

Santa Monica Daily Press

Since 2001: A news odyssey

RIGHT TO CLEAN WATER
SEE PAGE 5

THE HITTING THE BOOKS ISSUE

Eyes on the prize

Experts argue that vision is an important component of learning

BY MELODY HANATANI

Daily Press Staff Writer

WILSHIRE BOULEVARD It took a baseball hit to the eye to realize a nearsighted problem.

That's what happened to Hillary Siegal's 13-year-old son several years ago when he was struck straight in the eye and a visit to the doctor revealed a vision impairment.

The diagnosis of nearsightedness suddenly brought clarity to a number of

remarks made by school teachers the preceding months, commenting that Siegal's son was squinting.

"Sometimes kids don't know they're

SEE VISION PAGE 11

Santa Monicans can now train like the pros

BY MELODY HANATANI

Daily Press Staff Writer

MID-CITY The workout regime of Manny Ramirez, Dustin Pedroia and Matt Hasselbeck is now available to the top dogs from the non-professional sporting field.

The Athletes' Performance Institute (API), which has trained some of the biggest names in sports, including the past three NFL No. 1 draft picks, is making its famous fitness program available to high-level executives who are enthusiastic about staying in shape but might not have the time to hit the gym.

The first Core Performance Center, owned by API founder Mark Verstegen, will open in Santa Monica in early September, located inside a nondescript building on Santa Monica Boulevard, closely following the institute's philosophy of offering privacy and comfort to its clientele.

"(This center) helps the rest of us who want to achieve in the game of life," Verstegen said.

Verstegen, who is the director of performance for the NFL Players Association, founded the Athletes' Performance Center in 1999, responsible for training teams including the Italian national soccer team, and the Los Angeles Dodgers. A graduate of Washington State University, Verstegen previously served as the assistant director of player development at Georgia Tech.

The Core Performance Center combines the intimacy of a personal trainer with the space of



Soraya Danesh news@smdp.com

MOVING IT: Sue Falsone, a director at Athletes' Performance Institute, tries to workout at least once a day. API has trained some of the biggest names in the professional sports world.

SEE FITNESS PAGE 10



Soraya Danesh news@smdp.com

GETTING AROUND: Looking to move passengers along faster, The Big Blue Bus just launched a new bus route, the Rapid 7, which runs along Pico Boulevard to the heart of West Los Angeles, stopping at the Westside Pavilion, Century City and the Rimpau Transit Center.

Big Blue Bus adds another Rapid line, this time along Pico

BY DAILY PRESS STAFF

PICO BLVD Getting to the heart of West Los Angeles and back will be a lot faster for fans of public transportation, the Big Blue Bus adding a new Rapid line that is expected to cut travel times by 15 percent.

The Rapid 7 line, which debuted on Monday and will connect Downtown with the Rimpau Transit Center via Pico Boulevard, will hit such popular destinations as the Third Street Promenade, Westside Pavilion and the Avenue of the Stars in Century City.

It is one of several changes to service made by BBB, which include additional stops and more frequent pickups.

Rapid 7 uses the newest, high-tech buses available, and includes signal priority to move through traffic faster, digital interior signs, quieter engines and also low-floors for faster boarding. All Rapid 7 buses are powered by cleaner burning liquefied natural gas (LNG), which reduces carbon dioxide by 80 percent compared to diesel buses.

The Rapid 7 service replaces the former Super 7 service.

SEE BBB PAGE 12

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Calendar

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THURSDAY, AUGUST 21, 2008

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



Music at Twilight

Santa Monica Pier, 7 p.m. — 10 p.m.

British icons Peter and Gordon along with Gerry and the Pacemakers take the stage for the second-to-last Twilight Dance Series concert of the summer. The event is free, but come early to secure a good seat.

What's New This Week

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

Join us for a free-wheeling review and discussion of the week's key news stories, at home and abroad -- politics, the economy, society, and culture. Discussion moderator, Jack Nordhaus, is a former college history professor. For more information regarding this event at the Fairview Branch Library, call (310) 450-0443.

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 or call (310) 450-0012 for more information.

Friday, Aug. 22, 2008

Putting ladies first

601 Santa Monica Blvd., 8 a.m. — 3:30 p.m.

State Board of Equalization Chair Judy Chu will host a free seminar this Friday to assist women entrepreneurs to grow and expand their businesses.

The event, which is also sponsored by the Los Angeles Regional Small Business Development Center Network and the National Association of Women Business Owners-Los Angeles Chapter, will be held at the Santa Monica Public Library. For information, call (213) 593-1311.

Connecting to Mother Divine

1260 18th St., 7 p.m. — 9:30 p.m.

An introductory talk on Sri Kaleshwar, Mother Divine, the ancient knowledge and the Maheshwari process as shown in the ancient palm leaf manuscript. This free event takes place at Unitarian Universalist Community Church. For information, call (213) 712-2501.

Salsa the night away

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

Beginners and experienced salseros 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 and click the "Events" tab for the given day's calendar.



CORRECTION

In the "My Write column" which appeared in the Aug. 18 edition of the Daily Press ("Hedges, smedges, Escarce, farcey," page 4), Bill Bauer incorrectly wrote that Denny Zane, a political consultant and co-founder of Santa Monicans for Renters' Rights, has been employed by the Santa Monica Malibu-Unified School District. Zane has never been employed by the school district.



Photo courtesy Peter and Gordon

STILL ROCKING: Peter and Gordon, icons of the 1960s British Invasion, will perform tonight during the Twilight Dance Series at the SM Pier.

The second invasion

BY CHRISTINA YOON
Special to the Daily Press

SM PIER While British bands such as Coldplay and Keane continue to gain popularity in the states, many rock fans still pine for the days when British pop was not so much a trend as a revolution.

These die-hards can participate in a reenactment of sorts tonight at 7 p.m. on the Santa Monica Pier, when 1960s British icons Peter and Gordon along with Gerry and the Pacemakers take the stage for the second-to-last Twilight Dance Series concert of the summer.

"There's no question that what people really want is the old songs done in the old way as well as we can," said Peter Asher of Peter and Gordon, who has not appeared on-stage in the Los Angeles area since the '60s.

The band, which hit the states with its first number one single, "World Without Love," in 1964, was placed in the same league as the Beatles and often called the Everly Brothers of the British Invasion.

Their debut song was also well-known for being the only song that Paul McCartney wrote for a band outside of the Beatles.



Photo courtesy Peter and Gordon

SEE TWILIGHT PAGE 12 **BACK IN THE DAY:** Peter and Gordon have been playing together since the early 1960s.

Lead wheel weights on the way out

BY MARCUS WOHLSEN
Associated Press Writer

SAN FRANCISCO An Oakland environmental group announced Wednesday that Chrysler LLC and three auto-parts makers have agreed to end their use of lead wheel weights in California.

The settlement comes about a year after the Center for Environmental Health took legal action against the companies claiming the weights were falling off cars and trucks and polluting the state's drinking water.

The settlement approved in Alameda County Superior Court requires Chrysler, Perfect Equipment Inc., Hennessy Industries Inc. and Plombco Inc. to phase out lead wheel weights statewide by the end of 2009, the center said.

According to the group, which specializes in anti-lead campaigns, errant wheel weights release 500,000 pounds of lead in California annually — the largest source of new lead environmental contamination in the state.

The group said it had singled out Chrysler because other auto makers were already moving away from the use of lead wheel weights.

The weights, which are used to balance tires, are clipped to the wheels of nearly all 200 million cars and trucks on U.S. roadways, according to the Environmental Protection Agency, which has been encouraging manufacturers, retailers and repair shops to voluntarily halt the use of all lead wheel weights by the end of 2011.

Anti-lead groups have criticized the agency for not enacting a mandatory lead wheel weight ban similar to one already in place in the European Union.

According to the EPA, weights that fall off are typically washed into storm sewers and end up in waterways, or get picked up during street cleaning and taken to landfills, where they can corrode and contaminate groundwater.

A 2006 U.S. Geological Survey report estimated that about 2,000 tons of lead from wheel weights ended up on the nation's roads in one year.

Under the agreement, Plombco will end shipments of lead wheel weights into California by the end of this year, while Hennessy and Perfect Equipment will end shipments by the end of 2009, according to the plaintiffs.



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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

On the defensive end

Editor:

Autoschediastic is certainly not how I'd characterize the words I'm about to write. Indeed they are the product of much thought; a distillation from lengthy ruminations that occurred after reading a letter earlier this month. The letter, entitled "Ease up on Obama," seemed gratuitously critical of Steve "The Mailman" Breen for being less than adulatory over the "anoointed one," Obama, darling of the media, and rockstar presidential candidate. Common sense almost dictates that any reasonable person impugn the motives of a candidate whose chameleonic changes on many issues smack of political expediency. Chronic vacillation invites cynicism, causing even concern among his followers. Despite gaffs he remains Le Dernier Cri, lustre undimmed. Who can deny his brilliance after an energy saving solution such as "inflate your tires."

Just kidding, the last comment was an unsubtle charientism. However, Obama's specious plausibility does take talent, so too his ability to assimilate and perfect the lessons of Chicago's tough political pedagogics. As for easing up on Obama, why doesn't he ease up with his coterie of strident mentors; the reverends who scream and fulminate from pulpits, in fact disengage himself from the whole ranting pack of America bashing fanatics who vent their spleen and antipathy on the U.S.A.

I agree with Mr. Owens on one point; the way one eats chicken does not make the man. But, I'll tell you what does, in depth experience. Five years of torture in a North Vietnamese prison having your bones broken; being clubbed and stabbed by sadistic captors; and all the while you have the option of going home. Add to this years of commanding men; topped by a lengthy stay in the U.S. Senate. Obama is a good man, perhaps exceptional, but he is not ready yet. He needs time, experience, and new friends. McCain is ready. He should be, and hopefully will be a great president. He talks and walks the walk.

David Spataro
Santa Monica

Making it loud and clear

Editor:

The Daily Press has printed rebuttal letters to my July 21 letter entitled, "Where Are the Cops?" These letters challenge my allegation that the SMPD does not enforce the local laws in our city, especially downtown. To those writers, I say, baloney.

As a 15-year-resident of Santa Monica I am downtown on a daily basis. There are so many dangerous illegal U-turns by knuckleheads who ignore the law There are so many bikes dodging pedestrians on the promenade, last week I think I saw one guy on a 10 - peed wearing a yellow jersey. Smoking within 20 feet of a business entrance? Is that supposed to be against the law ... ? Don't make me laugh. When is the last time you saw anyone get a ticket for that? The sidewalks in front of the bars in this town have seen more butts than a toilet seat. Who are these rebuttal letter writers trying to kid?

Don't get me wrong. I support the police. They put their lives on the line to protect us every day and thank God for that. But anyone who says that the local ordinances and traffic laws are regularly enforced here is living in a dream world.

Where are the cops? Ask anyone puffing away on the promenade. Be sure to use a bull horn so they can hear your question over the cheesy rock band playing "music" louder than a Learjet landing at Santa Monica Airport, which is a whole other story.

Carlos Pineiro
Santa Monica



The Rand Stand

Thomas A. Bowden

Send comments to editor@smdp.com

California children are still considered state property

IN A DECISION BEING WIDELY HAILED AS

a victory for parental rights, a state appellate court has confirmed, grudgingly, that homeschooling "is permitted under California statutes." In so ruling, the court reversed an earlier decision that ordered the parents of "Rachel L." to send her away to a public or private school, where she could get a "legal education."

But where's the real victory for parents' rights? Rights identify actions you can take without permission.

A true victory would have been a judicial declaration that parents have an absolute right to control their children's upbringing — and that they therefore don't need government permission to educate their children as they see fit.

Instead, as this decision makes clear, California's parents are expected to accept the status of perpetual supplicants, knees bent and backs bowed down to an all-powerful legislature that can decide at any moment to revoke its homeschooling "permission."

Neither the state nor "society as a whole" has any interests of its own in your child's education.

A society is only a group of individuals, and the government's only legitimate function is to protect the individual rights of its citizens, including yours and your children's, against physical force and fraud. The state is your agent, not a separate entity with interests that can override your rights.

Parents are sovereign individuals whose right to life, liberty, and the pursuit of happiness includes the right to control their child's upbringing.

Other citizens, however numerous or politically powerful, have no moral right to substitute their views on child-raising for those of the father and mother who created that child.

Instead, a proper legal system recognizes and protects parents' moral right to pursue the personal rewards and joys of child-raising. At every stage, you have a right to set your own standards and act on them without government permission. This parental right to control your child's upbringing includes the right to manage his education, by choosing an appropriate school or personally educating him at home.

Of course, there are certain situations in which government must step in to protect the rights of a child, as in cases of physical abuse or neglect.

But no such concern for individual rights can account for California's arrogant assertion of state control over the minds of all school-age children residing within its borders.

Education, like nutrition, should be

recognized as the exclusive domain of a child's parents, within legal limits objectively defining child abuse and neglect. Parents who starve their children may properly be ordered to fulfill their parental obligations, on pain of losing legal custody.

But the fact that some parents may serve better food than others does not permit government to seize control of nutrition, outlaw home-cooked meals, and order all children to report for daily force-feeding at government-licensed cafeterias.

By confirming that homeschooling is legal in California (at least for the time being), the recent court decision will undoubtedly quiet the shockwaves that were threatening to impact the apologists for government education — teachers' unions, educational bureaucrats, and politicians.

Their political and financial survival depends on a policy that treats children as, in effect, state property, but they have nothing to gain, and everything to lose, when the undiluted collectivism of that policy is trumpeted publicly.

The defenders of public schooling can now go back to papering over their system's own failures, the very failures that helped fuel the homeschooling movement, by driving desperate parents to seek refuge from the irrationality, violence, and mediocrity that have come to characterize government education, in California and elsewhere.

But what if parents stopped groveling and started asking whether the state has any right at all to be running schools, dictating educational standards for children, and "permitting" parents to homeschool their own kids? This would call into question the moral foundation of public education as such.

As the smoke clears from the current round of litigation, the battle lines remain as they were, clearly drawn. Are parents mere drudges whose social duty is to feed and house their spawn between mandatory indoctrination sessions at government-approved schools? Or are they sovereign individuals whose right to guide their children's development the state may not infringe?

The answer could determine not only the future of homeschooling but the future of education in America.

THOMAS A. BOWDEN is an analyst at the Ayn Rand Institute, focusing on legal issues. A former lawyer and law school instructor who practiced for 20y years in Baltimore, Md., his op-eds have appeared in the Wall Street Journal, Philadelphia Inquirer, Miami Herald, Los Angeles Daily News, and many other newspapers.

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A newspaper with issues

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The Santa Monica Daily Press is published six days a week, Monday through Saturday.

19,000 daily circulation, 46,450 daily readership. Circulation is audited and verified by Circulation Verification Council, 2006. Serving the City of Santa Monica, and the communities of Venice Beach, Brentwood, West L.A. Members of CNPA, AFCP, CVC, Associated Press, IFPA, Santa Monica Chamber of Commerce.

Published by Newlon Rouge, LLC

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Who owns your drinking water?

WE TURN ON THE TAP, AND CLEAN WATER flows. Most of us take this service for granted because we consider water, necessary for life, a basic right. In fact, this notion stems back to an ancient Roman legal precedent called the public trust doctrine. This fundamental tenet says that crucial natural resources, especially water, belong to everyone.

This was true in the United States until recently. However, now many aging U.S. public water systems are deteriorating. One-fifth of our drinking water is now lost to leaks, while overworked treatment plants release 1.2 trillion gallons of raw sewage into waterways annually, according to the Congressional Budget Office. Stark estimates show that Americans will need to spend up to \$1 trillion by 2019 to make necessary upgrades.

Unfortunately, federal funding for water systems has plummeted, and some strapped communities have turned to privatization deals — public-private partnerships, leases to companies, or outright sales — hoping the corporations will make water system improvements government hasn't. Thirteen percent of U.S. municipal water systems have been privatized already, mostly turned over to European multinational companies with misleading names such as American Water Works and United Water.

Privatization advocates argue that corporations can best provide and update water infrastructure. However, early adopters, including Atlanta; New Orleans; Indianapolis; Jersey City, N.J.; and Lexington, Ky., have seen privatization fail by a number of measures.

Water prices usually rise shortly after privatization — sometimes dramatically. Privately owned water utilities charge customers significantly higher rates than those publicly owned: Up to 50 percent more, according to Food & Water Watch, which compared rates charged by publicly and privately owned utilities in California, Illinois, Wisconsin, and New York.

High water prices can be catastrophic for the poor. In Bolivia in 1999, the government granted a 40-year water privatization contract to a Bechtel subsidiary. Rates increased immediately by as much as 200 percent. Many families were paying one-fifth their income for water, which resulted in rioting, government instability, and Bechtel's withdrawal from the country. In some parts of the U.S., new industry-backed laws allow utility managers to turn off water due to customer nonpayment. In Pennsylvania in 2005, managers cut off water to thousands of people unable to pay their bills.

The significant environmental costs of privatization are just as troubling. Some companies push expensive, environmentally destruc-

tive schemes to increase water supply — such as desalination plants — because their profits are tied to how much they spend on infrastructure improvement. High-cost projects generate huge profits for the corporation, while draining public coffers.

The simple, inexpensive solution to meeting U.S. water needs is not privatization but conservation. California, the country's biggest water consumer, could cut its wasteful use of water by 20 percent in the next 25 years, while meeting the needs of a growing population, a healthy agricultural sector, and vibrant economy, according to the Pacific Institute. Stormwater capture is also an important, less expensive strategy. But corporate water managers have little interest in conservation because the more water they sell, the bigger their profits.

One of the best and cheapest ways to assure a clean water supply is to let nature work. In 1989, New York City contemplated a new \$6 billion water filtration plant. Instead, the city spent \$1.2 billion over 10 years to purchase and restore its watersheds, allowing a 2,000-square-mile forest to clean the water. Other communities, such as Auburn, Maine, have done likewise. Private companies oppose this watershed approach, because it reduces the need for costly treatment methods, thus reducing water prices and profits.

In fact, water privatization can actually reduce water quality. In the United States, the National Association of Water Companies lobbies congress and the EPA to block higher clean water standards, which it views as an unnecessary expense. For all these reasons, communities are breaking contracts with corporations. The list of the disenchanted includes Laredo and Angleton, Texas; Felton, Stockton, and Santa Paula, Calif.; Buffalo, N.Y.; East Cleveland, Ohio; Bridgeport, Conn.; Rockland and Lynn, Mass.; and Milwaukee, Wis.

A 2005 poll by an independent research company found that 86 percent of Americans support a national, long-term trust fund for water infrastructure. This solution would allow us to update aging community water systems, while keeping our drinking water securely in public hands.

Americans have a fundamental right to life, liberty, and the pursuit of happiness. Clean affordable drinking water is essential to life; it too is an inalienable right.

Editor's Note: Meredith Carroll is on vacation.

ERICA GIES is a freelance reporter whose work has been published by the International Herald Tribune, Wired News, Grist, E/The Environmental Magazine, and The San Francisco Bay Guardian.

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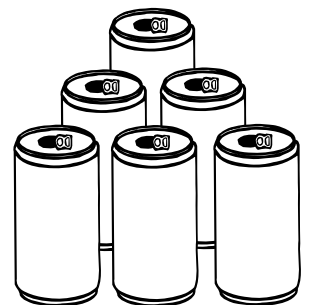
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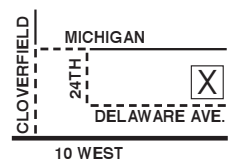
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STATE BRIEFS

SACRAMENTO

Bill would cap health care administration

The state Assembly has approved legislation that attempts to rein in one of the fastest-growing costs in health care — spending on administration. The measure by state Sen. Sheila Kuehl, a Democrat from Santa Monica, would require that 85 percent of premiums and fees received by health insurers and health plans be spent on treatment and other health care benefits for patients. Administration, profits, broker commissions and other costs would be capped at 15 percent starting in 2011. A 2005 study by the California HealthCare Foundation found that administrative costs were one of the fastest-growing segments of the health care industry, even outpacing prescription drugs. Tuesday's 41-26 vote sent the bill back to the Senate, which approved an earlier version of the bill in May.

ASSOCIATED PRESS

SAN CLEMENTE

Beach's future in legal limbo, nudity OK for now

The battle over nudity at San Onofre State Beach these days centers on legal options instead of clothing options. The Nativist Action Committee, a national pro-nudist group, filed a lawsuit claiming the state cannot unilaterally change a policy without first holding a public hearing. The suit says parks officials must work through the state's Office of Administrative Law. An Orange County Superior Court judge on Tuesday sided with naturists and ordered the state to allow nudity at the beach while the case goes through legal channels. State park officials announced earlier this year they would outlaw nudity as of Sept. 2 because they wanted to deter sexual activity. Allen Baylis, president of the Friends of San Onofre Beach, says, "This is all about freedom. It has nothing to do with sex." The nude beach is tucked behind 50-foot-tall, rocky cliffs at San Onofre State Beach.

AP

LOS ANGELES

Billionaire Kerkorian testifies in wiretapping case

Billionaire investor Kirk Kerkorian has testified that a lawyer charged in a Hollywood wiretapping case helped defend a paternity claim against Kerkorian in 2002. The 91-year-old Kerkorian took the witness stand for 30 minutes Wednesday in the federal case against attorney Terry Christensen and private investigator Anthony Pellicano. Prosecutor Kevin Lally asked the billionaire if he had also retained Pellicano to investigate the claim by his ex-wife Lisa Bonder Kerkorian. A lawyer for Christensen objected, and U.S. District Judge Dale Fischer did not allow Kerkorian to answer. In a separate case earlier this year, Pellicano was convicted of illegal wiretapping and racketeering. Kerkorian testified that he had no knowledge of any wiretapping being used in the paternity case.

AP

SAN PABLO

Widow of firefighter killed in fire sues alarm companies

The widow of a firefighter who was one of four people killed in a San Pablo housefire is suing the companies that provided security services for the home. In a wrongful death suit filed Tuesday, Carolyn Desmond claims Pinnacle Security of Utah and its subcontractor, Security Associates International of Illinois, are to blame in the death of her husband, Scott. Thirty-seven-year-old Scott Desmond died of smoke inhalation and burns after responding to the July 21, 2007 fire. The lawsuit claims Security Associates was negligent because an employee called the Contra Costa County Fire Protection District to report the fire on a non-emergency line. The suit claims calling on the line, as well as the phrasing used by the employee, resulted in a dispatcher making it a lower-priority call. Two residents of the home and another firefighter were also killed in the fire.

AP

SANTA ANA

OC man may have to pay \$22 million for investor scam

A man cleared of charges that he slipped a date-rape drug to a former Olympic gold medal skater has been tentatively ordered to repay \$22 million for an alleged investment swindle. James R. Halstead and his company, GamePlan, Inc., must repay the money to some 80 investors, U.S. District Judge David O. Carter wrote in a tentative summary judgment filed Monday. The ruling had not been finalized as of Wednesday. In May, Halstead was charged with one felony count of administering a drug after former Olympic ice dancing champion Oksana Grishuk reported finding pills dissolved in drinks she had with him during an April meeting at a Newport Beach hotel. The drug was found to be Nimetazepam, which is similar to the date-rape drug GHB. However, the charge was dismissed in June. The Orange County district attorney's office said tests of Grishuk's blood showed no trace of the drug. Grishuk won Olympic gold medals for Russia in ice dancing in 1994 and 1998. The fraud lawsuit claimed that from 2004 to 2006, Halstead and others took investor money for securities known as private investment in public equity, or PIPEs, promising returns of up to 40 percent.

AP

LOS ANGELES

Owner of car in accident with actor gets citation

Authorities say a citation has been issued to the owner of a car that crashed into a pickup truck driven by actor Shia LaBeouf. Los Angeles County Sheriff's Department spokesman Steve Whitmore on Wednesday said 21-year-old Simon Herbert of Los Angeles was given a citation after the car failed to stop at a red light. Whitmore says deputies are still trying to determine if Herbert was driving his car at the time of the July 27 accident. Attempts to find a telephone listing for Herbert were not immediately successful. The 22-year-old LaBeouf's hand was crushed when his truck flipped in the West Hollywood collision. The star of "Transformers" spent several days in a hospital. Herbert's citation was issued Friday.

AP

UNION CITY

Metal thieves steal urns, take cremated remains

Union City police say mausoleum thieves on the hunt for metals stole bronze urns, including one holding cremated remains. According to police, the thieves took seven 20 to 40 pound bronze urns from the mausoleum at the Chapel of the Chimes Cemetery on Sunday. The stolen urns were not etched with the names of the dead, though one did contain ashes. Police have been in contact with local recyclers, who say they will not accept urns as scrap metal. Still, police are concerned the thieves will cut the urns up, making them unrecognizable.

AP



Real Simple Food

Amanda Cushman

Send comments to editor@smdp.com

Pumping up Panera

I HAVE NOW DISCOVERED PANERA BREAD as a destination for good, simple food for breakfast, lunch and take out.

I visited two of their locations in the past two weeks, the Wilshire Boulevard location and one in the Marina on Lincoln Boulevard.

Both experiences were enjoyable; friendly helpful staff, quick service and tasty food.

I tried their baguette, tomato bread and whole grain bread on various sandwiches. All of the breads were well done; flavorful with great texture.

They pride themselves on using whole grains, organic ingredients and hormone free poultry, which for me is a good start. I am increasingly disappointed by establishments that are not getting with the program on this issue.

We want to eat healthier food when out in the world so the ingredients have to be all of the above for me to spend my money and take the time to go out to eat.

The atmosphere is also a key factor and Panera had a choice of eating inside or out and both were appealing. They offered comfortable booths indoors and shaded terrace space for outside tables.

I ordered a Greek Salad, which had just enough dressing and a generous sprinkling of feta cheese and Kalamata olives.

One of the sandwiches was a vegetarian Mediterranean combination of hummus, sliced cucumbers, tomatoes, lettuce and feta cheese. This was delicious and quite filling.

My husband had a Turkey sandwich on Focaccia bread that had a chipotle mayonnaise and red onions — yummy!

I am always on the lookout for delicious lunch places and was impressed with Panera.

I also believe in eating lunch at home whenever possible so with that in mind here are a couple terrific lunch ideas.

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.

✉ **WHAT DO YOU THINK?**
■ Send letters to editor@smdp.com

Spinach and Apple Salad

Serves 4

Ingredients

- 1 pound baby fresh spinach, washed, dried
- 1 Granny smith apple, cored, sliced thinly
- 2 Tb. toasted pine nuts
- 1/4 cup lemon juice
- 1 Tb. Dijon mustard
- 1/3 to 1/2 cup olive oil
- Salt, pepper
- 2 oz. parmesan cheese, shaved thinly

Procedure

1. Combine the spinach, apple and nuts in a medium salad bowl and toss well.
2. Combine the juice and mustard in a small bowl and whisk in the oil slowly, season to taste with salt and pepper. Toss the dressing with the salad. Divide between four salad plates and garnish with the cheese. You can add cooked chicken breast to this salad, cut into strips if you like.

Soba Noodle Salad with Grilled Chicken

Serves 4

Ingredients

- 1 whole boneless, skinless chicken breast, split in half
- 4 Tb. canola oil
- 1/4 cup soy sauce
- 3 Tb. rice vinegar
- 1 Tb. brown sugar
- 2 Tsp. sesame oil
- 2 garlic cloves, minced
- 1/4 Tsp. red pepper flakes
- 1/2 pound snow peas, trimmed, blanched
- 3/4 pound soba noodles
- 3 scallions, sliced thinly on the diagonal

Procedure

1. Trim the chicken breast and then pound to an even thinness
2. Combine the canola oil, soy, rice vinegar, sugar, sesame oil, garlic and red pepper flakes in a small bowl. Add 2 tablespoons of the sauce to the chicken and marinate about 20 minutes.
3. Bring a large saucepan of salted water to a boil and blanch the snow peas for 10 seconds, refresh and transfer to a serving bowl.
4. Heat a grill pan until hot and grill the chicken for about 4 minutes on each side. Remove to a cutting board and allow it to rest while you cook the noodles.
4. Cook the soba noodles in the blanching water until al dente about 5 minutes. Drain and transfer to the serving bowl, add the reserved dressing and toss well.
5. Slice the chicken in thin diagonal slices and lay on top of the noodles. Scatter with the scallions and serve.



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FOOD TO GO & CATERING



Soraya Danesh news@smdp.com

WORKING IT: Sue Falsone, who works at Core Performance Center, exercises with some of the center's high-tech equipment. The center's staff creates a customized workout plan for each client.

Company trained likes of Manny Ramirez and Matt Hasselbeck

FROM FITNESS PAGE 1

a typical gym. All members upon entry undergo an evaluation period during which a nutritionist drafts a blueprint for a suggested meal plan and a trainer customizes a workout plan that caters to the client's physical abilities and time availability.

Unlike a regular gym, each client comes in during scheduled sessions, receiving during that time their own workout machines, leaving the members free of worries about fighting off others over equipment. The computer-operated machines, which were

designed by Core Performance staff, store the fitness plan for each member, accessible by inputting their phone numbers onto a touch screen.

"Every person owns their own station," Anthony Slater, the head performance specialist said. Slater spent six years as a trainer for API.

The equipment takes each member through a 25-minute routine, explaining via monitor how to do a particular workout. The fitness apparatus records every session, allowing trainers to evaluate the progress, meeting with members every few months to

fine-tune the workout plan if necessary.

The routine is followed up with 30 minutes of cardiovascular activity. The entire visit on average takes about one hour, capped off with a nutritional drink.

"Just because you're not an athlete doesn't mean you can't train like one," Slater said.

The price of membership depends on the needs of each client. The club offers about 100 different packages that can be tailored to an individual based on their goals and needs. Costs are higher than a regular gym membership but less than a personal trainer.

The Santa Monica center is the first of

several that will be rolled out across the United States, including one in Boston, emphasizing the company's partnership with the Red Sox.

"We're offering a proven methodology and a proven system," Slater said.

Verstegen said that Santa Monica was selected as the first location because of the community's focus on health and well-being.

"Santa Monica is the heart and soul of improving the quality of life," he said.

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Brandon Wise brandonw@smdp.com

CLEAR VIEW: A recent study by the University of California San Diego found that poor vision could have an impact on learning ability, testing 70 preschoolers between the ages of 3-5, half of whom had normal eye sight and the other half with ametropia, a condition that leads to problems.

Experts say proper vision important to education

FROM VISION PAGE 1

straining (their eyes) because when they're younger, they don't understand," Siegal said Wednesday afternoon while hanging out in Douglas Park.

As students begin their back-to-school preparations, buying new backpacks and clothing, there's another thing that parents might want to add to the checklist, one that could determine whether their child will ace a course or squint their way to a bad grade.

Experts — both in the educational and ophthalmology fields — argue that vision is an important component of the learning experience, stressing that children should receive eye examinations yearly.

"From the very beginning of school to the age of 12, about 80 percent of learning is done by vision and of course vision is very important to learning," Sarah Ito, a doctor at Visionworks Optometry on Lincoln Boulevard, said.

A recent study by the University of California San Diego found that poor vision could have an impact on learning ability, testing 70 preschoolers between the ages of 3-5, half of whom had normal eye sight and the other half with ametropia, a condition that leads to problems including astigmatism.

All of the participants took two standardized tests before they were prescribed lenses, the results showing that the visually-impaired children comparatively scoring less on both exams. The children with ametropia were given corrective lenses and tested again six weeks later, showing dramatic improvement in one of the exams.

While parents should take their children to an optometrist on a regular basis, many confine the check-ups to simple eye screenings, which Ito said does not detect deeper problems, such as farsightedness.

"Some think that if a child can see a TV or look around and not be clumsy, they're fine," Ito said. "A lot of times children can see something but don't perceive it correctly."

"A lot of children have a hard time learning something, but it's not because they're not intelligent or not trying, it's because they're putting so much effort into focusing."

The late summer is often a busy time of year for Visionworks, parents bringing their children in for eye examinations to ready for

the school year. Ito said many of the patients are children who already wear prescription lenses.

Some parents agreed that it's important to make a regular visit to the eye doctor, acknowledging the impact it has in the classroom.

Kimberly Hartog takes her 6- and 10-year-old daughters for eye exams every summer before school as part of their regular check-ups.

"Bad vision can have a bad effect on kids in school, like if they're straining to read, which is why it is absolutely important to get them checked," Hartog said.

Others, like Avishag Littman, who has two young children, believe that while eye exams are necessary, it doesn't need to take place annually.

"I would definitely get my kids' eyes routinely checked if they told me something was wrong," she said. "Even then I would probably check them first before sending them to a doctor."

The California Department of Education mandates that every student in the state's public schools receive mandatory routine eye exams upon their entry to school and every three years thereafter.

Linda Davis-Alldritt, the school nurse consultant for the department, said that tests are necessary later in the student's educational career because vision tends to gradually decline over time.

First-grade students in the Santa Monica-Malibu Unified School District are checked by a visiting ophthalmologist from the Jules Stein Institute's Mobile Eye Clinic, writing prescriptions if necessary. The Assistance League of Santa Monica also provides vouchers that are good for one visit to an optician and a pair of glasses.

"We have it pretty well covered in terms of vision," Jane Jeffries, the coordinating nurse for the district, said.

The district also tests for near and farsighted vision.

Jeffries said that good vision is particularly critical in the early years when students are learning to read.

"They really need to be able to see," she said.

melodyh@smdp.com. Stephanie Taft contributed to this report



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BBB launches new rapid line

FROM BBB PAGE 1

Rapid 7 operates more frequently than the Super 7, with some buses running at 10 minute intervals.

"This new enhanced service along one of our most popular routes will be a great benefit to riders who want to quickly access the Downtown Santa Monica area and destinations along the Pico Boulevard corridor," said Dan Dawson, customer relations manager for BBB. "Our Rapid 3 service down the Lincoln Boulevard corridor has been a huge success with the public, and we hope people will really enjoy the faster and improved service this line offers, not to mention the cost savings and environmental benefits people will get from taking transit instead of driving."

The line uses the same stops as the Super 7 with the exception of a stop on Pico at 20th Street. Rapid 7 serves the promenade, Santa Monica Pier, Santa Monica Civic Auditorium, Santa Monica High School, Santa Monica College, the Westside Pavilion and the Rimpau Transit Center.

The service runs Monday through Friday during peak hours. The regular, Local 7 service will run on the weekends. From the Rimpau Transit Center heading west, Rapid 7 service operates from 5:57 a.m. until 9:47 a.m., takes a midday break and then runs again from 12:48 p.m. until 6:33 p.m.

From Sixth Street at Broadway heading east, Rapid 7 service operates from 6 a.m. until 8:54 a.m., takes a midday break and then runs again from 11:50 a.m. until 6:02 p.m.

Rapid 7 fares are 75 cents for regular boarding, 50 cents for Student Punch Card boardings and 25 cents for senior/disabled/Medicare passengers.

Students and staff at SMC can ride any line for free under the "Any Line Any Time" program, paid for by the college and Associated Students.

"Student ridership is very important to us," Dawson said. "SMC students and staff now take over a million trips a year on the Big Blue Bus, and with this new exciting program, we expect that number to rise dramatically, getting even more cars off residential streets and helping to reduce air pollution in the city."

Other Big Blue Bus service enhancements include:

- New Line 1 "Campus Connector" — In addition to servicing stops along its regular route, Line 1 has a new branch called the "Campus Connector" that connects UCLA and SMC via 20th Street to Pico Boulevard.

- Line 14 — Additional trips have been added so that service will now be every 15 minutes in the evening hours. There will be roughly 30 percent more trips on Saturdays, BBB officials said.

- Sunset Ride — A stop has been added to the Sunset Ride route on Pico Boulevard between 27th Street and 28th Street, and a 15-minute schedule is back in effect to help transport SMC students, staff and neighbors during the school year.

- Line 5 & Line 13 — There are minor schedule adjustments on both weeknights and weekend nights to ensure buses arrive at stops on time and that riders can better make their connection to the Rapid 7 line.

For more information or questions regarding the new Rapid Blue 7 service and other improvements, call BBB customer service at (310) 451-5444 or visit www.bigbluebus.com.

news@smdp.com

Sixties rockstar still gets butterflies

FROM TWILIGHT PAGE 3

As Peter and Gordon continued to gain popularity, they recorded songs written by John Lennon, including "Woman" and Buddy Holly's "True Love Ways."

"I don't think it necessarily matters if you write the songs that become successful or not," Asher said. "I've always enjoyed picking the right songs for the right purpose. It didn't matter where they came from as long as we liked them."

After a four-year whirlwind rock career that included 10 U.S. top 20 hits, Peter and Gordon called it a day. Asher went on to become a successful producer and manager after he discovered a new, talented musician by the name of James Taylor.

"My move into management was based on the fact that I found and became friends with an artist who I really liked," Asher said.

Aside from the occasional contribution on a track he was producing, Asher played almost no music for nearly 40 years.

In that time, he has managed and produced artists including Kenny Loggins and Billy Joel and was at one time the head of the Beatles' Apple Records and senior vice president of Sony Music Entertainment.

In 2005, his good friend Paul Shaffer approached him to reunite with Gordon for a concert benefiting his fellow British rock musician Mike Smith of The Dave Clark Five, who was seriously injured in an accident.

"Paul Shaffer asked me, 'What would it take for you and Gordon to get back

together?'" Asher said. "It became clear to me that this would be a hard request to say no to."

Asher quickly found that reuniting was not as simple as stepping on the stage.

"I was hoping I could just strap on my guitar and it would all come back instantly," he said. "I rapidly discovered that's not going to happen."

After calming a few nerves, taking some voice lessons to regain his high notes and even relearning some of his lyrics, Asher found that the reunion was worth more than just one show. Peter and Gordon have performed several shows since 2005, and last year appeared at a tribute concert to the music of Elton John and Bernie Taupin Carnegie Hall to rave reviews.

"I confess that there were moments where I thought, 'Why would someone want to hear us now when they could hear the originals?'" he said. "But then I'd see people crying or people telling me that this was the song that they proposed to their wife to. And I realized that actually, being an oldie does have some function and value. But to pretend that it's anything other than an experiment in nostalgia and reminiscence is a mistake."

For Asher, who now lives in Malibu and represents artists including Pamela Anderson and the Dixie Chicks, tonight's performance will be no less stressful as a seasoned music industry veteran.

"It's always a little nerve-wracking," he said. "I'd be worried if I didn't get nerves."

news@smdp.com

High fuel costs force kids to hoof it

BY RAY HENRY

Associated Press Writers

PROVIDENCE, R.I. Faced with soaring diesel fuel costs, school districts are forcing students to use the old-fashioned way to get to class: on their own two feet.

Many schools are eliminating or reducing bus service because fuel had jumped to \$4.50 per gallon, 36 percent more than a year ago, and is busting budgets.

In California, districts are eliminating busing for thousands of students. Districts in Washington state, Idaho and Maryland and elsewhere are consolidating bus stops, canceling field trips and forcing students to walk longer distances to school to control costs.

Worried parents in Massachusetts have called WalkBoston, a nonprofit group that promotes walking, asking for help after their communities cut back on busing.

Health advocates long have encouraged students to walk, stressing the fitness benefits. But school and transportation officials say they fear that abruptly reducing bus service could lower attendance rates, increase traffic congestion or endanger students if they cannot walk on sidewalks and crosswalks.

"If you remove a school bus from the road, you're adding 40 to 50 cars in the morning and in the afternoon," said Bob Riley, spokesman for the American School Bus Council, which represents school transportation officials.

Major cuts loom in California, where schools are not required to provide transportation to campus. As a result, districts squeezed by fuel prices and fewer state dollars are trim-

WHAT IF FUEL SHOULD GO UP BY A QUARTER IN A PERIOD OF A MONTH OR TWO? WE MIGHT HAVE TO HAVE SOME EMERGENCY RESPONSE TO THAT."

Kate Harrison
District spokeswoman

ming millions from transportation budgets.

The Capistrano United School District in Orange County, for example, has eliminated 44 of its 62 bus routes to save an estimated \$3.5 million, district spokeswoman Julie Hatchel said. The cuts will affect an estimated 5,000 students from kindergarten to high school.

Leaders in three communities served by the district have threatened lawsuits, saying school officials are ignoring traffic and pollution implications. While cutting bus service is unpopular, Hatchel said it is better than firing teachers and increasing class sizes.

"Our goal was to keep those cuts as far away from the classroom as possible," she said.

Increased fuel costs are especially punishing on large, spread-out districts. The school board in Montgomery County, Md., covers the sprawling Washington beltway. It buses 96,000 children daily and burns about 3.3 million gallons of diesel annually. Each penny per gallon increase in the diesel price means an additional \$33,000 in spending.

Seeking ways to contain fuel costs, the school board has authorized its superintendent

to force students to walk farther to school. The current limits now stand at one mile for elementary school students and up to two miles for high schoolers.

"What if fuel should go up by a quarter in a period of a month or two?" district spokeswoman Kate Harrison said. "We might have to have some emergency response to that."

Small towns are feeling the pinch, too. Short on cash, school officials in Shirley, Mass., a small town about 40 miles northwest of Boston, are going from eight buses to four starting this school year. Students who live within two miles of school must walk, bike or get a ride.

Parents in Shirley are worried about safety and seeking help from WalkBoston. Mary Day said her two sons will have to cross train tracks on their routes to school. To compound the problem, the town recently got rid of its crossing guards to save money.

As a single, working mother, Day said she can drop her children off at school in the morning but cannot pick them up. Her street runs parallel to train tracks and she fears her 9-

year-old and 12-year-old sons will be tempted to take shortcuts by darting across the tracks outside the official crossings.

"I remember being a kid," Day said. "Are you going to walk a half-mile down the street to cross in the appropriate way when you see a clear way right there?"

Her youngest son, Quincee, isn't thrilled with the idea of walking, especially when the weather gets cold.

"I don't really like it because it takes like 20 minutes to do it," he said.

Since 2005, the federal government has spent millions of dollars on the Safe Routes to School program. While the program is designed to improve student health, school officials sometimes sign on with the secondary goal of saving money.

WalkBoston executive director Wendy Landman said school officials need to consider the consequences before reducing bus service to save money. Communities such as Shirley may need to pay for sidewalks, crosswalks or bike racks to make walking and biking safe and practical.

"When it's a panic call, they're not thinking it through in that way," she said.

When done right, schools and parents can save money.

Helen Siewers' two daughters began walking a mile to their elementary school in Bowling Green City, Ky., because their mother wanted them exercising, socializing with friends and learning to navigate their own community like she did as a child. But she's noticed an added benefit: Her family has not spent more on gas even as fuel prices soar.

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Fiesta

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Family Weekend!

FRIDAY, AUGUST 22
Beer & Wine Garden
Carnival Rides & Games

Fiesta-Palooza!

6:00 Auto Pilot (Rock/Metal)
6:40 Ship of the Rising Sun (Rock/Blues)
7:20 Sensara (Punk/Metal)
8:00 Von Noble (Rock/Alternative)
8:40 ACIDIC (Rock/Punk/Grunge)
10:00 Carnival Rides & Beer & Wine Garden close

Saturday 8/23 Community Stage

12:30 Shotokan Karate Demonstration — John Heyl
1:00 Irish Step Dancers — Shannon & Krista
1:30 FUNdamentals of Music & Movement
2:00 Glow Girls: Poetry & Creative Movement
2:30 Murphy Family Bluegrass Band
3:00 Culver City Public Theatre presents
"Blue-Foot Sue & Pecos Bill: An American Tall Tale"
4:00 Senior Steppers — Line Dancing
4:30 Popular Mexican Dances — Ignacio Anguiano-Reyes

SUNDAY 8/24 Community Stage

11:30 Shotokan Karate Demonstration
12:00 Power Academy of Irish Dancers
1:00 Star Eco Station Demo
1:15 Armando: The voice of romance
2:00 Ho Aloha Polynesian Dancers
3:00 Babylon Mood Dance Troup
4:00 Westside Singers

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August 22nd, 23rd & 24th

SATURDAY, AUGUST 23
11 a.m. - 10:00 p.m. Main Stage

12:00-3:00 Aquacade at the Culver City Pool — Family games & races

1:00 p.m. Opening Ceremonies

1:30 p.m. *The UnderCoverGirls — Classic Rock All-Girl Party Band

3:00 p.m. Chris King and the Family Affair - R&B, Soul & Rock

4:15 p.m. On 4 — '60's & '70's Motown and Doo-Wop tunes

5:30 p.m. Tom Nolan Band - Soul, blues, rhythm & blues, jazz

7:00 p.m. RamFunkshus - '70s Disco Party - Dance all Night

SUNDAY, AUGUST 24
11:00 a.m. - 6:00 p.m. Main Stage

11:00 Carnival Rides

12:00 Susie Hansen Latin Band - Fiery Latin Jazz & Salsa

1:30 The Swing of Things - Swinging Jazz - 30's, 40's & 50's

3:00 Bobby Matos Band - Afro-Cuban rhythms

4:30 Liz Kinnon Ensemble - Latin and Brazilian Jazz

5:00 The Ultimate Culver City All-Star Jazz Jam with Liz Kinnon Ensemble

* This concert is sponsored by the LA County Arts Commission and the Recording Industries' Music Performance Fund through the assistance of the Professional Musicians Union Local 47. Artists subject to change.

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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

The Beach Report Card is made possible by **simplehuman**



the James Irvine Foundation



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.

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 -- 0

Number of A grades for dry/wet weather -- 48 / 5

Number of (C,D,F) grades for dry/wet weather -- 5 / 0

LOCATION	DRY	WET
Los Camille 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 Los Alitos creeks	A+	ns
Escalante Canyon at El Matadero 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
Escalante Creek, just east of Escalante State Beach	A+	ns
Lariga Canyon Creek mouth	A+	ns
Selecta Canyon at One Blocker County Beach	D	ns
Puerto Santa Beach at creek mouth	A+	ns
Marine Canyon storm drain at Pance Beach, at 24572 Malibu Rd.	F	ns
Serfrider Beach at Malibu Colony fence	A+	ns
Serfrider Beach (beach location)- daily	A	ns
Malibu Pier - 50 yards east	A+	ns
Carlson Beach at Sweetwater Canyon	A+	ns
Las Flores State Beach at Las Flores Creek (point zero)	A+	ns
Big Rock Beach at 18048 PCH stairs	A+	ns
Pana 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 Bell Air Bay Club drain near fence	A+	ns
Will Rogers State Beach at Palga Canyon storm drain	A+	ns
Will Rogers State Beach at Temescal Canyon drain	A+	ns
Will Rogers State Beach at Santa Monica Canyon drain (Chauratunga)	A	ns
Santa Monica Beach at Montano Ave. drain	A	ns
Santa Monica Beach at Withiam Blvd. drain	B	ns
Santa Monica Municipal Pier	D	ns
Santa Monica Beach at Pico/Venice storm drain	A	ns
Santa Monica Beach at Strand St. (in front of the restaurants)	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 Topical St.	C	ns
Marina del Rey, Mothers' Beach- illegal 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 D&W jetty)	A+	ns
Dockweiler State Beach at Imperial Hwy drain	A+	ns
Dockweiler Beach- opposite Hygienic Treatment Plant	A+	ns
Dockweiler State Beach at Grand Ave. drain	A+	ns

LEGEND

DRY -- each location is graded on an A - F scale based on bacterial pollution levels present in the surf zone

WET -- grades for days of recorded rainfall and the following 3 days

ns -- no sample taken



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

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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.

Sudoku

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

Difficulty Level ★★★

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

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

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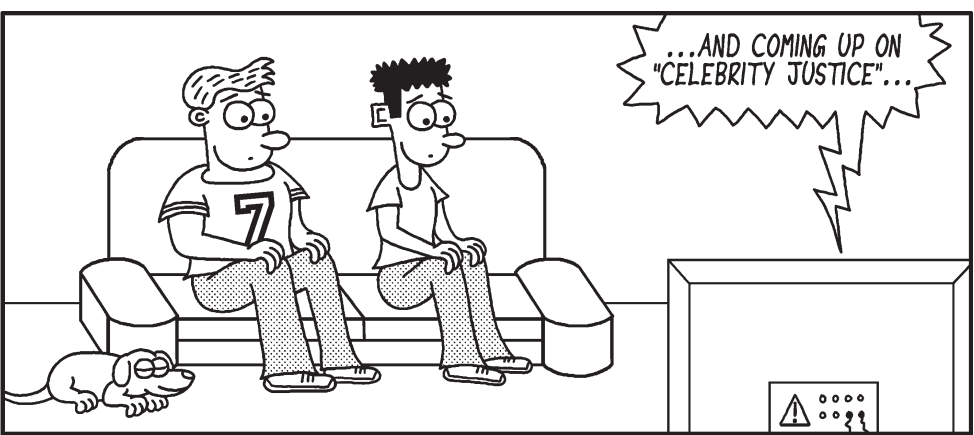
Girls and Sports

8/21

HOW TO PREPARE FOR YOUR FANTASY FOOTBALL DRAFT

KEEP A CLOSE EYE ON THE NFL IN THE OFFSEASON

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By Justin Borus and Andrew Feinstein

The Meaning of Lila

8/21

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THAT'S RIDICULOUS, LILA. PUT THEM BACK ON THE SHELF.

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By John Forgetta & L.A. Rose

The Other Coast

8/21

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AND WHERE DOES RUBBER COME FROM?

SUCKED OUT OF A RUBBER TREE.

I'D PUSH THIS OFF A CLIFF, BUT IT MIGHT LAND ON A CHIPMUNK.

SLAM!

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By Adrian Raeside

Garfield

8/21

I'M FAT

YOU'RE FAT

AM NOT!

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By Jim Davis

Dog eat Doug

8/21

CLICK! VISHHHH! CLICK! VISHHHH!

DOUG! NO PLAYING WITH THE TV BUTTONS!

TOO BAD. IT WAS MORE INTERESTING THAN WHAT WAS ON.

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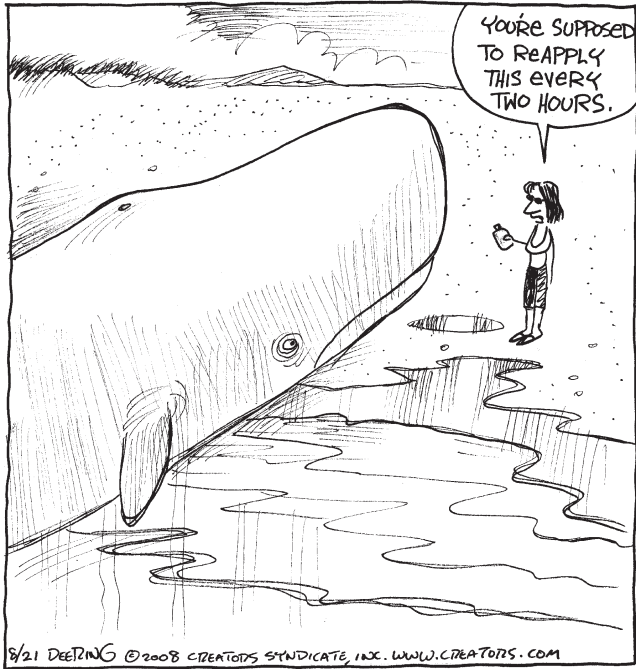
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Alexandra Bissonnette news@smdp.com
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CROSSWORD

By THOMAS JOSEPH

ACROSS 44 Mideast

- 1 Bassoon's nation
5 Considers 45 Oozes
10 Tubular 46 Disavow
pasta

- 12 Ham's need
13 Formal obser-
vances
14 Take —
for the worse
15 Before
now
16 X-ray's
kin
18 Jazz fan
20 Get older
21 Milky
stone
23 Asian
holiday
24 Muses
count
26 Tarzan's
pals
28 Outlaw
29 Tofu stuff
31 "— All in
the
Game"
32 Rich
backer
36 Dupe
39 Shade
40 Delight
41 Tolerate
43 Moun-
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DOWN

- 1 Big name
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2 Pale
brown
3 Victorious
4 Compass
pt.
5 "Dog-
gone!"
6 Puts
away
7 Teach
8 Desert
sights
9 Poem
type

- 11 Houdini
feats
17 —
stand-
still
19 Dupe
22 Purchase
plan
24 Merchant
of
music
25 Establish
27 Trite
28 Forearm
muscle
30 One —
kind
33 Doorbell
34 "Homage
to Clio"
poet
35 Miniature
37 Organ
part
38 Corrals
42 Sleep site

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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
36				37	38			39	
40						41	42		
43						44			
45							46		

DAILY LOTTERY

9 18 19 26 40
Meganumber: 38
Jackpot: \$95M

Super LOTTO 6/49
3 8 10 30 37
Meganumber: 13
Jackpot: \$9M

Fantasy 5
7 8 14 18 39

DAILY 3
MIDDAY: 9 4 8
EVENING: 3 2 2

DAILY DERBY
1st: 08 Gorgeous George
2nd: 01 Gold Rush
3rd: 07 Eureka
RACE TIME: 1:43.64

NEWS OF THE WEIRD
BY CHUCK SHEPARD

■ Murder suspect Broderick Laswell, 19, filed a lawsuit in federal court in April against the Benton County (Ark.) Jail, alleging that he was being "literally" "starved to death" while awaiting trial, and complaining of "blurry" vision and of almost passing out. As evidence of his plight, Laswell pointed out that, in eight months behind bars, his weight had dropped from 413 pounds to 308.

■ It's Good to Be a British Prisoner (continued): In June, Abu Qatada, a cleric described as one of Europe's most dangerous terror proselytizers, was released from jail, where he has been awaiting deportation (for three years) to Jordan and confined to his home in London. British courts refuse to deport him because, when Jordan tries him on serious terrorism charges, it might possibly use evidence obtained by torture of Abu Qatada's colleagues. Thus, he will remain in Britain, under heavy guard (estimated to cost the equivalent of \$1 million a year), in his tax-abated home with his wife and five children, who receive the equivalent of about \$90,000 a year in welfare benefits. (Abu Qatada himself receives the equivalent of \$16,000 a year from the government, for a previous back injury.)

TODAY IN HISTORY

1831 former slave Nat Turner led a violent insurrection in Virginia. (He was later executed.)

1858 the first of seven debates between Illinois senatorial contenders Abraham Lincoln and Stephen Douglas took place.

1878 the American Bar Association was founded in Saratoga, N.Y.

1911 Leonardo da Vinci's "Mona Lisa" was stolen from the Louvre Museum in Paris. (The painting turned up two years later, in Italy.)

1940 exiled Communist revolutionary Leon Trotsky died in Mexico City from wounds inflicted by an assassin the day before.

1944 the United States, Britain, the Soviet Union and China opened talks at Dumbarton Oaks in Washington that helped pave the way for establishment of the United Nations.

WORD UP!
bruit \BROOT\, transitive verb: To report; to noise abroad.

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That recent little quake we had got our attention! Here are some Helpful Earthquake Preparedness Tips...

BELOW IS A WRAP-UP OF THE ESSENTIAL INFORMATION ACCORDING TO THE RED CROSS AND FEMA.

PROTECT YOURSELF, YOUR FAMILY AND YOUR PROPERTY IN THE EVENT OF AN EARTHQUAKE:

- * Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- * Bolt down and secure your water heater, refrigerator, furnace and gas appliances to the wall studs.
- * Have an automatic gas shut-off valve installed.
- * Place large or heavy objects on lower shelves.
- * Fasten shelves, mirrors and large picture frames to walls.
- * Brace high and top-heavy objects.
- * Store bottled foods, glass, china & other breakables on low shelves or in cabinets that fasten shut.
- * Be sure the residence is firmly anchored to its foundation.
- * Install flexible pipe fittings to avoid gas or water leaks.
- * Locate safe spots in each room under a sturdy table or against an inside wall.
- * Hold earthquake drills with your family members: Drop, cover and hold on!
- * Have supplies on hand such as a flashlight, batteries, first aid kit, food, water, essential medicines, cash, credit cards and sturdy shoes.



DURING AN EARTHQUAKE:

Minimize your movements during an earthquake to a few steps to a nearby safe place. Stay indoors until the shaking has stopped.

IF YOU ARE INDOORS, STAY THERE:

- * Take cover under a sturdy desk, table or bench or against an inside wall and hold on.
- * If no table/desk, cover your face & head with your arms & crouch in an inside corner.
- * Stay away from glass, windows, outside doors & walls and anything that could fall.
- * If you are in bed when the earthquake strikes, stay there and protect your head with a pillow.
- * If your bed is under a heavy light fixture that could fall, move to the nearest safe place.
- * Use a doorway for shelter only if it is close to you & if you know it is a strongly supported doorway.
- * Stay inside until shaking stops and it is safe to go outside.
- * Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.
- * DO NOT use the elevators.



IF YOU ARE OUTDOORS, STAY THERE:

- * Move away from buildings, streetlights and utility wires.
- * If you are in a moving vehicle, stop as quickly as safety permits and stay in the vehicle.
- * Avoid stopping near or under buildings, trees, overpasses and utility wires.
- * Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.

AFTER AN EARTHQUAKE:

- * Be prepared for aftershocks.
- * Open cabinets cautiously. Beware of objects that can fall off shelves.
- * Stay away from damaged areas of town.
- * Be aware of possible tsunamis if you live in coastal areas. Stay away from the beach.

I hope you find this helpful.

As always, be sure to let me know if I can be of assistance for any real estate need.