

2 **Sports scores**
Vikings baseball splits two

3 **Coffee**
Yours could be ancient

5 **Tortillas**
May need new ingredient

6 **Local beach grades**
From Heal the Bay

smdp
Santa Monica Daily Press

Volume 23 Issue 107 | TUESDAY 4/16/24 | smdp.com

Suspect in Venice assaults could face life in prison

MATTHEW HALL
Daily Press Editor

Prosecutors are calling the brutal sexual assaults of two women in Venice one of the worst cases they have ever seen and are pursuing life in prison for the suspect, identified as Anthony Francisco Jones.

Jones is being charged with two counts of forcible rape, one count of sexual penetration by use of force, one count of mayhem, one count of torture, one count of attempted murder, and one count of sodomy by use of force following his arrest last week.

The charges stem from two horrific attacks on April 6 where two women were clubbed unconscious while walking alone in the Venice canals and then assaulted. One victim regained consciousness during her assault only to have Jones kick her in the head and stand on her throat. That woman was released from hospital but the second victim remains comatose according to officials.



Scott Snowden

CHARGES: Los Angeles County District Attorney George Gascón announced charges against Anthony Francisco Jones on Monday.

"If convicted as charged, he faces a maximum of life in prison," said District Attorney George Gascón at a press conference on Monday. "I want to express my deepest condolences to both of the victims and their families for their suffering. We are going to make sure that justice is done not only for them, but for our community. So I mentioned before to was probably some of the most heinous sexual assault that I've ever seen. The level of brutality that was engaged in was very reprehensible."

Supervisor Lindsey Horvath

SEE **ARREST** PAGE 7

A pair of local cyclist revolutionaries successfully swim with the 'Sharks'

THOMAS LEFFLER
SMDP Staff Writer

Stepping into a set of a legendary television spectacle can shake anyone's confidence. Even if the bright lights aren't enough of a challenge, five of the world's top entrepreneurs breathing down your neck might make it impossible to keep composure. However, the lessons two locals learned over their years of business partnership forged a spirit that was unbreakable by any force of nature, even a room full of Sharks.

This past Friday, Bryan Visintin and Ani Armstrong's showdown with the business masterminds of ABC's "Shark Tank" was broadcast across the nation, ending in a landmark deal for the duo's VSEAT, a noseless and bumpless bike seat that's been changing the lives of cyclists. After pitching the VSEAT to the panel of economic heavyweights, Visintin and Armstrong secured $200,000 in funding from the combination of Kevin O'Leary and Robert Herjavec, in exchange for 25% equity in their business.

The duo created the VSEAT in 2017, grinding out years of design work before finally breaking

SEE **SHARK TANK** PAGE 7

Elementary site projects, PBL update in store for school board

THOMAS LEFFLER
SMDP Staff Writer

Facility projects at Santa Monica-Malibu Unified School District (SMMUSD) elementary school sites and an update on the district's project-based learning progress will be broached during Thursday's meeting of the district's Board of Education.

During the meeting, the Board will discuss and likely adopt a resolution to certify the Grant Elementary School campus master plan's final environmental impact report, along with a decision to carry out the project at the site. The resolution affirms that the final environmental impact report complies with the California Environmental Quality Act, and states that the project would not cause any "unavoidable significant

SEE **SMMUSD** PAGE 11

INGLEWOOD REALTOR
FROM YOUR FIRST HOME TO YOUR DREAM HOME
LOOKING TO BUY YOUR FIRST HOME?
LET ME SHOW YOU INGLEWOOD
• Close Proximity to Westside
• Entry-Level Pricing
• Faster Appreciation Rate Than Neighbouring Areas
• Centrally Located
RE/MAX ESTATE PROPERTIES
Shamim Khorsand
310-658-6426
shamim90291@yahoo.com
DRE# is 02042990
scan QR code for more information

FINDING A NEW DENTIST IS TOUGH!!!
(BUT WE MAKE IT EASY!!!)

YOUR CHOICE

If you don't like what we have to say we will give you a copy of your x-rays at no charge

DENTAL CARE WITHOUT JUDGEMENT!

WE OFFER UNIQUE SERVICES
*Nitrous Oxide available
*No interest payment plans
*Emergencies can be seen today
*Our dentists and staff members are easy to talk to

TRY OUR NO OBLIGATION
$20 EXAM INCLUDES FULL XRAYS
*Offer to non insured patients

OR

TRY OUR NO OBLIGATION
$99 EXAM AND CLEANING
For New Patients
INCLUDES FULL XRAYS
*Offer to non insured patients

AND OF COURSE WE DO
• Invisalign • Periodontist on Staff • Oral Surgeon on Staff
• Cosmetics and Implants • Zoom bleaching • and more

SANTA MONICA FAMILY DENTISTRY
DR. ALAN RUBENSTEIN
1260 15th ST. SUITE #703
(310) 736-2589



WWW.ALANRUBENSTEINDDS.COM

Tool Repair & Servicing

Bourget Bros. offers Expert Repair on all of your tools:

Compressors
Rotary Hammers
Strip Nailers
Cordless Tools
Pneumatic Tools
Demolition Hammers & More



Blade Sharpening
Saw Blades
Gardening Tools
Knifes and Scissors

Bourget Bros. Building Materials
1636 - 11th Street
Santa Monica, CA 90404
bourgetbros.com • (310) 450-6556

All repair work meets factory regulations and comes with a 90-day warranty. Stop in or call us to schedule service.

Vikings split weekend contests as regular season hits home stretch



Photo by Stephen Edwards

VIKINGS: Samohi's Bobby Munoz hustles to make a defensive play during a March 22 contest against Palos Verdes. The Vikings are now 16-4 on the season and are tied with Palos Verdes atop the Bay League standings.

SMDP STAFF REPORT

SANTA MONICA BASEBALL:

Friday, April 12:
Vikings vs St. Margaret's
Vikings win 4-1
Batting/Baserunning:
Kaveh Naini (Sophomore): 0-0, R. Jacob Myrow (Senior): 0-3, K. Sage Douglass (Senior): 1-2, R, BB, K, SB. Bobby Munoz (Senior): 0-3, R, SH/B, 2 BB. Luke Hayes (Senior): 1-1, BB. Spencer Levin: 1-2, 2B, R, SH/B, K. Jackson Klein (Senior): 0-1. Tony Ponce (Senior): 0-2, K. Blue Hunter (Junior): 0-1, K. Isaac Liberman (Junior): 0-0, 2 BB, SB. Aaron Heirigs (Sophomore): 0-0, BB. Theo Smith (Senior): 1-4, 2 K. Brady Satinover (Junior): 0-3, RBI, SF, K
Pitching:
Jackson Klein (Senior): 3.0 IP, W, 1 BB, 5 K, 0.00 ERA. Tony Ponce (Senior): 4.0 IP, 1 H, 1 R, 1 BB, 7 K, 0.00 ERA
Saturday, April 13:
Vikings at Calabasas
Calabasas win 2-1
Batting/Baserunning:
Jacob Myrow (Senior): 0-2, K. Sage Douglass (Senior): 1-3, FC, SB. Bobby Munoz (Senior): 0-2. Spencer Levin (Senior): 0-1, K, HBP. Blue Hunter (Junior): 2-2, BB. Isaac Liberman (Junior): 0-3, K. Jackson Myrow (Junior): 2-3, RBI. Brady Satinover (Junior): 1-3, R. Manny Lares (Junior): 1-2, SB
Pitching:
Gavin Kirtley (Junior): 4.0 IP, L, 2 H, 2 R, 1 BB, 4 K, 0.00 ERA. Eddie Jennings (Junior): 1.0 IP, BB, 0.00 ERA
Vikings Record: 16-4 (5-1 Bay League)
Next Game: Wednesday at Mira Costa, 3:15 p.m.

SANTA MONICA SOFTBALL:

Wednesday, April 10:
Lady Vikings at Culver City
Lady Vikings win 6-2
Batting/Baserunning:
Cienna Burgos: 0-3, SH/B. Avey Thompson: 1-1, 2B, R. Maya Paysinger: 1-4, 2 K. Jasmine Arana: 1-3, RBI, BB. Drew Vudmaska: 0-3, 2 K. Haley Riehl: 0-3, BB, K. Debbie Amezquita: 1-3, R, RBI, BB, K. Sakura Krohn: 2-2, 2B, 3 R, 2 BB, SB. Talia Yermian: 1-2, 2B, R, 3 RBI, SF, BB. Bella Myers: 0-4, 2 K
Pitching:
Drew Vudmaska: 7.0 IP, W, 4 H, 2 R, 1 BB, 5 K, 0.00 ERA
Friday, April 12:
Lady Vikings vs Palos Verdes
Lady Vikings win 2-0
Batting:
Cienna Burgos: 0-2, SH/B, 2 K. Maya Paysinger: 1-2, R. Jasmine Arana: 0-2, 2 K, HBP. Drew Vudmaska: 2-2, RBI. Haley Riehl: 0-3, R, K, FC. Debbie Amezquita: 0-2, 2 FC. Sakura Krohn: 0-3, K. Talia Yermian: 2-3, 2B. Bella Myers: 0-3, K
Pitching:
Drew Vudmaska: 7.0 IP, W, 4 H, 5 K, 0.00 ERA
Lady Vikings Record: 12-9-1 (3-3 Bay League)
Next Game: Wednesday at Peninsula, 3:15 p.m.

SANTA MONICA BOYS LACROSSE:

Wednesday, April 10:
Vikings vs El Segundo
Vikings win 9-7

SEE **SPORTS** PAGE 8

Your morning coffee may be more than a half million years old

ADITHI RAMAKRISHNAN
AP Science Writer

That coffee you slurped this morning? It's 600,000 years old.

Using genes from coffee plants around the world, researchers built a family tree for the world's most popular type of coffee, known to scientists as Coffea arabica and to coffee lovers simply as "arabica."

The researchers, hoping to learn more about the plants to better protect them from pests and climate change, found that the species emerged around 600,000 years ago through natural crossbreeding of two other coffee species.

> In other words, prior to any intervention from man
>
> - Victor Albert, a biologist at the University at Buffalo who co-led the study

"In other words, prior to any intervention from man," said Victor Albert, a biologist at the University at Buffalo who co-led the study.

These wild coffee plants originated in Ethiopia but are thought to have been first roasted and brewed primarily in Yemen starting in the 1400s. In the 1600s, Indian monk Baba Budan is fabled to have smuggled seven raw coffee beans back to his homeland from Yemen, laying the foundation for coffee's global takeover.

Arabica coffee, prized for its smooth and relatively sweet flavor, now makes up 60% - 70% of the global coffee market and is brewed by brands such as Starbucks, Tim Horton's and Dunkin'. The rest is robusta, a stronger and more bitter coffee made from one of arabica's parents, Coffea canephora.

To piece together arabica coffee's past, researchers studied genomes of C. canephora, another parent called Coffea eugenioides, and more than 30 different arabica plants, including a sample from the 1700s — courtesy of the Natural History Museum in London — that Swedish naturalist Carl Linnaeus used to name the plant.

The study was published Monday in the journal Nature Genetics. Researchers from Nestlé, which owns several coffee brands, contributed to the study.

The arabica plant's population fluctuated over thousands of years before humans began cultivating it, flourishing during warm, wet periods and suffering through dry ones. These lean times created so-called population bottlenecks, when only a small number of genetically similar plants survived.

Today, that renders arabica coffee plants more vulnerable to diseases like coffee leaf rust, which cause billions of dollars in losses every year. The researchers explored the makeup of one arabica variety that is resistant to coffee leaf rust, highlighting sections of its genetic code that could help protect the plant.

The study clarifies how arabica came to be and spotlights clues that could help safeguard the crop, said Fabian Echeverria, an adviser for the Center for Coffee Research and Education at Texas A&M University who was not involved with the research.

Exploring arabica's past and present could yield insight into keeping coffee plants healthy – and coffee cups full – for future early mornings.

The Associated Press Health and Science Department receives support from the Howard Hughes Medical Institute's Science and Educational Media Group. The AP is solely responsible for all content.

INSIDE
THE DAILY PRESS
PODCAST
smdp.com/pod
ALSO AVAILABLE ON



Surf report

WATER TEMP: **64.4**

TUESDAY
FAIR TO GOOD
SURF: 3-4ft+
Waist to shoulder

Light winds due most of the morning. Fresh round of SSW swell builds, as old NW swell fades. Kinda peaky with the mix of swells.

WEDNESDAY
FAIR TO GOOD
SURF: 4-6ft
Chest to overhead

Day to target. Conditions looking OK for the morning. SSW swell peaking — likely the largest so far this (early) season. Potential for a little NW swell to help break up the surf at times.

Weather

Tuesday: Partly sunny, then gradually becoming sunny, with a high near 70.
Tuesday Night: Patchy fog after 11pm. Otherwise, increasing clouds, with a low around 54.
Wednesday: Patchy fog before 11am. Otherwise, cloudy, with a high near 70.
Wednesday Night: Patchy fog after 11pm. Otherwise, cloudy, with a low around 55.

Date	Day	Time (LST/LDT)	Predicted	(ft)	High/Low
2024/04/16	Tue	04:30 AM	4.08		H
2024/04/16	Tue	12:14 PM	0.04		L
2024/04/16	Tue	7:27 PM	3.75		H
2024/04/17	Wed	12:28 AM	2.50		L
2024/04/17	Wed	05:49 AM	4.12		H
2024/04/17	Wed	12:59 PM	0.04		L
2024/04/17	Wed	7:49 PM	4.00		H
2024/04/18	Thu	01:14 AM	1.99		L
2024/04/18	Thu	06:48 AM	4.22		H
2024/04/18	Thu	1:32 PM	0.11		L
2024/04/18	Thu	8:07 PM	4.24		H
2024/04/19	Fri	01:50 AM	1.49		L
2024/04/19	Fri	07:34 AM	4.29		H
2024/04/19	Fri	1:59 PM	0.25		L
2024/04/19	Fri	8:23 PM	4.50		H
2024/04/20	Sat	02:22 AM	1.02		L
2024/04/20	Sat	08:13 AM	4.29		H
2024/04/20	Sat	2:21 PM	0.44		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: 4/13
7 33 40 43 69
Power#: 10
Jackpot: 63 M

Mega Millions
Draw Date: 4/12
1 12 14 18 66
Mega#: 16
Jackpot: 148 M

SuperLotto Plus
Draw Date: 4/13
7 13 22 33 38
Mega#: 3
Jackpot: 27 M

Fantasy 5
Draw Date: 4/14
4 6 13 14 19

Daily 3
Draw Date: 4/14
EVENING: 8 8 3
Draw Date: 4/14
MIDDAY: 8 8 1

Daily Derby
Draw Date: 4/14
1st: 02 - Lucky Star
2nd: 06 - Whirl Win
3rd: 12 - Lucky Charms
Race Time: 1:49.26

PUBLISHER
Ross Furukawa
ross@smdp.com

PARTNER
Todd James
todd@smdp.com

EDITOR IN CHIEF
Matthew Hall
matt@smdp.com

CONTRIBUTING WRITERS
Charles Andrews,
Jack Neworth,
David Pisarra.

CIRCULATION
Guadalupe Navarro
ross@smdp.com

Keith Wyatt
ross@smdp.com

STAFF WRITERS
Scott Snowden
scott.snowden@smdp.com

Thomas Leffler
thomas@smdp.com

DIRECTOR OF ADVERTISING
Cindy Moreno
cindy@smdp.com

MARKETING MANAGER
Dina Araniva
dina@smdp.com

PRODUCTION
Esteban Inchaustegui
production@smdp.com

Julio Davalos
julio@smdp.com

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

AWARD WINNER

Sustainable Quality Awards
WINNER

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.

PUBLISHED BY NEWLON ROUGE, LLC
© 2023 Newlon Rouge, LLC, all rights reserved.

Santa Monica Daily Press

Only 26% of Americans say they get at least eight hours of sleep, new Gallup poll says

DEEPTI HAJELA AND LINLEY SANDERS
Associated Press

If you're feeling — YAWN — sleepy or tired while you read this and wish you could get some more shut-eye, you're not alone. A majority of Americans say they would feel better if they could have more sleep, according to a new poll.

But in the U.S., the ethos of grinding and pulling yourself up by your own bootstraps is ubiquitous, both in the country's beginnings and our current environment of always-on technology and work hours. And getting enough sleep can seem like a dream.

The Gallup poll, released Monday, found 57% of Americans say they would feel better if they could get more sleep, while only 42% say they are getting as much sleep as they need. That's a first in Gallup polling since 2001; in 2013, when Americans were last asked, it was just about the reverse — 56% saying they got the needed sleep and 43% saying they didn't.

Younger women, under the age of 50, were especially likely to report they aren't getting enough rest.

The poll also asked respondents to report how many hours of sleep they usually get per night: Only 26% said they got eight or more hours, which is around the amount that sleep experts say is recommended for health and mental well-being. Just over half, 53%, reported getting six to seven hours. And 20% said they got five hours or less, a jump from the 14% who reported getting the least amount of sleep in 2013.

(And just to make you feel even more tired, in 1942, the vast majority of Americans were sleeping more. Some 59% said they slept eight or more hours, while 33% said they slept six to seven hours. What even IS that?)

THE REASONS AREN'T EXACTLY CLEAR

The poll doesn't get into reasons WHY Americans aren't getting the sleep they need, and since Gallup last asked the question in 2013, there's no data breaking down the particular impact of the last four years and the pandemic era.

But what's notable, says Sarah Fioroni, senior researcher at Gallup, is the shift in the last decade toward more Americans thinking they would benefit from more sleep and particularly the jump in the number of those saying they get five or less hours.

"That five hours or less category ... was almost not really heard of in 1942," Fioroni said. "There's almost nobody that said they slept five hours or less."

In modern American life, there also has been "this pervasive belief about how sleep was unnecessary — that it was this period of inactivity where little to nothing was actually happening and that took up time that could have been better used," said Joseph Dzierzewski, vice president for research and scientific affairs at the National Sleep Foundation.

> this pervasive belief about how sleep was unnecessary — that it was this period of inactivity where little to nothing was actually happening and that took up time that could have been better used
> - Joseph Dzierzewski, vice president for research and scientific affairs at the National Sleep Foundation

It's only relatively recently that the importance of sleep to physical, mental and emotional health has started to percolate more in the general population, he said.

And there's still a long way to go. For some Americans, like Justine Broughal, 31, a self-employed event planner with two small children, there simply aren't enough hours in the day. So even though she recognizes the importance of sleep, it often comes in below other priorities like her 4-month-old son, who still wakes up throughout the night, or her 3-year-old daughter.

"I really treasure being able to spend time with (my children)," Broughal says. "Part of the benefit of being self-employed is that I get a more flexible schedule, but it's definitely often at the expense of my own care."

THERE'S A CULTURAL BACKDROP TO ALL THIS, TOO

So why are we awake all the time? One likely reason for Americans' sleeplessness is cultural — a longstanding emphasis on industriousness and productivity.

Some of the context is much older than the shift documented in the poll. It includes the Protestants from European countries who colonized the country, said Claude Fischer, a professor of sociology at the graduate school of the University of California, Berkeley. Their belief system included the idea that working hard and being rewarded with success was evidence of divine favor.

"It has been a core part of American culture for centuries," he said. "You could make the argument that it ... in the secularized form over the centuries becomes just a general principle that the morally correct person is somebody who doesn't waste their time."

Jennifer Sherman has seen that in action. In her research in rural American communities over the years, the sociology professor at Washington State University says a common theme among people she interviewed was the importance of having a solid work ethic. That applied not only to paid labor but unpaid labor as well, like making sure the house was clean.

A through line of American cultural mythology is the idea of being "individually responsible for creating our own destinies," she said. "And that does suggest that if you're wasting too much of your time ... that you are responsible for your own failure."

"The other side of the coin is a massive amount of disdain for people considered lazy," she added.

Broughal says she thinks that as parents, her generation is able to let go of some of those expectations. "I prioritize ... spending time with my kids, over keeping my house pristine," she said.

But with two little ones to care for, she said, making peace with a messier house doesn't mean more time to rest: "We're spending family time until, you know, (my 3-year-old) goes to bed at eight and then we're resetting the house, right?"

THE TRADEOFFS OF MORE SLEEP

While the poll only shows a broad shift over the past decade, living through the COVID-19 pandemic may have affected people's sleep patterns. Also discussed in post-COVID life is "revenge bedtime procrastination," in which people put off sleeping and instead scroll on social media or binge a show as a way of trying to handle stress.

Liz Meshel is familiar with that. The 30-year-old American is temporarily living in Bulgaria on a research grant, but also works a part-time job on U.S. hours to make ends meet.

> That applies to bedtime as well, where I'm like, 'Well, I didn't have any me time during the day, and it is now 10 p.m., so I am going to feel totally fine and justified watching X number of episodes of TV, spending this much time on Instagram, as my way to decompress
> - Liz Meshel

On the nights when her work schedule stretches to 10 p.m., Meshel finds herself in a "revenge procrastination" cycle. She wants some time to herself to decompress before going to sleep and ends up sacrificing sleeping hours to make it happen.

"That applies to bedtime as well, where I'm like, 'Well, I didn't have any me time during the day, and it is now 10 p.m., so I am going to feel totally fine and justified watching X number of episodes of TV, spending this much time on Instagram, as my way to decompress," she said. "Which obviously will always make the problem worse."

Sanders reported from Washington, D.C.

GET IT DAILY...

MOVIEPOSTERPRINTER.COM
MOVIE POSTER PRINTER WE PRINT MOVIE POSTERS

Why tortillas sold in California may be forced to add a new ingredient

ANA B. IBARRA
Special to the Daily Press

Corn chips, tortillas, tamales and pupusas — while all delicious may be missing a key vitamin for women of reproductive age.

Folic acid has long been used to prevent serious birth defects and help babies develop. Medical and public health experts advise daily consumption during pregnancy, but also in the months before becoming pregnant. This B vitamin is so important the federal government requires folic acid in certain foods such as enriched breads and cereals.

Now a California lawmaker is carrying a bill that would require manufacturers of corn masa flour — used to make many classic Latino foods — to also add folic acid to their products. Assemblymember Joaquin Arambula, a Fresno Democrat and physician, is carrying Assembly Bill 1830. The legislation would require that producers add 0.7 milligrams of folic acid to every pound of masa, and that this addition be reflected in the nutrition label.

Arambula wants to address clear disparities in who gets the necessary amount of folic acid. State public health data show that Latinas are less likely to take folic acid in the early weeks of pregnancy or before becoming pregnant when compared to other racial or ethnic groups. This puts them at higher risk of having children born with birth defects of the brain and spinal cord, most commonly spina bifida and anencephaly.

Folic acid, or synthetic folate, promotes healthy cell growth. Research has shown that when taken before and in the early weeks of pregnancy and in the early weeks, folic acid can help prevent birth defects by as much as 70%.

"Food is the best way that we can get folic acid into our communities before they're pregnant," Arambula told CalMatters. "Oftentimes the prenatal vitamins that we give to pregnant people are too late."

That's because the brain and spine begin to form within the first four weeks of gestation. Many people may not even know they're pregnant during this time, especially when the pregnancy is unplanned.

The U.S. Food and Drug Administration followed that rationale when it handed down a mandate in 1998 requiring folic acid fortification in enriched grain products, including cereals, breads, pasta and rice. Since that rule took effect, the proportion of babies born with neural tube defects has dropped by 35% — about 1,300 fewer babies every year — according to the Centers for Disease Control and Prevention.

The FDA did not include corn masa flour in its folic acid mandate. Continuing to leave it out is "a real oversight," Arambula said. Culturally, the diets of many Latinos, especially of immigrants and first generation residents, often rely heavily on corn flour.





Photo by Larry Valenzuela, CalMatters/CatchLight Local
CHANGING: Stacks of tortilla packages at a supermarket in Fresno on April 9, 2024.

LATINAS GET LESS FOLIC ACID

Dr. Megan Jones sees many high-risk pregnancies among Latina farmworkers as a maternal-fetal medicine specialist on California's Central Coast.

She sees babies born with neural tube defects, cleft lips and cardiac defects, among other problems.

"We just had two babies with spina bifida in the last six months, they came kind of back to back. It's not like I would say this is something we see every month, but a neural tube defect is a big deal," Jones said. "This impacts the kid's ability to walk, to be able to use the restroom, orthopedic stuff. This is a huge undertaking for a family. I would say in general, even seeing three or four of these in a year has a big impact on a community."

And while it's difficult to pinpoint what exactly is to blame in each case, hypertension, diabetes and folic acid deficiencies can play a significant role, she said.

The CDC advises that all women of reproductive age get 400 micrograms of folic acid, much of which can be found in prenatal and women's multi-vitamins. But Latinas and Black women are less likely to be taking these before pregnancy.

Between 2017 and 2019, the latest years for which state data is available, about 28% of Latinas reported taking folic acid the month before becoming pregnant, according to the California Department of Public Health. That compares to 46% of white women. Women on Medi-Cal, the state's public health insurance program for low-income people, are also less likely to take folic acid before pregnancy compared to women on private insurance.

Regionally, women in the San Joaquin Valley and in the very northern part of the state were less likely to take folic acid.

VOLUNTARY VS. MANDATED FOLIC ACID IN FOODS

In 2008, Mexico began requiring that corn masa be strengthened with folic acid, but enforcement of that mandate has lagged, according to research conducted by Columbia University and Mexico's National Institute of Public Health.

Meanwhile, the U.S. government has long acknowledged the potential benefits of fortifying corn masa with folic acid, but still does not require it. In a 2009 study, the CDC wrote: "Fortification of corn masa flour products could increase folic acid intake by nearly 20 percent for Mexican-Americans, who are at a 30-40 percent higher risk for a number of severe brain and spinal birth defects."

With mounting data and advocacy, in April 2016 the FDA approved a petition to allow manufacturers of corn masa flour to add folic acid to their products. That was voluntary and producers have been slow to act. Two years after the FDA's announcement, a study published in the Journal of the American Medical Association found that only 10% of corn masa flour contained folic acid; none of the corn tortillas tested did.

The Center for Science in the Public Interest, a consumer advocacy organization, did its own survey of hundreds of corn masa products from 2018-2022 and found folic acid in only 14% of corn masa flours and found none in the 476 corn tortilla products analyzed.

Arambula's legislation is sponsored by the American College of Obstetricians and Gynecologists. The bill has made it out of its first policy committee, and so far has no registered opposition.

The March of Dimes, which advocates for maternal and infant health, for years has advocated for folate to be added to corn masa, so that more women can get folic acid through their diets. Advocates there believe California's decision can have national influence and bring the issue back to the forefront, said David Pisani, director of advocacy and government affairs at March of Dimes.

"Folic acid hasn't been on the tips of people's tongues for quite some time," Pisani said. "You don't read about it, you don't hear about it, and I think it's because there is this misunderstanding that well, isn't it already in everything most people are consuming? Obviously, the answer is not every product."

Supported by the California Health Care Foundation (CHCF), which works to ensure that people have access to the care they need, when they need it, at a price they can afford. Visit www.chcf.org to learn more. This article was originally published by CalMatters.

Bureau of Prisons to close California women's prison where inmates have been subjected to sex abuse

MICHAEL R. SISAK, MICHAEL BALSAMO AND CHRISTOPHER WEBER
Associated Press

The beleaguered federal Bureau of Prisons said Monday it will close a women's prison in California known as the "rape club" despite attempts to reform the troubled facility after an Associated Press investigation exposed rampant staff-on-inmate sexual abuse.

Bureau of Prisons Director Colette Peters said in a statement to the AP that the agency had "taken unprecedented steps and provided a tremendous amount of resources to address culture, recruitment and retention, aging infrastructure — and most critical — employee misconduct."

"Despite these steps and resources, we have determined that FCI Dublin is not meeting expected standards and that the best course of action is to close the facility," Peters said. "This decision is being made after ongoing evaluation of the effectiveness of those unprecedented steps and additional resources."

The announcement of Dublin's closure represents an extraordinary acknowledgement by the Bureau of Prisons that its much-promised efforts to improve the culture and environment there have not worked. Many attempts to stem the problems at Dublin have come after the AP investigation revealed a pattern of abuse and mismanagement that crossed years, even decades.

Just 10 days before the closure announcement, a federal judge took the unprecedented step of appointing a special master to oversee the prison.

ADVOCATES WANT PRISONERS FREED

FCI Dublin, about 21 miles (34 kilometers) east of Oakland, is one of six women-only federal prisons and the only one west of the Rocky Mountains. It currently houses 605 inmates — 504 inmates in its main prison and another 101 at an adjacent minimum-security camp. That figure is down from a total of 760 prisoners in February 2022.

The women currently housed at the prison will be transferred to other facilities, Peters said, and no employees will lose their jobs.

Advocates have called for inmates to be freed from FCI Dublin, which they say is not only plagued by sexual abuse but also has hazardous mold, asbestos and inadequate health care.

Last August, eight FCI Dublin inmates sued the Bureau of Prisons, or BOP, alleging the agency had failed to root out sexual abuse. Amaris Montes, a lawyer for the plaintiffs, had said inmates continued to face retaliation for reporting abuse, including being put in solitary confinement and having belongings confiscated.

Montes said she and her clients had suspected closure might be a possibility, but the suddenness of the decision so quickly after the special master appointment came as a shock. "It's a signal that the prison knows that they are not meeting constitutional standards to keep people safe from sexual assault and sexual harassment," Montes said Monday.

Montes said timing on the closure and transfer of inmates was still being worked out, but she hoped it would be done in a measured way.

"I think that the BOP is quick to try to transfer accountability and move accountability elsewhere as the way to remedy the issue. And that would mean, you know, moving people quickly without addressing people's needs right now." Many of the incarcerated women have physical and mental health issues that need to be dealt with, she said, while other inmates might be considered for release.

On Monday, two buses moved around the parking lot of FCI Dublin. Prison staff moved baggage and carts of supplies between the buildings and buses. An AP reporter did not see any inmates leaving the facility.

A HISTORY OF ABUSE ALLEGATIONS — AND CONVICTIONS

Last month, the FBI again searched the prison and the Bureau of Prisons again shook up its leadership after a warden sent to help rehabilitate the facility was accused of retaliating against a whistleblower inmate. Days later, a federal judge overseeing lawsuits against the prison, said she would appoint a special master to oversee the facility's operations.

An AP investigation in 2021 found a culture of abuse and cover-ups that had persisted for years at the prison. That reporting led to increased scrutiny from Congress and pledges from the Bureau of Prisons that it would fix problems and change the culture at the prison.

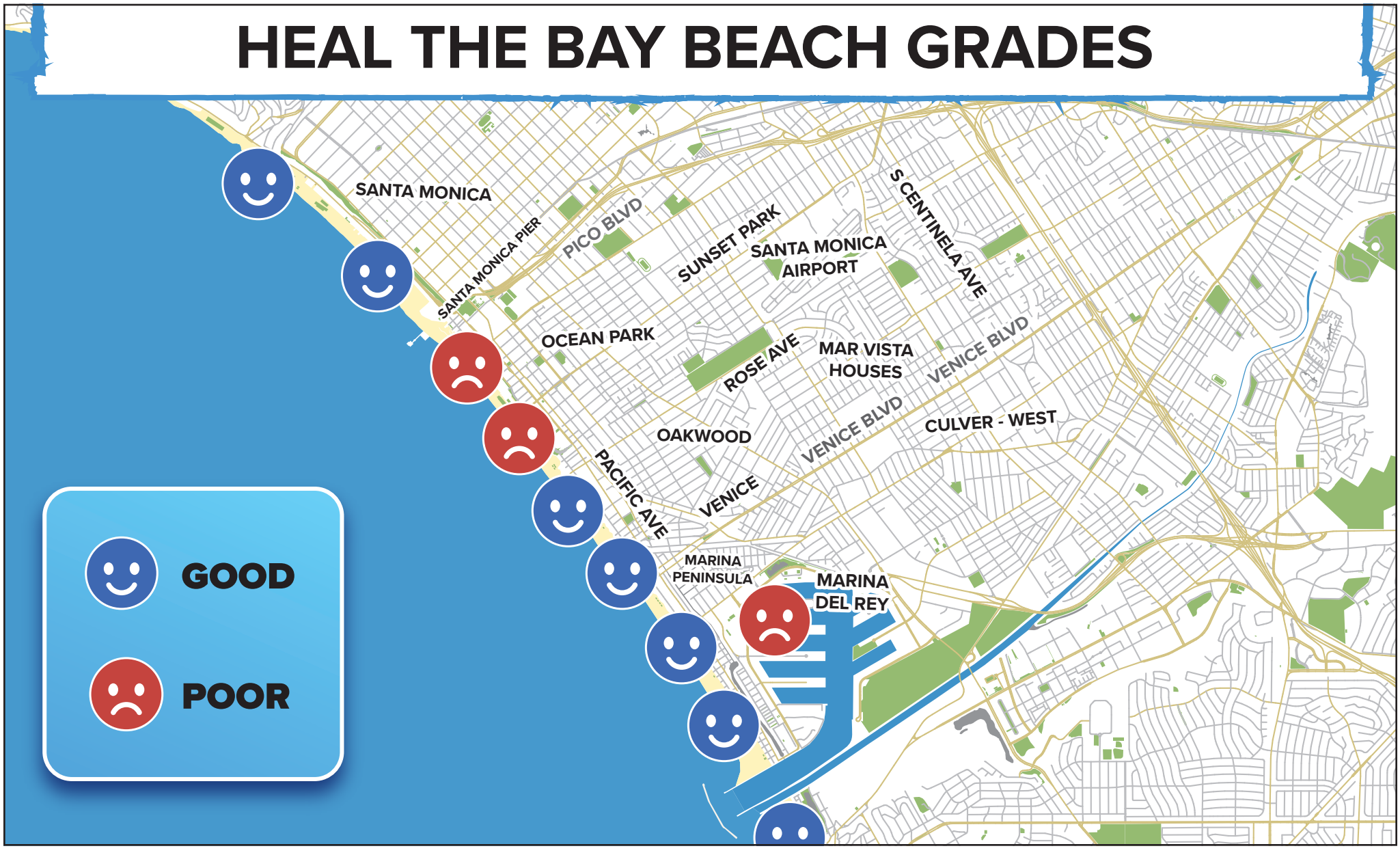
Since 2021, at least eight FCI Dublin employees have been charged with sexually abusing inmates. Five have pleaded guilty. Two were convicted at trial, including the former warden, Ray Garcia. Another case is pending.

All sexual activity between a prison worker and an inmate is illegal. Correctional employees have substantial power over inmates, controlling every aspect of their lives from mealtime to lights out, and there is no scenario in which an inmate can give consent.

Inmate advocates worry that some of the safety concerns at FCI Dublin could persist at the other women's prisons. Montes said the civil litigation will continue despite the imminent closure.

"The BOP is the defendant in the case. It's not FCI Dublin," she said. "And so we are in the mindset that this did not end our case — that they still have a responsibility to our clients to keep them safe."

Sisak and Balsamo reported from New York. Follow Sisak at x.com/mikesisak and Balsamo at x.com/MikeBalsamo1 and send confidential tips by visiting https://www.ap.org/tips/. Associated Press journalist Terry Chea in Dublin, California, contributed to this report.



SHARK TANK

FROM PAGE 1

meaningful ground in sales during 2023. The product promotes a healthy and comfortable cycling experience by doing away with the pressures of a traditional saddle, with the v-shaped design distributing rider weight to the more supportive "sit bones" rather than pressure on genital areas. The National Institute for Occupational Safety and Health backed up the product by stating that noseless bike seats reduce pressure on the groin, meaning a lower risk of sexual health issues such as erectile dysfunction.

Visintin, who was a trainer in the West Los Angeles area including Santa Monica and Venice for two decades, didn't know what to expect on "Shark Tank," but called the production a "well-oiled machine."

"They don't tell you what's going to happen, and I think that's by design, in the fact that it really is like you're going in pitching a product to investors, and that's awesome, especially for people who might not feel comfortable on TV … when we actually got in the Shark Tank and had our ability to pitch, for us, it was fun … because we were prepared and we know our product so well, that it was more like a fun kind of conversation," Visintin said.

The panel of O'Leary, Herjavec, Barbara Corcoran, Lori Greiner and renowned business magnate Mark Cuban were "smart" and "down-to-earth people" according to the VSEAT co-founders, and the room asked poignant questions of both Visintin and Armstrong before putting together various offers. O'Leary and Herjavec both had individual offers on the table, with Visintin asking if the two would go into business together on the VSEAT. After the $200,000 for 25% equity offer came, Visintin said the time to discuss the offer was very limited, similar to how it plays out on TV.

"(We asked) can we discuss this?," Visintin said. "And they looked at us and said 'right there you can.' So we kind of looked to each other and discussed it. We've been through so much together that we can almost sort of know what each other's thinking most of the time. So we knew it was a good deal."

Armstrong, an Armenian immigrant with a business and law background, had her first experience with her co-founder as a client of Visintin's. Quickly, they realized that Armstrong's uneasy relationship with bike seats could be transformed into a thriving business idea.

"She wanted to work on her legs (through cycling) … when I suggested that she sit down to ride a bike, she immediately refused, and so after about 10 minutes of going back and forth … she finally led on to me that she doesn't want to ride the bike because of the bike seat, and the idea of the VSEAT was born pretty much in that," Visintin said.

After toying with the idea, Armstrong created the v-shaped mold they were looking for, but had to wait on evolving the idea into a full-fledged business due to a manufacturer having to pivot to work on COVID-19 testing during the pandemic. Eventually the VSEAT was available for sale, and an investment in marketing blew up the product, selling nearly $300,000 worth of product within a year of filming "Shark Tank."

"Lo and behold, the second we put money behind marketing and put out some commercials, (it) instantly started selling, which was pretty cool," Visintin said. "It's pretty amazing because all of a sudden, the thing that we've had a concept for in our head for five years … people out in the public are wanting it and liking it."

From a training session all the way to the "Tank," the duo has been together every step of the way, and have learned to keep their emotions leveled even under the bright television lights.

"I think we've always been aligned on (our goals) … we're both very positive, we're one foot in front of the other," Armstrong said. "Even on the down days, we are able to … go to the next step … a lot of these little steps is what got us from 2017 (to) today."

For more information on the seat, visit thevseat.com.

thomas@smdp.com



Courtesy Photo

CYCLING: Bryan Visintin and Ani Armstrong, the co-founders of VSEAT, brought their noseless, bumpless bike seat product to an episode of "Shark Tank" which aired on April 12.

ARREST

FROM PAGE 1

said the suspect had no criminal history in Los Angeles County and that she supported prosecuting sexual predators to the fullest extent of the law.

"Let me be unequivocally clear. Sexual assault and sex crimes in any form are important and in tolerable as a community we must stand united in our condemnation of such despicable behavior and in our determination to hold perpetrators accountable for their heinous violent actions," she said.

Los Angeles Police Chief Dominic Choi said the investigation and subsequent arrest of Jones in San Diego was made possible by evidence, including video, provided by the Venice Community.

"I'm proud of the hard work and commitment to public safety demonstrated by officers and specialized detectives throughout this investigation," he said. "Their efforts have not only led to the operation of a dangerous criminal, but have also played a significant role in restoring the sense of security and peace in the Venice community."

Officials all expressed deep sympathy for the victims promising to provide them with the support and services they would need.

"Our hearts go out to the survivors of these egregious acts, whose lives have been forever altered by the trauma they endured," said Horvath.

Officials said they were unsure of Jones' housing status on Monday nor did they know how long or why he was in Southern California. They said he was originally from Oklahoma and while he had some petty criminal history in other states, there was nothing in his background to foreshadow the types of crimes he is accused of here.

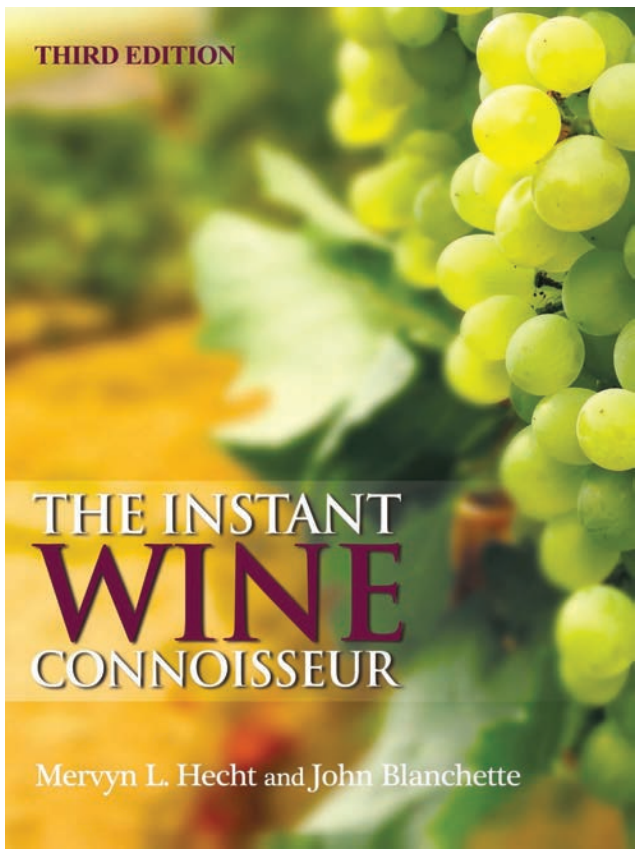
> I'm proud of the hard work and commitment to public safety demonstrated by officers and specialized detectives throughout this investigation
>
> - Dominic Choi, Los Angeles Police Chief

"There are some minor criminal violations outside of California, I think in two states, particularly, but nothing that would if you would pre alert law enforcement to this person being capable of this type of criminal conduct, just egregious, egregious heinous behavior," said Choi. "There were no indicators that would lead us to believe that this is somebody we need to watch."

Anyone with information regarding the attacks or additional victims who want to come forward was urged to contact LAPD Special Assault detectives at 213-473-0447. Calls during non-business hours and weekends should be directed to 877-527-3247. Tipsters who prefer to remain anonymous can call Crime Stoppers at 800-222-8477 or visit lacrimestoppers.org.

editor@smdp.com

★★★★★ A light-hearted fun read.
★★★★★ Well written, particularly useful, instantly accessible.
★★★★★ …Hecht has a joyful eye and fabulous taste



Daily Press Food &Wine Columnist Merv Hecht takes you on an delightful tour of the world of wine. A fun way to increase your appreciation and knowledge of wine.

available at amazon

Santa Monica Daily Press
Classifieds

FOR QUOTES PLEASE CALL 310-573-8074
or email cindy@smdp.com

CLASSIFICATIONS					
Announcements	Pets	Apartments/Condos	Real Estate Loans	Attorney Services	Wealth and Success
Creative	Boats	Rent	Storage Space	Business	Lost and Found
Employment	Jewelry	Houses for Rent	Vehicles for Sale	Opportunities	Personals
For Sale	Wanted	Roommates	Massage	Yard Sales	Psychic
Furniture	Travel	Commercial Lease	Services	Health and Beauty	Obituaries
	Vacation Rentals	Real Estate	Computer Services	Fitness	Tutoring

Probate Sale

NOTICE OF PETITION TO ADMINISTER ESTATE OF: Vera Rink CASE NUMBER: 23STPB03791 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both of Vera Rink A Petition for Probate has been filed by Gene Rink in the Superior Court of California, County of Los Angeles-Stanley Mosk Courthouse. The Petition for Probate requests Gene Rink be appointed as personal representative to administer the estate of the decedent. The Petition requests the Decedent's will and codicils, if any, be admitted to probate. The Will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: Date: May 9 2024 Time: 8:30 a.m Dept. 67 Room - Address of Court: Stanley Mosk Courthouse 111 N. Hill St Los Angeles, CA 90012 If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Law Offices of Thomas A Nitti 1250 6th St. Suite 305 Santa Monica, CA 90401 310-393-1524 04/09/24, 04/16/24, 04/23/24

Help Wanted

ZipRecruiter, Inc. seeks Product Manager - Marketplace Optimization in Santa Monica, CA to collect & interpret large bodies of qualitative /quantitative data on custmr usage patterns to uncovr new prod insights. Reqs. Bachelor's degree or foreign equiv in Stats, Data Sci or rel. field & 3 yrs of post-bacc. exp. as Data Scientist, Data Analytics Analyst or rel. role. Exp. must incl. SQL, R, Python, statistical & causal inference & data visualization. Pos'n Hdqtred in Santa Monica, CA. Telecomm permitted from var. unanticipated worksites throughout U.S. Salary fr. $145,000 to $165,000/yr. Email resume: apply@ziprecruiter.com.

S/W DVLPRSCornerstone OnDemand, Inc. has multiple job opptys avail in Santa Monica, CA for: Prncpl DvOps Archtct, Ref# SMVNA-$177,029.00/yr to $239,200.00/yr - Design & implement scalable & efficient DevOps infrastructure in AWS & GCP cloud environments. S/W Engr, Ref# SMSKR-$121,222.00/yr to $151,500.00/yr - Work within an engineering team to develop robust & reliable software solutions used by over 7000 clients to engage over 100 million people. May wrk from our HQ office in Santa Monica, CA or reside anywhere in the US & wrk remotely from home. May wrk at other US locatns not prsntly known. Email resume w/Ref# to recruitment.to@csod.com. Must be legally auth to work in the US w/o spnsrshp. EOE

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

SPORTS

FROM PAGE 2

Friday, April 12:
Vikings at Culver City
Vikings win 14-5
Vikings Record: 7-5 (3-0 Ocean League)
Next Game: Wednesday vs Beverly Hills, 3:30 p.m.

SAINT MONICA BASEBALL:
Tuesday, April 9:
Mariners at St. Paul
St. Paul win 7-1
Friday, April 12:
Mariners at St. Paul
St. Paul win 4-1
Mariners Record: 10-7 (3-4 Camino Real League)
Next Game: Tuesday vs St. Bernard, 3 p.m.

SAINT MONICA SOFTBALL:
Tuesday, April 9:
Lady Mariners vs Saint Joseph
Saint Joseph win 12-5
Batting:
Bella Lopez: 0-3, 3 K. Savanna Hernandez: 1-4, R. Bella Urbina: 0-2, HBP, FC. Bella Hernandez: 3-4, 2 R. Ali Vogler: 2-4, 3B, R, 3 RBI, 2 K. Katrina Olmedo: 1-4, RBI, BB. Dylan Smith: 2-4, R. Annie Lu Rios: 1-3, K. Megan Garcia: 0-3, K
Pitching:
Bella Lopez: 3.0 IP, L, 8 H, 9 R, 9 ER, 3 BB, 21.00 ERA. Katrina Olmedo: 4.0 IP, 4 H, 3 R, 3 ER, 5 BB, 5.25 ERA
Thursday, April 11:
Lady Mariners at Bishop Montgomery
Bishop Montgomery win 6-5
Batting/Baserunning:
Bella Lopez: 0-2, R, BB, K. Savanna Hernandez: 3-3, 2 R, BB, SB. Bella Urbina: 1-3, 2B, BB, K. Bella Hernandez: 1-4, R, 2 RBI, FC. Ali Vogler: 2-4, 2B, 3 RBI. Katrina Olmedo: 1-3, BB, FC. Dylan Smith: 0-4, K. Annie Lu Rios: 1-3, R, 2 K. Megan Garcia: 0-3, 2 K. Sophia Lopez: SB
Pitching:
Bella Urbina: 6.0 IP, L, 6 H, 6 R, 4 ER, 3 BB, 4.67 ERA
Lady Mariners Record: 5-10 (3-6 Camino Real League)
Next Game: Tuesday vs Cantwell-Sacred Heart of Mary, 3 p.m.

SAINT MONICA BOYS VOLLEYBALL:
Tuesday, April 9:
Mariners vs Bosco Tech
Mariners win 3-1
Austin Keough (Freshman): 7 Kills, 1 Ace, 2 Assists. Cooper North (Senior): 3 Kills, 3 Aces. Charlie Meehan (Senior): 1 Assist. Garrett Robertson (Sophomore): 15 Kills, 2 Aces. Ivie O'Brien (Sophomore): 4 Kills, 1 Ace, 1 Assist. Brody Bentzler (Freshman): 1 Ace, 29 Assists. Christian Gonzalez (Junior): 1 Kill. Robert Poquechoque (Senior): 5 Kills
Thursday, April 11:
Mariners at St. Genevieve
St. Genevieve win 3-1
Austin Keough (Freshman): 7 Kills. Cooper North (Senior): 10 Kills, 2 Aces. Garrett Robertson (Sophomore): 18 Kills, 3 Aces. Ivie O'Brien (Sophomore): 2 Kills, 1 Ace. Brody Bentzler (Freshman): 32 Assists. Christian Gonzalez (Junior): 1 Kill
Saturday, April 13:
Mariners at Culver City
Culver City win 2-1
Mariners vs Oaks Christian
Mariners win 2-1
Mariners vs Hawthorne
Mariners win 1-0
Mariners Record: 13-21 (6-3 Camino Real League)
Next Game: Tuesday vs Bishop Amat, 5 p.m.

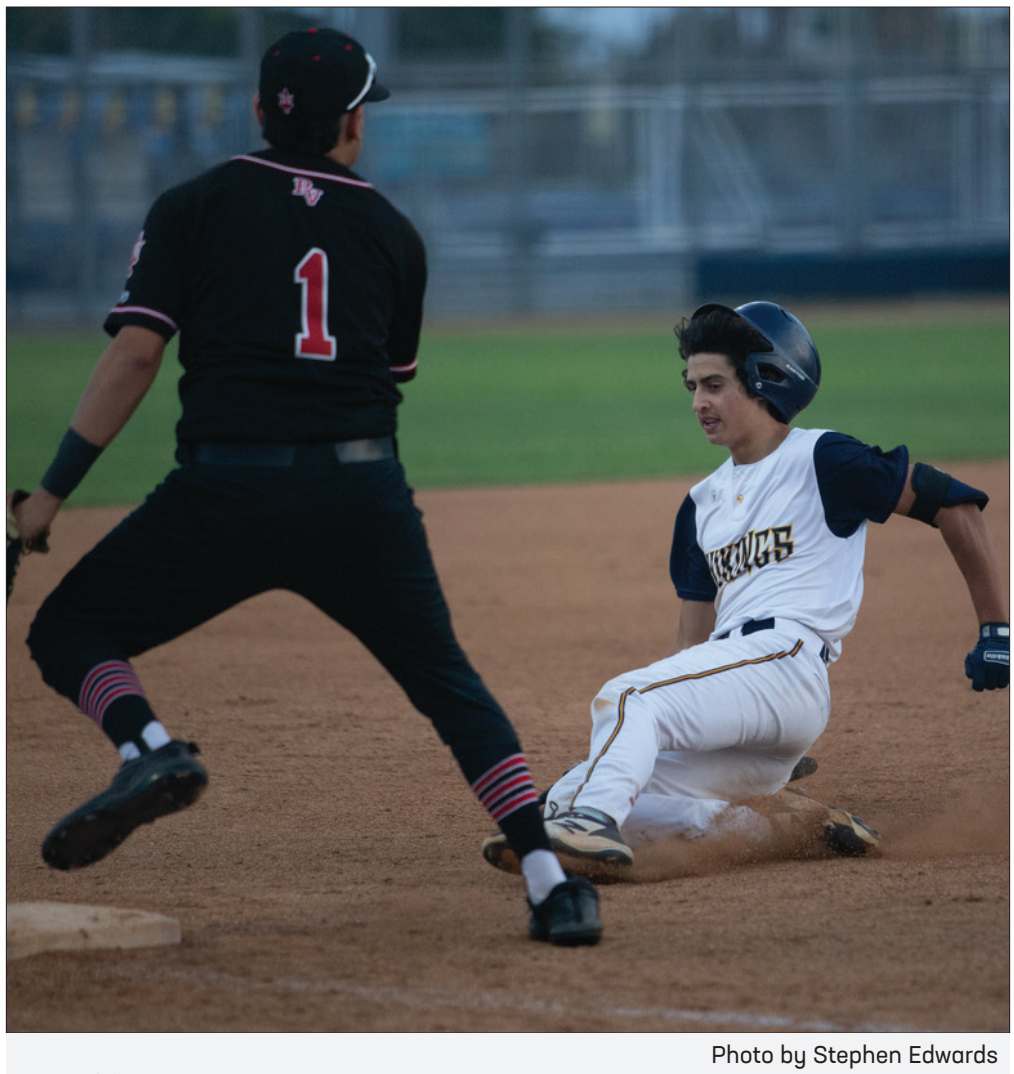
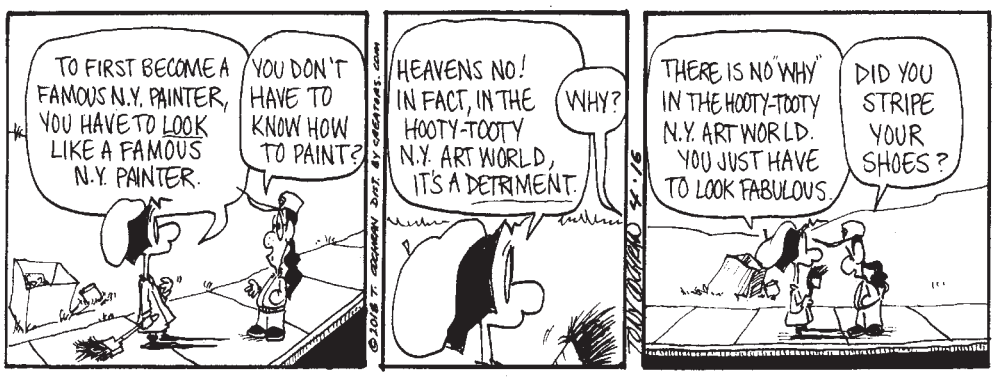


Photo by Stephen Edwards
VIKINGS: Brady Satinover and the Samohi Vikings continue to make a strong run during the 2024 spring season.

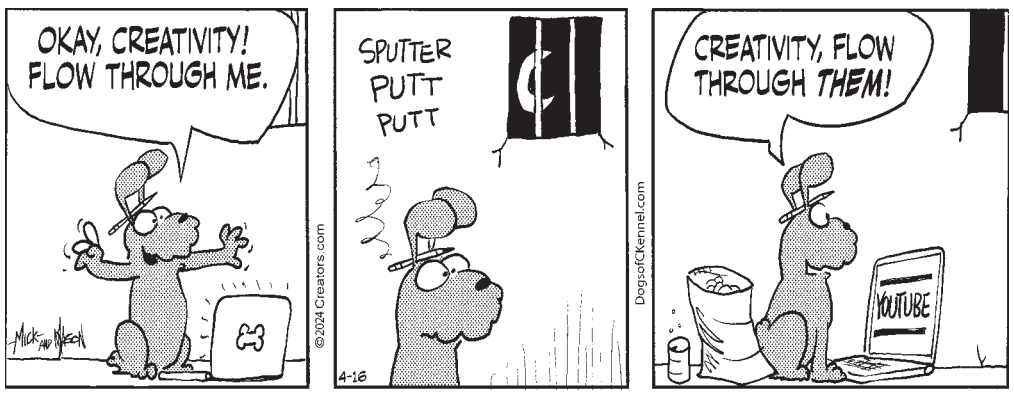
Agnes

By TONY COCHRAN



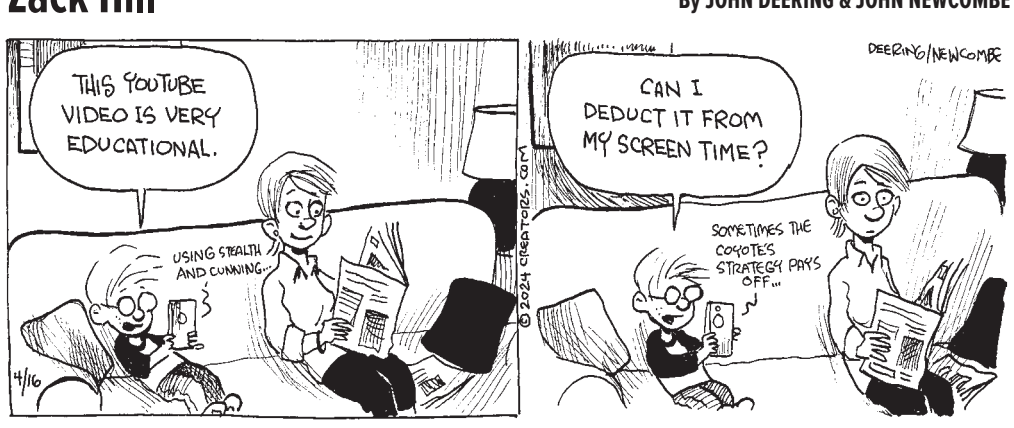
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

By PETER GALLAGHER



"'BIRD IN SPACE' HAS BITE MARKS ON IT."

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 26 letters left over. They spell out the alternative theme of the puzzle. © australianwordgames.com.au 6182

Great Sandy National Park

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

Akuna
Beaches
Birds
Como
Dingo
Double Island
Dunes
Eli
Emu
Eurong
Family
Fish
Free
Goomboorian
Harrys Hut
Hike
Inskip Pt
Kia Ora
Lakes
Mary Valley
Minimal impact
Neerdie
Ocean
Rainbow
Robin
Rods
Shipwrecks
SS Maheno
Tent
Tewantin
Track
Urang Ck
Waddy
Wathumba
Wolvi

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.
Time for a new look

Covering the city by the bay since 2001.
To advertise, email cindy@smdp.com or call 310.458.7737
smdp Santa Monica Daily Press

TODAY'S BIRTHDAY (April 16)

Poised on the cusp of a new incarnation, your solar return whisks you into the swirl of change. It starts with one new friend, opening a circle of warm support to you, and continues with an expanded network and multiple income sources. More highlights: a promotion, the band playing just for you, and three felicitous encounters. Sagittarius and Capricorn adore you. Your lucky numbers are: 2, 10, 15, 21 and 14.

HOROSCOPES

ARIES (March 21-April 19). You'll do the impossible — you'll rebel against conventional wisdom, question assumptions and explore unfamiliar territories, all without arousing suspicion or even ruffling a single feather. The world needs your influence.

TAURUS (April 20-May 20). There's no need for shields among comrades. What sparks the defense? Examine the threat's validity. You can't defend and attack from the same side. Figure out who you can trust, and then give it wholeheartedly or progress will be thwarted.

GEMINI (May 21-June 21). Your stars shine with beams of straightforward focus now, more laser than radiant bloom. Take advantage of this gift of cosmic cognition by prioritizing simplicity. Revamp your systems. Streamline for efficiency.

CANCER (June 22-July 22). Obligations take priority. The tasks themselves may be tolerable, even enjoyable, yet the fact of their compulsory nature dims the allure. This is the weight of duty. It's also why you should consider it your duty to schedule a vacation.

LEO (July 23-Aug. 22). You know what you want and you have a plan. Leave some room to change or evolve the strategy, but not too much. As the gymnasts know, flexibility keeps the routine fluid, but you need more than that to stick the landing.

VIRGO (Aug. 23-Sept. 22). From the outside it might look as though you're zoning out, but you're actually zoning in. You have a talent for choosing the right problem to work on and tuning out the world so you can focus deeply. Solutions are at hand.

LIBRA (Sept. 23-Oct. 23). Change will whisper before it roars. You'll sense the shift before you know where it's going. Even though you're optimistic about the progress, it's normal to experience an uneasy sort of anticipation as you predict and prepare.

SCORPIO (Oct. 24-Nov. 21). You're forming a new habit, likely by accident, which is how most habits get formed. Keeping track of your day will bring awareness to the grooves you're making so you can decide how they match with the "future you" you're building.

SAGITTARIUS (Nov. 22-Dec. 21). Arriving at a solution on the first try is very rare. Even when it occurs, the solution is seldom as stellar as the ones that evolve through rounds and rounds of iteration. Keep the discussion going.

CAPRICORN (Dec. 22-Jan. 19). Everyone has some form of an Achilles' heel. Sometimes you feel like your entire emotional body is made of vulnerability, and that's OK, too. The awareness of weakness is a strength, and your first step in self-protection.

AQUARIUS (Jan. 20-Feb. 18). You expect more of yourself than the others are expecting of you. Don't fret about having all the answers. What's important is to be in the game, observing and learning the best questions.

PISCES (Feb. 19-March 20). Confidence isn't a good measure of effectiveness. Those who know just enough to be dangerous strut around like peacocks, while the truly knowledgeable shrink like violets in their shadow. Seek evidence of achievement and true character.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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

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

Newsday Crossword

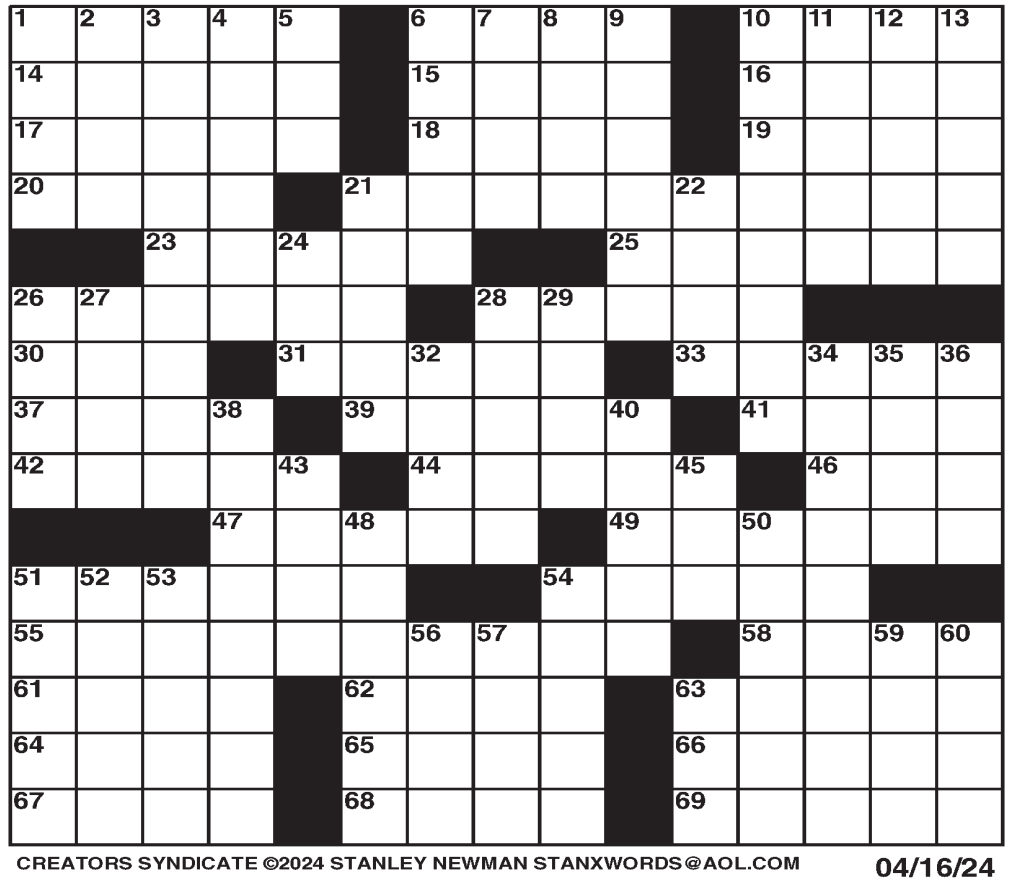
AGITATIONS by Billie Truitt
Edited by Stanley Newman
www.stanxwords.com

ACROSS

1 Ends of shirtsleeves
6 Young boys
10 "Knock it off!"
14 Central Florida city
15 AC or DC power
16 __ of voice (how you speak)
17 Visitor from outer space
18 Soybean product in stir-fry
19 Solo for a diva
20 Fat used for frying
21 Capital of Arkansas
23 Fabric discoloration
25 Heartbeats
26 Emcee partner
28 University of __ Dame
30 Keogh plan alternative
31 Shish __ (meat on a skewer)
33 "On the __ hand..."
37 Leaf-gathering tool
39 Entangle, as yarn
41 Any fizzy soft drink
42 Do dusting and vacuuming
44 Alaskan canoe
46 Butterfly catcher
47 Dish-drying cloth
49 Old-fashioned "Scram!"
51 Apparel
54 Apartment's entrance area
55 Container for homemade pickles
58 Lose one's balance
61 Hoodlum
62 Made off with
63 Emerged from sleep
64 Very small amount
65 Soft French cheese
66 Hunt or Mirren of movies
67 Hatchling's home
68 Cravings
69 Book of maps

DOWN

1 Fuel from a mine
2 West Coast sch.
3 Equitable treatment
4 Sought refuge at
5 __ Antonio, TX
6 Allow to enter
7 Very often
8 Skillful
9 Make a statue
10 Aspiring female performers
11 Spanish bulls
12 Kept cool, as wine
13 Reaches a maximum
21 Cola bottle size
22 Coin in Madrid or Milan
24 Pose a question
26 A magazine's sales, for short
27 Word-of-mouth
28 Of warships and admirals
29 Comply with
32 Cook in an oven
34 List of outstanding students
35 Genesis paradise
36 Hourly charge
38 Annoying greatly
40 Hard work
43 Formal "me neither"
45 Lock opener
48 Passed, as time
50 Become drenched
51 Be a cast member of
52 Lake near Reno
53 Letter-shaped bolt fasteners
54 Counterfeit works of art
56 Clinton's vice president
57 Become a member
59 Scandinavian furniture chain
60 Writing implements
63 Cry of discovery



CREATORS SYNDICATE ©2024 STANLEY NEWMAN STANXWORDS@AOL.COM

04/16/24

MORE OF STAN'S CROSSWORDS! Play FREE from Stan's archives of Easy, Hard and Sunday puzzles at: tinyurl.com/stan-newman-crosswords

SMMUSD

FROM PAGE 1

impacts" that would require an override of considerations for the project.

The Grant master plan is a makeover of the campus that would incorporate three phases over approximately five years of construction. Highlights of the plan include the demolition of 10 existing portable classrooms and playground restrooms, the construction of two new single-story elementary classroom buildings, the creation of a new library and maker space, interior renovation of the transitional kindergarten and kindergarten classrooms, improvements to the central garden and reconfiguration of campus parking.

On November 29, 2023, SMMUSD staff conducted a community presentation on the Grant project as well as the drafted environmental impact report (EIR). After a 45-day comment period, the district received 17 comments on the EIR, including an objection from individuals to the proposed 32-space increase in on-campus parking. In response, the project now includes the Pearl Street Community Plaza in place of the existing 14-space parking lot at Pearl Street and 24th Court. This plaza would only be accessible by pedestrian and bicyclists only.

Furthermore, the board will also look to adopt a resolution exempting the Grant project from the City of Santa Monica zoning ordinances. Per city government code, public entities are generally required to comply with municipal zoning ordinances, but the code provides an exception for a school district's educational facilities. The district must take action by a two-thirds' vote of all board members to exempt the project from the city's zoning ordinances and associated permit requirements.

Thursday's meeting will see the board also approve a contract amendment for the McKinley Elementary School Administration and Early Elementary Building Project with Balfour-Beatty Construction, LLC in an amount not to exceed $27,160,777 for a total guaranteed maximum price contract value of $31,011,255. The McKinley project was slated to begin construction in June 2023, but was delayed due to value engineering exercises and unforeseen environmental challenges necessitating a redesign and rebid of certain project elements. The project has now successfully rebid and is tracking to begin construction this summer, and will be funded through Measure SMS.

Along with the construction updates, the board will hear an update on the district's project-based learning implementation plan, including Career Technical Education (CTE) pathways and the development of the Integrated Academies at Santa Monica High School. The project-based learning initiative began implementation in December 2018, consisting of four "PBL Tenants," those being: The expansion of PK-12 PBL professional development opportunities for teachers, strengthening high school college and career learning pathways, developing capstone learning experiences and launching a 9th grade PBL student cohort.

The district's educational services team will update the board on the progress of implementing these tenants, including 2023-24 school year achievements like the launch of new CTE programs and continued industry certifications.

thomas@smdp.com



Courtesy Photo

GRANT: The master plan for construction at Grant Elementary School will once again be broached by the Santa Monica-Malibu Unified School District Board of Education on Thursday.

Buy Local SANTA MONICA
buylocalsantamonica.com
TM
Support your community!



TUESDAY | APRIL 16

SOCIAL SERVICE ASSISTANCE PROVIDED BY PROVIDENCE ST. JOHN'S COMMUNITY HEALTH PROGRAM

Help with family nutrition and health care access is resuming at Virginia Avenue Park thanks to Providence St. John's Community Health Program. Trained community health workers will be available to meet in person with community members at the Park Center Building in Virginia Avenue Park 9:30 a.m. - 5 p.m. Virginia Avenue Park, 2200 Virginia Ave.

SPECIAL NONFICTION BOOK CLUB: 20TH ANNIVERSARY OF READING LOLITA IN TEHRAN

In honor of the 20th anniversary of Azar Nafisi's landmark literary memoir, Reading Lolita in Tehran, our April meeting of the Nonfiction Book Club will have a special talk led by Frieda Afary, a member of PEN America's World Literature Speaker's Bureau to discuss the book in its historical and cultural context, and its continuing relevance today. For ADA accommodations, call (213) 228-7430 at least 72 hours prior to the event. 1 p.m. Donald Bruce Kaufman - Brentwood Branch Library, 11820 San Vicente Boulevard

MYSTERIOUS BOOK CLUB

Join us for the next meeting of the Mysterious Book Club a group of readers who love mystery and suspense. We are reading The Violin Conspiracy by Brendan Slocum. We welcome new members. Come even if you haven't read the book. You can meet everyone and you'll know the title for next month.

"Ray has a gift and a dream—he's determined to become a world-class professional violinist, and nothing will stand in his way. When he discovers that his beat-up, family fiddle is actually a priceless Stradivarius, all his dreams suddenly seem within reach, and together, Ray and his violin take the world by storm. But on the eve of the renowned and cutthroat Tchaikovsky Competition—the Olympics of classical music—the violin is stolen, a ransom note for five million dollars left in its place." 1:30 p.m. Palisades Branch Library, 861 Alma Real Drive, Pacific Palisades

PLASTIC POLLUTION ADVOCACY TRAINING (VIRTUAL)

Join Heal the Bay's FREE virtual advocacy training to combat plastic pollution in our communities. Learn the power of grassroots activism and how to lead impactful campaigns targeting local and state plastic reduction efforts at our VIRTUAL training.

Master the tools to make a difference:

Understand key plastic pollution policies.

Craft persuasive messages for decision-makers.

Make impactful calls to representatives.

Submit compelling written comments on legislation.

6-7 p.m.

https://healthebay.org/event/plastic-pollution-advocacy-training-virtual/

WEDNESDAY | APRIL 17

DOWNTOWN FARMERS MARKET

Enjoy the Santa Monica Downtown Farmers Market at Arizona Ave. and 2nd St. from 8:30 a.m. to 1:30 p.m. Widely considered to be among the best on the west coast, featuring field-fresh produce, hundreds of kinds of vegetables, brilliant cut flowers, breads, cheeses, delicious foods, live music and more.

OCEAN PARK BRANCH OPEN HOUSE

The Ocean Park Branch Library, 2601 Main St., makes a splash with a special open house from 12 p.m. to 8 p.m. The event kicks off at 11:30 a.m. with a pre-opening storytime for toddlers. At 4 p.m., Marc Griffiths presents an after-school family puppet show. Additional activities, crafts and treats for patrons of all ages will be available all day.

FREE WALK-IN LEGAL CLINIC

Santa Monica residents can meet one on one with a lawyer from Legal Aid Foundation of Los Angeles for help with housing issues from 4:30 p.m. to 7 p.m. at Virginia Avenue Park's Park Center, 2200 Virginia Ave. Immediate assistance is available by calling LAFLA directly at 800-399-4529 or by visiting lafla.org/gethelp.

OVEREATERS ANONYMOUS NEWCOMERS MEETING

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. Begins at 5:45 p.m. at Colorado Center Community Room, 2500 Broadway. For more information, contact Becky at itspossibleLAW@gmail.com.

PLANNING COMMISSION

Established in 1946, the Planning Commission envisions Santa Monica as a city of wellbeing, sustainability, and equity, and seeks to balance the many needs and priorities within our community in accordance with the City's General Plan and Specific Plans. The Commission acts through open and civil discourse that is informed by public input, impartial analysis, and best practices in land use and planning. Begins at 6 p.m. in City Council Chambers at Santa Monica City Hall, 1685 Main St.

THURSDAY | APRIL 18

VENICE JAPANESE AMERICAN MEMORIAL MONUMENT COMMEMORATION

The 7th Annual Commemoration of the Venice Japanese American Memorial Monument will take place from 11 a.m. to 12:30 p.m. at the northwest corner of Venice Blvd. and Lincoln Blvd. The 12th Annual fundraiser for the Memorial Monument Committee takes place at Hama Sushi Restaurant, 213 Windward Ave., Venice, from 4 p.m. to 9 p.m. Tax-deductible donations for the monument can be sent to Venice Arts Council/VJAMM, P.O. Box 993, Venice CA 90294, checks payable to "VCH/VJAMM." For more information, visit venicejamm.org.

LOCALS' NIGHT

Join the Santa Monica Pier for a curated series for locals, by locals. Activities for this month's Locals' Night include a "Books & Cookies" storytime at the Merry Go-Round Building at 3:30 p.m. and 4:30 p.m., as well as a Classic Car Show on the Pier Parking Deck and an Art Mart from 5 p.m. to 9 p.m. Music performances by Par Avion, Dogtown Prophets, Brother T LoveJones, 1969, The Jane Fonda's, U.S. 99 Band, Captain Danger and The Strands.

Meet Your Santa Monica Optometrist



We offer comprehensive eye exams, contact lens exams, pediatric exams and more!

OptiHealth Optometry is located inside Montana Eyes on Montana Ave in Santa Monica. Dr. Yakubin accepts patients of all ages and can perform exams in English, Russian, and Spanish Experience the difference at OptiHealth Optometry!

OPTIHEALTH OPTOMETRY
by Irina Yakubin, OD

Book Online: www.optihealtheye.com
Call Montana Eyes @ (310) 917-4474
Book via Email: dr.irina.od@optihealtheye.com
Visit Dr. Irina at 718 Montana Ave, Santa Monica, CA 90403