

Santa Monica Daily Press

A newspaper with issues

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NEWS OF THE WEIRD

BY CHUCK SHEPARD

■ Among the extraordinary exhibits constructed especially for this year's Burning Man festival in late August in Nevada's Black Rock Desert was Don Bruce's and Tracy Feldstein's "The Disgusting Spectacle," a 23-foot-tall human head designed with a pulley and large hamster-type wheel that lets it pick its own nose. In a July interview in the San Francisco Chronicle, Bruce admitted that theirs wasn't the typical artsy Burning Man project: "Ours is stupid. That's stupid with three O's."

■ The museum at Cherepovets, Russia (about 400 miles north of Moscow), recently introduced a collection of items actually used by students for successfully cheating in school, including a pair of women's panties on which logarithms and math formulas had been written upside down in black ink. Also on display: a sports jacket with (according to a September dispatch in the Chronicle of Higher Education) "enough secret mechanisms to keep a cardshark flush for decades" and a jeans skirt with 70 numbered pockets for cheat sheets.

TODAY IN HISTORY

Today is the 319th day of 2005.
There are 46 days left in the year.

On Nov. 15, 1777, the Continental Congress approved the Articles of Confederation, a precursor to the Constitution of the United States.

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City Hall narrowing search for manager

BY RYAN HYATT

Daily Press Staff Writer

CITY HALL — Elected officials say they are narrowing the search to fill the city's top administrator position and may have a person in mind before Thanksgiving.

The Santa Monica City Council was scheduled to convene on Monday for a final discussion of the candidates. Meanwhile, city officials said the search for a new planning director will be more vigorously pursued once the new city manager assumes his or her duties and can help oversee the process.

City Manager Susan McCarthy,

who has held her position since 1999, announced this summer that she will retire in December.

Responsible for the "belt-tightening" that enabled City Hall to ride out the post-9-11 economic downturn, she intends to spend more time with her husband and aging parents.

McCarthy said the last City Council meeting she will participate in will be next Tuesday. Her last day on the job will be Dec. 8.

Councilmembers have screened 61 applicants for the city manager position, said City Councilman

See **SEARCH**, page 6

Airport safety proposal stuck in holding pattern

BY RYAN HYATT

Daily Press Staff Writer

SANTA MONICA AIRPORT — Residents who believe airplanes are taking off and landing too close to their homes are waiting for a response from the federal government to a City Hall request which, if approved, could lead to some aviation operations being scaled back.

LOCAL

Meals on Wheels parks it on Michigan Avenue

BY JASMIN PERSCH

Special to the Daily Press

FIRST CHRISTIAN CHURCH — After months of scouting for a new location, Meals on Wheels West — a nonprofit organization that delivers affordable meals to the elderly and homebound — has found a place and will uproot before the month's end.

Meals on Wheels director Rosemary Regalbutto said the organization will relocate from the First Christian Church in downtown Santa Monica to the African Methodist Episcopal

See **MEALS ON WHEELS**, page 6

Some Santa Monica residents are concerned the Federal Aviation Administration has yet to respond to a September 2004 request in which City Hall asked it to allow the creation of a safety buffer zone between the Santa Monica Airport runway and the houses that surround it.

Officials said the request, made more than a year ago, calls for the FAA to authorize a reduction in the length of the 5,000-foot-long runway to 4,000 feet in order to create the buffer zone. If the runway reduction were to occur, it could prevent some aircraft from being able to land or take-off at the airport, according to officials.

In addition, City Hall's proposal asks that aircraft conform to size and weight standards to which the aviation facility was originally designed in the 1940s. There are aircraft that use the facility but do not conform to those standards and therefore might pose a safety risk, according to officials. Those standards are being grandparented into enforcement by the FAA. As such, they don't currently apply to the airport.

Santa Monica residents last week took part in a West LA town hall meeting concerning air and noise pollution from the airport.

See **SAFETY**, page 7



Carolyn Sackariason/Daily Press

Workers from Scenario Design Inc. on Monday help guide the top of a plastic Christmas tree into place on the Promenade while Scott Beyer lowers it from a powered lift.

Holiday decor to spruce up downtown Santa Monica

By Daily Press staff

THIRD STREET — It's beginning to look a lot like Christmas. Or something to that effect.

Crews on Monday began erecting a new holiday décor theme that replaces the arctic landscape of years past on the outdoor mall.

For the last three years, the Promenade has been adorned with several fiberglass icebergs and faux evergreen trees, which were purchased in 2002 for about \$400,000. Officials from the Bayside District Corp., which manages downtown Santa

This year, they've refurbished the decor for about \$66,000, hoping they'll get another three years out of it.

Monica with City Hall, estimated they would get three to five years of use out of the decor.

See **WINTERLIT**, page 7

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HOROSCOPE

Just don't spend, Aries

Santa Monica Daily Press

JACQUELINE BIGAR'S STARS The stars show the kind of day you'll Have:

★★★★-Dynamic ★★★★★-Positive ★★★-Average ★★-So-so ★-Difficult





ARIES (March 21-April 19)

★★★★ Though there is a Full Moon and lots of questioning and attitude, don't worry. Don't make any money agreements, although you will find supporters of a plan. Or something you want suddenly happens. Tonight: Just don't spend any money.



TAURUS (April 20-May 20)

★★★★ The Full Moon emphasizes your charisma and well-being. Others find you to be testy. Maybe it's time to release your feelings and talk about them. Someone you care about might try to explain his or her ideas. Tonight: Think "family."



GEMINI (May 21-June 20)

★★★ Take your time making decisions. You might be getting many different points of view. The best response is no response. Listen, or find someone you respect. A work situation could change. Tonight: Vanish home.



CANCER (June 21-July 22)

★★★ You will feel this Full Moon. Friends, goals and love all play roles in your thoughts. You might want to consider going back to school or following an unusual path. The word "no" isn't a possibility for you this year. Tonight: Love the moment.



LEO (July 23-Aug. 22)

★★★ The Full Moon adds tension left and right. You might want to bail out and do something just for yourself. A partner or someone you deal with financially or emotionally could surprise you. He or she is changing. Tonight: Not to be found.



VIRGO (Aug. 23-Sept. 22)

★★★★ You might want to see the big picture, and you might be able to see the right one. You might not want to get into details with others. Just listen and consume information. Laughter from friends helps you relax. Tonight: Go with the unexpected.



LIBRA (Sept. 23-Oct. 22)

★★★★ Financial questions surge to the forefront. For sure, someone has a different view or perspective from yours. Listen, but don't make any agreements. Work through stress through exercise or some other activity. Tonight: Refuse to get into a disagreement.



SCORPIO (Oct. 23-Nov. 21)

★★★ Others see matters very differently from how you do. Is this new? Absolutely not. Learn to work with other people. Your imagination could cook up some wild ideas. An old love relationship could appear in the near future. Tonight: Do what you want.



SAGITTARIUS (Nov. 22-Dec. 21)

★★ Today's Full Moon might have you wanting to hide away, as others seem so crazy. If you can, vanish — you will be much, much happier. Everyone appears on his or her high horse. Don't play into it. Tonight: Find a favorite quiet spot.



CAPRICORN (Dec. 22-Jan. 19)

★★★ You cannot win for losing. You see both sides of the coin, but only one will lead to great success. A problem with a child or loved one needs to be discussed — maybe not today, but soon. The unexpected plays a role. Tonight: Follow your friends.



AQUARIUS (Jan. 20-Feb. 18)

★★ Stay out of arguments and disagreements. Protect a monetary investment. Count your change with care. Problems with money could occur way too easily. There are so many demands that you wish you could clone yourself. Tonight: Do your classic disappearing act.



PISCES (Feb. 19-March 20)

★★★★ You could be one of the many sources of surprises in today's Full Moon. You might need to deal with so much and so many contrary requests that you could toss your hands in the air. Tonight: Laugh and don't get uptight.



AUDIT PENDING

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LOCAL



COMMUNITY BRIEFS

Spinning wheel turns blue for wishes

By Daily Press staff

Pacific Park, located on the Santa Monica Pier, has announced that its world-famous Pacific Wheel, the only solar-powered ferris wheel ride in the world, will be adorned in glistening blue lights this month in support of the Make-A-Wish Foundation of Greater Los Angeles and their holiday season campaign, "A Season of Wishes."

At a lighting ceremony, scheduled for Monday, Nov. 21, at Pacific Park, a wish-child of the Foundation will "flip the switch," turning on 6,000 blue lights affixed to the 130 foot-tall landmark Ferris wheel. Coinciding with the blue lighting of a number of Southern California landmarks and institutions as part of "Blue Monday," the first full day of "A Season of Wishes," the Pacific Wheel will shine bright for children's wishes until Nov. 28.

"Historically, there have been only a handful of occasions in which the 6,000 bulbs located on the Pacific Wheel have changed from their traditional multi-colored scheme," said Jeff Klocke, director of marketing for Pacific Park. "Clearly, displaying support for the Make-A-Wish Foundation and the dreams, hopes and wishes of children with life-threatening medical conditions is such an occasion."

At 130-feet above the Pacific Ocean, the Pacific Wheel reaches nine stories high to offer expansive views. The Pacific Wheel opened along with Pacific Park in May 1996 and was converted to solar power in November 1998, generating more than 71,000-kilowatt hours of renewable power from the sun's rays alone.

Following the lighting of the Pacific Wheel, the Make-A-Wish Foundation of Greater Los Angeles will embark on a holiday season campaign to grant an unprecedented number of wishes to children with life-threatening medical conditions and to bring greater awareness to the Foundation's 25th year of making wishes come true. For "A Season of Wishes," the Foundation is teaming up with local and regional businesses and civic leaders to implement a six-week celebration, beginning in late November, featuring high-profile events, family activities, celebrity involvement and the granting of children's wishes.

For more information, call (310) 556-4443.

SMC presents an exhibit of tranquility

By Daily Press staff

Santa Monica College wants to show off a talented student's work this month.

SMC will present a photography exhibit of mentor student Sachi Kato's works — a collection of painterly images that are shot on film and digitally manipulated. The exhibit will run from Nov. 28 to Dec. 16.

"Tranquility" features moody and surrealistic still-lives and portraits and will be in the SMC photography Gallery, located on the second floor of Drescher Hall, 1900 Pico Blvd. The opening reception will be held from 6 p.m. to 8 p.m. Saturday, Dec. 3.

Kato is currently in SMC's Arts Mentor Program, which provides gifted students an opportunity to work one-on-one or in small groups with a mentor. Her mentor is adjunct SMC photography professor Blue Fier.

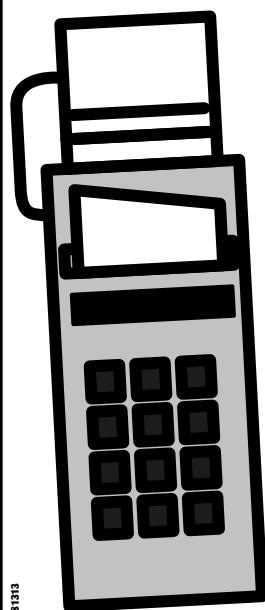
With a focus on fine art photography, Kato creates a unique aesthetic, with a style that is reminiscent of early photography. Her still-lives and portrait work evoke a moody atmosphere, and the subtle colors make associations with Japanese art and culture.

Gallery hours are 10 a.m. to 3 p.m. and 5 p.m. to 7 p.m. Monday through Friday. For information, call (310) 434-4289.

Do you have community news?

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SURF REPORT

In SoCal, most west-facing breaks are seeing chest- to head-high sets when the tide is right. South-facing breaks are running waist-high plus. The swells will back down today, and it looks like size almost everywhere will be around knee- to waist-high.

Today the water is:

64°

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	LOW TIDES				HIGH TIDES			
	Morning	Height	Evening	Height	Morning	Height	Evening	Height
MONDAY	1:05	1.2	2:17	-0.5	7:23	6.5	8:31	4.3
TUESDAY	1:37	1.6	2:59	-0.8	7:54	6.7	9:21	4.1
WEDNESDAY	2:08	2.0	3:40	-0.8	8:25	6.6	10:12	3.9
THURSDAY	2:38	2.4	4:23	-0.7	8:57	6.4	11:07	3.6
FRIDAY	2:52	2.1	5:03	-0.2	9:24	6.0	12:01	3.0

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The **Q**Line

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Last week, Californians soundly defeated all propositions attached to the state's special election, which included initiatives on topics ranging from state budget reform to political redistricting. The 'no' votes have been characterized largely as a personal defeat for Gov. Schwarzenegger, who backed many of the propositions as steps in reforming California's government.

So this week, Q-Line wants to know, "Where should Gov. Schwarzenegger focus his efforts now?"

Call (310) 285-8106 before Friday at 5 p.m. and we'll print your responses in the weekend edition. Please try to limit your comments to a minute or less. It might help to think first about the wording of your response.

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OPINION

New park a pat on the back for City Hall



WHAT'S THE POINT?

BY DAVID PISARRA

After years of planning and construction, the park at Virginia Avenue has finally opened.

I stopped by on Friday to see what millions of dollars had bought us. What I found was proof that this city is capable of doing something right.

Friday was a sunny day but had that fall chill in the air. Not cold enough to require a down coat, but warm enough to be outside. The place was humming with activity. The grass was freshly cut and the facilities were still being prepped, but the important part of a public park was there: People.

There were homeowners and renters, black people, white people, Hispanic people, Asian people, and some people I couldn't identify. There were fat people and thin people. Young people and old people. In short, it was our community.

As I walked up from Pico Boulevard, there were several young men of varying ethnic backgrounds playing basketball together. I passed a father teaching his son how to kick a ball. In the farmers' market area there were, of course, kids on bikes and skateboards making good use of the dedicated space that really serves no other purpose, except on Saturdays. Proving that people will co-opt things for themselves, the kids have found a use for the space that the planners did not build in.

Over in the sand pits and monkey bars, kids of all ethnic backgrounds were playing together and enjoying what is "their" space. It always makes me glad to see that children can get along in those venues. I just wonder what happens to them as they grow up, that they become scared, bigoted and afraid of others.

As I continued through the park to the north, there is another play area, this one more open and with benches for the adults to sit and chat. I came across two women. I asked them what their thoughts were of the new park. The first woman said she lived a half block south of the park, and Saturday, had seen 20 of her neighbors who she hadn't seen in years.

The second lady, I think her name was Karen Ginsberg, worked for the city. I asked her who Thelma Terry was since the community center at the park was named after her. She explained to me that Ms. Terry was a community activist who had started, on her own, doing youth programs.

I thanked her, and told her the city had done a fine job on this project.

At the north end of the park, I found the barbecue pits and built-in benches and chairs, the sort that are going to be used for summer picnics and springtime barbecues. There was a father and son playing catch, a family just relaxing, and a pair of young lovers obviously in the throes of each other and oblivious to the world around them.

There are three buildings in the park.

They contain community rooms, a boxing ring, a weight lifting room, a dance studio, public offices and a police station. Though they were not completely up and running, it seems clear that they will be soon.

My partner and I visited again on Sunday. It was another gorgeous day, and to my happy surprise the park was again quite busy. As we walked our dog through the park there was the same sense of wonderful contentment. We knew the park was a good thing.

There is a water feature in the park. It's not obvious, but it's sure to get a lot of use in the summer. It's one of those fountains that springs from the tile, with water guns. The kids are sure to enjoy it, if they can get the adults out of the way.

We decided to walk along the surrounding streets to see how the neighborhood is reacting to the new park.

One of the neighbors was out and about, and he said that on Saturday the traffic was madness, and that he liked the refurbished park, but it could have been better. I guess everyone will have a differing opinion to some degree, and that is why it is hard for the planners — you can't have everything that everyone wants.

It was good news that the traffic was madness. To me that proves there is a need for the market, a need for the park and that it is being used. It also means that if Santa Monica Police Chief James T. Butts Jr. can get his traffic officers over to that part of town on a Saturday, city revenue will go up with all the extra parking tickets. Hey, I don't like getting the tickets, but we need to pay for this park somehow.

Green spaces are important — not just because they make the surrounding areas more valuable and enjoyable — and not just because they break up the monotony of human development.

They are important because they bring people together. In a city consumed with growth, in a county that is ever expanding, and in a state that sees itself as a world power, it's a blessed respite to walk through a park and meet a neighbor.

The park is a place where old men can play chess, and old women can sit and complain about the old men. It is where teenagers can burn off some of that endless hormonal energy that the old men wish they had. The park is where a 4-year-old little boy can come up to my dog and scream with glee at petting him and a little girl can run naked on the grass as her mom just shakes her head in bemused exasperation.

Parks are amazing places. They equalize people. For those few moments when you are sharing a bench with someone and chatting about the weather, it doesn't matter if you are a CEO of a company, or a stay-at-home dad. You're both enjoying the benefits of a public asset.

The city got this one right. They deserved to be thanked for a job well done.

(David Pizarra is a business development lawyer in the Santa Monica firm of Pizarra & Grist. He welcomes your questions and comments. He can be reached at dpizarra@pizarra.com or (310) 664-9969.)

GOVERNMENT INACTION? A recent Santa Monica City Council meeting was summed up by this drawing from an 8-year-old who sat in council chambers for hours watching the events unfold.

LETTERS TO THE EDITOR

Santa Monica Bay needs some TLC

Editor:

Recently, Heal the Bay issued its 2005 beach report card. The report contains some disturbing trends and startling results that should be used as a wake-up call to all those that cherish the Santa Monica Bay zone.

Some of the most startling facts contained within the report are the beaches within Los Angeles County and the Santa Monica Bay zone. These beaches receiving "F" grades were the highest it has been in the last five years. Of the 82 monitoring stations that monitor beach quality, Los Angeles County had the worst water quality of all monitored beaches. Moreover, the report specifies that unusually large rain run-off was not the primary culprit but a lack of enforcement of Assembly Bill 538 in monitoring and stopping increased effluent activity, bacteria from animal waste and other toxic contaminants flowing into the bay unabated.

I call upon every citizen to help keep the Santa Monica Bay zone as clean as possible by not dumping toxins down storm drains, cleaning up after your pets, and adhering to laws such as the no-smoking and no-dog beach ordinances within our fragile Santa Monica Bay beach zone.

Let us help Heal the Bay, Surfrider and other environmental groups in turning the tide of polluted and unhealthy water flowing into our beautiful Santa Monica Bay.

Frank Lubick, Ph.D.
Santa Monica

OPINIONS EXPRESSED are those of the writer and do not necessarily reflect those of the Santa Monica Daily Press staff. Guest editorials from residents are encouraged, as are letters to the editor. Letters will be published on a space-available basis. It is our intention to publish all letters we receive, except those that are libelous or are unsigned. Preference will be given to those that are e-mailed to editor@smdp.com. All letters must include the author's name and telephone number for purposes of verification. Letters also may be mailed to our offices located at 1427 Third Street Promenade, Suite 202, Santa Monica, 90401, or faxed to (310) 576-9913. All letters and guest editorials are subject to editing for space and content.

COMMENTARY



The truth will set you free, or at least out of trouble

ANY DAY IN LA

BY HEIDI MANTEUFFEL



The whole truth and nothing but truth is a cute thing to say on the witness stand, but it doesn't always hold true in real life. To be honest, it probably doesn't hold true in cheesy court drama, either.

You don't have to be in a court of law to know that telling your girlfriend she's becoming her mother could get you capital punishment. It will at least give you an hour of "That's not what I'm saying, baby," which will be shortly followed by two hours of "I don't consider you as a derogatory object. That's not what I meant at all ..."

Of course, nothing but the truth is the way I usually roll with my day, but you gotta admit, some things are better left unsaid.

If people want to know the truth, they'll ask you for it. That is, unless they're a stressed out/worried woman. Then asking can mean either tell me the truth, or, this is a test of the emergency broadcast system. Beep.

The emergency comes when you can't think of how to correctly answer her inquiries about the issues she's most sensitive about.

In this case, if you think she actually wants to hear your opinion on the matter — don't be fooled — she doesn't. But have no fear, the questions are conveniently set up for your failure. To help get you out of the combative situations alive, though, I'll give you some warning signs from a fellow trouble-searching feline.

You are at an open mic coffeehouse and your girlfriend has just sung her heart out with her brand new guitar. Her singing was off, her lyrics first grade at best, and you couldn't tell if the notes she plucked were actual cords. After a few sympathy claps by other people in the audience, she sits down next to you cheery eyed, asking how she did.

Rule 1: Girlfriends are always talented, even if in reality they are not.

Don't hesitate for a second to respond — you know how she did — amazing. She was so amazing and she looked great doing it. Sure, she kind of hurt your eardrums and was so off that some bloodhounds outside started barking.

Well, maybe that's only happened to me.

But answering in this fashion is not

lying. Well ... it's nothing a mom wouldn't do for her first grade ice-skating hopeful with a frozen snot-laden face who keeps falling over from the blasted toe pick. Wait — maybe that's just me again.

Here's another type of phrase that's bound to ensue. "My brother can be so annoying at times," she says infuriated. Ah, I can see you start to nod in agreement but don't do it. He might have poor taste in girlfriends he finds at comic book conventions, a three-foot long soul patch and terrible foot odor that you've wanted to bag on for so long, but now is not the time to chime in.

Rule 2: Don't ever agree to anything negative that has to do with her family. It's OK for her to rip on her brother, but if you agree, she'll take it as a personal affront. Picking on the family is picking on her, and soon she'll be calling love patch Louis and telling him you hate his comic-con girlfriend.

Lastly there's the "Do you think I've put on a few pounds?" type of inquiry. Now, anything with the word "pound" in it that does not refer to cake is a clear omen that danger is ahead. Retreat, retreat ... I would even scamper out of the room if possible.

Rule 3: Plead the fifth on all questions that have to do with weight.

No matter how many times she asks you to tell her your "honest" opinion, don't give it. Tell her that she looks great, wonderful. Keep affirming the positive.

This question is definitely quicksand, a lose-lose situation. Your only hope in this scenario is to make it out of the apartment with as few battle wounds as possible. You can even pull the I'm-a-guy card, and hadn't really noticed. This is the one case where it's OK to be male and unobservant.

Don't get the idea that it's OK to veil the truth. I'm not talking about deliberately hiding the fact that you jacked up her disposal by pouring 20 pounds of Ranch dressing down it because you wanted to find the Hidden Valley. That will get you into a whole other mess of trouble.

I'm just saying that some things in life are better left unsaid. If she really wants to know how well she did on her solo, don't be a jerk — do it in the kindest and nicest way possible. Tell her who cares if the bloodhounds are now running towards your table ready to pummel her to the ground. You know that she poured her heart into it, and to tell the truth, that's all that really matters.

(Heidi can be reached at anydayin-la@gmail.com.)

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Check Out the Question of the Week on Page 3 and let us hear what you have to say

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McCarthy leaving her City Manager job Dec. 8

SEARCH, from page 1

Bob Holbrook, who has helped organize the search effort. They have been meeting weekly behind closed doors for the past month and have held several interviews with applicants, Holbrook said. It's his hope the City Council would be able to make a decision this week.

"We'll be going over where we are and see if we have a finalist," Holbrook said.

Of the applicants, Holbrook estimates one third are out of state and the remaining two thirds are residents of California. Among them, three currently work at City Hall and two have previously worked at City Hall, Holbrook said.

One of the candidates is Assistant City Manager Gordon Anderson, who has been public about his application. The identities of the other applicants are confidential.

Holbrook said the applicants tended to be city managers and other high-ranking government administrators. Some also work in the private sector.

"There has been no disappointment in the quality and qualifications of the candidates," Holbrook said. "They have been outstanding. It's just a matter of trying to find the perfect fit for Santa Monica."

The City Council agreed in September to hire headhunter Lisa Mills, to help fill the vacancy. Mills has a background in recruiting for public service positions and came highly recommended from city staff for her hands-on approach.

Mills is charging City Hall a flat fee of \$17,000. Other fees, such as advertising costs, also are expected to be passed on to City Hall, but Mills intends to keep those close to \$4,000, Holbrook said. To solicit interest from individuals, Mills prepared a brochure, which includes the salary and benefits, and mailed it to 150 people in California, primarily to managers of cities with populations of more than 65,000.

Mills also has sent an e-mail to the city managers with the brochure attached as a PDF file, to be certain they are aware the position is available. The brochure advertises a salary range of \$225,000 to \$250,000 per year, with perks that range from free health care to 12 holidays and one vacation day accrued per month.

Mills also has advertised the position in a monthly publication issued by the International City Managers Association, a group that is well-regarded in the area of public service, she said.

Who ever is chosen will have big shoes to fill since most politicians and city staff hold a high regard for McCarthy. Through her efforts, Santa Monica has maintained its triple A bond rating while supporting big-ticket capital improvements that have been in the works since the 1990s. Some of those projects are expected to open this year, including the \$55 million Main Library, the \$13 million Virginia Avenue Park expansion and the new \$722,000 skatepark at 14th Street and Olympic Boulevard. She garnered support for the recently increased hotel room tax in order to strengthen Santa Monica's present and future financial base.

McCarthy will be leaving her successor to complete a two-year overhaul to the city's planning and traffic plan, which will set policy for development and transportation in Santa Monica for the next 20 years. The \$120 million Civic Center complex, a \$90 million downtown parking plan and the redevelopment of Santa Monica Place Mall are further undertakings she has helped manage, which will be carried on by other leaders.

McCarthy said she has spent her last weeks on the job paving the way for the new city manager to assume his or her duties.

"I certainly hope to turn things over in reasonable shape," McCarthy said. "I haven't had time to feel anything but busy."

Meals on Wheels looking for contributions to offset its costs

MEALS ON WHEELS, from page 1

Church By the Sea on Michigan Avenue by Nov. 25.

Meals on Wheels in April received notice from the First Christian Church to move out because the church was sold. The organization's rent doubled to \$3,000 in June, putting financial strain on it and forcing a \$1 increase on meals, Regalbuto said. Ever since, the organization has been searching for a new home.

However, the First Christian Church will remain on the property, located at Sixth Street and Arizona Avenue for another year, based on a deal that church officials worked out with the new owner, said Bill Miles, the church's pastor.

"We have no says-so (over Meals on Wheels staying in the church)," Miles said.

Despite concerns about costly tenant repairs, Meals on Wheels secured a 20-year lease with the AME Church last month and will pay \$1,900 per month in rent, she said.

"We're fixing it up," she said. "The painters are done Thursday and the carpet is coming in Friday."

To help offset the costs, the organization received \$15,000 from the Rotary Foundation and Regalbuto said she's writing grant applications to various organizations, including a proposal to the City Council.

The organization was able to get reduced rates from companies they've hired to fix up the place and Regalbuto and her assistant, Kevin McNulty, ripped the old carpet out themselves to save \$550.

"I have money in reserves, but don't like to use it (unless there's an emergency) . . . I guess this is an emergency," she said. "I raise money; I don't spend money."

Now that the move is certain, Meals on Wheels is making maps to help people, especially volunteers, find their new home that dead ends between two streets, she said.

Volunteers who drive their own cars and pay their own gas had problems finding parking around the First Christian Church and many of them received parking tickets.

"A lot of them (the volunteers) are glad we finally found a place," Regalbuto said. "Hopefully, it won't be too difficult for the no-parking issue."



FAA still studying proposal submitted by City Hall

SAFETY, from page 1

The meeting was organized by Los Angeles City Councilman Bill Rosendahl, whose jurisdiction includes areas around the airport. According to those who attended, the status of City Hall's proposal to the FAA was discussed.

Bob Trimborn, airport manager, said there has been some confusion in the public that the proposal is intended to reduce noise pollution, which he said it's not.

"It has nothing to do with noise pollution, and it has everything to do with airport safety," Trimborn said. "We've been discussing the issue for years."

On Nov. 13, 2001, a Cessna 340A skidded off the runway and burst into flames, killing both onboard. Neighbors, some of whom lived only 220 feet away from the crash site, had a heightened sense of fear when they realized how close they were to having a plane crash in their living room, according to news reports. Another airplane crashed into a home in the Mar Vista area in March of 2004.

Recent records show the number of take-offs and landings are increasing at

the airport. That also may increase the likelihood of a crash, residents said. In 2004, there were 18,091 jet take-offs or landings at the airport. That's an increase of 50 percent in the last five years and more than 1,500 percent since 1983, according to city records.

A study shows that Santa Monica Airport is unique because it has the closest proximity to neighborhoods than most airports in the country, said Cathy Larson, a nearby resident and co-chair of Friends of Sunset Park Airport Committee. Larson said she has talked to several of her neighbors who have been concerned for years about planes crashing into their homes, especially with the increased frequency of flights.

"The community is concerned that with the rise of operations of larger aircraft, the risk of disaster is increasing," Larson said.

But residents may run into turbulence on their flight to peace of mind. Shortening the runway would not comply with a 1984 agreement between the city of Santa Monica and the FAA, according to a letter from the FAA to Congressman Henry Waxman, who has been helping the Friends of Sunset Park Airport Committee

"The community is concerned that with the rise of operations of larger aircraft, the risk of disaster is increasing,"

CATHY LARSON

Resident and co-chair of Friends of Sunset Park Airport Committee

in its effort.

City Hall is still trying to determine what level of control it has over the airport when the agreement expires in 2015, officials said.

Donn Walker, an FAA spokesman for the western region, said his office is not ready to comment or respond to the proposal. He added that the proposal will continue to be reviewed and studied thoroughly until the FAA is ready to react.

Dan Hubbard, a spokesman for the National Business Aviation Association, some of whose members might be affected by airport regulations, said his group welcomes any discussion of safety issues.

"(We) understand the city is exploring

its options and we welcome that discussion which we know will include an evaluation of safety benefits by the federal authorities and include industry stakeholders," Hubbard said. "We will be monitoring the process."

Larson said she feels the FAA already may have taken a position on the proposal.

"We feel its about economics," Larson said. "The FAA doesn't want to improve safety at the airport because it will impact its use by big business."

"The FAA doesn't want to ruffle their feathers," she added. "They'd rather jeopardize the safety of the community and ignore it."

Family fun planned for holiday festivities downtown

WINTERLIT, from page 1

This year, they've refurbished the decor for about \$66,000, hoping they'll get another three years out of it.

Designer Daniel Lucas of Scenario Design, with the help of painters, effects experts and project leader Jameel Haiat — a veteran of the Macy's Christmas Day Parade — have been hired to oversee the decorating.

The new design includes scenes of green trees, retro, oversized light bulbs, candy canes and woodland creatures. For the past few months, a crew of seven designers has worked on display logistics. A special effects person was brought in to engineer complicated wiring of the lighting elements.

"Third Street is such an eclectic, fun

and up-beat environment that I wanted to warm up the scenery and take people to a place of fond memories of Christmas," Lucas said. "I hope the décor will catch people off guard, and bring a smile to their faces."

The decor is part of Winterlit, a five-week campaign now in its fourth season that is designed to draw shoppers here. Winterlit will light the Promenade every evening from sundown to 3 a.m. through the first week of January.

Bayside two years ago hired Ramsey Avery, an award-winning set designer who has done the art direction on two of Steven Spielberg's films, to design the lighting display and Winterlit theme.

That theme included towering 18-foot tall illuminated trees, iceberg sculptures, ice shards dangling from light poles and a

30-foot high canopy of stars and lights.

The holiday festivities on the Promenade have changed from previous years. Usually the kick-off is the day after Thanksgiving, complete with a lighting ceremony, celebrities and holiday music. But officials have decided to make Dec. 10 the celebration this year so Santa Monica won't be competing with other shopping destinations which have larger budgets for their festivities.

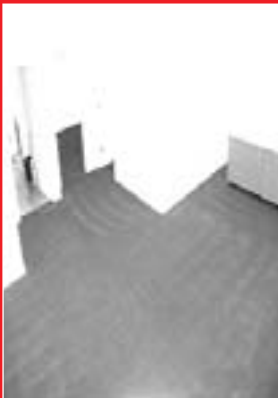
However, Winterlit will kick off Nov. 19 with a "Breakfast with Santa" event at Santa Monica Place from 9:30 a.m. to 11 a.m.

Other Winterlit activities include the

raffle of a \$1,000 shopping spree at 1 p.m. on Nov. 22 at the Third Street Promenade; Friends and Family VIP discount shopping event and Beauty Lounge at Santa Monica Place from 10 a.m. to 9 p.m. on Dec. 4 (discounts also available at participating retailers at the Promenade and advance tickets are required); Pet Nights with Santa from 4 p.m. to 8 p.m. on Dec. 5 and 12; a model search at Santa Monica Place from 5:30 p.m. to 7:30 p.m. on Dec. 6; a fashion show on the Promenade at 2 p.m. and 3:30 p.m. on Dec. 11, and a children's event with snow, pony rides and petting zoo on the Promenade from noon to 4 p.m. on Dec. 10.

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Parents need to be sweet smart

Dear Dorie,

Starting with the fall festivals and ending with Halloween, my daughter is on a sugar high. What am I supposed to do with all this candy? I don't want to throw it away but I don't want it around the house either.

— Outsweeted

Dear Outsweeted,

The candy issue is just beginning as we ramp up toward the winter holidays. If you're opposed to just storing it in the house (out of sight) and giving it out as you see fit, consider the "Switch Witch."

Allow your daughter to choose a special gift and put all the candy out in a bowl on the porch (one mom I know puts the candy in shoes. I'm not sure why). The witch comes when your daughter is sleeping and switches it for the special gift. This may be a good option for you.

If this doesn't suit you, consider a donation to your local senior center or elementary school teacher's lounge. I've never known a group of adults to turn candy down either. The key for your daughter is to enjoy some candy and learn when to let it go. You'll do a great job of teaching her that by enjoying some with her and donating the rest. Good luck.

— Dorie

(Dorie Meek is director of the Infant & Family Support Program, provided by Saint John's Health Center in partnership with the Santa Monica-Malibu Unified School District. Meek answers questions concerning children ages birth to 5 years old. Submit your questions to "Dear Dorie" at meek@smmusd.org, or call (310) 452-6132; fax (310) 452-6392).

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GUEST COMMENTARY BY JOEL FUHRMAN, M.D.

Nutrition can fight the flu

Nearly every year, flu season seems to bring with it extraordinary anxiety and fear, especially among parents of young children. This year is perhaps even worse, as the media is full of reports of a deadly H5N1 Avian influenza bug, which in theory could mutate and be transmissible from human to human.

Through all of the fog of media hysteria, the important news is that most Americans can and should take some very simple steps to reduce the likelihood of getting infectious disease like the flu.

The most effective weapon we have to protect ourselves against the potential damaging effects of influenza and other infectious disease is nutritional excellence. Micronutrients — meaning vitamins, minerals and phytochemicals — fuel various clever host defense mechanisms. If you are deficient in virtually any known vitamin and mineral, research has shown these host defense functions can be negatively affected.

It also has been demonstrated that when diets are low in consumption of green and yellow vegetables, viral illnesses take a more serious form. Multiple micronutrients including lutein, lycopene, folic acid, bioflavonoids, riboflavin, zinc, selenium and many others influence the susceptibility of a host to infections. Viruses are able to assume a more virulent form when nutritional deficiencies are present in the host. A healthy immune system, adequately armed with a symphonic assortment of plant-derived phytochemicals, inhibits DNA variation in the virus that could allow it to better evade host defenses.

The good news is that if you are generally healthy and eat a healthy diet, and get a high percentage of your calories from fruits, vegetables, seeds and nuts, then

you need not panic. The flu is not a dangerous disease in healthy individuals and stands no chance against a truly healthy immune system fortified with excellent nutrition.

Unfortunately the majority of Americans eat a diet style that weakens their normal resistance to simple viral infections. In spite of advances in science that reveal the critical importance of thousands of protective micronutrients in the natural plant kingdom, much of the modern world consumes a diet rich in processed grains, oils, sweets and animal products. In the United States, for example, less than 5 percent of total calories consumed come from fresh fruits, vegetables, bean, seeds and nuts, the foods that are richest in micronutrients. This chronic malnourished condition is the true life-threatening epidemic in the modern world, resulting in a medical care crisis and untold tragedies. The same diet of nutritional excellence that affords us protection from heart disease and cancer can offer significant protect us against contagious diseases as well.

(Joel Fuhrman, M.D. is an author and board-certified family physician in private practice in New Jersey, who specializes in preventing and reversing disease through nutritional and lifestyle intervention. He is a graduate of the University of Pennsylvania School of Medicine and provides nutritionally-oriented medical care to patients, as well as nutritional education to other physicians. A former member of the US World Figure Skating Team, he also is the author of "Disease-Proof Your Child." His column appears every other Tuesday in the Santa Monica Daily Press. For more information visit DrFuhrman.com.)

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Nov. 19, 20 – 5:00 p.m., Nov. 25 – 7:00 p.m., Nov. 26 & 27 – 2:00 & 5:00 p.m.
Based on a short story by Gabriel Garcia Marquez that tells what happens when Fefe and Momo discover a winged old man who appears to have fallen out of the sky. For ages 6 and up, \$20 – \$40. Kirk Douglas Theatre, 9820 Washington Blvd., Culver City, 213-628-2772.

FRI., NOV. 18 MARLA FRAZEE STORYTELLING and BOOK SIGNING – 10:30 a.m.

Fraze reads and signs Santa Claus: The World's Number One Story Expert. FREE! Ages 4 and up. Children's Book World, 10580 ? Pico Blvd., LA, 559-BOOK.

SAT., NOV. 19 ENVIRONMENTAL DIAPERING – CLOTH DIAPERS and MORE!

11:00 a.m. – 1:00 p.m. FREE! This informative lecture will help you explore options in diapering that are not so harmful for the planet. Whole Foods Community Room, 11666 National Blvd, LA, 90064. Presented by The Nest...a place for growing families, www.nestcenter.com, 398-1938.

SUN. NOV. 20 DAN ZANES and FRIENDS – LIVE! – 11:00 a.m. & 2:00 p.m.

UCLA Live presents the playful roots-rocker Zanes and his spirited band. Back by popular demand, they perform blues and classics alongside pop and multicultural folk songs. Best for families with kids 8 and under. Royce Hall, UCLA, 825-2101. www.uclalive.org.

TUESDAY

MOMS Club of SM South Playgroup – 11:00 a.m., for children born 1/04 – 9/04. Call or email Alison at 393-4481/riversalison@hotmail.com for more info. All moms welcome!

Movies for Moms! 11:00 a.m., Loews Cineplex Broadway Theatre, 1441 3rd St. Promenade – for Moms and babies newborn – 1 year old. Doors open early for socializing and getting comfortable. Visit www.enjoytheshow.com/reelmoms for details. Nov. 15 – The 40 Year-Old Virgin starring Steve Carell, Catherine Keener and Paul Rudd. Comedy, Rated "R."

Storytelling

Main Library – held at Reed Park, corner of 7th and Wilshire.
Toddler Storytime; 10:00 a.m. For 2 year olds with adult.
Preschool Story Time; 10:30 a.m.; for ages 3-5.

Fairview Branch Library – 2101 Ocean Park Blvd – 310-450-0443.
Cuentos Para Pequenos – 10:00 a.m., six-week series in Spanish for 24 – 36 month olds.
Lap Time – 11:00 a.m., six-week series for babies 0-24 months, co-sponsored by the SMMUSD Infant & Family Support Program. Current session Nov. 1 – Dec. 6.

Twilight Story Time -7pm – an ongoing program for 3-5 year olds.

Montana Avenue Branch Library – 1704 Montana Ave – 310-829-7081.
Family Story Time – 7:00 p.m., all ages.
Terrific Tuesdays –Nov. 22 – holiday themed stories and crafts for ages 5-8.
Ocean Park Branch Library – 2601 Main St – 310-392-3804.

Toddler Storytime, 10:00 and 10:30. Music, rhymes and stories for 2 to 3 year olds. Current session Nov. 8 – Dec. 13. Registration required.

Tiny Tuesday Storytime at Storyopolis
For ages infant to 3. 11:00 a.m. 116 North Robertson, Plaza A, LA. 310-358-2500, www.storyopolis.com
Barnes and Noble at the Grove
Storytime for ages 2 – 6. 10:00 a.m. 189 Grove Drive, LA, 323-525-0270

Classes

YWCA – A Place for Parents –Toddler & Me Class - 9:15 - 10:15 a.m. – 12 to 36 months; Infant & Me Class – 10:45 – 11:45 a.m. and 1:30 – 2:30 p.m., 0 – 12 months; 2019 14th St. Call 452-3881for details and prices.
YMCA – Attachment Parenting Classes - 2:00 – 3:30 p.m., 1332 Sixth St., 393-2721 (ask for Shelana Philip-Guide or Audrey Meyer). This new class for mothers/dads and babies up to 12 months is presented by Karol Darsa, PsyD, a licensed psychologist with extensive experience working with children and families. Fees: Members – 1 class - \$40, 5 class pass - \$180; Non-members - \$50, 5 class pass - \$200.
BREAKTHROUGH PARENTING CLASSES – 7:00 – 9:30 p.m.
An advanced 10-week parent education course. Continuous enrollment. For info call Jayne A. Major, Ph.D., Breakthrough Parenting Services, Inc., 310-823-7846, jm@BPinAction.org.

Yoga & Exercise

Prenatal Aqua Aerobics at the Santa Monica YMCA
10:00 – 11:00 a.m and 7:30 – 8:30 p.m; Free for members, non-members \$90 for 10 classes. (also Thursday nights 7:30 – 8:30 p.m.) 393-2721. ext. 117 for more info.
Yoga Works – 2215 Montana Ave, 310-393-5150; Pre/postnatal – 12:15 – 1:40 p.m., \$15.
Mommy and Me – 1:45 – 3:00 p.m.
Mommy Care – at the Dance Factory, 11606 San Vicente Blvd., Brentwood, 310-394-6711. Combined Pregnancy/Recovery Exercise Group – 7:00 – 8:00 p.m.. (babies welcome, includes baby massage and workout at the end)
Itsy Bitsy Yoga – Baby IBY (6 weeks to pre-crawling) – 9:30 – 10:30 a.m. With Khefri Riley at Ocean Oasis, 1333 Ocean Ave. Register at www.khefri.net or call 323-549-5383.
Stroller Strides Fitness Class – 9:30 a.m. Mon. – Fri., Palisades Park, call 800-795-6708 or visit www.strollerstrides.com for more info.

Breastfeeding Group

The Pump Station, 2415 Wilshire Blvd., 310-998-1981 - drop-in, first class free, \$10 fee thereafter. Moms/babies 0-4 months, 1:00 – 2:30 p.m.

WEDNESDAY

MOMS Club of SM South Playgroups – 4:30 p.m., separate groups for children born in 2000 and 2001. Call or email Alison at 393-4481/riversalison@hotmail.com for more info. All moms welcome!

Storytelling

The Talking Stick Coffee Lounge – 1630 Ocean Park Blvd., 450-6052
10:30 a.m. Free story time for moms and kids ages 0-4 at this neighborhood coffee shop.
Fairview Branch Library – 2101 Ocean Park Blvd – 310-450-0443.
Toddler Story Time – 9:30 a.m., for two year

olds with adult.

Preschool Story Time – 10:30 a.m.; for 3-5 year olds with adult.
Current session Nov. 2 – Dec. 7.
Montana Avenue Branch Library – 1704 Montana Ave – 310-829-7081.
Lap Time - 10:15 & 11:15 a.m., ages 0-2. Current session Oct. 26 – Dec. 14.
Ocean Park Branch Library – 2601 Main St. –392-3804.
Preschool Twilight Story Time – 7:00 – 7:30 p.m. Parents/children ages 3-5.
Barnes and Noble, Westside Pavilion – 2 pm – ages 2-5 – 310-475-4144
Border's, Westwood – 11a.m. – 310-475-3444.

Classes

YWCA – A Place for Parents –Toddler & Me Class - 10:45 – 11:45 a.m., 7 to 36 months; 2019 14th St. Call 452-3881for details and prices.

Rhythm Child Parent & Me Rhythms, Santa Monica Studios, 3025 Olympic Blvd., 9:30 – 10:15 a.m. Children explore rhythms through drum play. For toddlers. \$100 for 8 weeks. Call 204-5466 or visit www.rhythmchild.net for more info and session dates.

YWCA – A Place for Parents –Toddler & Me Class - 9:15 - 10:15 a.m. – walkers to 3 years; (Mon – Fri); 2019 14th St. Call 452-3881for details and prices.
Enchanted Lunchtime Theatre at Santa Monica Playhouse, 1211 4th St, 394-9779
11:30 a.m. – 1:00 p.m. For ages 3 – 5 with parents. This theatrical adventure includes story time, theatre games, crafts, play building and lunch. Reservations required 24 hours in advance, \$19.50 includes lunch for child and lunch.

Yoga & Exercise

Kids' Yoga Circle, 1814 14th St., 260-2736 – Yoga and more for ages 4 – 7, 4:00 – 5:00 p.m. 8 week session \$125/Drop-in \$18
Yoga Works, 2215 Montana Ave, 310-393-5150 Pre/Postnatal – 12:15 – 1:45pm, \$15
Fitness for Moms – Babies Welcome! Step Aerobics, 10:30 a.m. at the YMCA, 393-2721, ext. 117 for more info. Free for members, non-members pay \$90 for 10 classes.
Stroller Strides Fitness Class – 9:30 a.m. Mon. – Fri., Palisades Park, call 800-795-6708 or visit www.strollerstrides.com for more info.

Breastfeeding Group

The Pump Station, 2415 Wilshire Blvd., 310-998-1981, drop-in, first class free, \$10 fee thereafter. Moms/babies 0-4 months, 1:00 – 2:30 p.m.

Other

Puppetolio – 1:00 p.m., 310-656-0483, 1255 2nd St., ages 3 & up, reservations suggested

THURSDAY

MOMS Club of SM South Playgroup – 3:30 p.m., for children born 3/03 – 12/03, Call or email Alison at 393-4481/riversalison@hotmail.com for more info. All moms welcome!

Storytelling

Babystyle, 1324 Montana Avenue, 434-9590
10:30 a.m. Free story time for moms and kids ages 0-4.
Main Library – held at Reed Park, corner of 7th and Wilshire.
Toddler Storytime; 10:00 a.m.; for 2 year olds with adult.
Preschool Story Time; 10:30 a.m.; for ages 3-5.
Fairview Branch Library – 2101 Ocean Park Blvd – 310-450-0443.
La Hora Del Cuento – 7:00 p.m. Spanish stories, songs and rhymes for all ages.
Montana Avenue Branch Library – 1704

Montana Ave – 310-829-7081.
Toddler Story Time – 10:15 a.m., for 2 year olds, current session thru Dec. 15.
Preschool Story Time – 11:15 a.m.; for 3-5 year olds.
Ocean Park Branch Library – 2601 Main St – 310-392-3804.
Lap Time – 9:20 & 10:20 a.m., for babies up to age 2. Current session thru Nov. 17.

Classes

YWCA – A Place for Parents –Toddler & Me Class - 9:15 - 10:15 a.m and 10:45 – 11:45 a.m., 12 to 36 months; Parent Support Group – 3:30 – 4:30 p.m., age 3 – 5 years; 2019 14th St. Call 452-3881for details and prices.
BREAKTHROUGH PARENTING CLASSES – 6:30 – 9:30 p.m.
An advanced 10-week parent education course. Continuous enrollment. For info call Jayne A. Major, Ph.D., Breakthrough Parenting Services, Inc., 310-823-7846, jm@BPinAction.org.

Yoga & Exercise

Kids' Yoga Circle, 1814 14th St., 260-2736 – Yoga and more for ages 8 – 11, 4:00 – 5:00 p.m.; ages 12 – 15, 5:15 – 6:30 p.m. 8 week session \$125/Drop-in \$18

Prenatal Aqua Aerobics at the Santa Monica YMCA

7:30 – 8:30 p.m; Free for members, non-members \$90 for 10 classes. (also Tuesdays at 10:00 – 11:00 a.m. and 7:30 – 8:30 p.m.) 393-2721. ext. 117 for more info.
Yoga Works – 2215 Montana Ave, 310-393-5150; Pre/postnatal – 12:15 – 1:40 p.m., \$15.
Mommy and Me – 1:45 – 3:00 p.m.
Stroller Strides Fitness Class – 9:30 a.m. Mon. – Fri., Palisades Park, call 800-795-6708 or visit www.strollerstrides.com for more info.

Breastfeeding Group

The Pump Station, 2415 Wilshire Blvd., 310-998-1981 - drop-in, first class free, \$10 fee thereafter. Moms/babies 4-8 months, 1:00 – 2:30 p.m.

FRIDAY

MOMS Club North

New Mother Group – for new moms with babies born from 6/05 to present. Meet for conversation, support and playtime. All new Moms welcome!
South – 11:00 a.m. - playgroup for children born 10/04 – 5/05. Call or e-mail Alison at 393-4481, riversalison@hotmail.com for more info.

Parent's Night Out at Child's Play, 2299 Westwood Blvd., 6:00 – 11:00 p.m.

Kids get a night of supervised fun with pizza, games and more while parents go out. Ages 3-10, \$9 per hour, \$7 siblings, 3 hour minimum. Reservations required, 470-4997. [ww.child-splayonline.net](http://www.child-splayonline.net)
La Leche League of LA/Mar Vista – meets the 2nd Friday of each month at 10:00 a.m. Call 310-390-2529 for info.
Planetarium Show at SMC's John Drescher Planetarium, 7:00 p.m. - Night Sky Show, 8:00 p.m. – featured program. \$5 adults, \$4 children. Pico and 17th St., 434-3000.

Classes

YWCA – A Place for Parents –Toddler & Me Class - 9:15 - 10:15 a.m. – 12 – 36 mos.; 2019 14th St. Call 452-3881for details and prices.

Yoga & Exercise

Fitness for Moms – Babies Welcome! Indoor

Cycling, 10:30 a.m. at the YMCA, 393-2721, ext. 117 for more info. Free for members, non-members pay \$90 for 10 classes.

Yoga Works – 2215 Montana Ave, 310-393-5150; Pre/postnatal – 12:15 – 1:45 p.m., \$15.
Stroller Strides Fitness Class – 9:30 a.m. Mon. – Fri., Palisades Park, call 800-795-6708 or visit www.strollerstrides.com for more info.

Other

Baby Attuned - Fridays, 9:00 a.m. – 2:00 p.m., A new program promoting sensitive parenting and developmental awareness. Eileen Escarce, PhD, MSN. (PSY 18819). Introductory fee: \$15 per screening with feedback. 1137 2nd Ave, Suite 213. By appointment only 310-367-1155.

SATURDAY

Storytelling

Barnes and Noble, 3rd St. Promenade – Kid's Story Time – 10am, 310-260-9110
Barnes and Noble, Westside Pavilion – 10:30am – ages 2-5, 310-475-4144.
Children's Book World, 10580 1/2 Pico Blvd, LA - 10:30 a.m., 310-559-BOOK.
Village Books, 1049 SwarthmoreAve, Pacific Palisades – 10:30 a.m., 454-4063.
826LA, 685 Venice Blvd, 2nd Floor, Venice – 10:30 – 11:30 a.m., ages 3-6, RSVP to info @825LA.com or 310-314-8418. (826LA is a non-profit organization dedicated to supporting students with their creative and expository writing skills, and to helping teachers inspire their students to write).

Classes

YWCA – Toddler & Me every other Sat., 9:45 – 10:45 a.m., \$15 per class; Parent Enrichment once per month , 11:00 a.m. – noon, \$15 per class, \$25 per couple.

Yoga & Exercise

Santa Monica Yoga – Pre- & Post-Natal Yoga, Saturdays – 12:30 – 2:00 p.m.
1640 Ocean Park Blvd, 396-4040, www.santamonicayoga.com
Mommy Care – at the Dance Factory, 11606 San Vicente Blvd., Brentwood, 310-394-6711. Combined Pregnancy/Recovery Exercise Group – 8:30 – 9:30 a.m.(babies welcome, includes baby massage and workout at the end)
Stroller Strides Fitness Class – 9:00 a.m., Palisades Park, call 800-795-6708 or visit www.strollerstrides.com for more info.

Other

All About Santa at the Santa Monica Playhouse
Saturdays & Sundays at 12:30 & 3:00 p.m. thru Dec. 18th , \$12.50 adults, \$10.50 kids ages 12 & under. 394-9779 ext. 2 for reservations, www.santamonicaplayhouse.com
Also Dec. 20 & 22 at 2:00 p.m.
Puppetolio – 1:00 and 3:00pm, 310-656-0483, 1255 2nd St., ages 3 & up, reservations suggested

Magicopolis – 2 and 8 p.m., 1418 4th St. Admission is \$20 for evening, \$15 for matinee. Call 310-451-2241 for info.

Precious Prints – Ceramic Heirlooms for a Lifetime

Second Saturday every month at The Pump Station, 1:00 – 4:00 p.m. Contact Kristan Ritchie at 310-802-8013 or visit www.preciousprintsstudios.com for more info.

Lakeshore Learning Stores "Free Crafts for Kids" – Saturdays, 11:00 a.m. – 3:00 p.m., 8888 Venice Blvd., 559-9630.

"A Faery Hunt" – 10:30 a.m., every Saturday at Franklin Canyon Park. An interactive children's

show, searching for fairies and other enchanted creatures in the magical canyon and finding them! \$10, call for reservations – 818-324-6802. www.faeryhunt.com. Meet in the parking lot of the Sooky Goldman Nature Center, 2600 Franklin Canyon Dr., Beverly Hills.

SUNDAY

All About Santa at the Santa Monica Playhouse

Saturdays & Sundays at 12:30 & 3:00 p.m. thru Dec. 18th , \$12.50 adults, \$10.50 kids ages 12 & under. 394-9779 ext. 2 for reservations, www.santamonicaplayhouse.com
Also Dec. 20 & 22 at 2:00 p.m.

Main Street Farmer's Market – 9:30 a.m. – 1:00 p.m., corner of Main St. and Ocean Park Blvd. Pony rides, live music, lots of vendors and great family socializing.

Puppetolio – 1:00 and 3:00pm, 310-656-0483, 1255 2nd St., ages 3 & up, reservations suggested
Magicopolis – 2 p.m., 1418 4th St., Admission is \$15. Call 310-451-2241 for info.

Breastfeeding

Working Mother's Support Group
The Pump Station, 2415 Wilshire Blvd. - Call 998-1981 for more info.

MONDAY

MOMS Club of SM South Playgroups

Noon – 2:00 p.m., for children born 1/02 – 2/03; 9:30 a.m. – for children born 1/04 – 9/04; call or email Alison at 393-4481/riversalison@hotmail.com for more info. All moms welcome!

Storytelling

Main Library – Lap Time at Joslyn Park – 9:30 a.m. Current session thru Dec. 12.
"Family Connections" – 10:00 a.m., immediately following Lap Time - a series of discussions related to early childhood development and growth. Children welcome, free.
Ocean Park Branch Library – 2601 Main Street, 310-392-3804.
"Spanish for Little Ones" - 11:15 a.m., for ages 2 – 5.
Barnes and Noble, 3rd St. Promenade – Toddler Story Time – 10am – 310-260-9110

Classes

YWCA – A Place for Parents –Toddler & Me Class - 9:15 - 10:15 a.m. – 12 – 36 mos.; "Playtime – A combination play time and parent support time", 10:30 a.m. – 2:30 p.m., 2019 14th St. Call 452-3881for details and prices.

Breastfeeding Group

The Pump Station, 2415 Wilshire Blvd., 310-998-1981 - drop-in, first class free, \$10 fee thereafter. Moms/babies 0-4 months, 1:00 – 2:30 p.m.

Yoga & Exercise

Yoga Works, 2215 Montana Ave, 310-393-5150 Pre/Postnatal – 12:15 – 1:45pm, \$15
Itsy Bitsy Yoga – TOT IBY (crawling – 2/3 years) – 10:00 – 11:00 a.m. With Khefri Riley at TURNOUT Performing Arts Center, 12113 Santa Monica Bl., St. 201. Register at www.khefri.net or call 323-549-5383.
Yoga Garden, - Restorative yoga for pre/post-natal – 6:30 p.m., 310-450-0133. www.yoga-gardenstudios.com
Stroller Strides Fitness Class – 9:30 a.m. Mon. – Fri., Palisades Park, call 800-795-6708 or visit www.strollerstrides.com for more info.



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STATE

Insurers turning to ‘consumer-driven’ health care

BY ROBERT JABLON

Associated Press Writer

LOS ANGELES — The future of health coverage may look more like the Home Shopping Network than “E.R.”

A fast-growing trend known as consumer-driven health care aims to curb the soaring cost of health insurance by offering tailor-made coverage and increasing deductibles to make patients choosier about doctors, drugs and hospitals.

Among other things, patients who don’t intend to get pregnant can eliminate maternity coverage. Families can cut premiums by taking on a \$2,000 annual deductible then shopping around for the most affordable care.

“All the big insurers are now offering consumer-directed products,” said Caroline Steinberg, vice president of trends analysis for the American Hospital Association in Washington, D.C.

“It’s a bit of an experiment,” she said. “At this point, I don’t think we know whether it’s going to work or not.”

Critics insist the high deductibles are merely a way for insurers to shift more costs to workers. They also point out that the plans don’t require insurers to cut either their profits or prices.

California Insurance Commissioner John Garamendi, a supporter of government-mandated coverage, has called the trend a “death spiral” for health care. He argued that it will cherry-pick the youngest, healthiest and richest people while forcing traditional managed care plans to charge more to cover the sickest patients.

The result will be more uninsured people, he said.

“It’s not consumer-driven at all,” Garamendi said. “What it is is market-driven by insurance companies ... segmenting the population into high-cost, high-risk segments and low-cost, low-risk segments.”

Of the 186 million Americans who have health insurance, only about 3 million people are enrolled in consumer-driven plans. However, that number is expected to increase as politicians, insurers and employers struggle to

hold down health care costs that have outpaced inflation for years.

With the annual cost of insuring a family now about \$10,000, many employers no longer offer health coverage. Only 66 percent of full-time workers at private firms have employer-sponsored plans, compared to 80 percent in 1989, according to the U.S. Bureau of Labor Statistics.

Garamendi specifically targeted a plan unveiled last year by Blue Cross. Marketed as Tonik, it’s geared to people under 30 who are just starting out in their careers.

By design, it does not include maternity benefits but does offer catastrophic coverage along with limited dental and vision care.

Blue Cross said its research showed the target market didn’t want maternity coverage. Eliminating it made the plan more affordable, said Robert Alaniz, a spokesman for Wellpoint Inc., parent company of Blue Cross.

“It’s not what government thinks you need, it’s not what we, the plan, think you need, but it’s what you, the consumer, told us,” he said.

Hoi Wong, 29, of San Francisco chose Tonik after going to work for a small firm that doesn’t offer health coverage but does give employees \$200 a month to buy their own. Wong pays \$98 a month in premiums. Her annual deductible is \$1,500.

Outside of an emergency, she intends to use the plan mainly for regular checkups and for its vision and dental benefits.

“I actually don’t go visit a doctor very much,” she said. “I try to eat healthy and try to have regular patterns in life and get my eight hours of sleep.”

Wong designs strollers and car seats but isn’t interested in maternity coverage.

“I don’t plan to have a family in the very near future,” she said.

Consumer-driven plans are based on the theory that people who must pay more upfront in deductibles will shop around for the most affordable health care.

For some patients that could mean using generic rather than brand-name drugs or taking an aspirin before rush-

**Giant health care provider
UnitedHealth Group Inc. is betting
the consumer-driven approach will
help remedy the ailing system.**

ing to an emergency room after a sports injury.

Tax-exempt health savings accounts recently permitted by Congress allow people to bank their own money toward the deductibles.

Giant health care provider UnitedHealth Group Inc. is betting the consumer-driven approach will help remedy the ailing system.

The Minnetonka, Minn.-based firm has applied the philosophy to its own products and paid more than \$800 million to buy two companies with pioneering experience in consumer-driven plans, UnitedHealth spokesman Mark Lindsay said.

“The single best agent to control health care costs is the individual,” he said. “Unfortunately, today they are disconnected from that reality.”

Analysts aren’t sure how much impact the approach will have on costs. The pointed out that most consumer-driven plans must still cover expensive care such as debilitating accidents and diseases.

They also said the average person simply doesn’t have enough information or expertise to make informed choices about the complex health care system and won’t want to pick-and-choose when their health is on the line.

“To say consumers want this, do they really know what they’re buying?” asked Hal Luft, professor of health economics and health policy at the University of California, San Francisco.

Now, the plans are “mostly appealing to the healthy, wealthy and wise,” added Jon Gabel, vice president of the Center for Health System Change.

Hollywood unions protest growing product placement trend

BY GARY GENTILE

AP Business Writer

LOS ANGELES — Hollywood writers and actors are calling for a code of conduct to govern the growing trend of hidden advertising in TV shows and films and say they will appeal to federal regulators if studios do not respond to their concerns.

The unions also say they want their share of the billions of dollars in advertising revenue generated by stories they write and act in.

Advertising has been creeping into programming for years. The blurring between ads and entertainment can include simple product placement, such as a Coca-Cola cup prominently displayed on “American Idol.”

But increasingly, the products are becoming integrated into the story lines. The character of Gabrielle on “Desperate Housewives,” for instance, was seen last season as an auto show model, touting the benefits of a new model from Buick.

Some reality shows, such as “The Apprentice,” base entire episodes around contestants working with sponsors. The show, featuring Donald Trump, has included tasks involving Burger King, Dairy Queen and the DVD

**“Just as there is an established
right to truth-in-advertising,
there should be a similar right to
truth-in-programming where
advertising is concerned.”**

ALAN ROSENBERG
SAG President

release of the latest “Star Wars” film.

Representatives from the Writers Guild of America were scheduled to release a study on the practice Monday, decrying the practice.

“We are being told to write the lines that sell this merchandise and to deftly disguise the sale as a story,” the study states.

The WGA is calling for a code of conduct that would mandate full disclosure of all product integration deals at the beginning of a program so viewers would know they

will be “subject to hidden or stealth advertising,” according to a news release to be issued Monday.

The code would also require the issue to be discussed in bargaining with the studios to give actors, writers and directors a voice in how products are woven into the plot.

“Just as there is an established right to truth-in-advertising, there should be a similar right to truth-in-programming where advertising is concerned,” SAG President Alan Rosenberg said in a statement.

The effort is part of a larger push by the WGA to unionize writers, producers and editors who work on reality TV shows.

The guild has said that many of the “unscripted” shows are actually carefully crafted by editors who often write specific dialogue or piece together bits of video to tell a story.

A representative of the Alliance of Motion Picture and Television Producers, which represents film and TV studios, did not immediately return a phone call seeking comment Sunday.

Nick Counter, the AMPTP’s president, has called the WGA’s aggressive stance on the issue “an unfortunate tactic,” in the past. Counter has pointed to the WGA’s last contract with the studios, which called for discussions on reality shows on a case by case basis.

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I’m trying to read the Daily Press.”**

Maya Furukawa, Staff Mascot and face maker.

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INTERNATIONAL



Multiple issues to greet president on Asia trip

BY JENNIFER LOVEN
Associated Press Writer

WASHINGTON — Preparing for a possible bird flu pandemic. Boosting global free-trade talks and tackling sticky trade issues with China. Promoting democracy. Keeping U.S. partners on track in ridding North Korea of its nuclear weapons programs.

President Bush embarked on Monday on an eight-day Asian trip with a full plate.

White House officials predicted that Bush's visits to Japan, South Korea, China and Mongolia would produce few tangible breakthroughs. Analysts said that was appropriate, since the trip's value lies in countering a drift in the region away from the United States.

China is growing in economic and military might and in its global involvement, which is causing some to worry whether Beijing seeks to rival, or supplant, U.S. influence. Meanwhile, a new collection of Asian states known as the East Asia Summit added participation by Australia, New Zealand and India, but still excludes Washington.

"It is good for the president to show up in Asia and say, 'We care about Asia,' because that is in doubt in the region," said Ed Lincoln, senior fellow in Asia and Economic Studies at the Council on Foreign Relations.

White House aides had looked to a November packed with foreign travel as a way to help divert attention from Bush's domestic troubles and slumping poll numbers.

It hasn't worked out that way.

Democrats have seized on the indictment of Vice President Dick Cheney's top aide in the CIA leak case to raise anew that Bush's main justification for the 2003 Iraq invasion, that Saddam Hussein had weapons of mass destruction, was wrong.

Continuing a counterattack that began Friday with a sharp rebuke to his critics, the president was pausing at Elmendorf Air Force Base in Alaska en route to Asia on Monday to promote his war-on-terror and Iraq policies.

Even while abroad lately, Bush hasn't always fared well. Just over a week ago, he saw his desires for a Western Hemisphere-wide free-trade pact dashed at a Latin American summit marked by violent anti-American protests.

The main reason for Bush's Asia trip is the annual summit of Pacific Rim leaders at the Asia-Pacific Economic Cooperation forum, held this year in Busan, South Korea.

The president will press the 20 other APEC leaders to pay more attention to weapons proliferation, put early warning and information-sharing systems in place in case of bird flu outbreaks and add momentum to December talks on a new global trade pact.

On the sidelines, Bush will showcase his support for democratic reforms by meeting with the leaders of Malaysia and Indonesia — two moderate Muslim-major-

ity nations that have turned in recent years to representative governments.

His first Asia stop is Kyoto, Japan, where on Tuesday he will give what aides bill as the speech of the week on the power of democracy, not only to better individual lives but contribute to the long-term prosperity of nations.

The remarks will hold up such nations as Japan, Australia and South Korea as models because of their strong democratic traditions and willingness to help establish democracy in places like Afghanistan and Iraq.

But the speech is clearly aimed, at least in part, at communist China. "There's going to be a lot of change in Chinese society and these are things that will help the Chinese move forward," Mike Green, the National Security Council's senior director for Asia, said in describing the message.

But Lincoln, the Council on Foreign Relations analyst, said it could be a big mistake for Bush to open an Asian journey with a speech that could unnecessarily provoke Beijing, especially when the centerpiece of the week is a state visit to China.

Aside from the contents of the speech, Lincoln said Bush should think twice before choosing Japan as the backdrop. Japanese-Chinese relations are tense lately, not least because of a recent visit by Japanese Prime Minister Junichiro Koizumi to a Tokyo shrine that recalls for many Japan's militaristic past and its World War II invasion of China.

What's more, Bush is closing his trip in Mongolia, on China's doorstep, to deliver another speech that celebrates the former communist country's emerging democracy.

"To me, (China) seems like the kind of country you want to handle in a somewhat delicate way, rather than kick them in the rear," Lincoln said.

That's especially true given the high stakes in the U.S.-China relationship. Bush plans to press China to revalue its currency, reduce its vast trade surplus with the United States and curb the piracy of American movies, software and other copyright material.

China's leadership in six-party talks with North Korea aimed at ending Pyongyang's nuclear ambitions also will be a key topic when Bush meets with Chinese President Hu Jintao in Beijing.

Since Japan and South Korea are also U.S. partners in those negotiations, Bush will also be working the issue when he sits down with Koizumi in Kyoto and spends a day with South Korean President Roh Moo-hyun ahead of the APEC meetings.

Military ties are another major issue with all three countries. U.S. officials worry about a huge military buildup in China, a realignment plan was recently announced for U.S. troops in Japan, and the Pentagon has begun a major drawdown of American forces in South Korea.

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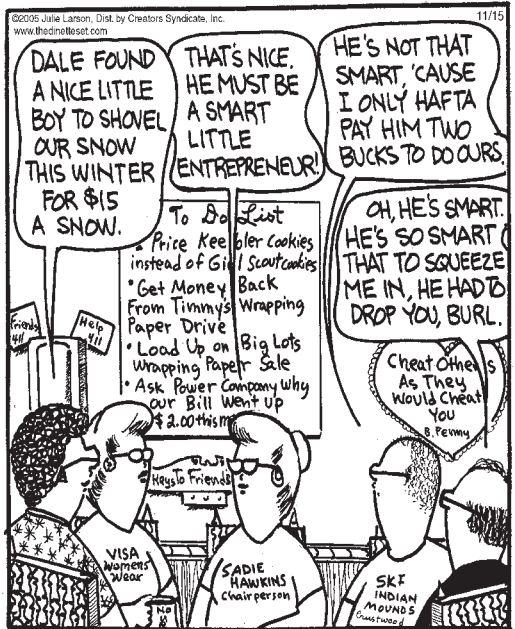


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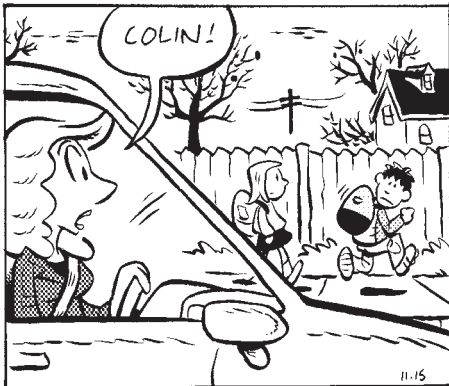


COMICS

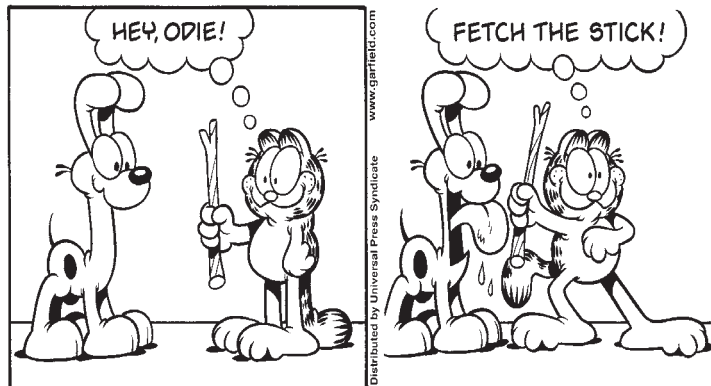
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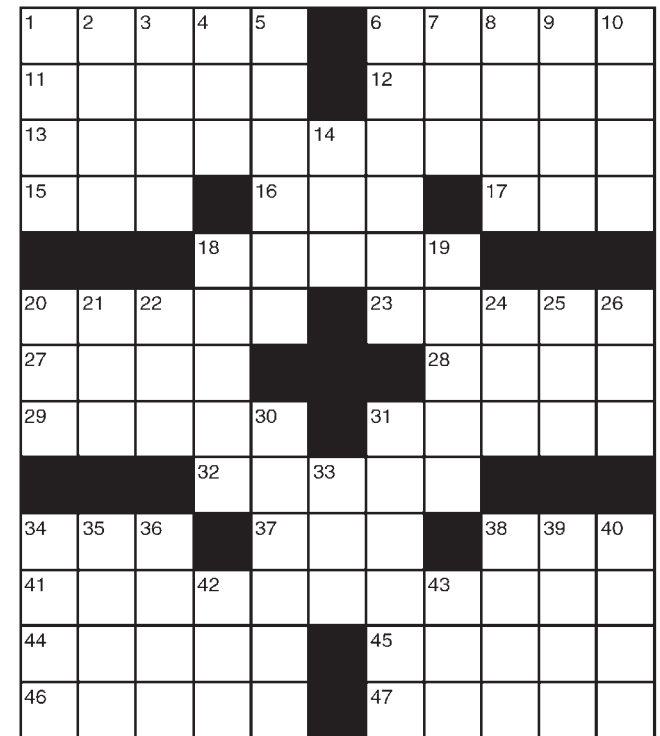
- 1 Essential
6 "Be quiet!"
11 Ticked off
12 "There Is Nothing Like —"
13 1976 Mel Brooks film
15 Interrogate
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17 Football position
18 Writer Sinclair
20 Ruler with gilt feelings?
23 Blue hues
27 Got an A
28 Incite
29 Direct
31 Leigh of "Psycho"
32 Tag line?
34 Health resort
37 Hankering
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41 1977 Mel Brooks film
44 Fool's month
45 Blunder
46 Ham and lamb
47 "Philadelphia" director

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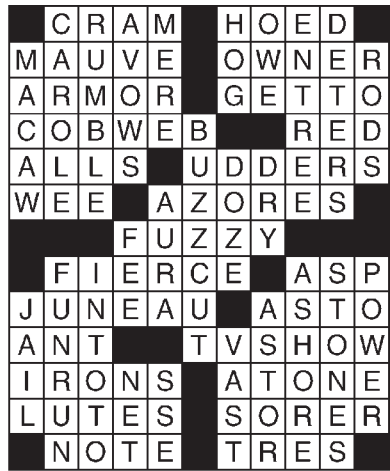
- 1 Travel need
2 Fancy flower
3 Radio format
4 Had brunch
5 Shutter-bug's choices
6 Neighbor of Tanzania
7 Swearing-in vow
8 Make lots
9 Poker player's declaration
10 Started a golf game
14 Road rescue
18 Burdened
19 Hunker down
20 Ruin

- 21 Julep need
22 Rock's — Leppard
24 Coffee dispenser
25 Wisdom bringer
26 Harden
30 Kansas City team
31 Brought bad luck to
33 Wallet bill
34 Counterfeit
35 Holmes prop
36 Taj Mahal city
38 Disease cause
39 Tiny bit
40 Harp's kin
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PEOPLE IN THE NEWS

New TV reality show proves to be a Motley crew

By The Associated Press

LINCOLN, Neb. — Tommy Lee will return to the scenic backdrop of his TV reality show — and he's bringing his bandmates with him.

Motley Crue will perform March 31 at Pershing Auditorium on their "Carnival of Sins" tour.

The 43-year-old rocker shot NBC's "Tommy Lee Goes to College" on the University of Nebraska-Lincoln campus last fall. Some of the scenes showed him in uniform, stepping out with the UNL marching band.

"I know he had a good time there," said Crue bassist Nikki Sixx during a recent telephone news conference about the spring tour, which opens Feb. 10 in Columbus, Ga.

Lee, who wasn't part of the phone conference, suffered minor burns on his arms and face last month during a pyrotechnics explosion at a concert in Casper, Wyo.

Injuries come with the rock territory, said singer Vince Neil, who injured his leg in September.

"Every tour somebody gets knocked around onstage," he said. "I've performed in a cast. It's ... like athletics. You're out running around for two hours. Things are going to happen."

DETROIT — Mariah Carey will perform two songs at halftime at the nationally televised Thanksgiving Day game between the Detroit Lions and the Atlanta Falcons.

Toni Braxton will sing the national anthem.

The show also will feature a 90-second introduction narrated by Morgan Freeman that was produced by NFL Films. It features players volunteering in their communities with other residents, the Lions said Monday.

The Lions' 66th Thanksgiving Day Classic against Atlanta on Nov. 24 will air on the Fox network (12:30 p.m. EST).

Carey won artist of the year, R&B voice of the year, best R&B song for "We Belong Together" and album of the year for "The Emancipation of Mimi" at the Vibe Awards, held Saturday in Culver City, Calif.

The taped show airs Tuesday on UPN (8 p.m. EST).

BEVERLY HILLS — Venus Williams says winning her third Wimbledon title was exciting — but it wasn't the best thing that happened this year.

"It wasn't the highlight of my year. There's so many other things I was so excited about," she said in a recent interview.

Tops on her list was attending a 1980s-themed prom. "Seriously, it was the best time of my life," she said. "I had lace gloves. I was so '80s it was ridiculous; I was disgusted with myself."

Neither Venus nor her sister Serena attended public high school, so Serena threw a party with a high school theme.

"We played all kinds of games like bobbing for apples," Venus said. "I don't get to do that, it was amazing. I took it so seriously."

Both sisters will start 2006 with an exhibition in Hong Kong before going into the Australian Open without playing an official warmup event.

"I'd like to achieve health the whole year, stay strong and stay healthy and avoid the viruses," Venus said.

The sisters' season was derailed this year by injuries that allowed them to sample life outside tennis.

Since losing at a tournament in Beijing in September, Venus has resumed college classes in fashion design. Serena filmed an upcoming episode of the NBC medical drama "ER."

They've also partied and evacuated their south Florida home for Hurricane Rita.

"Life is good," said Venus during a weekend WTA

Tour party at Spago restaurant. "I've been able to see the other side of life a little more, but I'm really eager to get back and I'm really eager to be traveling and doing my thing that I'm used to doing."

ALBUQUERQUE, N.M. — Sheriff's officers here say Richard Gere is a gentleman.

Gere, researching a role he will play in the film "The Flock," spent about four hours with deputies last week going door-to-door to check on registered sex offenders.

He also interviewed Bernalillo County Sheriff Darren White, a former child sex crimes detective.

"None of us knew what to expect, especially from someone as big a Hollywood star as Richard Gere," White said.

"The women commented on how good looking he was, and everyone else just thought he was a down-to-earth nice guy," White said.

In the movie, Gere will play a federal agent tracking a missing girl he believes was abducted by a sex offender he is investigating.

White said Gere wanted to meet with his deputies to get insight for his character. While riding with deputies, the star of "Officer and a Gentleman" went into the homes of several registered sex offenders and spent several minutes talking with them.

Production for the film is to start Monday in New Mexico.

SANTA BARBARA — Bob Dole says Americans must stay in Iraq to protect liberty.

"If there's one thing my generation learned the hard way, it is that there can be no democracy without freedom and no freedom without sacrifice," the World War II veteran and former presidential candidate told a black-tie audience at a military ball Saturday.



*Saturday November 19, 2005

Ba Ba Boeey, Gary Del'Abate from the Stern Show is making his final Los Angeles Free FM Appearance this Saturday from 1 to 3 pm at 'Taboo Hydroponics' in Santa Monica...

There'll be free food, giveaways and Ba Ba Boeey will be signing autographs and taking pictures with listeners...Taboo Hydroponics, where Free Fm Listeners go for their indoor growing needs, is located at 2112 Wilshire, at 21st street in Santa Monica...

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