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Santa Monica Daily Press

DIFFERENT KIND OF FLIP-FLOP
SEE PAGE 4

Since 2001: A news odyssey

THE LOOKING DEEPER ISSUE

Brandon Wise *brandonw@smdp.com*

GOOD TIMES: **Jessica Cooke (right), manager of The Galley, a long-standing restaurant on Main Street, serves dinner to couple Trevor Downie (center) and Galena Bergquist. The Galley has been on Main Street since the 1930s and hasn't changed much through the years.**

Legendary stores thrive and survive

BY NORA SORENA CASEY
Special to the Daily Press

CITYWIDE Kathy Brill used to go to Norms to get breakfast with her girl friends and dish over their latest dates. A quarter century later she stops in for lunch at the counter on her way back from Emertius college.

"It's just a special place. It's a little step back in time where people are nicer to people" she said. "You don't get a server who's an aspiring actor and is deigning to serve you."

Brill is one of the many locals, most of whom don't even need a menu, who comes to Norm's and have kept it in business for the past 59 years.

It is hard for businesses to survive in a turbulent economy, especially in the current downturn when many consumers are less willing to spend money. While big corporate businesses may be able to take a few losses over time, it can be difficult for small independent stores, who may have higher prices, to survive. But Santa Monica has a number of local stores and restaurants that seem to have found the secret to success.

Izzy Freeman moved to Los Angeles from New York City in 1953, and opened Izzy's deli in 1973. The deli celebrates its 35th birthday on Aug. 20. Over the years little has changed: The food has been prepared by the same family of chefs, much of the waiting staff remains the same, and so do many of the customers.

"We have this lady who calls seven days a week for the last probably 10 years," said Jaime Lopez, a manager who has worked at Izzy's Deli for the last 19 years. "Every day the same thing."

Lopez credits Izzy's long-standing success to its owner. He believes that Freeman's kindness has helped create a stable community within the restaurant. During his past 19 years Lopez says that business has been consistent. He estimates that 80 percent of the deli customers are regulars.

Dick Kampmann is one of those loyal customers. He has gotten breakfast at Izzy's every day for the last six years. Although his patronage of the deli has been consistent, Kampmann has seen a number of other local stores close over the 37 years he has lived in Santa Monica.

"There used to be a lot of them, now two of them are left," he said, referencing Izzy's and another long time deli, 29 year old Fromin's Delicatessen. "It's a landmark."

Before Izzy's began its run, that site was home to another staple the community: The Tinderbox, which began there as Kolpin's Pharmacy in 1928. The store then became The Tinderbox run by Ed Kolpin, a tobacco shop now located on Wilshire, and

SEE STORES PAGE 11

Do businesses actually serve neighbors as they should?

BY MELODY HANATANI
Daily Press Staff Writer

DOWNTOWN High gas prices and standstill traffic have nothing to do with Tomi Mossessian's decision to rely on his feet for transportation.

He simply doesn't see the need to jump behind the wheel when work, the supermarket, and restaurants are all within a one-mile radius.

"I walk and bike around all week," he said. "I can go a whole week without driving."

Mossessian lives in the center of Downtown, where his every need can be basically met with just a short walk, whether it's to pick up the dry cleaning around the corner, buy some groceries at the nearby Vons, or grab a quick bite to eat at the local cafe.

In a time of increasing gridlock and concerns of global warming, Mossessian's lifestyle is one that city officials have been trying to perpetuate throughout Santa Monica, encouraging — and soon requiring — mixed-use developments that would incorporate neighborhood-serving uses on the ground floor.

The idea behind adding such retail — which could include everything from a shoe repair store to a cafe — is to encourage residents who live in the buildings to shop locally.

"A major portion of trips that happen during the day are really residential trips where people are going to banks, going to grocery (stores), going to drug stores," Eileen Fogarty, the planning and community development director, said.

The concept is addressed directly in the Land Use and Circulation Element, which is the update to City Hall's general plan. The LUCE, which is currently undergoing environmental and economic review, would require that any new development incorporate neighborhood-serving uses and be located along transit corridors, making it easier for residents to run errands without jumping in a car.

Such retail will come into play in the old industrial area, which is relatively devoid of residential units. Any new residential projects there will require neighborhood-serving retail, Fogarty said.

The downtown area is a good example of how residents can survive without an automobile, which is true in the case of Mossessian,

SEE USE PAGE 12

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WHAT'S UP
WESTSIDE
OUT AND ABOUT IN SANTA MONICA AND SURROUNDS

'Mujaan'
2601 Main St., 2 p.m. — 4 p.m.
Director Chris McGee presents his award-winning short documentary "Mujaan," focusing on a nomad who builds his home on the distant steppes of Mongolia, using only simple tools, strength and ingenuity, much the way his ancestors have for the past 1,000 years. For more information, contact Jamie Watson at (310) 458-8638, or the library at (310) 392-3804.

'Excuse for a swordfight'
1130 Lincoln Blvd., 8 p.m. — 9:45 p.m.
A. F. Cronin presents his hysterical new comedy, "Excuse for a Swordfight," a delightfully funny and a bitingly satiric look at the blind ambition and thoughtless formulas that dominate our entertainment industry. To purchase tickets or get more information, go to TheatreforaSmallSpace.com. or call (310) 393-3018

Workouts for teens
3026 Nebraska Ave., 3:30 p.m. — 5 p.m.
Max offers two daily classes teaching teens how to exercise and eat properly in a cool and fun environment. They get to hang out afterwards in the wi-fi lounge, play Nintendo Wii, or simply surf the Internet. For information, call (310) 867-1650.

Sunday, Aug. 17, 2008

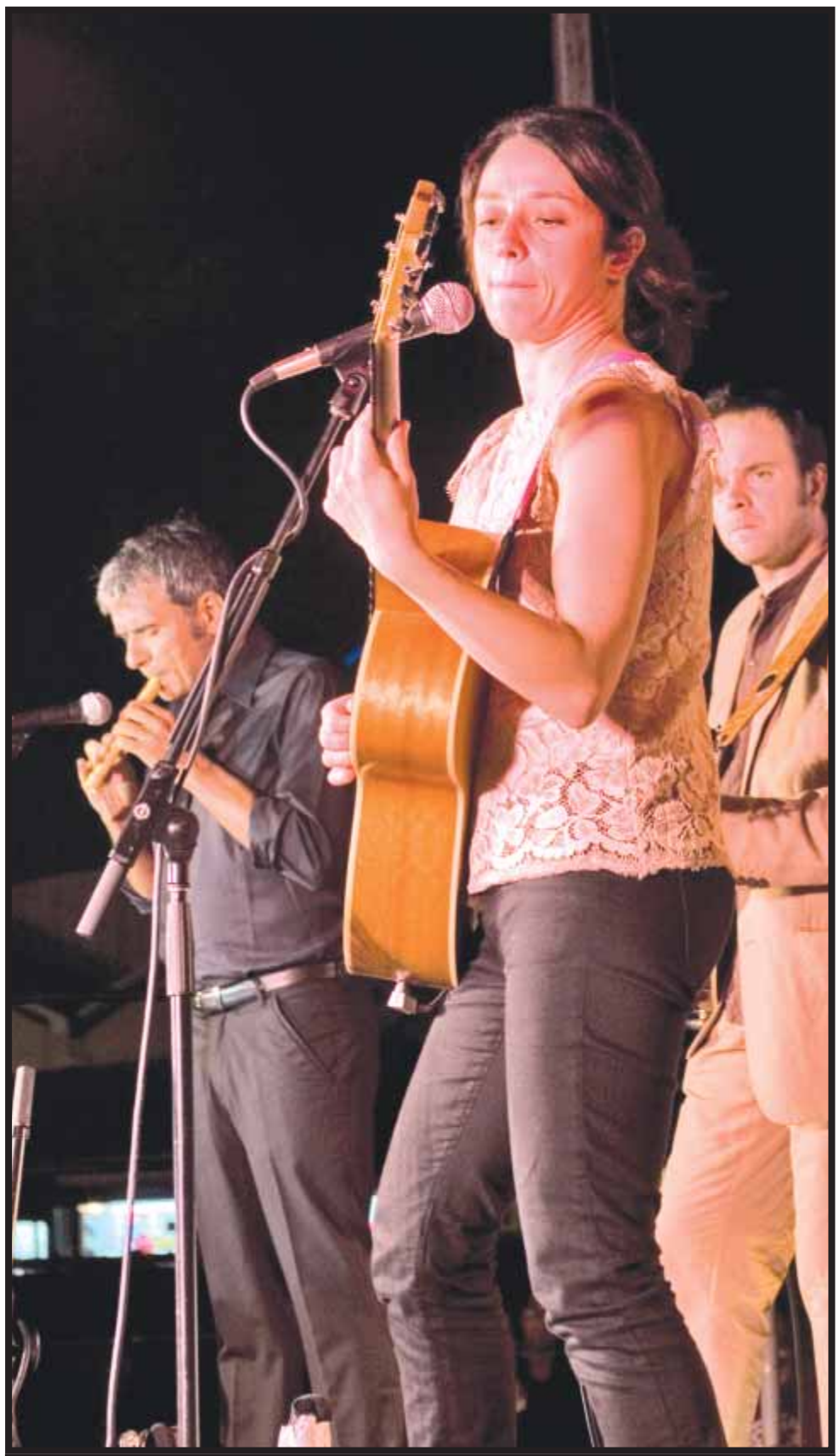
Patient support
2200 Santa Monica Blvd., 6:30 p.m. — 8 p.m.
Pituitary hormonal disorders can be difficult to diagnose and are often over looked. The Neuro-Endocrine Tumor Center's Pituitary Patient Support Group is held bi-monthly and features medical experts to speak and address an array of pituitary hormonal topics. Meetings are free and reccommended to friends, family, and anyone affected by a pituitary tumor and/or hormonal disorder. For more information, visit www.neuro-endo.org or contact group facilitator, Sharmyn McGraw at (949) 515-9595.

Get it while it's fresh
Downtown Mar Vista, 9 a.m. — 1 p.m.
Head out to lovely Mar Vista for the weekly Farmers' Market. Located at the corner of Grandview and Venice boulevards, the market includes fresh fruits and vegetables as well as some prepared foods.

The other Jerry's kids
1348 14th St., 7 p.m.
Cubensis brings the sights and sounds of a live Grateful Dead concert to 14 Below every Sunday. Cubensis is known for whipping its faithful crowd into a swirling psychedelic mass for three hours straight.

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.

CORRECTION
In "Future leaders or future losers?" (Friday, Aug. 15), it should've stated that there are 25 candidates running for the four local races.



ITALIAN FLAVOR

Brandon Wise *brandonw@smdp.com*

Backed by flautist Francesco Barbaro (left) and mandolin/guitar player Massimo Roccaforte (right), popular Italian rock star Carmen Consoli (center), performed for a packed house at Thursday night's Twilight Dance Series concert. Consoli's Italian fans could be heard throughout the crowd, yelling and celebrating her music at the Santa Monica Pier.

Council candidates focus on tree issues

BY MELODY HANATANI
Daily Press Staff Writer

DOWNTOWN For once there was a candidates forum that had nothing to do with development, traffic or even the homeless.

Instead the eight aspiring City Council contenders who gathered at the Ken Edwards Center on Thursday focused solely on what has perhaps been the hottest topic of the past year — urban forestry.

The election season's first political symposium came courtesy of the Treesavers, the grassroots organization that protested City Hall over a controversial ficus tree removal plan, the event questioning candidates about everything to do with the group's favorite natural specimen. Former Mayor Mike Feinstein moderated the discussion.

A total of 13 people — including all incumbents — will be vying for four seats on the City Council this fall. Only one of the four incumbents — Councilmember Ken Genser — participated in the forum, with Mayor Pro Tem Richard Bloom submitting his answers to a set of questions in time for the event.

Many of the panelists were previously vocal in their opposition to the ficus tree removal plan, but two in particular — Jerry Rubin and Susan Hartley — played a central role in the protest, having founded the Treesavers and launching a lawsuit against City Hall last year.

The forum, as expected, paid close attention to the removal of 23 ficus trees deemed structurally deficient in Downtown Santa Monica earlier this year, one of the questions focusing on whether the candidates would have voted for the plan.

The council last summer passed a downtown beautification plan, which included a proposal to remove and transplant 54 ficus trees. All of the councilmembers, with the exception of Kevin McKeown, have defended the plan in its entirety, stressing the need to remove the physically unsound trees in order to ensure public safety.

The near consensus among candidates at the forum was they would've voted against the plan.

"I would've listened to the people who came to speak at council meetings requesting modification of the streetscape (plan) to preserve the trees," Linda M. Piera-Ávila said.

The lone voice in support of the trees' removal was Genser, who reiterated the deci-

SEE **FORUM** PAGE 13

Increased gas prices have led to fewer do-gooders

BY ALEXANDRA BISSONNETTE
Special to the Daily Press

DOWNTOWN For many, high gas prices have meant limiting some of the frivolous spending that has defined American culture in recent years, while others are forced to cut back on something a little more meaningful — volunteering.

Angel Flight West (AFW), a local nonprofit organization that arranges free, non-emergency air travel for individuals with serious medical conditions or other compelling needs, relies on pilots throughout the West who are willing to donate their time, money, and planes to transport patients in need.

But with gas prices soaring, the number of pilots who can afford to make the flights has declined.

"We certainly have pilots who can't afford as many flights as in the past," said Cheri Cimmarrusti, director of mission operations at AFW.

As of July 31, AFW had canceled 321 flights — or missions — so far this year. In the same time period last year, only 220 missions had been canceled due to lack of available pilots. Cimmarrusti attributes this increase to the debilitating cost of fuel for pilots.

SEE **GAS** PAGE 10

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

An age-old issue

Editor:

I think the ages of all Olympic competitors should be checked to be sure the competitors are old enough to compete, i.e. age 16 in the year of that particular Olympic Games. The allowable leniency should be, for example, if a competitor is 15 at the time of the games but will be 16 following the games. This age requirement should apply to all competitors. Why should the Chinese gymnasts be an exception to the age-requirement rule. Hopefully, not because the Olympics were held in China or not because the Chinese gymnasts were on "home turf."

Now that the Chinese gymnasts have competed and won the gold, I think it would only be fair to all competitors (in all events) that these Chinese gymnasts be disqualified and their scores be eliminated [if it is proven that some of their competitors were underage].

Wow! It wouldn't be a total loss for the Chinese gymnasts because they would have the experience, so at the next Olympics these gymnasts would be more than ready to take the gold.

Does this mean that the American gymnasts could take the gold in this Olympics? I'm not sure what the Olympic rule is for the second place winners when the first place winners are disqualified. It seems to me that in the past I have seen second place winners move up to first place.

Cheryl Erb
Santa Monica

Think globally, act locally

Editor:

Buying carbon off-sets is a great idea, unless of course you live in the direct vicinity of the Santa Monica Airport. Somewhere, out there, an acre of trees is planted and that helps us locally? If only it could be that easy. Let's consider, if you could only enjoy your back yard "between flights," if you needed to quickly close your front door and wait for the fumes to dissipate before leaving for work in the morning, if you needed to get back home (inside) from walking your dogs before the first large jet takes off at 7 a.m., would carbon offsets do the trick for you? All these "lifestyle modifications" are necessary so that we can protect ourselves from the toxicity of the jet fumes. I don't think it matters to anyone in my neighborhood how many carbon off-sets the pilots and passengers will purchase. We can't purchase our way out of every environmental problem we create.

The only way to cancel out the greenhouse gas emissions from the worst offending flights is to cancel those flights from our tiny municipal airport or in the very least, limit the number of flights to a degree that will make Santa Monica a "livable city" for all of its residents. Ideas are great, but that doesn't change the reality of what we are dealing with daily. Let's not pat ourselves on the back for having an idea too soon. Let's act now to reduce or eliminate these large jets.

Santa Monica has never been short on great ideas. What we need now is a real solution to a real problem, not a publicity campaign to celebrate ourselves.

Christine Hardin
Santa Monica

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Lloyd Garver — Send comments to editor@smdp.com

In praise of the flip-flop

CANDIDATES HAVE BEEN CALLING THEIR opponents names throughout history. Here in America, they've been called, "a hell raiser," "a tax raiser," "an abolitionist," "a pro-slaver," "a hawk," "a dove," "a Communist," "a fascist," "an intellectual," or "an idiot." But lately, there is one charge that is capable of doing in a candidate more than any of the others. It is the accusation that someone is a "flip-flopper."

I'm not sure when flip-flopping became the greatest of political sins, but it seems to have established itself as No. 1. Not only do candidates charge each other with flip-flopping, but newspapers, television shows, and Internet blogs dissect every word a candidate has ever uttered and every vote he has ever cast searching for a fatal flip-flop.

Admittedly, some of the flip-flops by both presidential candidates in the current campaign have been formidable.

This being an Olympic year, a few of their maneuvers might be deemed "double somersaults with a twist." But I don't want to go into the specifics of each of their flip-flops here. I want to talk about the flip-flop itself.

Obviously, if a candidate changes his or her position on an issue for purely political reasons, voters and journalists should be cynical about that new position.

But even if politicians change their positions because they've studied the issues and changed their minds, or if the situation has changed, they're still attacked as a dreaded flip-flopper.

Why should it be an important quality for a politician to never change his or her mind?

Why is it considered good if someone sticks to a position even if it's obvious to everyone that he or she is wrong? I know of a certain president who seems to pride himself on not being a flip-flopper.

No matter what the evidence, he's always stuck to his position that the war in Iraq was necessary.

Throughout, no matter how disastrous things were going, he's always said that the war was progressing well. I think he still may believe there were weapons of mass destruction there.

He's never admitted that the way we've borrowed money from China and other countries has caused problems for us. In fact, when President Bush was interviewed at the Olympics, he stated that America "doesn't have problems."

Do we really want another president who never admits he's wrong and never changes his positions?

Think about your everyday life. Who do you like better: The guy who stubbornly insists he's right even when all the facts show he's wrong, or the guy who says, "I'm sorry. I was wrong about this." Who's the better doctor, the one who stands by his original diagnosis despite new information, or the one who says, "The new tests reveal I was wrong?"

And in personal relationships, are you happy with your spouse or significant other when he or she sticks to an opinion no matter what? Of course not. We prefer to be with someone who is "big enough" to flip-flop at times.

We have respect for people who say things like: "I wasn't going to vote for that guy you like, but after reading about him, now I will." "Wow, I guess a person can be too thin." "You're right. I shouldn't have turned left there." "Now that I've gotten to know her, I don't find your old college roommate that annoying." "I'm still not going to try rabbit, but I admit it — snails do taste good." "I was wrong. A mattress can be too hard."

OBVIOUSLY, IF A CANDIDATE CHANGES HIS OR HER POSITION ON AN ISSUE FOR PURELY POLITICAL REASONS, VOTERS AND JOURNALISTS SHOULD BE CYNICAL ABOUT THAT NEW POSITION. BUT EVEN IF POLITICIANS CHANGE THEIR POSITIONS BECAUSE THEY'VE STUDIED THE ISSUES AND CHANGED THEIR MINDS, OR IF THE SITUATION HAS CHANGED, THEY'RE STILL ATTACKED AS A DREADED FLIP-FLOPPER.

So why do we insist that our political officials should never change their minds about anything? Flip-flopping has somehow gotten a bad name. Maybe we should change its name from flip-flopping to something else. How about instead of flip-flopping, we call it, "Changing One's Position After Reconsidering An Issue?" That's perfect.

Who am I kidding? That's way too long. Stupidest name I ever heard. How about changing a flip-flop to something just as catchy but without the negative connotation? We could call it a "Dipsy-doodle." There.

No, somehow "dipsy-doodle" doesn't sound substantial. Maybe we should just go back to "flip flop." Or, we could try.

LLOYD GARVER has written for many television shows, ranging from "Sesame Street" to "Family Ties" to "Home Improvement" to "Frasier." He has also read many books, some of them in hardcover. He can be reached at lloydgarver@gmail.com. Check out his Web site at lloydgarver.com and his podcasts on iTunes.

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STRAY talk

A CENTER-CUT, NO-FAT REVIEW OF WHAT WAS SAID THIS PAST WEEK BY FOLKS THE WORLD OVER AND RIGHT AT HOME

"It was never about the money. This was about my heritage, my beliefs, which make me who I am. It was about self respect. If I cannot be who I am and respect the things I believe in, than I am losing everything."

— Big Blue Bus driver Adhi Reddy, regarding a lawsuit he recently settled with the city that allows him to wear a turban as part of his work uniform.

"I think we really have our sights set on a league championship. This year could be the year we put together a run in the playoffs."

— Zach Cuda, Santa Monica High School head football coach.

"With a long string of school district screw-ups — the latest concerning the accuracy of student dropout figures supplied to the California Department of Education (due to supposedly mixed up exit codes) — and a decade long history of fiscal mismanagement, it's obvious why BOE incumbents should be retired."

— SMDP columnist Bill Bauer writing in "My Write."

"At this point … cities throughout the state are very troubled by the fact that these proposals are even being considered and are being very vocal in their opposition to them."

— Carol Swindell, the director of finance for City Hall, regarding the current budget impasse in Sacramento.

"I understand the city."

— Mayor Herb Katz, regarding what qualifies him to run for re-election to the City Council.

"The combination of her knowing what needs to happen in the classroom and in the central office is convincing, She has a proven track record."

— Oscar de la Torre, the board president, regarding newly appointed Lincoln Middle School principal Suzanne Webb.

"Along with swimming, and diving, another glamour sport is gymnastics. But I always feel sorry for the women gymnasts. I say women, but they are really little girls, none of whom seem to weigh over a hundred pounds. They're all so serious but not in a healthy way. When they lose it's devastating. The American girls came in second to the Chinese and you'd have thought they'd received a terminal diagnosis. And former coach Bela Karolyi reminds me more of Bela Lugosi."

— SMDP columnist Jack Neworth writing in "Laughing Matters."

"They have an energy and enthusiasm about the storytelling that is infectious ... people feel good about working on their movies."

— Actor Bill Pullman regarding Randall Miller and Jody Savin, the couple that co-wrote "Bottle Shock."

John McGrail, C.Ht.

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The Q Line

Paying to ride

This past week, Q-line asked:
Would you be willing to pay a half-cent sales tax increase to improve the county's mass transit infrastructure?
Here are your responses:

"NO, I WOULD NOT. IT'S JUST A WASTE amongst the many wastes of the taxpayer's hard earned money. Nothing will be solved anyway. There are just too many people in L.A., and nothing will change that. L.A. is a lost cause."

"I AM NOT INTERESTED IN A HALF-CENT sales tax. I am in my 80s, and whatever that money is going to go for will never do anything for me. I will not even be around when this supposed project will be completed. So I am against paying. I don't know why we have to keep paying half cent and half cent, and now the government wants us to pay one percent more for other things, which is just out of this world. I live on my social security, and I can't afford all these half-cent and one-cent increases."

"YOUR QUESTION OF THE WEEK ASKS IF I am willing to pay $8.75 sales tax on every $100 taxable purchase that I make, or $87.50 on every $1,000 purchase I make in Los Angeles County. When one considers that the governor is also in the process of asking for an increase, my answer is no. No."

"TAXES ARE HIGH ENOUGH ALREADY AND with all the prices going up, we don't need to raise taxes again. And besides, those idiots in the government will just waste the money anyway, just like they waste the money they get now."

"YES, I AGREE. EVERYONE PAYING THE half-cent sales tax would benefit the whole community, and this way, not only people who travel here, but visitors and business people will be paying that half cent toward improving our conditions in Santa Monica."

"THE MERE THOUGHT OF ANOTHER TAX increase makes my blood boil. How dare the greedy L.A. County Supervisors ask for more tax money when they mismanage and overspend current tax revenues. So I not only say no, but hell no, to any and all tax increases."

"I'D LOVE TO SEE A LIGHT RAIL LINE TO the Westside. However, not one red half-cent sales tax increase will I pay until the Metro line takes off the noise-polluting travel ads, TVs, that were forced on riders without any public input. No one I've interviewed, including drivers, likes them. They ruin what could be a pleasant ride by interrupting thoughts, reading, napping, conversations, etc. Supervisor Yaroslavsky did not respond to a letter I sent asking why loud radios are prohibited and are subject to a $250 fine but TV ads are permitted, sometimes three to a bus. It's impossible to sit anywhere you cannot hear them."

"DO YOU SMELL SOMETHING, LIKE cunning politicians wanting another tax hike on top of how many already? This is right out of the Karl Marx playbook, break the middle class with taxes and you control the proletariat. The rich think they are invulnerable; the low-income care about essentially free housing. A subway to connect us to L.A., who wants to go there? Everything our leaders do is to take something away from us, no cars, parking , no smoking, no money in our pocket. The subway will make a few people really rich and the rest of us a lot poorer. Deal with the underlying problem of too many people infesting this area, and then you won't need a half-billion dollar budget for towns like Santa Monica, and the dumb-way to the sea."

"LET THE BIG, CORPULENT CORPORATE creeps pay for the transit projects, some of which we do not need, such as the Subway to the Tsunami, which might also ruin Wilshire Boulevard. Put more MTA buses on, especially on the 33-line. The MTA could also conserve some energy by cutting down on their over air conditioning. Some of the buses are like ice boxes on wheels."

"EVERY ELECTION CYCLE, THE BALLOT is stuffed with propositions to take money out of taxpayer pockets for special projects like the roads, the schools, environmental cleanup, or, in this case, transit projects. Like the con men they are, government officials then use the money for whatever they want, and come back next time to ask for more. I say no more nickel and diming us to death. Let them repeal Proposition 13 and tax all the real estate millionaires at the right rate. Then, rich property owners will be carrying the burden of government, not the poor jerks who have to pay almost $1 in sales tax for every $10 they spend."

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Kitchen Vixen

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Breakfast of champions

BREAKFAST: THREE FRIED EGG sandwiches with fried onions and mayonnaise, one five-egg omelet, a bowl of grits, three slices of French toast with powdered sugar, three chocolate chip pancakes and two cups of coffee.

Lunch: one pound of enriched pasta along with two large ham and cheese sandwiches with mayonnaise on white bread and 1,000 calories' worth of energy drinks.

Dinner: another pound of pasta, another 1,000 calories' worth of energy drinks and an entire pizza.

Is this the "diet" of your dreams? After all these years, have we finally found that eating more processed foods is actually the key? Yea, right! Dream on!

You too can eat this way and maintain a healthy weight if you are willing to live like an athlete with the dedication to win more gold medals than any other Olympic athlete in history. Then and only then can you eat all the processed starches and mayonnaise laden sandwiches that your heart desires.

That's the diet of Olympic athlete Michael Phelps, the 23-year-old swimmer who stands 6-foot-4 and weighs 195 pounds. He eats all that food: 12,000 calories per day.

The average person who is trying to lose weight and keep it off can do so on 1,200 to 1,800 calories a day. Imagine consuming 10 days' worth of food in one day, everyday. Imagine being able to eat pasta ad lib and soft white bread. Imagine the food bill of a 12,000 calorie diet!

These low fiber, over-processed options are simply not ideal choices for the average American, but they certainly have a place in an athlete's diet.

High fiber foods take longer to consume and may be more difficult to digest. An athlete needs to wolf down calories in order to rebuild and refuel the body in preparation for multiple training sessions. They need quick, nutrient dense, low fiber energy sources.

Most processed foods are enriched and fortified with vitamins and minerals. Food manufacturers often replace lost nutrients and sometimes add ones which weren't even there in the first place.

The disadvantage is that nutrients in food are developed by plants or animals for a reason.

Each nutrient is available in specific proportions because they all act synergistically, helping each other in just the right way to give good fuel and protection to that specific plant or animal.

We eat the food and also get energy and protective benefits.

The prospect of food spoilage is one reason processed foods were created. White bread, pasta and rice were developed as a way to make grains last longer.

By removing the outer hull or bran as well as the inner, fat rich, germ, the grain can be stored for long periods. This is why white rice is so popular in China. When you have a lot of people to feed in far reaching places, you need food that will travel without spoiling.

Here in America we have access to all types of food. You've heard by now that brown rice is better than white. Medium grain is actually best, and slow cooking is ideal. Brown rice contains the essential nutrients we seek for energy and protection from disease.

In the spirit of the Beijing games, here is a recipe for healthy fried rice, a popular dish in Asian-American cuisine. In Chinese banquets, fried rice is served just before dessert. Hopefully this more calorie-friendly version will allow you to enjoy a light dessert, followed by a nice after-dinner walk for at least 30 minutes or more. I'm not asking you to do Michael Phelps' routine, but you also don't get to eat 12,000 calories a day. Not on my watch anyway.

Non-fried vegetable brown rice

1/2 cup cooked brown rice (prepared ahead)
1 egg (omega-3 rich, cage free)
2 egg whites
1 carrot, cut into half moons
1 stalk celery, finely chopped, including leaves
1/4 piece yellow onion, chopped
1 clove garlic, finely diced
1/2 red pepper, finely diced
1 tsp. tamari soy sauce
1 head bok choy (about 6 leaves, steamed)

Prepare brown rice ahead and use within 3 days. Three cups of water to one cup of grains. Boil for 35-40 minutes. Add more liquid as needed.
Heat 2 tsp. of water in a medium skillet. Add onions and carrots and steam sauté until soft. Add the celery, garlic, peppers and tamari. Add the brown rice and the eggs. Heat until the eggs are cooked through. Steam the bok choy in a bit of water until it is bright green. Place bok choy on a plate and top with brown rice dish. This makes a wonderful way to start the day or end it in the traditional Chinese way.
Per serving (546g) about 2 cups: 320 calories, 7g of fat, 45g carbs, 8g fiber, 20g protein, 320 percent Vitamin C, 410 percent Vitamin A.

ELIZABETH BROWN is on a mission to save the world-one energy enhancing, disease fighting recipe at a time. See her in action on YouTube at www.youtube.com/user/TheKitchenVixen. She is also a sideline reporter on www.TheWeekendWorkout.com. For more information contact Elizabeth at eat2liv@earthlink.net.

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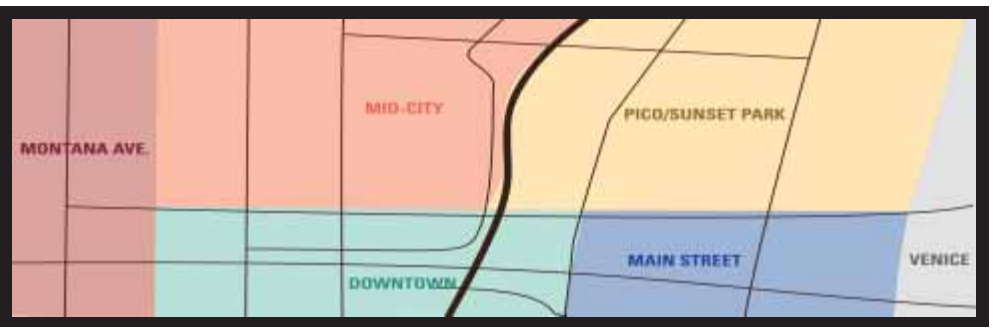

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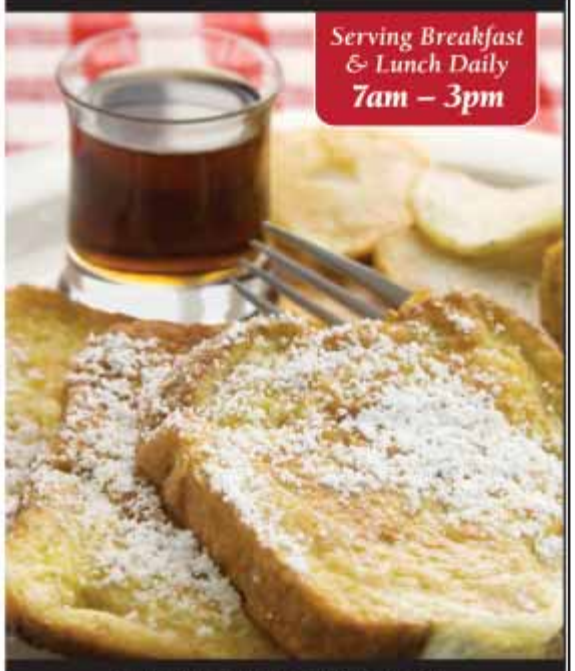

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Fuel cost hard on volunteers

FROM GAS PAGE 3

"It has gotten a lot more expensive," said retired marine Jon Wells, who has been a volunteer pilot at AFW for five years. "One 500 mile flight can cost about $350."

Wells now works as a distribution center manager at American Honda Motors. He had been using his Marine Corps retirement money to pay for his missions, but now he says he is tapping into his family fund.

"I have the bug," Wells said, explaining why he can't stop flying for AFW.

The nonprofit, whose pilots often fly in and out of Santa Monica Airport, is hoping to get more pilots involved to cut costs for current volunteers. The short-term solution has been to split flights, meaning two pilots fly one mission by meeting in the middle. But using two pilots per mission reduces the number of pilots available to fly.

"Our goal is to get the word out to the aviation community," said Cimmarrusti. "We need to increase the number of pilots flying for us."

AFW is not the only organization facing a shortage of volunteers. Kathy Sipes, director of volunteer services for the UCLA health system, has had similar challenges.

"We have [noticed a decline in volunteers], especially those who live far away and those on a fixed income," Sipes said. "It has affected them."

Sipes is concerned about the lack of volunteers able to make the drive, stating that they add the "warm touch," to the hospital.

"It started with people being concerned about the economy, but as gas prices have risen, the problem has escalated," Sipes said.

UCLA is currently trying to recruit new volunteers, specifically for the student program, as the commute is much shorter. Some volunteers were driving from as far as Orange County.

While AFW and UCLA scramble to find more volunteers, one organization is thankful that it has not lost anyone yet.

The local branch of Meals on Wheels has successfully maintained their fleet of volunteers.

"We have been giving them gas cards twice a year at volunteer recognition events as a thank you," said Rosemary Regalbuto, the president and CEO of Meals on Wheels West, which serves Santa Monica. "We have also tightened up our routs and everything is geographically concentrated in Santa Monica."

Regalbuto did acknowledge that her colleagues throughout the country were having trouble with the high gas prices. She attributes the fortune of her branch to the fact that the driving distance is so minimal, but she added that Meals on Wheels West is "extremely fortunate that [the volunteers] haven't left."

What makes the situation even more challenging is that as the economy declines, more individuals are in need of these charitable services and less volunteers are able to donate time and money.

Although gas prices have been inching down, national gas prices still average $3.80 per gallon, a one dollar increase from last year.

With the rising cost of both food and fuel, there may be little relief for organizations and companies that rely on volunteers.

"A lot of people are hurting and when you're hurting, you don't want to spend money," said Hal Dash, president of Cerrell Associates, a local political strategy firm. "Even people who are well off are cautious in these times."

news@smdp.com

Military funds mind-reading science

BY ALICIA CHANG
AP Science Writer

LOS ANGELES Here's a mind-bending idea: The U.S. military is paying scientists to study ways to read people's thoughts.

The hope is that the research could someday lead to a gadget capable of translating the thoughts of soldiers who suffered brain injuries in combat or even stroke patients in hospitals. But the research also raises concerns that such mind-reading technology could be used to interrogate the enemy.

Armed with a $4 million grant from the Army, scientists are studying brain signals to try to decipher what a person is thinking and to whom the person wants to direct the message. The project is a collaboration among researchers at the University of California, Irvine; Carnegie Mellon University; and the University of Maryland.

The scientists use brain wave-reading technology known as electroencephalography, or EEG, which measures the brain's electrical activity through electrodes placed on the scalp.

It works like this: Volunteers wear an electrode cap and are asked to think of a word chosen by the researchers, who then analyze the brain activity.

In the future, scientists hope to develop thought-recognition software that would allow a computer to speak or type out a person's thought.

"To have a person think in a free manner and then figure out what that is, we're years away from that," said lead researcher Michael D'Zmura, who heads UC Irvine's cognitive sciences department.

D'Zmura said such a system would require extensive training by people trying to send a message and dismisses the notion that thoughts can be forced out.

"This will never be used in a way without somebody's real, active cooperation," he said.

Man admits to threatening congressman's life

THE ASSOCIATED PRESS

POMONA A Santa Monica man has agreed to serve time in jail and a mental facility after threatening to kill a congressman because he believed the government was preventing him from wearing women's panties.

Thomas Aaron Brothers pleaded no contest to a felony charge of threatening a government official.

He repeatedly called Rep. David Dreier's district office in San Dimas and threatened to kill the congressman.

Preliminary hearing testimony revealed Brothers was upset that the government was preventing him from wearing women's underwear.

The 41-year-old Brothers will be sentenced Sept. 22 to a year in jail and a year in a live-in mental health facility.

Brandon Wise *brandonw@smdp.com*

ON FAMILIAR GROUND: **Employee Maria Valdez of the Busy Bee hardware store on Santa Monica Boulevard helps customer Jonathan Duley on Tuesday morning. 'It's close to home and they have everything I need to get things done' Duley said, as he paid for his items.**

SM local legends weather recession

FROM **STORES** PAGE 1

has been in business for the last 81 years. Like Izzy's, The Tinderbox has stayed successful based on the sense of community and consistency of its products.

"We look at old ads from the '30s and we sell the exact same stuff that we sell now," said current owner Jeanette Farr.

In its hey-day The Tinderbox catered to stars like Clark Gable, Marilyn Monroe, and Marlen Brando. Today it's clientele is composed of anyone from UCLA students to 80 and 90 year olds who stop by for cigars, a smoke and a chat.

"Every so often we have people come back who used to work here way back in the day or Ed got them started on their first pipe way back when they were 19," said Farr.

Few local businesses have been around as long as The Tinderbox, but there are some. Chez Jay's is 49 and The Galley restaurant on Main Street is the oldest restaurant in the L.A. area, and has been around for the last 74 years. One of the oldest shops in Santa Monica is Busy Bee Hardware on Santa Monica Boulevard, which is now in its 94th year.

"Whenever I'm nearby I just hope there's something I need so I can come in here," said Lenore Bloom, a Los Angeles resident who shops at the hardware store.

The Busy Bee is unique not only for its age: The shop's setup is practically overflowing with different hardware supplies, and its custom-service setup that makes sure each customer is assisted personally.

"It is hard and we have struggled a little to stay in business but the community likes the store," said store manager Veronica Portillo. "Right now the economy is pretty bad but we still have our regular customers who come every day or every other day."

With the current economic recession many of these local stores are concerned, but with their long history they have a record of getting through rough patches.

"They have seen the fluctuations and they have the advantage of past experience," said Laurel Rosen, president and CEO of the Santa Monica Chamber of Commerce. "They're the ones who will help the other ones that are unsure and help them see they have to find ways to wait it out."

Some, like Izzy's, are confident that their customer niche is so consistent that business will hardly be affected. But for most long-term businesses, the economic situation is still troublesome.

"We've always taken the long view — not this quarter, not this month, and rather than go for the quick sale I've gone for long-term relationships and it's paid off," said Robert Riskin, president of McCabe's Guitar Shop. "But when I see independent booksellers going out of business it hurts and there aren't many small music stores left."

McCabe's is celebrating its 50th year in 2008. The shop was first opened by Gerald McCabe, a furniture designer who helped fix his friend's guitars. It's growth was tied to the civil rights and folk movement, and though music and the shop have changed over the years, it is still a haven for musicians and guitar lovers from the now-famous musician Beck to local children who visit with their parents.

Drew Pomatti took guitar lessons at McCabe's since fourth grade and lives a few blocks away. Now almost 20, he still cherishes the shop.

"I would look at all the black and white photos of all the people who played there and I feel kind of daunted and kind of impressed and also proud to be there," he recalled.

These stores are important not only for their resonance in the community, but as a source of revenue for the city.

"Their tax dollars are the basis for this city," said Rosen. "You need these long-term anchors for the city to support services."

Hopefully these businesses will continue to contribute to Santa Monica's economy and its unique community, and others can learn from their secret of success which is no secret at all: A consistently high-quality product and great customer care that keep people coming back year after year, and decade after decade.

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Too many nail salons on Main Street

FROM USE PAGE 1

who works from home.

Such wasn't the case when he lived in Westlake Village and had to commute to Downtown Los Angeles.

"I got to see the other extreme," he said.

While Downtown is abundant with businesses, some residents say that some of the ground-floor retail in newer developments are not necessary neighborhood-serving.

"I know over there they have a casting office," Deborah Wilson, a resident, said pointing to a Downtown building. "Is that something — to walk around the neighborhood and go casting?"

Wilson, who lives on 14th Street, said she would consider a Starbucks or Winchell's as attractive additions to the neighborhood.

One of the biggest mixed-use developers in Downtown is the Santa Monica Collection, which is owned by Craig Jones, his apartments occupying plots of land up and down Fifth, Sixth and Seventh streets.

The ground floor of a handful of newer buildings located close to Colorado Avenue are occupied by businesses that some residents might not consider as catering to the neighborhood, uses that include a casting agency and a doctor that offers laser skin surgery.

"It's generating (traffic) from Beverly Hills and Century City and increasing car trips," Ted Winterer, an Ocean Park resident and City Council candidate who supports capping commercial development, said about the laser surgery office.

> **"A MAJOR PORTION OF TRIPS THAT HAPPEN DURING THE DAY ARE REALLY RESIDENTIAL TRIPS WHERE PEOPLE ARE GOING TO BANKS, GOING TO GROCERY (STORES), GOING TO DRUG STORES."**
>
> **Eileen Fogarty**
> Planning and Community Development Director, City Hall

But developments a few blocks north — including several Santa Monica Collection projects — do incorporate businesses that accommodate area residents, including a restaurant on the corner of Seventh and Santa Monica Boulevard, and a new restaurant that's slated to open on the corner of Sixth and Broadway.

Rafael Padilla, a broker with PAR Commercial Brokerage, which leases for the Santa Monica Collection buildings, said several factors are taken into consideration when choosing a suitor for a retail space, including how the use would benefit the building and the residents. He mentioned tenant La Botte restaurant, which is located on Seventh and Santa Monica, as an example, pointing out that what was then an unknown cafe is now one of the most popular Italian eateries in Los Angeles.

"We based the decision on what not only will benefit the landlord, but benefit the building, the tenants and the city," he said. "We went with a local operator versus a national operator."

City officials said they believe that the concept of neighborhood-serving uses has been successful thus far, preserving the small mom and pops atmosphere of the neighborhoods.

"You do it with good land planning and then the stores will want to come in," Mayor Herb Katz said. "They know they will be served and that people will come."

Some residents agree. Tyler Mayor, who lives on Idaho Avenue near Sixth, said he once went a whole month without his truck and ended up skating and riding everywhere.

"Everything is so close," Mayor said.

But there is something he would like to see more near his neck of the woods — bars and restaurants.

Ben Miller, who for three years lived on Sixth and Broadway, recalled more convenient times, enjoying the closeness of restaurants. He now lives on Harvard where eateries are a bit sparse, but the trade-off is more square footage for the same rent.

"There are still little restaurants close enough that we can walk," he said.

While more mixed-use and neighborhood-serving stores could be a positive for residents, it spells more competition to existing businesses.

Katz said it's not up to City Hall to control the marketplace, but rather ensure neighborhoods thrive.

"They have to fight it out themselves," Katz said of businesses. "If they, then so be it."

In some cases, it could mean more traffic to the area. Main Street in particular has been a draw for nail and hair salons the past few years.

The new Archstone on the corner of Bicknell Avenue and Main recently added a hair salon on the ground floor. The residential development is also expected to welcome a new wine and cheese shop.

The plethora of hair and nail salons is actually creating more traffic, drawing people from out of town, Winterer said.

"It's increased parking congestion because there's such a concentration of those establishments in one area," he said.

Just two blocks up from the 18th Street Coffeehouse — which has called its small corner on Broadway home the past 12 years — is a new residential project, its ground floor soon to be occupied by a cafe. For the employees at 18th Street Coffeehouse, the more the merrier.

"We are hoping that it increases business and foot traffic on the street," Angus Farrowe, the manager, said. "We're hoping that it'll also have some small stores and boutiques going into it.

"Anything to bring more traffic our way, we'll take it."

Norah Casey contributed to this report

melodyh@smdp.com

SM Treesavers hold election season's first candidates forum

FROM **FORUM** PAGE 3

sion he made last year.

"I voted for this and unapologetically so," Genser said. "What we ultimately did is environmentally superior … it will work for the longevity of the urban canopy in downtown."

Recreation and Parks Commissioner Ted Winterer said he would've opposed the plan, regardless of whether the trees were in the equation, noting that the streetscape project doesn't do much for bike lanes and the newly installed curb extensions serve as an impediment to cyclists.

The Treesavers' most recent cause — lobbying the council to form a commission to consult on urban forestry matters — was also raised, asking candidates whether one is necessary.

While most said they would favor a commission, Jon Louis Mann, who has unsuccessfully run for the council eight previous times, said he wouldn't trust one.

Instead public debate over urban forestry matters should be facilitated online, Mann said, reiterating his perennial campaign platform that all residents should be given free Internet access and that the City Hall Web site should be a hub for community discourse.

Hartley, an employment lawyer who also serves on the Airport Commission, added that a commission could make recommendations to preserve a tree but that the ultimate decision would be determined by the council.

Some candidates, like Linda Armstrong, said that a commission would be valuable only if the seats were open to the public.

"Cutting down trees should be a very last resort," she said.

The candidates also reflected on the moment that instilled a life's compassion for trees.

For Herbert Silverstein, life has always been filled with a love for the specimens, having grown up in a house in Brooklyn that was surrounded by various species of trees.

The Santa Monica resident has held daily vigils in honor of the ficus trees at Palisades Park.

"To me this was my paradise," Silverstein said. "When I came out here to Santa Monica, it was another paradise that was revealed to me."

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More women choosing careers in forensic science

BY DENA POTTER
Associated Press Writer

RICHMOND, Va. Kelly Johnson snips pieces from a blood-stained, blue-striped shirt, then swabs the neck and armpits for sweat. Down the hall, Samantha Glass watches as a chemical reaction reveals a fingerprint on a juice bottle.

In the state's Eastern lab, Julie Price fires a .45-caliber pistol into a long metal water tank.

Unlike their counterparts on TV, they're not wearing low-cut shirts or stiletto heels, and their hair and makeup aren't always perfect. These are the real women of forensic science, and there are plenty of them.

An Associated Press review of accredited forensic science programs in the United States found about 75 percent of graduates are women, an increase from about 64 percent in 2000.

Women say they were drawn to forensic science by strong role models, a desire to help people and stability that's often lacking in other scientific careers.

Those in the field estimate that the nation's forensic labs are at least 60 percent female. At Virginia's Department of Forensic Science, 36 of 47 scientists hired since 2005 were women.

"I used to tell people when I first came that we considered forensic science Boys Town, but now it's more like a girls world," said Sylvia Buffington-Lester, 58, a supervisor in the latent print division who was the only woman in that division when she started in 1987.

West Virginia University professor Max Houck, chairman of a committee that accredits the field's academic programs, is researching what draws women to the sometimes gruesome world of forensics.

Among other factors, he cites the "CSI effect," saying the popular CBS show and its spinoffs were the first to show a proportional number of women in leading scientific roles. Other popular shows featuring female forensic investigators, including "Bones" and "Crossing Jordan," have followed.

"I have to think that there's got to be some relationship between the roles that are represented on TV and the way women see what's possible for them as a career," Houck said.

Forensic scientists say the attention from the shows has brought more people into the field, even if they are initially drawn to the glamorous work portrayed on television. Even while poking at dead bodies, the female scientists on shows like "CSI: Miami" often don revealing blouses and always have makeup jobs fresh out of a beauty salon.

"A lot of them do realize that riding around in the Hummers and wearing Prada is not the day-to-day things," Buffington-Lester said. "But I tell girls that I do a lot of things in pearls and pumps ... you can be a part of this used-to-be male-dominated thing but you can still be feminine, you can still be who you are."

Female forensic scientists also point to characters like crime writer Patricia Cornwell's Dr. Kay Scarpetta, the chief medical examiner in a string of best-selling thrillers.

Women entering the field today grew up when girls were being encouraged to study science. Even the Girl Scouts have an "Uncovering the Evidence" badge, trimmed in pink with a silver fingerprint.

Some say they became forensic scientists out of a desire to help people — both to find the bad guy and clear the innocent one.

"I think all of us have kind of an altruist bent for the greater good, because we could probably be doing research, chemistry or medical and making more money, but everybody seems to have a passion for the science and work and wanting to help people," said Glass, 36, a supervisor in latent prints.

Studies have shown men place more importance on salaries than women, and forensic scientists start at about $30,000, much less than many science laboratory jobs.

Women also are more detail-oriented, Glass and others said, which comes in handy when matching up fingerprints or comparing striations on bullets.

Women often prefer the cooperative environment of a crime lab over the competitive atmosphere found in the nation's top science labs, said Diane Vance, director of the forensic science program at Eastern Kentucky University. The more stable hours are better suited for those who want a family.

To be successful at a top research university, "It has to be your whole life," Vance said.

Lashanda Oglesby thought that was the life she wanted. She was on her way to getting a Ph.D. in microbiology and immunology with a future in academic research. Then she realized something else was more important: having a family.

"Looking at women actually doing what I thought I wanted to do, they seemed to have to make a really difficult choice as to making sure that their career was successful and also being successful moms, and they did it and they did it well, but it was just a choice that I did not want to make," said Oglesby, who now works in Virginia's DNA lab.

Skye Mullarkey, 22 and a graduate forensic science student at Virginia Commonwealth University, has wanted to be a forensic scientist since middle school. Her father was a state trooper.

"I just kind of meshed him coming home and telling stories at the dinner table to my love for science and that kind of morphed into wanting to do this," she said.

In VCU's forensic science program, 33 women and 11 men finished the undergraduate program this year and 20 women and two men graduated from the graduate program.

"Women are the future of forensic science," said program director Bill Eggleston, who says men are warned they will be in the minority before they start. "It's not just evolving, it's a revolution."

The adventure continues for Astin

BY DAVE MENDONCA
Special to the Daily Press

Santa Monica's own, Sean Astin is like any other person. He eats at Subway. He likes to spend time with his family, and he enjoys fighting the forces of evil in blockbuster fantasy movies. Ever since he made his feature film acting debut in the Steven Spielberg-produced cult hit, "The Goonies," his career has seen many highs including his role as Elijah Woods' loyal friend, "Samwise Gamgee" in the enormously popular "Lord Of The Rings" movies. Today, this married father of three daughters is not battling orcs anymore, but he is doing something just as exhausting — keeping up with his kids. Recently, he took time to discuss his family, his thoughts about movie directing and the negatives associated with his most famous role.

ASTIN

Q: You've been blessed with many talents, but what is the hardest thing for you to do — acting, directing or taking care of your three daughters?

A: "I guess because I take care of my three daughters with my wife, who really takes care of my three daughters, everyday that doesn't seem as hard even though it probably is the most important.

Of course, the oldest one is just coming into the teenage years, so I might have to revise that. I would say of the three that you mentioned — directing. I always think of directing and producing as interlinked. In order to have the kind of creative impact on the movie that you want to have, you kind of have to have a producorial role. I would say that (directing) is the thing I've had the hardest time figuring out how to raise money for and how to be able to do on the kind of scope that I've wanted to do it."

Q: How has your life changed since your daughters arrived?

A: "Well, you know I don't do much else really. We live in a suburb which is a good, in no traffic, 35 minutes away from the heart of the action in L.A. We're always at home, and everything we do is with them.

I was thinking to myself just a day or two ago, 'Wow, I used to have all these friends I used to do stuff with and I used to go places.' It sounds horrible, but I don't think I would change it for anything. How has it changed? It has changed one trillion percent. We now live for our kids."

Q: Back when your career was a main focus in your life, what roles did you audition for and really wanted, but didn't get?

A: "When I auditioned for them, I would have liked to have gotten them, but when I've seen them afterwards, by and large, I think the people who did them, did them in a qualitatively better way, you know, either more interesting or who they were was better suited like River Phoenix in "Stand By Me." I auditioned for the role. My audition was terrible and his was incredible. When I saw the movie, I thought to myself, I could not do that. I could not do what he has done. It was coming out of his life. You can just feel it on the screen. There was something so powerful about what he was doing that I didn't have that to draw on in my life, so I don't think there was any way I could have done that even if I had done the part."

Q: One big role you did land was that of "Samwise Gamgee" in "The Lord of The Rings" movies. What were the best and worst parts about working on those films?

A: "I always thought that I was ready for anything, I was absolutely not ready for the odyssey, the journey of being a part of that kind of experience. It was just overwhelming and that was the best thing, working with people who are at the top of their field and being a part of telling a story that is such a magical, important story in literary history over the last 100 years. Just the whole panoply of sights and sounds and emotions and everything that we experienced was the ups. The worst part, frankly for me, was having to be so heavy. I remember looking in the mirror and just thinking, 'Who is that fat **** looking back at me? I don't recognize him.' It was fine for the first three or four months and might have even been fine for the seventh or eighth month, but once you got into a year and then you're into almost a year and a half, you start to forget who you are. You don't like the identity. As soon as we were finished (the movies), I went and dropped 35 or 40 pounds in seven weeks. I just went on a 1,500 or 2,000 calorie a day diet. I was running an hour and a half every day. I remember as the weight was peeling off I'm like, 'That's me! That's who I want to be!'"

DAVE MENDONCA is an entertainment writer based in Toronto, Canada. You can send him your feedback at dave.mendonca@gmail.com.

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CHANNEL SURFING

BY JACK NEWORTH

A big thank you, Ms. Thomas

After the Bay of Pigs invasion President Kennedy said, "Victory has a hundred fathers and defeat is an orphan."

Fifty years from now, when historians look back at the Bush administration, my guess is there will be a lot of finger pointing. Never shy about taking credit for his policies, "I'm the decider," George Bush will undoubtedly be the recipient. Many conservatives incorrectly point out there would have been no invasion of Iraq without Democratic votes. But the fact is 57 percent of all Democratic legislators in the house and senate voted against the authorization.

I would hope that the fourth estate, the press and media, would get their fair share of responsibility. Reporters and editorial boards, fearful of being labeled unpatriotic, not only didn't ask the tough questions, they seemingly endorsed the war. Years later the New York Times wrote an open apology to its readers for having failed in their duty. The most damaging example was Judith Miller who, with incredible access to the administration, seemed to promote the buildup to war rather than report on it. Her critics joked that Miller wasn't a reporter, she was a stenographer.

One of the most venerable members of the press, the dean of White House reporters, Helen Thomas, stood practically alone in her relentless tough questioning. If historians point any fingers it ought to be for her integrity and courage when surrounded in a sea of complacency. Still working, Thomas, who turned 88 on Aug. 4, has been a reporter for over 60 years and has covered nine presidents dating back to JFK in 1960.

As part of their prestigious "Documentary Series: Life Changing," HBO examines the life and work of Thomas in "Thank You Mr. President: Helen Thomas at the White House." The film is in black and white and runs a far too short 40 minutes. It was directed and co-produced by Rory Kennedy, the Emmy-winning youngest child of the late Robert Kennedy.

The film traces Thomas' journey from modest beginnings. Born in Kentucky, the daughter of illiterate Lebanese immigrants, Thomas rose to the top of her profession. She gained a reputation as a fearless journalist who stood up to the most powerful men in the world. Reflecting on her storied career, Thomas offers insights into the distinct personalities and foibles of the presidents she has covered, and remembers many of the scandals that have rocked the White House.

When Helen Thomas began her career, political journalism was not highly accessible to females. Generally, they were given "the woman's point of view" stories, often covering the First Lady, her fashion choices and how she might redecorate the White House. In the beginning Thomas covered Jackie Kennedy. But, through tenacity and talent, she was able to become part of the White House press corps.

Many years later Thomas would become the first female White House Bureau Chief for UPI. Among the exceptional archive footage, is that of President Nixon congratulating Thomas on her achievement. Thomas candidly admits she was uncomfortable with Nixon's praise because she had planned on asking him a very tough question regarding Watergate. Moments later, in typical Thomas fashion, she asked the question anyway. One day, during the depth of the scandal, Thomas encountered Nixon and wished him good luck. He answered, "Pray for me, Helen." Nixon resigned the next day.

Though barely a teenager, I'm old enough to remember Thomas at JFK's many press conferences. In those days they were far different than the scripted ones of the Bush administration. JFK was at his wittiest best in these free-for-all question-answer sessions and he had great fun with and admiration for, Thomas. Thomas admits it was mutual.

The phrase "Thank you, Mr. President," originated during the presidency of FDR. A reporter was given the responsibility for uttering those words when the time allotted was up and signaled to everyone the press conference was over. Starting with JFK, Thomas was given that honor. (Until Bush demoted her status, among many snubs he sent her way.) In one particular JFK press conference, when Thomas says those words, the camera reveals the comical reaction on JFK's face, indicating he was indeed relieved it was over.

I would think Thomas' unlikely success would be an inspiration to many, especially women. The film lacks the drama of longer, more controversial HBO documentaries I've seen in the past. And yet, listening to Thomas' many recollections of the nine presidents she covered, "Thank You, Mr. President" is undeniably a valuable oral history of the people who have occupied the most powerful office in the world and those who have had the courage to question them.

"Thank You, Mr. President," airs Monday, Aug. 18 at 9 p.m. on HBO.

JACK NEWORTH also writes the "Laughing Matters" column which appears every Friday. He can be reached at Jackneworth@yahoo.com.

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BOOKREVIEW

BY DANE ROBERT SWANSON

'China Girl — A Daughter's Journey'

Sophie Mokhtari • Writers of the Round Table, Press

Little do we know the outcome of our decisions made on the spur of the moment. We don't realize that they have repercussions that echo through the years.

Anna Lee, whose Chinese name is Gum Sing, decides that the way to get a boy to recognize her is to make him jealous by allowing another boy to "go all the way" with her. She goes all the way with Ray, even though she can't stand him.

This forces her to marry Ray to save face for the family. Sent away to America to start a life for herself, she leaves her daughter, Shih Fay, behind to be reared by her parents. Ray turns out to be an abusive husband. She has more children by him, a son, Damian and a daughter, Cindy. Later she comes back to get the daughter, Shih Fay. But because the daughter reminds her of her disgrace, she ignores her.

The story centers around Lily, the American name Shih Fay is given, and her adjustment to being unwanted. Lily has one thing to hold on to and that is the gift her grandmother gave her back in Hong Kong, a snuff bottle from the Ming Dynasty. This is her link to better times. In times of problems this helps her find comfort.

She recalls her grandmother telling her, "Your name is Lily now. Your name will always be Shih Fay in your heart. And in Gung Gung's heart and mine. Do you remember what your name means?"

"Serenity of a snowfall."

"Yes. As long as you know that, it doesn't matter what people call you."

"So I'm Lily now?"

Pau Pau closed her eyes and her stiff eyelashes tickled against Shih Fay's eyelids. "Yes. In America, you're Lily now."

The story is told in third person multiple viewpoints. We find that the mother, Anna, can't escape. Ray makes sure that she doesn't get a work permit. So she is rough on the children as a result. Yet she still holds on to a dream. She wants to escape Ray and return to school to get her electronics degree and start making money of her own.

At church people see things differently than what they are. "They must think she was the consummate young mother: staying at home, tired and frazzled, but ultimately in love with the creatures she and Ray had created. The truth was, though, that she wanted to scream. She wanted to leave. She wanted to leave her own children."

This story is not a pretty one. The family is dysfunctional and the sins of the parents are visited on the children,

This book does have a happy ending of sorts. Anna develops a backbone and realizes her dream. Lily returns to Hong Kong a fractured but wiser person. "As the plane launched skyward, Lily craned her neck, turning back to the terminal. they'd be OK while she was gone, Mom, and Damian and Cindy. She knew they'd be okay."

Mokhtari is planning on doing a series of novels focusing on creating a "sweet life" out of "sour" circumstances in worlds of varied races, ethnicities and religious background. She will call this series the Lemonade Series. "China Girl" is the first novel in this series.

Exciting books are coming up that need to be reviewed. Keep on reading and please drop me a line at smdp_review@yahoo.com.

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SURF REPORT

Surf Conditions **Water Temp:** 67°

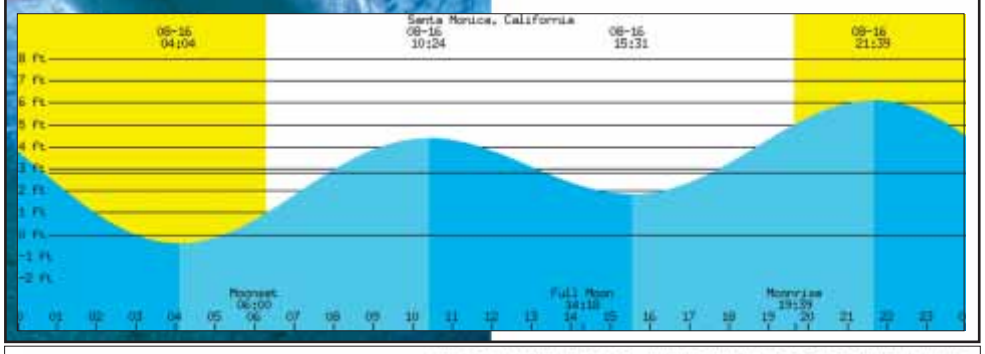
Swell Forecast (1-2 FT)

Saturday the 16th we should see some NW ground swell (not a lot...but some). This is from an unseasonable development recently near the Aleutians. This one did peak with 20+ foot seas high in the Gulf, but this isn't a very significantly sized storm for SoCal, and it won't be angled all that ideally either. Sunday the 17th the NW will be backing off some as its shorter, lagging periods arrive. Light southern hemi remains.

Long Range Synopsis

Still nothing impressive to report for the long range ...

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 **August 12, 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 -- 1
- Number of beach closures due to a sewage spill -- 0
- Number of wet days -- 8
- Number of A grades for dry/wet weather -- 40 / ns
- Number of (C,D,F) grades for dry/wet weather -- 5 / ns

The Beach Report Card is made possible by simplehuman, The Goldhirsh Foundation, the James Irvine Foundation, Ford

Heal the Bay reminds you not to swim or surf within 100 yards of any flowing storm drain or for 3 days after a rainstorm. After a rain, indicator bacteria counts at beaches throughout California usually far exceed health criteria in the state's Beach Closure and Health Warning Protocol.

LOCATION	DRY	WET
Leo Carrillo Beach, at Arroyo Sequit Creek mouth	A+	ns
Nicholas Beach at San Nicholas Canyon Creek mouth	A+	ns
El Pescador State Beach, between Lechusa and Los Alisos creeks	A+	ns
Encinal Canyon at El Matador State Beach	A+	ns
Broad Beach at Trancas Creek mouth	A+	ns
Zuma Beach at Zuma Creek mouth	A+	ns
Walnut Creek, projection of Wildlife Rd. (private)	A+	ns
Paradise Cove Pier at Ramirez Canyon Creek mouth	A	ns
Escondido Creek, just east of Escondido State Beach	A+	ns
Latigo Canyon Creek mouth	A+	ns
Solstice Canyon at Don Blocker County Beach	B	ns
Puerco State Beach at creek mouth	A+	ns
Marie Canyon storm drain at Puerco Beach, at 24572 Malibu Rd.	F	ns
Surfrider Beach at Malibu Colony fence	A+	ns
Surfrider Beach (breach location)- daily	A	ns
Malibu Pier - 50 yards east	A+	ns
Carbon Beach at Sweetwater Canyon	A+	ns
Las Flores State Beach at Las Flores Creek (point zero)	A+	ns
Big Rock Beach at 19948 PCH stairs	A+	ns
Pena Creek at Las Tunas County Beach	A+	ns
Tuna Canyon	A+	ns
Topanga State Beach at creek mouth	A	ns
Castlerock Storm Drain at Castle Rock Beach	A+	ns
Santa Ynez Storm Drain at Castle Rock Beach	A+	ns
Will Rogers State Beach at 17200 PCH (1/4 mile east of Sunset drain)	A+	ns

LOCATION	DRY	WET
Will Rogers State Beach at Bel Air Bay Club drain near fence	A+	ns
Will Rogers State Beach at Paige Canyon storm drain	A+	ns
Will Rogers State Beach at Temescal Canyon drain	A+	ns
Will Rogers State Beach at Santa Monica Canyon drain (Chautauqua)	A	ns
Santa Monica Beach at Montana Ave. drain	A	ns
Santa Monica Beach at Wilshire Blvd. drain	B	ns
Santa Monica Municipal Pier	D	ns
Santa Monica Beach at Pico/Kenter storm drain	A	ns
Santa Monica Beach at Strand St. (in front of the restrooms)	B	ns
Ocean Park Beach at Ashland Ave. drain	A+	ns
Venice City Beach, at the Rose Ave. storm drain	A+	ns
Venice Beach at Brooks Ave. drain	A	ns
Venice Beach at Windward Ave. drain	A+	ns
Venice Fishing Pier - 50 yards south	A	ns
Venice Beach- projection of Topsail St.	C	ns
Marina del Rey, Mothers' Beach- lifeguard tower	A+	ns
Dockweiler State Beach at Ballona Creek mouth	C	ns
Dockweiler State Beach at Culver Blvd. drain	B	ns
North Westchester Storm Drain at Dockweiler State Beach	A+	ns
Dockweiler State Beach at World Way (south of DBW jetty)	A+	ns
Dockweiler State Beach at Imperial Hwy drain	A+	ns
Dockweiler Beach- opposite Hyperion Treatment Plant	A+	ns
Dockweiler State Beach at Grand Ave. drain	A+	ns

LEGEND

DRY -- each location is graded on an A – F scale based on bacterial pollution levels present in the surf zone
WET -- grades for days of recorded rainfall and the following 3 days
ns -- no sample taken

Heal the Bay is a non-profit environmental organization dedicated to making Santa Monica Bay and Southern California coastal waters safe and healthy for people and marine life.

Heal the Bay

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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.

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MOVIE TIMES

AERO THEATRE
1328 Montana Ave.
(323) 466-FILM

Predator (R) 1hr 47min
7:30

AMC LOEWS BROADWAY 4
1441 Third Street Promenade

Mirrors (R) 1hr 50min
11:25am, 2:10, 4:55, 7:40, 10:25

Henry Poole Is Here (PG) 1hr 40min
11:30am, 2:00, 4:40, 7:20, 10:00

Vicky Cristina Barcelona (PG-13) 1hr 36min
12:25, 3:00, 5:35, 8:05, 10:35

Transsiberian (R) 1hr 51min
11:05am, 1:40, 4:20, 7:00, 9:40

AMC 7 SANTA MONICA
1310 Third St.
(310) 289-4262

WALL-E (G) 1hr 37min
11:20am, 1:50, 4:30, 6:45, 9:20

Step Brothers (R) 1hr 35min
12:20, 2:50, 5:15, 7:45, 10:10

Journey to the Center of the Earth - 3-D (PG) 1hr 32min
11:50am, 2:20, 4:50, 7:20, 10:00

Tropic Thunder (R) 1hr 47min
11:00am, 12:00, 1:40, 2:40, 4:20, 5:20, 7:00, 8:00, 9:40, 10:40

The Mummy: Tomb of the Dragon Emperor, The (PG-13) 1hr 54min
11:40am, 2:15, 5:00, 7:50, 10:30

Sisterhood of the Traveling Pants 2, The (PG-13) 1hr 57min
11:15am, 2:00, 4:45, 7:30, 10:20

LAEMMLE'S MONICA FOURPLEX
1332 Second St.
(310) 394-9741

Elegy (R) 1hr 48min
1:50, 4:30, 7:10, 9:50

Bottle Shock (PG-13) 1hr 50min
1:30, 4:10, 7:00, 9:55

Brideshead Revisited (PG-13) 1hr 40min
1:00, 4:00, 7:00, 10:00

Tell No One (Ne le dis a personne) (NR) 2hrs 05min
1:20, 4:20, 7:20, 10:15

MANN'S CRITERION THEATRE
1313 Third St.
(310) 395-1599

Dark Knight, The (PG-13) 2hrs 30min
12:15, 3:40, 7:10, 10:30

The Pineapple Express (R) 1hr 45min
10:50am, 11:50am, 1:30, 2:30, 4:10, 5:10, 7:00, 8:00, 9:40, 10:40

Star Wars: The Clone Wars (PG) 1hr 38min
11:40am, 2:20, 4:50, 7:20, 9:50

Fly Me to The Moon 3-D (G) 1hr 30min
12:00, 2:10, 4:30, 6:50, 9:00

Mamma Mia! (PG-13) 1hr 48min
11:20am, 2:00, 4:40, 7:30, 10:10

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

Happy at home, Scorpio

ARIES (March 21-April 19)
★★★★★ Others seem to be energized, and you are part of the reason for the enthusiasm. You scarcely have a choice but to join in. You might feel as if you have a choice to make between friends and plans. Tonight: Lead the fun.

TAURUS (April 20-May 20)
★★★★ Take a stand, and know what must be done. Sometimes, you have so much on your plate that you do not know which way to go. You juggle certain responsibilities, although there is one with no way out. Tonight: A must appearance.

GEMINI (May 21-June 20)
★★★★★ An overview could be very important. Make a point of hopping in the car and going for a drive. A movie could work too. Avoid the tried and true, and new doors will open up as a result. Remain as open as possible. Tonight: Break pattern.

CANCER (June 21-July 22)
★★★★★ Someone brings a new option to the table that could delight you. If you are tired and withdrawn, this person will do his or her best to energize you. Recognize that you might be pushing your limits. Tonight: Togetherness works.

LEO (July 23-Aug. 22)
★★★★★ Others want your feedback, but on some level you could be drained, just trying to be you. Let go, and do not push too hard to achieve what you want. Let today unwind, then later decide on actions. Tonight: Choose from many invitations.

VIRGO (Aug. 23-Sept. 22)
★★★★ Stay even and upbeat. How you get to the point of understanding with someone might be quite curvy. Let go and allow others to be in control. A loved one or a child doesn't make anything complicated. This person simply lets you know how very much he or she cares. Tonight: Know when to call it a night.

LIBRA (Sept. 23-Oct. 22)
★★★★★ A relationship could be changing. Though you might be worried which direction it might evolve, ultimately, you will see it as "better." You have pushed very hard to project certain attitudes and behavior here. Tonight: Relax and smile!

SCORPIO (Oct. 23-Nov. 21)
★★★★ Investigate, and understand when enough is enough. Your ability to breeze through a problem might be admirable, and it works — most of the time, but not right now. You will need to loosen up and go with the moment. Tonight: Happy at home.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★★ No longer lay back and count on luck. A more proactive style might be just what the doctor ordered. You might be putting more money into an investment. Make a must appearance with a smile. Tonight: You make a difference.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ Your optimism carries over to others. You might be surprised by how many people surround you, and quite suddenly at that. By understanding and accepting, you win friends wherever you go. Tonight: Make that caring gesture.

AQUARIUS (Jan. 20-Feb. 18)
★★★★★ You are all smiles. Take the initiative, especially with a key relationship. Sharing your vulnerabilities warms up the emotional climate far more than you thought possible. Schedule a walk with a child or loved one. Tonight: Zero in on what you want.

PISCES (Feb. 19-March 20)
★★★ Realize the difference a friendship makes to you, as well as others. You still might opt for some private time and/or quality time with a very special loved one. Avoid becoming overly serious, even if you are reflective. Tonight: Mystery adds to your allure. Vanish!

Happy birthday

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

This year, others ask a lot. The issue might be as simple as determining to whom and how much you are willing to give. You could be redefining boundaries and directions, knowing what is important to you. You do not want to scatter your energies too far. Yes, it might be nice to be giving, but you also must choose some limits. If you are single, many people would like to be your significant other. Choosing the right person could be quite a job with so many choices. If you are attached, juggling your needs with your sweetie's will take talent. AQUARIUS has the same issues as you, but approaches them differently.

City of Santa Monica®

A friendly reminder

BUSINESS LICENSE
TAX RENEWALS

are due by

AUGUST 31, 2008*

To renew your business license online, visit
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Sudoku

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

Difficulty Level ★★★★

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

King Features Syndicate

GETTING STARTED

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

SOLUTIONS TO YESTERDAY'S PUZZLE

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

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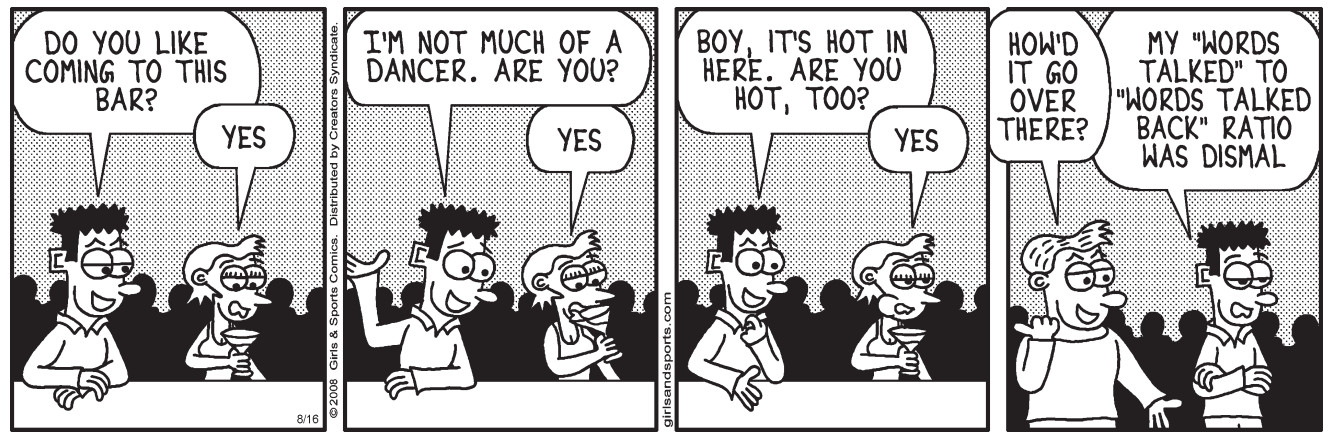
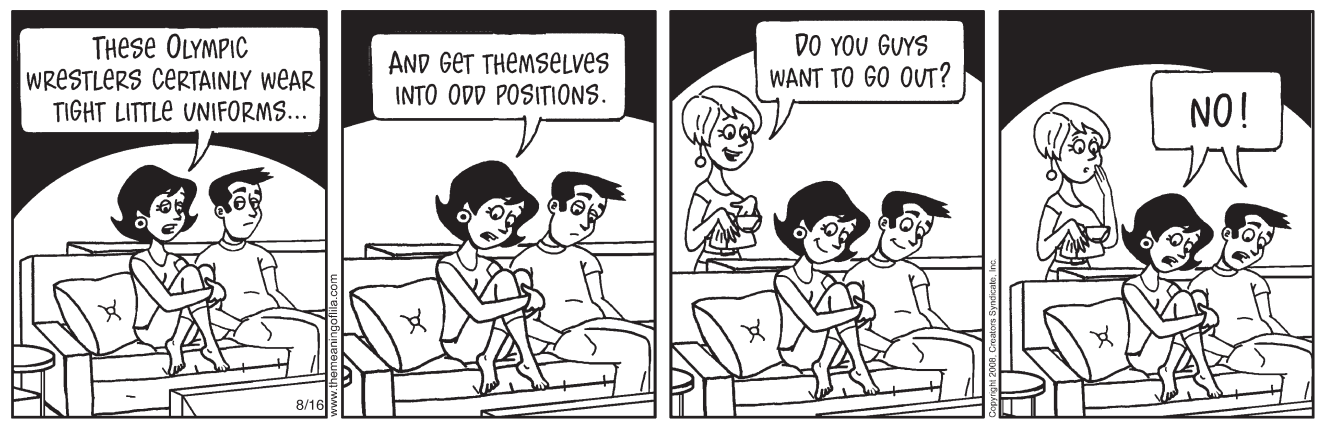
Girls and Sports

By Justin Borus and Andrew Feinstein



The Meaning of Lila

By John Forgetta & L.A. Rose



The Other Coast

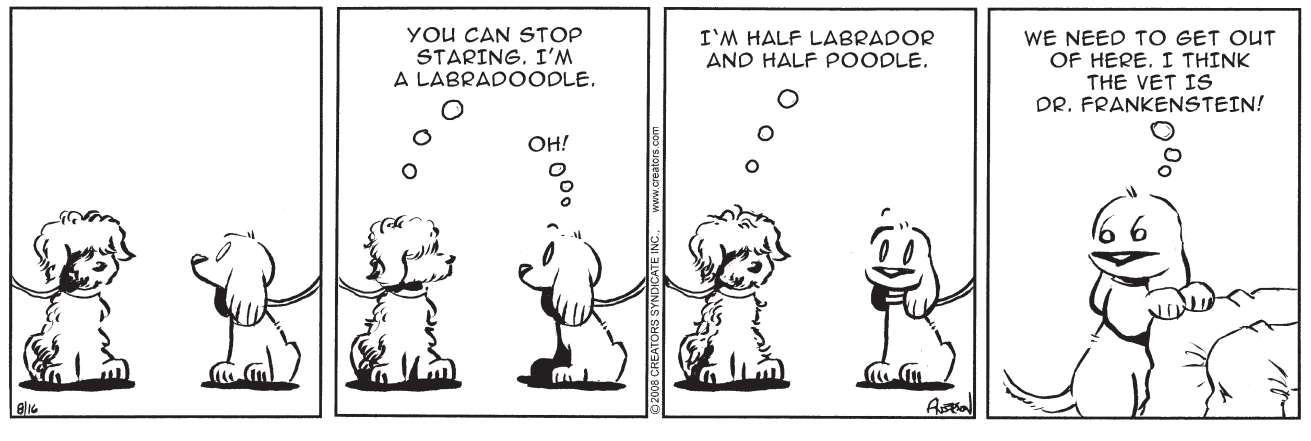
By Adrian Raeside

Garfield

By Jim Davis

Dog eat Doug

By Brian Anderson



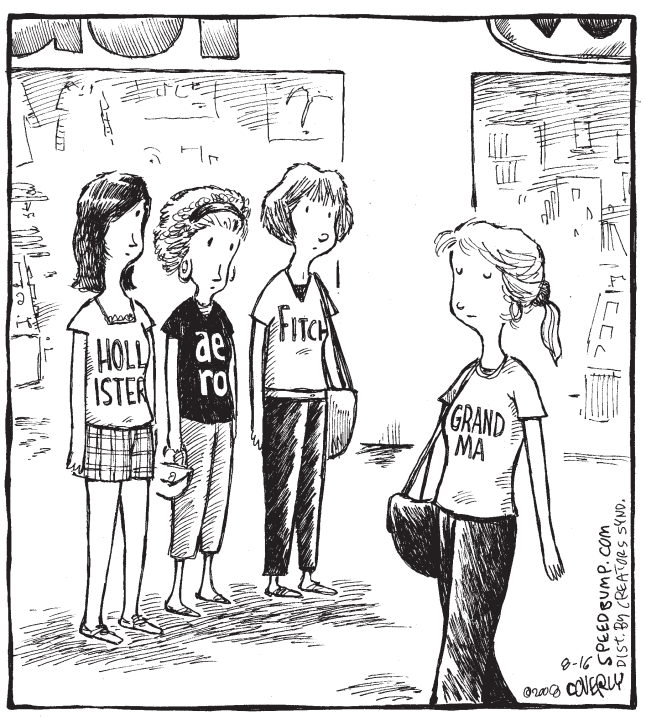
The Dinette Set by Julie Larson

Strange Brew

By John Deering

Speed Bump

By Dave Coverly



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MYSTERY PHOTO

Soraya Danesh *news@smdp.com*

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

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Tears
5 Yemen, once
10 Studio sign
12 Deceived
13 Divine nourishment
14 Southfork family name
15 Trickery
16 "How I Met Your Mother" role
18 Course area
19 English invader
21 Decant
22 Noted marshal
24 Tuesday, in Tours
25 Pre-Columbian belief
29 Life stories
30 Set on
32 Big head
33 High pt.
34 Kingston Trio hit
35 Math comparison
37 Tests
39 Tire feature
40 Find a new tenant for
41 Music's Lena
42 Studies

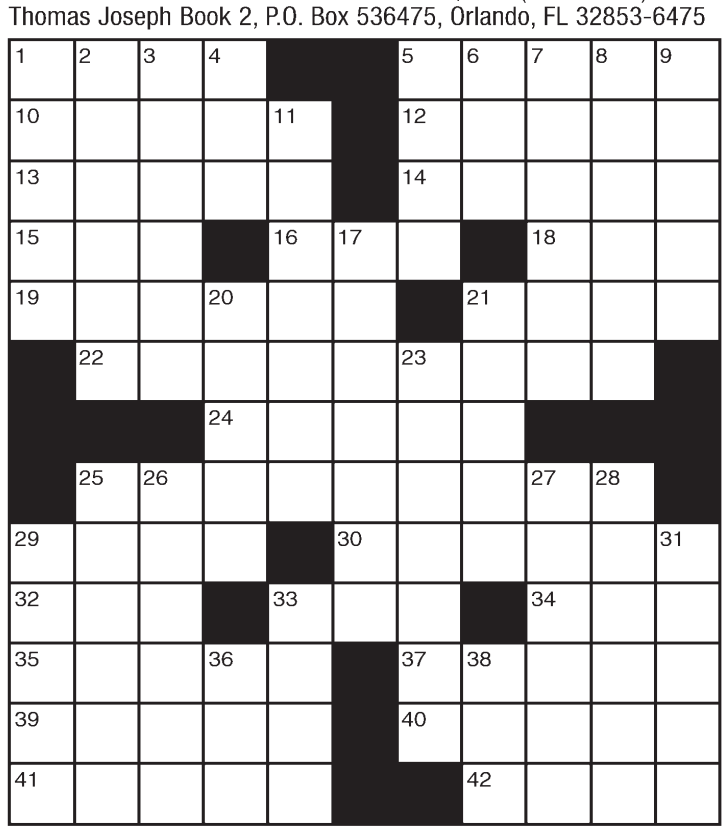
DOWN

1 Forum figure
2 Lined up
3 Site for cans
4 Church no-no
5 Slopes slider
6 Cut down
7 Film worker
8 Study
9 Dudgeon
11 Jackhammer sound
17 Implore
20 Half of a '60s group
21 Skating category
23 "Lou Grant" star
25 Singing barber
26 Riot robber
27 Steamed snack
28 Hired guns
29 Bed on a boat
31 Endures
33 Means
36 McKellen of "X-Men"
38 Struck out

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

Yesterday's answer

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



8-16

DAILY LOTTERY

MEGA MILLIONS: 2 7 23 38 40 Meganumber: 40 Jackpot: $70M

SUPER LOTTO PLUS: 8 12 23 32 39 Meganumber: 25 Jackpot: $7M

Fantasy 5: 6 14 18 31 37

DAILY 3: MIDDAY: 1 4 0 EVENING: 3 0 6

DAILY DERBY: 1st: 04 Big Ben 2nd: 10 Solid Gold 3rd: 06 Whirl Win RACE TIME: 1.49.19

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

■ Ronald McDade, charged with raping a teenager in Lansdale, Pa., in January, petitioned to be allowed to submit a plaster cast of his penis to the jury, to demonstrate that, since he is an "extremely large" man (according to his lawyer), he could not physically have penetrated the girl without causing genital injury (and no such injury was found). News of the Weird has reported previously on rape defendants offering to give the jury either a photograph, or a live exhibition, to make the same point.

■ An 18-year-old man was killed in March while riding in a shopping cart and holding onto an SUV racing down a Winter Park, Fla., street, when it hit a speed bump.

■ A 13-year-old skateboarder was killed in May at a railroad crossing in O'Fallon, Ill., when (according to police) he was unsuccessful in beating a train to the crossing.

n An 18-year-old man was killed in June in Blaine, Wash., when the steamroller he was taking for a joyride at a construction site overturned and fell on top of him.

TODAY IN HISTORY

1777 American forces won the Revolutionary War Battle of Bennington.

1812 Detroit fell to British and Indian forces in the War of 1812.

1858 a telegraphed message from Britain's Queen Victoria to President Buchanan was transmitted over the recently laid trans-Atlantic cable.

1948 baseball legend Babe Ruth died in New York at age 53.

1954 Sports Illustrated was first published by Time Inc.

1956 Adlai E. Stevenson was nominated for president at the Democratic National Convention in Chicago.

1960 Britain ceded control of the crown colony of Cyprus.

1978 James Earl Ray, convicted assassin of Dr. Martin Luther King Jr., told a Capitol Hill hearing he did not commit the crime, saying he'd been set up by a mysterious man called "Raoul."

WORD UP!

blackguard \BLAG-uhrd\, *noun*:
1. A rude or unscrupulous person; a scoundrel.
2. A person who uses foul or abusive language.

Santa Monica Daily Press

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Obituaries

EDWARD DALE BLISS

Mr. Edward Dale Bliss of Santa Monica, CA, died on August 9, 2008 at the age of 83 years old, at the Hancock Park Health Facility after a brief illness where he had been under the care of LA Hospice. Mr. Bliss was born June 22, 1925 in Hillsdale, MI, the son of Clarence E. and Dorothy V. Bliss. Dale attended schools in Lansing, MI; attended Michigan State University where he majored in theater arts and participated in many theater productions. His family moved to Phoenix, Arizona in 1948 where he acted with the Phoenix Little Theater group. He migrated to Los Angeles in 1949 and attended and graduated from Woodbury College, Los Angeles, with decrees in Interior Design and Bachelor's of Arts. Mr. Bliss was a World War II disabled veteran having served in the US Navy as a radioman.

He was a true Renaissance man having been an accomplished artist, designer, author, cook, actor and finally after many years, an in-home private duty nurse at which position he excelled as families of prior clients have attested. He was a sober member of Alcoholics Anonymous for the past 34 years for which he was grateful on a daily basis

He was predeceased by his parents and his beloved brother, David S. Bliss. He is survived by his sister, Marta K. Sills, Claremont, CA; and numerous nieces and nephews.

At his request, there were to be no services. His ashes are to be spread at sea with the aid of the Neptune Society of Los Angeles, CA.

Announcements

CASTING CALL 4 all ! fan club + join = you are in my movies Colin Farrell: a dark twisted puppy- the movie opport has knocked -answer! (323)769-6277, (213) 908-5756 Plenty of paid speaking parts avail Ciao! Dessarae Bradford.

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DENTAL back office with experience. Santa Monica dental office PT (310) 393-9706 fax resume to (310)899-1828

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

LIVE IN helper for blind lady in SM room board and salary female only call Richard (805)450-1983 cell

Customer service/sales position/on site coordinator at lawfirm in Santa Monica. Prior experience in lawfirm preferred.Salary negotiable. Contact bsberkowitz@aol.com.

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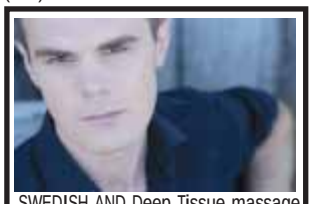
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This statement was filed with the County Clerk of LOS ANGELES County on 7/7/2008. NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 8/16/2008, 8/23/2008, 8/30/2008, 9/6/2008

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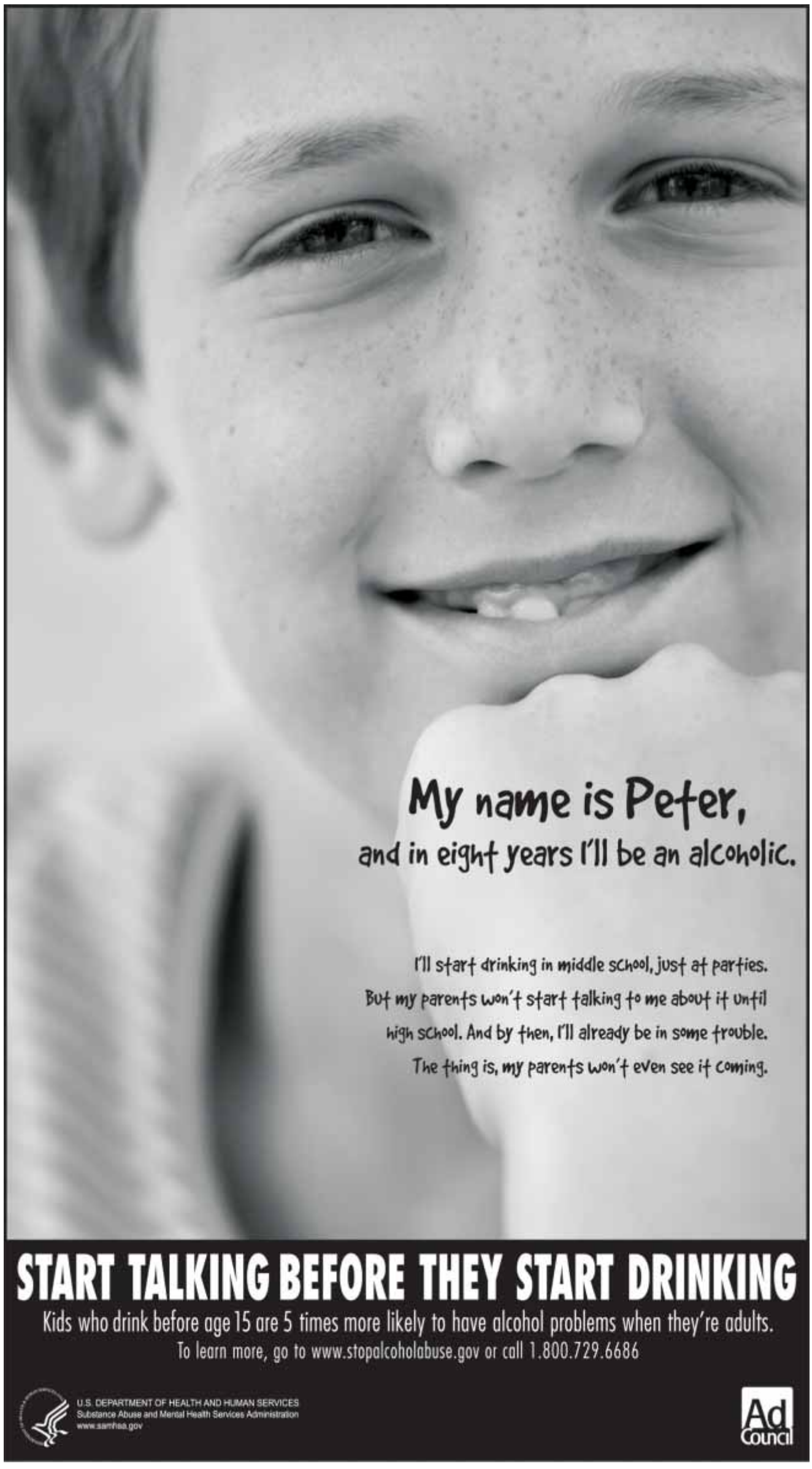

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Between Wilshire & Montana	=	$ 3,653,375	$ 977,389
South of Wilshire	=	$ 1,178,744	$ 662,327
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