social commentator living in Santa Monica who thinks this is what John Edwards gets for not dropping out of the presidential campaign after he lost Iowa. He can be reached at kennymack@gmail.com

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 PHOTOGRAPHER

Brandon Wise
brandonw@smdp.com

CONTRIBUTING WRITERS

Bill Bauer, David Pizarra, Meredith Carroll, Kenny Mack, Jack Neworth, Lloyd Garver, Seth Barnes, Taylor Van Arsdale, Dane Robert Swanson, Ryan Hyatt, Steve Breen, Elizabeth Brown, Maria Rohloff, Merv Hecht, Mike Heayn, Brian Hepp, Mariel Howsepian, Cynthia Citron, Amanda Cushman and Steve Parker

NEWS INTERNS

Alexandra Bissonnette, Alice Ollstein, Michael Middlehurst-Schwartz, Christina Yoon, Nora Casey, Stephanie Taft
news@smdp.com

PHOTOGRAPHY INTERNS

Morgan Genser, Soraya Danesh
news@smdp.com

ADVERTISING SALES MANAGER

Rob Schwenker
schwenker@smdp.com

ADVERTISING ACCOUNT EXECUTIVES

Julie Martinez
juliem@smdp.com

Robert Hertel
roberth@smdp.com

Erin Collins
erinc@smdp.com

ADVERTISING TRAFFIC FACILITATOR

Amber Kessee
amberk@smdp.com

OPERATIONS MANAGER

Connie Sommerville
connies@smdp.com

PRODUCTION MANAGER

Robert Summa
summa@smdp.com

CIRCULATION

Keith Wyatt
Oswaldo Paganini
circulation@smdp.com

Santa Monica Daily Press
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410 Broadway, Suite B
Santa Monica, CA 90401
OFFICE (310) 458-PRESS (7737)
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Journalistic presumptive and real journalistic demise

IT WAS AN UNUSUALLY WARM JANUARY day in Washington as President-elect Barack Hussein Obama took the oath of office administered by longtime Supreme Court Justice John Paul Stevens.

Stevens already had administered the oath of office to Vice President-elect Evan Bayh of Indiana, who had been picked by Obama because he was perceived to be a middle-of-the-road man. Recent reporting has revealed that Bayh shares most of Obama's radical views on issues. The packed Capitol Plaza waited with eager anticipation as now President Obama was about to deliver a rhetorical masterpiece, for which he had become famous.

Have trouble recalling how Obama had bested Sen. John Sidney McCain, III? Was it the Electoral College which elected Obama or the popular vote or both? No one seems to remember.

No one seems to remember because there was no election. It began with the presumptive nominee's trip to the Middle East and Europe. The Obama campaign began referring to the candidate as if he already were president.

That, while politically risky, is certainly understandable. What is not understandable is how many in the media went along with what the campaign fed them. They began to treat the senator from Illinois as if he already had been elected president. These are media types who believe that perception is reality. If they can convince the electorate that Sen. Obama already is president, the election will become a mere formality. In fact, the election is a sort of tolerated nuisance in their eyes.

It might have worked but for the contempt the electorate has for the media. I saw at least half a dozen interviews on cables over the air networks. In every case voters said, "He is behaving as if he were already elected." Most said, "That isn't right."

What shocked the reporters, who were stuck hanging around with McCain as he campaigned in small-town America while their anchors reported live from Obama's trip, was how the voters got it. A number identified themselves as Democrats.

One even said he was an Obama supporter. The tracking polls confirmed what these voters told the reporters. The campaign believed this trip would give Obama

a big bump, putting Sen. Obama permanently ahead in what has been up to now a surprisingly tight race with McCain. It didn't turn out that way.

In every tracking poll Obama actually lost support. He had opened a six-point lead at the beginning of the trip. Depending on which tracking poll one prefers, Obama's lead decreased to either four, three or two points.

Individual states were even more dramatic. In no state did his support increase. In some states where he had gone ahead substantially his support either reversed the trend or is now behind. They include Colorado, Minnesota and Michigan, among others.

There are lessons here for both campaigns and the media. Campaigns must be respectful of the American voter.

Campaigns which put their candidate ahead of the candidate's actual position run the risk of appearing arrogant. It would take something cataclysmic for both Obama and McCain not to receive their party's nomination. Yet the voters want to see that it really happens, in Denver and Minneapolis.

Lesson for the media? If the media has any chance to regain the credibility it has lost with the American voter it ought to pounce on any campaign which markets its candidate as if he already were president. The media, which goes along with this planned deception, will hammer its own nails in its own coffin.

Extremely partisan voters might like it but the average citizen will be angered by media partisanship.

You can bet that the presidential candidates' handlers have watched what happened on this trip and I am willing to wager that they will not repeat this mistake again.

The real question is: Did the media learn the lesson of treating an un-nominated candidate as if he already were elected? I am willing to wager the media has not. This year forever will be remembered as the year real journalism died in the USA.

PAUL M. WEYRICH is chairman and CEO of the Free Congress Foundation, a conservative research institute and policy education organization based in Washington, D.C. For more information go to www.freecongress.org.

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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
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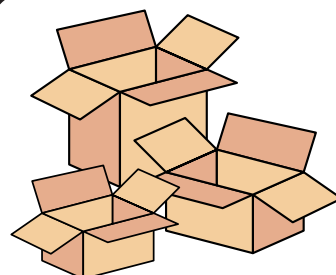
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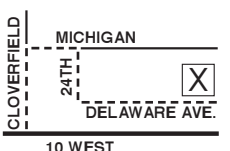


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Real Estate 101

Mike Heayn

Send comments to editor@smdp.com

Using those cafeteria skills

REMEMBER WHEN YOU USED TO TRADE snacks at lunchtime in elementary school. You would trade your box of animal crackers for a Twinkie or trade a Moon Pie for a bag of chips. Of course, everyone always wanted the coveted pie with fruit filling. Trades for a pie became complex and depended greatly on negotiation skills. To attain a fruit filled pie a minimum of two snacks or a snack and half of a worthy sandwich, such as peanut butter and jelly, were needed to even open negotiations. Oddly enough, those same skills needed to get that delicious fruit-filled pie are the same skills needed in real estate trading.

The idea of trading one good for another has been around since the dawn of humankind. It was our ability to think, settle, grow crops and trade that helped propel and keep us at the top of the food chain. However, the idea of trading real estate seems foreign and odd to many individuals.

As many people are finding out, today is not the best time to sell a home in most areas around the country. Nevertheless, sometimes people find they need to sell their home due to job relocation or family needs, such as a new child on the way. The problem is that when a home's value is depressed finding a buyer is difficult. Buyers that are interested want to "grind" or lower the price, usually to something much lower than the seller anticipated. It is in this

type of situation where a real estate trade is beneficial.

Although real estate trading has been around for many years and used in commercial real estate, it has only recently become a viable option for homeowners as real estate markets continue to soften around the country. Through the advent of the Internet and such sites as craigslist.org, homeowners are beginning to find others looking to trade their home.

Real estate trades can be setup several different ways, with one commonality — they are contingent on a simultaneous closing. Unfortunately, trading your home for another home in another city is not as easy as trading a bag of Doritos for a Tasty Cake cupcake. A real estate trade is an exchange and both parties need equity in their respective pieces of real estate to complete the closing. Since the closing happens simultaneously, the buyer and seller have to sell their real estate first, and then buy the new piece of real estate. The equity in the sale of the property is used to cover the down payment and closing costs of the purchase or the real estate being traded. Below is a real world scenario for clarity.

Bob decides he is going to leave Los Angeles and move to the east coast for his retirement. Virginia is a state Bob loves and decides he wants to buy a home in northern Virginia. Frank gets a job in Los Angeles and needs to

move. Frank lives in northern Virginia where Bob wants to move. After evaluating the real estate market Bob and Frank decide they are going to trade their homes. Bob and Frank find each other on craigslist.org. They each fly out to one another's homes to make sure the properties are suitable for their needs. To keep things fair, Bob and Frank each hire a real estate appraiser on top of the appraiser that is hired from the banks that are going to finance the purchase. Bob's Los Angeles home comes in at a value of \$1,000,000, while Frank's home values at \$950,000. Each bank is willing to finance 80% of the purchase price for each individual and is fine with a simultaneous closing. The men enter into escrow and wait for the banks to set up the financing.

Forty-five days later, both men go to escrow to sign loan documents. At closing, Frank brings an additional \$50,000 on top of closing costs to cover the difference in value from the properties since his home was worth \$50,000 less. Both deals close together and they now own each other's homes.

The complexity of real estate trading comes in the value of the real estate and the other party's motivation. Some individuals are willing to walk away from equity to get out of a specific location. Others are willing to pay more to get into a good location. Every person has their own reason for trading. Another caveat is

financing. Most lenders want to see at least a 20 percent down payment. This becomes a problem for people with little or no equity in their homes.

Real estate trading has been around for many years. Real estate trades can include multiple properties in multiple states between multiple people. Some real estate agents and brokers specialize in the real estate trading niche. However complex a real estate trade is, it all boils down to the individuals making the trade, what real estate they are trading and what their motivation is to trade. It is up to the individuals making the trade to determine if the trade is worth making. All the variables involved in real estate trades — such as the owner's motivation and value of the real estate traded — are similar to the variables involved in the elementary lunchtime coup of your life. You determined that half a peanut butter, marshmallow and honey sandwich, 10 Pringles and tomorrow's mystery snack were worth the price of that wonderful apple filled pie your mom would never get you. Ultimately, you have to determine if all the variables meet your specific need for real estate trading.

MIKE HEAYN is a Washington Mutual multi-family loan consultant. He can be reached at (310) 428-1342, or e-mailed at michael.heayn@wamu.net.

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SMDP0708

What germs are lurking inside your keyboard?

BY SEAN O'DRISCOLL
Associated Press Writer

CITYWIDE The average office has hundreds of times more bacteria than a toilet seat. The “enter” button on your office fax machine is probably a rank stew of vile bacteria. And here’s a controversial bit — women spread more germs in the workplace than men.

Those are some of the findings of America’s leading expert on work and home hygiene, Charles Gerba, a professor of microbiology at the University of Arizona.

Before women take offense, the higher germ concentration is proof that women have a healthier diet than men. Women, Gerba found, tend to store apples, bananas and other biodegradable, healthy food at their desk while men go for less nutritious and therefore less germ-ridden junk food, such as gum or potato chips. Over the past two years, Gerba and his team have seen an improvement in overall office hygiene as desk wipes and hand cleaners become more popular.

However, in these summer months, with air conditioning units and ventilation shafts a good breeding ground for bacteria, there are a number of points experts want you to be aware of before you high five a colleague at the office meeting:

FIRST, WASH

Washing your hands for 20 seconds under soap and running water is far better than a quick squirt of hand sanitizer at your desk, says Dean Cliver, a professor of food safety at the University of California.

While many hand sanitizers boast of antimicrobial properties, a scrub with ordinary soap is far better, Cliver said. Water penetrates much deeper, helping to remove food debris and other particles that hand sanitizer just doesn’t reach.

PROTECT YOUR FACE

Office workers touch their hands to their faces an average of 18 times an hour, according to Elizabeth Scott, a professor at the Simmons Center for Hygiene and Health in Boston.

When we touch our faces, we bring all the collected gunk of our keyboard, desktop or BlackBerry right to their respiratory and digestive system every three and a half minutes — bacteria and viruses couldn’t ask for a better transportation system.

Scott recommends washing hands regularly and, yes, using hand sanitizer, especially after shaking hands with a colleague suspected of having a cold or another illness. “As soon as I see someone come into my office that I think is sick, I immediately grab the sanitizer. You can shake hands at business meetings and still protect yourself,” she said.

Gerba, in contrast, politely declines a handshake if someone has a cold. “You could infect the whole office. Any reasonable person will understand that,” he said.

BEWARE THY NEIGHBOR’S CUBICLE

Is your cubicle a pristine display cabinet while your neighbor’s is a mounting pile of paper, uneaten food and sports socks? Those bacteria will multiply and crawl over that cubicle wall. Gerba’s research found that two adjacent offices at one company had the biggest yeast contamination of dozens of offices sampled. The contamination simply spread from one to the other.

“It might be of interest to take note of your neighbor’s hygiene practices, so sharing

of bacteria and yeast doesn’t occur,” he wrote in his report.

CLEAN OUT THAT KEYBOARD

Shake an average office keyboard and you are likely to find what Gerba calls “the bagel shower” — bits of bread particles and other food bites lodged between the keys.

Most office cleaning companies do not touch computers or keyboards because they don’t want to risk causing any damage. Hygiene is left to the employee, and many don’t bother. Gerba recommends an alcohol-based sanitizer for cleaning the keyboard. Simply blowing compressed air over it is not going to remove bacteria clinging to the surface, he warned.

Perhaps the best combination is that used by Brendan Cahalan, a risk manager with Standard Motor Products in Long Island City in New York. He uses an alcohol-based cleaner on his computer, as well as compressed air to clean out any debris between the keys.

DISPOSE OF UNWANTED FOOD

Don’t let food accumulate in your desk drawer, where it will provide a giant breeding ground for bacteria. According to Gerba, women bring healthier food to their desktop, such as bananas and fruit, which provide a boon for nutrient-hungry bacteria. Gerba recommends the rapid disposal of any unwanted food; hassled employees often forget about food lodged at the back of desk drawers.

“The office refrigerator is a total mess as well,” he said. “People do not keep to the disposal rules, and the refrigerator is taking in food from many, many different households.”

Scott comes to women’s defense on the food issue — women often have cleaner desks than men, so they will not allow the bacteria to build, she said.

WORK LIKE A LAWYER

Gerba’s study of offices in New York, San Francisco and Tucson, Ariz., found that teachers’ offices had by far the highest levels of germs per square inch, nearly three times as much as bankers, the next most contaminated professionals. Lawyers had the least infection.

While lawyers have the advantage of having little contact with children, they are also good at sticking to a regimen, Gerba said.

One example is Colleen Kerwick, an aviation litigation attorney with the firm in Manhattan. She wraps up food remains and dumps them immediately. She was encouraged to do so after seeing a mouse’s head peer out of a waste basket at a previous employer’s office.

“I do not use hand sanitizers or antibiotics as I believe they weaken your immune system. However, I’m much more careful about office hygiene since my mouse sighting,” she said.

THINK TWICE BEFORE USING THE FAX

Gerba’s research in dozens of offices has found that the “enter” and “send” buttons on fax machines carry some of the highest concentrations of harmful microbes. In contrast, lesser used keys have significantly less contamination. Other commonly used surfaces with high contamination levels include the “copy” button on the office copier, and the handles of rest room doors.

And before you ask to work from home, consider that Gerba’s research has found much higher levels of contamination in home offices. Home workers are less likely to separate their private lives, he said.

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City hopes to get Measure V projects underway

FROM BEACH PAGE 1

highly urbanized and most runoff developed over paved surfaces go over the curbside straight into the ocean with no treatment," Noah Garrison, a project attorney with the NRDC, said regarding conditions in the county. "The local government and county government really need to be doing more to protect the watershed."

Avalon and Santa Monica Beach both reported a high percentage of samples in which the water quality failed state standards, indicating an unhealthy level of bacteria, leading to numerous closures.

Out of all the beaches on the mainland, Santa Monica had the highest percentage of water quality tests that exhibited an unacceptable level of fecal bacteria.

"There is waste that comes from animal waste such as birds at the beach," Garrison said.

Shannon Parry, the sustainable city program manager for City Hall, said the biggest culprits are the pigeons that live near the pier, defecating on the beach sand which is where the bacteria primarily builds up.

A number of recent studies found that the beach sand often serves as a reservoir for the bacteria population to grow, Parry added.



IT'S DIRTY AND I DON'T WANT TO DRINK IT, BUT I'LL SWIM IN IT."

Linnea Lieberman
Visitor to Santa Monica

"The tide moves the sand around, which is why we're seeing exceedances in much shallower water," she said.

City Hall is working with different animal rights groups and municipalities experiencing a similar problem to find an effective and humane solution.

But not all news is bad for the local beaches, which saw a drop in the number of closures in the past year.

There were nearly 1,700 closures in the county in 2007, down 18 percent from the previous year. The county did still have the highest number of closing and advisory days in the state for the fifth straight year.

The reason for the drop can be attributed to the drought in recent years.

"No rain can't be a solution for the county to address the beach pollution," Garrison said.

Mike Grimmer, the beach report card manager for Heal the Bay, said he didn't find any surprises in this year's report, but saw an anomaly in the section pertaining to the

water off Santa Monica Canyon, which was listed in the top 10 worst.

Grimmer said the report didn't differentiate between wet and dry weather conditions at the beach near the canyon, pointing out that the bacteria level is more moderate during the summer months.

"The summer months is not as bad," Grimmer said. "There's a diversion in place that is operational."

During the dry season, which is defined as between the months of April and October, the storm drain is filled with sand so there is no flow headed into the beach. Runoff is otherwise diverted for reuse at the Santa Monica Urban Runoff Recycling Facility or treated at the Hyperion plant.

City Hall has been working on reducing the occasions when sampling shows high bacteria levels, hoping to get urban runoff and storm drain projects soon underway.

The projects, which will be funded under Measure V, a \$20 million ballot measure that

passed in 2006, will enhance storm water mitigation and prevention strategies. The first measure-related expenditure took place a few months ago when a \$250,000 contract was awarded to Psomas to make initial upgrades to the storm drain.

Candidates for the Measure V Oversight Committee are currently being selected.

The report's poor marks in Santa Monica didn't seem to affect beach-goers on Tuesday.

"I heard about that report, but we don't come here very often, so I'll still go in the water," Linnea Lieberman, a former Santa Monica resident said.

Lieberman brought her toddler to the beach for the first time since she was two months old.

"It's dirty and I don't want to drink it, but I'll swim in it," she said.

The report did come as a surprise to others.

Maarten Vinengelen, a tourist from Holland, said he was expecting to see a nice beach during his visit.

"I met a guy from Santa Monica and he said this was one of the best beaches," Vinengelen said. "If I was wearing a swimsuit, I would definitely go in."

melodyh@smdp.com. Alexandra Bissonnette contributed to this report

Santa Monica Daily Press

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Quake was minor

FROM EARTHQUAKE PAGE 1

The earthquake had about 1 percent of the energy of the Northridge quake, said Thomas Heaton, director of the earthquake engineering and research laboratory at the California Institute of Technology.

"People have forgotten, I think, what earthquakes feel like," said Kate Hutton, a seismologist at Caltech. "So I think we should probably look at it as an earthquake drill. ... It's a drill for the 'Big One' that will be coming some day."

Disneyland visitor Clint Hendrickson, 32, said he was in the Golden Horseshoe theater watching a show when the temblor hit.

"The ground moved and the chandelier started shaking," he said. "We are from Texas and we thought it was part of the show, until people started yelling, 'Get under the tables!'"

Attractions at Disneyland and Disney's California Adventure theme parks and at the Knott's Berry Farm theme park were temporarily closed for inspections after the shaking.

The quake interrupted a meeting of the Los Angeles City Council, causing the 27-story City Hall to sway just as Councilman Dennis Zine was criticizing a plan to increase trash fees.

"And there goes the earthquake — earthquake, earthquake, earthquake!" said Zine, as members of the audience began to cry out. "The building is rolling!"

California's Office of Emergency Services received scattered reports of minor infrastructure damage, including broken water mains and gas lines.

"Nothing serious enough to be an immediate threat to lives, but there is some disruption to utility service," spokesman Kelly Huston said. The damage was in the greater Los Angeles area.

Minor structural damage was reported throughout Los Angeles, along with five minor injuries and people stuck in elevators, said City Councilwoman Wendy Greuel, serving as acting mayor. She said there was flooding in one department store.

The California Department of

Transportation and California Highway Patrol were assessing freeways to check for damage. Traffic appeared to be flowing easily, however.

"I think we were very lucky with this one," Gov. Arnold Schwarzenegger said.

The jolt caused a fire but no injuries at a Southern California Edison electrical substation in La Habra, about 12 miles southwest of the epicenter, spokesman Paul Klein said. Damage there and to other equipment led to some power outages in Chino Hills, Chino, Diamond Bar and Pomona, he said.

Near the epicenter, all the customers of a Chino Hills Starbucks ran outside and bags of coffee beans fell off shelves, worker Jamie Saleh said.

"It was very, very strong. It was rolling and ... there wasn't a pause," said Saleh, 24. "It came on really strong and just kept going."

Chino Hills was incorporated in 1991, so much of the construction is newer and built to modern safety standards, said city spokeswoman Denise Cattern. She said there were no reports of harm in the city of 80,000, although cell phone service in the area was disrupted. The biggest employer in town, the school district, is out of session.

"At this point, the biggest impact we can report is getting through on cell phones. ... And a few little rattled nerves," Cattern said.

"It was dramatic. The whole building moved and it lasted for a while," said Los Angeles County sheriff's spokesman Steve Whitmore, who was in the sheriff's suburban Monterey Park headquarters east of Los Angeles.

In Orange County, about 2000 detectives were attending gang conference at a Marriott hotel in Anaheim when a violent jolt shook the main conference room.

Mike Willever, who was at the hotel, said, "First we heard the ceiling shaking, then the chandelier started to shake, then there was a sudden movement of the floor."

Chris Watkins, from San Diego, said he previously felt several earthquakes, but "that was one of the worst ones."

The Associated Press contributed to this report.

New program doesn't appease some residents impacted by fumes

FROM OFFSETS PAGE 3

setting emissions, the aviation industry and travel industry in general have been out in front when it comes to trying to find ways to reduce (carbon dioxide)," Russell Simon, the communications manager for the Carbon Fund said.

The Airport Commission reviewed the program at its meeting on Monday. Susan Hartley, one of the commissioners, said that while she is glad the airport is thinking globally, she believes it should think more locally.

"Letting pilots buy carbon offsets instead of curtailing their flights is a slap in the face to the thousands of residents suffering daily from the fumes," Hartley said. "SMO needs mandatory tug usage instead of permitting aircraft to taxi up and down the runway spewing their toxic emissions."

She added that there needs to be air quality and health risks studies conducted.

Martin Rubin, the director of Concerned

Residents Against Airport Pollution, said the carbon offset option doesn't offer relief to residents who live near the airport, emphasizing the need to ban the fastest jets from the airport. City Hall's prohibition on categories C and D aircraft is currently being challenged by the FAA in court.

"If the city can ban the faster aircraft they should also ban the most polluting aircraft," Rubin said.

The program is among several environmental initiatives taking place at the airport, including advocacy and waste reduction practices. The City Council is expected to approve the Santa Monica Airport Sustainability Plan in the fall.

"This plan will build upon existing efforts and implement new policies and programs that will make Santa Monica Airport the most environmentally sustainable general aviation airport in the United States," Shannon Parry, the sustainable city program manager for City Hall, said.

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Health benefits come up against bacterial risks

FROM MILK PAGE 3

setting overly restrictive limits on the amount of bacteria in dairy products.

“AB 1735 was basically a snow job, a sneak attack on raw milk in California,” McAfee said.

The current law requires that dairy products hold less than 10 coliforms per milliliter before they can be sold. Coliforms are bacteria commonly used to measure food safety levels, including both the harmful and benign forms of the E. coli bacteria.

Jay Van Rein at the California Department of Food and Agriculture said that once a dairy product fails three out of five of these coliform tests, the product is pulled from the shelves and cannot be sold until it passes the tests again. According to the department’s records, Organic Pastures raw milk products have failed the test 19 times this year, with products being restricted from sale four times before being reinstated. Claravale has failed the test nine times but has not had a product pulled off of the shelves yet.

“It’s literally impossible” to pass the tests, said Maurice Kaehler, who has worked for Organic Pastures for almost four years and often manages the farm’s stand at Santa Monica farmers’ markets to educate new customers about the benefits of raw milk.

Organic Pastures has been able to stay in business this year largely due to a temporary restraining order that was placed upon AB 1735 in March. In May, a state judge refused to turn the order into a preliminary injunction, placing raw milk dairies in danger of shutting down permanently unless the newly proposed bill passes in August.

Supporters of the new bill say that the current system depends too much on an arbitrary and unreliable system to determine the safety of raw milk. McAfee claimed that in one instance, a single sample of milk returned two test results saying there were zero coliforms and one saying that there were 15.

“Even the lab can’t figure out how many coliforms are in a milliliter of milk,” he said. “There are around 30 to 50 coliforms on one clean thumbprint. They’re looking for the wrong thing.”

The proposed bill would not replace the law currently in place. Instead, it would be set up as a parallel standard that farmers could choose to use instead of AB 1735. A member of Florez’s staff said that under the bill, farmers would develop an individual Hazard Analysis Critical Control Point (HCCP) plan which would need to be approved by Department of Food and Agriculture as a unique method of measuring each dairy’s food safety.

In addition, dairy products would be subjected to required pathogen tests instead of the current coliform test. Pathogens are agents, bacterial or fungal, that cause harm to humans, as opposed to coliforms, which are not always harmful to the human body.

“To put it straight, SB 201 is a food safety bill, 1735 is not,” McAfee said.

Bill Marler, a Seattle-based food poisoning attorney who has worked on several cases against raw milk sellers, is not only opposed to SB 201, but believes that raw milk should be made illegal altogether. He runs a food poisoning litigation blog, www.marlerblog.com, on which he lists lawsuits filed nationwide against raw milk distributors.

Although he supported Florez’s past efforts in increasing the safety of spinach after recent E. coli outbreaks and said that he respects the senator’s work in food safety, he plainly disagrees with his support of raw milk.

“My perspective on the consumption of raw milk is colored by the reality of what I see, which is a lot of sick kids that didn’t have to be that way if they were drinking pasteurized milk,” he said. “It’s my personal opinion that raw milk should not be available under any circumstances. What Sen. Florez is trying to do is make raw milk safer, but it’s never going to make it safe.”

McAfee said that while it is very possible to get sick from unclean dairy products, Marler fails to make some important distinctions about the kinds of milk that lead to illnesses.

“Bill is absolutely right,” said McAfee. “There are people who are getting sick. But why? One, their immune systems are shot. And two, what raw milk are they drinking? They’re drinking raw milk from God knows where, because raw milk is being forced into the black market. You do get sick when you have a mix between a pathogen-ridden product and a stripped immune system.”

Organic Pastures encourages first-time raw milk users to start slowly with a quarter of a cup a day for about four days, building up the body’s immunity to unfamiliar bacteria until it passes a threshold and can handle it without side effects such as stomach aches and diarrhea.

As for Marler’s examples of illnesses due to contact with E. coli, Listeria or Campylobacter bacteria linked to raw milk, McAfee said the statistics are skewed because the Center for Disease Control groups cases of pasteurization failure, raw milk cheeses, uncertified raw milk and legal raw dairy like his in the same category.

“They’ve got Listeria all over pasteurizers,” he said. “We’ve never had Listeria, and we’ve yet to find a pathogen ever in our milk.”

Santa Monica resident Susan Emmer stopped by the Organic Pastures stand at Saturday’s Farmers’ Market on Arizona Avenue to sample the farm’s milk. Emmer suffers from dairy allergies and relied on soy, almond and rice milk products until friends suggested that she try raw milk.

“I know a lot of people now that are drinking it,” she said. “I feel really lucky that I have this in Santa Monica.”

Kaehler explained to Emmer that those who are allergic to dairy or lactose intolerant can usually drink raw milk with no problems because a digestive enzyme is present in dairy and taken away in the pasteurization process.

Emmer liked the fact that the farm is USDA certified organic and the milk is sustainably produced. After speaking with Kaehler and sampling varieties of milk, she bought a bottle of the raw skim milk to try at home.

McAfee sees it as part of his mission to educate people like Emmer about the importance of integrating natural, beneficial bacteria into their systems by using natural products like raw milk.

“This is a very passionate fight for me,” he said. “The loss would be greater than our business. I’m so militant about the people’s right to choose because of people’s stories.”

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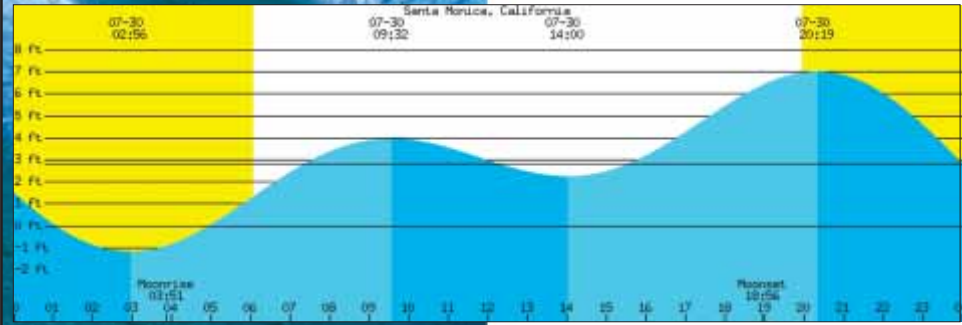
SWELL FORECAST (1-2 FT)

The 30th is when our next southern hemi is due from a storm that formed SW of Easter Island last week. This storm headed towards Peru, but it did throw some surf our way from seas that reached 35 feet in its fetch. This'll be angled from 180 or so for SoCal, bringing 16-second periods. Size is looking to run head high on the better sets around south facing breaks.

LONG RANGE SYNOPSIS

SATURDAY SHOULD STILL SEE THE NW WITH WAIST TO CHEST HIGH WAVES FOR WEST FACING BREAKS ...

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

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 -- 41 / 15

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

The Beach Report Card is made possible by



Heal the Bay reminds you not to swim or surf within 100 yards of any floating 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 Alces creeks	A+	ns
Escalante Canyon at El Matador 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 24672 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
Carbon 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 Del Air Bay Club drain near fence	A+	ns
Will Rogers State Beach at Palga Canyon storm drain	A+	ns
Will Rogers State Beach at Tennessee Canyon drain	A+	ns
Will Rogers State Beach at Santa Monica Canyon drain (Chantoupe)	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 those areas surveyed. Our lawyers are happy.

MOVIE TIMES

AERO THEATRE

1328 Montana Ave.

(323) 466-FILM

Duck, You Sucker (1972) (NR)

7:30

AMC LOEWS BROADWAY 4

1441 Third Street

Promenade

The X-Files: I Want to Believe (PG-13)

12:20, 1:20, 2:45, 4:00, 5:15, 6:30, 7:50, 9:05, 10:20

Get Smart (PG-13) 1hr 50min

2:15, 5:00, 7:40, 10:15

Hellboy II: The Golden Army (PG-13) 1hr 50min

1:30, 4:10, 7:00, 9:50

AMC 7 SANTA MONICA

1310 Third St.

(310) 289-4262

WALL-E (G) 1hr 37min

12:00, 2:20, 4:45, 7:15, 9:50

Step Brothers (R) 1hr 35min

12:45, 2:00, 3:15, 4:30, 5:35, 7:00, 8:05, 9:40, 10:30

Journey to the Center of the Earth - 3-D (PG) 1hr 32min

12:30, 2:50, 5:10, 7:35, 10:05

Wanted (R) 1hr 48min

2:15, 5:00, 7:45, 10:20

Hancock (PG-13) 1hr 32min

12:20, 2:40, 5:15, 7:30, 10:10

Space Chimps (G) 1hr 21min

1:05, 3:20, 5:30, 7:40, 10:00

LAEMMLE'S MONICA FOURPLEX

1332 Second St.

(310) 394-9741

Bustin' Down the Door (NR) 1hr 30min

1:40, 4:20, 7:10, 9:40

The Wackness (R) 1hr 35min

1:50, 4:30, 7:20, 9:45

Baghead (R) 1hr 24min

1:10, 3:20, 5:30, 7:40, 9:50

Take (R) 1hr 39min

1:30, 4:10, 7:00, 9:30

MANN'S CRITERION THEATRE

1313 Third St.

(310) 395-1599

Dark Knight, The (PG-13) 2hrs 30min

10:10 a.m., 11:30 a.m., 12:30, 1:30, 3:00, 4:05, 5:00, 6:30, 7:30, 8:30, 10:00, 11:00

Sex and the City (R) 2hrs 15min

12:10, 3:20, 6:40, 9:50

Mamma Mia! (PG-13) 1hr 48min

11:00am, 12:00, 1:40, 2:40, 4:15, 5:15, 7:00, 8:00, 9:40, 10:40

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

Drop anchor, Gemini

ARIES (March 21-April 19)

★★★★ Come from a strong base of knowledge and understanding. You know what is important; someone calls on you to take a stand. Push comes to shove if you have too much going on. Focus on one item at a time. Tonight: Head home.

TAURUS (April 20-May 20)

★★★★★ Communication opens. You see life from a more renewed, vital perspective. Of course you would, as there is so much on your plate. Your ability to zero in on what is important emerges. Use your ingenuity with problem-solving. Tonight: Fun and games.

GEMINI (May 21-June 20)

★★★★★ Nestle in and make sure you understand what is going on. You have energy and vitality on your side. You have a way of understanding much more than you believed possible. Plusses outweigh minuses. Tonight: Anchor in.

CANCER (June 21-July 22)

★★★★★ You deal with others directly and with ease. Though communication could be stiff and difficult, you must realize that sometimes opening a door can be hard, if nothing else. Loosen up and share more. Tonight: What would make you smile?

LEO (July 23-Aug. 22)

★★★ Know when to say nothing. Know when to do something. Today, evaluate rather than act. You might want to get your ducks in a row or make sure you actually are heading in the appropriate direction. Tonight: Say what you feel only to a trusted companion.

VIRGO (Aug. 23-Sept. 22)

★★★★★ Investigate and follow through on what needs to happen. You understand much more than others think. Focus on meetings, and zero in on a goal. Do not allow someone's energy to distract you. The time is now. Tonight: In the thick of living.

LIBRA (Sept. 23-Oct. 22)

★★★ Others take a stand. Professionally, you do make a difference to many. Step up to the plate and take action. No one handles a situation the way you do. Investigate and see which course to take. Explain where you are coming from. Tonight: Burn the candle on both ends.

SCORPIO (Oct. 23-Nov. 21)

★★★★★ Look beyond the obvious. Extract yourself from a situation rather than be a player. You know what you want, but with distance, you will see a situation a lot differently. Zero in on what you want. Tonight: A must appearance.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★★ Make working with one other specific person your pleasure. The two of you make one strong and unbeatable team. Trust your abilities and insight. A boss could be angry or difficult if you take a stand. Tonight: Talk over munchies.

CAPRICORN (Dec. 22-Jan. 19)

★★★★★ Others are clear. They will do whatever they need to do in order to make a point. You can count on this fact. Relax, and work with others, allowing them to have their head. Sometimes people need to understand the consequences of their reactions. Tonight: So many invitations.

AQUARIUS (Jan. 20-Feb. 18)

★★★★★ Emphasize productivity and what you can get done. You might want to ask a partner for some extra help. He or she offers much of what you don't. Lighten up and work with the status quo. Tonight: Easy does it.

PISCES (Feb. 19-March 20)

★★★★★ Allow your creativity to bubble forth. If you understand what needs to happen, you can find the right path. You have endless resources with your imagination. Tap into it more often – even when just stating your case. Tonight: Let your hair down.

Happy birthday

Observe a tendency to overthink this year or to spend too much time alone. Know when to put a halt to this behavior, as it could be self-destructive. Try not to internalize comments or be overly critical. If you decide to do some therapy or yoga, you will grow by leaps and bounds. If you are single, check out that special person with care. He or she might not be all you think or he or she is. 2009 is a great year to find that special person. If you are attached, hide out more often together, and watch the embers of love burst into flames. CANCER reads you cold.

JACQUELINE BIGAR'S STARS

The stars show the kind of day you'll have:

★★★★★Dynamic

★★ So-So

★★★★ Positive

★ Difficult

★★★ Average

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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 ★★★

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

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

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

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Girls and Sports

By Justin Borus and Andrew Feinstein

INTRODUCING: "THE MARRIED GUY"

I GOT BASEBALL TICKETS FOR FRIDAY

THAT'S NOTHING!! WHEN I WAS SINGLE, I WENT TO A GAME IN EVERY MAJOR LEAGUE STADIUM IN ONE YEAR!!

THEN I WENT TO EVERY MINOR LEAGUE STADIUM JUST FOR THE HECK OF IT!!

HUH...I WOULDN'T HAVE GUESSED THAT ABOUT YOU

AND I ATE A MINIMUM OF FIVE HOT DOGS AT EACH AND EVERY GAME!!

THAT I MIGHT'VE GUESSED

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The Meaning of Lila

By John Forgetta & L.A. Rose

WOW, THAT GUY IS RIPPED.

HOW DOES SOMEONE GET A BODY LIKE THAT?

EXERCISING REGULARLY, DIETING AND NOT DRINKING ALCOHOL.

I SAY GENES.

Me, TOO.

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The Other Coast

By Adrian Raeside

OK, YOU'VE BEEN CHARGED WITH 762 COUNTS OF AUTO THEFT...

VISITOR HOURS

BUT AS YOUR ATTORNEY, I'VE COME UP WITH THE PERFECT DEFENSE...

VISITOR HOURS

YES, MY CLIENT STOLE THOSE VEHICLES, BUT THEY WERE ALL SUVs.

NOT GUILTY BY REASON OF INSANITY.

©2008 Brian Dog Productions, Inc. Dist. by Creators Syndicate, Inc. 7-30

Garfield

By Jim Davis

THERE IS NOTHING LIKE A FRESH VEGETABLE

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AND LET'S KEEP IT THAT WAY!

Text: GARFIELD © 22646 US ONLY

JIM DAVIS 7-30

Dog eat Doug

By Brian Anderson

C'MON, YOU TWO. WE'RE GOING TO CALL GRANDMA AND GRANDPA WITH THE WEBCAM.

HI!

GO ON! WAVE TO THEM AND SAY HI!

OH, LOOK AT YOU! YOU'RE BOTH GETTING SO BIG! ARE YOU BEING GOOD FOR MOMMY AND DADDY?

I NEVER KNEW OUR GRANDPARENTS WERE KRYPTONIANS BANISHED TO THE PHANTOM ZONE.

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The Dinette Set by Julie Larson



Strange Brew

By John Deering



Speed Bump

By Dave Coverly



MYSTERY PHOTO

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 40 Stood
1 Traverse 41 Urges
6 Dictionary 42 Magnet entry ends

10 Scout's job
11 Pacific island group
12 Perfect
13 Chain of hills
14 Bender
15 Missis-sippi explorer
16 McShane of "Dead-wood"
17 Army sack
18 Twisty turn
19 Prevailing weather patterns
22 Fight memento
23 Monkey's uncles
26 Climbing plant with flowers
29 Lamb lament
32 Mayday call
33 Chapeau
34 Un-scripted lines
36 Doll's cry
37 Israel's Meir
38 Cruise ship
39 Avarice

DOWN 1 Reviewer
2 Gives out new hands
3 Marine
4 Take wing
5 NBC show since 1975
6 Bawl
7 Classic song
8 Storms
9 Some love songs
11 League members
15 Take notes
17 Site of a noted cave complex
20 Comic Bernie
21 Relaxing spot
24 Gas alternative
25 Cat variety
27 Dawn goddess
28 Icy looks
29 Like some jeans
30 Worship
31 "Sleeper" director
35 Midmonth day
36 Painter
38 Pool unit

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

Yesterday's answer

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 1, 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			

DAILY LOTTERY

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

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

Fantasy 5 1 17 31 33 38

DAILY 3 MIDDAY: 6 5 1
EVENING: 8 2 6

DAILY DERBY 1st: 02 Lucky Star
2nd: 01 Gold Rush
3rd: 09 Winning Spirit
RACE TIME: 1:44.76

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

■ Luxury toilets were introduced in hygiene-sensitive Japan in the 1970s, and within 20 years, models were available to automatically heat bottom-splashing water, take health readings of bodily emissions, and supply music and "white noise" to mask the movements, as News of the Weird noted in 1990 and 2001. Though the world is more environmentally conscious, and Japan is among the leaders among industrial nations in energy conservation, the country has not been able to shake its obsession with smart toilets, which consume more electricity than dishwashers or clothes dryers, according to a June Washington Post dispatch from Tokyo. Said one energy consultant, "For hygiene-conscious Japanese, the romance with these toilets is equivalent to the American romance with the Hummer."

■ A 28-year-old woman, unnamed by the Kitsap (Wash.) Sun, was arrested in May and charged with stealing her husband's wallet and subsequently assaulting an arresting officer. According to deputies, she had awakened her husband, 24, demanding sex, but he had rebuffed her by insisting that from that point on, the two of them would quit smoking, drinking and cussing, limit their sexual activities and be "good Christians." Part or all of that did not sit well with the wife, and police arrived to witness her screaming (described as "blood-curdling"), swearing, slamming doors and complaining about her unsatisfactory sex life, while carrying around a large bottle of whiskey. At one point, she allegedly tossed the couple's 20-pound dog at a deputy (who caught it safely).

TODAY IN HISTORY

1619 the first representative assembly in America convened in Jamestown, Va.

1729 the city of Baltimore was founded.

1792 the French national anthem "La Marseillaise," by Claude Joseph Rouget de Lisle, was first sung in Paris by troops arriving from Marseille.

WORD UP!

pusillanimous \pyoo-suh-LAN-uh-muh-\, *adjective*: Lacking in courage and resolution; contemptibly fearful; cowardly.

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Rent

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Commerical Lease

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Lost and Found

Personals

Psychic

Obituaries

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Employment

MOBILE Route Tech -Local Automotive Interior Repair Company looking for route tech to service auto dealers.in the Santa Monica area No experience nec-essary Candidate must be professional and self-motivated with strong cus-tomer service skills and good hands on mechanical aptitude.Candidate must have a valid Drivers license with a clean driving record We offer competi-tive wages and training salary.Company vehicle provided.Call (951)704-3452 to set an interview.or email resume to frank.hallberg@gmail.com

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Employment

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ACCOUNTING DEPARTMENT of Beverly Hills Talent Agency has entry level F/T position available AccntsRecClerk. Send resumes with qualifications to: HR34@apa-agency.com

CASHIER, P/T for busy car wash in Cul-ver City. \$12.50/hr. FAX resume to (310) 313-1455 or email to patricial-riley@hotmail.com.

GIVE OF YOURSELF volunteers wanted at the discovery shop. Help us contrib-ute to the American cancer society by spending 4 hours per week assisting in our resale shop in Santa Monica. Con-tact Terry or Shaunna at (310)458-4490

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North of Montana	=	\$ 4,260,074	\$ 2,184,476
Between Wilshire & Montana	=	\$ 3,559,750	\$ 1,032,831
South of Wilshire	=	\$ 973,564	\$ 680,106
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