

# Santa Monica Daily Press

Since 2001: A news odyssey

LAMB DONE RIGHT  
SEE PAGE 7

THE GOOD LIFE ISSUE



Brandon Wise [brandonw@smdp.com](mailto:brandonw@smdp.com)

**ON THE WAY OUT:** Aging homes located on High Place, a small nook in the Pico Neighborhood, will be razed to make room for affordable housing.

## Homeownership about to become affordable

**BY MELODY HANATANI**  
Daily Press Staff Writer

**PICO NEIGHBORHOOD** Owning a home in a city that boasts million dollar houses and condominiums is about to become a lot more feasible to the five-figure income population.

Community Corp. of Santa Monica, the largest producer of affordable living in the city, is currently planning a development that will give moderate-to-low income families the opportunity to go from renter to owner.

The project, the first of its kind by CCSM, will be situated at 1943-59 High

Place, a small nook in the Pico Neighborhood, the property hosting a collection of single-family homes and duplexes, some of which are still occupied by tenants.

CCSM plans to hire a relocation consultant who will help the residents secure another place to live, the non-profit paying the difference between the tenant's future rent and their current lease. Others might qualify for CCSM housing elsewhere in the city.

The scattering of homes will be demolished and replaced with a three-story development that will include 45 three-bedroom units, all of which will be made available for

qualifying moderate income families who can secure a bank loan.

Moderate income is defined as \$72,000 a year for a family of four or \$57,000 for two people.

The non-profit builder has owned the site since 2002.

Preference will be given to Santa Monica residents and full-time workers in the city.

The condos will be priced at \$225,000 each, which is one-third of the market-rate equivalent.

"I think we're providing a product that many residents and workers would want,"

**SEE HOMES PAGE 12**

## Learning the secrets of a low-carb diet

**BY ALEXANDRA BISSONNETTE**  
Special to the Daily Press

**MAIN LIBRARY** There is a new reason to feel guilty about eating those juicy cheeseburgers and it has nothing to do with dreaded love handles or the slaughtering of a cow. Instead, it's the environment that's at stake.

Whether you're having brie with Bordeaux, a cheeseburger with bacon, curried lamb and rice, or a shrimp cocktail, odds are your carbon footprint is a few sizes larger than you imagined — even if you buy organic and sometimes even when the food is "locally" grown.

Helene York, director of Bon Appétit Management Company Foundation, a non-profit think tank aimed at educating consumers, was at the Santa Monica Library on Tuesday evening spreading the word about sustainable eating.

"I'm here to give you something new to chew on," York told an audience of environmental activists eager to learn more about sustainable eating.

The "going green" trend has been spreading across the nation, leading consumers to think more about how their decisions are impacting their environment. Reusable plastic bottles are increasingly popular, people are bringing their own shopping bags to the grocery store, and the gas crisis has led many to buy a hybrid or pick up a bike.

But the fact is, even if you ride your bike to a local restaurant to get your quarter-pound cheeseburger, you are contributing to greenhouse gas emissions. It's not coming from your bike, but it's definitely coming from the cow.

The Food and Agriculture Organization of the United Nations (FAO) estimates that roughly 18 percent of global greenhouse emissions comes from the livestock sector. That number looks at emissions down the chain, or as York put it, "from feed to fill."

To illustrate how these numbers are identified, York used the example of a simple purchase of brie. The French cheese comes, obviously, from a cow. The cow is first fed grain — that's where the feed comes in — and that field of grain has been fertilized with herbicides and pesticides. That means

**SEE DIET PAGE 13**

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## Calendar

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THURSDAY, JULY 31, 2008

Santa Monica Daily Press

A newspaper with issues

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## WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



### 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.

### 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.

## Friday, Aug. 1, 2008

### Attending mass

Santa Monica Pier, 6:30 p.m. — 9 p.m.

Anyone who takes an interest in exercising and helping the environment should join Santa Monica Critical Mass, a group devoted to cruising the streets of Santa Monica and Venice. The group is a call for better cycling facilities, an alternative to car culture, and a merry ride with friends on the first Friday of every month. To join and bike ride with Critical Mass, visit [www.SantaMonicaCriticalMass.org](http://www.SantaMonicaCriticalMass.org).

### Calling all gymnasts

5433 Beethoven St., Multiple times

Broadway Gymnastics School offers youth, kinder, special education and competitive team camps every weekday through Aug. 29. Sign-ups are available for the day, week or entire summer. The spectacular gymnastics and sports camp incorporates exercise and education into a fun-filled day program. Gymnastics paired with other sports as well as art, drama, fieldtrips, and swimming ensure children will get the most out of each day. Camp is filled with an exciting array of activities to captivate all ages. Before and after care is available and can be arranged at registration. Visit [www.broadwaygym.com/summercamps2008.php](http://www.broadwaygym.com/summercamps2008.php) or call (310) 450-0012 for more information.

### Salsa the night away

1334 Lincoln Blvd, 7:15 p.m. — 10 p.m.

Beginners and experienced salsaeros alike can pick up new moves at Isabelle Pampillo's Friday Socials in Santa Monica. The night consists of a 90-minute class followed by a social hour of drinks and dancing where dancers can practice their dips and turns. There is a \$20 charge for the class, dancing and drinks. For information, call (310) 392-3493.

For more information on any of the events listed, log on to [smdp.com](http://smdp.com) and click the "Events" tab for the given day's calendar.



# RIFT divides neighbors, friends

BY MELODY HANATANI  
Daily Press Staff Writer

**JAMS** They came marching around the corner, game faces on, ready to take on their opponents, clutching their weapon of choice — home-made signs that advocate the passage of a contentious ballot measure.

The two adversarial factions — a group of residents who support the Residents' Initiative to Fight Traffic and a coalition that formed in response — faced each other in

front of John Adams Middle School, the only divider a strip of sidewalk.

With that the smiles broke out, the handshakes, pats on the back and "how are you doing," the greetings between neighbors, colleagues and friends, some who have campaigned together for other causes, but just can't seem to agree on the issue of development in the city.

The rally of pro-RIFT residents on Wednesday, supporting a proposal that would limit commercial growth, was called

to stand in during the official unveiling of Save Our City, a campaign formed specifically with the intent to defeat the initiative.

"After November, we're still going to be neighbors and friends," Terry O'Day, one of the co-chairs of the anti-RIFT group, said. "But it's important to get the message out that there are unintended consequences [in a measure] written by well-intended folks who didn't think it all the way through."

While the gathering brought together residents who otherwise consider each other

friends, some even serving together on neighborhood organization boards, the conference was strictly about an initiative on which they strongly disagree.

Save Our City calls itself a historic coalition, one that represents a diverse spectrum of the community, from teachers to religious leaders, from historic preservationists and homeowners to renters rights advocates.

The supporters include familiar faces in

SEE INITIATIVE PAGE 14



Photo courtesy Ed Rode

**REJOICING IN HIS FAITH:** Mike Farris (center) headlines the Twilight Dance Series concert tonight at the Santa Monica Pier.

## From the pews to the pier

### Twilight Dance Series acts play a unique brand of gospel-rock

BY CHRISTINA YOON  
Special to the Daily Press

**SM PIER** It has been said that one should never discuss religion or politics in polite company. Then again, Santa Monica has never been a community known for its courteous restraint.

Tonight starting at 7 p.m., the pier will replicate the raucous, exuberant Christian

revivals traditional in the deep South. While headliners Mike Farris and Michelle Shocked are both outspoken about their own Christian beliefs, they are also quick to clarify that tonight's Twilight Dance Series concert is not designed to alienate those who don't share the same faith. Instead, the evening's sermon will be about the transcendent power of rock 'n' roll.

"I don't want to preach to people. I just

want to paint beautiful pictures and make people feel," Farris said.

He credits both his Christian faith and his love of music for saving him from years of substance abuse and addiction. As the founder of the band the Screamin' Cheetah Wheelies, Farris had a Top 10 rock radio hit and toured with bands including Dave

SEE CONCERT PAGE 11

## Preparing for the 'Big One'

BY DAILY PRESS STAFF

**CITYWIDE** While Tuesday's 5.4 earthquake caused no major damage in the Southland, it served as a reminder of how quickly things can change and how everyone should be prepared in case the "Big One" strikes, public safety officials said.

The Santa Monica Red Cross advises people to be ready for the unthinkable by having seven days worth of food, water and other necessities set aside.

The Red Cross, in conjunction with the city of Santa Monica, recommends:

- Having a week's supply of nonperishable food and water.
- A battery-powered radio, flashlight and extra batteries.
- Fully stocked first aid kit.
- Have cash on hand since ATM machines and credit cards are useless without power.
- Sturdy clothing — especially long pants, long sleeve shirts, hard-soled shoes and gloves — are good to have in an emergency.
- Make sure you have special needs for your family such as medicine, eyeglasses, sanitary supplies, matches, blankets and sleeping bags, plastic sheeting, passports

SEE EMERGENCY PAGE 12

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LETTERS TO THE EDITOR  
Send comments to editor@smdp.com

Constructive criticism  
Editor:

Let me add my 2 cents to the comments that were made regarding the [Glow] festival last week. I also found that the crowd was overwhelming and I felt uncomfortable at one point while on the pier, fearing it might collapse. The “art work” was too distant apart and difficult to access (such as the light display on the sand) for some older folks. I didn’t know what was going on half of the time and was going from one area to the next, getting tired and frustrated. I didn’t even know about anything happening under the bridge. There were too few volunteers on hand to inform/direct people.

Reading a newsletter from the French Embassy in Washington I learned that the festival was a take on the “Nuit Blanche” event held very successfully in Paris every summer. The display of the light and glass work that they pictured on that newsletter was not shown in Santa Monica. Why?

My suggestion is that next year you do a more compact art display on the same Glow theme with more traditional artwork mixed up with modern ones. Frankly I was not impressed – none of what was shown seemed to be of high international caliber, or perhaps I missed it! Why don’t you envisage doing a “Light and Sound” show like they have in most cities in Europe? The ones in Versailles and in Luxor, Egypt are spectacular!

I realize the SM Pier might not be a work of art in itself, but I’m sure talented light artists and musicians can create a stupendous effect. There are international artists such as Christo and Eliasson who could, I am sure, be a source of inspiration. Perhaps your Glow committee could research their work and get some great ideas.

These are my observations and I hope you can take some of my recommendations into consideration. The show was definitely not spectacular, but all in all I’m glad that the restaurants and various vendors had a successful evening, and some of us had fun eating and drinking.

Danielle Avidan  
Pacific Palisades

Putting on the brakes  
Editor:

Santa Monica is a special, ocean-side city of over 90,000 and growing. Packed into 8.26 miles, what about the impact of incessant growth and it’s impact on quality of life? As of now, Santa Monica has traffic grid-lock, non-stop construction everywhere, and parking problems. Our City Council is being compromised by commercial and development interests. What good is a robust tax base when our city is choking to death on unlimited growth? Enough already. Thank goodness for the RIFT initiative.

Ruth Rosen  
Santa Monica



The Soap Box  
Bennet Kelley

Send comments to editor@smdp.com

Operation Club Med

FOR FIVE YEARS, THE BUSH administration has played wack-a-mole with the American people as to why we are in Iraq, with a new justification quickly spawning after the hollow core of the prior position was exposed.

WMDs was followed by fighting Al Qaeda and ultimately bringing democracy to the Middle East.

This week the proverbial mole may have met his maker and exposed the true reason why a million Americans have been put in harm’s way.

In May 2004, President Bush explained that our mission in Iraq was “to see the Iraqi people in charge of Iraq for the first time in generations.”

A week into his second term, Bush said he would “absolutely” honor any request for withdrawal of U.S. troops by a sovereign Iraqi government, only to then ignore multiple request over the next three years and polls showing near unanimous support among Iraqis for a timeline for withdrawal.

All this was laid bare this month as the Iraqi government went on the offensive in its call for U.S. withdrawal by 2010. Far from embracing the desires of a sovereign Iraq, the White House instead feebly attempted to claim Prime Minister Maliki’s statement was mistranslated, while the McCain camp argued that Iraqis really want the U.S. to stay until 2020. Apparently their view of a “free Iraq” is an Iraq that is free to do what we tell them to do.

The Iraqi demand for a deadline for withdrawal of U.S. troops comes in the context of ongoing negotiations with the U.S. over a Status of Forces (SoF) Agreement in which the White House is seeking to define its legacy through (i) an indefinite occupation; (ii) more than 50 permanent bases (including five mega-bases); (iii) the unlimited ability to pursue the “war on terror” in Iraq (including ability to arrest Iraqis without consulting the government); (iv) control of Iraqi airspace below 29,000 feet; (v) supervision of Iraq’s defense, interior and national security ministries for 10 years; and (vi) immunity for U.S. forces and contractors. In addition, the U.S. wants the right to unilaterally determine whether an act by another country (i.e., Iran) constitutes a “threat” to Iraq and respond as it deems fit in order to “protect” Iraq.

The Iraqis have rejected this invitation to be an American colony as “arrogant” and an affront to their sovereignty, but the White House is playing hardball and recently cost the Iraqis \$5 billion by blocking the transfer of certain Iraqi currency reserves out of the declining dollar.

From the start of the occupation, the Bush administration has shown little regard for Iraqi sovereignty and international legal prohibitions against making significant changes to the legal and political institutions of an occupied country.

Instead, the administration pursued what former World Bank chief economist Joseph Stiglitz characterized as “an even more radical form of shock therapy than pursued in the former Soviet world,” as it completely reshaped Iraq’s legal and economic regime to turn it into a Club Med for corporate interests.

The shock therapy was administered by Paul Bremer, who headed the Coalition Provisional Authority, through 100 separate Orders which suspended all tariffs and import fees (Order 12); immunized foreign contractors (Order 17); sold off 200 state-owned enterprises through 40-year ownership licenses (Order 39); allowed foreign corporations to fully own Iraqi businesses and remove profits tax free (Order 39); cut corporate income taxes by two-thirds through a 15 percent flat tax (Order 49) and prohibited Iraqi farmers from reusing seeds without paying a license fees to agribusinesses such as Monsanto (Order 81).

FROM THE START OF THE OCCUPATION, THE BUSH ADMINISTRATION HAS SHOWN LITTLE REGARD FOR IRAQI SOVEREIGNTY AND INTERNATIONAL LEGAL PROHIBITIONS AGAINST MAKING SIGNIFICANT CHANGES TO THE LEGAL AND POLITICAL INSTITUTIONS OF AN OCCUPIED COUNTRY.

One of the few laws to remain untouched by Bremer, however, was Saddam’s restrictions on unions and collective bargaining.

The Bush administration also has ignored Congressional restrictions on the use of government funds “to exercise United States control over the oil infrastructure or oil resources of Iraq,” as the State Department recently assisted the Big 5 oil companies in winning rights to develop some of Iraq’s largest oilfields. Soon they will join Halliburton and others who have made billions off the war while protected by our troops.

The current spat over the SoF Agreement once again raises the question of why we fought this war to begin with. After five years of war at a cost of approximately \$539 billion, 90,000 Iraqi lives, over 35,000 American soldiers wounded or killed, we now know what we suspected all along — that Operation Iraqi Freedom was never about liberating the people of Iraq but instead about liberating its assets for foreign exploitation.

With or without the SoF Agreement, Bush’s legacy is secure. While other presidents have failed the American people in one way or another, no president has failed, deceived or betrayed the American people like George W. Bush.

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A drunk driver ruined something precious. Amber Apodaca.

Friends Don't Let Friends Drive Drunk.

Photo by Michael Mizzno

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Meredith C. Carroll

Send comments to [editor@smdp.com](mailto:editor@smdp.com)

# Pre-delivery distress

**DESPITE WHAT I USED TO SCRIBBLE IN** my journal during the countless miserable weekends I spent being grounded in my bedroom as a kid, I think I've always known deep down the type of parent I'd be someday. Which is exactly what I suspect is now keeping me up at night.

My husband and I have spent our weekends over the past several months attempting to complete baby projects in anticipation of next month's arrival.

Recently we divided up a shopping list in Target, filled with everything from diapers to a nasal aspirator, but after loading up his cart, Rick found me in the same exact spot where we had initially separated 35 minutes earlier.

"What are you doing? Your basket is still empty," he noted incredulously.

The thermometers had me hypnotized. How was I supposed to know if the best one was the oral one, the rectal one, the one that goes under the arm or the one that goes in the ear? And what if I chose the right one only to stick it in the wrong place? Would the baby be traumatized? It was one of my first important decisions as a mother, and it seemed wrong to screw anything up before even going into labor.

Then a friend got me nervous because we hadn't put our name on preschool waiting lists yet.

I got a little defensive. "But this isn't the Upper East Side of Manhattan. How hard can it be to get into preschool when the baby isn't even born yet?"

Still, we called three recommended programs in the area and, sure enough, the lists were already at least two and a half years deep.

One of the places mailed some information explaining its student-driven, rather than teacher-directed, philosophy. Which made me wonder why we'd be spending several thousand dollars a year to send a kid there at all. It seems to me that if we want a 2-year-old to wreak havoc while adults simply watch and smile from the sidelines, it would be easier to stay home, serve Red Bull and Pixy Stix for lunch, and hope for the best.

Then my sister put the fear of God in me the other day because I still don't have all the parts for the breast pump she gave me.

"I bought mostly everything, but they didn't have the tubing at the store. I think they'll give that to me in the hospital, though," I said.

I could hear her jaw drop over the phone. "Seriously? If you have any trouble breast-feeding and need to pump but don't have the tubes when your milk comes in, then you'll have no choice but to wait until the part arrives in the mail, and, in the meantime, the baby will have to be fed formula and you'll be beside yourself with pain from being engorged and won't be able to sleep, so you'll be a wreck and make everyone around you miserable," she scolded me.

There's also been the ongoing issue of the bedding. We had the room painted months ago, and since that time I've been on the hunt for the perfect crib quilt.

Of course, babies aren't actually allowed to sleep with quilts in their cribs, yet I've still been driving myself, and those around me, somewhat batty in search of the perfect one. There was one I thought I liked from Pottery Barn Kids, but when I actually saw it in person I knew instantly it was all wrong. So I ordered another one only to feel lukewarm about it when it arrived.

Last month I started hitting the refresh button on the computer 10 times a day waiting for the fall line to appear. I even went so far two weeks ago as to call them up and plead with one of the customer service representatives to describe the new quilts to me over the phone.

"When's the kid making its debut?" my dad asked for the nth time this week.

"There's still a few more weeks to go," I reminded him.

"I bet the baby heard about you and is too scared to come out," he said, cracking himself up.

Sure, I've done my due diligence and studied up on tar-colored poo, vaccines, RSV, BPH-free bottles and the benefit of organic onesies.

But my real question is if the baby will actually like me. Is it possible that I could give birth to the one child in history who recognizes instantly that its mother is a louse? A louse who failed to pick the correct valance for the bedroom window?

Who were Rick and I kidding when we thought I was together enough to be responsible for another life besides our houseplant? I suppose therapy was invented for kids born to people like me. Poor baby.

E-mail questions or comments to [meredithccarroll@hotmail.com](mailto:meredithccarroll@hotmail.com).

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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.



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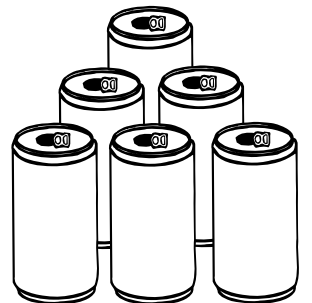
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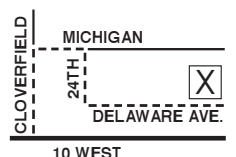
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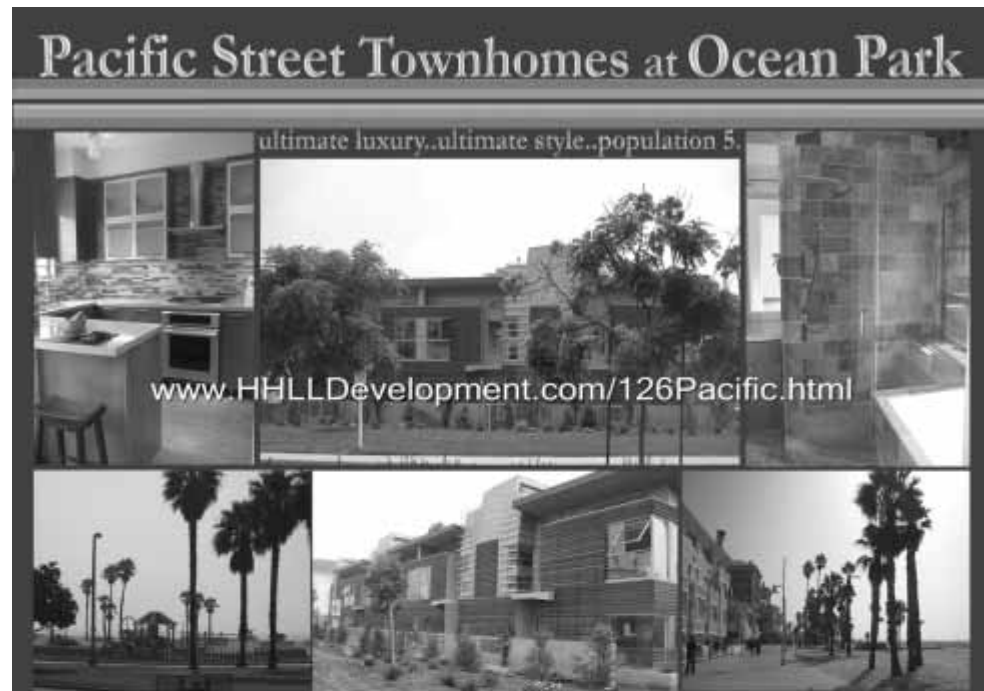
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**Kitchen Vixen**  
Elizabeth Brown

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# One seductive salad

**THE KISS. IT'S THE NAME OF MY FAVORITE** painting and my favorite experience. The most important one is that first kiss. It can make or break a relationship. You either feel it or you don't. Kissing is one way to "feel it" while still behaving like a lady or a gentleman.

Because I am The Kitchen Vixen, people don't automatically think "soft and sweet" but instead expect leather and lace and recipes for attracting sex. I often get asked for advice about the best aphrodisiacs. An aphrodisiac is anything that is believed to increase sexual desire. It could be an object, beverage or food.

Oysters are one of the best known aphrodisiacs. Their popularity grew out of their shape. Look at an oyster and you'll see what I mean.

Oysters also happen to be the richest source of zinc from any one food source. Zinc is a primary ingredient, so-to-speak, in the production of sperm. Perhaps that is the reason men claim to be affected by oysters.

Aphrodisiacs initially gained recognition during ancient times when food was scarce, nutrition was poor and libidos were low. Associations were drawn between certain foods and increased sex drive and voila — magic potions for love.

While working as a diabetes educator, a national news company interviewed me about aphrodisiac claims. I remember telling the interviewer that I often saw married male patients only when they were not able to fulfill all of their husbandly duties. When diabetes affects that aspect of life, it has gone uncontrolled for far too long. On the plus side, at least something was motivating them to change.

I became a diabetes educator because I felt that the way I would teach diabetes sufferers to eat is the way I would teach everyone to eat. The misconception about diabetes is that eating too much sugar or processed carbs causes the disease. In reality, diabetes is genetic. It presents itself, more or less, when someone is inactive. The muscle cells become lazy and do not use sugar the way they should. Yes, reducing processed carbs and sugars will definitely help, but activity is the best medicine of all.

Aside from being active, and this goes for everyone, eat a diet loaded with colorful, antioxidant rich fruits, vegetables and heart-healthy fats. These are the foods that might protect us all from chronic diseases and the ever thwarting signs of aging.

Try this aphrodisiac salad with all of those coveted nutrients including zinc from

## Aphrodisiac Salad (Double if making for two)

### Ingredients

- 2 tsp. apple cider vinegar
- 2 tsp. olive oil
- 2 tsp. honey
- 2 cups arugula (arugula's peppery flavor complements the sweetness of the berries, much like the perfect couple — sweet and spicy)
- 1/2 cup blackberries
- 1/2 cup raspberries
- Squeeze of fresh lemon juice
- 1 Tbsp. pine nuts
- 1/4 ounce dark chocolate

### Procedure

In a large salad bowl, pour in equal portions of apple cider vinegar, olive oil and honey. Mix with a fork. Add two big handfuls of arugula. Toss with dressing. Add 1/2 cup each of blackberries and raspberries. No aphrodisiac salad would be complete without "fruit nipples." Squeeze some lemon juice onto the salad, just enough to sprinkle with flavor and extra antioxidants. The lemon helps to pull together flavors similar to salt but acts as a diuretic, unlike salt. Sprinkle with pine nuts and shaved dark chocolate. Cut slivers using a sharp knife. Apply just enough chocolate to decorate the salad. A little goes a long way to perfectly compliment the flavors of the sweet berries and spicy greens.

Per serving: 290 calories, 16g heart healthy fats, 36g carbs, 9g fiber, 5g protein.

pine nuts (a source less obvious than oysters) along with fresh berries (a.k.a. fruit nipples) and arugula, which was known throughout ancient times as Rocket! Don't forget dark chocolate. Women know of its powers. Men, you will have to give some to your lady and judge the results for yourself.

Whether your meal is meant to win a heart, steal a smooch or solicit a night of unbridled passion, just remember, its all about the K.I.S.S.— Keep It Simple Sweetie. This recipe is so simple, light, yet satisfying. You'll have plenty of energy for whatever transpires.

ELIZABETH BROWN is on a mission to save the world-one energy enhancing, disease fighting recipe at a time. See her in action creating this recipe on YouTube at <http://www.youtube.com/user/TheKitchenVixen>. You can also hear her each week at [www.TheWeekendWorkout.com](http://www.TheWeekendWorkout.com) or 8-9 p.m. every Sunday night on radio station KLAA 830 AM. For more information contact her at [eat2liv@earthlink.net](mailto:eat2liv@earthlink.net)

## Maine's lobster lovers shelling out less this year

**BY CLARKE CANFIELD**  
Associated Press Writer

**PORTLAND, Maine** It's peak season for lobster and tourism in Maine, yet consumption of this crustacean has fallen to the point where it costs no more than sliced turkey in parts of New England.

A solid harvest and diminished demand from diners adjusting to the weak economy have pushed the retail price of lobster in Maine beneath \$6 a pound, tightening the financial squeeze on fisherman struggling with soaring fuel prices.

While fewer locals and tourists overall are shelling out for lobster dinners, some say the affordability — at a time when most food prices are rising — has encouraged them to eat more of the seafood delicacy than usual.

Maine is the nation's lobster breadbasket with fishermen last year hauling in 63 million pounds, about 80 percent of the U.S. catch, worth \$280 million. Lobster prices are volatile throughout the year, with the highest prices in winter and spring. They typically decline in summer, when fishermen begin catching lobsters in abundance in the cold waters off Maine's rocky coast.



# Real Simple Food

Amanda Cushman

Send comments to [editor@smdp.com](mailto:editor@smdp.com)

# Lamb that goes bam!

I HAD A VERY DELICIOUS AND SATISFYING meal recently at Bandera on Wilshire Boulevard and Barrington Avenue. The service was attentive and professional, the atmosphere soothing and romantic and the food was fabulous.

We ordered a couple of appetizers suggested by our friendly waiter — a grilled artichoke cooked beautifully and crab cakes that were on par with my own (which I have always thought of as far surpassing most restaurants). The artichoke was salted perfectly and grilled until tender with a smoky flavor, served with an aioli sauce that was garlicky and light.

The texture of the crab cakes was moist and flaky with none of that breadcrumb filler that many places use. The mustard sauce they were served with was pungent and lemony and a perfect pairing with the richness of the crab meat.

We moved on to lamb chops that were cooked to perfection (medium rare and juicy) and the accompanying sautéed spinach and mashed potatoes were just right. The spinach had been sautéed until just wilted and had a fresh citrus flavor while

the mashed potatoes were rich and creamy. My husband ordered sea scallops that came with a white bean ragout, both of which were cooked well and seasoned with fresh herbs. Scallops can be overcooked so easily which leaves them tough and rubbery but this dish was juicy and moist. The service was appreciated; a professional and welcome presence but not pushy or aggressive.

This dining out experience was such an unexpected pleasure — to find an atmosphere that is both enjoyable and seductive, service that is professional and warm and food that met all my expectations! What could be bad? The answer is, nothing. I trust you will go to Bandera and enjoy! In the event that you want to stay home and cook your own lamb chops and mashed potatoes here are my favorite interpretations of these dishes.

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

### Baby lamb chops with garlic and balsamic glaze

Serves six

#### Ingredients

- 2 TB. minced rosemary
- 3 cloves garlic, minced
- 1/4 cup olive oil
- 12-rib lamb chops
- Salt and pepper
- 2 small shallots, minced
- 1/2 cup balsamic vinegar
- 1 TB. Dijon mustard
- 1 cup chicken stock
- 2 TB. butter

#### Procedure

1. Combine the rosemary, garlic and olive oil in a medium bowl and add the lamb. Marinate for about 2 hours at room temperature.
2. Remove the lamb from the marinade and scrape off the garlic.
3. Heat a large skillet over med-hi heat and add a little canola oil. Sauté the chops in batches seasoning with salt and pepper on both sides. They should take about 4 minutes on each side for medium-rare. Transfer the chops to a platter and cover loosely with foil.
4. Add the shallots to the skillet and sauté 1 minute. Add the vinegar and mustard and reduce by half. Add the stock and increase the heat to high and cook down again. Swirl in the butter at the end and season with salt and pepper. Serve over the lamb.

### Roasted garlic mashed potatoes

Serves 4

#### Ingredients

- 2 heads garlic, separated, not peeled
- olive oil
- 2 1/2 pounds yukon gold potatoes, scrubbed, halved
- 1/4 cup olive oil
- Salt, pepper
- 1 1/2 cups low-fat milk
- 1 cup grated pecorino or parmesan cheese

#### Procedure

1. Heat the oven to 400.
2. Place the cloves of garlic in foil and drizzle with olive oil. Wrap and roast for 20 minutes or until softened.
3. Meanwhile, place the potatoes in a large saucepan. Cover with cold water with a big pinch of salt. Bring to a boil and simmer until they are tender when pierced with a knife — about 25 minutes.
4. Drain and transfer to a large bowl. Remove garlic from their skins and add to the bowl. Mash with a potato masher or a couple of forks. Add olive oil, salt, pepper, milk and cheese, mix well.
5. Taste for seasoning. Add more milk if necessary.
6. To reheat, spoon into a shallow baking dish and smooth over the top. Cover with foil and heat for 20 minutes in a 300 oven.

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

**Street and Park Lighting Project FY 2007108, SP2019**

Bids shall be delivered to the City of Santa Monica, Office of the City Clerk, Room 102, 1685 Main Street, Santa Monica, California, not later than 2:30 p.m. on **August 28, 2008**, to be publicly opened and read aloud after 3:00 p.m. on said date in City Hall. Each Bid shall be in accordance with the Contract Documents.

**ENGINEER'S ESTIMATE: \$1,950,00**  
**CONTRACT CALENDAR DAYS: 260**  
**LIQUIDATED DAMAGES: \$1,100 PER DAY**  
**COMPENSABLE DELAY: \$500 PER DAY**

Contract Documents may be obtained at the Office of the City Engineer or by mail for an additional mailing charge (check or money order payable to the City of Santa Monica). Cost of the documents shall be **\$35.00**. Additional mailing charge shall be **\$15.00**. Contract Documents may also be examined in City Hall, at the Civil Engineering and Architecture counter, phone number (310) 458-8721. Additional information may be obtained on the City's website at [www.santa-monica.org/engineering](http://www.santa-monica.org/engineering). The Contractor is required to have a Class A or C-10 license at the time of bid submission.

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A map of Los Angeles divided into four colored regions: Downtown (red), Mid-City (orange), Main Street (blue), and Pico/Sunset Park (yellow). Major roads like Montana Ave. and Venice are labeled. The map is oriented with Downtown at the bottom left and Pico/Sunset Park at the top right.

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## ONE OF THE GIRLS

Mollie Bernstein, 12, gets a lesson on properly climbing a tree by Santa Monica Community Forestry Operations tree trimmers Mike Wood (center) and Ignacio Paredes (right) at Stewart Street Park Monday. It was part of Rosie's Girls, a program that encourages job opportunities.

Brandon Wise [brandonw@smdp.com](mailto:brandonw@smdp.com)

# Rockers defy Christian label during pier show

FROM CONCERT PAGE 3

Matthews Band, Sheryl Crow and the Allman Brothers Band. He soon found that his sudden access to the good life brought back his old demons.

"Before long you start feeding into all the hype that's surrounding you," he said. "It wasn't long before I was back into dope and this wonderful gift that God had given me was slipping away."

Farris turned away from the promised land of rock stardom and decided to focus on the Southern gospel-tinged country-rock that he is now known for with his latest album, "Salvation and Light."

"With 'Salvation and Light,' I came full circle and got sober and realized that the music that moves me more than all other music is this old, ancient music born out of slavery and poverty," Farris said. "And it happens to come to a point in the road with my spiritual beliefs. How convenient."

Renè Engel, who co-produces the Twilight Dance Series concerts with Katharine King, the founder of the pier concert series, saw Farris at an Americana music conference in Nashville last year. Engel was determined to introduce the West Coast to Farris's specialty of Americana, a musical genre based in American roots music and built in various forms through the years by musicians like Lucinda Williams and Lyle Lovett.

"Mike is currently the most happening thing in the world of Americana music," Engel said. "And as part of the aspiration and philosophy of the pier concerts, Katharine has always presented significant West Coast debuts."

For tonight's concert, Engel paired Farris with Michelle Shocked, an L.A.-based performer who headlined a pier concert in 2001.

Like Farris, Shocked will appear with a full band including a horn section and a gospel choir. Shocked wears both her religious and political convictions on her sleeve, if not on-stage. Even her stage name was created as a form of protest after she was arrested in San Francisco in 1984 while she was demonstrating at the Democratic National Convention. Engel said that Shocked will be

selling her CDs at the pier and plans to donate the proceeds to a project working on the AIDS crisis in Africa organized through her church.

"She is one of the most restless creative spirits you'll ever encounter," Engel said of Shocked, who he has known since the late 1980s. "But probably one of the most consistent things about her has been her political activism."

To many conservative Christians, Shocked's anti-war views and social consciousness may seem at odds with her devout religious beliefs. But Shocked said that there's no conflict when comes to her music.

"Talking to me, you'd get the impression that I'll be up there talking fire and brimstone," she said. "Talking to me and what I perform on stage are two different things."

Shocked is currently in the process of recording her new album, "Soul of My Soul," and said that she has moved away from the world of gospel musically. Nevertheless, she will revive songs from "ToHeavenURide," a live gospel album recorded at the Telluride Bluegrass Festival in 2003, and introduce new songs from the upcoming album.

"I'll be giving them a gospel-esque show," she said.

As for Farris, he hopes to replicate the energy that he helps create at his favorite bluegrass club in Nashville, Station Inn. Every Sunday night, a band featuring stand-up bass, horns and a piano play there for free in a relaxed, rocking version of Sunday services.

"It's for the wayward people from every walk of life," he said. "They can have a beer, eat some popcorn and leave excited, delighted and loved."

It is this nonjudgmental spirituality that Farris thinks will be translated to the audience during the concert.

"Christian, atheist, Buddhist, Confucian, whatever. They can't say it's not good music," he said. "My mission is to reacquire this music, which is the root of all popular music as we know it, to the American people because it's been lost."

[news@smdp.com](mailto:news@smdp.com)

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**TIME OF CHANGE:** Community Corp. is planning a \$24-million condo project for a stretch of High Place in the Pico Neighborhood.

# Community Corp. project would price condos at a quarter-million

FROM HOMES PAGE 1

Joan Ling, the executive director of CCSM, said.

Community Corp. previously toyed with the idea of building a limited equity cooperative during the late 1980s, the last time it considered a development in which families would have the opportunity to be an owner. Financing difficulties for individuals to receive a co-op mortgage made the project unfeasible.

"The way we structured High Place is more consistent with how real estate is sold and owned in Southern California," Ling said.

The homeownership project was a request that came out of the Pico Neighborhood Association, which expressed a strong desire for affordable buying opportunities, particularly in the eastern part of the city, according to Barbara Collins, the housing manager with City Hall.

But Wes Thompson, one of the board members with the PNA, said the pricing might still be too steep for many of the residents in the neighborhood, which has the largest percentage of low-income families in the city.

"We're hanging by our teeth just renting," Thompson said. "I think it

will be difficult to even qualify to participate."

The estimated \$24 million condo project will be financed using a mix of local, state and federal money. City Hall is expected to contribute about \$14.5 million.

"It'll help first-time homeowners and will stay affordable for the next 99 years," Collins said.

Another 47-unit affordable rental project will also be built adjacent to the condo development by CCSM.

Construction is expected to begin in the summer of 2009.

[melodyh@smdp.com](mailto:melodyh@smdp.com)

## Stocking up for disasters

FROM EMERGENCY PAGE 3

(I.D.) and food and supplies for your pets.

• A family emergency plan including contact information for someone out of the area who can relay messages to family and friends if local communications are down.

The Santa Monica Red Cross has free brochures and information available regarding what is needed to be disaster ready, safety hints and a list of necessary basic survival supplies on its Web site, [www.redcrossofsantamonica.org](http://www.redcrossofsantamonica.org) and at the chapter located at 1450 11th St., which is open during weekday business hours.

The chapter also sells first aid and emergency supply kits of varying sizes.

The Santa Monica Red Cross also offers courses in survival skills such as adult, infant and pet first aid, CPR and emergency preparedness.

At local outdoor supply retailer REI, manager Dave Alderson recommended people buy kits that fit their needs.

"Truthfully, first-aid kits don't need to be any more comprehensive than the skills of the individual using it," said Alderson, who hasn't seen a spike in customers looking for supplies following the earthquake. "I think people tend to buy kits that are too complex, and then they get confused on what supplies to use and how to use them [during the emergency]."

[news@smdp.com](mailto:news@smdp.com)

Soraya Danesh [news@smdp.com](mailto:news@smdp.com)

**PAYING THE PRICE:** John Tenerelli (right) owner of Tenerelli Orchard near Palmdale travels nearly 70 miles to sell his fresh fruits at the Santa Monica Farmers' Market in Downtown.

# Carbon footprint can be minimized

FROM DIET PAGE 1

that so far, the carbon footprint of the brie includes those pesticides, the mechanical process of harvesting the grain, and the methane emissions from the cows — and it hasn't even become cheese yet.

Trucks have to take the cow's milk to a factory where it is made into brie, then a truck takes it to an airport where it is loaded onto a plane. The cheese is then trucked to your local supermarket and kept cold in highly inefficient open refrigerated containers.

"You feel very good about taking your energy-efficient car to the grocery store," York quipped. "But then of course the cheese eventually goes bad and some ends up in a landfill. You will never look at brie the same way again."

Beef and French cheese are not the only foods that lead to a large carbon footprint, other food items made the top of the "big impact" list as well including lamb, shrimp, and a surprisingly serious offender — rice.

In fact, agriculture is responsible for about 1/3 of global warming and climate change worldwide, York said, with rice paddy fields alone contributing to around 10 percent of global methane emissions.

Next on the big impact list was food waste.

"Thirty percent of food in the U.S. is wasted," York said. "That is equal to the carbon footprint of Bangladesh, a country with 150 million people."

The problem with food waste is that food that ends up in a land fill instead of, say, a compost pile, is compressed anaerobically — without oxygen — causing it to release methane gas. Methane's effect on global warming is actually 23 times higher than carbon dioxide, York said.

Third on York's big impact list was what many people imagine would be first: transportation. However, it is not the commonly referenced "food mile" that matters so much as the transportation mode. Air freights leave the biggest carbon footprint, York said, so knowing how your food travels is as important as how far.

York also warned the conscious consumer that the word "local" can be misleading, recalling a time when she bought "local" tomatoes that had actually been grown in a

hot house using propane tanks from Holland.

She also mentioned that "organic" labels might seem to imply socially responsible food, but that is not always the case.

"Organic sometimes means far away, near slave labor, mechanical farming," she said.

Buying seasonal and regional food can have a huge impact on the environment. That includes limiting salads in the winter and kissing year-round bananas good-bye.

While all of these facts and numbers might seem disheartening to those who love meat, fresh Maine lobster, and French cheeses, York has a few suggestions that might make the hard facts easier to swallow.

"It can be debilitating," York said. "We don't want to do that."

Among things that the average consumer can do to lessen his or her impact are reducing intake of beef and sea food, making vegetables the main ingredient in meals, trying quinoa instead of rice as a side, buying seasonal and regional produce, and simply eating left-overs and composting waste.

"Cutting down on food waste and buying smaller portions has the highest impact without changing the food you eat," York said as advice for those not ready to drop their Big Macs. "I eat left-overs for breakfast if I made too much."

Most important is an awareness of what goes into the foods we eat, and how our actions are shaping the environment.

"I think a little goes a long way," audience member Donna Benton said. "You just take one or two things and do what you can."

During the final moments of the presentation, York stressed that eating sustainably does not mean giving up or restricting yourself from eating delicious food

"Flavor first," she said. "It's about introducing new flavors in a more strategic way."

Although York's audience seemed to be made up of socially responsible environmental activists, even they felt they were leaving with new ways to reduce their carbon footprints.

"I hardly ever eat beef or lamb," said one man who frequents Sustainable Santa Monica events. "But I'll definitely eat less rice."

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Santa Monica

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### SURF REPORT



SURF CONDITIONS

WATER TEMP: 68°

#### SWELL FORECAST ( 1-2 FT )

The 31st should still see a good amount of waves from the Easter Island swell, at least chest high for south facing breaks, head high now and again for the standouts. NW wind swell should be present, but moderate in the waist high range. We also have some SW due from a storm that formed last week in the Tasman Sea. Normally we don't see much in the way of waves from these storms as so much of their energy gets soaked up by the South Pacific islands.

#### LONG RANGE SYNOPSIS

MONDAY THE 4TH LOOKS A BIT WEAKER ...

#### TIDE FORECAST FOR TODAY IN SANTA MONICA





## 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](http://www.healthebay.org) - [brc@healthebay.org](mailto: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 / 45

Number of (C,D,F) grades for dry/wet weather -- 6 / 10

The Beach Report Card is made possible by

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 Cañitas 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 Alceas 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  |
| Escandido Creek, just east of Escandido 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  |
| 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  |

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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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.

# Supporters say initiative is strictly about traffic

FROM INITIATIVE PAGE 3

the education, civic, political and non-profit sectors, including Board of Education President Oscar de la Torre, Mayor Herb Katz and Michael Feinstein, a former mayor who co-founded the California Green Party.

The endorsements list also includes leaders from Santa Monicans for Renters' Rights, including coalition co-chair Judy Abdo, who serves on SMRR's steering committee. The political organization, which has held a majority on many of the city's elected boards the past few decades, has yet to take a position on RIFT but is expected to deliberate the issue during its convention on Sunday.

The reason for the support from the educational community, which includes most of the Board of Education, could be because of the possible impacts on school funding if the initiative passes. The coalition claims that if approved, RIFT would "rob" schools of at least \$1 million a year.

A presentation by City Hall-contracted consultants on the measure last month showed a 40 percent reduction in commercial growth under RIFT and a loss of \$11 million in general fund revenue annually by 2023. One of the co-authors of RIFT, Diana Gordon, pointed out that the city budget would be well over \$1 billion by 2023, making \$11 million a small percentage.

"This is one school that has a tremendous amount of need," de la Torre said, motioning to John Adams Middle School, which serves the majority of the low-income population in Santa Monica. "When we fail to educate the child and provide opportunities to succeed, we create a bigger problem."

The measure could have consequences for the health care sector as well.

Kathleen Hunt, a long-time resident who is a nurse at a local hospital, said that while hospitals wouldn't be restricted under the proposition, buildings that house laboratories and clinics would be affected, downgrading the status of the medical institutions, causing Santa Monicans to seek health care centers outside the city.

"It defeats the purpose," Hunt said. "I would have to get in my car and drive to another location which does nothing for the traffic [issue]."

The RIFT proponents countered, saying that the measure doesn't have to do with school funding or health care, but rather traffic and just traffic.

"I'm not sure what they're proposing to do about traffic given LUCE (Land Use and Circulation Element) is two years off," Ted Winterer, one of the leaders behind the RIFT campaign, said. "RIFT will immediately have an impact on traffic."

Many on the anti-RIFT side argue that the measure was written to usurp the Land Use and Circulation Element, which is the 20-year-update of the general plan. Those in support argue the initiative is about what residents want, not developers. The campaign was able to gather more than 10,000 signatures to qualify for the November ballot.

"This is all about self-determination," Don Gray, one of the RIFT supporters, said.

Gray began learning about the measure last year, joining the campaign soon after.

"When people know about what RIFT is all about, there will be more people like me," he said.

The measure has been criticized for causing a rift in the community, but those in support argue that City Hall planning procedures are to blame.

"Certain people said RIFT is divisive, but ... the city's growth the past two decades is why it's divisive," Winterer said. "That's why people are upset."

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MOVIE TIMES

|                                                                                                         |                                                                                                  |                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>AERO THEATRE</b><br><b>1328 Montana Ave.</b><br><b>(323) 466-FILM</b>                                | <b>WALL-E (G) 1hr 37min</b><br>12:00, 2:20, 4:45, 7:15, 9:50                                     | <b>Bustin' Down the Door (NR) 1hr 30min</b><br>1:40, 4:20, 7:10, 9:40                                                               |
| <b>Bandwagon (NR) 1hr 39min</b><br>7:30                                                                 | <b>Step Brothers (R) 1hr 35min</b><br>12:45, 2:00, 3:15, 4:30, 5:35, 7:00, 8:05, 9:40, 10:30     | <b>The Wackness (R) 1hr 35min</b><br>1:50, 4:30, 7:20, 9:45                                                                         |
| <b>Brigadoon (1954) (NR) 1hr 48min</b><br>7:30                                                          | <b>Journey to the Center of the Earth - 3-D (PG) 1hr 32min</b><br>12:30, 2:50, 5:10, 7:35, 10:05 | <b>Baghead (R) 1hr 24min</b><br>1:10, 3:20, 5:30, 7:40, 9:50                                                                        |
| <b>AMC LOEWS BROADWAY 4</b><br><b>1441 Third Street</b><br><b>Promenade</b>                             | <b>Wanted (R) 1hr 48min</b><br>1:20, 4:00, 6:30, 9:10, 11:45                                     | <b>Take (R) 1hr 39min</b><br>1:30, 4:10, 7:00, 9:30                                                                                 |
| <b>The X-Files: I Want to Believe (PG-13)</b><br>12:20, 1:20, 2:45, 4:00, 5:15, 6:30, 7:50, 9:05, 10:20 | <b>Hancock (PG-13) 1hr 32min</b><br>12:05, 2:30, 4:50, 7:05, 9:20, 11:35                         | <b>MANN'S CRITERION THEATRE</b><br><b>1313 Third St.</b><br><b>(310) 395-1599</b>                                                   |
| <b>Get Smart (PG-13) 1hr 50min</b><br>2:15, 5:00, 7:40, 10:15                                           | <b>Space Chimps (G) 1hr 21min</b><br>12:10, 2:15, 4:20, 6:35, 8:45                               | <b>Dark Knight, The (PG-13) 2hrs 30min</b><br>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 |
| <b>Hellboy II: The Golden Army (PG-13) 1hr 50min</b><br>1:30, 4:10, 7:00, 9:50                          | <b>Mummy: Tomb of the Dragon Emperor, The (PG-13) 1hr 54min</b><br>12:01am                       | <b>Sex and the City (R) 2hrs 15min</b><br>12:10, 3:20, 6:40, 9:50                                                                   |
| <b>AMC 7 SANTA MONICA</b><br><b>1310 Third St.</b><br><b>(310) 289-4262</b>                             | <b>LAEMMLE'S MONICA FOURPLEX</b><br><b>1332 Second St.</b><br><b>(310) 394-9741</b>              | <b>Mamma Mia! (PG-13) 1hr 48min</b><br>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](mailto:news@smdp.com)

Where there is music, Sagittarius

|                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ARIES (March 21-April 19)</b><br>★★★★ You move from anchored to creative. Tap into your extraordinary ingenuity. Others often find you to be resourceful and dynamic. Live up to your reputation, and let others know who you are. Tonight: Start the weekend early.                                       | <b>LIBRA (Sept. 23-Oct. 22)</b><br>★★★★★ Others eye you for direction and information. Express your innate leadership, but also look to being more sociable. Schedule a long lunch or go to a networking event in the later afternoon. Tonight: Where people are.                                                          |
| <b>TAURUS (April 20-May 20)</b><br>★★★★ You might want to rethink a decision carefully, especially if it might impact your personal life. How you deal with someone could change considerably when you look at the situation from a domestic perspective. Tonight: Easy does it.                              | <b>SCORPIO (Oct. 23-Nov. 21)</b><br>★★★★ Make a long-distance or fact-finding call in the a.m. Mull over how you are going to handle a situation. You need to trust your instincts more completely. Understand that you might need to head in a new direction. Tonight: A must appearance.                                 |
| <b>GEMINI (May 21-June 20)</b><br>★★★★ Communication picks up later in the day. Take charge, and make sure you can handle the pressure. The unexpected keeps rearing its ugly head. You can deal with it; promise. Stay open to new ideas, even if your knee-jerk reaction is "no!" Tonight: Chat up a storm. | <b>SAGITTARIUS (Nov. 22-Dec. 21)</b><br>★★★★★ Work with a specific adviser or associate this morning. With the information you gain, you will know what to do. Take the unbeaten path. Do what others might not have the courage to do. Tonight: Where there is music.                                                     |
| <b>CANCER (June 21-July 22)</b><br>★★★★ Use the morning for any project that is close to your heart. In the afternoon, you could feel possessive or insecure. You know how to deal with these feelings inside and not make them part of your interpersonal interactions. Tonight: Your treat.                 | <b>CAPRICORN (Dec. 22-Jan. 19)</b><br>★★★★★ Others present their ideas. Listen: They might not be as forceful or dramatic in their presentation as you are, yet there is validity in their thoughts. You discover in the later afternoon how much someone appreciates you. How nice. Tonight: Make togetherness the theme. |
| <b>LEO (July 23-Aug. 22)</b><br>★★★★ Use the morning to get a personal matter handled. How you deal with someone could transform because of new insight. You might want to approach someone more carefully and with deliberation. Tonight: Whatever makes you happy.                                          | <b>AQUARIUS (Jan. 20-Feb. 18)</b><br>★★★★ Easy does it. You want to defer to others. Trust that you do not need to interfere. If you do, you discover the power of letting others take a stand and do their thing. Think positively. Tonight: Decide who, what and where.                                                  |
| <b>VIRGO (Aug. 23-Sept. 22)</b><br>★★★ Use the morning for goals and important conversations. In the afternoon, your instincts will be to hang back and handle a situation differently; follow them. If you are low on energy, take better care of yourself. Tonight: Get some extra R and R.                 | <b>PISCES (Feb. 19-March 20)</b><br>★★★★ Tap into your creativity to shorten a project. Your ingenuity will take you far and will allow for more opportunities. Someone demonstrates his or her caring through actions, not words. Enjoy. Tonight: Relax with the moment.                                                  |

Happy birthday

You breeze through challenges as long as you listen to your inner voice. If you think before you act, you could be surprised by what evolves and by the power of opportunities. You could drag a lot, but also you have a sense of direction. Take needed time out in order to empower the time you are "on." You might need to pull back more often than in the past. If you are single, do not hesitate to zero in on the apple of your eye. The second part of this birthday year could be very special and remarkable in the romantic department. If you are attached, switch between quality time alone as a couple and more-social periods. Go for that special vacation. LEO understands you.

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

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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

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

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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

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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

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Promenade

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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

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  
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AMC

Sudoku

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

Difficulty Level ★★ ★

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

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

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

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ODDS OF A CHILD BEING DIAGNOSED WITH AUTISM:  
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Ad Council

AUTISM SPEAKS®  
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Girls and Sports

By Justin Borus and Andrew Feinstein

INTRODUCING: "THE MARRIED GUY"

...AND IF I WAS SINGLE, I'D BE HOOKING UP WITH THE BARTENDER INSTEAD OF SITTING HERE WITH YOU LOSERS!!

THEN I'D GO TO THE NEXT BAR, AND MEET ANOTHER HOT BARTENDER!!

JEEZ. IS THERE ANYTHING WE CAN DO TO SHUT HIM UP?

HAROLD!! YOU SAID YOU'D BE HOME 30 MINUTES AGO!!!

THAT'LL WORK

The Meaning of Lila

By John Forgetta & L.A. Rose

WHY AM I ALWAYS SO ATTRACTED TO BARTENDERS?

BECAUSE THEY'RE HIRED FOR THEIR LOOKS. THEY FLATTER YOU TO GET GOOD TIPS.

AND THEY'RE IN CONTROL OF ALL THE ALCOHOL.

ALL GOOD REASONS.

The Other Coast

By Adrian Raeside

HMM, I'M DETECTING A LITTLE ARTHRITIS IN YOUR HIPS. YOU'RE GOING TO HAVE TO CUT BACK TO ONLY CHASING TWO SQUIRRELS A WEEK.

VETERINARIAN

IS THERE A PATCH FOR THAT?

Garfield

By Jim Davis

WHO'S THAT?

THAT'S MY NEIGHBOR, MRS. FEENY

WHY IS SHE DIGGING A MOAT AROUND HER HOUSE?

I HAVE MY SUSPICIONS...

Dog eat Doug

By Brian Anderson

HELLO? DOUG, SOPHIE? IT'S GRANDMA AND GRANDPA.

MAYBE THEIRS ISN'T ON.

OOH, WAIT! I THINK I SEE SOMETHING.

YOUR FAVORITE BINKY. FORGOT I ATE THAT. HEY! LOOK AT THAT, I'VE GOT ALMOST THREE BUCKS IN CHANGE IN THERE.

I DON'T SEE THEM ON THE SCREEN.

NO. IT SAYS THEY'RE ONLINE.

IS THAT DOUG?

THAT'S STRANGE. OUR WEBCAM IS ON.

WELL, I DON'T SEE THEM.

I DON'T THINK SO.

IT'S AWFULLY DARK.

HELLO???

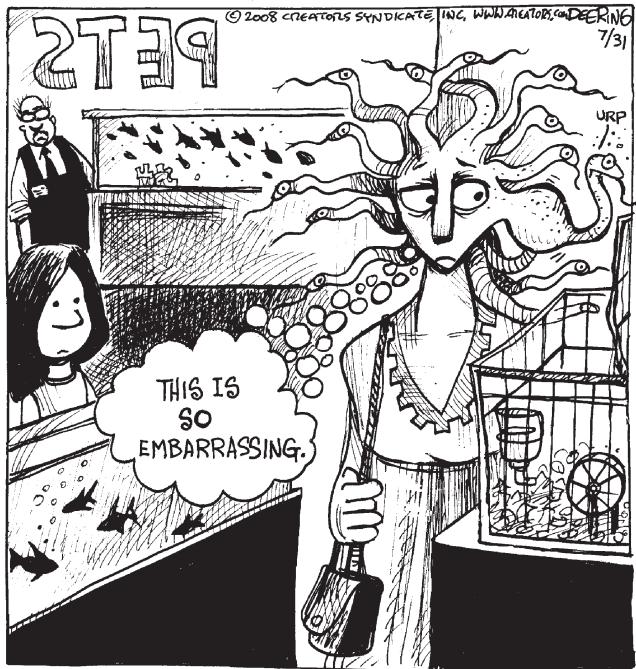
THAT LOOKS LIKE...

The Dinette Set by Julie Larson



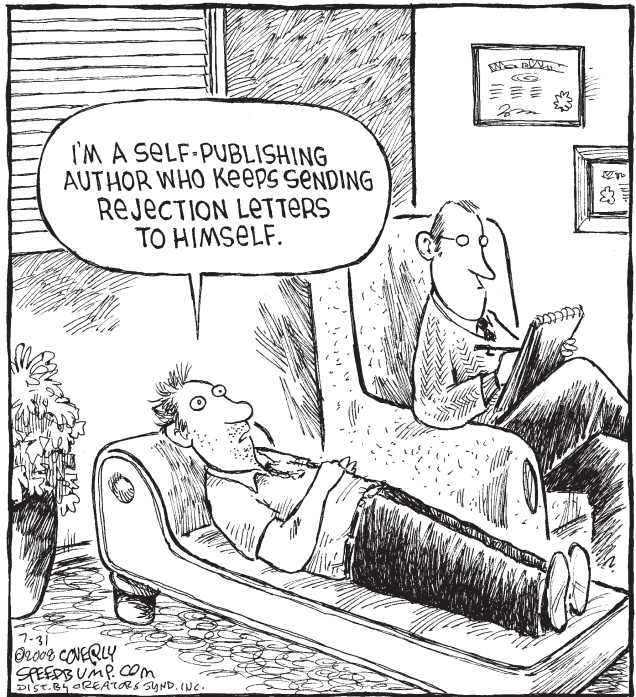
Strange Brew

By John Deering



Speed Bump

By Dave Coverly



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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](mailto:editor@smdp.com).

Soraya Danesh [news@smdp.com](mailto:news@smdp.com)

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Actress Anne
- 6 Cowboy wear
- 11 Jacob's father
- 12 Dutch capital, with "The"
- 13 Hazard
- 14 Bumbling
- 15 Fishes with a net
- 17 Detective Archer
- 19 Jr.'s son
- 20 To's counterpart
- 23 Everyone else
- 25 Ship staff
- 26 Dairy buy
- 28 Boat part
- 29 Show sorrow
- 30 Angled pipe
- 31 Take to court
- 32 Dripping
- 33 Saudi Arabia's capital
- 35 Plains group
- 38 Kilmer classic
- 41 Biscotti flavor
- 42 Gardeners, at times
- 43 Soda fountain orders

44 Paint-spilling sound

DOWN

- 1 Roof part
- 2 Jargon ending
- 3 Hand-spring's kin
- 4 Locks
- 5 Bakery treats
- 6 Spicy dish
- 7 Painter Holbein
- 8 Application info
- 9 Baby boxer
- 10 Harden
- 16 Sardonic sort

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| C | R | O | S | S |   |   | W | O | R | D |
| R | E | C | O | N |   |   | P | A | L | A |
| I | D | E | A | L |   |   | R | I | D | G |
| T | E | A | R |   |   | J | O | L | I | E |
| I | A | N |   |   | C | O | T |   | E | S |
| C | L | I | M | A | T | E | S |   |   |   |
|   |   | S | C | A | R |   | A | P | E | S |
|   |   |   |   | C | L | E | M | A | T | I |
| B | A | A |   |   | S | O | S |   | H | A |
| A | D | L | I | B | S |   |   | M | A | M |
| G | O | L | D | A |   |   | L | I | N | E |
| G | R | E | E | D |   |   | A | R | O | S |
| Y | E | N | S |   |   |   | P | O | L | E |

Yesterday's answer

- 17 "Lost" character
- 18 Lucy's pal
- 20 Ignore convention
- 21 "Superman" star
- 22 Little hooter
- 24 Twisty fish
- 25 Greek X
- 27 Yule rings
- 31 Some die rolls
- 33 Reddish brown
- 34 Plunge
- 35 Rick's pianist
- 36 —
- 37 Squeak stopper
- 39 Historic time
- 40 Fast flier

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

DAILY LOTTERY

|               |                                                                                    |
|---------------|------------------------------------------------------------------------------------|
| MEGA MILLIONS | 11 13 20 30 42<br>Meganumber: 3<br>Jackpot: \$25M                                  |
| Super LOTTO   | 3 11 12 25 29<br>Meganumber: 21<br>Jackpot: \$44M                                  |
| Fantasy 5     | 12 13 15 18 19                                                                     |
| DAILY 3       | MIDDAY: 1 7 1<br>EVENING: 1 4 1                                                    |
| DAILY DERBY   | 1st: 02 Lucky Star<br>2nd: 11 Money Bags<br>3rd: 03 Hot Shot<br>RACE TIME: 1:40.98 |

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

- Two young men and a juvenile were charged in May in Houston with corpse abuse after they allegedly dug into a grave in a cemetery in the town of Humble, removed the head, and took it away in order to use it as a bong for smoking marijuana.
- Jorge Espinal, 44, was taken to a hospital in Fort Worth, Texas, in May after an early-morning incident (alcohol was involved) in which he used a loaded handgun to scratch a hand-to-reach itch on his back and accidentally shot himself.

TODAY IN HISTORY

- 1556 St. Ignatius of Loyola, founder of the Society of Jesus – the Jesuit order of Catholic priests and brothers – died in Rome.
- 1777 the Marquis de Lafayette, a 19-year-old French nobleman, was made a major-general in the American Continental Army.
- 1875 the 17th president of the United States, Andrew Johnson, died in Carter County, Tenn., at age 66.
- 1919 Germany's Weimar Constitution was adopted by the republic's National Assembly.
- 1945 Pierre Laval, premier of the pro-Nazi Vichy government, surrendered to U.S. authorities in Austria; he was turned over to France, which later tried and executed him.
- 1957 the Distant Early Warning Line, a system of radar stations designed to detect Soviet bombers approaching North America, went into operation.
- 1964 the American space probe Ranger 7 reached the moon.
- 1972 Democratic vice-presidential candidate Thomas Eagleton withdrew from the ticket with George McGovern following disclosures Eagleton had once undergone psychiatric treatment.
- 1991 President Bush and Soviet President Mikhail S. Gorbachev signed the Strategic Arms Reduction Treaty in Moscow.

WORD UP!

sesquipedalian \ses-kwuh-puh-DAYL-yuhn\, *adjective*:  
1. Given to or characterized by the use of long words.  
2. Long and ponderous; having many syllables.

Santa Monica Daily Press

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Obituaries

WÜRSTEN, HELMUT, Ph.D.

Passed away quietly at St. John's Hospital on July 28, 2008 at the age of 92. He was born in Switzerland, February 12, 1916, in the Saanen-land, where he grew up with a love of the mountains. He was educated in Switzerland, receiving a Ph.D. in Psychology in 1946 from the Univer-sity of Geneva under the guidance of Prof. Jean Piaget. He came to the United States after WWII where he joined the staff of the USC Chil-dren's Hospital as a clinical psy-chologist. He subsequently estab-lished a private clinical practice in child psychology and played an im-portant role in developing clinical psychology as a specialty in South-ern California. Throughout this time he was a member of numerous pro-fessional societies and a member of the clinical faculty at the USC School of Medicine; at the time of his death he was a professor emeri-tus.

During the final years of his clinical practice and early years of retire-ment he developed his enormous talent as an amateur ballroom dancer. With Ellen Alter, his partner and wife, he won numerous com-pe-titions in the United States and competed at the international level in Blackpool, England. He is sur-vived by his wife Ellen, daughter Christine, son Eric, five stepchil-dren, three grandchildren, three great grandchildren, and sister An-nemarie Carulla in Spain.

Funeral services will be held at For-est Lawn Hollywood Hills on Satur-day, August 2, 2008, at 3:00 p.m

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| Santa Monica Canyon        | = | \$ 2,855,400               | \$ 5,730,000                  |
| 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                    |
| Sunset Park                | = | \$ 1,400,879               | \$ 783,222                    |
| Ocean Park                 | = | \$ 1,790,000               | \$ 1,181,714                  |

Statistics Updated Every Monday

What is Your  
Home Worth?  
Contact Me to  
Find Out!