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SEPTEMBER 21-22, 2013

Volume 12 Issue 270



MAKING SURE KIDS EAT HEALTHY LUNCHES
SEE PAGE 8

We have you covered

THE STRUGGLING ISSUE

Prosecutors want Bulger to forfeit \$25M

BY THE ASSOCIATED PRESS

BOSTON Convicted mobster James "Whitey" Bulger should forfeit more than \$25 million generated by racketeering and other crimes committed during his decades as the head of Boston's Irish mob, prosecutors said in a court filing Friday.

Bulger, 84, was convicted last month in 11 killings, as well as extortion, money laundering and weapons charges. He will effectively receive life in prison when he is sentenced in November.

The forfeiture order requested by federal prosecutors would allow them to seize property worth up to \$25.1 million. Prosecutors said during Bulger's trial that they want any seized assets to go to the families of Bulger's victims.

Bulger had already agreed to forfeit guns and \$822,000 in cash hidden in holes cut into walls in his rent-controlled apartment when they captured him in Santa Monica in 2011. He has asked to keep a Stanley Cup ring he said he received as a gift.

Bulger's lawyers did not immediately return requests for comment. A spokeswoman for U.S. Attorney Carmen Ortiz declined to comment.

The request seeks to seize all current assets as well as any profits he could make in the future.

In motions filed in court, prosecutors noted that testimony during his trial showed he took in more than \$25 million by extorting drug dealers, one of his murder victims and legitimate businessmen during the 1970s and '80s. The drug dealers and businessmen told chilling stories of how Bulger demanded tens of thousands of dollars from them and said if they did not pay, they would be put out of business or killed.

Bulger was one of the nation's most-wanted fugitives after fleeing Boston in 1994 prompted by a tip from an FBI agent that he was about to be indicted. He remained a fugitive for 16 years before his capture.

✉ **WHAT DO YOU THINK?**

Send letters to editor@smdp.com

Local company makes drink that drives off dehydration, hangovers

BY AMEERA BUTT
Daily Press Staff Writer

DOWNTOWN Santa Monican Cameron Killeen was in Las Vegas last summer for his job in finance when he noticed a co-worker,

who had been out drinking the night before, sipping a brightly colored liquid out of a square bottle.

"He said it was a baby drink and if you drink it, you feel completely better," Killeen said.

The liquid with the healing powers was Pedialyte, the stuff doctors and mothers give kids to rehydrate after being sick. Killeen had never heard of it before, but

SEE DRINK PAGE 10



Photo courtesy Tamara Henry

NEW WHEELS: Santa Monica Fire Department personnel show off their emergency bikes on the Santa Monica Pier last week during a video shoot for CityTV, the local public access channel. Below are the carts.

Bike medics, carts give SMFD flexibility

BY AMEERA BUTT
Daily Press Staff Writer

CITYWIDE When Santa Monica fire fighter Walter Gonzalez was working the Los Angeles Marathon earlier

this year, he and another fire fighter weren't seated on a truck. They were riding bikes.

A runner had fainted 200 yards

SEE BIKES PAGE 10



Photo courtesy Santa Monica Fire



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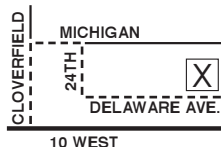
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Santa Monica Daily Press

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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Saturday, Sept. 21, 2013

Cleaning day

Santa Monica State Beach
9 a.m. — 12 p.m.

Santa Monica-based environmental watchdog Heal the Bay is mobilizing 10,000 volunteers across Los Angeles County to clean up 50 sites from creeks and beaches to highways. The goal of the event is to keep debris and waste from reaching waterways and eventually the ocean. Locally, the day kicks off as volunteers gather to form a giant peace symbol. Participants are being asked to meet at the Santa Monica Pier at 8:30 a.m. For more information, visit healthebay.org.

Ummm, roasted

Virginia Avenue Park
2200 Virginia Ave., 9 a.m. — 1 p.m.
It's chili pepper season and the Pico Farmers' Market is taking the opportunity to roast them off to bring out their savory, spicy flavor. Grab a bag or two and create some Southwest magic. For more information, visit smgov.net/portals/farmersmarket.

A different kind of ride

Civic Center parking lot
1855 Main St., 10 a.m. — 5 p.m.
The AltCar Expo and Conference returns, showcasing the latest in alternative vehicles. There will be demonstrations, opportunities to drive the vehicles and vendors of all types stumping for their products. For more information, visit altcarexpo.com.

Popping up on Michigan

Michigan Avenue
Between Ninth and Euclid streets, 11 a.m. — 3 p.m.
Pop-up MANGO Temporary Greenway Installation and Community Festival will feature installations of possible improvements for the corridor such as: curb extensions, enhanced landscaping, places for neighbors to gather, and signage. Using orange cones, barricades, sidewalk chalk, potted plants, and other impermanent objects, the event will create a temporary example of what the future Michigan Avenue Neighborhood Greenway could be. For more information, visit smgov.net/michigan.

Keep it local

Third Street Promenade
12 p.m. — 5 p.m.

The Buy Local Expo features over 80 local merchants, free samples, demonstrations and tastings of the very best from local eateries. There will be two stages of entertainment and a raffle.

Tango on

The Broad Stage
1310 11th St., 8 p.m.

The State Street Ballet's "An American Tango" spotlights a pair of dancers who were once considered the greatest in the world. The production follows the lives of Veloz And Yolanda, who lit up the stage and screen during the 1940s. There will be another performance on Sunday at 2 p.m. For more information, visit statestreetballet.com.

Night at the opera

Miles Memorial Playhouse
1130 Lincoln Blvd., 8 p.m.

Pacific Opera Project's "The Mikado" takes on the Gilbert and Sullivan classic in a colorful production influenced by the eclectic Harajuku style of contemporary pop Japanese culture. For more information, call (323) 739-6122.

Sunday, Sept. 22, 2013

Antique picking

Santa Monica Airport
3100-3000 block of Airport Avenue, 8 a.m. — 3 p.m.
The Antiques and Collectibles Market gives enthusiasts a chance to dig for buried treasures from a time gone by.

Walk it out for the liver

Ocean View Park
2701 Barnard Way,
8 a.m. — 12 p.m.
Join the community as we walk to raise funds for liver disease research and services. All funds raised benefit the American Liver Foundation. For more information, visit www.liverfoundation.org.

**To create your own listing,
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For help, contact Daniel Archuleta at
310-458-7737 or submit to editor@smdp.com

For more information on any of the events listed,
log on to smdp.com/communitylistings



CORRECTION

In the article "Elemental Strings offers new band program, elective classes," which appeared in the Sept. 20, 2013, edition of the Daily Press, it should have stated that Grace Phillips' son attends Will Rogers Elementary School as a fourth grader. He is not enrolled in Elemental Strings.

Samohi students turn Bug into EV

BY DAILY PRESS STAFF

SAMOHİ After four years spent under the hood, students in Santa Monica High School's environmental science and advocacy group Team Marine have finished their gas-to-electric car conversion project.

The students, who range in age from 14 to 18 years old, finished the conversion of a 1971 red convertible Volkswagen Super Beetle earlier this week, according to a news release. They replaced the car's combustion engine and gas tank with an electric motor and 30-kilowatt hour lithium iron phosphate battery pack.

The students unveiled the plug-in at the Santa Monica Alternative Car Expo, which kicked off at the Civic Center parking lot Friday and runs through Saturday, Sept. 21. In

coming weeks, they will conduct local tests to showcase the anticipated 100-plus mile range, maximum freeway speed, and zero to 60 mph time.

The car, affectionately named Volts Wattson, was donated to Team Marine by the Poon-Fear family in 2009 with the purpose of having students turn it into an environmentally conscious EV. Since then, the students have focused on acquiring funds, parts, and the knowledge needed to overcome the many electrical, mechanical and logistical hurdles in the conversion process.

Team Marine has simultaneously developed an electric vehicle instruction manual along with award-winning educational materials and multi-media presentations that are designed to raise awareness about climate change, ocean acidification, energy conservation and carbon-reduction strategies.

"Electric conversions are part of the solution," said lead student engineer Patricio Guerrero. "This project is an example of what is possible to achieve and hopefully inspires other engineers and scientists out there to go down the path of sustainability."

With technical and financial contributions from environmental partners Plug-In America, the Wells Fargo Foundation, Trexa, Alliance for Climate Education, QuikScience, TeenNick, Left Coast Electric, city of Santa Monica, and Gas to Electric Conversions, Team Marine will tour Volts Wattson at many civic and community events, schools and other academic institutions, science fairs and alternative transportation exhibitions throughout Southern California.

"Our project shows that even high school students can do things to reduce reliance on fossil fuels," said Ivan Morales, co-captain of last year's Team Marine.

"We've built solar boats, and even watercraft made from plastic straws and bottles, but never anything like this," said Samohi science teacher and Team Marine coach Benjamin Kay. "This was a prodigious mission, and as a teacher, I am proud beyond words of the students' achievements and so thankful to our many community partners."

Team Marine, formed in 2006 by a group of environmentally conscious students to increase the public's awareness about the sensitivity of the ocean and other natural environments, has created numerous programs to mobilize the citizens of Santa Monica and nearby areas in Los Angeles to conserve and clean-up the California coastline.

Their efforts have been recognized by the city of Santa Monica, TeenNick Halo Awards, The Wyland Foundation, Southern California Edison, and other environmental organizations, companies, and government officials.

editor@smdp.com



BUILD IT: Team Marine students work on the conversion of a Volkswagen Bug to an all-electric vehicle.



FINISHED PRODUCT: Team Marine poses with their finished product, Volts Wattson. It took the students four years to convert the car, which was donated by the Poon-Fear family.

Cypress Sea Cove: hammocks, rum drinks, Marilyn

BY COLIN NEWTON

Special to the Daily Press

MALIBU Take the PCH and head north. Drive past Pepperdine, continue on by Paradise Cove and Zuma, round the point from Nicholas Beach, and you'll find it: Cypress Sea Cove.

The remote spot is lined with lush lawns and beautiful bluffs, dropping to a beach with massive, jagged rocks lunging out of the sea. Today, it is used for filming, photo shoots and weddings.

But as Richard Mark, the owner of the property says, this piece of land holds a unique space in local lore.

"If you were to choose a place in Malibu which is truly the place where all those mythical Gidget parties and the myths of surfers and luaus and parties happened, it was here," Mark says.

The story of Cypress Sea Cove begins in the 1940s with its original owner George "Cap" Watkins, a Bunyon-esque character who would eventually turn the place into his own private Shangri-La.

Watkins arrived in California sometime after World War I and served as a lifeguard near the Santa Monica Pier.

His father had been an Indian fighter in Arizona, Mark said, and Watkins lived up to his Wild West heritage, galloping out onto the beach on a white horse to make rescues. "He was eventually appointed the chief lifeguard of Santa Monica," Mark said.

In the 30s, developers hired Watkins to assist surveyors in measuring the Malibu coastline. His payment? A place to live.

"He was allowed to pick a piece of property out of the group that he was surveying," Mark said.

Watkins chose the point that would become Cypress Sea Cove. The unique area featured large rocks and small islands, flourishing sea life and fresh water.

"This is one of the few places along the Malibu coast where there's a lot of water," Mark said.

Things started off a little slow.

Watkins collected the water, which comes from shallow



Courtesy of Richard Mark

PARTY ANIMAL: George 'Cap' Watkins (right) presents his friend Tom Zahn with a paddleboarding trophy. Zahn used to bring his girlfriend Marilyn Monroe to parties at Cypress Sea Cove, Watkins' idyllic Malibu retreat.

SEE COVE PAGE 12

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

What happened?

Editor:

I had the privilege of attending my first Santa Monica community meeting [Thursday night]. I no longer reside in Santa Monica, but my mother still does and she's not too thrilled about the proposed development that is being considered for 3032 Wilshire Blvd. so she asked me to escort her.

The evening's farce was hosted at my alma mater, Franklin Elementary. I say farce because it is quite evident that this project has already been bought and paid for by Century West Partners – the property owners. Why would I declare such outlandishness? Because apparently they donated \$100,000 to current members of the City Council. I'm wondering how that is not considered an enormous conflict of interest. Who actually votes these clowns in? How are they never held accountable?

What was indeed beautiful was the overwhelming turnout from outraged Santa Monica residents who don't want this ridiculously designed edifice in their neighborhood further tainting what was once a "sleepy beach community." I was beaming with pride when the gentlemen (in the pink shirt and glasses) so beautifully and artfully condescended to the "other side" and whose only pathetic reaction all evening was to double-talk and evade; taking no responsibility whatsoever for how their little "project" will ultimately doom that area.

Have you ever witnessed a deer in headlights? That's what the "other side" looked like. They had zero answers for the most pertinent questions? Again, evading and riding it out because they know that they only have to suffer a little bit now while reaping the huge rewards (see profits) later.

Want to enjoy great television? Watch this event on whichever channel in Santa Monica airs these types of community experiences. If you live here or grew up here, you will most definitely feel a sense of pride as everyone banded together. We laughed (often mockingly), cried out with outrage, and now cling to the slim hope that this horrible idea will not succeed.

Why isn't someone/a group digging deep within the financial records of City Council members? I think that would terrify a few people, no?

This needs to be Santa Monica's new mantra: "Hold the City Council Accountable" – and let's not get started on the school board. What happened to Santa Monica?

Craig Yettra
Brooklyn, N.Y.



Curious City
Charles Andrews

Send comments to editor@smdp.com

Could get harder in the future

DO YOU LOVE YOUR SUMMERTIME

pier concerts? Yeah, me too. Been going the whole 29 years. Not too sure at this point what the 30th year will look like, though. Hope there is one.

People in power are getting nervous. For good reasons. It may mean the Twilight Dance/Concert Series will never be the same. But I'm encouraged by the comments of some of those who will be making important decisions.

I reported last week that at this summer's final show, starring reggae legend Jimmy Cliff, the entrance to the pier was closed off by order of the fire marshal. Everyone I spoke to thought it was one of the biggest crowds ever for a Twilight show.

After being turned back at the Ocean-Colorado entrance, I headed south to approach from the beach, and once there climbed the wooden steps to land on the pier parking area.

It was jammed, like I'd never seen. Usually there's a small crowd that chooses to watch the show from the side, where you can get pretty close if the concert area in front of the stage is too packed. (That was the area that got closed off right away.)

This time it was crammed with people who had no choice. I'm betting many of them, like me, did not consider the beach an option. You can't really see (except now on video screen — feh!), and while the sound is pretty good it's not what it is in front of the stage, on the pier. That's where a music fan really wants to be.

I was shocked, when I finally got a peek at the sealed off concert area, to see how much empty space there was. Hundreds more people could have been let into that coveted area where you could actually see and hear, and it still would have looked less crowded than many concerts I've seen there.

But that's my opinion, and it is not shared by our fire department's deputy chief, Bruce Davis, who said it was at or past capacity. He took my questions the next day, apparently did a lot checking, and got back to me pretty promptly.

"We had to close the pier for several concerts this year," he told me, "but this one was by far the biggest, which we anticipated. And we had to make that call very early in the evening. In fact, that number was exceeded before we could close the area in front of the stage."

And the area right up against the stage? The worst, he said, "too many sardines in the can." Looked about the same as always to me.

Davis said the decision to close off the concert area was dictated by a number, based on the square footage of the area involved. But the rest of the pier area was accessible from the beach, and that's why the real sardine situation developed in the pier parking area.

I stand by my observation of how many more people could have been let in to enjoy that much-anticipated show. Which could mean a

couple of things. It could mean the number being used by the fire marshal is too low. So a lot of folks got cheated that night. Or, it could mean that all those other shows, by less popular artists, were all dangerously overcrowded, and we're lucky we've had no problems.

Davis and I were close to being on the same page, but Pier Manager Rod Merl's words were what I really wanted hear.

"I'm here every day, not just for the concerts," he said. "I walk the pier over and over, and I'm always aware of the history, the liveliness of the pier experience, which I think must be emphasized when we decide how to present these concerts."

"I'm on the mechanical end, and of course many organizations and individuals have to work hard and work together to keep this long-standing music tradition going. It seems to be really important to so many Santa Monicans I talk to," he continued.

"Public safety, of course, but primarily this is a pier event. A being in front of the musicians pier event, for as many as possible — I think that's very important."

He echoed what Davis told me, that there will be meetings in the next few weeks, of pier people, promoters, police and fire, vendors and others, to discuss what transpired this summer, discern the lessons, and come up with a plan to keep things going, for everyone's maximum benefit.

As a person who loves live music, I'm on the side of wanting to see capacities as high as safely possible. I witnessed too many great clubs in Hollywood die a quick death when the fire marshals came in with a ridiculously low capacity limit.

First responders, on the other hand, want to be able to do their job if called upon, to be able to wade into a crowd and treat and possibly remove someone having an emergency situation. And all sorts of other possible scenarios. So they prefer to have capacities set lower. I sympathize with their position, and to some degree I support it. Like everything, we need balance.

But the troubling factor is simply the growing size of the crowds, especially on the beach; getting massive, but so far, passive. It's not because the shows are better, or bigger names; they aren't. I think that this seems to be taking on a life beyond the performances themselves (Chief Davis and Merl agreed), that more and more people from the whole Los Angeles area are coming to our pier on summer Thursday nights to party, regardless of who's playing that night.

Will that ruin it for everyone? I dearly hope we can preserve this priceless musical jewel for another 30 years, without chipping away too much at the facets that have made it so cherished and valuable.

CHARLES ANDREWS has lived in Santa Monica for 27 years and wouldn't live anywhere else in the world. Really. You can reach him at therealmrmusic@gmail.com

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The Q Line

To REFORM OR NOT TO REFORM?

The state Legislature recently passed a bill that allows the undocumented to receive driver's licenses, a first for California. This could be a boom for those who work and live in Santa Monica who are here illegally.

This past week, Q-line asked:
Do you think it is time for more sweeping immigration reform and why?

Here are your responses:

"WHY DO WE KEEP GIVING OUR country, jobs and housing away to people who are here illegally? Nobody should be here illegally and nobody should be rewarded or get special treatment if they're here illegally. This is freaking ridiculous."

"I THINK IT'S A JOLLY GOOD IDEA TO LET undocumented people have driver's licenses. After all, they give a lot to this economy and they're about the best workers one could ever wish for. I know that because I'm an ex-landlord in the city of San Malicious. I've used a lot of undocumented workers in the past. You can't ask for a more dedicated group of workers or people."

"I GUESS I COULD SAY I WAS SHOCKED by this suggestion. Our politicians seem to sink even further into the mess that California, and especially Santa Monica, has become. It's now righteous to feed at the public trough. Low- or no-income housing, food stamps, free education, free lunches, living wage, free phones, reduced transportation costs. Just give a hard-luck story; the rules of an orderly society don't apply to you. This is the societal rot that has infected this country, the state and certainly this town. The greed of politicians is causing overdevelopment and destroying our town. Paying for illegals is just massaging the egos of progressives. They will save you from your unenlightened self, and best of all, it will be with your own money."

"WE DON'T NEED REFORM, WE NEED TO enforce the existing laws we have. I'm sure what I'm about to say will be called discriminatory, but that's not true. I support anyone from any race or religion, as long as they are not lawbreakers, meaning that the very first act they commit is to violate our immigration laws. Also, it is not racist or profiling to expect with a very high degree of certainty that individuals who speak only Spanish, have no valid ID and drive without a license or insurance are illegals, when the indisputable fact is when the overwhelming vast majority of illegals have come here from Mexico. Every citizen of the U.S. is paying way more than they should on auto and health insurance because of so many extra uninsured motorists and health insurers are being made to make contributions to pay for so many extra people that use emergency rooms like others use a family physician. Many communities no longer have emergency care due in large part to too many free services given to illegals. We have our own poor to take care of. A change should be made so that children born in the U.S. are not automatically a citizen, unless at least one parent is a U.S. citizen. Illegals basically cut in line ahead of those who follow the legal process and take away jobs from U.S. citizens, from fast food to construction."

"IT IS TIME CONGRESS PASSED comprehensive immigration reform and allowed aliens without documents living in the U.S. to become voting U.S. citizens. The Santa Monicans for Renters' Rights-controlled City Council gave over \$300 million to Community Corp. of Santa Monica to

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develop low-income housing projects. Drive by 15th and Broadway, Stewart and Pico, 26th and Broadway, Pico across from Samohi, 26th and Santa Monica, 200 units on Virginia Ave. from Cloverfield to Frank St. Most of the tenants moving into these buildings come from outside Santa Monica and many are not U.S. citizens. If Congress passes the Path to Citizenship these people will register to vote, and vote the SMRR ticket. An unintended consequence of immigration reform, the homeowners will be disenfranchised forever as SMRR is against home ownership."

"WE DO NOT NEED MORE AMNESTIES for illegal aliens. Seal the border, use troops if need be, and keep deporting the illegal aliens already here. They do not need to have more rights, like driver's licenses. What part of illegal is it that these idiot politicians do not understand?"

"GRANTING DRIVER'S LICENSES FOR illegals is a step backward and not a step forward. Those that come into this country illegally should not be rewarded for anything. This unjust bill is a boon for the state coffers, and that's why it was passed. Law and order be damned. Our immigration policy does not need to be reformed, just followed to the letter of the law."

"WE SHOULD NOT TOUCH OUR immigration laws until we've first had a national conversation to establish a goal for our population and just how many people we want to stuff into this country. The size of our population and its environmental implications should not be left to chance or put in the hands of others outside our borders. Since 1980 our population has grown by a third. Our children are already going to see a U.S. population of over half a billion in their lifetimes. Their children will see it double to one billion if we continue to ignore the population issue. Global food, water, and energy shortages are looming. Our aquifers are being pumped out, the oceans are being fished out, and our arable land is shrinking. Rising population destroys 10 million acres of green space each year in our country, accelerates global warming, adds to the jobs deficit, and degrades our infrastructure. Don't we care about the future of our country, our kids, and the legal immigrants who are already here?"

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Prop. 8 players join bid to repeal trans law

BY LISA LEFF
 Associated Press

SAN FRANCISCO An effort to overturn a new law allowing transgender students to choose which school restrooms they use and whether to play boys or girls sports got a boost Friday when a major player in the passage of California's now-defunct same-sex marriage ban threw its support behind the campaign.

The National Organization for Marriage announced it was working with another conservative group, the Capitol Resource Institute, to repeal the law at the ballot box. The marriage group provided early fundraising and organizing for the 2008 ballot initiative that outlawed same-sex marriages, known as Proposition 8.

Opponents of the transgender student law have until Nov. 8 to gather the signatures of 504,760 registered voters needed to place a referendum on the November 2014 ballot to nullify the statute.

The National Organization for Marriage is encouraging its members to help circulate petitions and to give money that could be used to hire professional signature-gatherers.

The political strategist who ran the successful Proposition 8 campaign, Frank Schubert, has signed on to manage the referendum campaign. Noting that no one has ever qualified a referendum in California using only volunteers, Schubert said "it's a virtual certainty" the campaign will hire paid petition-circulators to supplement work already going on at churches statewide.

"We are actively talking with donors about helping to fund that," said Schubert. "A referendum is a very hard thing to do. It's definitely an uphill thing."

After passage of Proposition 8, Schubert led a successful campaign a year later to block same-sex marriages in Maine. Last

November, he oversaw four unsuccessful efforts to keep gay unions from being legalized in Maine, Maryland, Minnesota and Washington.

California last month became the first state to spell out the rights of transgender K-12 students in state law when Gov. Jerry Brown signed AB1722. The statute requires public schools to allow students to participate in sex-segregated programs, activities and facilities based on self-perception of gender instead of birth gender or transition status.

Supporters said the law will help reduce bullying and discrimination against transgender students. Families of transgender students have been waging battles with school districts across the country over what restrooms and locker rooms their children can use. The disagreements have sometimes landed in court.

Equality California Executive Director John O'Connor, whose organization co-sponsored AB1722 and helped lead the campaign to defeat Proposition 8 in 2008, said civil rights groups were closely watching and would be ready to respond if the proposed referendum makes the ballot.

"Frank Schubert has built a political career on these anti-LGBT measures that divide people and perhaps years ago he had some success," O'Connor said. "We have turned the corner. The public is solidly in favor of LGBT equality now."

Schubert said qualifying the referendum for the ballot will be difficult, but he thinks it would pass easily if put before voters.

"This is not a law people support by a long-shot," he said. "This is an attempt to hijack an issue that may be legitimate for a small number of people and use it to impose a statewide mandate in pursuit of a larger political agenda ... to strip society of all gender norms so there is no difference between men and women."

Calif. OKs new water monitoring order

BY GOSIA WOZNIAKA
 Associated Press

FRESNO, Calif. State water regulators have adopted an order for farmers to monitor and clean up groundwater in California's Central Valley, home to some of America's most contaminated aquifers.

The order, adopted by the Central Valley Regional Water Quality Control Board on Thursday, affects about 10,700 growers in the Tulare Lake basin — including parts of Fresno, Tulare, Kings and Kern counties — who farm on about 3 million acres of irrigated farmland.

It's the second order adopted by the board. The first was adopted for the eastern San Joaquin region, and the board is poised to adopt a half-dozen orders for other parts of the region in the next six months. There will also be a commodity-based order for rice growers.

A total of 33,000 farmers and 8 million acres of irrigated land will eventually be affected by the orders.

The new rules cover not only groundwater but also surface water, which has been regulated on an interim basis since 2003.

Nitrate contamination of groundwater is a pervasive problem in California's agricultural heartland and is bound to intensify in coming years, according to a University of California, Davis, study released last year. The nitrates pollute drinking water for more than 1 million Californians in the Salinas Valley and parts of the Central Valley.

Chemical fertilizers and livestock manure

are the main source of nitrate contamination. And nitrate leaching from agricultural land is responsible for 96 percent of current groundwater contamination, according to the study.

And while fertilizer use has leveled off in recent years, the amount of dairy manure has increased, making for a net increase over the past decade in nitrates loaded into the ground.

At least 3 million acres of agricultural land have potential problems with nitrates in groundwater, water officials said.

Under the new rules, existing farmer-run coalitions will do the monitoring and reporting of ground and surface water. Each farmer will go through an evaluation and identify practices to protect water quality. Farms deemed most susceptible to problems will undergo additional monitoring, have to craft a management plan and take steps to address the pollution.

Growers in low vulnerability areas and farms of less than 60 acres will be given more time to comply.

Farmers say the new rules are bureaucratic and expensive, though state water regulators estimate implementation will cost less than \$2 per acre. Farmers also say they have worked to change their farming practices to address the problem, by using new technologies that measure how much fertilizer, if any, the soil needs.

Environmental groups say the proposed regulations are too weak, because they don't hold individual farmers responsible and the board has no regulatory authority over the coalitions.

Blending the best of ginger and banana breads

BY ALISON LADMAN

Associated Press

The great thing about quick breads also is the most obvious. They're quick.

Stir together some ingredients, pop it in a pan, throw it in the oven. Your house will be filled with the fantastic smells of baking and you probably didn't do more than 15 minutes work.

This quick bread is no exception. It is equally at home on a breakfast or brunch table, served with coffee or tea mid-after-

noon with a dusting of powdered sugar, or after dinner with a dollop of whipped cream. We've combined the spicy fall flavors of gingerbread with the sweet, moist flavors of banana bread.

For nutrition, we added some bran. For fun, we flecked it with chopped bittersweet chocolate. Be sure to use very ripe bananas for the best flavor.

Editor's note: Alison Ladman is a recipe developer for the AP. Follow her on Twitter at <https://twitter.com/CrustAndCrumbCo>

Chocolate banana ginger quick bread

Start to finish: 1 hour 15 minutes (15 minutes active)

Servings: 16

1 cup buttermilk
2 eggs
1/2 cup vegetable or canola oil
6 very ripe bananas, mashed
1 cup packed brown sugar
1/4 cup honey
1/4 cup molasses
2 cups bran
3 cups all-purpose flour
1 tablespoon plus 1 teaspoon baking powder
1 teaspoon salt
1 teaspoon baking soda
1 tablespoon cinnamon
1 tablespoon ground dry ginger
1/2 teaspoon nutmeg
1 teaspoon ground cloves
1 cup finely chopped bittersweet chocolate
3/4 cup finely chopped candied ginger

Heat the oven to 325 degrees. Spray a Bundt pan with baking spray.

In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, ginger, nutmeg and cloves.

Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the center comes out clean.

Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely.

Nutrition information per serving: 380 calories; 110 calories from fat (29 percent of total calories); 13 g fat (3 g saturated; 0 g trans fats); 25 mg cholesterol; 68 g carbohydrate; 6 g fiber; 34 g sugar; 6 g protein; 370 mg sodium.

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File photo
CHOICES: A student at Will Rogers Elementary School grabs some celery sticks from the salad bar, which is stocked mostly with food purchased at one of the Santa Monica Farmers' Markets.

Creating healthy school lunches

SANTA MONICA SCHOOLS ARE BACK IN session, and with school comes daily homework and lunch duty for parents. Some parents become so frustrated with either complaints or uneaten food that they just give up after a while and turn to the lunch program. I rotated through the school lunch program during my training as a registered dietitian nutritionist and know first-hand how much they rely on prepared, processed food and condiments to meet the daily fruit and vegetable quota.

In Santa Monica we are more fortunate than others as we have access to fresh fruits and vegetables from the Farmers' Markets. Schools are incorporating more of these products into our kids' lunches, but there are still plenty of parents who want to provide nutritious, tasty lunches themselves that will be the envy of the lunch table and a powerhouse for schoolwork. Some feel they just don't have the time or don't know where to start. Following a few simple strategies can make lunch preparation quicker and more balanced.

INTERVIEW YOUR CHILD
Time and time again, research shows that when kids are involved in the discussion, purchase and even the preparation of their own food, they are more likely to eat it. Ask your kids what they like. This will reduce waste and untouched, returned lunches. Take a few minutes and make a list with your



Photo courtesy Michelle Terris
SOCIAL HOUR: Children at the Santa Monica Boys and Girls Club have fun while eating their lunch in this photo from 2010.

kids of what protein-rich foods, whole grains/starches, fruits, vegetables, and snacks or treats they would like in their lunches. This list will become your shopping list and from there you can mix and match, creating different lunches.

LUNCH BOX DESIGN
There are a couple of lunch box basics worth investing in: a good thermos and small, individual cold packs. A thermos can open up the meal ideas for both hot and cold foods. The trick with keeping hot foods hot is to fill the thermos first with boiling water and let it sit before draining and adding hot food. The same for cold foods; add water

SEE LUNCHES PAGE 9

INTERVIEW

Protein	Grain	Fruit	Vegetables	Snacks/Treats
Cut (nitrite-free) lunch meat and low fat cheese	Whole grain crackers	Fresh fruit	Tri-color bell pepper strips with low fat dip	Low fat pudding cup
Low fat Greek yogurt	Low fat granola	Dried fruit	Sugar snap peas	Air popped popcorn w/ sea salt
Hummus	Whole wheat pita triangles	Applesauce cup	Baby carrots	Honey roasted nuts

LUNCH BOX DESIGN

Hot Food	Bean soup/chili	Pasta/chick ravioli	Chicken Gyoza	Turkey meatballs
Cold Food	Tri-color Pasta salad w/ ham	Egg salad	3-Bean salad w/ edamame	Chicken/tuna salad

JUNK FOOD ENVY

Junk Food	Breaded chick nuggets	Fried chips	Fruit rolls ups	Pre-packed lunches	French fries
Healthy Sub	Cooked chick cubes w/ dip	Baked chips, baked puffs	100% fruit leather	Cut nitrite-free lunch meat & low fat cheese with whole grain crackers	Baked yam fries or potato fries



Photo courtesy butterballblog

JIVE TURKEY: A Butterball Turkey Talk-Line expert leads a class at the Butterball University. The Talk-Line, which offers cooking advice during the holidays, may finally have its first man manning the phones this year.

Turkey Talk Line to have first male spokesman

BY MAE ANDERSON
AP Business Writer

NEW YORK This year if you call Butterball's Turkey Talk Line for some cooking advice, you might get a male voice on the line.

For the first time, Butterball is enlisting the help of men as well as women for its Turkey Talk Line during the holidays. And the turkey seller is seeking the first male talk-line spokesman this year as well.

The talk line, which is 32 years old this year, has long offered advice to anyone overwhelmed by making the perfect turkey for Thanksgiving Day and the rest of the year-end holiday season.

It has been improving its services, last year launching a smartphone app, Facebook live chats, Pinterest posts and other social media tools.

But the line, which has grown from six operators to about 60 since it launched in 1981, has never hired men before. The company says it wasn't specifically excluding men, but it usually relied on word-of-mouth to hire its talk line operators and its hires were always women.

Now, it's taking a more active approach. "It's the perfect time, because we have seen

more and more men involved in Thanksgiving dinner," said Mary Clingman, director of the Butterball Turkey line. When the talk line started, only about 9 percent of calls that came in were from men. But now, about one in every four calls are from men, she says.

Butterball, based in Garner, N.C., will offer an online application for men age 25 and up to apply to be the spokesman for the line or one of the operators, via its Facebook page. The spokesman, who will man the help line and offer turkey tips via media appearances, can be based anywhere but hotline operators should live near Chicago, where the hotline is operated.

The online application will be available beginning Monday and close Oct. 20.

Most operators have a background in food or nutrition and have culinary degrees or are dietitians, food stylists or scientists. They all take a crash course in turkey making at the Butterball University training program, as well.

But the main requirement: "You have to want to help people," Clingman says.

The talk line will be staffed during business hours in November and December, reaching up to 1 million turkey makers via all of its channels.

part of the group.

LOVE NOTES

A personal note from you can make even the most boring lunch a little more palatable. It can be positive affirmations, sayings, jokes, riddles or just a picture of their pet. It's that special touch that makes them smile when they open their lunch box instead of groaning in disappointment.

LORI SALERNO, M.S., R.D.N, C.P.T. is a registered dietitian nutritionist and certified personal trainer who provides medical nutrition therapy to groups and individuals in Santa Monica and recipe and menu analysis for restaurants nationwide. Learn more at www.eatwelldailynutrition.com.

LUNCHES

FROM PAGE 8

and ice to the thermos first before the cold food. Smaller cold packs can be used to keep appropriate foods chilled without affecting the contents in a hot thermos.

JUNK FOOD ENVY

We don't tend to think about this with kids, but lunch time is also social time. Kids want to be part of the group. They don't want to stand out or be left out of what their peers are doing or eating. Parents can offer healthy substitutions in place of the trendy or popular junk food so they can still feel

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DRINK

FROM PAGE 1

decided to try it a week later after a night of drinking.

It worked.

Meanwhile, across the country, his friend, Brandin Cohen, who worked for the Arizona Diamondbacks baseball team, saw players guzzling the stuff to stay hydrated. Killeen and his friends noticed the liquid drink was based on oral rehydration therapy, or a liquid solution used to counteract dehydration.

Last fall, Loyola Marymount University graduates Killeen, Hayden Fulstone and Cohen decided to come up with a drink of their own battle the dreaded hangover, make it all-natural and healthy and target those who went overboard at the bar, as well as sports athletes and people who lead active lifestyles.

After months of research with a beverage consultant, Santa Monica-based Liquid I.V., a play on the I.V.s found at hospitals, was born, bringing another product into the already crowded sports drink market, which is expected to hit \$55 billion in sales by 2018, according to a report by companiesandmarkets.com

The sector has grown strongly in recent years (up 64 percent from 2007 to 2012); with less than 50 percent penetration there is significant room for further growth, industry experts said.

Sports nutrition drinks are divided into three major categories: hypotonic, which contain relatively low concentrations of electrolytes (salts) and sugars; isotonic, which contain mid-level concentrations of electrolytes (salts) and sugars; and hypertonic, which contain high concentrations of electrolytes (salts) and sugars.

One of the keys to sports drink marketing is that, unlike the health claims of some other beverages, the basic science is irrefutable. The components of sports drinks (electrolytes, water and carbohydrates) are essential for hydration during strenuous exercise.

The role of sports nutrition products has witnessed a paradigm shift from “muscle building” to one that promotes wellness and disease prevention. A fitness-crazy generation and the good-health image of sports drinks are factors driving growth in sports/energy drinks and sports/energy bars segments, according to companiesandmarkets.com

Santa Monica would seem like a perfect fit for Liquid I.V., as it is home to the original Muscle Beach. Many residents are active, whether it be running along Palisades Park, surfing, climbing the Fourth Street stairs or testing their cores at one of the many yoga studios. Santa Monica is also home to several Farmers’ Markets and natural food stores.

Liquid I.V., which currently employs 10 people, is focusing on the local community for growth.

“There’s a huge synergy with the vibe of the community along with our product,” Killeen said.

The company expects 10 to 15 convenience stores in Santa Monica to carry the product this fall, as well as a few local bars.

The drink contains three ingredients found in oral rehydration therapy: sugar, sodium and potassium; various B vitamins; and a proprietary blend of ingredients that get rid of toxins, Killeen said. Compared to Pedialyte, he said it’s completely “all-natural” and includes essential vitamins. When compared to Gatorade, it has three times the electrolytes and less than half the sugar and calories, he said.

In various surveys, the founders said the drink tasted good too.

The company started marketing separate products, with almost identical ingredients: Liquid I.V. Hangover for hangovers and Liquid I.V. Sport for people with active lifestyles.

The drink has also caught on amongst baseball players, with folks like Ryan Wheeler of the Colorado Rockies and Adam Eaton, with the Diamondbacks, using it.

When people drink, alcohol will turn off a hormone in their bodies, said Jason Hove a family medicine physician with UCLA.

“That’s why people notice if they’ve been



Photo courtesy Liquid IV

SIPPY, SIPPY: Liquid I.V. bills itself as an all-natural rehydration therapy product.

drinking all day, they have to pee all night,” Hove said. “You’re urinating pure water.”

Symptoms from hangovers and dehydration include headaches and feeling “crummy,” he said.

“The real remedy is not to overconsume [alcohol] in the first place,” Hove said.

In sports, athletes tend to sweat a lot, which is salty, and causes the body to lose its electrolytes.

Hove said the oral rehydration fluids endorsed by the American College of Sports Medicine, the global association of sports medicine and health and fitness professionals, have a similar electrolyte concentration as what’s in Liquid I.V.

Folks can buy the product online through a subscription service. So far, more than 300 people have paid \$14.99 a month to have Liquid I.V. shipped to them by using the website, <http://liquid-iv.com/>

There’s a free trial, where a customer signs up for the first month and gets six

packets of powder that each make a 20 ounce bottle of Liquid I.V. After the first free month, it’s \$14.99 per month or customers can opt for a one-time purchase of six packets for \$19.99.

Since the summer, the company said local distribution of the product has grown to a handful of convenience stores and gas stations around LMU.

The company’s long-term goal is to have one product that’s well-known, Killeen said.

By next year, Liquid I.V. hopes to grow to 50 campuses in a nationwide college ambassador pilot program that launched this month. College students get the company’s T-shirts and bottles to push the brand on campus, Killeen said.

For more information on Liquid I.V. visit <http://liquid-iv.com/> or use the company’s promo code “LivSantaMonica” to get a first month free of Liquid I.V.

ameera@smdp.com

BIKES

FROM PAGE 1

from the finish line, and the duo was the first on the scene, responding in roughly 30 seconds to render aid, moving the runner to the side and starting an I.V. line.

“The bike team is very, very useful when there’s lots of people and lots of traffic, especially events [and] busy weekends. That’s when we use them,” said Gonzalez, who is bike team coordinator for the Santa Monica Fire Department.

Residents can expect bike medics on their red bicycles, and new medical carts, on the scene for GLOW next weekend when Santa Monica State Beach will be transformed by the nocturnal art event.

The two medical carts were first used during Labor Day weekend. Two paramedics are placed in each six-wheel-drive vehicle that can transport patients, along with medical intervention and radio equipment.

For GLOW, SMFD is dispatching three bike teams, and each team consists of one para-

medic and one EMT; two medical carts that have one paramedic and one EMT for each cart; an additional engine company; two paramedic ambulances; three basic life support ambulances; staffing four first-aid stations, and a prevention staff that will be assisting in crowd control and monitoring, said Tom Clemo, deputy chief of operations at SMFD.

Fire officials said because of the rising call volume and the density of traffic, the department began looking for alternatives to meet its response times since resources are slim.

The bike medics and medic carts are tools the fire department can to provide efficient responses because of their speed and maneuverability, Clemo said.

Use of the two are “situationally based,” he said.

Officials have seen improved response times on the beaches and the Santa Monica Pier when the bikes and carts are deployed.

“It just opens up the door to what we can do,” Clemo said.

Both med carts and bike medics can go to key areas where the engine company may not be able to get to easily, Clemo said. For

example, the med carts are highly effective on the sand, the pier and the bike paths, while the bike medics can go on the Third Street Promenade.

“The pier and promenade are examples of high foot-traffic areas that present access challenges for our response apparatus,” said Fire Chief Scott Ferguson. “In those areas, bike medics are often the first to stop the clock, effectively becoming the initial link in a chain of care that improves a patient’s experience within the healthcare system.”

The department has three, two-person teams of bikes, which carry medical equipment and radio communication. They’ve responded to seizures, broken bones and heat exhaustion, Clemo said. Bike medics respond to an emergency and do an assessment and if they need an ambulance, one is called for.

The bicycles were donated by the Fireman’s Fund Insurance Company and the med carts were purchased through homeland security grant funds.

Any one of the fire fighters can work the carts, but the bike team members go through eight hours of training, in addition to train-

ing as a paramedic, Clemo said.

Gonzalez is the instructor who teaches the course, which he said goes over hand signals, how to be observant on the bike and how to increase “situational awareness when you’re on the bike.”

Reaction from the public, who see the fire fighters on their red bikes, has also been positive.

“Now people actually love it and love seeing us there,” Gonzalez said. “In the marathon, people were very nice to give us a pathway to keep going.”

Dominick Bei, second vice president of the Santa Monica Firefighters IAFF Local 1109 Union, said bike medics are an “incredible tool for initiating care,” but cautioned they used as a tool “appropriately,” and the department is still providing the full service of care and full medic crews that show up and can handle any kind of emergency.

“We support it and it’s a useful tool when used in conjunction with the full services provided for the city,” Bei said. “[They’re] a good addition for our arsenal.”

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GOP House: Keep government open, hit 'Obamacare'

BY DAVID ESPO

AP Special Correspondent

WASHINGTON Charting a collision course with the White House, the Republican-controlled House approved legislation Friday to wipe out the 3-year-old health care law that President Barack Obama has vowed to preserve — and simultaneously prevent a partial government shutdown that neither party claims to want.

"The American people don't want the government shut down, and they don't want 'Obamacare,'" Speaker John Boehner said as members of his rank and file cheered at a celebratory rally in the Capitol moments after the 230-189 vote. He stood at a lectern bearing a slogan that read, "#Senate must act."

Senate Majority Leader Harry Reid said it will — but not the way Boehner and his tea party-heavy Republican contingent want. Assured of enough Senate votes to keep the government open and the health care law in existence, the Nevada Democrat accused Republicans of attempting "to take an entire law hostage simply to appease the tea party anarchists."

Behind the rhetoric lay the likelihood of another in a series of complex, inside-the-Beltway brinkmanship episodes as conservative House Republicans and Obama struggle to imprint widely differing views on the U.S. government.

In addition to the threat of a partial shutdown a week from Monday, administration officials say that without passage of legislation to allow more federal borrowing, the nation faces the risk of a first-ever default sometime in the second half of next month.

House Republicans intend to vote to raise the nation's debt limit next week to prevent that from happening. But they have said they will include a one-year delay in Obamacare in the measure to reinforce their determination to eradicate the program.

The same bill will include provisions to reduce deficits and stay the administration's environmental agenda as the GOP seeks gains for its own priorities. Raising the cost of Medicare for financially better-off beneficiaries is one likely provision to be added, according to numerous officials. So, too, is a ban on federal regulations on greenhouse gas emissions.

Obama, who has said repeatedly he will not negotiate over debt limit legislation, called Boehner late in the day to tell him that directly. The speaker expressed disappointment, his office said, and responded that Congress "will chart the path ahead."

Obama responded in remarks before an audience at a Ford assembly plant near Kansas City, Mo.

He blamed a "faction on the far right of the Republican Party" for threatening to shut down government operations or default on government debts. "They're focused on trying to mess with me," he told plant workers. "They're not focused on you."

Unlike other budget showdowns of the recent past, this one pits younger Republicans in the House against GOP veterans in the Senate, although not to the extent it does one party against the other.

Republicans are united in their opposi-

tion to the health care law, which they say will force the price of coverage higher and prompt employers to reduce work hours for workers. But they disagree on how to attack it.

The bill that won passage on Friday was all but forced on Boehner and fellow House GOP leaders, who fear a repeat of the twin government shutdowns nearly two decades ago that inflicted serious political damage on Republicans.

Caution on the part of GOP elders was overwhelmed by tea party-aligned lawmakers, who were in turn responding to the urgings of outside groups and their allies in the Senate, Sens. Ted Cruz of Texas and Mike Lee of Utah among them.

The vote in the House was almost completely along party lines, and the administration threatened in advance to veto the bill if it should pass the Senate as well. Among Democrats, only Reps. Mike McIntyre of North Carolina and Jim Matheson of Utah supported the measure. Virginia Rep. Scott Rigell was the only Republican voting against it.

The Republican rally in the Capitol afterward was unusual for its overtly political tone.

"You know, many Senate Republicans have promised to leave no stone unturned fighting for this bill, and all of us here support that effort. We're calling on Senate Democrats to do the same thing," said Majority Leader Eric Cantor of Virginia, who then asked how four Democrats who face re-election in swing states next year will be voting. Among the four, Sens. Mark Pryor of Arkansas, Mark Begich of Alaska, Kay Hagan of North Carolina and Mary Landrieu of Louisiana all voted for the law when it passed Congress, and none has indicated a vote for nullification.

Instead, the likelihood is that the Senate will strip off the provision to defund the health care law, as well as a different section that prioritizes debt payments in the event the Treasury lacks the funds to meet all its obligations. Reid and other Democrats then plan to send back to the House a bill whose sole purpose would be to prevent any interruption in government services on Oct. 1.

The next move would be up to Boehner and his famously fractious rank and file. Unless they decide to surrender quickly, they could respond with yet another attack on the health care law, perhaps a one-year delay in the requirement for individuals to purchase insurance. Senate Republican leader Mitch McConnell of Kentucky backs legislation to that effect, and Obama has already announced a one-year postponement in a requirement for businesses to provide coverage to their employees.

In recent years, the threat of massive interruptions in government services has waned as agencies refine their plans for possible shutdowns, but lawmakers cautioned the effects could be harmful.

"Our brave men and women of our military don't get paid; our recovering economy will take a huge hit, and our most vulnerable citizens — including the elderly and veterans who rely on critical government programs and services — could be left high and dry," said Rep. Harold Rogers, R-Ky.

Pollution rule hurts coal, helps other sources

BY JONATHAN FAHEY

AP Energy Writer

NEW YORK Tough new limits on the amount of heat-trapping emissions new power plants can emit will likely accelerate a shift away from coal-fired power and toward electricity generated with natural gas, wind, and sunshine.

Power prices for homes, businesses and factories may eventually rise, and nuclear power could return to fashion.

The rule proposed by the Obama administration Friday will have little effect on the mix of power sources and electricity prices anytime soon because it only applies to new power plants and is likely to be challenged in court. Even so, market forces are already reshaping power markets in the same way the rule will. A boom in natural gas production in the U.S. has dramatically increased supplies, sent prices plummeting and prompted a shift away from coal.

The rule requires new coal plants to be built with extremely expensive equipment to reduce carbon dioxide emissions. That will make coal look prohibitively expensive to regulators and utilities planning for the future. By comparison, natural gas-fired plants, which emit half as much carbon dioxide as coal plants, along with wind turbines and solar panels, will look like a bargain.

Jason Bordoff, Director of Columbia University's Center on Global Energy Policy, called the rule "consistent with already evolving market trends toward the use of natural gas instead of coal" and described it as "cost-effective."

Nonetheless, it creates financial winners and losers. Here's how the landscape could change for companies and customers.

WINNERS

- **Natural gas.** Most new natural gas-fired power plants will stay within the rule's emissions limits without requiring new equipment. That means natural-gas fired plants — already by far the cheapest power plant to build and operate — will likely remain the top choice for utilities.

As utilities rely more on natural gas to generate electricity, demand for the fuel will increase and prices could rise. That would mean more revenue for domestic natural gas drillers such as ExxonMobil and Chesapeake Energy, drilling services companies such as Halliburton and Baker Hughes, and pipeline companies such as Spectra Energy and Kinder Morgan. It will also help makers of

natural-gas fired turbines such as General Electric and Siemens.

- **Renewable energy.** Wind and solar developers, such as NextEra Energy and FirstSolar, may see increased demand for large projects, especially if power prices rise. That would also help rooftop solar installers such as Solar City attract more interest from homes and businesses.

- **Nuclear power.** Nuclear, like coal, has suffered from the low power prices brought on by cheap natural gas. Utilities have abandoned ambitious plans to build new nuclear plants and they've shut down aging plants that have become too expensive to run. If prices rise, nuclear operators such as Exelon and Entergy will benefit. And because the new rule makes new coal plants so expensive, utilities afraid of relying too heavily on natural gas for future power production may turn instead to nuclear.

- **Power generators.** If electricity prices rise as coal use declines, companies that sell wholesale electric power, such as NRG Energy and Calpine, may benefit.

LOSERS

- **Coal miners.** The U.S. coal industry is already struggling because coal supplies piled up and prices dropped as natural gas gained favor. U.S. production is expected to fall to a 20-year low this year, and 151 mines that employed 2,658 workers were idled in the first half of this year, according to SNL Energy.

While coal will continue to be an important fuel for electricity generation in the U.S. for decades, it appears to be facing a long, slow decline. The country will get less and less coal from the comparatively high-cost Appalachian region, and more from cheaper-to-access coal deposits in the Illinois Basin and in Wyoming. Companies with large Appalachian operations, such as James River Coal and Alpha Natural Resources, will likely continue to suffer.

- **Electric customers.** Natural gas prices generally dictate the price of all electricity in the U.S. If demand for natural gas rises faster than drillers supply it, the price will rise and drag power prices up too, possibly boosting electric bills for homes and businesses. In the past, natural gas prices have been extraordinarily volatile.

Industrial companies, who have used low power prices in the U.S. as a competitive advantage, are concerned. The National Association of Manufacturers said in a statement Friday that the rule will "hurt competitiveness and job creation."

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Surf Forecasts

Water Temp: 63.3°

SATURDAY – POOR TO FAIR – SURF: 2-3 ft knee to waist high
Modest SW swell continues; NW swell-mix potentially on the rise

SUNDAY – POOR TO FAIR – SURF: 2-3 ft knee to waist high
Modest SW swell and potential NW swell-mix
- plus sets for combo breaks in the western part of region

MONDAY – POOR – SURF: 1-2 ft ankle to knee high occ. 3ft
Minimal blend of SW swell and fading NW swell-mix

TUESDAY – POOR TO FAIR – SURF: 1-2 ft knee to thigh high occ. 3ft
Small Southern Hemi energy; NW swell-mix potentially picks back up some at exposures

BEACH REPORT CARD



NORTH LOS ANGELES COUNTY

Grades for this report are based on monitoring data from the previous 30 days up to the ending date of September 11, 2013

HEAL THE BAY - 1444 9th Street, Santa Monica, CA 90401 - beachreportcard.org - brc@healthebay.org - 800 HEAL BAY

QUICK STATS (for the last 30 days)

Number of sewage spills -- 4
Number of beach closures due to a sewage spill -- 0
Number of wet days -- 0
Number of A grades for dry/wet weather -- 33/30
Number of (C,D,F) grades for dry/wet weather -- 0/10

The Beach Report Card is made possible by:

simplehuman LACuGUY SMA and Groubeck Family 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.

LOCATION	DRY	WET	LOCATION	DRY	WET
Leo Canillo Beach, at Arroyo Sequit Creek mouth.	A+	ss	Wil Rogers State Beach at Bel Air Bay Club drain near fence.	A+	ss
Nicholas Beach at San Nicholas Canyon Creek mouth.	A+	ss	Wil Rogers State Beach at Pulga Canyon storm drain.	A+	ss
El Pescador State Beach, between Luchessa and Las Alas creeks.			Wil Rogers State Beach at Temescal Canyon drain.	A+	ss
Escalante Canyon at El Matador State Beach.	A+	ss	Wil Rogers State Beach at Santa Monica Canyon drain (Chatsworth).	A+	ss
Broad Beach at Torrance Creek mouth.	A+	ss	Santa Monica Beach at Montana Ave. drain.	A+	ss
Zuma Beach at Zuma Creek mouth.	A+	ss	Santa Monica Beach at Wilshire Blvd. drain.	A	ss
Walnut Creek, projection of Wildlife Rd. (private).	A+	ss	Santa Monica Municipal Pier.	D	ss
Paradise Cove Pier at Ramirez Canyon Creek mouth.	A+	ss	Santa Monica Beach at Pico/Venice storm drain.	A	ss
Escalante Creek, just east of Escalante State Beach.	A+	ss	Santa Monica Beach at Strand St. (in front of the restaurants).	A+	ss
Lariga Canyon Creek mouth.	A+	ss	Ocean Park Beach at Adeline Ave. drain.	A	ss
Solstice Canyon at San Blocker County Beach.	A+	ss	Venice City Beach, at the Rose Ave. storm drain.	A+	ss
Puerto State Beach at creek mouth.	A+	ss	Venice Beach at Brooks Ave. drain.	A	ss
Marie Canyon storm drain at Puerto Beach, at 24572 Malibu Rd.	D	ss	Venice Beach at Winward Ave. drain.	A+	ss
Serfider Beach at Malibu Colony fence.	A+	ss	Venice Fishing Pier - 50 yards south.	A	ss
Serfider Beach (beach location)- daily.	A	ss	Venice Beach- projection of Topical St.	A+	ss
Malibu Pier - 50 yards east.	A	ss	Marina del Rey, Mothers' Beach- lifeguard tower.	A	ss
Carbon Beach at Sweetwater Canyon.	A	ss	Dockweiler State Beach at Solana Creek mouth.	A	ss
Las Flores State Beach at Las Flores Creek (point zero).	A+	ss	Dockweiler State Beach at Culver Blvd. drain.	A+	ss
Big Rock Beach at 19948 POH stairs.	A+	ss	North Westchester Storm Drain at Dockweiler State Beach.	A+	ss
Pine Creek at Las Torres County Beach.	A+	ss	Dockweiler State Beach at World Way (south of DWR jetty).	A+	ss
Tuna Canyon.	A+	ss	Dockweiler State Beach at Imperial Hwy drain.	A+	ss
Tapanga State Beach at creek mouth.	A	ss	Dockweiler Beach- opposite Hyperion Treatment Plant.	A+	ss
Carderock Storm Drain at Castle Rock Beach.	ss	ss	Dockweiler State Beach at Grand Ave. drain.	A+	ss
Santa Ynez Storm Drain at Castle Rock Beach.	A+	ss			
Wil Rogers State Beach at 17208 POH (1/4 mile east of Sunset drain).	A+	ss			

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
ss -- 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

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 swimmers are happy.

COVE
FROM PAGE 3

underground streams, with buckets or pails, he said. Today, it's the water that keeps the lawns of Cypress Sea Cove green. Mark collects about 4,000 gallons every day.
For heat and light, Watkins relied on kerosene.
His living quarters were just as improvised.
“In 1938 there was a big hurricane that basically destroyed Santa Monica Harbor,” Mark said, strewing boats up and down the coastline. Watkins took a tugboat cabin to his West Malibu beach and made it his home.
But soon, Watkins had his dream property constructed to his liking. Some of his friends helped him construct a ramshackle shack as another living space. They included former Santa Monica lifeguards Buster Crabbe and Johnny Weissmuller, better known as Hollywood’s Flash Gordon and Tarzan.
“He was very well connected with the movie business and politicians because they all congregated down there at Santa Monica Beach,” Mark said. “He invited them here for luaus and parties.”
Between the palm trees, hammocks were strung up, and 5-gallon plastic jugs were filled with rum drinks. Guests were as varied as then-California Gov. — and later Supreme Court justice — Earl Warren and blond bombshell Marilyn Monroe, as well as pioneer surfers and many of Watkins’ life-guard friends.
“If you have kind of a picture of Robinson Crusoe laying in a hammock with a rum drink in his hand, surrounded by palm trees on a tropical beach, the reality was that’s what he had here,” Mark said.
After Watkins died in the ‘60s, the property went unoccupied until Mark purchased two acres of it in ‘76. One of the first things he did was host a luau.
“We had a big luau party where over 800 people, mainly lifeguards from up and down the coast, congregated,” Mark, himself a former L.A. County lifeguard, said. “It was really quite an event.”
Since then, Mark has tried to preserve the property, restoring or rebuilding some of Watkins’ original fixtures.
“There’s just a lot of history here,” Mark said. “Basically what we’re trying to preserve is the old Malibu.”

editor@smdp.com

This article first appeared in The Malibu Times.



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MOVIE TIMES

Aero Theatre
1328 Montana Ave.
(310) 260-1528

Saturday, Sept. 21
Flashdance (R) 1hr 45min
7:30pm
Discussion following with director Adrian Lyne, actress Jennifer Beals and actor Michael Nouri (schedules permitting).

Sunday, Sept. 22
Jamel Shabazz Street Photographer (NR) 1hr 21min
7:30pm

Discussion following with director Charlie Ahearn and graffiti legend and co-creator of Wild Style mural SHARP, moderated by artist/arts administrator Joe Lewis III.

AMC Loews Broadway 4
1441 Third Street Promenade
(310) 458-3924

World's End (R) 1hr 49min
2:00pm, 4:45pm, 7:30pm, 10:15pm

Thanks for Sharing (R) 1hr 40min
11:30am, 2:10pm, 5:00pm, 7:45pm, 10:30pm

Lee Daniels' The Butler (PG-13) 2hrs 12min
11:00am, 12:45pm, 4:05pm, 7:10pm, 10:20pm

Short Game (PG) 1hr 40min
11:50am, 2:30pm, 5:15pm, 8:00pm, 10:30pm

AMC 7 Santa Monica
1310 Third St.
(310) 451-9440

Elysium (R) 1hr 49min
11:10am, 1:50pm, 4:30pm, 7:10pm, 10:00pm

Battle of the Year 3D (PG-13) 1hr 49min
1:55pm, 7:30pm

Battle of the Year (PG-13) 1hr 49min
11:20am, 4:35pm, 10:20pm

Family (R) 1hr 52min
11:05am, 1:45pm, 4:25pm, 7:15pm, 10:10pm

We're the Millers (R) 1hr 50min
11:15am, 2:05pm, 4:45pm, 7:30pm, 10:25pm

Prisoners (R) 2hrs 26min
11:00am, 1:35pm, 3:15pm, 4:55pm, 6:50pm, 7:50pm, 10:30pm

Insidious: Chapter 2 (I) 1hr 45min
11:00am, 2:20pm, 5:10pm, 8:15pm, 11:10pm

Riddick (R) 1hr 59min
12:15pm, 10:55pm

Laemmle's Monica Fourplex
1332 Second St.
(310) 478-3836

Money for Nothing: Inside the Federal Reserve (I) 1hr 47min
1:40pm, 4:20pm, 7:10pm, 9:50pm

Blackfish (PG-13) 1hr 30min
11:00am

Way, Way Back (PG-13) 1hr 43min
4:40pm, 9:55pm

Blue Jasmine (PG-13) 1hr 38min
1:50pm, 4:30pm, 7:20pm, 9:50pm

Good Ol' Freda (PG) 1hr 26min
11:15am

Short Term 12 (R) 1hr 36min
1:55pm, 7:30pm

Salinger (PG-13) 2hrs 00min
1:00pm, 4:00pm, 7:00pm, 10:00pm

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

GET SOME SLEEP, GEM

ARIES (March 21-April 19)
★★★★ A partner might be very reticent and unwilling to share. You would like to change this and establish a safe environment. You will try to inspire this person to get out of him- or herself by offering to help achieve one of his or her long-term desires. Tonight: Make it your treat.

TAURUS (April 20-May 20)
★★★★ You seem detached and content. You know how to make a point without triggering others. Use the present moment to get together with a key person. Tonight: Be expressive.

GEMINI (May 21-June 20)
★★ Lie low for a few days. You might be more tired and cranky than you have been recently. Your ability to resolve problems and ease tension might be off right now. Realize that you might need a break. Tonight: Get some extra zzz's.

CANCER (June 21-July 22)
★★★★ Surround yourself with friends; you will enjoy being part of a crowd. Consider going to the movies, a concert or even a ballgame. The change of scenery will renew your energy and set off more fun and adventure than you might've thought possible. Tonight: You are the party.

LEO (July 23-Aug. 22)
★★★★ You'll take the lead and follow through on an important matter involving a loved one or your finances. Don't forget to check in with an older friend or relative. This person might have some important information for you. Catch up on a partner's news. Tonight: In the limelight.

VIRGO (Aug. 23-Sept. 22)
★★★★ You might want to reach out to someone at a distance who you care a lot about. You'll realize how long it has been since you have seen each other. Make plans in the near future to get together and catch up on each other's news. Tonight: Take in some music at a favorite place.

LIBRA (Sept. 23-Oct. 22)
★★★★ Someone will let you know that he or she expects your undivided attention. You might not feel as if you have a choice, so you'll decide to go along with the program. Tonight: Visit with a loved one.

SCORPIO (Oct. 23-Nov. 21)
★★★★ You barely will have time for yourself, as so many people seem to be seeking you out. Devote the day to a special person in your life. The two of you could start acting like kids again. Tonight: Favorite place, favorite person.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★ You will have so much to do that you won't be able to socialize the whole day away. Someone close to you might be offended, and he or she will let you know in no uncertain terms. Tonight: Make it easy.

CAPRICORN (Dec. 22-Jan. 19)
★★★ A friend might seem distant, but don't take this person's behavior personally. If you do, a real problem could develop. Make plans to join several friends for lunch or a movie. You will unwind with ease under this scenario. Tonight: Enjoy the one you are with.

AQUARIUS (Jan. 20-Feb. 18)
★★★ Wanting to stay close to home is very unusual for you. Ask yourself what you are trying to avoid and why. You simply might need more R and R. You always give 100 percent -- now give it to yourself. Reach out to a family member to arrange a much-needed visit. Tonight: Order in.

PISCES (Feb. 19-March 20)
★★★★ Realize that your words carry a lot of weight. In fact, you could cause others to pull back or close down. You know how to be diplomatic, so for everyone's sake, use those skills. Someone you inspire listens carefully to every word you speak. Tonight: Be spontaneous.

September 21-22, 2013

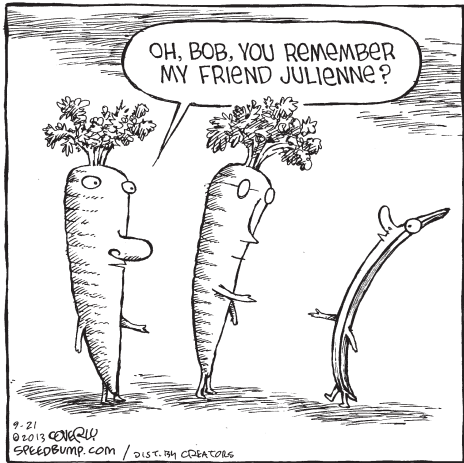
This year you often go from being cautious to impulsive, and then back to cautious again. You have a lot going for you -- more than you've had in many years. Be careful what you wish for, as you are likely to create just that. If you are single, and you wish to change your status, know that you can. You will meet someone through a friend, or a friendship could develop into a romance. If you are attached, the two of you will achieve one of your major long-term goals. Celebration will be a given nearly all year long. TAURUS is earthy like you, but he or she is very stubborn.

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

INTERESTED IN YOUR DAILY FORECAST?
Check out the HOROSCOPES above!

Speed Bump

By Dave Coverly



Strange Brew

By John Deering



Dogs of C-Kennel

By Mick and Mason Mastroianni



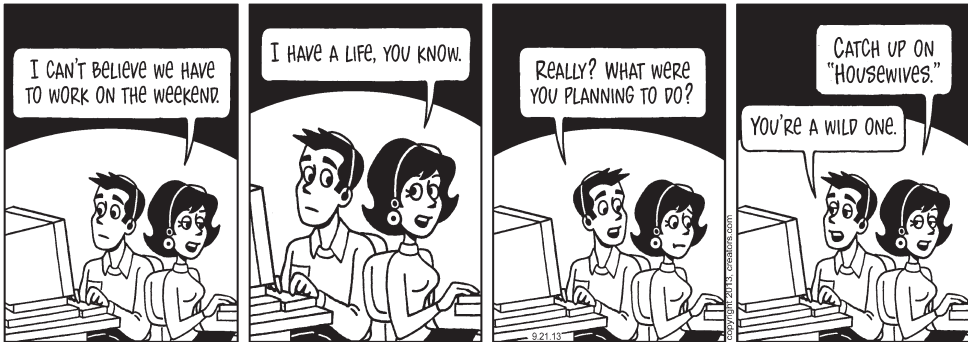
Garfield

By Jim Davis



The Meaning of Lila

By John Forgetta & L.A. Rose



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 ★★★★★

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

King Features Syndicate

GETTING STARTED

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

SOLUTIONS TO YESTERDAY'S PUZZLE

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

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MYSTERY PHOTO

Daniel Archuleta daniela@smdp.com

The first person who can correctly identify where this image was captured wins a prize from the Santa Monica Daily Press. Send answers to editor@smdp.com. Send your mystery photos to editor@smdp.com to be used in future issues.

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Title takers
7 Long story
11 Hiking boot, e.g.
12 Bunches
13 Main road
14 Soaking spot
15 Put away
16 In itself
17 Job extra
18 Pulpit delivery
19 Diva's piece
21 Pitcher's stat
22 Presidential procession
25 Game piece
26 Freshman, usually
27 Barcelona's region
29 Maid's target
33 More dreadful
34 Scout master
35 "You know you want to!"
36 Seuss pachyderm
37 Skilled

38 Get in
39 Cronies
40 Vegas worker

DOWN

1 Brooch feature
2 "Luck of Roaring Camp" writer
3 Ham, perhaps
4 Mongoose cousin
5 Undiluted
6 Mole, for one
7 Cavalry weapon
8 Anxious
9 Lost one's temper
10 Wise goddess
16 Treaty goal
18 Temptress
20 Chopper part
22 Instrument for a merengue
23 Doing well
24 Spain neighbor
25 Zany
28 Trait carriers
30 Before
31 Burner setting
32 Printer supply
34 Went fast
36 Suffered from

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

9-21



Reckless Driving IS A ROAD TO NOWHERE

(There is no cherry slogan to prevent reckless driving.)

There is no graduation with a cap and gown to reward the driver to slow down. This ending, just missing with the cap and gown attention to the road. There's Only You. Speak Up.

NEWS OF THE WEIRD

BY CHUCK SHEPARD

■ First-World Problems: Self-indulgent New York City parents have been hiring "play-date" coaches for their preschool youngsters, apparently out of fear that the kids' skill set for just having fun might not impress admissions officers at the city's elite private schools. The CEO of one consulting outfit told the New York Post in July that \$400 an hour gets expert monitoring of a 4-year-old in small groups, evaluating, for example, how the child colors in a book, shares the crayons, holds a pencil and follows the rules of Simon Says.

■ An unidentified school in the West Coast Conference recently self-reported a violation of controversial NCAA rules that restrict privileges for student-athletes, ordering a member of its women's golf team to pay back \$20 after she washed her car using a hose (and water) belonging to the school but which were not available to other students. (A University of Portland coach said he heard about the violation at a conference meeting, and Yahoo Sports, seeking confirmation, reported that an NCAA spokesman soft-pedaled the illegality, calling the school's action a "miscommunication.")

TODAY IN HISTORY

1961- Maiden flight of the CH-47 Chinook transportation helicopter.

1964- Malta becomes independent from the United Kingdom.

1964- The North American XB-70 Valkyrie, the world's first Mach 3 bomber, makes its maiden flight from Palmdale, California.

1965- Gambia, Maldives and Singapore are admitted as members of the United Nations.

WORD UP!

Parnassian
\\pahr-NAS-ee-uhn \\ , adjective;
1. pertaining to poetry.
2. pertaining to Mount Parnassus.

Santa Monica Daily Press

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Announcements

Announcements

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Employment

Help Wanted

Retirement community looking for dishwashers FT/PT. Experience preferred. Schedule to include weekends and holidays. Must have clean criminal background, state and federal, and pre employment drug test required. If interested, please come by to 2107 Ocean Ave. SM 90405 and fill out an application. EOE.

Shelving Designer and Sales. ISS Designs has an opportunity for a Part-Time Shelving and Furniture Designer with skills in design using Sketchup to work in our office in Santa Monica. Internship opportunities will be considered. Please call Kristy @ 1-877-477-5487 ext. 102 for more information.

Upscale assisted living community is looking for servers for its dining room. Schedule is Sat, Sun, Mon, Tues, from 6:30a-2:30p. Must have clear criminal background. Pre employment drug test required. If interested, please come to 2107 Ocean Ave. Santa Monica, CA 90405 and fill out an application. EOE.

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Santa Monica Daily Press

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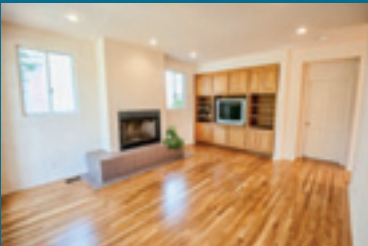


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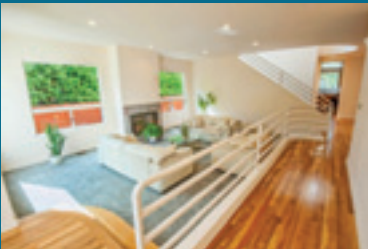
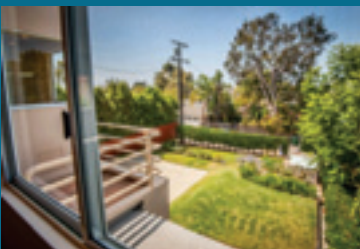
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