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THE ORANGE COAST VOICE

Vol. 2 No. 18 Serving Huntington Beach and surrounding communities Mar. 2008

Is Dana Cooked?

Popular H.B. mayor will challenge Rohrabacher

By **JOHN EARL**
OC Voice Editor

Huntington Beach mayor Debbie Cook, a democrat, believes that she may be the first challenger in 20 years to unseat Dana Rohrabacher, the popular republican firebrand who represents the 46th congressional district in the U.S. House of Representatives.

The district includes all of Huntington Beach, Costa Mesa, Fountain Valley, Seal Beach, Avalon, Rancho Palos Verdes, Rolling Hills, Palos Verdes Estates and Rolling Hills Estates and parts of Long Beach, Westminster, Santa Ana and San Pedro.

Rohrabacher built his political career by bringing lucrative defense contracts to the district and zealously supporting unbridled U.S. military intervention abroad, voicing strong anti-“illegal immigrant” themes and by attacking local and global efforts to protect the environment.

He has consistently defeated his Democratic Party opponents and third party challengers by landslide margins. In 2001 the 46th was reshaped in a gerrymandering agreement between republicans and democrats in the state legislature and it is considered a “safe” republican district.

But Cook is not deterred. “There’s never been an elected official to oppose him,” she says, adding that Rohrabacher has failed to serve his

Not Dana Rohrabacher



PHOTO BY RUDY RAMOS

ACTION: Young surfer catches a great wave and shows his skills near the H.B. Pier.

district on important issues like groundwater replenishment (saving the local underground water supply from saltwater intrusion), saving the Bolsa Chica Wetlands, dredging of

Huntington Harbor or saving the bluffs on PCH (Pacific Coast Highway) from erosion.

“He’s been a Johnny Come Lately to those issues. When he sees the tide

fully switch, then he jumps on, like he did with groundwater replenishment,” Cook claims.

On paper, Cook’s odds may look bleak, even in what is surely her strongest bastion of support, Huntington Beach. The city has by far the single largest chunk of registered voters in the district, but democrats make up only 29 percent of registered voters to 50.2 percent for republicans, according to 2002 figures.

But Cook has garnered strong support across political boundaries in Huntington Beach, where city council elections and local issues are considered non-partisan, and where voting records indicate that she has been one of the most popular city council members in Huntington Beach history since being elected in 2000.

Cook has also gained respect in the region and statewide as a leading advocate for energy conservation and as chairperson of the Energy and Environment Committee for the Southern California Association of Governments.

In 1989, as a community activist, Cook played a leading role in writing and organizing support for a successful ballot initiative, Measure C, which protected the city’s parks from being turned into golf courses and beach malls.

Later, she joined the Bolsa Chica Land Trust and helped it sue the Coastal Commission in a precedent

See **WILL DEBBIE COOK DANA?**, Page 4

H.B. Senior Center Passes

Controversies remain over funding & EIR

By **RASHI KESARWANI**
OC Voice Staff Writer

The Huntington Beach City Council was greeted by dozens of residents at its Feb. 4 meeting, as it considered an appeal of the Planning Commissions previous approval of a \$22 million senior center to be built on a 5-acre expanse of Central Park, across from the Huntington Beach Central Library.

Proponents claim that the new facility is needed to replace the aging Rodgers Senior Center, located at 17th and Orange streets, and to meet the needs of a growing senior population.

Opponents say they support a new senior center, but they are concerned about its location and environmental impact, as well as its “hidden costs” and how to prioritize use of badly needed but limited park funds.

Ultimately, the council voted to move forward with the project in a 5-2 vote. Councilmember Jill Hardy and Mayor Debbie Cook voted no.

Although Huntington Beach voters initially green lighted the project in an “advisory” ballot initiative known as Measure T in Nov. 2006, opponents of the plan argue voters were not aware of the environmental impact or costs of a state-of-the-art facility in Central Park.

City Attorney Jennifer McGrath said that no legal requirement exists to disclose environmental impacts or estimated costs of a project when it appears on the ballot for approval. Indeed, Measure T only stipulated the square footage and maximum acreage of the proposed center. It

passed by a narrow margin, 51 percent to 49 percent.

Project planner Jennifer Villaseñor said the new facility would operate much like the existing Rodgers Senior Center. Although programming would be geared to the interests of seniors, all city residents would be welcome to use the facility.

Heated Debate
In an e-mail to the *Voice*, Save Our Parks spokesperson Mindy White said that the city’s Environmental Impact Report (EIR)

notes that because the project’s impact on park aesthetics and views cannot be mitigated, the city is legally required to write a Statement of Overriding Consideration “indicating that the building of the senior center is worth the loss of

the aesthetics of Central Park.”

White notes that the final section of the city’s EIR states that the “environmentally superior alternative” is to halt plans to construct a new senior center in the park.

Speaking at the city council meeting, H.B. resident Kristin Stilton cited the city’s “Park Strategy and Fee Nexus Study of 2001” to argue that the project reflected misplaced priorities. According to the study, residents ranked upgrades to the skate park as a higher priority than a new senior center.

Stilton also called Rodgers Senior Center, the current facility, “underutilized or at least not maximally programmed.”

Another city resident offered an alternative to costly new construction: Kettler Elementary School, located near a large contingency of senior citizens living in the city’s southeast section., near Edison Park. “It seems

See **SENIOR CENTER**, Page 5



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LETTERS

The *Orange Coast Voice* encourages letters to the editor and will attempt to print all those received. However, due to space constraints, letters are subject to editing. All letters must include the author's name, address and phone number for verification purposes. Letters can be electronically sent to letters@ocvoice.com, or mailed directly to: *Orange Coast Voice*, 419 Main Street, #209, Huntington Beach, California, 92648.

A green idea

Here's an idea for turning Huntington Beach green—keep park open space, open! Let's make the proposed Senior Center site a native plants and wildflower garden in honor of our country's first ladies and build the center on land ready to accept a building, like right across the street. The land across the street from the proposed site is graded as part of the Sports Complex parking lot. This is a more prominent site with better views and safer access to traffic. Let's build something that is greener, more prominent and safer for our seniors!

Pat Goodman
Huntington Beach, CA

Outstanding paper

OC *Voice* arrived on my driveway Tuesday morning. First time I ever saw it, OC *Voice* is an outstanding local news service. I loved it. Superb eye catching presentation also.

Haig Parechianian
Fountain Valley, CA

Activists delay flood repair

What Mark Bixby and Flossie Horgan fail to explain is that the permitting process required to work in and along the Wintersburg channel is complicated and thru their on-going and strenuous environmental objections to the Shea development delayed the levee repair many years exasperating the problem. This on-going protest has also delayed many years the overall drainage corrections required in and around the adjacent subdivisions; a win-win for the City of Huntington Beach.

In fact, Nadeem Majaj explained the complexity of the channel repair environmental permit process in a recent community meeting as the rational for declaring the emergency allowing the sheet pile repair to begin. Mr. Majaj and the County should be congratulated for having the political will to find a way to expedite the repair project in the face of the on-going stalling tactics and continued environmental objections by a few very vocal opponents.

The levee repair project was executed flawlessly during the month of January and the adjoining residents can feel much more secure knowing that their homes are now protected from flooding caused by a potential breach in the levee.

Joe Buley
Huntington Beach, CA

False senior center promises

Thanks for the Jan 2008 issue that revealed that the new Senior Center was sold on false promises that the costs would be paid without new taxes. The new tax estimate to build the center is around \$20M, but I recall that the "Sports Center" (across the street on Goldenwest) was underestimated by something like \$15M so

maybe here we go again.

Thanks to HB City Council Mayor Debbie Cook (a true local people's hero again) for suggesting that the plans should be the subject of a second new vote now that the key facts are revealed, as per Measure C passed in 1990. I believe her position should be adopted. Can the voter's trust city council's disclosures in future Measures proposed to the voters? (Joe Shaw's article on this issue was excellent.)

Also, great informational articles on Tom Harmon, Jim Silva, Bolsa Chica and the Brightwater issues.

My \$25 renewal check for another year of the *Voice* delivered by US Mail is in the mail. Keep up the great work, how else would we find out about this stuff?

B. Green
Huntington Beach, CA

Misuse of public funds

Protests over the loss of open space in Huntington Beach for a senior center have evolved into a much larger issue—fiscal irresponsibility and the misuse of public funds. A recession is looming — its belt tightening time. Millions of dollars in park funds don't ever come to HB. City documents note that HB is "under-parked" by 48 acres and we can't afford to lose five more especially at a cost of \$4.4 million per acre.

Shouldn't we build a center that we can afford and be proud of—with an attitude toward fiscal responsibility that will not burden future generations with debt?

This project seems preordained to move along through Council. Park land created an attempt to establish a link to the park in lieu fees which could then be used as building construction fund. Neat deal, or should I say trick?

The city has never looked beyond the prize of Central Park as the chosen location. The developer is getting a lot of help here and many of our Council members benefit from campaign donations of developers. Why don't we just pave the whole city now and get it over with?

I have to wonder would 51% of the voters have said yes to this project if they were told:

* The project would cost an estimated \$22 million, with yearly operating costs of at least \$1 million?

* Funding for this project would be taken from a one time park fees windfall owed by the developer resulting in no money for parks?

* The same developer is to build the project, receiving a 15% consulting fee and without any outside bids taken?

* The same developer is asking for possible Mellos Roos fees to be assessed on future residents of Pacific City to recoup additional costs?

* The senior center in Central Park is to meet the requirement for recreational facilities in the Pacific City/downtown area?

* The City has no intention of performing another Measure C vote with the approvals and studies complete as noted in the City Charter (Section 612)?

The City has already outlined areas for "future expansion" surrounding the site. Guess what they say they might need? More parking lots. Don't support paving paradise. Tell City Council to use our public park funds to improve and expand our parks as intended.

Mindy White
Parks Legal Defense Fund
Huntington Beach, CA

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Good for Communities?

Critics say Fresh & Easy is like Wal-Mart

By RASHI KESARWANI
OC Voice Staff Writer

At a ribbon-cutting ceremony last month, the city of Huntington Beach honored the opening of the Fresh & Easy Neighborhood Market, a sleek new grocery store described as a cross between 7-11 and Trader Joe's, on 16672 Beach Boulevard at Terry Drive.

Fresh & Easy's U.K. based parent company, Tesco, markets itself as a socially responsible, green and healthy, alternative to established grocery chains. Its smaller Fresh and Easy stores offer a variety of prepared foods that are billed as fresh and healthy.

The local media has celebrated the chain's Huntington Beach opening without challenging that image. One review in the *Huntington Beach Independent* gushed about the "successful overseas reputation that Tesco has established," and that, "The meat, fish and produce were actually fun to look at."

But other media reports from abroad indicate that Tesco's track record has been anything but "fun to look at."

After grocery workers from across Great Britain voiced their food safety concerns to the BBC television program *Whistleblower*, two reporters worked undercover at Tesco and another chain to investigate the allegations. Their secret video footage revealed systematic safety violations at Tesco's fish and meat counters.

Seafood was defrosted and refrozen, a process than can lead to salmonella poisoning. Expiration labels on meat were often missing or changed to reflect a later date. Knives were not disinfected after they were inappropri-



PHOTO BY JOE SHAW

GRAND OPENING: H.B. Mayor Debbie Cook (center), Councilmember Joe Carchio (far-right) and others celebrate the recent opening of Fresh & Easy in Huntington Beach.

ately used to pry open a floor drain or slice raw liver. In one instance, expired steaks were put through the grinder to be sold as "fresh" ground meat.

One Tesco manager admitted, "I can't afford to throw away [expired food] because that is what they [corporate bosses] keep using to judge my performance. If I keep throwing things away, I'll be in trouble with them, and I don't want any of it."

No accusations of tainted food at the company's recently opened U.S. stores have surfaced so far. At the local Fresh & Easy, store manager

Cindi Hicks says all the meats are "pre-done"; that is, shipped to the store and sold to the customer in the same packaging.

Still, quality concerns abound when it comes to Tesco, the world's third-largest retailer. In 2004, the chain's flagship store in Great Britain was fined after it was found to be infested with mice and selling moldy apples, Gouda cheese and Thai rice.

In 2006, garlic labeled as organic in Tesco stores had been found to contain pesticide residues. The *Guardian* reported that the chemical discovered,

carbendazim, is a possible carcinogen and suspected hormone disruptor.

The controversy surrounding Tesco's practices in Great Britain has prompted concerns here in Southern California. Researchers in the Urban and Environmental Policy Institute (UEPI) at Occidental College in Los Angeles published a 68-page report last summer in which they criticized Tesco's record on labor relations, environmental issues and its promise of improving access to healthy food in low-income communities.

The study claims that Tesco has ambitions to surpass Wal-Mart to become the largest grocery chain in America. And with 30 stores opened across California, Nevada and Arizona in 2007 and 170 more slated for 2008, Fresh & Easy is certainly poised to become a major player in the grocery business.

Food safety concerns aside, critics of Tesco fear that Fresh & Easy's non-union status may exert downward pressure on wages and benefits for workers across the grocery industry, just as Wal-Mart has.

According to the UEPI report, the company plans to staff its Fresh & Easy markets primarily with part-time labor. Although the company reportedly pays \$10 an hour, well above California's \$8 minimum wage, reduced hours may prevent employees from earning a living wage.

Local store manager Cindi Hicks says all employees at her branch work at least 20 hours per week and that "everyone qualifies" for company health benefits. Employees are split "about even" between part-time and full-time staff.

Hicks directed the *Voice* to see **GREEN & RESPONSIBLE?**, Page 12

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The goal of the *Orange Coast Voice* is to give its readers information that can be used to improve the quality of life in their communities and beyond. The *Orange Coast Voice* is your local newspaper.

Breast Milk in Town

Milkin' Mamas help mothers and their babies

By JANET AVELAR
OC Voice Intern

We all know we can donate clothing, furniture and even cars to charities and local thrift shops to help the less fortunate, but what many don't know is you can also donate breast milk.

Huntington Beach residents Alice Toth and Keri Pommerenk decided to open up a breast milk bank last July. They call their business *Milkin' Mamas* and use their other business, *Wellsprings Massage Therapy & Body Work* in Seal Beach, as a donation center for nursing mothers.

They came up with the idea when Toth was nursing her premature baby and concluded that there was a need for another milk bank in Orange County.

"When I was breast feeding my baby, I was concerned that he was extremely gassy and constantly spitting up," Toth recalls. "I later realized that my baby was sensitive to wheat and dairy that was in my diet, which meant my baby could not use my frozen breast milk."

Like most nursing mothers, Toth would pump her breast milk and store it in the freezer for her baby. But when she realized her child was sensitive to her milk, she was stuck with a large supply of milk in the freezer. "I felt like it was a waste to throw it out,"



PHOTO BY JANET AVELAR

MILKIN' MAMAS: H.B. residents Alice Toth and Keri Pommerenk run breast milk bank.

she says. "It was perfectly good milk, and not just for my baby."

After Toth's mother told her about milk banks that accepted breast milk, and helped premature and ill babies, Toth and Pommerenk decided to start *Milkin' Mamas*.

Fragile Beginnings
Breast milk donated at the center

is shipped to the Monrovia based bio-science company, *ProLacta*, located in Monrovia. *ProLacta* provides specialty formulations of human milk for the nutritional needs of premature and critically ill infants.

During the first few weeks of life, these fragile babies have nutritional requirements that exceed the pro-

tein, mineral and caloric counts that naturally occur in mother's milk. This nutrition is critical for the long term health and growth of the babies, so the company produces a 100 percent human milk fortifier with the milk collected from the bank. *ProLacta's* Human Milk Fortifier is the only fortifier made exclusively from human milk, according to *ProLacta* CEO, Scott Elster.

ProLacta has its critics from within the traditionally nonprofit donor-milk market. Some lactation consultants say that making money off breast milk raises ethical concerns. "The higher price for *ProLacta's* milk is justified," Elster responds, because of the in-depth research it does to provide the right milk formula for premature babies.

Toth agrees: "Nobody thinks anything about spending \$45 on using an antibiotic. It's not something Keri and I are doing to make tons of money on."

Toth says that any nursing mother can donate if they are healthy and have a good medical history. "Once the donor is cleared of any medical or health conditions, they are ready to donate and are issued an electric breast pump, which is theirs to keep," Toth explains.

Milkin' Mamas accepts breast milk that has been properly frozen
See **BABIES**, Page 5

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Will Debbie Cook Dana?

H.B. mayor says Rohrabacher ignores cities

Continued from Page 1

setting case to stop construction of thousands of homes on 1,700 acres of California's diminishing wetlands located on Warner and PCH.

As a member of the city council, Cook has earned a reputation as a fiscal conservative and opposed a plan recently passed by some of her colleagues that will require \$22 million in developer park fees—leaving the city's park fund nearly tapped out—for a 45,000 square foot senior center to be built in Central Park.

Cook also helped sponsor a resolution adopted by the city council to join six other cities in Orange County in signing the U.S. Mayor's Agreement on Global Warming. But Rohrabacher has blamed global warming on natural, not man made causes.

Cook also opposed the Poseidon desalination plant that will be built near Newland and PCH in southeast Huntington Beach. The plant would turn 50 million gallons of sea water into drinking water each day, but its opponents say it violates public water rights, would raise water rates and require government subsidies, pollute the ocean and contribute unnecessarily to global warming by wasting energy.

By contrast, Rohrabacher was a strong behind the scenes supporter of the desalination project, which he called a "godsend."

In a 2005 letter to then Mayor Jill Hardy, Rohrabacher complained about "No-growth Nimby-ism" opposing the project and warned—or threatened—that "the city should not expect the federal government to take seriously future requests [from the city] for assistance" if the city council did not certify Poseidon's Environmental Impact Report.

There are signs that Cook is winning over some of the hard-core conservative voters whose support she will need to be elected to congress in November. Like Huntington Beach resident Milt Darris, a self-described Goldwater conservative, who refers to the congressman as "Dana Roarless" because of his alleged lack of attention to the district and his support of Poseidon.

"It is time we dump Dana Roarless and Scot Baba and allow the taxpayers to have true Congressional representation instead of only Special Interest representation," Darris wrote on a local Internet talk web site.

The *OC Voice* recently sat down with Cook at the Bodhi Tree Vegetarian Café in downtown Huntington Beach for an exclusive interview in order to discuss her reasons for running and her views on some of the important issues facing the district, the nation and the world. We tried our best to interview her, but readers can decide for themselves who was actually being interviewed.

What is it that voters in the 46th District are so dissatisfied with about Congressman Dana



PHOTO ON THE LEFT BY JOHN EARL; RIGHT BY RUDY RAMOS

ELECTION: "If our city is seeking money [from Washington] for things like help with dredging Huntington Harbor or the bluffs on PCH to help stop erosion, we don't get any attention." — Debbie Cook.

Rohrabacher that makes you think that you can win?

This is a new day. Not just because of this election or the excitement generated because of Barack. People are really concerned about the economy, the use of the military around the globe, the environment, climate change, the energy situations and it's all starting to come to come together.

Is there any kind of anti-Rohrabacher uprising or anti-Rohrabacher sentiment in the 46th District that you detect?

People for a very long time have been unhappy that our district doesn't get the attention that other districts get. If our city is seeking money [from Washington] for things like help with dredging Huntington Harbor or the bluffs on PCH to help stop erosion, we don't get any attention. He's not interested in promoting those kinds of issues that are important to cities. And that's true in Long Beach, Westminster, Fountain

Valley and Huntington Beach.

You're going against the tide, right?

You know what? I've always taken the hard path, whether people told me we couldn't pass Measure C or they told us we couldn't save Bolsa Chica. But we did.

You are well known for your work on the environment and the energy crisis, but I haven't heard you talk much about the effect of pollution and energy shortages on the people who are probably affected the most, and that's lower income people.

I've talked a lot about that. For example 1.5 million people in this country had their utilities shut off last summer because they couldn't pay their bills.

What are the things that you would support doing to help the poor in this country to pay for their energy bills?

We're not going to solve everybody's problems, period.

We have such a huge energy crisis coming up.

It's going to be really difficult to dig ourselves out of the energy hole.

Everywhere that water and energy issues are playing out there are class issues involved.

Yes. And it's only getting worse. So (raising voice) what do you think we can do? I mean, really?

I'm not running for congress.

It doesn't matter. What is the problem? You want me to make decisions in a vacuum. And I'm the kind of person who wants to go out and learn as much as I can about an issue from the people who are impacted. I don't have the answers.

What are you leaning toward? What are some ideas on that?

To get us out of the energy hole?

To address the people who are most affected?

The \$150 billion that the president wants to give back—that money should go toward helping people reduce their energy bills. If you said you can only use this money to buy an Energy Star refrigerator, right there you just reduced somebody's energy bill by about \$50 per month forever... In the last seven years, Americans have spent \$1.2 trillion more on energy costs than they did the previous 7 years. This is really hurting people. The only way to solve it is by getting people [to live] closer to their jobs.

What about the amount of money spent on the war?

Do you watch Bill Moyers?

Yes.

He was interviewing this woman, who was helping displaced Iraqis, millions who are now in Aman Jordan, about their lives, the destruction of their families and all that. Obviously, I would not have gone into Iraq in the first place. Now we're there. How do we get out of there without causing even more harm? Have we thought about the implications of removing our troops? ... How do we prepare Americans for that loss: 2 million barrels [of oil] a day? I'm not saying that's a bad thing or a good thing. I'm just saying that we have to prepare a plan to deal with that because otherwise we have gas lines. We have got to get off oil [or] we're going to be constantly fighting these resource wars all over the globe.

Corporations and Iraq

What about that our foreign policy for the last one-half century? It seems like we've always been on the wrong side and--

The world's resources are not ours. You can't own those.

--in favor of the corporations, exploiting other countries and getting their oil.

I know you like to blame the corporations, but we only have ourselves to blame.

Is there no blame for corporations in Iraq?

Blame the people in corporations. But I don't just broad brush.

Halliburton?

I don't know enough about those things.

It's called "The Selling of Iraq."

Oh, yeah. I know.

Are not certain corporations that are friendly to the current [Bush] administration--


We're over there for oil.

And other services and whatever we can get out of it.

We are over there for oil. We have ourselves to blame.

But that's part of a corporate structure, right?

Well, if you want—You know what? If that's the tactic you're taking (voice rising in anger)-



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Senior Center

Continued from Page 1

like a good fit," the speaker said.

About a dozen Golden West College students asked the city council to preserve the park by finding a different site for the project.

But proponents of the senior center in Central Park ultimately prevailed, stating that other locations were unsuitable or unavailable.

Public speaker and former H.B. mayor Norma Gibbs referred to the proposed site as "that eyesore of dirt on Goldenwest" and urged councilmembers to allocate space for the senior center, as past councils had done for horse lovers and frisbee players when Central Park was first designed and created.

Councilmember Gil Coerper said, "My main thing is, have a great facility for our seniors. I don't want a mediocre one, I want the best."

Skirting the issue of location, Councilmember Joe Carchio said, "It makes us look better and more compassionate" to have a new senior center.

In its approval last December, the Huntington Beach Planning Commission voted to require that the new senior center meet at least a lower level of "green" design standards through the Leader in Energy and Environmental Design (LEED) certification program (The commission's decision was appealed on other grounds).

But the city council watered down the commission's language to "strive" to meet LEED certification, after a long discussion.

Councilmember Keith Bohr proposed the revision, saying, "When I see... the dollar amount of 80-some-thousand dollars for independent certification.... Maybe that's something we could do ourselves without having LEED certify it."

Hardy asked, rhetorically, "You're gonna spend millions of dollars on paving parkland and then nickel and dime on making it somewhat environmentally friendly?"

Mayor Cook suggested further discussion of LEED standards at a later date.

Legal Concerns

Legal questions linger over funding for the facility. Proponents of the senior center expect funding to come from "in-lieu" fees paid by Makar Proproperties, developer of the Pacific City condominium complex. Under the Quimby Act, developers are required to set aside park land or pay an "in-lieu" fee earmarked either for park land or recreational facilities that bear a "reasonable relationship" to residents' general benefit.

Makar hopes to pay for that fee under the Mello Roos Act by imposing a special tax on the future residents of Pacific City.

Opponents say that amounts to a government handout to Makar and forces a small group of homeowners to pay for a facility that under the law will not reasonably relate to their housing tract.

But Mello Roos prevents cities from using taxes to finance pre-existing needs or facilities that do not reasonably benefit the residents of the taxed subdivision.

The senior center is an already identified need that may not qualify for Quimby or Mello Roos funds, argued a Parks Legal Defense lawyer during the public hearing.

But the city attorney has approved the funding scheme and pro grow older they will have a need for a new state of the art facility 2 miles to the north.

Babies

Continued from Page 3

for up to 6 months. Donors have two options, they can drop off their breast milk at the center themselves or they can have someone from the center pick it up. "We usually like to give nursing mothers these two options to make it much easier for them," Toth says.

Getting the word out to nursing mothers about donating milk is a difficult task, according to Toth. "There are so many women who do not know that breast milk donation is an option and we are hoping that more women do it."

To learn more information about breast milk donation you can call Milkin' Mamas Milk Bank at (562)598-6262 or e-mail at Donate@milkinmamas.com.

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Manga: The Complete Guide

Japanese comic book art form examined

By **LYN JENSEN**
OC Voice Contributor

Ever wonder what manga is, anyway? Have you considered getting into the so-called manga revolution but can't decide where to start? In an attempt to answer these and many other questions, Jason Thompson has accomplished a real-life Mission: Impossible. He's compiled reviews of the staggering amount of Japanese comics published in the USA as of 2007 into a single current reference book, *Manga: The Complete Guide*, available from Ballantine/Del Rey. Manga fans are grabbing up copies, happy that they may now turn to a one-stop print source for manga reviews and related questions.

In addition to the literally thousands of manga reviews in this book, Thompson includes articles on manga demographics, publishing, and genres. One appendix explains Japanese systems of writing, another, publishers' age ratings. There's also an index that lists artists' web sites along with their works available in English, as well as numerous illustrations of manga art. He even designates separate chapters for adult manga that may make Playboy cartoons seem family-friendly by comparison, and for the gay-themed genre often called yaoi, created by and marketed to women. That's because, he explains, audiences may (or may not) want to cross over between genres, and "a four-star yaoi or adult manga may not be the same as a four-star mainstream manga."

Thompson, a former editor at the major manga publisher VIZ, first pitched a book about Japanese manga artists to his former employer. VIZ passed but Ballantine/Del Rey was interested—if he'd create a reference work on Japanese manga titles available in Eng-



MANGA REVOLUTION: Any fan would welcome this book's valuable advice when considering which part of the rising tide of manga to dive into next. Thousands of reviews are included within the book.

lish instead. So he took a hiatus from his current job at Otaku USA and read sixteen manga a day for a year, devouring every volume in every series and even tracking down such collectable out-of-print manga as the only two volumes of Osamu Tezuka's medical superhero series, *Black Jack*, available in English.

Many other manga reviewers more familiar with certain genres or artists contributed as well. Chris Vaillancourt, Derek Guider, and Jen

Wang got an eye-popping share of the triple-X adult manga. Hannah Santiago was assigned most of the yaoi, while Mason Templar handled CLAMP's creations including *Cardcaptor Sakura* and *Legal Drug*.

With such a massive undertaking, however, likely manga purists will still have complaints. There are a few typos and the like, but the most serious controversy is likely to result from fan disagreements over the use of a four-star rating

system. (A few comics judged worse than bad get no stars at all.) Thompson says the use of stars was his publisher's idea, and ratings reflect the quality of both the plot and the artwork.

Few will quarrel with many of his four-star designations including *Black Jack*, *Cardcaptor Sakura*, *Embracing Love*, *Naruto*, *Fullmetal Alchemist*, *Death Note*, *Antique Bakery*, and *Wild Rock*, but overall the system appears very uneven. When a silly one-volume curiosity like *Almost Crying* and a brilliant breakthrough seven-volume satire like *Fake* garner exactly the same rating (two-and-a-half stars) as Ayane Yamano's gratuitously violent *Finder* series, fans will likely question how closely Thompson's tastes in manga resemble their own.

Many of Thompson's reviews do appear to have an understandably male-audience comic-geek slant, although he has an appreciatively high tolerance for the cutesy, the girlish, and the gay-themed. He gives some ultra-violent cult-audience fare including *Crying Freeman* and *Bambi* and *Her Pink Gun* more praise than they probably deserve, while he appears unduly harsh on such lighter mainstream fan faves as *Saiyuki* and *Loveless*. The growing female comic audience may especially be tempted to ignore the ratings.

"I expect to get some flack for my *Loveless* review," he says, "But if it's not a fight manga then how come there's a fight in every volume?"

Overall, however, the book does a fine job of helping to bridge the Pacific-wide cultural chasm between the Japanese comic scene and our own. It's difficult to imagine any fan who wouldn't welcome this book's invaluable advice when considering which part of the rising tide of manga to dive into next. *Vive le manga revolution!*

Nature's Organic Garden

Santa Ana River watershed leads hikers and bikers into the forest

By **SCOTT SINK**
OC Voice Staff Writer

Orange Coast residents may be surprised to learn of the National Forest land inside Orange County.

Following the local watershed leads hikers and bikers up into the pine forests of the Santa Ana Mountains: the Santa Ana River is fed by Santiago Creek, which is fed by Silverado Creek.

Due to the wildfires last October, the U.S. Forest Service has closed off the Silverado District in order to stop human traffic and allow the sensitive new plant growth to flourish. I was able to participate in a special guided hike up Silverado Canyon led by an official Forest Service volunteer.

Silverado sprung up during a silver rush in the 1880's, when short-lived mineral booms were drawing prospectors to the remote canyons of California and Nevada in droves.

Silverado today is a small mountain town of less than 3,000 residents. Homes line both sides of a narrow road which follows Silverado Creek up into the steep canyon. The road ends at an entrance into the Cleveland National Forest. This area begins just south of the 91 Freeway



PHOTO BY SCOTT SINK

SILVERADO DISTRICT: "We were treated to a golden sunset laced with illuminated sycamores." — Scott Sink.

and follows the mountains all the way down to the abrupt geopolitical border with México.

Although the burned slopes from October's fire are visible at certain bends in the trail, most

of the immediate area around the trail is intact. New growth, such as wild cucumber tendrils, sprouts up in the February drizzle. Pausing at a crossing in the creek, we found a California newt. This docile, yet poisonous amphibian will freely walk up a hiker's arm. However, a thorough skin washing in the stream is suggested before handling any food. As we ascended in elevation, we began to spot Coulter pines and Douglas firs integrating the oak, sycamore and alder canopy.

Charcoal grey and chalky white rock formations dotted with towering pines and ancient oaks closed in around us. Rough rock on a 90 degree slope marked a precarious fault line.

I imagined following the trail all the way down to Tecate, México but was soon driven back by the waning daylight. We were treated to a golden sunset laced with illuminated sycamores.

To find out more about free nature tours off the Santa Ana River watershed, see Preview in this issue's Calendar section.

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CORRECTIONS BOX

Regarding our article "Deregulation Brings Higher Electricity Bills" (OC Voice, Jan. 08): "deregulated states rose 22 percent to 33 percent above" should be "deregulated states rose [from] 22 percent to 33 percent above"; and "deregulated electricity rates soared at a rate of 36-56 percent higher" should be "deregulated electricity prices have soared from 36% [to] 56% higher..."

The Voice apologizes for any misunderstanding.

RESTAURANT GUIDE

RESTAURANT REVIEW



Blackboard Bistro

Wonderful made-from-scratch down-home cooking

By **DAVID L. M. PRESTON**
OC Voice Staff Writer

With the deluge of fascinating ethnic cuisines out there to choose from it is often easy to forget how wonderful down-home "American" basics can be. Granted, defining what real American-style cooking is, is a quandary; but for this supplanted Midwesterner, roast beef, corn, pancakes, pork chops, mashed potatoes, turkey, all have a certain comforting appeal.

And this popped into mind when I first entered the utterly charming Blackboard Bistro, located in Seal Beach at the corner of 12th Street and the Pacific Coast Highway. The schoolhouse theme comes from its residence in a renovated building which, they say, was formerly a real schoolhouse way back when. I couldn't actually tell from the outside, and internally it was classy and hip with full bar and booths and, in brighter weather, a patio for outside dining.

The fare is, as stated above, made-from-scratch down-home cookin'. With some California twists, of course, when appropriate. The "Popeye Stuffed Burger", ground beef stuffed with spinach, blue cheese, mushrooms and topped with onion rings (\$9.29), isn't exactly something you'd find in a diner in the midst of Nebraska cornfields. Heck, if there was bleu cheese anywhere in the county it'd be mixed in with salad dressing, and that'd be a bit "o la la" for the locals.

But we're here on the Orange Coast, so exotic may actually be hot cakes and biscuits and gravy, (\$4.99 and \$9.29, respectively). The Blackboard is open for breakfast, lunch and dinner and has a wide range of offerings for each eating period. Large omelets range from \$8.79 to \$9.99; and waffles and French toast await in the Play-ground (\$6.99) special. Lunch sandwiches run from Tuna Salad (\$8.29, dolphin-safe of course), to Grilled Pastrami (\$8.99) and Grilled Cheese Bacon and Tomato (\$8.69). Numerous burger options as well, for the beef-eaters.

For dinner I started with the Crispy Zucchini appetizer (\$4.95), which was a huge portion of well-breaded zucchini circles, lightly fried (not at all oily, but nicely crisp; living up to its name) and dusted with Parmesan cheese. The ranch sauce served with it was perfect.

Then tempted by the Old Town Pork Chops (\$13.99) we ordered the Breast of Turkey (\$12.99) and the Pot Roast (\$13.99). All are served with soup or salad. The clam chowder? Excellent.

The turkey was tender, topped with a subtle-flavored and thick white gravy and served with a hefty helping of stuffing, potatoes and veggies. As with any good turkey dinner it came with a touch of cranberry sauce. The pot roast was tri-pit and very tender, a sturdy flavor of a Midwestern-cast (reminded me of mom's cookin') served with mashed potatoes and a homemade brown gravy. The Country Fried Steak (\$12.99) also caught my eye, but being stuffed with only half the plate gone made me decide to try and ask the teacher for a deferment and to take that lesson another day.

Wine and beer are also available. And dessert includes a selection of pies and cakes, the chocolate crème pie was particularly inviting, but if you don't pass your test you don't get any! Just kidding. Make sure you don't upset teacher though, since you don't want to sit in detention and miss this bistro's repast.

Blackboard Bistro

1198 Pacific Coast Highway

Seal Beach, CA 90740

(562) 596-9556

<http://www.blackboardbistro.com/>

560 W 19th St #D, Costa Mesa
(949) 722-8632

Frank's Philadelphia Sandwiches

Frank's hoagies here are piled high with steak, cheese, mushrooms, peppers, onions, pizza sauce, you name it. An 8-inch goes for \$6, a 10-inch goes for \$7.50 and the foot-long is \$9. Try

the Works, a regular cheese steak with peppers and mushrooms. Awesome. (ML)
2244 Fairview Road, Costa Mesa
(949) 722-8725

Gallagher's Pub

Irish fare with a Californian flair. Grab a pint of Guinness and order up the excellent fish n' chips, a thicker piece of Icelandic cod is a

rare find. A hip spot on the coast to raise a bit of Irish and snack on an olde country victrol or two. (DP)
300 Pacific Coast Highway #113, Downtown Huntington Beach. Located on Walnut between Main & 3rd
(714) 536-2422

Good Mood Cafe

Health food with outstanding taste; even to a non-vegetarian's

palate. Wide range of teas, coffee and all natural food. Nothing microwaved and no meat to be seen. Fine dishes include the Green Power Soup (\$4.50), conventionally served cold; the amazing "Ursula's Nutburger" (\$6.90) that had a thick, rich patty made out of almond cheese, nuts and vegetables, created by the restaurant's chef-creator Ursula

herself. (DP)
5930 Warner Ave., Huntington Beach
(714) 377-2028

Hashigo Korean Kitchen

A classier nouveau fusion approach to Korean cuisine, featuring the standard Kimchi pickled cabbage, Bi Bim Bap, tofu stews and amazingly tender barbecued meat of choice. Remember the fried banana desert with red-bean ice cream! (DP)
3033 Bristol St., Suite M, Costa Mesa
(714) 557-4911

Kura Sushi

Sushi as fresh as can be. Prices vary by plate color, with five different colors, priced from \$1.25-\$3.25. There are entrees such as chicken teriyaki also offered. The candy tuna roll, salmon skin hand roll and crunchy rolls are good. Definitely sit close to where the belt is loaded. (ML)
212 E. 17th St., Costa Mesa
(949) 631-3200

La Fiesta Grill

Rich, hearty and delicious home style Mexican food has been served here for almost 20 years. The Fiesta Grill is not at all Southwestern U.S. "TexMex" style, but grows more directly from Mexico proper. Favorites include the fabulous chicken chimichanga, the delux chile rellano and the absolutely delicious tortas, sopas and fried fish tacos recently added to the menu. Good horchatta too! The whole menu is great and reasonably priced. Best to go during non peak eating hours because the line goes out the door. Eat in or take out. (JE & DP)
418 17th St., Huntington Beach.
(714) 969-7689.

Pupuseria y Restaurant San Saver

Sustenance with a true Salvadoran touch. Authentic Central American food that brings in the expats from way down south. Soft cream-sauce baked chicken, a tamarind drink to write home about, and fried yucca root and bananas in addition to the ubiquitous pupusas. (DP)
1940 Harbor Blvd., Costa Mesa
(949) 650-2952

Sugar Shack

This HB hotspot has been around for more than 30 years. Specializing in breakfast and home cooked classics like meatloaf and turkey dinners. The hash browns are excellent; and the Wednesday Turkey Dinner special is worth the trip. The friendly service and great food is complimented by reasonable prices. (ML)
213 Main St., Huntington Beach
(714) 536-0355

Thai Wave Restaurant

Sample the Thai taste with the Thai Wave Combination platter: egg rolls, ribs, wontons and "naked" shrimp. Tom Yum soups and coconut-milk soaked curries also tease the senses at this local haunt for Southeast Asian tastes. Remember the Pad Thai and expect to feel that the tip is well deserved. (DP)
522 Main St., Huntington Beach
(714) 960-0219, (714) 960-0349.

Anjin
Anjin's Japanese BBQ may be pricey, but well worth the investment. A grill-it-yourself place that offers prime cuts of beef. Order the marbled rib eye, short rib or tenderloin. The service is very attentive Teriyaki and sesame ginger sauces are available. Expect to pay around \$20 per person. (ML)
3033 Bristol St., Costa Mesa
(714) 979-6700

Beachberries

The real thing: Frozen yogurt that tastes like yogurt. The best toppings are available: fresh berries, mango, pineapple, coconut. Take home containers for \$4.95. Beachberries is a local take-off on the wildly successful Pinkberries Frozen Yogurt in West Hollywood. Beachberries is located on PCH in the Pierside Pavilion. (JS)
300 Pacific Coast Highway #107-B, Huntington Beach
(714) 960-7988

Bodhi Tree Vegetarian Cafe

All food at this Vietnamese/Chinese style vegetarian cafe is made without any animal products. Enjoy a huge assortment of creative seafood, meat and poultry dishes, sandwiches, soups and delicious appetizers made from soy bean, bean curd and assorted vegetables, and don't forget the best fresh fruit smoothies ever. (JE)
501 Main St., Huntington Beach
(714) 969-9500

Coach's Mediterranean Grill

This Mediterranean restaurant is a jewel in downtown HB. Probably one of the top five Mediterranean restaurants in Orange County, this restaurant is a must-try for Mediterranean first-timers. You'll find big portions, great taste and friendly service. Try a Gyro Bowl, the Dinner for Two, or a Kebab plate. The ambience is laid-back and cozy. (ML)
200 Main St., #105, Huntington Beach
(714) 969-2233

De Simone Bakery and Delicatessen

Great sandwiches. Definitely try the Cuban, Meatball, Pastrami and Italian. The bread and other ingredients are all fresh. The macaroni salad is incredible and the service is great. Most sandwiches come in 4-, 8- and 16-inch sizes. The 8-inch versions are \$5. Bit bang for your buck. (ML)
6850 Edinger Ave., Huntington Beach
(714) 847-0922

Dorians Haus of Pizza

Family-style Italian restaurant, with the German name. A Costa Mesa institution their pizza pie is has a thick crust, and crisp yet hearty, generous and fresh toppings. Pasta dinners ranging from lasagna to ravioli, and sandwiches also. Friendly, and locally owned. (DP)
1500 Adams Ave, Costa Mesa
(714) 751-8777

El Chinaco

Skip the two-bit fast food chain and hop on down to El Chinaco on 19th Street in Costa Mesa, and for the same cost relish fresh Mexican and El Salvadoran food, from tacos and tamales to pupusas stuffed with the meat and vegetables of your choice. (JE)

Cook

Continued from Page 4

A lot of people want to know what you think.

Well, no, YOU want to know.

A lot of other people want to know.

No. Well. No! No! You want to hear me say that all corporations are bad. That's what you want to know.

People want to know what you think about it.

No, no, no, no. John.

I'm not trying to get you to say...

Yes you are. Yes you are.

Getting Out of Iraq

What do we do now? Get out in 6 months?

I would be running for president if I knew the answer to that. I don't know. What does it look like to you? I mean, seriously, what does it look like to you?

What does it look like to me?

Yes. What does a withdrawal look like to you?

To me it looks like we take our troops out of there.

And then what?

Then it's up to the Iraqis.

We're back here and how do we deal with the gas lines and all of that, that loss of 2 million [barrels of oil a day]?

Should we sustain a war and keep our troops in Iraq just to keep our gas lines OK here?

No. No. No. But think it through for me. I need to see what that looks like.

I don't know exactly what it would look like, but--

John, me too, I don't know what it looks like, but we need a plan.

OK, so I'm just asking you--

What does it look like to you in Iraq?

It looks like a total mess. It looks like we have no net gain for anybody there. That we shouldn't have been in there. And it raises moral issues about our foreign policy in the world.

What about the moral issues of abandoning people... Do we do the same thing we did in Vietnam? Do we allow the Iraqis who helped us over there to come back to the U.S.?

Maybe we could. Is that what you think?

Do we need a plan for that?

I think we need a plan. There are a lot of plans... Kucinich has a plan. Nader has a plan--6 months and get the other countries in the area involved. There are a number of alternatives. So I was just wondering if--

Well, we need a plan.

...there's one you favored or--

You really want someone--

I know Rohrabacher's plan so I'm just wondering about your plan.

I don't have access to the information that a congressperson has.

Then what is wrong with Rohrabacher's stand on the war?

He wants to stay there so we can continue to

See **COOK**, Page 10

MARCH CALENDAR

ART

The ARtery. The LAB, 2930 Bristol St., Costa Mesa. Call 714-966-6660 for program; www.sobeca.net. 15 Minutes of Fame: Artists, poets, musicians, dancers and the like will have 15 minutes on stage to do their thing in the living room every first Wednesday of the month. To sign up, email info@thelab.com. www.sobeca.net

Fine Arts Gallery. Golden West College, 15744 Golden West St., Huntington Beach. Call for current program. 714-895-8358 or 714-892-7711, ext. 51032; www.gwcfineartsgallery.com

The Huntington Beach Art Center. Obsessive Compulsive. March 8 - April 13. Gallery hours Wed. - Sat. 12 p.m. - 6 p.m. Sun. 12 p.m. - 4 p.m. Closed Mon. and Tues. Opening reception March 7, 7 p.m. - 9 p.m. 538 Main St., Huntington Beach. Call for current program. 714-374-1650. http://hbars.tripod.com/calendar/mar_cal.htm

Windows Gallery. A broad spectrum of artistic vision is represented in the works of both amateur and professional artists at this gallery on the Huntington Beach Central Library's first floor. Open during library hours. 7111 Talbert Ave., Huntington Beach. 714-842-4481; www.hbpl.org

CLUBS

Beachfront 301. Sports in HD all week long and DJ-spin music Fri. and Sat., 9 p.m. 301 Main St., Huntington Beach. 714-374-3399; www.Beachfront301.com

Blue Café. Sun.: Mike Malone and the Soul Collectors, 2-6 p.m. each Sun. 17208 Pacific Coast Hwy., Huntington Beach. 562-592-1302; www.thebluecafe.com

Chat Noir. This restaurant's Moulin Rouge bar offers live jazz in an elegant setting. Tues.-Sat.: 6 p.m.; Wed.: 7 p.m.; Thurs.-Sat.: 8 p.m. 655 Anton Blvd., Costa Mesa. 714-557-6647.

Chronic Cantina. Thurs.: Girls Night Out, with DJs spinning music gals love, 9 p.m. Free champagne and appetizers for ladies from 8-10 p.m. 1870 Harbor Blvd., Costa Mesa. 949-646-0227; www.chroniccantina.com

Club Vegas. Live DJs spin the following: Super Estrella Thursdays: Spanish Rock, Latin House, Reggaeton, English Pop, 9 p.m. Fri.; House/Hip Hop/Trance, 9 p.m. Sat.; 80s/Hip Hop/Rock, 9 p.m., with stage shows following at 11 p.m. 1901 Newport Blvd., Costa Mesa. 949-548-9500; www.clubvegas.us

Detroit Bar. Resident Live Music Mondays: Support live music every Mon. No cover. Fri. Dance Music, 9 p.m. Cost: \$10. 843 W. 19th St., Costa Mesa. 949-642-0600; www.detroitbar.com

Huntington Beach Beer Co. Brews-kies and sports events in HD all week long, plus DJ-spin dance music. Thurs.-Sun. 9-30 p.m. 201 Main St., Huntington Beach. 714-960-5343; www.hbbeerco.com

Johnny's Saloon. Mon: Industry Night, 9 p.m. White Trash Wednesdays, 9 p.m. Rock & Roll every Thurs., 9 p.m. 17428 Beach Blvd., Huntington Beach. 714-848-0676.

Kitsch Bar. Sun. DJ group YourMom, 9 p.m. Mon.: Christopher Hall, Scott Weaver, 9 p.m. Tues.: Dis Syed and Tim Single Speed, 9 p.m. Wed.: DJ Josh, 9 p.m. Thurs. and Fri.: DJ a-Jective, 9 p.m. Sat.: Dis Edwin and John, 9 p.m. No cover. 891 Baker St., Costa Mesa. 714-546-8580; www.kitschbar.com

La Cave. Jazz joint in romantic underground setting. Live entertainment Mon.-Sat.; performance times

vary. 1695 Irvine Ave., Costa Mesa. 949-646-7944; www.lacaverestaurant.com

Lion's Den. This club includes the gay-friendly Butterfly Lounge, featuring karaoke on Wed. and DJ-spin dance tunes on Sat., both at 9 p.m. 719 W. 19th St., Costa Mesa. 949-645-3830 or 949-642-2243; www.butterflylounge.com

Martini Blues Supper Club. Three rooms of music ranging from acoustic to blues to rock offer something for everyone 21+. 5874 Edinger Ave., Huntington Beach. 714-840-2129; www.martiniblues.com

Memphis Soul Café. Wed.: Definitely Maybe, with DJs mixing Indie British pop, 10 p.m. Thurs.: Souled Out, with DJs mixing soul, 10 p.m. 2920 Bristol St., Costa Mesa. 714-432-7685.

Perqs Nite Club. Relax at the oldest downtown bar in Surf City. Thurs.: Open Jam Nights, 8:30 p.m. Fri. and Sat.: Live rock and blues, 9 p.m.-2 a.m. 117 Main St., Huntington Beach. 714-960-9996; www.perqs.com

Pete Mallory's Sunset Grille. Colorful restaurant with live rock and blues for Sun. brunch as well as on Fri. and Sat. nights. Hyatt Regency Resort & Spa, 21500 Pacific Coast Hwy., Huntington Beach. 714-845-4775; Huntington Beach.

Pierce Street Annex. Known for its singles scene and fair drink prices, this popular bar offers music and dancing nightly. 330 E. 17th St., Costa Mesa. 949-646-8500; piercestreetonline.com

Shark Club. Two dance floors blasted with liquid nitrogen offer double the fun. Thurs.: Friction, a gay-friendly dance night, 9 p.m. Fri.: Limeright, with DJs Johnny O, Chuey, and Alpha, 8 p.m. Sat.: The Scene, with DJs, live bands, fashion shows, and other events. 841 Baker St., Costa Mesa. 714-751-6428 or 714-751-4405; www.sharkclub.com

Surf City Saloon. Free pool every day. Live rock shows Fri. and Sat., 8 p.m. Cost: \$5 cover. 18528 Beach Blvd., Huntington Beach. 714-963-7744.

Tumbleweeds Bar & Grill. Live rock and blues nightly after 8 p.m. Food served until midnight for those late-night munchies. 21094 Beach Blvd., Huntington Beach. 714-960-2776; www.tumbleweedsbb.com

COMEDY

Gallagher's Pub & Grill. MOTLEY CREW TRIBUTE 10 p.m. Feb. 9; Comedy Night every Thurs. at 9 p.m. 21+ cover. \$3 cover. 300 Pacific Coast Hwy., Huntington Beach. Call for other events. 714-536-2422; www.gallagherspub.com

Detroit Bar. Tuesdays: We Know Funny comedy showcase, 9 p.m. Cost: \$5 cover. We Barbarians with different support band every Monday in Feb. Call for times. Hello Sequence with special guests Feb. 28 \$30. Tickets 1-800-594-tix or online. All shows 21+. 843 W. 19th St., Costa Mesa. 949-642-0600; www.detroitbar.com

DANCE

Monthly Ballroom Dance. Adults of all ages are invited to cut a rug the 2nd Fri. of each month at a dance thrown by the Huntington Beach Council on Aging. The event welcomes both singles and couples and features live music, snacks, and beverages. From 7:30-10:30 p.m. Cost: \$5. Redegs Seniors' Center, 1706 Orange Ave., Huntington Beach. 714-536-9387.

FARMER'S MARKET/SWAP MEET

Farmer's Market. Weekly market sponsored by the Orange County

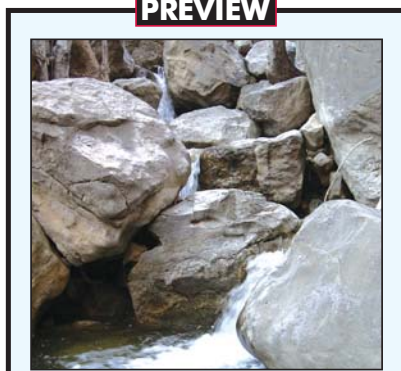


PHOTO BY JOEL ROBINSON

BLACK STAR CANYON

Through a vast network of tributaries, the Santa Ana River connects Huntington Beach to remote wilderness areas like Black Star Canyon in the Santa Ana Mountains. Black Star Canyon is part of the Santa Ana River Watershed. It features one of the tallest waterfalls in Orange County, a riparian (streamside) forest, rocky outcrops and a diversity of wildflowers and wildlife. Black Star Creek flows into Santiago Creek, which flows into the Santa Ana River, which flows into the ocean at the Huntington Beach/Newport Beach border. Naturalist For You, an Orange County based non-profit group, provides free guided tours to the extraordinary wilderness areas of Southern California. Visit their calendar to plan your own wilderness experience: <http://www.naturalist-for-you.org/calendar.htm>.

— Joel Robinson

Black Star Canyon, Black Star Canyon Rd., Silverado, CA 92676 (off of Silverado Canyon Road, near Irvine Lake). Contact info: robj@naturalist-for-you.org, <http://www.naturalist-for-you.org>, 714-639-8480.

Farm Bureau. Every Thurs., 9 a.m.-1 p.m., at Lot A at the Orange County Fair & Exposition Center, 88 Fair Dr., Costa Mesa. 714-573-0374; orange.cfbf.com or www.ociar.com

Farmer's Market and Art-A-Faire. You'll find fresh flowers, fruits and vegetables grown right here under the Golden State sun at this weekly open-air market. The accompanying art and craft fair features over 50 vendors selling one-of-a-kind items, from handcrafted jewelry to rugs shaped like surfboards. Every Fri., noon-7 p.m. (except during special events such as the U.S. Open of Surfing and Beach Games), at Pier Plaza next to the Huntington Beach Pier. 714-573-0374; orange.cfbf.com or www.hbartfaire.com

Golden West College Swap Meet. New and used items abound. Although the collectibles may be antique, the produce and flowers are always fresh. Every Sat. and Sun., 8 a.m.-3 p.m. Cost: free admission. Golden West College parking lot, 15744 Golden West St., Huntington Beach. 714-898-9227; www.goldenwestswapmeet.com

Old World Village Antique Faire. Shop for vintage treasures along the cobblestone streets of Old World Village the third Sat. of each month (this month on Dec. 15). 7561 Center Avenue, Huntington Beach. 714-893-1518.

Orange County Marketplace. Full of unique items and great bargains, this swap meet is held every Sat. and Sun., 7 a.m.-4 p.m. Cost: \$2 admission; kids under 12 free. Orange County Fair & Exposition Center, 88 Fair Dr., Costa Mesa. 949-723-6616; www.ocmarketplace.com

Phil's Flea Market. Monthly outdoor antiques market held the third Sat.

of each month 7 a.m.-3 p.m., in the GoHard St. parking lot at Ocean View High School. A portion of the proceeds goes towards the high school's sports programs. Cost: free admission. 17071 GoHard St. (at Warner Ave.), Huntington Beach. 714-893-1518.

Surf City Nights Downtown Street Fair. Main Street is blocked off from cars for this weekly event that features a farmer's market, food booths, sidewalk sales, kids' activities, and live entertainment. The nearby Main Promenade parking garage offers 2 hours of free parking for this event. Every Tues. from 5-9 p.m. on Main St. between Pacific Coast Hwy. and Orange Ave., Huntington Beach. 714-536-5542; www.surfcity-hb.org/announcements/surfcity_nights_information.cfm

HEALTH

Depression & Bipolar Support. Every Saturday 10 a.m. to 12 noon (patients and family), Huntington Beach Medical Center Hospital, 1772 Beach Blvd., Huntington Beach. (Between Slater and Talbert) Basement Cafeteria Conference Room.

Depression & Bipolar Support. Family Support Group. Meets monthly first Saturday of the month. 1 to 3 p.m. (Family only) Huntington Beach Medical Center Hospital, 1772 Beach Blvd., Huntington Beach. (Between Slater and Talbert) Basement Cafeteria Conference Room.

LIBRARY

Stephen J. Cannell. Author Talk and Book Signing. Tuesday, March 25 at 7 p.m. Doors open at 6:30 p.m. Cannell is the best-selling author of 12 novels, including the

critically acclaimed "Shane Scully" series. His latest release (2008) is "Three Shirt Deal." \$10 per person. Cookies and coffee served after the program. Yummy! Central Library Theater, 7111 Talbert Ave., Huntington Beach 92648. 714-375-8429.

MISCELLANEOUS

Elks Bingo Wednesday Matinee. It's your turn to yell "Bingo!" over at the Elks Lodge, where the doors open every Wed. at 10 a.m. and early birds begin playing at 11 a.m. at B.P.O.E. Lodge No. 1959. Cost: \$15 minimum buy in. Free coffee, tea and popcorn are served, and food and soft drinks are available for purchase. 7711 Talbert Ave., Huntington Beach, 714-848-9440; www.hbelsk.com/index.html

Saturday Sunrise Car Cruisers. Join "The Donut Derelicts" and check out hot rods, woodies, imports, and various restored vehicles. Every Sat. from 6-8:30 a.m. Cost: free. Adams and Magnolia Aves., Huntington Beach. Parking available in the Ace, Adams Avenue Donut Shop, and Drug Emporium parking lots, www.donutderelicts.com

WEEKLY MEDITATION

Every Monday night at 7 p.m. Transform your life. Cost: free, but donations accepted. Tree of Life Wellness Center, 714 E. Adams Ave., #205, Huntington Beach. For more info, call 714-374-1988 or see www.TheTreeOfLifeCenter.com.

MUSEUMS

Diego Sepulveda Adobe Estancia. A tiny portion remains of the original adobe that missionaries built circa 1820 as a way-station for herd-leading vaqueros. Later the home of Don Diego Sepulveda, this California historical landmark is maintained by the Costa Mesa Historical Society. Open on the first and third Sat. of each month, noon-4 p.m., or by appointment, 1900 Adams Ave., Costa Mesa. 949-631-5918; www.costamesa-history.org

International Surfing Museum. Immerse yourself in the music, movies, boards, and memorabilia of an endless summer. Open Thurs.-Mon., 12-5 p.m. 411 Olive Ave., Huntington Beach. 714-960-3483; www.surfingmuseum.org

Newland House Museum. Maintained by the Huntington Beach Historical Society, this charming landmark, built in 1898, is the oldest surviving residence in the city of Huntington Beach. Open Sat. and Sun. (except on holidays and rainy days), noon-4 p.m. Cost: \$2 for adults, \$1 for kids. 19820 Beach Blvd., Huntington Beach. 714-962-5777; www.hbnews.us/mvhouse.html

MUSIC

Brian Stokes Mitchell. "Whether it's his show stopping performance in Ragtime, his Tony win for Kiss Me, Kate or any of his other mesmerizing appearances, Brian Stokes Mitchell is undeniably Broadway's leading leading man." Th. Mar. 6, Fri. Mar. 7, Sat. Mar. 8 at 7:30 p.m. and Sun. Mar. 9 at 7 p.m. In the Samueli Theater inside of the Renée & Henry Segerstrom Concert Hall 615 Town Center Dr. Costa Mesa. Tickets cost \$62. 714-556-2787

Cherish the Ladies. Sunday, March 09, 2008 at 7:00 p.m. Five talented women bring bubbling good humor, infectious enthusiasm and exuberant step dancing to enchant Orange County audiences. Renée & Henry Segerstrom Concert Hall 615 Town Center Dr. Costa Mesa. 949-553-2422 www.philharmonicociety.org

State Symphony of Mexico. Wednesday, March 19, 2008 at 8:00 p.m. Get ready to dance your way through Spain and Mexico as the

striking tone colors and rhythmic music of Rodrigo, Raveltas and Falla take us to the dance floor. Renée & Henry Segerstrom Concert Hall 615 Town Center Dr. Costa Mesa. 949-553-2422 www.philharmonicociety.org

ACADEMY OF ST. MARTIN IN THE FIELDS

Thursday, March 27, 2008 at 8:00 p.m. Be swept away to Paris with Mozart, then run off to London with Haydn. Who could ask for two better musical tour guides? Renée & Henry Segerstrom Concert Hall 615 Town Center Dr. Costa Mesa. 949-553-2422 www.philharmonicociety.org

NATURE

Amigos de Bolsa Chica Tours. Walking tours are stationed on the footbridge and cover 5 areas of interest: history, birds, endangered species, ecology, and restoration. Cost: free. Meet at the south lot of the Bolsa Chica Ecological Reserve in Huntington Beach, across the street from the main entrance to Bolsa Chica State Beach. Also available: The Mesa Hiking Tour and the Footbridge/Loop Trail Tour; contact Amigos de Bolsa Chica for schedule info. 714-840-1575; www.amigosdebolsachica.org

Bolsa Chica Conservancy. This non-profit organization promotes the restoration and preservation of the Bolsa Chica Wetlands. The reserve, which extends along the east side of Pacific Coast Hwy. from Warner to Seapoint Aves., is a birdler's paradise. Open to the public from sunrise to sunset daily. No bikes or pets are permitted on the trails. Cost: free. The Interpretive Center is open Tues.-Fri., 10 a.m.-4 p.m.; Sat., 9 a.m.-noon; and Sun., 12:30-3:30 p.m. 3842 Warner Ave. (SE corner of Warner Ave. and Pacific Coast Hwy.), Huntington Beach. 714-846-1114; www.bolsachica.org

The Bolsa Chica Land Trust Wetlands and Mesa Tour. On the third Sun. of each month enjoy a guided walking tour presented by the Bolsa Chica Land Trust. 10 a.m. tour lasts 2 hours. Cost: free. Tour departs from the south parking lot (off Pacific Coast Hwy.) of the Bolsa Chica Ecological Reserve in Huntington Beach. 714-964-8170 or 714-846-1001; www.bolsachicalandtrust.org

Shibley Nature Center. Situated within Huntington Central Park, this 18-acre natural area is a sanctuary for local wildlife and a haven for nature-friendly humans. The center is open Mon.-Sat., 9 a.m.-1 p.m. 17829 Golden West St., Huntington Beach. 714-842-4772 or 714-960-8895; www.shibleynature.org

POETRY

Breaking the Silence: A Spoken Word Series. Don't just write poetry - read it. Share poems, essays, short fiction, etc., the third Thurs. of each month. 6-8 p.m. Also: 15 Minutes of Fame, where poets, dancers, musicians and artists have a quarter of an hour on stage to unleash their creative genius. Starts at 7 p.m. the first Thurs. of each month. The Living Room, the LAB, 2930 Bristol St., Costa Mesa. 714-966-6660; www.sobeca.net

POLITICS

Standing Up for Justice and Peace. Nonviolent protesters gather weekly to ask the community to give peace a chance. Bring signs and help stop George Bush's corporate jihad. Held every Fri. at 5 p.m. outside South Coast Plaza at the intersection of Bristol St. and Anton Blvd., Costa Mesa.

Reclaiming Democracy. Promotes grass roots democracy and green friendly business in Orange County. March 4: TALK - "Ethical Consumption" at St. Pancratius Church in

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CALENDAR

Lakewood @ 7 p.m. www.reclaim-democracy.org

Green Party of Orange County. General Meeting the first Sunday of the month 2:00 pm at the Irvine Ranch Water District 15600 Sand Canyon, Irvine. Call or check web site. 949-559-7336 www.ocegreens.org.

Democratic Club of West Orange County. Meeting Mar. 26. 18:30 - 20:30. Will Debbie Cook Dana? Find out as 46th District Democratic Candidate for Congress Debbie Cook speaks at the Fountain Valley Senior Center, 17957 Bushard, Fountain Valley. http://www.dcovc.org/

Republicans. Pat Nixon Republican Women Federated Annual Membership Tea & Fashion Show. Sat. March 15. 6 p.m. Featured Speaker: Marilyn Sutton, Past President, California Federation Of Republican Women, Southern Division & Past President, Orange Co. FRW Where: Bada Community Building, Placentia. www.ocgpp.org/events

Orange County Chapter of Americans United for Separation of Church and State. "With God on Our Side." George W. Bush and the Rise of the Religious Right in America. Irvine Ranch Water District (Multipurpose Room), Irvine Ranch Water District, 15600 Sand Canyon Ave., Irvine. http://www.ou-oc.org/

RELIGION/PHILOSOPHY

Humanist Association of Orange County. HAOC normally meets the third Sunday of every month at 1:30 p.m. Next meeting Feb. 17. Irvine Ranch Water District 15600 Sand Canyon Ave., Irvine. 714-446-9283 www.ochumanists.org

Orange Coast Unitarian Universalist Church in Costa Mesa. Regular services and events. 1259 Victoria Street, Costa Mesa, 92627. Call 949-446-4652 or go online www.occu.org for program information.

Orange County Atheists. Meeting Wednesday, March 11 at 7:30 p.m. at the International House of Pancakes at 18542 MacArthur Blvd in Irvine, near John Wayne Airport. www.octatheists.com

THEATER

Play On! By Rick Abbott. Directed by Ryan Holihan. "Play On is the hilarious story of a theater group trying desperately to put on a play in spite of maddening interference from a highly outthere who keeps revising the script." Unfortunately the people who put on this production don't like to tell you what time it starts, but it's at the Costa Mesa Civic Playhouse, 661 Hamilton Street, Costa Mesa. And you can call 949-650-5269 or go to the web site at http://www.costamesaplayhouse.org for more info.

You're Getting Warmer: Power Play 2.0. By Richard Hellesen, Music and Lyrics by Michael Silversher. Directed by John-David Killer. A new generation of children has entered elementary school, and global warming is a world-wide concern. The play's authors have written a lively play about a boy named Alex who discovers a polar bear in his basement. Could it have something to do about climate change, not to mention all the appliances humming with electricity and the cell phones and iPods charging in every room? Find out for only \$465, and, hell no, that's not a typo. So come one, come all who can afford it. Runs through May 3. South Coast Repertory, 655 Town Center Dr., Costa Mesa. 714-708-5549; www.scr.org

The Good Doctor. By Neil Simon. Feb. 22 - Mar. 9. This Broadway hit offers hilarious sketches that are composites of Neil Simon and Anton Chekhov, as well as various other entertaining vignettes. The stories are droll, the portraits affectionate, the humor infectious and the fun unending. Put on by the Huntington Beach Playhouse at the Huntington Beach Central Library Theatre, 7111 Talbert

Ave. between Golden West and Gothard. 714-375-0696. www.hbph.com.

The Importance Of Being Earnest. By Oscar Wilde, directed by Warner Shook. Feb. y 8 - Mar. 9. Segerstrom Stage. South Coast Repertory, 655 Town Center Dr., Costa Mesa. 714-708-5555; www.scr.org

The Jungle Book. By Rudyard Kipling, adapted by Monica Fry, directed by Joe Alanes. March 29-30 and April 5-6. Times 1 p.m. and 4 p.m. Tickets \$8.50 (Mew! That's more like it!). Nicholas Studio/Junior Teen Players Production. The specifics aren't clear, so you better call to find out exactly where that is, but it should be at the South Coast Repertory, 655 Town Center Dr., Costa Mesa. 714-708-5555; www.scr.org

VOLUNTEERING

Bolsa Chica Service Day. Help raise public awareness about the importance of the Bolsa Chica Wetlands to our community by rolling up your sleeves and helping the staff remove trash and non-native plant species. Meet on the last Sat. of each month 9 a.m.-noon, at 3842 Warner Ave., North Parking Lot, Huntington Beach. 714-846-1114; www.bolsachica.org

Huntington Beach Public Library. Plentiful opportunities exist for volunteers at the central library and its 4 branches. These include Friends of the Children's Library, Friends of the Library and Gift Shop, the Genealogy Society, the HB Art League, the HB Playhouse, and Literacy Volunteers. For more info, visit the central library at 7111 Talbert Ave., Huntington Beach, or one of its neighborhood branches. 714-842-4481; www.hbpl.org

Orange County Public Library/Costa Mesa. Volunteers are needed to help with daily branch operations and with Friends of the Library and Bookstore. All 3 Costa Mesa branches seek volunteers. 949-646-8845; www.ocpl.org

WHO'S ON STAGE?

Nicole Murlowski

Honest comedy gets her laughs

By **ERIKKA INNES**
OC Voice Staff Writer

When Costa Mesa residing comedian Nicole Murlowski takes the stage, you can tell she's a transplant. With a strong Minnesota accent and charismatic wit she comes across with confidence. The strong stage presence is important to the success Murlowski's act, which features a lot of self-deprecating humor. Because she has such a positive attitude, when Murlowski makes fun of herself you feel comfortable laughing.

Murlowski does comedy because she loves making people laugh and she loves the challenge performing. "[Comedy] takes big balls and you have to have confidence to spare and it's hard. It's the hardest thing I've ever done in my life. It's painful but I love it," she says.

Unlike some performers, the painful element of comedy for Murlowski is not failing onstage, it's putting together the jokes. "The part that's painful for me is the honesty that has to go into it for the jokes to actually work. If [a joke] isn't honest, it's not going to work."

You can see the honesty in Murlowski's act

when she talks about her experience moving from Minnesota to California. "I've been out here like a year and it was quite a culture shock for me. I don't know if you guys can tell this just by looking at me but back home in Minnesota, I'm like a 10! Hey that's not the funny part. Now that I'm out here in California I'm more like a strong 4." Much of Murlowski's material contains this kind of self-observation. It is always presented in an upbeat, fun fashion that puts the audience at ease.



While Murlowski enjoys performing comedy, her favorite part of stand-up comes after the show is over. "My favorite part is the drive home when I'm listening to my recorder and I had a good set, and I know I made people laugh, and I know I did my job," Murlowski says.

If you want to find out more about Nicole Murlowski and her comedy, check her out at www.myspace.com/nicolemurlowski. Her page contains clips of her stand-up, a bio, and information about her upcoming appearances.

Erikka Innes is a standup comedian, freelance journalist and humor writer. Her web-site is www.erikkainnes.com.

PAID ADVERTISEMENT

Retirement Rollover:

Keeping What You Make

By **SAM F. WIDA**

A successful rollover of your pretax retirement funds will help you save money on taxes. But what about funds that are not destined for a retirement account? In our last few articles we concentrated on the tax-deferred dollars. Now we will look at saving the taxable ones.

Since it is tax time we will examine the form 1040 and concentrate on two things: dividends and capital gains.

Line 9a and 9b of the 1040 are where you report your ordinary and qualified dividends. The first line is a report of all the dividends that you have received from investments. The second line is the amount of those dividends that have qualified to receive special tax treatment.

There are two things that "qualify" dividends: first, they must be paid by a company, domestic or foreign, from their common stock. This requirement automatically excludes any payments from interest (e.g., CDs, bank time deposits, etc.) or dividends from preferred stock or real estate investment trusts. These are not considered as regular corporate equity or to have the same level of risk attached to them for investors.

Second, the common stock must be held for a qualifying amount of time. In order to do this the investor must have held the stock for more than 60 days dur-

ing the 121-day time period that started 60 days before the ex-dividend date (don't worry, your brokerage firm will calculate all of this and separate out the ordinary from the qualified dividends).

The advantages of having qualified dividends is that the tax code makes these dollars more lightly taxed than ordinary income. This is where the savings comes in.

I always point out to my clients that different kinds of income have different levels of taxation applied to them. For earned income, your paycheck for instance, the highest level of federal tax is 35%. With a big paycheck automatically comes a lot of taxes. But with qualified dividends you can make millions of dollars in dividends and still pay no more than 15% federal tax on them. Ever!

Other forms of income such as rents, royalties, interest and distributions from IRAs or pensions can also be taxed at the maximum federal rate. But qualified dividends max out at 15%. And if you are of modest income there is a second level of taxation for qualified dividends of only 5%.

I advise most of my clients to consider stable, successful companies with a long

history of paying dividends. Companies such as General Electric, Southern Company and Procter and Gamble have all paid out dividends for many years and even have increased their payouts over time. These dividends can qualify for special tax treatment and create a lot of wealth over time.

Line 13 of the form 1040 is for recording capital gains and losses. A capital gain is a profit that comes from holding a capital asset and selling it for a profit. A capital asset is generally understood to be anything that is not of purely personal use or anything that is normally held in inventory for sale in a business.

Investors commonly get capital gains from investing in things like stocks, bonds, and mutual fund shares. But they could also come from selling collectible items such as coins or art. However, aside from the fact that all of these can be considered capital assets they must all have one other thing in common: a holding period of more than one year.

If you buy a share of stock on May 1, 2008, hold it until May 2, 2009 and sell it for a profit, then it is considered a long term capital gain. The long term part is what reduces the amount of federal tax

that can be levied on the profit.

As with qualified dividends the maximum rate on long term capital gains is only 15% (for collectibles such as coins and art it is 28%). Even if your other forms of income are much higher, even if you make millions, all the dollars from capital gain get taxed at just 15%. And, just like with dividends, there is a second level of capital gains taxation of just 5% to help out investors of more modest circumstances.

How beneficial are qualified dividends and long term capital gains to ordinary investors and taxpayers? Warren Buffet, reported to be the second richest man in the world and perhaps the greatest investor ever, doesn't reveal the amount of federal tax that he pays on his tremendous income. However, he does reveal the percentage of tax he forks out: only 15%. How?? Almost all of his income is from qualified dividends and long term capital gains. Remember that the next time you look at your own tax return.

Sam F Wida, a local financial and tax advisor, specializes in retirement rollover, financial planning and personal and small business income taxes. Initial consultations are free. Phone: 714-375-0028. Office: 16152 Beach Blvd #271 Huntington Beach.

Green Building

About possibilities, not sacrifice

By **JOE SHAW**
OC Voice Columnist

I have spent a lot of time thinking about a new book "Breakthrough." It's a book by Ted Nordhaus and Mike Shellenberger, who pissed off a lot of environmentalists a couple of years ago with an essay entitled "The Death of Environmentalism."

I was a little put-off at first by the author's attacks on the traditional environmental movement.

Then I started thinking: it's the traditional part that sucks.

Early last year, I wrote a business plan for an esteemed local environmental group that had no funding and though they've accomplished a lot, they seem to have no real reason to exist. The plan proposed doing eco-tours: taking some of the millions of tourists that visit Orange County each year to see some of the last wetlands in California and charging them for it. It was a good plan, but they didn't get it.

Having accomplished much of what they wanted, this group seems content to rest on its laurels. In order to be relevant, they need new thinking.

Shellenberger and Nordhaus get the new thinking part.

Global warming is such a massive threat to our future that new ideas and leadership are needed.

Nordhaus and Shellenberger call to task environmental leaders such as Carl Pope and Al Gore, who they say preach "a politics of limits." To save the planet we need to kill off the environmental movement with its emphasis on doom and gloom and its call for sacrifice.

They embrace instead a big vision that gives people a reason to hope. They call for a "pro-growth agenda" that doesn't bash development reflexively.

They want to build a new movement based on break through technology, massive investments in infrastructure and research and development. It's a Marshall Plan to fight global warming.

The definition of dysfunctional is working on a peripheral problem while the really significant problem is right in front of you, stepping on your toes and breathing its foul odor in your face.

This is where Nordhaus and Shellenberger step up to the plate and hit it out of the ball park.

Their strongest argument for where the environmental left has gone wrong lies in the world's treatment of Brazil and the Amazon rainforest. There's been virtually no progress preserving the rainforest, while acres and acres continue to be destroyed every day.

The reason: a more holistic, less narrow approach is needed. To save the rainforest, first address the monumental poverty and the great disparities in land ownership and income. Forgive the large debt service Brazil carries that keeps the country from making any real progress. According to the authors, environmental activists have a hysterical blindness, refusing to see that the colossal problems of Brazil's citizens preclude its citizens from having any real interest in saving the rainforest.

Addressing poverty throughout the world is a major part of Break Through's vision. Indeed, facing the refusal of China



and India to take any steps that might restrict their future economic growth, any plan to control greenhouse gases must include a plan to "equalize global living standards." They write:

"The new vision of prosperity will not be the vision of economic growth held by those who worship at the altar of the market. It will define wealth not in gross economic terms but as overall well-being. Wealth will be defined as that which provides us with the freedom to become unique individuals. It will embrace our power to create new markets. And it will turn the environmental movement's conditional support for economic development on its head: developing economies will be sustained precisely to the extent that we invest in their development."

That's a vision.

When I started thinking about this article, I saw the following incident as evidence that Shellenberger and Nordhaus might be wrong about the doomsday message of the anti-global warming crowd not getting through to people.

At a recent Huntington Beach planning commission meeting, staff were stunned. After reviewing plans for a new senior center, nearly every commissioner expressed the desire that the new building be LEED certified. City staff was proposing an environmentally friendly building, but because of costs, was not going for a full LEED certification.

They weren't ready even though this group of conservative-leaning commissioners had proposed—and the city council had approved—a voluntary green building program just the month before.

The commissioners now wanted the city to set an example with the first new facility built after standards were approved. What caused these commissioners to so solidly embrace green building standards?

I think it's the same reason the green building movement is growing throughout the world.

It's not about sacrifice. Green building makes us feel good because it's smart. It's about a bright future. It's not about restrictions, it's about possibilities.

This will be my final column for the foreseeable future. I am in the midst of working full-time for the Debbie Cook for Congress campaign, and this paper wants to be neutral in that race, so I will take a sabbatical for the time being. It's been fun! Thanks to John and Duane for giving me the opportunity to air my opinions.

Cook

Continued from Page 7

exploit the resources there. I don't want to do that. I want America to get real on its energy policy in dealing with its own house so that we don't need foreign oil.

What about the parent whose kid—or wife whose husband—or husband whose wife—is in Iraq, and wants to know how many more times a member of their family is going to have to go over there—Congressperson Cook? And what are you going to do about it?

And what about the people that we've abandoned over there?

And what about the over 1.5 million people, depending on which estimate you go by, who have been killed there since the first [Gulf] war by the boycott and bombings supported by Clinton and the current administration and all the democrats [in the congress]?

That's something I wouldn't have done. That's not something I supported.

Impeachment?

What about holding people accountable who take us into a war based on [lies]?

Yes! We should be closing down Guantanamo. We should absolutely close down Guantanamo.

What about holding somebody accountable who violated the Constitution [to make war]?

They should be held accountable. I believe in the rule of law.

Do you have any specific--

No. I believe in the rule of law, but I'm also not going to sit as judge and jury over something I don't know about. I've been focused here locally on local issues. I don't spend my time 24/7 studying what Bush did or didn't do.

I'm sure that you're not giving yourself [enough] credit for knowing what's going on in the world. I don't believe that you're totally ignorant.

I think they [Congress] are going to go forward with something, but they don't have the two-thirds vote in the senate. I'm not big on just going through the motions for things. I mean if there's no chance of achieving--

You're talking about impeachment?

Yeah. If you're not going to achieve some goal at the end... We don't need America to be more polarized. If you don't have the two-thirds in the Senate, are there other ways to achieve what you're trying to achieve?

Healthcare Reform

Do you support a single payer health care system?

I haven't read the particulars, but yeah. In fact, I just spoke to my doctor last week. She absolutely supports and most doctors support it because there's so much being wasted in this system just trying to get people paid. We already have single-payer with Medicare.

Immigration Reform

What about immigration? That's one of Rohrabacher's signature issues.

My daughter-in-law is an immigrant. She's from

Scotland and we have a lot of issues trying to get her over here. So I certainly understand the issues related to family members who are here and they have kids who are citizens now and they aren't. We can't just kick people out. But I also know that this country can not absorb as many people as would like to come here and that we have limited resources. So we have to do something to keep those borders from being the sieve that they are.

A lot of people on the progressive side say that the McCain Kennedy bill is just another way of exploiting the workers like the Bracero program did.

We're basically exploiting those workers that are here. I mean we absolutely are exploiting them and we do it really because, it's really faulty reasoning. My son says "That's what teenagers are for." And he's right. Fifteen-years-ago that's exactly what teenagers were used for. They did a lot of those kinds of jobs and there's probably a lot of teenagers who would be better off working than shopping. But workers should be earning more money and they should have access to facilities and services and all of those things that everyone else does.

NAFTA

What about the effect of international treaties like NAFTA?

I think to a large extent it's going to resolve itself because of the energy issue. A lot of this consumerist mentality that we've been raised on that we're told is so good is actually what's hurting us because we can afford so much stuff that we need or want in our lives. And it comes over here in a container, somebody buys it, they wear it a day, it goes into your trash can, cities have to get rid of it.

I mean the fact that it's cheaper for Mexicans to buy American corn in Mexico than their own corn that is causing people to lose their jobs there. What's your stand on NAFTA or at least that aspect of it?

NAFTA's going to have a really hard time to because as Canada's gas depletes America is going to say that "because of NAFTA you have to sell us your gas." And Canadians are going to say "Wait a minute, it's freezing up here and we want our gas for us." And with oil declining now precipitously, they're going to say, "We can't ship you anymore oil." And Americans are going to say, "But NAFTA says you have to ship us your oil." A lot is going to change in this next 5 years. A lot. And it's all based on energy... I see that this whole energy thing is going to come to bare on so many issues and change the way we think about a lot of things.

Are We Represented Well?

What is going to be the main point you try to get across to people as to why people should vote for you instead of Rohrabacher?

Do you think this district has been well represented?

That's what you're going to ask them?

No, I'm asking you.

(Laughing) I don't know. I don't know. I'm not running. No one cares what I think.

That's not true. I care. I care what everybody thinks. I do. I like working with people, especially people who think differently because that's the way that you learn. And that's the only way society can solve problems—by including everybody. This has not been a very inclusive 20 years with him [Rohrabacher]. I'm hoping that I can change that so we can include everybody.

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Sleepless Nights

The link between sleeplessness and obesity is not understood

By SARAH S. MOSKO
Special to the OC Voice

Surely shaving minutes or hours off the time you habitually sleep should help you drop a few pounds since metabolism is slower in sleep than waking. Right?

Wrong. Recent science suggests that foregoing sleep is contributing to America's obesity epidemic and that two hormones you've probably never heard of might play center stage.

Physicians use something called the Body Mass Index (BMI) to characterize someone's weight. BMI is based on both height & weight and is calculated by dividing weight in kilograms by height in meters squared (kg/m²). For adults, a BMI of 18.5 - 24.9 is normal, 25 - 29 is overweight, and over 30 is obese.

National health surveys have shown that the percentage of adults with a BMI greater than 30 has more than doubled since 1960. Currently, about one-third of adults are obese, and obesity is way up in children too.

Body weight is thought to be under the control of a complex set of factors. That genetics conspire with poor eating habits and lack of exercise to cause a weight problem is well-established. But new findings suggest that sleeping habits are important too.

Although sleep need varies from person to person, the consensus among experts is that most adults need 7-9 hours sleep on a regular basis to feel rested and function optimally. Yet, in an age where "workaholic" has become a near virtue, tending to your sleep needs can be seen as weakness or laziness.

The "2005 Sleep in America" poll conducted by the National Sleep Foundation indicates that many of us fall appreciably short of meeting our sleep requirement. Overall, Americans report averaging only 6.9 hours sleep per night (6.8 hours on weekdays and 7.4 hours on weekends). On weekdays for example, 40 percent of us sleep less than 7 hours, and 16 percent rack up fewer than 6 hours. Even on weekends, one in ten still averages under 6 hours. A full quarter of us report getting "a good night's sleep" at most a few times a month.

Obesity is significantly more common in



SLEEP TIGHT: Recent research has uncovered a likely mechanism involving two appetite-modulating hormones called leptin and ghrelin. Leptin suppresses appetite, and ghrelin stimulates it.

individuals with shorter sleep times, according to recent science. For example, in a 2004 study based at the University Wisconsin that sampled over 1,200 adults, people who slept on average 7.7 hours had the lowest BMI, and BMI went up as sleep time went down. In another study just published in the Am. J. Epidemiology postpartum women who were sleeping less than 5 hours at 6 most were much more likely to be still struggling with weight retention at one year.

Just how limited sleep and obesity are linked is not known. Perhaps longer hours of wakefulness simply translate into more opportunity to raid the fridge. Or, maybe energy expenditure is overall reduced because of fatigue and inactivity.

Recent research, however, has uncovered a

likely mechanism involving two appetite-modulating hormones called leptin and ghrelin. Leptin suppresses appetite, and ghrelin stimulates it. Leptin is produced by fat cells, and ghrelin is made in the stomach. These hormones send opposing messages to the brain to maintain the body's energy balance.

Human studies have shown that when sleep is curtailed, blood concentrations of leptin fall and ghrelin increase, thus stimulating appetite. For example, when healthy men were restricted to 4 hours of sleep for just two nights, levels of the two hormones shifted as predicted in opposite directions, and hunger increased 24 percent (especially for salty, sweet and starchy foods), according to a 2004 study from the University of Chicago.

It seems short sleep also makes for chubby kids. Nearly 800 grade-schoolers living in both urban and rural areas were followed over time in a National Institutes of Health study published last year. Of the sixth-graders, nearly one in five was overweight, and shorter sleep was associated with increased risk for overweight.

Perhaps most disquieting is the finding that children with shorter sleep in the third grade were more likely to be overweight by the sixth grade, even if they did not yet have a weight problem. For each additional hour of habitual sleep in the third grade, the chance of being overweight in the sixth grade dropped by 40 percent. Whether leptin and ghrelin are party to this relationship in children has yet to be studied.

Much remains to be learned about the connection between shorter sleep and BMI in both children and adults. For example, is sleep curtailed voluntarily or as a consequence of something else like sleep apnea, a breathing disorder common in overweight individuals wherein repeated collapse of the airway during sleep causes arousals? In any case, there is already abundant evidence that sleep debt wrecks havoc on other aspects of well-being by undermining mood, cognitive abilities, driving safety, work productivity, and personal relationships. Shorter sleep is even correlated with cardiovascular disease and earlier death.

So while scientists sort exactly how abbreviated sleep translates into higher BMI, there are solid reasons aplenty to rethink that impulse to burn the midnight oil. If you don't, Mother Nature will likely exact a toll of some sort, perhaps by adding unwanted pounds and inches.

Sarah S. Mosko is a member of the Earth Resource Foundation, which is based in Costa Mesa. She has a Ph.D. in Psychology/Neuroscience with a background in research. She is now a practicing licensed psychologist. For more information, please visit www.earthresource.org or call (949) 645-5163.

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No Park Eviction for Raptors

Adverse effects of new senior center will be mitigated

By **ADAM SABY**
OC Voice Staff Writer

Contrary to a front page photo caption published in the Jan. 2008 issue of the *Voice*, raptors (birds of prey) will not be "evicted" from Central Park in Huntington Beach to "make room for a new senior center."

The misinformation was based on a regrettable misunderstanding of an oral staff report made at a Dec. 2007 meeting of the Huntington Beach Planning Commission.

The *Voice* apologizes to its readers for the reporting error and for any unnecessary arguments it may have caused between opposing factions in the ongoing public debate over the future of Central Park—including incendiary name calling, brutal fist fights or murderous strangulations.

Here are the actual facts.

Due to the proposed senior center's potential "substantial adverse affects [sic]" on wildlife that currently use the proposed 5-acre senior center site, located across from Central Library, as a habitat, state law requires the city to create a new wildlife habitat of equal size prior to the grand opening of the \$22 million, 45,000 square foot building, according to city planner Jennifer Villaseñor.

After observing the land, its climate and other environmental factors, a biologist compiled a list of 22 "sensitive" wildlife species that could potentially inhabit the senior center site area, Villaseñor told the *Voice*. After that, a field study was conducted to identify what species actually live there.

"When biologists did the field survey, they didn't find any [sensitive species]," Villaseñor



PHOTO COURTESY OF MARK BIXBY

PARK OBSERVER: A raptor overlooks the 5-acre future site of a 45,000 square foot senior center in Central Park.

said. "But based on nearby occurrences and habitat suitability, the Burrowing Owl had the 'moderate potential' to occur on-site," she added.

Four of the 5 acres of replacement foraging grounds will be contiguous and located in a similar foraging habitat within the larger 14 acre passive park area that includes the new senior

center site, says Villaseñor.

"There would be no 'moving' from new to old habitat," says Villaseñor. "The raptors would simply continue to forage within the general project area and the adjacent parklands. Their food will tell them where to go."

According to Villaseñor, biologists will develop a plan that meets certain criteria for the raptors' foraging habitat. It must provide "a place for their prey to live, and it has to be suitable for them [raptors] to catch their prey," she explains. That prey could include insects, scorpions, small mammals, birds, amphibians and reptiles.

That plan must be submitted before any construction on the planned senior center site takes place. Implementation of the plan, however, may take place during any point of the construction process as long as the raptor foraging habitat is completed before people occupy the building.

Although the development site does contain raptor foraging habitat, says Villaseñor, that area is much smaller, and due to urban disturbances, of lesser quality than the foraging areas that exist adjacent to it.

"It is unlikely that the senior center site wholly supports any single raptor," says Villaseñor, noting that, "It is the surrounding 300 plus acres of the park, which in combination with the senior center site, supports the raptors seen within and around the project site."

Villaseñor said that the new raptor habitat will be monitored for 5 years, and if the original criteria of the mitigation plan are not met, other corrective measures will be implemented.

Voice editor John Earl also contributed to this story.

Green and Responsible?

Tesco brings Fresh & Easy controversy to U.S.

Continued from Page 3

company's P.R. division for details, but repeated efforts to contact the Fresh & Easy main office for further comment were unsuccessful.

American Backlash

But the American backlash against Fresh & Easy may have already begun. Last November, when Tesco held a meeting for U.S. and British

investors and money managers at a Santa Monica hotel, they were met by approximately 100 activists from a coalition of community groups.

According to the *Los Angeles Times*, the Alliance for Healthy and Responsible Grocery Stores, which comprises 25 community groups, protested Fresh & Easy's refusal to meet to discuss a proposed "community benefits agreement." It sought to bind the food retailer to

certain wage levels, affordable health benefits and greenhouse gas reduction. The coalition also questioned Fresh & Easy's commitment to open stores in low-income neighborhoods, where fresh produce is often scarce.

The H.B. Fresh & Easy sits between a middle class neighborhood to the east of Beach Boulevard and the low income Oakview neighborhood to the west.

A driving force behind the protest was the company's unwillingness to talk with union representatives about allowing its workforce to sign union representation cards.

A Fresh & Easy spokesperson responded, cryptically, "Any outside [union] representation will be up to our employees."

Gilbert Davila, an organizer for Local 324 of the United Food and Commercial Workers' (UFCW) union, points out that Tesco is "100 percent union in the U.K." He adds that UFCW members are not "out talking to [Fresh & Easy] workers, asking them if they want to join the union." But, he says, they are "out there in front of the stores or out there in the community itself" to inform shoppers about "who Tesco really is."

Davila says non-union stores like Fresh & Easy compel unionized grocery chains to wonder during contract negotiations: "Why do we have to pay \$18 an hour when the checker across the street is only making nine or \$10 an hour?"

Davila explains that non-union wages leave workers with just enough for rent and food. "If they have children, they can't buy [health] insurance. They have to decide whether to take their kid to the doctor or buy groceries," he says.

The city's economic development director, Stanley Smalewitz, says he sought out the Fresh & Easy chain because he felt the neighborhood oriented concept would be an "ideal candidate for downtown," although that prime location was ultimately snagged by CVS, a drug store chain.

Smalewitz says he was unaware of Tesco's negative publicity and that he would "go after" any company if he learned of wrongdoing. But the city lacks a comprehensive set of standards for corporations that do business with the city.

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