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FRIDAY, DECEMBER 25, 2009

Volume 9 Issue 37



Santa Monica Daily Press

WERE YOU NICE?
SEE PAGE 5

We have you covered

THE MERRY CHRISTMAS ISSUE



Brandon Wise *brandonw@smdp.com*

LOSING: **Nurse Mark Vaccarino (left) is measured by Lisa Schroder at Santa Monica-UCLA Medical Center and Orthopaedic Hospital last week.**

Getting paid to lose weight

Program at local hospital pays out to the employee who sheds the most pounds

BY KEVIN HERRERA
Editor in Chief

MID-CITY It's one of the most common excuses for why people don't exercise: "I just don't have the time."

For many of the nurses at Santa Monica-UCLA Medical Center and Orthopaedic Hospital, that excuse is legitimate. Working 12-hour shifts leaves little time for working out, especially after spending nearly all that time on two feet instead of planted in a cushy office chair.

But as health care professionals, it is imperative that nurses lead by example, which is why nursing supervisor Mark Vaccarino decided to enroll in the hospital's weight-loss challenge where employees win cash for shedding the most pounds and inches.

"I think we are role models," Vaccarino said last Friday as he snacked on an apple before his final weigh-in. "I see some nurses who smoke or do other bad things to themselves. We really should be role models for our patients and be knowledgeable about fitness. But it is hard. It's tough to work a 12-hour shift and then go to the gym."

With the weight-loss challenge, nurses and other hospital staff can take an hour out of their work day to learn about nutrition and share stories with colleagues, who act as a support network to help overcome those obstacles that keep people from reaching their ideal weight.

The 12-week program, which focuses on education, was created at the hospital in February by Fiona Angus, the interim director of Women's and Children's Services at Santa Monica-UCLA. Angus, who has held three sessions of the program, wanted to get co-workers thinking about their health after she started to notice those she hired several years ago had started to put on pounds. With the number of obese adults and children in America rising to alarming levels, Angus knew she had to do something locally.

"I think that this is an important social awareness and community program," Angus said.

That's why she plans to take the program outside of the hospital and into the community, hosting a Monday evening class

SEE WEIGHT LOSS PAGE 7

Not the most wonderful time of the year

Addicts struggle to stay sober during the holidays

BY NICK TABOREK
Daily Press Staff Writer

CITYWIDE "Merry Christmas, what can I get you to drink?"

It's a seemingly harmless phrase that's been spoken countless times this month at gatherings and company holiday parties.

While many people think of the holiday season as a time to indulge a little, for those who are recovering from alcohol or other substance abuse addictions it's a time that requires special vigilance and extra effort to stay on the wagon.

"This is the part of the year that I call the Bermuda Triangle," said Richard Cortez, who entered recovery 10 years ago and today is a counselor at the CLARE Foundation in Santa Monica, a non-profit that runs a live-in treatment program that serves mainly homeless addicts.

"You have to be careful, because if you're not, you'll get lost in it and you may not make it back," he said.

Cortez said he grew up in West Los Angeles in the 1960s and for 35 years "lived a lifestyle that most people would consider a movie."

When he first became sober he said he couldn't bring himself to visit family during the holidays for fear of relapsing. Today, he makes sure to take special precautions when seeing relatives.

"When I go to some place that I think may be a trigger ... I take somebody with me, I don't go alone," he said. "I have family members that can take a drink and then that's it — they're good for the rest of the day. I can't do that and I can't be around them too long because that stuff might look good to me."

For many recovering addicts, the holidays are dangerous because they "hit you in all of your vulnerable areas," said Nicholas Vrataric, the CLARE Foundation's executive director.

Loneliness is also an issue during the hol-

SEE SOBRIETY PAGE 8

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WHAT'S UP
WESTSIDE
OUT AND ABOUT IN SANTA MONICA AND SURROUNDS



Merry Christmas!

Friday, Dec. 25, 2009

Mariachi and dinner
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Mariachi Alta California fills the air with the sounds of Mexico every Friday night. Show times are 6 p.m., 8 p.m. and 10 p.m. There is no cover charge.

Rockin' rotary
Riviera Country Club
1250 Capri Dr.
The Rotary Club of Santa Monica has long enjoyed a reputation as being the hub for Westside men and women dedicated to improving their local and world-wide communities. It is a melting pot for cultural ideas from the diverse ethnic makeup of members. Those interested in attending their regular lunch should contact June M. Doy at (310) 917-3313.

Saturday, Dec. 26, 2009

Thoughts on the nativity
Palisades Park
4 p.m. — 5 p.m.
Visit the annual Santa Monica Nativity Scenes from now through New Year's Day. On Sunday, narration of the Christmas story and holiday music will take place near Arizona Avenue at 4 p.m.
For more information, call (310) 577-2586.

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.

Modest economic rebound continues

DANIEL WAGNER & MARTIN CRUTSINGER
AP Business Writers

WASHINGTON A fitful economic recovery is drawing strength from a stabilizing job market and signs that manufacturing will contribute to the rebound. The evidence signals a better-than-expected end to the year, though doubts remain about growth in 2010.

The latest signs of improvement came in two reports Thursday. The Labor Department said the number of newly laid-off workers filing claims for unemployment aid fell more than expected last week. The four-week average for claims, which smooths out fluctuations, fell for the 16th straight week, to its lowest point since September 2008, when the financial crisis hit with full force.

Further evidence of a gradually healing economy was a Commerce Department report that orders to U.S. factories for big-ticket durable goods rose in November. The overall increase was less than expected. But excluding the volatile transportation category, the gains were twice what economists had forecast.

Stocks rose after the positive reports, ending a holiday-shortened session at new highs for the year. The Dow Jones industrial average gained about 53 points, or 0.5 percent.

Economists saw the new data as further signs that the economy is strengthening as 2009 nears a close. Adding to the optimism was a wave of shoppers — some snowed in by last weekend's East Coast snowstorm — heading to the malls for last-minute purchases Thursday.

"We are seeing progress in a number of areas, from increases in consumer spending and business spending to growth in exports," said Brian Bethune, an economist at IHS Global Economics. "It all adds up to a recovery that is gaining some momentum."

Bethune said he's forecasting that the economy, as measured by the gross domestic product, will expand at an annual rate of around 4 percent in the current quarter. Helping fuel the gains, businesses are boosting orders to factories to restock their depleted shelves.

Bethune said growth would likely slow in 2010 to a rate of around 2.5 percent. But he said there will be enough momentum to remove the threat that the recovery from the nation's deepest recession in seven decades might falter. Other economists agreed that the rebound in factory orders reflected rising confidence by businesses.

Orders for durable goods edged up 0.2 percent last month, weaker than the 0.5 percent gain economists had expected. But excluding transportation, orders rose 2 percent over the October level, double what economists had forecast.

Demand for commercial aircraft plunged 32.6 percent. Total orders for transportation products sank 5.5 percent as demand for motor vehicles and parts edged down 0.2 percent, the weakest showing in five months.

Strength in November came in areas such as orders for machinery, which rose 3.5 percent. Orders for primary metals such as steel grew 1.4 percent. And orders for computers and electronic products jumped 3.7 percent, the biggest gain since February.

Analysts noted that demand for non-defense capital goods excluding aircraft, considered a proxy for business equipment spending plans, posted a solid rise of 2.9 percent.

"Firms are starting to believe they can come out of their shells and start thinking about the future," said Joel Naroff, chief economist at Naroff Economic Advisors. "It looks like the business community has concluded this recovery is for real."

The number of new jobless claims fell to 452,000 last week on a seasonally adjusted basis. That was better than the decline to 470,000 that economists had expected. And the four-week average for claims, which smooths out fluctuations, fell to 465,250.

The decline in claims continued a trend that began last summer. The improvement is seen as a sign that jobs cuts are slowing and hiring could pick up early next year.

The government cautioned that seasonal employment from holidays and other variables in the calendar made last week a difficult one to seasonally adjust. The actual number of new claims exceeded the previous week's total. But the process of adjusting for seasonal variation reduced the number.

Economists monitor jobless claims as a gauge of the pace of layoffs. Analysts say initial claims need to fall to about 425,000 for several weeks to signal the economy is actually starting to add jobs.

The government said the number of people continuing to receive regular jobless benefits fell by 127,000 to 5.08 million for the week ending Dec. 12. That figure doesn't include millions of people who have used up the 26 weeks of benefits typically provided by states and are now receiving extended benefits for up to 73 more weeks.

The number of people receiving extended benefits jumped to 4.37 million for the week ending Dec. 5, an increase of 141,807 from the previous week. That surge illustrated that high unemployment persists despite fewer layoffs. It also reflects the fact that 38 states are now processing claims for the extension of benefits that Congress approved last month.

The jobless rate dipped in November to 10 percent, down from a 26-year high of 10.2 percent in October. Some analysts fear unemployment will resume rising in coming months and won't peak until hitting 10.5 percent next summer.

Still, the November jobless report showed that businesses slashed their payrolls by just 11,000 jobs on net in November, the smallest decrease since the recession began two years ago.

Pet cemetery awash with the spirit of the holidays

SUE MANNING
Associated Press Writer

CALABASAS, Calif. The messages of love aren't just carved in stone at Los Angeles Pet Memorial Park. This time of year, they're embellished in bold splashes of red and green.

For nearly five weeks every Christmas and Hanukkah season, this final resting place for the four-legged and famous suspends lawn mowing and weed-whacking so people can decorate. Up pop miniature Christmas trees, poinsettias, flowered garlands, photographs of beloved pets and tiny pet-shaped statuettes in even tinier Santa hats.

"We decorate the graves because they are in our hearts. It feels like they are still with us," said Marvin Rouillard, 69, of Winnetka.

The character actor and his partner have visited the park, nestled on 10 hillside acres 30 miles northwest of downtown Los Angeles, every Sunday since their 14-year-old golden retriever Baron died in 1986. As they added cats Missy, Snow and Runt, the decorations became more elaborate. This year he has a garland around the grave site, several small trees and wreaths made out of bells.

"We used to put up 7-foot trees with all the ornaments," he said, "but no matter how we tried to anchor it all down, the winds would blow them away."

There are plenty of celebrity residents buried in the 81-year-old cemetery — Hopalong Cassidy's horse Topper, black-eyed Petey the dog from "Our Gang," Humphrey Bogart's dog Boots and Charlie Chaplin's cat Scout.

Other stars who have buried their pets at the park include Steven Spielberg, Bob Newhart, Diana Ross, Tori Spelling, William Shatner, Rudolf Valentino and Lauren Bacall.

Rain put a damper on decorations this year, but the park is still ablaze with color. Years when there is no rain, the park turns into a fairyland, with flowers, trees, cards, pinwheels, wreaths, wind chimes and toys galore, said David Stiller, president of the cemetery's board of directors.

There are only two rules: You can't go beyond the boundaries of your pet's grave, and no candles.

Some 30,000 pets are buried here, from pet lizards and salamanders to birds and ferrets to goats and pigs and chimps and horses and a lion. But 90 percent are dogs and cats, Stiller said — including three of his own.

The tombstones and headstones express more than names and dates. They convey feelings too. For example, a message for one pet: "My love, my beauty, my goofy-goof, my best friend, sweet brother. My heart aches so deeply without you.You will be with me for all eternity. Loving. I love you so very much. Mommy."

Patrice Kiedaisch, a dog fancier from Simi Valley, has four dogs — Duffy, Lily, Tristan and Jake — at the cemetery. "They are really kind there. They give your animals a lot of respect. And you feel taken care of."

The tradition of decorating the graveyard at Christmas makes sense because people grow especially lonely at the holidays, said Stephanie LaFarge, Ph.D, senior director of counseling services for ASPCA Animal Health Services in Urbana, Ill.

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121: one to one ADN: any day now AFAIK: as far as I know AFK: away from keyboard **A/S/L: age, sex, location** B4: before B4N: bye for now BAK: back at the keyboard BBIAB: be back in a bit BBL: be back later BBN: bye bye now BBS: be back soon BEG: big evil grin **BF: boyfriend** BFN: bye for now BG: big grin BL: belly laughing BMTIPG: brilliant minds think in parallel gutters BRB: be right back BTA: but then again BTW: by the way BWL: bursting with laughter BWTHDIK: but what the heck do I know C&G: chuckle & grin CID: crying in disgrace CNP: continued (in my) next post CP: chat post CRBT: crying real big tears CSG: chuckle, snicker, grin CU: see you CUL: see you later CYO: see you online DBAU: doing business as usual DIKU: do I know you? DL: dead link DLTBBB: don't let the bed bugs bite DQMOT: don't quote me on this EG: evil grin EMFBI: excuse me for butting in EMSG: email message EOT: end of thread F2F: face to face FC: fingers crossed FISH: first in, still here FMTYEWTK: far more than you ever wanted to know FOMCL: falling off my chair laughing FTBOMH: from the bottom of my heart FUD: fear, uncertainty, and doubt FWIW: for what it's worth G2G: got to go G: grin GA: go ahead GAL: get a life GD&R: grinning, ducking, and running GF: girlfriend GFN: gone for now GIWIST: gee, I wish I'd said that GMBO: giggling my butt off GMTA: great minds think alike GOL: giggling out loud GTRM: going to read mail GTSY: glad to see you H&K: hug and kiss HAGN: have a good night **HDOP: help delete online predators** HHIS: hanging head in shame HTH: hope this helps HUB: head up butt IAC: in any case IANAL: I am not a lawyer (but) IC: I see IDK: I don't know IHA: I hate acronyms IRC: if I remember correctly ILU: I love you IM: instant message IMHO: in my humble opinion IMNSHO: in my not so humble opinion IMO: in my opinion IOW: in other words IPN: I'm posting naked IRL: in real life IWALU: I will always love you IYSWIM: if you see what I mean JIC: just in case JK: just kidding JMO: just my opinion JTLYK: just to let you know K: okay KIT: keep in touch KOC: kiss on cheek KOL: kiss on lips KOTC: kiss on the cheek KWIM: know what I mean? L8R: later LD: later, dude LDR: long distance relationship LLTA: lots and lots of thunderous applause **LMIRL: let's meet in real life** LMSO: laughing my socks off LOL: laughing out loud LSHMBB: laughing so hard my belly is bouncing LTM: laugh to myself LTNS: long time, no see LTR: long-term relationship LULAB: love you like a brother **LULAS: love you like a sister** LUWAMH: love you with all my heart LY: love you M/F: male or female MOSS: member of same sex MOTOS: member of the opposite sex MSG: message MTF: more to follow MUSM: miss you so much NADT: not a darn thing NIFOC: naked in front of computer NP: no problem NRN: no reply necessary OIC: oh I see **OLL: online love** OM: old man OTF: off the floor OTOH: on the other hand OTTOMH: off the top of my head P2P: peer to peer PDA: public display of affection PEBCAK: problem exists between chair and keyboard PLZ: please PM: private message PMFJIB: pardon me for jumping in but POAHF: put on a happy face **POS: parent over shoulder** PU: that stinks QT: cutie RL: real life ROTFL: rolling on the floor laughing RPG: role playing games RSN: real soon now S4L: spam for life SETE: smiling ear to ear SHCOON: shoot hot coffee out of nose SHID: slaps head in disgust SF: surfer friendly SNERT: snot nosed egotistical rude teenager SO: significant other SOMY: sick of me yet? SOT: short of time STW: search the web SWAK: sealed with a kiss SWL: screaming with laughter SYS: see you soon TA: thanks again TCOB: taking care of business TCOY: take care of yourself TIA: thanks in advance TILII: tell it like it is TMI: too much information TOY: thinking of you TTYL: talk to you later UW: you're welcome WB: welcome back WFM: works for me WIBNI: wouldn't it be nice if **WTGP: want to go private?** WTG: way to go WU: what's up WUF: where are you from? YBS: you'll be sorry YL: young lady YM: young man

Every day, children are sexually solicited online.

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Write Rachel

Rachel Iverson

Send comments to editor@smdp.com

Madonna/Whore complex could doom relationships

DEAR RACHEL,

I'm a married mother of two who just discovered that my husband of five years has been cheating on me since I got pregnant. We have a 4-year-old son, so you do the math. I thought my husband had a low sex drive. Now I realize he was saving himself for every floozy in town. I saw a couple of his mistresses' pictures when I hacked into his e-mail and they're both the flashy, stripper type. That's insulting. I may not be Elin Woods, but I'm definitely a MILF (just apparently not to my husband). Why did he go for bimbos when he had a real woman at home?

Signed, Mrs. MILF

DEAR MRS. MILF,

I'm sorry to hear about your husband's infidelity, but don't blame yourself. Your husband obviously has deep-seated issues that would exist regardless of your beauty — just ask Elin Woods.

You're not the first woman to tell me that her husband began cheating when she got pregnant. Only your husband can tell you "why" he cheated, but I have a couple of theories why men cheat during pregnancy. I believe some men feel overwhelmed by the impending responsibility of a child, so they cheat to sabotage their family — the source of their anxiety. Other men site "lack of attention" as their motive for infidelity.

And then there are the men who have a Madonna/Whore complex. No, I'm not referring to the pop star. The Madonna/Whore complex originates from cultural/religious roots and is most common among, yet not exclusive to, Christian and Catholic men. A man with this issue is fine while he's dating, but once he marries a woman and she has his children, he loses all sexual desire for her. He doesn't lose interest because he's not attracted to his wife, but because she's become sacred to him. He puts her on a pedestal and reveres her as the mother of his children. He then seeks "less respectable" women to fulfill his base, sexual desires.

No matter what your husband's issues may be, there's no excuse for cheating. He would need to apply himself to an aggressive therapy program in order to significantly change his behavior. If you decide to stay with him, I would suggest couple's counseling, in addition to your husband's individual therapy regimen. If you decide to leave, take time to heal before dating again to avoid attracting another womanizer.

DEAR RACHEL,

I know you usually deal with romantic relationships, but I have a family situation. My mom orders me around and expects me to cater to her every whim, with no regard for my own busy schedule. The other day, I said "no" to her for the first time in my life. Now she ignores me when I see her. My sister says I should apologize for snapping at her and hurting her feelings, but I don't have time to be her slave. Besides, my mom has used rude tones and hurt my feelings numerous times and she's never apologized to me. Is my sister right? Do I have to apologize for standing up for myself?

Signed, Bad Daughter?

DEAR DAUGHTER,

You don't have to apologize to your mom for saying, "no" and you don't have to run all her errands. However, this may be a case of, "It's not what you said, but how you said it." For people who tend to give and do too much, there's a tendency to build up resentment. Is it possible that your resentment built to the point of frustration, causing you to say, "no" a little firmer than you intended? If so, it's completely understandable, however, next time practice saying "no" before you get to the point of exasperation.

In the meantime, apologize to your mother for using a hurtful tone. This is your opportunity to be a role model to your mother by treating her the way you'd like her to treat you. If your mom attempts to guilt-trip you into running errands, stay strong. If she's hurt by your new, healthy boundaries, allow her time to adjust. How she chooses to feel when you say no is not your responsibility. Practice letting go of that guilt. You don't have control of her feelings, only your own.

My trademark slogan, "don't help a man be a man" can be applied to many situations, including relationships with friends, lovers, family members and even co-workers. It's the principle that you should never try to fix, save or change another adult. You can be supportive, encouraging, and nurturing with others, but not at the expense of your own mental/emotional well being. In this case, "don't help a mom be a mom."

Your mom may go through a transition period when you first set healthy boundaries, but the more consistent you remain, the greater the chance that you will inspire her to meet you half way in a more enriching relationship.

RACHEL IVERSON is a freelance writer, dating coach and author, who lives with her husband in Venice Beach. Her book, "Don't Help A Man Be A Man: How To Avoid 12 Dating Time Bombs," has been endorsed by Dr. John Gray, author of "Men Are from Mars, Women Are from Venus." For more information on Rachel or her book, visit www.rebelgirlpublishing.com. For dating advice, contact rachel@rebelgirlpublishing.com.

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Laughing Matters

Jack Neworth
Send comments to editor@smdp.com

Who's been naughty or nice?

CHRISTMAS HAS FINALLY ARRIVED. THAT means in one more week, the day after New Year's, we'll all be on diets. I'm Jewish, and should be biased toward Chanukah but, between the two, Christmas wins, hands down. I mean, who's more lovable than Santa Claus? (On the other hand, he only visits people only once a year.)

A few aspects to Christmas trouble me. Why does Santa go by "Saint Nick or "Kris Kringle?" (Is he in the witness protection program?) And why is Christmas called X-mas and Yuletide? The story is charming, Santa and the elves at the North Pole and flying reindeer etc., but Santa coming down the chimney? C'mon. Just look at the average chimney and then look at Santa's stomach.

I'm not sure how the "naughty and nice" came about (from the song "Santa Claus is Coming to Town") or the tradition of children writing Santa at the North Pole. Frankly, for Jewish kids, it was a wasted stamp. We could have used a mythical grandmother in Miami Beach, "Dear Bubbe, please send me a new skateboard!"

Chanukah's got the menorah and dreidel, (a four-sided spinning top) neither the stuff of blockbuster holiday movies. Put it this way, I don't envision a sequel of "Miracle on 34th Street" dubbed "Miracle on Fairfax."

Oddly enough, gentile kids used to be envious of the many gifts we got for Chanukah. (One every night.) But the truth is, Chanukah gifts aren't generally the quality of Christmas gifts. A ruler, or 3x5 cards, or notebook paper could count for one night. Trust me, the eight-gifts schtick was overrated.

I suppose that when I think of a typical Christmas scene, it's from the movies. I picture a fire in the fireplace (hopefully in the fireplace or it's 911) an ornament-festooned tree, and everyone gleefully opening presents. I imagine that all day in the kitchen there have been preparations for the big dinner, while the men (and women?) sneak off to watch Kobe and Lebron. (Lakers v. Cavs today, channel 7 at 2 p.m.)

While Dec. 25 is a holy day for Christians around the world, for sophisticated "followers" of the NBA, it marks the real beginning of the season.

You see, the problem with the NBA is that it never ends. Pre-season starts in late summer, runs through fall, winter, spring and concludes in summer again. Add that 16 of the 30 teams in the league make the playoffs, and the season is an eternity.

The playoffs are so long they're actually called the "second season." Fortunately, for Laker fans, we're blessed with a great team. (Knock on wood, or in my case, Formica.) The Lakers have the NBA's best record at 23-4 although I have my fingers crossed for today. (Which might explain the typos.)

Credit for the Lakers' greatness not only goes to Kobe and Co., but also owner, Dr. Jerry Buss. He may be a bit naughty, i.e. dating women half his age and getting a ticket for DUI, but he has been more than nice to Laker fans.

In the 30 years that Buss has owned the Lakers, they've been to the NBA finals 15 times! In their 51 years, the L.A. Dodgers have been to the World Series eight times. Their last appearance was in 1988. The Lakers' won their 15th title just last year.

Buss spends his money on players, the McCourts spend theirs on houses. Now that they're getting divorced, we can only hope they're forced to sell the team.

Continuing with the naughty and nice theme, Tiger Woods, with 14 mistresses, certainly defines naughty. The good news for Tiger is that no new mistresses have come forward. The bad news is that his wife Elin seems determined to get half of his worth (her share may be $400 million) and custody of the kids. Meanwhile Tiger's getting unsolicited advice from famed golfer John Daly, an alcoholic/gambleholic who's been divorced three times.

More than naughty is Roman Polanski who's out on bail and living in his Swiss chalet. Polanksi faces possible extradition to Los Angeles for having sex with a 13-year-old girl 32 years ago. Many Hollywood celebrities have protested Polanski's arrest, including Woody Allen. Given that he had sex with his teenage stepdaughter, Woody vouching for your character might be a curse.

Grand jury transcripts reveal that the girl's mother had asked to go on the photo shoot, but Polanski refused. Also, Vogue Magazine seems to be denying that there was a photo shoot assignment, meaning Polanski may have fabricated it as a ruse to lure girls.

On that uplifting note, and in the words of Charles Dickens' immortal Tiny Tim, "God bless us everyone!" It's a shame Dickens didn't write about Chanukah. Instead of Tiny Tim it could have been Short Sidney.

If he's not busy watching the Lakers, **JACK** can be reached at Jackneworth@yahoo.com.

The Q Line

Working 9 to 9

Santa Monica Police Chief Tim Jackman recently extended for one month a pilot program in which patrol officers work 12.5-hour shifts, three days a week instead of the traditional 10 hours, four days a week. Officers on the 3-12 schedule must also work an additional 10 hour day, once a month.

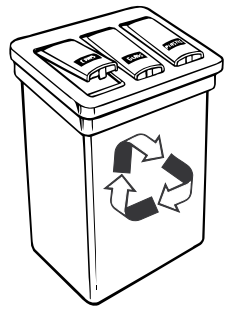
So, this week's Q-Line question asks:

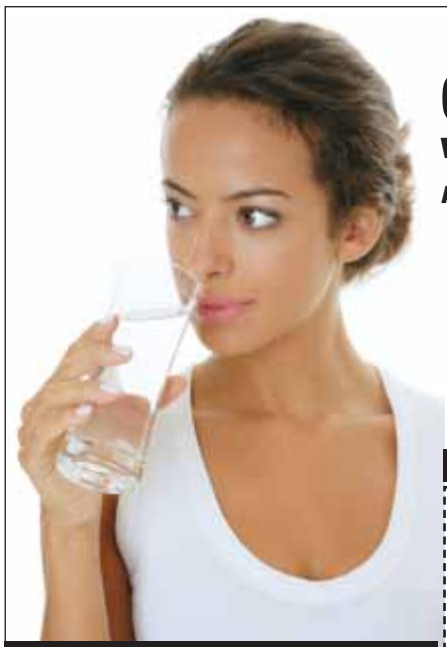
What are your thoughts on the 3-12 switch? Should the schedule be made permanent?

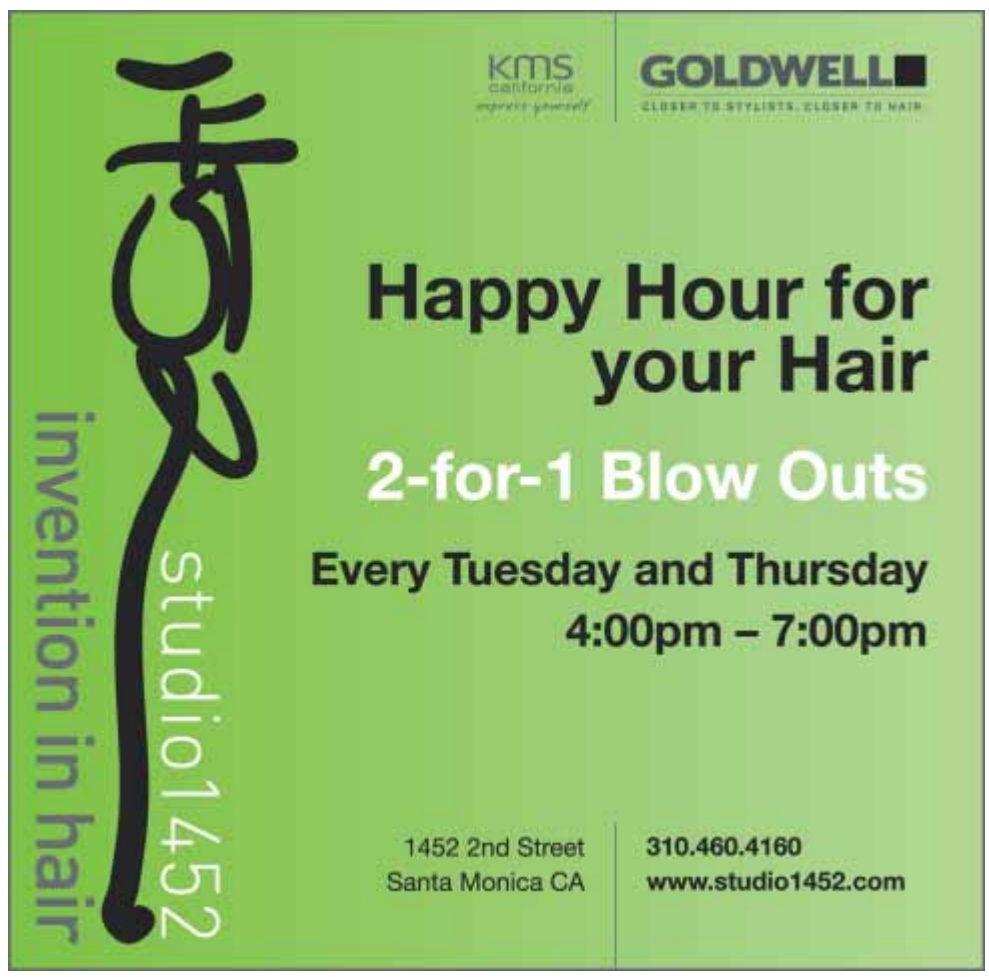
Call (310) 285-8106 before Friday at 5 p.m. and we'll print your answers in the weekend edition of the Daily Press.


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The 14 users currently in the teen chat room.

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

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Ad Council

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

CRIME WATCH
BY DAILY PRESS STAFF

Cops bust gunmen following robbery

Crime Watch is a weekly series culled from reports provided by the Santa Monica Police Department. These are arrests only. All parties are innocent until proven guilty in a court of law.

MONDAY, DEC. 21, AT 9:22 P.M.,
Santa Monica police officers responded to the 2300 block of Fourth Street – Budget Center Market – regarding an armed robbery that just occurred. When officers arrived, they made contact with a store employee who told them that two men entered the store wearing masks. They allegedly demanded money from the register while brandishing firearms. The victim gave the suspects approximately $300 in cash from the register and the suspects fled on foot eastbound on Hollister Avenue from Fourth Street. An off-duty police employee observed the suspects running and saw them jump into a waiting vehicle. The employee provided this information to officers. An officer working in Virginia Avenue Park got word of the robbery and observed a vehicle matching the suspects' driving eastbound on Pico Boulevard toward Centinela Avenue. Officers stopped the vehicle on Intestate 10 near the National/Overland offramp. The suspects were placed under arrest for robbery, kidnapping, possession of a concealed weapon in a vehicle and obstruction of justice. They were identified as Martin Garcia, 20, and Jonathan Sierra, 20; both from Los Angeles. Their bail was set at $1 million.

SUNDAY, DEC. 20, AT 7:52 P.M.,
Officers were issuing a citation to a bicyclist riding on the sidewalk in the 900 block of Pico Boulevard when someone approached them and told the officers that he remembered being arrested by them two days earlier. The suspect was arrested for a probation violation and possession of a hypodermic needle. The officers obtained the suspect's consent to search him as part of his probation requirements. They found a hypodermic needle with a brown liquid inside that was later identified as heroin. The suspect was placed under arrest for possession of a controlled substance and possession of a hypodermic needle. He was identified as Alex Saltzman, 32, of the Pacific Palisades. His bail was set at $10,000.

FRIDAY, DEC. 18, AT 9:05 P.M.,
Officers conducted a traffic stop in the area of Dorchester Avenue and Pico Boulevard after observing a person driving without their headlights on. After the vehicle stopped, the driver allegedly got out and began yelling at the officers. Further investigation revealed that the suspect was on parole. During a parole search, officers said they located a glass pipe commonly used to smoke crack cocaine. The suspect, Marvin Lee Connor, 49, was arrested and booked for possession of drug paraphernalia. His bail was set at $250.

SATURDAY, DEC. 19, AT 6:15 A.M.,
Officers received a radio call regarding two men removing a 55-gallon barrel of cooking oil from the rear of 1315 Third Street Promenade. When officers arrived, officers learned that the suspects had entered several parking structures and removed barrels containing vegetable oil as part of City Hall's recycling program in which the oil is turned into bio-deisel fuel. The suspects were arrested for burglary. They were identified as Raymundo Andalon, 39, of Arleta, and Lionardo Soto, 75. Their bail was set at $20,000.

SATURDAY, DEC. 19, AT 2 P.M.,
Officers responded to the 300 block of Colorado Avenue – Sears – regarding shoplifting suspects in custody. When officers arrived, they made contact with store security who said the suspects entered the store, removed several items from the shelves and hid them in a baby stroller. The suspects exited the store without paying for the items. They were stopped once they left the store. Security said they recovered $617.70 worth of merchandise. Additional items from another business on the Third Street Promenade were also found, police said. All items were returned and police officers placed the suspects under arrest for grand theft, possession of stolen property and theft. They were identified as Antonia Marcial Fernandez, 36, and Marilu Fernandez, 26; both from Los Angeles. Their bail is $20,000.

FRIDAY, DEC. 18, AT 6:35 A.M.,
Officers received a radio call to report to the 700 block of Broadway regarding a disturbance. Officers learned that someone was inside a store yelling and knocking over displays. As officers were driving to the location they spotted the suspect in the 400 block of Broadway. Officers were told that the suspect prevented store employees from calling police. The suspect was placed under arrest and booked for damaging phone lines. The suspect was identified as Tiffany Braver, 37, of Santa Monica. Her bail was set at $20,000.

MONDAY, DEC. 14, AT 8:30 P.M.,
Officers responded to the 300 block of Colorado Avenue – Sears – regarding a report of shoplifting. When officers arrived, they made contact with store security who said two women walked into the store with a baby stroller and placed several items in the stroller before leaving the business without paying for the goods. Store security detained the women once they were outside the store and held them until police arrived. They were arrested for burglary. The suspects were identified as Akileo Mendez, 26, and Carmen Mendez, 20; both are from Los Angeles. Their bail was set at $20,000.

MONDAY, DEC. 14, AT 2:07 A.M.,
A communications supervisor noticed that a man was abusing the 911 system by making abusive telephone calls from pay phones throughout the city. The suspect was allegedly calling 911 operators and yelling profanities. The supervisor recognized the caller and sent officers to the location of the pay phone were the last call was made. Officers located the suspect near Lincoln Boulevard and Kensington Avenue. Officers placed him under arrest for making annoying phone calls to 911. He was identified as Christ Hanna, 50, a transient. His bail was set at $2,000.

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news@smdp.com

Editor-in-Chief **KEVIN HERRERA** compiled these reports.

65 percent of U.S. adults obese

FROM **WEIGHT LOSS** PAGE 1

where residents and employees of local businesses can participate, learning about everything from protein, water and metabolism to good fats, fiber, digestive health and heart health.

"It's only for an hour per week," Angus said, encouraging people to sign up.

And then there's the money.

Those participating in the weight loss challenge pay a $39.99 entry fee, with $10 going to the nonprofit Fit Kids Foundation for the Prevention of Childhood Obesity, which is committed to combating the rise in childhood obesity by supporting community-based programs promoting healthy eating and physical activity.

The rest of the cash is paid to the first, second and third place finishers at the end of the program. Those who fail to attend a class must pay $5 for each class missed, and those who gain weight must chip in a $1 per pound. Angus said one class raised the pot to $945. The biggest loser gets 50 percent of the pot, while the second gets 30 percent and the third wins 20 percent. There are also prizes for the biggest loser of the week and for the person who loses the most inches.

"The money definitely helps get people here," Angus said. "But a lot of them have been yo-yo dieters and they are just looking for something that is going to more of a lifestyle change, a program that they can incorporate into their daily routine so they don't look at it as just another diet. It's a life choice."

Maureen Garcia-Brackett is one of those who have changed their daily routines because of the program. A former Weight Watchers member, Garcia-Brackett, who works as an administrative assistance at the hospital, decided to try the 12-week challenge because she wanted to learn more about how food interacts with her body. Whereas Weight Watchers is all about points, Angus' program brings education into the mix.

"That is what helps you make better choices throughout the week," said Garcia-Brackett, who has shed three dress sizes since starting the program. "You become more aware of what you are eating. And then there's the accountability. Coming in every week and weighing yourself, it keeps your mind on what you are trying to achieve."

While the employees at UCLA pay their own way and in the end contribute to the big payout, there are companies that are using financial incentives to get workers to live healthier lifestyles. Some have offered to pay employees hundreds of dollars a year to agree to routine medical assessments and free health and nutrition coaching. Others have offered cruises to Jamaica for those who reach certain weight loss or body fat reduction goals.

The programs are a sign of the times. It is estimated that 65 percent of adults are overweight or obese, according to the Centers for Disease Control and Prevention, putting them at greater risk for serious ailments including cardiovascular disease, diabetes, depression and certain forms of cancer. Obesity cost American companies $56 billion in 2000 alone, the DCD estimates, and that burden is continuing to rise, experts say, as a larger chunk of Generations X and Y is weighing in heavy.

SEE **WEIGHT LOSS** PAGE 8

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North of Montana	=	$2,795,000	$1,397,500
Between Wilshire & Montana	=	$2,400,000	$677,000
South of Wilshire	=	$865,000	$624,000
Sunset Park	=	$1,249,000	$650,000
Ocean Park	=	$1,365,000	$599,000

Statistics Updated Every Monday

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SURF REPORT

Surf Conditions **Water Temp:** 59°

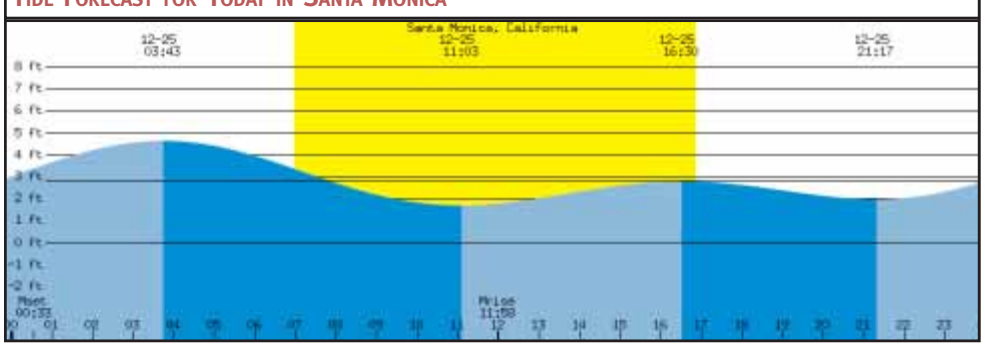
Swell Forecast

Westerly ground swell is expected to build. ETA is mid morning for most all spots. Size should run chest+ at west facing breaks.

Long Range Synopsis

would still likely have a heck of lot of **WNW** swell in the water.

Tide Forecast for Today in Santa Monica



BEACH REPORT CARD

NORTH LOS ANGELES COUNTY

Grades for this report are based on monitoring data from the previous 30 days up to the ending date of **December 21, 2009**

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

QUICK STATS (for last 28 days)

- Number of sewage spills -- 1
- Number of beach closures due to a sewage spill -- 0
- Number of wet days -- 9
- Number of A grades for dry/wet weather -- 35 / 16
- Number of (C,D,F) grades for dry/wet weather -- 6 / 19

The Beach Report Card is made possible by: The Diller – von Furstenberg Family Foundation, simplehuman, SIMA

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	F
Nicholas Beach at San Nicholas Canyon Creek mouth.	A+	A+
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+	A+
Zuma Beach at Zuma Creek mouth.	A	C
Walnut Creek, projection of Wildlife Rd. (private).	A	A+
Paradise Cove Pier at Ramirez Canyon Creek mouth.	A+	F
Escondido Creek, just east of Escondido State Beach.	A+	A+
Latigo Canyon Creek mouth.	A+	F
Solstice Canyon at Don Blacker County Beach.	A+	D
Puerco State Beach at creek mouth.	A+	F
Marie Canyon storm drain at Puerco Beach, at 24572 Malibu Rd..	C	A+
Surfrider Beach at Malibu Colony fence.	A+	A+
Surfrider Beach (breach location)- daily.	F	F
Malibu Pier - 50 yards east.	A+	F
Carbon Beach at Sweetwater Canyon.	B	B
Las Flores State Beach at Las Flores Creek (point zero).	A	F
Big Rock Beach at 19948 PCH stairs.	C	A+
Pena Creek at Las Tunas County Beach.	A+	A+
Tuna Canyon.	ns	ns
Topanga State Beach at creek mouth.	C	A
Castlerock Storm Drain at Castle Rock Beach.	A+	ns
Santa Ynez Storm Drain at Castle Rock Beach.	C	B
Will Rogers State Beach at 17200 PCH (1/4 mile east of Sunset drain).	A+	D

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

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'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.

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

Heal the Bay

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Program offers cash incentives to participants

FROM **WEIGHT LOSS** PAGE 7

Analysts say companies are smart to dangle some kind of economic incentive to get workers motivated to lose weight. Money is a great motivator, and it's a drop in the bucket compared with what they will wind up paying in the long run.

"The younger work force is getting fatter faster than the older work force," Thomas B. Gilliam, a corporate health consultant who co-authored the book "Move It. Lose It. Live Healthy: Achieving a Healthier Workplace One Employee at a Time," told MSN.com "Instead of having to pay for obesity-related diseases from age 50 to 65, they will now pay from 25 to 65."

UCLA-Santa Monica employee Marilyn Maier is one who believes employers should do more to encourage their employees to stay in shape.

"When I go home from work, I don't go out again," she said. "You're tired. You just want to make something to eat and get ready for the next day. So this [program] is something that helps motivate me and keeps me on track. It's not so much the money. It's about trying to better myself."

Those interested in learning more about the weight-loss challenge at Santa Monica-UCLA can contact Angus at (310) 562-8157.

"I think that being healthy is such an important goal to have, not just for nurses," Angus said, "but for everybody."

kevinh@smdp.com

Relapse a risk during holidays

FROM **SOBRIETY** PAGE 1

idays. Others may find themselves back among old friends and old situations that led them to substance abuse in the first place. And others may make the mistake of thinking they can break their own rules, just this once.

For all of these reasons, Vrataric said many addiction recovery programs offer special services this time of year, hosting marathon holiday gatherings where support can be found any hour of the day.

For some addicts, though, the holidays can be difficult because they simply bring back memories of past behaviors.

"I've always thought of the holidays as a time when I would have enough money to buy [the drugs or alcohol] I needed. It was more of a come up than anything else," said Jae Kim, also a recovering addict who works as a counselor. "I always pushed to get presents that I could re-sell for a lot so that I could get what I needed."

Recovery experts agree on several strategies for avoiding relapse during the holidays. Some helpful tips:

• Plan ahead. Make sure you always know how to reach a friend or sponsor, and let somebody know where you'll be.

• Take somebody with you. If you'll be around people drinking, bring a sober friend along.

• If you have to attend a holiday gathering with alcohol, make sure to have a Plan B.

"If you are with a friend or spouse, then tell them before you go that you may feel uncomfortable around alcohol and that you need to be able to leave the party on a moment's notice without having to explain why," suggests Hamish White, an addiction recovery counselor.

• Go late, leave early. That way you'll minimize temptation.

• If someone asks you what you want to drink and you don't want to explain that you're in recovery, instead take control of the situation: "I'd love a drink. How about a soda water with lime?"

• Remember that addiction support groups still meet, and there's always somewhere to go to be in a sober environment.

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10:10 a.m., 11:40 a.m., 12:40, 2:05, 3:05, 4:30, 5:30, 7:00, 8:00, 9:20, 10:20

Sherlock Holmes (PG-13) 2hr 14min
12:30, 3:30, 6:30, 9:30

Up in the Air (R) 1hr 49min
11:05 a.m., 1:50, 4:40, 7:20, 10:00

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

Sherlock Holmes (PG-13) 2hr 14min
10:30 a.m., 1:30, 4:30, 7:30, 10:30

Princess and the Frog (G): Closed Captions 1hr 35min
11:15, 1:50, 4:25, 7:05, 9:40

Up in the Air (R) 1hr 49min
12:00, 2:45, 5:30, 8:15, 10:55

Avatar 3D (PG-13) 2hrs 40min
10:40 a.m., 11:30 a.m., 2:15, 3:15, 6:00, 7:00, 9:45, 10:45

It's Complicated (R) 1hr 54min
10:15 a.m., 10:55 a.m., 1:10, 2:00, 4:10, 5:00, 7:10, 8:00, 10:05, 11:00

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

The Young Victoria (PG) 1hr 59min
1:20, 4:10, 7:00, 9:40

Precious (R) 1hr 59min
1:40, 4:30, 7:20, 10:00

An Education (PG13) 1hr 55min
1:55, 4:40, 7:30, 10:00

Police, Adjective (Politist, adj.) (NR) 1hr 55min
1:30, 4:20, 7:10, 9:55

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

The Blind Side (PG-13) 2hrs 6min
12:40, 3:40, 6:40, 9:40

Did You Hear About the Morgans? (PG-13) 1hr 43min
12:10, 2:40, 5:10, 7:40, 10:30

The Twilight Saga: New Moon (PG-13) 2hrs 10min
12:30, 6:30

Invictus (PG-13) 2hrs 12min
1:20, 3:30, 4:20, 7:20, 9:30, 10:20

Nine (PG-13) 1hr 50min
11:30, 12:20, 2:00, 3:00, 4:40, 5:40, 7:30, 8:30, 10:10, 11:10

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

Easy works, Scorpio

ARIES (March 21-April 19)
★★★★ Someone's gift might be far too serious for your taste. Remain gracious, even though on some level you might feel that you need to respond. Rather than land in a stew, give yourself space. Tonight: Let a child express the full round of feelings!

TAURUS (April 20-May 20)
★★★ You might wonder what is necessary to draw someone in. Try to detach from the issue as much as you can and just walk in this person's shoes. Many people, including you, could be tired after the recent celebration. Tonight: You don't need to say everything. Diplomacy goes far.

GEMINI (May 21-June 20)
★★★★★ Every year someone is happier than someone else on this all important holiday. This year, you radiate, whether it is the company, events or someone's reaction to a gift. Squeeze in a nap if possible. Tonight: Where your friends are.

CANCER (June 21-July 22)
★★★ Make it a point to check in on a relative or someone who might not be with you. This extra caring could make all the difference to this person. If you can extend a last-minute invitation to dinner, do. Tonight: A must appearance.

LEO (July 23-Aug. 22)
★★★★ As soon as you can, make calls to someone at a distance who might be alone. Smile and relax with another person. Are you tired or dragging unnecessarily? Put on some music, smile and know that soon enough this holiday will be over. Tonight: Let your mind wander.

VIRGO (Aug. 23-Sept. 22)
★★★★★ Relate closely to those around you. Do a better job of listening and sharing. Understanding will evolve to another level. Don't worry about financial matters right now; let go and be with those around you. Tonight: Express your true feelings.

LIBRA (Sept. 23-Oct. 22)
★★★ You might discover you are not where you want to be. Listen to news with a more open perspective. A family member is unusually gracious and caring. A friend might push very hard to have his or her way. Tonight: Defer to another person. It couldn't be easier.

SCORPIO (Oct. 23-Nov. 21)
★★★ Maintain stability in the face of some uncomfortable realizations. Remember, you still are only seeing your slant or perspective. A family member, predictably so, pushes your buttons. Choose not to react. Tonight: Easy works.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ Stay positive, even if someone gives you a present that is a dud. Remember, it is the thought that counts. The meaning around this holiday is spiritual, not materialistic. Tonight: Pitch in and help.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ Do what comes naturally this morning. Staying close to home and/or family could prove to be delightful. You might want to visit and share with others later in the day. You might hop from Christmas dinner to Christmas dinner. Tonight: Squeeze every single drop out of the next few days.

AQUARIUS (Jan. 20-Feb. 18)
★★★★★ Make sure to convey your Christmas wishes early on in the day. You might be surprised by someone's thoughtfulness. Later today, make it cozy and easy. Don't keep pushing as you have been. Tonight: Watching a game or two.

PISCES (Feb. 19-March 20)
★★★ You still might find yourself out running around at the last minute. The hectic pace and spending that comes along with it could be overwhelming. Just stop. Tonight: Visit with friends.

Happy birthday

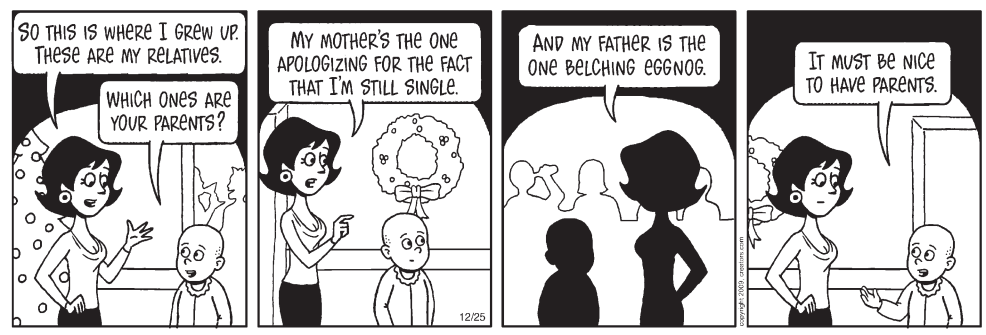
This year, you alternate between serious and levelheaded and sometimes taking risks that could surprise even you. If you can combine the wisdom of stability and the creativity of risking, you will be soaring way past all other possibilities and probabilities. People see you as a winner when you integrate these two seemingly opposite attitudes. If you are single, you will meet people with ease. In January 2010, you develop a newfound flair for communication. You simply appear more upbeat. If you are attached, the two of you revitalize your bond. If you're at the appropriate age, you could have a new addition to your family. TAURUS knows how to lure you in.

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

Girls and Sports
By Justin Borus and Andrew Feinstein



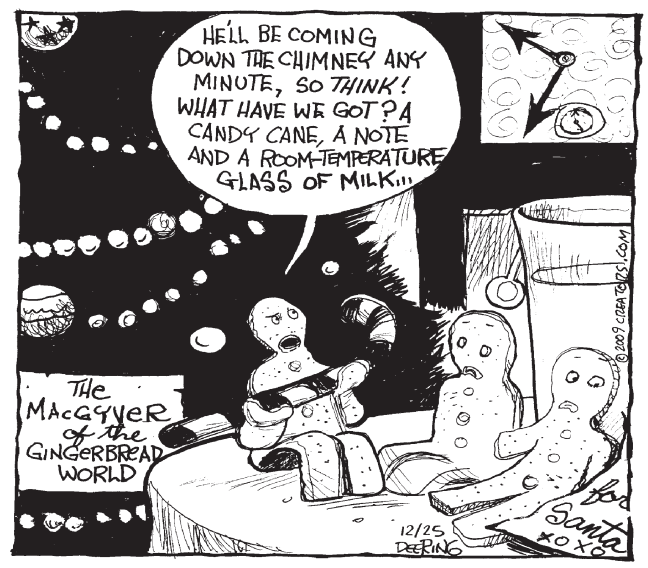
The Meaning of Lila
By John Forgetta & L.A. Rose



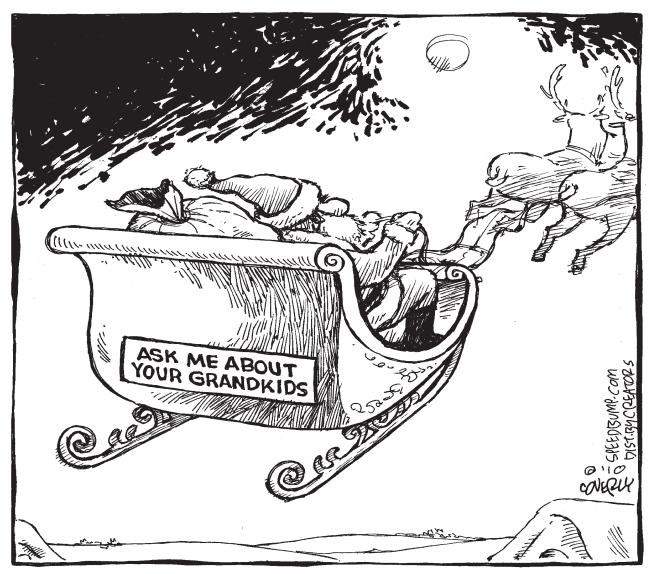
Garfield
By Jim Davis



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 ★★★★

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

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MYSTERY PHOTO

Brandon Wise *brandonw@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 Breaks, perhaps
6 Bowler's challenge
11 Put on a pedestal
12 Stood
13 Full of verve
14 Some babies
15 Morning glisteners
17 Jonson works
18 Clutter
20 Designer Michael
22 Nest-egg choice
23 Classic
26 "The Lion King" hero
28 Tone
29 School subject
31 New Haven student
32 Whip
33 Ordered, in olden days
34 Invites
36 Lawman Wyatt
38 Is patient
40 Model's asset
43 Comic Kovacs
44 Annual visitor
45 Bob of "Full House"
46 Painter Degas

DOWN

1 Hot drink
2 Rocker Rose
3 Group of eight
4 Toy builders
5 Hearty dish
6 Slump
7 Before
8 Group of ten
9 Map dot
10 Hardy heroine
16 Enjoy the slopes
18 Fail to hit
19 Hockey's Lindros
21 In the past
23 Moving trucks
24 Gift of the Magi
25 Pennsylvania port
27 Rap's — Boys
30 Cohort of Fidel
33 Wide
34 Dazzles
35 Mystery writer Woods
37 Basilica part
39 Collector's goal
41 Depot: Abbr.
42 Musical ability

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

Yesterday's answer

NEW CROSSWORD BOOK! Send $4.75 (check/m.o.) to Thomas Joseph Book 1, 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				

12-25

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Meganumber: 13
Jackpot: $12M

SUPER LOTTO PLUS: 8 14 18 28 29
Meganumber: 2
Jackpot: $7M

FANTASY 5: 6 16 26 29 36

DAILY 3: MIDDAY: 5 2 9
EVENING: 3 8 8

DAILY DERBY:
1st: 01 Gold Rush
2nd: 06 Whirl Win
3rd: 09 Winning Spirit
RACE TIME: 1.42.78

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NEWS OF THE WEIRD

BY CHUCK SHEPARD

■ According to a November Chicago Sun-Times report, county officials in Chicago have agreed to pay a $14,000 injury claim to janitor Mary Tait, of the sheriff's department. The amount covers two incidents, in 1997 and 1998, in which she hurt her back in the same way -- while "reaching around to pick up a piece of toilet paper."

■ In November, a judge in Somerville, N.J., overruled a local police chief who had rejected a firearms license for hunting enthusiast James Cap, 46. The judge ordered the chief to grant the license, even though Cap is a quadriplegic and will need to mount the gun on his wheelchair and fire it by blowing into a tube. (Cap was an avid hunter before a football injury incapacitated him.)

■ (1) In July, Charles Diez was charged with attempted murder for his angry reaction to a bicyclist who was carrying his 3-year-old son on the bike unsafely, on a busy Asheville, N.C., street. According to police, Diez was so anguished that he pulled his gun and fired at the bicyclist, grazing the man's helmet. (2) In October, just as Pennsylvania federal judge Lawrence Stengel was launching into his explanation for the sentence he was about to impose, bank robber Trammel Bledsoe grew impatient. "Can you hurry this up? I don't have time for this. Just sentence me. ..." ("You'll have all the time in the world," responded Stengel, who gave Bledsoe 41 years.)

TODAY IN HISTORY

1977 Prime Minister of Israel Menachem Begin meets in Egypt with President of Egypt, Anwar Sadat.

1989 Nicolae Ceauflescu, former communist dictator of Romania and his wife Elena are condemned to death and executed under a wide range of charges.

1990 The first successful trial run of the system which would become the World Wide Web.

2004 Cassini orbiter releases Huygens probe which successfully landed on Saturn's moon Titan on January 14, 2005.

WORD UP!

lambent \LAM-buhnt\ , adjective; 1. Playing lightly on or over a surface; flickering; as, "a lambent flame; lambent shadows."

Santa Monica Daily Press

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L.A. GROVE area 428 N Orange Grove unit 101 1+1 stove, fridge, blinds, tile bathroom separate tub/shower hardwood/ vinyl floors, on-site laundry no pets $1175/mo $700 off move-in (310) 578-7512 jkwproperties.com

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1766_ Malcolm Ave
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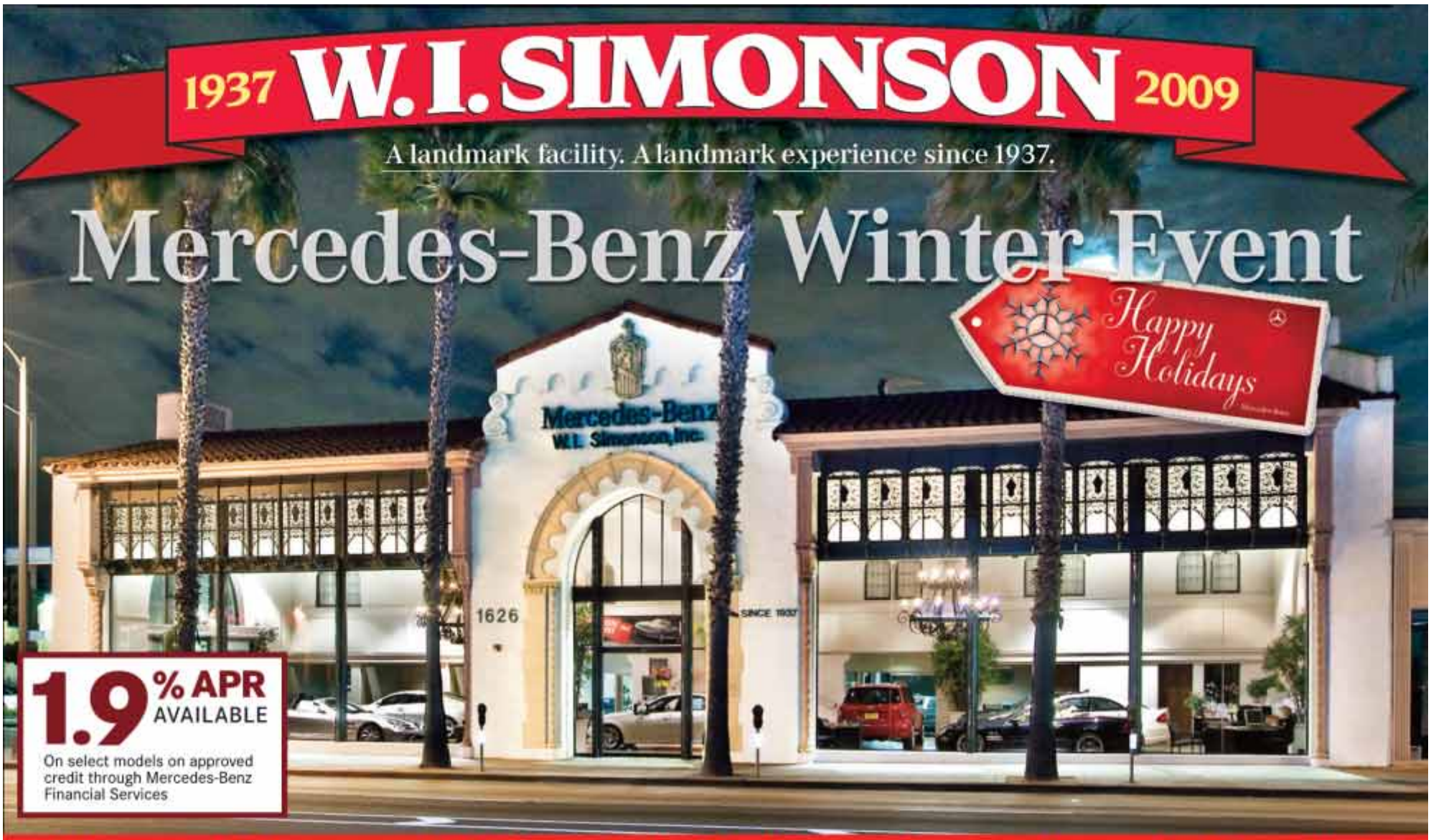
FICTITIOUS BUSINESS NAMES STATEMENT FILE NO. 20091707402 FIRST FILING. The following person(s) is (are) doing business as WICKED LA PHOTOGRAPHY, 12451 1/2 SHORT AVE, LA, CA 90066. The full name of registrant(s) is/are : RANISH PRAKASH, 12451 1/2 SHORT AVE, LA, CA 90066 This Business is being conducted by, an individual. Signed: The registrant commenced to transact business under the fictitious business name or names listed on (Date)10/10/2009. /s/: RANISH PRAKASH
This statement was filed with the County Clerk of LOS ANGELES County on 11/12/2009. NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 12/11/2009, 12/18/2009, 12/25/2009, 1/1/2010

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E350
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$31,991

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