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Santa Monica Star
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Santa Monica and Venice become center of evolving fitness industry

CLARA HARTER
SMDP Staff Writer



Courtesy photo

FITNESS:DMN8 runs outdoor fitness classes directly facing the Santa Monica beach

The pandemic pummeled LA's enormous fitness industry and from the ashes of shuttered studios a new permanent and semipermanent outdoor exercise industry has taken root in Venice and Santa Monica.

While these businesses are cultivating a growing following, the state of the general fitness industry remains dire.

Aside from a few week window in June and July, indoor gyms and studios have been closed since March 2020.

Some gym managers said that as much as 70 percent of the local industry could still be out of work, even with the limited opening hours currently available.

The businesses that have managed to stay afloat completely adapted their operations, introducing new exercise programs that will have lasting effects on the way people work out.

One such trend is outdoor group fitness companies that don't own a physical studio space.

In Santa Monica DMN8 is offering HIIT, yoga, sculpt, and dance cardio classes seven days a week on the Ocean Park grass area directly facing the beach.

The company was founded by former local lifeguard Eddy Roche, who saw a gap in the fitness industry and launched DMN8 in November 2019.

"One day I was sitting in one of the blue towers on the beach and I noticed people exercising on those beautiful green patches of grasses," said Roche. "Back home in Australia group fitness is ubiquitous. You can't go out to Bondi, Bronte or any of the famous beaches in Queensland without seeing locals building community and staying active together and I thought 'hey maybe I can do that here.'"

DMN8's model is permanently outdoors and currently operates with masking, physical distancing, and no equipment sharing protocols in place.

Community, which many people are sorely missing, is at the center of its model. DMN8 constantly engages with locals on its @dmn8_app Instagram account and hosts monthly 'Service Saturday' events to give back to the local community.

Several boutique studios such as Circuit Works, Pure Barre, Modo Yoga and Barry's Bootcamp have also opened outdoors locally and strive to bring back the motivational aspect of group fitness.

One of the latest offerings is Ryde4, a group spin class that reopened in January on the Burn Fitness roof in Downtown Santa Monica. Instructors said people are looking for someone to push them and a team or group to be a part of.

Even with extensive safety precautions in place, many people are weary of venturing into group settings. In general, the local fitness industry still faces depressed demand.

"There's a common misconception that DMN8 benefited from the pandemic, because we were already operating outdoors," said Roche. "But we suffered just like everybody else when the economy suffered and lost a lot of members of our community."

When Ryde4 first opened in January classes were sparsely attended, but their following has swelled significantly as people came to trust their health and hygiene standards and recommended the classes to friends. DMN8 has noticed a similar trend, particularly as Covid case counts continue to decrease.

While several studios have been open outdoors since summer, gyms in general were slower to adapt.

Gold's Gym in Venice just reopened on Jan. 15. After waiting for months to get the green light for limited indoor operations, the management team made a cost benefit analysis and decided to bring all of their equipment outdoors.

"There was a pretty big

SEE **FITNESS** PAGE 6

Furloughed workers shoot to success through Aguas Locas pop-up business

CLARA HARTER
SMDP Staff Writer

Furloughed, bored, and locked in the house, Pablo Murillo started blending aguas frescas for his three-year-old daughter in March, completely unaware that his quarantine hobby would soon take off as a full time hustle.

Fast forward almost a year and Murillo and close friend Morris Ellis both quit their day jobs to run Aguas Locas — a thriving Instagram and pop-up businesses selling homemade aguas frescas alongside fresh and funky margaritas.

"I've had a love connection with aguas frescas ever since I was a little kid. They remind me of my family. My dad is from Mexico City and my mom is from a small Mexican state called Colima," said Murillo. "In trying to create these nostalgic drinks for my daughter, I had to make them without any sugar because she doesn't have any sugary drinks."

After experimenting with different substitutes, Murillo settled on agave, as it's a delicious natural sweetener from Mexico that stays true to the drink's roots.

"Aguas frescas are an ancient Aztec tradition where the Aztecs would muddle fruit, water, and sugar," said Murillo. "They would drink it in the morning to give

SEE **AGUAS LOCAS** PAGE 6

City Council readies for homelessness, affordable housing discussions

BRENNON DIXSON
SMDP Staff Writer

Santa Monica City Council is set to meet Tuesday to discuss homelessness and affordable housing, two topics that have been heavily discussed by residents in recent weeks.

The City of Santa Monica typically would have completed the Point-In-Time homeless count by now, but the ongoing pandemic has forced city officials and others in the Westside to pivot and determine how they can better focus emergency response on the regional homelessness crisis that has been exacerbated by COVID-19.

Local property owners have complained multiple times in the last month about the growing number of individuals who camp out in public elevators and garages.

Councilmember Phil Brock said during a Feb. 3 City Council meeting, "Our reputation has become, unfortunately, one of an unsafe downtown with unsavory alleys, parking garages and boarded up storefronts. We have to change that now; we can't wait."

Shortly after, City Manager Lane Dilg invited all of the community to join City Council at the upcoming February 23 meeting to discuss homelessness citywide and how officials can best address the roots of the region's problem.

According to a report listed on Tuesday's agenda, staff is recommending that City Council affirm the City's existing strategies to address homelessness in the community; affirm continuation of the City's recent, added strategies to address homelessness, including Multidisciplinary Street Teams and Park Ambassadors; and confirm that potential projects listed in "Four Pillars Roadmap – Next Steps" (Attachment G) align with Council's vision for a safe and healthy Santa Monica.

Another major topic of interest on Tuesday's agenda is a follow up

SEE **COUNCIL** PAGE 7


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Agnes

By TONY COCHRAN



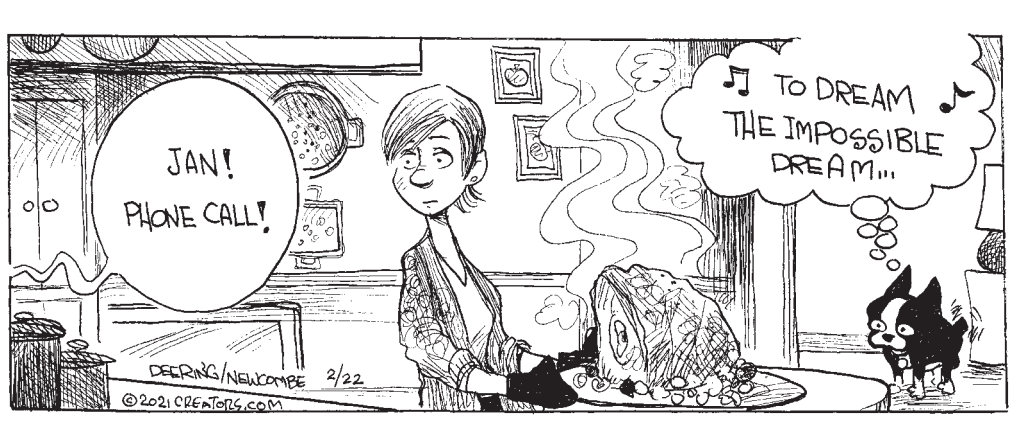
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



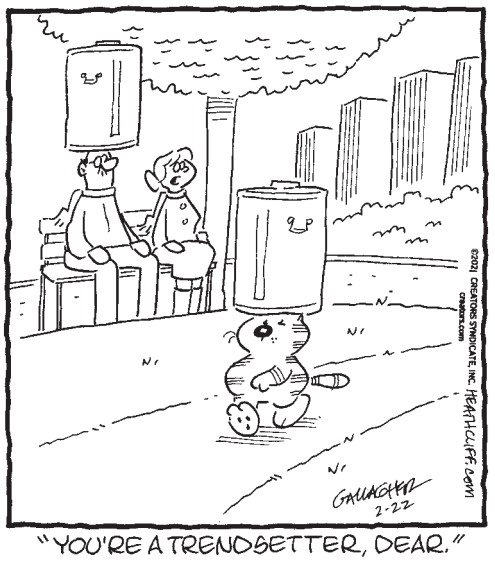
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

By PETER GALLAGHER



Strange Brew

By JOHN DEERING





SURF FORECASTS

WATER TEMP: 58.5°

MONDAY - **POOR TO FAIR** - SURF: 0.5-1ft Shin to knee high
Lingering NW swell mix and minor S swell. Deep high tide shuts down the dawn patrol but there should still be an occasional rideable wave for the small wave gear as the tide drops.

TUESDAY - **POOR** - SURF: 2-3ft Shin to knee high
Steep new NW swell trends up through the day -- the direction limits size heavily but there should be a little more energy than previous days.

WEATHER

Friday: Sunny, with a high near 74.
Friday Night: Mostly clear, with a low around 53.
Saturday: Sunny, with a high near 70.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
2021/02/22	Mon	05:27 AM	4.77	H
2021/02/22	Mon	1:08 PM	-0.18	L
2021/02/22	Mon	8:00 PM	3.37	H
2021/02/23	Tue	12:08 AM	2.49	L
2021/02/23	Tue	06:15 AM	5.20	H
2021/02/23	Tue	1:39 PM	-0.59	L
2021/02/23	Tue	8:16 PM	3.59	H
2021/02/24	Wed	12:50 AM	2.15	L
2021/02/24	Wed	06:57 AM	5.62	H
2021/02/24	Wed	2:08 PM	-0.91	L
2021/02/24	Wed	8:36 PM	3.82	H
2021/02/25	Thu	01:28 AM	1.77	L
2021/02/25	Thu	07:35 AM	5.95	H
2021/02/25	Thu	2:38 PM	-1.11	L
2021/02/25	Thu	8:59 PM	4.07	H
2021/02/26	Fri	02:06 AM	1.39	L
2021/02/26	Fri	08:13 AM	6.13	H
2021/02/26	Fri	3:08 PM	-1.17	L
2021/02/26	Fri	9:25 PM	4.33	H
2021/02/27	Sat	02:46 AM	1.03	L
2021/02/27	Sat	08:52 AM	6.09	H

DAILY LOTTERY

POWERball
Draw Date: 2/17
1 15 21 32 46
Power#: 1
Jackpot: 78 M

MEGA MILLIONS
Draw Date: 2/16
1 36 44 54 66
Mega#: 10
Jackpot: 20 M

SuperLotto PLUS
Draw Date: 2/17
20 26 39 40 46
Mega#: 19
Jackpot: 22 M

Fantasy 5
Draw Date: 2/18
5 8 11 14 23

Daily 3
Draw Date: 2/18
EVENING: 2 0 9

Draw Date: 2/18
MIDDAY: 5 4 7

Daily Derby
Draw Date: 2/18
1st: 03 - Hot Shot
2nd: 01 - Gold Rush
3rd: 07 - Eureka
Race Time: 1:44.74

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

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TODAY'S BIRTHDAY (FEBRUARY 22)

You're striving for a certain accomplishment and will not rest until it's done. Your determination is unmatched and people will turn to you to make things happen for them too, which you should definitely charge for. As for the more mundane responsibilities, you approach with art and whimsy attracting premium playmates. Leo and Libra adore you. Your lucky numbers are: 3, 5, 28, 14 and 36.

ARIES (March 21-April 19). To merely fulfill the basic requirements of a role is not fun or interesting enough as far as you're concerned. You act with the intention of feeling something.

TAURUS (April 20-May 20). A presence has you fortifying your boundaries. The force that threatens your territory may be aggressive, assertive or very soft and kind. The latter is the most dangerous of the three.

GEMINI (May 21-June 21). You are drawn to elegance and repelled by extravagance. Beauty and usefulness are intertwined in your aesthetic rules -- rules you are not entirely aware of even as you closely stick within their guidelines.

CANCER (June 22-July 22). Do you want the work that supports your life or the life that supports your work? Much will depend on how in love you are with your work -- or your life, for that matter. This will be a point of ponderance today.

LEO (July 23-Aug. 22). While it may not be ideal, it is certainly possible to launch a rocket without a launching pad. If the ground is flat enough and substantial enough to bear the scorch marks of your extreme heat, it will work.

VIRGO (Aug. 23-Sept. 22). Once upon a time, you knew what you wanted and you went all-in, with mostly successful effect. Now, what you most want is another person's success. It's a tricky thing to go all-in on. Offer support without interference.

LIBRA (Sept. 23-Oct. 23). Faith is not solely the domain of the religious, though rituals do help to fortify and vitalize faith. Create your own rituals to weave your belief into your psyche and daily life.

SCORPIO (Oct. 24-Nov. 21). If it's appealing to you, then it will appeal to others, too. And right now, you've a gift for initiating, so start something interesting and include as many people as possible.

SAGITTARIUS (Nov. 22-Dec. 21). If you don't feel completely understood, maybe that's because you're not. Parts of you will remain unfathomable. Can you see this as a blessing? Your mystery is one of your many gifts to the world.

CAPRICORN (Dec. 22-Jan. 19). People want to connect with you, but you have to show them how. How can you present yourself so they learn quickly who you are? It's a work in progress. You make tweaks with every new person you meet.

AQUARIUS (Jan. 20-Feb. 18). There's something you're working on -- a feeling you want to process or an artistic impulse begging to be expressed. It's something worth making time and spiritual space for.

PISCES (Feb. 19-March 20). Welcome inspiration but not control. The more charismatic someone is, the more susceptible you are to their influence over your direction. Don't let that happen. Cling to your vision.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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

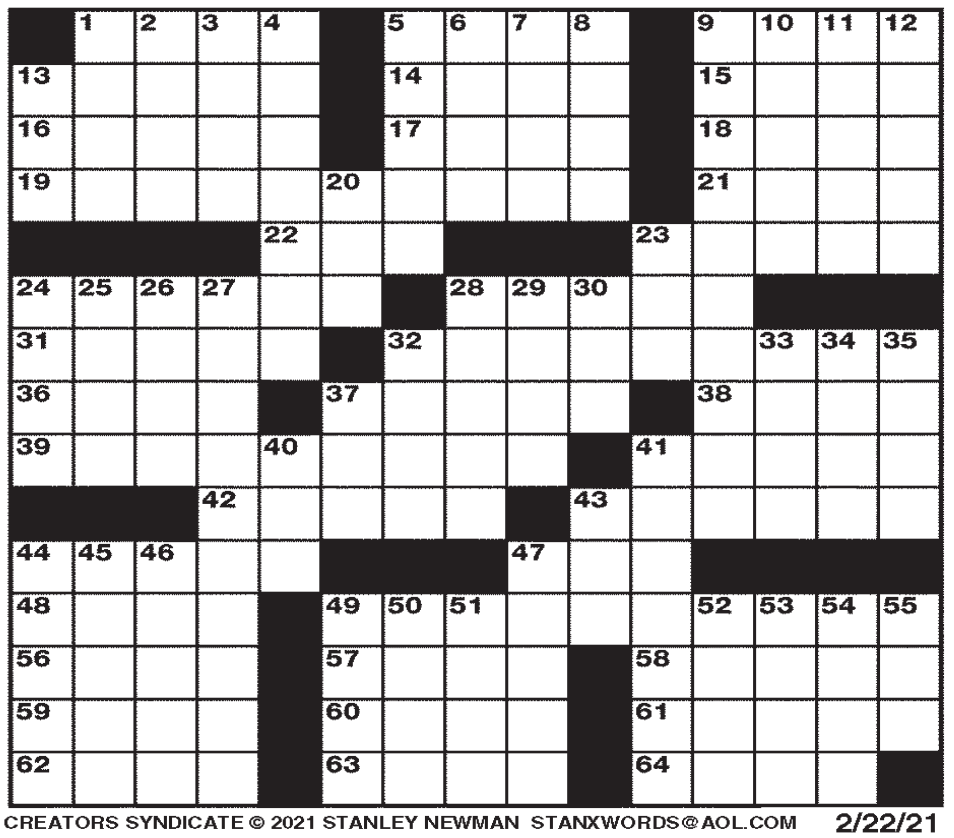
2	5		7		8		4	
	1			5		6		9
9			1		6		5	
					5	1	8	
3				8				6
	8	1	6					
	7		8		3			4
6		4		7			1	
	2		4		9		3	5

Newsday Crossword

FOUR ON THE FLOOR by Sally R. Stein
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Golfer's shout
5 Remote place to "worship from"
9 Sound of a dog's bark
13 Occupied, as a seat
14 Just adequate
15 Rebound, as a sound
16 Showed on television
17 Farmer's ground
18 Tilt to one side
19 Slowing lever on a car floor
21 Vehicle in grocery stores
22 Topper on an "i"
23 Shades of color
24 Disposable hanky
28 Jeans fabric
31 Ready to serve from a keg
32 Value of a nickel
36 And others: Abbr.
37 Gem surface
38 Castle's watery ring
39 Ungracious competitor
41 Impulsive speed
42 Mile-a-minute speed
43 Pep rally cry
44 Parking-lot spot
47 Guys
48 Drag from behind
49 Foliage on a forest floor
56 A Great Lake
57 Holler
58 Weighing machine
59 Close to
60 Bygone time
61 Tot's three-wheeler
62 Schoolroom furniture
63 Poems of praise
64 Cravings

DOWN
1 Impartial
2 Cajun veggie
3 Have an unpleasant aroma
4 Eventually became
5 Desirable feature
6 Anything edible
7 Largest continent
8 Bun or bagel
9 Small rug at an entryway's floor
10 Atlantic, for instance
11 Chicago airport
12 Typefaces
13 Bar bill
20 Writer Edgar Allan ___
23 Game's first X or O
24 Tips of shoes
25 Delve ___ (investigate)
26 Principal performer
27 Employee on a store's floor
28 Risky, informally
29 At any time
30 Tennis court barrier
32 Quickly
33 Odor-sensing organ
34 "Bye-bye!"
35 Flower stalk
37 Supposedly sly animal
40 Be untruthful
41 Truthfulness
43 Hair salon goo
44 Make purchases
45 Turn to mush in a blender
46 Criminal's false name
47 Thaws
49 Mistake in print, for short
50 Sit with a book
51 Otherwise
52 Real estate measure
53 Egotistical
54 Large antlered animals
55 Get a look at



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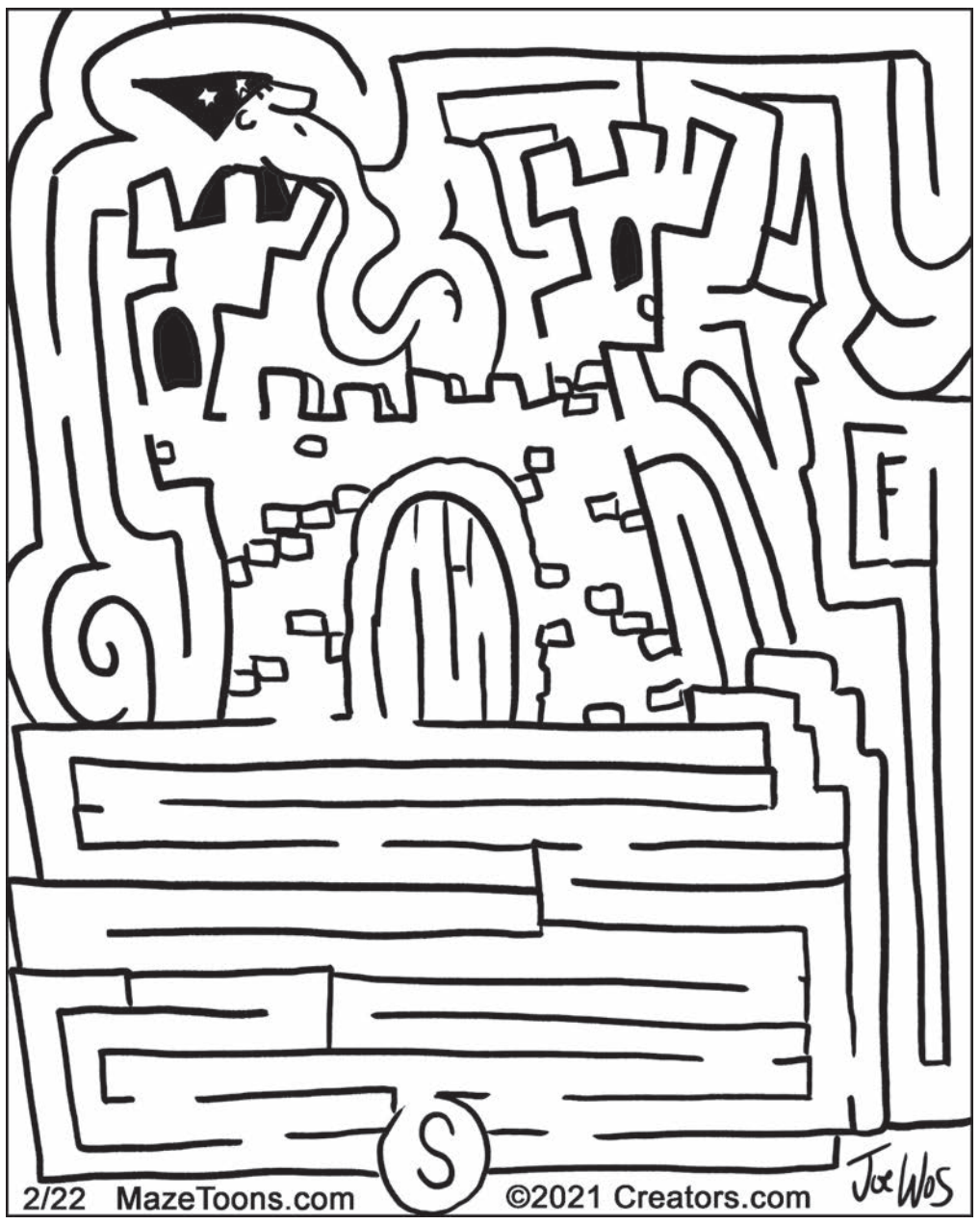
Binary Puzzle

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

SOLUTIONS TO YESTERDAY'S PUZZLE

0	1	0	0	1	0	1	1	0	0	1	1
0	1	0	0	1	1	0	0	1	0	1	1
1	0	1	1	0	1	0	1	0	1	0	0
0	1	0	1	1	0	1	0	1	1	0	0
0	1	1	0	0	1	0	1	0	0	1	1
1	0	0	1	0	1	0	1	1	0	0	1
0	1	1	0	1	0	1	0	0	1	1	0
1	0	1	1	0	0	1	0	1	1	0	0
1	0	0	1	0	1	0	1	0	0	1	1
0	1	1	0	1	1	0	0	1	1	0	0
1	0	1	0	1	0	1	0	1	0	1	0
1	0	0	1	0	0	1	1	0	1	0	1

	0			0							1
										0	0
1			1					1			
	1					0	0				
0			1								0
		1	1				0	0		0	
					0						1
			1		0	0					
		0									0
						1		0		1	
	0					1		0		1	
		1		1					1		1



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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 18 letters left over. They spell out the alternative theme of the puzzle.

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In the garden

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

Azalea	Fern	Ixia	Scent
Beds	Fine	Lawn	Shed
Begonia	Flower	Leek	Soak
Broom	Garden	Lilac	Soil
Buds	Genus	Melt	Spray
Bulb	Grow	Neat	Sunny
Cress	Hoes	Okra	Thaw
Daisy	Horticulture	Palm	Trees
Dirt	Hot	Prune	Tropical
Dogs	Hybrid	Rake	Tulip
Exhaust	Income	Rockery	Users
Family	Insect	Roses	Water
Fence	Iris	Rubbish	

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.
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FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021014935 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 01/19/2021. The following person(s) is (are) doing business as Jennifer Oliveira D.D.S. 2428 Santa Monica Blvd, Suite 401 Santa Monica, CA 90404. . The full name of registrant(s) is/are Jennifer K. Akagi, D.D.S 10740 Clarkson Rd Los Angeles, CA 90064. This Business is being conducted by: A Corporation. The registrant commenced to transact business under the fictitious business name or names listed on (Date) 01/2014 Registrant/Corp/ LLC Name /s/: Jennifer K. Akagi, D.D.S Title: President, Jennier Oliveira, Jennifer Oliveira This statement was filed with the County Clerk of LOS ANGELES County on 01/19/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/01/21. 02/08/21, 02/15/21, 02/22/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021014933 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 01/19/2021. The following person(s) is (are) doing business as MyDentist Santa Monica 2428 Santa Monica Blvd, Suite 401 Santa Monica, CA 90404. The full name of registrant(s) is/are Jennifer K. Akagi, D.D.S 10740 Clarkson Rd Los Angeles, CA 90064. This Business is being conducted by: A Corporation. The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: Jennifer K. Akagi, D.D.S Title: President, Jennier Oliveira, Jennifer Oliveira This statement was filed with the County Clerk of LOS ANGELES County on 01/19/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq., Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/01/21. 02/08/21, 02/15/21, 02/22/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021008885 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 01/12/2021. The following person(s) is (are) doing business as Donati Imports 1840 Barry Ave Apt 8 Los Angeles, CA 90025. The full name of registrant(s) is/are Roberto Donati 1840 Barry Ave Apt 8 Los Angeles, CA 90025. This Business is being conducted by: An Individual. The registrant commenced to transact business under the fictitious business name or names listed on (Date) 11/2010 Registrant/Corp/ LLC Name /s/: Roberto Donati Title: Owner, Roberto Donati, Roberto Donati This statement was filed with the County Clerk of LOS ANGELES County on 01/12/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/01/21. 02/08/21, 02/15/21, 02/22/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021019157 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 01/26/2021. The following person(s) is (are) doing business as Sailing Monarch 13999 Marquesas Way #2906 Marina Del Rey, CA 90292 Mailing Address 578 Washington Blvd #1092 Marina Del Rey, CA 90292 The full name of the registrant(s) is/are Robert Robert 13999 Marquesas Way #2906 Marina Del rey, CA 90292. This Business is being conducted by: An Individual. The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: Robert Robert Title: Owner, Robert Robert, Robert Robert This statement was filed with the County Clerk of LOS ANGELES County on 01/26/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/08/21, 02/15/21, 02/22/21, 03/01/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021016132 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 01/21/2021. The following person(s) is (are) doing business as Rim to Rim Bike Shop 7301 McCool Ave Los Angeles, CA 90045. . The full name of the registrant(s) is/are David Martin Binder 7301 McCool Ave Los Angeles, CA 90045. This Business is being conducted by: An Individual. The registrant commenced to transact business under the fictitious business name or names listed on (Date) 10/2020 Registrant/Corp/ LLC Name /s/: David Martin Binder Title: Owner, David Martin Binder, David Martin Binder This statement was filed with the County Clerk of LOS ANGELES County on 01/21/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/08/21, 02/15/21, 02/22/21, 03/01/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021018727 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 01/25/2021. The following person(s) is (are) doing business as Law Offices of JM Artistryla 1358 5th St, Studio 201 Santa Monica, CA 90401. The full name of the registrant(s) is/are Jacquelyn R. McWilliams 11964 Kiowa Ave Apt 15 Los Angeles, CA 90049. This Business is being conducted by: An Individual. The registrant commenced to transact business under the fictitious business name or names listed on (Date) 06/2016 Registrant/Corp/ LLC Name /s/: Jacquelyn R. McWilliams Title: Owner, Jacquelyn R. McWilliams, Jacquelyn R. McWilliams This statement was filed with the County Clerk of LOS ANGELES County on 01/25/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/08/21, 02/15/21, 02/22/21, 03/01/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021020715 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 01/27/2021. The following person(s) is (are) doing business as Law Offices of Christopher Drews 1040 4th St #306 Santa Monica, CA 90404\3. The full name of registrant(s) is/are Christopher Drews 1040 4th St #306 Santa Monica, CA 90403. This Business is being conducted by:An Individual. The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: Christopher Drews Title: Owner, Christopher Drews, Christopher Drews This statement was filed with the County Clerk of LOS ANGELES County on 01/27/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/08/21, 02/15/21, 02/22/21, 03/01/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021022114 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 01/27/2021. The following person(s) is (are) doing business as Odehaus 3019 Ocean Park Blvd 212 Santa Monica, CA 90405 The full name of the registrant(s) is/are Open Shop CO 3019 Ocean Park Blvd 212 Santa Monica, CA 90405. This Business is being conducted by: A Corporation. The registrant commenced to transact business under the fictitious business name or names listed on (Date) 10/2020 Registrant/Corp/ LLC Name /s/: Open Shop Co Title: CFO, Ana Castronovo, Ana Castronovo This statement was filed with the County Clerk of LOS ANGELES County on 01/27/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/08/21, 02/15/21, 02/22/21, 03/01/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021027164 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 02/02/2021. The following person(s) is (are) doing business as BreadHead 10442 Oletha Ln Los Angeles, CA 90077 The full name of the registrant(s) is/are Club Sauce LLC 10442 Oletha Ln Los Angeles, CA 90077 This Business is being conducted by: A Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed on (Date) 01/2021 Registrant/Corp/ LLC Name /s/: Club Sauce LLC Title: President Alexander Williams, Alexander Williams This statement was filed with the County Clerk of LOS ANGELES County on 02/02/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 02/15/21, 02/22/21, 03/01/21. 03/08/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021034739 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 02/09/2021. The following person(s) is (are) doing business as BVR360 2.) Beyond Virtual 360 3) Beyond Virtual 2020 Montana Ave Santa Monica, CA 90403 The full name of the registrant(s) is/are Chasidty Evangelista-Mackinson P.A. 2020 Montana Ave Santa Monica, CA 90403 This Business is being conducted by: A Corporation. The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/:Chasidty Evangelista-Mackinson P.A Title: President Chasidty Evangelista-Mackinson P.A, Chasidty Evangelista-Mackinson P.A This statement was filed with the County Clerk of LOS ANGELES County on 02/02/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 02/22/21, 03/01/21. 03/08/21, 3/15/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021034424 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 02/09/2021. The following person(s) is (are) doing business as Durant Design 8350 Melrose Ave STE 204 Los Angeles, CA 90069 The full name of the registrant(s) is/are BattleCruiser Productions, INC 1203 ½ Cabrillo Ave Venice, CA 90291 This Business is being conducted by: A Corporation. The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: BattleCruiser Productions, INC Title: CEO Timothy Durant, Timothy Durant This statement was filed with the County Clerk of LOS ANGELES County on 02/09/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish, 02/22/21, 02/27/21, 03/1/21, 03/18/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021038982 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 02/12/2021. The following person(s) is (are) doing business as Kemble CO Encino 17617 Bullock St. Encino, CA 91316 The full name of the registrant(s) is/are Cooper & Cooper Brand INC 17617 Bullock St. Encino, CA 91316 This Business is being conducted by: A Corporation. The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/:Cooper & Cooper Brand INC Title: Secretary Melinda Ransom, Melinda Ransom This statement was filed with the County Clerk of LOS ANGELES County on 02/12/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish, 02/22/21, 02/27/21, 03/1/21, 03/18/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021026957 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 02/02/2021. The following person(s) is (are) doing business as JCE 2633 Lincoln Blvd 111 Santa Monica, CA 90405 The full name of the registrant(s) is/are Julie Engerman 2633 Lincoln Blvd 111 Santa Monica, CA 90405 This Business is being conducted by: An Individual . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 11/2020 Registrant/Corp/ LLC Name /s/:Julie Engerman Title: Owner Julie Engerman, Julie Engerman This statement was filed with the County Clerk of LOS ANGELES County on 02/2/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish, 02/22/21, 02/27/21, 03/1/21, 03/18/21

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FITNESS

FROM PAGE 1

investment to be made. We created a giant wooden platform with sub flooring in our front parking lot," said Jeff Suender, Gold's Venice general manager. "We have a massive 4,000 square foot tent. We had to fence the front and back parking lots as there's quite a few homeless encampments surrounding us and we also had to hire private security."

It's unclear how many of these outdoor fitness facilities will last beyond the pandemic.

While outdoor only brands like DMN8 are here to stay, Ryde4 is toying with the idea of a permanent rooftop location, and Gold's plans on eventually returning its equipment indoors.

There is also speculation that the in-person fitness industry will permanently shrink as people have come to rely on online classes, home workouts, and devices such as Pelotons as convenient and cost effective alternatives to gym memberships.

"I 100% disagree with that belief. You can't work out at home and get the same results that you're going to get in this environment," said Suender. "Joe Gold opened Gold's Venice out of his garage in 1965 and we've had members that have been with us almost since then. I've had 78-year-old men come up to me with tears in their eyes to say how excited they are to be back."

While online offerings certainly aren't going anywhere, several local fitness owners said they trust that the in-person industry will rebound in the long-term.

"I believe that the market for gyms and group fitness studios is going to come back and it'll eventually be much bigger," said Roche. "There is a massive focus on health and increasingly on mental health. There's a lot of science showing that living an active lifestyle with community around is crucial to our overall well being as human beings."

Clara@smdp.com

AGUAS LOCAS

FROM PAGE 1

themselves a natural energy boost, kind of like how nowadays we have Red Bull."

Sipping on these refreshing fruity aguas, Murillo realized he might be onto something. There was no easy place to buy bottled aguas frescas in LA and especially not healthy ones, so he reached out to Ellis about starting a small business.

This was a scary stage of the pandemic. The pair had both been furloughed from their jobs at the Rose restaurant in Venice. Looters ransacked the streets where Murillo lives in downtown Santa Monica. No one knew what would happen next.

Aguas Locas became a bright spot in a dark time.

"I saw an opportunity. I thought why don't we make people's days better by bringing them margaritas and aguas on the weekends," said Murillo. "If you close your eyes and think back those times when everything was so horrible, just bringing a smile to somebody's face would change all of that and give me such a gratifying feeling."

The pair went out and gave free aguas to Black Lives Matters protesters and started delivering drinks to all their friends and family. Demand grew so quickly that they could barely keep up with it.

Murillo was hired back at the Rose, where he would work until midnight and then stay up until 5 a.m. mixing and bottling aguas. Ellis, who designs all the visuals for Aguas Locas, was working a day job as a graphic designer and was also back working his night job at the Rose.

"It got to the point where I was sitting at my desk job and spending the whole time answering DMs and responding to texts from Pablo," said Ellis. "I was always thinking about Aguas Locas and the great feeling of being out there delivering to the community."

The pair took the leap to run Aguas Locas full time in October and never looked back. They are constantly running pop ups, bringing their aguas and margaritas all over Venice and Santa Monica as well as Highland Park, Catalina, Hollywood, Downey and Downtown LA.

It's still a very homegrown business run out of Murillo's garage, hand bottled and delivered with the help of friends and family. However, they are working to get their products stocked in stores and locals are currently able to purchase Aguas Locas at Cafe Demitasse on 3rd Street.

The team offers four varieties of aguas and margaritas each filled with creative blends of natural ingredients.

"Our first agua fresca was the jamaica, which is hibiscus with cinnamon, lime, mint, and agave," said Ellis. "We have a mariposa margarita which is our famous purple margarita that you can't get anywhere else, where we infuse a classic margarita with organic butterfly pea flowers."

All orders are taken through the @aguas_locas_la instagram account, which is also where pop-up locations are announced. The team recently released a limited edition margarita bottle design in collaboration with the Love street art crew.

"We encourage everybody to join us on Instagram to come to our pop ups, get our merch, and try our product," said Murillo. "We're building this incredible community of misfits, musicians, yogis, restaurant workers and artists. We welcome everyone to be part of our familia."

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Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00023Superior Court of California, County of Los AngelesPetition of Maria Del Carmen Bonilla for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Maria Del Carmen Bonilla filed a petition with this court for a decree of changing names as follows Maria Del Carmen Bonilla to Mia Carmel Bonilla. The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date March 26 , 2021 Time: 10:00 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 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 01/22/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00047Superior Court of California, County of Los Angeles Petition of Lauren Alanna Arcoleo for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Lauren Alanna Arcoleo filed a petition with this court for a decree of changing names as follows Lauren Alanna Arcoleo to Lauren Arcoleo Schamis. The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date April 9 , 2021 Time: 10:00 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 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 02/10/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 21SMCP00038Superior Court of California, County of Los AngelesPetition of Cheryl Lawson for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Cheryl Lawson filed a petition with this court for a decree of changing names as follows Cheryl Lawson to Cheryl Lawson Byme. The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date April 9 , 2021 Time: 10:00 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 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 02/4/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00016Superior Court of California, County of Los AngelesPetition of Lucien Valente Dell for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Rashia Refoua filed a petition with this court for a decree of changing names as follows Lucien Valente Refoua Dell to Lucien Valente Dell Refoua. The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date March 19th , 2021 Time: 8:30a.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 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 01/19/2021

Santa Monica Daily Press 1640 5th Street, Suite 218, Santa Monica, CA 90401

COUNCIL

FROM PAGE 1

from action taken at the last meeting where Council opposed two state bills as written, in part because those bills as written had no provision for affordability.

Now, City Council hopes to suggest ways in which Santa Monica can achieve new housing affordability.

"This collaborative item represents a very real Council commitment to addressing concerns about state intervention by exploring real solutions for affordable housing and funding that may help us retain local control by showing local responsibility," councilmember Kevin McKeown said in a statement Friday when he discussed the affordable housing item that was placed on the agenda at the request of Mayor Sue Himmelrich, Mayor Pro Tempore Kristin McCowan.

"As I reached out to Sue and Kristin for support, they added clauses 2 through 4," McKeown said, "and we decided to keep it all as one agendized item."

The complete agenda is available online at http://santamonicacityca.iqm2.com/Citizens/Detail_Meeting.aspx?ID=1261.

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City of Santa Monica

NOTICE OF A PUBLIC HEARING BEFORE THE SANTA MONICA CITY COUNCIL VIA TELECONFERENCE

Pursuant to Executive Order N-29-20 Issued by Governor Gavin Newsom

SUBJECT: Proposed Emergency Interim Zoning Ordinance Establishing Temporary Land Use Restrictions Prohibiting Non-Residential Development Citywide with Some Exceptions and Prohibiting Single-Unit Dwellings in Commercial Zones in order to Retain Potential Housing Sites Pending the Completion of the Housing Element Update.

A public hearing will be held by the City Council to introduce and adopt an Emergency Interim Zoning Ordinance establishing temporary land-use restrictions prohibiting non-residential development citywide with some exceptions and prohibiting single-unit dwellings in commercial zones, in order to retain potential housing sites pending the completion of the Housing Element update.

DATE/TIME: TUESDAY, MARCH 9, 2021, AT 6:30 P.M.

LOCATION: In an effort to reduce the risk of spreading Coronavirus (COVID-19), members of the City Council and City Staff will participate via teleconference. The meeting will be broadcast on CityTV Channel 16 and streamed on the City's website as normal but participants may also join the teleconference via https://primetime.bluejeans.com/a2m/live-event/bhgtxxge or by dialing in at 1-415-466-7000 (PIN: 1787691#)

HOW TO COMMENT
The City of Santa Monica encourages public comment. Written public comment can be submitted via email to councilmtgitems@smgov.net. Written public comment submitted before 2:00 p.m. on the day of the meeting will be available for online viewing. Please note the agenda item number in the subject line of your written comments.

You can pre-register to speak no later than one hour before the start of the meeting at santamonica.gov/public-comment. You will need to provide: (1) your name as it will appear on the BlueJeans system (2) the agenda item(s) on which you wish to comment, and (3) how many minutes you want to speak on an item. Sign-in to the meeting as an Attendee, before the item on which you wish to speak is called. When the time comes for public comment on the agenda item(s) for which you have pre-registered, you will be called on and temporarily promoted to be a Presenter to provide oral public comment via video and/or audio.

If you have not pre-registered but decide you want to speak on a particular agenda item, please call (310) 458-8423 once the caller queue for the agenda item opens. Please note that the caller queue for each agenda item will not open until just before the item is called and will close after the first five public comments (from pre-registrants and/or other callers) are heard.

Please see March 9, 2021 City Council Agenda for more detailed instructions.

Address your comments to: City Clerk
Re: Emergency IZO - Temporary Land Use Restrictions

MORE INFORMATION
If you want more information about this project or wish to review the project file, please contact Jing Yeo by e-mail at jing.yeo@smgov.net. The Zoning Ordinance is available on the City's web site at www.smgov.net. For disability-related accommodations, please contact (310) 458-8341 or (310) 458-8696 TTY at least 72 hours in advance. All written materials are available in alternate format upon request. 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 aplicaciónes proponiendo desarrollo en Santa Monica. Si deseas más información, favor de llamar a Carmen Gutierrez en la División de Planificación al número (310) 458-8341.

Community Service in Santa Monica

Partnering with the Santa Monica Rotary Club

By Lisa Alexander

The Rotary Club of Santa Monica is increasing its impact by partnering with other non-profit organizations. Through these partnerships, our Club is strengthening our relationships with the community, expanding our opportunities to serve, and accomplishing much more working together than each of us could, acting alone.

During the month of December, we collaborated with Connections for Children, a non-profit organization that works to build a stronger future for children, families, and communities through quality childcare resources, education and guidance. Through their Holiday Angels program, Rotarians distributed gifts and toys to low-income families, allowing for many holiday wishes to come true. In total, 203 families benefited, with a grand total of 487 children receiving Christmas gifts and toys. Rotarians distributing holiday gifts are pictured below.



Above are John ("JB") Bartlett, Mike Kallhoff, Lisa Alexander, Iao Katagiri, Carole Stein, and Bill Rayman wrapping gifts.

In January, we partnered with the Santa Monica Family YMCA and the Red Cross to facilitate a Blood Drive. There is such a great need, and the Rotary Club was proud to learn the Blood Drive was fully "booked" with all appointment times filled well in advance!



Rotarian Greg Hargrave is pictured above, donating blood.

Although we have been very successful in our partnerships thus far, we already have plans for February! On February 1, the Rotary Club partnered with Pico Youth & Family Center to kick off its Career Guest Speaker Series. The Pico Youth & Family Center works to equip underserved youth and their families with leadership skills, promotes peace and unity by advancing educational and economic opportunity, and encourages positive transformation by offering opportunities to create solutions to the community's problems.

Each month, the Speaker Series will feature a new Rotarian from a different profession who will speak to the teens about their career journey.

To learn more about the Rotary Club of Santa Monica, and how you can make a tangible change in our community, check out our website at www.rotaryclubofsantamonica.org, or contact us at 310-917-3313.

Thanks to Vida Setareh for her assistance with this column.

Discovering New Books to Share



By Susan Barry

Happy Valentine's Day! Santa Monica Bay Woman's Club (SMBWC) sent Valentines to its members this month, remembering our previous annual Valentine events and sending cards with the warmth and friendship we share. The year 2021 is here at last, but we haven't yet returned to our normal get-togethers and meetings.

As an avid reader, I've hosted the SMBWC Book group for the past six years. We now meet on Zoom and still enjoy seeing one another, even if from a distance. This month's meeting will be on Thursday, February 18 at 7 p.m., when we will explore, *Akin*, by Emma Donoghue. In the book, retired chemistry professor and widower, Noah Selvaggio, is about to embark on a trip to his native France when he is asked to take his abandoned 11-year-old great-nephew with him. The story of the unlikely travel partners is filled with generational conflict, tenderness, history, mystery, and unconventional resolutions.

Following the trend of most everything these days, choosing a book to discuss during a time when we spend most of our time at home is a challenge. Some members are using this time to seriously explore history, politics, and social justice; while others crave light entertainment and happy endings. Understanding both and vacillating between the two approaches, I hope to choose books that encourage thoughtful discussion with different perspectives.

We look forward to reopening in 2021 and returning to the tradition of weekly and monthly activities, face to smiling face.

If you would like to join the book discussion, inquire about membership, or learn more about our mission and philanthropy, please contact the club at info@smbwc.org.

Santa Monica Lions Welcome the New Year



By Linda Levee

It looks as though this will be truly a better year for charitable organizations such as the Santa Monica Lions Club. We had a very successful fundraising drive for the Salvation Army. Because we have been home for the most part and having our meetings by Zoom, we raised more money this year for their Red Kettle Day. Due to their greater need, we are still keeping our account open for any donations you can spare.

Everything counts, and please remember to donate in our name, as we get community acknowledgement for the donations.

We are sorry to say that we lost one of our members most likely to Covid-19 and other complications. However, we will have a memorial service on Zoom this month.

Our club is still viable, and we hope to grow once we can meet in person. We were not able to have our popular Annual Pancake Breakfast last fall. But, we are still open to donations in order to fulfill our regular charities that we support.

We are looking for speakers at our Zoom meetings. If you are interested, please contact me at levelheadedlinda@ yahoo.com.

Please keep wearing your masks, washing hands, keeping six feet away from others, and giving thanks for all we have.

Contact me at levelheadedlinda @yahoo.com if you are interested in learning more about our Santa Monica Lions Club.

Looking for Seniors Who Need Help With Daily Errands

George Heller, a wonderful former neighbor of mine, is looking for people who may not be able to grocery shop, pick up medications, or do any daily errands on their own.

He writes, "I have a large group of motivated, responsible, and compassionate able-bodied volunteers who are eager to help others with such tasks. There is no charge for this service. If you need help picking up goods outside your home, please email me at g.heller@bepla.com, or call 310-770-9666. ***-D.M.***

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Paws and Claws

Could My Cat Have Asthma?



By Dr. Frank Lavac MS, DVM

Q: My seven-year-old Persian cat is coughing up to five times daily. Could she have asthma?

A: Asthma in cats appears similar to humans. Common symptoms are coughing, wheezing, exercise intolerance, and labored breathing.

So, yes, she could have asthma.

The next step is to take chest radiographs (X-rays). In classical asthma cases, radiographs will suggest inflammation of the airways. Some cats with asthma may still have normal chest radiographs.

If a diagnosis of asthma is likely, the next step is to see how her body responds to medication. Medications include medicines to dilate the airways like Terbutaline, and anti-inflammatory medications, like prednisone. Steroids can be administered by injection, orally or in some cases, using an inhaler. There are special devices that allow cats to use inhalers like the Aerokat Aerosol Chamber.

In some cases, coughing can also be caused by heart disease. This can be diagnosed by your veterinary cardiologist who performs a cardiac echo (or ultrasound).

Overall, the prognosis is good, but your cat may need lifelong medication.

Dr. Frank Lavac can be reached by calling 310-828-4587.

Adopt a Pet



My name is Jerry. I'm a dachshund mix weighing in at a solid 25 pounds, and I'm just 10 years young. When I arrived at Wags, I was in awful shape. I clearly had been neglected for some time, but thanks to my amazing foster dad, I'm healthy, up to date on vaccinations, microchipped, and will be neutered by Wags & Walks. Contact me at Wags & Walks, 1-866-LUV-WAGS.

Celebrate These Birthdays in February!

Clark Gable, Langston Hughes, Stan Getz, Ayn Rand, Ina Garten, Nathan Lane, Shelley Berman, Blythe Danner, Tom Brokaw, Garth Brooks, Chris Rock, Miguel Ferrer, Robert Wagner, Judy Blume, and LeVar Burton.

First A.M.E. Church to Celebrate 100th Anniversary

The First A.M.E. Church Santa Monica will be celebrating its 100th anniversary this year. Originally, just called the A.M.E. Church, it was founded by Richard Allen, and is the oldest Black church in the United States.

During the migration of African Americans to Santa Monica, there was a desire to form an A.M.E. church. Several families began meeting in the home of one of the future congregants in 1921.

They soon outgrew this location and moved to a larger space – the Masonic Lodge Hall on Broadway between 17th and 18th Streets in Santa Monica. After purchasing property at 19th and Michigan, construction began, and the cornerstone was laid in 1927. Many commemorative events will be taking place throughout the coming year under the leadership of current Pastor Carolyn Baskin-Bell. We will keep you posted.





Right: In 2016, many church members turned out to thank then Rev. Reuben W. Ford and John Bowman, Jr. for bringing low-income housing to the Pico Neighborhood by adding 49 apartments in two locations.

Tele-Therapy to the Rescue

By Dr. Sheila Forman

Here we are in the second month of 2021, and the COVID crisis is still rearing its ugly head. We are almost one year into our quarantine, and while many spent their time baking sourdough bread and binge-watching Netflix, others, many, many others struggled with depression and anxiety.

According to the CDC, by the end of June 2020, 40% of Americans said they were experiencing mental health issues and substance abuse. About 11% seriously considered suicide. Because of the various stay-at-home orders and other public health guidelines, access to mental health services was fraught with obstacles. Fortunately, many mental health providers, myself included, turned to technology to provide services. Clinicians all over our city began providing counseling via telephone, Skype, FaceTime, and ZOOM.

Collectively, these services are called tele-mental health or tele-therapy services. Legal and ethical guidelines loosened during this time, allowing for more people to have more access to the help they so desperately needed. As it turned out, many people liked the tele-therapy model and sought out services. Not having to go to an office, being able to talk with a therapist from the comfort of your own home, and needing only a phone or laptop made tele-therapy quite appealing. In addition, research is showing that psychotherapy offered via tele-therapy is as effective as in-person therapy.

This is very good news. If you are interested in getting tele-therapy services, here are five tips to get you started. **1.Start with your insurance provider.** Many insurance companies are reimbursing for tele-therapy services and some are even waiving co-pays. Medicare and Medi-Cal have also been making provisions. Check the website for your insurance company, Medicare, or Medi-Cal for more information. **2. If your employer offers an Employee Assistance Program (EAP), check it out.** Some companies offer tele-therapy as an employee benefit. **3. There are many therapist directories on the Internet that can lead you to the right tele-therapist**. Google "online therapy" to find resources, such as PsychologyToday.com, GoodTherapy.org, FindATherapist.com, BetterHelp.com, and TalkSpace.com. **4. Ask for recommendations from friends, neighbors, family members, doctors, and/or clergy**. Often getting a recommendation is the best way to find a therapist because the person making the referral either used that the therapist themselves or knows their work. It's not a "cold-call" like finding a name on a directory might be.

5. Once you find a therapist to meet with, set up an initial consultation. Many offer a free initial consultation, as I do. Use that consultation to learn more about the therapist and to figure out if you are a good fit. Research tells us that the best predictor of a positive outcome in therapy is the relationship between the therapist and the client. So, if you need to meet a few therapists before you decide whom to work with, that's fine. If a therapist pressures you to start right away, politely decline and keep looking. With tele-therapy available, there is no reason to suffer alone.

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

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Santa Monica Elks Lodge 906 donated $3,000 to Nourish LA Foodbank with the help of the Elks National Foundation Beacon Grant. The moneys are designated for COVID-19 relief in the local community. Natalie Flores, founder, and Demetrios Mavromichalis, co-founder, have started two drive-through sites to help the community with food and organic plants. The foodbank currently has 600+ volunteers between both hub sights since they started in March of 2020. They have donated over 1.3 million pounds of food, 350,000+ bags of food, and 20,000+ organic plants. They have contacts with local farmers and local community citizens who grow fruit in their backyards. Pictured from left to right: District Deputy Grand Exalted Ruler R.A. Pickett; Santa Monica Elks Exalted Ruler Jaynee Roszhart, PER; Nourish L.A. President Demetrios Mavromichalis; and Santa Monica Elks Food Bank Liaison Ilene Knebel. *Photos by Elise Knebel*

Passage of Prop. 19 Creates Significant Change in Inheritance Law

By Jeffrey L. Condon

The passage of Prop.19 results in the most significant change in inheritance-related law that I have ever encountered in my 32 year estate planning law practice.

If you are reading this article prior to February 16, you are allowed to transfer your house to your children, whether during your life or after your death, without that transfer resulting in a property tax reassessment. **In addition**, right now, you are allowed to transfer your income-producing property to your children, whether during your life or after your death, without a property tax reassessment if the assessed value of that property is less than $1 million. (Assessed value is the value of the property as it appears on your property tax bill.)

But starting February 16, 2021, those reassessment exclusions go away forever! So, if you plan on leaving your home or income-producing properties to your children after your death, those transfers will result in a significant property tax increase!

This is not an exaggeration designed for business-acquisition purposes. This is not "click-bait". This is a real-deal sea change. The term "game-changer" is often overused; that, it perfectly describes this development. If your children cannot afford to pay the increased property taxes, they will have to sell the property. Maybe that's not what you want, or what your child wants.

There are solutions to this problem! But, those solutions involve documents that **must** be signed and processed prior to February 16. Not a lot of time left. But, they can still be done if you start right now by immediately contacting me, or any other attorney whose main area of practice is estate planning.

Jeffrey L. Condon of Condon & Condon is located at 3435 Ocean Park Blvd., Suite 108, in Santa Monica. He can be reached by calling 310-393-0701.

From Me to You...



By Diane Margolin

How hard it is to condense the full lives of three women into stories that would share with you how special each was. There was so much more to write, but, alas, not enough space.

I wanted to thank the wonderful nurses, doctors, and case worker at Saint John's Providence Heath Center for their kindness, compassion, and understanding during the time Jean McNeil Wyner was a patient there. Terese, Evelyn, Rose, and Kristen were amazing. How blessed we are to have this impressive hospital in our area.

If you wanted to know more about Jean McNeil Wyner's accomplishments, please see the January 15 issue of the *Santa Monica Daily Press.* They did a wonderful story.

You may have been impressed with all of Jean's volunteer work. It might sound like she hardly had any personal time. I wanted to reassure you that even with all of her activities, Jean still found time to be a wonderful, caring friend to so many people in the community. She had a great sense of humor and was a terrific team player. Almost always wearing her stylish suit with a beautiful pin, and often, a colorful hat, Jean leaves us all with many fond memories. She is so missed.

Please remember to wear your masks, self distance six feet, and wash your hands often. Stay safe!



Happy Birthday to Jerry Dobkin, Libby Atwater, Sara Frank, Rick Kennedy, Ken Waltzer, Russ Warner, Timur Berberoglu, Pam Andrews, Darby Navin, Kylee Navin, Katie Parr Morgan, Adam Bernard, and Daniel Bennett.



Susan Potter, Jean McNeil Wyner, and I would always celebrate our birthdays together. Here we were at the Blue Stove in Nordstrom's.







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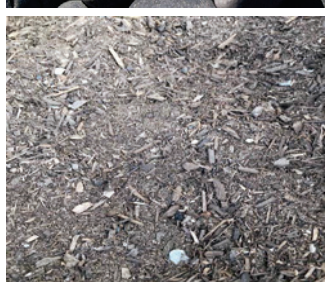
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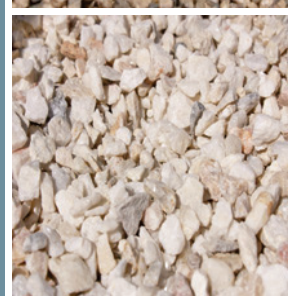
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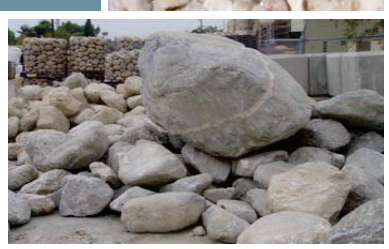
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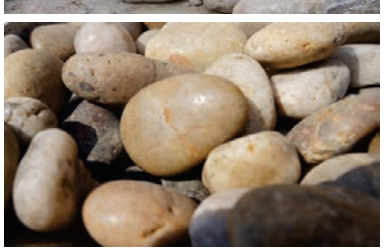
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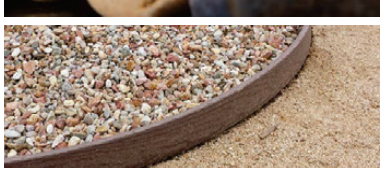












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