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THURSDAY, NOVEMBER 12, 2009
Volume 9 Issue 1

Santa Monica Daily Press

END OF THE ROAD
SEE PAGE 3

We have you covered

THE QUALITY EDUCATION ISSUE

CITY COUNCIL WRAP

P&G to pay City Hall $68 million

BY MELODY HANATANI
Daily Pres Staff Writer

26TH STREET Water contamination caused by a former pen-making facility will cost Proctor & Gamble a hefty sum after the company agreed to a $68 million settlement with City Hall.

The City Council on Tuesday approved the settlement in which the Gillette Co., which was purchased by Proctor & Gamble in 2005, also promised to clean the old Paper Mate facility at 1681 26th St. where chemicals contaminated a nearby drinking water aquifer.

The settlement is contingent upon approval by the Los Angeles Regional Water Quality Control Board.

The Gillette Co. purchased Paper Mate in 1955 and opened a new pen manufacturing plant on Olympic Boulevard two years later.

Residents in the area last summer received letters about ongoing soil and groundwater remediation taking place at the facility, which used solvents such as perchloroethylene.

Under the terms of the agreement, City Hall will also become the owner of the property in the vicinity of what is known as the Arcadia Treatment Plant, which is located near Wilshire Boulevard and Bundy Drive.

NO RESIDENCY REQUIREMENT FOR CEMETERY

Those who wish to spend their afterlife at Woodlawn Cemetery will no longer need to spend their living years as a Santa Monica resident.

The council approved on first reading a law that would eliminate the residency requirement for the cemetery where non-Santa Monicans have been allowed for cremation since 1975 but not for other types of interment.

SEE COUNCIL PAGE 10



FOR THE FALLEN

Natalie Saito *news@smdp.com*

Senta Greene and her 4-year-old daughter, Libriti Greene, pray for the brave men and women who lost their lives serving the country during a ceremony at the Los Angeles National Cemetery on Veterans Day. Libriti's godfather is Vietnam veteran Tony Martinez.

PREP SPORTS ROUNDUP

Samohi softball flush with recruits

BY DANIEL ARCHULETA
Managing Editor

SAMOHI This year's Vikings softball team will have the feel of a big-time college squad.

Santa Monica High School will be flush with future Division I college players when they take the field in February. A total of four players will sign letters of intent this week including shortstop Kalie Nakao (Hawaii), catcher Emma Woo (Tennessee Tech), pitcher Celisha Walker (New Mexico State) and outfielder Hayley Condon (San Jose State).

"I think the kids have really worked their butts off," Head Coach Debbie Skaggs said. "This is a pretty close-knit group. They have been together for a long time."

All four players have been on the varsity squad since they were freshmen.

With the presence of these four players along with a strong senior class, Skaggs expects her team to potentially challenge for a California Interscholastic Federation title

SEE ROUNDUP PAGE 12

Main Street merchants want crack at market

BY MELODY HANATANI
Daily Press Staff Writer

CITY HALL A new policy dictating the selection of prepared food vendors at the Santa Monica Farmers' Market is drawing fire from Main Street merchants who are concerned that there won't be enough preference given to local restaurants.

The issue was raised during a City Council meeting on Tuesday when city staff presented a comprehensive set of new rules, regulations and policies for the operation and management of the four popular markets in Santa Monica, governing activities of certified farmers, retail activities and musical entertainment, and prepared food vendors.

It was the latter that garnered the most attention after several members of the Main Street business community asked that more

SEE MARKET PAGE 11

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WHAT'S UP WESTSIDE

OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



Thursday, Nov. 12, 2009

Free tour
Westside HIV Community Center
2012 Lincoln Blvd., 6 p.m. — 7 p.m.
Come take the Westside HIV Community Center Tour, provided by Common Ground. The event will allow participants to learn about HIV prevention and treatment programs and talk to professional staff and volunteer. The event is free, but please call (310) 314-5408 ext. 120 to make a reservation.
Visit www.commongroundwestside.org for more details.

Meet the author
Beyond Baroque
681 Venice Blvd., 7:30 p.m.
Come enjoy a reading by Amiri Baraka, one of the leading figures in poetic and political culture of the United States, as she participates in Beyond Baroque's 40th Anniversary Reading. Tickets are $10. Call (310) 822-3006 or go to www.beyondbaroque.org for more information.

Heal yourself
Santa Monica Senior Center
1450 Ocean Ave., 12:30 p.m. — 2 p.m.
Attend a fun self-healing lecture from Maria Locsin. She will involve you in learning how to ease your pain and discomfort by pressing certain body points and working with areas of the body to increase blood flow. Cost is free, but you must be at least 50 years old. Call (310) 458-8644 for more information.

Friday, Nov. 13, 2009

Astronomically speaking
New Roads School
3131 Olympic Blvd., 7:30 p.m. — 9:30 p.m.
Come on the second Friday of each month for presentations at the Santa Monica Amateur Astronomy Club. Robert Lozano presents "Cassini and Lapetus" and Thor Dockweiler presents "The Salt Ring of Saturn." Cost is free.
Call (310) 495-7595 for more information.

'I Love You, You're Perfect, Now Change'
Malibu Stage Company
29243 Pacific Coast Hwy., 8 p.m.
The Malibu Stage Company presents the musical "I Love You, You're Perfect, Now Change" by Joe DiPietro and Jimmy Roberts. The musical is put on every Friday and Saturday at 8 p.m. and Sundays at 5 p.m. Admission is $35.
Call (310) 429-2665 for more information.

Saturday, Nov. 14, 2009

Lupus walk
Crescent Bay Park
Ocean Avenue and Bay Street, 9 a.m. — noon
Join the third annual "Walk with us to cure lupus" walkathon this Saturday. The walk, starting at Crescent Bay Park, is 5 kilometers, or 3.1 miles. Create a team, join a team, or volunteer on walk day. Virtual walks are available for those who cannot walk or attend the event. There is no fundraising minimum and everyone is welcome. Find a cure for the 1.4 million Americans living with lupus today.
Call (866) 925-5257 for more information.

Mothers circle
motheringminds
Marine Street, 2:30 p.m. — 4 p.m.
Many women want a place where they can talk about both the positive and negative experiences of motherhood. This group offers a forum where women can speak honestly and openly about the challenges and joys of being a parent. This group provides a relaxed and nurturing environment where all experiences are welcome, and where mothers can feel supported and understood. Call (310) 922-6969 for more information.

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



Area agencies dispute homeless report

THE ASSOCIATED PRESS

LOS ANGELES Homeless service providers say they are seeing more demand than ever in Los Angeles County and are baffled by a survey that shows the county's homeless population has drastically decreased.

The Los Angeles Homeless Services Authority released a report last month showing the county's homeless population is down by 38 percent from two years ago.

The report, based on a census conducted over three days last January, said the same trend has been seen in other major cities across the country and attributed the decline to better services and outreach to the homeless.

But representatives of several nonprofits say the report's numbers fly in the face of what they are seeing — increasing demand for services, especially from families, due to the recession.

"New people are becoming homeless and that's what doesn't jive with these numbers," said Joel John Roberts, chief executive of Path Partners, a homeless service provider.

David Snow, executive director of Upward Bound House in Santa Monica, said he was surprised at the numbers. "They seem so contradictory to what we as service providers are seeing from the front lines," he said.

Snow said he was concerned that donations may drop off if people perceive that homelessness is decreasing.

Michael Arnold, the authority's executive director, said the criticism prompted a double-check of the census, but the numbers bear out.

He noted no one has found fault with the methodology used, which included conducting counts in 754 census tracts randomly selected from the county's 2,054 census tracts and making 28,000 phone calls to detect people living in garages and other off-street lodgings.

Service providers are speaking anecdotally, he said.

Roberts said the most accurate census would be a head count. Each of the county's 88 cities should perform its own census of homeless individuals, which several cities have done and have found increases in homeless citizens.

City Hall earns top digital honors

BY DAILY PRESS STAFF

The Center for Digital Government has awarded City Hall top honors in the 2009 Digital Cities Survey. City Hall placed first in 2007 and third in 2004 and 2008.

The award is based on a comprehensive analysis of how cities are using technology to create a seamless environment between local government and constituents.

Santa Monica has been recognized as a leader in the effective use of technology since City Hall first offered services online in 1989, city officials said. This award recognizes City Hall's application of technology to good governance, planning, operations, and the electronic delivery of services.

Hundreds of digitally advanced cities are considered every year and are classified into four size-based categories. Out of the mid-level cities — populations of 75,000 to 124,999 — the city of Santa Monica placed first.

"I think the award recognizes Santa Monica's investment in the right technologies and our commitment to being a leader in using technology to better connect our community," Chief Information Officer Jory Wolf said.

Technologies identified as especially significant include real-time parking information on the Web, the traffic signal synchronization system, online payment services, video streaming of public meetings, the complaint tracking system, free Wi-Fi services, the fiber optic rings around the city, and an emphasis on using the latest in "green" technologies.

The Center for Digital Government is a national research and advisory institute on information technology policies and best practices in state and local government.

news@smdp.com



END OF THE MOTHER ROAD

Fabian Lewkowicz *FabianLewkowicz.com*

Mrs. Route 66 Terry Kafides (right) and Jr. Teen Miss Route 66 Karla Cervantes waive while leading a motorcade of vintage cars down the Santa Monica Pier for an unveiling of the official sign marking the end of Route 66 on Wednesday.

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Can't sleep because of smoke

Editor:

Thanks again to Melody Hanatani for her continuing coverage of the apartment smoking issue ("Smoking concerns renters group," Nov. 11). The City Council needs to understand a very important fact about the dynamics of this problem. Long-term tenants are not the ones in danger of being evicted because of a possible new ordinance. It is the new tenants that smoke who are causing the smoking problems. People would not stay in their apartments for years if they were being impacted by this problem. If you had recently moved into a place and found it to be constantly polluted by a nearby smoker, you would move. It is the long-term, non-smoking tenants that have the real problem. Moving is a serious issue for them.

There is something else to consider as well. Landlords are using the placement of smokers in recently vacated units to "smoke out" long-term tenants, and it's working. This is happening in my building. After 23 years of peaceful, problem-free apartment living, I am now surrounded by smokers on all sides. Several of them smoke all night, every night. I have discovered to my bitter regret that the urge to smoke is so great, people wake up every few hours to light a cigarette. This has impacted my life to such an extent that it is difficult to describe.

Nicotine is a psychoactive drug that, along with the smoke itself, makes it impossible for me to sleep. I am jarred awake over and over again virtually every night. The neighbor who is polluting my bedroom every night is so consistent in his habit that I literally have not slept in my own bed for almost two years! I am camping in my living room on the couch. I can only forlornly wish that this actually solved the problem, but another person pollutes my living room as well. He actually passes out on some nights, allowing me to grab some sleep sometimes.

I have tried everything to block and/or vent the smoke, but it is impossible to stop. The 1994 earthquake left so many ways for smoke to invade my unit through the floors, walls and windows that there is nothing to do except refrain from breathing!

I would strongly urge the council to pass a meaningful ordinance dealing with this issue. If Oakland can do it successfully, Santa Monica surely can!

Josh Lambert
Santa Monica

Get it straight

Editor:

Steve Breen likes to blame everything on Obama, however, in 2008 when the FBI, CIA and other security departments were looking at [Fort Hood shooter] Hasan, it was under Bush's watch. Obama had not been in office yet. I think Breen needs to put his money where his mouth is.

J. Kestler
Culver City



Your column here

P. Piero

Send comments to editor@smdp.com

Clean teeth boost immune system

RESPIRATORY INFECTIONS FLOURISH AT this time of the year. The standard advice for the prevention of these sicknesses is to wash your hands and keep your immune system healthy by eating properly and exercising regularly. Washing your hands is one way of keeping the hundreds of different bacteria and viruses from getting into your system. Individuals with lower immune systems are more susceptible to infections, since your immune system helps to defend the body, if and when a virus or bacteria slip in.

In addition to the standard advice, a less publicized approach to healthy living and avoiding a respiratory infection is to keep your teeth clean. Here's why:

• There are 400 to 500 species of bacteria that live in your mouth. Viruses can use bacteria as factories to grow and multiply. If a virus makes its way into your mouth (usually from touching your hands to your mouth or biting your nails), the fewer bacteria in your mouth, the less likely the virus will grow.

• Periodontal disease is caused by plaque producing bacteria. The body in defense of the periodontal disease releases cytokines. These cytokines trigger your blood-making organs to constantly fight or defend themselves, thus weakening the body's immune system to fight other infections.

• Periodontal disease is a potential contributing factor for respiratory diseases, according to the American Academy of Periodontology.

The bacteria that cause periodontal disease and are taxing your immune system are breeding right now in the perfect environment of your mouth. They love the cozy, moist, dark, warm and acidic ecosystem, which is constantly being fed by carbohydrates. The areas between the teeth are particularly good breeding grounds because the damaging bacteria thrive in the absence of oxygen. The bacteria grow rapidly — actually doubling their count every hour. There are more bacteria in your mouth than people on the planet Earth. The excrement or bi-product of the bacteria is what forms the sticky film that is a constant challenge to remove and what is called plaque.

Symptoms of periodontal infection are often not noticeable until the disease is advanced. Some of the symptoms include bad breath that will not go away, red or swollen gums, tender or bleeding gums, loose teeth, or sensitive teeth. A dentist can diagnose the disease in the early stages, prior to individuals realizing they have it. Because 85 percent of the population have some degree of periodontal disease, it is extremely important to get regular dental check ups. Professional cleanings at a dental office are recommended every six months. Periodontal disease is the most widespread disease on Earth.

Visiting a dentist is only one half of the prevention equation. Daily home care is as important. Periodontal disease is prevented by thoroughly cleaning your teeth, requiring the removal of the resilient bacteria. A toothbrush does a good job in removing the bacteria from the high spots, but unfortunately, not in between teeth. In addition, most conscientious individuals who try to do a "better" job at cleaning their teeth, end up with toothbrush abrasion. This ridge between the tooth and gum line expose the root. The area then is sensitive to hot, cold, sweets and acids, and requires composites that must be repeatedly replaced.

Flossing is important both in the prevention and the control of periodontal disease according to the American Dental Association (ADA). Because it is a laborious task to floss, most people don't. The ADA reported that only about 5 percent of the population actually flosses. In addition, only 18 to 35 percent of the plaque between teeth is removed when one does floss, according to The Journal of Clinical Periodontology. Flossing can also move the contagious periodontal disease from an infected site to an uninfected site. Although oral irrigators are meant to replace flossing, they can't cut through plaque's sticky biofilm since they only use water.

Once afflicted, patients with periodontal disease control it by a disciplined and meticulous oral cleaning regimen, both at the dental office and at home. Professional treatment may require below the gum line scraping, three-month check ups instead of the traditional six-month, and a prescription oral rinse.

Oral health is critical to total health. There is evidence that point to a link between periodontal disease and Chronic Obstructive Pulmonary Disease (COPD), among which is emphysema and chronic bronchitis. Sixteen million Americans suffer from COPD and it is the sixth leading cause of mortality in the U.S. Studies published in the Journal of Periodontology found that patients with periodontal disease have a 1.5 times greater risk of COPD.

The American Academy of Periodontology reported that, "Bacteria that grow in the oral cavity can be aspirated into the lung to cause respiratory diseases such as pneumonia, especially in people with periodontal disease." The bacteria that are multiplying in the mouth are not only being used as factories for the viruses but are also being breathed into the susceptible lungs.

P. PIERO is a practicing dentist and inventor of Dental Air Force®, the home dental cleaning system that combines brushing, flossing and bleaching by power washing between teeth and around the gum line. Learn more at www.dentalairforce.com.

MUSM: miss you so much
BF: boyfriend
OLL: online love
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.

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National Center for Missing & Exploited Children

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Life Matters

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

Paying attention to red flags

DEAR NEW SHRINK,

Why do people ignore "red flags?" I know I have done it in the past with relationships. I now know better but never really understood why I did it. And now we are hearing about it again and again on the news. Why are we all so stupid?

Signed,

Do Not Understand

DEAR DO NOT UNDERSTAND,

You ask a really interesting question. Definitely with these shootings by the Army psychiatrist, the rape of a 15-year-old girl in Richmond, the paroled man who kidnapped, raped and fathered children with a young girl and may have killed a number of others, this is an important question. Even with our quieter suicides, unfortunate or unnecessary deaths, broken marriages, bad relationships, almost always someone or a number of people come forward to talk about what they noticed but yet said or did nothing about. Obviously in the end, it does seem stupid. But the real causes range from minding our own business, being politically correct, not wanting to cause a problem, being unsure of ourselves, not trusting our instincts to hoping that "it" will just take care of itself, work itself out or someone else will do something. Most of these sort of run together but in my opinion, we really need to rethink this. There are simply too many disastrous results when we look the other way and ignore, as you say, the red flags.

Usually if we take the time out to listen to our instincts, our gut, we will know what we need to know. But the mind can get in the way and tell us a hundred reasons why we are wrong or shouldn't do anything about what we are intuiting. It's best to tell the chatter to shut up, go away and listen to what that deeper part of yourself is saying and even ask it, what are you picking up on? Something is going on here, what is it?

Once you feel strongly about what you are feeling, the next step is deciding what to do about it. Depending on what it is, there are numerous alternatives. If it's a personal matter, or something with a friend or relative, ask yourself what might happen if you don't say anything. In a relationship, problems that are not addressed often lead to the end of it. If a friend is drinking too much or engaging in self destructive behavior or maybe just seems depressed, ask yourself whether you are really being a good and caring friend if you do not say anything. There are ways to say things. In these personal matters, coming from the heart and making sure there is no negative judgment, resentment or criticizing, can make a big difference. It can actually save someone's life.

In larger matters where it's a colleague, fellow student or neighbor, sometimes it's best to be less direct and seek help or guidance. Ask others that you trust if they have noticed anything unusual or go to a higher up and explain that you are not trying to cause trouble but at the same time you don't want to be part of a really bad outcome. Share your concerns.

Back to why do we ignore red flags? I have answered much of your question but there is another reason, and that is hope — hope that it will go away, work itself out or someone else will fix it. Hope is an interesting thing. We need it at times, for sure. It is similar to faith but not exactly the same. Hope always includes fear; the fear that something will not happen or that what is hoped for will. If you really think about it, it is like a drug. We use hope like a drug, to make an uncomfortable reality go away. It is very different from trust. Generally trust has a rational, more solid basis. This is not to say that we haven't had situations where it turns out that what we trusted, we should not have. But hope is not based on rationale; it's just hope. We use it when we need it and sometimes we get lucky but often we do not.

These words faith, trust and hope are used interchangeably but they are not the same. Hope has a dark side to it. If you are hoping that the chemotherapy of a relative is going to work, it's understandable but you should also prepare yourself. When you are talking about red flags, it's best to ask yourself "do I trust that my partner is faithful to me, or that the neighbor or professor is going to do something about what I am noticing? Or am I hoping?" If you are hoping, you should rethink it and maybe pay more attention. Red flags do mean something!

DR. JOANNE BARGE is a licensed psychologist with offices in Brentwood. Send your questions and responses to newshrink@gmail.com or visit us @www.newshrink.com. All questions are welcomed and kept anonymous. Please let us help you with your life matters.

The Q Line

Just compensation?

A recent survey showed that SMMUSD Superintendent Tim Cuneo is one of the highest paid in the county. Cuneo's contract has been criticized by some parents and the local teachers union.

So, this week's Q-Line question asks:

Does Cuneo deserve this pay, and will it have any impact on whether or not you would support another parcel tax to fund local schools?

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



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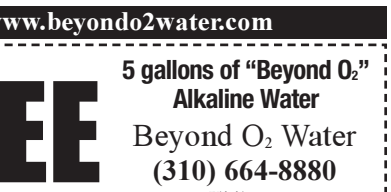
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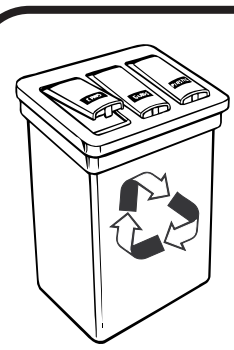
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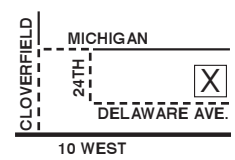


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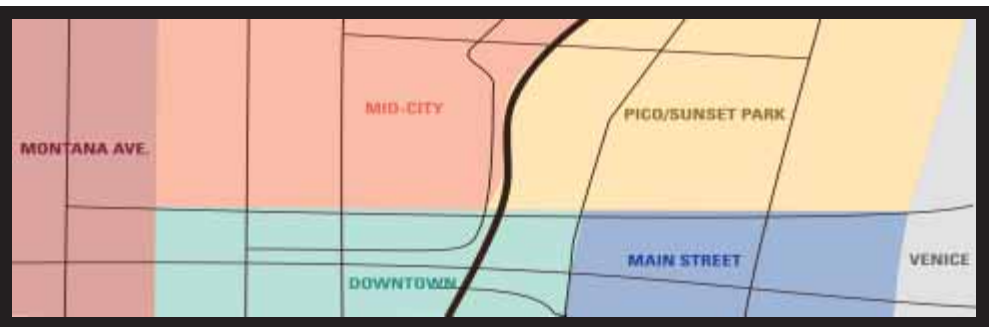
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MONTANA AVE

17th St Cafe 1610 Montana Ave.	(310) 453-2771
Andrew's Cheese Shop 728 Montana Ave.	(310) 393-3308

BABALU

Excellent Carribean dining featuring a fresh menu focusing on seafood, burgers, salads and world famous homemade desserts. Open daily from 11:30 to 10pm. Wine and beer menu, take out available.

1002 Montana Ave (310) 395-2500

Blue Plate 1415 Montana Ave.	(310) 260-8878
Cafe Dana 1211 Montana Ave.	(310) 394-0815
Cafe Montana 1534 Montana Ave	(310) 829-3990
Di Dio's Italian Ices 1305 Montana Ave.	(310) 393-2788
The Duck Blind 1102 Montana Ave.	(310) 394-6705
Father's Office 1018 Montana Ave.	(310) 393-2337
Il Dolce Cafe 1023 Montana Ave #B	(310) 458-4880
Le Marmiton 1327 Montana Ave	(310) 393-7716
Locanda Portofino 1110 Montana Ave.	(310) 394-2070
Louise's Trattoria 1008 Montana Ave.	(310) 394-8888
Marmalade 710 Montana Ave.	(310) 829-0093
Montana Restaurant & Lounge 1323 Montana Blvd.	(323) 330-8010
Patty's Gourmet Take & Bake Pizza 625 Montana Ave.	(310) 576-6616
Pradeeps 1405 Montana Ave.	(310) 393-1467
Ristorante Vincenzo 714 Montana Ave.	(310) 395-6619
Rosti 931 Montana Ave.	(310) 838-4900
Spumoni 713 Montana Ave.	(310) 393-2944
Sushi Sho 1303 Montana Ave.	(310) 393-0035
Via Dolce 1627 Montana Ave.	(310) 458-1562
Vincenzo Ristorante 714 Montana Ave.	(310) 395-6619

MID-CITY

Akbar Cuisine Of India 2627 Wilshire Blvd	(310) 586-7469
Back On Broadway 2024 Broadway	(310) 453-8919
Bergamot Cafe 2525 Michigan Ave. # A3	(310) 828-4001
Big Jos 1955 Broadway	(310) 828-3191
Bistro Of Santa Monica Santa Monica Blvd	(310) 453-5442

BISTRO 31

Bistro 31, the culinary student-run restaurant of The International Culinary School at The Art Institute of California – Los Angeles, offers an incredible dining experience at a reasonable price. Students prepare sumptuous international cuisine and deliver it in an elegant setting. Lunch and dinner.

2900 31st St (310) 314-6057

Bizou Garden 2450 Colorado Ave. #1050	(310) 472-6020
Bread And Porridge 2315 Wilshire Blvd	(310) 453-4941
Buon Giorno Caffe 1431 Santa Monica Bl	(310) 260-0073
Cafe L'etoile D'or 2311 Santa Monica Blvd	(310) 315-4375
Chandni Vegetarian 1909 Wilshire Blvd	(310) 828-7060
Coogie's Cafe 2906 Santa Monica Blvd	(310) 829-7871
The Corner Cafe 28th St. #121	(310) 452-2905
The Cutting Board 1260 15th St. #105	(310) 434-9924
Dagwoods 820 Wilshire Blvd.	(310) 899-3030
Daily Grill 2501 Colorado Ave. #b-190	(310) 309-2170
Drago Restaurant 2628 Wilshire Blvd	(310) 828-1585
Dragon Palace 2832 Santa Monica Blvd	(310) 829-1462
El Cholo 1025 Wilshire Blvd	(310) 899-1106
Fromins 1832 Wilshire Blvd	(310) 829-5443
House Of Billiards 1901 Wilshire Blvd	(310) 828-9203
I H O P 1920 Santa Monica Blvd	(310) 829-9100
Casa Escobar 2500 Wilshire Blvd	(310) 828-1315

IZZYS DELI

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1433 Wilshire Blvd (310) 394-1131

J P's Bar & Grill 1101 Wilshire Blvd	(310) 394-7660
Kaido Japense Cuisine 2834 Santa Monica Blvd	(310) 828-7582
Kay 'N Dave's 262 26th St.	(818) 782-6196
L A Farm Ltd 3000 Olympic Blvd	(310) 449-4007
Lee's Chinese Food 1610 Santa Monica Blvd	(310) 828-5304
The Lincoln 2460 Wilshire Bl	(310) 828-2217
Lucys Lunchbox 710 Wilshire Bl #100	(818) 762-6267
Maya Japanese Food 2840 Santa Monica Blvd	(310) 453-2612
Manhattan Bagel 2216 Wilshire Blvd	(310) 828-3228
Nawab Of India 1621 Wilshire Bl	(310) 829-1106
Networks Cafe 2700 Colorado Ave. #190	(310) 315-0502
Noma Restaurant 2031 Wilshire Blvd	(310) 453-4848
Norms Santa Monica 1601 Lincoln Blvd	(310) 395-6310
O' Briens 2226 Wilshire Blvd	(310) 829-5303
Our Cafe 2104 Wilshire Bl	(310) 828-5313
Overunder 1333 Santa Monica Blvd	(310) 899-0076
Pacific Dining Car 2700 Wilshire Blvd	(310) 453-4000
Pot & Pan Thai Food 2315 Santa Monica Blvd	(818) 439-7083
Santa Monica Pizza 1318 Wilshire Blvd	(310) 393-4554
The Shack Restaurant 2518 Wilshire Blvd	(310) 449-1171
The Slice 915 Wilshire Blvd	(310) 453-2367
Sizzler 2025 Wilshire Blvd	(310) 453-3250
Snug Harbor 2323 Wilshire Blvd	(310) 828-2991
Sunshine Cafe & Grill 2021 Santa Monica Blvd	(310) 449-7777
Sushi King 1330 Wilshire Blvd	(310) 395-0120
Tacos Por Favor 1406 Olympic Blvd	(310) 392-5768
Taqueria Chihuahua 1909 Lincoln Bl	(310) 874-2057
Tazzina 1620 Wilshire Blvd	(310) 413-4270
Thai Dishes 111 Santa Monica Blvd	(310) 394-6189
Toi On Wilshire 1120 Wilshire Blvd	(310) 394-7804

V LOUNGE

V is for VIP. Welcome to V Lounge, home of the Westside's most elite nightclub ventures. Versatile to fit any need, V Lounge offers only the most premium in nightlife experience.

2020 Wilshire Blvd (310) 829-1933

Wilshire Restaurant 2454 Wilshire Blvd	(310) 586-1707

DOWNTOWN

3 on Fourth 1432 4th St. #A	(310) 395-6765
Abode Restaurant 1541 Ocean Av #150	(310) 394-3463

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1551 Ocean Avenue, Suite 140 (310) 451-5900

B O A 101 Santa Monica Bl	(323) 655-3372
Baja Buds 1315 Third Street Promenade	(310) 393-6060
Bangkok West 606 Santa Monica Blvd	(310) 395-9658
Benihana 1447 4th St.	(310) 260-1423
Bookmark Cafe 601 Santa Monica Bl	(310) 587-2665
Bravo Cucina 1319 Third Street Promenade	(310) 394-0374
Britannia pub 318 Santa Monica Blvd.	(310) 458-5350
Broadway Deli 1457 Third Street Promenade	(310) 451-0616
Brunos Italian Rest Deli 1652 Ocean Ave.	(310) 395-5589
Bubba Gump Shrimp Co 301 SM Pier	(310) 393-0458
Buca Di Beppo 1442 2nd St.	(310) 587-0771
The Cafe 445 Pacific Coast Hwy	(310) 393-8282
Cafe Crepe 1460 Third Street Promenade	(310) 576-0499
Cafe Paradiso 2408 Wilshire Blvd	(818) 427-1796
Cafe Presto 2425 Colorado Ave. #107 B	(310) 829-7757
Cafe Sol 2425 Colorado Ave.	(310) 829-0031
California Chicken Cafe 2401 Wilshire Blvd	(310) 453-0477
California Crisp 13 Santa Monica Place	(310) 394-3800
California Pizza Kitchen 214 Wilshire Blvd	(310) 393-9335
Callahans Restaurant 1213 Wilshire Blvd	(310) 394-6210
Capo 1810 Ocean Ave.	(310) 394-5550
Carousel Cafe 1601 Ocean Front Walk	(310) 451-4277
Chez Jay 1657 Ocean Ave.	(310) 395-1241
Comfort Cafe 420 Broadway	(310) 395-6252
Cora's Coffee Shoppe L P 1802 Ocean Ave.	(310) 434-2468
Crepes Company Inc 213 Arizona Ave.	(310) 801-0670
Dennys Restaurant 1645 1560 Lincoln Blvd	(714) 251-5409
Fast Taco 2901 Ocean Park Blvd #115	(310) 664-8722

FIG RESTAURANT
AT FAIRMONT MIRAMAR HOTEL & BUNGALOWS

Headed by Chef Ray Garcia, FIG Restaurant features organic, locally grown dishes. Chef Ray works with creameries, fisheries and foragers to ensure only the freshest ingredients are used. Featuring a charcuterie bar, communal table and private dining, FIG offers a comfortable, neighborhood atmosphere.

101 Wilshire Blvd (310) 319-3111

Fritto Misto 601 Colorado Ave.	(310) 458-2828

FUNNEL MILL

The Funnel Mill features imported, organic coffee and teas from around the world. If you eat McDonalds, drink two buck Chuck, and think Starbucks is gourmet, this place is not for you. Discover what coffee and tea should really taste like to the discerning palate. Try our traditional tea ceremony to truly appreciate the flavors of the East. www.funnelmill.com

930 Broadway Suite A (310) 597-4395

Gate Of India 115 Santa Monica Blvd	(310) 656-1665
Gaucho Grill 1251 Third Street Promenade	(323) 468-0220
Georges Bistro 1321 Third Street	(310) 451-8823
Hedwigs Cafe 1509 4th St.	(310) 394-3956

THE HIDEOUT

The Hideout is Santa Monica's best lounge! We pay attention to details, so you don't have to. Whether you want to come alone, as a couple, with a group of friends, or throw an unforgettable party, we've got you covered!

112 W. Channel Road (310) 429-1851

Hot Dog On A Stick 1633 Ocean Front Walk	(760) 930-0456
Houston's 202 Wilshire Blvd	(602) 553-2111
I Cugini Restaurant 1501 Ocean Ave.	(310) 451-4595
Il Fornaio 1551 Ocean Ave.	(415) 945-0500
Infuzion Cafe 1149 3rd St. #100	(310) 393-9985
Interactive Cafe 215 Broadway	(310) 395-5009
Ipanema Cafe 150 Santa Monica Place	(310) 838-8586
Ivy At The Shore 1535 Ocean Ave.	(310) 278-2908
Jinkys Cafe 1447 2nd St.	(818) 981-2250
Jiraffe Restaurant 504 Santa Monica Blvd	(310) 917-6671

JOHNNY ROCKETS

Every Johnny Rockets restaurant boasts an all-American look and feel with great tasting food including juicy hamburgers, classic sandwiches and hand-dipped shakes and malts. Come in and see for yourself why Johnny Rockets is the place Where the Good Times Roll!TM"

1322 Third Street (949) 643-6100

Kaiten Restaurant 1456 Third Street	(310) 451-8080
La Botte, Inc. 620 Santa Monica Blvd #A	(310) 576-3072
La Salsa #44 1401 Third Street Promenade	(310) 587-0755
La Serenata 1416 4th St.	(310) 204-5360
Le Merigot Hotel 1740 Ocean Ave.	(310) 395-9700
Leonidas 331 Santa Monica Blvd	(310) 417-8851
Light House Buffet 201 Arizona Ave.	(310) 451-2076
The Lobster 1602 Ocean Ave.	(310) 458-9294
Locanda Del Lago 231 Arizona Ave.	(310) 451-3525
Loews Santa Monica 1700 Ocean Ave.	(310) 458-6700
Manchu Wok 11 Santa Monica Pl	(310) 458-3558
Mariasol 401 Santa Monica Pier	(213) 626-5554
Michaels 1147 3rd St.	(310) 395-7911
Musha Restaurant 424 Wilshire Blvd	(310) 576-6330
Newsroom Santa Monica Inc 530 Wilshire	(310) 451-9444
Ocean Avenue Seafood 1401 Ocean Ave.	(310) 437-8824
Ocean Cafe 100 Wilshire Blvd #B1-10	(310) 260-6010

THE YARD

"Your Neighborhood Gastropub." Our gastro-pub features great bar food and tapas. We have DJs after 10 on Thursday through Saturday, and live music on Sunday nights.

119 Broadway (310) 395-6037

P F Chang's China Bistro 326 Wilshire Blvd	(310) 395-1912

westside DISH

Panera Bread 501 Wilshire Bl	(714) 241-7705
Perrys Pizz 930 Ocean Front Walk	(310) 372-3138
Perrys Pizza 2600 Ocean Front Walk	(310) 372-3138
Perrys Pizza 1200 Ocean Front Walk	(310) 458-3975
Perrys Pizza 2400 Ocean Front Walk	(310) 372-3138
Promenade Cafe 321 Santa Monica Bl	(213) 700-2373
R A W 609 Broadway	(310) 451-4148
Real Food Daily 514 Santa Monica Blvd	(310) 393-0804
Renees Court Yard 522 Wilshire Blvd	(310) 451-9341
Riva Restaurant 312 Wilshire Blvd	(310) 451-7482
Rustic Canyon 1119 Wilshire Blvd	(310) 560-7787

RUSTY'S SURF RANCH

Rusty's Surf Ranch on the Santa Monica Pier is a multi-use facility, featuring the best in live music, dancing and award-winning cuisine in a California beach environment. With an extensive collection of historic surfboards and memorabilia, Rusty's pays homage to the "Surfing '60s", the Golden Era of California Surf Culture. Rusty's lunch and dinner cuisine are consistent award winners, but great meals share the stage with great music at Rusty's when the Dining Room stage welcomes live music and dancing with top area bands and national acts. Rusty's is available for Special Events during normal operations or as a restricted facility for Private Parties. Rusty's Surf Ranch is a perfect reminder of a simpler time in California's beachfront history, with good food in a casual environment, live music and FUN. Open daily at noon. Happy Hour 4-7p.m.

256 Santa Monica Pier (310)393-PIERS

Scarboni 312 Wilshire Bl	(310) 704-8079
SONNY MCLEAN'S 2615 Wilshire Blvd.	(310) 449-1811
Stefano's 1310 Third Street Promenade	(310) 216-7716
Sunset Bar & Grill 1240 Third Street	(310) 393-3959
Sushi Mon 401 Santa Monica Blvd	(310) 576-7011
Sushi Roku Santa Monica 1401 Ocean Av	(310) 655-3372
Sushi Shogun 1315 Third Street	(213) 500-4989
Sushi Teri Express 1551 Ocean Ave. #130 B	(310) 394-2189
Swingers 802 Broadway	(323) 656-6136
Tandoor Cafe 395 Santa Monica Place #009	(310) 435-3845
Tastie16 Santa Monica Place	(310) 770-6745

THAI DISHES

Traditional Thai cuisine with more than 20 years experience. Check out our newly remodeled restaurant. Let us serve you.

111 Santa Monica Blvd. (310) 394-6189

Tokyo Kitchen 15 Santa Monica Pl	(310) 451-5385
T's Thai 1215 4th St.	(310) 395-4106
Tudor House 1403 2nd St.	(310) 451-8470
Victoria Pizzeria 1607 Ocean Front Walk	(310) 394-6863
Villa Italian Specialties 8 Santa Monica Pl	(310) 451-3031
Wahoo's Fish Taco 418 Wilshire Blvd	(949) 222-0670

WOKCANO

The Wokcano Restaurant Group is a modern Asian restaurant and lounge now with six locations including Santa Monica, West Hollywood, Downtown L.A., Burbank, Pasadena, and Long Beach featuring innovative cocktails and cuisine available for delivery, take out, and corporate dining.

1413 5th Street (310) 458-3080

Whist 1819 Ocean Av	(310) 260-7509
Yangtze 1333 Third Street Promenade	(310)260-1994
Yankee Doodles 1410 Third Street	(310)394-4632
Ye Olde Kings Head 116 Santa Monica Blvd	(310)451-1402
	(310)451-1402

PICO/SUNSET PARK

310 Lounge & Bistro 3321 Pico Blvd.	(310) 453-1331
Abbots Pizza Company 1811 Pico Blvd	(310) 314-2777
Acapulco Restaurant 3360 Ocean Park Blvd.	(310) 450-8665
Air Conditioned 2819 Pico Blvd	(310) 829-3700
Ameci Pizza Pasta 2218 Lincoln Bl	(310) 314-0090
B B Q Garden 1707 Pico Blvd.	(310) 450-6494
The Bread Factory Inc 1900 Pico Bl	(310) 434-4653
Buddha Boba 1701 Pico Bl	(626) 674-8882
Bud's Famous Deli & Desserts 2727 Ocean Park Blvd.	(310) 450-6860
Cafe Bolivar 1741 Ocean Park Blvd.	(310) 581-2344
Campos Mexican Food Inc 2008 Pico Blvd	(310) 450-4477
Classic Pizza 2624 Pico Blvd	(310) 399-0452
The Counter 2901 Ocean Park Bl #102	(310) 399-8383
The Daily Pint 2310 Pico Blvd	(310) 450-7631
El Indio 2526 Pico Blvd	(310) 450-8057
El Pollo Loco Restaurant 1906 Lincoln Blvd	(310) 392-9800
El Torito 3360 Ocean Park Blvd.	(310) 450-8665
El Texate 316 Pico Blvd.	(310) 399-1115
Fresh & Natural Cafe 1900 Pico Blvd	(310) 392-0516
Ocean Park Pizza 2819 1/2 Ocean Park Blvd	(310) 450-9949
Georges Burgers 3101 Lincoln Blvd	(310) 452-0445
Gilbert's El Indio Mexican Food 2526 Pico Blvd.	(310) 450-8057
Hotel Casa Del Mar Restaurant 1910 Ocean Way	(310) 581-5533
The Hump 3221 Donald Douglas Loop South	(310) 390-3177
The Hungry Pocket 1715 Pico Blvd	(310) 458-5335
Il Forno Caffe & Pizzeria 2901 Ocean Park Blvd	(310) 450-1241
Josie Restaurant 2424 Pico Blvd	(310) 581-4201
La Playita 3306 Lincoln Blvd	(310) 452-0090
Lazy Daisy Inc 2300 Pico Blvd	(310) 450-9011
Le Pain Du Jour 828 Pico Blvd #2	(310) 399-4870
Mandarin Food Service 2618 Pico Bl	(310) 396-9559
Michael D'S Cafe 234 Pico Blvd	(310) 452-8737
Miyako 2829 Ocean Park Blvd	(310) 396-5588

THE OP CAFE

A Small Neighborhood Place With A Family Feel – Serving Breakfast and Lunch Daily. The Freshest Foods, Friendly Service At Unbelievable Prices! So when you want to be treated like family and enjoy some delicious food –The OP CAFÉ is the PLACE!!

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One Pico Restaurant One Pico Blvd.	(310) 587-1717
Panchos Tacos 2920 Lincoln Blvd	(310) 452-2970
Pedals Cafe One Pico Blvd.	(310) 587-1707
Raes Restaurant 2901 Pico Blvd	(310) 820-1416
Santa Monica Bar and Grill 3321Pico Blvd	(310) 453-5001
Santinos 3021 Lincoln Blvd	(310) 779-1210
Sheraton Delfina 530 Pico Blvd	(310) 399-9344
The Slice 1622 Ocean Park	(310) 453-2367
Spitfire Grill 3300 Airport Ave.	(310) 397-3455
Star Of Siam 3133 Lincoln Blvd	(310) 396-9511
Subway 2901 Ocean Park Blvd	(310) 396-3004
Sunset Grill 1701 Ocean Park Blvd	(310) 450-7546
Tandoor India 2622 Pico Bl	(310) 581-9964
Tom's No 1 Pico 2350 Pico Blvd.	(310) 396-4481
Typhoon 3221 Donald Douglas Loop	(310) 390-6565
UnUrban Coffeehouse 3301 Pico Blvd.	(310) 315-0056
Valentino Restaurant 3115 Pico Blvd	(310) 829-4313
Richie Palmer's Pizzeria1355 Ocean Ave	(310) 255-1111
Vitos 2807 Ocean Park Blvd	(310) 450-4999
Windows Restaurant 530 Pico Blvd.	(310) 399-9344
Yongs Cafe 3020 Nebraska Ave.	(310) 828-4775
Yuni Sushi 1928 Lincoln Blvd	(310) 396-4039
Zabies 3003 Ocean Park Blvd	(310) 392-9036

MAIN STREET

Amelia's 2645 Main St.	(310) 396-9095
Bravo Pizzaria & Deli 2400 Main St.	(310) 392-7466
Chinois On Main 2709 Main St.	(310) 392-3038
The Coffee Bean & Tea Leaf Ocean Park Blvd.	(310) 396-6706
Creative Sushi 2518 Main St.	(310) 396-2711
Dhaba Cuisine Of India 2104 Main St.	(310) 399-9452
Elvira's Cha Cha Chicken 1906 Ocean Ave.	(310) 581-1684
The Enterprise Fish Co 174 Kinney St.	(310) 392-8366
Euphoria Loves RAWvolution 2301 Main St.	(310) 392-9501
Finn McCools Irish Pub & Restaurant 2700 Main St.	(310) 452-1734
Goudas & Vines 2000 Main Street	(310) 450-6739
Groundwork Coffee Co. 2908 Main St.	(310) 930-3910
The Galley 2442 Main St.	(310) 452-1934
Holy Guacamole 2906 Main St.	(310) 314-4850
It's All Good Bakery 2629 Main St.	(310) 260-0233
Joes Main Street Diner 2917 Main St.	(310) 392-5804
La Vecchia Cucina 2654 Main St	(310) 399-7979
Library Alehouse 2911 Main St.	(310) 314-4855
Lula Cocina Mexicana 2720 Main St.	(310) 392-5711
Main Street Bagels 2905 Main St.	(310) 392-6373
Malia 2424 Main St.	(310) 396-4122
Manchego 2510 Main Street	(310) 450-3900
Mani's Bakery & Cafe 2507 Main St.	(310) 396-7700
O'Briens Irish Pub Oar House 2941 Main St.	(310) 396-4725

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The best breakfast in town, featuring locally grown vegetables from the Farmers Markets. Sinc 1962, the Omelete Parlor has been a staple for Santa Monica locals. 6:30 am to 2pm daily.

2732 Main St. (310) 399-7892

Oyako 2915 Main St.	(310) 581-3525
Panini Garden 2715 Main St	(310) 399-9939
Rick's Tavern 2907 Main St	(310) 392-2772
Schatzi On Main 3110 Main St	(310) 399-4800
Shoop's Delicatessen 2400 Main St	(310) 452-1019
Sparky's Fine Frozen Yogurt 3110 Main St. #12	(310) 399-4513
Urth Caffe 2327 Main St.	(310) 749-8879
Via Veneto 3009 Main St.	(310) 399-1843
The Victorian Baker Cafe 2640 Main St.	(310) 392-4956
Wildflour 2807 Main St.	(310) 452-7739
World Café 2640 Main St.	(310) 392-1661
Yose Restaurant 2435 Main St.	(310) 255-0680

VENICE

26 Beach Restaurant 3100 Washington Blvd.	(310) 823-7526
Abbot's Habit 1401 Abbot Kinney Blvd	(310) 399-1171
Abbot's Pizza Co 1407 Abbot Kinney Blvd	(310) 396-7334
Agra Indian Kitchen 2553 Lincoln Blvd.	(310) 396-8749
Axe 1009 Abbot Kinney Blvd.	(310) 664-9787
Azteca Restaurant 835 Sunset Ave.	(310) 396-6576
Baby Blues BBQ 444 Lincoln Blvd.	(310) 396-7675
Beechwood 822 W. Washington Blvd.	(310) 448-8884
Benice 1715 Pacific Ave.	(310) 396-9938
Big Daddy and Sons 1425 Ocean Front Walk	(310) 508-2793
The Brig 1515 Abbot Kinney Blvd.	(310) 399-7537
The Brick House Cafe 826 Hampton Dr.	(310) 581-1639
Cafe 50's 838 Lincoln Blvd.	(310) 399-1955
Casablanca Restaurant 220 Lincoln Blvd.	(310) 392-5751
Centanni Deli 1700 Lincoln Blvd.	(310) 314-7275
Chaya 110 Navy St.	(310) 396-1179
China Beach Bistro 2024 Pacific Ave.	(310) 823-4646
Danny's Deli 23 Windward Ave.	(310) 566-5610
French Market Cafe 2321 Abbot Kinney Blvd.	(310) 577-9775
Great Western Steak & Hoagie Company 1720 Lincoln Blvd.	(310) 450-4545
Hal's Bar & Grill 1349 Abbot Kinney Blvd.	(310) 396-3105
Hama 213 Windward Ave.	(310) 396-8783
James Beach 60 N. Venice Blvd.	(310) 823-5396
Joe's Restaurant 1023 Abbot Kinney Blvd.	(310) 399-5811
La Cabana Restaurant 738 Rose Ave.	(310) 392-6161
La Meditrina 1029 Abbot Kinney Blvd.	(310) 396-5000
Lands End Restaurant 323 Ocean Front Walk	(310) 392-3997
Lilly's French Cafe & Bar 1031 Abbot Kinney Blvd.	(310) 314-0004
Lincoln Fine Wines 727 Lincoln Blvd.	(310) 392-7816
Maos Kitchen 1512 Pacific Ave.	(310) 581-8305
Piccolo Ristorante 5 Dudley Ave.	(310) 314-3222
Primitivo Wine Bistro 1025 Abbot Kinney Blvd.	(310) 396-5353
Rose Cafe 220 Rose Ave.	(310) 399-0711
Shima 1432 Abbot Kinney Blvd.	(310) 314-0882
Siam Best Restaurant 2533 Lincoln Blvd.	(310) 827-8977
Stroh's Gourmet 1239 Abbot Kinney Blvd.	(310) 450-5119
Szechwan Restaurant 2905 Washington Blvd.	(310) 821-6256
Uncle Darrow's 2560 S Lincoln Blvd.	(310) 306-4862
Wabi-Sabi 1635 Abbot Kinney Blvd.	(310) 314-2229
Wacky Wok 2805 Abbot Kinney Blvd.	(310) 822-7373

MARINA DEL REY

Beachside Cafe 4175 Admiralty Way	(310) 821-5313
C & O Cucina 3016 Washington Blvd.	(310) 301-7278
Cafe Del Rey 4451 Admiralty Way	(310) 823-6395
California Pizza Kitchen 3345 Fiji Way	(310) 301-1563
Casa Escobar 14160 Palawan Way	(310) 822-2199
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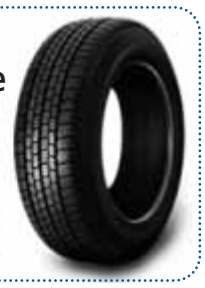
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Simple Real Food

Amanda Cushman

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Enjoying the classics at Capo

AS A FOOD PERSON WHO TEACHES cooking, I often get asked what my favorite restaurant in L.A. is — a daunting question for anyone due to the magnitude and expanse of such a place as Los Angeles. How about narrowing it down a bit. Why not wonder what my favorite Italian place in Santa Monica is. Now we can actually have a stab at an answer, don't you think?

Well I went to such a place on Saturday night with my husband and although we have been there a number of times I still vote for Capo on Ocean Avenue and Pico Boulevard as hands down the best meal I have had in Santa Monica and maybe in all of L.A.

Wow! Now that is quite a claim, but seriously this place is unreal! I know, I know it is too expensive, but what are we talking about here? Any good restaurant anywhere — even on an island in the Puget Sound — is expensive. The minute you have food made to order with any type of atmosphere and decent service you are looking at $100 per person for dinner. So Capo is a bit more than that — it is well worth it. I for one don't enjoy most restaurants because I can cook better than most and often find the trendiness of a place a huge turnoff. So I love to find somewhere like Capo that has been there for years and is not overrun with trend spotters where the food is fantastic, service professional and atmosphere romantic and cozy.

We had the tasting menu as there were so many choices I figured let the chef decide what is best. I am glad we went that route although with eight courses it was a bit too much food for me. It began with a homemade white corn ravioli which was divine and moved on to a wonderful artichoke salad, delicious baked crab, porcini mushroom soup, heirloom tomatoes with burrata, grilled branzino, seared New York steak with fava beans, and finally ended with a plate of homemade cookies, tiramisu and crème brulee. Whew! This was enough food for us to have split the tasting menu, but who knew. Next time we will have that choice. We both truly enjoyed the entire experience with no complaints and would love to return if only to sit at the tiny bar and enjoy a glass of wine and one or two appetizers.

This is the perfect place for a special occasion or a romantic dinner for two and reminds me of the great restaurants in New York.

My version of one of their pasta dishes, gnocchi with pesto, is a beautiful alternative to the traditional gnocchi made with boiled and mashed potatoes. This version utilizes ricotta cheese and comes out light as a feather. I wish you all the enjoyment of making and eating this simple, tasty dish.

AMANDA CUSHMAN is a culinary educator who has cooked professionally for 25 years. She teaches privately for groups of two to 20 students. She has developed hundreds of recipes for cookbooks as well as food magazines and Web sites. She can be reached amandascooking@gmail.com.

Ricotta gnocchi with pesto

Serves 8

Ingredients

2 cups ricotta cheese
1 cup grated parmesan cheese
1 1/2 cups flour
1/4 tsp. salt

Sauce:

3 cups basil leaves, washed dried
3 tbs. toasted pine nuts
2 cloves garlic, peeled
1/4 cup grated parmesan cheese
1/2 cup olive oil
salt and pepper

Procedure

1. Blend the cheeses in a medium bowl. Add flour and salt until dough becomes a smooth ball.
2. Turn out onto a floured work surface and divide the dough into 4 pieces. Roll each piece into a long rope and cut into gnocchi shapes as shown. Refrigerate the gnocchi for about 30 minutes before cooking. They can be frozen at this point as well.
3. Combine the sauce ingredients in a processor until blended, taste and adjust seasoning. Add water if it's too thick. This can be frozen for up to three months.
4. Bring a large saucepan of salted water to a boil and add the gnocchi about 20 at a time. When they rise to the surface test one for doneness. Remove to a bowl and toss with a sauce.

Wild mushroom sauce

Serves 4 to 6

Ingredients

1/2 oz. dried porcini, soaked in hot water to soften for about 20 minutes
5 tbs. extra virgin olive oil
1 1/2 pounds wild mushrooms, wiped clean and quartered
2 garlic cloves, minced
1/4 cup Italian parsley, chopped
1/2 cup dry white wine
Salt, pepper
1/2 cup heavy cream
chicken broth, as needed
1 pound short shaped pasta
Freshly grated parmesan

Procedure

1. Drain the porcini reserving the liquid and chop the mushrooms, set aside.
2. Heat the olive oil in a large skillet over medium high heat and sauté the fresh mushrooms until they soften slightly, about 5 minutes. Add garlic and parsley sauté for another minute.
3. Add the porcini to the skillet with their juices and cook for 3 minutes. De-glaze the pan with the wine adding salt and pepper to taste, reduce the wine to half, about 10 minutes.
4. Add the cream and cook until thickened, about 5 minutes. Taste and adjust seasoning, adding chicken broth is needed if the sauce is too thick.
5. Meanwhile, cook the pasta until al dente in a large saucepan of salted boiling water, drain and transfer to a serving bowl.
6. Toss the sauce with the pasta and serve with the grated cheese.

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Residency no longer a requirement at Woodlawn

FROM COUNCIL PAGE 1

Woodlawn is the only municipal cemetery with a residency requirement.

The law will also eliminate provisions that restrict people from walking in the cemetery other than on the walkways or roads and requires children to be accompanied by a parent. The new law, which will be final upon a second reading, will also change minor procedural regulations concerning the sale of plots, crypts and niches.

Councilwoman Gleam Davis said eliminating the residency requirement makes sense.

"The thing I hear from people … is that Woodlawn is full and they can't get into it," Davis said. "There is room for them if they desire to check in."

DECLAWING NOW ILLEGAL

A surgical procedure on cats that has been compared to amputation is no longer legal in Santa Monica.

City Hall joins a group of other California municipalities that have also voted to ban declawing in recent weeks, including Los Angeles, Beverly Hills and Berkeley.

The local ordinance, which was approved on second reading, will take effect 30 days from adoption.

Proponents of the ban have argued that declawing is not only physically painful but leaves cats more vulnerable to abandonment and relinquishment because of the behavioral changes that take place following the procedure, including urinating and defecating outside of litter boxes and biting because clawing is no longer a viable defense mechanism.

Meanwhile, opponents of the ordinance have argued that taking away the option of declawing could also lead to cats being abandoned by owners who feel they have no other option than to leave their pets at the animal shelter or euthanize them.

SIDEYARD RULE EXTENDED

The council also on second reading extended an interim ordinance concerning sideyard setback standards through Nov. 10, 2011.

The ordinance affects lots that are greater than 50 feet in width in the OP-4 district, requiring a minimum sideyard setback of 8 feet for portions of buildings that have a secondary window, blank wall or primary window on a sideyard facing the street, such as properties located on corners.

CHOOSING TAXI CAB COMPANIES

The council heard a report from city staff about the evaluation criteria and the process that will be used to award taxi cab franchises.

City officials voted in June to franchise cab companies to cut the inordinately high taxi population in Santa Monica, which at the time was more than 522. Cab companies were previously given a license as long as they met insurance and other basic requirements.

City Hall will begin seeking bids from cab companies on Jan. 14, 2010, after which a committee will review all applications and weigh them against criteria that include proof of financial stability, experience in the business in the past 10 years and use of alternative fuel vehicles.

Each operator will be required to have at least 25 vehicles. City Hall will issue at least one franchise and no more than eight, keeping the total number of cabs in the city at a maximum of 250.

The committee will return to council with recommendations in April with the franchise going into effect on July 1.

Councilmembers expressed a desire to see a local preference in choosing cab companies and an emphasis on an environmentally friendly fleet with vehicles that accommodate different-sized parties, from a sedan to a van.

PARKING STRUCTURE PROGRESS UPDATED

The council also received an update on the rebuilding of Parking Structures 1 and 6, which are located on Fourth and Second streets, respectively. The project is still in the early pre-design phase.

Councilmembers generally expressed interest in seeing ground floor retail and exploring possible underground parking.

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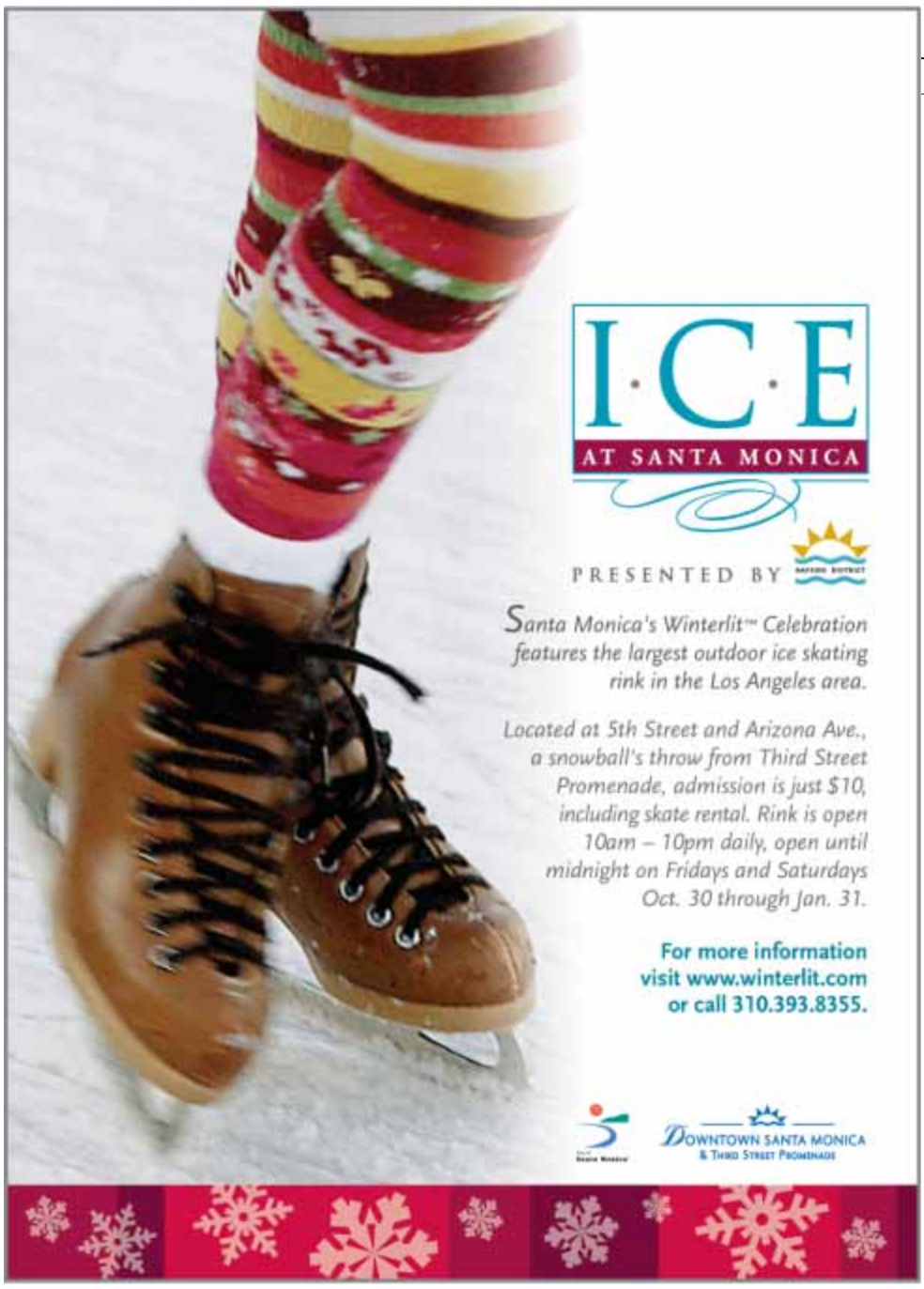




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Concerns remain about locality of businesses

FROM MARKET PAGE 1

weight be given to local merchants when selecting vendors for the prepared food section of the Sunday market, which is held at The Victorian.

The new policy awards points to applicants who meet certain criteria, including up to 20 points for business location with prospective vendors located within the district receiving the maximum. Applicants can also receive up to 20 points for management experience, 20 points for sustainability and sourcing, 15 points for years of service in the Farmers' Market, and 40 points for food quality, a criteria that some council members said was too subjective.

"If you ask everyone in this room to name their favorite Chinese restaurant, you are going to get 25 different answers," Councilwoman Gleam Davis said. "What tastes great to me might not taste great to someone else."

The council approved the comprehensive policy with the exception of the scoring sheet and section on prepared food vendors, asking that city staff rework them to address concerns.

Andy Agle, the director of housing and economic development, said that during the drafting of the proposed rules, he received comments from the Main Street Business Improvement Association that any merchant located in the district who submits a proposal to provide prepared food be guaranteed a space in the market.

"We recommend businesses in the local district be granted preference in the selection process but that other factors also be considered and we think the core of this issue relates to what is the mission of the Farmers' Market," Agle said. "While supporting the local business district is part of the mission, we think other factors come into place, such as supporting healthy foods, sustainability, high quality products and experience and diversity of offerings."

Gary Gordon, the executive director of the association, said the businesses on Main Street are hurting in the economic downturn, stressing that while the market has done its part to improve the community, it has also created problems for local merchants.

He asked that several additional categories be included in the scoring sheet for the selection process, giving points to businesses that are green certified. Businesses that participate in the citywide Buy Local campaign should also be awarded points, Gordon added.

"We don't take a position that there should be no outside vendors, we just take a position that the Main Street food establishments should come first," he said.

Not all Main Street business owners agreed that the market has been hurting merchants.

Richard Karno, who owns Groundwork, was one of the founders of the Main Street market, serving coffee there since its inception.

"It's the outside vendors who take the change and they come in and they establish the market and they get it rolling and they get the momentum going and they get the people coming in," he said. "And then what happens is the surrounding merchants realize it's viable and then they want to come in."

> **"THESE BUSINESSES THAT TAKE UP BOOTHS AT THE FARMERS' MARKET ARE ALSO USING MAIN STREET RESOURCES THAT ARE NOT AVAILABLE TO BUSINESSES THAT PAY THREE TIMES HIGHER RENT ON AVERAGE TO BE THERE."**
>
> **Janabai Amsden**
> Owner, Euphoria Loves Rawvolution

Karno said he believes that the market has brought new people to Main Street who otherwise might not have come.

Janabai Amsden, who owns Euphoria Loves Rawvolution, was approved as a vendor in the market after trying for three years. Amsden was then told she could not sell anything other than raw food.

She was also told she could not sell chocolate because there was already another vendor there who did.

"These businesses that take up booths at the market are also using Main Street resources that are not available to businesses that pay three times higher rent on average to be there," Amsden said. "We lose parking spaces, we do not have benefits of free parking provided by the city, we don't have benefits of the bike valet, we pay business taxes and we also pay Main Street assessment fees that are quite high.

"I paid almost $4,000 this year just to be in Santa Monica."

Councilman Bob Holbrook suggested reserving a minimum of four slots in the prepared food section for local businesses. The next nine slots can go to the next highest point receiver, whether they are from the local business district or not, he said.

Several council members also expressed concerns with restricting vendors from selling a certain type of food if another vendor already sells it.

"I don't understand that at all," Councilman Bobby Shriver said. "I think there should be more competition."

Lisa Nguyen, who owns Carbon Grill and has been at the market for 10 years, said she doesn't believe that the market has hurt businesses on Main Street.

Carbon Grill is not based on Santa Monica.

"We can bring five to 10,000 people on a Sunday morning … for 3.5 hours," she said. "People stay on Main Street and shop around and they come on a weekly basis."

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Volleyball playoffs in full swing

FROM **ROUNDUP** PAGE 1

after losing in the quarter-finals last season.

"That would be the topper," Skaggs said of a possible title.

PACIFICA CHRISTIAN HOSTS PLAYOFF GAME

The Seawolves' girls volleyball team continues a successful season tonight when it hosts Archer in a second round CIF Division 5AA playoff game at Crossroads High School at 7 p.m.

Pacifica Christian (18-7 overall, 10-0 in Heritage League play) earned a first-round bye on Tuesday while Archer had to defeat Capistrano Valley Christian to advance.

The matchup will be the second time the two teams square off this season. Pacifica Christian won the first meeting during a tournament in Brentwood, but Head Coach Kasia Eatherton said that shouldn't give her team an edge this time around.

She estimates that the team that works the hardest will most likely come out on top.

"It's hard to really tell," she said about what will be the key to the match. "Team play is always most important and I have seniors who are really good."

That group of seniors is comprised of five players who have been with the team since the program was created four years ago. Eatherton said that Kelly Ryan, Gena Hegar, Alex Gearin, Amber Ferguson and Katrina Hegar will have to be a force if her Seawolves are to advance to the third round.

SAMOHI GIRLS VOLLEYBALL ADVANCES

After a first-round victory over Bolsa Grande on Tuesday, the Vikings are set to host a second round CIF Division 3A playoff game tonight at 7 p.m. at the north gym.

The Vikings girls volleyball team finished the season as the second place team in the Ocean League. League rival Beverly Hills, which won the league, also advanced to the second round. The Normans will take on Mayfair.

SAMOHI'S GONZALEZ SIGNS WITH LMU

This week has been a big week of signings for Samohi athletes.

Joining four softball players who signed with Division I schools this week is senior pitcher Alonzo Gonzalez. He has agreed to play for nearby Loyola Marymount University. He made it official on Wednesday.

"I feel so happy right now," Gonzalez said. "I'm just on a cloud right now."

Gonzalez, who has drawn interest from a number of other schools, said that education played a major factor in his decision.

"My mom told me plenty of times to either get drafted [into Major League Baseball] and pursue my dream or get a four-year college education," he said. "I really couldn't make a bad choice between the two."

While he has committed to LMU, he could decide to turn pro if a team drafts him high enough in next June's amateur draft. He said he would have to be selected in the top half of the draft for him to consider forgoing college, but said he would make that decision when the time comes. For now, he said all he is thinking about is the upcoming season.

Also factoring into his decision was the campus' proximity to his home. He said it is a plus to be able to play in front of friends and family.

Gonzalez is expected to help fill the void left by the departure of a number of seniors from last year's Samohi team. The left-hander was dominant at times last season and Gonzalez hopes to build on that success when the season begins in the spring.

"On paper, it doesn't look like we have big home run hitters," Gonzalez said of Samohi's roster. "But, when teams look at our heart they will see that we can go out and compete with the best of them."

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Few Americans make dying wishes known

MATT SEDENSKY
Associated Press Writer

FORT LAUDERDALE, Fla. Lillian Landry always said she wasn't afraid to die. So when death came last week, the 99-year-old was lying peacefully in a hospice with no needles or tubes. Her final days saw her closest friend at her side and included occasional shots of her favorite whiskey, Canadian Mist.

Landry is an exception. Unlike most Americans, she made her end-of-life decisions years ago: no heroic measures to save her and even instructions on the bar where mourners should gather.

The health overhaul bill that narrowly passed the House on Saturday includes a provision to nudge more people to confront such choices: It would pay for end-of-life counseling for Medicare patients.

Supporters say counseling would give patients more control and free families from tortuous decisions. Critics have warned it could lead to government "death panels." What few on either side note is that counseling could lead more people to choose less intensive care when they're dying, and ultimately trim government-funded health bills.

Hospice care has grown from about 25,000 patients in 1982, when Congress approved coverage under Medicare, to 1.45 million people in 2008. It's for patients who have a prognosis of no more than six months — and it ranges from in-home care to stand-alone centers to special wings in hospitals. It does nothing to artificially lengthen or shorten life, focusing mostly on a patient's comfort.

People on Medicare account for the vast majority of U.S. deaths, and care in the last year of life accounts for roughly a quarter of Medicare's budget. So increased use of hospice could mean sizable savings for the government, particularly if patients enter it sooner.

A 2007 study published in the journal Social Science and Medicine found that among Medicare patient deaths, those who used hospice saved taxpayers an average $2,309 over their last year. In some cases, the savings were as much as $7,000, depending on the illness and length of hospice stay.

Still, only about 39 percent of Americans who died last year were in hospice. The average patient spent a little more than two months under that care; about a third moved to hospice only in the last week of life.

"It's significantly underutilized. People are referred very late," said Dr. Richard Payne, a Duke University professor who heads the school's Institute on Care at the End of Life.

"Our culture just doesn't tolerate talking about death and dying. And the minute you even start talking about having conversations with a doctor, it's immediately pejoratively labeled as 'You're trying to kill me.'"

That perception is precisely what got affixed to the counseling measure in the House bill. Even though the legislation specifies counseling wouldn't force patients to limit efforts to keep them alive, and even with the support of the American Medical Association, AARP and others, suspicion has lingered, encouraged by conservative voices including Sarah Palin.

Dr. Jim Small, a Denver pathologist who belongs to the Christian Medical and Dental Associations, said he feared the provision would be twisted into something more intrusive if bureaucrats lay out the details.

"It's incredible micromanagement," Small said. "End-of-life discussions are part of normal, good patient care, but there's no reason for it to be in the bill."

Even when patients do opt for less invasive, potentially cheaper care, there are limitations. Predicting when someone will die is notoriously inexact. Terminal patients can live for years. So deciding on less intensive treatment isn't always an easy choice.

"The concept of the last year of life is entirely retrospective," said Donald Taylor, a public policy professor at Duke who was the lead author of the study looking at hospice's cost savings. "It's just not that clear when people are dying."

Among those for whom death is clearly imminent, though, advocates argue hospice offers a more compassionate approach.

Dr. Joel Policzer is medical director for VITAS Innovative Hospice Care, which runs the hospice wing at Florida Medical Center where Landry spent her final days. Many of the patients have been hospitalized repeatedly, often getting arguably unnecessary tests before finally succumbing. He characterizes the American medical perspective as "Do something! Do something! Do something!"

Often, Policzer says, a dying elderly patient may have wanted less invasive care. But it doesn't happen.

"It doesn't happen because people are never asked. If they were, people would tell you they want to die at home in bed, surrounded by their family, their friends and their pets," he said. "People who are dying do not need to have needles shoved in them two or three times a day. It's not going to make a difference."

On a recent morning, Policzer stopped to check on 76-year-old Walter Norton, who lay frail and silent in his hospice bed. He had made numerous trips to the emergency room before his family turned to hospice. He had dementia and was suffering from pneumonia and dehydration.

No one's sure exactly what Norton would have wanted. "He wasn't asked, 'What do you want to have done?'" Policzer said.

Five days later, Norton was dead.

Landry, on the other hand, had thought about life's ending years ago.

Four days before she died, her closest friend, Joe Takach, was sitting in a recliner beside her. Her head was tilted, her mouth open and her left hand lay across her waist atop a crisp white sheet.

End-stage heart disease brought hospice care to Landry's home in July; she entered the inpatient unit in late October. Until then, she had continued her routine, going to church every week, making coffee in the morning, sitting for hours in a swivel chair watching birds and squirrels from her bedroom window. She'd make four-course dinners and sometimes stay up talking with Takach until 2 a.m.

Landry had moved in with Takach after Hurricane Wilma destroyed her home four years ago; the 49-year-old retired police dispatcher said it was like having a grandmother again.

He called her the Energizer Bunny. She called herself a tough New Englander.

"You OK?" Takach asked her in one of their final meetings. "I'm OK," she said in a soft, garbled voice, her eyes opened just a slit.

"You don't have any pain?" he asked. "No," she said.

Had Landry not made her wishes known, she likely would have been subjected to CT scans, blood tests, IVs and a feeding tube.

"She would not want that," Takach said. "She would say, 'Enough!'"





First lady says veterans can help on home front

CHRISTINE SIMMONS
Associated Press Writer

WASHINGTON First lady Michelle Obama said on Wednesday that many veterans serve their communities and nation in ways that "make their entire life a tour of duty."

Mrs. Obama also acknowledged the sacrifices that troops and their families endure under combat, saying they are "a tiny fraction of our population bearing the burden of eight years of war, serving tour after tour of duty, missing out on birthdays and anniversaries and those precious moments with the people that they love most."

She told service groups, students and veterans at George Washington University that what servicemembers learn abroad is very useful for communities trying to overcome challenges at home.

"For many of these folks, service is the air they breathe," she said. "They don't just want to serve for a certain number of years of deployment."

Communities need veterans' knowledge in technical skills such as engineering, logistics and public safety, she said.

"Whether it's running a rural health clinic or rescuing a community struck by a natural disaster, our veterans have what it takes for success," she said.

President Barack Obama signed into law earlier this year national service legislation that includes a Veterans Corps, designed to engage veterans in service.

The first lady appeared with Vice President Joe Biden's wife, Jill, and former Secretary of State Colin Powell's wife, Alma, at the event that promoted an initiative for uniting civilian and military service. The first lady encouraged the public to reach out to veterans and honor them by doing service of their own.

She said she's in awe of the sacrifices that made by men and women in uniform, injured troops and military families.

Mrs. Obama also referred to the soldiers killed and injured at Fort Hood, saying the nation witnessed service-members' "courage and grace this past week in the aftermath of the unthinkable tragedy."

City of Santa Monica
Ordinance Numbers 2298 (CCS)
(City Council Series)

The following is a summary, prepared by the City Attorney of Ordinance Number 2298, which was adopted by the City Council on October 27, 2009.

Ordinance Number 2298(CCS) amends the Zoning Ordinance to incorporate standards contained in an existing interim ordinance that govern the design of parking lots with more than 40 spaces to provide discretion as to the number and type of required driveways. The ordinance also removes speed bumps as mitigations for lack of visibility, limits to two the allowable number of parking maneuvers for required parking spaces except as to a percentage of spaces in certain commercial districts, permits Transportation Management to require wider new garage doors in conjunction with some alterations, and clarifies standards for the width of garage doors located in the front half of residential parcels.

This ordinance will become effective thirty days after adoption. The full text of the ordinance is available upon request from the Office of the City Clerk, located at 1685 Main Street, Room 102, Santa Monica; phone (310) 458-8211.

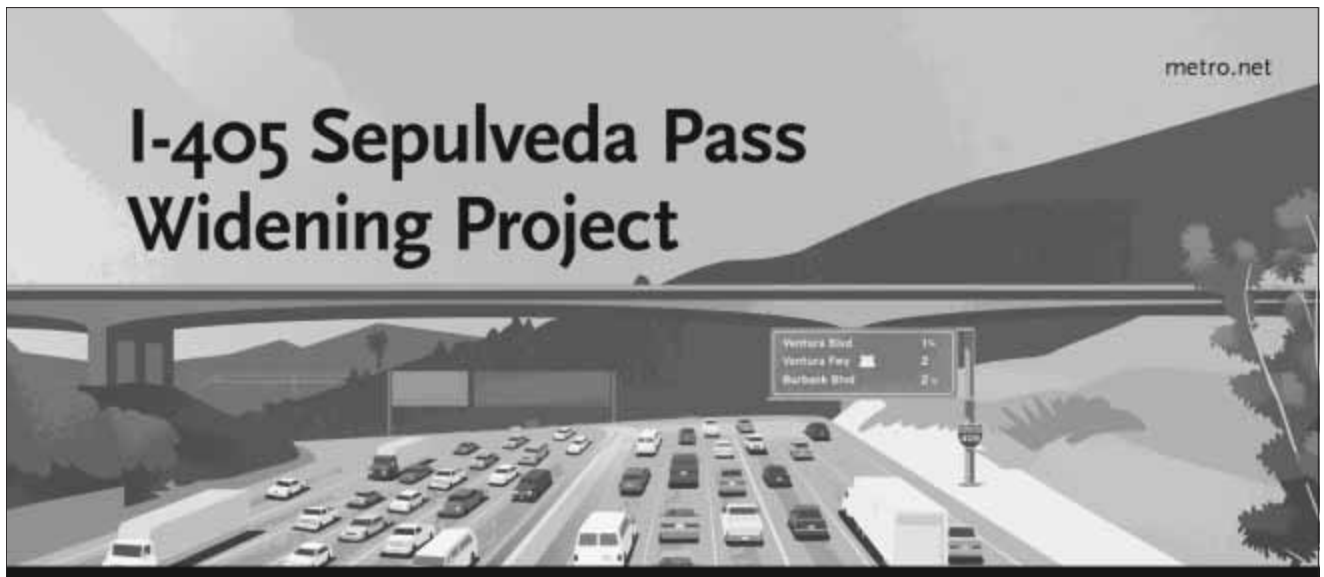
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wirelessamberalerts.org

Wireless AMBER Alerts

Ad Council

A child is calling for help.



Fall 2009 Project Update

The Project

The I-405 Sepulveda Pass Widening Project will add a 10-mile northbound carpool lane on the San Diego Freeway (I-405) from the Santa Monica Freeway (I-10) to the Ventura Freeway (US 101), and will improve ramps, bridges, and sound walls. Specific improvements include:

> Removal and replacement of three bridges at the Skirball Center, Sunset Bl and Mulholland Dr
> Realignment of 27 on- and off-ramps
> Widening of 13 existing overpasses and structures
> Construction of approximately 18 miles of retaining walls and sound walls

The $1 billion project broke ground on May 8, 2009.

Pre-Construction Activities

In June 2009, the Contractor began exploratory soil boring tests throughout the 10-mile alignment. Study of the soil's properties is required to properly design the walls and other structures.

Additional pre-construction activities include the survey of existing storm drains and utilities, both underground and at-surface level. Their existing condition is documented photographically, while their exact location is documented through the use of radar and excavation. This information is used as reference for the final design of the walls and other structures.

Upcoming Activities

In preparation for construction, signage announcing the start and anticipated end of construction will be placed along the route. This activity will be followed by isolation of the work zone with concrete barriers (k-rail) on the shoulder of the I-405 freeway. Prior to k-rail placement, the Contractor will delineate temporary traffic lanes which will be closer to the center of the freeway. This will allow for a safe construction zone while maintaining full traffic movement. The same number of lanes will remain open to through traffic following this activity. Traffic lane reconfiguration is anticipated to start in November, followed by k-rail placement. Utility relocation is anticipated to start in January 2010, with anticipated project completion in Spring 2013.

Metro



NFL

Oakland's Heyward-Bey remains confident despite rookie struggles

JOSH DUBOW
AP Sports Writer

ALAMEDA Darrius Heyward-Bey has done nothing in the first half of his rookie season to quiet the critics who questioned why the Oakland Raiders drafted him seventh overall ahead of many more accomplished receivers.

Brought in for his breakaway speed that Oakland hoped would revive the vertical passing game, Heyward-Bey has only five catches for 74 yards and no touchdowns in his first eight games as a pro.

"I haven't made the plays I wanted to make, but I've definitely been solid just looking at my grades that come out of the game. ... I've been very solid. There's always room for improvement as a whole receiving corps. We've been all right. We've been all right."

Oakland's receivers have once again been one of the worst groups in the league, catching just 28 passes the entire first half of the season.

But coach Tom Cable last week singled out Heyward-Bey's performance in the previous two games as one of the highlights of the first half. Heyward-Bey had three catches for 38 yards in those two games, hardly the production expected out of a top 10 pick but better than what he had done in the first six games.

The Raiders drafted him ahead of receivers like Michael Crabtree and Jeremy Maclin in part because he was the fastest player at the NFL combine. The pick was roundly criticized but the Raiders defended it, saying that Heyward-Bey's experience in a pro-style offense at Maryland would make for an easier adjustment to the NFL.

But that has not been the case as Heyward-Bey has failed to develop a chemistry with quarterback JaMarcus Russell and failed to match the numbers put up so far by Crabtree and Maclin.

Maclin has caught 25 passes for 337 yards and three touchdowns for Philadelphia, while Crabtree has 14 catches for 167 yards despite missing five games in a contract holdout.

Heyward-Bey just has the five, including none on passes that have gone more than 21 yards in the air — what was expected to be his specialty. Heyward-Bey said he didn't have any specific numbers as his goals this season.

"I didn't come in thinking any crazy numbers or anything," Heyward-Bey said. "I just want to help this team win. We've only won two so I'm not helping."

The Raiders have started a pair of rookies at receiver all season, with fourth-round pick Louis Murphy lining up opposite Heyward-Bey. While Murphy has better production that his rookie teammate with 16 catches for 232 yards and a touchdown, he has dropped six passes and has let mistakes linger and bring his entire performance down.

Murphy said the bye week came at a perfect time as he works on his adjustment to the NFL and expects a strong second half starting with Sunday's game against the Kansas City Chiefs.

"It's like being on a merry-go-round and it's spinning real fast, you've got to hang on," he said. "So it's starting to slow down, starting to get adjusted, starting to get my game, playing together, and just my preparation for the game, settling and getting adjusted to the NFL."

The rookie receivers will get a boost this week with the return of Chaz Schilens from a broken foot that has sidelined him since training camp.

Schilens struggled for much of his rookie season a year ago before breaking through with six catches for 98 yards and two touchdowns in his final two games. Schilens had just nine catches and no scores his first 14 games and hopes to see similar improvement late this season from Oakland's rookies.

"They're both confident guys," Schilens said. "They've been out there for eight games now and I feel like they're making improvements, now it's all about making plays and continually growing. It's not accepting what you did last week as being good enough, making plays, being assignment smart, all that stuff. And they're doing it. They're working on it."



Surf Conditions **Water Temp:** 61°

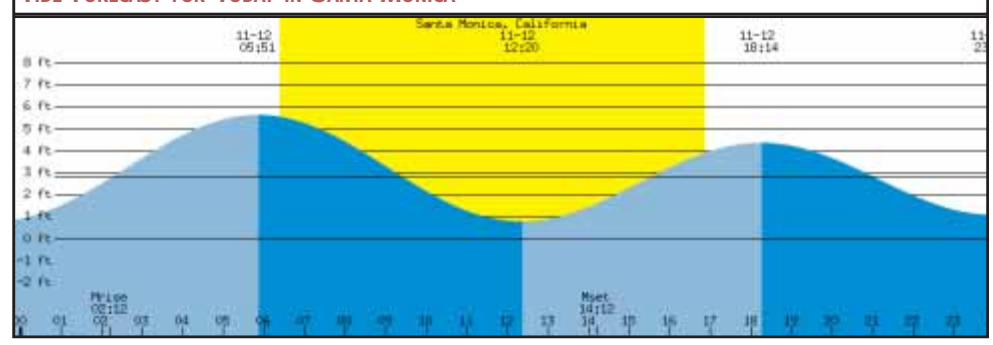
Swell Forecast

Looks moderate at this point, about waist to at times chest high around west facing breaks, and knee to waist at south facing spots. Conditions are questionable on Thursday.

Long Range Synopsis

May see an increase in NW wind swell.

Tide Forecast for Today in Santa Monica



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BEACH REPORT CARD

NORTH LOS ANGELES COUNTY

Grades for this report are based on monitoring data from the previous four weeks up to the ending date of **October 14, 2009**

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

QUICK STATS (for the last 28 days)

- Number of sewage spills -- 1
- Number of beach closures due to a sewage spill -- 1
- Number of wet days -- 2
- Number of A grades for dry/wet weather -- 41 / 14
- Number of (C,D,F) grades for dry/wet weather -- 4 / 0

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

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

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

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

LEGEND

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

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

Heal the Bay

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

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

MOVIE TIMES

Aero Theatre
1328 Montana Ave.
(323) 466-FILM

Call theater for information.

AMC Loews Broadway 4
1441 Third Street Promenade

Astro Boy (PG) 1hr 34min
2:30

The Boondock Saints II: All Saints Day (R) 1hr 57min
1:00, 4:00, 7:15, 10:00

Saw VI (R) 1hr 31min
5:00, 7:30, 9:50

Zombieland (R) 1hr 21min
2:15, 4:45, 7:45, 10:10

A Serious Man (R) 1hr 45min
1:50, 4:30, 7:00, 9:40

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

Paranormal Activity (R) 1hr 39min
12:30, 2:50, 5:10, 7:20, 9:40

Disney's A Christmas Carol (PG) 1hr 36min
12:40, 3:00, 5:20, 7:40, 10:00

Disney's A Christmas Carol in Disney Digital 3D (PG) 1hr 36min
2:20, 4:40, 7:00, 9:20

The Fourth Kind (PG-13) 1hr 38min
12:20, 2:40, 5:00, 7:30, 9:50

Where the Wild Things Are (PG) 1hr 34min
1:50, 4:20, 6:50, 9:45

Men Who Stare at Goats (R) 1hr 30min
12:50, 2:30, 3:10, 4:50, 5:30, 7:10, 7:50, 9:30, 10:10

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

The Maid (La nana) (NR) 1hr 34min
1:40, 4:40, 7:45, 10:10

New York, I Love You (R) 1hr 43min
1:50, 5:00, 7:50, 10:15

Irene In Time (PG-13) 1hr 35min
1:45, 4:50, 7:30, 10:00

P10 Film Fiesta (NR)
1:00, 3:10, 5:30, 10:10

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

The Box (PG-13) 1hr 56min
11:30am, 12:00, 12:30, 2:10, 3:00, 4:50, 7:30, 9:20, 10:20

Couples Retreat (PG-13) 1hr 47min
3:30, 6:30

Julie & Julia (PG-13) 2hr 3min
6:00, 8:45

Law Abiding Citizen (R) 1hr 48min
11:20am, 2:00, 4:40, 7:20, 9:50

Michael Jackson's This Is It (PG) 2hrs 1min
11:50am, 1:30, 2:30, 4:10, 5:10, 6:50, 7:50, 9:30, 10:30

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

Where the action is, Cancer

ARIES (March 21-April 19)
★★★★ Your priorities swing midday. Though you prefer to deal with people, you might wonder about that choice. Perhaps a computer would be easier! An associate becomes reticent at best, and a boss becomes demanding. Remember, you don't have the control you might like here. Tonight: Join friends.

TAURUS (April 20-May 20)
★★★★★ Others cannot help but support a good idea, and it just might not be yours. Express a willingness to join in with others, and make the right changes and proceed accordingly. Above all, focus on getting the job done. Tonight: It could be late by the time you get everything done.

GEMINI (May 21-June 20)
★★★★ Be sensitive to another person's interests. How you deal with someone might be quite open, until you discover it could be a distinct problem. Your way of handling an issue is difficult to mimic. Tonight: Getting into weekend spirit early.

CANCER (June 21-July 22)
★★★★ Keep communication rolling, as you have a lot of ground to cover. You might wonder where a problem begins and ends. Ask more questions, knowing your limits. Remain optimistic and positive. Tonight: Where the action is.

LEO (July 23-Aug. 22)
★★★★ Observe a tendency to go overboard and perhaps cause yourself some trouble, especially financially. Weigh a risk with care, understanding your limits and what is going on. The negativity of money stress might not be worth the risk. Tonight: Join a friend for dinner.

VIRGO (Aug. 23-Sept. 22)
★★★★ Use the a.m. to the max, and you'll achieve a lot more than you thought possible. By the afternoon, another issue comes forward that needs to be dealt with. You have lots of energy, and it might not be directed at work. Good for you! Tonight: Your treat.

LIBRA (Sept. 23-Oct. 22)
★★★★ Save key matters for the afternoon, when you have enough energy to complete nearly any task and enough charisma to convince someone that the Earth is flat! Be careful about any sense of negativity. Tonight: The world can be your oyster if you proceed properly.

SCORPIO (Oct. 23-Nov. 21)
★★★ Schedule meetings for the morning, and more reclusive and/or reflective work for the p.m. Your spirit soars in the a.m., yet some time for yourself seems extremely important. Tonight: Get some extra R and R.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ You need to take a stand in important meetings or situations. Investigate new ideas later in the day with like-minded people. A brainstorming situation has its own rewards. Listen to a pal. Tonight: Where the action is.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ Attempts to get more information easily could backfire. Your idea of what you need could change radically. Stay on top of your vision, and understand that others don't have your insight. Tonight: A force to be dealt with.

AQUARIUS (Jan. 20-Feb. 18)
★★★★★ How you deal with someone could change radically as a result of today. You find a person at a distance negative and/or difficult. Your questions hit the mark. Tonight: Choose something imaginative.

PISCES (Feb. 19-March 20)
★★★★★ Defer to others with the full knowledge of what needs to happen. If you want to change gears, you need to work with a key partner. You ask yourself exactly what is going on here. Tonight: Dinner for two.

Happy birthday

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

This year, focus on your goals, and you will succeed. If you feel off center, simply look at your priorities, and you will become comfortable once more. What works for one person might not for another individual. Apply this thought when evaluating emotional and professional relationships. If you are single, a friendship could evolve into a lot more. At times you might regret this transformation. Do understand that this change was inevitable. Many of you will opt to move on and focus on a new person. A real friendship will be at the core of that relationship. If you are attached, the two of you benefit from weekends away together. Stoke the fires between you. Play out the old days of romance. LIBRA makes an excellent healer for you.

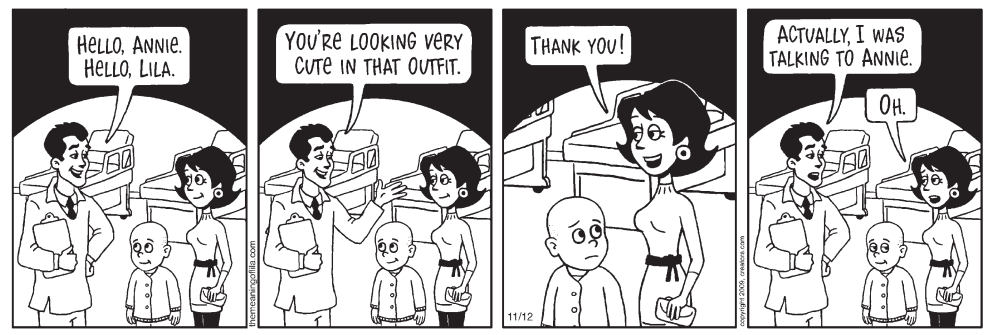
Girls and Sports

By Justin Borus and Andrew Feinstein



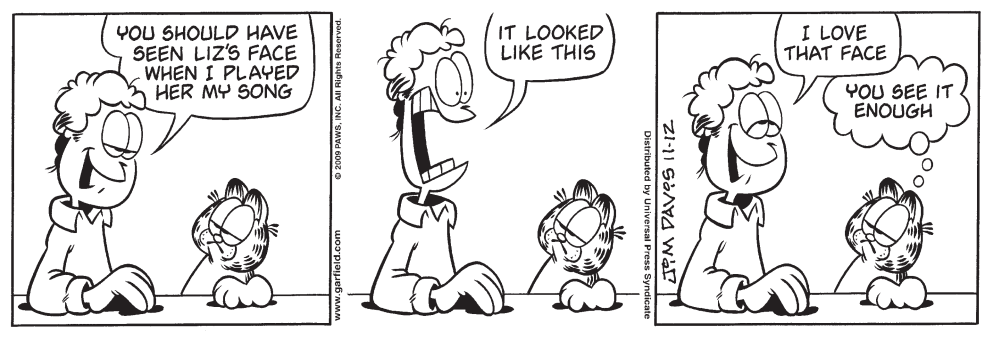
The Meaning of Lila

By John Forgetta & L.A. Rose



Garfield

By Jim Davis



Strange Brew

By John Deering



Speed Bump

By Dave Coverly



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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 ★★★

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

King Features Syndicate

GETTING STARTED

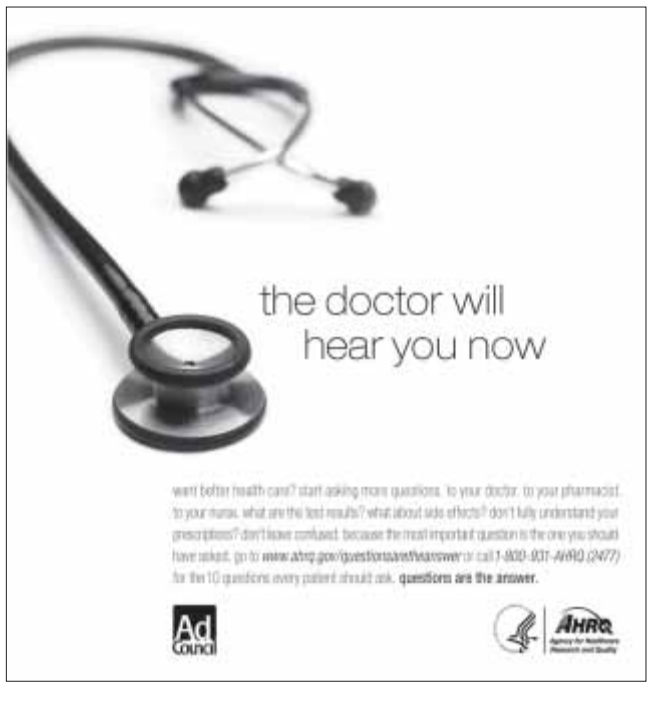
There are many strategies to solving Sudoku. One way to begin is to examine each 3x3 grid and figure out which numbers are missing. Then, based on the other numbers in the row and column of each blank cell, find which of the missing numbers will work. Eliminating numbers will eventually lead you to the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

SOLUTIONS TO YESTERDAY'S PUZZLE

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

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MYSTERY PHOTO

Leslie Thomas *news@smdp.com*

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

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Thunder sound
5 Brooch part
10 Beamed
12 Slow tempo
13 Hole — (golf feat)
14 Devoured
15 Fellows
16 Gave away, in a way
18 Kennel club categories
20 Fury
21 Shopping aid
23 "— the ramparts ..."
24 Boxer Tyson
26 Tear
28 Darling of baseball
29 Disfigure
31 Important time
32 "Absolutely!"
36 Bewildered
39 Quarterback Manning
40 Throat dangler
41 Mystery award
43 Fork features
44 Composer's creation
45 "— alive!"
46 Bills from tills

DOWN

1 Scale
2 Cruise vessel
3 Make amends
4 Groan inducer
5 Staff symbol
6 Tree part
7 Predatory insect
8 Took the wheel
9 Think about
11 Daily allowance
17 Cart puller
19 Caribou's kin
22 Vacuum tubes
24 Brno's region
25 Depressed
27 Flightless bird
28 Proves false
30 Yeoman's "yes"
33 Kick off
34 Delight
35 Car quartet
37 Hightail it
38 Highlands girl
42 Couple

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

Yesterday's answer

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

1	2	3	4	■	■	5	6	7	8	9
10				11	■	12				
13					■	14				
15			■	16	17					
18			19			■	■	20		
■	■	■	21			22	■	23		
■	24	25			■	26	27			■
28			■	29	30			■	■	■
31			■	■	32			33	34	35
36			37	38			■	39		
40					■	41	42			
43					■	44				
45					■	■	46			

11-12

DAILY LOTTERY

MEGA MILLIONS: 8 21 29 34 37
Meganumber: 15
Jackpot: $12M

SUPER LOTTO PLUS: 6 10 34 39 44
Meganumber: 1
Jackpot: $18M

Fantasy 5: 1 5 7 16 30

DAILY 3
MIDDAY: 9 6 1
EVENING: 3 1 8

DAILY DERBY
1st: 04 Big Ben
2nd: 12 Lucky Charms
3rd: 02 Lucky Star
RACE TIME: 1.41.20

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

■ With lawsuits piling up on Bank of America during the current economic downturn, Dalton Chiscolm found a new angle. In September, he sued the bank in federal court in New York City for inadequate customer service concerning his checks' routing numbers and asked for damages of "1,784 billion, trillion dollars" plus an additional "$200,164,000." Judge Denny Chin gave Chiscolm 30 days to better explain his complaint but dismissed it finally on Oct. 23. (BBC News reported that the first amount, which is 1,784 followed by 21 zeros, is more money than exists on the planet.)

■ New Jersey's Least-Savvy Politician: In a courtroom in October, Atlantic City (N.J.) Councilman (and Baptist minister) Eugene Robinson, 67, explained that he had no intention of having sex that night in November 2006 when a prostitute tricked him into a motel tryst (as a set-up by his political enemies). "I was waiting for God to send me the (woman) that's (destined) to be my Christian wife," he said, and since he hadn't had sex "since 1989," he said he thought this was the chosen woman. Robinson, now in poor health, did not run for re-election.

TODAY IN HISTORY

1941 World War II: The Soviet cruiser "Chervona Ukraina" is destroyed during the Battle of Sevastopol.

1942 World War II: The Naval Battle of Guadalcanal between Japanese and American forces begins near Guadalcanal, which would last for three days.

1958 A team of rock climbers led by Warren Harding completes the first ascent of The Nose on El Capitan in Yosemite Valley.

1969 Vietnam War: My Lai Massacre – Independent investigative journalist Seymour Hersh breaks the My Lai story.

1970 The Oregon Highway Division attempts to destroy a rotting beached Sperm whale with explosives, leading to the now infamous exploding whale incident.

WORD UP!

forfend \for-FEND\ , transitive verb; also forefend 1. a. (Archaic) To prohibit; to forbid.

Santa Monica Daily Press

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PALMS ADJ/ LaCienga Hghts. $925.00 1 Bdrm, 1Bath, NO PETS, stove, refrg, parking 2009 Preuss Rd., #10 Open daily 9am-7pm . Additional info in unit

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Funding for obesity prevention through policy and environmental change. This RFP solicits proposals from cities, community-based or-ganizations, and school districts in Los Angeles County.

On or about November 19, 2009, the LA County DPH will release a RFP. Funded agencies and their required partners will pursue policy, systems, and environmental changes to increase opportunities for physical activity and healthy eating. DPH will fund up to eight initiatives at approximately $125,000 per year for two years. Bidders conference will be at 1:30 pm on November 23, 2009. Proposals due by 5 pm on December 21, 2009. Funding decision notification on or about February 27, 2010.

Once released, the RFP may be downloaded at: www.publichealth.lacounty.gov/chronic. Funding for this RFP is contingent upon DPH receiving grant funding from the federal government.

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1-4 pm

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Open Sunday, Nov 15th 1-4 pm



Open Sunday
1-4 pm

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Median Price of ALL Santa Monica Listings from All Agents from All Offices Listed for Sale As of Mid November 2009

	Single Family Homes	Condos & Townhomes
Santa Monica Canyon	$2,650,000	$4,802,500
North of Montana	$2,897,500	$1,395,000
Between Wilshire & Montana	$1,872,500	$839,000
South of Wilshire	$899,000	$599,999
Sunset Park	$1,249,000	$629,000
Ocean Park	$1,550,000	$1,022,000

Statistics Updated Every Monday

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