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OCTOBER 17-18, 2009

Volume 8 Issue 296

Santa Monica Daily Press

KOOZA COMES ALIVE
SEE PAGES 12 & 13

We have you covered

THE TIME FOR SOME ACTION ISSUE

HIGH SCHOOL FOOTBALL

Something has to give

St. Monica's pass-happy attack takes on ball-hawking Salesian

BY DANIEL ARCHULETA
Managing Editor

CORSAIR FIELD When one team likes to throw the ball and the other is adept at causing turnovers, something has to give.

That axiom will be put to the test when the St. Monica Mariners take on the Salesian Mustangs Saturday at 7 p.m. at Santa Monica College's Corsair Field to open the Santa Fe League season. The game promises to be a battle of contrasting styles. That collision is bound to be exciting if nothing else.

For St. Monica, its strength is on offense with junior quarterback Matthew Partyka leading a pass-happy offense that has led the Mariners to a somewhat surprising 2-2 start. Salesian, on the flip side, is known for its ability to pressure quarterbacks and force turnovers.

The challenge is a welcome one to both head coaches.

"I think we have a good game plan to attack their defense," St. Monica Head Coach Larry Munro said. "They have some weaknesses, every defense does."

Munro is steadfast in his belief that his players and coaches are more than ready for the test.

"We try to set things up that would enable use to take advantage," he said.

On the Salesian side of the field, an opportunistic defense awaits.

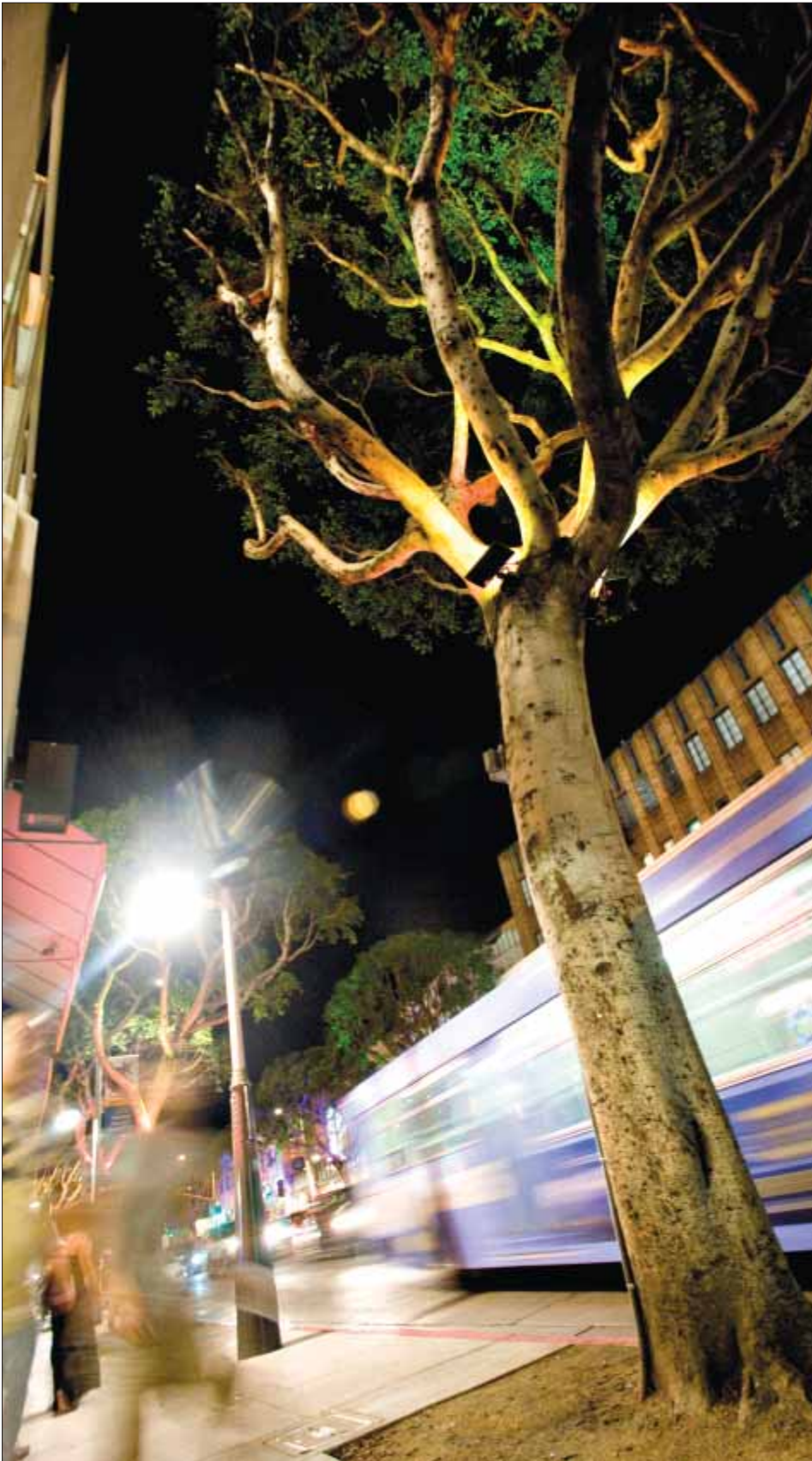
The Mustangs have amassed an impressive 14 interceptions during a season that has seen them go 4-2. If not for a an off night by Mustang quarterback Frank Beltran, the Mustangs could easily be sitting pretty at 5-1.

"We go to the ball," Salesian Head Coach Roodie Hiatt said. "My players react to the ball very well."

"We try to put some pressure on the quarterback to get him to release the ball a little earlier than he would like."

Hiatt said that it is his team's goal to tally at least three interceptions and three sacks

SEE ST. MONICA PAGE 14



Brandon Wise brandonw@smdp.com

BRIGHT LIGHTS: A project illuminating ficus trees along Second and Fourth Streets has both its backers and detractors. City officials are working to fine tune the displays.

Setting the right lighting

City officials work with Bayside District, designers to fine tune decorative tree lights

BY KEVIN HERRERA
Editor in Chief

DOWNTOWN When City Hall installed thousands of LED lights along Second and Fourth streets, illuminating the collection of ficus trees with greens, blues, purples, reds and yellows, visitors to Downtown almost immediately began voicing their opinions for and against the change.

There were those who thought the decorative lighting, meant to create an identity along the two streets that have been seen as the red-headed stepchildren of the more popular Third Street Promenade, was a welcomed addition that looked "cool," giving the area some character.

Others felt the lights, which change colors at various speeds from Broadway to Wilshire Boulevard, reminded them of a tacky 1970s disco.

"They were concerned because they thought they were very ugly," said Bayside District Corp. CEO Kathleen Rawson about phone calls received from visitors to Downtown about the lighting.

The message from the lighting designer and city officials: "You ain't seen nothing yet"

The designer, Frances Krahe & Associates, which developed the lighting element for the Civic Center Parking Structure, is in the process of soliciting input from key community stakeholders, including Bayside, so that it can fine tune the experience, creating the right mood for the right time of the year by featuring certain colors and patterns.

During a presentation last week before members of the Bayside board of directors,

SEE LIGHTS PAGE 10

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Calendar

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WEEKEND EDITION, OCTOBER 17-18, 2009

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A newspaper with issues

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



Saturday, Oct. 17, 2009

Call in the artists

The Lubner Studio

4094 #B Glencoe Ave., Marina del Rey, 3 p.m. — 7 p.m.

A total of 32 artists will be featured during this group show featuring individuals who call The Lubner Studio home. For more information, call (310) 823-9725. This show also takes place on Sunday.

Peeping photos

Richard Heller Gallery

2525 Michigan Ave., B-5A, 5 p.m. — 7 p.m.

Come to the opening reception of Brendan Monroe's exhibition "Places Between Here and Here," which looks at exploration without really going anywhere at all. The Stockholm-based artist's paintings, wall installation and wood sculpture will be on display now through Nov. 14. Call (310) 453-9191 or visit www.richardhellergallery.com for more information.

Vintage threads

Santa Monica Civic Auditorium

Pico Boulevard and Main Street, 9 a.m. — 6 p.m.

Love vintage clothing? Check out the original Vintage Fashion Expo and explore styles from 1850 all the way through 1980. Eighty-five clothing dealers will be on hand to feature almost every style and designer at a wide range of price levels. Early buying for this two-day event begins at 9 a.m. on Saturday and costs \$20 at the door. Regular tickets are \$10 and students are admitted free on Sunday with their student I.D. Visit www.vintageexpo.com for more information.

Sunday, Oct. 18, 2009

Home and garden tour

YWCA Santa Monica/Westside

2019 14th St., Tour 1 p.m. — 4 p.m.

Afternoon tea 3:30 p.m. — 5 p.m.

Pick up your guidebook for the First Annual Hidden Treasures, Special Places Home and Garden Tour and enjoy a relaxing and fun Sunday afternoon. Guests can also sign up to tour the YWCA's 1930s historic foster care transitional house that was newly renovated after the 1994 earthquake, which will be followed by a delicious afternoon tea. Tickets are \$25 for YWCA members and \$30 for non-members.

Contact Julia Miele at (310) 452-3881, ext. 111 or visit www.smywca.org.

Monday, Oct. 19, 2009

Talking books

Main Library, Community Meeting Room, Second Floor
601 Santa Monica Blvd., 5:30 p.m. — 6:30 p.m.

Join the "Racy Reads" Teen Book Group and discuss books and issues that matter. Snacks will be provided and the first five students to sign up each month receive a free book. Call (310) 458-8621 for more details.

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.



School board disagrees over equity fund

BY MELODY HANATANI
Daily Press Staff Writer

SMMUSD HDQTRS It's a program that gives both socio-economically disadvantaged and academically struggling students a reason to believe in their future, getting a taste of the college life as a high school student.

While there's unanimous support on the Board of Education for the two-year-old Young Collegians program, there's disagreement over how it should be funded.

The issue came up at a school board meeting on Thursday during a discussion on how to spend roughly \$95,000 from the Santa Monica-Malibu Unified School District's Equity Fund, which was established to better improve the academic success of all students and help close the achievement gap.

It's endowed through monetary gifts donated to each of the schools, about 15 percent of which is contributed to the Equity Fund and then distributed for district-wide initiatives and back to campuses based on a weighted formula for need.

As a result, several schools receive far less money than they originally put in, including Webster Elementary School, which contributed \$20,000 last year but saw \$2,900 come back. Others like John Adams Middle School got a higher allocation, contributing about \$7,000 last year but getting more than \$39,000. The school has one of the highest minority and socioeconomically disadvantaged student populations in the district.

A request from staff to allocate \$95,000 for several district-wide programs — Intensive Intervention Summer School; Middle School Initiative; and Connect for Success/Young Collegians — was presented to the school board during a meeting earlier this month in Malibu but failed to pass as both Chair Ralph Mechur and board member Kelly Pye expressed concerns about the Equity Fund being used to pay for the Young Collegians, which is held at Santa Monica College and draws students from near-by Santa Monica High School.

Both Jose Escarce and Maria Leon-Vazquez were absent from the meeting, leaving a 3-2 vote and one short of the four majority that's required.

The two board members were present at Thursday's meeting and voted in favor of financially supporting the programs through

SEE FUND PAGE 11



Brandon Wise brandonw@smdp.com

A WILL FOR WHEELS: Organizers of Bike It Day hope it encourages Santa Monica High School students to go car-free for a day.

Samohi students aim for car-free day

BY CATHERINE CAIN
Special to the Daily Press

SAMOH Students are improving upon a Santa Monica High School bicycling tradition, using the Web and free bikes to spark interest.

For several years, the Samohi Bike Coalition and the Samohi Solar Alliance clubs have hosted school-wide bike days every few months. The usual bike days involved a few hundred students using pedal power to get to school, with more joining in each time. The goal was to get students to stop using cars as their main source of transportation.

This time, the whole event is revamped. Now called Bike It Day, the event (and all the subsequent Bike It Days) is aimed at increasing participation so that eventually, Bike It Days will be car-free days on campus.

"This year, we want to put a lot more emphasis on kids out of cars," said Richard McKinnon, chair of Bike It Day, which is scheduled for Oct. 21. "It's environmentally safe, it's one small step ... we want to make

it a big event."

To make it easier for more students to participate, Samohi PTSA transportation chair Michael Cahn has been collecting donated bikes to give away to students who can't afford them. He will be at the Michigan Avenue and Seventh Street campus entrance to receive bicycle donations from 10 a.m. to noon on Saturday, Oct. 17.

"It's all about getting to school without a car either by cycling or by walking or by bus," Cahn said. "Just matching up unused bikes that are languishing in garages ... making the bikes happy."

All bicycles are welcome no matter what the condition. Depending on the required level of repairs, bicycles will either be fixed first or given to the students to fix up themselves.

"Two very rundown bikes can make one beautiful bike," Cahn said.

Most of the bikes donated so far have only needed minor maintenance, such as inflating tires. They have helmets and one even has a lock.

McKinnon estimates that "there are literally hundreds of students at Santa

THIS YEAR, WE WANT TO PUT A LOT MORE EMPHASIS ON KIDS OUT OF CARS. IT'S ENVIRONMENTALLY SAFE, IT'S ONE SMALL STEP ... WE WANT TO MAKE IT A BIG EVENT."

Richard McKinnon
Chair, Bike It Day

Monica High School" who can't afford a bike.

"Many people have bikes sitting in their garage that they're not using anymore," he said. McKinnon added that injured people

SEE BIKES PAGE 11

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Working toward fat acceptance
Editor:

I would like to add information to the psychologist’s advice to the letter from “Overweight and Unhappy” (Life Matters, “Diets don’t work for food addicts,” Oct. 15).

Dr. Barge includes the phrases: “incredible weight problem,” “epidemic of obesity,” “food addiction.”

Think of the negativity and shame society is laying on with terms like these. Dr. Barge states that the weight loss industry thrives because diets don’t work and people keep trying them. Actually, the weight loss industry thrives because fat people are ashamed of being fat and keep struggling to be thin.

A growing number of fat activists are saying, “I’m fat and I’m fit and I’m proud.” NAAFA, the National Association to Advance Fat Acceptance, has been working since 1969 to educate the public into accepting that it’s possible to be fat and also healthy. NAAFA has done wonderful work in helping fat people accept themselves just the way they are. Once they accomplish this – getting beyond shame – if they still want to lose any amount of weight, it’s not motivated by shame, but rather, freely, from a healthy self-image. On NAAFA’s Web site (www.naafaonline.com/dev2) they state that “(NAAFA) is a nonprofit civil rights organization dedicated to ending size discrimination in all of its forms. NAAFA’s goal is to help build a society in which people of every size are accepted with dignity and equality in all aspects of life.”

I suggest that shrinks refer people to a place where their fat clients feel totally accepted for who they are and not how they look.

Rayni Joan
Santa Monica

Asking for an apology
Editor:

In her column Thursday (Simple Real Food, “Fine dining with all the comforts of home,” Oct. 15), Amanda Cushman declares that there are no other restaurants “per se” in the neighborhood where Josie is located. I am sure Gilbert’s and the Lazy Daisy, which my family and I have enjoyed for years, would beg to differ. Their prices might be considerably lower than those at Josie, but that does not mean they are not restaurants, and good ones, too. I believe Ms. Cushman owes them an apology.

Joan Walston
Santa Monica

A mind is responsible
for the traffic lights, the blood bank, the ocean,
ground butter, the dishwasher, the microphone, the elevator,
clothes dryer, laser vision, penicillin, the typewriter, guided
missile, mattress, the air conditioner, automatic transmission, vitamin
rod, baby carriage, lawn sprinkler, fountain pen, disk pen, the hand
stamp, first open-heart surgery, nuclear laser, fire extinguisher, discount,
home security camera, the golf tee, fire escape, potato chips, food preservation,
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cheeper fertilizer, meat overcoat, cattle-eating apparatus, spack plaw, ginkgoes, cushion-
lowering device, clothes wringer, diesel car coupling, riding saddle, and so on
and so on. The list is endless. Indeed, it's time to stop and celebrate the fact
that each and every one of the wonderful innovations mentioned here came
from the mind. The mind of an African American. By supporting minority
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Modern Times

Lloyd Garver

Send comments to editor@smdp.com

Buying George Clooney’s
sperm ... in an odd way

A LOT OF BANKS ARE IN TROUBLE THESE days, but at least one seems to be doing fine. It’s a sperm bank. Years ago, when we first heard about sperm banks, people speculated that women would want to have the fathers of their babies be geniuses, or financial wizards, or great athletes. Some thought that the most talented and famous men in the world would be the most desirable donors. But sperm banks never saw people like Bill Gates or Placido Domingo banging down their doors.

However, now at least one of these banks has come up with what it feels is a solution: celebrity look-alike donors. If you would like to have a baby with George Clooney but can’t get past his security guards, now you can have a baby with someone who looks like George Clooney.

Cryobank, whose corporate headquarters are in West L.A., has a list of look-alikes that someone considering artificial insemination can check out on their computer. The woman scrolls down the list and finds the name of a celebrity she likes. Next, all she has to do is click and then she’ll learn a bit about this look-alike. This information might include his hobbies, his build, and maybe his favorite color. This reminds me of the typical old Playboy centerfold’s info in which we learned that the young lady’s “pet peeve” was “sometimes in the sun, I freckle,” and her favorite thing was “to shop for shoes.” But nobody was signing up to have a child with them.

In our example, the prospective recipient doesn’t even get to see a picture of the Clooney look-alike along with his info. That would be a breach of anonymity. All she sees is a picture of the actual George Clooney and an I.D. number that represents the donor.

It would be weird and superficial enough if a woman would choose a donor based on his looks. But these women are choosing a donor because he looks like somebody whose looks they like!

And how closely do these donors really resemble the celebrities? Cryobank’s Scott Brown puts it like this: “It’s not that our donors look like celebrities, it’s that celebrities look like our donors.” In other words, there might be some resemblance.

Despite all of the obvious negatives, I have to say that there is one aspect of this process that piqued my interest — I never expected to see Clay Aiken, Errol Flynn and Prince William on the same list. Yet those names, as well as Harry Belafonte, Jeremy Piven and Manny Ramirez are all on Cryobank’s look-alike list. If you want your baby to look like somebody famous who’s short, you’re out of luck. Donors must be at least 5-foot-9. This leaves me out, so I guess all those women who find columnists attractive will just have to look elsewhere.

There is another feature that is no surprise in these economic times: if you can’t pay cash for getting pregnant in this manner,

payment plans are available. This gives a whole new meaning to buying on “layaway.” I can just imagine the difficult decision at bill-paying time: should I pay off some of my car insurance or my preppers plan?

I get nervous that I won’t get what I really want when ordering a pair of running shoes online. How can anyone feel comfortable planning their family by using the Internet? Wouldn’t you worry for the whole nine months that if you ordered a Joe Montana you might end up with a Joe Mantegna? What are you going to do then, send the baby back in a postage paid box?

HOW CAN ANYONE FEEL
COMFORTABLE PLANNING
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MONTANA YOU MIGHT
END UP WITH A JOE
MANTEGNA? WHAT ARE
YOU GOING TO DO THEN,
SEND THE BABY BACK IN
A POSTAGE PAID BOX?

However, as I looked further into Cryobank’s services, I found that choosing a donor in this fashion is not as strange, not as casual, and not as foolish as it may seem at first blush. I learned that those women in the look-alike program don’t have to choose a donor based solely on his looks. There’s something else that can help them make this big decision. It’s an intelligent, scientific way for them to learn everything they could possibly want about “their man.” You see, for an extra \$25, Cryobank will provide you with an analysis of your donor’s handwriting.

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

INTERESTED IN YOUR DAILY FORECAST?
CHECK OUT THE HOROSCOPES ON PAGE 16!

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TheQLine

SCARED OF PROTECTION

This past week, Q-line asked: **Despite assurances from health professionals that the FDA approved H1N1 flu vaccine is safe, just like the regular flu vaccine, some in the community are worried about getting vaccinated. Where do you stand? Will you get the vaccine or play the odds?** Here are your responses:

"NO, I WILL NOT GET THE VACCINE AND just take my chances. I did get my annual flu shot from my doctor and that's it. Enough is enough of these shots."

"I WOULD NOT TRUST HEALTH PROFESSIONALS nor the FDA. When one considers the horrible side effects of most medications, even death, approved by the FDA and proscribed by medical professionals would certainly give cause for patients to use caution in the use of prescribed drugs. Medical professionals are not in the business of giving free advice and any advice given will sooner or later have a fee attached to it. The flu shot business has been a boon to the medical nursing industry. By the most part, medical nurses give the shot whether it is given in a hospital, doctor's office, drug store or super-market. The flu shot is only another form of the medical business and should have disclaimers attached to it."

"AFTER HEARING A BUNCH OF DIFFERENT opinions I definitely would like to have the swine flu vaccination, because I saw a doctor this morning that said 'Yo,' so I say 'Yo' too!"

"WELL I DON'T REALLY CARE ABOUT THE FLU shots. I never get the flu anyway. But if I do get it, I hope it's on my work day instead of on my day off. I don't want to ruin my day off."

"THE FDA HAS LONG AGO BEEN BOUGHT and sold by the pharmaceutical companies. When the polio vaccine first came out, there had been no new cases of polio in the USA for quite some time, but after it was first used, there was a sudden epidemic, all from people who had just gotten the vaccine. Wake up, world. There is no money in making and keeping people well. The money is in keeping people sick and addicted to legal drugs and repeated doctor's visits. Pharbon, the giant of the old pharmaceutical companies, once said that the way to rule the world is not by war, but through controlling people's medical health. The only way to control this horrific problem is to prevent the pharmaceutical companies from giving large amounts of money to medical schools and the AMA."

"GOSH, I GUESS I'M SCARED NOW BY THE government boogie man, which is exactly what Big Brother wants. How many deaths have incurred in the Southern Hemisphere,

which has just had its winter flu season? How many of Obama's, Biden's, Pelosi's and Reid's families have had the swine flu shots? Government intrusion into your life is incremental. Why give up the few freedoms you have left? Swine flu is no worse than any other flu, it's just the government telling you that it is. Do you trust your government? Look in history and see the rot that absolute power has wrought. Government corrodes the will of the citizen by fear and complacency. The individual leads a life of correct caution and exception of his own karma."

"NO WAY, I'M NOT GOING TO POISON my body. Getting the vaccine is a greater risk than not getting the vaccine."

"I DO NOT GET FLU SHOTS. IT'S BEEN MANY years since I got one. I do not trust the government to give us a flu shot that's not giving us the flu. If I get a flu shot, I'm guaranteed I'm going to get the flu. If I don't get the flu shot, at least I feel I have a 50/50 chance. I've done my research on the swine flu, and it shows that the government itself — our government, with our tax dollars — has developed the swine flu and is now pushing a vaccine against it because it 'got out of their control.' That is my take on it, I could be wrong, but I am deciding on my side, rather than trusting our government to tell the truth. You know, they haven't told it in Vietnam, they haven't told it in Korea, they haven't told it in the Middle East, and they will continue not to tell the truth on a lot of things including the EPA and other issues."

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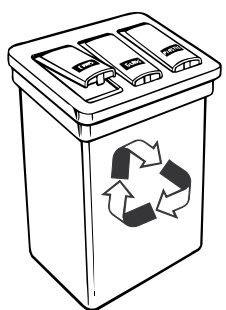


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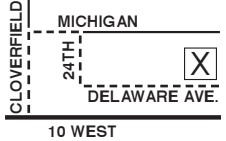
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Santa Monica Daily Press

A newspaper with issues

In search of the perfect dive bar

JOHN MARSHALL

Associated Press Writer

SACRAMENTO They work in sales, IT, construction, some for the state of California. There's a DJ, a couple of doctoral students, even a college professor.

A wide variety of backgrounds, one common goal: to find dive bars.

They call themselves the Dive Bar Connoisseurs and for five years they've gathered twice a month at a new Sacramento-area establishment in search of cheap drinks and an utter lack of pretension.

To them, cover charge is a deal breaker, dress code a no-no. Sex on the Beach drink specials might as well be a U-turn sign. Metrosexual? You've got to be kidding.

They just want to tip a few back on the cheap, belly-up to the bar with the beerbelly crowd, get some kitsch with the kegs.

A slice of Americana? They want a whole fistful.

"You have to pay to park, it's 10 bucks to get in, you have to dress nice — who wants that?" says DBC member Dawn Mantel. "I want a pool table, I want bad drinks, I want a bartender with an attitude. Why else would you go to a bar? No one wants to pay \$10 for the same stale atmosphere."

Problem is, dives often aren't the kinds of places most people would feel comfortable wandering into by themselves; you never know if Norm from "Cheers" or Clay Morrow from "Sons of Anarchy" will be sitting at the bar.

Started by a group of social-drinking friends, the Dive Bar Connoisseurs club gives wannabe-adventurous imbibers the confidence to explore shady-but-interesting-looking joints together, without fear of being run out by the scruff of their necks.

Hitting a different dive every other Thursday, they've raised their glasses at more than 50 bars, from country joints with dust on the floor to worried-about-getting-stabbed places. It's always a good time — even a sketchy place in Del Paso Heights was good for a few stories — and new friends are made at every stop.

The club has about 200 members, including one married couple that met through the group, and each outing draws anywhere from 10 to 50 people. There's no fee to join, no paperwork, just an appreciation for the simple beauty of the dive bar.

"Every dive bar is like a snowflake: diverse and unique," says DBC founding member Steve Vinsen. "You always get a local subculture and every time is an adventure. It's dif-

ferent. I think people like the idea. It gets them going to places they might not go otherwise. And also, cheap drinks."

The corner bar has always had an appeal in a gritty, leather-jacket-and-jeans kind of way. And the slumping economy has made it an attractively low-cost alternative to trendy spots with \$20 covers and \$10 Long Island Ice Teas.

It's Pabst Blue Ribbon on tap, guys with name tags sewn into their grease-splattered shirts, jukebox cranking Bob Seger. It's poorly-lit, plastic bowl filled with stale peanuts and who-knows-how-many germs on the counter, moose head mounted behind the bar, underwear hanging off the antlers.

The bartender insults your choice of hats — with a wink, of course — and would rather smash a pomegranate on your head than put one in your margarita. The Coke is only there to give the Captain some extra color and every night is 2-for-1 compared to prices at the trendy bars.

"Why go down the block and pay \$7 to \$8 for well drinks when they're \$2.50 here?" said Gerry Kushida, co-owner of the Monte Carlo, where the DBC recently held its fifth anniversary celebration. "It's very reasonable, gives them an alternative — more bang for your buck."

The Dive Bar Connoisseurs don't have a rule book, per se, though there are some basic tenets for what constitutes a dive: no entry fee, reasonably-priced drinks, preferably owner-operated, maybe an old-style jukebox in the corner. Gritty decor is a plus, as is a cache of colorful locals.

The Connoisseurs don't announce when they're coming to a bar, but the owners don't seem to mind; it's extra business on a typically slow night and they're a well-behaved.

And the bar owners don't even mind their places being called dives. Once a derogatory term, dive bar is now a badge of honor, a way of saying: comfy, cheap, no one's a stranger — c'mon in.

"It's more of a darker, more homey feeling, more friendly service," said Sean Derfield, owner of the River City Saloon, an Old West-style bar in touristy Old Sacramento. "The bartenders are a little more friendly and you get a little better service at dive bars because they're not working for a corporate restaurant and can get away with more."

Homey, friendly, not to mention cheap? Just what the Dive Bar Connoisseurs are after.

"We like to drink," Mantel says. "That's our thing and we go with it."

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Kitchen Vixen

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Trying to define 'normal'

IN A COUNTRY OBSESSED WITH body image, chronic disease, health care, food shows, fast food, vegan and raw food diets as well as high protein diets and supplements, one can't help but wonder what is "normal" eating?

What does it feel like to eat for the purpose of nourishing your body but without worrying whether or not we nourished properly? How many of us eat mindfully with a true appreciation for the food, where it came from, how it was prepared and how it will make us feel while not considering if it is raw, organic, high in fiber or causes weight gain?

Frankly, in developed countries, I doubt there are many who can eat without regard for some consequence. If we don't ask, we can't always be sure that the meat we are about to eat is grass-fed, that the vegetables were grown without pesticides, that the added fat is "heart healthy." We simply don't know unless we investigate every time we eat at a restaurant or at someone's house, every time we buy groceries or visit a new food purveyor. Each and every time we eat, we take a chance.

We have taken all the fun out of eating, all the reasons that food and festivities go hand in hand: the celebration of the harvest or the holiday, the joy of the bounty, the merriment of new life, the commemoration of a loved one passed. We seem to eat most often simply because food is readily available for consumption, because it is our right to eat what we want, when we want.

If we think too much about eating, then certainly we are not eating normally. Does that mean that all concerned citizens have an eating disorder? Some of us are overly apprehensive about our health while others are completely aloof. Maybe we all have experienced disordered eating for either not caring or caring too much.

A recent New York Times article struck a chord with a fellow dietitian, and I can see why. The writer stated that she did not have an eating disorder immediately after listing her "no-no" foods which in essence included anything with a carbohydrate content above 5 grams. She wrote about making an egg and flaxseed bread that resembled canvas. She later admitted to relaxing the rules and allowing herself to eat French fries but only the French fries that touch the burger, not the outliers. She will eat the pizza toppings, not the dough except for the crust, but not the part her fingers have touched. I can't even follow that trail.

She goes on to admit that her plate looks like something a toddler picked over, but it's the way she eats "and as labor-intensive as it

is, it beats having to exercise." Since when is exercise a punishment for eating? Let me just clarify that both eating and exercise are meant to be enjoyed and neither should ever feel like a death sentence. When they do, then it's time to re-prioritize your goals.

As a dietitian, I teach people to make better food choices that go hand-in-hand with their goals, whether to lose weight, lower cholesterol, reduce inflammation or simply for the sake of making healthier choices. I help clients see the connection between food and emotions as well as health. Like most people, I grew up using food for comfort, but the more I learn about nutrition and myself, the better I am able to eat for the sake of nourishment. But sometimes I just really want to enjoy some chocolate ice cream. So I enjoy it, no guilt, no rules, just pure pleasure.

My favorite definition on "normal eating" comes from Ellyn Satter, a dietitian who with her 40 years of experience is a renowned expert on eating and feeding:

"Normal eating is going to the table hungry and eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it — not just stop eating because you think you should. Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food. Normal eating is giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good. Normal eating is mostly three meals a day, or four or five, or it can be choosing to munch along the way. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful. Normal eating is overeating at times, feeling stuffed and uncomfortable. And it can be under eating at times and wishing you had more. Normal eating is trusting your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life. In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food and your feelings."

However, to define "normal eating" is actually kind of ironic. Shouldn't we all inherently be experts?

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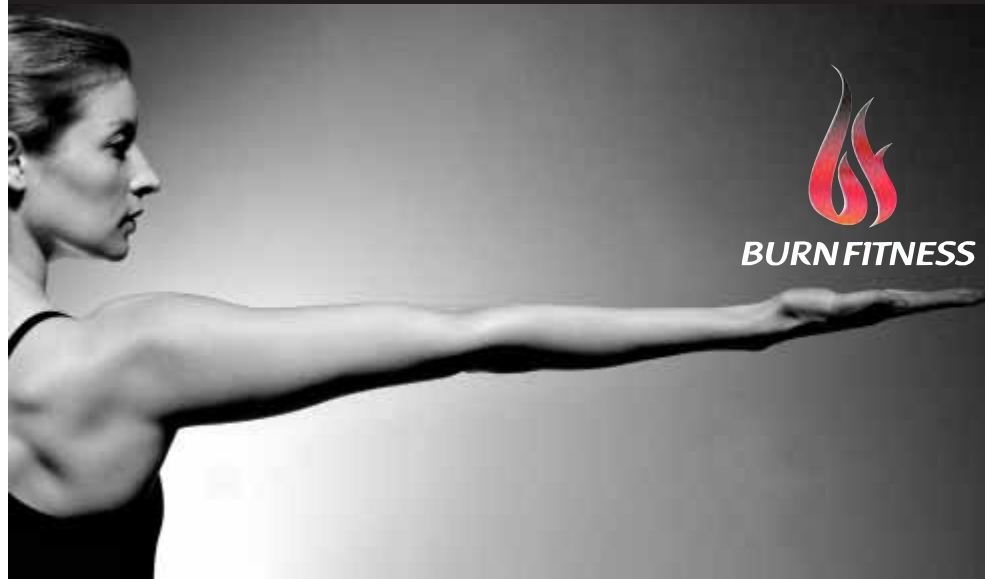
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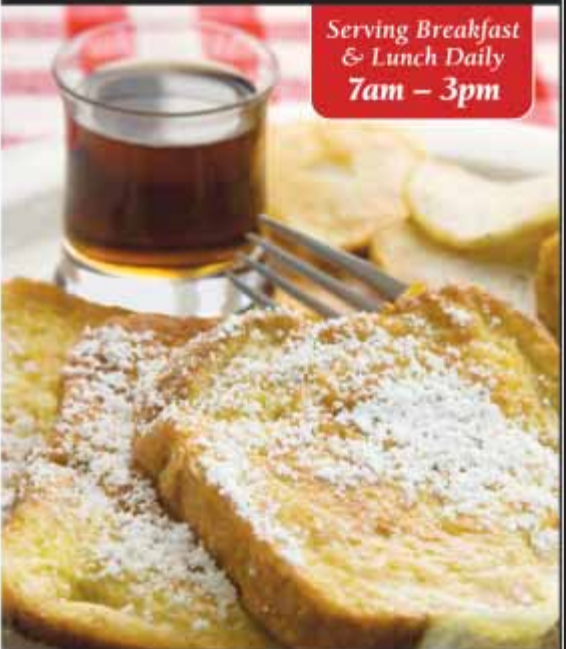
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Lights have detractors

FROM LIGHTS PAGE 1

the designers showed what the \$1.2 million lighting system can do. On Fourth of July all the lights could change from red, to white, to blue or feature all three colors at once. During the summer a simulated wave can be produced featuring two shades of blue and white. On Valentine's Day, imagine the ficus glowing red with white sprinkled in. At the stroke of midnight on New Year's Eve the computer which controls the lights could create a dazzling display featuring a series of colors, the lights flickering to make it seem like confetti is falling just like in Times Square.

"It's a very intricate system and it was always the intention to have the opportunity for change and color flexibility," said Le Nguyen, vice president of Frances Krahe. "Now it is just making sure we fine tune it to match what the city wants and make sure it is reflective of the city's culture. There are really infinite opportunities."

But finding the right lighting scheme can be a challenge, especially when dealing with a project the size of Second and Fourth streets in Downtown. There are 16 blocks in the project area, each with several trees, and each tree containing hundreds of LEDs. Each tree has two controllers, as well as a unique shape, forcing city engineers to get creative when hanging the fixtures. They had to be high enough so people could not interfere and not get hit by buses and trucks, and low enough to reflect off of the branches.

And just like putting up Christmas tree lights on one's home, there are bound to be some technical difficulties, including a few broken bulbs, said Greg de Vinck, a city engineer who oversaw the decorative lighting project, part of a roughly \$7 million streetscape improvement plan that included adding ginkgo trees, bumpouts and additional street lighting.

While the lights were turned on roughly six months ago, some didn't work at first while others were not properly tuned, creating an experience that appeared haphazard. Fiber optic connections in two places broke or were weak. Some fixtures became loose and dropped, exposing the LEDs to pedestrians and drivers.

"When we first turned them on ... it was just the default sequence that the public saw," de Vinck said. "Because it was such a large project, we couldn't address everything at once, so you had some lights on, some off, some flickering."

Engineers worked out all of the bugs just two months ago. The good news is the project came in under budget, with money left over for the tuning, de Vinck said.

"Tweaking it is very, very low cost because it really involves just altering a computer program," he said.

It better happen quickly as Bayside, a public-private management company that helps City Hall promote and manage Downtown, is planning to hang its holiday lighting and members of the board are concerned about the holiday decor conflicting with the ficus lights. All involved would like to have the light shows set by then, possibly creating a lighting scheme that complements the holiday decor.

"Whether or not we want to take advantage of all the options available with the system is something we need to decide," Rawson said. "There may be a time and place to use [the light shows presented] and maybe a place and time to have it more subtle. But it's nice we have those capabilities."

A harsh critic of Bayside has been John Warfel, a principal in the development company Metropolitan Pacific Capital, LLC. Warfel felt Bayside did not have enough input in the process and was concerned about the angles of some of the light fixtures

and the pace at which the lights changed.

"It's like we are doing a bad imitation," Warfel said of one of the light shows replicating sunsets. "We already have sunsets. I don't think we need sunsets in our trees."

Bayside long advocated for more lighting on Second and Fourth streets. Originally the plan called for more street lights as well as illuminated art elements such as sculptures, but the cost of the project rose, eliminating the art element. Instead, the designers focused on the ficus, which were key features in Downtown.

Other members of Bayside were concerned that the light shows presented would not come across to those walking by given that the shows lasted around 30 minutes. Others didn't like the speed of the light changes.

"For me, it's just too busy, too much action" said Bayside board member Patricia Hoffman, a City Council appointee. "The frequent change of the lights can quickly get annoying."

Some of the biggest critics have been those concerned more with the trees than with the lights. Members of Santa Monica Treesavers, a group formed to stop the removal of the ficus trees now covered with the LEDs, said the installation "hurt" the trees and does nothing to enhance the shopping experience. They said the project is a waste of money.

"Apparently for 'light show art,' atmosphere or for providing a cohesiveness to the area, the tree up-lighting wastes electricity, does not illuminate the narrow, dangerous sidewalks and obfuscates the natural beauty of the ficus' majestic, graceful silhouettes," said Susan Hartley, a co-founder of Treesavers and former candidate for City Council. "And if that's not enough, the tree up-lights, like the entire project, are hideous. The only cohesive factor they provide is ugliness."

"The tree up-lights should be removed and the wounds to the trees sealed, for aesthetic reasons, for protecting our valuable urban forest ..." Hartley said.

Walt Warriner, City Hall's community forester, said the trees are not being harmed by the lighting infrastructure, comparing the bolts used to secure the fixtures to getting one's ear pierced.

"You see some God awful things poking out of people's heads and cheeks and they seem to be tolerating it," Warriner said, using the piercing analogy. "We worked with the design team to develop the least invasive method to attach the lights. In the grand scheme of things, this is not hurting the tree."

Because the lights are more akin to an art installation than simple street lights, finding the right light show could be difficult because opinions on art vary. One thing that is certain is the lights add a sense of security, merchants along the two streets said. Before they were installed, those streets were dark and uninviting. Now people feel more comfortable visiting them, said Doug Rausenberger, a manager with Border Grill restaurant, and Stan Takeshita, owner of the salon The Shop.

"My clients, when they walk out at night they say, 'Wow, it's bright around here,' and they automatically think it is safer," Takeshita said.

"People generally feel safer but whether or not more lighting is truly attractive is a question for the ages," Rausenberger said.

Sandra Zeitze, director of public relations of the Santa Monica Playhouse on Fourth Street, can sympathize with the designers. Creating the right lighting can be a difficult challenge that takes a lot of skill and trial and error. She likes the new lights, but then again she admits she is easy to please.

"I like the colors," she said. "I like to watch the lights."

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Donated bikes are turned around

FROM BIKES PAGE 3

or people with children in college may have bicycles to donate as well.

The donated bikes will probably be given away through Cahn's bike safety class, held every Thursday after school in room T109.

"We were thinking of giving them away in a manner that would be related to the bike education class," Cahn said. "We want someone who needs it but who will use it safely."

Additionally, the Samohi Solar Alliance is planning to have principal Dr. Hugo Pedroza host a "pedal party" — a short ride around the school's block at lunchtime, with Pedroza in the lead.

"Our purpose was basically to involve people ... we want to get faculty on our side," said club treasurer Elena Kivnick, a sophomore. "We wanted to involve [Pedroza] in some way, and it's entertaining."

Publicity for Bike It Day has also increased greatly. The recurring event now has a Web site at www.bike-it-day.org. An official invitation has been issued for Pedroza's pedal party, and Cahn said "thinking ballots" will be placed on cars at Samohi sometime this week in an attempt to get drivers to think about traveling in greener ways.

"Last year we had a goal to get 400 bike riders in one day," Kivnick said. "The car-free thing is an ultimate goal. The more people we have participating, the bigger the impact ... we want to make it a reality for everyone."

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School board votes to fund Young Collegians

FROM FUND PAGE 3

the Equity Fund, though Escarce was initially against the idea believing that the Young Collegians, while meritorious, is not a district-wide program.

Leon-Vazquez said the programs are part of why the district committed to investing in children with the greatest need.

"I think we have to remind ourselves of why the Equity Fund was set up and why we made the investment," she said.

Young Collegians is technically open to all students who would be the first in their family to attend college and have below a 2.0 grade point average. Most of the students in the program are from Samohi.

In addition to approving the allocations, the board directed staff to make a good faith effort to encourage any eligible students from Olympic High School and Malibu High School to participate and provide transportation.

"The Young Collegians program ... is exactly the kind of program we need to be encouraging in our district," board member Ben Allen said.

Mechur refuted claims that he is not in support of the program, saying that he believes every board member is 100 percent behind the Young Collegians.

The issue is the source of financial support, which he suggested should be the general fund.

"If there is a need in Malibu that's similar, then there should be a program developed at Malibu for those students and we should support that program," Mechur said.

Both members who voted against the staff's recommendation said they believe paying for the Young Collegian's program through the Equity Fund would go against the spirit of the endowment.

"The fund was set up for specific initiatives and those are not fulfilled to me this way," Pye said.

Board member Oscar de la Torre, called out his colleagues who voted against the allocation, insinuating that they have a fear of backlash from the "affluent schools."

He said the Young Collegians program is needed in the district where Latino and African-American students score considerably lower on state tests than their Asian and Caucasian peers.

"The whole premise of creating the Equity Fund was because there's more need at certain school sites so we want to concentrate those services where the need is greatest," he said. "I think using the funds in this way is exactly what we intended."

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A.



MAGICAL NIGHT

Photos by Brandon Wise brandonw@smdp.com

A. Contortionists Julie Bergez, Natasha Patterson and Dasha Sovik twist their bodies during Cirque Du Soleil's final rehearsal for KOOZA on Thursday. The show opened on Friday and will run through Nov. 29. It is located next to the Santa Monica Pier.

B. Performers cheat death atop the highwire.

C. Performer Mike Tyus as the 'Trickster' (right) directs the House Troupe Charivari performers in a game of 'crash bash.'



B.



C.



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joey16:	16, male, Hackensack, NJ
robbieW:	38, male, Daytona, FL
b-ball_tommy:	15, male, Pocatello, ID
tu_tu:	16, female, Burlington, VT
duffme:	44, male, Minneapolis, MN
QTpie:	30, male, Chicago, IL
ty1989:	15, female, Naperville, IL
harrys_gri:	12, female, Appleton, MN
slugger20:	17, male, Jackson, MS
qtrback21:	26, male, Brooklyn, NY
suzie14:	14, female, Portland, OR
hiphopper:	13, female, Plano, TX
paperboy:	41, male, Beaverton, OR

Every day, children are sexually solicited online.



Mariners open league play

FROM ST. MONICA PAGE 1

each week. So far, that formula has materialized as the Mustangs have effectively left last season's 1-9 record behind them as they have forged a winning program during Hiatt's first year as head coach. Chief among Salesian's defenders is Greg Castillo, who intercepted two passes during a win over Bosco Tech earlier this season. He returned one of those picks 103 yards for a touchdown.

"I preach that you have to play defense," Hiatt said. "We have turned it around, we're on the winning track now."

That stands in stark contrast to St. Monica's effective offense, which has scored 140 this season in just four games good for a 35 points per game average. The Mariners have scored 32 more points this season than they did all of last season — and that was in nine games.

The battle of a top-notch offense and a stingy defense has Muno and his Mariners eager to see how they stack up against a team they defeated last season for their only victory of the year. That win ended a 37-game losing streak that covered parts of four seasons.

"To counter act their blitz, we'll go with an empty backfield," Muno said. "Based on what we've studied, that should limit their [pass] rushers."

He said that he is impressed with Salesian's defensive unit and the smarts of their new coach. Muno, also being in his first year with his respective team, knows that it is difficult to change the culture of a team in such short order.

He said that the rebuilding process starts with little things like carefully watching game film — something he knows Hiatt has done in preparing for the Mariners.

"They are smart, they know we throw the ball," Muno said. "There is no doubt that they know that."

While not being too specific, Muno said he is planning a few new things on offense, but jokingly said, "let's keep that a secret."

One of those new wrinkles may involve senior running back Tommy Murray. He has rushed for just 117 yards on the season, but his 6.5 yards a rush average should give Salesian reason to consider him a threat.

While the Mariners are strong on offense, a depleted defensive line that is missing seniors Kyle Schwan and Jack Porter may give Beltran and the Salesian offense some breathing room.

"Those guys were mainstays on the defensive line," Muno said.

To give his defensive unit a bit of a breather, he said he may slow down the pace of his offense to give them more rest. The team's fast style of play often times scores quickly forcing the defense to take the field without getting much of a blow.

The flu bug has also taken its toll on St. Monica, giving Muno even more things to worry about.

"It is just a challenge to put together a team when you have so few healthy guys," he said.

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Feds sign up locals to enforce immigration

SUZANNE GAMBOA
Associated Press Writer

WASHINGTON The Obama administration has signed up 55 state and local law enforcement agencies to help enforce immigration laws, including an Arizona county sheriff under investigation for racial profiling, the Homeland Security Department announced Friday.

Another 12 agreements have been approved and are awaiting local or state approval.

The administration had previously suspended the program, which critics say was mismanaged and allowed racial profiling and discrimination. Before it was suspended, there had been 66 local and state agencies participating.

Under the new agreement, Arizona Sheriff Joe Arpaio and his deputies will be able to check whether inmates in the Maricopa County jail are in the country legally. But they will not be given the power to arrest immigration violators as they had previously, said John Morton, the assistant homeland security secretary who oversees Immigration and Customs Enforcement.

As the federal government moved to limit the sheriff's powers, he launched a crime and immigration sweep in the Phoenix area.

Morton said he would treat Arpaio's sheriff's office like any other law enforcement agency when the sheriff contacts ICE to turn over people he has rounded up and evaluate each case on its merits. Arpaio was allowed to continue in the program because it has been changed to add more accountability and oversight and focuses on the deportation of criminal offenders, Morton said.

"They identify and remove in partnership with us a very large number of serious criminal offenders that protect the public safety in Arizona," Morton said. "We determined his sweeps were not consistent with the priorities of the revised program."

Many immigration and civil rights advocates continue to criticize the program. The Congressional Hispanic Caucus has asked Obama to end it. Others say it is needed to reduce illegal immigration.

Many lawmakers, including the chairman of the House panel that approves the Homeland Security Department's budget, have pressured ICE to deport more immigrant criminal offenders.

The continuation of the "287(g) program" with some changes is reflective of the administration's approach to immigration enforcement thus far. The Homeland Security Department has reworked some Bush administration policies and programs by adding more oversight and trying to prevent civil rights abuses. But they have tread carefully to avoid appearing to weaken or abandon enforcement.

"We are not trying to suggest if you are here unlawfully, or here unlawfully and committing minor crimes, you are not going to be subject to removal from the U.S.," Morton said.

Four local and state law enforcement agencies decided against renewing their 287(g) agreements and two withdrew their applications. They are the sheriff's offices of Brevard and Manatee counties in Florida; Framingham, Mass. police department; Cumberland County, N.C. sheriff's office; Mesquite, Nev. police department and Houston Police Department.

Federal deficit reaches new high

MARTIN CRUTSINGER
AP Economics Writer

WASHINGTON The federal budget deficit has surged to an all-time high of \$1.42 trillion as the recession caused tax revenues to plunge while the government was spending massive amounts to stabilize the financial system and jump-start the economy.

The imbalance for the budget year ended Sept. 30, more than tripled last year's record. The Obama administration projects deficits will total \$9.1 trillion over the next decade unless corrective action is taken.

As a portion of the economy, the budget deficit stood at 10 percent, the highest since World War II, according to government data released Friday.

President Barack Obama has pledged to reduce the deficit once the Great Recession ends and the unemployment rate starts falling. But economists worry the government lacks the will to make the hard political choices to cut spending and raise taxes to get control of the imbalances.

For 2009, the government collected \$2.10 trillion in revenues, a 16.6 percent drop from 2008. The plunge reflected declining income tax collections as millions of Americans lost their jobs or saw their wages cut. Corporate taxes also plummeted as the recession squeezed companies' profit margins.

Government spending last year jumped to \$3.52 trillion, up 18.2 percent over 2008. The \$700 billion financial bailout fund and increased spending and tax relief from the \$787 billion economic stimulus program that Obama pushed through Congress in

February drove the increase.

For September, a month when the government usually records surpluses, the deficit totaled \$46.6 billion. That's a sharp contrast to the \$45.7 billion surplus in September 2008, the last time the government's books were in the black.

In issuing the final budget figures, top administration officials said the president was determined to get control of the deficits in coming years.

"It was critical that we acted to bring the economy back from the brink earlier this year," White House budget director Peter Orszag said in a statement. "The president recognizes that we need to put the nation back on a fiscally sustainable path."

Failure to curb runaway deficits could trigger a financial train wreck that would push interest rates and inflation higher, and send the dollar crashing if foreigners suddenly started dumping their holdings of Treasury securities.

None of those problems are evident now as the worst recession since the 1930s has depressed borrowing by consumers and businesses, giving the government a break on the interest it paid this year on the record debt. Net interest payments actually fell by about \$10 billion in 2009 from 2008.

But economists worry investors will grow fearful of the nation's ability to repay all the debt unless the administration and Congress begin developing credible plans to deal with the deficit problem once the recession has ended and unemployment has begun to come down.



NOTICE INVITING APPLICATIONS CITY OF SANTA MONICA HOUSING COMMISSION

One seat available for a term ending June 30, 2010. Applicants must reside in Santa Monica, and may not hold paid office or employment in City government.

Applications due by noon, Tuesday, November 17, 2009.
Appointment to be made by City Council, November 24, 2009.

The mission of the Housing Commission is to improve the quality of life by supporting and helping to guide the production and preservation of affordable housing. The Commission advises and assists the City Council and City staff on the housing policies, programs, projects they implement, and work to enhance the social, economic and cultural vitality of our community.

No City of Santa Monica employee may serve as a member of any Board or Commission.

The State Political Reform Act requires Commission members to disclose their interest and income which may be materially affected by their official action by filing a Statement of Economic Interest (Form 700) with the City Clerk's office upon assuming office, and annually thereafter.

Applications and information on Board/Commission duties & disclosure requirements are available from the City Clerk's Office, City Hall, 1685 Main St., Rm. 102 (submit applications at this same location), by phone at (310) 458-8211 or on-line at http://www01.smgov.net/cityclerk/boards/appt_boards.htm. All current applications on file will be considered.

Disability related assistance and alternate formats of this document are available upon request by calling (310) 458-8211.

NOTICE OF A PUBLIC HEARING BEFORE THE SANTA MONICA CITY COUNCIL

SUBJECT: Proposed Ordinance extending the provisions of Interim Ordinance No. 2295 (CCS) which modified the Ocean Park High Multiple Residential (OP-4) District Development Standards

APPLICANT: City of Santa Monica
LOCATION: Ocean Park High Multiple Residential (OP-4) District

The City Council will hold a public hearing to consider introducing for first reading the following proposed ordinance:

An ordinance which extends the provisions of Interim Ordinance No. 2295 (CCS), which modified the side yard setback standards on lots 50' or greater in width in the OP-4 district, requiring a minimum side yard setback of 8' for portions of buildings with a secondary window, blank wall, or primary window on a side yard facing the street (i.e., on a corner lot) and a minimum side setback of 12' portions of buildings with primary windows. In addition, the interim ordinance requires that developments on parcels in excess of 99' in width incorporate courtyards and adds references to third floor setbacks and private open space for three story structures that were erroneously omitted from current Code. No changes are proposed to the existing interim ordinance whose provisions will be extended until November 10, 2011 by the proposed ordinance.

DATE/TIME: TUESDAY, October 27, 2009 AT 6:45 PM

LOCATION: City Council Chambers, Second Floor, Santa Monica City Hall
1685 Main Street, Santa Monica, California

HOW TO COMMENT
The City of Santa Monica encourages public comment. You may comment at the City Council public hearing, or by writing a letter. Written information will be given to the City Council at the meeting.

Address your letters to: City Clerk
Re: Driveways and Related Provisions
Text Amendment
1685 Main Street, Room 102
Santa Monica, CA 90401



MORE INFORMATION
If you want more information about this proposed text amendment, please contact Paul Foley, Principal Planner at (310) 458-8341, or by e-mail at paul.foley@smgov.net. The Zoning Ordinance is available at all library branches, the Planning Counter during business hours, and is posted on the City's website at <http://www.smgov.net>.

The meeting facility is wheelchair accessible. For disability-related accommodations, please contact (310) 458-8341 or (310) 458-8696 TTY at least 72 hours in advance. All written materials are available in alternate format upon request. Santa Monica Big Blue Bus Lines numbered 1, 2, 3, 5, 7, 8, 9, and 10 serve City Hall.

Pursuant to California Government Code Section 65009(b), if this matter is subsequently challenged in Court, the challenge may be limited to only those issues raised at the public hearing described in this notice, or in written correspondence delivered to the City of Santa Monica at, or prior to, the public hearing.

ESPAÑOL
Esto es una noticia de una audiencia pública para revisar aplicaciones proponiendo desarrollo en Santa Monica. Si deseas más información, favor de llamar a Peter James en la División de Planificación al número (310) 458-8341.

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NOTICE INVITING APPLICATIONS CITY OF SANTA MONICA

PIER RESTORATION CORPORATION BOARD OF DIRECTORS

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Applicants must reside in Santa Monica or do business or be employed in the City of Santa Monica.

Applications due by noon, Thursday, November 5, 2009.

Appointments to be made by City Council, November 10, 2009.

The mission of the Pier Restoration Corporation is to preserve and enhance the pleasure of the pier experience for people of all ages and for future generations.

No Santa Monica City employee may serve as a member of any Board or Commission.

The State Political Reform Act requires Commission members to disclose their interest and income which may be materially affected by their official action by filing a Statement of Economic Interest (Form 700) with the City Clerk's office upon assuming office, and annually thereafter.

Applications and information on Board/Commission duties & disclosure requirements are available from the City Clerk's Office, City Hall, 1685 Main Street, Room 102 (submit applications at this same location), by phone at (310) 458-8211 or on-line at http://www01.smgov.net/cityclerk/boards/appt_boards.htm. All current applications on file will be considered.

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Health & Fitness

16

WEEKEND EDITION, OCTOBER 17-18, 2009

Santa Monica Daily Press

A newspaper with issues

Day care is the new obesity battleground

LAURAN NEERGAARD

AP Medical Writer

WASHINGTON Grilled chicken replaced the hot dogs. Strawberries instead of cookies at snack time. No more fruit juice — water or low-fat milk only. This is the new menu at a Delaware day care center, part of a fledgling movement to take the fight against obesity to pudgy preschoolers.

Day care is the next frontier: New Harvard research shows few states require that child-care providers take specific nutrition and physical activity steps considered key to keeping the under-5 crowd fit.

And while years of work now have older kids starting to get healthier food in schools, more and more kindergarteners show up their first day already overweight or obese.

"We've got to start really early. Elementary school is too late," Dr. Lynn Silver of the New York City Health Department — a leader in anti-obesity standards for day care — told a recent meeting that brought child-care specialists together with federal and state health authorities to start learning how.

This isn't about putting youngsters on a diet. It's about teaching them early, before bad habits form, how being active and eating healthy can be the norm — and that junk food, including the chicken nuggets-type fare that we call "kid food" — should be a rare treat.

"This is a whole new way of eating for our kids," says Maria Matos, who heads the Latin American Community Center in Wilmington, Del., and has overhauled what she now knows wasn't an ideal preschool menu even though it fully complied with day care regulations.

It took some adjustment. Matos started serving Latino dishes with brown rice instead of white. The mac-and-cheese got a wheat makeover, too. Many of her youngsters had never even seen honeydew and kiwi, and had to be coaxed to try it.

"You have to get people used to this different type of eating," she says. "Some are there, and some are still getting there."

Two-thirds of Americans are either overweight or obese, and it starts shockingly early. Research last April found almost one in five 4-year-olds already was obese. Rates are highest among American Indian, Hispanic and black children, but the problem affects every demographic.

Nearly three-fourths of children ages 2 to 5 spend at least part of their day in child care, about half in formal day-care centers.

That makes day care a vital next front, says Debbie Chang of the Delaware nonprofit Nemours Health & Prevention, which helped push that state to adopt a list of new child-care licensing requirements to do just that.

"Everybody is always pointing fingers at us parents saying, 'You should do better.' A lot of other people are feeding our kids," agrees nutrition specialist Margo Wootan at the Center for Science in the Public Interest.

Such mandates aren't common. Harvard researcher Sara Benjamin compiled a top-20 list of nutrition and physical activity regulations that health specialists call key. They include:

- At least 60 minutes of structured physical activity and 60 more minutes of active free play.

- Not letting children sit for more than 30 minutes at a stretch.

- Only 1 percent or fat-free milk for kids 2 and older.

- No more than 6 ounces of 100 percent juice a day.

- No sugar-sweetened beverages.

As of last January, Benjamin found Idaho and Louisiana with the fewest such requirements and Delaware, Georgia, Alaska and Nevada with the most.

Among Benjamin's most disappointing findings: Parents may describe this as the age of ants-in-the-pants, yet an average day included less than an hour of moderate-to-vigorous physical activity. Her team visited one Rhode Island day care last fall where the kids didn't get to run around at all when it rained.

Most states merely require that children "be active throughout the day. What does that mean?" she asked the recent Nemours meeting.

Massachusetts last summer imposed a 60-minute activity rule. Now Benjamin's team is testing how day cares implement that change.

Training providers is key, says Nemours' Chang. Many simply don't know, for instance, that whole milk is unnecessary extra fat for preschoolers while low-fat costs the same.

How much should a preschooler eat? An easy-to-use Web site gives specifics: www.mypyramid.gov/preschoolers. Generally, a preschool serving size is about 1 tablespoon of each food type for every year of age. Proper portion sizes were a surprise to Maria Matos, who bought serving spoons pre-measured for preschoolers so they can dip while teachers tell how a colorful plate is a healthy plate.

Matos says the changes cost a bit more; she hired an extra part-time cook to make more from scratch, and fresh foods can cost more than processed. Chang and Wootan say day cares can make many cheap changes — swapping water for juice, for instance. But it's an issue that Nemours is pushing Congress to tackle as it reauthorizes the Child Nutrition Act later this year, which helps fund food at low-income day cares.

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Ask KJ

Karen Jashinsky & Alex Powers Send comments to editor@smdp.com

Getting in shape on the cheap

GETTING INTO HALLOWEEN COSTUME shape may be a challenge for many yet, ironically, it is only challenged by few. With Santa Monica as a backyard, it's difficult to understand how today's workout regime can stream over to a responsibility of the endless "tomorrow." So now is the time to ask yourself, when exactly is this tomorrow going to begin? I wouldn't hold your breath. But the good news is, with a little bit of local inspiration, you are not on your own. All the valuable tools and resources you need are at most a sign-up away, if not even free.

Try a jog along Ocean Avenue, which happens to be both basic and free. Weather should not be an issue. We live in Southern California. If you get cold, bring a jacket. Worried about the rain? Grab a hoodie. Once en route for 15 minutes or so, consider one of the many concrete benches that you begin to pass. No, don't rest, instead try a dip. Exercise dips are great for triceps. Simply sit on the edge of the bench, place your hands facing forward underneath your bottom, make sure your feet are planted on the floor so your knees make a 90 degree angel, lower yourself down keeping your elbows in close and push back up until your arms are straight. Once your triceps begin to burn, keep going till you reach 10-15 reps.

For push-ups, place your hands under your chest, a little wider than shoulders distance apart, place either knees or toes on the ground making sure you have a straight line from shoulders to knees, or toes. Lower yourself down slowly making sure your body stays in one straight line, keep your abdominals pulled in tight. If tourist traffic is an excuse enough for a blocked walkway, reverting to these same push-up steps on a nearby fence or wall is not a bad Plan B.

Don't stop there. Walk over to the curb and begin 16-20 step-ups by simply stepping up one foot onto curb, make sure your heel is planted firmly when stepping up, lift your opposite leg to balance and step back down,

alternating feet. The electric and chemical waves should be triggering your brain to continue at this point but, if they need a bit more kick start, jog yourself over just south of the Santa Monica Pier. Here you'll encounter multiple sets of traveling rings, balance beams, chin-up bars of various heights, and parallel bars which are provided for free. Each piece of equipment is worthy enough to attempt. On the rings, try swinging from one to another. For the beams, practice walking slowly and calmly — this engages many muscle groups and requires concentration. The bars each serve their own purpose but can all be used to enhance similar muscle groups, try a pull-up or 10.

To avoid post workout soreness, stretching is key. Plot out a portion of sand and begin bending over and reaching for your toes, then stand up, take your right hand and grab your left ankle to target affected body parts. If at this point you're in the mood for additional moves, realize you're situated in one of the world's best anti-flab natural resources — sand. "Sand" shoes are all over the market right now, attempting to impersonate what Santa Monica's beaches have had all along. Walking, jogging, and strength training will tone your body 10 times faster in sand than they would alone. Again, lucky you.

With your new pocket file of resources and tools, it would be criminal to not give your "tomorrow" a try and then, who knows, you might just find yourself with a couple more "todays," too. Halloween is only two weeks away, so go out to our local backyard and play!

ALEX POWERS is a sophomore at USC majoring in communications and is spending part of her year interning at O2 MAX. O2 MAX is a youth fitness media company with a fitness training studio based in Santa Monica. For more information about programs including the O2 MAX Family Fitness Program, contact (310) 867-1650 or e-mail info@o2maxfitness.com.



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FOUNDATION

LOL: laughing out loud

BRB: be right back

MUSM: miss you so much

A/S/L: age, sex, location

BF: boyfriend

OLL: online love

LULAS: love you like a sister

POS: parent over shoulder

WTGP: want to go private?

LMIRL: let's meet in real life

HDOP: help delete online predators

Every day, children are sexually solicited online.



This doesn't mean what you think it means. It's not a list of acronyms or slang. It's a list of terms that are used to describe online predators. To get a full list of acronyms or slang or to report an online predator, visit www.cyberstalking.com. HDOP: help delete online predators



CYBERSTALKING

EXPOSURE



CITY OF SANTA MONICA

REQUEST FOR QUALIFICATIONS

NOTICE IS HEREBY GIVEN that the City of Santa Monica invites qualification statements for the:

Palisades Garden Walk & Town Square Project (SP2115)

In Santa Monica, seven acres of land are ready to be developed for public enjoyment as two new parks: Palisades Garden Walk and Town Square. The City of Santa Monica seeks qualifications from innovative teams interested in partnering on the creation of gathering spaces that will enliven the Civic Center through design of the highest caliber.

Qualification statements shall be delivered to the City of Santa Monica, Architecture Services, Attn. Jean Bellman, 1437 Fourth Street, Ste. 300, Santa Monica, California, 90401 not later than **5:00 p.m. on November 20, 2009.**

RFQ documents may be obtained by logging onto the City's Finance website at: <http://www.smgov.net/finance>. Please contact Erin Hamant if you experience problems downloading the documents, (310) 458-2205 ext. 5473.

TELL SANTA MONICA WHAT YOU THINK! WRITE A LETTER TO THE EDITOR

EMAIL TO: EDITOR@SMDP.COM OR FAX TO (310) 576-9913

Santa Monica Daily Press Visit us online at smdp.com

NEW DVD RELEASES

BY RANDY WILLIAMS



Photo courtesy NFL

'The Chicago Bears: A Tradition of Defense'

In the long history of the National Football League, there is no other franchise that is more noted for their ball-stopping prowess. For almost 90 years, the Monsters of the Midway have won nine NFL Championships mainly on the shoulders of the team's strong, attacking defense. This two-disc set features extensive interviews and profiles about such Bear greats as: Red Grange, Doug Atkins, Mike Singletary, Brian Urlacher and of course, Dick Butkus. The multi Emmy-winning storytellers of NFL Films unveil an all-time 11 Bears defensive unit which began dominating under George Halas in the 1920s. (Warner Bros/NFL Films)

'The Girl Next Door' The Unrated Version

Elisha Cuthbert ("24") stars as the hot blonde with a shady past with Emile Hirsch ("Into the Wild") as Matthew Kidman, a straight-laced overachiever with political aspirations who falls in love with her. This package comes with rather racy commentary from the co-stars as well as a gag reel and over a dozen deleted scenes. (Fox) (Blu-ray)

'High Crimes'

A high-profile attorney risks her job – and her life – to defend her husband against charges of an unconscionable act of violence in this suspense thriller. Co-starring Ashley Judd and Morgan Freeman, the package also contains director commentary (Carl Franklin) and a making-of segment. (Fox)

'Esther Williams: Volume 2'

Part of Turner Classic Movie's Spotlight Series, the ravishing beauty who pioneered a new genre of moviemaking – "Aqua Musicals" – is back for an encore performance. Williams, one of the top 10 box office draws in the late 1940s and early '50s, Hollywood's classic swimming star, is featured in: "Million Dollar Mermaid," "Thrill of a Romance," "Easy to Love," "This Time for Keeps" and "Fiesta." A boat-load of extra material include musical outtakes, classic cartoons, vintage film shorts and original theatrical trailers. (Warner Bros)

'Life on Mars' The Complete Series

Jason O'Mara stars as modern-day police detective Sam Tyler who finds himself back in 1973 New York City after a hit-and-run accident mysteriously transports him back in time. With no cell phone, computer, GPS or MP3 player, Sam finds himself in the rough and tumble 125th precinct in Manhattan at a time when the Vietnam war, Watergate, women's lib and the civil and gay rights movements are raging. Matters are complicated by having to work for a hard-living bully of a boss (Harvey Keitel) and colleagues who never met a rule they wouldn't break to catch a criminal. Experiencing the origins of the show, a day with Jason during a shooting session, a visit with Lee Majors with cast and crew, bloopers and deleted scenes are part of the four-disc set. (ABC/Disney)

'Lie to Me' Season One

Tim Roth ("Incredible Hulk") stars as the man "who sees the truth because it is written all over our faces." The British actor is well cast for this complex character of Dr. Cal Lightman, an expert in lie detection, based on the research conducted by Paul Ekman, a renowned expert in the field of facial expressions and emotions. From the producers of "24," here is a rare treat in that it is both entertaining and informative for every day life. Thirteen episodes over four discs. (Fox)

RANDY WILLIAMS can be reached at www.sportandcinema.com



Play Time
Cynthia Citron

Send comments to editor@smdp.com

Can you smell weed?

SO, COLOR ME OLD-FASHIONED. I LIKE a well-written play that engages me, that gets me to really care about the characters and what happens to them, and prompts me to think about them afterwards. And if there's good music involved, so much the better!

Under these rubrics, therefore, one of the best plays I've seen in a long while is Charles Bartlett and Jack Cooper's "That Perfect Moment," now having its world premiere at the NoHo Arts Center in North Hollywood. This show has everything — including music.

Set in the San Fernando Valley at Christmastime, 2004, the play brings together the four Weeds, "the greatest rock 'n' roll band that nobody's ever heard of" that had a moderately successful heyday in 1969. Now, 35 years later, they are indeed a motley crew. The ringleader and host of this gathering is Mark Vanowen (Tait Ruppert), a tenured university professor who has just blown his whole career by insulting his dean at a faculty party. His long-suffering wife, Sarah (Kelly Lester), has finally reached her limit and is leaving him, ponytail and all.

Enter Gabriel (Guerin Barry), a cynical gay man with a smart-ass (and very funny) response to everything. And Al (John Bigham), a leftover "Little Mary Sunshine" hippie with a bad dye job ("I did it myself; it'll wash out!") who conducts chiropractor sessions in a local park.

They have gathered at Mark's place because Mark has tentatively set up a "reunion" appearance for the band and they are awaiting a call from their agent, Woodley (played, again, by Kelly Lester behind a scrim). They are also awaiting the arrival of Skip (Bruce Katzman), a super-successful businessman who has become a (heaven help us!) Republican! ("I practiced saying 'Republican' in the mirror," he admits.)

Skip holds the key to their future — and their past, since the band's breakup was not an amicable one. Skip, who had financed most of the band's expenses in the early days, with no hope of ever getting his money back, had insisted that Mark and the others cede all their rights to the band's songs to him. And Skip still holds all that power — and anger — in reserve.

When Skip finally shows up, the fireworks begin. While Al waves his arms around, trying to cancel all the bad energy they are letting loose into the cosmos, and offers to burn some incense, Mark tries to remind them of the past they shared, filled with "cheap dope and easy women." It was a time, he says, "when we gave ourselves permission to dream."

"That Perfect Moment" may remind you of Jason Miller's 1972 Tony Award-winning play, "That Champion Season," in which four former high school champion basketball players reunite with their coach to rem-

inisce about the past and reveal where their lives have taken them in the 20 intervening years.

In "That Perfect Moment," Mark, dressed in his "Haight-Ashbury tribal garb," pleads with the group to consider a musical reunion as Gabe, envisioning his future as "an aging queen," admonishes him to "stop playing the victim and grow up!" Eventually, however, the get-together evolves into a confession session, as each of the one-time friends reveals his deepest anxieties and emotional struggles.

'THAT PERFECT MOMENT' MAY REMIND YOU OF JASON MILLER'S 1972 TONY AWARD-WINNING PLAY, 'THAT CHAMPION SEASON,' IN WHICH FOUR FORMER HIGH SCHOOL CHAMPION BASKETBALL PLAYERS REUNITE WITH THEIR COACH TO REMINISCE ABOUT THE PAST AND REVEAL WHERE THEIR LIVES HAVE TAKEN THEM IN THE 20 INTERVENING YEARS.

Director Rick Sparks has lit a spark in each of his players, and they light up the stage. They are all marvelously interesting and real. And the music is terrific, too — original songs by Sky Keegan, some silly, some upbeat, but all recalling that glorious time in the '60s when everyone was young and hopeful.

"That Perfect Moment" is definitely my kind of play!

"That Perfect Moment" will continue at the NoHo Arts Center, 11136 Magnolia Blvd. in North Hollywood, Fridays and Saturdays at 8 p.m. and Sundays at 3 p.m. through Nov. 8. Call (323) 960-7745 for tickets.

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BOOKREVIEW

BY DANE ROBERT SWANSON



‘Sometimes a Light Surprises’ By Jamie Langston Turner • Bethany House

When a person dies it is hard to make the adjustment back to life. You tend to hide in activities and idiosyncrasies you weren't aware of.

Our main character has lost a wife. It was reported as a murder. It has been 20 years and he has estranged his children. He hides in memorizing and spouting trivia. He still has his business, the Upstate Home and Garden Bazaar. "He had delegated so many responsibilities here at work that he had very little real work to do. He knew he could be gone for weeks without being missed, but he had no intention of going away for even one week. He liked to keep an eye on things."

The catalyst for reconnecting with his family is simple. He needs another worker in his store. One of the applicants for a job is the daughter of his wife's best friend. He really doesn't want to hire her yet finds himself doing so. This sends him on a search to reconnect with the past.

Grieving is not a solo activity. One of the steps of grieving is to reconnect. Some are able to move on and others just stagnate. Grieving affect your offspring also – they can read you.

Ben decides he will give it a try and reconnect with his children, even though it appears they don't want to reconnect with him. They feel that they have moved on and dad has decided to stagnate behind his

trivia.

Now Ben is trying to find a way to turn down Kay's daughter who has come looking for a job. His wife, Chloe, had said to him, "You're not nearly as gruff on the inside as you try to make people think you are." It is this trait that prevails as he hires the girl who proves to be very valuable.

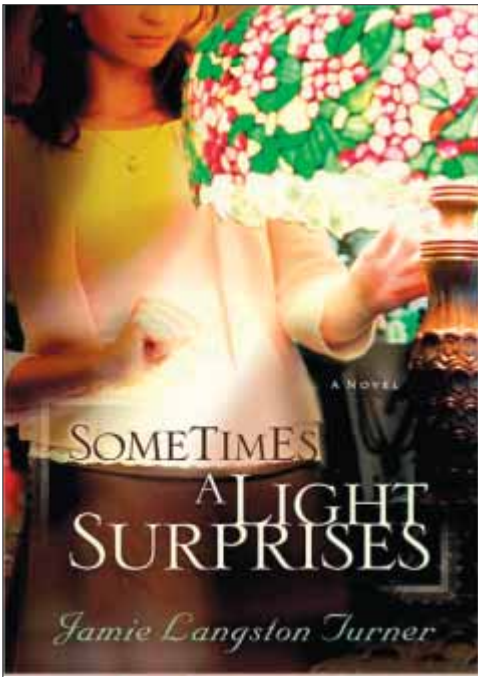
The book's primary subplot concerns closure. What really happened 20 years ago when Ben was suspected of murdering his wife. Ben's administrative assistant, Caroline does some detective work. She locates the paper with the help of the Derby Daily News morgue librarian named Mavis. "She handed Caroline a file folder labeled "Murder/Buckley, Chloe" and before leaving, she grew serious and asked gently, "You related to the victim?"

"Caroline lowered her eyes and said, "Well, in a roundabout way, yes."

She reads three articles of that time which lead her to conclude "this case would make a bad movie, a horrible book." Before leaving the morgue she "knew one thing – from what she had read, she wasn't impressed with the police and detectives who handled the case."

In the end Caroline must agree "Some of the deepest, darkest secrets are meant to remain as such."

The book is a good one to read if you are having trouble sleeping. It has good char-



acters that you are sure to come away feeling that you know them. They are your neighbors.

Reading is good for you. It opens up the world of ideas. Let the best looking book reviewer in Santa Monica expose you to facts and people. Contact him at smdp_review@yahoo.com and suggest some areas you would like to explore.

121: one to one ADN: any day now AFAN: 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 BBAB: 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 BMTPG: brilliant minds think in parallel gutters BRB: be right back BTA: but then again BTW: by the way BWL: bursting with laughter BWITHDIN: but what the heck do I know CAG: chuckle & grin CID: crying in disgrace CNP: continued (in my) next post CP: chat post CRBT: crying real big tears CSG: chuckle, snicker, grin CU: see you CUL: see you later CYO: see you online DBAU: doing business as usual DINI: do I know you? DL: dead link DLTBBB: don't let the bed bugs bite DQMOE: don't quote me on this EG: evil grin EMFBI: excuse me for butting in ENSG: email message EOT: end of thread FZF: face to face FG: fingers crossed FISH: first in, still here FMTYENTN: far more than you ever wanted to know FOMCL: falling off my chair laughing FBOH: from the bottom of my heart FUD: fear, uncertainty, and doubt FWIW: for what it's worth GZG: got to go G: grin GA: go ahead GAI: get a life GDAR: grinning, ducking, and running GF: girlfriend GFN: gone for now GINIS: gee, I wish I'd said that GIMBO: giggling my butt off GINTA: great minds think alike GOL: giggling out loud GTRM: going to read mail GTSY: glad to see you HAA: hug and kiss HAGN: have a good night HADP: help delete online predators HHS: hanging head in shame HTN: hope this helps HUD: head up butt IAC: in any case IANAL: I am not a lawyer (but) IC: I see OK: I don't know IMA: I hate acronyms IIRC: if I remember correctly ILL: I love you IM: instant message IMHO: in my humble opinion IMNSHO: in my not so humble opinion IMO: in my opinion IOW: in other words IPM: I'm posting naked IRL: in real life IVALU: I will always love you IYSWIM: if you see what I mean JIC: just in case JK: just kidding JMO: just my opinion JLYK: just to let you know K: okay KTF: keep in touch KOC: 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 LSHWB: laughing so hard my belly is bouncing LTM: laugh to myself LTNS: long time, no see LTR: long-term relationship LULALB: love you like a brother LULAS: love you like a sister LUMAH: love you with all my heart LY: love you M/F: male or female MOSS: member of same sex MOTOS: member of the opposite sex MSG: message NTF: more to follow NUSM: miss you so much NADIE: not a darn thing NIFOC: 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 OTOR: on the other hand OTTOMH: off the top of my head P2P: peer to peer PDA: public display of affection PEDCAN: problem exists between chair and keyboard PLZ: please PM: private message PMFJB: pardon me for jumping in but POARE: put on a happy face POS: parent over shoulder PU: that stinks UI: cutie RL: real life ROTFL: rolling on the floor laughing RPG: role playing games RSH: real soon now SAL: spam for life SETE: smiling ear to ear SHCOIN: shoot hot coffee out of nose SHID: slaps head in disgust SF: surfer friendly SHERE: snot nosed egotistical rude teenager SR: significant other SOMY: sick of me yet? SOT: short of time STW: search the web SWAK: sealed with a kiss SWIL: screaming with laughter SVS: see you soon TA: thanks again TCOR: taking care of business TCOY: take care of yourself TIA: thanks in advance TILU: tell it like it is TMI: too much information TOY: thinking of you TTYL: talk to you later UVE: you're welcome WB: welcome back WFM: works for me WIBNI: wouldn't it be nice if WTOP: want to go private? WTC: way to go WU: what's up WUF: where are you from? YBS: you'll be sorry TL: young lady YM: young man

Every day, children are sexually solicited online.



Santa Monica Daily Press

The Agent Directory

Your guide to local real estate agents



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MOVIE TIMES

Aero Theatre 1328 Montana Ave. (323) 466-FILM	11:10, 1:20, 3:40, 6:00, 8:15, 10:30, 11:15	The Boys Are Back (PG-13) 1hr 55min 1:30, 4:20, 7:10
Triple Feature: Airport (NR) 2hr 17min Airport '75 (NR) 1hr 47min Airport '77 (NR) 1hr 54min 7:30	Toy Story & Toy Story 2 in 3D Double Feature (G) 2hr 49min 10:00, 2:00, 6:00, 9:55	New York I Love You (R) 1hr 58min 1:50, 4:30, 7:20, 9:55
AMC Loews Broadway 4 1441 Third Street Promenade	Where the Wild Things Are (PG) 1hr 34min 9:30, 11:00, 12:00, 1:40, 2:40, 4:20, 5:20, 7:00, 8:00, 9:40, 10:40	Mann's Criterion Theatre 1313 Third St. (310) 395-1599
Black Dynamite (R) 1hr 30min 11:55, 2:10, 4:40, 7:20, 9:30	Zombieland (R) 1hr 21min 12:30, 3:00, 5:30, 7:45, 10:20	Couples Retreat (PG-13) 1hr 47min 11:40, 2:20, 5:00, 7:40, 10:20
Capitalism: A Love Story (R) 2hr 7min 1:30, 4:20, 7:10, 10:00	Laemmle's Monica Fourplex 1332 Second St. (310) 394-9741	Couples Retreat- Digital Projection (PG-13) 1hr 47min 1:10, 3:50, 6:40, 9:20, 12:00
A Serious Man (R) 1hr 45min 11:45, 2:20, 4:50, 7:30, 10:10	IngLOURious Basterds (R) 2hr 48min 9:40	The Informant! (R) 1hr 48min 11:30, 2:00, 4:50, 7:30
Whip It (PG-13) 1hr 51min 11:20, 1:55, 4:30, 7:00, 9:45	The Cove (PG-13) 1hr 36min 11:00 a.m.	Law Abiding Citizen (R) 1hr 48min 12:30, 1:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:40, 12:10
AMC 7 Santa Monica 1310 Third St. (310) 289-4262	Bright Star (PG) 1hr 59min 1:20, 4:10, 7:00	The Stepfather (PG-13) 1hr min41 12:20, 2:50, 5:20, 7:50, 10:00, 10:30, 12:20
Cloudy With a Chance of Meatballs (PG) 1hr 21min 11:20, 1:30, 4:10, 6:40, 9:00	Good Hair (PG-13) 1hr 50min 1:40, 4:40, 7:30, 10:00	
Invention of Lying (PG-13) 1hr 40min 11:40, 2:10, 4:50, 7:30, 10:10	Irene In Time (PG-13) 1hr 34min 11:00 a.m.	
Paranormal Activity (R) 1hr 39min	More Than A Game (PG) 1hr 42min 11:00, 9:45	

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

Girls and Sports

By Justin Borus and Andrew Feinstein



The Meaning of Lila

By John Forgetta & L.A. Rose



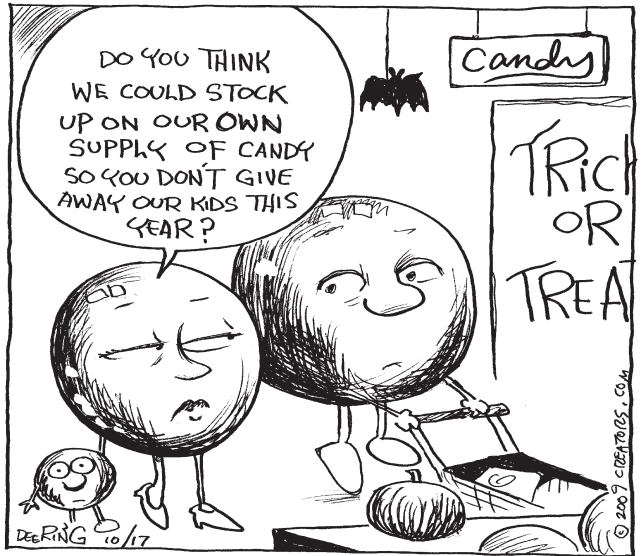
Garfield

By Jim Davis



Strange Brew

By John Deering



Speed Bump

By Dave Coverly



Party time, Libra

ARIES (March 21-April 19)

★★★★★ New beginnings become possible in a key relationship. Someone might be more ready to forgive and forget than in the past. Remember, tossing the past in someone's face resolves nothing. Accept an invitation involving quite a few people. Tonight: Just not alone!

TAURUS (April 20-May 20)

★★★ Though you might want to take off and be as free as a bird, you could be surprised by the outcome of focusing on a long-overdue project. You'll find out just how important this project is to others and how much you can accomplish. Tonight: Mellow out.

GEMINI (May 21-June 20)

★★★★★ You have a certain spring in your step that attracts many. People wonder why you have so much spunk and confidence. As a result, you could suddenly be inundated by admirers and friends, not that you cannot handle it. Tonight: Ever light.

CANCER (June 21-July 22)

★★★★ A new beginning becomes possible. How you deal with someone could change radically if you make an effort to understand what is going on. Meanwhile, invite others over for a special time at your pad, as you only can do. Tonight: Close to home.

LEO (July 23-Aug. 22)

★★★★★ Newfound energy makes you hard to keep up with. Cut others some slack, leaving perfectionism for you and you only. Everyone will be happier. A close friend or loved one triggers your memory. Tonight: Say yes to living.

VIRGO (Aug. 23-Sept. 22)

★★★★ Be more sensitive to your budget, whether planning a party or buying a key object. You discover that playing the role of Ralph Nader is very appealing. Being sensible goes with your sign, but you still could be quite tempted. Tonight: A little splurge is OK.

LIBRA (Sept. 23-Oct. 22)

★★★★★ You are all smiles. Take your cues from a child about how to relax and have a great time. Learn to be more present in the moment. You discover a newfound fascination with a partner or meet someone who appreciates you now and for a long time. Tonight: Wherever the party is.

SCORPIO (Oct. 23-Nov. 21)

★★★ Sometimes it is more interesting to be an observer. Try it for a day! Let others reveal more of themselves. Sometimes you can be overwhelmed by everything you think you need to participate in. Tonight: No one needs to know what you are doing. Be the mysterious Scorp.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★★ Understand the importance of a key friend. Take time to really share and be two kids together. You just might decide to hang out at the mall or do something of that nature that you haven't done in a long while. Tonight: Where you are, the party is.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Take a stand if you must, or go to work. You could be overwhelmed by everything that is going on around you. Being responsible might be great, but do remember how important it is for you to take some time off from the grind. Your work will profit. Tonight: Certainly not a wallflower.

AQUARIUS (Jan. 20-Feb. 18)

★★★★★ Just be spontaneous in the face of good news and opportunity. It feels as if you can do nothing wrong. Let your creativity and jovial nature merge. Invite a friend to take off for a day trip. A change of scenery not only helps you revive, but also the bond that exists between you two. Tonight: Whatever works.

PISCES (Feb. 19-March 20)

★★★★★ An invitation, though it might just include you and one other person, is well worth pursuing, even if it means moving and/or cancelling plans. You will feel so much better as a result. Tonight: Follow another person's lead.

Happy birthday

This year, rethink plans with an eye to creating a better life. Be honest about what you would like to transform. You might be surprised by the end results. Tap into your creativity more often and take your life into your own hands. If you are single, at any time you could meet a very special person. Be patient as you explore your options. Date. If you are attached, remember that a relationship is a two-way street. Be sensitive to your sweetie's needs. AQUARIUS intrigues you.

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

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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 ★★★★★

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

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

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

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MYSTERY WINNER

Benjamin Steers once again correctly identified this photo of the new beach restroom south of the Santa Monica Pier near Lifeguard Tower 26. He will receive two VIP passes to Pacific Park. Check out Monday's paper for another chance to win.

Maya Sugarman news@smdp.com

CROSSWORD

By THOMAS JOSEPH

- ACROSS
- 1 Fiddlers' needs

5 Scissors beater

9 Discov-ered by accident

10 Acrylic fiber

12 Texas player

13 Happen

14 Secretly trails

16 Comic Margaret

17 Road rescue

18 Cabinet position?

20 One suit

22 Towel word

23 Peace goddess

25 Study all night

28 Errand doers

32 Arm bone

34 Goose formation

35 Pharaoh's symbol

36 Apart-ment door feature

38 School paper

40 Deck extra

- 41 Letter stroke
- 42 Some tourneys
- 43 Ohio team
- 44 Optimum

DOWN

- 1 Diagonal mover

2 Canadian capital

3 Thesau-rus find

4 Trick

5 Sunday entree

6 Bruins legend

7 Trite saying

8 Proper

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O	M	A	H	A		A	V	A	S	T
L	U	C	I	D		N	A	C	H	O
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	S	L	I	N	G		F	L	E	D
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L	U	T	E	S			T	I	M	I
	P	S	S	T			S	S	T	S

Yesterday's answer

- 9 Endures

11 Some lights

15 Sardonic sort

19 Restau-rant VIP

21 Thin coin

24 Plastic surgeon's offering

25 Casual talks
- 26 Ball carrier

27 Current unit

29 Conjures up

30 Show mercy

31 Ball gazer

33 Sailing hazards

37 Aspiration

39 Central

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	1	2	3	4		5	6	7	8	
9						10				11
12						13				
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38			39			40				
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	43					44				

DAILY LOTTERY

	10 13 18 33 51 Meganumber: 43 Jackpot: \$200M
	12 13 26 30 38 Meganumber: 24 Jackpot: \$8M
	5 26 30 37 38
	MIDDAY: 5 3 2 EVENING: 4 8 6
	1st: 01 Gold Rush 2nd: 07 Eureka 3rd: 12 Lucky Charms RACE TIME: 1:43.64

Although every effort is made to ensure the accuracy of the winning number information, mistakes can occur. In the event of any discrepancies, California State laws and California Lottery regulations will prevail. Complete game information and prize claiming instructions are available at California Lottery retailers. Visit the California State Lottery web site at <http://www.calottery.com>

NEWS OF THE WEIRD

BY CHUCK SHEPARD

■ Failure to Keep a Low Profile: (1) Angel DeLeon, 30, admitted to police in May that he was the one who had just robbed the National Penn Bank in Reading, Pa. Police originally started after DeLeon's car when he raced by them with his radio blaring. (2) Ricky Dale Ford was jailed in September in Conway, Ark., accused of stealing an all-terrain vehicle. While joyrid-ing, Ford had accidentally hit a beehive, and when police found him in nearby woods, he was "barely breathing," one officer said, having been stung more than 100 times.

■ Britain's local councils are notoriously fearful of lawsuits arising from the garden "allot-ments" they rent to residents. For example, in September, the Southampton Council barred resi-dents of recently vandalized prop-erty from installing barbed wire, lest a trespasser get hurt and sue. Meanwhile, in Michigan, Scott Zeilinski, who is serving eight years in prison for armed robbery, filed a lawsuit against the store he had robbed because an employee (whom Zeilinski had just threat-ened with a knife to the throat) had pulled out his gun and shot Zeilinski.

TODAY IN HISTORY

1965 The 1964-1965 New York World's Fair closes after a two year run. More than 51 million people had attended the two-year event.

1966 A fire at a building in New York, New York kills 12 firefighters, the New York City Fire Department's deadliest day until the September 11, 2001 attacks.

1970 Montreal, Quebec: Quebec Vice-Premier and Minister of Labour Pierre Laporte murdered by members of the FLQ terrorist group.

1973 OPEC starts an oil embargo against a number of western countries, con-sidered to have helped Israel in its war against Syria.

1977 German Autumn: Four days after it is hijacked, Lufthansa Flight 181 lands in Mogadishu, Somalia, where a team of German GSG 9 commandos later rescues all remaining hostages on board.

WORD UP!

redolent \RED-uh-luhnt\ , adjective: 1. Having or exuding fragrance; scented; aromatic.

Santa Monica Daily Press

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Obituaries

LE FAVE- Elizabeth Helen (Geiser) Le Fave- of Santa Monica, passed away peacefully in her sleep at Santa Teresita Manor on Saturday, October 10, 2009 in Duarte, CA. She was born December 3, 1919 in Arcadia, CA and was the daughter of Clifford and Dorothy Gelsler.

Elizabeth was raised in Arcadia, CA, and graduated from Ramona Convent, Alhambra in 1937. She worked at the Broadway, Pasadena and South Coast Plaza for 35 years. Upon retirement she lived at Silvercrest Senior Residence in Santa Monica from 1988 to July, 2009 where she enjoyed many friends and was a Parishioner of St. Monica Catholic Church.

Elizabeth is deeply loved and will be greatly missed by all who knew her, most especially her four children, George Le Fave (Cheryl Pestor) of Pasadena, CA; Paul Le Fave of Laguna Niguel, CA; Mary Lou Chavez of Panorama City, CA and John Le Fave (Nancy) of Glendora, CA; her sister, Dorothy (Jim) Stowell of Sacramento, CA; her grandchildren Brian (Joanna) Le Fave; Barry (Becky) Le Fave; Jackie Le Fave, James Chavez; Paul Chavez; 6 great-grandchildren; her cousins and many nieces and nephews.

Friends are invited to attend the graveside service at 11:00 a.m. on Tuesday, October 20, 2009 at The Good Shepherd Cemetery, 8301 Talbert Ave., Huntington Beach, CA 92646 and a gathering following the services.

The family request that, in lieu of flowers, donations be made to Santa Teresita Manor, c/o Sister Mary James, 819 Buena Vista Street, Duarte, CA 91010

Family Assisted by Heritage Memorial Services (714)842-2400

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1474 Crest Dr. upper 2+1 \$1320 Stove, fridge, carpet, blinds, laundry, street parking, ceiling fan, garage space, no pets. \$500 (310)578-7512 www.jkwproperties.com

2478 Corinth Ave. \$1575 front unit 1+1 stove, fridge, carpet, ceiling fan, onsite laundry, small gated front yard 2 parking spaces, 20 lb. pet OK w/ deposit \$300 off move-in (888)414-7778

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501 N. Venice unit 12 single, \$1025/mo \$500 off move-in stove, fridge, carpet, utilities included, laundry, parking, no pets. (310)574-6767 www.jkwproperties.com

833 5TH St. SM unit 101 2+2 \$2295 stove, carpet, blinds, swimming pool, laundry, granite countertops, wood/tile floors, intercom entry, gated parking, no pets. (310)393-2547 www.jkwproperties.com

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L.A. 1523 Holt Ave unit 1+1 large upper unit stove, fridge, hardwood, parking, no pets, \$1195, (310) 578-7512 www.jkwproperties.com

L.A. GROVE area 428 N Orange Grove unit 101 1+1 stove, fridge, blinds, tile bathroom separate tub/shower hardwood/ vinyl floors, on-site laundry no pets \$1225/mo \$500 off move-in (310) 578-7512 jkwproperties.com

For Rent

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MAR VISTA 12760 Matteson Ave #8 1+1 \$950/mo stove, fridge, tile and vinyl floors, blinds, parking, laundry, no pets call between 5:30-7:30pm units shown by appt. only \$750 off move-in (310) 439-1928 jkwproperties.com

MAR VISTA 12450 Culver Blvd. Unit 224 1bdrm/1bath, carpet, granite counter tops, gated parking, intercom entry, stove, fridge, utilities included, laundry, no pets. \$1025/mo \$500 off move-in on site manager (888)414-7778 www.jkwproperties.com

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MDR adj. \$900 Large Studio, single, Full kitchen, stove & refrigerator, large closets, carpets, laundry, parking. Info (310)828-4481 or (310)993-0414 after 6p.m.

PALMS 3346 S. Canfield #205 \$995 1+1 upper, stove, fridge, blinds, bamboo & vinyl floors, on-site laundry, garage parking, intercom entry no pets. \$500 off move-in (310)578-7512 jkwproperties.com

PALMS 3540 Overland 1+1 unit 2 \$895 Stove, fridge, carpet, blinds, laundry, street parking, no pets. \$700 off move-in special. (310)578-7512 www.jkwproperties.com

PALMS ADJ/ LaCienga Hgts. \$925.00 1 Bdrm, 1Bath, NO PETS, stove, refrig, parking 2009 Preuss Rd., #10 Open daily 8am-7pm . Additional info in unit

SANTA MONICA \$1225.00 1 bdrm, 1 bath, no pets, stove, refrig, patio, parking 2533 Kansas Ave., #109 Open daily for viewing 8am to 7pm. Additional info in apt Mgr: apt #101

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FICTITIOUS BUSINESS NAMES STATEMENT FILE NO. 20091363676 FIRST FILING. The following person(s) is (are) doing business as HOLLYWOOD UNITED LAPL, 11630 CHAYOTE ST, #4, LOS ANGELES, CA 90049. The full name of registrant(s) is/are : JAMAL THOMAS, 826 S. HOBART BLVD., #207, LOS ANGELES, CA 90005; GILBERT MONTOYA, 1857 N. WILTON PL, #401, LOS ANGELES, CA 90028 This Business is being conducted by, an unincorporated association other than a partnership. Signed: Registrant has not yet begun to transact business under the fictitious name or names listed herein.. /s/: JAMAL THOMAS
This statement was filed with the County Clerk of LOS ANGELES County on 9/4/2009. NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq, Business and Professions Code). SANTA MONICA DAILY PRESS to publish 10/3/2009, 10/10/2009, 10/17/2009, 10/24/2009

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