smdp
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Volume 20 Issue 145

Know Before You Go
Construction Updates.
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Santa Monica Star
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Downtown booms as weekend visitor numbers surpass 2019 levels



Clara Harter

CROWDS: People are flocking to the Pier on weekends.

CLARA HARTER
SMDP Staff Writer

A lively promenade, bustling restaurants, and packed pier, scenes from Downtown on the weekend seem like a fever dream of pre-pandemic living.

Except, it's not a fantasy, but a fact: Downtown Santa Monica's pedestrian counts are routinely surpassing 2019 levels on Saturdays and Sundays, sometimes by over 15 percent.

Most beach parking lots are full by 11 a.m. on the weekend and collectively they are operating at 120 percent of normal occupancy for this time of the year. The Pier has reached capacity multiple times and the Promenade has hosted around 100,000 visitors every Saturday in April.

Transit levels in Downtown have also spiked. Scooter trips have tripled since January, while traffic citations are up by 99 percent from April 2019 and by 2,743 percent from April 2020.

This a welcome change as downtown uniquely suffered from the pandemic punch of losing 30,000 office workers, a huge market of international tourists and riots.

"There's no sugarcoating it, this past year has been absolute agony," said Kathleen Rawson, CEO of Downtown Santa Monica. "Businesses and property owners are on their very last nerve. It has been absolutely grueling."

As the weather warms and Covid

SEE **DOWNTOWN** PAGE 7

Council appoints new public safety commissioners after brief delay

BRENNON DIXSON
SMDP Staff Writer

Santa Monica's first civilian police oversight body was selected by City Council, who said this week they are eager to see how residents and local police officials adapt department policies to promote the best of community-oriented policing.

It's been nearly an entire year since last summer's protests pertaining to racial justice prompted City Council to form a 15-member Public Safety Reform Advisory Committee, which later made a number of recommendations on how Santa Monica can reform its law enforcement practices and better promote equity in the city. One of the initiatives recommended by the PSRAC was the Public Safety Reform & Oversight Commission,

SEE **COMMISSION** PAGE 7

College graduates launch LA's first Gen-Z advertising agency

CLARA HARTER
SMDP Staff Writer



Courtesy image

GEN-Z: A group of local college students are capitalizing on their generational experience to break into the marketing world.

Facing a dearth of job openings in the pandemic economy, six LMU graduates decided that instead of seeing their youth as a weakness they would reframe it as their greatest asset.

Together they launched NinetyEight — an advertising agency founded on the premise that only members of Gen-Z know the best ways to reach Gen-Z.

With Gen-Zers holding an estimated $143 billion in spending power, according to a study by Barkley advertising agency, companies are eager to target this audience. However, traditional strategies such as big spending on television or magazine advertising won't cut it. This increasingly tech-savvy and socially conscious generation is better reached through TikTok and social media influencers.

The NinetyEight team feels like they have the precise perspective and expertise to navigate these mediums and ensure Gen-Z ad campaigns pack a punch.

Of course, building client confidence in a team of twenty-two year old graduates with no prior experience holding a fulltime job let alone running a company, is no simple task.

"Not only are people skeptical about working for a small, new company, they're skeptical with our youth as well," said Co-Founder Gia Lee. "At the end of the day, it's not about convincing them that we can do the job. It's about getting them to realize they actually needed our youth and 'Gen-Z'ness."

Lee said they have no shortage of enthusiasm for their work.

"In all honesty, we didn't have the 'textbook' or 'traditional' skills required to launch a company... but does anyone really?" said Lee. "What we did have was a vision, hunger, and entrepreneurial spirit that enabled us to take the leap and is what gets us going every day."

So far it's working. Since launching last June, NinetyEight has worked with numerous clients including Wanderlust Creamery, Delve Desserts, KAA Design, FoodieFoods and artworxLA.

One of their recent projects was for wealth advisory firm Hardy Capital Investments. The company knew that Gen-Z struggles with financial literacy and wanted to promote its financial planning services. NinetyEight helped establish an accessible and attractive social media presence and launch the company's TikTok account.

"How many financial planning firms do you see actively targeting and speaking to the next generation? Hardy Capital understands that in order to gain the hearts of Gen-Zs once they've built their wealth, he has to start cultivating that relationship now," said Lee.

The team also designed a TikToK account for Wanderlust Creamery and helped them understand how trends and challenges tie into TikTok strategy.

This 'decoding' work, where the team explains how online trends function, is part of their unique selling proposition. NinetyEight will explain the relevance of brand wokeness, how to correctly utilize memes, and what type of influencers companies should partner with.

"We are honest. As a generation that values authenticity, we reflect

SEE **GEN-Z** PAGE 7



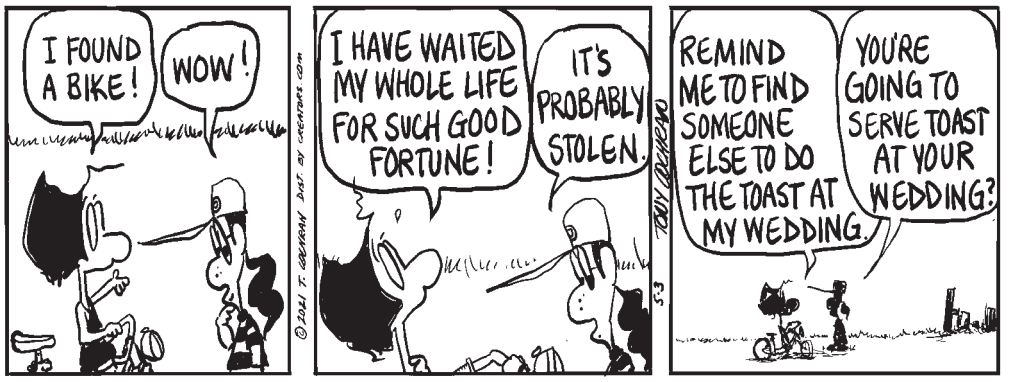
Gary Limjap
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In today's real estate climate ...
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Agnes

By TONY COCHRAN



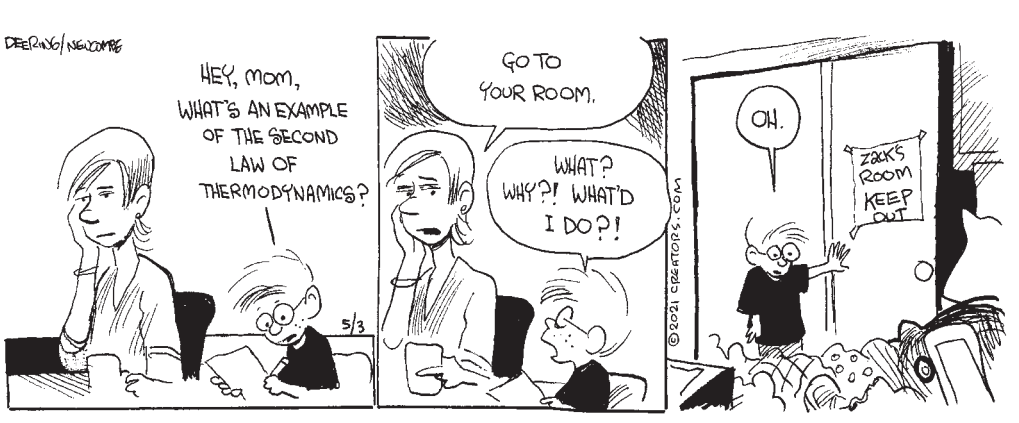
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



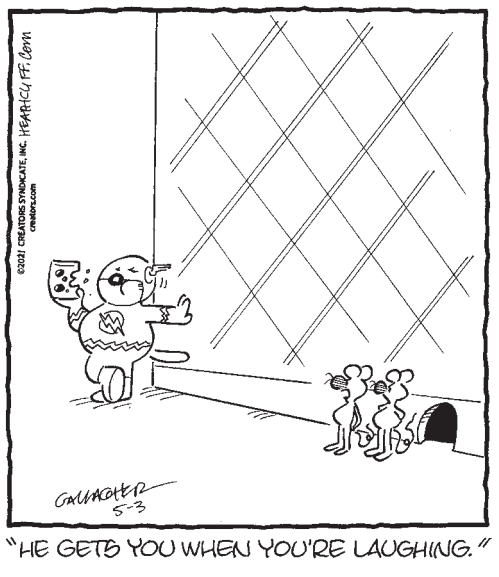
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

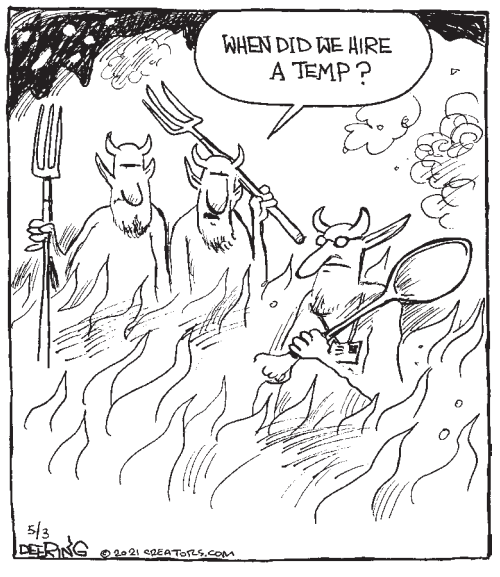
By PETER GALLAGHER



"HE GETS YOU WHEN YOU'RE LAUGHING."

Strange Brew

By JOHN DEERING





SURF FORECASTS

WATER TEMP: 59°

MONDAY - **POOR TO FAIR** - SURF: 3-4ft+ Waist to shoulder high occ. 5 ft
SSW/S swell eases a touch, blending with small WNW swell. Most size west of Pt. Dume. Keeping an eye on winds - potential for E/SE eddy flow, which would be bad for points but ok for beachbreaks.

TUESDAY - **POOR TO FAIR** - SURF: 3-4ft Waist to chest high
SSW/S swell gradually fades, blending with small WNW swell. Most size west of Pt. Dume. Keeping an eye on winds - potential for E/SE flow, which would be bad for points but ok for beachbreaks.

WEATHER

Monday: Patchy fog before 11am. Otherwise, mostly sunny, with a high near 70.
Monday Night: Patchy fog after 11pm. Otherwise, mostly cloudy, with a low around 57.
Tuesday: Patchy fog before 11am. Otherwise, mostly sunny, with a high near 71.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
2021/05/03	Mon	02:46 AM	4.63	H
2021/05/03	Mon	10:40 AM	-0.32	L
2021/05/03	Mon	6:01 PM	3.77	H
2021/05/03	Mon	10:57 PM	2.74	L
2021/05/04	Tue	04:22 AM	4.31	H
2021/05/04	Tue	11:44 AM	-0.20	L
2021/05/04	Tue	6:46 PM	4.13	H
2021/05/05	Wed	12:18 AM	2.20	L
2021/05/05	Wed	05:44 AM	4.21	H
2021/05/05	Wed	12:35 PM	-0.07	L
2021/05/05	Wed	7:20 PM	4.46	H
2021/05/06	Thu	01:14 AM	1.62	L
2021/05/06	Thu	06:49 AM	4.19	H
2021/05/06	Thu	1:15 PM	0.14	L
2021/05/06	Thu	7:48 PM	4.75	H
2021/05/07	Fri	01:57 AM	1.08	L
2021/05/07	Fri	07:43 AM	4.16	H
2021/05/07	Fri	1:48 PM	0.40	L
2021/05/07	Fri	8:12 PM	5.00	H
2021/05/08	Sat	02:34 AM	0.62	L
2021/05/08	Sat	08:27 AM	4.08	H

DAILY LOTTERY

POWERBALL
Draw Date: 4/28
16 18 35 39 53
Power#: 21
Jackpot: 129 M

MEGA MILLIONS
Draw Date: 4/27
15 22 30 41 42
Mega#: 25
Jackpot: 319 M

SuperLotto Plus
Draw Date: 4/28
14 18 19 33 37
Mega#: 19
Jackpot: 42 M

Fantasy 5
Draw Date: 4/29
6 19 24 28 29

Daily 3
Draw Date: 4/29
EVENING: 3 1 0

Draw Date: 4/29
MIDDAY: 9 2 9

Daily Derby
Draw Date: 4/29
1st: 02 - Lucky Star
2nd: 01 - Gold Rush
3rd: 09 - Winning Spirit
Race Time: 1:49.70

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

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TODAY'S BIRTHDAY (MAY 3)

You let people be themselves, and for this tendency and talent, you are showered in the bounty that comes from being beloved and admired. Next season, you'll steer in a completely new direction and learn a different world. You'll bank on your instinct for investing in people and finally find the right person for a crucial role. Libra and Leo adore you. Your lucky numbers are: 1, 5, 31, 22 and 17.

ARIES (March 21-April 19). There's no need to hurry. As counterintuitive as it may seem, you'll get there sooner if you slow down. Fast action is unnecessary; it would likely produce time-consuming mistakes.

TAURUS (April 20-May 20). Being fantastic at a job is one thing. People knowing you're fantastic at it is an entirely different area and very important now. Think of this publicity as a job within your job, thus requiring its own skills and systems.

GEMINI (May 21-June 21). Happy days will return, but the happiness will be different, as happiness, just like fashion, is contextual -- a reflection of the times, always updating, never the same twice.

CANCER (June 22-July 22). There are environments more and less conducive to your health, and you're very good at projecting which way it will go for you. The trick is in taking that moment to reflect and make a conscious decision.

LEO (July 23-Aug. 22). You don't feel prepared to go to the next level, and yet the door opens and the brave thing to do is step through -- no, jump through -- before it slides back closed and the train takes off.

VIRGO (Aug. 23-Sept. 22). Today is a little like a field trip to a theme park in which everyone in the party is wearing the same shirt. You can tell who is in your group right away, and you'll keep tabs accordingly.

LIBRA (Sept. 23-Oct. 23). Authenticity and transparency have been buzzwords for years now, to the degree that you're starting to doubt anyone who uses them too much. It's similar to how you've learned not to trust people who say, "Trust me."

SCORPIO (Oct. 24-Nov. 21). Responsibility doesn't burden you in the least today. In fact, you have become so strong through your various roles that you hardly notice the weighty load you regularly carry.

SAGITTARIUS (Nov. 22-Dec. 21). You can feel free and simultaneously follow a schedule. In fact, if you didn't schedule your free time, you'd either have far too much of it or none of it, both unfavorable and unliberated states.

CAPRICORN (Dec. 22-Jan. 19). You're so attractive when you're doing your thing, and the deeper you get into it, the more attractive you become. You wear your passions like a well-styled, custom look.

AQUARIUS (Jan. 20-Feb. 18). Sometimes, people who think they are offering you their support actually seem to make things more difficult than when you were doing it all on your own. Watch out for that dynamic today.

PISCES (Feb. 19-March 20). Admirably, you want to please others and ease their burdens. The best way to do this now is to please yourself. You may actually find it more difficult, as there will be some investigation involved in knowing your own preferences.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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

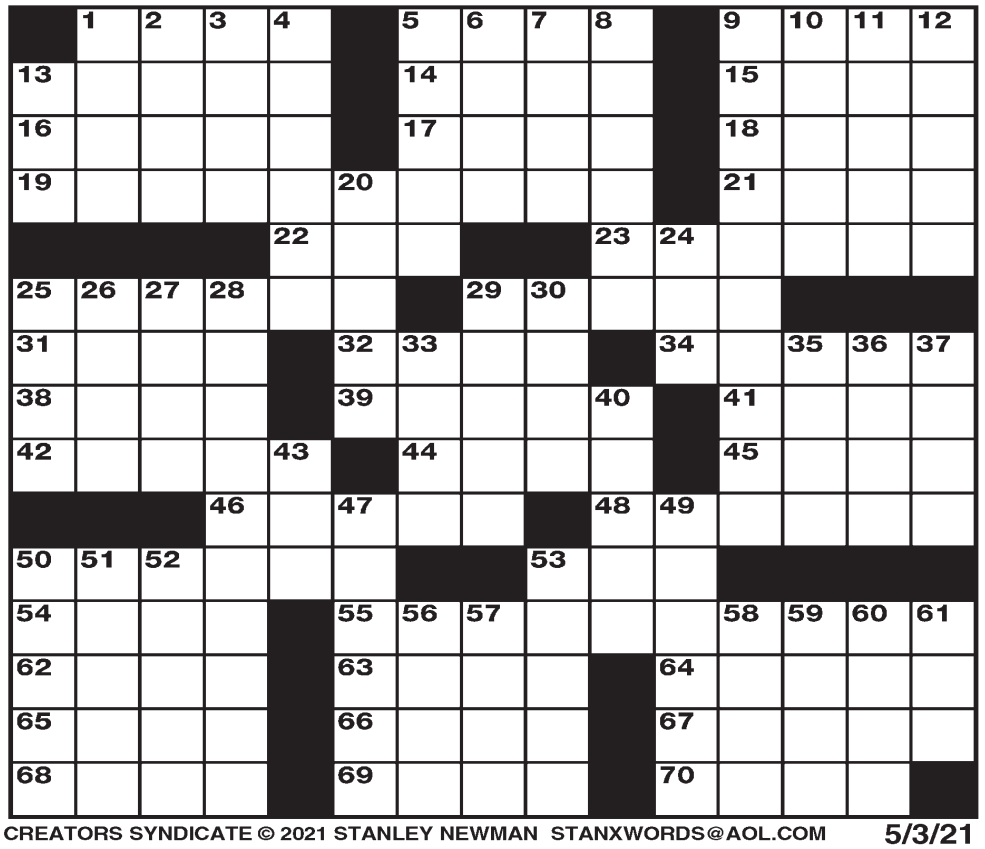
8					5	3		4
	3		4	8			9	
5		4			3			6
6							4	5
	4		6	9	8		1	
9	2							8
4			1			7		9
	5			2	9		6	
2		9	7					1

Newsday Crossword

IDENTICAL TRIPLETS by Sally R. Stein
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Sharp point on a farm fence
5 Football officials, for short
9 Bottom of a shoe
13 Attempt to get
14 Elongated circle
15 Sound of a dull impact
16 San Antonio shrine to "remember"
17 *Star Wars* princess
18 Pressed a doorbell
19 Red ice-cream flavor
21 Strong craving
22 Gender
23 Game show hosts
25 Overtakes on the road
29 West Point student
31 "A likely story!"
32 Tightly stretched
34 Deadens with anesthetic
38 In the vicinity
39 Piece of bacon
41 Very uncommon
42 Brass or bronze
44 Tiny amount
45 A Great Lake
46 Untrue
48 Sofa-leg wheel
50 Group of pro sports teams
53 Football great Marino
54 Curved doorway
55 Make more durable
62 *Wizard of Oz* dog
63 Easier said __ done
64 Scarlett of *Gone With the Wind*
65 Fan club's hero
66 Many, many years
67 Pass-the-baton race
68 Uncool one
69 British nobleman above an earl
70 Picnic invaders

DOWN
1 Flash of lightning
2 Remote place to "worship from"
3 Italy's capital, to natives
4 Skim through books in a bookstore
5 Luxury watch brand
6 Hardly __ (rarely)
7 Impartial
8 Amused immensely
9 Office buildings or bridges
10 Chicago airport
11 Fencing thrust
12 Knives' sharp parts
13 Auto fuel
20 "Personal" top scores
24 Fellows
25 __ colada cocktail
26 Eve's second son
27 Emblem "of approval"
28 Well-fortified fort
29 Unusual knickknack
30 Take a crack __ (make an attempt)
33 24-hr. cash sources
35 Retail shop
36 Soft French cheese
37 Fortune-teller
40 Nut in Southern pies
43 "I'll leave it up to __"
47 Tried out
49 Fine wool fabric
50 Vatican language
51 Wear away
52 Performer in a play
53 Thickly packed
56 "Wherefore art __ Romeo?"
57 Military level of authority
58 At that time
59 Sentry's "Stop!" order
60 Historical periods
61 Roll-call "no" vote



CREATORS SYNDICATE © 2021 STANLEY NEWMAN STANXWORDS@AOL.COM 5/3/21

Binary Puzzle

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

SOLUTIONS TO YESTERDAY'S PUZZLE

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

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



KNOW BEFORE YOU GO

Month of May, 2021

ANNUAL WATER MAIN REPLACEMENT PROJECT
For the month of May, 2021, the contractor will continue connecting the newly installed water main on Idaho Avenue at 25th Street and complete the restoration of the streets. Traffic on Idaho Avenue at 25th Street will be reduced to one lane. Please use alternate routes whenever possible. If you have any questions or concerns, please contact Carlos Rosales at carlos.rosales@smgov.net or (310) 458-2201, x2620.

ADVANCED TRAFFIC MANAGEMENT SYSTEM, PHASE 5 PROJECT
For the month of May, 2021, this project will upgrade the traffic signal equipment at four locations and install fiber optic cables along Montana Ave and 26th St.; The project will provide transit priority along the corridor, allow for real-time remote monitoring and management of the traffic signals, provide public Wi-Fi along the corridor, and connect the San Vicente Reservoir and the Montana Avenue Branch Library to the City's network. We appreciate your patience during the project, to provide this safety improvement and public enhancements. If you have any questions or concerns, please contact Jay Dinkins at jay.dinkins@smgov.net or (310) 458-8291.

CITY YARDS MODERNIZATION PROJECT
For the month of May, 2021, construction will impact the project area located at 2500 Michigan Ave, which will affect the sidewalk and parking lane on the north side of Delaware Ave just east of 24th St. Please contact Senior Construction Manager Sebastian Felbeck at sebastian.felbeck@smgov.net or (310) 434-2675 with any questions/concerns regarding this project.

SUSTAINABLE WATER INFRASTRUCTURE PROJECT (SWIP) UNDERGROUND WORK
For the month of May, 2021, (until 7/31/21) underground electrical and pipeline work on Pico Blvd near 3rd Street intersection. Temporary lane closures are as follows:
1. Expect delays on westbound and eastbound Pico Blvd from Main St to 4th St
2. One lane of traffic in each direction on Pico Blvd
3. Temporary loss of parking on eastbound Pico Blvd.
Please contact Jason Hoang, Construction Manager, at Jason.hoang@smgov.net or (310) 351-7913 with any questions/concerns regarding this project.

PEDESTRIAN IMPROVEMENTS AT 4 SCHOOLS PROJECT
For the month of May, 2021, this project will include construction of storm drain improvements, sidewalk improvements, new curb ramps and bumpouts at the intersections of 16th St/Pearl Ave and Montana/9th Ave. Minimal parking impacts where Temporary No Parking signs are posted. Please use alternate routes when possible. If you have any questions or concerns, please contact Saad Malim at saad.malim@smgov.net or (310) 458-2201, x5048.

ALLEY RENEWAL PROGRAM
For the month of May, 2021, through December 2021, Street Maintenance Crews will begin alley repair work as part of the Alley Renewal Program in the 200 Blk of 16th Court. The scope of this work involves alley resurfacing and water box upgrade. This project is citywide and will involve repairs across multiple locations from 8am to 3:300pm. Please use alternate routes whenever possible. If you have any questions or concerns, please contact Tyler Brown at tyler.brown@smgov.net or (310) 458-8212.

NON-POTABLE WATER MAIN PROJECT
For the month of May, 2021, the contractor will continue with installation of non-potable water main on Cloverfield Blvd and Michigan Avenue. The contractor will also begin utility verification and verifying the alignment of the new non-potable water main on Ocean Ave, Olympic Drive and Main Street. The contractor will maintain one lane of traffic in the southbound direction on Cloverfield Blvd and Michigan Avenue and in each direction on Ocean Avenue, Olympic Drive and Main Street. Please use alternate routes whenever possible. If you have any questions or concerns, please contact Carlos Rosales at carlos.rosales@smgov.net or (310) 458-2201, x2620.

ANNUAL PAVING AND SIDEWALK REPAIR PROJECT
For the Month of May 2021, the sidewalk repair portion of this project will begin in area 7 South of the City. This area is bounded by 21st Street, Ocean Park Blvd, 15th Street, and Pico Blvd. Please use alternate routes whenever possible. If you have any questions or concerns, please contact Selim Eren at selim.eren@smgov.net or (310) 458-2201 x5701.

PUBLISHER
Ross Furukawa
ross@smdp.com

PARTNER
Todd James
todd@smdp.com

EDITOR IN CHIEF
Matthew Hall
matt@smdp.com

STAFF WRITERS
Brennon Dixson
brennon@smdp.com

Clara Harter
clara@smdp.com

DIRECTOR OF MARKETING AND PARTNERSHIPS
Jenny Rice
jenny@smdp.com

OPERATIONS MANAGER
Cindy Moreno
cindy@smdp.com

CONTRIBUTING WRITERS
Charles Andrews,
Jack Neworth,
David Pisarra.

PRODUCTION
Esteban Inchaustegui
production@smdp.com

CIRCULATION
Achling Holliday
ross@smdp.com
Keith Wyatt
ross@smdp.com

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

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AWARD WINNER

AWARD WINNER

Sustainable Quality Awards WINNER

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Santa Monica Daily Press

Classifieds

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

Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00106Superior Court of California, County of Los AngelesPetition of Katherine Suzanne Haley for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Katherine Suzanne Haley filed a petition with this court for a decree of changing names as follows Katherine Suzanne Haley to Katherine Carpenter Grey. The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date May 21 , 2021 Time: 8:30 a.m, Dept: K, Room: A-203. The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 03/112021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00155Superior Court of California, County of Los AngelesPetition of Ying Zhang for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Ying Zhang filed a petition with this court for a decree of changing names as follows Ying Zhang to Lydia Yume Martin. The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date June 11th , 2021 Time: 8:30 a.m, Dept: K, Room: A-203. The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 04/09/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00148Superior Court of California, County of Los AngelesPetition of Quinn Knox Olbrich for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Quinn Knox Olbrich filed a petition with this court for a decree of changing names as follows Quinn Knox Olbrich to Quinn Quest Knox. The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date June 11th , 2021 Time: 8:30 a.m, Dept: K, Room: A-203. The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 04/06/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00137Superior Court of California, County of Los AngelesPetition of Randyll Dawn Wendl for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Randyll Dawn Wendl filed a petition with this court for a decree of changing names as follows Randyll Dawn Wendl to Randi Rose Bauer . The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date June 4th , 2021 Time: 8:30 a.m, Dept: K, Room: A-203. The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 04/2/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00171Superior Court of California, County of Los AngelesPetition of Ibrahim Abdurazak for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Ibrahim Abdurazak filed a petition with this court for a decree of changing names as follows Ibrahim Abdurazak to Ibrahim Mohammed-Surur Abdurazak . The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date June 25th , 2021 Time: 8:30 a.m, Dept: K, Room: A-203. The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 04/19/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00176Superior Court of California, County of Los AngelesPetition of Karen Irvin Yeager for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Karen Irvin Yeager filed a petition with this court for a decree of changing names as follows Karen Irvin Yeager to Simone Irvin Yeager . The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date June25th , 2021 Time: 8:30 a.m, Dept: K, Room: A-203. The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 04/20/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21SMCP00006Superior Court of California, County of Los AngelesPetition of River Irou Otter for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: River Irou Otter filed a petition with this court for a decree of changing names as follows River Irou Otter to River Irou Ouixwa . The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date June 4th , 2021 Time: 8:30 a.m, Dept: K, Room: A-203. The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 04/22/2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 21STCP01264Superior Court of California, County of Los AngelesPetition of Martika Reyelle Williams for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Martika Reyelle Williams filed a petition with this court for a decree of changing names as follows Martika Reyelle Williams to Tika Reyelle Summers . The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date June 21st , 2021 Time: 11:00 a.m, Dept: 26, Room: 316 . The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1111 North Hill St Los Angeles, CA 90028A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 04/23/2021

DBA

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021087591 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 04/13//2021 . The following person(s) is (are) doing business as LOSMP 3460 Barry Avenue Los Angeles, ca 90066 . The full name of the registrant(s) is/are SMP Logic Systems LLc 3460 Barry Avenue Los Angeles, CA 90066 . This Business is being conducted by: Limited Liability Company . The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: SMP Logic Systems LLC Title: Managing Member Shane M Popp, Shane M Popp This statement was filed with the County Clerk of LOS ANGELES County on 04/13/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 04/26/21, 05/03/21, 05/10/21,05/17/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021083042 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 04/8/21 . The following person(s) is (are) doing business as Skater Made 894 Old Topanga Canyon road Topanga, ca 90408. The full name of the registrant(s) is/are Bart Saric 894 Old Topanga Canyon road Topanga, ca 90408 . This Business is being conducted by: individual . The registrant commenced to transact business under the fictitious business name or names listed on (Date) n/a Registrant/Corp/ LLC Name /s/: Bart Saric Title: Owner Bart Saric, Bart Saric This statement was filed with the County Clerk of LOS ANGELES County on 04/8/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 05/03/21, 05/10/21, 05/17/21, 05/24/21

Letter to the Editor

By Jack Allen — Send comments to editor@smdp.com

I lived in Los Angeles during the Watts Riots. Change (equal rights and respect for all) was demanded then and thousands of times since.

Results: Very little change.

Conclusion: Demanding Change doesn't seem to work.

Solution: Voting, Voting and more Voting. Elect local city officials, Mayors, Governors, Senators, Representatives and most importantly a President that support the Change you want to see. Then and only then, will true and lasting Change happen.

Slogan: No Vote, No Change.

Jack Allen, Santa Monica

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Robert Lemle

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Classifieds

DBA

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021084292 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 04/09//2021 . The following person(s) is (are) doing business as Wagmu 1225 Marine St Santa Monica, CA 90405. 2. Hum & Buzz & bloom 1226 Marine St Santa Monica, CA 90405 The full name of the registrant(s) is/ are JF MK Raffensperger LLC 1226 Marine St Santa Monica, CA 90405 . This Business is being conducted by: Limited Liability Company . The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: JF MK Raffensperger LLC Title: Managing Member Marilyn K Raffensperger, Marilyn K Raffensperger. This statement was filed with the County Clerk of LOS ANGELES County on 04/09/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 04/26/21, 05/03/21, 05/10/21,05/17/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 202108853 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 04/14//2021 . The following person(s) is (are) doing business as LE Macaron French Pastries in Santa Monica, 1112 Montana Ave Santa Monica CA 90403. The full name of the registrant(s) is/ are Another Project LLC, 1112 Montana Ave Santa Monica, CA 90403. This Business is being conducted by: Limited Liability Company . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 07/2017 Registrant/ Corp/ LLC Name /s/: Another Project LLC Title: Managing Member Sixtine Richer Damon, Sixtine Richer Damon This statement was filed with the County Clerk of LOS ANGELES County on 04/14/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 04/26/21, 05/03/21, 05/10/21,05/17/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021074110 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 03/26/2021 . The following person(s) is (are) doing business as VFTC Travel 734 Valencia Street #109 Los Angeles, Ca 90017. 2.VFTC Book 3. Books And Babies 4. Books and BAngers 5. VFTC Music 6. VFTC Universe The full name of the registrant(s) is/ are J. Ross Victory 734 Valencia Street #109 Los Angeles, CA 90017. This Business is being conducted by: Individual . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 01/2021 Registrant/Corp/ LLC Name /s/: J. Ross Victory Title: Owner J. Ross Victory, J. Ross Victory This statement was filed with the County Clerk of LOS ANGELES County on 03/36/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 04/26/21, 05/03/21, 05/10/21,05/17/21

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021083935 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 04/08/2021 . The following person(s) is (are) doing business as Reel FX Animation 1575 N. Gower St. Suite 380 Hollywood, CA 90028. The full name of the registrant(s) is/are Reel FX, Inc 717 N harwood St., 27th Floor Dallas, TX 75201. This Business is being conducted by: Corporation . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 07/2020 Registrant/Corp/ LLC Name /s/: Reel FX, Inc Title: President David Ross, David Ross This statement was filed with the County Clerk of LOS ANGELES County on 04/08/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 04/19/21 , 04/26/21, 05/03/21, 05/10/21,

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

DOWNTOWN

FROM PAGE 1

cases continue to fall, the steady uptick in visitors has been a boon to businesses.

"We've been seeing a drastic increase the last few weeks in terms of visitors, especially from the locals, and indoor dining has been so



impactful. It's been a blessing," said Peter Trinh, owner of Lanea Mexican restaurant.

While Downtown was one of Santa Monica's hardest hit neighborhoods, it appears to be one of the fastest to draw people back.

"Thinking about our location and our infrastructure, there's a lot of things about Downtown Santa Monica and Third Street Promenade that have us poised for robust recovery," said Rawson.

Downtown remains somewhat sleepy during the week, signaling that a full scale recovery will still take some time. In April, pedestrian counts on the Promenade Monday through Thursday were roughly one-third to a half of weekends.

"There's still a lot of room for growth during the weekdays but as offices start to open up and more individuals become further vaccinated, I'm optimistic about the growth," said Trinh.

Bars and the nightlife scene are only just beginning to show signs of life, having been subject to some of the strictest shutdown and reopening regulations.

"The recent increase in visitors has been minimal, maybe up 25 percent. The weekdays are dead, Saturday is good, and Sunday is so so," said Steve Lieberman, owner of West 4th & Jane gastropub. "It will take years and our televisions back on before we see numbers like 2019," he added, referring to the County health order barring the use of televisions in bars and restaurants.

Lieberman also said that if the City removed outdoor dining permits once indoor capacity is back at 100 percent, recovering businesses would be "screwed".

Current conversations among business organizations and City Council members indicate that this is unlikely to happen anytime soon, given how valuable al-fresco dining has been to the local economy.

"For years our Promenade pedestrian count has peaked on both weekdays and weekends at three o'clock in the afternoon. The fascinating thing is now with all the outdoor dining on the Promenade, we have a second peak religiously happening at 7 and 8 p.m," said Rawson, who mentioned that DTSM was strongly interested in retaining outdoor dining.

Officials and casual visitors said the neighborhood's streets are palpably jovial during busy times and with CDC regulations allowing fully vaccinated individuals to shed their masks outdoors, smiles abound for the first time in a while.

Clara@smdp.com

COMMISSION

FROM PAGE 1

which Council unanimously agreed to create in January.

Council finalized the 11 members who will serve on Santa Monica's newly-created Public Safety Reform and Oversight Commission after briefly reopening the application process to find more diverse applicants.

Of the 71 applicants, Council selected George Brown, George Centeno, Jaime Cruz, Derek Devermont, Miranda McLaughlin-Basseri, Craig Miller, Greg Morena, Samantha Mota, Lana Negrete, Manju Raman and Angela Scott to serve as Commissioners.

Together, the 11 appointees will be responsible for making recommendations regarding SMPD policies and practices; receiving information relating to any violations of procedures or policies in connection with disciplinary investigations; collaborating with the SMPD to sponsor and promote ongoing interaction and trust-building between the SMPD and community members and promote transparency and availability to the public of SMPD data and records, city leaders summarized. Commissioners are also expected to have the ability to review and make recommendations regarding the proposed budget for the SMPD.

Interim City Manager Lane Dilg said when the commission was first proposed that she hopes it will be a lasting institutional mechanism that will help the Santa Monica Police Department become a benchmark of excellence in community safety.

Interim Police Chief Jacqueline Seabrooks added this week Santa Monica Police Department personnel welcome the opportunity to work alongside the commissioners of the newly seated Public Safety Reform and Oversight Commission and they hope to collaborate on the best and most promising police practices that will help the community.

As Mayor Sue Himmelrich congratulated each of the eleven new commissioners, she said, they will look to ensure that all residents not only are safe but feel safe

"The City Council looks forward to the recommendations, expertise, and experience of the Public Safety Reform and Oversight Commissioners," Himmelrich added. "We also thank every resident who applied to make a difference in our community."

Councilmember Kevin McKeown noted earlier this year there can't be a single 'perfect candidate' for appointment to the Commission because the City is looking for productive discussion among various points of view.

On Friday, he added, "I've already seen ambitious agendas from new Public Safety Commissioners. I'll be giving them all possible support to hit the ground running."

Brennon@smdp.com

GEN-Z

FROM PAGE 1

this in the work we do for our clients," said Co-Founder Fran Magsalin. "We tell our clients exactly what Gen-Zs think, not just things that the clients want to hear."

After establishing client trust, the team has found that most companies are clamoring for Gen-Z insights.

In the future the NinetyEight Team seeks to scale up the company while sticking to its core values of "realness" and "authenticity". With two founders hailing from Southeast Asia they are already making moves to expand into the international market.

Clara@smdp.com

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FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2021091336 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 04/16/21 . The following person(s) is (are) doing business as Fenix Auto IMage 1615 E Sandison St Wilmington, CA 90744. The full name of the registrant(s) is/are Andres Marquez 1660 McDonald Ave Wilmington, CA 90744. This Business is being conducted by: individual . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 03/2021 Registrant/Corp/ LLC Name /s/: Andres MArquez Title: Owner Julio Orihuela Rubio ,Julio Orihuela Rubio This statement was filed with the County Clerk of LOS ANGELES County on 04/16/21 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish 05/03/21, 05/10/21, 05/17/21, 05/24/21

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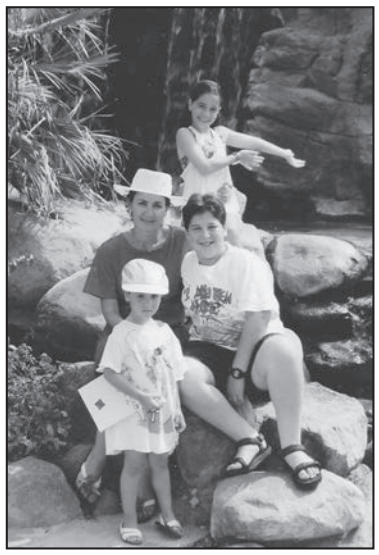
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THE SANTA MONICA STAR
Also Covering The Greater Westside

Volume XX Number 5 *Connecting You With Your Community* May 2021



Charmaine Chowdhury with her four-month old son, Joni.



Evelyn Guerboian with her children when they were young: Nicole, Natalie, and brother Avo, who is now a dad himself.



Susan Gabriel Potter, from left, and Sharyl Szydlik with their mom, Louise.



Chef Jahrid Longsworth and his mom, Kera Blades-Snell, on a recent holiday in Belize.



Jeff Condon with his mom, Esther.



Kylee, Westside mom Wendy, Stephen, and Darby Navin at home.

Take A Look Inside

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Byte by Byte 3
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Passing Through the Pico Neighborhood 5
Paws and Claws. 10

A Scrapbook of Photos

Saluting Our Mothers

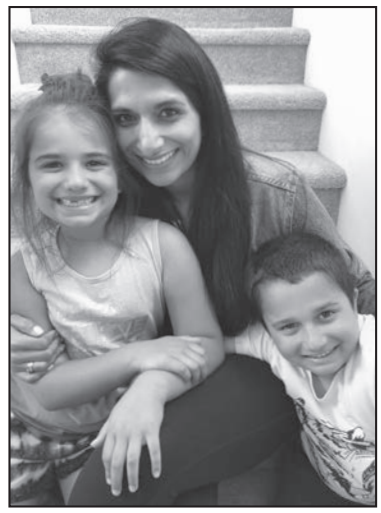
By Julia Abbott

Mother's Day is one of the most famous holidays, recognized in different variations around the world. Celebrations of mothers were practiced by the ancient Greeks and Romans. They held festivals in honor of Rhea and Cybele, the mother goddesses.

However, these festivals celebrating goddesses were quite different from the modern day Mother's Day. The early Christian festival "Mothering Sunday," bears a much stronger resemblance. Mothering Sunday fell on the fourth Sunday of Lent and was originally an occasion where individuals would return to their "mother church" (Home church) for a special service. Slowly, Mothering Sunday became more secular and focused on motherhood.

Children would bring presents and flowers to their mothers. In the 18th century, Ann Reeves Jarvis started "Mothers' Day Work Clubs" to teach local women childcare. In 1868 Jarvis organized "Mothers' Friendship Day," where Union and Confederate soldiers got together. Later, Juliet Calhoun Blakely created a local Mother's Day in Albion, Michigan. However, Anna Jarvis, daughter of Ann Reeves Jarvis, brought about the official Mother's Day in the U.S.

Anna Jarvis believed mothers should have a day to honor their sacrifices, inspired by her own mother. In May 1908, she organized the first official Mother's Day celebration at a Methodist church. By 1912, many states, towns, and churches had adopted Mother's Day as an annual holiday. Anna persisted until 1914 when President Woodrow Wilson signed a bill establishing the second Sunday in May as Mother's Day, a national holiday across the U.S. The love of mothers and their children brought about Mother's Day as we know it, a fitting tribute.



Alexa, Enjoli, and Jake are the family our columnist Michael Margolin writes about.

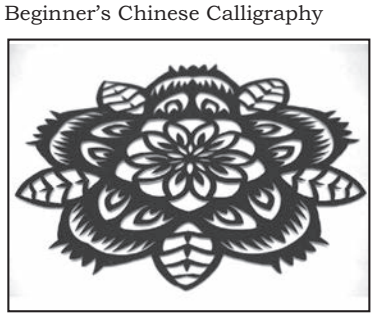
Special May Programs at the Santa Monica Public Library

The Santa Monica Library (SMPL) is observing Asian American and Pacific Islander Heritage Month in May. Here are two events you can check out.

Chinese Paper Cutting with Emmy Lam is a family program to be held on Tuesday, May 11 from 3:30 p.m. to 4:30 p.m. You can access it via http://bit.ly/paper cutsmpl. Kits with materials needed are available at curbside pickup, while supplies last, starting Monday, April 26. It is geared for ages 7-11.

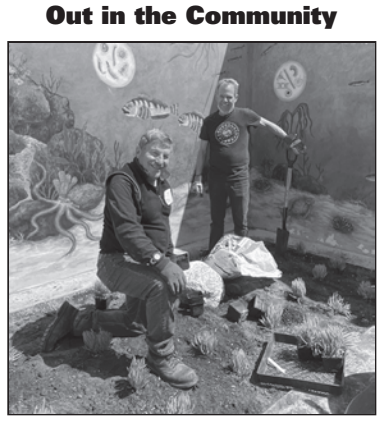
A fun program for adults is a Beginner's Chinese Calligraphy Workshop to be held on Thursday, May 13 from 6 p.m. to 7 p.m.

JoJo Liu teaches traditional Chinese calligraphy basics, including how to hold a brush, write basic strokes, and write while standing. The first 20 registrants will receive a free starter kit including a brush, ink, and paper. Register here: https://bit.ly/3ujy1y2.



Here is an example of Chinese paper cutting that will be taught by Emmy Lam in a special SMPL program.

Santa Monica Rotarians Out in the Community



Where were Eric Schmitter and Greg Abrams working? See the Page 9 Rotary column for the right answer.

Planning Ahead

It's All About the Treasured Stuff



By Lisa C. Alexander, Esq.

After a parent dies, it is not just the grandfather clock but also the *tchotchke* on the windowsill that become family heirlooms to be fought over by the kids. These items, some with no monetary value, come to represent the lost parent. You can see how this plays out in the behaviors of (adult) children following the death of their parent. As these items are divided and distributed, relationships between the children can be forever changed.

Instead of leaving your personal property items to your children to divide between them as they choose, why not make a list of who should get what. California allows you to reference such a list in your Will or Trust, without having to include the list itself. That way, if you change your mind, or acquire new items that you would want to direct, you won't have to incur the expense of amending your Will or Trust. The list will be effective even if it is made after you sign your Will or Trust.

The requirements are simple. The Will or Trust must refer to the list. The list itself must be dated and either made in your own handwriting or signed by you. And, the list must describe the items and the recipients with reasonable certainty.

Do not make the mistake of leaving your two pearl necklaces to each of your daughters-in-law without specifying which of the two necklaces goes to each. Finally, the total value of the items listed cannot exceed $25,000. You can use the list to leave household items, and even coins. You cannot use the list to leave real property or bank or brokerage accounts or stocks or bonds.

Even if your children would never fight over the heirlooms, using a list can be a thoughtful way to make gifts to family and friends who would be touched by the personal nature of the gift. Your legacy will be that you left your affairs in order and your list will be your personal message to your loved ones that you cared about them.

Lisa C. Alexander, Esq.
JAKLE & ALEXANDER, LLP
1250 Sixth Street, Suite 300
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Main Line: 310-395-6555
Direct Line: 310-656-4310
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Santa Monica Family YMCA to Present Program on Self-Care and Gratitude

Join Community Nutrition Advisors Maria Frye, RDN, and Renee Farias for a discussion/presentation about gratitude, reframing, and how to make a wellness plan on Wednesday, May 12 from 12:30 p.m. to 1:30 p.m. at the Santa Monica Family YMCA.

The program is provided in collaboration with the Dairy Council of California.

This is one of a series of programs offered by the YMCA. For more information and event registration, contact Lidia Magarian, Chronic Disease Prevention Director at 310-393-2721, ext. 129, or email lidiam@ymcasm.org for the Zoom meeting link.

Try These Suggestions for Building Self-Esteem

By Dr. Sheila Forman

The coronavirus pandemic has done a real number on people's mental health. The number of cases of depression and anxiety is skyrocketing. People who have lost their jobs and cannot provide for themselves or their families are suffering from guilt, remorse, and a drop in self-esteem. For some this means using food, alcohol, or weed to cope.

Taken to its extreme, low self-esteem can leave a person feeling so worthless that they would do anything to feel better. Fortunately, even in a pandemic, self-esteem can be raised with the right combination of thoughts, beliefs and actions. Here are some suggestions on how to build your self-esteem.

1. Recognize that self-esteem is the opinion you have of yourself. The higher your self-esteem, the better you feel about yourself and the more confidence you have in your opinions and choices. The more confidence you have in your opinions and choices, the more confidence you will have in your ability to handle life. That's self-esteem!

2. To build self-esteem you need to "do the tough stuff." Challenge yourself to build your self-esteem. What are some things you can do? How about training for a marathon? Setting and meeting a goal? Raising money for charity? Starting a business? Taking an auto repair or electronics class.

3. Next, give yourself permission to take care of yourself. Make it okay to meet your needs. Doing so is good self-esteem. You'd be surprised how many people, women in particular, think it is wrong to take care of their own needs. Think of the oxygen mask on an airplane. If you don't put yours on first you will be of no use to the passenger sitting next you, right?

4. Identify three needs that if met would make your life so much better. For example, an hour a week to get a manicure/pedicure; some extra babysitting help so you can take a nap; a night off to go out with some friends. Choose one of those needs to meet first.

5. Explain to the people in your life why having that need met is important to you and how doing so will in the end benefit them. Highlight the win-win in the situation. Then, solicit their help in making it happen. For example, explain to your husband how an hour break every week to get pampered with a manicure will make you feel happier, prettier, and more relaxed and how being that way will make you a better mother and wife. Then get him to agree to come home an hour early once a week so you can meet this need.

6. Then, meet the need and watch your self-esteem grow!

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

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Brain Matters

The Top Three Lifestyle Tips for Improving Brain Health



By Dr. Sarah McEwen, PhD

Encouraging news! By changing our lifestyle behaviors, 40% of dementia cases could be prevented.

Lifelong brain health is achieved through an incredible phenomenon called neuroplasticity which allows brain neurons to compensate for brain injury and disease by adjusting their activities and forming new connections in response to new situations or changes in their environment.

Neuroplasticity is greatly improved by my top three brain health tips promoting lifestyle behaviors.

• **Regular, Multi-Modal Exercise -** Exercise is essentially a panacea for the brain, contributing infinitely to the brain and body due to its extensive neuroplasticity benefits. Regular physical activity can stave off the development of Alzheimer's by up to 20 years – that's a lot of good extra years! We recommend: two to five days/week moderate aerobic; two days muscular strength; two days of neuromotor coordinative skill-based, like tennis, tai chi and dancing; and daily flexibility exercises, like gentle yoga.

• **MIND Diet - The best scientific evidence-based diet is the MIND Diet.** It recommends eating 10 brain healthy foods and avoiding five other types of food. This diet slows brain aging by an average of 7.5 years, and lessens the chances of developing AD. The MIND diet, which is low in meat and dairy and high in vegetables and fish, leads to fewer vascular risk factors, reduced insulin resistance and reduced markers of neuroinflammation.

• **Quality Sleep** - Trouble falling or staying asleep, poor sleep quality, sleep-disordered breathing, sleep apnea, and short or long sleep duration are gaining attention as potential risk factors for cognitive decline and dementia, including AD. The NIH Center on Sleep Disorders Research recommends that for the brain to fully rest and reset, adults generally require seven to eight hours of quality sleep.

Simply put, make the most of your brain and help reduce some risks to it as you age. So, get started today!

Sarah McEwen, PhD, NSCA-CPT, is a Cognitive Psychologist and Senior Research Scientist at the Pacific Brain Health Center at Pacific Neuroscience Institute in Santa Monica. Her specialty is the study of physical activity and cognitive enhancement interventions to investigate biological, behavioral and health-related outcomes in patients suffering from cognitively debilitating disorders. Go online to PacificBrainHealth.org, or call 310-362-6571.

Byte by Byte

Mother's Day Marvels



By Dr. Miceala Shocklee

With Mother's Day on the horizon, there are plenty of gadget gifts to celebrate moms, foster parents, and all our caregivers!

• **The Stay-at-Home Machine**
Whether your Mother's Day celebrant is a chore champion or more of the laidback literary ilk, there are technological tools to bolster from chores to cheer. When it comes to housekeeping, we may not yet be at Jetsons-level robots, but roombas are a solid start! If your parent is still using a foot-driven model, consider upgrading their vacuum experience to one that runs itself. While the roomba maps out the room and runs itself on a set schedule, your home hero can use the free time to enjoy other technologically based gifts, like an e-reader or tablet.

• **The Road Runner**
If your celebrant is more about running trails than running errands, consider sports-focused technologies like water-proof wireless headphones, route-tracking garmins, or bluetooth trackers to keep your favorite athlete going far and going safe.

• **The Gadget Geek**
For the technology enthusiast who already has it all, power the gear! Wired's favorite charger from their own 2021 Mother's Day Gift Review is the Nimble-8 Day Charger, which has enough power-storage to keep multiple devices going for over a day – which today, is truly something to celebrate!

Dr. Miceala Shocklee is a Caltech alumna and graduate of the University of Edinburgh veterinary school. Her reporting interests include the intersection of science, technology, conservation, and the written word.

Write Your Mother a Love Note



By Cheryl Thode

This month, we as individuals and as a society, celebrate and honor our mothers and the vocation of motherhood. Contrary to popular belief, Mother's Day is not an invented holiday by Hallmark. Rather, the United States holiday was first celebrated in 1907, when a woman named Anna Jarvis held a memorial for her own mother at a Church in West Virginia. Ms. Jarvis wanted to set aside a day to honor all mothers because she believed a mother is the one "…person who has done more for you than anyone in the world." Over the next several years, the day became observed by most states and in 1914, President Woodrow Wilson signed a proclamation designating Mother's Day as the second Sunday in May and a national holiday to honor mothers.

So, who is a mother and why should she be celebrated? A mother is a child's very "special and important" person. She plays multiple roles from friend to parent to mentor to teacher to confidant. For some, a mother is the person who brought them into this world, for others she may be another who assumed the role of protector and teacher to keep them safe in this world. Regardless, our mothers were instrumental in teaching us, their children, how to interact with the world, develop, and live.

How do you celebrate and honor a mother? As a daughter to my own special mother and a mother myself, I believe that it is the non-monetary gift that is desired most.

For me, I will always enjoy giving my mother and hope to receive from my son in future years a handwritten note recognizing the impact she has made and continues to make on my life. Nothing ornate, but a message expressing my love and respect, written in my own hand. Knowing that a heartfelt note does not come easy and is not something one can just buy, makes the gift as special and unique as the mom.

A handwritten note takes time, thought and energy. In fact, the process of creating the note of thanks, appreciation, and love is part of the actual gift. The rest of the gift is to then take your love letter to your mother and share it with her. If you are not able to celebrate with your mother in person, read it to her over the phone or Zoom, forward it to her in a heartfelt email,

(Continued on Page 4)





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Reflections From The East

Reflections on the Pandemic



By Qin Sun Stubis

I can't believe that more than a year has passed since our nation first panicked at the onset of a raging pandemic. At the time, chaos was everywhere. People frantically searched for toilet paper and hand sanitizer, or, sometimes, just a loaf of bread or a gallon of milk.

For the first time since I arrived in America some 30 years ago, I saw empty grocery shops, boarded storefronts and deserted streets, even in the most affluent neighborhoods. America started the war against the virus without a winning strategy.

I was frightened, for I have lived through famines, natural disasters and a ten-year-long revolution, and knew firsthand what kinds of gruesome consequences and suffering could occur when things went wrong. I worried if America could come together, withstand the crisis and come out the other side of the pandemic with all its citizens safe.

During this frightful year, the human cost was severe: More than half a million Americans lost their lives and many more are still struggling physically, mentally, and financially. Now, after several rounds of fierce combat, much to my relief, our microscopic enemy is finally retreating and our country has come out stronger and is on the rebound.

Now is the time to remind ourselves that the virus has not been totally defeated. The smoke on the battlefield can still be seen and it is vital that we keep on fighting to the end. If we let down our guard at such a critical time, our enemy could regroup, restrengthen, and even launch a new offensive.

At the present time, the most powerful weapons we have are our vaccines. By invoking the Defense Production Act to accelerate the manufacture of these magic bullets. Every willing, patriotic adult American can get a shot to stop COVID's spread and avoid being infected. We can all become soldiers in this brutal war.

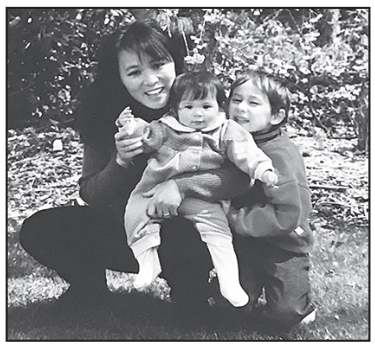
I'm pleased to say that all four members of my family have been vaccinated. For the first time in more than a year, we can finally make plans to patronize local restaurants in person, or take a car trip somewhere, staying overnight at a lake or on a mountaintop. This is truly a May of blossoming hopes and dreams for all Americans. If we do everything right, we'll soon be able to embrace a normal life again.

You can always reach me at qstubis@gmail.com.

Share your Photos of Dads with Family Members

Please email them to SMstarnewspaper @gmail.com by May 15.

Be sure to identify the people in the photo and include a phone number if we need to reach you.



Qin is shown with her two children, Halley and Keaton, as youngsters.



Halley, Qin, and Keaton with their dog Banjo celebrating Halley's college graduation.

How to Plan for a Future Vacation

Family Features - After a long year at home, many people are dreaming about when they can travel once again. While counting down the days, planning and booking a vacation for later this year can give you something to look forward to.

• Research Travel Restrictions
For any kind of travel, it's important to make sure you're up to date on any restrictions your potential destinations may have in place.

• Account for High Demand
Many hotels, vacation rentals, and resorts may already be booked for summer in popular locations due to optimism around the vaccine, increased demand for domestic travel and families planning multiple trips this year.

• Take Advantage of Deals with Longer Stays
Many sectors of the travel industry offer special deals for reserving trips in advance, and some of the best deals can be found by bundling airfare and lodging or booking extended week- or month-long stays.

• Opt for Flexible Booking
If you're eager to plan a vacation right away, be sure to review and understand cancellation policies for your preferred accommodations, airline and activities.

• Start Saving Now
Find more tips and start planning your next getaway at Vrbo.com.

Write Your Mother

(Continued from Page 3)

or send the love note through the mail. Even if your mother is no longer physically present in this world, you can still share your love note to her, through prayer. I promise no matter what method you use to share your love for your mother, she will be listening.

There is no greater way to honor our mothers than to acknowledge their impact in our lives and then thank them for it in our own words and hand. So, let's honor our mothers. Go and write your mother a love note!

To find out more about our Mothers group at St. Monica Catholic Community, please go to https://stmonica.net/ministries/fellowship-groups/moms.



Cheryl's mom, Santa Monica resident, Jill M. Robertson.

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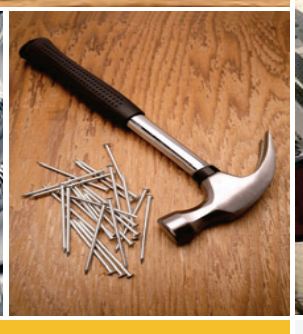


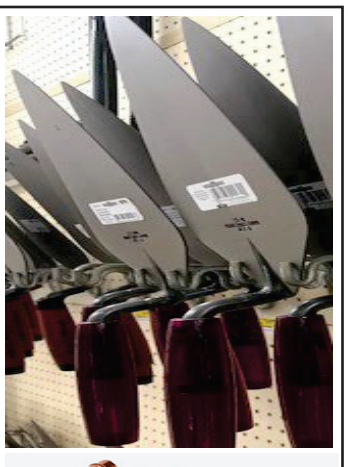
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