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Volume 18 Issue 42

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Santa Monicans list their resolutions

LILY RICHMAN
Daily Press Intern

The Daily Press asked several prominant Santa Monicans to list their New Year's Resolutions. Their answers are printed here:

MICHAEL D. RICH, RAND CORPORATION PRESIDENT AND CEO:

Ask more questions. I am fortunate to encounter many accomplished people in my work, people whose talents and determination will quite literally change the world. Whenever I have a chance to learn about their passions and motivations, it's fascinating and inspiring.

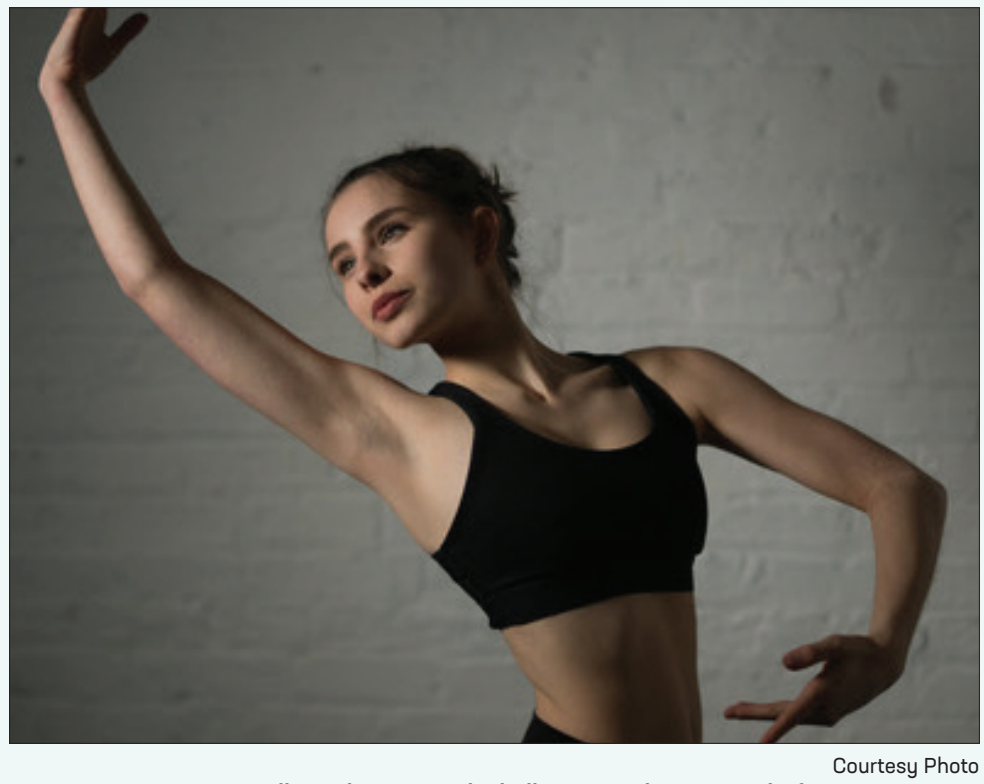
Spend more time with my young grandchildren. And, do my part in instilling in them a sense of civic responsibility. I co-wrote a book this past year called Truth Decay and it made me realize how important it is to teach what it means and what it takes to be a responsible citizen in the 21st Century.

Do more wandering. I travel a lot for work and go to some unusual and interesting places. Several years ago I became an amateur street-art photographer. It gets me out into parts of cities I might not otherwise see—and seems to produce my most popular tweets.

SEE **RESOLUTION** PAGE 5

Ballerina turns entrepreneur after injury

ANGEL CARRERAS
Daily Press Staff Writer



Courtesy Photo

APPS: Sassy Gregson-Williams has created a ballet inspired nutrition platform.

Sassy Gregson-Williams was on top of the ballet world as a teenager.

The UK-born, Santa Monica-based then-teen left school at the age of 13 to pursue ballet professionally, wowing viewers and peers with a strong command of technique at a young age.

However, success came at a price the young Gregson-Williams thought she had to pay.

Body dysmorphia and the pressures to look like an idealized version of a ballerina cast a shadow over Gregson-Williams's self-image. She stayed slim to land roles, eating not much more than small nutrition bars to get her through rehearsals and performance.

Then came along a career-altering injury.

"I tore multiple ligaments from bad ankle sprains," the now-21-year old Gregson-Williams said. Worn-out from a lack of healthy meals, her body gave out. Gregson-Williams's ankles rolled, surrendering to exhaustion. "I had multiple sprains and over time, a lot of scar tissue built up in the area causing ankle extension and flexion to be very painful."

Unable to do simple ballet techniques the then-teen ballet wunderkind's career pirouetted from sure thing to uncertainty. But if ballet taught her anything, it was how to keep moving.

Gregson-Williams wanted to treat her body better and give herself and others a way to feel and look good without risking their health. She gained a passion for food, cooking her own healthy meals and eventually becoming a food editor for 'Hip and Healthy' magazine at 15. At 16, she created the multi-platform Naturally Sassy, a fitness app/recipe platform inspired by her love of ballet.

Gregson-Williams discussed her career, her mission to inspire people to love themselves and what's next for Naturally Sassy with the Daily Press.

WHAT WAS GOING ON IN YOUR MIND AS YOU BEGAN NATURALLY SASSY'S CREATION? WHAT WAS THE MOTIVATOR FOR STARTING THE APP?

I was constantly sitting on the sidelines of rehearsals and training sessions due to injuries and I felt the pressure to rehabilitate my ankle quickly and stay at peak fitness. I worked with a handful of the top physiotherapists and ankle specialists in the world at this time and was versed in a

SEE **BALLET** PAGE 11

Wars fade but trouble persists in the Mideast

KARIN LAUB
Associated Press

As the Middle East ushers in 2019, the decade's ruinous conflicts in Syria, Yemen, Libya and Iraq seem to be winding down after exacting a painful price — many thousands killed, millions uprooted from their homes and entire cities reduced to rubble.

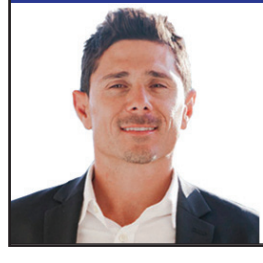
Yet the potential for unrest remains high, including in countries that escaped civil war after the 2011 Arab Spring uprisings, such as Jordan, Lebanon and Egypt. Millions of young people in the region remain locked out of economic and political participation as authoritarian governments fail to tackle soaring youth unemployment and other deep-seated problems.

"I think 2019 is a very challenging year," said analyst Amer Sabaileh in Jordan, where weekly rallies against economic policies toppled a prime minister this year and now take aim at his successor.

Meanwhile, President Donald

SEE **2019** PAGE 4


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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Tuesday, Jan. 1

Services closed
City services closed

Wednesday, Jan. 2

Mindfulness Meditation
Organizers invite you to enjoy a pause in the day in which to refresh yourself by simply sitting and paying attention to your senses, feelings, and thoughts. You are welcome to stay for 5 minutes or for the entire 30 minutes. Natalie Bell, Mindful Wellness consultant, and/or guest facilitators from UCLA Mindful Awareness Center, will guide the session, 1st and 3rd Wednesdays each month. Montana Avenue Branch Library, 1704 Montana Ave, 5:30 - 6 p.m.

Kids Global Music Workshop
Dance to, sing along with, and experience music from different cultures as composer Sagit Zilberman presents music from her album, "Songs of Peace." Children will see unique instruments up close and get to play them! Ages 4-10. Main Library, 601 Santa Monica Blvd. 11 a.m. - 12 p.m.

Thursday, Jan. 3

Library Board Meeting
Library Board Meeting in Administration Conference Room, 2nd Floor near computer commons. Main Library, 601 Santa Monica Blvd. 7 - 9 p.m.

Movie: Crazy Rich Asians
In this box office smash, based on Kevin Kwan's best-selling novel, a young Chinese-American woman (Constance Wu) experiences cultural whiplash when she heads to Singapore with her boyfriend (Henry Golding) to meet his extremely wealthy family for the first time. (120 min.) Fairview Branch Library, 2101 Ocean Park Blvd, 6:30 - 8:30 p.m.

Current Events Discussion Group
Join organizers for a lively discussion of the latest news with your friends and neighbors. Fairview Branch Library, 2101 Ocean Park Blvd, 1 - 2:30 p.m.

Friday, Jan. 4

Gallery open
Gallery hours 9 a.m. - 4 p.m. Annenberg Community Beach House

Saturday, Jan. 5

Meet Me At Reed - Family Fun
Come by to play, meet neighbors, and connect. Supervised games and activities led by Santa Monica Community Recreation, kid-friendly entertainment by special guests and community partners, and a selection of food trucks will rotate weekly. Rain may affect programming. Call (310) 458 - 8300 to find out about rain delays or cancellations. 2 - 4 p.m. Reed Park, 1133 7th St.

Training for Tech Teen Volunteer and Leadership Program
Become eligible to volunteer at library tech events by attending this mandatory two-part training. High school students only. Must commit to both sessions. January 5, 1 - 5 p.m. - Introduction to library technologies including 3D printing and coding toys. January 6, 1 - 5 p.m. - Strategies for working with the public and facilitating creative projects. Main Library, 601 Santa Monica Blvd.

Saturday Story Time
Kick start the weekend with some fun stories and songs! Ages 2-5 and families. Main Library, 601 Santa Monica Blvd. 11 - 11:30 a.m.

Ocean Park Book Group
A Monthly Meeting of the Ocean Park Book Group. Meets the 1st Saturday of the Month. Open to All. No Registration Required. 'Manhattan Beach' by

SEE **LIST** PAGE 9

For help submitting an event, contact us at
310-458-7737 or submit to events@smdp.com

Ta-ta 2018, keep your chicken coops and, yes, the Floss

LEANNE ITALIE
AP Entertainment Writer

Keep your backyard chicken coops, vampire facials and the stiff-arm Floss dance.

Among other things we're over as we slide into 2019: Bell sleeves that need constant policing, the cash-cow otherwise known as subscription box services and Alec Baldwin's "Saturday Night Live" Donald Trump, because isn't the real one enough?

FLOSS NO MORE

The arm-flailing, hip-swaying, rapid-fire dance craze is the new Dab and we owe it to 16-year-old social media dude Russell Horning, aka The Backpack Kid. Horning grew a sizable Instagram following through his dance moves as far back as 2014, and Rihanna reposted a photo of him well before Katy Perry invited him to do his thing with her on "Saturday Night Live" in 2017, launching him to social media superstardom.

Other celebs, moms, dads, athletes and pretty much all of YouTube are flossing their lives away. So are all the little kids in your households, once they outgrow "Baby Shark," that is.

"Fortnite" added a Floss Battle Royale victory emote. The fisted, stiff-armed dance that involves rotating arms from the front to back over and over again isn't as easy as it looks for some, so it has sprouted instructional videos. It also won Horning a 2018 Shorty Award.

Aren't all you Flossers exhausted? Have a seat. Take a load off. Go cheek-to-cheek with someone. Anything but another year of your back-and-forthness.

GENDER REVEAL PARTIES

Firstly, gender is not solely boy or girl. Gender can be fluid. Gender is a spectrum. A child may have a non-binary gender identity, meaning they don't identify strictly as boy or girl. They may identify as both, neither or another gender entirely.

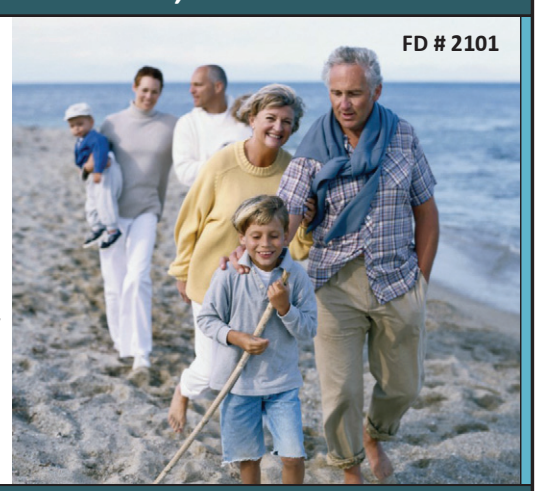
Secondly, have we not outgrown blue for boys and pink for girls? Thirdly, how about a surprise? How about keeping all of this to yourselves?

Gender reveal events, such as the one recently that sparked a massive fire in Arizona, have grown into an industry, with party supplies on sale and DIY tips all over the place.

Celebrate the birth of a human being

SEE **2018** PAGE 7

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2019

FROM PAGE 1

Trump's policy of siding with one Middle East powerhouse, Saudi Arabia, against its main rival, Iran, has further heightened regional tensions. For now, Tehran seems determined to wait out Trump's presidency, sticking to its 2015 nuclear deal with world powers despite the U.S. withdrawal and restoration of heavy sanctions.

In a region where violent conflict has killed hundreds of thousands of people, the brutal slaying of one Saudi writer, Washington Post columnist Jamal Khashoggi, by Saudi agents has been one of the most significant events of 2018. The killing, for which Saudi Crown Prince Mohammed bin Salman was widely held responsible — including by the Republican-led U.S. Senate — forced a reckoning of Saudi Arabia's involvement in Yemen's civil war and a review of the U.S.-Saudi relationship.

Here's a look at the Middle East as it heads into 2019.

CONFLICTS WINDING DOWN

Yemen's government, backed by a Saudi-led coalition, made some progress with the Iran-linked Houthi rebels toward a U.N.-sponsored peace deal last week, a first after four years of fighting killed at least 60,000 people and pushed the country to the brink of famine. A new round of talks is set for January, with expectations that U.S. pressure on Gulf Arab allies could lead to further de-escalation.

In Syria, President Bashar Assad, aided by Russia and Iran, crushed a 7-year-old rebellion and the opposition's dream of ousting him from power. The war is not over, with major fighting still ahead in the rebel-held north. Assad's inner circle and allied entrepreneurs stand to make a fortune from reconstruction, even if the West won't contribute in the absence of a political settlement.

In Iraq, it's been a year since the government declared victory over the Islamic State group, but challenges remain, including the rebuilding of devastated cities. Rioting against corruption and poor services in the oil-rich southern region of Basra signaled the urgency of addressing Iraq's economic problems.

In Libya, rival governments in the east and west have agreed to meet at a national conference in early 2019 to pave the way for a general election. Oil production remains below its pre-2011 levels, and lack of security still prevents major foreign investment or economic growth.

ECONOMIC TROUBLES AHEAD

In Iran, hit hard by renewed U.S. sanctions, the currency wildly fluctuated, but the Islamic Republic did not see the same widescale protests that opened the year.

While the U.S. withdrawal from the nuclear deal ended billion-dollar deals for airplane and car manufacturers, the United States allowed many countries to continue importing Iranian oil for now. That led oil prices to plummet, straining the petrodollar economies of Gulf nations.

The boycott of Qatar by Bahrain, Egypt, Saudi Arabia and the United Arab Emirates appeared no closer to ending, especially with a last-minute surprise by Doha of pulling Qatar from the Saudi-dominated OPEC oil cartel.

In Egypt, the Arab world's most populous country with 100 million people, job creation lags far behind an explosive population growth of more than 2 million per year. Investor confidence is improving, but inflation surpassed targets set by the International Monetary Fund.

In politically paralyzed Lebanon, decades of mismanagement and corruption are finally catching up, with a debt of $84 billion heightening concerns of impending economic collapse.

"I wonder what will happen with the rising sense of hopelessness among broad populations," said Jon Alterman at the Center for Strategic and International Studies in Washington. "Will people just put their heads down and be miserable? Or will a sense that there is no public outlet, no media outlet, lead to some sort of explosion, even if it's not specifically directed toward change?"

The destructive fallout from Arab Spring uprisings could serve as a deterrent to some.

ISRAELI-PALESTINIAN CONFLICT

Israeli Prime Minister Benjamin Netanyahu started the year with a gift from Trump, who recognized Jerusalem as Israel's capital and then moved the U.S. Embassy to the city in May. Palestinian President Mahmoud Abbas froze ties with the U.S. administration, accusing it of pro-Israel bias concerning the most sensitive issue of the conflict, which sputtered along in 2018.

Israel kept building settlements in the West Bank, the Islamic militant Hamas led mass border marches against a decade-old blockade of the Gaza Strip and lone Palestinian assailants carried out sporadic attacks against Israelis. Dozens were killed in 2018, the vast majority Palestinians.

A U.S. peace plan, promised by Trump since the beginning of his term, still hasn't materialized — to the relief of Abbas, who fears any proposal will at best offer a Palestinian mini-state in Gaza, with a small footprint in the West Bank and east Jerusalem.

With Israeli elections to be held sometime in 2019, a peace plan that calls for even minimal concessions could tear apart Netanyahu's right-wing coalition. He might not get to run for re-election if a pair of corruption cases moves forward, after police recommended charges against him.

U.S. POLICY

The Trump administration's staunch support for Saudi Arabia is expected to continue despite the Khashoggi scandal, in part because the alliance with Riyadh serves as a means of pressuring Iran.

However, Washington lacks a clear Syria policy. Trump has wavered on whether he wants troops to stay in Syria, with what goal, and appears content to cede ground to the Russians.

In Afghanistan, the administration appointed a special envoy to negotiate a peaceful exit from America's longest war, but no clear pathway has emerged. Successive presidents have sought to wind down Washington's presence in Afghanistan, to no avail.

Writers Zeina Karam in Beirut, Jon Gambrell in Dubai, United Arab Emirates, Josef Federman in Jerusalem, Hamza Hendawi in Cairo and Kathy Gannon in Islamabad contributed to this report.

PUBLISHER
Ross Furukawa
ross@smdp.com

PARTNER
Todd James
todd@smdp.com

EDITOR IN CHIEF
Matthew Hall
matt@smdp.com

STAFF WRITERS
Angel Carreras
angel@smdp.com

Madeleine Pauker
madeleine@smdp.com

ADVERTISING DIRECTOR
Jenny Rice
jenny@smdp.com

OPERATIONS MANAGER
Cindy Moreno
cindy@smdp.com

CONTRIBUTING WRITERS
Charles Andrews,
Cynthia Citron,
Jack Neworth,
David Pisarra,
Sarah A. Spitz

PRODUCTION MANAGER
Darren Ouellette
production@smdp.com

CIRCULATION
Achling Holliday
ross@smdp.com

Keith Wyatt
ross@smdp.com

Santa Monica Daily Press
1640 5th Street, Suite 218
Santa Monica, CA 90401
OFFICE (310) 458-PRESS (7737)
FAX (310) 576-9913

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RESOLUTION

FROM PAGE 1

PATTY WONG, DIRECTOR OF LIBRARY SERVICES IN SANTA MONICA:

2019 is bound to be a great year. The Senate and the House passed the Museum and Library Services Act this week so there will be national funding and support for libraries and museums, dedicated to promoting and preserving literacy, access to information and the breadth of cultural content. Thank you, Santa Monica residents and visitors for your patronage, your voices to encourage us to improve, and your participation. I wish for a year filled with the joy and wonder of learning, partnerships that bring opportunities and fulfillment of our community's goals and dreams, and a personal commitment to investing in the development and professional success of our library team.

Our staff is dedicated to customer service. They try to make everyone's experience a successful one. They bring hundreds of programs and services to YOU, make our Santa Monica a more beautiful, creative, and engaged place of learning and curiosity. We hope you can share your love of your library – through your visits, your engagement, and sharing a kind word with our team about their great work. A little kindness goes a long way.

CHRIS BACA, EXECUTIVE DIRECTOR AT MEALS ON WHEELS WEST:

The MOW West staff and I are grateful for the support of the individuals, businesses, organizations and the City of Santa Monica that make up this awesome community. That support assists us in Delivering More Than a Meal to more people than ever. Our resolution is to continue to serve veterans, seniors, the disabled, formerly homeless and other homebound people.

MSGR. LLOYD TORGERSON, PASTOR AT ST. MONICA CATHOLIC CHURCH:

We are a place that is safe, a place of hospitality and a place that welcomes all. A promise [I want] to keep is continuing that. Secondly, I would love to spend more time in the year ahead doing a greater amount of prayer and reading... I just don't slow down enough to take the time to go out to the bluff and see the beauty of God's [sunset]. I hope to have a little more contemplation, reading and reflection in the year ahead...

My prayer this Christmas time is a prayer of hope. Hope is a gift from our god and provides an opportunity to look deep inside us and find the living presence of God right in the very heart and soul of our own lives...

We are called in a special way to help others. It's so critical in our lives that we're not just thinking about ourselves... I pray that we have peace in the year ahead.

DIANE MILLER, CITY COMMISSIONER:

Diane Miller seeks to embody what Neale Donald Walsch described in "The Wisdom of the Universe" as "the grandest version of the greatest vision ever I had about Who I Am" in the coming year. Miller said she strives to always be genuine and practice self-care.

"There's only one winning formula in life, and that is only love, only love, only love," Miller said.

Miller said she aims to continue to approach every day "totally enjoying" and being grateful for life.

"Lighten up! I live by that credo," Miller said. "This is my mission and purpose: to be as much of a light as I can be."

In the long term, Miller wants to see the passage of the Equal Rights Amendment.

In 2019, Miller will strive to continue to offer guidance to younger women. At the same time, she wants to partner with friends while exercising, "buddy[ing] up on the health stuff."

"[I want] to stay focused in the now, be grateful for every moment, look for an opportunity to have fun, and just watch miracles keep coming in," Miller said.

JOHN MACERI, CEO OF THE PEOPLE CONCERN:

My resolution for 2019 is to inspire empathy in someone every day. In the work that we do to end homelessness, we encounter constant (and more recently, increasing) negativity and vitriol regarding both our neighbors experiencing homelessness and the solutions that will end homelessness. These reactions toward other human beings is disheartening.

With the understanding that many of these responses come from misunderstandings about the causes of homelessness, and discomfort with visible street homelessness and its impact on the community, it is my responsibility as a leader in this field to help educate and inspire others to focus on solutions.

Our neighbors who are experiencing homelessness are not "the homeless," but individuals who have unique stories and tremendous adversity they are overcoming every day.

My goal is to live in a society where people are empathetic to the struggles and hardship of those who are less fortunate. That is why this year, I resolve to inspire empathy in someone every single day.

CHRISTINE MIRASY-GLASCO, EXECUTIVE DIRECTOR OF THE UPWARD BOUND HOUSE:

1. In 2019, we would like to offer a traditional 401k with a matching program so our employees can put more aside for their retirements. In so doing, we'll be able to support our employees in investing in their future and also thank them for their remarkable work.

2. Promoting self-care and personal development by asking all employees to share their ideas and set aside time once a month when we collectively engage in mindfulness. The goal is to develop a culture of self-care and show employees we care about their wellbeing and futures.

3. On a personal note, I resolve to calendar more time for myself and exercise more self-control in taking on activities that can wait.

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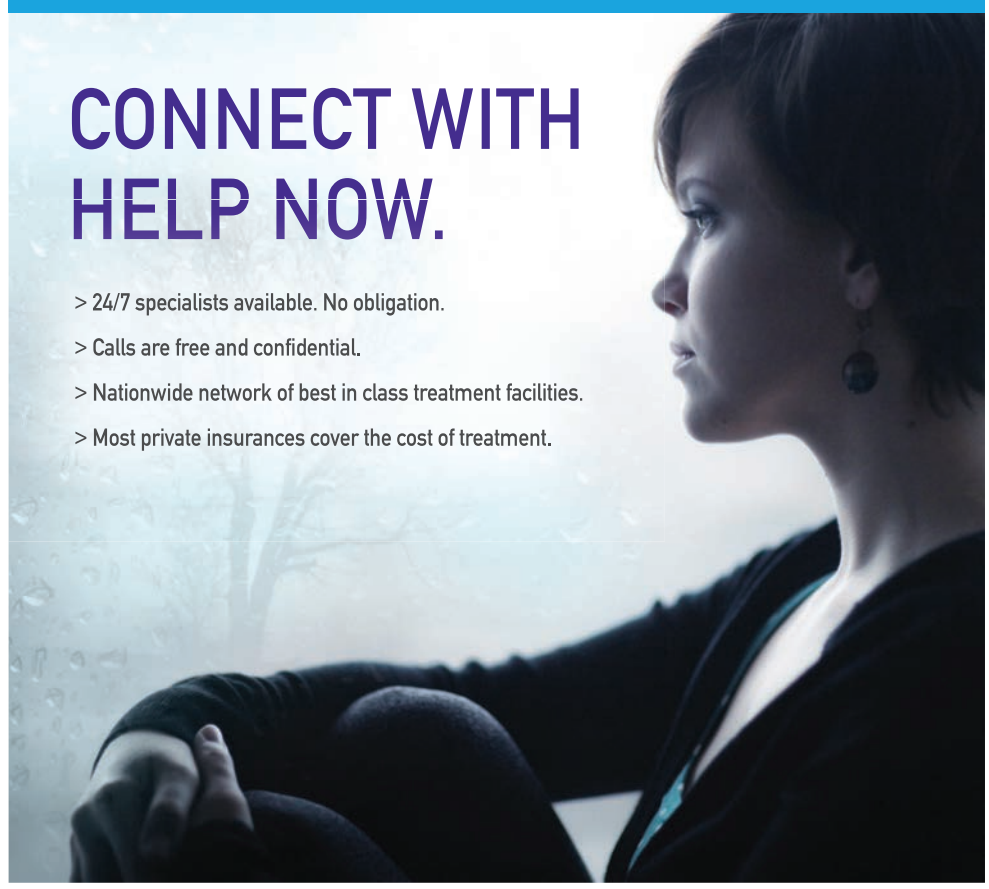
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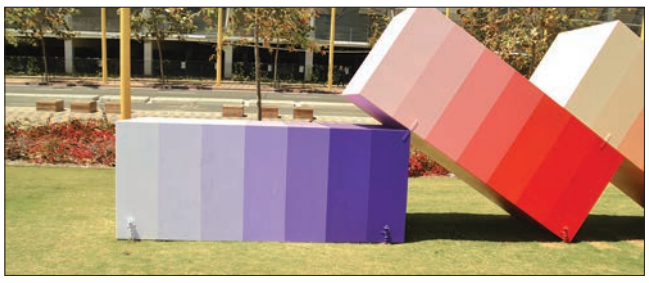










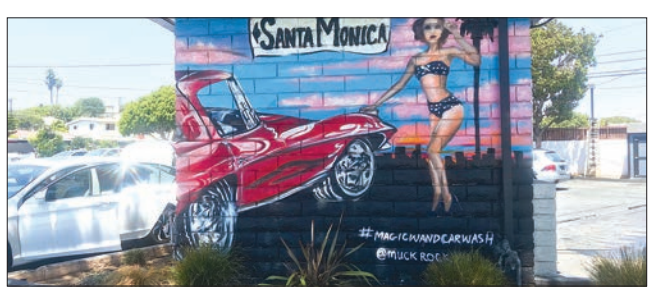


























file photos

REVEALED: **Yesterday, the Daily Press reprinted Mystery Photos from 2018. Above are the corresponding Mystery Revealed photos..**

COMMUNITY BRIEFS

Downtown

Symphony celebration

Celebrate the life and legacy of Dr. Martin Luther King with the Santa Monica Symphony's annual MLK Holiday Concert. The music of African American composers George Walker and James Weldon Johnson share the program with Mozart and Mendelssohn along with a piece by Santa Monica composer Adrienne Albert. All Santa Monica Symphony concerts are free and ticketless. For more information, please visit: www.smSymphony.org.

Guido Lamell, Music Director and Conductor
Mark Edward Smith, baritone
Program includes:
Albert: "Courage" Overture
Walker:Lyric for Strings
Johnson: "Lift Every Voice and Sing"
Steffe: "Battle Hymn of the Republic"
Mozart: "Ein Maedchen oder Weibchen" from The Magic Flute
Mendelssohn: 4th movement from Symphony No. 5 in D (Reformation)
Traditional: "We Shall Overcome"

SGI Auditorium, 525 Wilshire Blvd. All Santa Monica Symphony Concerts are free with open seating. Visit www.smsymphony.org or call (310) 395-6330 for more information.

SUBMITTED BY LEANNE JERZEWSKI

2018

FROM PAGE 3

instead. Oh wait, that's what baby showers are for, and birthdays.

BIG OL' SLEEVES

Runways are full of bell sleeves but what about the marinara sauce? Nobody needs to police their sleeves this much, especially when they're eating or doing something equally bottom-of-the-sleeve skimming.

Bell sleeves were once oh-so-boho but have popped up on all manner of tops and dresses. How hard do you want to work to stuff those things into a jacket or coat? How big the bells have become. How utterly same-same we all look in our flared sleeves.

And tiered bell sleeves? And those flares that fall at the elbow or way high off the wrist? Prairie-wear and swingy sleeves, take a breather.

YOUR CHICKEN FRIENDS

Organic eggs, pest control, fertilizer! Those are some of the apparent joys of keeping backyard chickens. The idea is they roam around your Brooklyn patio, patch of grass or suburban wood, finding their way home at night. Or something. Some are confined to enclosed runs. And what happens when hipsters can't cope? According to news reports, the feathered puffs with legs get dumped at animal shelters, sanctuaries or worse, gobbled by some predator.

Just go to a store and do your tick checks, sweet faux farmers. It's been years now. How many eggs is too many eggs?

KETO DESSERTS

Ketogenics, and ketosis, and the ketogenic diet have been around forevah. But the masses got all whipped up in 2018.

Here's how it goes: A high-fat, adequate-protein, low-carb approach to eating may be good for difficult-to-control epilepsy in children, and for weight loss and general health in all. The idea is for you to get more calories from protein and fat and fewer from carbs, in part by cutting back on carbs that are easy to digest.

And that, my friends, includes sugar. And THAT means so many desserts. Of course, eat what you want. Celebrate your health, but do the rest of us need to go without when we, say, come over for dinner?

"My sister's cheesecake was basically a fatberg," notes one unsatisfied enlistee.

BOX UP YOUR BOXES

In beauty and fitness, food prep, apparel and toys, all your dreams can come true in a box for a fee.

Subscription boxes have been around for a while but in 2018 there were so many they needed to be curated and heavily reviewed by media and consumers alike.

So many copycats. Such a big grab for the cash.

While it's truly nice and way convenient sometimes to receive a curated box of stuff in the mail, especially at dinnertime, do remember that you're the one who's paying, unless you got lucky and your boxes are gifts that keep on giving.

VAMPIRE FACIALS

Using your own blood with little skin pricks and sometimes radio frequencies thrown in to make you, what, the best skin-deep version of yourself, somebody else entirely, is on the gross side of the beauty equation.

But then again, so are the gods commonly known as dermal fillers.

Let's shed some light on the bloody facials. First, you need your blood drawn. Then you need your blood to be run through a centrifuge to isolate the platelets. This is all about PRPs, or platelet-rich plasma. Then microdermabrasion or microneedling is done to really get those platelets in there. Optional are the aforementioned radio frequencies to further run over your face and assist rejuvenation.

Vampire facials can hydrate and offer boosts of collagen and elastin, fans say. And cure the common cold?

Kim Kardashian West famously partook and shared her bloody face on social media. She wasn't alone. Bloody faces are all over Instagram. Vampire facials have been around years now (KKW 'gramed in 2013) but practitioners have continued to ka-ching their way through time.

We never thought we would wax sentimental about bird poop facials, caviar facials or cow amniotic fluid. On the face.

BEYOND, BEYOND AND BEYOND

When we're not "obsessed" with everything, we're "beyond blessed," ''beyond grateful," ''beyond honored," ''beyond exhausted" and "beyond excited."

No. We're all right here in this dimension. Is the meaning of the word not enough without the qualifier? Why not allow yourselves to be, simply, blessed, grateful and honored? The same with "truly" happy, sad or angry.

Be thrilled beyond words, but do trust that language has your back. Hopefully, so does the new year.

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COMMUNITY BRIEFS

Citywide

Metro to Hold 10 Community Open House Workshops

The Los Angeles County Metropolitan Transportation Authority (Metro) will hold 10 community meetings beginning in January to ask for the public's help in the agency's NextGen Bus Study, the 18-month effort to redesign and reimagine the agency's bus system to meet the needs of today's riders.

Metro's bus network carries about 70 percent of the agency's riders. The NextGen study has found that seven percent of L.A. County residents are frequent riders on the Metro bus system and account for 80 percent of all Metro bus boardings.

In surveys taken to date and through a series of focus groups, online engagement and community events show that current and non-riders agree that the most important bus service parameters Metro should focus on are providing fast, frequent and reliable bus service.

Various meetings will be held in the San Fernando and San Gabriel valleys, Gateway Cities, South Bay and the Westside/Central areas of the region. The public is encouraged to attend any of the following upcoming community meetings to share their thoughts on bus service strategies and policies to improve the bus system.

The local meeting will be held on Wednesday, January 9, 2019, 4 - 7 p.m. at Plummer Park, 7377 Santa Monica Boulevard, West Hollywood (Accessible via Metro Lines 4/704, WeHo Cityline).

All Metro meetings are held in ADA accessible facilities with special accommodations available to the public for Metro-sponsored meetings. All requests for reasonable accommodations and translation must be made at least three working days (72 hours) in advance of the scheduled meeting date. Please call 323.486.3876 or the California Relay Service at 711.

Those unable to attend in person can access information on the NextGen Bus Study by visiting www.metro.net/nextgen.

SUBMITTED BY RICK JAGER/JONI GOHEEN, METRO MEDIA RELATIONS

Citywide

Red Cross urgently needs blood and platelet donations

Emergencies don't take a holiday. The American Red Cross urgently needs blood and platelet donors to make an appointment now to give and help ensure patients can get the treatment they need at a moment's notice.

Now is an important time to give blood and platelets. A seasonal decline in donations occurs from Thanksgiving to New Year's Day when donors get busy with family gatherings and travel. In addition, severe winter weather can cause blood drive cancellations and negatively affect the blood supply. Patients like McMahon can't afford for there to be a shortage of blood.

Give the gift of life – make an appointment to donate blood and platelets by downloading the free American Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

As a special thank-you for helping meet the urgent need, those who come to give Dec. 20 through Jan. 6 will receive a long-sleeved Red Cross T-shirt, while supplies last.

Upcoming blood donation opportunities
1/3/2019: 11 a.m. - 5 p.m., Viceroy, 1819 Ocean Ave
1/4/2019: 10 a.m. - 4 p.m., Community Center, 2500 Broadway
1/7/2019: 1 p.m. - 7 p.m., American Red Cross Santa Monica Chapter, 1450 11th St
1/14/2019: 1 p.m. - 7 p.m., American Red Cross Santa Monica Chapter, 1450 11th St
For more information, please visit RedCross.org or CruzRojaAmericana.org

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

SUBMITTED BY CHRISTINE WELCH

Citywide

DMV Reminds Motorists of New 2019 Laws

With the New Year just around the corner, the California Department of Motor Vehicles (DMV) wants to inform the public about several new laws or changes to existing law that, unless otherwise noted, take effect January 1.

Temporary License Plate Program (AB 516, Mullin): This law requires licensed California dealers, of new and used vehicles to attach temporary paper license plates on a vehicle at the point of sale if that vehicle does not display license plates previously issued by the DMV. The temporary license plates contain a unique number and expiration date. No vehicle can be driven off the dealership lot without the temporary license plate affixed to it unless it already has issued plates. The intent of this new law is to reduce the number of toll violators and improve safety for law enforcement.

Gender Identity Female, Male, or Nonbinary (SB 179, Atkins): This law allows individuals applying for a California driver license or identification card to self-certify their chosen gender category of male, female or nonbinary in the application. Applicants who select nonbinary will receive a card with an "X" in the gender category.

Driving Under the Influence – Ignition Interlock Device (SB 1046, Hill): From January 1, 2019 to January 1, 2026, this law mandates repeat offenders for driving under the influence (DUI) and first DUI offenders whose violations resulted in injury, to install an ignition interlock device (IID) for a period ranging from 12 to 48 months. This law also allows those who receive a suspension under the Administrative Per Se law to obtain an IID-restricted driving privilege, and receive credit toward their required IID restriction period if they are later convicted of a DUI. These provisions apply to DUI violations that involve alcohol or the combined use of alcohol and drugs. They do not apply to drug-only violations. Additionally, courts have the discretion to order a non-injury first DUI offender to install an IID for a period of up to 6 months. If the court does not order IID installation, a non-injury first offender may apply for a driver license for IID restrictions or restrictions that allow them to drive to, from, and during their employment and to and from a DUI treatment program for 12 months. Previously, an IID pilot program was only in effect in Alameda, Los Angeles, Sacramento and Tulare counties.

Smog Check Changes and New Abatement Fees (AB 1274, O'Donnell): This law expands the existing smog check exemption to vehicles that are up to eight model years old, up from the current exemption of six model years. During the additional two years of exemption, these vehicles will pay an annual $25 smog abatement fee. The current annual $20 smog abatement fee for the first six years of exemption remains unchanged.

Driving Privilege for Minors (AB 2685, Lackey): This law repeals a juvenile court's authority to suspend, restrict or delay the issuance of a driver license of a habitual truant or ward of the state for up to one year. The law clarifies that any suspensions or delays reported prior to January 1, 2019, remain in effect.

Motorized Scooters, (AB 2989, Flora): Bicycle helmets are no longer required for riders of motorized scooters who are age 18 or older. It also amends existing law to prohibit a person from operating a motorized scooter on a highway with a speed limit greater than 25 miles per hour, unless it is within a Class IV bikeway as well as a Class II bikeway. However, it permits local authorities to authorize the operation of motorized scooters on roads with speed limits up to 35 miles per hour outside of a Class II or Class IV bikeway.

Unsafe, unsecured loads on vehicles (AB 1925, Choi): This law requires the DMV to include at least one question addressing laws pertaining to driving with an unsafe, unsecured load in at least 20 percent of the knowledge tests administered to driver license applicants. Unsecured loads, such as ladders, buckets and loose items in the back of pickup trucks, can be dangerous for motorists when they fall onto the road. Therefore, all vehicle loads must be covered or secured.

High-Occupancy Vehicle Lanes (AB 544, Bloom): As previously announced, AB 544 created a new program to grant low-emission vehicles and transitional zero-emission vehicles access to high-occupancy vehicle (HOV) lanes for an approximate four-year period, regardless of the vehicle occupancy level. A green or white decal is valid until January 1, 2019 and vehicles displaying these decals no longer have access to HOV lanes. Vehicles that were issued a green or white decal between January 1, 2017 and March 1, 2018 are eligible to apply for a red decal that grants them access to HOV lanes until January 1, 2022. The DMV notified these customers of their eligibility by mail. The DMV will issue light purple decals in 2019 that will grant access to HOV lanes until January 1, 2023. Decals are available to applicants who have not applied for or received a consumer rebate pursuant to the Clean Vehicle Rebate Project, unless they meet annual income requirements. For more information or to apply, visit DMV's Clean Air Vehicle Decals webpage. Visit the California Air Resources Board website for additional information on vehicle eligibility.

SUBMITTED BY THE DMV

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LIST

FROM PAGE 2

Jennifer Egan. Ocean Park Branch Library, 2601 Main St, 11 a.m. - 12:30 p.m.

Sunday, Jan. 6

Poetry & the Imagination 2.0

What does it take to write poems with imagination? In this workshop, we will read a wide variety of poems by outstanding modern and contemporary poets, generate new work in response to prompts, and workshop edited poems. We will also discuss the submission process and how to successfully present your work. It will be a continuation of the work we created in the previous series with a fresh supply of fun and inspiring prompts. The workshop will culminate with a public reading on Saturday March 16. Sundays, 1/6, 1/20, 2/3, 2/17, 3/3 & 3/17. 2 - 4 p.m. Cost: $90. 1450 Ocean. https://apm.activecommunities.com/santamonicarecreation/Activity_Search/69930

WELL NEWS BY SCOTT LAFEE

Observation

■ "The trouble with jogging is that by the time you realize you're not in shape for it, it's too far to walk back." – American humorist Franklin P. Jones (1908-1980)

Medical history

■ This week in 1954, 32-year-old Ann Hodges of Sylacauga, Alabama, became the first and only recorded instance of a person being struck by a meteorite. The 9-pound fragment from a larger chondrite meteorite fell through the roof of her house, smashed the case of her wooden radio and struck her as she lay resting on a sofa. Hodges suffered serious bruising but no other injuries. The meteorite was donated to the Alabama Museum of Natural History.

MYSTERY PHOTO

SPONSORED BY Ice PRESENTED BY THE PLAZA AT SANTA MONICA



The first person who can correctly identify where this image was captured wins a prize. Send answers to editor@smdp.com.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

Sudoku

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column, and 3x3 block. Use logic and process of elimination to solve the puzzle.

SOLUTIONS TO YESTERDAY'S SUDOKU

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

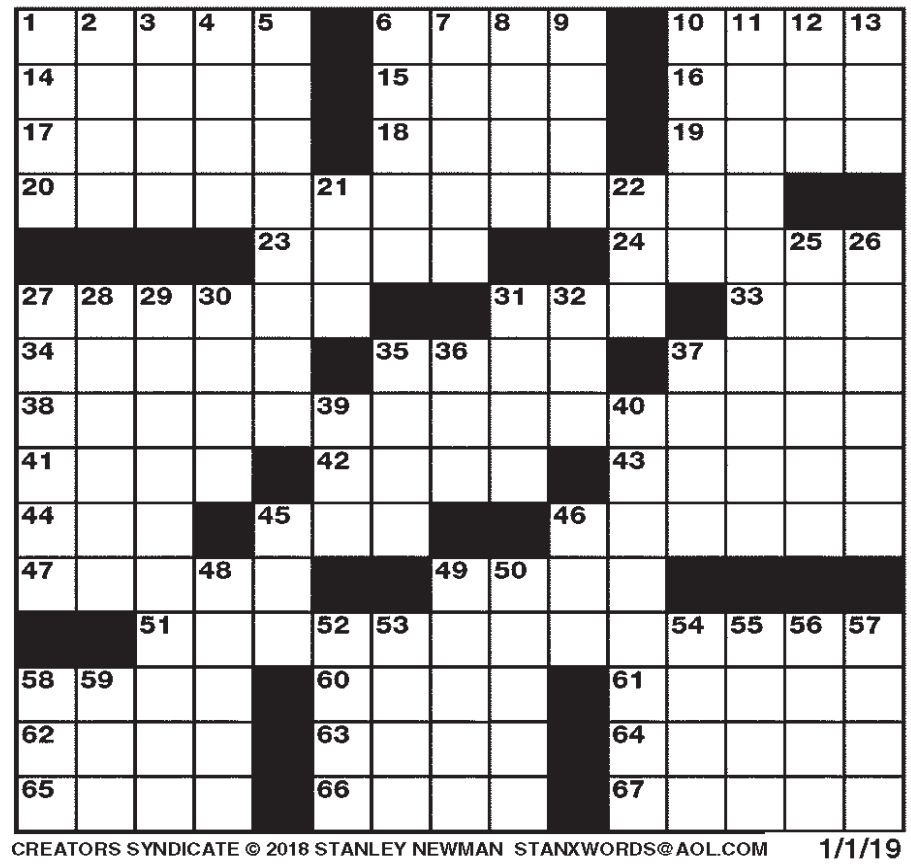
		2						8
6			1		3	7		5
		3		8			2	
2		6	9					
	1		7		8		4	
					2	6		1
	2			1		5		
5		8	2		9			4
7						2		

Newsday Crossword

WATERY BEGINNINGS by Billie Truitt
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Cake topping
6 Urge (on)
10 Brother of Cain
14 AM/FM device
15 "If all __ fails . . ."
16 Not filleted, as fish
17 All thumbs
18 Domesticated
19 Office assistant
20 Full-year baseball admissions
23 What lumber is made of
24 Flag maker Ross
27 Lighthouse's guiding light
31 Bar bill
33 Pollution monitoring org.
34 On the exterior
35 Barber shop sweepings
37 Raisin __ (type of cereal)
38 One of the Big Apple's boroughs
41 Swindles
42 Swirling current
43 Find a new purpose for
44 Chimp or gorilla
45 Jack Horner's dessert
46 Did fine on a driver's test
47 Electric car company
49 Voicemail sound
51 Certain pain-reliever pills
58 Aid in wrongdoing
60 Feels unwell
61 Pick-me-up drink
62 Hockey puck shape
63 Civil rights icon Parks
64 City near Syracuse
65 Flying insect attracted to light
66 Remain
67 Pumpkin eater of rhyme

DOWN
1 Part of the eye
2 Christmas candy shape
3 Creative spark
4 Puppy bites
5 Leave for the office
6 Brief quarrel
7 Tartan pattern
8 "Semper fi" org.
9 Offend the nose
10 Ease up
11 Rowdy
12 Come to a close
13 Strong drain cleaner
21 Persona __ grata
22 Ease up
25 Thinly scattered
26 Tugged hard
27 Lynx cousin
28 Sweden's continent
29 In peak form
30 Corp. big shots
31 Very small
32 "__ you okay?"
35 Jekyll's alter ego
36 "Furthermore . . ."
37 Tournament round exemptions
39 Hawaiian garland
40 "Finish what you're doing"
45 Settle a debt with
46 Vitality
48 Gate fastener
49 Model airplane material
50 Opinion piece
52 Corn servings
53 Barrel of laughs
54 Repetitive learning
55 Monogram ltr.
56 Pleasant
57 Lasting mark
58 Naval fleet leader: Abbr.
59 Life story, for short



CREATORS SYNDICATE © 2018 STANLEY NEWMAN STANXWORDS@AOL.COM 1/1/19

TODAY'S BIRTHDAY (Jan. 1)

The symbolic ritual of making a birthday wish will launch you into your next incarnation with a solid sense of purpose. You're willing to do what it takes to make this wish happen, and you'll be flanked by loyal partners. Also this solar journey: an excellent financial opportunity, domestic beautification and winning teams. Aquarius and Pisces adore you. Your lucky numbers are: 6, 38, 32, 1 and 50.

ARIES (March 21-April 19)
It may seem as though you're not so much for a cause as you are against the opposition to that cause. Whatever you can do to keep the balance will be a fortunate move.

TAURUS (April 20-May 20)
It's been said that 80 percent of success is just showing up. But what the saying leaves out is: When the showing up happens 100 percent of the time, the rewards of success grow exponentially.

GEMINI (May 21-June 21)
You're on Earth; your friend is on Jupiter. Standing on Earth is possible, whereas, for a carbon-based creature with mass, standing on Jupiter is not. What reality can you bring to the situation to enable you to stand together a while?

CANCER (June 22-July 22)
You enjoy what you can do very well, and you can do very well what you enjoy. This cycle just keeps turning throughout your day, which will be most auspiciously focused.

LEO (July 23-Aug. 22)
You don't realize it, but if you stop and think about it – really tally up the evidence – you'll learn that you've been needlessly selling yourself short. You're enough just as you are. Take this statement with you into the new year.

VIRGO (Aug. 23-Sept. 22)
You'll build on your accomplishments in the new year, even though, right now, you may be forgetting what they are. That's why you should list them and look at the list often – a private ritual to boost your confidence.

LIBRA (Sept. 23-Oct. 23)
If you have the energy but not the time, rearrangement and reordering will help you. If you have the time but not the energy, rest and recuperation will help you. Both time and energy? Count yourself among the fortunate!

SCORPIO (Oct. 24-Nov. 21)
You're working on a victory. Maybe it started out as a victory for you, or for your group, but it's grown into something much bigger. If you succeed, then it will be a victory for humanity.

SAGITTARIUS (Nov. 22-Dec. 21)
Get on track and stay there. Know what brings you joy and head into that area with the full fire of your spirit. Don't even bother with the rest today. Kick this year off to a memorable start.

CAPRICORN (Dec. 22-Jan. 19)
Your senses allow you to perceive this beautiful world, and you'll find they are heightened by first-time experiences. It will be very lucky to put yourself in a brand-new situation.

AQUARIUS (Jan. 20-Feb. 18)
A collection of interesting tidbits does not a story make. But you can, and will, turn it into one. You'll be your own publicist, arranging the facts in such a way as to build interest in all you have to offer.

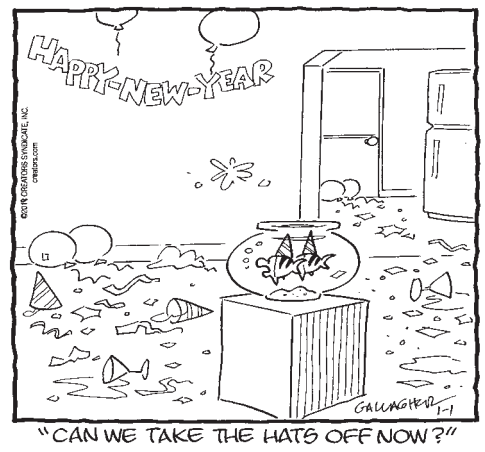
PISCES (Feb. 19-March 20)
Push into the new year with boldness and optimism, focusing on what you want and leaving no room for what you don't want, which will fall quite naturally and easily away.

Mercury Delivers Surprise New Year's Communication

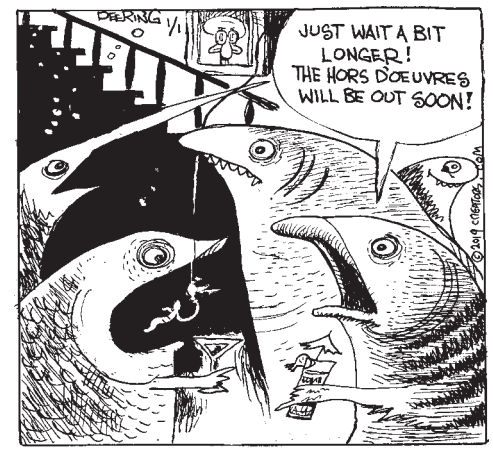
Mercury and Uranus form a lucky fire sign trine indicating surprise news from afar. This could involve personal correspondence, such as a reach-out from a distant friend or an invite from someone who runs in different circles. In the larger sense, it could be a communication bridge between cultures. Finally, an understanding seems possible!

YOUR OPINION MATTERS! SEND YOUR LETTERS TO
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Heathcliff
By PETER GALLAGHER



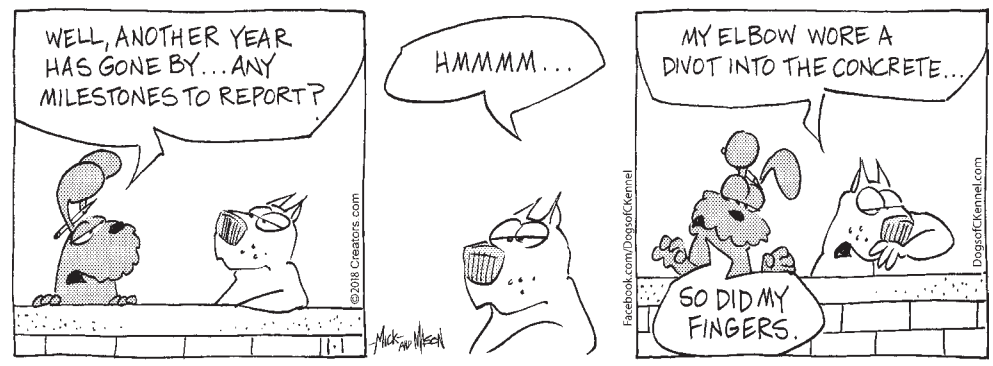
Strange Brew
By JOHN DEERING



Agnes
By TONY COCHRAN



Dogs of C-Kennel
By MICK & MASON MASTROIANNI & JOHNNY HART



Zack Hill
By JOHN DEERING & JOHN NEWCOMBE



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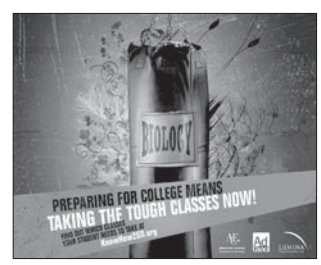
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BALLET

FROM PAGE 1

completely different training - rehabilitation. As I worked to get my ankle back to performance strength, the exercises I worked on were all in isolation. I loved the technique of these slow strengthening movements but wanted to combine this with other elements to help me stay fit and continue moving in a way that I loved. It was then that I fused classical ballet with strength and cardio work to create a powerful program for my recovery. I would work through these routines daily and saw the most incredible physical results with my body, I was staying as lean and muscularly defined with 1 hour a day of this workout, as I was training all day. I started teaching this to dancing-peers who found equal success in incorporating this into their day. I knew this method could go far beyond the dance studio walls and that's when I started teaching it to women from all walks of life with very diverse lifestyles. It was a hit! I taught big festivals, pop-up studios, private clients and built-up an eager audience internationally. I knew this way of moving could benefit so many, and the only way to expand quickly into their lives was through an online platform and streamable workout program.

WHAT LED TO BEING PASSIONATE ABOUT FOOD AND WANTING TO CHANGE YOUR ROUTINE TO BECOME STRONG VS SKINNY?

My ankle injury meant taking weeks off training, and this gave me freedom for the first time away from dance to cultivate other passions (cooking etc). Alongside this, it gave me the time and perspective to understand that I wasn't looking after my body in the way that it deserved. I'd been conditioned as a young dancer to think of food as control and so directly linked with aesthetic and success. Injured and unable to perform, I felt helpless and realized one area I wasn't was food. I could nourish my body, feed it foods to fuel and heal. I didn't want to conform to an unhealthy standard, and this changed my relationship with my body and mind, I valued my strength and health above all else.

HOW DID YOU BUILD YOUR PROGRAM TO A WORLD-WIDE ROUTINE? WAS IT PURELY INSTAGRAM THAT GOT THINGS GOING?

Instagram has always been a great marketing tool, but I'm a strong believer in the product being the driving force. I had created a platform to entice the ideal subscriber so when we launched it was easy to get the very first sign-ups. I counted on their passion to spread the word, and through word of mouth, both virtually and face-to-face it grew.

WHAT'S THE MOST VALUABLE ASPECT OF YOUR APP? HOW CAN PERPETUALLY BUSY SANTA MONICANS BENEFIT FROM IT?

The app and online studio allow women and men to workout from home on demand and is downloadable to stream without wifi. We have monthly workout plans and an expansive streamable library to choose 10-20 minute workouts from or a 30-45 minute mix. Along with this, we have a 6-week stretch program that is particularly useful for the perpetually busy Santa Monicans that need to release all that tension. Being able to jump out of bed and straight onto your yoga mat is ideal for getting the most out of your morning workout, no excuses!

THE PRICE POINT IS LOW FOR SOMETHING SANTA MONICA-BASED. WHY?

This affordable price point was so important to me. Anything inclusive of the word 'ballet' can seem very elitist, and this workout program is not. You do not have to be a dancer to benefit from incorporating dance principles into your workout and you do not have to spend $200 on a gym membership to connect with your body, stretch, sculpt and build strength. The app and online studio are $9-$12.99 per month depending on the length of your membership.

WAS IT IMPORTANT TO YOU TO MAKE THE FOODS ACCESSIBLE? I WAS SURPRISED TO SEE PIZZA AND BURRITOS AS PART OF THE MENU.

Absolutely, I want easy and quick meals that nourish my body and taste buds. Sometimes that means a big Mexican salad with romaine, a trio-bean mix, avocado, pumpkin seeds, grilled corn and sautéed peppers. Other times that means a simple spelt-flour pizza with pesto and caramelized butternut squash. For me, it's about crowding in, not leaving out - and I want every meal to have lots of vegetables and color.

WOULD YOU CONSIDER IT IMPORTANT TO YOU THAT ALTHOUGH THIS IS A FITNESS APP OF SORTS, THAT PEOPLE NOT FEEL THE NEED TO CONFORM TO UNREALISTIC BEAUTY STANDARDS?

I think it is very important when it comes to fitness to remember that the aesthetic benefits are just one of many reasons exercise is important: mental wellbeing, bone health, injury prevention, heart health, confidence... the list never ends. Striving for unrealistic beauty standards does not fuel a good relationship with your body or workout, and it's so important to re-set your goal in strength. Be ambitious with your body, and set your sight on reaching a personal best! If you're looking to lose weight, make sure that you have other strength based goals alongside this. I believe physical transformations can be incredible in fostering a great relationship with your body, however, it's important to know that you do not have to change your body for anyone but you.

HOW DO YOU FEEL BEING REMOVED FROM THE BALLET WORLD? DO YOU CONSIDER THE INJURY A BLESSING IN DISGUISE?

The decision to stop dancing as a profession was one I made and wasn't forced to. I had a business I adored working on and I could see clearly what my life would be like without daily injury. I still feel deep roots in the world of ballet; it was my entire education and a big part of who I am and what I do today.

WHAT'S NEXT FOR YOU AND NATURALLY SASSY?

There are so many areas I want to grow Naturally Sassy, primarily in the connection to our users. In 2019 I'm excited to be bringing live classes to three of our major streaming cities. Our members love using the app, but there's nothing like coming to an in-person pop-up class when you can to connect with a like-minded community.

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