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THURSDAY, OCTOBER 1, 2009

Volume 8 Issue 282



Santa Monica Daily Press

RUNNING FOR RECOGNITION
SEE PAGE 15

We have you covered

THE GOOD GRADES ISSUE

ER visits jump at hospital

BY MELODY HANATANI
Daily Press Staff Writer

15TH STREET The Santa Monica-UCLA Medical Center and Orthopaedic Hospital built it, and they came.

The days have been increasingly busy at the new Nethercutt Emergency Center where visits have jumped by almost 350 patients a month over last year, a spike that hospital officials attribute to the expansion in services offered and improvement in overall efficiency thanks to the state-of-the-art facility.

The 16,000 square-foot center opened in July 2007 as the first patient care area in the hospital's new Southwest Wing, designed with features meant to speed up visits in the ER, including one that links Nethercutt to a laboratory through a pneumatic tube system that leads to faster turnaround time for results. The hospital also launched last year a new fastER

SEE ER PAGE 12

Panel tackles pesky disease

BY CATHERINE CAIN
Special to the Daily Press

BROAD STAGE Few diseases with symptoms like heart enlargement and failure, antiquated medicine and over 300,000 current reported U.S. cases would receive almost no attention, but such is the case for Chagas disease. Until now, that is.

One hundred years after Chagas was first discovered, researchers, doctors, scientists, clinicians and others are demanding the spotlight be turned to this disease. Chagas is

SEE DISEASE PAGE 14



Brandon Wise *brandonw@smdp.com*

ENJOYING THE ENVIRONMENT: **According to Heal the Bay, Santa Monica Bay beaches' water quality performed noticeably better during the summer months, with 91 percent of the monitored locations receiving A or B grades, compared to 86 percent last year.**

Water quality at local beaches gets high marks

BY KEVIN HERRERA
Editor in Chief

SM BAY Swimmers this summer basked in a third consecutive season of excellent water quality, with many local beaches receiving high marks compared to a year ago, according to Heal the Bay's "End of Summer Beach Report Card," which was released Wednesday.

Santa Monica Bay monitoring locations fared notably better than last summer, exhibiting water quality of 91 percent (A and B) compared to last year's 86 percent, with some areas, such as the beach just west of Wilshire Boulevard going from an F to an A thanks to an urban runoff filtration and diversion system installed at Palisades Park.

Of the 458 beaches along the California coast that were assigned grades from Memorial Day to Labor Day, 92 percent received an A or a B grade during the high-traffic summer season, slightly better than last year, when 91 percent of beaches received high marks.

California's persistent and ongoing low rainfall totals, which limited polluted urban runoff in storm drain systems, played a major role in better water quality. Enhanced infrastructure at several sites, including the Santa Monica Pier and the Temescal Canyon section of Will Rogers State Beach, also led to improved grades, said Mike Grimmer, who manages the environmental watchdog's Beach Report Card program.

There were only 36 locations in the state that received fair-to-poor water quality grades, roughly 8 percent of all graded beaches. Some 21 beaches received failing grades statewide.

The Beach Report Card is based on the routine monitoring of beaches from Humboldt County to the Mexican border by local health agencies and dischargers. Water samples are analyzed for bacteria that indicate pollution from numerous sources. The better the grade a beach receives, the lower the risk of illness to ocean users.

SEE WATER PAGE 13


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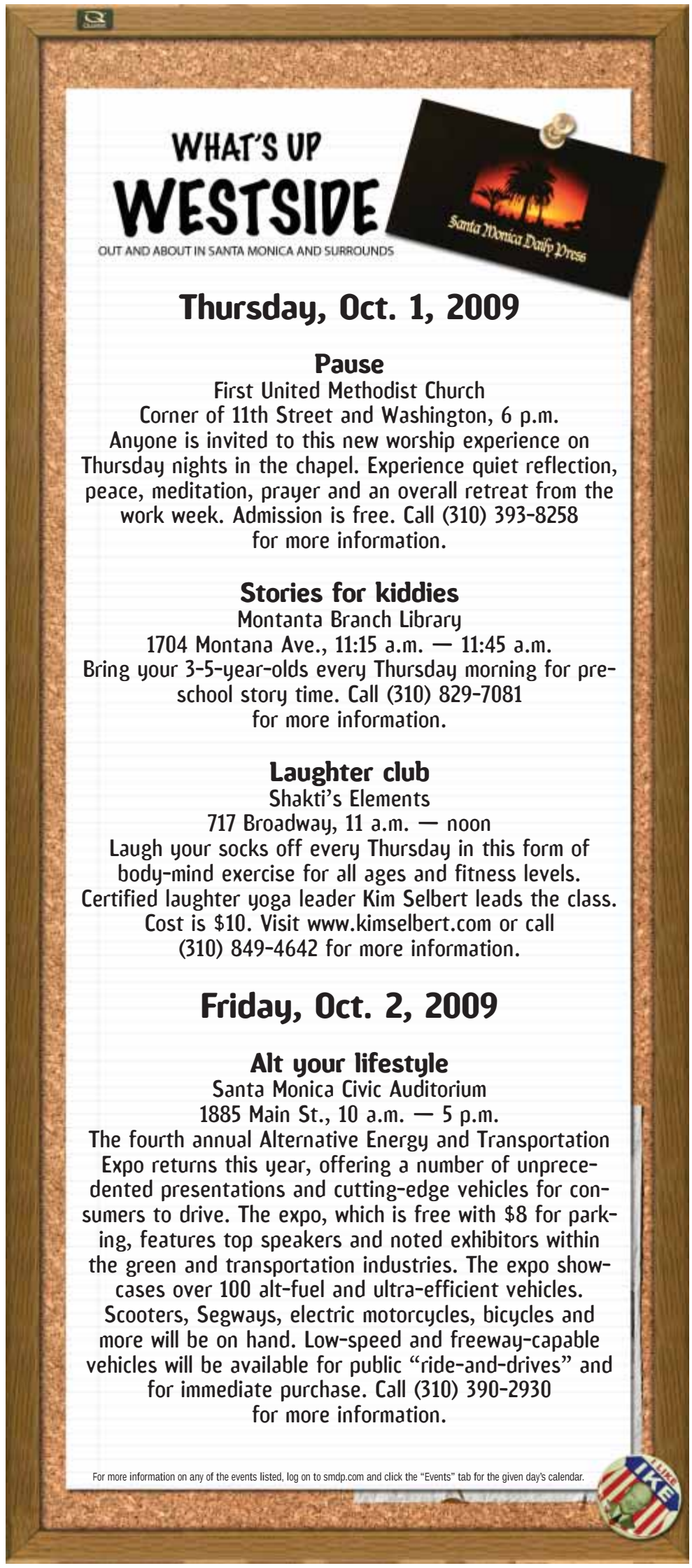


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Thursday, Oct. 1, 2009

Pause
First United Methodist Church
Corner of 11th Street and Washington, 6 p.m.
Anyone is invited to this new worship experience on Thursday nights in the chapel. Experience quiet reflection, peace, meditation, prayer and an overall retreat from the work week. Admission is free. Call (310) 393-8258 for more information.

Stories for kiddies
Montanta Branch Library
1704 Montana Ave., 11:15 a.m. — 11:45 a.m.
Bring your 3-5-year-olds every Thursday morning for pre-school story time. Call (310) 829-7081 for more information.

Laughter club
Shakti's Elements
717 Broadway, 11 a.m. — noon
Laugh your socks off every Thursday in this form of body-mind exercise for all ages and fitness levels. Certified laughter yoga leader Kim Selbert leads the class. Cost is $10. Visit www.kimselbert.com or call (310) 849-4642 for more information.

Friday, Oct. 2, 2009

Alt your lifestyle
Santa Monica Civic Auditorium
1885 Main St., 10 a.m. — 5 p.m.
The fourth annual Alternative Energy and Transportation Expo returns this year, offering a number of unprecedented presentations and cutting-edge vehicles for consumers to drive. The expo, which is free with $8 for parking, features top speakers and noted exhibitors within the green and transportation industries. The expo showcases over 100 alt-fuel and ultra-efficient vehicles. Scooters, Segways, electric motorcycles, bicycles and more will be on hand. Low-speed and freeway-capable vehicles will be available for public "ride-and-drives" and for immediate purchase. Call (310) 390-2930 for more information.

For more information on any of the events listed, log on to smdp.com and click the "Events" tab for the given day's calendar.



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PREP SPORTS ROUNDUP

Samohi's Zelon has options

BY DANIEL ARCHULETA
Managing Editor

SAMOHI Luke Zelon has some serious thinking to do.

The Santa Monica High School senior linebacker has been attracting the attention of college scouts from across the country. The hard-hitting Zelon has received offers from Washington State, Iowa State and Harvard. He's even drawn the eyes of recruiters at both UCLA and USC as well.

Besides preparing for Valencia High School this week, Zelon has been practicing for the SAT. As far as favorites, Zelon said he's keeping an open mind toward every school.

"I'd love to stay near home," Zelon said. "I know the area well, but it doesn't bother me if I (leave for school)."

He has yet to make an official visit, but he's considering a trip to Harvard in January.

While he has been primarily recruited as a linebacker, some schools consider him a prospect at a number of positions. The 6-foot-3, 219 pounder often lines up as a full back and has made his share of catches as a tight end during his career at Samohi.

OFFICIALS REACT TO STABBING

In the wake of a stabbing following last week's football game between Samohi and Venice, school officials were quick to calm the community and ensure safety at future events.

Santa Monica Malibu Unified School District Superintendent Tim Cuneo said that security will remain the same and has worked with officials from the Santa Monica Police Department to evaluate the need for any changes. The next home game is scheduled for Oct. 16 against Morningside High School.

"We're monitoring this very carefully," Cuneo said. "We want to make sure our kids are safe and we want people to go and enjoy the game."

The stabbing, which occurred as fans exited Santa Monica College's Corsair Field, continues to be investigated by the SMPD. The victim suffered non-life threatening injuries and is expected to fully recover. A suspect has yet to be apprehended.

SAMOHI'S FOES START STRONG

The Ocean League season is still weeks off, but it appears some of Samohi's league rivals are off to fast starts.

Both Inglewood and Culver City have begun the season 3-0. The rest of the league hasn't fared as well. Samohi and Beverly Hills are both 1-2 and Morningside is 1-3. Hawthorne is 0-3.

Samohi opens league play Oct. 16 against Hawthorne at SMC's Corsair Field.

daniela@smdp.com



TASTY TREATS

Brandon Wise *brandonw@smdp.com*

The chef with French restaurant Anisette passes out free samples of fried potato wedges and grilled cheese sandwiches on the Third Street Promenade Wednesday morning, a promotion for dineLA week, which kicks off Oct. 4. Participating restaurants offer three-course meals at a discount to encourage people to dine out.

Making thumbs greener

BY MARISSA LYMAN
Special to the Daily Press

Santa Monica Public Library and the Office of Sustainability and the Environment are teaming up to teach community gardeners how to grow greener.

Beginning in January, the Green Garden Academy will be Santa Monica's official school of sustainable gardening, offering free monthly classes covering everything from irrigation to edible landscaping. Hosted one Saturday of every month at the Main Library, the three-hour courses will be taught by Russell Ackerman, an ecological landscape designer and water resources specialist for the city of Santa Monica.

"We're actively reaching out to tell the local community to save water and resources in the gardening series," Ackerman said.

As nearly half of all water use is consumed by landscaping, Ackerman hopes that the series will help the city meet its goal of reducing water use by 2010. An Office of Sustainability study found that a person can save as many as 55,000 gallons of water per year by growing native plants. This practice also cut garden maintenance hours by 75 percent and waste by as much as 80 percent.

"We can make a more sustainable community just by making simple changes to the types of plants we're choosing and the way we're maintaining our gardens," Ackerman said.

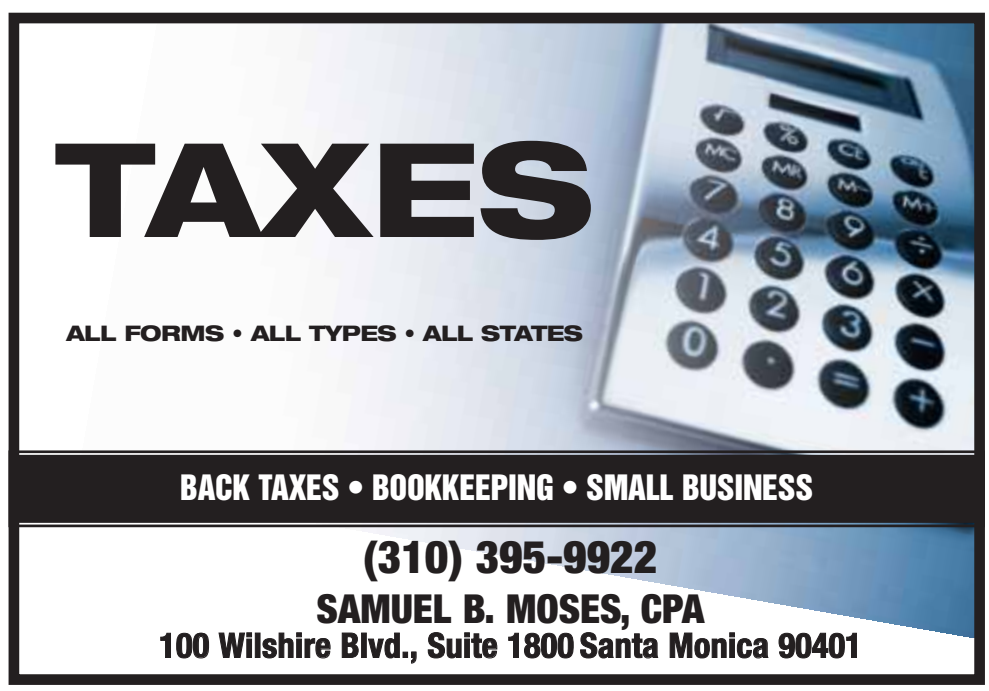
Beginning today, participants will be able to sign up online for up to four classes at a time. Students are encouraged to attend as many classes as possible, but can also pick and choose which topics they find most interesting. Topics include bird and butterfly gardens, a compost workshop and "Lawn Be Gone."

"The idea is just giving them a basic framework, the basic tools that they can use to make this transition to something that's more sustainable," Ackerman said.

Aimed to benefit both beginners and experienced gardeners, the lessons will

SEE GARDENING PAGE 11





LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Many thanks

Editor:

Thank you so much for publicizing the recent theft of the banners that hang above Heal the Bay's Santa Monica Pier Aquarium. The power of the press came through; the banners were returned to the Santa Monica Police Substation on the pier this morning and should be back in place by the time we open to the public Oct. 1 at 2 p.m. A huge thank you to the Daily Press and to the entire Santa Monica Pier community, which also helped our staff in searching for the missing signs.

Vicki Wawerchak
Director Santa Monica Pier Aquarium

Try something new

Editor:

I was eating my morning dosage of bulgur wheat and gluten-free beach sand muffin when there it was, the weekly edition of "What's the Point" by David Pisarra. For the most part, his columns successfully keep me awake and mildly inspire thought, but regarding Tuesday's "Stop the tie-dyed cows" column, it's time to come up with some new material, David. Though I dance with glee at the occasional plug for your family law business, your points in this article are weak at best.

Incidentally, next time I'm mixed in a nasty custody battle I'll keep you in mind. Then again, the heck with it, she can have the damn kids so long as I get the cat and the airline miles!

Santa Monica is the home to the Westside homeless. That's the way it has been for a long time. You know it; we all know it, and the broad array of social services here simply further the existence of this truth. The police do not care about grungy folks living/spitting on the Third Street Promenade, the ambassadors avoid them, and the tourists come to see them! But the argument that a puddle of spit equals a health hazard is about as solid as Oprah's thighs!

Does this topic really merit a 700-word article in a town that is riddled with transients? You remind me of the suburban housewife who screams, "We need more prisons, but not in my backyard" or the right wing religious egghead screaming "Freedom of speech, so long as my little Billy isn't watching."

You're right, we live in a highly regulated world, even more so in Santa Monica, where you basically need a permit to breathe, but the homeless simply fall through the regulatory cracks and by now you shouldn't be bothered by it. A puddle of spit from a tie-dyed cow pales in comparison to your Lexus emissions or the stack of paper your firm gobbles up each year.

Let the SMPD focus on true emergencies like flat tires and cats in trees. Let the ambassadors keep ambassadoring. (Is that a word?) Let the tourists come and donate their francs and rubles to our transients' alcoholism and let the readers of the SMDP read about something new and refreshing for a change!

Ron Prosky
Santa Monica

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Ad Council

A child is calling for help.



Life Matters

JoAnne Barge & Katrina Davy Send comments to editor@smdp.com

Living with an addict

DEAR NEW SHRINK,

My husband is an addict. He's been to rehab but is back on drugs again. We have two small children. I feel helpless, hurt, angry, and I am confused. I love him; I hate him. I want to leave but I don't. I cannot believe he is doing this to us. Please help.

Signed, Helpless and Hopeless

DEAR HELPLESS AND HOPELESS,

Living with an addict is a very hard thing to do. If you are anything like the other men or women who live with this, you are scared, you are disgusted and feeling increasingly depressed. You do not know what to tell your children, parents or friends. You think it is your fault but you are pretty sure that it is not. You think you can change it, if you can just find a way to make him happier.

You try everything you can think of to "make things better." You take it very personally. If he loved me, he would not do this to me/us. There are so many broken promises. Strange behaviors and terrible mood swings have turned your loved one into an unpredictable and frightening stranger. Unfortunately, many addicts have to do rehab more than once before it takes.

Perhaps you have read or heard the media say it is a "disease," an illness. It can be hard to believe and understandably so because, there is that element of volition. Obviously, if he would just not take a drink or use that drug, there would be no problem.

Unfortunately, choice, volition, is not in charge! It is at best, a small piece of the picture.

This is because the brain is involved and becomes impaired. With receptor sites wide open and on fire, neurological pathways coding both tolerance and euphoria, the central nervous system rebounding like a jack in the box each and every time the addict uses, addiction is just like a dog chasing its own tail!

"First the person takes the drug, then the drug takes the drug, then the drug takes the person." This modern version of a very old Japanese proverb, could not be truer. There are many reasons why someone may start drinking or taking other drugs: social or peer influences, medical reasons, or self-medicating emotional pain. However, it no longer matters what started it. Once the "drug starts taking the drug," your addict has crossed a fine line and the brain has now taken over. Addiction takes on a life of its own and stopping is not so easy. In fact, it is nearly impossible, on one's own.

Denial, the hallmark of addiction, makes the problem almost surreal. When you tell yourself that the problem is just temporary, due to stress or that you alone can turn things around, this is denial. Your countless failed attempts to control things have all been forms of denial.

Addicts deny the seriousness of their addiction, they blame others and they lie to themselves about their impact on others. When they do glimpse reality, they tell themselves they will quit tomorrow. They mean it, they believe it. It is all denial. In the same way that you think you might find a way to turn things around, addicts think they will "get a hold of" themselves.

As addiction progresses, nothing makes sense. More importantly, it has little or nothing to do with you and actually, at this point, it has very little to do with him either. It is all much bigger than either one of you and you are both in its grip!

What can you do? What should you do?

• Learn the three Cs: You did not cause this, you cannot control it and you surely cannot cure it!

• Know your addict needs help, not from you, from professionals and other addicts and alcoholics.

• Stop taking it personally!

• Learn compassion without guilt.

• Start focusing on taking care of yourself.

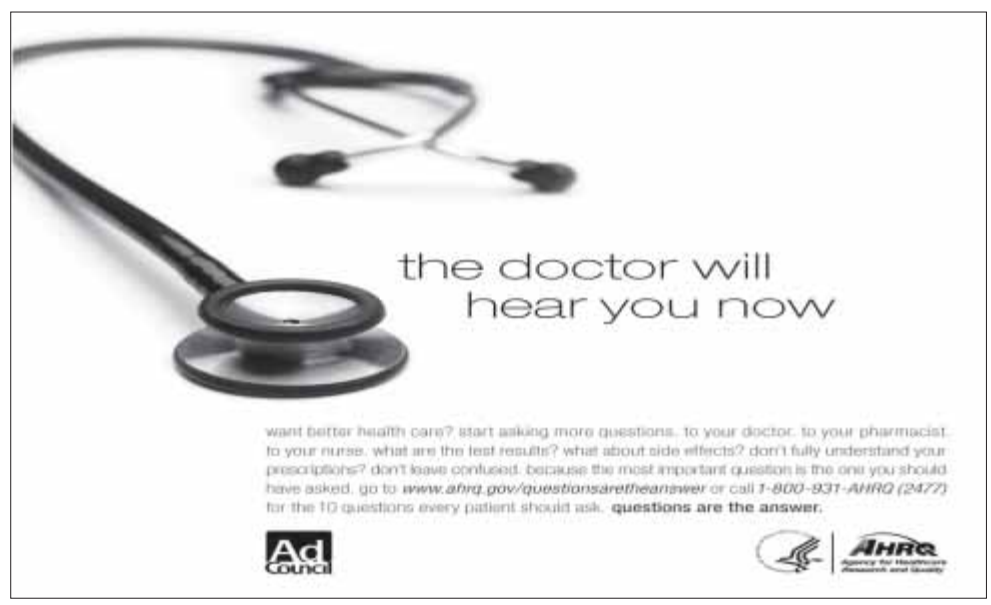
• Contact Al-Anon family groups, help for the family and friends of alcoholics and addicts. Their Web site is www.al-anon.alateen.org

• Consider an intervention.

• Look for a psychotherapist who specializes in family problems and knows addiction treatment. Do not take their word for it, get some proof. Addiction is tricky and many well meaning therapists have done more harm than good because they simply did not grasp what they thought they understood.

• Finally, stay positive, there are thousands of recovering addicts and alcoholics.

DR. BARGE is a licensed psychologist and APA certified in the treatment of alcoholism and other psychoactive substance use disorders. Her offices are in Brentwood. Please send your questions and comments to NewShrink@gmail.com or visit us at NewShrink.com. All questions will remain anonymous. Please let us help you with your life matters.



PUBLISHER
Ross Furukawa
ross@smdp.com

EDITOR IN CHIEF
Kevin Herrera
editor@smdp.com

MANAGING EDITOR
Daniel Archuleta
daniela@smdp.com

STAFF WRITER
Melody Hanatani
melodyh@smdp.com

CHIEF PHOTOGRAPHER
Brandon Wise
brandonw@smdp.com

STAFF PHOTOGRAPHER
Morgan Genser
news@smdp.com

CONTRIBUTING WRITERS
Bill Bauer, David Pisarra, Meredith Carroll, Kenny Mack, Jack Neworth, Lloyd Garver, Taylor Van Arsdale, Dane Robert Swanson, Ryan Hyatt, Steve Breen, Elizabeth Brown, Merv Hecht, Ron Scott Smith, Mike Heayn, Brian Hepp, Mariel Howsepian, Cynthia Citron, Amanda Cushman, Steve Parker and Phyllis Chavez

CONTRIBUTING PHOTOGRAPHER
Fabian Lewkowicz

NEWS INTERNS
Catherine Cain, Marissa Lyman, Carlee Jensen
news@smdp.com

PHOTOGRAPHY INTERNS
Ray Solano
news@smdp.com

ADVERTISING SALES MANAGER
Rob Schwenker
schwenker@smdp.com

ADVERTISING ACCOUNT EXECUTIVES

Grace Wang
gracew@smdp.com

Drew Swadling
drews@smdp.com

ADVERTISING TRAFFIC FACILITATOR
Amber Kessee
amberk@smdp.com

OPERATIONS MANAGER
Connie Sommerville
connies@smdp.com

PRODUCTION MANAGER
Darren Ouellette
production@smdp.com

CIRCULATION
Keith Wyatt
Osvaldo Paganini
circulation@smdp.com

Santa Monica Daily Press
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Santa Monica, CA 90401
OFFICE (310) 458-PRESS (7737)
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Your column here

Lee H. Hamilton

Send comments to editor@smdp.com

Decline in journalism affects you

A CENTRAL ASPECT OF THE ART OF politics in Washington is getting information to the American people. Determining what the White House, Congress and the people will focus on — and, just as important, what the content of debate will be — preoccupies politicians at both ends of Pennsylvania Avenue, and legions of lobbyists, pundits, strategists and consultants.

One major institution looms large in all these people's calculations: the national media. Not only has it historically played a vital role in informing the people and focusing their attention on issues that need addressing, but also it has a considerable impact on how we talk about them. What we read in the newspapers, hear on the radio, and see on television or online helps to shape how public policy gets discussed.

The crosscurrents of reasoned discourse and angry outbursts that have characterized much of the debate on health care reform are a perfect illustration of how coverage by the mainstream media, the exhortations of talk radio hosts, and extreme theories spread through the blogosphere all combine to influence the dialogue of democracy.

You can find the crucial role that an independent media plays in a democracy in any basic journalism text. Unlike partisan commentators and bloggers, its first obligation is to the truth: to provide the basic information that a self-governing people relies on to make discerning judgments. This means that journalists have a heavy responsibility to check the facts and be accurate, since their fundamental role is to foster understanding of issues, players and government, not to stoke contempt or praise for them.

The press helps make representative democracy work. If it does its job, it maintains a healthy skepticism of those in power — and of those who seek to defeat them at the ballot box. It should perform vital oversight not only of government, but also of the special interests that seek to influence it. It should provide a forum for public dialogue. It should report comprehensively on issues in a manner that does not reduce them to simple sound bites. And it should strive to help readers, listeners and viewers understand what is significant and what is not.

Without a robust, independent and professionally competent media helping Americans understand our government and politics, and giving them the tools to make good judgments about them, our democracy will fail.

This historic role of the press is under siege today. In part, of course, it's being undermined by the sorry financial state that many newspapers and mainstream news programs find themselves in. But it is also being compromised by the blurring that has taken place in recent years between news and opinion, and, more destructively, between news and entertainment.

The media today is more anxious to comment on the news than it is to cover and report it. Hard news and reasoned analysis are foundering as the numbers of reporters shrink, Washington bureaus are slashed or abandoned altogether, and the space devoted to the basic informative aspects of journalism gives way to reporting about politics, polls, personalities and conflicts, rather than the substance of issues.

It has reached the point where people attempting to be fair, reasoned and discriminating on many television shows either give up or find themselves in the awkward position of being marginalized. The political center may be alive and well among Americans on the ground, but it is very hard to find on the air — when, for instance, was the last time you saw a program on abortion that wasn't all about the clash of pro-life and pro-choice advocates, rather than the more subtle views held by many Americans?

Moreover, I am amazed at how much airtime is spent interviewing pundits about their opinions, both informed and ill-informed, and how little time is spent investigating the facts or breaking stories not already covered in the print media.

All of this, of course, concerns both responsible journalists and those they cover. The relationship between decision-makers and the journalists who report on them is symbiotic. Journalists need newsmakers, but they also rely on politicians with a deep understanding of a given issue to help them explain it to the broader public. Likewise, politicians and policy-makers rely on journalists to help build public understanding by reporting in depth on the substance of issues, not just the politics and the personalities.

A world filled with partisan blogs and hyper-bloviating commentators can work to a politician's advantage, giving him or her the ability to stoke public support by appealing only to the faithful. But the travails besetting journalism today are alarming to those of us who believe that democracy is not simply a matter of mobilizing the masses; it is instead about searching for common ground among competing interests on difficult issues and then painstakingly building support for compromise and reasoned solutions.

All who believe in representative democracy must understand that what's happening in journalism today has huge consequences for the quality and vitality of our republic.

LEE HAMILTON is director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

The Q Line

Clipping declawing practice

The City Council recently directed staff to draft an ordinance that would ban the veterinary practice of declawing cats.

So this week's Q-Line question asks:

Do you think declawing should be made illegal and why?

Call (310) 285-8106 before Friday at 5 p.m. and we'll print your answers in the weekend edition of the Daily Press.


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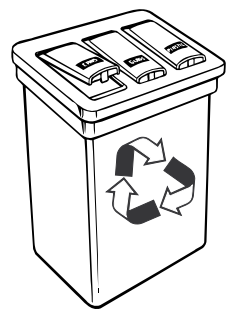
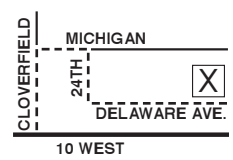
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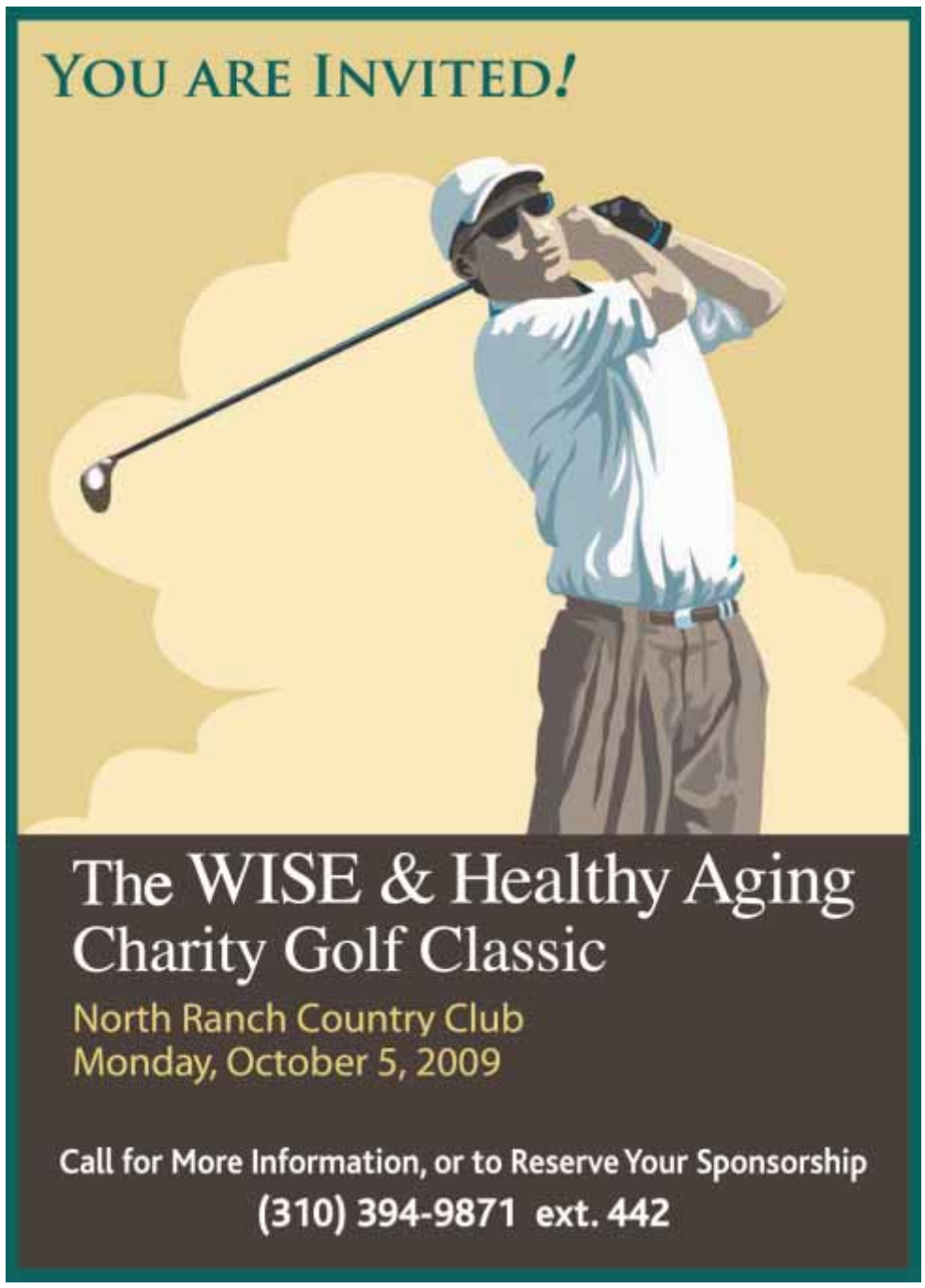
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The Re-View

Merv Hecht
Send comments to editor@smdp.com

Go for the food, stay for the music

NOT EVERY RESTAURANT CAN BE ALL things to all people. At Typhoon, I really don't like most of the dishes I've tried so far, but they have at least one excellent dish, and there's the great music.

What don't I like? Let me name just a few things: overly fried spicy chicken wings, overly fried duck, fried frog's legs, fried lobster and tasteless minced chicken with the wrong kind of lettuce leaves … etc. And I'll take a pass on the insect menu, with crickets, ants, and sea worms.

The menu looks great. There are two dozen starters, including dim sum, and about four dozen main courses — all described in mouth-watering detail and encompassing a wide variety of the best in Asian cuisine.

There are exceptions. The whole striped bass steamed with black bean sauce is delicious, and makes for a very nice dish to share with others at the table. There are a lot of dishes on the menu that sound good that I haven't tried, so I'm keeping an open mind. And although I haven't tried them, the selection of soups looks exciting. I love Thai chicken soup in coconut milk, Chinese hot and sour soup, and Filipino won ton soups, so I'll be back to try those.

Pricing seems a bit capricious. The lunch and dinner menus are about the same, but prices are $1 to $2 per dish higher at dinner. Appetizers average $10, and dinner plates can be between $14 and $26, so one can expect to spend about $40 a person for a full dinner with a drink or two.

But the best reason to go to Typhoon: the Monday night music. When I was last there a first-class group was playing jazz and some old-time favorites. The space lends itself well to music, and by 8 p.m. it was pretty much filled up with regulars.

Typhoon is open seven days a week for lunch and dinner except, for some reason unknown to me, they are closed for lunch on Saturday. The parking is adequate and free, a nice plus in today's world.

If You Go

Typhoon
3221 Donald Douglas Loop South, Santa Monica Airport
(310) 390-6565
www.typhoon-restaurant.com

MERV HECHT, the food and wine critic for the Santa Monica Daily Press, is a wine buyer and consultant to a number of national and international food and wine companies. He can be reached at mervynhecht@yahoo.com.



Unusual source for flour

KEITH MULVIHILL
For The Associated Press

Each summer, Dana Helfer of Tucson, Ariz., collects the long, yellowish string-bean-like pods produced by mesquite trees on her property and around her neighborhood. And each fall, she has the sweet-tasting pods ground into flour.

"We use it to make pancakes and waffles, and I'll put it in banana bread, zucchini bread and smoothies," she said.

Helfer is a volunteer for Desert Harvesters, a nonprofit group that promotes the use of mesquite pods. They've made countless converts at mesquite pancake breakfasts and milling events each autumn.

"We get a lot of people bringing bags of pods to be milled; some have been doing it for years and others are first-timers," said Helfer.

A 5-gallon bucket of pods yields about 1 pound of flour, she said.

Mesquite has an earthy sweetness, often described as slightly fruity with a hint of caramel. Invariably, Helfer said, newcomers are stunned that they can use it for cooking, and lament that they've been sweeping up the pods and throwing them away. "Most people see the pods as trash," she said.

Native Americans knew better: Mesquite pods were a staple for tribes in Southern California, the Great Basin and the Southwest. Stone pestles were used to grind the seed pods into a coarse meal. The protein-rich flour was used to make small cakes that were eaten dry. It also could be made into mush or mixed with water for a sweet drink.

There are six species of mesquite trees native to the United States, from Southern California to Texas and from the Mexican border as far north as Oklahoma. The most common varieties include velvet mesquite and honey mesquite, which can reach heights up to 30 feet, and the more shrub-like screw bean mesquite.

Growing mesquite trees is easy, according to Brad Lancaster, a co-founding member of Desert Harvesters. Over the past decade, he has planted hundreds of velvet mesquite trees in his Tucson neighborhood, along with other native, food-bearing shade trees, such as desert ironwood and palo verde.

"I typically buy 5-gallon potted trees from local nurseries," said Lancaster. "The smaller the tree, the more quickly it will establish. In two years, you can have a 5-gallon potted tree established."

Lancaster dissuades would-be gardeners from planting nonnative South American mesquites, shallower-rooting trees prone to leaning and blow-overs. They also require more water than native species and do not produce as many pods, he said.

"Using indigenous species helps to reinvigorate the native flora, and reconnects homeowners with the local ecosystem," Lancaster added.

"Native trees are also likely to be a bigger draw for local wildlife."

Before you start digging a hole, Lancaster urges tree-planters to create simple earthworks that channel rainwater runoff to thirsty roots. Sunken, level-bottomed basins should be at least 12 inches deep. In drier climates, mesquites must be regularly watered for the first two or three years.

Walking a fine line between healthy and bland flavors

BY JENNIFER MEIER
Special to the Daily Press

Just off the Venice boardwalk, in a neighborhood where most eateries serve hot dogs and greasy pizza, Seed is an anomaly. This macrobiotic, vegan and mostly organic restaurant serves meals that revolve around gently cooked whole grains and vegetables supplemented by beans, tofu, tempeh and seitan for protein and fermented foods for better digestion

The restaurant is clean and bright with calming earthen colors and tables made from reclaimed wood. Complimentary water flavored with a refreshing combination of cucumbers, lemon wedges and mint is served next to the register. Enjoy it, because the water is pretty much the only thing at Seed that's complimentary — extra spread for your sandwich or burger is .50 cents, adding tofu to an entree costs $3 and choosing an organic, seven-grain sourdough bun for your burger will tack on an extra $1.50. The price of entrees, ranging from $9-$13 for burgers, rice and curry bowls, salads and sandwiches, resulted in a tab that made me quickly add the numbers up in my head, trying to figure out how lunch for two with no dessert or beverages (or meat or dairy) amounted to $30.

Then I rationalized that the ingredients are organic and locally produced. The kitchen cooks with filtered water and without unhealthy fats or refined sugars. The owners are dedicated to ecologically responsible business practices and believe "food is an essential source of our energy, health and happiness."

In the end, though, these admirable principles are not enough to make me forget that what I want most when I go out to eat is really good food. I want to be introduced to flavors and preparations that transcend the ordinary. This is where Seed disappoints.

At the heart of macrobiotics is the desire for balance. Foods with too much yin or yang are believed to throw your mental and physical state out of whack. Unfortunately, the ingredients most chefs rely on for flavor — salt, sugar, herbs, spices, and most forms of fat — fall on the extreme ends of the yin/yang spectrum and are rarely, if ever, used in the kitchen at Seed.

If the specifics of macrobiotic eating are still a bit confusing, ordering Seed's saisai donburi macro bowl ($11.95) will make it perfectly clear. Served over a heap of soft brown rice is a colorful wheel of vegetables: kabocha squash, kale, shitake mushrooms, sea vegetables, bean sprouts and sauerkraut. With the exception of the mushrooms and sauerkraut, which add an earthy, deliciously pungent flavor to the dish, the vegetables have no detectable seasoning. The balsamic-miso "sauce" served on the side is really just salad dressing but does add a bit of acidity and flavor. The vegetables are very fresh and nicely cooked but the dish walks a very fine line between good, simple food and food that is simply bland.

The curries at Seed kick the flavor up a notch, but not as much as you might think curry would. The Indian chickpea curry ($11.95) is a generous portion of mild and very earthy lentils, chickpeas, cauliflower and tomato. Alternating bites of curry with nibbles of the pappadam crisp garnish, a salty, paper-thin flatbread, gave the dish more texture and flavor and made me wish I could get my hands on another pappadam.

Seed offers a tempting selection of salads, such as their chop-chop served with vegan ranch dressing ($9.95) and a Caesar with pumpkin seed dressing ($8.95). The menu also has a selection of less-tempting panini: Italian "soysage" with roasted red pepper and pesto ($10.50) and "soyzzarella" with tomato and basil ($8.95). Those looking for a heartier meal might lean toward Seed's four "burgers." While the word "burger" is not in quotes on the menu at Seed, anyone who has ever enjoyed a burger of the meaty kind, dripping with the intensely flavorful and contrasting flavors of charred beef, sweet, caramelized onions and sharp, melted cheddar should add them as a disclaimer. I am not at all opposed to vegetarian burgers, but they should have the same satisfying flavor as the real deal. The Mediterranean burger ($10.50), made from beans and grains bound very loosely together in a thin patty and topped with a standard trio of lettuce, tomato and raw red onion, is an uninspired effort. Smothered by a gigantic bun, the burger fills me up but leaves me feeling completely unsatisfied.

Any perceived lack of flavor in the dishes served at Seed can be remedied by one of three macrobiotic-approved seasonings on the table: tart and salty shiso powder (dried pickled shiso leaves), nutty gomashio (sesame seeds with salt) or fishy aonori (powdered seaweed). I enjoyed trying each of the seasonings, especially the shiso powder, and the new flavors they introduced to my palate piqued my interest in macrobiotic food. Before eating at Seed I'd never had shiso powder on sweet potato fries and the combination is addictive. It's a shame that more dishes at Seed don't bring this kind of revelation. I don't want to accidentally stumble upon flavor combinations by randomly sprinkling condiments on my food. I want the chef to lead me to these flavors and to present healthy ingredients in new and intriguing ways.

I applaud Seed for its meticulously fresh produce and the clean lifestyle it promotes. To keep bringing me back, however, See will have to prove that macrobiotic food can be just as flavorful, exciting and satisfying as the food offered at other similarly priced restaurants in Los Angeles.

If You Go

Seed
(310) 396-1604
1604 Pacific Ave.
Venice, Calif., 90291
www.seedkitchen.com
Open daily 10 a.m. to 9 p.m.

JENNIFER MEIER is culinary school graduate who has worked for restaurants and wine and cheese shops throughout Los Angeles. You can visit her Web site at busygirlscookbook.wordpress.com.

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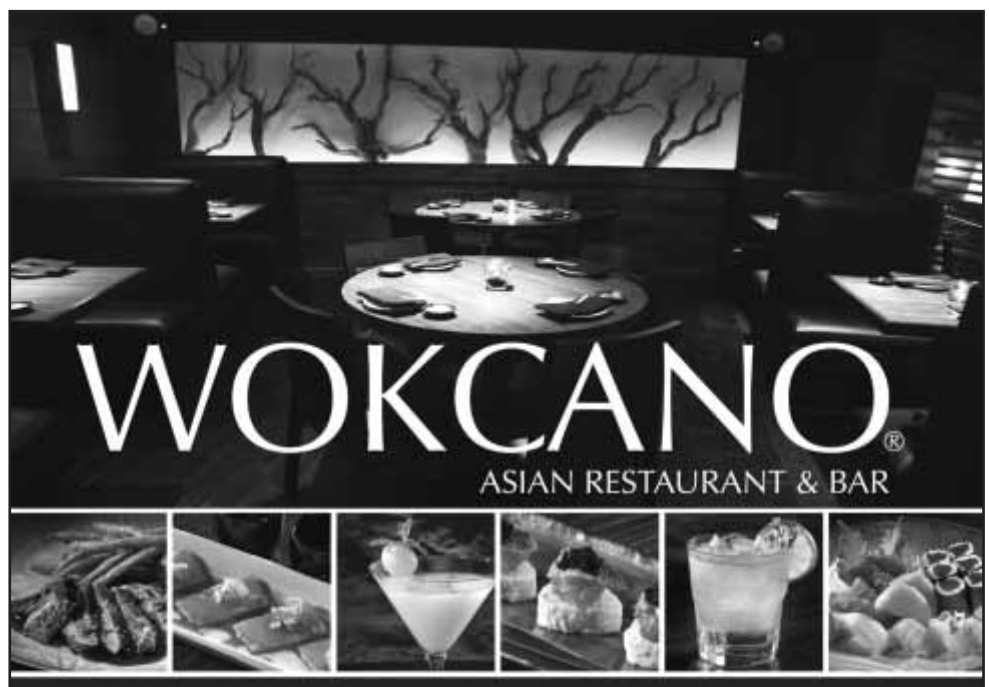


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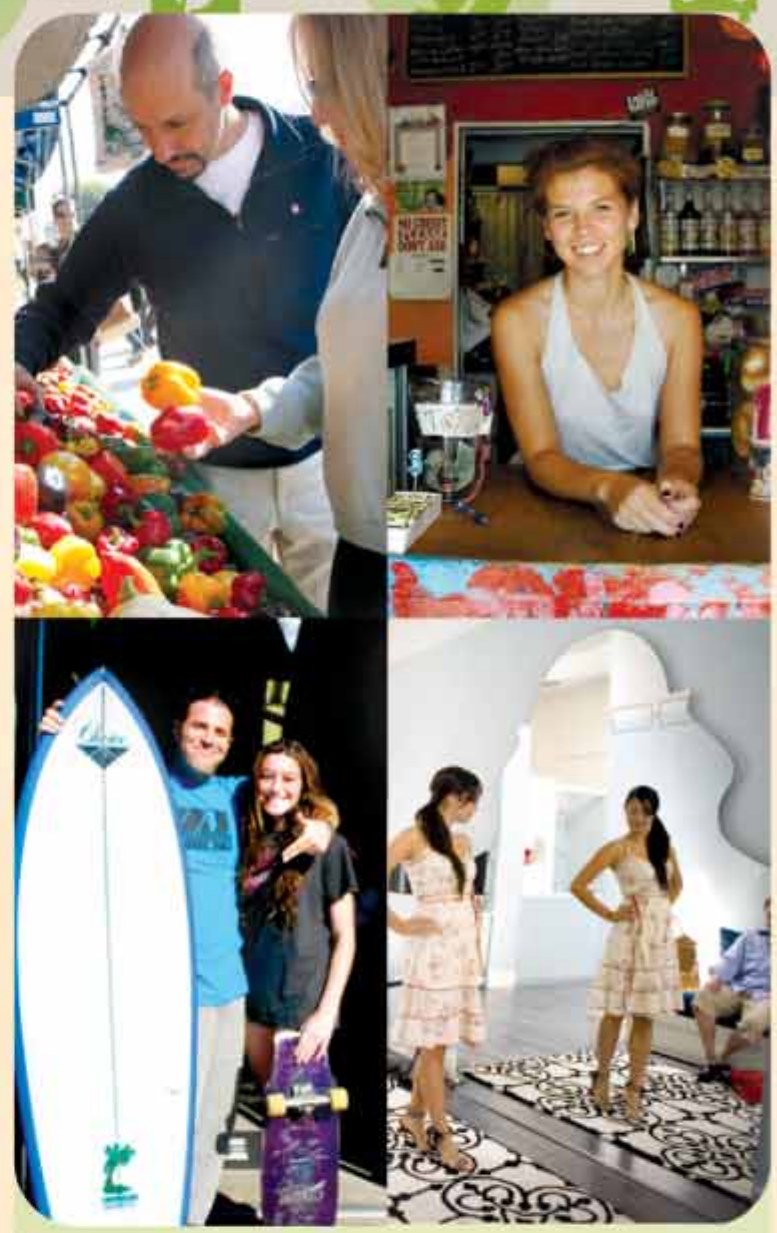


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Gardening workshops open to all comers

FROM GARDENING PAGE 3

involve power point presentations, hands-on activities, trips to local gardens and plenty of time for questions and answers. Ackerman will also be bringing in a number of special guests to cover certain areas of expertise.

As students progress, they will have the opportunity to earn the Green Thumbs Up Award and have their garden featured online.

"That's to recognize what our students are doing, incorporating the knowledge into their gardens," Ackerman said.

Each class will be assigned a point value, and students who accumulate at least 17 out of the 34 available units will be eligible for a Green Garden Academy diploma and "Commitment to Sustainability Award."

"In the end, what we're doing is offering to the community of Santa Monica an easy way to create a sustainable garden that's really going to look beautiful," Ackerman said. "It's going to benefit our entire community with cleaner air, water and increased sustainability."

The Green Garden Academy will be held from 10 a.m. to 1 p.m. in the Main Library's Multipurpose Room. Classes are capped at 40 students. All materials, as well as a box of produce for refreshment, will be provided. For more information, visit www.sustainablesm.org/landscape or call (310) 458-8972 or sign up online at greengardenacademy.eventbrite.com.

> **"THE IDEA IS JUST GIVING THEM A BASIC FRAMEWORK, THE BASIC TOOLS THAT THEY CAN USE TO MAKE THIS TRANSITION TO SOMETHING THAT'S MORE SUSTAINABLE."**
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> **Russell Ackerman**
> Water resources specialist, city of Santa Monica

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Brandon Wise *brandonw@smdp.com*

BUSY: **Dr. Wally Ghurabi checks on patients at the Santa Monica-UCLA Medical Center's Nethercutt Emergency Center on Wednesday. The days have been increasingly busy at the new ER where visits have jumped by almost 350 patients a month over last year, a spike that hospital officials attribute to the expansion in services offered and improvement in overall efficiency thanks to the state-of-the-art facility.**

ER increase in Santa Monica a trend reflected statewide

FROM ER PAGE 1

service for minor injuries and illnesses, keeping patients on average of about 72 minutes.

The result is a jump in ER visits as medical personnel are able to treat more patients, hospital officials said.

"A lot of these advancements have improved our turnaround time for both discharged patients and admitted patients," Dr. Wally Ghurabi, the hospital's medical director, said.

Ghurabi added that volume also increased after departments like geriatrics, solid oncology and pediatric intensive care unit (PICU) moved from Ronald Reagan UCLA Medical Center in Westwood to Santa Monica. The hospital is the only emergency department approved for pediatrics in the city.

ER visits at Saint John's Health Center on the other hand are relatively the same as last year, Greg Harrison, a spokesman, said.

Also affecting visits overall at UCLA-Santa Monica is the closure of other emergency rooms in the Los Angeles area over the past several years, including at Robert F. Kennedy Medical Center in Hawthorne and Daniel Freeman Memorial Hospital in Inglewood, the latter of which had a greater impact at the UCLA centers in both Westwood and Santa Monica.

The number of ER visits at Ronald Reagan has similarly increased by an average of 300 patients a month, which officials said is due to the awareness of the new facility, improved service and an increase in the local population.

"As a Level 1 Trauma Center and designated stroke center, we see a high acuity of patients, including trauma, transplant and stroke patients as well as other adults and children in need of subspecialty care," Rachel Champeau, spokeswoman for the Ronald Reagan UCLA Medical Center, said. "We haven't seen a significant upswing in visits related to the flu at this point."

The trends at the two hospital are reflected statewide where the economy is having a suspected impact on emergency rooms.

The California Hospital Association in April surveyed its member hospitals to gauge the impact of the recession, learning that 57 percent reported an increase in uninsured patients visiting the ER as a result of people losing their jobs and consequently, their health insurance.

Adding to the issue are the doctors who close their practices to Medi-Cal because of the program's low payments, causing the patients to seek medical care in the ER, Jan Emerson, a spokeswoman for the California Hospital Association, said.

There are then the patients with private health insurance who visit the ER just because they couldn't make an appointment with a doctor.

"Many times you call to make an appointment and you can't get in for several weeks," Emerson said. "That causes people to say they can't wait several weeks and go to the ER."

Regionally, ER visits have increased anywhere from 5 to 20 percent. Jim Lott, spokesman for the Hospital Association of Southern California, said part of the reason is the higher level of respiratory distress-type complaints and concerns over H1N1, also known as swine flu.

"Living in L.A. is like smoking a pack of cigarettes a day," Lott said regarding the jump in respiratory illnesses.

Emergency rooms in Los Angeles County have seen an overall 29 percent increase in demand in the past 12 years while capacity has remained relatively stagnant during that time.

With the H1N1 flu, hospitals are concerned about the impact to emergency rooms in the next two to three months, Emerson said, suggesting that people worried about flu-like symptoms stay home, drink liquids, and get some rest, calling the doctor before going to the ER.

"If everybody just decided to come directly to the ER without calling the doctor first, it will add that much more to the overall ER overcrowding problems," she said.

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Low rainfall contributed to improved grading

FROM **WATER** PAGE 1

"Record low rainfall has helped maintain great water quality at the vast majority of California's beaches for the third summer in a row," said Mark Gold, president of Heal the Bay and chair of Santa Monica's Task Force on the Environment. "But we can't become complacent in our efforts to improve water quality in the summer season. We need long-term funding for beach monitoring and to ensure that problem beaches are safe for swimming every summer."

Los Angeles County once again had some of the lowest summer grades in the state, with only 80 percent of its 81 beaches receiving A or B marks. This year, 10 beaches in the county earned an F during the summer, but that marks improvement from last summer, when 19 percent of sites received failing grades, Grimmer said.

A few Santa Monica Bay beaches still regularly exceeded newly adopted bacteria standards from April 1 to Sept. 3. Santa Monica Pier, Dockweiler State Beach at Ballona Creek, Surfrider Beach in Malibu, Topanga State Beach and Redondo Municipal Pier were the worst offenders.

Water quality near the pier has improved in recent months because of City Hall's replacement of an aging storm drain. City officials are planning to replace an old sewer system serving pier businesses and place netting underneath the pier to prevent pigeons from nesting, and therefore defecating in the water. City Hall is also trying to work with UCLA to study bacterial levels in the sand underneath the pier. Bacteria could be thriving in the damp, dark conditions.

"Our goal [with the pier] is to identify any and all sources [of bacteria] and do whatever we can to minimize or eliminate the sources of bacteria that may be contributing to those counts," said Lee Swain, City Hall's director of public works.

Swain said the voters of Santa Monica helped make the improvements possible, passing a parcel tax in 2006 to generate funds for urban runoff collection and filtration projects. The measure is expected to fund over $40 million in projects to improve water quality, the pier storm drain being one of them.

In the next five years, City Hall will be looking at a variety of measures to improve water quality, such as putting in permeable concrete in alleys and roadways to allow water to permeate into the ground where it can be naturally filtered. Recently, City Hall unveiled the Bicknell Avenue "Green Street" demonstration project which incorporates landscaped biofilter swales and infiltration areas to reduce impervious street surfaces. The goal is to incorporate that into other street projects.

Residents can also contact the Office of Sustainability and the Environment to learn about rainwater harvesting programs and rebates.

"The city is attacking [the pier] from all angles," Grimmer said. "They are not just resting on their laurels."

Grimmer expects water quality to continue to improve as municipalities become more familiar with and fine tune systems they install.

Some 40 percent of monitored Long Beach locations received grades of C or worse, but that marks an improvement from last year, when 48 percent of beaches scored fair-to-poorly. Of note, there were fewer sites monitored this summer due to budget cuts. Extensive source tracking demonstrates that the vast majority of contamination comes from numerous sources along the 40-mile long, industrialized Los Angeles River, which drains into the ocean in Long Beach.

Orange County once again enjoyed excellent water quality this summer, with 102 out of 103 monitored beaches registering an A or B grade. Despite the installation of a new UV treatment facility at the mouth of Poche Creek, Poche Beach received an F grade. San Juan Creek at Doheny Beach scored an F grade last year but improved to an A grade this summer. All historically poor beaches in Dana Point received A grades.

San Diego County also notched top marks, with 78 of its 79 monitored beaches earning an A or B grade. The county has completed numerous storm drain diversions into its sewage systems during the busy summer months, spurring a trend of steadily improving marks over the past five years. The only dark spot this summer was Pacific Beach Point, which received an F grade.

Overall water quality at beaches throughout Ventura County was excellent again this summer and among the best in the state. All 39 monitoring locations received A grades. But the number of monitoring locations in Ventura County dropped from 54 last year due to state budget cuts.

Water quality at beaches in Santa Barbara County was some of the best on record this summer. Nearly 94 percent of Santa Barbara monitoring locations received an A or B grade. Arroyo Burro (C) was the only location that did not earn an A or B grade this summer.

Beaches along Central and Northern California almost uniformly earned A grades, including those in San Luis Obispo, Monterey, San Mateo, San Francisco, Alameda, Sonoma and Mendocino counties.

Two Santa Cruz beaches received the only F grades north of Los Angeles. Authorities have been tracking the high bacteria counts near one of these failing beaches, Cowell Beach, this summer and attribute them to an excess of decaying kelp. Capitola Beach, west of the jetty, received the county's other F grade.

ABOUT WATER TESTING

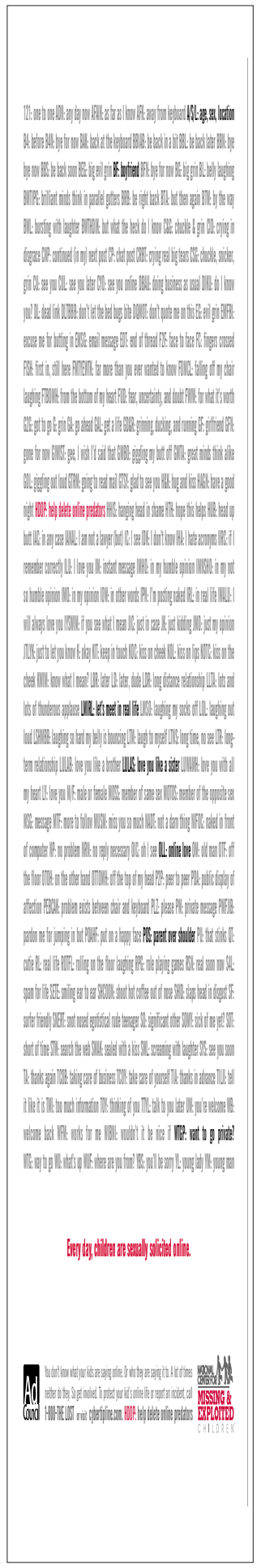
In the wake of Gov. Arnold Schwarzenegger's 2008 line-time veto of funding to support beach water quality monitoring statewide, local agencies had to scramble to pay for this critical public health program this year, Heal the Bay officials said.

The State Water Resources Control Board recently approved 604(b) stimulus funds to extend monitoring throughout 2010. However, there is no secured funding in 2011. Heal the Bay will continue to work with state and local governments to ensure funding for what they consider a critical program.

Officials with Heal the Bay said the beach report card is encouraging but the real test will come during the winter months when more rainfall is expected.

kevinh@smdp.com




121: one to one ADM: any day now AFAIK: as far as I know AFK: away from keyboard A/S/L: age, sex, location B4: before B4N: bye for now BAK: back at the keyboard BBIAB: be back in a bit BBL: be back later BBN: bye bye now BBS: be back soon BEG: big evil grin BF: boyfriend BFN: bye for now BG: big grin BL: belly laughing BMTIPG: brilliant minds think in parallel gutters BRB: be right back BTA: but then again BTW: by the way BWL: bursting with laughter BWTHDIK: but what the heck do I know C&C: chuckle & grin CD: crying in disgrace CIM: confused in my! next post CP: chat post CRBE: crying real big tears CSL: chuckle, snicker, grin CU: see you CUL: see you later CYO: see you online DBAU: doing business as usual DIKU: do I know you? DL: dead link DLTBBB: don't let the bed bugs bite DQMOE: don't quote me on this EE: evil grin EMFBI: excuse me for butting in EMSG: email message EOT: end of thread F2F: face to face FC: fingers crossed FISH: first in, still here FMTWFIWTK: for more than you ever wanted to know FOMCL: falling off my chair laughing FTBOMH: from the bottom of my heart FUD: fear, uncertainty, and doubt FWIW: for what it's worth G2G: got to go G: grin GAL: go ahead GAL: get a life GBAB: grinning, ducking, and running GF: girlfriend GFN: gone for now GIWIST: gee, I wish I'd said that GMBO: giggling my butt off GMTA: great minds think alike GNL: giggling not loud GTRM: going to read mail GTSY: glad to see you HAG: hug and kiss HAGH: have a good night IDBOP: help delete online predators IHYC: hanging head in shame ITB: hope this helps IHU: head up butt IMC: in any case IMHO: I am not a lawyer (but) IOI: I see OIC: I don't know IRA: I hate acronyms IRC: if I remember correctly ILU: I love you IM: instant message IMHO: in my humble opinion IMNSHO: in my not so humble opinion IMO: in my opinion IRL: in other words IPN: I'm posting naked IRL: in real life IWALI: I will always love you ITSWM: if you see what I mean JIC: just in case JK: just kidding JMA: just my opinion JTLYK: just to let you know K: okay KIT: keep in touch KFC: kiss on cheek KOL: kiss on lips KOTC: kiss on the cheek KWIM: know what I mean? LBR: later LD: later, dude LDR: long distance relationship LLTA: lots and lots of thunderous applause LMIRL: let's meet in real life LMSO: laughing my socks off LOL: laughing out loud LSHMBB: laughing so hard my belly is bouncing LTR: laugh to myself LTNS: long time, no see LTR: long-term relationship LULAB: love you like a brother LULAS: love you like a sister LUWAMH: love you with all my heart LY: love you M/F: male or female MOOS: member of same sex MOTOS: member of the opposite sex MSG: message MTF: more to follow MUSH: miss you so much NAIR: not a darn thing NFWIW: naked in front of computer NP: no problem NRN: no reply necessary OIC: oh I see OLL: online love OM: old man OTF: off the floor OTOH: on the other hand OTTOMH: off the top of my head PIP: peer to peer PDA: public display of affection PEBCAK: problem exists between chair and keyboard PLZ: please PM: private message PMFJI: pardon me for jumping in but PNAIF: put on a happy face POS: parent over shoulder PU: that stinks QT: cutie RL: real life ROTFL: rolling on the floor laughing RPG: role playing games RSN: real soon now SAL: span for life SEE: smiling ear to ear SMOOM: shoot hot coffee out of nose SMH: slaps head in disgust SF: surfer friendly SNERT: snot nosed egotistical brat teenager SO: significant other SOHF: sick of me yet? SOT: short of time SOL: search the web SWAK: sealed with a kiss SWL: screaming with laughter SYL: see you soon TA: thanks again TCOB: taking care of business TCOY: take care of yourself TFA: thanks in advance TLA: tell it like it is TMI: too much information TTFN: thinking of you TTYL: talk to you later VM: you're welcome WB: welcome back WFM: works for me WIBNI: wouldn't it be nice if WIIFM: what's in it for me WTG: way to go WU: what's up WUF: where are you from? WB: you'll be sorry YL: young lady YM: young man

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Expert panel will discuss treatments for Chagas

FROM DISEASE PAGE 1

caused by T. Cruzi, a parasite from the bite of a kissing bug endemic to all South American countries, said Michelle French, regional communications manager for the Drugs for Neglected Diseases initiative, known as DNDi.

At 7:30 p.m. today, a public event at the Broad Stage will feature an expert panel discussion with speakers from various organizations including Doctors Without Borders and DNDi.

"[This year] is the 100th anniversary of the discovery of Chagas disease by Carlos Chagas," said Jana Armstrong, executive director of DNDi, "and this seemed like an appropriate occasion to question why, after 100 years, so little progress has been made when so much scientific progress has occurred over this period."

A portion of the evening will also feature Maira Gutierrez, a woman living with Chagas.

Gutierrez was diagnosed with Chagas by chance in 1997 after giving blood at the Red Cross. At the time, the Red Cross was not routinely screening for Chagas.

"She was unable to receive treatment even though she knew her diagnosis," French said.

Gutierrez' story is certainly not unique. Tests for Chagas are uncommon, and the Red Cross only added Chagas screening to its blood donations in 2007 as a recommended policy rather than a regulation, said medical editor for Doctors Without Borders Oliver Yun. Also, Los Angeles is home to the only treatment center in the U.S.

After its primary/initial phase, Chagas can exist completely unnoticed for decades before heart and gastro-intestinal problems begin to appear. Tests for Chagas are rare, but receiving proper treatment is even more so due to the fact that the drugs, benznidazol and nifurtidox, are not approved of for the treatment of Chagas in the U.S.

"[Chagas was] actually discovered 100 years ago," French said. "Treatments haven't really improved in 35 to 40 years."

She added the drugs have limited efficacy and serious side effects many doctors bypass by simply not treating the disease.

"It's really important that people are aware of the facts," said Gemma Ortiz, head of the Doctors Without Borders Chagas campaign.

"The next step for sure is raising public awareness," she said. "We're committed to pushing forward and trying to get [the drugs] available in the United States."

Armstrong said some of today's topics will touch on accessing existing medicines, the need for new tools for disease control and working together toward solutions in the Americas.

"There will also be a call to the Obama administration to consider Chagas disease as one of the global health priorities in his five year global health initiative," Armstrong said. "Health issues in middle income countries like Mexico, [Brazil] and Argentina receive very little support from their northern neighbors and while disease endemic countries have a major role to play in controlling Chagas disease, U.S. and Canadian governments and private companies can certainly contribute as well."

Chagas disease is non-transferable between humans except nursing mothers to infants and through blood and organ donations, but impacts people living in rural areas, especially those who live in mud or adobe houses where the kissing bug lives.

The event today is open to the public

The discussion is located at the Broad Stage at 1310 11th St. A scientific symposium for researchers, doctors, scientists, clinicians and pharmacists will be held Friday, Oct. 2 at UCLA.

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NCAA FOOTBALL

Best's Hesiman bid could depend on USC game

JOSH DUBOW
AP Sports Writer

BERKELEY Jahvid Best's mother banned him from playing tackle football until he reached high school, fearful that he was too slight to compete with the bigger and stronger kids.

"I wanted to play so bad when I was little but she would not let me play Pop Warner," Best lamented. "She said I was too small."

That meant Best's early football education came in two-hand touch and other games on the playgrounds of nearby Richmond, where he had to be fast enough to avoid any contact if he wanted to succeed.

Best carried that lesson of if you can't be touched, you won't be tackled into his college career for No. 24 California. He knows the best way to keep Lisa Best calm at games is to run past defenders and into the end zone, which he has done with alarming regularity in his career.

"Last year, she was still having trouble with it," Best said. "This year she said she was feeling a little bit more comfortable with it and she can deal with it. She's just getting used to it now."

Best has grown from the 5-foot-7, 135-pound undersized ninth-grader into a muscular 5-10, nearly 200-pound back this season. He's done all of that while maintaining his sprinter's speed, becoming the most electric running back in the nation.

Best has 30 career runs that have gone for at least 20 yards, nine that have gone 60 or more and three that have gone for at least 80 in 26 college games. That big-play ability has made Best a legitimate Heisman Trophy candidate and left teammates in awe.

"On the field, you don't realize it," quarterback Kevin Riley said. "But then you watch film and see people have the angles on him and he completely outruns them, it's incredible. ... You see it so much from him, you almost expect it every game. He's a tremendous player."

Cal (3-1, 0-1 Pac-10) has had a run of star running backs under coach Jeff Tedford, with J.J. Arrington, Marshawn Lynch and Justin Forsett among those joining Best to give the Bears a 1,000-yard rusher for seven straight seasons.

But Best has the uncanny ability to maintain his high rate of speed even as he's making cuts, bringing a game-breaking element that those players lacked.

"Once he gets in the open field, he's got an extra gear," Tedford said. "Those other guys were great players. I think that's the difference is Jahvid just kind of separates himself when it comes to his speed."

That speed helped Best rush for 412 yards the first three games and five touchdowns against Minnesota on Sept. 19, moving him near the top of the conversation about Heisman Trophy candidates.

That was quieted following a 55-yard showing in a 42-3 loss at Oregon last week that ended Cal's dreams for a national championship, and damaged their chances at the Rose Bowl and dealt a big blow to Best's Heisman chances.

Oregon loaded up the line of scrimmage in order to contain Best, daring Riley and the receivers to exploit the strategy. When Cal's passing game was unable to make the Ducks pay, Best ended up with his worst game of the season.

"When you can throw a hand grenade on that side of the line and blow up 10 of their players, because they have that many people in the box, it's difficult to run the ball," left tackle Mike Tepper said.

Going up against No. 7 Southern California (3-1, 1-1) on Saturday might be even tougher. The Trojans are allowing only 59.5 yards rushing per game and are second in the county with 1.7 yards per carry against.

But it might take a big performance against an opponent as respected as USC to overcome last week's debacle in Oregon for both Best and the Bears. With the possibility that Cal might not play another ranked team the remainder of the regular season, there are few more opportunities to impress the voters.



Surf Conditions **Water Temp:** 70°

Swell Forecast

Should see some SSE swell come in from from a very steep 170° and likely spotty as well. Breaks that can work this steep angle can expect some chest high sets, but I'm not expecting many south facing breaks to see this size.

Long Range Synopsis

May see some of this SSE swell as well, but the NW wind swell is expected to decline.

Tide Forecast for Today in Santa Monica



BEACH REPORT CARD

NORTH LOS ANGELES COUNTY

Grades for this report are based on monitoring data from the previous four weeks up to the ending date of **September 22, 2009**

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

QUICK STATS (for the last 28 days)

- Number of sewage spills -- 1
- Number of beach closures due to a sewage spill -- 1
- Number of wet days -- 0
- Number of A grades for dry/wet weather -- 40 / ns
- Number of (C,D,F) grades for dry/wet weather -- 4 / ns

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

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

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

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

LEGEND

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

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

Heal the Bay

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Heal the Bay's Beach Report Card™ is based on weekly water quality monitoring data provided by the City of Los Angeles' Environmental Monitoring Division and the Los Angeles County Department of Health Services. Data is analyzed as soon as it is made available to us by the public agencies. Beaches are graded on an A–F scale based on the risk of ocean users becoming ill. Samples are analyzed for bacteria—enterococcus, total and fecal coliforms—that indicate biological pollution. A fact sheet detailing the exact methodology used in determining grades for each location is available from the office or on our web site. The report is not designed to measure the amount of trash or toxins found at local beaches.

The Beach Report Card is an indication of past water quality and is not a warranty of the current safety of those areas surveyed. Our lawyers are happy.

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MOVIE TIMES

Aero Theatre
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AMC Loews Broadway 4
1441 Third Street Promenade

Beyond a Reasonable Doubt (PG-13) 1hr 45min
2:30, 5:00, 7:25, 9:55

I Hope They Serve Beer in Hell (R) 1hr 45min
2:20, 4:50, 7:20, 9:50

Ponyo (G) 1hr 40min
2:10, 4:35, 7:00, 9:25

Julie & Julia (PG-13) 2hr 3min
1:45, 4:30, 7:15, 10:00

AMC 7 Santa Monica
1310 Third St.
(310) 289-4262

9 (PG-13) 1hr 19min
1:10, 3:10, 5:20, 7:40, 9:40

Cloudy With a Chance of Meatballs (PG) 1hr 21min
2:20, 4:50, 7:20, 9:45

Cloudy With a Chance of Meatballs 3D (PG) 1hr 21min
1:30, 4:00, 6:30, 9:00

Jennifer's Body (R) 1hr 42min
2:30, 5:00, 7:30, 10:00

Love Happens (PG-13) 1hr 49min
1:50, 4:30, 7:10, 9:50

September Issue (PG-13) 1hr 30min
2:10, 4:40, 7:00, 9:30

Surrogates (PG-13) 1hr 29min
1:00, 3:15, 5:30, 7:50, 10:10

Laemmle's Monica Fourplex
1332 Second St.
(310) 394-9741

Bright Star (PG) 1hr 59min
1:20, 4:10, 7:00, 9:50

Crude (NR) 1hr 44min
1:50, 7:20

Most Dangerous Man in America: Daniel Ellsberg and the Pentagon Papers (NR) 1hr 32min
1:00, 3:20, 5:40, 8:00, 10:15

Amreeka (PG-13) 1hr 32min
1:40, 4:20, 7:10, 9:40

Extract (R) 1hr 30min
4:30, 9:55

Mann's Criterion Theatre
1313 Third St.
(310) 395-1599

District 9 (R) 1hr 53min
1:30, 4:10, 7:00, 9:40

The Informant! (R) 1hr 48min
11:30am, 2:00, 4:40, 7:20, 10:20

Inglourious Basterds (R) 2hrs 32min
12:00, 3:20, 6:40, 10:00

Fame (PG) 1hr 47min
11:40am, 1:10, 2:10, 3:50, 4:50, 6:30, 7:30, 9:10, 10:10

Pandorum (R) 1hr 48min
11:50am, 2:30, 5:00, 7:40, 10:30

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

Do your thing, Aries

ARIES (March 21-April 19)
★★★ Stop emotional thoughts for a few minutes. Take a deep breath or go for a walk. Then look around. The story can change considerably with some perspective. Overindulgence is the natural theme of the moment. Honor who you are, and follow through on a key project. Tonight: Do your thing.

TAURUS (April 20-May 20)
★★★★★ You are aiming for more of what you want. Investigate possibilities with an open mind. You might see the logic in two different approaches to the same situation. Wavering won't work. Try one way or the other. Tonight: Where the action is.

GEMINI (May 21-June 20)
★★★★★ You might want to do something very different and cannot achieve that goal as fast as you might like. Take the lead on a project. If you have a clear vision of what is acceptable, or want a job done the way you want it done, you need to be the one to do it. Tonight: Could be a late night.

CANCER (June 21-July 22)
★★★★ Reach out for more information. Seeking out new facts could be important. Note that there is also an issue of perspective in choosing which facts are relevant. Take a look for yourself rather than depend on someone else. Tonight: Let your imagination wander.

LEO (July 23-Aug. 22)
★★★★★ You are clear and direct with others, especially a partner or associate. Relate to others on a one-on-one level, and you'll draw only positive results. Investigate alternatives in discussions. Tonight: Starting the weekend early?

VIRGO (Aug. 23-Sept. 22)
★★★★ You could see issues far differently from others. Black-and-white thinking isn't the answer. Can you make both views workable? Why is one more "right" than another? In there lies the solution. Someone could see you as very desirable. Tonight: Sort through your options.

LIBRA (Sept. 23-Oct. 22)
★★★★★ Easy works and brings you to a new level. Listen to news with an eye to change at work. What is acceptable in this situation? If necessary, be willing to adapt, learn and incorporate new types of thinking. Tonight: Join a pal at a favorite spot.

SCORPIO (Oct. 23-Nov. 21)
★★★★★ Your imagination combined with an innate talent takes you into new realms of thought. Be willing to break past a boundary and see what lies on the other side. Feelings abound as creativity surges. Tonight: Kicking up your heels.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ Sometimes you might want to keep your opinions to yourself or share them with a chosen few. Though such a low-key approach is generally not you, it is workable and smart. If you can, take the day off in order to avoid a conflict. Tonight: Where the action is.

CAPRICORN (Dec. 22-Jan. 19)
★★★★★ You open up a door by being willing to have an overdue conversation. Feelings flow, especially if you detach from an immediate situation and look at the person involved. Give up being reactive. Tonight: Share over a meal.

AQUARIUS (Jan. 20-Feb. 18)
★★★ Know what you are worth beyond the almighty buck. You offer many assets that others don't. Ask questions if you're confused by someone's perspective. A partner verbalizes with ease. Dig in and get a job completed. Tonight: Take a hard look at your budget.

PISCES (Feb. 19-March 20)
★★★★★ You are in your element and resound with good sense. You might want to present your ideas in a way that others can hear. Others are disposed in your favor, and your suggestions seem to draw results. Tonight: Whatever knocks your socks off.

Happy birthday

This year, you are open to changes and more positive conversations. You always put your best foot forward, especially in your daily life. You might want to rethink agreements you make with bosses or higher-ups that push your limits. Your instincts come through one more time. If you are single, many people find you appealing. You have more choices than you are aware of. However, use care in the person you choose; he or she might not be emotionally available, although this person might give the impression otherwise. Just be aware. If you are attached, time spent together on favorite projects or away alone together rebuilds the bond between you. PISCES works well with you. Partner with them more often at work or with projects.

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

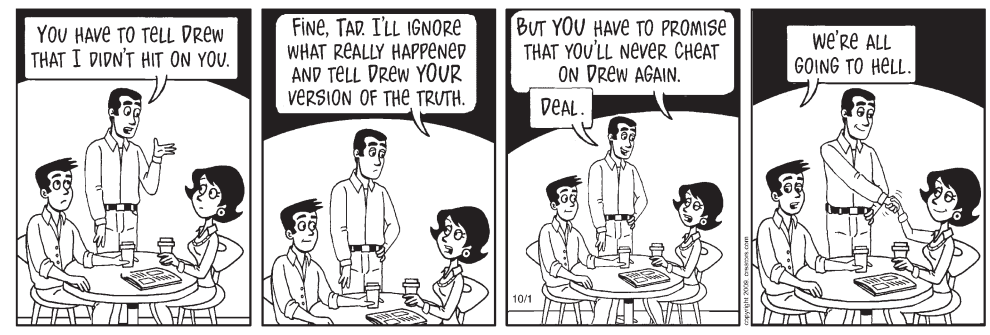
Girls and Sports

By Justin Borus and Andrew Feinstein



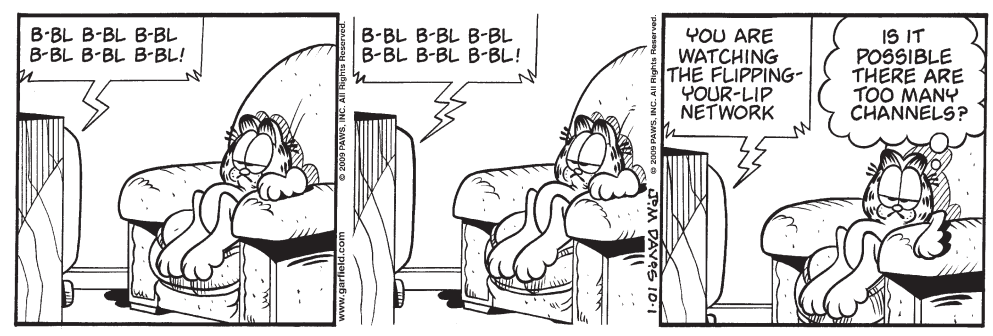
The Meaning of Lila

By John Forgetta & L.A. Rose



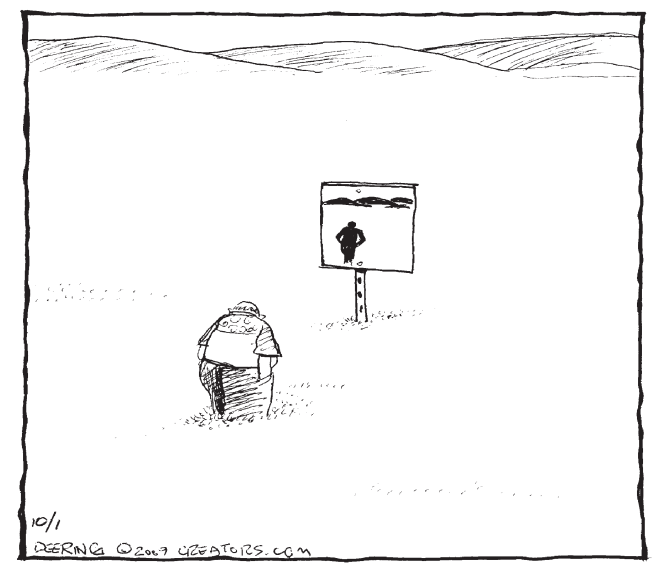
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By Jim Davis



Strange Brew

By John Deering



Speed Bump

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Sudoku

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

Difficulty Level ★★★

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

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

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MYSTERY PHOTO

Maya Sugarman *news@smdp.com*

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CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Remove
5 Egyptian emblem
11 Skilled
12 Place
13 Hotel offering
14 Put one over on
15 Some crystal users
17 Quarterback Manning
18 Hair clusters
22 Is bold
24 Divided
25 Massage
26 "Not — dare!"
27 "Give it —!"
30 Inferior
32 High boot
33 Math unity
34 Aussie capital
38 Ness nemesis
41 Long-plumed bird
42 Without delay
43 Easy two-pointer
44 Did garden work
45 Includes

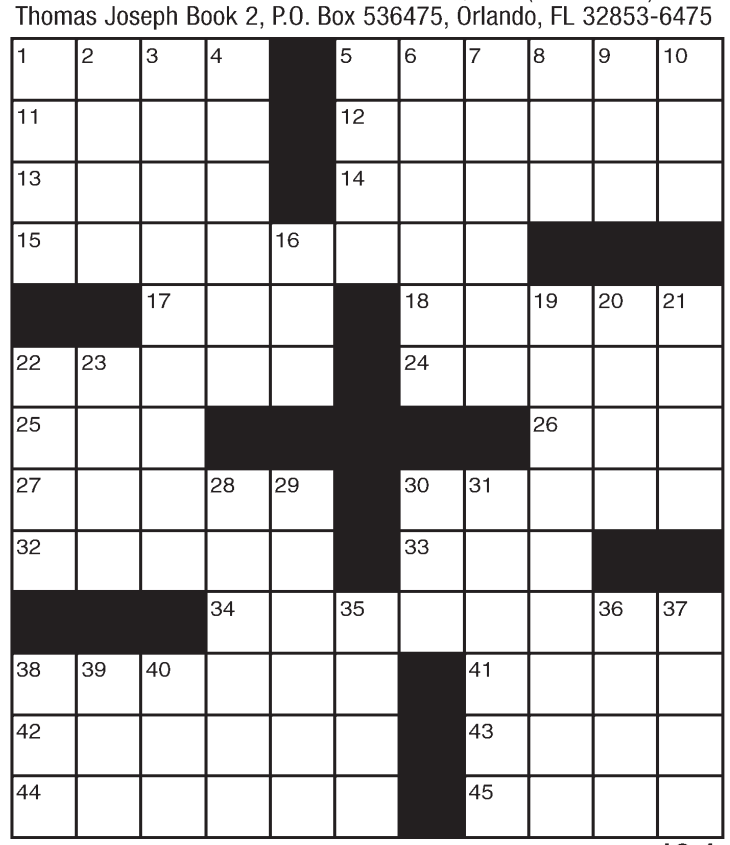
DOWN

1 Fix socks
2 Reed instrument
3 Garden area
4 Like mares and fillies
5 Tart fruit
6 Tennis settings
7 Misbehaves
8 Coarse
9 Ring legend
10 Put on the line
16 Mil. sorts
19 Future blossom
20 Fork feature
21 Celeb
22 Poker variety
23 Glow
28 Duel helper
29 Stupor
30 High hit
31 New York native
35 Demand
36 Lemon part
37 Invites
38 Crow cry
39 Had supper
40 "Tamerlane" writer

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

Yesterday's answer

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10-1

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Meganumber: 3
Jackpot: $9M

Fantasy 5: 8 11 18 23 27

DAILY 3: MIDDAY: 3 0 0
EVENING: 9 8 3

DAILY DERBY:
1st: 06 Whirl Win
2nd: 10 Solid Gold
3rd: 05 California Classic
RACE TIME: 1:44.86

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NEWS OF THE WEIRD
BY CHUCK SHEPARD

■ **Undesirable Medical Specialty:** Athena Sidlar, 28, was fired in August from her trainee job at the Allentown (Pa.) State Hospital after being accused of helping a mental patient swallow metal objects. Belatedly, hospital personnel discovered that Sidlar, herself, has a history of compulsive metal-swallowing.

■ **To Fight Sin, One Must Know Sin:** In April, the Arizona State Parks Board unanimously chose Renee Bahl, thought to be a dynamic, experienced professional, to be director of state parks. However, her employment record while an assistant parks director in California in 2001 included an incident in which she was disciplined for etching "Renee 2001" into the wall of one of the parks' historic adobe barns.

■ Kevin Ollie, 17, and Damien Cole, 19, completely failed in their attempted street robbery in Milwaukee, Wis., in August, when they accosted a young man and woman. The male "victim" drew his own gun, shot Ollie fatally and held Cole for the police. Later, Cole, though not the shooter, was charged with Ollie's death under the state's "felony murder" rule, which makes felons responsible if anyone at the scene should die as a result of the crime. Cole could get 55 years in prison.

TODAY IN HISTORY

1978 Tuvalu gains independence from the United Kingdom.

1978 The Voltaic Revolutionary Communist Party is founded.

1979 The United States returns sovereignty of the Panama canal to Panama.

1982 Helmut Kohl replaces Helmut Schmidt as Chancellor of Germany through a Constructive Vote of No Confidence.

1982 EPCOT Center opens at Walt Disney World near Orlando, Florida, United States.

1982 Sony launches the first consumer compact disc player (model CDP-101).

1985 – The Israeli air force bombs PLO Headquarters in Tunis.

WORD UP!

gaucherie \goh-shuh-REE\ , **noun:** 1. A socially awkward or tactless act. 2. Lack of tact; boorishness; awkwardness.

Santa Monica Daily Press

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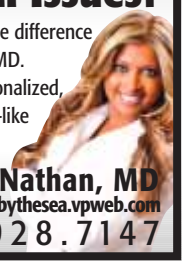
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	Single Family Homes	Condos & Townhomes
Santa Monica Canyon	$2,395,000	$4,810,000
North of Montana	$3,025,000	$1,474,000
Between Wilshire & Montana	$1,948,500	$919,000
South of Wilshire	$859,000	$624,500
Sunset Park	$1,299,000	$669,250
Ocean Park	$1,488,000	$989,000

Statistics Updated Every Monday

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