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Santa Monica Daily Press

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Santa Monica Daily Press



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NORDIC WALKING: A Swedish imported, quirky exercise

ANGEL CARRERAS

Daily Press Staff Writer

In the city of Santa Monica, there's no lack of activities to keep in shape. If looking to sculpt your body, there's a million gyms and a short jaunt away is Venice's Muscle Beach. To get the cardio up, go for a visually-pleasing, sun-kissed, beach-side jog. And if seeking a combination of both, why not try... holding poles and walking?

That's what Malin Svensson, founder and president of Santa Monica-based walking and fitness club NordicBody, suggests. The Swedish import sport of Nordic Walking is Svensson's passion project that she brought to America, a fitness regimen akin to an out-doors-y, elliptical-less elliptical.

"Every time I went back to Sweden to see my family, they would brainstorm to me what I could bring back from Scandinavia," Svensson said with a laugh in a phone call with the Daily Press. "My brother ... said bring Nordic Walking ... I was sold."

After the sibling suggestion, Svensson contacted Exel, the first company in the Nordic Walking Market, who invited her to a convention displaying the new fitness regime.

"I was amazed," Svensson said of her first time trying the sport. "I thought my heart monitor was broken but I was just walking with poles and my heart rate was going as high as when I was running."

Infatuated with the exercise, the Swede brought Nordic Walking to Santa Monica, the sport now being the trademark of her fitness career.

SEE NORDIC PAGE 6

Westside Aquatics races to Junior Olympics

ANGEL CARRERAS

Daily Press Staff Writer

There's something in the water at Westside Aquatics. For four years in a row, the water polo club has sent several water polo teams and their athletes to compete in the Junior Olympics. The club is doing much of the same this year, sending

six teams to the July 21 - 29 Junior Olympics in San Jose.

"We have the cream of the crop here in terms of talent," Matthew Flanders, co-owner of Westside Aquatics Water Polo and head coach of the water polo teams said. "We're in the top-20 teams in the nation, so it's an honor to even make it to the Junior Olympics."

Flanders, who daylights as a teacher and water polo coach at Santa Monica High School, has been with the club for 4 years, training boys and girls ages 8-18 to reach their absolute athletic peak.

The coach says while some high schools have impressive water polo programs and players (Flanders says many of the Junior Olympic

experienced players actually come from Samohi and local schools), Westside Aquatics helps push players looking to take their game to the next level.

Two such players are Madison Greger and Ashley Greger of Westside's girl's teams. Ashley, an

SEE AQUATICS PAGE 11

Four restaurants planned for eastern edge of town



Jonah Dylan

REMODEL: The currently vacant storefronts on Wilshire will be remodeled in the coming months.

JONAH DYLAN

Daily Press Intern

Four new restaurants are coming to a redevelopment project on the 3000 block of Wilshire.

Fast casual burger joint The Habit, Mediterranean eatery Luna Grill and sandwich shop Jimmy John's will be part of the development. Italian restaurant La Scala will relocate to the Wilshire location as the fourth tenant, according to a press release.

In the release, Kennedy Wilson senior vice president of brokerage Christine Deschaine said the development will benefit the entire Santa Monica community.

"This is exciting news for the overall Santa Monica community as we are helping to launch the first Habit and Luna Grill restaurants in Santa Monica," she said. "The area has been lacking variety in the restaurant space, and all four of these eateries bring a variety of options to serve both the daytime

SEE RESTAURANTS PAGE 11

California 'Obamacare' premiums to rise 8.7 percent in 2019

JONATHAN J. COOPER

Associated Press

Monthly health insurance premiums sold under former President Barack Obama's health care law will rise by an average of 8.7 percent in 2019, less than the double-digit

increases seen in each of the past two years and in other states.

The boost would be closer to 5 percent if not for the decision by Congress and President Donald Trump to eliminate the penalty for people who don't carry insurance coverage, said Peter Lee, Covered

California's executive director. The penalty was credited with keeping rates down by driving healthier people into the market, but critics say nobody should be forced to buy a health plan.

Covered California sells health plans to about 1.4 million people

who don't get coverage from an employer or from the two large government-funded programs, Medicare and Medi-Cal. The exchange is a central piece of Obama's health insurance over-

SEE PREMIUMS PAGE 3

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Calendar

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FRIDAY, JULY 20, 2018

Santa Monica Daily Press

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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Friday, July 20

Free screening of "On Golden Pond"

This week, Mind Over Movies screens
the Oscar winning comedy "On
Golden Pond," a witty and clear-eyed
examination of aging. Film features
Henry Fonda, Jane Fonda and
Katharine Hepburn. Screening fol-
lowed by roundtable discussion and
audience Q&A. The Christian
Institute, 1308 Second Street. 6:30
p.m. For more information, visit face-
book.com/MindOverMoviesLA.

Music with Andrew & Polly: Summer Activity Program

Andrew & Polly bring their new
brand of thoughtful, imaginative and
playful children's music to the
Fairview Branch for a summer read-
ing concert! Space is limited. Free
tickets available 30 minutes before
each event. Ages 4 - 11. Fairview
Branch Library, 2101 Ocean Park
Blvd, 2:30 - 3:15 p.m.

Out of the Blue: Diorama Building with Molly Allis

Join artist Molly Allis in a free diorama-
making workshop, open to kids 5+. Allis
is creating a sculpture that utilizes the
diorama format to tell an episodic story.
Bring a take out container, shoe or cake
box; scissors, glue, pencils and crayons
provided. Annenberg Community Beach
House, 415 PCH, 11 a.m. <http://annenbergbeachhouse.com/beachculture>

Craft Supply Swap

Do you have leftover yarn, extra buttons,
or scraps of ribbon you haven't used in
months? Join us at the library each
Friday to share your crafting supplies or
find new crafting treasures. Pico Branch
Library, 2201 Pico Blvd, 12:30 - 4:30 p.m.

Saturday July, 21

Lawn Bowling - Open House

The Santa Monica Bowls Club wants
you to try lawn bowling. Sessions are

at 10 a.m. and noon every Saturday in
July at Douglas Park at Wilshire Blvd
and 25th. Come as you are but wear
flat, smooth soled shoes - we provide
everything else. \$10 covers all
Saturdays.

Ocean Park Fiction Winners Book Group: The God of Small Things by Arundhati Roy

This book group reads and discusses
prize-winning fiction. The group
meets the 3rd Saturday of the month
from 11 a.m. - 12:30 p.m. Ocean Park
Branch Library, 2601 Main St,
Discussion Title: The God of Small
Things by Arundhati Roy.

Authors on Architecture: Harby and Fisher on Venturi's Rome

Stephen Harby and Frederick Fisher
share from their new guidebook
Robert Venturi's Rome. The book
takes the reader on a journey
through the Italian capital as seen
through the eyes of Robert Venturi,
author of the classic text Complexity
and Contradiction in Architecture
(1966), a book that became funda-
mental to the development of every
young architect's outlook on archi-
tecture. This event is co-sponsored
by the Society of Architectural
Historians/Southern California
Chapter. Main Library, 601 Santa
Monica Blvd. 1 - 2:30 p.m.

Ukulele Saturdays!

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classes. Registration required. Class
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level, and let us know if you will bring
your own ukulele or need to borrow
one from the library. 10:30 to 11 a.m.:
Ages 5-8 with participating adult
(SESSION FULL). 11:30 a.m. to noon:
Ages 8-12. 1 to 2 p.m.: Adults and
teens (SESSION FULL). Main Library
601 Santa Monica Blvd.

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

COMMUNITY BRIEFS

SACRAMENTO
California among states targeting veterans charities fraud

California's attorney general joined regulators in the federal government and other states Thursday in targeting charities they said falsely promise to aid veterans and active members of the military.

The California effort includes requiring more than 500 veterans' charities to file delinquent reports with the state's Registry of Charitable Trusts and suspending them if they don't comply within 30 days.

More than half the veterans-oriented charities on the registry haven't kept current with their reports or annual registration fees, which Attorney General Xavier Becerra said should be a warning sign to potential donors.

The Federal Trade Commission and state regulators across the nation also are starting an education campaign, including a 90-second video in English and Spanish, to help donors tell the difference between legitimate charities and those that siphon off money for other purposes.

Becerra said he's already taken 10 enforcement actions against charities he said falsely claimed to assist veterans.

Many have "very appealing sounding names ... so people give," he said. For instance, Becerra said, one Florida-based group, Help the Vets, used five sympathetic sounding names to solicit \$20 million over four years before it was shut down by regulators in six states and the federal government. Virtually none of the money went to help veterans, he said.

Other targeted organizations similarly spent a fraction of the funds they raised on charitable programs, he said.

ASSOCIATED PRESS

SACRAMENTO
California lawmakers to revive Trump tax return bill

Two California Democrats said Thursday they'll bring back legislation that would require presidential candidates to release their tax returns before they could appear on the ballot in the largest U.S. state.

Gov. Jerry Brown vetoed similar legislation last year, saying he was concerned it was unconstitutional and might open the door to other litmus tests for candidates.

The bill is aimed at forcing President Donald Trump to release his tax returns if he runs for re-election in 2020 and to ensure future candidates will reveal theirs. Trump bucked tradition and did not publish his taxes during his 2016 campaign.

The lawmakers, Democratic Sens. Mike McGuire of Healdsburg and Scott Wiener of San Francisco, said that they decided to bring back their legislation following Trump's summit this week with Russian President Vladimir Putin.

The summit raised questions about Trump "cozying up to the Russian dictator," McGuire said in a statement.

"There is one definitive way to bring to light any potential financial and legal conflicts of interest that could drive an American president into the arms of a hostile foreign power – that's making Trump's tax returns public," McGuire said.

Tax returns reveal income sources, charitable giving, exemptions and other financial information. Trump said he did not want to disrupt an ongoing federal audit of his returns by releasing them.

Opponents of the disclosure bill questioned whether it could be enforced, arguing the U.S. Constitution already outlines the qualifications to be president. Democratic office holders, though, have argued that states have the power to determine ballot access.

ASSOCIATED PRESS

PREMIUMS
FROM PAGE 1

haul, allowing people to compare policies and collect a subsidy if they qualify based on income.

Covered California customers who get federal tax credits to lower their monthly premiums will be shielded from all or part of the higher costs because their subsidies will rise in tandem. But the higher prices will be felt by the more than 1 million Californians who have unsubsidized coverage in the individual market, whether they get their plans through Covered California or not.

Obama's health care law required individuals and large businesses to buy health coverage or face a hefty fine, but Trump and Congress eliminated the penalty starting in 2019. Lawmakers in some states have adopted their own mandates to preserve the requirement, but the idea has not been significantly debated in California's Legislature.

Avalere Health, a Washington-based consulting firm, reported last month that 2019 premiums for the silver plans — a mid-tier plan and the most popular option — were up by an average of 15 percent in 10 states and the District of Columbia.

Lee attributed California's smaller

increases to healthy competition among plans and aggressive marketing efforts to encourage people to buy coverage, ensuring the market isn't dominated by sick people who are expensive to cover. Covered California spends more than \$100 million a year to encourage people to sign up. Eleven insurers sell plans in the individual market somewhere in the state, and none are pulling out next year, Lee said.

"It's not good news when a rate increase of almost 9 percent is seen in the broad national context as better than it might have been," Lee said.

The rates, which are subject to review by state regulators, apply to 1.4 million people who buy coverage from Covered California, the state's insurance marketplace created under Obama's Affordable Care Act. They also apply to about 900,000 people who buy their own policy directly from insurance carriers.

Unsubsidized premiums in the individual market will be an average of \$547 next year, up from \$373 in 2014 when Obama's health care law took effect. Actual premiums vary significantly across the state, with people in Southern California generally paying less than those in the North.

Covered California projects about 250,000 people in the individual market will drop their health coverage next year because they'll no-longer pay a penalty, Lee said.

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Community Meeting
for the proposed 11th Street Historic District

July 30, 2018 and September 24, 2018
6:30 PM – 8:30 PM

Santa Monica Main Library: Multi-Purpose Room, 2nd Floor
601 Santa Monica Boulevard, Santa Monica, CA 90401

The City has received an application to designate a Historic District on 11th Street. You are invited to attend one of two community meetings to learn about the proposed 11th Street Historic District. The proposed district study area includes the 10 properties located at 1221-1253 11th Street and 1107-1115 Arizona Avenue (see study area map below).

This community meeting is intended to inform residents, property owners, and interested parties of the potential District designation, including but not limited to, the designation process, the effect of designation on future property development, and the benefits of designation. The proposed Historic District Designation application (18ENT-0166) will be reviewed in accordance with the procedures established pursuant to Santa Monica Municipal Code 9.56.130. Please note that a second community meeting is scheduled for September 24, 2018 for those persons unable to attend the July 30, 2018 community meeting.

For more information, please contact Steve Mizokami, Senior Planner, at (310) 458-8341 or via e-mail at steve.mizokami@smgov.net. RSVP is appreciated via e-mail or by telephone.

The meeting facility is wheelchair accessible. For disability-related accommodations, please contact (310) 458-8341 or (310) 458-8696 TTY at least 72 hours in advance. Every attempt will made to provide the requested accommodation.

ESPAÑOL: Esto es una noticia de una reunión de la comunidad para revisar el diseño de la aplicaciones proponiendo desarrollo en Santa Monica. Si deseas más información, favor de llamar a Carmen Gutierrez en la División de Planificación al número (310) 458-8341.



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Laughing Matters

Jack Neworth

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Me, My Marriage and Albert Brooks



Courtesy image

MOVIE: The Albert Brooks' movie holds a special memory for Jack's relationships.

IT'S MY BIRTHDAY SUNDAY BUT IT'S ALSO

Albert Einstein's. (Not the physicist, the comedian, Albert Brooks, whose birth name is actually Albert Einstein.) Ever since I discovered that Brooks and I share a birthday, I've been waiting to write the following tale. Why? Because of Brooks I almost didn't get married. Since, eventually I got divorced, the jury's out if Brooks' "influence" would have been a good or bad thing.

As we did almost every weekend, my fiancée and I were going to the movies, in this case to see Brooks' "Lost in America." (<https://www.imdb.com/title/tt0089504/>) Meanwhile, as I will tie in later, my mother was planning an engagement party for us in a few weeks. That is, until I loved "Lost in America," and Kathy hated it.

It all started when, following one pivotal scene, I laughed so hard, I literally fell out of my chair. (Never happened before or since.) As I got up immediately, it felt like no big deal. It wasn't as if I went down like Frazier against Foreman.

On the drive home, however, Kathy said she was humiliated. I should note that she and I had somewhat different views about money. I still believe the movie's plot, which I found uproarious, just struck a raw nerve for her, especially as we had just gotten engaged.

The log-line for "Lost in America" reads, "A husband and wife in their 30s quit their jobs, live as free spirits and cruise America in a Winnebago." Unfortunately, when they stopped briefly in Las Vegas, Brooks' seemingly perfect wife, Linda (played brilliantly by Julie Hagerty) revealed a latent gambling addiction as she wipes out their entire "nest egg."

When I hit the floor laughing, it was right after Howard (Brooks) a former ad executive, tries to convince the casino manager (the late Garry Marshall) into giving back the money.

Still in his bathrobe, Howard desperately pitches an ad campaign that, in his desperate view, would yield PR that would bring in far more dollars in casino business than the return of the "nest egg." Marshall's annoyed reaction was so pitch perfectly funny that (imagine Howard Cosell's voice) "Down goes Jack! Down goes Jack!"

Meanwhile, on the drive home, "How could you possibly find that amusing?" Kathy asked angrily. I countered, "Sweetheart, it's just a movie." "All their money is gone! They're ruined." "Dear, trust me, Albert Brooks and Julie Hagerty are going to be just fine."

Despite my attempts at humor, when we

got home the argument escalated. Soon our imminent marriage felt very much up in the air. Fuming, Kathy went to take a bath. I followed, gently trying to reason with her but this was beyond reason.

I could always joke her out of a bad mood so I tried another approach. "Just say you're over-reacting, you don't even have to mean it." "You would do that," she replied indignantly. Ouch.

The heat lamp was on to keep the bathroom warm. Part in jest, I tried again, "C'mon, just admit you're taking this too far or I'm turning the heat lamp off." (Which, of course, was me taking it too far.) "Go right ahead," Kathy said stubbornly. Having called my bluff, childishly, I flipped the heat lamp off.

Rattled, I called my mother, "Have you put the deposit down on the party yet?" She hadn't so I cautioned her to maybe wait and delicately explained why. She was silent. And my mother was never silent.

Finally she spoke up, "You're not going to believe this," she said reluctantly, "but when your father and I were engaged he took me to see a Marx Brothers movie and... he laughed so hard he fell out of his chair. I was so embarrassed, I thought to myself I couldn't marry him." As they say online, OMG!

I rushed into the bathroom, immediately turned the heat lamp back on and said, "Maybe it's just in my DNA?" I proceeded to tell Kathy about my dad and, to her credit, she laughed heartily.

We had the engagement party and a wonderful outdoor wedding at my sister and brother-in-law's beautiful Encino Hills home. But, alas, sadly, six years later we got divorced. Last August, however, Kathy and I had a great visit. <http://smdp.com/surprise-visit-from-my-ex/162275>. That said, I was careful not to bring up "Lost in America."

Kathy's happily remarried, moved up north and goes by Katherine now. I never got remarried and still go by Jack.

As for Brooks, he's on Twitter and still so remarkably funny, definitely worth following. However, at 4640 characters, this tale is slightly more than the 280 Twitter allows. In fact, it's already the 800 words the Daily Press allows me. So, I'll just say, "Happy Birthday, Albert. We're both one year closer to you know what."

Albert Brooks is on Twitter @AlbertBrooks. If I don't get a hernia from blowing out the sea of my birthday candles, I'm at jackdailypress@aol.com.

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AWARD WINNER



AWARD WINNER

Your column here
Mayor Ted Winterer

Send comments to editor@smdp.com

Highlights from the last six months and what lies ahead

SUMMER IS OFFICIALLY HERE AND I AM sure you've noticed the seasonal changes that take shape in our community as we all enjoy the quintessential California lifestyle on our beaches and in our parks and business districts. For me, summer is time to spend with my family and even head off the grid to reset and recharge. It's a time for which I'm always grateful. As I head off for some fishing, camping, and hiking, I want to share my thoughts on the last six months of the 2017-18 fiscal year as well as what lies ahead.

Homelessness has weighed heavily on the minds and hearts of the entire community. There's a long way to go as a region to mitigate the impacts on our streets and public spaces and in the lives of the more than 50,000 people living without shelter in Los Angeles County. Luckily, we are seeing the impact of local and regional investments with a dip in the county numbers, down 3% this year. Santa Monica has invested local resources on new street teams and in our library and parks. Learn more about that and check out the new toolkit that helps guide you through the most heart wrenching issue of the time at weare.santamonica.gov.

Hiring a new Police Chief who's tough on crime. Chief Cynthia Renaud comes to Santa Monica with a focus on fighting crime and positively contributing to homelessness. She said, "Throughout my 27-year career, I have been part of hard-working teams that have truly made differences in people's lives by lowering crime and improving overall quality of life." Her SMPD team is already more visible in the community deploying "Optimus Crime".

Moving quickly on a changing shared

mobility landscape. Santa Monica is a truly multi-modal City and there's no better place in the region to get around without a car. When scooters first appeared on our streets we found our existing rules and regulations insufficient, but we have been working to find a reasonable approach that aligns with our values around mobility and sustainability balanced by public safety, our number one priority. We don't yet have a silver bullet to solve all the challenges in the public right-of-way and with summer upon us it's crazy out there. However, applications for our pilot program for scooters and dockless bikes opened July 13 and will require a limited number of operators to adhere to higher standards when the pilot is launched in September. We will be looking for the best partners to ensure smart and safe operations.

Building for resilience and long-term fiscal sustainability. On June 12, my colleagues on the Council and I passed the second year of the FY 18-20 Biennial Capital Improvement Program Budget, \$186.4 million to fund 100 priority projects. This includes the new Fire Station 1 serving Downtown Santa Monica; the City Services Building that will save the City as much as \$10 million every year in offsite leases; a new multipurpose sports field at the Civic Center; the North Beach Trail project which will add a separate pedestrian path adjacent to the beach bike path from Bay Street to the northern city limits; and 600 new trees for our urban forest.

A cleaner ocean and groundwater savings. A major project wrapping up is the Clean Beaches Initiative, otherwise known as the giant hole near the Pier in Beach Lot 1. A 1.6 million gallon tank was installed

under a portion of the surface parking lot to capture all the wet weather runoff from the Downtown. That dirty water will be diverted from the Pacific and our beach and will be treated and used for non-potable uses like irrigation and toilet flushing.

Fighting to keep our housing stock for long-term residents. Santa Monica continues to prevail in mini-wins on our path to uphold our Home-Sharing Ordinance in the face of legal challenges by megasites AirBnB and HomeAway. While we allow on-site hosts to share their homes with others, housing in Santa Monica is scarce enough without unsupervised de facto hotels in residential neighborhoods.

Taking a hard look at City employee compensation and implementing smart solutions. A citizen panel looked critically at employee compensation over the last year guided by research from Moss Adams, an independent firm. In May, Council approved moving forward with 13 recommendations, including the development of a compensation philosophy currently underway. In recent years, we have negotiated modest cost-of-living adjustments for staff below the rate of inflation while increasing employee contributions to health care and retirement.

Planning driven by the community to make it stronger. In February, Council prioritized a number of planning initiatives with the Pico Neighborhood Plan at the top of the list. On June 30, the Pico-Wellbeing Project kicked off synced with a micro-grants project that seeks to fund community-driven solutions.

Going beyond traditional approaches to helping the vulnerable. This past year we launched the Preserving Our Diversity pro-

gram to assist rent-burdened seniors with rental subsidies so they can stay housed and not make impossible tradeoffs between healthcare and food and paying rent. Just last month, Council passed a new tenant protection to ensure teachers and families with school-age children are not forced to leave their homes in the middle of the school year due to evictions.

What has been and will continue to be a large focus ahead is our pension liability. Santa Monica is the only city in California, along with Newport Beach, that has paid significant contributions above the required annual payments to decrease our unfunded liability. We will continue to do this and look to new ways to tackle this potential impediment to fiscal sustainability.

Looking ahead to the rest of the year, fighting crime and proactive community policing strategies will continue to remain priorities. Our regional collaboration to continue to turn the tide on homelessness will only gain further momentum, especially with the state's approval of \$500 million budget allocation to homelessness. Major infrastructure projects to maintain exceptional city services and to increase community resilience will be completed in the next two years.

I would enjoy the opportunity to hear from you. What are the things you'd like to know more about or see the City focus on? Are there things you have questions about? Please get in touch at ted.winterer@smgov.net. I wish you a summer filled with beach days, BBQs and quality time with friends and family. It's a pleasure and honor to serve as your mayor.

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Local

6

FRIDAY, JULY 20, 2018

Santa Monica Daily Press

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NORDIC

FROM PAGE 1

To engage in Nordic Walking, one must have the gear required of the exercise. It's kind of like skiing, minus the frigid temperatures. And you do use specialized Nordic Walking poles. Svensson is aware this might look, you know, a little weird on a normal, sunny day.

"I get it, it looks a little dorky," Svensson said with a laugh. "My ex husband, I used him as a guinea pig. He put on a hat and sunglasses, no one could recognize him. I took him down to the beach and he loved [Nordic Walking]. He got over the geek factor. The benefits are so amazing that you get over how it looks."

Participants use the walking poles — specific to Nordic Walking and adjusted to the participant's height — and power walk, using their legs to walk and their upper bodies to plant the poles into the ground (any surface works as the poles are spiked at the end but have covers), involving shoulders, arms, and back in the work out.

Svensson says to get the full body exercise, participants propel their bodies forward with the poles, with arms alternating and extending back, slightly releasing the pole in a simultaneous motion. She says the exercise can be cardio for beginners and for more advanced students, can incorporate more techniques to provide strength training.

Different variations of this will lead to a

near full body workout that Svensson says can be done "right outside of your doorstep" for "anybody and everybody".

One of these anybodies and everybodies that took up Nordic Walking is Lola Love.

Lola, a 67-year-old life coach, had just recovered from a brain tumor removal and was readjusting to life when she came across the exercise. A former dancer, Lola says it took a year before she could start doing "normal stuff," saying she now walks every-day since her surgery. After getting back into the swing of things, Lola was looking for something to pick up the pace.

"I was at a Toastmasters meeting and Malin was the guest," she said. "When she was done speaking, she was attacked by all these Toastmaster about the workout. I went to one of her other workshops and took to it like fish to water."

Lola says Nordic Walking has been beneficial to her, helping to build her endurance. She says she spends just 20 minutes a day most times she engages in Nordic.

"When I walk 10 minutes to and 10 back, I'm energized, I've worked up a sweat. Arms, triceps, biceps, shoulders, backs, lats and the lower body gets a workout, too. I like it because it's a unique challenge. Usually I start something and get bored, but here, there's something to master. I'm a beginner and as long as you are walking, you're getting better and better."

Visit www.nordicbody.com for more information.

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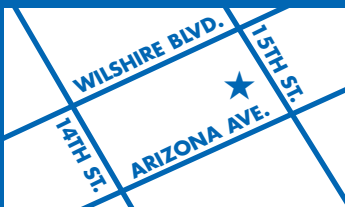
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SURF FORECASTS

WATER TEMP: **72.1°**

FRIDAY – POOR – SURF: **2-3 ft** ankle to knee high
Small new SW/SSW swell starts to show late.

SATURDAY – FAIR – SURF: **1-3 ft** knee to waist high
Small new SW/SSW swell slowly rises.

DAILY POLICE LOG

The Santa Monica Police Department Responded To 450 Calls For Service On July 18.

HERE IS A SAMPLING OF THOSE
CALLS CHOSEN BY THE
SANTA MONICA DAILY PRESS STAFF.

Battery 2000 block of 10th 12:01 a.m.
Found Senile Person 1300 block Arizona 12:16 a.m.
Disturbance 1300 block Ocean 12:45 a.m.
Robbery 4th/Broadway 2:06 a.m.
Vandalism 1400 block 2nd 3:07 a.m.
Hit and run 21st/Wilshire 4:22 a.m.
Disturbance 1400 block 4th 4:33 a.m.
Auto Burglary 2200 block Colorado 7:34 a.m.
Vandalism 2300 block Ocean Park 8:11 a.m.
Grand Theft 1200 block 11th 8:35 a.m.
Extortion 1500 block Pacific 8:37 a.m.
Burglary 1000 block Pick 8:55 a.m.
Person down 1000 3rd 9:18 a.m.
Encampment 400 block Santa Monica Pier 9:18 a.m.
Battery 1700 block Ocean 9:41 a.m.
Traffic collision 1600 block Lincoln 9:52 a.m.
Person down 1300 block 5th 10:26 a.m.
Vandalism 700 block Marine 10:32 a.m.
Runaway 600 block Pico 10:46 a.m.
Suspicious activity 1100 block Lincoln 11:16 a.m.
Burglary 2400 block Oak 11:25 a.m.
Grand theft 1000 block 20th 11:29 a.m.
Petty theft 1500 block 2nd 11:33 a.m.
Prowler 2300 block Schader 11:42 a.m.
Burglary 3200 block Olympic 11:49 a.m.
Battery 2100 block Wilshire 11:52 a.m.
Dispute 1400 block 17th 11:58 a.m.
Suspicious person 4th/Adelaide 12:14 p.m.
Traffic collision 16th/Maple 12:17 p.m.
Burglary 1800 block 10th 12:40 p.m.
Disturbance 800 block Bay 12:56 p.m.
Hit and run 2400 block 34th 1:27 p.m.
Encampment 2100 block Olympic 1:31 p.m.

Suspicious person 1600 block Santa Monica Pier 1:41 p.m.
Battery 27200 block Pico 1:43 p.m.
Encampment 2200 block Olympic 1:46 p.m.
Drunk Driving 1500 block 26th 2:14 p.m.
Vandalism 1500 block 17th 2:27 p.m.
Traffic collision 1500 block Pacific Coast 3:01 p.m.
Loitering 2900 block Main 3:24 p.m.
Overdose 800 block 4th 3:25 p.m.
Hit and run Lincoln/Pico 3:53 p.m.
Battery Lincoln/Navy 3:55 p.m.
Disturbance 200 block Santa Monica 3:58 p.m.
Vandalism 400 block Palisades 4:04 p.m.
Injured person Main/Colorado 4:16 p.m.
Person down 1800 block 9th 4:31 p.m.
Suspicious Circumstances 200 block Broadway 4:39 p.m.
Encampment 800 block Ocean 4:52 p.m.
Burglary 1800 block 10th 5:14 p.m.
Vandalism 1600 block The Beach 5:19 p.m.
Disturbance 1400 block 2nd 5:22 p.m.
Traffic collision 2300 block Olympic 5:40 p.m.
Petty theft 100 block Santa Monica 5:44 p.m.
Hit and run 1500 block 2nd 6:34 p.m.
Disturbance 1300 block Ocean 6:34 p.m.
Domestic 300 block Olympic 6:47 p.m.
Person down Main/Strand 6:55 p.m.
Burglary 1300 block 4th 7:31 p.m.
Petty theft 1300 block 3rd 7:41 p.m.
Battery 1500 block Broadway 7:42 p.m.
Vandalism 1100 block 15th 8:10 p.m.
Petty theft 1400 block 3rd 8:26 p.m.
Disturbance 2400 block Wilshire 8:33 p.m.
Fight 10th/Broadway 8:48 p.m.
Traffic Collision 4th/Broadway 9:14 p.m.
Encampment Cloverfield/Olympic 9:15 p.m.
Fight 200 block Broadway 9:26 p.m.
Disturbance 2200 block Lincoln 9:38 p.m.
Burglary 800 block 6th 9:41 p.m.
Vandalism 1500 block 16th 9:57 p.m.
Shots fired 1700 block Ocean 10:00 p.m.
Battery 4th/Santa Monica 10:22 p.m.
Disturbance 500 block Bay 10:26 p.m.

DAILY FIRE LOG

The Santa Monica Fire Department Responded To 40 Calls For Service On July 18.

HERE IS A SAMPLING OF THOSE
CALLS CHOSEN BY THE
SANTA MONICA DAILY PRESS STAFF.

Emergency Medical Service 1300 block 20th 1:03 a.m.
EMS 4th/Colorado 1:43 a.m.
EMS 5th/Colorado 3:02 a.m.
EMS 2000 block Arizona 3:06 a.m.
EMS 600 block 21st 4:48 p.m.
EMS 1800 block 10th 5:35 a.m.
EMS 2200 block 31st 8:49 a.m.
EMS 1000 block 3rd 9:18 a.m.
Alarm 2100 block Santa Monica 9:37 a.m.
Traffic Collision 1600 block Lincoln 9:52 a.m.
EMS 1300 block 5th 10:26 a.m.
Alarm 400 block Broadway 10:28 a.m.
EMS 2200 block Virginia 10:34 a.m.
EMS 2400 block Ocean Front 11:44 a.m.
EMS 1300 block 17th 12 p.m.

Alarm block 5th 12:02 p.m.
Traffic Collision 16th/Maple 12:49 p.m.
EMS 1400 block 6th 2:36 p.m.
EMS 1300 block 20th 3:23 p.m.
EMS 17th/Pico 4:17 p.m.
Alarm 800 block Pico 4:22 p.m.
Alarm 1500 block 7th 4:29 p.m.
EMS 1800 block 9th 4:31 p.m.
EMS 2100 block Ocean 4:44 p.m.
EMS 1300 block 3rd 5:37 p.m.
EMS 1900 block 11th 6:40 p.m.
Traffic Collision 1800 block Lincoln 6:42 p.m.
EMS 3rd/Washington 6:52 p.m.
EMS Main/Stand 6:55 p.m.
EMS 2200 block Broadway 7:08 p.m.
EMS 2100 block Ocean 7:10 p.m.
Alarm 800 block 3rd 7:16 p.m.
Fire Investigation 800 block 3rd 7:19 p.m.
Alarm 1800 block Washington 7:28 p.m.
EMS 900 block Euclid 8:06 p.m.
EMS 800 block Lincoln 8:07 p.m.
EMS 1300 block 15th 8:18 p.m.
Arcing Wires 1200 block Pine 9:11 p.m.
EMS 700 block Broadway 9:18 p.m.
EMS 400 block Broadway 10:41 p.m.

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Draw Date: 7/18
1 10 27 28 36
Power#: 12
Jackpot: 130M



Draw Date: 7/17
40 41 61 66 67
Mega#: 12
Jackpot: 422M



Draw Date: 7/18
1 3 4 16 39
Mega#: 19
Jackpot: 16M



Draw Date: 7/18
10 16 23 24 29



Draw Date: 7/18
MIDDAY: 0 8 2
Draw Date: 7/18
EVENING: 8 9 4



Draw Date: 7/18
1st: 07 Eureka
2nd: 06 Whirl Win
3rd: 11 Money Bags
RACE TIME: 1:46.19

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>

WORD UP!

hoity-toity

1. assuming airs; pretentious; haughty.
2. giddy; flighty.
3. giddy behavior.

WELL NEWS BY SCOTT LALEE

Phobia of the Week

■ Rhyphobia: Fear of defecation

Best Medicine

■ At the dentist's office for oral surgery, a patient was reading through and signing obligatory forms. Joking, he asked the receptionist: "Does this say that even if you pull my head completely off, I can't sue you?"

■ The receptionist replied, "No, that's the next page. This one says you still have to pay us."

Observation

■ "I told my psychiatrist that everyone hates me. He said I was being ridiculous - everyone hasn't met me yet."

--COMEDIAN RODNEY DANGERFIELD
(1921-2004)

MYSTERY PHOTO



The first person who can correctly identify where this image was captured wins a prize. Send answers to editor@smdp.com.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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

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

Newsday Crossword

FIFTEEN TIMES #10 by S.N.
Edited by Stanley Newman
www.stanxwords.com

ACROSS

1 Country music staple
6 BLT alternative
9 Muscle out
14 Encore, literally
15 Director DuVernay
16 Choir member
17 No-nonsense TV decider
19 Hoarse
20 Best, as a bond
21 USMC rank
22 Scenes of crimes
23 Fast-moving game
26 Kid
27 Project Apollo rocket
30 Advice-giving board
32 Toolbar art
33 Passed along
35 Florida city
39 Rubbernecks
41 Grp. like CARE
42 Home of the NBA's Nets
43 Masked warrior
44 Kid
46 It expelled James Bond
47 Keep an ___ (mind)
49 Torch gas
51 Not at all busy
54 Colorant containers
56 Ancient war story
58 Sound of a thinker
59 Protrude
62 Sets for Westerns
63 Frequent fliers
66 Revere

DOWN

1 It borders California
2 Water, in 1 Down
3 Zip
4 Springy dance
5 Kind of garage
6 Deen of cuisine
7 Venerable T-shirt brand
8 Raucous bird
9 Sartre's existence
10 Certain denimwear
11 Come next
12 Deals with ordeals
13 Secret engagement
18 Splices together
22 First Tudor Henry
23 Wearable trinkets
24 Impressive homer
25 Hybrids, e.g.
27 Endorse
28 Herbal tea flavoring
29 Crier's beat
31 Simplyhired.com posting
34 Savor
36 Sask. neighbor
37 City on the Rhône
38 Sister of Charlotte
40 For example
45 Cold War concern
48 Prof.'s degree, perhaps
50 Nth degree
51 Wheel guy
52 ___ quiet life
53 What some rings are made of
55 Fierce felines
57 "Point taken"
59 Military transport
60 Sun Bowl Stadium sch.
61 Oz. fractions
63 Band-Aids owner, on the NYSE
64 GI support group
65 Former Idol judge, familiarly

1	2	3	4	5		6	7	8		9	10	11	12	13
14						15				16				
17						18				19				
20				21					22					
			23				24	25			26			
27	28	29					30			31				
32					33	34				35		36	37	38
39				40		41				42				
43						44			45		46			
			47		48				49	50				
51	52	53			54			55						
56				57				58				59	60	61
62						63	64				65			
66						67				68				
69						70				71				

CREATORS SYNDICATE © 2018 STANLEY NEWMAN STANXWORDS@AOL.COM 7/20/18

TODAY'S BIRTHDAY (July 20)

You learn to be your own cheerleader, and this makes all of the difference. You'll basically be teaching others to cheer you on as well, and with the new gumption, you'll spring over the hurdles that once kept you from your joy. A deal in August favors you. You'll check two things off your bucket list, and add two more. Leo and Libra adore you. Your lucky numbers are: 3, 30, 49, 14 and 11.

ARIES (March 21-April 19)

Whether the job is big or small, your sincere aim to do it right will be what makes this day a success, regardless of how far you get into it. Good instruction will be key; the search engine will be your best friend.

TAURUS (April 20-May 20)

Anything fresh out of the fire is unsafe to touch: This is true more metaphorically than literally today. Let that hot thing in your life cool down before you approach.

GEMINI (May 21-June 21)

When you ask a question and the response is not forthcoming, take that as your answer. Instead of waiting around, assume the silence means "No"; move on; explore new options; be a happy traveler.

CANCER (June 22-July 22)

You've an inner zeal that is so much a part of who you are that you don't even realize how many people walk around without an ounce of enthusiasm for life. You'll share your energy with someone who lacks it.

LEO (July 23-Aug. 22)

Love thrives on the tongue, but who puts it in practice? You want to. There's a lot you once did out of love that has now turned into duty, or just habit, and you're trying to get back that original feeling.

VIRGO (Aug. 23-Sept. 22)

The best strategy is not to talk about yourself unless you absolutely have to today. It's the demonstration that counts. Don't worry; you'll savor the look on their faces when they see what you can do.

LIBRA (Sept. 23-Oct. 23)

There is nothing to gain from being harshly self-critical. You learned this kind of treatment of yourself, and you can unlearn it. Start by sweetening the tone you use when you talk to yourself.

SCORPIO (Oct. 24-Nov. 21)

You know that the very nature of favorites dictates that only one person or thing can top the category, but it doesn't stop you from treating each loved one like a favorite -- an approach that attracts much luck today.

SAGITTARIUS (Nov. 22-Dec. 21)

They want to talk of past glories; you do not. You've done some cool stuff, but you know in your heart that the best is yet to come. Arms open and onward, ever onward!

CAPRICORN (Dec. 22-Jan. 19)

Don't let the things that happen to you make you feel "less than." If you can't help but feeling that way, that's OK. Just know that feelings can lie. The truth is that you are more because of what you've experienced, and you'll continue to build on it.

AQUARIUS (Jan. 20-Feb. 18)

You haven't always had the care you needed to help you thrive as who you really are inside, but that will change. Support is gathering around you.

PISCES (Feb. 19-March 20)

You don't need propping up; nor should you be another person's prop. You're a whole person, and it's right for you to connect with another whole person and work together in a way that honors you both.

The Moon and Mars Call for Humility

Maybe we're born to connect, but we're not like barnacles that naturally and easily clump together for the good of the group. More often than not, people have to work at getting along. The moon's clash with Mars will put an even finer point on that fact. Humility will be the main requirement. The saving grace: It will be well worth the effort.

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Santa Monica Daily Press

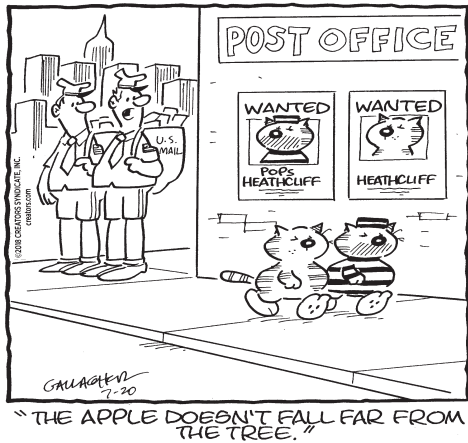
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By JOHN DEERING



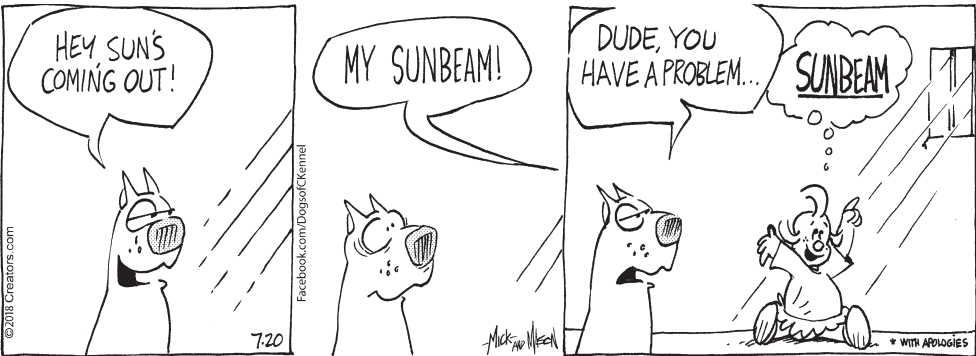
Agnes

By TONY COCHRAN



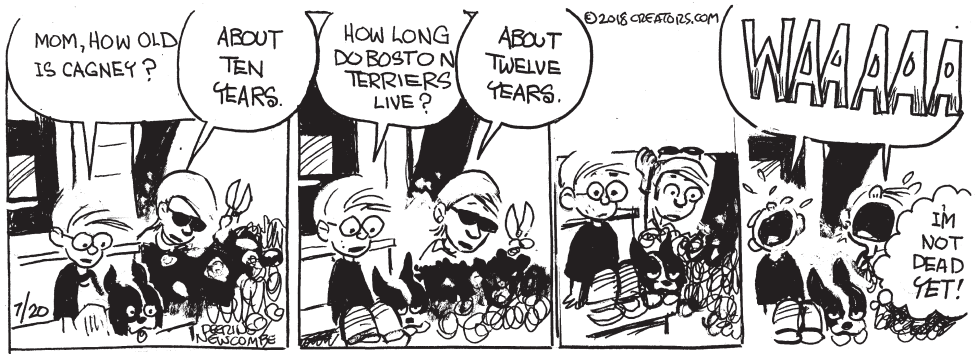
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



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For Sale	Wanted	Roommates	Massage	Health and Beauty	Obituaries
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RESTAURANTS

FROM PAGE 1

office population and local residents.

The Habit, Luna Grill and La Scala will take the place of SOUTH sports bar, while Jimmy Johns will open in the former location of Subway. Though construction is underway, Kennedy Wilson sales associate Clare Collins said she doesn't know when the development will be completed.

Collins said The Habit has been trying to open a Santa Monica location for a number of years. Doug Branigan, the chief development officer at The Habit, said the West Los Angeles has been a "hole" for the restaurant.

"We haven't pushed over that far west, so it's kind of a market that's been open for us," he said. "We're very excited about bringing The Habit to Santa Monica. Our everyday value is some-

thing people appreciate. So we think we're going to do very well over there. We have good recognition and I think the people over there have been looking for a Habit for a long time."

Branigan said The Habit has opened 21 restaurants already this year and hopes to open eight to 10 more before the year ends. He said the "energy," between the four restaurants will benefit them all, and will help encourage customers to come back and try all four.

This will be the first Jimmy John's location in Santa Monica, according to their website. Luna Grill has a number of locations in Southern California and the Dallas/Fort Worth area.

Collins said the location was extremely attractive for restaurants looking to add a new location.

"There's over 42,000 people just in a mile," she said. "And then, on top of that, there's another 43,000 employees. So that's in one mile, and as you kind of look



Courtesy photos

COMING SOON: The building will look mostly the same but with new businesses.

on the map, there's lots of restaurants around 26th street and of course west of that, but there's really a scarcity east, toward the 405. So we're kind of filling a void right there."

Ranging from approximately 1,200 to

2,250 square feet, the spaces face Wilshire Boulevard between Stanford and Berkeley Avenues at 3001 and 3023 Wilshire Boulevard.

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AQUATICS

FROM PAGE 1

eighth-grader at John Adams and Madison, a ninth-grader at Samohi, were placed into Westside by their mother after a local swimming program deemed the sisters "too competitive".

"Exercise, the social aspect, all of its been great," Jaime Greger, mother of Madison and Ashley said. "Both thrived here and we thought, 'This is where we belong.' The kids love the coaches and playing for them. Everyone comes together and that helped the girls team come together."

Greger says the girls team has recently

built up through word of mouth, with no more than 10-11 girls total playing water polo for Westside. Although small in numbers, they be fierce — This is the Gregers third trip to the Junior Olympics alone, with a silver medal from a previous year to show the culmination of their efforts.

She says although her daughters water polo careers are still very much in the beginning stages, the girls don't have any pressure from her or their coaches, despite the hyper-competitive culture Westside's established. These girls, Greger says, just wanna have fun.

"They do wanna win, I'm not gonna lie, that's the end game," Greger says with a laugh. "But they have fun hanging out with the team. It's weird, full of expectations, hard

work, and sometimes disappointment. It's teaching them a lot of life lessons, and it's fun; that's why they love doing it."

While the Gregers begin the throes of their respective water polo journeys, Michail Melnik is at the end of his high school career, entrenched in the sport for the long haul.

A swimmer since the age of four, Melnik says the club was "a great way...to get introduced to the sport", providing him with lifelong friendships and sharp coaching he "couldn't have gotten anywhere else," including regular training sessions against college students.

Melnik says the training, besides keeping him in shape, provided him the "mental chess" aspect of water polo, helping him in his position as goalie preserve his body and

expend energy when necessary. The training propelled Melnik to this, his third and final Junior Olympics.

"The fact that this is my last Junior Olympics is a big milestone for me," Melnik said via email. "I'm moving on to playing college next year at the fifth-ranked school in Division 1 (University of the Pacific), which means I have a lot to prove."

With expectations and a chance to stamp his resume with one final medal, Melnik was asked if he was nervous. The "mental chess" player of the team's confidence brimming from his training, Melnik responded: "Never. Always prepared."

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