smdp
Santa Monica Daily Press

MONDAY
01.11.21
Volume 20 Issue 49

**Comics and Puzzles**
Pages 2 & 3

**Santa Monica Star**
First batch of January pages inside this issue.

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# Essential: Community Service Officer Jake Buryn




Courtesy photo

**ESSENTIAL: Members of the Santa Monica Police Department are still at work during the pandemic.**

**CLARA HARTER**
SMDP Staff Writer

The Daily Press has launched a series of interviews with essential workers who are working bravely and diligently to keep the Santa Monica community functioning.

Jake Buryn is a community service officer in the Santa Monica Police Department, where he responds to and writes reports on crimes that are not in progress such as burglary, assault, car accidents, and domestic violence.

Jake worries about exposing his family to Covid through his work, but loves his job and using his social work background to support people in moments of crisis. He believes there is a need for police reform and thinks there should be more unarmed officers like him who are trained in social work.

**WHAT ATTRACTED YOU TO THIS JOB?**

I was looking to get out of Child Protective Services after spending five years there. I've always been a social worker at heart so it was hard for me to leave, but after my wife got pregnant and we were going to have our daughter I didn't want to be involved in that work anymore. I don't believe in carrying guns or putting people in handcuffs, so this was a position where I could respond to people when they're having a crisis situation, but hopefully not have anybody shoot at me and not have to put people in jail.

**HOW HAS YOUR JOB CHANGED DUE TO COVID?**

The biggest way our job changed is we try to do as many things over the phone as we can. We still have to go to car accidents and other types of crime reports in person, but the department provides N95 masks and we do everything we can to stay safe. It's always been a dangerous job but during these COVID times it definitely feels even more dangerous.

**ARE YOU WORRIED ABOUT EXPOSURE TO COVID-19?**

For me it's a huge stressor and it's an everyday stressor. I have a 10-year-old daughter and a wife and her parents live very close to us and we see them often. It's something I'm highly worried about, but I still have to put food on my table.

SEE **ESSENTIAL** PAGE 7

# City Council to redo vote for mayor this week

**BRENNON DIXSON**
SMDP Staff Writer

Santa Monica may have a new mayor when City Council meets Tuesday for its first meeting of 2021.

Councilmember Sue Himmelrich was selected by a 5 – 2 vote margin to serve as Mayor for two years during a Dec. 8 City Council meeting. But residents have since voiced concerns of potential Brown Act violations, so council will redo a vote on Tuesday, Jan. 12 after public comment.

Multiple rounds of voting were necessary before Council broke with the previous precedent of year-long mayoral terms and selected

SEE **MAYOR** PAGE 6

# Samohi singers and musicians sweep all-state selections



Courtesy photo

**MUSIC: A group of Santa Monica students are being recognized for their musical ability.**

**CLARA HARTER**
SMDP Staff Writer

From thousands of applicants across California, 33 Samohi band, choir, and orchestra students have been chosen to participate in the prestigious all-state honor choir and musical ensembles.

Santa Monica High School's music program consistently punches above its weight and this year is no exception, as it received the second most all-state selections out of any high school.

This honor highlights students' independent and deep commitments to music as choir, band, orchestra members have been unable to practice together since March.

"It is an honor to be selected as one of the best high school musicians in the state. Being accepted gives me proof that the countless hours I have practiced and participated in music all of my life has been worth it," said Alec

SEE **SAMOHI** PAGE 6

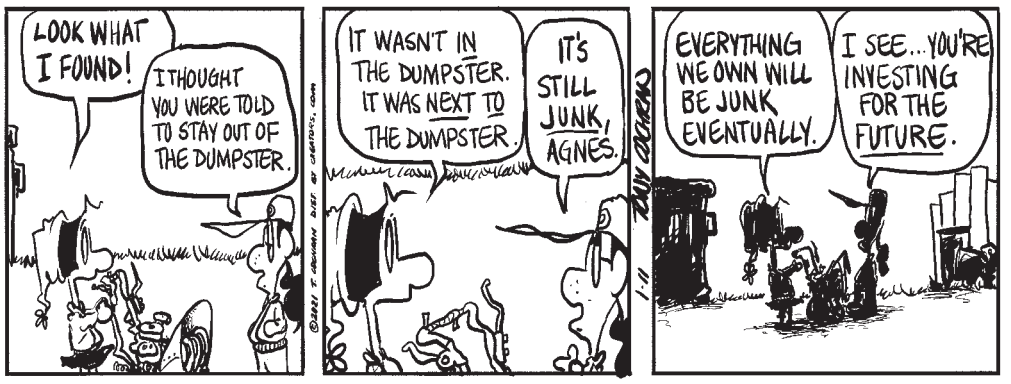
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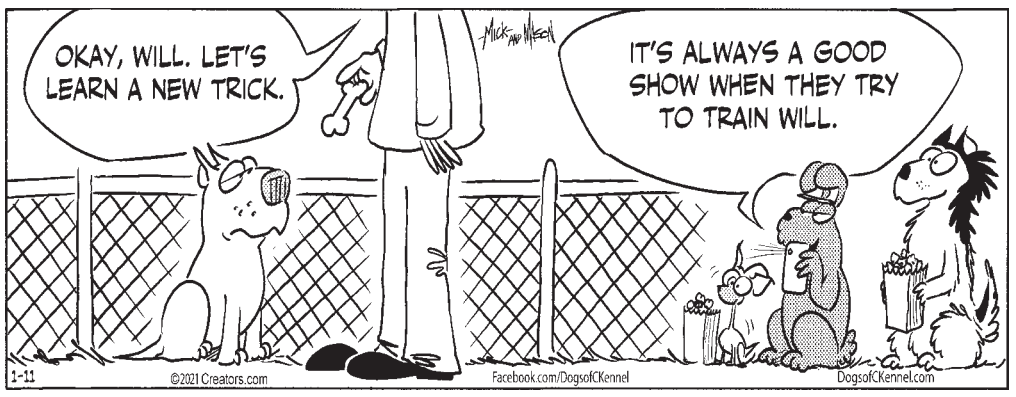
## Agnes

By TONY COCHRAN



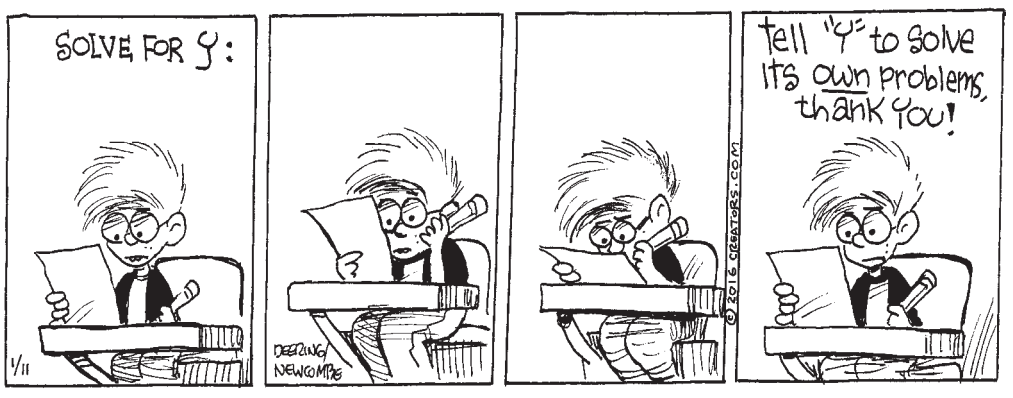

## Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



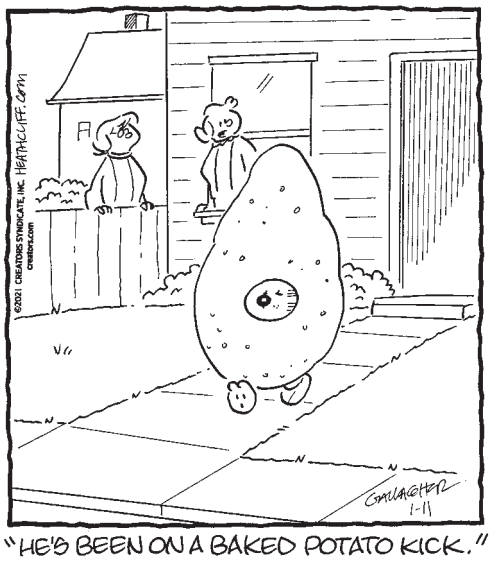

## Zack Hill

By JOHN DEERING & JOHN NEWCOMBE




## Heathcliff

By PETER GALLAGHER




## Strange Brew

By JOHN DEERING







## SURF FORECASTS

WATER TEMP: 57.7°

MONDAY - **POOR TO FAIR** - SURF: 4-6ft Shoulder high to 1 ft overhead
Stronger new NW swell -- should have more size than Saturday.

TUESDAY - **FAIR** - SURF: 3-4ft Waist to chest high
Easing NW swell but still plenty fun. Slow first thing in the morning but turning back on as the tide drops through midday.

## WEATHER

**Monday:** Mostly sunny, with a high near 68.
**Monday Night:**Partly cloudy, with a low around 51.
**Tuesday:** Sunny, with a high near 69.

| Date | Day | Time (LST/LDT) | Predicted (ft) | High/Low |
|---|---|---|---|---|
| 2021/01/11 | Mon | 12:50 AM | 2.02 | L |
| 2021/01/11 | Mon | 07:15 AM | 6.71 | H |
| 2021/01/11 | Mon | 2:35 PM | -1.57 | L |
| 2021/01/11 | Mon | 9:04 PM | 3.84 | H |
| 2021/01/12 | Tue | 01:39 AM | 2.00 | L |
| 2021/01/12 | Tue | 07:59 AM | 6.79 | H |
| 2021/01/12 | Tue | 3:18 PM | -1.67 | L |
| 2021/01/12 | Tue | 9:47 PM | 3.93 | H |
| 2021/01/13 | Wed | 02:26 AM | 1.97 | L |
| 2021/01/13 | Wed | 08:41 AM | 6.69 | H |
| 2021/01/13 | Wed | 3:59 PM | -1.56 | L |
| 2021/01/13 | Wed | 10:28 PM | 3.97 | H |
| 2021/01/14 | Thu | 03:11 AM | 1.97 | L |
| 2021/01/14 | Thu | 09:23 AM | 6.41 | H |
| 2021/01/14 | Thu | 4:38 PM | -1.29 | L |
| 2021/01/14 | Thu | 11:10 PM | 3.98 | H |
| 2021/01/15 | Fri | 03:57 AM | 2.01 | L |
| 2021/01/15 | Fri | 10:04 AM | 5.96 | H |
| 2021/01/15 | Fri | 5:17 PM | -0.89 | L |
| 2021/01/15 | Fri | 11:51 PM | 3.99 | H |
| 2021/01/16 | Sat | 04:45 AM | 2.10 | L |

## DAILY LOTTERY

**POWERBALL**
Draw Date: 1/6
1 20 22 60 66
Power#: 3
Jackpot: 470 M

**MEGA MILLIONS**
Draw Date: 1/5
20 43 51 55 57
Mega#: 4
Jackpot: 520 M

**SuperLotto PLUS**
Draw Date: 1/6
4 29 33 34 44
Mega#: 21
Jackpot: 10 M

**Fantasy 5**
Draw Date: 1/7
4 10 26 33 39

**Daily 3**
Draw Date: 1/7
EVENING: 3 5 3
Draw Date: 1/7
MIDDAY: 3 8 5

**Daily Derby**
Draw Date: 1/7
1st: 02 - Lucky Star
2nd: 08 - Gorgeous George
3rd: 05 - California Classic
Race Time: 1:42.03

Although every effort is made to ensure the accuracy of the winning number information, mistakes can occur. In the event of any discrepancies, California State laws and California Lottery regulations will prevail. Complete game information and prize claiming instructions are available at California Lottery retailers. Visit the California State Lottery web site at http://www.calottery.com

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## TODAY'S BIRTHDAY (JANUARY 11)

The sun returning to your natal place will either dissolve the obstacle in your path or give you the powerful mindset to transcend it. The world sees you surging with confidence, though to you, it feels like a supercharged sense of purpose. With clarity and directness, you'll make things happen for yourself and loved ones. Libra and Scorpio adore you. Your lucky numbers are: 8, 30, 21, 14 and 17.

ARIES (March 21-April 19). While you shouldn't be afraid to invest in yourself, do try the free options first. There are many excellent ones. Also, what has worked for your friends? It's a good place to start and maybe as far as you need to go.

TAURUS (April 20-May 20). There are things you want to turn down and things you want to turn up. Unfortunately, one dial is handling it all. Focus on what to increase. One gesture starts it.

GEMINI (May 21-June 21). If you're not obsessed with the goal, it's not quite good enough for you. When you're hooked into a passion, the next three weeks are incredibly productive.

CANCER (June 22-July 22). The PR guru insists that there's no such thing as overexposure and that most people are hindered by obscurity. You could test the theory, as you've lots to show and tell people today. Go wild!

LEO (July 23-Aug. 22). Fear is like that boiling pasta pot. If you wait, it will build; it will boil over; it will be a mess. Be decisive, and act fast. Knock down the heat before it becomes uncontrollable.

VIRGO (Aug. 23-Sept. 22). Normally you would trust your intuition, but what about when you have a slew of conflicting hunches? Gather all the information. Keep track. Don't act. You can sort later.

LIBRA (Sept. 23-Oct. 23). Some chocolate is delicious not despite its bitter qualities but because of them. You can apply it to your relationship sector, which is made dear by sweetness and made interesting by sprinkles of past pain.

SCORPIO (Oct. 24-Nov. 21). When it comes to friends, you'll take quality over quantity any day. In fact, the better a friendship is, the more time you want to give it, which is too hard when there are dozens of people trying to get your attention.

SAGITTARIUS (Nov. 22-Dec. 21). Maybe you can't balance your time so well today, considering how much work there is to be done. You can, however, get clear on your priorities. And at the end of the day, you'll feel satisfied with how you spent it.

CAPRICORN (Dec. 22-Jan. 19). There's healing, and then there's acting like everything is fine and hoping that no one notices the pain. You've done it both ways before, which is why you can spot the difference in others and help wherever possible.

AQUARIUS (Jan. 20-Feb. 18). You don't have the answers, but that's not going to stop you from trying. It's better to do something that might work than to do nothing. One of these times, you'll crack the code.

PISCES (Feb. 19-March 20). Your generosity will make change happen. It's not just about money -- it's more the spirit you bring to the exchange. People will feel you join them, and together you'll be more powerful than you are alone.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

## 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.

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

SOLUTIONS TO YESTERDAY'S SUDOKU

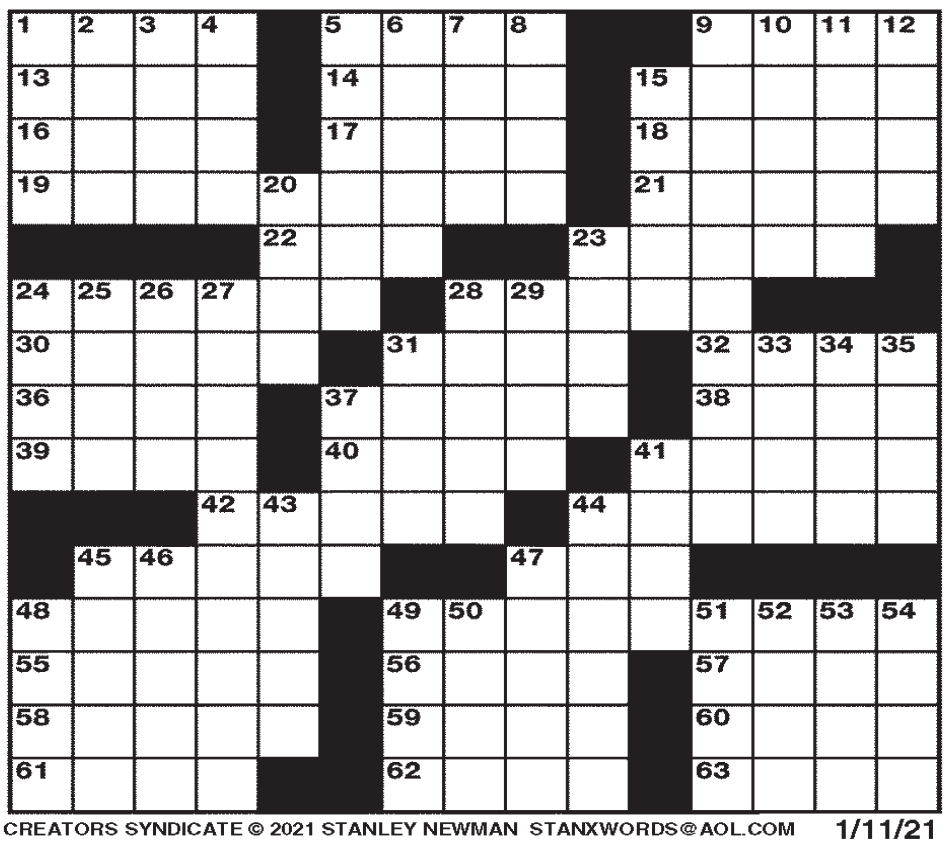
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 6 | 5 | 1 | 9 | 7 | 2 | 4 | 8 |
| 8 | 7 | 1 | 2 | 4 | 6 | 9 | 5 | 3 |
| 9 | 4 | 2 | 8 | 3 | 5 | 6 | 7 | 1 |
| 2 | 1 | 7 | 3 | 8 | 9 | 4 | 6 | 5 |
| 5 | 9 | 3 | 6 | 2 | 4 | 8 | 1 | 7 |
| 6 | 8 | 4 | 5 | 7 | 1 | 3 | 9 | 2 |
| 1 | 5 | 8 | 9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

## Newsday Crossword

**EXOTIC PETS** by Brad Wilber
Edited by Stanley Newman
www.stanxwords.com

**ACROSS**
1 Small rugs that say "WELCOME"
5 Formal party
9 Black bird
13 Rebound of a sound
14 Aroma
15 Question answered "Yeah, you!"
16 Shy away from
17 Half a quart
18 Repetitive behavior pattern
19 Little spiny mammals
21 Gives off, as light
22 "By all means!"
23 Adolescent years
24 Moon's surface depression
28 Coldness in the air
30 Dances at luaus
31 Very dry, as a desert
32 Apiece
36 Computer password creator
37 "Great minds think ___"
38 Woodwind instrument
39 Western flat-topped hill
40 Judge's garb
41 Spiteful, as a remark
42 Specifies, as a person
44 Squandered
45 Easily fooled person
47 Droop
48 With no more patience
49 Noisy, crested parrots
55 Soup-serving utensil
56 Storybook monster
57 Operatic solo
58 Huge body of water
59 Narrow valley
60 Depend (on)
61 Gets married
62 Uses needle and thread
63 ___ and turn (sleep restlessly)

**DOWN**
1 Netlike material
2 Muscle soreness
3 Dull sound of a fall
4 Ballad or carol
5 Burrowing rodent
6 Spanish farewell
7 Taking quite a while
8 ___ and crafts
9 Color-changing lizards
10 Batman's partner
11 Leaves off a list
12 Moistens
15 Bicycle tire
20 What visors shade
23 Sea's rise and fall
24 Buddy
25 Sneaky scheme
26 Pub beverages
27 Large hairy spiders
28 Infant beds
29 Trail walk
31 Lotion's soothing ingredient
33 Slightly
34 Secret message
35 Follow, as advice
37 General's fighting force
41 Legendary epic
43 Colorado ski resort
44 Rouses from sleep
45 End of hostilities
46 Totaled up
47 Fastener twisted into wood
48 Movement of a river
49 Gears with teeth
50 Stare at
51 Small fruit pie
52 Creme-filled cookie
53 Liquids for frying
54 Utters



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## Binary Puzzle

Each cell should contain a zero or a one. No more than two similar numbers below or next to each other are allowed. Each row and each column is unique and contains as many zeros as ones.

SOLUTIONS TO YESTERDAY'S PUZZLE

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 |
| 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 |
| 0 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 |
| 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 |
| 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 0 |
| 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 |
| 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 |
| 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 |
| 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 |
| 1 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 |
| 0 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 |
| 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | | | | | 1 | | 1 | | 1 | | |
| | | | | | | 1 | | | | | |
| | | 1 | 1 | | | | | 0 | | 1 | 1 |
| | | | | | | | | | | | |
| | | 1 | | | | | 1 | 1 | | 1 | 1 |
| | | | | 0 | | | | | | | |
| | 1 | | 1 | | | 1 | | 0 | 0 | | |
| 1 | | | | | 1 | 1 | | | | | |
| | 1 | | 1 | | | | | | 1 | 1 | |
| | | | | | | 1 | | | | | |
| | | 1 | | 0 | 0 | | | 1 | | 1 | 0 |
| | | 1 | 1 | | | | 0 | | 0 | 0 | |




# FIND THE WORDS

**This is a theme puzzle with the subject stated below. Find the listed words in the grid. (They may run in any direction but always in a straight line. Some letters are used more than once.) Ring each word as you find it and when you have completed the puzzle, there will be 20 letters left over. They spell out the alternative theme of the puzzle.** © australianwordgames.com.au 4990

## Coffee shop

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

| | | | |
|---|---|---|---|
| Aroma | Dooars | Leaf | Rose |
| Bags | Dry | Make | Russian caravan |
| Body | Dust | Milk | |
| Bold | Empty | Mug | Skinny |
| Brew | Even | Music | Tart |
| Brick | Flat | Napuk | Tasty |
| Busy | Froth | Nibs | Terai |
| Cafe | Full | Nilgiri | Thin |
| Char | Good | Paklum | Tips |
| Chest | Grey | Pekoe | Weak |
| Coppery | Iced | Pouchong | Wiry |
| Cream | Instant | Puck | Yunan |
| Dark | Kenya | Redeye | |

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.
**Feel the tropical heat**

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The Santa Monica Daily Press publishes Monday - Saturday with a circulation of 8,200 on weekdays and 8,000 on the weekend. The Daily Press is adjudicated as a newspaper of general circulation in the County of Los Angeles and covers news relevant to the City of Santa Monica. The Daily Press is a member of the California Newspaper Publisher's Association, the National Newspaper Association and the Santa Monica Chamber of Commerce. The paper you're reading this on is composed of 100% post consumer content and the ink used to print these words is soy based. We are proud recipients of multiple honors for outstanding news coverage from the California Newspaper Publishers Association as well as a Santa Monica Sustainable Quality Award.

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Roommates
Commercial Lease
Real Estate
Real Estate Loans
Storage Space
Vehicles for Sale
Massage
Services
Computer Services
Attorney Services
Business
Opportunities
Yard Sales
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Fitness
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Lost and Found
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## SUMMONS

SUMMONS(CITACION JUDICIAL) CASE NUMBER(Número del Caso):BC655234NOTICE TO DEFENDANT (AVISO AL DEMANDADO): Barnard Atkins YOU ARE BEING SUED BY PLAINTIFF (LO ESTÁ DEMANDANDO EL DEMANDANTE): Wawanesa General Insurance Company NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of $10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.¡AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible

## SUMMONS

que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de $10,000 ó más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.The name and address of the court is (El nombre y dirección de la corte es): Superior Court of California, County of Los Angeles, Central District-Stanley Mosk111 North Hill St. Los Angeles , CA 90012 The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): Mark R, Nivinskus, Bar No. 195335 Nivinskus Law Group. A Law Corporation (714) 533-8110 134 Wilshire Ave Fullerton, CA 92832 DATE (Fecha): March 23. 2017Sharron R Carter of the Court, Clerk (Secretario), by C.L. Coleman

## DBA

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020201019 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 12/1/2020 The following person(s) is (are) doing

## DBA

business as Awesome Office, Inc 3415 Sepulveda Blvd Suite 1100 Los Angeles, CA 90034 The full name of registrant(s) is/are: Awesome Office, Inc 3415 Sepulveda Blvd Suite 1100 Los Angeles, CA 90034 This Business is being conducted by: A Corporation The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: Awesome Office, Inc Title: Vice President , Erin Miller, Erin Miller This statement was filed with the County Clerk of LOS ANGELES County on 12/1/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 12/28/20, 01/04/20, 1/11/20, 01/18/20

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FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020211319 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 12/09/2020 The following person(s) is (are) doing business as Wydown Partners 11363 Montana Ave Los Angeles, CA 90049. The full name of registrant(s) is/are: MJ Cardinal LLC 11363 Montana Ave Los Angeles, CA 90049 This Business is being conducted by: An Limited Liability Company The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: MJ Cardinal LLC Title: Manager, Mathew Levis, Mathew Levis This statement was filed with the County Clerk of LOS ANGELES County on 12/09/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , , 12/21/20, 12/28/20, 01/04/20, 1/11/20

## DBA

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020216893 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 12/15/2020 The following person(s) is (are) doing business as Safe Harbor Therapy 2729 Nelson Way #5564 Santa Monica, CA 90405. The full name of registrant(s) is/are: Gloria Larkin 2729 Nelson Way #5564 Santa Monica, CA 90405 This Business is being conducted by: An Individual The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: Gloria Larkin Title: Owner, Gloria Larkin, Gloria Larkin This statement was filed with the County Clerk of LOS ANGELES County on 12/15/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 12/28/20, 01/04/20, 1/11/20, 01/18/20

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## Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00453Superior Court of California, County of Los AngelesPetition of Maria-Lucinda Garcia for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Maria-Lucinda Garcia aka Maria Lucinda Garcia filed a petition with this court for a decree of changing names as follows Maria-Lucinda Garcia to Maria Lucinda Garcia. The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date March 12, , 2021 Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press. Date: 12/28/2020

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ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00416Superior Court of California, County of Los AngelesPetition of Sara Elizabeth Broihier and Sean Timothy Broihier for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Sara Elizabeth Broihier and Sean Timothy Broihier filed a petition with this court for a decree of changing names as follows Wyatt Timothy Brohier to Colin Timothy Broihier The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date February 19, 2021 Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for

## Name Change

hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press. Date: 11/23/2020

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ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00443Superior Court of California, County of Los AngelesPetition of Jose Angel Godoy Jr. for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Jose Angel Godoy Jr. filed a petition with this court for a decree of changing names as follows Jose Angel Godoy Jr. to Joseph Angel Godoy The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date March 5, 2021 Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 12/17/2020

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ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00385Superior Court of California, County of Los AngelesPetition of Rainer Von Albedyhll for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Rainer Von Albedyhll filed a petition with this court for a decree of changing names as follows Rainer Von Albedyhll to Rainer Von Albedyhll The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date January 29, 2021, Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press. Date: 11/16/2020

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## SAMOHI

FROM PAGE 1

Raymond, a 12th grade bass player selected for the symphony orchestra ensemble.

In lieu of the traditional trip to Fresno or Santa Fe, Students will participate in this year's programming virtually and their musical recordings will be edited together to form impressive ensemble performances.

"I am super fortunate to be accepted to All-State this year and I feel proud to represent Samohi. During COVID things have been very unstable, but I am looking forward to enjoying some nice 'musicking' with friends near and far," said Sebastian Heredia, a 10th grade viola player selected for the string orchestra ensemble.

District Music Coordinator Tom Whaley sees these impressive selections as not just a victory for Santa Monica High School, but a testament to the quality of music instruction across the District.

In 2005, Whaley began a movement to restructure the District's music education by making it a mandatory part of the elementary school curriculum and introducing robust music programs taught by certificated music teachers at a K-12 level.

"What existed before was a pullout program in our District where kids were asked if they wanted to be in music program and all the rich kids raised their hand and the poor kids were like I can't afford an instrument, so it was not equitable at all," said Whaley.

According to Whaley, the high quality elementary and middle school music programs bring a "tidal wave" of talent to Samohi, which boasts seven orchestras, five concert bands, five choirs, and a marching band.

"Our band and orchestra music program at Samohi is playing only college literature. The upper groups are playing stuff that most colleges can't even play and playing it better," said Whaley. "At the national level they are ridiculously talented. That is a tribute to our teachers and our students and the hard work they do."

The all-state selections reward students for their years of discipline and practice and give them an opportunity to connect with other exemplary musicians across the state. Students also have the chance to work with award winning conductors and further expand their musical mastery.

"Ever since I was in middle school, I have viewed All-State as nothing less than prestigious and inspiring," said Sarah Moeller, a 9th grade bass player selected for the symphony orchestra ensemble. "All-State combines two of my favorite things about music: interacting with people that share the same passion as I do, and performing pieces that remind me why I love music."

Clara@smdp.com

## MAYOR

FROM PAGE 1

Himmelrich as mayor and Councilmember Kristin McCowan as Mayor Pro Tempore for a two-year term as well.

Prior to any discussion or voting for the selection of the Mayor and Mayor Pro Tem positions, McCowan stated on the public record that, out of concern that she may inadvertently have violated the Brown Act, she had called the Interim City Attorney George Cardona and informed him of certain conversations that she had with other councilmembers regarding the election of a Mayor and Mayor Pro Tem.

"She was concerned that she might have violated the Brown Act. She continued that, in accordance with the Interim City Attorney's advice, she would disclose these conversations on the record, in advance of the Council's discussion and vote," Cardona said in an email addressed to Olga Zurawska, a resident who submitted a formal demand to cure or correct what she alleges is a violation of the Brown Act.

Because McCowan disclosed the information she had discussed with three other councilmembers on the record at the Dec. 8, 2020 council meeting, Cardona states in the letter, that disclosure resulted in both the public and all councilmembers being aware of the information she had discussed prior to any proceedings to select the Mayor and Mayor Pro Tem. "All councilmembers, therefore, could take the disclosed discussions into account when acting to nominate and vote for the Mayor and Mayor Pro Tem, and had the ability, if they so chose, to raise these discussions as a basis for supporting or opposing any particular candidate for Mayor or Mayor Pro Tem."

As a result, city staff believes the selection of the Mayor and Mayor Pro Tem at the open and public Dec. 8, 2020 meeting occurred in substantial compliance with the Brown Act, and that there is, therefore, no basis to nullify the selection of the Mayor or Mayor Pro Tem, Cardona added in the letter that's available online. "Nevertheless, in the interests of providing still further assurance that the selection of the Mayor and Mayor Pro Tem has occurred at an open and public meeting, the City will conduct a reselection of the Mayor and Mayor Pro Tem at the January 12, 2021 council meeting. This will address any concern that either the public or the other councilmembers did not have sufficient time to respond to the disclosures made by Councilmember McCowan at the December 8, 2020 meeting."

A number of public comments received from the public in the time since have suggested that Councilmember McCowan should be precluded from participation to ensure that there is a punishment for her engaging in the discussions alleged to have resulted in a serial meeting in violation of the Brown Act, Cardona noted. "Councilmember McCowan, however, promptly and voluntarily disclosed the discussions once she realized that they might have violated the Brown Act. Such voluntary disclosure is something that should be encouraged to provide public transparency and further the goals of the Brown Act. There may be instances where punishment remains appropriate despite such a voluntary disclosure, but this does not appear to be such a case."

Brennon@smdp.

## ESSENTIAL

FROM PAGE 1

It's interesting because at the department the people who are more liberal are much more concerned and cautious about Covid, and the people who are more conservative are not as concerned. I think the department is like our country as a whole: divided and falling on those political lines.

**HOW DID IT FEEL WORKING IN THE POLICE DEPARTMENT DURING THE PEACEFUL BLM PROTESTS AND THE LOOTING DOWNTOWN?**

There is a huge difference between peaceful protesters and violent criminals who loot. I think people have a right to protest and I think that it's incredibly unfortunate that windows were smashed and property was stolen. I'm a believer in Black Lives Matter. I believe that diversity is what makes this country great and I wish we could embrace that instead of rejecting it.

I don't believe in defunding the police; I actually think that's part of the problem. We don't have enough resources to really tackle all of the issues that we're facing. In my mind it's about funding and about reforming. I think that police departments need to change and get back to the roots of what police work is supposed to be, which is serving the community.

**COULD YOU ELABORATE ON HOW YOU WOULD LIKE TO SEE FUNDING CHANGE?**

I think we need funding specifically for more people like myself and my salary is about half as much as a police officer. We need more people who have a social work background and who are in the field meeting with citizens and aren't carrying a gun. One of the things that's so exciting about having Chief Seabrooks return is that she has a vision towards that.

When you have an officer in a uniform who shows up to a situation with a gun on his belt it creates a certain environment. When I show up and I don't have a gun or handcuffs, while that might put me in danger, it allows me the opportunity to create an environment where we can have a more of a social work therapeutic approach.

**WHAT IS YOUR FAVORITE PART OF THE JOB?**

Without a doubt my favorite part of the job is showing up to a situation where somebody is having a top five worst day of their life and I get to come help. There is no better feeling than helping someone navigate that, trying to calm them down and give them the support they need while also getting the job done.

**WHAT DO YOU LOVE ABOUT SANTA MONICA OR WORKING IN SANTA MONICA?**

I love the diversity. I love that one minute I can be north of Montana interviewing somebody who's a multimillionaire and ten minutes later I could be interviewing a transient. I love forcing myself to be flexible and deal with different people in different situations. I love working alongside the brave men and women of the Santa Monica Police Department.

Clara@smdp.com

## WEEKLY ARRESTS

THERE WERE 10 ARRESTS DURING THE FIRST WEEK OF 2021.

| Date | Sex | Age | Charged With |
|---|---|---|---|
| 1/1/21 | M | 46 | False Identification to a Police Officer |
| 1/1/21 | M | 60 | Drunk in Public |
| 1/2/21 | M | 28 | Driving Under the Influence of Alcohol |
| 1/2/21 | M | 42 | Parole Violation |
| 1/2/21 | M | 39 | Assault with a Deadly Weapon |
| 1/3/21 | M | 50 | Assault with a Deadly Weapon |
| 1/3/21 | M | 38 | Indecent Exposure |
| 1/5/21 | M | 56 | Assault & Battery |
| 1/5/21 | F | 57 | Robbery |
| 1/7/21 | M | 39 | Sale or Transport of a Controlled Substance |

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## Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00445Superior Court of California, County of Los AngelesPetition of Aleksey Aleksandrovich Andyriyanov for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Aleksey Aleksandrovich Andyriyanov filed a petition with this court for a decree of changing names as follows Aleksey Aleksandrovich Andyriyanov to Aleksey Alexander Andrian The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date: February 11, 2021, Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press. Date: 12/18/2020

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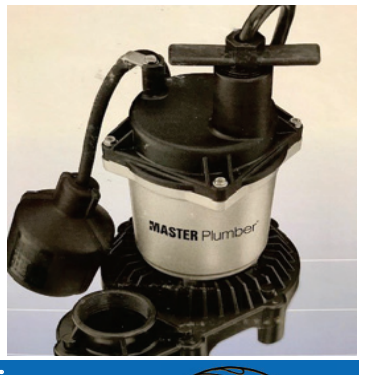
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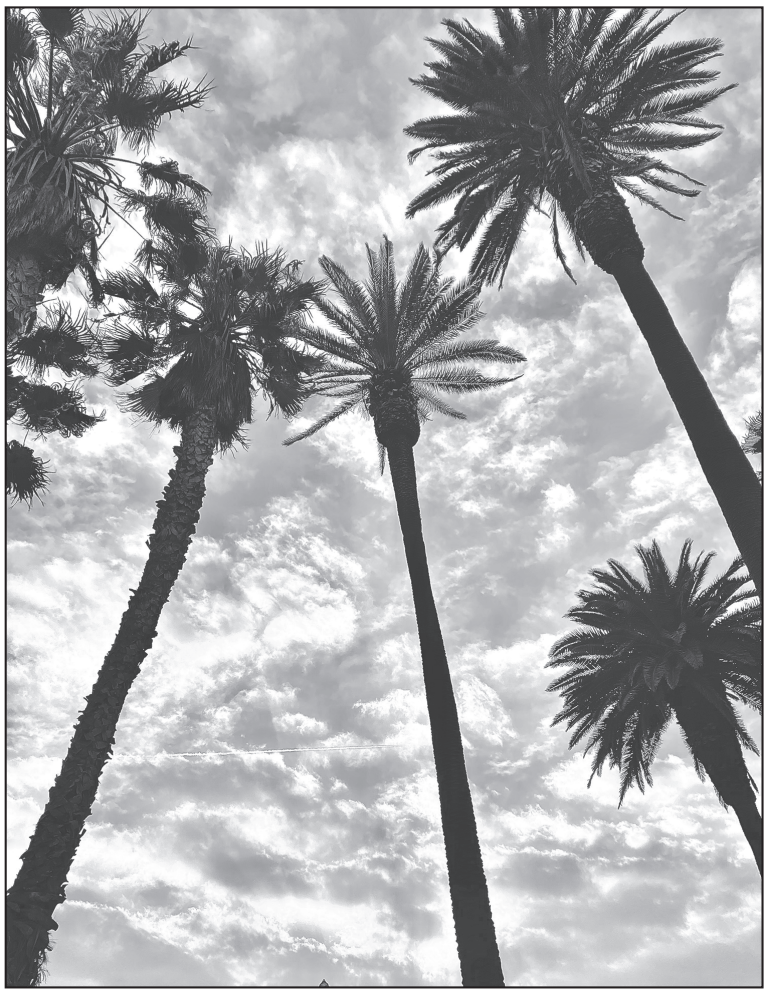


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THE SANTA MONICA STAR
Also Covering The Greater Westside
Volume XX Number 1 | *Connecting You With Your Community* | January 2021



*The tallest trees in Palisades Park seem to be reaching for the winter sky in this recent photo by local photographer Julie Dobkin Gilberg.*

## Join the First Ever Virtual Birthday Celebration for the Rev. Dr. Martin Luther King, Jr.

The Rev. Dr. Martin Luther King, Jr. Westside Coalition will be presenting several events celebrating his life and legacy this month. The 2021 theme is "If not us, then who? If not now, then when?" On Thursday, January 14, "Unfinished Work" will include youth from New Roads School as they explore the legacy of Dr. King by acknowledging, challenging, disrupting and shining a light on institutional and structural racism. This event will be at 6 p.m.

On Friday, January 15 at 9 a.m., a MLK Freedom Celebration will be held. For information and donations, contact 310-452-1116, which is the office at Mt. Olive Lutheran Church.

The Santa Monica Symphony Orchestra will present its annual concert on Saturday, January 16 at 2 p.m. Guido Lamekl will conduct.



*The Honorable Karen Bass will be one of the keynote speakers at the January 18 event. Congressmember Bass was the first African American woman chosen to be the Speaker of the California Assembly in 2008, where she served for six years. She is currently Chair of the Congressional Black Caucus of the United States House of Representatives.*



*Tamika Butler, Esq. is a national expert and lecturer on issues related to the built environment, equity, anti-racism, diversity, and inclusion. She will also be a speaker.*

The National Holiday Celebration will be held on Monday, January 18 at 9 a.m. It will feature performances by the Samohi choir and the Peace Player Drummers. Keynote speakers will be Tamika Butler, Esq. and the Honorable Karen Bass. A Community Light Award will be presented to the Village Nation, and education awards will be presented to local students.

The Community Involvement Fair will follow virtually on their websites. For more details, go to www.mlkjrwestside.org, or call 818-207-3934.

## Santa Monica College's John Drescher Planetarium Continues its Friday Evening Events in Winter 2021

The Santa Monica College John Drescher Planetarium will explore the birth of stars, present an update on the orbiters and rovers arriving at Mars, and continue the planetarium's 50-year retrospective on the flights of Apollo. The planetarium continues its Friday evening events in winter 2021 with free, live virtual shows presented online at smc.edu/planetarium.

The Friday evening shows are at 8 p.m. and are preceded by a streamlined, virtual digest of the popular Night Sky Show at 7 p.m. offering the latest news in astronomy and space exploration. The shows include the chance to ask planetarium lecturers astronomy-related questions.

The planetarium is exploring a variety of ways to present its shows while the Santa Monica College (SMC) campuses are closed due to the COVID-19 pandemic. Currently, the planetarium is using the Zoom platform. To attend the shows, the Zoom software version 5.0 or higher must be installed on the viewer's computer. A free download is available at smc.edu/planetarium.

The winter 2021 shows run from Friday, January 8 to Friday, January 29 and February 5. More information is available by going online or calling 310-434-3005. All shows are subject to change or cancellation without notice.

## Do You Recognize This Neighborhood Celebrity?

*(Answer on Page 4)*



## The Santa Monica Public Library Presents a Gardening Program for Children

Learn something new in the new year! The Santa Monica Public Library presents a program for kids, ages 6 to 11, "Plant an Herbalicious Garden," on Saturday, January 9 at 1 p.m. via Zoom. An expert from the Santa Monica Community Gardens will show kids how to start their own garden, perfect for a windowsill or patio. Materials, including a pot and saucer, potting soil, and seeds are available at the Santa Monica Public Library curbside pickup locations, while supplies last. This free program is co-sponsored with the Office of Sustainability and the Environment.

Want to learn more about gardening? Families can place holds on books through the library's website at smpl.org, or by calling 310-458-8600 to pick them up at the library's curbside pickup windows.

For some great titles, explore the Gardening and Planting for Kids list, prepared by library youth services staff: *Gardening for Kids.* While the Library buildings remain closed to help prevent the spread of

***(Continued on Page 2)***

## *Take A Look Inside*

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# Make New Year's Resolutions Stick – The SMART Way

***By Dr. Sheila Forman***

Welcome to January 2021! If you are like I am, you couldn't wait for 2020 to end, to turn the calendar page to a new year and a new start. And, if you are like I am, you probably set some New Year's Resolutions, or goals as I prefer to call them. I have been setting goals for years. They are what help propel me forward. To bring your resolutions to fruition, think of them as goals, and do as I do.

To get the most of your goals, you need to set SMART ones. SMART is an acronym used in the business management world to help executive and other big shots get things done. Each letter represents a vital part of your goal.

Here's how SMART works:

**S: For your goal to have teeth, it needs to be specific.** To say, "I want to lose weight" is too vague. Instead, say "I want to lose 10 pounds."

**M: Your goal also needs to be measurable.** If we use the same example, you can count "10 pounds," you can't count "lose weight."

**A: The next part requires that your goal be attainable.** Let's say you've spent all of 2020 on your couch watching Netflix (didn't we all!) and now you want to set a fitness goal. To set a goal that you will run the L.A. Marathon this March is probably not doable, given your sedentary starting point. But, setting a goal to run a 10K this March is probably very doable, aka attainable.

**R: Your goal also needs to be relevant**. By relevant, I mean a goal that excites you, that will really make a difference for you, that means something to you. Maybe you always had a dream to write a novel. In fact, you have several unfinished first drafts buried in a file only you know how to find. Using SMART, you can write a workable first draft within 2021.

**T: And, finally, we come to timeline.** Adding a deadline to your goal is the wind beneath its wings. If we go back to the first goal example, "I want to lose 10 pounds" and add "by April 30," that, my friend, is a SMART goal. It checks all of the boxes.

Take some time today to rewrite your New Year's resolutions into SMART goals and get started. Remember what the author Antoine de Saint-Exupery famously said, "A goal without a plan is just a wish!"

May 2021 be the year when all your goals are met. Here's to a happy and very healthy new year!

***Dr. Sheila Forman is a clinical psychologist based in Santa Monica who provides teletherapy services. For more information, call 310-828-8004 or go to www.Dr.Sheila Forman.com.***

*Planning Ahead*

# Trustee or Executor - Duty to Account



***By Lisa C. Alexander, Esq.***

It can be a big job serving as Trustee or Executor for someone who has passed away. It is especially "front-end loaded" with a lot to do at the beginning, including locating and accessing assets and dealing with bills and creditors. But, it can also be rewarding to take on the trust you've been given, and you are entitled to compensation, although you are not required to take a fee.

One of the more significant responsibilities of the Trustee or Executor is the duty to account. As assets are identified, you become accountable for those assets. Assets must be prudently invested, insured as appropriate, and any sale must be for market value and on the best terms possible. All your actions and the financial information will be subject to review, so you must keep detailed records. You should also keep in regular contact with your attorney whose fees are payable from the Trust or Estate.

When it comes time to distribute a Probate estate, the Executor is legally required to report to the Court and the Estate beneficiaries the Executor's actions during the Probate and to account for all the income and expenses. With very limited exceptions, the same is true for the Trustee of a Trust, except the Court is not usually involved.

An accounting to the Court must be presented in a legally required format. It includes detailed schedules of the assets you began with, all receipts and gains on sale, all disbursements and losses on sale, and the assets on hand at the end, including a description of any change in the form of assets (such as reinvestment.) The accounting must balance to the penny.

The accounting provides transparency for both the Trustee or Executor and the beneficiaries. It is a means by which the beneficiaries can hold the Trustee or Executor accountable. The accounting also establishes the share of the assets a beneficiary is entitled to receive.

For example, a beneficiary may be entitled to one-half of the Trust or Estate, but without an accounting the beneficiary can't know how much one-half is worth or what assets will be distributed to the beneficiary. The accounting also protects the Trustee or Executor.

After the accounting is approved by the Court or accepted by the beneficiaries, the Trustee or Executor is protected from future liability for all matters disclosed in the accounting. The Trustee or Executor can finish the job with the satisfaction of a job well done.

***Lisa C. Alexander, Esq.***
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***1250 Sixth Street, Suite 300***
***Santa Monica, CA 90401***

## The Santa Monica Public Library

***(Continued from Page 1)***

COVID-19, they are ready to assist you.

Contactless service is available at Santa Monica Public Library. They encourage you to visit their Online Library and access the Library's many digital services that are available 24/7. Questions? Please call them at 310-458-8600, or email reference@amgov.net. Staff are available Monday through Friday, 10 a.m. to 4 p.m., and look forward to connecting with you.

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**1112 Montana Ave. #525**
**Santa Monica, CA 90403**
**424-581-6005** ©2021

Website: www.thesantamonicastar.com
Email: SMStarNewspaper@gmail.com

Editor and Publisher: Diane Margolin
Editorial Assistant: Miceala Shocklee
Advertising Sales: Diane Margolin

Ad Graphics: Dynamic Graphic
Contributing Writers:
Dr. Frank Lavac, Qin Stubis, Michael Margolin, Lisa Alexander, Anne Wallentine, Sunshine Banister, Mark Presky, Julia Abbott, Jahrid Longsworth, Dr. Sheila Forman, Brenton Banister, Kalina Silverman, and Kera Snell.

Special thanks to Rufus Baker, Ron Robinson, and Becky Mejia.

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**Brain Matters**

# What is Ketamine Therapy?



***By Keith Heinzerling, MD***

Ketamine is approved for use at high doses as an anesthetic in the operating room. Although not FDA-approved, lower dose "sub-anesthetic" ketamine injections are used "off-label" to treat depression, pain, and other mental health/substance use disorders.

In recent times, there have been many factors contributing to increased depression across wide populations. There are several medications available for depression, anxiety, and substance use disorders which involve daily administration of a medication aimed at correction of neurochemical imbalances via action at specific brain receptors (e.g. serotonin, dopamine, mu opioid).

In contrast, using a psychedelic-assisted therapy model with ketamine produces a short-lived but intense subjective experience – the mystical or peak experience – which triggers or elicits an afterglow, accompanied by a subsequent positive change in affect, insight, motivation, cognition, and behavior.

The potential for mystical experiences to produce rapid, profound, and sustained changes in insight, mood, behavior, and consciousness was recognized and first used by indigenous cultures in shamanic and other healing rituals. Psychedelic-assisted therapies for treating behavioral health disorders was studied extensively and safely in approximately 40,000 patients in North America in the 1950s and 1960s.

Patients with depression, anxiety, PTSD, end-of-life distress, chronic pain, drug/alcohol problems, and other conditions may be eligible for psychedelic-assisted therapy with ketamine.

Usually, ketamine treatment includes one or a few in-clinic ketamine dosing sessions under clinician supervision integrated with preparatory and integration counseling. By harnessing the potential psychedelic effects of ketamine, the aim is to achieve more sustained results with fewer ketamine treatments compared to IV ketamine infusions without accompanying psychotherapy.

The new year could include tackling and shedding some difficult issues and making a fresh start in 2021.

***Dr. Keith Heinzerling practices internal medicine and is an addiction medicine specialist at the Pacific Brain Health Center at Pacific Neuroscience Institute. His clinical and research focuses are on the treatment of alcohol, drug and substance use problems, with anti-addiction medications. As director of the TRIP program, he is involved in the development of psychedelic-assisted therapies for those suffering from addiction, depression, anxiety, and PTSD. Contact him at pacificTRIP.com, or call 310-878-0929.***

**Teen Scene**

# Reactions to Cheating on Tests



***By Julia Abbott***

Recently, there was a serious cheating scandal at my high school. I was shocked, as I knew some of the kids involved. In the aftermath of investigations and retaking tests, my teacher said something that struck me. "We need less smart people and more kind people," she moaned while setting up our retake.

I completely agree with that statement. Of course, that's not to say intelligence isn't important. But, we live in a world where value is placed on salaries and promotions, college degrees, and test scores. Even in the bubble of high school, the pressure to be the best is so strong, it pushes people to do anything to get that grade. The emphasis on being "smart" is drilled into people, starting in middle school. The shift from the elementary school days of teaching kids to be kind, to the rest of life teaching people to be smart, is jarring.

Why do those values stop being instilled in children after the fifth grade? At the end of the day, kindness is important until the day you die, not until your elementary school graduation.

As a child, I remember teachers telling me that my heart was my best quality. As a high schooler, that praise has switched completely to my head. In a world where people are trying to be the smartest, try to be the kindest. True success doesn't lie in cheating to get the best grade on a test. Success lies

***(Continued on Page 4)***




*Donors Laura and Mark Wittcoff, far right, are shown with the Mobile Stroke Unit team at a Torrance fire station.* *Photo by Megan Witt*

# Wittcoff Nursing Fellowship to Support UCLA Stroke Rescue Program

UCLA has received $1 million from Mark and Laura Wittcoff to establish the Marjorie Scherck and Raymond Wittcoff Nursing Fellowship in Stroke Care Innovation. The fellowship will support nursing staff for the UCLA Arline and Henry Gluck Stroke Rescue Program, which operates a mobile stroke unit that provides early diagnosis and care when patients are being transported to a hospital.

The fellowship honors two of the Witcoffs' family members who were committed advocates for nursing care as supporters of Barnes-Jewish Hospital in St. Louis, where Mark's father, Raymond Wittcoff, was chairman of the board at Washington University Medical Center. Marjorie Scherck, Laura's grandmother, was a major benefactor of the hospital who took Laura to volunteer in the gift shop.

"Thanks to our beloved family members, we're very lucky to be able to give, and it gives us great satisfaction to know that this gift memorializing them will advance UCLA's mission of research, education and service," Mark Wittcoff said. "We're proud to be assisting UCLA which helps all people with the same high level of care."

The nursing fellowship marks the Wittcoffs' second major gift to UCLA, following a 2019

***(Continued on Page 4)***

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*Reflections From The East*

# Life Beyond Life: Schrodinger's Cat Re-explored



***By Qin Sun Stubis***

We are living in a very exciting time right now. The ingenuity of our human minds has continued to propel us deeper into the understanding of ourselves and our world, helping us to learn more and more about less and less.

In the quantum field, for instance, physicists are now able to examine the nature of microscopic particles that make up the matter in our universe and look ever more closely into how they interact in our physical environment.

Nevertheless, unless you are an expert, quantum theories and their mathematical calculations are so alien to us that they might as well have been something created by beings from outer space.

For us ordinary people, the closest thing we might ever know about them is perhaps a cool spinoff joke about a famous imaginary feline known as Schrodinger's cat. Occasionally, it jumps at us when we least expect it, on a friend's mug with "Wanted Dead and Alive: Schrodinger's Cat" or on the T-shirt of a passersby saying "Schrodinger's cat found alive!"

In the 1930s, the Austrian physicist Erwin Schrodinger asked what it would be like if our everyday lives mirrored the same mysterious, paradoxical phenomena that actually happen at the atomic level, where things can exist in two different states at the same time.

To this end, he asked us to imagine a sleeping cat inside a sealed steel box that contained a deadly mechanism. Somewhere within an hour's time, the mechanism would flip a coin, and if it landed heads, poison would be released into the box, silently killing the cat. If the coin landed tails, the mechanism would do nothing, and the cat would live. To someone returning to the box after an hour's time, the cat effectively exists in a 50/50 "superposition" combining the two states – both alive and dead at the same time *until it is observed,* as one or the other.

To you or me, living in the everyday world, this may seem ridiculous – the cat should obviously be one or the other, but that is not how things actually act in the unseen and quite real quantum world that underlies the universe. The physics is rather complicated to explain, but the "cat" (a metaphor for the spooky way all of reality actually works) is truly both dead and alive until the box is opened and one of the two possibilities is revealed.

It is mind-boggling because our logic cannot explain how any creature could be alive and dead at the same time, even a cat with nine lives. And yet, under the condition specified by Schrodinger, it is totally plausible.

As humans, the fragility of life makes us feel forever vulnerable. Every living being comes to this world through birth and always leaves through death. We have been obsessed by the subject of eternal life since the beginning of time, which may explain why Schrodinger's cat (the theory, anyway) is still alive, thriving even outside the field of physics some 80 years after its birth.

In some ways, this magical cat is not just the subject of an imaginary experiment. It represents a unique perspective on life and death, inspiring us to explore the possibility of their coexistence. If indeed, death concurs with life, then our existence may extend beyond life.

It suddenly occurred to me that some of our fellow beings may be already living in the state of Schrodinger's cat – alive and yet not alive at the same time. Think about Alex Trebek hosting new episodes of Jeopardy long after he succumbed to cancer; how our dearest departed family members and friends appear to us and live on in our memories, continuing to guide us with their wisdom and example in moments of doubt; or Frederic Chopin's piano concertos being played again and again long after he himself was gone.

Thanks to Schrodinger, maybe we have already found everlasting life on Earth. Our life beyond life. Whether we want it or not, maybe we have already gained more than nine lives.

***You can always reach me at qstubis@gmail.com.***

## Wittcoff Nursing Fellowship

*(Continued from Page 3)*

contribution to support the stroke rescue program and other UCLA Health priorities. The Wittcoffs also volunteer as co-chairs of the program's council of advocates, which is raising additional funds and recruiting community leaders to be ambassadors for the program.

In addition, the Wittcoffs serve on the board of the UCLA Health System. That position came about because of an invitation from Henry Gluck, and Mark Wittcoff said it was Gluck's friendship and mentorship that inspired the couple's most recent gift.

"We consider it a responsibility to raise much more than we give," he said. "What better way to honor and continue Henry and Arline's inspiring work than by ensuring that this life-saving program grows and lasts into the future."

Stroke is the leading cause of disability and one of the top causes of death in the U.S. Because people's ability to recover from a stroke often depends on how quickly they receive treatment, UCLA Health launched the Gluck Stroke Rescue-Program in September 2017.

Staffed by a vascular neurologist, critical care nurse, paramedic and CT technologist, the ambulance was California's first mobile stroke unit. In partnership with the Los Angeles County Department of Emergency Medical Services and Department of Health Services, the program enables early testing and initial treatment while patients are transported to the most appropriate stroke center.

For further information, please contact Ellen Haddigan-Durgun at ehaddigan@mednet.ucla.edu, or visit https://www.uclahealth.org/mobile-stroke/.

***Reprinted with permission from UCLA Health.***

## Answer to Neighborhood Celebrity

*(Continued from Page 1)*



*Jess Cortez has been working at Neli's for 24 years. As co-owner with Amy Canales for the past 16 years, he has done everything but cook.*

## Reactions to Cheating on Tests

*(Continued from Page 3)*

in giving more than you take. Especially now, the world needs more kind people. Everyone who reads this article has the ability to be that person.

***Julia Abbott is a local high school student who has been writing for us since she was in elementary school. She has won awards in debating, speaking, writing, piano, and dance.***

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