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Shockingly easy ways to get personal training

MARINA ANDALON
Daily Press Staff Writer

Burning calories is part of many Santa Monicans' lifestyles and their New Years Resolutions but some need a little extra help.

A new fitness studio, Manduu, opened on Main St. at the end of last year. The studio offers personal training to everyone, regardless of age, or fitness level. Whether working on your beach body or just gaining muscles, Manduu could be the place for you, if you are okay with electronic muscle stimulation (EMS).

Manduu uses EMS to strengthen all 656 muscles within the body, in fifteen minutes and once a week. According to their website, "EMS

SEE **TRAINING** PAGE 5

Federal appeals court refuses to reinstate Trump travel ban

BY SUDHIN THANAWALA
Associated Press

A federal appeals court refused Thursday to reinstate President Donald Trump's ban on travelers from seven predominantly Muslim nations, unanimously rejecting the administration's claim of presidential authority and questioning its motives.

The panel of three judges from the San Francisco-based 9th U.S. Circuit Court of Appeals declined to block a lower-court ruling that suspended the ban and allowed

SEE **TRUMP** PAGE 6

Santa Monica makes way for more Granny Units

BY KATE CAGLE
Daily Press Staff Writer

The City Council will review new rules to streamline the building of accessory units and bring local ordinances into line with a new state law Tuesday.

The law, Assembly Bill 2299, aims to address the housing shortage in California cities by making it easier for homeowners to build additional units in their backyards and rent them out. The argument: as the children of boomers move out of the house and on with their lives, their parents may want to bring in extra income by becoming landlords to backyard tenants. Since the houses themselves are emptying of children, allowing renters in the backyard won't increase overall neighborhood density.

The state law hit the books on Jan. 1 and has already made its way through the Planning Commission. The Commissioners debated several guidelines: how large can the dwellings be, where can they be put, and who can live there.

"If we want people to move into Santa Monica and be part of the community, lets do it right," Commissioner Jennifer Kennedy said during a discussion at last Wednesday's Planning Commission meeting.

SIZE:

Accessory Dwelling Units (ADUs) in Santa Monica are currently limited to a maximum size of 650 square feet. The size is intended to ensure that the ADUs are subordinate to the main house. If an ADU has a second story, the top floor is limited to 250 square feet. During a

SEE **UNITS** PAGE 6

Weak and short La Nina fades away; climate shifts to neutral

BY SETH BORENSTEIN
AP Science Writer

La Nina, we hardly knew ye.

U.S. weather forecasters said Thursday the cool flip side to the climate phenomenon El Nino has faded away.

The La Nina episode lasted only four months and was among the weakest and shortest on record, coming on the heels of one of the strongest El Ninos, said Mike Halpert of the National Oceanic and Atmospheric Administration's Climate Prediction Center.

La Nina, a cooling of parts of the equatorial Pacific that changes weather patterns worldwide, often lasts a year or more, longer than El Ninos. La Nina conditions were first detected in October and disappeared in January.

"Even though it was fairly weak and short-lived ... it did leave impacts," Halpert said, pointing to unusual cold in Alaska, western Canada and U.S. Northern Plains in December and January.

Strong La Ninas usually follow powerful El Ninos, which didn't happen in this case, said University of Washington atmospheric scientist Mike Wallace.

Many computer models show an El Nino forming later this summer or fall, but NOAA isn't making a prediction yet, Halpert said.

If an El Nino returns quickly, it would be fairly unusual. Switching from El Nino to La Nina and back in less than three years has happened only once before in the 1960s, Halpert said.

La Nina's disappearance leaves the world in what is called a neutral condition, making it tougher for meteorologists to make seasonal or long-term forecasts.

"In the forecast game you like big signals," Wallace said.

Because of persistent warming, forecasters will continue to call for warmer than normal temperatures for much of the United States.

"You can't really go wrong if you are forecasting above-normal temperatures for a large part of the country because that's what you get," Halpert said.



Marina Andalon

DISAPPEARING PIER: **Winter weather rolled through Santa Monica this week including thick fog that limited visibility along the coast.**


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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Friday, February 10

Feng Shui Workshop

Laura Cerrano, founder of Feng Shui Manhattan in New York, discusses how "environmental psychology" can be used to lower stress, while increasing vitality, by altering a person's surroundings. Montana Avenue Branch Library, 1704 Montana Ave., 1 – 2:30 p.m.

Writing & Revision Strategies with Jennifer Caloyeras

It's post NaNoWriMo and you've written a draft of your novel. Now what? Come learn about revision strategies from novelist and short fiction writer (and former Annenberg artist-in-residence) Jennifer Caloyeras. She will guide you through the revision process from line edits to overall tone, as well as the next steps in the writing process: querying agents and publishers. Participants will leave with a roadmap for revising their drafts. Cost: $10. 1450 Ocean, 12 – 1:30 p.m. Register at https://apm.activecommunities.com/santamonicarecreation/Activity_Search/55064 or call (310) 458-2239.

Saturday, February 11

How to Be Happy: The Art and Science of Turning Blahs into Ahhs

Join Santa Monica psychologist Dr. Jackson Varady as he discusses science-backed practical techniques to brighten your mood, lower stress, strengthen relationships, cultivate joy, and foster life-long happiness. Main Library, 601 Santa Monica Blvd., 3 – 4:30 p.m.

Pioneers of Clover Field

Author and researcher Barbara Schultz shares the history of Clover Filed--home in the 1920s and 1930s to pilots, airlines, and manufacturers, and the setting for many Hollywood movies. Fairview Branch Library, 2101 Ocean Park Blvd., 2 p.m.

Fun-a-Day Show

It's the long-awaited Fun-a-Day show! Come check out the work of locals who made a commitment to make a work of art every day in January. 1450 Ocean, 12 – 4 p.m.

Free Craft Lounge & Knitting Hangout

Free! Open to all adults, reservations appreciated. Every second Saturday of the month they invite artists and crafters to come work on their projects in company. They have sewing machines and art supplies available for sharing, and often invite a guest artist to lead an activity. 1450 Ocean, 11 a.m. – 2 p.m. https://apm.activecommunities.com/santamonicarecreation/Activity_Search/56315

Oil Filter Exchange

Need a filter? Exchange your used oil filter for a new one - FREE! Saturday, Feb. 11 from 9 a.m. to 3 p.m. at O'Reilly Auto Parts, 2018 Lincoln Blvd.

Sunday, February 12

Jazz at Mt. Olive

Janice Anderson and the Hot Medusa Quartet D'amour, 5 p.m., Mt. Olive Lutheran Church, 14th & Ocean Park, Santa Monica, $10 suggested donation, ample free parking.

Health care talk

Dr. Song will share his journey to pursue justice in the U.S. health care system. This is part of the monthly Progressive Christian Service from 4 to 5. Potluck supper follows from 5 to 5:30 p.m. Nurturing, empowering, fun program for children is available throughout. "What is happening with Health Care and What should we do about it?" Dr. Paul Song, Speaking. Church in Ocean Park, 235 Hill street.

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

COMMUNITY BRIEFS

Ocean Park Blvd.

Author Talk: Pioneers of Clover Field

The Fairview Branch Library, 2101 Ocean Park Boulevard, with Santa Monica Public Library, is presenting an Author Talk: Pioneers of Clover Field.

Author and researcher Barbara Schultz shares the history of Clover Field - home in the 1920s and 1930s to pilots, airlines, and manufacturers, and the setting for many Hollywood movies.

This event is free and open to the public. All ages are welcome. For more information visit smpl.org or call (310) 458-8681. The Santa Monica Public Library is wheelchair accessible. For special disabled services, call Library Administration at least one week prior to this event at (310) 458-8606. This location is served by the Big Blue Bus Line 8. Bicycle parking racks are available at all library locations. Saturday, Feb. 11, at 2 p.m., Fairview Branch Library Community Room, 2101 Ocean Park Boulevard.

– SUBMITTED BY ASHLEY KAGAN, FAIRVIEW BRANCH LIBRARY BRANCH MANAGER

Lincoln Blvd.

Used Oil Filter Exchange Hosted by City's Resource Recovery and Recycling Division

Why Recycle Oil Filters? According to the California Department of Resources Recycling and Recovery (CalRecycle): Used Oil filters contain 10 ounces of used oil and therefore a hazardous waste and must be properly recycled - not thrown in the trash.

Oil filters contain used oil and steel; both are valuable nonrenewable resources.

Oil filter recycling is good for the environment and easy to do.

Each year California generates 67 million used automotive filters per year. The filters are considered hazardous waste and are banned from landfills, however, they are also completely recyclable. Each filter has about a pound of re-usable steel. All the filters sold annually in California can be recycled into 67 million pounds of steel, enough to build three large sports stadiums.

Bring those used filters to O'Reilly Auto Parts to get them recycled for free. O'Reilly Auto Parts 2018 Lincoln Blvd., Feb. 11, 9 a.m. - 3 p.m.

– SUBMITTED BY DEBBIE LEE, SANTA MONICA CHIEF COMMUNICATIONS OFFICER

Downtown

How to Be Happy: The Art and Science of Turning Blahs into Ahhs

Santa Monica Public Library presents a talk on How to Be Happy with Dr. Jackson Varady, a local clinical psychologist, on Saturday, Feb. 11, at 3 p.m. in the Main Library's Martin Luther King, Jr. Auditorium, 601 Santa Monica Blvd.

Happiness has been described as "a deep sense of flourishing that arises from an exceptionally healthy mind." Join Santa Monica psychologist Dr. Jackson Varady as he discusses science-backed, practical techniques to brighten your mood, lower stress, strengthen relationships, cultivate joy, and foster life-long happiness.

This program is free and all ages are welcome. Space is limited and on a first-arrival basis. This is an event of The Living Room ...a place for adults program series. For more information, visit smpl.org or contact the Santa Monica Public Library at (310) 458-8600. The Santa Monica Public Library is wheelchair-accessible.

– SUBMITTED BY JUDITH S. GRAHAM, PUBLIC SERVICES LIBRARIAN.

Van Nuys

Birdwatching

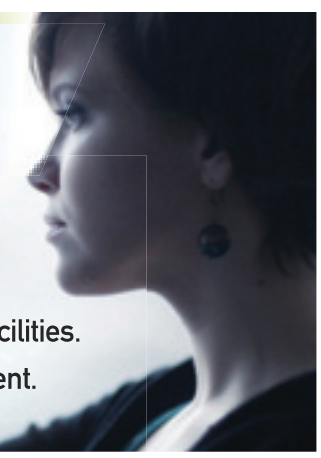
Only 15 minutes from Santa Monica, Chuck & Lillian Almdale will show participants around one of San Fernando Valley's best birding spots, where, unless it has become a giant lake from recent rainfall, you'll check the fields, pond, riparian areas and Los Angeles River for migrants and wintering birds. If watchers are not too pokey they'll make it over to Lake Balboa for Ross's Goose and whatever else may be around. Expect ducks, raptors, herons, hummingbirds, woodpeckers, thrushes, flycatchers, wrens, corvids, kinglets, warblers, sparrows, blackbirds, finches and more. The whole gamut!

Family Guide: 1-2 miles easy walking on level crushed granite path. Dress in layers, bring water & snack, wear footwear suitable for possibly damp paths.

Directions: San Diego Fwy (I-405) north over the hill and past #101 Fwy to first exit at Burbank Blvd. Go west (left) to Woodley Ave. Turn north (right) on Woodley Ave. to sign on right for Wildlife Reserve Area. Drive east, continue past the small traffic circle and meet at the last parking lot on the left. Bathrooms nearby. Arrive early and find the parakeets, Chipping Sparrows, Pine Siskins and maybe an immature Bald Eagle. 6100 Woodley Ave. Meet at 8 a.m. at the parking lot. Leader: Chuck & Lillian Almdale (818-894-2541)

– SUBMITTED BY GRACE MURAYAMA

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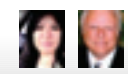
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If This is a Bad Dream

GOING BACK TO RONALD REAGAN, every president's policies, at some point, are so unpopular that his "disapproval ratings" are over 50%. According to Gallup, for Reagan, it took 727 days; Bush I took 1336 days; Clinton 573 days; Bush II 1205 days and Obama 936 days. To reach this negative achievement it took Donald Trump...8 days! My question is, why so long?

Historically speaking, FDR had his famous first "100 days" during which comprehensive legislation was passed as part of the New Deal. Trump has been in office a few weeks during which he has issued vast dictator-like Executive Orders, resulting mostly in law suits. And of course, he's attacked everyone from the President of Mexico, the P.M. of Australia, CNN and Nordstrom Department Stores! (He reminds me of paranoid Captain Queeg railing about missing "strawberries.")

Trump, perhaps the most powerful person in the world (is that frightening or what?) went on Twitter to whine that Ivanka's product line was dropped by Nordstrom. Given all the crises at home and all over the world, and this is what Trump devoted his time to?

Of course, in his ranting, Trump neglected to mention that, for months, Nordstrom told Ivanka's marketing department that her products weren't selling and they might have to discontinue her line. Then again, Trump has never seemed very interested in facts. For example, when he personally witnessed "tens of thousands of Muslims in New Jersey celebrating 9/11" (never happened) or that Ted Cruz's father helped Lee Harvey Oswald kill Kennedy.

Sean Spicer, Trump's bellicose Press Secretary, feebly attempted to justify Trump's anti-Nordstrom Twitter tantrum. He said Trump considered that the department store chain had "attacked his family," and so anything goes. (Sigh. Has it really only been two weeks? Seems like two years.)

There were signs of a Trump typhoon even before he took office. During the transition, Obama, putting country first, graciously met with Trump, the man who spent five years saying he wasn't born in the U.S. Obama explained to Trump that he would need to spend three hours a night going over briefings to be ready for the following day. Three hours for Trump who has severe ADD? Thirty minutes would be asking the impossible.

Reportedly, Trump said he didn't need to do reading, he just "knew the right decision pretty much instantly" and he'd had that skill his whole life. I suppose Trump might be referring to his bankruptcies; extramarital affairs; many marriages; Trump University; grabbing women's genitalia; alleged rape of a 13-year-old (he settled out of court) and other "right decisions" in his sparkling past. Included in that is his famous answer to Howard Stern about avoiding military service. "Avoiding STDs (sexually transmitted diseases) was my Vietnam."

Trump's inability to focus or prepare was perfectly illustrated with his White House



kickoff of "Black History month." (Ironic that February, the shortest month of the year, is devoted to black history, but that's a column for another day.) For the occasion Trump gathered many prominent African-Americans, including Ben Carson, his HUD Secretary. (Whom Trump, on the primary campaign trail, infamously compared to a child molester.)

Normally a POTUS observing Black History Month discusses the trials and tribulations of the race that enduring the national stain of slavery and the historic and courageous battle for civil rights that continues today. But "normally" and Donald Trump's insatiable ego don't go together.

So, the obscenely narcissistic Trump used the occasion to talk about HIS trials and tribulations. (Including the false story that the bust of Martin Luther King had disappeared from the White House.) Trump bragged about how well he "had done with the black vote," when in fact he got 8%. But the best was yet to come. I'm referring to the subject of Frederick Douglas.

As my words won't be able to do it justice, go to YouTube and type "Trump Frederick Douglass." You'll see for yourself that it's very obvious Trump thinks Douglass, the legendary former slave who, remarkably, became the leader of the abolitionist movement, Is still alive! (Douglass s died in 1895.)

In a meandering rant, Trump used Black History Month to bash the press and brag about himself. He awkwardly listed the most famous black Americans, evidently to prove his knowledge of the subject. One commentator characterized Trump's speech, "He wouldn't pass a 4th grade history test." Here's what he said, "Douglass is an example of somebody who has done an amazing job and is being recognized more and more, I notice." Say what?

And when Spicer defended Trump, it was clear he, too, thought Douglass was still alive. (Can't anyone Google?) Who knows, maybe Trump thinks Douglass is an up and coming rapper? All I know for sure is, if this is just a bad dream, I'm ready to wake up.

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LETTERS TO THE EDITOR

Send comments to editor@smdp.com

Fake out

Editor:

Doesn't anyone think that Trump made his recent comments about the judiciary so that his Supreme Court nominee would make the response he did, be lauded, and then sail through the confirmation process?

Mark Kaiserman
Santa Monica

TRAINING

FROM PAGE 1

reinforces body tension and is really nothing but an intensification of electrical impulses of the body's own electrical impulses."

Anthony Newton, a certified personal trainer works at Manduu. He explains Manduu is very popular in Europe, and currently only has two locations in the country, with one in Miami and other on Main St., in Santa Monica.

"You get a full body workout and burn a ton of calories," said Newton. "I would only recommend doing this workout once a week. If your body fat is low, it hits you harder, rather if your body fat is higher, you have more protection from the impulses that are sent to the body."

The client wears a Manduu suit connected to an electrical panel that sends electricity to the body, ultimately shocking the muscles. Trainers have the ability to alter the voltage, making it higher or lower and hitting certain muscles groups while working out.

He said the technology is often used in rehabilitation settings and can be beneficial for individuals who are otherwise unable to workout in a standard setting. However, it does involve electric shocks and anyone using a suit needs to be careful.

He said treatments shouldn't be more than once a week and there should be at least four days between workouts.

The first session is free and clients can choose a plan that works for them after the first treatment. An unlimited Manduu membership is $387 a month.

"I think that is pretty cheap for what it does for you," said Newton.

Manduu brings an interesting take on fitness, with some risk, to the city of Santa Monica. However, if this does not fit your workout lifestyle, maybe more traditional personal training could be an option.

Brandon Lees, a personal trainer in Santa Monica works with all sorts of clients who each have different goals.

Lees has a bachelors in Kinesiology and has been a trainer for 13 years. He has gone through multiple certifications, but the past five years he has been focusing on Z-Health.

Z-Health is a movement training system that is changing the way people feel and move. It focuses on the nervous system, the part of the body that controls the muscles, heart and lungs. As a result of focusing on Z-Health clients, regardless of age or activity, have the same potential for tapping into their best performance.

"I experienced my own personal injury and through the whole medical process between the orthopedic surgeon and the physical therapy, I wasn't really getting anywhere," said Lees. "That is when I went out on my own and I was referred to Z-Health back in 2011. With just a couple of lessons I was feeling better and then I was hooked."

Lees works with various clients, stroke victims, people who have had traumatic injuries and also the average athlete. He has seen multiple of his clients exceed his own expectations.

Z-Health has changed the way Lees analyzes the human body when training someone.

"I can usually help people find tweaks in their body that can help them excel," said Lees. "Many people would not find the little things that can improve their movement without Z-Health."

Lees explains many of his training sessions targets specific joint ranges of motion exercises, otherwise known as dynamic joint mobility drills.

"Most people think the knee just goes front to back, but it has a rotational aspect to it that I like to explore with my client," said Lees.

Santa Monica is a city where many people are health conscience and Lees believes that with a lot of competition within the city, also comes a lot of opportunities.

Which leads to Personal Trainer, and Group Fitness Instructor Kris D'Amico. She is NASM certified and CrossFit Level 1 certified.

This Florida native did not live, and breath the fitness industry until 2006. D'Amico was severely overweight, and lived an unhealthy lifestyle, until it finally hit her. The fitness bug. She knew she wanted to live a long and healthy life and in order to get there she needed to workout and eat right.

"I got into fitness and lost a ton of weight, I became confident and it really just changed my life," said D'Amico. "Now I want to be the motivation and the support to the people in my class."

D'Amico started out as a personal trainer and felt her calling was to be a group fitness instructor because of the community and environment that surrounds everyone, whether it be in a CrossFit box or an Orangetheory studio.

"The best part about this job, I get to train people at different fitness levels," said D'Amico. She continues her passion within the city and truly believes there should be no diet, no six-week goal, and healthy living should be a lifestyle.

D'Amico has always been a fan of high intensity interval training, otherwise known as HIIT, and says it's a great workout for beginners. When in Santa Monica, hit the beach or the San Vicente stairs, and do a Tabata workout.

D'Amico said, "Include a 20-second-high intensity exercise with a 10 second rest. Quick sprints on the beach or running up the stairs in between will work, and it will bring your hears rate up. Also grabbing a partner makes it a little more fun and adds a friendly competition."

"At the end of the day, I want to help people achieve a fitness goal of theirs," said D'Amico.

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TRUMP

FROM PAGE 1

previously barred travelers to enter the U.S.

The court battle is far from over. The lower court still must debate the merits of the ban, and an appeal to the U.S. Supreme Court seems likely. That could put the decision in the hands of a divided court that has a vacancy. Trump's nominee, Neil Gorsuch, could not be confirmed in time to take part in any consideration of the ban.

Moments after the ruling was released, Trump tweeted, "SEE YOU IN COURT," adding that "THE SECURITY OF OUR NATION IS AT STAKE!"

In response, Washington Gov. Jay Inslee, a Democrat who leads one of the states that challenged the ban, said: "Mr. President, we just saw you in court, and we beat you."

The appeals panel said the government presented no evidence to explain the urgent need for the executive order to take effect immediately. The judges noted compelling public interests on both sides.

"On the one hand, the public has a powerful interest in national security and in the ability of an elected president to enact policies. And on the other, the public also has an interest in free flow of travel, in avoiding separation of families, and in freedom from discrimination."

The court rejected the administration's claim that it did not have the authority to review the president's executive order.

"There is no precedent to support this claimed unreviewability, which runs contrary to the fundamental structure of our constitutional democracy," the court said.

While they did not rule on the actual merits of the states' argument that the travel ban was intended to target Muslims, the judges rejected the government's claim that the court should not consider statements by Trump or his advisers about wishing to enact such a ban. Considering those remarks, the judges said, falls within well-established legal precedent.

The Justice Department said that it was "reviewing the decision and considering its options." It's the first day on the job for new Attorney General Jeff Sessions, who was sworn in at the White House earlier Thursday by Vice President Mike Pence.

Last week, U.S. District Judge James Robart in Seattle issued a temporary restraining order halting the ban after Washington state and Minnesota sued. The ban temporarily suspended the nation's refugee program and immigration from countries that have raised terrorism concerns.

Justice Department lawyers appealed to the 9th Circuit, arguing that the president has the constitutional power to restrict entry to the United States and that the courts cannot second-guess his determination that such a step was needed to prevent terrorism.

The states said Trump's travel ban harmed individuals, businesses and universities. Citing Trump's campaign promise to stop Muslims from entering the U.S., they said the ban unconstitutionally blocked entry to people based on religion.

The appeals court sided with the states on every issue save one: the argument that the lower court's temporary restraining order could not be appealed. While under 9th Circuit precedent such orders are not typically reviewable, the panel ruled that due to the intense public interest at stake and the uncertainty of how long it would take to obtain a further ruling from the lower court, it was appropriate to consider the federal government's appeal.

Josh Blackman, a professor at South Texas College of Law in Houston, said the "million-dollar question" is whether the Trump administration would appeal to the Supreme Court.

That could run the risk of having only eight justices to hear the case, which could produce a tie and leave the lower-court ruling in place.

"There's a distinct risk in moving this too quickly," Blackman said. "But we're not in a normal time, and Donald Trump is very rash. He may trump, pardon the figure of speech, the normal rule."

Jessica Levinson, a professor at Loyola Law School, said the ruling was thoughtful and supported by a great deal of legal precedent. More important, though, it was unanimous despite the having judges who were appointed by Democratic and Republican presidents.

"It's a very important message that judges are not just politicians in robes and not just political hacks," Levinson said. "The role of the judge is to transcend politics. That's why they're appointed for life, so they don't worry about what's popular. They worry about what's legally correct."

Both sides faced tough questioning during an hour of arguments Tuesday. The judges hammered away at the administration's claim that the ban was motivated by terrorism fears, but they also challenged the states' argument that it targeted Muslims.

"I have trouble understanding why we're supposed to infer religious animus when, in fact, the vast majority of Muslims would not be affected," Judge Richard Clifton, a George W. Bush nominee, asked an attorney representing Washington state and Minnesota.

Only 15 percent of the world's Muslims are affected by the executive order, the judge said, citing his own calculations.

"Has the government pointed to any evidence connecting these countries to terrorism?" Judge Michelle T. Friedland, who was appointed by President Barack Obama, asked the Justice Department attorney.

After the ban was put on hold, the State Department quickly said people from the seven countries — Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen — with valid visas could travel to the U.S. The decision led to tearful reunions at airports round the country.

The ban was set to expire in 90 days, meaning it could run its course before the Supreme Court would take up the issue.



UNITS

FROM PAGE 1

recent discussion, several commissioners suggested expanding that maximum bottom floor to 900 or 1,200 square feet to allow for ADU's that might be big enough for families.

"I think the 650 is too small. We spend a lot of time encouraging multi-family developers to build more family units so expanding the maximum to 900 square feet sounds really appropriate to me," hair Amy Anderson said.

Several commissioners encouraged staff to develop a ratio instead to keep ADUs in proportion to the homes they accompany.

PLACEMENT:

While homeowners will be able to convert garages into ADUs as part of the new ordinance, the commissioners were concerned about setback requirements. Garages can be built right up to the property line, but ADUs generally require a greater setback to avoid crowding against neighborhood fences. Some commissioners worried a homeowner might exploit the loophole: initially building a garage and then converting it into an ADU in order to get around the requirement.

"We have to remember: yes, we are getting opportunity for more housing but we are doing it in our existing neighborhoods that have a particular neighborhood character," Vice Chair Nina Fresco said, "and we have to make sure that we retain that character."

RENTERS:

The old zoning law that regulated second-dwellings on existing properties said the homeowner must live inside one of the two residences. At the Planning Commission's public discussion, most commissioners seemed open to lifting that requirement and allowing a homeowner to rent both properties at the same time.

Staff will now take those recommendations into consideration while drafting a final ordinance.

kate@smdp.com

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Library Staff

SKETCH-A-THON

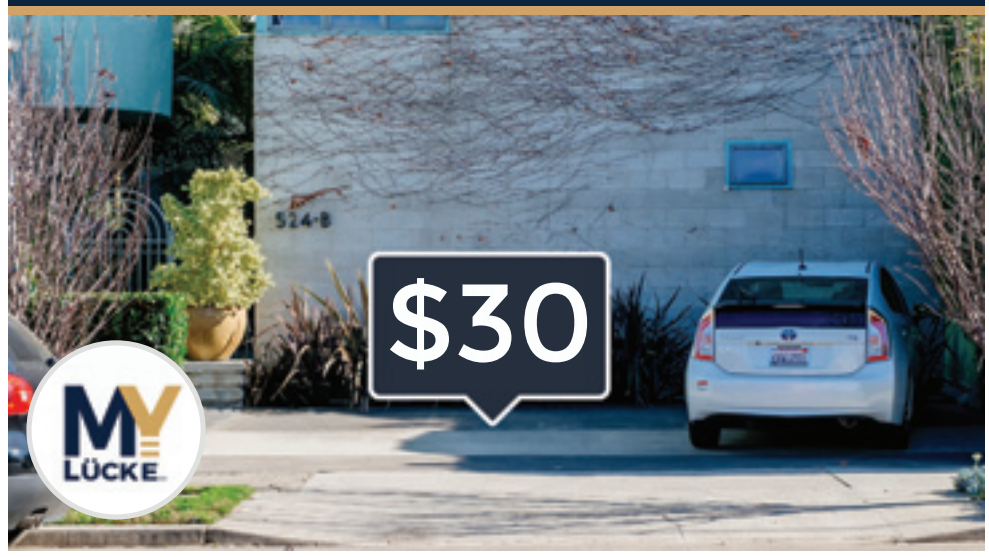
The children of Fairview Branch Library were given the opportunity to read award-winning books and then sketch pictures of their own based on what they read during the Caldecott Sketch-a-Thon. The Caldecott Medal is a national award for children's picture books.





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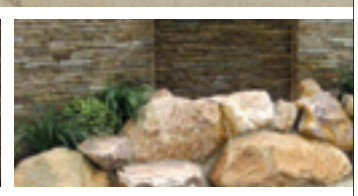


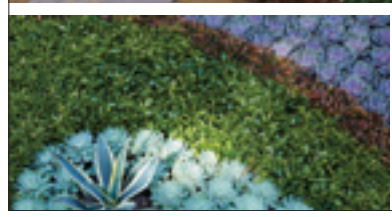




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SURF FORECASTS

WATER TEMP: **59.2°**

FRIDAY – **FAIR** – SURF: **3-5 ft** waist to head high
More WNW swell. AM winds and conditions favorable. Deep AM high tide.

SATURDAY – **POOR TO FAIR** – SURF: **3-5 ft** waist to head high
WNW swell holds early, easing in the PM. NW winds. Deep AM high tide.

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CRIME WATCH
BY DAILY PRESS STAFF

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

ON FEBRUARY 7, AT ABOUT 1:07 P.M.

Officers responded to the area of 2500 Crenshaw Blvd to meet with LAPD officers regarding a domestic violence incident which began in Lot 1 North – 1550 Beach Lot. LAPD Officers received a radio call for service regarding a female in a car screaming for help. LAPD responded and detained both parties, husband and wife, for an investigation. SMPD Officers arrived to determine what took place. Officers determined both subjects were in a car and got into an argument. The female told the husband she did not want be with him and wanted to get out of the car. The male subject became upset and pulled his wife's hair and threw a muffin at her. The male drove off while the female told the subject to stop because she did not want to go with him. The male drove off and continued along the I-10 Freeway eastbound. They got off the freeway and were stopped by LAPD Officers. The female did not sustain any visible injuries. The male was taken into custody and booked at SMPD Jail.

DAILY POLICE LOG

The Santa Monica Police Department responded to 331 calls for service on Feb. 8.

HERE IS A SAMPLING OF THOSE CALLS CHOSEN BY THE SANTA MONICA DAILY PRESS STAFF.

Drunk driving investigation Main/Ashland 12:18 a.m.
Prowler left 300 block of 7th 1:01 a.m.
Encampment 1400 block of 4th 2:53 a.m.
Encampment 1300 block of 4th 2:58 a.m.
Auto burglary 500 block of Raymond 5:55 a.m.
Elder abuse 900 block of Lincoln 8:06 a.m.
Encampment 3000 block of Wilshire 8:32 a.m.
Smoking violation 1100 block of Lincoln 9:07 a.m.
Vehicle with excessive tickets 800 block of 16th 9:20 a.m.
Periodic check 1600 block of 5th 9:36 a.m.
Attempt burglary 600 block of 21st Pl 9:39 a.m.
Fight 300 block of Santa Monica 9:40 a.m.
Theft of recyclables 1500 block of 9th 9:48 a.m.
Encampment 1100 block of Ocean Front Walk 9:51 a.m.
Hit and run 2700 block of Ocean Park 10:10 a.m.
Identity theft 1300 block of 16th 10:36 a.m.
Grand theft 400 block of 11th 10:36 a.m.
Forensics request - 600 block of 21st Pl 10:36 a.m.
Strongarm robbery 1300 block of 15th 10:44 a.m.
Grand theft 1300 block of 2nd 11:28 a.m.
Petty theft 1500 block of 12th 12:02 p.m.
Identity theft 1700 block of Bryn Mawr 12:16 p.m.
Petty theft 800 block of Pico 12:27 p.m.
Assault 1600 block of Ocean Park 12:28 p.m.
Hit and run 1000 block of Wilshire 12:39 p.m.
Battery 14th/Wilshire 12:41 p.m.
Stolen vehicle recovered 1400 block of 4th 12:57 p.m.
Traffic collision Euclid/Pico 1:14 p.m.
Grand theft auto 1000 block of Pine 1:22 p.m.
Death investigation 1500 block of 7th 1:34 p.m.
Petty theft 1300 block of 3rd Street Prom 1:58 p.m.
Auto burglary 1000 block of 2nd 2:26 p.m.
Petty theft 1400 block of 6th 2:50 p.m.
Speeding 4th/Santa Monica 2:52 p.m.
Identity theft 1300 block of 16th 3:01 p.m.
Battery 1400 block of 2nd 3:16 p.m.
Fraud 1600 block of Stanford 3:27 p.m.
Vandalism 1400 block of 6th 3:31 p.m.
Urinating/defecating in public 1100 block of Lincoln 4:02 p.m.
Vandalism 600 block of Colorado 4:05 p.m.
Burglary 2700 block of Neilson 4:07 p.m.
Encampment 24th/Wilshire 4:08 p.m.
Assault 1000 block of Wilshire 4:33 p.m.
Burglary 1100 block of 23rd 4:41 p.m.
Identity theft 1200 block of 26th 4:46 p.m.
Encampment 2400 block of Wilshire 4:48 p.m.
Battery 1800 block of Lincoln 4:54 p.m.
Traffic collision 20th/Olympic 6:05 p.m.
Arson 1500 block of 15th 6:55 p.m.
Harassing phone calls 1100 block of 9th 7:58 p.m.
Encampment 1300 block of 10th 8:11 p.m.
Drunk driving investigation 800 block of Palisades Beach Rd 8:45 p.m.
Lewd activity 1500 block of 4th 9:04 p.m.

DAILY FIRE LOG

The Santa Monica Fire Department responded to 31 calls for service on Feb. 8.

HERE IS A SAMPLING OF THOSE CALLS CHOSEN BY THE SANTA MONICA DAILY PRESS STAFF.

EMS 1900 block of 20th 2:19 a.m.
EMS 1900 block of 20th 4:50 a.m.
EMS 1300 block of 15th 5:04 a.m.
Automatic alarm 2100 block of Santa Monica 5:33 a.m.
Automatic alarm 400 block of 23rd 7:17 a.m.
Wires down 1000 block of 26th 7:58 a.m.
Automatic alarm 2100 block of Santa Monica 8:17 a.m.
EMS 900 block of 10th 8:34 a.m.
EMS 1200 block of Ocean 8:35 a.m.
EMS 300 block of Santa Monica 8:53 a.m.
EMS 1500 block of 5th 9:20 a.m.
EMS 1500 block of 6th 10:35 a.m.
EMS 1800 block of Lincoln 11:14 a.m.
EMS 300 block of 17th 11:24 a.m.
EMS 2100 block of Ocean 12:36 p.m.
EMS 1400 block of 17th 12:58 p.m.
EMS 2800 block of Santa Monica 1:22 p.m.
EMS 1100 block of 26th 1:22 p.m.
EMS 1500 block of 7th 1:27 p.m.
EMS 1400 block of 17th 3:18 p.m.
EMS 2300 block of Oak 3:36 p.m.
Public assist 1500 block of Montana 3:42 p.m.
Vehicle into a structure 1400 block of Harvard 3:42 p.m.
EMS 600 block of Grant 4:43 p.m.
EMS 1800 block of Lincoln 4:57 p.m.
EMS 2400 block of Wilshire 5:06 p.m.
EMS 1200 block of Idaho 5:30 p.m.
EMS 1300 block of 15th 7:58 p.m.
Automatic alarm 1700 block of 21st 9:12 p.m.
EMS 1700 block of Ocean 10:36 p.m.
EMS 1500 block of 2nd 11:05 p.m.

DAILY LOTTERY

Powerball
Draw Date: 2/8
14 20 42 49 66
Power#: 5
Jackpot: 285M

Mega Millions
Draw Date: 2/7
23 28 37 56 71
Mega#: 12
Jackpot: 30M

Super Lotto
Draw Date: 2/8
4 11 37 40 45
Mega#: 12
Jackpot: 11M

Fantasy 5
Draw Date: 2/8
1 7 11 31 37

Daily 3
Draw Date: 2/8
MIDDAY: 6 6 2
Draw Date: 2/8
EVENING: 2 3 8

Daily Derby
Draw Date: 2/8
1st: 07 Eureka
2nd: 08 Gorgeous George
3rd: 06 Whirl Win
RACE TIME: 1:48.42

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**

WORD UP!

muckrake

1. to search for and expose real or alleged corruption, scandal, or the like, especially in politics.

WELL NEWS BY SCOTT LAFEE

Last Words

■ "I'm going away tonight." -- American singer James Brown (1933-2006) Brown's last words were recorded by his longtime friend and manager Charles Bobbit, who said he uttered them, took three breaths, closed his eyes and died.

Body of Knowledge

■ Women remember dreams better than men, but at least 95 percent of dreams are never recalled upon waking. Of those recalled, the four most common themes (roughly 60 percent of both genders) are being chased or pursued, falling, school/studying and sexual experiences.

MYSTERY PHOTO

Matthew Hall *matt@smdp.com*



The first person who can correctly identify where this image was captured wins a prize from the Santa Monica Daily Press. Send answers to *editor@smdp.com*.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

SOLUTIONS TO YESTERDAY'S SUDOKU

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

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

Newsday Crossword

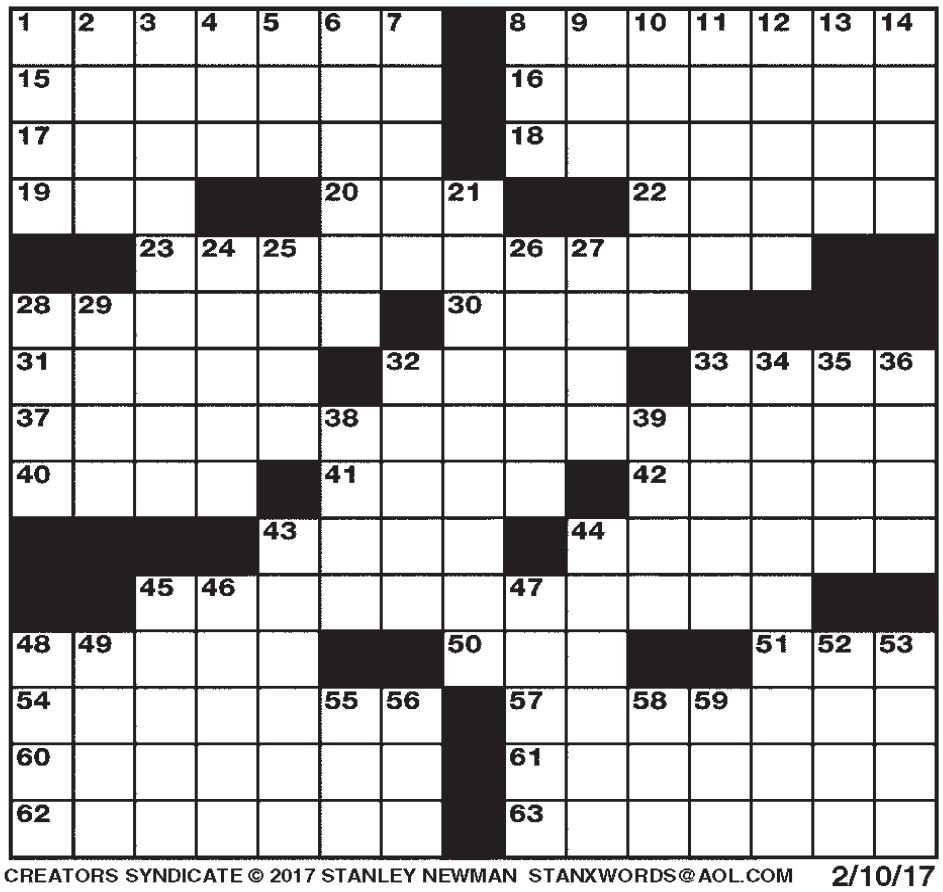
THE HOLE THING by S.N.
Edited by Stanley Newman
www.stanxwords.com

ACROSS

1 Largest city on the Mississippi
8 Guadalajara's state
15 Grade school anthem
16 VIP
17 Dickensian kid
18 Clearance, possibly
19 Time open: Abbr.
20 *Undercover Boss* airer
22 Does the pitching
23 They're at the top of 37 Across
28 Board posting
30 Thousand __, CA
31 Be melodramatic
32 Abbr. like Srta.
33 A to B, musically
37 New Mexico attraction
40 Where a cap is kept
41 Camera shutter
42 "Wonderfilled" treats
43 Discussion point
44 Rid (of)
45 They're at the bottom of 37 Across
48 *Seven Samurai* setting
50 Brit's bullion coin
51 Ramshackle boat
54 Thoroughbred's ancestor
57 Scrap or scrape
60 Rice + broth concoction
61 Inscrutable ones
62 Breed that's a "someday" anagram
63 Celestial figures

DOWN

1 Calculations
2 Dubai dignitary
3 Haberdashery
4 Get too personal
5 Arrive at
6 Cold spike
7 Step in Rio
8 Sharp criticism
9 LeRoy Neiman subject
10 Luminaries
11 Discussion point
12 Luminaries
13 Bit of a spreadsheet
14 Lode contents
21 Admonishments
24 Spine line
25 "Pocket rockets," in casinos
26 Softest rocks
27 Major lumber user
28 Banjo part
29 Gulf War ally
32 Role for Natalie and Julie
33 Suffice
34 What a certain grinder can remove
35 Nephew of Cain
36 Call for attention
38 Vera Miles, in *Hitchcock*
39 Soccer ball brand
43 Nietzsche's "self-disrespectful" thing
44 Celestial
45 Flash of energy
46 Proscription
47 Stylistic expressions
48 What surrounds some spreads
49 Certain Handel bars
52 "Crossroads of the West"
53 Soprano role since 1935
55 Wore through
56 Shout-out
58 "Aaron Burr, __" (*Hamilton* song)
59 "Tour" group



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TODAY'S BIRTHDAY (Feb. 10)

Let people spoil you like they want to this month, even though you don't need all of the fuss. They'll be better off for the energetic investment, and more attached to you, too. A new talent blossoms in March. April brings a move. Love has you doing unexpected things in July. A windfall happens in October. Libra and Capricorn adore you. Your lucky numbers are: 21, 38, 4, 6, and 44.

ARIES (March 21-April 19)
Your allies and your adversaries are strong, and ultimately this is the stroke of good fortune that helps you to stay strong yourself. A worthy opponent is a great blessing.

TAURUS (April 20-May 20)
The shortest distance between two points is a straight line, something that pretty much never occurs naturally. For instance, your personal path will curve, switchback, pitch up and down -- but it's all progress.

GEMINI (May 21-June 21)
Why do you find it so much easier to be wise for others than for yourself? Because when you give advice, you're not the one who has to follow it. But if you do choose to follow your own advice now, it will lead to fast success.

CANCER (June 22-July 22)
You'll celebrate the big events when they come up, but don't wait for big events to celebrate. The silly, small events will be more memorable. Anyway, why do you even need a reason to revel in all that's good?

LEO (July 23-Aug. 22)
You'll be making "notes to self" all day long. It will help you to write them down, or you're likely to forget. You're onto something; you just don't know what it is quite yet. Look at what you've covered and where you're going next.

VIRGO (Aug. 23-Sept. 22)
No one will think any less of you if you stick to your values even when the cool kids are smoking in the bathroom (or whatever the grownup version of that is). Your integrity makes you more than cool; it makes you hot.

LIBRA (Sept. 23-Oct. 23)
It is better to try and fail than to do nothing and succeed. Take a chance. The more you risk rejection and emotional injury, the easier it gets. The easier it gets, the bigger your life becomes.

SCORPIO (Oct. 24-Nov. 21)
There are things you'd like to do that never seem to fit into your schedule. That's how you know that they are not really the important things. You always have time for what is truly important to you.

SAGITTARIUS (Nov. 22-Dec. 21)
Big breakthroughs rarely come -- a few times in a lifetime for the lucky. Most accomplishments are the result of incremental efforts, building momentum by chalking up a little progress each day.

CAPRICORN (Dec. 22-Jan. 19)
Your friendships will open doors, bring out your best and bring you great joy. As Capricorn President Woodrow Wilson said, "Friendship is the only cement that will ever hold the world together."

AQUARIUS (Jan. 20-Feb. 18)
What holds the skyscraper up is buried hundreds of feet deep in the ground; the taller the building, the deeper the foundation. Be patient with your own building process. You won't show signs of height so much as depth.

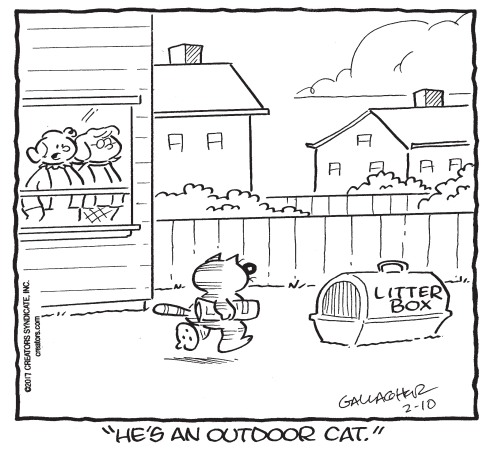
PISCES (Feb. 19-March 20)
It is easy to mistake imagination for ego. Both tend to work in the language of illusions and distortions. Much depends on who is at the center of the fantasy.

Leo Full-Moon Lunar Eclipse

Excellence is within our power and not a blessing reserved for the naturally gifted. Put in the time; get results. Being attracted to an activity is reason enough to pursue it. Of course, the returns will be exponentially better if the attraction is accompanied by talent. The Leo full-moon lunar eclipse will bring lucky landings on pursuits that fit the bill.

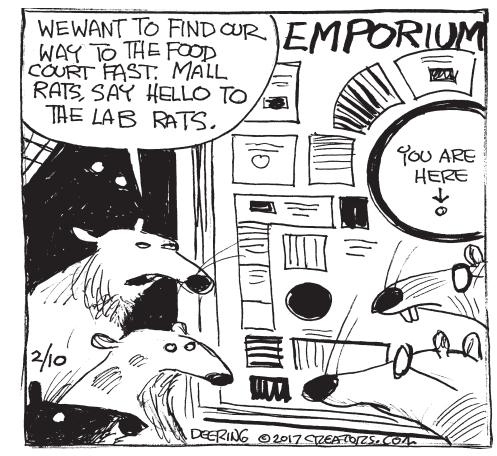
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Heathcliff
By PETER GALLAGHER



"HE'S AN OUTDOOR CAT."

Strange Brew
By JOHN DEERING



Agnes
By TONY COCHRAN



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



Zack Hill
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City of Santa Monica

NOTICE EXTENDING NOTICE OF PREPARATION COMMENT PERIOD FOR THE DRAFT ENVIRONMENTAL IMPACT REPORT FOR THE PLAZA AT SANTA MONICA PROJECT

OFFICIAL NOTICE is hereby given that the public comment period for the Notice of Preparation for the proposed Plaza at Santa Monica Project in the City of Santa Monica **has been extended to 5:30 p.m. March 2, 2017**.

PROJECT LOCATION AND EXISTING ONSITE USES: The project site is located in the heart of Downtown Santa Monica. It is bound by Arizona Ave. to the north, 4th Street to the West, 5th Street to the east and existing retail and office buildings to the south. The site comprises Assessor's Parcel Numbers 4291-011-900, 901, 902, 903, 904, 905, 908, 909, 910 plus the area currently occupied by the northern half of 4th Court. The 112,000 SF (approximately 2.57 acres) site contains a two-story bank building at the corner of 4th and Arizona and another two-story bank building mid-block on 4th Street. The two banks occupy approximately 16% of the site. The rest of the site consists of 87,000 SF of surface parking lots, and approximately 7,000 SF of existing 4th Court alleyway. A seasonal public ice skating rink is located on a portion of the parking lots in the winter months.

PROJECT DESCRIPTION: The Project will demolish all existing on-site uses and construct a new 357,000 SF mixed-use building ranging in height from 19 to 129 feet. The building comprises a series of interconnecting bars that step back from a large ground level public plaza at the corner of 4th Street and Arizona Avenue. Each bar will house a different mix of uses including retail, restaurants, cultural, affordable housing, workspace, and hotel. The square footage for each specific use is provided in the table below:

PROPOSED MIX OF USES

Use	Detail	Max. Square Footage
Public Open Space	Grand Plaza, 5th and Arizona Plaza, Pocket Parks, Second Level Park	52,500 sf
Retail/Retail	Neighborhood serving and regional retail/restaurant	42,200 sf
Cultural Uses	A large area of the ground floor will be made available at below market rent for cultural uses.	12,000 sf
Bicycle Center	Bicycle center will include lockers and showers.	1,700 sf
Workspace	Creative workspace	106,800 sf
Affordable Housing	48 units (4 3-bedroom units, 8 2-bedroom units, 20 1-bedroom units, 16 studios) plus residential circulation and ground floor lobbies.	40,300 sf
Hotel	280 Rooms	154,000 sf
	Total Commercial Uses (not including public open space)	**357,000 sf 1**

1. All square footages are calculated per City of Santa Monica zoning code. FAR calculation excludes loading area of approximately 3,700 sf, basement/subterranean sf, and outdoor dining areas.

EXTENDED PUBLIC REVIEW PERIOD: A public comment period is provided for all interested persons to submit comments on scope and content of the Draft EIR. The initial 30-day comment period for the NOP started on January 16, 2017 and was set to close at 5:30 p.m. on February 16, 2017. Please go to the City's webpage http://www.smgov.net/Departments/PCD/Environmental-Reports/The-Plaza-at-Santa-Monica-Project/ for the NOP and associated project info. **In response to public requests received, the City extends the comment period for an additional 14 days. Therefore, the total public review period will be 45-days from January 16, 2017 to end at 5:30 p.m. on March 2, 2017.** Written comments should be sent to:

Rachel Kwok
City Planning Division
1685 Main Street, Room 212
Santa Monica, CA 90401
Email: Rachel.kwok@smgov.net

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