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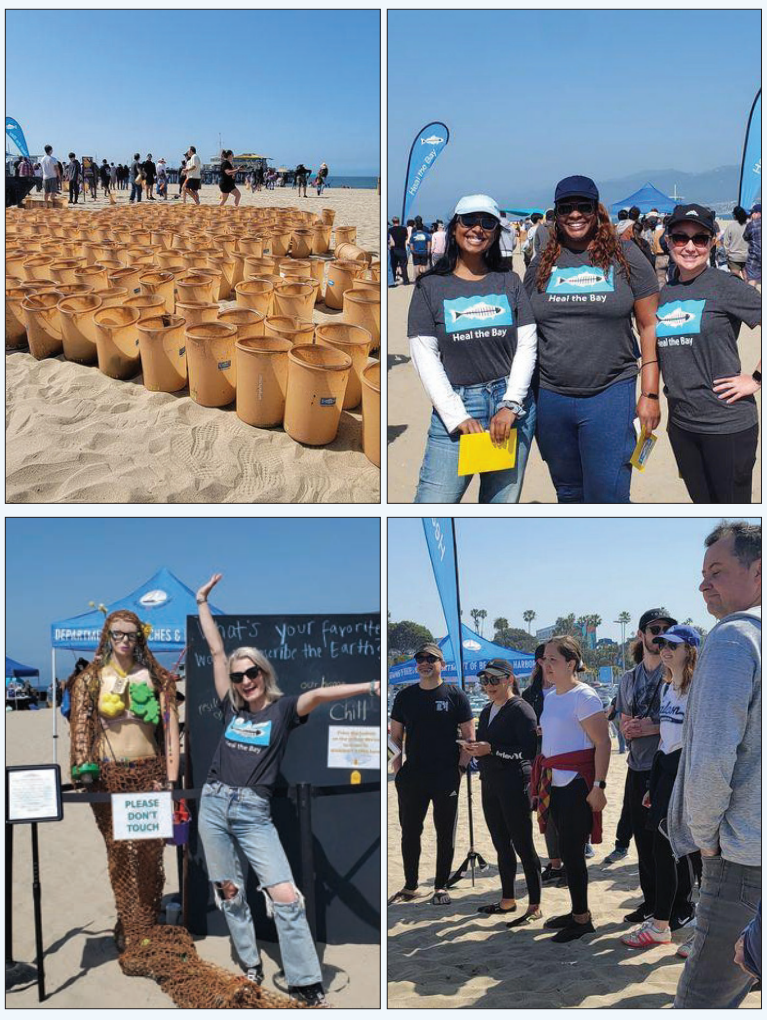
TUESDAY
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Beach cleanup gathers hundreds of pounds of trash



Heal the Bay

BEACH: Over 750 volunteers gathered at Santa Monica Beach this weekend for Heal the Bay's Nothin' But Sand Earth Month Cleanup. Over 266 lbs of trash and 25 lbs of recycling were removed from the beach during the event. Saturday was also the premiere of an art installation created by artist Andrea Martina Isenschmid using plastic and other debris collected during previous Heal the Bay beach cleanups. The event also included a silent disco and was sponsored by Golden Road Brewing, Ocean Conservancy, and Los Angeles County Beaches and Harbors. To learn about future Heal the Bay events visit: https://healthebay.org/events/

Santa Monica-born Jensen Gering stars in new Nickelodeon TV show

GRACE INEZ ADAMS
SMDP Staff Writer

Complete with music, comedy and an extremely well trained miniature horse, a new Nickelodeon show scheduled to debut this week features Santa Monica-born actor and musician Jensen Gering in one of the lead roles.

The show, titled Erin and Aaron, follows the lives of two young step siblings who share a same-sounding name and a passion for music, as they navigate their lives following their parents' marriage. Gering plays 14-year old Aaron.

Born in Santa Monica to actor parents, Gering said acting and music have always been a part of his

SEE **NICKSHOW** PAGE 7



Robert Voets/Nickelodeon

ACTOR: Jensen Gering and co-star Ava Ro.

Lawmakers want to know why billions in spending isn't reducing homelessness

MARISA KENDALL
Special to the Daily Press

The state has spent billions of dollars on homelessness in recent years. So why is the crisis getting worse instead of better?

That's what a bipartisan group of California legislators is trying to get to the bottom of by calling for a first-of-its kind, large-scale audit of the state's homelessness spending.

The state has stepped up its involvement and investment in the crisis under Gov. Gavin Newsom's leadership, allocating $20.6 billion toward housing and homelessness since 2018-19, according to the Legislative Analyst's Office. But despite the influx of cash, during that time, the number of unhoused people in the state has increased by nearly a third — to more than 170,000 as of last year.

That discrepancy between what's being spent in Sacramento and what voters see — tent cities in their neighborhoods — has many legislators clamoring for an accounting. They have instructed the state auditor to embark on a sweeping project that will analyze multiple state homelessness programs — as well as focus on homelessness spending in two cities — in an attempt to improve

SEE **HOMELESS** PAGE 6

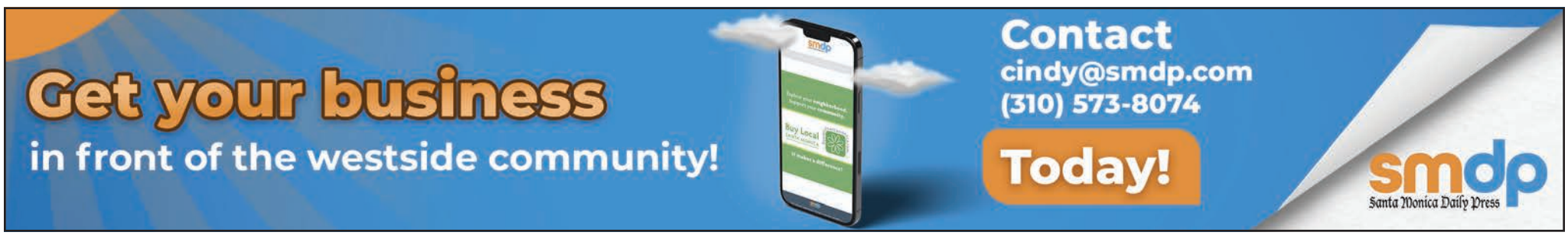
Child predator with Santa Monica history arrested in Oregon

MATTHEW HALL
SMDP Editor

A former employee of St. Monica's Catholic church has been arrested in Oregon as part of a sting operation targeting child predators.

Sean Baba, 29, was one of six individuals identified and arrested by the Washington County Sheriff's Office last week. According to the Sheriff's Office, investigators used multiple dating applications, social media sites, and other online platforms to pose as underage boys and girls.

SEE **ARREST** PAGE 8



OPINION **FOOD FOR THOUGHT**

Katharine Jameson

Send comments to editor@smdp.com

The Salty Truth

You reach for it, yet retract your hand. It's too little, too late. You want it, but you tell yourself you shouldn't. You've had enough. It's calling to you. Your taste buds flair. Your mouth waters just by looking at the little holes atop the shaker. The craving is overbearing. You cave and reach for the container. It sprinkles out, a little at first, and then more and more as it bursts out with gusto, flying everywhere, covering every morsel of food and every crevice of your plate. With little else to do, you take a bite and bask in its saltiness. You'll do better tomorrow. You'll omit it entirely the next day you promise yourself, but for now, the salt is yours.

If this internal dialogue doesn't sound familiar, maybe you're doing something right. Perhaps you're eating enough salt. Most of us are on the other end of the spectrum. We're not only eating too little salt, but are deficient in it. An essential mineral, we literally will die without it, so why are we discouraged from eating it?

It's as though salt has found itself at the center of a dubious witch hunt. America is on fire with obesity, type-2 diabetes, elevated cholesterol and high blood pressure and we need someone to blame. Enter salt.

Everywhere we turn, there are reduced salt, low sodium, no-salt-added products. Like sugar, there are many substitutes on the market attempting to trick our taste buds into thinking it's the real thing. It goes deeper than our taste buds, however. Salt is an important player in a multitude of functions within our body. Every single cell and neurotransmitter in our body depends on it.

SALTY SETBACKS

Today, before dietary guidelines are handed to the public, they must be supported by trials and evidence in several proven clinical studies. Before this was the case however, salt lent itself as a scape goat in the 1950s when Lewis Dahl bred genetically salt sensitive lab rats and then fed them salt. Not surprisingly, the salt sensitive rats experienced high blood pressure as a result of their salty diet and inability to process it. In 1977 the government issued a blanket recommendation for salt intake, limiting it to three grams and immediately



Courtesy photo

FISH: Salt-baked whole Branzino is a good use of the ingredient.

augmenting it to five. Though it's been slightly altered over time, the suggestion for a maximum intake of salt has stood for many years. Oddly, there has never been a minimum salt intake guideline issued, a first for an essential mineral. If our sodium levels dip too low, it could be fatal. Why, then, has salt been depicted as evil for decades and villainized for crimes it may never even have committed?

ENTER DR. JAMES.

Dr. James DiNicolantonio may have the answers. A doctor of pharmacy by training, he quickly recognized there was more to healing than medications alone. In his book, "The Salt Fix," he not only unveils the importance of salt in our lives, but identifies the deeper consequences of low sodium diets.

If you think you're salty enough, think again. We are one of the richest nations in the world, yet we have one of the highest rates of obesity on the planet. We

SEE **FOOD** PAGE 8

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Matthew Stafford content to stick around for Rams' remodel

GREG BEACHAM
AP Sports Writer

Matthew Stafford asked to leave Detroit only two years ago. After 12 seasons with no playoff victories, the star quarterback decided he couldn't stick around while the Lions went through another franchise rebuild.

Stafford had none of those concerns Monday when he went back to work with the Los Angeles Rams, who are not calling their offseason a rebuild even though their roster has been decimated by free agency and cap-motivated player departures.

His Super Bowl ring and his $160 million contract over the next four seasons aren't the only reasons the 35-year-old Stafford is content to stick with the Rams' remodeling project.

"I love being here," Stafford said before the start of the Rams' offseason program. "I really love playing with the guys that we have in this locker room. Obviously there's going to be some new faces. There's some great teammates of mine that are no longer going to be teammates of mine ... but I love coming to work here. I love working with our coaches. That made that decision easy for me, and I didn't feel like it was the same kind of level (as the rebuild in Detroit), and that's yet to be seen."

Although the Rams went 5-12 last season, it's true they aren't rebuilding from nothing — not with Stafford, Aaron Donald and Cooper Kupp on their roster.

Yet Los Angeles is clearly undergoing a major franchise reset just over one year after its championship, losing most of its key defensive players and adding nothing yet to Stafford's offense.

"I've been a part of all sorts of offseasons," Stafford said. "This time of year, there can be a lot of noise and a lot of people writing about a lot of things ... But for me, it's just, 'OK, who do we have in the building? Let's go to work with those guys. Let's enjoy it.'"

Stafford expressed no concern that the Rams have done nothing in free agency to improve the shaky, injury-plagued offensive line that played in front of him last season following the retirement of left tackle Andrew Whitworth and the free-agent departure of Austin Corbett.

Los Angeles appears to be running it back in 2023 with the same offensive line that allowed Stafford to be sacked 29 times in nine games last season, leaving the quarterback with an apparent concussion and a bruised spinal cord that ended his season in Week 11.

In fact, the new line could be worse: starting left guard David Edwards left for Buffalo as a free agent, and the Rams have signed nobody to replace him.

But Stafford said last year's swirling retirement talk didn't come from him, because he was "really confident I was coming back. I feel like more people were less confident of that than I was, but I was ready to go, ready to play as soon as I was cleared. I feel great, feel healthy. I'm not 25, but I definitely feel good."

Stafford is focused on sharpening his skills and staying healthy during the offseason. After not throwing passes at all last spring because of an elbow injury, he already has been throwing to receivers before the Rams' organized team activities and minicamp.

"Going to do everything I can to be as healthy as I can at all times," Stafford said. "Probably not the human JUGS machine like I used to be, but I can still get it out there and throw it around a bunch. ... I feel like I can go out there and do everything I want to do, which is exciting for me."

> "You want to use this time to build your team, what you want to be about as individuals"
> - Matthew Stafford

Stafford realizes the Rams' overhaul might not be finished: Receiver Allen Robinson's future is unclear after the team gave him permission to seek a trade. If Robinson stays, Stafford hopes they can build the connection that seemed to be missing last season.

"You want to use this time to build your team, what you want to be about as individuals," Stafford said. "Obviously we know we're going to have a bunch of new teammates coming through the draft, but it's about building that foundation, and it starts today."

LETTER TO THE EDITOR

Send comments to editor@smdp.com

Editor:

Re "Pilot programs invite Big Brother into buses and the Downtown library" [SMDP April 17, 2023]

It was inevitable that AI surveillance would check into the library. Our SMPL is sadly short-staffed. There's nobody to "deter trespassing or crimes such as theft and vandalism..."

After all, it's happening everywhere. "Big Botter" was the headline in the New York Post as a robot began patrolling Times Square and the subway. The plan here is to "engage with intruders through loudspeakers..." among other intrusions. Very CCCP! L.A. Metro tried blasting classical music from loudspeakers; it didn't work as a deterrent, and was quickly kiboshed. (It could work here, however, we being a town of more refined tastes, with our stellar SM Symphony, etc.)

The real reason for the 60-day pilot program can be found in the SMDP article's last paragraph, which reveals how "competitive procurement processes may be initiated" if the technology succeeds.

You mean Santa Monica is in it to make money? No big bother; perhaps the surveillance economy will pay dividends to public schools. We, the citizens, know how to continue partying like it's 1984. And smile for the cameras.

Hank Rosenfeld, Santa Monica

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WINNER

OPINIONS EXPRESSED are those of the writer and do not necessarily reflect those of the Santa Monica Daily Press staff. Guest editorials from residents are encouraged, as are letters to the editor. Letters to the Editor can be submitted to letters@smdp.com. Receipt of a letter does not guarantee publication and all content is published at the discretion of the paper. All letters and guest editorials are subject to editing for space and content. All submissions must include the author's name, address and phone number for the purposes of verification.

CRIME WATCH

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

ON APRIL 1 AT APPROXIMATELY 7:30 P.M.

SMPD officers responded to the 1100 block of Pico. Upon arrival officers spoke with a victim that stated the door to her room at the location was locked when she left, but found open when she returned. She also expressed that she knew the individual responsible for breaking into her room as personal items were left behind. Based on the description provided by the victim, officers located the suspect two blocks away and arrested him for burglary, criminal threats and violation of an active restraining order.

COMMUNITY NEWS

Citywide

National Volunteer Week: These Community Heroes Are the True Heart of the American Red Cross Please Help — Become a Red Cross Volunteer Today

It's National Volunteer Week and the American Red Cross Los Angeles Region is recognizing the work of the selfless Angelenos here who generously give their valuable time to support people in need.

Across the country, more than 275,000 Red Cross volunteers serve their communities by responding to thousands of disasters of all sizes; supporting the collection of blood to help patients receive the critical care they need; supporting members of the military and their families; helping communities prepare for emergencies around the globe and much more.

Last year, Los Angeles Red Cross volunteers provided food, shelter, comfort and hope with more than 200 volunteers deploying across the nation to help families who faced emergency situations. Locally, they provided home fire preparedness education to 5,124 people and responded to 280 home fires and provided more than 435 residents with disaster assistance.

"National Volunteer Week is a time to honor these community heroes for their constant service and support," said Joanne Nowlin, CEO for the Red Cross Los Angeles Region. "They are the true heart of the Red Cross."

> "National Volunteer Week is a time to honor these community heroes for their constant service and support
> - Joanne Nowlin, CEO for the Red Cross Los Angeles Region

VOLUNTEERS NEEDED

Volunteers are more critical than ever as the climate crisis worsens and the need for shelter, hot meals, health services, emotional support grows. The Red Cross is now launching nearly twice as many relief operations for major disasters than we did a decade ago, and with hurricane and wildfire seasons on the horizon, we have a critical need to fill vital volunteer positions.

Disaster Action Team Member: As a Disaster Action Team volunteer, you can be a source of refuge and support when it's needed most. From home fires to storms, unexpected emergencies happen every day, but you can help as a Red Cross volunteer.

Shelter Services: Support the day-to-day activities within an emergency shelter by helping with reception, registration, feeding, dormitory, information or other areas within a shelter. Free online training will be provided.

Disaster Health Services: These valuable volunteers use their professional skills as licensed healthcare providers to deliver hands-on care to people in shelters. There is also a need for Mental Health Services volunteers.

Visit redcross.org/volunteertoday to get started today. Training is free, but the hope you provide as a Red Cross volunteer to people in need is priceless. Join us at a virtual volunteer information session on Tuesday, April 18 from 3 to 4:30 p.m. ET, to learn more about our most-needed volunteer positions and talk with a Red Cross representative.

PLEASE GIVE BLOOD

The Red Cross invites the public to sign up to become a volunteer blood or platelet donor to schedule an appointment to donate blood or platelets, people can download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

SUBMITTED BY MARILYN JIMENEZ DAVILA

GET IT DAILY...

Volunteers speak on why they serve and why more people don't

THALIA BEATY
Associated Press

Every day, Americans donate their time, skills and energy to their communities by volunteering with nonprofit organizations. The Associated Press interviewed five volunteers about what motivated them to get involved and why they think more people don't give their time.

Recently released data from the U.S. Census and AmeriCorps showed that volunteer participation fell 7 percentage points between 2019 and 2021, part of a long trend in declining volunteerism.

These interviews have been edited for length and clarity:

LOS ANGELES — A psychologist and now master gardener, Bella McGowan volunteers at a residence for people without housing in Los Angeles and helps run their community garden. The 70-year-old grandmother spent decades working in the city's schools and sought out volunteer opportunities when she retired. She also shared that, late last year, she was diagnosed with breast cancer.

Q: WHY DO YOU VOLUNTEER?

A: When you get a diagnosis that's pretty shocking and unexpected, having purpose and meaning in your life and volunteering and needing to show up for other people when you've created programs and you've got a garden that needs watering and weeding and relationships where people rely on you really contributes to recovery. Volunteering and being in gardens has just been an incredible part of my recovery and a lifeline.

Q: WHY DO YOU THINK MORE PEOPLE DON'T VOLUNTEER IN SOME WAY?

A: I think they definitely need an invitation. And in many instances, they need to be led by the hand. I think there's a lot of fear — "Oh, I couldn't possibly do that job," or "That's not for me," or "I don't want to work with those kinds of people." And I think there are a lot of stigmas. And once you get past that and realize there's no "us and them," and there by the grace of God, any of us could be in any one of these situations that suddenly puts us on the street. Or natural disasters can level your house or fire. There's so many situations where you could be the person on the news that's lost everything.

SAN FRANCISCO — For 16 years, Troy Brunet has volunteered with Project Homeless Connect in San Francisco and leads their initiative to give eyeglasses to those who need them. The 58-year-old passes out cards with information about the organization's events wherever he goes and describes the joy he gets from bringing volunteers together. He tells them to talk with the people who come in for help, to really connect with them.

Q: WHY DO YOU VOLUNTEER?

A: I'm HIV positive and it hit me really hard. At one point, I was in a coma for two months, and after coming out of that, I knew doggone well that everything I'm going to be focusing on besides recovering from it, was making sure I would help people because people were there for me.

Q: WHY DO YOU THINK MORE PEOPLE DON'T VOLUNTEER IN SOME WAY?

A: COVID hit us and it really has just stopped the world from spinning around here. Everything became very stagnant. And I just want people to be able to step back into coming to help, to make sure that people can move forward in a better way of life. Because the negativity that is running rampant through this country, it is absolutely exhausting. And I think we're all exhausted from it. And we need to be able to get some fresh air, breathe in here and feel lighter in life so that joy can continue to flow through your world.

LAS VEGAS — Gadi Hernandez-Corado is a sophomore at the University of Nevada Las Vegas where she studies political science and earned a scholarship to a program focused on community service. The 20-year-old, whose parents immigrated from Guatemala, is the first in her family to attend college and she intends to continue on to law school. She says she is an introvert and credits volunteering with an organization that offers extra support to students in schools for bringing her out of her shell.

Q: WHY DO YOU VOLUNTEER?

A: I believe it's a good use of my time. It doesn't require any special skills. You just have to be there and present. Do whatever they ask you to do. And I appreciate the fact that no matter who you are, no matter what skillset you have, you can make a difference. You can participate. You can feel satisfaction from doing something.

Q: WHY DO YOU THINK MORE PEOPLE DON'T VOLUNTEER IN SOME WAY?

A: There are people that maybe want to do something, but they don't really know that there are organizations out there that offer them that opportunity, that experience. And it is that lack of knowledge that sometimes prevents people from going out there and participating in community service. And sometimes apart from that, it's just fear.

SAN ANTONIO — Two years ago, Sarah Lopez moved from California to San Antonio for a job and started attending events at For Her, a nonprofit focused on empowering women. They eventually invited her to go through a leadership training program, meant to develop volunteers among the organization's participants. Lopez, 27, is a lesbian and a Latina and said it was important for her to be a part of an organization standing up for women's rights, especially in Texas.

Q: WHY DO YOU VOLUNTEER?

A: Moving here from out of state, I've tried a lot of things. I've tried joining Facebook groups, I've tried going on Bumble For Friends. I've tried meeting coworkers and things like that. And it is really hard to find people that have the same values as you. I think especially I want to be surrounded by people who also care about women's issues and who understand the trauma that a lot of women experience. So for me, it was more about finding a safe place.

Q: WHY DO YOU THINK MORE PEOPLE DON'T VOLUNTEER IN SOME WAY?

A: I think maybe with social media and

SEE VOLUNTEER PAGE 8

GUEST COMMENTARY

Send comments to editor@smdp.com

California hospitals and transit systems seek aid from deficit-ridden budget

BY DAN WALTERS

As Gov. Gavin Newsom and legislators contend with a deficit-ridden state budget they face increasingly strident demands from providers of two very important public services for billions of new dollars to prevent financial collapse.

The pleas are coming from hospitals and public transit systems which, their leaders say, have never recovered from the financial ravages of COVID-19.

While hospitals strained to care for hundreds of thousands of COVID-19 patients – and then saw visits plummet below pre-pandemic levels – transit ridership plunged to record-low levels and has recovered only partially as many Californians continue to work from home rather than commute.

> “The real cost of this crisis – if help does not arrive soon – will be borne by the people of California, whose health care services will erode, slowly in some areas, and all at once in others
> - Carmela Coyle, the hospital association’s president

Last week, the California Hospital Association released a study indicating that a fifth of California’s hospitals are in danger of closing, in part because reimbursements from Medicare, the federal medical care program for the elderly, and Medi-Cal, the federal-state system of care for the poor, fail to cover costs of services.

The report said that in 2022, California hospital care costs ballooned by $23.4 billion over pre-pandemic levels, leading to losses of $8.5 billion, on top of $12 billion in pandemic-related losses.

“The real cost of this crisis – if help does not arrive soon – will be borne by the people of California, whose health care services will erode, slowly in some areas, and all at once in others,” Carmela Coyle, the hospital association’s president, said in a statement.

A hospital in Madera County closed after Attorney General Rob Bonta blocked its sale to a larger health care organization, and several other rural hospitals are reported to be on the brink of closure.

The hospitals’ chief demand is that the state increase payments for services to Medi-Cal enrollees. The system now covers a third of the state’s nearly 40 million residents, but reimbursement rates have been virtually frozen for years.

Hospital managers are traipsing a trail to the Capitol already blazed by transit system executives who say their services are teetering on the edge of a “fiscal cliff” that needs big injections of cash to avoid – specifically $6 billion over five years.

They cite data from UCLA’s Institute of Transportation Studies that monthly transit ridership statewide declined from 100 million in February 2019 to about 20 million in June 2020 as the pandemic raged and since has rebounded to scarcely half of the pre-pandemic level.

Transit officials say that if they reduce service to cut costs, it becomes a vicious cycle because less frequent or slower service would also make Californians even less likely to use transit, while increasing fares would hurt low-income workers who rely on transit to get to their jobs.

Transit system problems don’t necessarily begin and end with ridership and revenue, however. Some have locked themselves into unaffordable labor contracts and many Californians are afraid to use transit due to fears of becoming crime victims.

Bay Area Rapid Transit, the state’s largest commuter rail system, has been particularly prone to managerial shortcomings. Last month, BART’s inspector general, Harriet Richardson, resigned, saying interference from the system’s managers made doing her job impossible.

“At some point, you just say enough is enough,” she told reporters. “I do hope that laying the ground that I have laid, BART will look at the office a bit differently than they have in the past.”

In February, Richardson released a report claiming that there had been fraud and conflicts of interest.

Give the scopes of their operations and their impact on the lives of millions of Californians, Newsom and legislators can scarcely afford to ignore pleas from hospitals and transit systems. However, their size means relief could cost the state tens of billions of dollars it doesn’t have.

It’s an exquisitely vexing dilemma.

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NOTICE IS HEREBY GIVEN that bids will be received by the City of Santa Monica until 3:00 p.m. on the date indicated at which time they will be opened and posted for:

BID #4453 BUS TRANSPORTATION SERVICES

Submission Deadline is May 1, 2023 at 3:00 PM Pacific Time.

Bids must be submitted on forms supplied by the City of Santa Monica. Bid packages containing all forms, specifications, terms and conditions may be obtained on the **City’s Online Vendor Portal.** The website for this Notice of Inviting Bids and related documents is: OpenGov (https://secure.procurenow.com/portal/santa-monica-ca). There is no charge for bid package and specifications.

City of Santa Monica

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BID #4454 CyberArk Endpoint Privilege Manager

Submission Deadline is May 15, 2023 at 3:00 PM Pacific Time.

Bids must be submitted on forms supplied by the City of Santa Monica. Bid packages containing all forms, specifications, terms and conditions may be obtained on the **CITY’S ONLINE VENDOR PORTAL.** The website for this Notice of Inviting Bids and related documents is: OpenGov (https://secure.procurenow.com/portal/santa-monica-ca). There is no charge for bid package and specifications.





HOMELESS

FROM PAGE 1

California's response.

"What we're doing is not working," said Assemblymember Josh Hoover, a Republican from Folsom who co-authored the audit request with Democratic Sen. Dave Cortese of Santa Clara County. "And I think it's important to get to the bottom of that and figure out where are we investing that is not getting a return on investment. And we need to stop spending money on the programs that are not working."

The $743,400 audit, approved unanimously in the state's legislative audit committee last month, will take about 5,000 hours of staff time and is likely to be complete by October, State Auditor Grant Parks said during the hearing. It will scrutinize the cost-effectiveness of as many as five state homelessness programs. The auditor has yet to reveal which ones, but Project Homekey — one of Newsom's signature efforts to create homeless housing — likely will be one. And the audit will analyze spending in two California cities — San Jose and one other yet to be determined.

The analysis will focus on questions such as: How many people received services between 2020 and 2023? How much funding have San Jose and the other city received, and how has it been spent? How much of that money went toward administrative costs instead of services?

Newsom's office wouldn't weigh in on the pending audit, except to issue a statement: "This process is still in its early stages, and we will continue to closely monitor any future developments."

Myles White, assistant secretary of legislation for the California Business, Consumer Services and Housing Agency, defended the state's track record during the legislative hearing. "A lot of the progress we've made provides a really solid foundation for us to continue in the days ahead," he said.

San Jose officials said they have used state funds effectively and efficiently, and have been transparent in their work. Local officials rallied at the state Capitol last week, demanding that the state give them an ongoing $3 billion a year to address homelessness.

Cortese began pushing for the audit after touring a massive homeless encampment on vacant land near San Jose's airport. One of the largest in California, the camp was home to more than 400 people during the pandemic. What he saw shocked and appalled him: "Rodents running around your feet. Massive piles of trash. Tons of broken RVs and abandoned cars. Cars turned upside down with people living inside."

When Cortese brought up the idea of a state audit, he says local officials told him while they had spent local money, they hadn't used state funding to improve conditions or offer services at that encampment.

"Which to me just really begged the question: 'What's going on?'" Cortese said.

That camp has since been cleared; the Federal Aviation Administration had threatened to withhold airport funds from the city because the camp extended into flight paths. But the city couldn't move everyone into housing or shelter, and some people have moved to another lot just across the street.

PAST ATTEMPTS AT ACCOUNTABILITY

Cortese's audit isn't the first time California's homelessness response has come under scrutiny. Earlier this year, the Interagency Council on Homelessness found the state spent nearly $10 billion on homelessness between 2018 and 2021 and served more than 571,000 people. But despite that effort, most of those people still didn't get a roof over their heads.

And in 2021, a state audit of five local governments found that they did not always comply with federal regulations or follow best practices when responding to homelessness.

The new audit will be an "entirely different animal," Cortese said, as it will go deeper into the state's spending. Legislators hope it also will make specific recommendations as to how ineffective programs could be improved or even cut — something the Interagency Council's report didn't do.

The heightened scrutiny comes as Newsom has both ramped up spending and rolled out a series of new homelessness programs since the COVID-19 pandemic began. Those include Project Roomkey, which temporarily put elderly and medically compromised unhoused people up in hotels; Homekey, which gives cities and counties money to turn some of those hotels (and other buildings) into longer-term homeless housing; and the Encampment Resolution Grant program, which gives cities and counties money to clear homeless encampments and move occupants into housing and shelters.

It's no surprise that Republicans would continue their critique of the liberal governor's spending. But the recent involvement of Cortese and other Democrats signals the politics have shifted.

For example, Assemblymember Luz Rivas, a Democrat from the San Fernando Valley, is pushing her own accountability bill. Assembly Bill 799 would force the state to set specific goals for reducing homelessness, while also allowing funding to be reallocated away from local agencies that fail to meet their goals.

"We get asked by our constituents," she said. "They ask 'Where is this funding going to? Is it really being used effectively?'"

Even Newsom himself has advocated for more accountability. He recently began requiring that cities and counties submit "homeless action plans" before receiving state funding, and he briefly held $1 billion hostage after determining the plans they drafted weren't ambitious enough.

During last month's hearing, several legislators advocated for the auditor to choose cities in their own districts. Some made pitches for Los Angeles and Sacramento, while others pushed for smaller cities.

Gail Osmer, a San Jose advocate who led Cortese on the encampment tour that inspired the audit, spoke alongside the senator at the hearing. In an interview, she said she hopes the audit's findings will be a wake-up call for her city.

Osmer has been critical of how the city cleared the airport encampment. Camp residents were promised services, such as free repairs for their cars and RVs, that many people never received, she said.

"People are not held accountable," Osmer said. "Where's the money going?"

This article was originally published by CalMatters.

NICKSHOW

FROM PAGE 1

life. For him, fusing the two in this new project made it seem like a natural fit.

"Combining two of my favorite things in the world into one job is really a dream," he said. "I have the acting and the music, I really couldn't ask for anything better and everyone on set is so great, and it's just always so much fun."

Gering was cast as Aaron following a multi-month-long process and said he initially felt uncertain he would even get a callback after the first audition.

"But then I did and I kind of started thinking this could actually be something that I could be a part of and this could be in my life," he said. "More callbacks started coming and eventually I heard that I got it and I'm so glad that I did.

Gering said he relates to the character of Aaron in many ways.

"I love playing this character," he said. "He's so similar to me in so many aspects, like the fact that we both really want to make it in music."

He added that playing him on TV has also helped him explore and discover new interests and talents.

"A difference that we do have is that he mainly plays piano on the show and I played guitar in real life," Gering said. "So for the show, I was able to learn a full new instrument and now I'm thinking about branching out into it in real life."

The studio in Burbank where Erin and Aaron is filmed happens to be the same one where Gering's father, Galen Gering works as an actor on Days of our Lives.

Jenna Gering, Jensen's mother and Galen's wife, said the only reason the family left Santa Monica was to be closer to where her husband, and now son, work. However, she said the family still loves to visit the city whenever they can.

"We spend so much time at the Santa Monica Beach, the Santa Monica Pier," she said. "My kids have been there like their whole lives so it's very special."

> "It's really a unique, fun show"
> - Jenna Gering

She said she thinks the show will appeal to all ages, kids and adults alike, and that she finds it "laugh out loud funny."

"It's really a unique, fun show," she said.

Gering added that this is due in no small part to the role of the miniature horse, which he said he feels is "going to be one of the most iconic Nick pets."

"The horse does better acting than me," he joked.

Erin and Aaron premieres on Nickelodeon on Thursday April 20, followed by a new episode every Thursday of the 13-episode-long first season.

To learn more about Erin and Aaron and view a trailer visit: https://www.nick.com/shows/erin-aaron

grace@smdp.com



Courtesy Photo

TV: The new show debuts on April 20.



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FOOD

FROM PAGE 2

consume one of the lowest amounts of salt and are one of the sickest populations on Earth. Cultures that ingest much more salt than we do as a nation, such as Japan, are some of the heart healthiest people there are. Is this merely a coincidence?

Dr. James doesn't think so. As a scientist, he speaks only of evidence-supported findings and minces no words when it comes to conjecture. He equates our hunger for salt to our thirst for water and his answers are backed by studies. Salt isn't the villain it's accused of being. In fact, it's a case of mistaken identity. Who's to blame? Salt's doppelganger, sugar.

At the same time that salt was vilified, studies emerged pinning sugar, not salt, as the source of elevated blood pressure. In addition to the salt sensitive rat study, there were a couple more studies pointing a finger at salt, which were sponsored by the sugar industry. Is this a conspiracy theory? Salt isn't the problem. For many of us, it's the answer.

Without enough salt, we gain weight, particularly around the middle. We are low energy, and can experience dizziness. Our cholesterol increases, as can our blood pressure. We crave sugar and refined carbs and have increased levels of stress hormones. We get indigestion and acid reflux. Lower rates of fertility have been associated with a lack of salt, as have those little blue pills.

When we don't have enough salt, our body will pull it out of our bones, increasing our risk for osteoporosis. Too little salt? We produce more insulin to protect our salt stores, leading to a higher incidence of insulin resistance, meaning we need to secrete more insulin to regulate our blood sugar. When that happens too often, we're in trouble, as it's a predeterminant of type 2 diabetes.

SALTY SOLUTIONS.

We've established that a lack of salt spells trouble, but it can aid us in many ways, not the least of which is to stave off sweet cravings. A sprinkle can help dress up healthier foods to make them more palatable, even desirable. It helps our immunity, gut health and is even said to aid in preventing the development of addictions to other substances.

According to Dr. James, when mammals are deficient in a substance they need, their reward center in the brain is activated to get them to seek it out in nature. They want it more. Let's say we need salt. We crave it. When we find it, our brain releases dopamine when we ingest it and we literally get high. And there's the reward.

"Salt is the only mineral that actually has a taste receptor. If you get too much, things will become too salty. That doesn't happen with sugar. With sugar, the more you take in, the more you want. To tell people to restrict their salt intake is dangerous," DiNicolantonio says.

Listen to your body. You're the best meter you can use about how much salt you should be consuming every day. If your body's telling you that you need more salt, you should listen to it. "Your body is smarter than any dietary guideline," he says.

All salt may not be considered equal, but Dr. James maintains that some of any salt is better than no salt at all. Our body will attempt to return us to a perfect balance with our salt levels again and again. We just have to listen.

SALT-BAKED WHOLE BRANZINO

1 whole Branzino or other whole fish
Extra virgin olive oil
2 pounds Kosher salt
¾ cup water
White pepper
1 lemon – sliced
Tarragon or fresh herbs of choice
1 small shallot – sliced
Preheat oven to 400°F.

Rub fish inside and out with olive oil. Set aside.

In a large bowl, mix salt and water together until wet, but not saturated.

Portion half the salt mixture onto the baking sheet, flattening out into a shape a little longer than the fish.

Lay fish on salt bed.

Dust cavity with white pepper.

Stuff with lemon slices, herbs and shallot.

Cover with remaining salt until fully sealed.

Bake for 25-30 minutes or until a leave-in thermometer reads 135°F.

Remove from oven and crack salt crust as a party trick before filleting.

*No material in this article is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

Katharine Jameson is a Certified Health Counselor and graduate of Syracuse University. Her growing interest and research in nutrition stems from her time spent being taunted on the playground for being rotund as a kid and her weight struggles as a NYC actress in her 20s. A mother of two, she is based in Brentwood and writes a weekly column where she discusses pivotal topics and interviews cutting edge authors about all things health. www.foodforthoughtwithkat.com @ foodforthoughtwithkat

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VOLUNTEER

FROM PAGE 4

being online, that's where a lot of people connect nowadays and that's also where people feel like they can make a difference. And that makes sense. I think before, people would volunteer and get involved as far as activism goes, but now there's a lot that you can do from your phone to make you feel like you're participating in the discourse.

RAWLINS, WYOMING — Liz Smith, 67, helps organize and recruit volunteers to two food distributions in south central Wyoming, where she's lived since 2016 when her oldest daughter — one of nine children she adopted — moved there. The retired business owner and grandmother said she spends 10 hours a week organizing the pantries that serve communities along the I-80 corridor. While she said she's always volunteered through her churches teaching classes, for example, this is the first extended commitment she's made as a volunteer to an outside organization.

Q: WHY DO YOU VOLUNTEER?

A: I feel great afterwards. I mean, we're exhausted, but it feels good. And even though sometimes we stood outside when it was snowing on us and it was like 20 degrees outside and the wind was blowing, we still stood outside and passed out food. And we've been out there when it's so blistering hot.

I feel I've learned a lot through this. I learned more about what people need, what they're looking for. I learned how to organize volunteers in such a way that they want to keep coming back. I have people that drive an hour to come and help us, which I think that just speaks volumes of their character and their integrity.

Q: WHY DO YOU THINK MORE PEOPLE DON'T VOLUNTEER IN SOME WAY?

A: Honestly, I think there are a lot of people who just can't, maybe because of work requirements or family. Then, there are people that think, "I don't need anything, so I don't need to volunteer." Plus, we have kind of a lazy society, not going to lie.

ARREST

FROM PAGE 1

"The people contacted the profiles online and offered to meet a person they believed to be a child for sex," said a press release from the Sheriff's Office. "When the people arrived to meet the child, they were instead contacted by law enforcement and arrested."

Baba, along with the other suspects, are being charged with felonies for luring a minor and online sexual corruption of a child in the first degree.

At the time of his arrest, Baba was working as the Director of Music Ministry at St. Pius X Church and School in the Cedar Mill community.

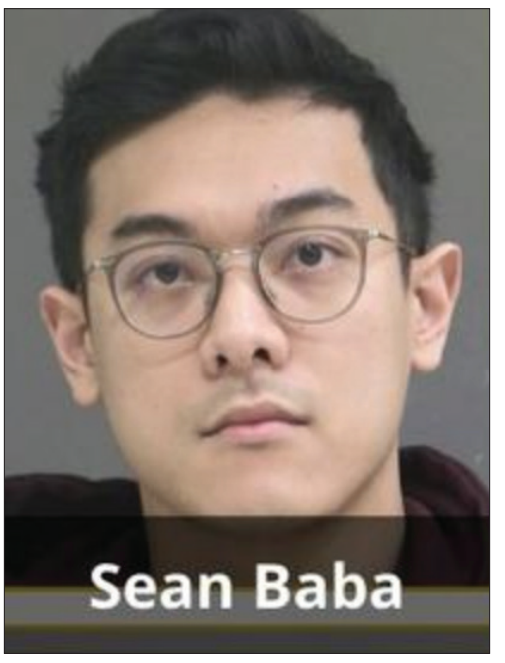
Prior to working in Oregon, he served as the Choral Section Leader at St. Monica's for two years and a Teaching Artist at SOL-LA Music Academy in Santa Monica. He also worked at St Joan of Arc Catholic Church, Nativity Catholic Church and at Loyola High School.

The Archdiocese of Los Angeles released a statement following the arrest confirming Baba's employment in the Los Angeles area.

"From 2016 to 2019, Mr. Baba had served as a music minister in limited capacity at St. Monica (Santa Monica), St. Joan of Arc (Los Angeles) and Nativity (Torrance) parishes in the Archdiocese of Los Angeles. The Archdiocese and the referenced parishes have no prior reports of alleged sexual misconduct concerning Mr. Baba. He was in compliance with Archdiocese fingerprinting and safe environment training protocols," said the statement.

They said locals with specific information were encouraged to contact their local law enforcement agencies and that Dr. Heather Banis, Victims Assistance Coordinator for the Archdiocese of Los Angeles is available at (213) 637-7650 or HBanis@la-archdiocese.org.

"The Archdiocese stands against any sexual misconduct and is resolute in our support for victim-survivors of abuse," said the statement. "We reaffirm our unwavering commitment to ensuring that parishes, schools and ministries are safe places for everyone in our community. For more information on the abuse prevention and protection efforts of the Archdiocese, visit lacatholics.org/protect."



Courtesy photo

SEAN BABA

The Sheriff's Office said they regularly conduct undercover operations, both full-scale stings and day-to-day chats, targeting child predators.

They said the pro-active investigations are a response to the thousands of child abuse reports they receive each year and parents are encouraged to help their children be safe online.

The other suspects arrested in the sweep were: Henry Banegas Interiano, 26, of Portland. Ethan Caddy, 19, of Vancouver. Te'Vari Jenkins, 26, of Gresham. Sincere Peoples, 21, of Beaverton. Jackson T. West, 27, of Portland.

Detectives are concerned there may be more victims of these six people and are asking anyone with additional information to call the Sheriff's Office at 503-846-2700.

editor@smdp.com

LET US KNOW YOUR OPINION
Santa Monica Daily Press editor@smdp.com

TODAY'S BIRTHDAY (April 18)

Bravado is your birthright, and you'll apply your courage to implementing changes in your world. You'll live in such a way that makes judging others unnecessary; you're too busy making your own experience stellar. New agreements bring harmony and money to your realm. More highlights: You'll compete and take home a prize; physical vitality increases; you'll be lavished in attention from the people you most want to receive it from. Virgo and Gemini adore you. Your lucky numbers are: 3, 22, 19, 7 and 10.

HOROSCOPES

ARIES (March 21-April 19). For a good part of the day, it feels as though you are swimming in a pool of intense, focused energy. One might think such an exercise would be tiring, but somehow in the end you'll have more energy than you started with.

TAURUS (April 20-May 20). Give yourself credit for being a decisive person. Making decisions requires a certain boldness. Each one comes with risk. The secret to a regret-free experience is to accept the inherent risk in every choice.

GEMINI (May 21-June 21). New relationships are on the horizon. The more mindful you are of learning the other person, the less worried you'll be about presenting yourself in any particular way. With a little curiosity and good pacing, you'll learn just how compatible you are.

CANCER (June 22-July 22). You don't have to trek through a forest or sit by the sea to feel the electric life force of nature. Any nature will do. Sit for a moment under a tree in the park or the grass of your own yard and nature will impart its wordless wisdom.

LEO (July 23-Aug. 22). Hope doesn't always motivate. If hope comes in a vague form, it can have the opposite effect, causing you stress. The dream team is hope plus a step-by-step plan. Your optimism grows as you lay out a few measurable goals.

VIRGO (Aug. 23-Sept. 22). No matter where a problem came from, once you pick it up, it's yours to live with, solve or delegate. This is why you may stare at a problem for a long time, deliberating whether or not to pick it up.

LIBRA (Sept. 23-Oct. 23). In the end, you don't have to actively impress anyone because who you are in your heart and how you reflect that in behavior is already impressive enough. Accept your impulses while not necessarily acting on them. When you take excellent care of yourself, you'll have more to give.

SCORPIO (Oct. 24-Nov. 21). You may think you can sense where a relationship is going, but you'd be limiting yourself if you made assumptions. Love can be taught. Love can be learned. The most effective educational model: example.

SAGITTARIUS (Nov. 22-Dec. 21). You'll get the chance to try before you buy. It's not only the ideal arrangement for purchases you're not sure about, it's also a valid way to approach relationships. Structure them in steps to mitigate risk.

CAPRICORN (Dec. 22-Jan. 19). Others do not automatically understand you. The way you communicate and the rules by which you live life are unique to you. Essentially, you're a country with its own culture, and you can choose who to let into your borders.

AQUARIUS (Jan. 20-Feb. 18). You'll show your respect even when you don't agree. You'll share a soft part of yourself. The date is wonderful because you care to make it so with the energy you bring to it, not because of anything you do or buy. Though clashing isn't ideal, it's how you learn about one another. Don't be afraid to disagree.

PISCES (Feb. 19-March 20). You're a light in the world. Like all lights, you're hard to see on a fair-weather day when brightness is the norm of the environment. It's when things get shadowy that your true brilliance shines through.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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.

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

SOLUTIONS TO YESTERDAY'S SUDOKU

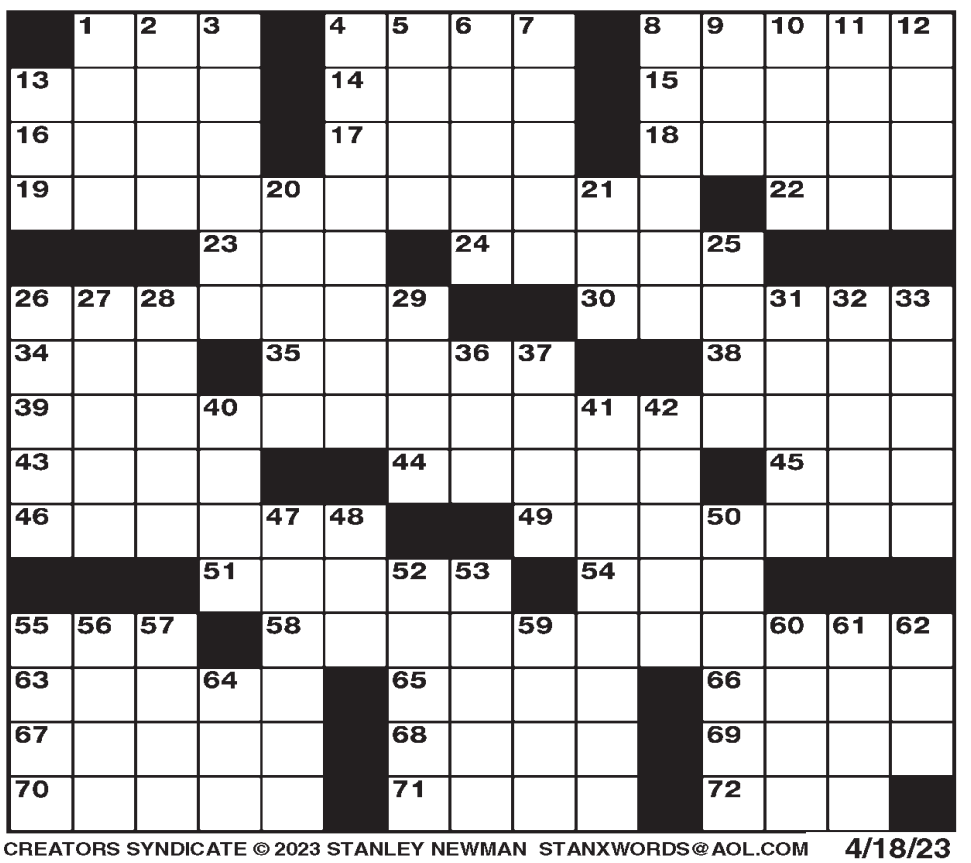
8	6	2	9	5	1	4	7	3
7	5	1	4	2	3	8	6	9
9	3	4	7	6	8	5	2	1
3	8	5	1	4	6	2	9	7
2	1	7	5	8	9	3	4	6
6	4	9	2	3	7	1	5	8
1	2	6	3	9	4	7	8	5
4	7	8	6	1	5	9	3	2
5	9	3	8	7	2	6	1	4

Newsday Crossword

APRIL RAIN by Billie Truitt
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Film studio with a lion mascot
4 Netting material
8 Strong regret
13 German mister
14 Sch. near Beverly Hills
15 Accountant's inspection
16 Great Salt Lake state
17 Burn a bit
18 Hanker (for)
19 Parties for parents-to-be
22 "Do __ favor . . ."
23 Beaver's building project
24 Mascara smudge
26 "How's your health?" response
30 Tribal doctor
34 Hunters' org.
35 Standing tall
38 Nothing, in a sports score
39 Sweet toppings applied with squeeze bottles
43 Sound-boosting boxes, for short
44 "Grand" keyboard
45 Female sheep
46 __ seed bun
49 Big Apple baseballers
51 Breads with pockets
54 Barely passing grade
55 EMT's expertise
58 Slots for mail
63 Audibly
65 Folk wisdom
66 Egypt's major river
67 Stop temporarily
68 Solo for a diva
69 Author Wiesel
70 Go inside
71 Appear to be
72 Corrosive cleaner

DOWN
1 "Simple Simon __ pieman . . ."
2 Seize
3 Dr. Jekyll's alter ego
4 Inexact quantity that the greedy want
5 Canyon sound
6 Shredded cabbage servings
7 Sultan's group of wives
8 Opens wide for a physician
9 Color variation
10 Eve's husband
11 Swampy ground
12 Volcano in Sicily
13 Center of a wheel
20 Witch trials town
21 Second notes of scales
25 Tease playfully
26 Ancient Peruvians
27 Portrait holder
28 Old West family of lawmen
29 Brown seaweed
31 Free-for-all brawl
32 "__ there yet?"
33 Scent detectors
36 401, in Roman numerals
37 Serving platter
40 Immediately, in a memo
41 How Dorothy imagined she went to Oz
42 Divided into districts
47 Not as spicy
48 French summer
50 Bit of corn
52 Book of maps
53 Mall tenant
55 __ Canaveral, FL
56 Think ahead
57 Blowout victory
59 Cleveland's lake
60 Greasy
61 Ballerina's bend
62 Glance at
64 Do something with



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Agnes

By TONY COCHRAN



Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



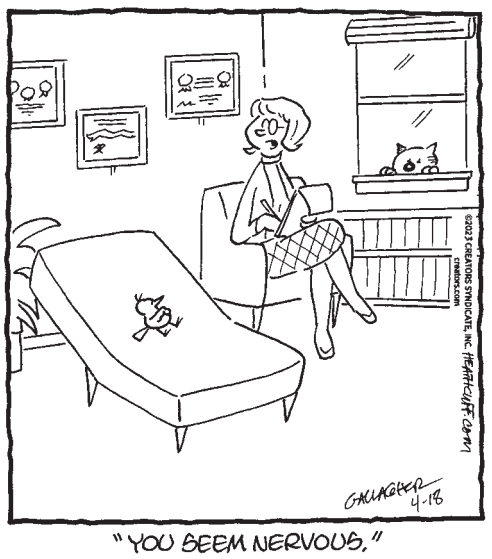
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

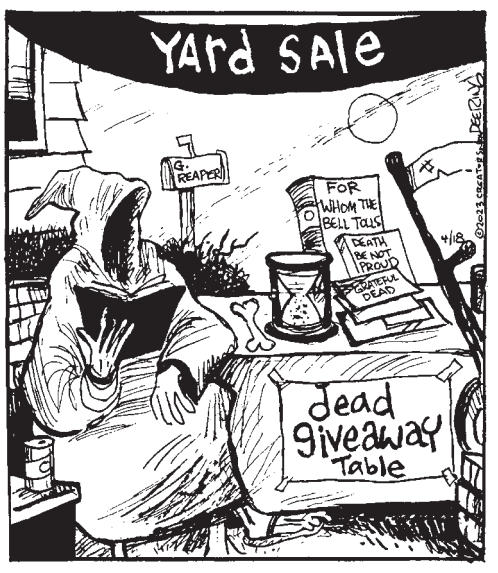
By PETER GALLAGHER



"YOU SEEM NERVOUS."

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

© australianwordgames.com.au 5818

Weather report

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

Acute	Drier	Lows	Racks	Tides
Alert	Dust	Maps	Radio	Time
Announcement	Equator	Melt	Screen	Tired
Autumn	Frost	Mild	Showers	Today
Beer	Gripe	Minimum	Sleet	Trough
Calm	Haze	Moon	Smog	Vane
Chart	Heat	Muggy	Snow	Veldt
Cold	Hot	Night	Star	Wave
Cool	Humid	Northerly	Sullen	Weaken
Daily	Icicle	Ocean	Sunny	
Deluge	Inland	Path	Thaw	

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.

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TUESDAY | APRIL 18

MYSTERY BOOK GROUP DISCUSSION
This community-led, monthly book discussion group currently meets online/virtually via Zoom. To register, email library@santamonica.gov. The April book selection is The Woman in the Library by Sulari Gentill.

WEDNESDAY | APRIL 19

BIZ@SUNSET MIXER
Biz@Sunset Mixer! Meet business professionals while enjoying appetizers and beverages. Please register in advance to attend. Opportunity To Win Raffle Prizes! https://members.smchamber.com/events/details/biz-sunset-mixer-april-2023-19159

FREE COMMUNITY RUN CLUB IN SANTA MONICA
Run Club Every Wednesday Night Starting at Road Runner Sports in Santa Monica. Check in at 5:30pm, run from 6pm-7pm. Walkers also welcome! Come log your mid week miles and make some new friends. Road Runner Sports 1338 4th St. Santa Monica, CA

THURSDAY | APRIL 20

WESTSIDE LAUGH PARTY STAND-UP COMEDY
Westside's Laugh Party is a monthly standup show produced by Dennis Gubbins featuring the best comics from around the country with surprise drop-ins by the likes of Tig Notaro, Zach Galifianakis, Ali Wong, Demetri Martin, Damons Wayans and many others! The proceeds for each show are donated to a local charity... so there is that too! Come on out and laugh! Who knows who will show up this month.... party! Purchase tickets at westsidecomedy.com . 1323-A 3rd St Promenade. A stands for Alley. Santa Monica, CA

FIND YOUR VOICE: POETRY READ OUT LOUD WORKSHOP
Learn how to read poetry aloud to revise and develop rhythm. To register, go to: https://us06web.zoom.us/meeting/register/tZ0scOutrj8vH9ehjmIyU0-VK97VA6I6AQJ7%20#/registration

SUNSET VIBES SILENT DISCO @ SANTA MONICA
COME FOR THE SUNSET...STAY FOR THE VIBES! Eat, Drink and Dance.. under the stars, perched above the beautiful Pacific Ocean on the World Famous Santa Monica Pier! It's Local's Night at the Santa Monica Pier! Join us every THIRD THURSDAY of the month as the Pier celebrates the Community of Santa Monica. Gather your friends and family and head down to the Pier for amazing entertainment including youth activities, a car show, local DJs and bands, art exhibits, and our newly announced Sunset Vibes Silent Disco @ The Santa Monica Pier! Santa Monica Pier. 200 Santa Monica Pier. Santa Monica, CA 90401

FRIDAY | APRIL 21

DOCUMENTARY: 'DOSED: THE TRIP OF A LIFETIME' + Q&A
A loving mother of four is granted the right to legally use magic mushrooms to treat her end-of-life anxiety. She then embarks on a remarkable journey of personal transformation and healing while exploring lesser-known possible cures for cancer, like cannabis oil.
– Three of the screenings of 'DOSED: The Trip of a Lifetime' will be followed by expert Q&A panel discussions.
– The Saturday, April 22nd, 7:30 pm screening will be followed by a Q&A hosted by the Los Angeles Medicinal Psychedelics Society.
– The Monday, April 24th, 7:30 pm screening will be followed by a Q&A hosted by PsychedeLiA Integration.
– And the Tuesday, April 25th, 7:30 pm screening will be followed by a Q&A hosted by NEST Harm Reduction and featuring special guests from the documentary.
These Q&A screenings are sure to sell out first so please get your tickets well in advance!
Daily screenings from April 21st until April 27th, 2023, at 1 pm, 3:10 pm, and 7:30 pm. https://www.laemmle.com/film/dosed-trip-lifetime

SATURDAY | APRIL 22

UC MASTER GARDENERS AT PICO FARMERS MARKET
Visit with the UC Master Gardeners at the Saturday Pico Farmers Market. The booth is filled with free advice on how to care for plants, how to troubleshoot a gardening problem, and much more. Free seeds and seedlings are available on a limited basis. Market attendance is subject to change based on weather and holidays.

MALIBU RIBBON CUTTING CEREMONY
Come and experience Santa Monica College's new Malibu Campus for class demonstrations, lectures, tours and more! 10:00am-11:30am 23555 Civic Center Way Malibu, CA 90265 USA

SŌ PERCUSSION AND CAROLINE SHAW WITH SPECIAL GUEST SHODEKEH TALIFERO
The brilliant multi-genre quartet, Sō Percussion, joins forces with two preeminent collaborators to present a mesmerizing evening of new music. Selections from Let the Soil Play Its Simple Part, their 2020 song cycle, will be performed with co-composer Caroline Shaw, the youngest winner ever of the Pulitzer Prize for Music. Groundbreaking breath artist, beat boxer, and composer Dominic Shodekeh Talifero joins Sō Percussion for their exhilarating collaboration Vodalities: Paradigms of Consciousness for the Human Voice. Tickets https://broadstage.my.salesforce-sites.com/ticket/?_gl=1*1yo48de*_ga*MTI5NzY3MDguMTY3NzI4MTA4MQ..*_ga_

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



SURF REPORT
WATER TEMP: **57.6**

TUESDAY *FAIR*	**SURF:**	2-3ft Thigh to waist	Small off of new rounds of modest SSW swell and NW swell, mixing with NW windswell. Cleanest for the morning, but be sure to factor in the deep mid morning high tide.
WEDNESDAY *FAIR*	**SURF:**	2-3ft+ Thigh to stomach	Small, holding SSW and NW swells. Cleanest for the morning, but be sure to factor in the deep mid morning high tide.

WEATHER

Tuesday: Patchy drizzle and fog before 11am. Partly sunny, with a high near 59.
Tuesday Night: Partly cloudy, with a low around 50. West southwest wind 5 to 15 mph.
Wednesday: Sunny, with a high near 66. Northeast wind 5 to 15 mph.
Wednesday Night: Mostly clear, with a low around 51.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
2023/04/18	Tue	02:50 AM	0.07	L
2023/04/18	Tue	08:51 AM	4.97	H
2023/04/18	Tue	2:55 PM	-0.13	L
2023/04/18	Tue	9:09 PM	5.70	H
2023/04/19	Wed	03:33 AM	-0.44	L
2023/04/19	Wed	09:38 AM	4.69	H
2023/04/19	Wed	3:25 PM	0.32	L
2023/04/19	Wed	9:38 PM	5.93	H
2023/04/20	Thu	04:16 AM	-0.74	L
2023/04/20	Thu	10:25 AM	4.30	H
2023/04/20	Thu	3:54 PM	0.82	L
2023/04/20	Thu	10:07 PM	5.99	H
2023/04/21	Fri	05:00 AM	-0.84	L
2023/04/21	Fri	11:14 AM	3.87	H
2023/04/21	Fri	4:22 PM	1.34	L
2023/04/21	Fri	10:37 PM	5.87	H
2023/04/22	Sat	05:44 AM	-0.75	L
2023/04/22	Sat	12:09 PM	3.44	H

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: 4/15
1 33 34 56 59
Power#: 18
Jackpot: 235 M

MEGA MILLIONS
Draw Date: 4/14
23 27 41 48 51
Mega#: 22
Jackpot: 20 M

SuperLotto Plus
Draw Date: 4/15
17 30 31 36 46
Mega#: 1
Jackpot: 51 M

Fantasy 5
Draw Date: 4/16
7 10 14 15 33

Daily 3
Draw Date: 4/16
EVENING: 5 2 8
Draw Date: 4/16
MIDDAY: 3 4 0

Daily Derby
Draw Date: 4/16
1st: 11 - Money Bags
2nd: 09 - Winning Spirit
3rd: 02 - Lucky Star
Race Time: 1:47.57

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