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Santa Monica-based auditory assistance startup seeks FDA approval

SCOTT SNOWDEN
SMDP Staff Writer

A Santa Monica-based startup has developed — and now seeks approval from the US Food & Drug Administration (FDA) for — a mobile app that could combat the onset of dementia and cognitive impairment.

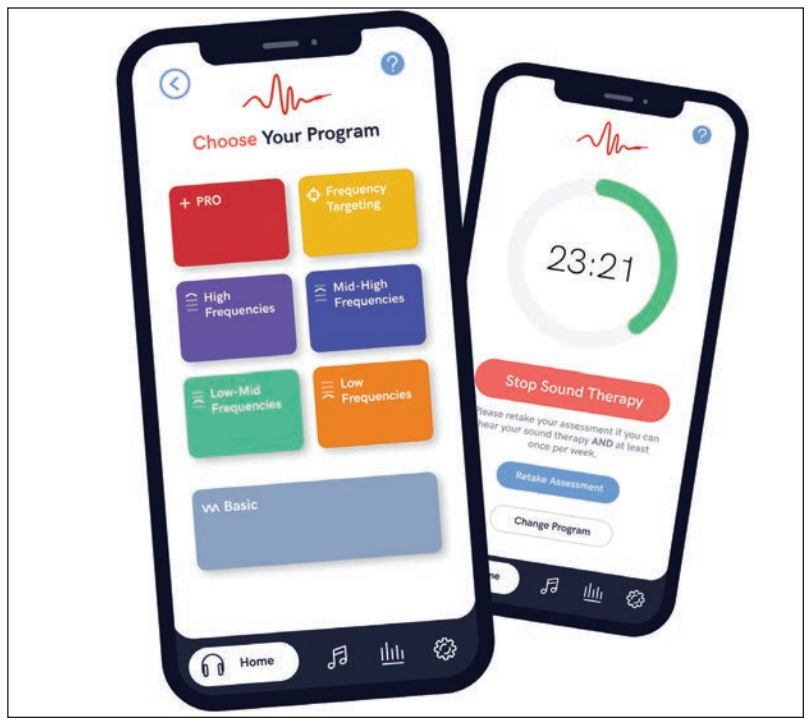
AudioCardio delivers inaudible sound therapies designed to maintain and strengthen your hearing while providing relief from tinnitus by stimulating the cells inside your ear. As the website suggests, "It's like physical therapy for your hearing."

The app launched about five years ago and received substantial critical acclaim from within the scientific community. By obtaining approval by the FDA, the medical claims of the app can be more expansive, detailed and in-depth pertaining to how it helps users maintain and even restore hearing.

The app utilizes something called Threshold Sound Conditioning (TSC), a non-invasive acoustic technology that is designed to maintain and restore your natural hearing ability and reduce the symptoms of tinnitus. A Stanford study undertaken in 2015 showed 78.6 percent of its participants had a positive change in hearing within three weeks. Another study, this one on the effect of TSC on the potential improvement of hearing, was published in 2020 in the international journal Laryngoscope Investigative Otolaryngology.

Chris Ellis founded AudioCardio in Santa Monica after watching his grandfather struggle with cognitive decline, dementia and Alzheimer's while also suffering from a loss in hearing.

SEE **AUDIOCARDIO** PAGE 7



AudioCardio

HEARING: The AudioCardio app on a smartphone.

SMMUSD nutrition services affected by food item, staff shortages

GRACE INEZ ADAMS
SMDP Staff Writer

Lunch menus at Santa Monica-Malibu Unified School District (SMMUSD) campuses have been limited and unpredictable lately due to shortages of certain items and lack of staff, according to Director of Food and Nutrition Services Richard Marchini.

"We really don't know what we're going to get shorted until it shows up on our loading dock," he said. " I feel bad for the kids because there's only a handful of things we can actually put on the menu that we know we will actually get."

He said this has left him and his staff to go to different grocery stores and vendors on a regular basis to fill in the gaps.

"We kind of run around to the stores and see what we can source and hopefully we're able to get something of similar quality to what we would normally serve," Marchini said. "But it's not always available, we can't always get the same grapes or tomatoes or hamburgers, but we kind of try to find something as close as possible."

The volume of food the District needs to serve students creates additional challenges.

"You go to Restaurant Depot, and you really can't say, 'hey I need 80 cases of hamburgers," he said. "The guy or girl will look at you like you're nuts."

The issue is further worsened by the fact that the District's Food and Nutrition Services department has been short by about seven staff members since the pandemic, despite the number of lunches they serve on a daily basis having nearly doubled due to a new Universal Free Lunch program.

Marchini said they are in the process of conducting interviews and background checks and plan to hire six to seven people in the coming weeks. In the meantime, he said the staff they do have are distributed across the district.

"We've been able to staff each site at about 75%," he said, "So that would normally take away one person from either cashiering or serving so it would reduce the speed that we can get them through."

As a result of the lack of staff, average lunch wait times for students have increased from approximately five to ten minutes pre-pandemic to now about ten to 15 minutes. Marchini presented this information to the SMMUSD Board of Education at their Feb 2 meeting.

SEE **SCHOOL FOOD** PAGE 7

Plans to densify Main St., Montana, Pico and Ocean Park alarm regulators and residents

MATTHEW HALL
Daily Press Editor

After an eight-hour January meeting council has decided to lighten its load going into February by just addressing a state of emergency for homelessness, the city's ongoing housing element, updates on sustainability programs and adoption of rules to formalize the city's parklet programs.

HOUSING ELEMENT

Santa Monica adopted a housing element last year after a controversial process that allowed more than 4,000 housing units to enter the development pipeline virtually unopposed. In order to retain control over additional development, the City has to implement various policy changes by predetermined deadlines and by October of this year, several programs pertaining to rezoning for housing must be complete.

The Planning Commission previously debated the issue and asked Council to request an amendment to the Housing Element to preserve existing limitations on development along Neighborhood Commercial (NC) zones that include portions of Montana, Main Street, Ocean Park Blvd. and Pico Blvd.

As currently written the housing element allows denser projects in those areas that would create

SEE **HOUSING ELEMENT** PAGE 7


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City of Santa Monica

NOTICE OF A PUBLIC HEARING
BEFORE THE SANTA MONICA PLANNING COMMISSION

SUBJECT: 22ENT-0298 (Conditional Use Permit)
1415 Ocean Avenue
APPLICANT: GSM Hotel Owner, LLC
PROPERTY OWNER: GSM Hotel Owner, LLC

A public hearing will be held by the Planning Commission to consider the following request:

Conditional Use Permit (22ENT-0298) to amend existing Conditional Use Permit 13CUP-017/13VAR-012 which authorizes food and alcohol service to the general public within the veranda and lobby areas of the Georgian Hotel located at the subject site. Specifically, the applicant requests to amend an existing condition of the hotel's Conditional Use Permit to allow general public access directly from Ocean Avenue to the existing basement-level restaurant.

DATE/TIME: **WEDNESDAY, MARCH 1, 2023 AT 6:00 PM**

LOCATION: City Council Chamber, Second Floor, Santa Monica City Hall, 1685 Main Street, Santa Monica, California

HOW TO COMMENT
The City of Santa Monica encourages public comment. Members of the public unable to attend a meeting but wishing to comment on an item(s) listed on the agenda may submit written comments prior to the public hearing via email to planningcomment@santamonica.gov or via mail to the address listed below. Comments received prior to 12 p.m. on the day of the meeting will be distributed to the Planning Commission prior to the meeting and posted online. All written comments shall be made part of the public record. Please note the agenda item in your comments.

You may also comment in-person at the Planning Commission hearing. Please check the agenda for more detailed instructions on how to comment.

Address your comments to: **David Eng, Associate Planner**
Re: 22ENT-0298

VIA E-MAIL: planningcomment@santamonica.gov
VIA MAIL: City Planning Division
1685 Main Street, Mail Stop 28
Santa Monica, CA 90401

MORE INFORMATION
If you want more information about this project or wish to review the project file, please contact David Eng at (310) 458-2200, or by e-mail at david.eng@santamonica.gov. The Zoning Ordinance is available on the City's web site at www.santamonica.gov. For disability-related accommodations, please contact 311 or (310) 917-6626 TTY at least 72 hours in advance. Every attempt will be made to provide the requested accommodation. All written materials are available in alternate format upon request. Santa Monica Big Blue Bus Lines serve City Hall and the Civic Center area. The Expo Line terminus is located at Colorado Avenue and Fourth Street, and is a short walk to City Hall. Public parking is available in front of City Hall, on Olympic Drive, and in the Civic Center Parking Structure (validation free).

Pursuant to California Government Code Section 65009(b), if this matter is subsequently challenged in Court, the challenge may be limited to only those issues raised at the public hearing described in this notice, or in written correspondence delivered to the City of Santa Monica at, or prior to, the public hearing.

ESPAÑOL
Esto es una noticia de una audiencia pública para revisar applicaciónes proponiendo desarrollo en Santa Monica. Si deseas más información, favor de llamar a Carmen Gutierrez en la División de Planificación al número (310) 458-2275.

GET IT DAILY...

GUEST COMMENTARY

Send comments to editor@smdp.com

Abandoning high-speed rail will be more costly for California than the project itself



Courtesy photo

TRAIN: Supporters say too much has been invested to abandon the project now.

Sixty years ago, construction workers in the San Joaquin Valley began two major infrastructure projects that did much to build modern California: the State Water Project and Interstate 5. Backed by strong support in Sacramento, including adequate funding, the freeway connected drivers to Los Angeles in 1972, and the aqueduct began delivering water to Southern California in 1973.

Today another major infrastructure project rises in the San Joaquin Valley. The high-speed rail project is as essential to 21st-century California as the aqueducts and interstates were to the 20th century, enabling fast travel powered by clean energy to some of the state's most populated places. Countries around the world have built or expanded their high-speed rail systems in recent years, carrying large numbers of passengers and reducing the need for carbon-intensive travel by airplanes or cars.

Unfortunately, California's high-speed rail project has struggled. Unlike the aqueduct or the interstate, high-speed rail has never enjoyed more than tepid support in the state Capitol, even as it maintains majority support among California voters. The lack of legislative support means the project has never been fully funded. It has been trapped in a morass of land use regulations and lawsuits from project opponents that delayed construction and helped drive up costs.

Delays and rising costs have given an opening for critics to try and defund it, even if it means leaving unfinished infrastructure in the San Joaquin Valley. Some critics claim that the problem was a route serving cities like Fresno and Palmdale rather than a more direct path between San Francisco and L.A.

Even if one overlooked the millions of potential riders in those cities, any alternative route chosen would still lack sufficient funding and would still have been subject to environmental lawsuits.

Still, it would be a mistake to abandon this crucial project now, leaving concrete guideways in the sky empty of tracks, trains and travelers. No other form of transportation works as efficiently at connecting people across the distances of the Golden State as high-speed rail. Airplanes may make the trip from gate to gate in an hour. But when you add in travel times to and from the airport, a trip from downtown LA to downtown SF takes roughly the same amount of time on a bullet train as on a plane – yet the plane spews far more carbon.

Driving is simply not competitive. Without traffic, it takes 5-6 hours to drive from L.A. to SF. With traffic, it can take a lot longer. I remember a New Year's Day drive from L.A. to Berkeley that took 10 hours in the early 2000s. Even if Californians switch en masse to electric vehicles, it will still take most of the day to drive from the Bay Area to Southern California. And that's without the comforts of a train – the ability to stand up, walk around, get food, use the bathroom and work remotely.

Global experience has proven that if you build it, they will ride. High-speed rail systems connecting cities of 500 miles' distance or less typically grab a majority of the market share on that route away from airlines. That includes Amtrak's

SEE **HIGH SPEED RAIL** PAGE 7

COMMUNITY NEWS

Citywide

Providence Saint John's and the Saint John's Health Center Foundation Provide $2 Million in Grants to Local Nonprofit Groups Caring for Those in Need

Living the Providence tradition of outreach to the under-served, Providence Saint John's Health Center and the Saint John's Health Center Foundation recently provided grants totaling more than $2 million to 33 programs across the Westside.

The funding services the most vulnerable – those who experience homelessness, abused women, children from low-income households, those battling mental illness or chronic illness and others who may fall between the cracks.

"Through the Community Impact Fund, our goal is to support our local health care partners in improving the health of our community," said Wendy Merritt, senior director, foundation relations. "Every year, we assess how effective our support has been in helping these local charities achieve their missions of improving the lives of those in need, while also reviewing new applicants to see if we can expand our impact."

The founding Sisters of Providence and the Sisters of Charity, who established Providence Saint John's Health Center before transferring the sponsorship in 2014 to Providence, were committed to helping the poor and vulnerable – the elderly, orphans, immigrants, the chronically ill and those with mental illnesses among them. Each year Providence Saint John's and its affiliates and partners, often collaborating with other nonprofit organizations, reach tens of thousands of people in our communities and beyond.

The bulk of the funding – $1.4 million – was provided by the foundation to 28 programs, some of them linked to the Santa Monica hospital and serving those in need. Those programs are:

Child and Family Development Center for its perinatal wellness program
Cleft Palate Center, for speech scholarships
Providence community benefit programs for homeless care coordination
Saint John's Cancer Institute, surgical oncology fellowship program

Additionally, the Providence Saint John's Community Health Investment department provided $675,000 in grants to five organizations with deep roots in the Santa Monica and surrounding areas.

The People Concern providing respite beds for those experiencing homelessness
Venice Family Clinic for its street medicine program for unhoused
Westside Family Health Center for women's health services
St. Anne's Catholic School to fund a nurse for student health services

The Salvation Army Santa Monica Core for its street outreach team aiding those who experience homelessness

Reflecting the mission of its founding religious sisters, the foundation also contributed to:

Cancer Support Community LA, cancer care
Growing Hope Gardens, Food Gardens that Empower
Meals on Wheels West, Community Connections
Pacific Palisades-Malibu YMCA, Teen Impact Program
St. James Inn, temporary housing of patients
Sojourn Domestic Violence Program, services for abused women and their children, as well as
The People Concern, Westside Interim Housing and Wellness Program
U.S. Vets, outreach services for homeless and at-risk veterans in West Los Angeles
Saint John's Physician Partners, providing free at-home blood pressure monitors
Bandini Foundation, veterans program
Boys and Girls Club of Santa Monica, for healthy lifestyles and social-emotional health programs
Catholic Big Brothers Big Sisters, wellness mentoring program, navigational support
Catholic Charities of Los Angeles, The Landing at St. Robert's Center
Claris Health, family preservation and reunification programs
OPICA (Adult Day Care and Counseling Center) –Spirit Builders
Safe Parking LA, housing stabilization and retention
Safe Place for Youth, health and clinical programs
Santa Monica Education Foundation, student wellness programs
Santa Monica Family YMCA, Big Bear Camp youth scholarships
St. Monica Catholic Schools, for health and wellness program
UCLA/VA Family Resource and Well-Being Center, transition to housing for veterans
Vision to Learn, for free screenings, exams and glasses
Westside Food Bank, for food purchases
WISE and Healthy Aging, for adult day Spanish language and Live Alone Expansion

SUBMITTED BY PATRICIA AIDEM

WASHINGTON

Congressman Ted Lieu Praises $619,045 HHS Grant Awarded to UCLA Cancer Research

Congressman Ted W. Lieu (D-Los Angeles County) has announced the U.S. Department of Health and Human Services (HHS) will grant $619,045 to the University of California (UCLA) for cancer detection and diagnosis research. Each year Congressman Lieu advocates for robust funding for cancer research throughout the federal appropriations process.

"Cancer is the second most common cause of death in the United States, exceeded only by heart disease. It's a disease that has touched each and every American – and we must dedicate more federal resources to finding a cure. UCLA is an amazing, forward-thinking institution doing critical work in the field of cancer research. I'm pleased that UCLA has been awarded these funds to further its efforts to improve cancer screening, early detection, and diagnosis."

SUBMITTED BY JENNA BUSHNELL

Santa Monica Daily Press
Classifieds
FOR QUOTES PLEASE CALL 310-573-8074
or email cindy@smdp.com

Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 22SMCP00578Superior Court of California, County of Los AngelesPetition of Danilo Felice Cicconi for Change of Name TO ALL INTERESTED PERSONS: Petitioner or Attorney: Danilo Felice Cicconi filed a petition with this court for a decree of changing names as follows: Danilo Felice Cicconi to Daniel Allan Hilier Santa Monica 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 03/17/2023 Time: 8:30 a.m, Dept: K Room: A-203 . The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES,1725 Main Street Santa Monica CA 90405A 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.

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 23SMCP00066Superior Court of California, County of Los AngelesPetition of Adrian Ceol Muirghein for Change of Name TO ALL INTERESTED PERSONS: Petitioner or Attorney: Adrian Ceol Muirghein filed a petition with this court for a decree of changing names as follows: Adrian Ceol Muirghein to Yehoshua Ben Avraham Santa Monica 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 04/07/2023 Time: 8:30 a.m, Dept: K Room: A-203 . The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES,1725 Main Street Santa Monica CA 90405A 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.

HOURS MONDAY - FRIDAY 9:00am - 5:00pm
LOCATION 1640 5th Street, Suite 218, Santa Monica, CA 90401

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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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WINNER

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Classifieds

DBA

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2023024514 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 2/01/23. The following person(s) is (are) doing business as STARWOODS TEMPLATES 23638 NEWHALL AVE STE 6 #440 NEWHALL CA 91321 COUNTY OF LOS ANGELESIf corporation or LLC- Print State of Incorporation/ Organization: The full name of the registrant(s) is/are STARWOODS COMMERCE LLC 23638 NEWHALL AVE STE 6 #440 NEWHALL CA 91321 COUNTY OF LOS ANGELESIf corporation or LLC- Print State of Incorporation/Organization: CAThis Business is conducted by: a LLC.The registrant commenced to transact business under the fictitious business name or names listed on N/ARegistrant/Corp/ LLC Name /s/: ALEXANDER GUERRERO TITLE: MANAGING MEMBER. This statement was filed with the County Clerk of LOS ANGELES County on 2/01/23. 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 14411 et seq. ,Business and Professions Code). SANTA MONICA DAILY PRESS 2/06/23, 2/13/23, 2/20/23, 2/27/23

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2023026244 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 2/03/23. The following person(s) is (are) doing business as BA COLLECTIVE 2740 MAIN STREET SANTA MONICA CA 90405 COUNTY OF LOS ANGELESIf corporation or LLC- Print State of Incorporation/

DBA

Organization: The full name of the registrant(s) is/are 1.) CORY TAYLOR ARCHITECTS INC. and 2.) BELZBERG ARCHITECTS LLP 2740 MAIN STREET SANTA MONICA CA 90405 COUNTY OF LOS ANGELESIf corporation or LLC- Print State of Incorporation/Organization: CAThis Business is conducted by: a LLC.The registrant commenced to transact business under the fictitious business name or names listed on N/ARegistrant/Corp/ LLC Name /s/: CORY TAYLOR TITLE: GENERAL PARTNER. This statement was filed with the County Clerk of LOS ANGELES County on 2/03/23. 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 14411 et seq. ,Business and Professions Code). SANTA MONICA DAILY PRESS 2/13/23, 2/20/23, 2/27/23, 3/06/23

Name Change

Proof of PublicationORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 22SMCP00432 Superior Court of California, County of Los Angeles Petition of Ray Isaindang for Change of Name TO ALL INTERESTED PERSONS: Petitioner or Attorney: Ray Isaindang filed a petition with this court for a decree of changing names as follows: Ray Isaindang to Joseph Isain Ray ,Beyui Isaindang to Beyui Ray , Anwi Isaindang to Anwi Ray , Izak Isaindang to Izak Isain Ray andElijah Isaindang to Elijah Isain Ray 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

Name Change

petition for change of name should not be granted.Notice of Hearing: Date 3/03/2023 Time: 8:30 a.m, Dept: K , Room: The address of the court is SUPERIOR COURT OF CALIFORNIA COUNTY OF Los Angeles 1725 Main Street Santa Monica, CA 90401.A 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: 11/14/2022.

Proof of PublicationORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 23SMCP00019 Superior Court of California, County of Los AngelesPetition of Jennifer Ashley Westra for Change of Name TO ALL INTERESTED PERSONS: Petitioner or Attorney: Jennifer Ashley Westra filed a petition with this court for a decree of changing names as follows: Jennifer Ashley Westra to Zian Ashley WestraThe 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 3/03/2023 Time: 8:30 a.m, Dept: K , Room: The address of the court is SUPERIOR COURT OF CALIFORNIA COUNTY OF Los Angeles 1725 Main Street Santa Monica, CA 90401.A 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: 1/13/2023.

PLACE YOUR CLASSIFIED HERE

HOURS MONDAY - FRIDAY 9:00am - 5:00pm **LOCATION** 1640 5th Street, Suite 218, Santa Monica, CA 90401

City of Santa Monica

NOTICE OF A PUBLIC HEARING BEFORE THE SANTA MONICA PLANNING COMMISSION

SUBJECT: 22ENT-0070 (Development Review Permit)
22ENT-0184 (Conditional Use Permit)
22ENT-0279 (Minor Modification)

516 Colorado Avenue
APPLICANT: Howard Laks, Howard Laks Architects
PROPERTY OWNER: XYZ Rent 12 LLC

A public hearing will be held by the Planning Commission to consider the following request:

Development Review Permit and Conditional Use Permit to allow for the construction of a Tier 3, 21,726 square foot, eight-story hotel comprised of 74-guest rooms and outdoor dining areas located on the ground floor and roof deck above two subterranean levels with no on-site vehicular parking. Additionally, a Minor Modification has been requested to waive the Build-To Line development standard and allow for alternative design.

DATE/TIME: **WEDNESDAY, MARCH 1, 2023 AT 6:00 PM**

LOCATION: City Council Chamber, Second Floor, Santa Monica City Hall, 1685 Main Street, Santa Monica, California

HOW TO COMMENT
The City of Santa Monica encourages public comment. Members of the public unable to attend a meeting but wishing to comment on an item(s) listed on the agenda may submit written comments prior to the public hearing via email to planningcomment@santamonica.gov or via mail to the address listed below. Comments received prior to 12 p.m. on the day of the meeting will be distributed to the Planning Commission prior to the meeting and posted online. All written comments shall be made part of the public record. Please note the agenda item in your comments.

You may also comment in-person at the Planning Commission hearing. Please check the agenda for more detailed instructions on how to comment.

Address your comments to: **Ross Fehrman, AICP, Senior Planner**
Re: 516 Colorado Avenue

VIA E-MAIL: planningcomment@santamonica.gov
VIA MAIL: City Planning Division
1685 Main Street, Mail Stop 28
Santa Monica, CA 90401

MORE INFORMATION
If you want more information about this project or wish to review the project file, please contact Ross Fehrman at ross.fehrman@santamonica.gov. The Zoning Ordinance is available on the City's web site at www.santamonica.gov. For disability-related accommodations, please contact 311 or (310) 917-6626 TTY at least 72 hours in advance. Every attempt will be made to provide the requested accommodation. All written materials are available in alternate format upon request. Santa Monica Big Blue Bus Lines serve City Hall and the Civic Center area. The Expo Line terminus is located at Colorado Avenue and Fourth Street, and is a short walk to City Hall. Public parking is available in front of City Hall, on Olympic Drive, and in the Civic Center Parking Structure (validation free).

Pursuant to California Government Code Section 65009(b), if this matter is subsequently challenged in Court, the challenge may be limited to only those issues raised at the public hearing described in this notice, or in written correspondence delivered to the City of Santa Monica at, or prior to, the public hearing.

ESPAÑOL
Esto es una noticia de una audiencia pública para revisar applicaciónes proponiendo desarrollo en Santa Monica. Si deseas más información, favor de llamar a Carmen Gutierrez en la División de Planificación al número (310) 458-2275.

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GUEST COMMENTARY

Send comments to editor@smdp.com

California needs to invest in solutions for the water crisis, not a bullet train



Courtesy photo

TRAIN STATION: Critics say the project is no longer a top priority in the state.

California is well acquainted with transformative construction: think Oroville Dam, the Bay Bridge and the Arroyo Seco Parkway (also known as the Pasadena Freeway).

The state is once again in charge of the nation's biggest public works project, a 171-mile high-speed rail line between Bakersfield and Merced – the "starter" portion of the long-sought bullet train linking Los Angeles and San Francisco.

It's safe to say that few people need to travel 200 mph between Bakersfield and Merced. This will surely lead to the public facing a classic sunk cost argument: Now that we've spent at least $23 billion to lay tracks in the Central Valley, it would be a waste not to connect Bakersfield to Los Angeles and Merced to San Francisco, right?

The estimated total cost for the 500-mile system is $113 billion.

Put another way, the state is attempting to create a non-transformative project that is nevertheless too big to fail. The California High-Speed Rail Authority will surely ask for more money to keep building well into the next decade.

Indeed, leaving bullet trains unconnected to California's major population centers would seem bizarre. But is a fast train more important than addressing the state's existential challenges?

Consider what's occurring just a few miles from the construction sites. Prior to the recent storms, orchards were drying up, towns were without drinking water, aquifers were shrinking, and the State Water Project was drastically restricting deliveries to Southern California. While the storms may cause a temporary reprieve, the state faces enormous long-term water issues.

Instead of spending an additional $100 billion or more to drill rail tunnels through seismically active mountains and disrupt communities, the state should embark on a massive public works effort to meet its water needs. Advances in stormwater capture and recycling hold great promise. Los Angeles could meet 70% of its water needs locally by 2035 if enough investment is made in recycling and cleaning up its groundwater basins. Repairing and replacing leaky pipes, conservation, desalination and replumbing the state project are other pieces of a resilient, drought-resistant water system for California.

When voters approved a $10 billion bond issue in 2008 to help build the full rail line, the cost was estimated at $33 billion with completion by 2020. If the project started fresh today with a $113 billion price tag, would voters still support it?

Even the much-touted climate benefits of the bullet train are losing luster. California now mandates that every vehicle sold in the state must be electric by 2035. So if the bullet train is running by then, it would be replacing car trips that don't produce greenhouse gas emissions. It might get some people out of planes, but the carbon impact will likely be less than envisioned as more fuel-efficient jets – possibly using biofuels – come online.

Meanwhile, construction itself will have produced plenty of pollution on its own.

For now, there is no clear source of funding for building north of Merced and

SEE **WATER CRISIS** PAGE 7

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OPINION | FOOD FOR THOUGHT

Katharine A. Jameson

Send comments to editor@smdp.com

Mood Food at Crudo e Nudo



Katharine A. Jameson

SALAD: The vegan Caesar salad at Crudo e Nudo.

With sunshine nearly year-round, Santa Monica provides one of the happiest and healthiest environments for its inhabitants, yet those of us who dwell in sunny climates are not immune to things like mood disorders. Nearly ten percent of Americans have been diagnosed with depression and about double that have anxiety.

The first of its kind, in a trial whose acronym aptly spells SMILES, (Supporting the Modification of lifestyle in Lowered Emotional States), a group of participants were asked to change their diet to eliminate most processed foods and to adopt the Mediterranean diet. Rich in foods like seafood, shellfish, nuts, veggies and olive oil, this way of eating was found not only to help with depression, but to send some of its participants into full remission. Thirty-two percent of people who changed their eating regime didn't just feel a little better, their depression was gone. Poof. Even anxiety was seen to diminish in these subjects.

Nutritional Psychiatrist, Dr. Drew Ramsey outlines specific nutrients that are key when it comes to mood. In his book, "Eat to Beat Depression and Anxiety", Dr. Ramsey cites minerals from magnesium to selenium and several B vitamins as remedies for depression. These are all found in everyday foods like seafood, shellfish and brightly colored fruits and veggies, which is where he says we should get them, instead of relying on supplements.

CRUDO E MOODO

Our trip to Crudo e Nudo is enough to boost anyone's mood. Focusing not only on local produce, the owners, Chef Brian Bornemann and Leena Culhane, source the freshest West Coast fish available. "[By the time it gets to our front door,] we know exactly how many hands have touched it, how it's been handled, what temperature it's been at the whole time and what the carbon footprint is," Bornemann tells me, a point he makes with pride.

Most seafood and sushi restaurants rely on fish from the Atlantic, Maine or Japan, but the native Santa Monican he is, Bornemann focuses on what is right here in his neighborhood. Having grown up attending the Santa Monica Farmers Market, he relishes freshly caught fare and uses it to inspire his daily menu, which he creates with simple, high-quality ingredients. Though it doesn't taste simple, it certainly is refreshing. "It's more about just taking what nature gives us than planning ahead," he says.

When we stumble into the delightful and homey nook on Main Street one rainy evening, we're welcomed enthusiastically by Brittany. She pours us a 'bubble', as she calls it, and we bask in its crispness as we wait not for a table, but for our two spots at one of the two communal four-tops inside.

Born from the pandemic, this elegant hole in the wall serves up (you guessed it) crudo and many other delicacies. While the menu features options for everyone (the vegan Caesar salad is delish,) it focuses on seafood like mussels, shrimp, and anti-inflammatory veggies, all of which are integral to the Mediterranean diet. In addition to its cuisine and well-chosen wine list, the camaraderie bred at the communal tables elevates one's mood as well. Typically one to steer clear of crowds, I dread joining our fellow diners at the tiny table, but we're greeted so warmly I feel like we've joined old friends. It instantly becomes more of a dinner party than a quiet evening for two. They regale us with their favorite menu options and tell us more than once that they always make a reservation to return before they leave the restaurant. We think about doing the same.

Though I can be finicky about raw fish, the bigeye tuna crudo melts in my mouth with a perfect flavor combination that delights tastebuds and satisfies at the same time. We think about ordering another one, but instead opt for the Caesar salad accompanied by the prawns and are not disappointed. The menu is easy to navigate, as nothing seems to sponsor guilt here. The only regret we have is not ordering a 'his and hers' prawns: one for each of us.

Is it that simple? Certainly dietary

SEE **FOOD** PAGE 7

FOOD

FROM PAGE 6

changes are only one component of mental wellbeing and should not replace any treatment plan already in place by your physicians, but since dining as a family has been shown to improve mental health, this way of eating is one prescription whose only side effect is health. Since Dr. Ramsey promotes foods from tinned fish and red wine to nibbling on dark chocolate a few times each week, like those chocolate almond butter cups on the dessert menu at Crudo, eating food to enhance our mood in a tight knit community just got a whole lot sweeter.

CAESAR'S GONE VEGAN DRESSING

Recipe courtesy of Chef Brian Bornemann

Ingredients

300 grams aquafaba (drained liquid from cooked chick peas)

35-40 grams rehydrated kombu (seaweed)

12 grams black garlic

400 grams blended oil

5-7 lemons, juiced

Splash cold water (to help emulsify)

8 grams black pepper

25 grams capers

65 grams white miso paste

2 grams salt

15 grams cava vinegar

METHOD:

Combine aquafaba, seaweed, and black garlic in a blender. Start on low, working up to high.

Once mixture is foamy, add oil. Start with a tablespoon to emulsify mixture.

Alternate adding oil and lemon juice to blender (do not add all of the juice until you've tasted it). Add ice water to help properly emulsify mixture

Once all oil is added, taste the mixture for acidity.

Start blender on low and work up to high and add black pepper, capers, miso and salt.

Taste for seasoning.

Slowly add ¼ cup of oil. If mixture breaks, use ice water and seaweed liquid to patch it together.

Add 1 capful of cava vinegar. Taste for seasoning.

Katharine Jameson is a graduate of Syracuse University and a Certified Health Counselor. Her growing interest and research in nutrition solved her own weight problems. A mother of two, she is compelled to share the ease with which good health is obtained through the integration of simple, whole foods and proper nutrition. Based in Brentwood, Katharine writes a bi-monthly column where she discusses pivotal health topics, local businesses and interviews cutting edge experts. She can be found on Instagram at @foodforthoughtwithkat.

AUDIOCARDIO

FROM PAGE 1

"I started just doing some information gathering and research online. And I found a study associating untreated hearing loss with a higher risk of cognitive decline and dementia," Ellis said.

"My intent was to deliver something that was easily accessible, that was affordable and didn't have a negative stigma associated with it. We say this a lot because that's truly what it comes down to, less than 15 percent of the people who could benefit from a hearing aid actually own one."

TSC works by stimulating the cells at just below the audible level to build up enough stimulation to activate them. As they activate and connect to nearby cells, these connections become stronger and more efficient in sending sounds to the brain so that you can recognize them as meaningful sounds.

And now, a new study by the Journal of the American Medical Association suggests a strong link between dementia and cognitive impairment to hearing loss, where maintaining and restoring hearing combats the advancement long term.

"We're aiming to assist people, anyone, who suffer from hearing loss. What happens to someone who has untreated hearing loss is that they get frustrated. They're frustrated because they're having a hard time understanding conversation, social settings … at home or in a restaurant," Ellis said.



AudioCardio

APP: Chris Ellis, founder of the AudioCardio.

"When that happens, they start to isolate themselves … and they can become depressed. And we all know that staying social and being active is very good for your mental, cognitive health. And of course for your health overall."

As for the timeline on the FDA approval request, Ellis said that it could — and probably will — take well over a year.

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HIGH SPEED RAIL

FROM PAGE 2

Acela train connecting Washington, D.C. and New York City.

The evidence is clear that California should finish the job and complete the high-speed rail service between SF and L.A. Yes, the cost has increased but the project remains more affordable than expanding airports or freeways. Its carbon emissions reductions will be essential to achieving the state's climate goals.

Neither the State Water Project nor the interstates were cheap. But they proved their value many times over during the last five decades. California's high-speed rail project will prove its value many times over during the rest of this century – if political leaders in Sacramento commit to its completion.

Guest Commentary written by Robert Cruickshank. Robert Cruickshank was president of Californians For High Speed Rail from 2009-11.

SCHOOL FOOD

FROM PAGE 1

Board member Richard Tahvildaran-Jesswein raised a concern that these wait times significantly detract from student's lunch.

"If the kids are waiting ten to 15 minutes in line, what does that mean for the time that they have to actually then consume their food at the high school," he asked. "Because I think as members of the Board that's where we're getting the most concern from parents and students."

Marchini acknowledged that the wait times have been cutting into students' lunchtime but said hiring more staff will help address this and added that they have plans to add a barbeque station outside at Samohi to provide more choice and shorten lines.

He said once the department is fully staffed he hopes to cook more items from scratch.

"Right now the only thing we've been able to do is our pasta sauces, we make all of those from scratch at Samohi," he said. "Eventually we're hoping to be able to make pizza, all of our taco meats… and even vegetarian items, so hopefully once we get more staff we can do more and send it out to all the sites, but right now we're kind of limited as to what we can do."

grace@smdp.com

HOUSING ELEMENT

FROM PAGE 1

housing above ground floor retail and the Commission said such action would jeopardize the city's economic recovery.

"The proposed amendment would fine-tune the program by retaining the City's long-term commitment to providing access to housing opportunity while ensuring we maintain complete neighborhoods that provide access to economic opportunity and address vehicle miles traveled concerns," said the Commission in a letter to Council.

City staff said such a revision could potentially jeopardize compliance with state rules opening the door for more developers to force projects into the city outside local control.

"... in summary, it appears that not rezoning the NC zone and further upzoning a portion of the Bergamot area beyond that already stated in the certified Housing Element would likely be rejected by HCD," said the staff report. "HCD's guidance is consistent with their review of prior drafts of the Housing Element (before certification) where staff was directed to remove language regarding flexibility to increase or decrease FAR/height in favor of actual commitments to rezoning."

According to staff, if the City were to fall out of compliance for failure to rezone the City would be subject to consequences and penalties under State law, including the option for developers to file applications for "builder's remedy" projects, ineligibility of grant funding, vulnerability to litigation from third parties, and enforcement actions by the State, potentially resulting in substantial fines.

SUSTAINABLE CITY PLAN

Council pushed discussion of the City's Sustainable Plan to February after their last meeting in January went long.

Council will receive an update on sustainability measures.

"For almost three decades, the City of Santa Monica has been modeling sustainable practices that demonstrate that economic vitality, social equity and environmental protection are mutually dependent priorities for our community," said the staff report. "The City has taken responsibility to act locally and address the risks of climate change, drought, extreme heat, social injustice and economic volatility by integrating sustainable practices across our organization and knitting sustainability into the fabric of our community."

PARKLETS

Santa Monica moved from temporary to permanent parklet rules this year late last year but some businesses said the program was too expensive or didn't meet their needs. In response to some of those complaints, the program will be modified to allow businesses to take up to four parking spaces for their parklets (up from two) and clarify the need for insurance from participating businesses.

HOMELESSNESS

Council will debate a local state of emergency for homelessness. Several agencies including Culver City, County of Los Angeles, City of Los Angeles, and Long Beach have taken similar actions recently in an effort to free up funds and cut red-tape associated with the ongoing humanitarian crisis.

Council will meet on Tuesday, Feb. 14 at City Hall, 1685 Main Street. Closed session begins at 5:30 p.m. and open session begins no earlier than 6:30 p.m.

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WATER CRISIS

FROM PAGE 5

south of Bakersfield. But many powerful political forces – led by construction companies, unions and Valley cities – will push to complete the 500-mile system.

It will take considerable courage to stand against all that, and in effect argue that the state should not be throwing good money after bad. After all, $100 billion is a lot of good money.

As for the future of an isolated bullet train in the Central Valley, maybe it can still be useful locally. But state leaders should not continue to sacrifice resources needed for essential, existential challenges on a project that no one really needs.

This article was originally published by CalMatters. Dana Goldman is the dean of the Sol Price School of Public Policy at USC. Alain Enthoven is an economics professor emeritus at Stanford University. He was appointed to Assistant Secretary of Defense by President Lyndon B. Johnson in 1965, and served as chairman of the California Managed Health Care Improvement Task Force.

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TODAY'S BIRTHDAY (Feb. 13)

Focus is your superpower. You feed so much positive effort and energy into what you want, your whole life leans into the embrace of it. You think of challenges as a game and often outwit the opposition. More highlights include lovable gifts given and received, a strange but useful prize and an instant attraction. Leo and Sagittarius adore you. Your lucky numbers are: 1, 44, 39, 10 and 7.

HOROSCOPES

ARIES (March 21-April 19). Everyone is good at different things. There will be some things you learn quickly and other things you struggle with. Accept struggle as feedback to help you find the method of working that fits you best.

TAURUS (April 20-May 20). You didn't know what you were getting into. The work is not as advertised. Still, if you wind up investing more than you ever thought you would, you'll not regret a single moment of what you did for love.

GEMINI (May 21-June 21). It will not satisfy you to go from task to task without achieving anything substantial. You don't want to be busy; you want to be productive. With good planning you will build your day like a pyramid, aiming toward a single point.

CANCER (June 22-July 22). Anything that helps you clarify what you really want is a blessing, even if it comes in the form of someone showing you what you don't want at all. You'll soon be making new rules for yourself, and what happens will inform them.

LEO (July 23-Aug. 22). Romantic pursuits and other labors of love do not have to live "happily ever after" to be successful. "Happily ever after for now is considered a win. It's glorious to enjoy a moment without expectation of the next one.

VIRGO (Aug. 23-Sept. 22). The Greek philosopher Heraclitus said a man's character is his fate. Though you'll consider yourself lucky for the good fortune you enjoy today, it is also a function of living right.

LIBRA (Sept. 23-Oct. 23). You like people and you welcome them into your life, but you also require solitude now. You're working on emotions and ideas that require space, quiet and an uninterrupted stretch of time to yourself.

SCORPIO (Oct. 24-Nov. 21). There's an event on your mind. It has just now occurred to you that you have the option not to go. If you really must go, or really want to go, this is the time to decide how you want to show up and do the work to make it happen.

SAGITTARIUS (Nov. 22-Dec. 21). The final moments of the race, finishing touches of the meal, countdown to the opening curtain -- this is when the stakes feel high. The response of the world is beyond your control. Let go and let the work speak for itself.

CAPRICORN (Dec. 22-Jan. 19). "Is this really that big of a deal?" you may ask yourself. By paying no mind to matters of little relevance you will have the mental energy to take on matters of considerable relevance.

AQUARIUS (Jan. 20-Feb. 18). Your cosmic lineup is sending you an exclusive invitation to forget the world and their opinions. What would you do if the most important thing to accomplish today was simply being more attractive to yourself?

PISCES (Feb. 19-March 20). It's hard to build any momentum if you have the clutter of unfinished business around you. Clear the surfaces, tie the loose ends, chip off the extra emotion that can only get in your way at this point.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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

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

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

Newsday Crossword

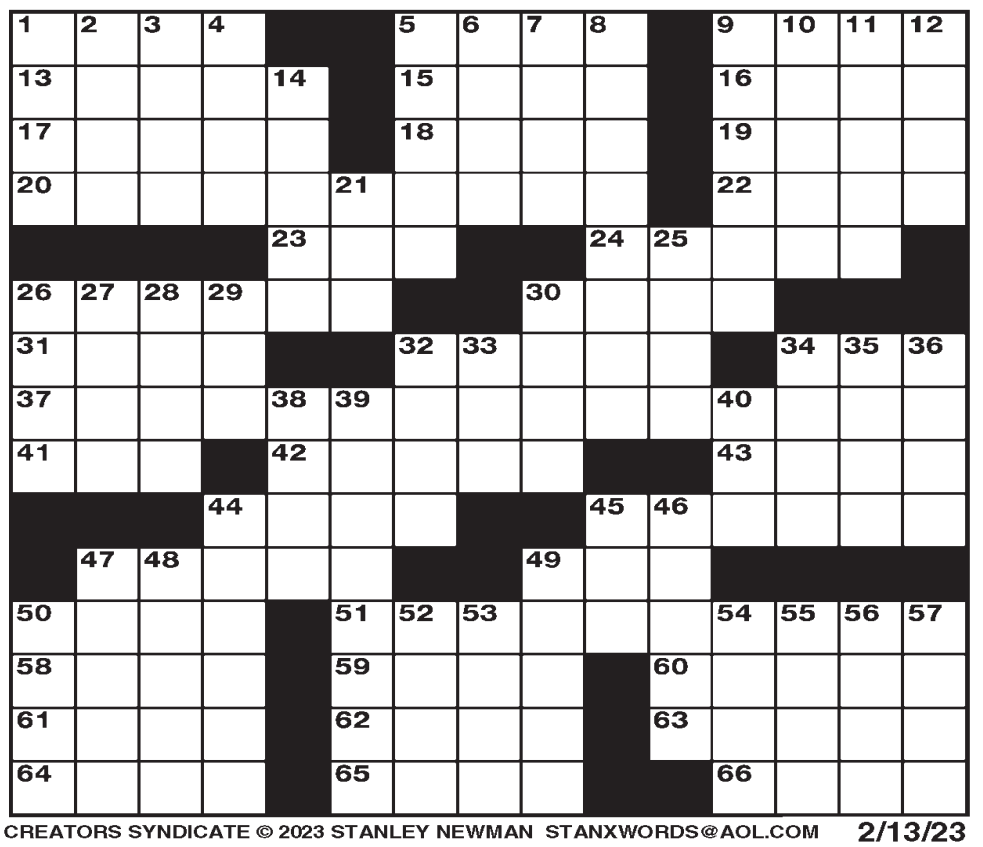
SEE THE POINTS by Doug Peterson
Edited by Stanley Newman
www.stanxwords.com

ACROSS

1 Red street-corner sign
5 Performs a role
9 Judge's garment
13 Acquire knowledge
15 "__ shalt not steal"
16 Fencing sword
17 Sound of a sneeze
18 Big cat that roars
19 Texter's phone
20 Sharp bulletin-board stickers
22 Cultural activities
23 __ Vegas, NV
24 Dances at luaus
26 One less than a dozen
30 Young lass
31 Traditional folk knowledge
32 Putting into service
34 Chimp or gorilla
37 Scarf maker's tools
41 "Long time no __"
42 Doesn't include
43 At once, in a memo
44 Had shed tears
45 Ability to retain things mentally
47 Upper-body sculpture
49 Become droopy
50 Short skirt
51 Cloth-diaper fasteners
58 Rightward, on a map
59 Make a left or right
60 Great danger
61 Oak or elm
62 Metal-bearing rocks
63 Sketch the outline of
64 Grabs a bite
65 Hourly charge
66 Was sure of

DOWN

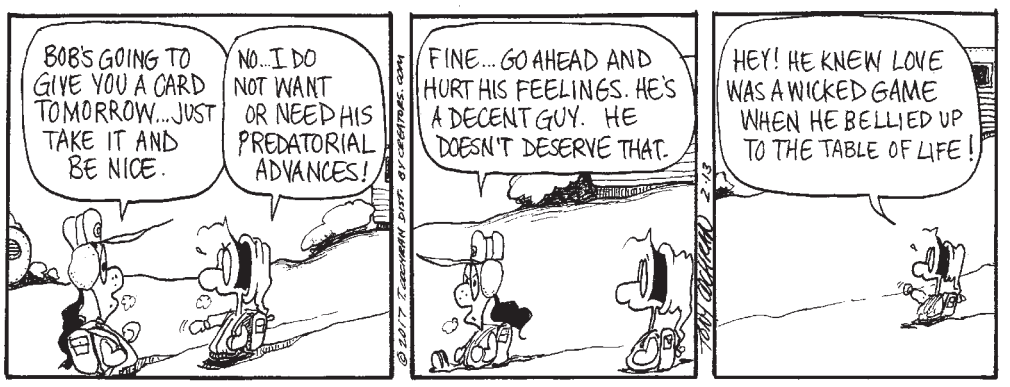
1 Thin wooden strip
2 Computer repairer, for short
3 Honolulu's island
4 High-school dance
5 Book of maps
6 Fashionable
7 __ apart (dismantled)
8 Daylight on a cloudless day
9 Bring back to mind
10 Drama with sopranos
11 Waist straps with buckles
12 "Electric" fishes
14 Aristocratic person
21 Light brown shade
25 Strong craving
26 Antlered relatives of deer
27 __ Star State (Texas)
28 A Great Lake
29 Doc for horses
30 Liquors in martinis
32 Group of troops
33 Police department rank: Abbr.
34 "Besides that . . ."
35 Bartlett or Bosc fruit
36 Catch a glimpse of
38 On one's __ (alert)
39 Person deceiving with a false identity
40 River-blocking structure
44 Composes an email
45 Car-floor covering
46 Cairo's country
47 Small jeweled crown
48 Initial stage
49 Sight, touch, or taste
50 Parcel (out)
52 Mystical glow
53 Be worried (about)
54 Fringe benefit, for short
55 Where Teheran is capital
56 Pleasant to be around
57 Large quantity (of)



CREATORS SYNDICATE © 2023 STANLEY NEWMAN STANXWORDS@AOL.COM 2/13/23

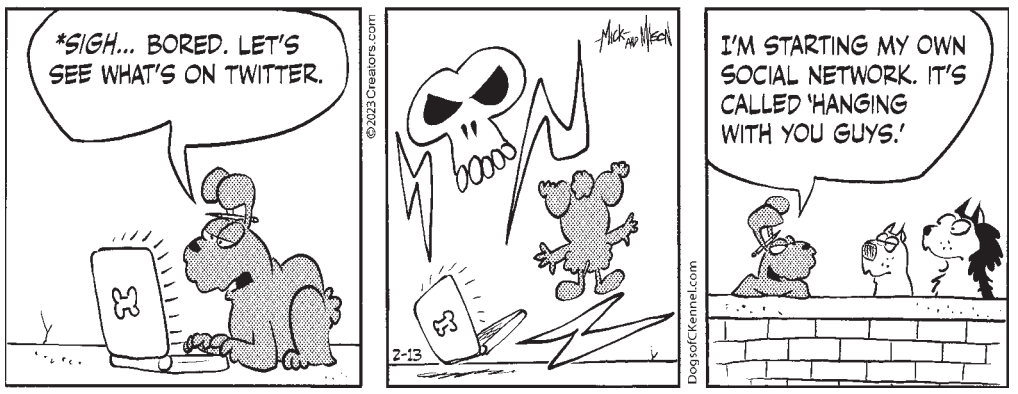
Agnes

By TONY COCHRAN



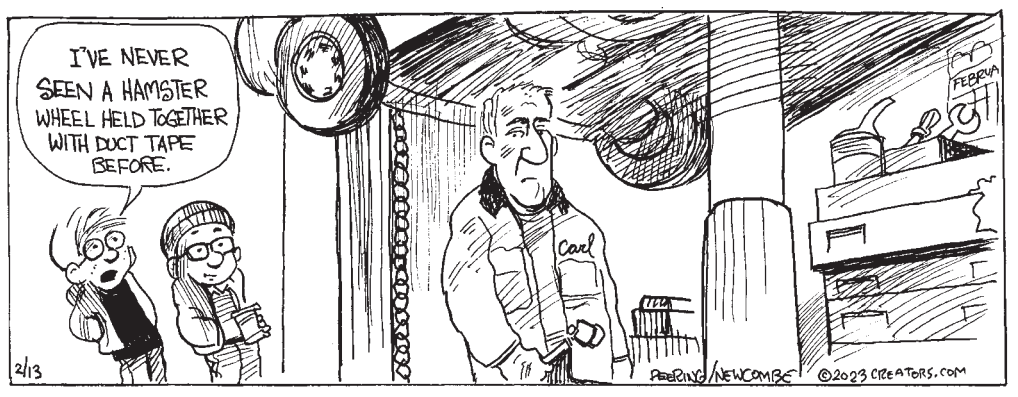
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



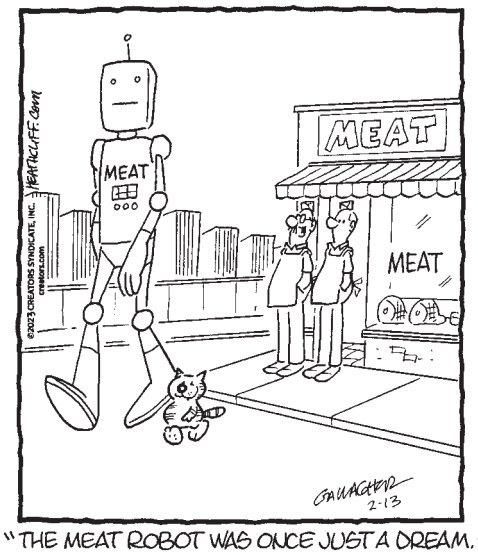
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

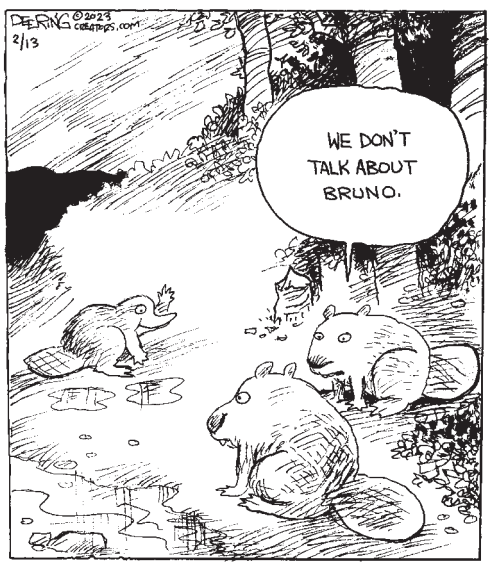
By PETER GALLAGHER



"THE MEAT ROBOT WAS ONCE JUST A DREAM."

Strange Brew

By JOHN DEERING



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 12 letters left over. They spell out the alternative theme of the puzzle. © australianwordgames.com.au 5754

Waterways of Australia

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

Areas	Fish	Namoi	Safety
Avon	Flow	Nets	Sheep
Bremner	Genoa	Nyah	Slip
Carnegie	Hull	Paddle	Slope
Crane	Hume	Peel	Somerset
Crew	Hunter	Pier	Swan
Daly	Huon	Port Hedland	Tinny
Dawson	Hutt	Quiet	Tugs
Dey Dey	Jetty	Redfin	Weeds
Dinghy	Link	Rice	Weirs
Dora	Logan	Risk	Wine
Eacham	Mannum	Robe	Worms
Eagles	Maze	Rods	Yarra
Eden	Muddy	Ross	Yule

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.
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What's Up Westside

out and about in Santa Monica

MONDAY | FEBRUARY 13

BLACK HISTORY MONTH EXHIBITS
Stop by Santa Monica City Hall, 1685 Main St., during business hours to view exhibits featuring poetry aligning with the theme of Black Resistance. City Hall is open 7:30 a.m. to 5:30 p.m. Monday through Thursday and from 8 a.m. to 5 p.m. every other Friday (closed Feb. 24).

BOTTLE SIGNING LOVE
Ruben Rojas will be hand signing Love Tequila bottles at Wally's in Santa Monica from 3 - 6 p.m., 214 Wilshire Blvd.

BLACK HISTORY SERIES: THE CREATIVE MIND
Renowned traveling exhibition from the Cultural Programs of the National Academy of Sciences (CPNAS) explores significant achievements, discoveries, inventions, and other contributions made by the Black community to medicine, engineering, mathematics, and the sciences. The exhibit will be on exhibit as part of SMC's Black History Series for four weeks starting February 13 at the SMC Student Services Center, 2nd Floor on the main SMC campus at 1900 Pico Blvd., Santa Monica. https://www.smc.edu/news/2023/2023-02-01-smc-continues-black-history-series.php

TUESDAY | FEBRUARY 14

CANDLELIGHT: VALENTINE'S DAY SPECIAL
Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before in Los Angeles. Get your tickets now to discover Valentine's Day inspired music at The Historic Woman's Club in Santa Monica under the gentle glow of candlelight. Two shows at 6:30 p.m. and 9 p.m. take place February 14. Santa Monica Bay Women's Club. 1210 4th St. Tickets online at https://feverup.com/m/120916.

NEW YEAR, NEW OUTLOOK: MINDFULNESS & MEDITATION FOR THE NEW YEAR
Experience the pause that refreshes with Henry Schipper, a UCLA Certified Mindfulness Facilitator and longtime local meditator. Beginners and experienced meditators looking to support their practice are welcome. The one-hour session includes a Q&A. 6 to 7p.m. / Montana Avenue Branch. 6 to 7 p.m. Pico Branch, The Annex

WEDNESDAY | FEBRUARY 15

DOWNTOWN FARMERS MARKET
The largest grower-only Certified Farmers Market in Southern California and a favorite for local chefs. Arizona Avenue (between 4th & Ocean). 8:30 a.m. - 1 p.m.

THURSDAY | FEBRUARY 16

WALK-IN TUTORING
Volunteer tutors provide help with basic reading and writing skills, using the Internet, filling out online and paper forms, using email, resume writing, and more. 1 to 3 p.m., Main Library, Tutoring Center.

BLACK HISTORY MONTH FILM SCREENING: THE GABBY DOUGLAS STORY (2014)
Celebrate Black History Month with a screening of The Gabby Douglas Story, an inspiring look at the life of the first black gymnast to become the Individual All-Around Champion and the first American to win gold in both the individual all-around and team competitions at the same Olympics. For teens only. 4 to 5:30 p.m. / Pico Branch, The Annex

MONTANA AVENUE BRANCH BOOK GROUP DISCUSSION: KLARA AND THE SUN BY KAZUO ISHIGURO
In this bestselling novel, Nobel laureate Kazuo Ishiguro looks at our rapidly changing modern world through the eyes of an unforgettable narrator - Klara, an Artificial Friend - to explore a fundamental question: what does it mean to love? 6 to 7 p.m. / Montana Avenue Branch

'APPY HOUR' DEVICE WORKSHOP
Bring in your smartphone, laptop or tablet and get help using your device. 3:30 to 4:30 p.m. Main Library, Tutoring Center

FRIDAY | FEBRUARY 17

FRIEZE LOS ANGELES AT SANTA MONICA AIRPORT
Visit one of Los Angeles' biggest art event for their fourth edition, Frieze LA! Frieze Los Angeles largely focuses on contemporary art and celebrates the exceptionally dynamic culture of Los Angeles and its global contributions to the visual arts. Featuring more than 120 galleries from 22 countries, view one of the largest collections of 20th century art and enjoy savory bites, delicious drink and more. Positioned in the Southeast corner of the airfield, the fair will take place over multiple sites across the property, with a focus on the signature Frieze bespoke tent, built and designed by Kulapat Yantrasast's WHY studio. 3026 Airport Ave Santa Monica.

SATURDAY | FEBRUARY 18

NOTABLE FICTION BOOK GROUP DISCUSSION: THREE STORIES BY CLAIRE KEEGAN
Explore three of this contemporary Irish author's most celebrated short works: "Antarctica," "Foster," and "Small Things Like These." Contact library@santamonica.gov for the link. 11 a.m. to 12 p.m. / Zoom

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



SURF REPORT

WATER TEMP: **56.8**

MONDAY *POOR TO FAIR*	**SURF:**	1-2ft Knee to thigh	Smaller NW leftovers from the weekend. New, long period NW swell creeps in but will be too steep-angled to show very well across the region.
TUESDAY *POOR TO FAIR*	**SURF:**	1-2ft Knee to thigh	Run of steep-angled NW swell mix continues. Small S swell mixes in. Wind could be manageable in the morning then looks to fall apart through the day.

WEATHER

Monday: Mostly sunny, with a high near 62.
Monday Night: Mostly cloudy, with a low around 50.
Tuesday: Mostly sunny, with a high near 58.
Tuesday Night: Mostly clear, with a low around 42.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
2023/02/13	Mon	01:49 AM	4.62	H
2023/02/13	Mon	10:03 AM	0.99	L
2023/02/14	Tue	03:03 AM	4.83	H
2023/02/14	Tue	11:25 AM	0.29	L
2023/02/15	Wed	04:20 AM	5.20	H
2023/02/15	Wed	12:22 PM	-0.45	L
2023/02/15	Wed	7:27 PM	3.13	H
2023/02/15	Wed	10:54 PM	2.64	L
2023/02/16	Thu	05:28 AM	5.70	H
2023/02/16	Thu	1:08 PM	-1.08	L
2023/02/16	Thu	7:53 PM	3.50	H
2023/02/17	Fri	12:06 AM	2.31	L
2023/02/17	Fri	06:26 AM	6.21	H
2023/02/17	Fri	1:50 PM	-1.55	L
2023/02/17	Fri	8:22 PM	3.84	H
2023/02/18	Sat	01:02 AM	1.84	L
2023/02/18	Sat	07:18 AM	6.61	H
2023/02/18	Sat	2:29 PM	-1.80	L

DAILY LOTTERY

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

POWERBALL
Draw Date: 2/8
52 58 59 64 66
Power#: 9
Jackpot: 34 M

MEGA MILLIONS
Draw Date: 2/7
9 15 46 55 57
Mega#: 4
Jackpot: 50 M

SuperLotto PLUS
Draw Date: 2/8
16 21 34 39 40
Mega#: 9
Jackpot: 32 M

Fantasy 5
Draw Date: 2/9
9 18 30 35 37

Daily 3
Draw Date: 2/9
EVENING: 2 2 7
Draw Date: 2/9
MIDDAY: 1 2 7

Daily Derby
Draw Date: 2/9
1st: 12 - Lucky Charms
2nd: 06 - Whirl Win
3rd: 09 - Winning Spirit
Race Time: 1:43.69

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