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Santa Monica Daily Press

FRIDAY, JULY 31, 2015 Volume 14 Issue 224 smdp.com Santa Monica Daily Press

GIRL SCOUT GOLD AWARD SEE PAGE 3



ABC/Rick Rowell

CONTESTANT: Rachel Paul competed on "Extreme Weight Loss"

Local woman sheds 145 pounds on TV show

At 309 lbs., former UCLA dancer 'was a lost cause'

BY JEFFREY I. GOODMAN
Daily Press Staff Writer

CITYWIDE The realization strikes her when she does squats with a barbell or when one of her dance students jumps on her back. She's reminded when she looks in the mirror or when she sees her reflection in a window.

Rachel Paul, who weighed 309 pounds just a short while ago, is still getting used to the number that pops up when she steps on a scale: 164.

"It's weird when I think about it. It's the size of a person," the Santa Monica resident said. "And this was every day. I still don't know how to articulate it. It's just strange."

Paul's journey towards shedding nearly half of her weight was documented on ABC's television series, "Extreme Weight Loss," in an episode that aired July 28.

It was the culmination of a

SEE TV PAGE 9

Whole Foods to open fourth store in Santa Monica

BY MATTHEW HALL
Daily Press Editor

CITYWIDE Santa Monica will be home to four Whole Foods stores by the end of next year.

Santa Monica will be home to four Whole Foods stores by the end of next year.

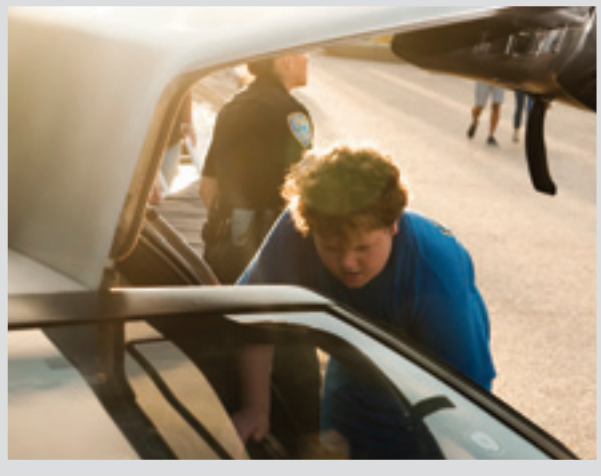
The company has announced several new stores as part of their "value-oriented 365 by Whole Foods Market brand" and the Santa Monica location will be part of a nationwide-rollout including stores in Silver Lake, Washington, Texas and Oregon.

According to Whole Foods, the 365-brand will feature a curated mix of products in an environment that's fun and convenient for shoppers. The official announcement described the brand as "bringing fresh, healthy foods to a broader audience with a streamlined, quality-meets-value shopping experience."

The new stores are expected to help Whole Foods fight the idea that its stores are expensive and are

SEE FOOD PAGE 8







MOVIE NIGHTS

Morgan Genser editor@smdp.com

The Santa Monica Police Department hosted a movie night at Tongva Park on July 29. Residents will have another opportunity to meet Public Safety employees at National Night Out, to be held on Aug. 4 at the Civic.



Elizabeth Michalak

RUGBY: Noah Anderson plays rugby at Stanford.

Taking a break from the scrum

Samohi athlete to pursue rugby at Stanford after gap year

BY JEFFREY I. GOODMAN
Daily Press Staff Writer

STANFORD From a young age, Noah Anderson did what is often asked of the biggest kids in football. He toiled as a lineman and did the proverbial dirty work, blocking for his quarterback, clearing space for faster teammates, going largely unnoticed.

He was good at it too, but he got no glory.

In rugby, he's had a different experience.

"I get to handle the ball, make tackles and do what everyone else

SEE RUGBY PAGE 7

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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

July 31

Blue Moon Dinner Cruise in the Marina

2 hour yacht cruise, private table, four-course dinner, boarding glass of champagne, complimentary soda, coffee, tea and water, wine and cocktails available for purchase, DJ entertainment and dancing, Scenic harbor views. Starting at $86.95 for Friday and $89.95 for Saturday. 7:30 - 10:30 p . m . http://www.hornblower.com/port/overview/mdr+fullmoonidc

Picnic on the Promenade

Escape from the cubicle and enjoy lunch at Downtown Santa Monica's Picnic on the Promenade. This annual summer series eases locals and Promenade walkers into the weekend every Friday afternoon with live music, classic board games, interactive challenges, and free services from Downtown merchants. Bring a lunch or grab-and-go from one of Downtown's award-winning eateries and soak in the sun. July 31: Dunk your boss for charity. 12 - 3 p.m. 1300 block Third Street Promenade (Between Arizona and Santa Monica Blvd), downtownsm.com.

The Meteors of Summer: August's Perseid Shower

Find out about the Perseid Meteor shower and pick up tips on the best way to watch one of Nature's silent spectacles. The John Drescher Planetarium is located near the elevators on the second floor of Drescher Hall (1900 Pico Blvd., Santa Monica). Tickets are available at the door and cost $11 ($9 seniors and children) for the evening's scheduled "double bill," or $6 ($5 seniors age 60+ and children age 12 and under) for a single show, guest lecture, or telescope-viewing session. The evening feature show is at 8 p.m. and is preceded by "The Night Sky Show" at 7 p.m.

August 1

Ocean Park Book Group

A Monthly Meeting of the Ocean Park Book Group. Meets the 1st Saturday of the Month. Open to All. No Registration Required. August Title: "Claire of the Sea Light" by Edwidge Dantica. Ocean Park Branch Library, 2601 Main St., 11 a.m. - 12:30 p.m.

1450 Ocean: Pop Up Cards and Books with Angharad Caceres

Make a set of colorful, active greeting cards while practicing a variety of pop-up paper engineering techniques. Cost: $20 + $5 cash material fee to instructor. Palisades Park, 1450 Ocean Ave., 1 - 4 p.m. https://apm.activecommunities.com/santamonicarecreation/Activity_Search/44617

DIY Flag Book

An easy to make, fun to create book with pages that fly like flags. Fun for ages 7 & up. Ocean Park Branch Library, 2601 Main St., 2 - 3:30 p.m.

August 2

Festival of the Chariots

39th annual cultural festival highlighting the music, food, dance of India. Parade on Main Street starting from the Civic Auditorium continuing to the Venice pavilion. Free food. For more information call (310) 836-4342 or visit www.festivalofchariots.com. 5K Ocean Route, 2000 Barnard Way, 10 a.m. - 7 p.m.

Authors on Architecture: Coy Howard on The Thickening of Time

SCI-Arc architecture professor Coy Howard discusses his book The Thickening of Time, which challenges the current status of digital architecture by exploring urban villas in three locations: Los Angeles, Tokyo, and New York. Co-sponsored by the Society of Architectural Historians, Southern California Chapter. A book sale and signing follows. Main Library Martin Luther King Jr. Auditorium, 601 Santa Monica Blvd., 2 - 3:30 p.m.

For help submitting an event, contact us at
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Free checkups helping Special Olympics athletes stay healthy

JOHN ROGERS
Associated Press

LOS ANGELES They arrived in Los Angeles by the thousands to run, jump and swim and to play such team sports as soccer and softball.

This week, however, Special Olympics athletes from around the world also are taking part in what could be called the Eye, Ear, Nose and Throat events.

Tucked into a corner of the University of Southern California's sprawling campus is a makeshift medical clinic that seemingly sprouted overnight. There, hundreds of doctors, dentists and other health care providers are working to ensure thousands of athletes go home with clean bills of health — or the closest thing to them that can be produced in a week. A few athletes will even leave with the ability to hear for the first time.

Contrary to popular belief, people with intellectual disabilities, including those who compete in the Special Olympics, do not get better medical care than others, said Zabi Mansoory, director of the Healthy Athletes program. Many get worse care. Some get no care at all.

"About 24 percent wear shoes that are too small — and they compete in those shoes," said Mansoory as he showed visitors through the warren of tents and vans where Special Olympics athletes are being examined.

As he spoke, a steady stream of yellow school buses, each adorned with the Special Olympics logo, continually jammed a small campus street as they disgorged athletes by the hundreds.

"About one out of every five or six athletes is coming in with dental pain," Mansoory said as he entered the dental clinic tent.

Like all the other tents, it was filled shoulder-to-shoulder with athletes and their coaches, many chatting happily and loudly in a cacophony of languages as they waited to see their health care providers.

As the athletes progressed from one tent to the next, an army of volunteer doctors, dentists, optometrists, audiologists and other professionals worked feverishly, performing eye exams, ear exams, foot exams and other checkups.

With the help of translators, optometrists asked, "Which is better, Number 1 or Number 2?" Dentists kept busy cleaning, filling and sometimes yanking teeth. On-the-spot root canals were performed when needed.

"You have oral pain, and you can't eat, you can't sleep, it takes over your whole life," said Dr. Richard Mungo, the dental clinic's cheerful director.

Nearby, at the ear clinic, athletes had their ears cleaned, then waited to enter soundproof booths to have their hearing tested.

"On Sunday, 21 athletes received hearing aids for the first time in their lives, including three who couldn't hear at all until they got the hearing aids," said John Ohanesian, director of medical services for the 2015 Special Olympics.

One of the first was a young basketball player from India who was born without ear canals.

"She could hear right away," audiologist Dennis Van Vliet said with a smile as he described fitting her head with a device that allows the inner ear to pick up vibrations and transmit them as sound to the brain.

At a patio table just outside the clinic, Icelandic soccer player Thor Haklidason and about a dozen of his teammates reviewed the printed-out information they were given by physical therapists who had just tested their strength, endurance, flexibility and other physical skills.

"We need to stretch a little bit more," the muscular, 25-year-old team captain said with a sheepish smile.

Otherwise, said Haklidason, he and his teammates were passing each checkup with flying colors. That's save for the sunburns several were sporting on a sunny, 85-degree Los Angeles day.

"It's a little hotter here than we're used to, yes," the Reykjavik resident said with a laugh.

Although organizers hoped to examine all 6,500 athletes before the Special Olympics end Aug. 2, they weren't sure how many would show up when they opened the clinic Sunday.

The first day, they treated 977, the next day 1,247. Those numbers had them scrambling Tuesday to order more hearing aids, eyeglass frames and other items that are being donated by health care companies.

"At the Special Olympics in Korea four years ago, they treated 1,600 athletes," Ohanesian said. "We've already blown past that in two days."

By the end of the day, each athlete would leave with a goody bag filled with such items as an electric toothbrush, one or more pairs of glasses, and a new pair of sports shoes.

"This has been really good for our athletes. Getting glasses are a big problem for our people, and now they have them," said Akani Brou, who coaches the Ivory Coast swim team. "And after this, when we leave, we know they'll be really healthy."

COMMUNITY BRIEFS

Citywide

Santa Monica Girl Scout sheds light on disabilities

Madison Seifer, a high school junior and Ambassador Girl Scout in Troop 8355, is using her leadership and communication skills to spread awareness of special needs, while fostering a more inclusive environment in her community.

In pursuit of the Girl Scout Gold Award, the highest achievement in Girl Scouting, Madison has launched a website titled Bridging Our Circle of Friends, http://bridgingourcof.weebly.com/, which includes information on various conditions including autism, blindness, cerebral palsy, cystic fibrosis, epilepsy, Tourette's syndrome, and more. The site also features a quiz to test one's knowledge on disabilities, as well as video interviews with experts, a resources page, and blog.

Inspired by the lack of integration between students at her school, Santa Monica High, Madison is planning interactive workshops, which she will host in the fall for local Girl Scout troops and clubs at her school. The workshops will feature role-playing exercises for others to better understand the challenges of special needs youth.

Like many regional Girl Scouts, Madison is also volunteering her time at the 2015 Special Olympics World Games, she will work in spectator services, a division in charge of directing attendees to the different events happening at the three main centers, while answering general questions.

"The Special Olympics is truly inspirational, because although the athletes have disabilities, they don't let it stop their dreams of competing," Madison said. "Even their everyday challenges can be overcome in brave ways, which is what I plan to talk about in my workshops for my Gold Award."

The Girl Scout Gold Award, which turns 100 years old in 2016, is a national award with significant standards that elevate a girl's leadership skills, creativity, value, and efforts to make the world a better place. Earning the Gold Award requires spending at least 80 hours planning and implementing a challenging, large-scale project that is innovative, engages others, and has a lasting impact on its targeted community. The prestigious award recognizes Senior and Ambassador Girl Scouts-girls in ninth through 12th grades-for outstanding accomplishments in leadership, community service, career planning, and personal development.

For updates on Madison's Gold Award project, Bridging Our Circle of Friends, follow her on Twitter: @bridgingourcof.

Visit www.girlscoutsla.org or call (213) 213-0123 for more information.

- SUBMITTED BY MELANIE LARSEN

Citywide

Water Use at Santa Monica City sites slashed in half

Investing in new water conservation practices and technologies has resulted in significant water savings while maintaining public spaces in the City of Santa Monica. City Hall, parks, and other municipal facilities collectively recorded a 52 percent reduction in water usage in June, compared to the same month in 2013.

To achieve outdoor savings, City staff removed 3,000 square feet of turf from park and landscape sites where there was very little public use; reduced watering cycles in landscapes and grass areas, and stopped watering grassy street medians altogether.

To save even more water, City staff plan to install more efficient irrigation systems and drip systems, remove unnecessary grass around trees, install sustainable landscaping in street medians, and spread a thick layer of organic mulch over planted areas.

"We all love Santa Monica and just as we are asking residents to save water, the City itself is doing its part to conserve at every opportunity," said Devin Starns, facilities maintenance manager of the City of Santa Monica.

The landscaping surrounding City Hall uses a smart irrigation system with recycled water from the Santa Monica Urban Runoff Recycling Facility (SMURRF), saving precious potable water. SMURRF water is also piped to irrigate Tongva Park, Palisades Park and the Cemetery, and to pressure-wash sidewalks downtown.

Trees are an important asset to Santa Monica and the entire region. To keep trees healthy and conserve water, the City is watering trees by hand and through the use of slow-release watering bags. Grass is removed from around trees and organic mulch is installed where appropriate.

Indoors, the City has installed high-efficiency fixtures in 60 percent of its buildings. Remaining buildings will be refitted with high-efficiency fixtures by the end of the year. Staff also conduct monthly water audits at all sites to identify and fix water wasting issues and system repairs. To further reduce water use in City buildings, staff is required to immediately report leaks and use water efficiently.

The City is asking for residents to continue to use water-wisely at home and at public facilities such as the showers at the beach and the Santa Monica Swim Center. "Santa Monica is a leader in water conservation. I am proud to see all of the new, beautiful sustainable landscapes in homes and city facilities being put in across Santa Monica," said Dean Kubani, Santa Monica's Sustainability Manager, "The savings achieved show the commitment of this community to save water."

Residents are invited to visit the sustainable landscape event on Aug. 22, from 10 a.m. to 2 p.m. at the Airport Demonstration Garden, located at 3200 Airport Avenue. City staff and landscape consultants will be on-hand to showcase sustainable landscaping ideas, explain how to apply for rebates and provide specific water-saving tips. If you have questions about plants, then don't miss this free event.

For more information about these rebates and other practical water-saving measures and programs, please visit smgov.net/water, call (310) 458-8972 or email savewater@smgov.net.

- SUBMITTED BY KIM O'CAIN

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Bon Bons and Bullets

WHILE I OFTEN VOICE STRONG POLITICAL opinions, occasionally I'm wrong. Okay, maybe a tad more than occasionally. In my family we used to discuss politics at the dinner table. (Yes, families actually ate dinner together.) And yet sometimes I'm shocked at my political naiveté, not to mention my run on sentences.

Take for example in 2000 when George Bush was "selected" to be president by the Supreme Court. Two of the justices were appointed by Poppy Bush and a third justice's son had been promised a job in the new Bush administration, but no conflict there. But it did lead to one of my more foolish political predictions.

Considering that W. had lost the popular vote, I naturally expected that he'd be a centrist president. After all on the campaign trail he described himself as a "uniter not a divider." But soon Bush Jr. would divide the country to such a degree it rivaled the Vietnam and Civil War eras. I couldn't have been more wrong. Meanwhile the damage Bush caused here at home and around the world, the economy, the environment, the loss of treasure and life ... don't get me started.

Another gross error on my less than astute political forecasting was after the almost unimaginable massacre at Sandy Hook Elementary school in December 2012. Twenty innocent and precious 6-year-olds were slaughtered, along with three of their teachers, with an automatic weapon in the hands of a madman. (A cynic might say, "So what else is new?")

Congressional hearings followed. I can vividly remember grieving parents testifying with great dignity through their tears pleading for more stringent background checks on firearms.

Amidst many dark days in recent American history, this was among the darkest. Out of this ghastly tragedy I was positive that reasonable gun regulations would be passed. After all, 90 percent of the country, and even 70 percent of the National Rifle Association membership, were in favor of more stringent background checks. Surely change would happen. (As my late father used to joke, "Don't call me surely.")

I seriously underestimated the NRA. They too grieved, but their answer was not fewer guns, but more. Their theory was that if the teachers at Sandy Hook had been armed, the children's' lives likely would have been saved. And Congress bought it. (Or were bought?)

So it was in June when there was a mass murder in a church in South Carolina that more guns logic surfaced again. If only the pastor had been armed the killer could have been stopped. Where does it end? During Sunday services a pastor will have a sawed-off shotgun hidden on the altar somewhere, just to be safe?

That was June. A month later another senseless murder spree. It seems like every month we have one. I definitely don't have the answer but I don't see any other advanced country in the entire world remotely beleaguered with this madness. Not that we have cornered the market on violent nut jobs. But we seemingly have a system that easily allows those wackos (real word "heartless murderers") to gain access to weapons and ammunition.

Recently, in nearby Pacific Palisades, police were investigating the suspicious death of a resident and discovered inside his residence 1,200 guns and two tons of ammunition. (Now there's somebody who really believed in the Second Amendment.) Fortunately, he died before he could make use of his one-man-army arsenal. The case is still being investigated so stay tuned. Or don't, if those type of things keep you up at night.

That brings me to last week's murders at the Grand 16 Theatre in Lafayette, La., where three died and nine were wounded. Consistent with "arm the good guys against the bad guys," I have a thought. At the concession counter, in addition to Skittles, popcorn and Cokes, why not sell ammo? And, like at a bowling alley where you rent shoes, you could rent the gat of your choice just to feel comfortable while sitting back and enjoying your favorite flick.

Then, if some psycho rushes in front of the screen about to empty his Glock, he would get wasted so fast the audience would barely miss a beat of the movie. Of course, afterward when the crew with the brooms and dust bins clean up for the next showing, they might need a gurney. But the point is, one could enjoy the film without that nagging thought in the back of their mind, "Am I going to get blown away before the final credits?"

In Congress there are actually enough votes to pass issues like jobs, immigration reform and yes, background checks on guns. But one party won't let these even get to the floor. Without naming names, all I'll say is that this party is grand and old. (That said, occasionally I'm wrong. Okay, maybe a tad more than occasionally.)

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WINNER

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Your column here

Cara Brown
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Right to sublet

THE RIGHT TO SUBLET, WHETHER FOR A week or a year is intrinsically part of our society, and how cities started to regulate it once it was facilitated through online sites is beyond the pale. The fact that the laws were not enforced or were only enforced through a complaint process is an indication that they were not really important or realistic. Think of the many laws that continue to sit on the books across the country which make for amusing reading. It's a shame that the City was unable to simply respond to the complaints and put the emphasis on responsible hosting instead of enacting restrictive and damaging new laws costing the city hundreds of thousands of dollars on an arguably discriminatory new law.

As a mom and pop owner of a fourplex in Santa Monica, and close to 60-years-old I feel that we in particular (and other owners of small units, duplexes, triplexes, etc.) are being penalized by the new laws, which quite arbitrarily drew a line between the privileged R1 homeowner with a guesthouse and anyone else. It appears that the city assumes that vacationers are fine and legal staying for 1-30 days in a guest home on an R1 property but not at a duplex, triplex, or fourplex etc.

They say it's fine for vacationers to sleep on one's couch for 1-30 days or for eight vacationers to rent one, two, three or four bedrooms in a home, apartment or a condo with a host in it; but that they somehow turn into nuisances if they are host free, even just renting a one bedroom. This is illogical thinking. Where they should have put their attention was on responsible management of ones home in regards to guest or resident hosting, whether one is home or not. Being mindful to ones neighbors is the most important consideration with vacation rentals.

After many communications with Kevin McKeown his only argument was that these units need to be returned to the city's affordable housing stock. Two of my units are vacant and have moved out of the "affordable" housing range for some time now. His stated purpose is impossible to attain. As is that of the hotel lobbies who paid eight housekeepers to hold signs saying that they need affordable housing in Santa Monica and vacation homes take it away from them. Really? However, if he were to tax my two units he could, on just my two units alone, bring the city upwards of $12,000 a year and put those funds into affordable housing projects in the city. If I am living on my property and have a guest in one unit how will this law stand up in court? Will a jury really see the difference between a R1 home and a duplex? How does it differ from the model the City of Santa Monica has legalized? One unit behind a home is fine, but one unit behind a duplex is not. Does this make sense to anyone?

I challenge this law. I am not alone. I want folks to be able to use these new world platforms to make their lives more prosperous, especially for senior citizens, folks who can only work part time, young professionals who want to travel, and ill folks trying to hold onto their homes. We are living in interesting and economically dangerous times. Not everyone has bounced back from the worst economy we have seen in our lifetimes. Santa Monica needs to get off of its bully's pulpit and make laws that are enacted in an equal and fair-minded way. I say replace these poor thinking volunteers on the Santa Monica City Council with younger, brighter folks equipped to understand changing more and technology. It's a new world, they need to get rid of their flip phones and suit up for a society where unused and underused resources make the world more fair and equitable for all.

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California says water use fell by 27 percent in June

FENIT NIRAPPIL
Associated Press

SACRAMENTO California's unprecedented system of mandatory conservation imposed on cities got off to a strong start with water use plunging 27 percent in June, regulators said Thursday.

Data released by the State Water Resources Control Board showed 265 of 411 local agencies in California hit or nearly reached savings targets.

The governor ordered cities to reduce water use by 25 percent to prepare in case California's four-year drought persists.

The savings came during the hottest June on record, which would normally lead to an uptick in water use. Prior savings have occurred during unusually wet months

"The June numbers tell a story of conscious conservation, and that's what we need and are applauding today," said Felicia Marcus, chairwoman of the water board. "We need to save as much as possible. That is water essentially in the bank for a future dry year or more."

The report confirmed figures previously released by California's largest cities, including Los Angeles, San Diego, San Jose and San Francisco, showing strong water conservation.

The agencies that met or came within 1 percent of their mandatory water conservation target serve 27 million Californians.

Under water board regulations for mandatory water savings, communities have nine months to hit assigned conservation targets as high as 36 percent. Water savings are compared to 2013, the year before Brown declared a drought emergency.

Some agencies opposed the targets, saying they were unfair and unrealistic and didn't give enough credit for prior conservation efforts.

Many that objected managed to reach their targets anyway, including San Diego which saved 24 percent in June.

Robyn Bullard, a spokeswoman for the public utilities department, credited widespread messaging that included an e-mail blast to customers and television commercials.

The water board is separately telling thousands of farmers that there is not enough water available to divert from rivers and streams under their rights.

Multiple irrigation districts have been challenging the curtailment in court.

A Sacramento County judge indicated at a Thursday hearing that she would side with the state's new approach to warning of insufficient supplies after she ruled that earlier notices violated farmers' rights.

Summer is peak water use season, and strong residential conservation could continue through July because of record rainfall in Southern California.

The water board says it will contact every agency that didn't come close to its targets and ask for more information about what it's doing to conserve.

The worst performers, which include the water districts serving wealthy areas in the desert's Coachella Valley and Temecula in Riverside County, will be told to ramp up water waste enforcement or limit days that residents can water lawns.

Regulators have the power to impose fines on agencies that consistently miss targets, but they say that's a last resort.

Water waste enforcement also shot up drastically in June. Agencies issued more than 9,500 penalties compared to about 1,900 in May.

Meteorologists say a wet California winter is increasingly likely as a strong El Nino condition builds in the Pacific Ocean, although it's unclear if it will be a drought-buster.

A study released by the National Aeronautics and Space Administration says precipitation in California since 2012 was 20 inches short of normal, equivalent to losing a full year of rain.

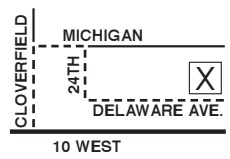
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RUGBY

FROM PAGE 1

gets to do in football," he said. "The fun stuff."

The local 6-foot-5-inch athlete will pursue his love of rugby when he joins the men's club team at Stanford University in the fall of 2016.

First though, he's taking a year off to unwind after a whirlwind career at Santa Monica High School during which he played three sports while taking numerous Advanced Placement classes.

"It's just to decompress," he said, although he added that he plans to work and take a few online classes. "Samohi was really intense, so I wanted to give myself time to let my body and mind relax before I go into an intense environment at Stanford."

Anderson also considered UCLA and California Polytechnic State University in San Luis Obispo, but he knew right away where he wanted to go to college when he was accepted to Stanford in December.

The prestigious Bay Area private school, which whittled down 42,167 applicants into last year's freshman class of 1,678 students, offered him what was an appealing balance of academics and athletics, while allowing him to stay in California.

Anderson plans to study material science and engineering, and said he hopes to pursue a career in research and development.

Meanwhile, he's looking forward to playing the sport he's loved since his father, who played collegiate rugby at the University of Maryland, introduced him to when he was 10-years-old.

Anderson played football for three years at Samohi, earning all-CIF honorable mention in 2012 as an offensive lineman, but his career on the gridiron was set aside after he suffered multiple concussions.

Anderson sees football and rugby as radically different in their approaches to dealing with injuries, criticizing the former for encouraging a culture of playing through them and, "pretending you're OK."

He added that the sports' different philosophies are reflected in their respective equipment.

"The football pads are weapons," he said. "They're not protective. They give you the confidence to hurl your head into people. We don't have these giant pads [in rugby]. If you run into a big dude with your forehead playing rugby, you're going to feel it and you're not going to do it again."

The troubling experiences he had in football made Anderson even more grateful for his time on the Santa Monica Rugby Club's youth team, which featured several Samohi students. He developed his skills at the lock and No. 8 positions, and he expects to play mostly as a lock when he enters the collegiate ranks.

Anderson will head to Stanford with fond rugby memories. He recalled one triumph in particular this past May at the Pacific Coast Cup championships in San Diego, which featured talented teams from three states.

Overcoming a variety of setbacks, including multiple coaching changes, Santa Monica came together to upset a top Arizona team.

"They had their full track suits and matching headphones, and we're pulling up in two minivans wearing T-shirts," Anderson said. "That was awesome."

jeff@smdp.com

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CITY OF SANTA MONICA
REQUEST FOR PROPOSALS

NOTICE IS HEREBY GIVEN that that the City of Santa Monica invites sealed proposals for

RFP: #40 CUSTOMER PERCEPTION SURVEY ABOUT BIG BLUE BUS
• Submission Deadline is August 19, 2015 at 12:00 PM Pacific Time.

Proposals must include forms furnished by the City of Santa Monica. Request for Proposals may be obtained on the CITY'S ONLINE VENDOR PORTAL. The website for this Request for Proposals and related documents is: Planet Bids or http://vendors.planetbids.com/SantaMonica/bid-search4.cfm. There is no charge for the RFP package.

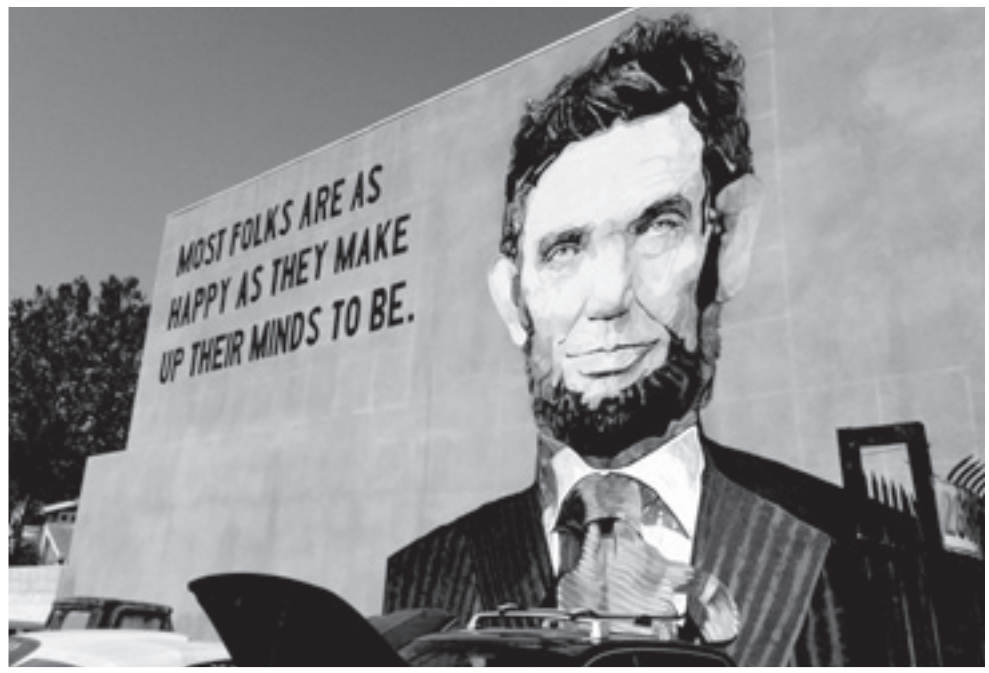
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Community Workshop

The Lincoln Neighborhood Corridor Plan



Please join your friends, neighbors and local businesses for the second **"LiNC" COMMUNITY WORKSHOP** to weigh-in on exciting proposals for Lincoln Boulevard south of the I-10 Freeway. This event will feature refined streetscape concepts and business improvement initiatives, and will seek guidance from the community to resolve several key questions that affect the design.

WHEN: THURSDAY, AUGUST 6TH
7:00 - 9:00 PM

WHERE: JOHN MUIR/SMASH ELEMENTARY
2525 5th STREET, SANTA MONICA

Please join us at this meeting to:

- See the progress on developing a host of streetscape elements that improve the Boulevard's livability, character and connectivity!
- Hear about proposed short-term business improvement projects and district formation.
- Help the project team resolve important trade-offs that challenge the design process.

Learn more at www.lincsm.net

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FOOD

FROM PAGE 1

expected to compete at a slightly lower price point. The new stores are expected to heavily feature Whole Food's store-brand products and to be competitive with stores like Trader Joe's.

The first store locations are slated to open in the second half of 2016. The company plans to double the number of 365 by Whole Foods Market store openings in 2017.

Whole Foods Market currently operates 24 locations in the Los Angeles area, including two stores on Wilshire Boulevard and a third on Montana Avenue. The Venice location is at Lincoln Boulevard and Rose Avenue, a few blocks outside city limits.

"We are really excited about the progress we have made with securing real estate in markets where there is high demand for both quality food and value in a convenient format," said Jeff Turnas, president of 365 by Whole Foods Market.

He said the Silver Lake location was originally planned as a standard store, but will be converted to the first 365 store.

"With a fresh format and unique product assortment, we think 365 will offer convenience and value while providing the quality standards and transparency that consumers love and expect," Turnas said.

The company has announced it has signed a lease in Santa Monica but has not revealed the location.

"While we're not disclosing the specific site location at this time, we've got a great spot in Santa Monica and we believe that residents of Santa Monica are hungry for the value proposition 365 by Whole Foods Market stores will deliver," said Michael Silverman, in Whole Foods Global Communications division. "The LA area is the perfect dense urban market where customers already love our quality standards and transparency to introduce our latest evolution of that in 365 stores."

Santa Monica's Architectural Review Board has a pending application for a market tenant at 2121 Cloverfield Boulevard, near the intersection of Cloverfield and Pico Boulevards, but the application does not specify the market's brand name.

Whole Foods will be expanding into a highly competitive local market. The city already has nine traditional grocery stores. One of those is Haggen, a brand from the Pacific Northwest that entered the Los Angeles market through its purchase of Albertsons. Haggen recently announced layoffs in Southern California due to tough competition.

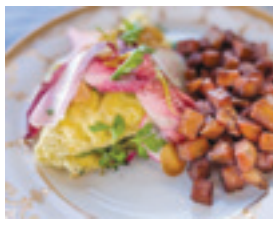
In fiscal year 2014, Whole Foods had sales of approximately $14 billion and currently has 424 stores in the United States, Canada, and the United Kingdom.

In a statement to investors, Walter Robb, co-chief executive officer of Whole Foods Market said he believed the company is taking the necessary steps to position itself for the longer term.

"We remain focused on innovating and evolving to best serve our customers' diverse purchasing preferences. From the unique experience of our Whole Foods Market stores, to our growing online channel for home delivery, to the exciting launch of our 365 by Whole Foods Market stores, we are making investments to extend our reach to both new and existing customers," he said.

editor@smdp.com

The menu features seasonally-inspired, elevated comfort-food cuisine alongside an extensive assortment of artisanal beer and specialty wines.



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TV

FROM PAGE 1

yearlong transformation that required determination and dedication, but for Paul it's also a landmark in a lifelong battle against temptation, addiction and doubt.

Paul was very active as a child and began dancing when she was 3-years-old, later joining the UCLA dance team and becoming a dance coach for area high school, community college and university students.

But someone close to her sexually abused Paul at a young age, an experience that crippled her self-worth. Then, at around age 22, she went through a difficult breakup after finding out the man she thought she would marry was cheating on her.

Food became her crutch.

"It was a way to blur out the pain," she said. "You eat until you don't feel anymore. I gave up on myself and my happiness. I was a lost cause."

Paul, 36, tried to lose the weight on her own. She read books, tested a variety of diets and counted calories.

"But it always came back," she said. "When I got on the scale and saw a '3' in front, I was like, 'This is bad.' ... The biggest thing was that I wasn't facing what made me start overeating to begin with."

Seeking a drastic change, Paul reached out to "Extreme Weight Loss," whose co-hosts Chris and Heidi Powell lead participants through intense dieting and exercise.

During the first three months she was stationed at the Anschutz Health and Wellness Center in Colorado, where she did a variety of cardio training for 2-4 hours each day. Activities included hiking, stair climbing and running.

"They were good at exposing us to a lot of stuff," she said. "You have to find something you like, because that's what's gonna get you to go to the gym every day."

Paul also followed a specific food plan and cooked her own lean meats and fresh vegetables.

She returned home for the following six months of the program, exercising for at least two hours each day. She found that she enjoyed workouts at CrossFit Santa Monica, which is close to where she lives, and she ended up going there every morning.

"They've taken me under their wing," she said, adding that she's now planning to coach and teach there.

There were difficult moments for Paul, to be sure, especially because she was no longer under constant supervision.

"It was hard to change habits," she said. "It was tough to navigate good food choices. But I'd meet every week with a trainer, and Chris and Heidi were always available. We would text and chat all the time."

At the six-month benchmark, as a reward for her progress, Paul got to meet Ne-Yo and be the hip-hop singer's backup dancer for a day.

"It was so much fun because it actually looked good when I was moving," she said. "I was like a kid on Christmas. I was just giddy."

Nine months into the program, Paul had surgery to remove excess skin. And then, at the culmination of her 365-day journey, she emerged for her "after" ceremony in a size 4 dress. Memories of size 26 remain fresh.

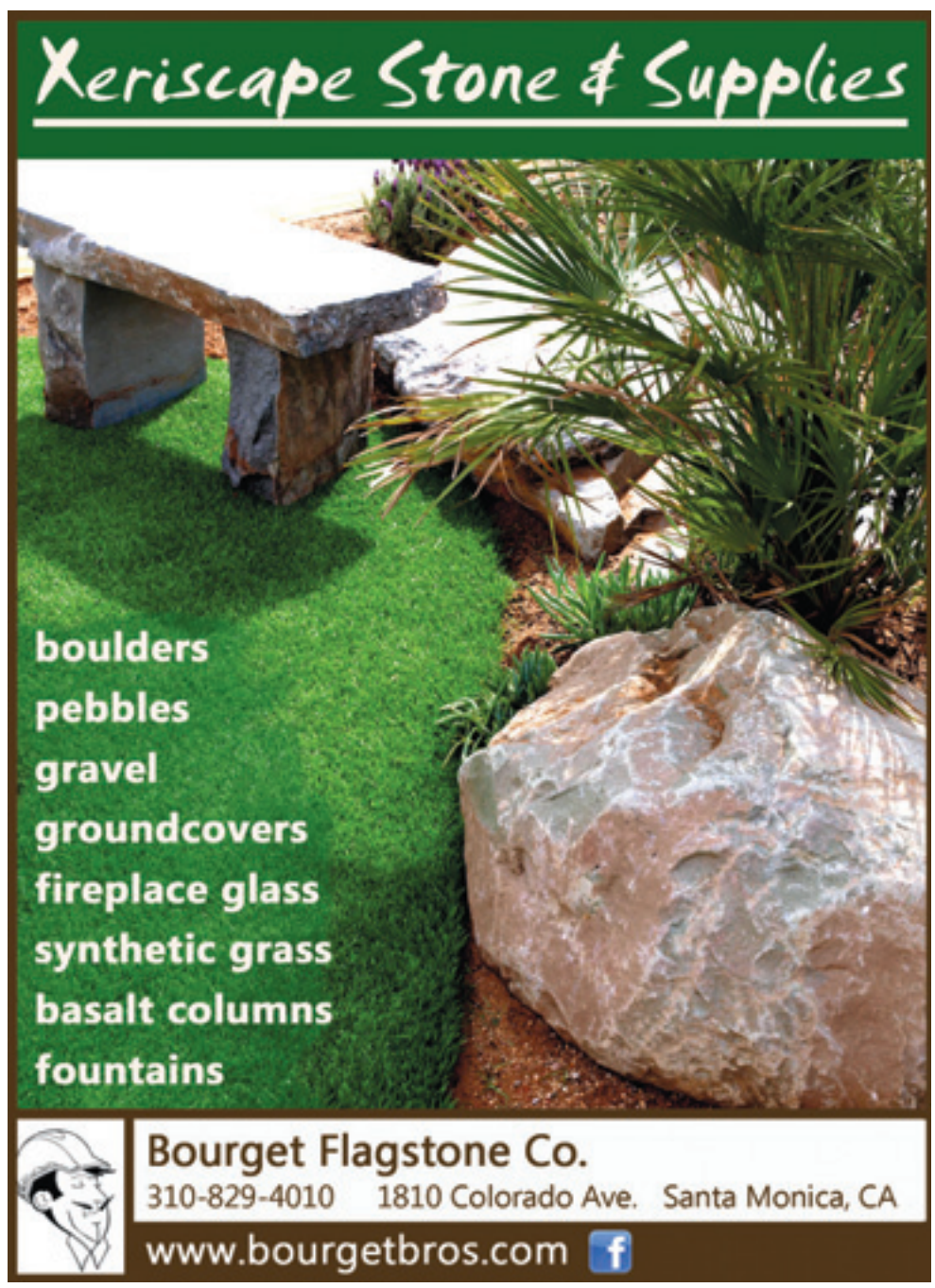
"I'm still a work in progress," she said. "The addiction is something I'll always deal with, and I have more tools now to deal with it. But I'm never done. I'm always going to have to make good choices. ... I do hope others are inspired. It's never too late."

jeff@smdp.com









NOTICE OF PUBLIC HEARING
SANTA MONICA ARCHITECTURAL REVIEW BOARD
REGULAR MEETING

DATE/TIME: August 3, 2015, 7:00 p.m.
LOCATION: Council Chambers, (wheelchair accessible)
Santa Monica City Hall, 1685 Main Street

PROPERTIES:

- 14ARB0435: 1541 Franklin Avenue: Multi-Residential
- 15ARB0068: 401 Broadway: Commercial
- 15ARB0103: 120 Hart Avenue: Single Family Residence
- 15ARB0134: 3200 Ocean Park Boulevard: Office
- 15ARB0143: 1405 Third Street Promenade: Retail

CONCEPT REVIEWS:

- None

More information is available on-line at http://santa-monica.org/planning/planningcomm/arbagendas.htm or at 310/458-8341 (en espanol tambien). Plans may be reviewed at City Hall during business hours. Comments are invited at the hearing or in writing (FAX 310-458-3380, e-mail grace.page@smgov.net, or mail Santa Monica Planning Division, 1685 Main St., Rm. 212, Santa Monica, CA 90401). The meeting facility is wheelchair accessible. For disability-related accommodations, please contact 310-458-8701 or TTY 310-450-8696 a minimum of 72 hours in advance. All written materials are available in alternate format upon request. Big Blue Bus lines, 2, 3, Rapid #3, 7, & 9 serve the Santa Monica Civic Center and City Hall.

NOTICE OF PUBLIC HEARING
BEFORE THE CITY OF
SANTA MONICA LANDMARKS COMMISSION

SUBJECT: Public hearings will be held by the Landmarks Commission on the following:

210 Santa Monica Boulevard, 15ENT-0270, Zoning: BSC-2 (Bayside Commercial) District. The City Landmarks Commission will be conducting a public hearing to consider a Certificate of Appropriateness for the approval of a sign adjustment and sign plans, for a new retail tenant, Shoe Palace, located within the Mayfair Theater building at 210 Santa Monica Boulevard. Applicant: George Mersho. Owner: George Mersho. ***(Continued from July 13, 2015 meeting).***

305 Alta Avenue, 15ENT-0261, Zoning: R1 – Single Family Residential. The City Landmarks Commission will be conducting a public hearing to consider Landmark Designation Application 15ENT-0261, at 305 Alta Avenue to determine whether the existing single family residence, in whole or in part, should be designated as a City Landmark. The Landmarks Commission will make a decision regarding designation based on whether the application, research and public testimony presented show that the structures meet one or more of the required criteria for Landmark designation. Applicant: Lawrence Rosen. Owner: Lawrence Rosen.

918 Fifth Street, 15ENT-0271, Zoning: R2 – Low Density Multiple Family Residential. The City Landmarks Commission will be conducting a public hearing to consider supplementing the existing landmark designation of the Deodar Cedar tree, located at 918 5th Street, in order to define and describe an associated landmark parcel in order to protect and safeguard the landmark. Applicant: Nicole Massarat. Owner: Nicole Massarat.

1855 Main Street (Chain Reaction), 15ENT-0284, Zoning: CC – Civic Center District. The City Landmarks Commission will be conducting a public hearing to consider Certificate of Appropriateness application 15ENT-0284, in the vicinity of 1855 Main Street, to define and execute the methodologies, protocols and conservation treatment for the repair and restoration of the 'Chain Reaction' sculpture, a designated City Landmark. Applicant: Danny Welch -- City of Santa Monica. Owner: City of Santa Monica.

When: **Monday, August 10, 2015 at 7:00 pm**

Where: City Council Chambers, City Hall, Room 213
1685 Main Street, Santa Monica

Questions/Comments
The City of Santa Monica encourages public comment on this and other projects. You or your representative, or any other persons may comment on the application at the Public Hearing, or by writing a letter addressed to Scott Albright, AICP, Senior Planner, City Planning Division, 1685 Main Street, Room 212, Santa Monica, California, 90401-3295. Or, you may contact Mr. Albright by phone at (310) 458-8341 or by email at scott.albright@smgov.net.

More Information
The meeting facility is wheelchair accessible. If you have any disability-related accommodation requests, please contact (310) 458-8341 or TTY (310) 458-8696 at least three days prior to the event. All written materials are available in alternate format upon request. Santa Monica Bus Lines 1, 2, 3 and 7 serve City Hall. Pursuant to California Government Code Section 65009(b), if this matter is subsequently challenged in Court, the Challenge may be limited only to those issues raised at the Public Hearing described in this notice, or in written correspondence delivered to the City of Santa Monica at, or prior to, the Public Hearing.

Espanol
Este es un aviso de una audiencia publica para considerar la designación de una propiedad en la ciudad como un monumento histórico. Para mas información, favor de llamar a Carmen Gutierrez en la División de Planificación al número (310) 458-8341.

FILM REVIEW
ANT-MAN

Rated PG 13
117 Minutes
Released July 17th

Ant-Man is a thrill ride through the world of science fiction physics. The characters are complex, charismatic people, whose relationships ebb and flow - convincing players in an otherworldly premise suspending our concept of reality, Once we buy in, well-placed humorous references poke fun at the day-to-day environment we take for granted.

There was almost more drama in the making of this movie than in the movie itself. I'll focus on that history. As for the movie, just go see it. I would never have guessed that getting this film completed was a ten-year ordeal involving numerous rewrites and "musical chairs" changes of directors and cast. The wonder is that Ant-Man ever got made in the first place, unbelievable that it's one of the best Marvel films ever.

The superb quality of Ant-Man is due to the perseverance of those involved in the production, a project begun in September 2005. In April 2006, Director Edgar Wright, a huge fan of Ant-Man comics, started work on the screenplay (one of the best of this year) with Joe Cornish. They finished a first draft in March 2008. Work was started on a second draft that June. Rewrites resumed in 2010. A completed script emerged in 2011…more rewrites in 2013. By then, Wright was close to starting the shoot. He had his cast and crew. Then…Disney bought Marvel, and Wright left due to "creative differences".

Filming finally started in August 2014, with new director Peyton Reed. Normally I would think this would be a "too many cooks" situation by now, that the screenplay would be disjointed and stale from too many rewrites. Yet, amazingly, this film is tight, no more is said than needs to be voiced, information is imparted visually that plays vital roles in later scenes.

With the changeover of directors, ten weeks were chopped off editing / special effects time. Yet special effects teams worked intensely, using the very science of physics that is central to the story's theme to shoot the backgrounds for shrunken Ant-Man's point-of-view. They used macro-photography (digital mattes of enlarged environments) and motion-capture. Close-up shots and long shots with wide-angle lenses give Ant-Man's giant surroundings a believable look, even including huge dust-mites. De-aging VFX is amazingly effective in the opening scene. Keep your eyes open for hidden details that pay homage to historic comics and film history.

Paul Rudd exudes an innocence that is unexpected in a superhero. Wright cast him because of his natural charisma, to balance his character's criminal background. Rudd worked with a gymnast to master Ant-Man's movements and purchased a large ant farm to study the creatures. Bobby Cannavale is great as the step-dad. Cannavale noted that although this was a big budget shoot, it felt like an independent film atmosphere. Indeed, that environment makes Ant-Man great in the end. Originally the film would have been darker, closer to the comic book story. Exuberance, humor and joy uncharacteristic for a comic book blockbuster permeate this story. See Ant-Man more than once and discover more details each time.

KATHRYN WHITNEY BOOLE was drawn into the entertainment industry as a kid and never left. It has been the backdrop for many awesome adventures with crazy creative people. She now works as a Talent Manager with Studio Talent Group in Santa Monica. kwboole@gmail.com For previously published reviews see https://kwboole.wordpress.com.

MOVIE TIMES

Aero Theatre
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SATURDAY NIGHT FEVER / GREASE
7:30PM

AMC Loews Broadway 4
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Jurassic World
10:30AM, 1:25PM, 4:20PM

Paper Towns
11:00AM, 1:45PM, 4:35PM, 7:20PM, 10:05PM

Southpaw
10:45AM, 1:55PM, 4:50PM, 7:45PM, 10:40PM

Trainwreck
7:15PM, 10:10PM

Vacation
10:00AM, 12:30PM, 3:00PM, 5:30PM, 8:00PM, 10:35PM

AMC 7 Santa Monica
1310 Third St.
(310) 451-9440

Ant-Man
1:20PM, 7:25PM, 4:35PM, 10:30AM, 10:45PM

Inside Out
10:35AM, 1:10PM, 3:45PM, 6:20PM, 9:00PM

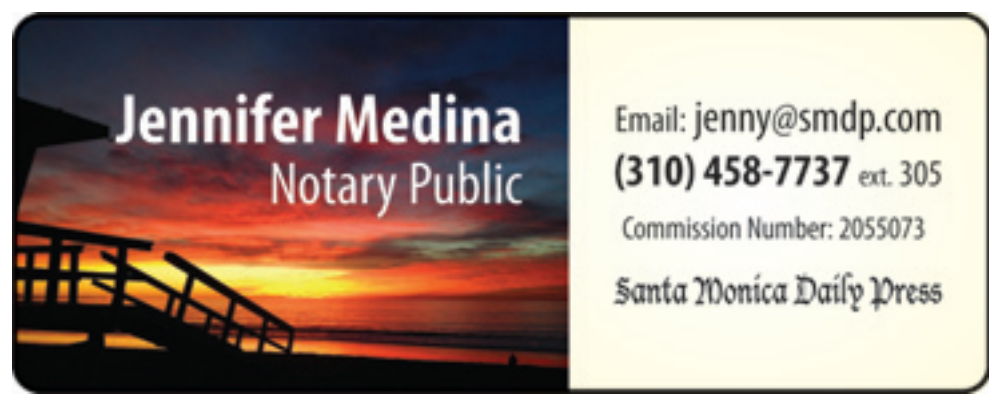
Minions
4:40PM, 10:20PM, 6:45PM, 11:45AM, 2:05PM

Mission: Impossible - Rogue Nation
9:50AM, 10:50AM, 12:55PM, 1:45PM, 4:10PM, 4:50PM, 7:00PM, 7:40PM, 9:15PM, 10:10PM, 11:30PM

Pixels
1:55PM, 7:55PM, 4:00PM, 11:05AM, 10:35PM

Trainwreck
10:05AM, 1:25PM, 4:25PM, 7:30PM, 10:30PM

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SURF REPORT



SURF FORECASTS

WATER TEMP: **71.5°**

FRIDAY – **FAIR** – SURF: **2-3 ft** knee to chest high occ. 4ft
SW swell fades. Minor NW windswell.

SATURDAY – **POOR TO FAIR** – SURF: **1-3 ft** ankle to waist high
Smaller leftovers from the SW as small, new S swell slowly builds.

SUNDAY – **POOR TO FAIR** – SURF: **2-3 ft** knee to waist high
Decreasing SW swell. Modest, new S swell slowly builds - larger sets in the afternoon.

MONDAY – **FAIR** – SURF: **2-3 ft** knee to chest high
Modest new S swell tops out while old SW swell drops. Minor NW windswell.

BEACH REPORT CARD

NORTH LOS ANGELES COUNTY

Grades for this report are based on monitoring data from the previous 30 days up to the ending date of **January 12, 2015**

HEAL THE BAY · 1444 9th Street, Santa Monica, CA 90401 · beachreportcard.org · brc@healthebay.org · 800 HEAL BAY

QUICK STATS (for the last 30 days)

- Number of sewage spills -- 0
- Number of beach closures due to a sewage spill -- 0
- Number of wet days -- 14
- Number of A grades for dry/wet weather -- 33 / 20
- Number of (C,D,F) grades for dry/wet weather -- 5 / 19

The Beach Report Card is made possible by: SMA Swain Barber Foundation

Heal the Bay reminds you not to swim or surf within 100 yards of any flowing storm drain or for at least 3 days after a rainstorm. After a rain, indicator bacteria counts at beaches throughout California usually far exceed health criteria in the state's Beach Closure and Health Warning Protocol.

LOCATION	DRY	WET
Leo Carrillo Beach, at Arroyo Sequit Creek mouth.	A+	A+
Nicholas Beach at San Nicholas Canyon Creek mouth.	A+	A+
El Pescador State Beach, between Lechusa and Los Alisos creeks.		
Encinal Canyon at El Matador State Beach.	A+	A+
Broad Beach at Trancas Creek mouth.	B	A+
Zuma Beach at Zuma Creek mouth.	A+	A+
Walnut Creek, projection of Wildlife Rd. (private).	A+	F
Paradise Cove Pier at Ramirez Canyon Creek mouth.	F	A+
Escondido Creek, just east of Escondido State Beach.	A+	F
Latigo Canyon Creek mouth.	F	A+
Solstice Canyon at Dan Blocker County Beach.	A+	D
Puerco State Beach at creek mouth.	A+	A+
Marie Canyon storm drain at Puerco Beach, at 21572 Malibu Rd..	A+	F
Surfrider Beach at Malibu Colony fence.	A+	F
Surfrider Beach (broach location)- daily.	A	F
Malibu Pier - 50 yards east.	ns	F
Carbon Beach at Sweetwater Canyon.	A+	F
Las Flores State Beach at Las Flores Creek (point zero).	A+	A+
Big Rock Beach at 19948 PCH stairs.	A+	A+
Pena Creek at Las Tunas County Beach.	A+	F
Tuna Canyon.	ns	ns
Topanga State Beach at creek mouth.	A	B
Castlerock Storm Drain at Castle Rock Beach.	ns	ns
Santa Ynez Storm Drain at Castle Rock Beach.	B	F
Will Rogers State Beach at 17200 PCH (1/4 mile east of Sunset drain).	B	A+

LOCATION	DRY	WET
Will Rogers State Beach at Bel Air Bay Club drain near fence.	A+	A+
Will Rogers State Beach at Pulga Canyon storm drain.	A	F
Will Rogers State Beach at Temescal Canyon drain.	A+	A+
Will Rogers State Beach at Santa Monica Canyon drain (Chautauqua).	B	B
Santa Monica Beach at Montana Ave. drain.	A+	A+
Santa Monica Beach at Wilshire Blvd. drain.	A+	F
Santa Monica Municipal Pier.	C	C
Santa Monica Beach at Pico/Kenter storm drain.	A	D
Santa Monica Beach at Strand St. (in front of the restrooms).	A+	A+
Ocean Park Beach at Ashland Ave. drain.	A+	B
Venice City Beach, at the Rose Ave. storm drain.	A+	F
Venice Beach at Brooks Ave. drain.	A+	A+
Venice Beach at Windward Ave. drain.	A	F
Venice Fishing Pier - 50 yards south.	F	A+
Venice Beach- projection of Topsail St..	A+	D
Marina del Rey, Mothers' Beach- lifeguard tower.	F	B
Dockweiler State Beach at Ballona Creek mouth.	ns	ns
Dockweiler State Beach at Culver Blvd. drain.	A	F
North Westchester Storm Drain at Dockweiler State Beach.	B	B
Dockweiler State Beach at World Way (south of DBW jetty).	A+	A+
Dockweiler State Beach at Imperial Hwy drain.	A+	F
Dockweiler Beach- opposite Hyperion Treatment Plant.	A+	A+
Dockweiler State Beach at Grand Ave. drain.	A+	A+

LEGEND

DRY -- each location is graded on an A - F scale based on bacterial pollution levels present in the surf zone
WET -- grades for days of recorded rainfall and the following 3 days
ns -- no sample taken

Heal the Bay's Beach Report Card™ is based on weekly water quality monitoring data provided by the City of Los Angeles' Environmental Monitoring Division and the Los Angeles County Department of Health Services. Data is analyzed as soon as it is made available to us by the public agencies. Beaches are graded on an A-F scale based on the risk of ocean users becoming ill. Samples are analyzed for bacteria—enterococcus, total and fecal coliforms—that indicate biological pollution. A fact sheet detailing the exact methodology used in determining grades for each location is available from the office or on our web site. The report is not designed to measure the amount of trash or toxins found at local beaches.

The Beach Report Card is an indication of past water quality and is not a warranty of the current safety of those areas surveyed. Our lawyers are happy.

Heal the Bay is a nonprofit environmental organization making Southern California coastal waters and watersheds, including Santa Monica Bay, safe, healthy and clean. We use science, education, community action and advocacy to pursue our mission.

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CRIME WATCH

BY DAILY PRESS STAFF



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

ON JULY 17 AT APPROXIMATELY 7 P.M.

Officers responded to the 3000 block of Airport Avenue in response to a collision involving one vehicle. Upon arriving, officers noticed that the vehicle had collided into the chain-link fence, causing it to be pushed into a secured parking lot and bending three fence posts. The subject, later identified as Rahim Virani, 23 of Chevy Hills, stated he was confused and was having trouble with his parents; therefore he wanted to make a point to his family so they could listen to him. Officers were unable to obtain an exact amount of the cost for damages, although they did appear to be minor. Due to the fact that Virani intentionally caused property damage, he was arrested for vandalism of property. Bail was set at $500.

DAILY POLICE LOG

The Santa Monica Police Department responded to 402 calls for service on July 29.

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

Indecent Exposure 400 block of Santa Monica Pier 1:24 a.m.
Battery 200 block of Santa Monica Pier 2:00 a.m.
Hit And Run 4th/I-10 5:11 a.m.
Battery 800 block of Pacific Coast Hwy 5:30 a.m.
Burglary 2800 block of Main 6:21 a.m.
Lewd Activity 500 block of Olympic 6:28 a.m.
Assault With a Deadly Weapon 2000 block of Ocean Front Walk 6:50 a.m.
DUI Main/Pico 7:34:47
Family Disturbance 3000 block of Paula 7:43 a.m.
Public Intoxication 2000 block of The Beach 8:10 a.m.
Identity Theft 500 block of San Vicente 8:16 a.m.
Battery 300 block of Santa Monica Pier 8:27 a.m.
Indecent Exposure 1300 block of Pacific Coast Hwy 9:02 a.m.
Person With A Gun 26th/Santa Monica 9:20 a.m.
Battery 1300 block of 3rd Street Prom 9:32 a.m.
Traffic Accident 1300 block of 20th 9:49 a.m.
Grand Theft 1200 block of 3rd Street Prom 9:51 a.m.
Hit And Run Lincoln/Ocean Park 9:53 a.m.
Hit And Run 1600 block of 4th 10:05 a.m.
Hit And Run 700 block of Arizona 10:38 a.m.
Battery 1400 block of Lincoln 10:58 a.m.
Traffic Accident 11th/Ocean Park 11:23 a.m.
Identity Theft 1200 block of Pico 12:03 p.m.
Battery 200 block of Santa Monica Pier 12:21 p.m.
Illegal Weapon 1500 block of The Beach 12:24 p.m.
Armed Robbery 2500 block of Santa Monica 12:32 p.m.
Grand Theft 300 block of Wilshire 12:40 p.m.
Threats /Investigations 1700 block of Cloverfield 12:47 p.m.
Grand Theft 300 block of Wilshire 12:59 p.m.
Vandalism 2800 block of Main 1:36 p.m.
Hit And Run Felony Investigation Cloverfield/Schader 1:47 p.m.
Grand Theft Auto 300 block of Ashland 2:29 p.m.
Grand Theft 2100 block of Santa Monica 2:39 p.m
Hit And Run 2700 block of Wilshire 3:20 p.m.
Armed Robbery In Progress 3rd Street Prom/Santa Monica 3:42 p.m.
Identity Theft 900 block of 7th 4:21 p.m.
Battery 1300 block of 15th 4:30 p.m.
Shots Fired 1700 block of 10th 4:43 p.m.
Hit And Run 1700 block of Ocean 4:52 p.m.
72 Hour Psychiatric Hold 2100 block of Lincoln 5:42 p.m.
Critical Missing Person 2100 block of Virginia 6:23 p.m.
Traffic Accident 23rd /Pier 6:27 p.m.
Family Disturbance 11th /Arizona 6:37 p.m.
Traffic Accident 1100 block of Pacific Coast Hwy 6:53 p.m.
Family Disturbance 4th /Arizona 6:56 p.m.
Battery 1400 block of 7th 7:03 p.m.
Indecent Exposure 600 block of Wilshire 7:47 p.m.
Traffic Accident 3400 block of Ocean Park 7:49 p.m.
Burglary 1400 block of 7th 7:50 p.m.
Battery Lincoln /Pico 8:40 p.m.
Identity Theft 2000 block of 4th 9:01 p.m.
Traffic Accident 15th /Broadway 9:06 p.m.
Party Complaint 2600 block of 30th 10:16 p.m.
Hit And Run Main/Kinney 10:57 p.m.
Family Disturbance 1400 block of 3rd Street Prom 11:22 p.m.
Fight 300 block of California 11:54 p.m.



CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Blazer part
6 Fresh
11 Be penitent
12 Concert venue
13 Little brothers, typically
14 From the area
15 Try out
17 Spur on
18 Surgery souvenir
20 Facility
22 Suffering
23 Paint board
26 Some elbows
28 School paper
29 Turns abruptly
31 — out a living
32 Film unit
33 Barney's buddy
34 Another name for Jupiter
36 Ukraine city
38 "Don't Cry for Me" singer
40 Minor blunders
43 Home design
44 Sanctioned
45 Bumbling
46 Company suits

DOWN

1 Pool unit
2 Had a bite
3 Group with lots of letters
4 Door sign
5 Reduced amount
6 Mineo of movies
7 Incites
8 Presidential protectors
9 Small setback
10 New Haven school
16 Assam export
18 Wee drinks
19 Lobster part
21 Pub pints
23 Make lots
24 Appropriate
25 Took in
27 Bird's perch
30 Yellowstone grazer
33 Oscar's roommate
34 Empire's foes
35 Kitchen sight
37 Vacation spot
39 Gallery fill
41 Snap
42 Ave. intersectors

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

Yesterday's answer

THOMAS CROSSWORD BOOKS 1-8! Send $4.75 (check/m.o.) for each book to 628 Virginia Dr., Orlando, FL 32803

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				

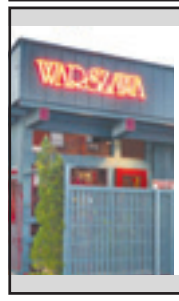
7-31

MYSTERY PHOTO

Matthew Hall *matt@smdp.com*



The first person who can correctly identify where this image was captured wins a prize from the Santa Monica Daily Press. Send answers to *editor@smdp.com*.



New Hours!
Now Open 5PM-11PM
www.WarszawaRestaurant.com
1414 Lincoln Blvd, Santa Monica CA 90401
Hours: Tue - Sat: 5PM-11PM, Sun: 5PM - 10PM, CLOSED Monday



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. The difficulty level ranges from (easiest) to (hardest).

Difficulty Level ★★★★

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

GETTING STARTED

There are many strategies to solving Sudoku. One way to begin is to examine each 3x3 grid and figure out which numbers are missing. Then, based on the other numbers in the row and column of each blank cell, find which of the missing numbers will work. Eliminating numbers will eventually lead you to the answer.

SOLUTIONS TO YESTERDAY'S PUZZLE

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

King Features Syndicate

DAILY LOTTERY

POWERBALL
Draw Date: 7/29
4 22 27 28 52
Power#: 35
Jackpot: 110M

MEGA MILLIONS
Draw Date: 7/28
8 35 61 68 75
Mega#: 15
Jackpot: 25M

SUPER LOTTO
Draw Date: 7/29
13 15 33 35 36
Mega#: 15
Jackpot: 61M

Fantasy 5
Draw Date: 7/29
1 6 18 21 28

DAILY 3
Draw Date: 7/29
MIDDAY: 1 7 8
Draw Date: 7/29
EVENING: 5 1 1

DAILY DERBY
Draw Date: 7/29
1st: 07 Eureka
2nd: 12 Lucky Charms
3rd: 04 Big Ben
RACE TIME: 1:45.52

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!

olio
1. a mixture of heterogeneous elements; hodgepodge.
2. a dish of many ingredients.

TODAY IN HISTORY

1961 – At Fenway Park in Boston, Massachusetts, the first All-Star Game tie in Major League Baseball history occurs when the game is stopped in the 9th inning because of rain.

1964 – Ranger program: Ranger 7 sends back the first close-up photographs of the moon, with images 1,000 times clearer than anything ever seen from earth-bound telescopes.

1970 – Black Tot Day: The last day of the officially sanctioned rum ration in the Royal Navy.

1971 – Apollo program: Apollo 15 astronauts become the first to ride in a lunar rover.

1988 – 32 people are killed and 1,674 injured when a bridge at the Sultan Abdul Halim ferry terminal collapses in Butterworth, Penang, Malaysia.

1991 – The United States and Soviet Union both sign the START I Strategic Arms Reduction Treaty, the first to reduce (with verification) both countries' stockpiles.

1992 – Georgia joins the United Nations.

1999 – Discovery Program: Lunar Prospector – NASA intentionally crashes the spacecraft into the Moon, thus ending its mission to detect frozen water on the moon's surface.

NEWS OF THE WEIRD BY CHUCK SHEPARD

■ Pharmaceutical companies justify huge drug price markups on the ground that the research to develop the drug was, itself, hugely expensive. In February, a Canadian company, Valeant Pharmaceuticals International, decided to raise the price of two heart-saving drugs (Nitropress, Isuprel) by 212 percent and 525 percent, respectively, even though it had conducted no research on the drugs. That was because, reported The Wall Street Journal, all Valeant did was buy the rights to the already-approved drugs from another company (which, of course, had thought the drugs -- research and all -- had been fairly priced at the lower amounts). Said a Valeant spokesperson, "Our duty is to our shareholders and to maximize the value" of our products (even, apparently, if it owned the product for less than a day before jacking up the price as much as five-fold).

■ Summer is state-fair season, i.e., the time of sugar- and fried-fat-based comfort snacks that rarely appear anywhere except at state fairs. Recent samplings: caviar-covered Twinkie (Minnesota), mac-and-cheese cupcake (Minnesota), deep-fried Oreo burger (Florida), deep-fried gummy bears (Ohio), deep-fried beer (Texas) -- and old favorites such as chicken-fried bacon (Texas), spaghetti ice cream (Indiana), Krispy Kreme chicken sandwich (California) and the hot-beef sundae (Indiana, Iowa).



On Fridays, 'Fresh Meets' shows you where to meet the best peeps

Make like a Hulk on the pier

By Katharine Romefelt

Ready to get ripped? Being kind to your body and your health is one of the easiest ways to clear your mind and feel refreshed so that, unhampered by stress, you can be your best self from day to day. And "Hey There Muscles" at the Santa Monica Pier next Saturday (Aug. 8) is an adventurous way to get your body moving.



Led by instructors from Ferrigno FIT, "Hey There Muscles" lasts about an hour and includes a short "self awareness talk", followed by an intense 50 minutes of interval training that will challenge your mind, body and spirit.

Among the speakers next Saturday is Lou Ferrigno — 1973's "Mr. Universe", co-star of the classic bodybuilding documentary *Pumping Iron* and former star of TV's *The Incredible Hulk*.

The event begins at 9 am, but be sure to allow enough time for parking beforehand. And the three or four dollars you pay for a parking spot won't feel like the usual sacrifice of LA living because the workout is FREE!

If you aren't too exhausted after working it seaside, get to know your fellow workout buddies and grab brunch at a spot like Dogtown Coffee on Main Street to re-fuel those muscles. Then set out on your day feeling recharged with more strength, willpower and a lifted mood! You'll feel "incredible"!



For more information, see *santamonicapier.com.*

GET THE WHOLE STORY @GIIVE.ORG/BLOG

Enjoy the moment, Scorpio

ARIES (March 21-April 19)
★★★★★ A friend could trigger a lot of excitement with the full expectation of you joining in. A conflict might arise from out of the blue. The implication is that you'll need to make a choice, but that's not true -- you just need to ride the wave of the moment. Tonight: Happy at home.

TAURUS (April 20-May 20)
★★★★ You might become more withdrawn the more someone makes demands. You see a personal matter very differently from how a boss sees it. Don't try to resolve this conflict; instead, think in terms of keeping the peace. Tonight: Join friends for a fun happening.

GEMINI (May 21-June 20)
★★★★★ Reach out to someone you care about. You might want to make plans to see each other soon. Know your limits. Count on being flooded with chatter and invitations. Realize that there are worse things. Tonight: Be careful about making plans, as you might want to change them.

CANCER (June 21-July 22)
★★★★ You might be a lot more in touch with what you need from a certain situation than you realize. Your financial savvy will be tested to the max. You have the wherewithal to handle a problem. Remain secure and sure of yourself. Tonight: Be ready for some tumultuous moments.

LEO (July 23-Aug. 22)
★★★★ Before you even can make a suggestion, others will come forward with theirs. You might be overwhelmed when weighing the choices that are presented. You will see a personal matter differently from how a loved one sees it. Tonight: Juggle your needs with someone else's.

VIRGO (Aug. 23-Sept. 22)
★★★ You might be permitting all the recent stress to weigh you down. In fact, today probably would be the perfect day to relax and ask for something you want. You see life from a new perspective. Curb any negativity. Tonight: Make yourself unavailable.

LIBRA (Sept. 23-Oct. 22)
★★★★★ You might want to reconsider the possibilities surrounding a personal situation. A loved one might play a bigger part in your plans than you originally had thought. Don't overthink the situation, just relax and expect to be pulled in different directions. Tonight: Till the wee hours.

SCORPIO (Oct. 23-Nov. 21)
★★★★ You have a lot of ground to cover, and many people seem to need your time. A family member could become quite demanding. Be willing to ask for more of what you want, but know that this person is not used to you making such requests. Tonight: Enjoy the moment.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ You might know what to do with a difficult loved one, whereas others seem to flounder. Your ability to communicate with this person is excellent at the present moment. Honor a change of pace if need be. Tonight: Take a walk or head to the gym for some exercise.

CAPRICORN (Dec. 22-Jan. 19)
★★★ Curb an innate possessiveness. It appears as though you might not be as secure about a situation as you would like to be. Relax and touch base with a loved one who has similar needs as you. The conversation that ensues could be very helpful. Tonight: Let someone else treat.

AQUARIUS (Jan. 20-Feb. 18)
★★★★★ The Full Moon accentuates what you have to offer. You could be stressed out by the sudden attention. A conversation with a friend or associate is likely to present a unique perspective. Tonight: Express your caring in a way that others will understand.

PISCES (Feb. 19-March 20)
★★★★★ You might be overly tired and stressed out. How you set up a situation will be based on what you hear and not on what is really said. You might not even be aware of the difference yet. A smile from you helps others relax. Tonight: Be mysterious. Do your thing.

Friday, July 31, 2015

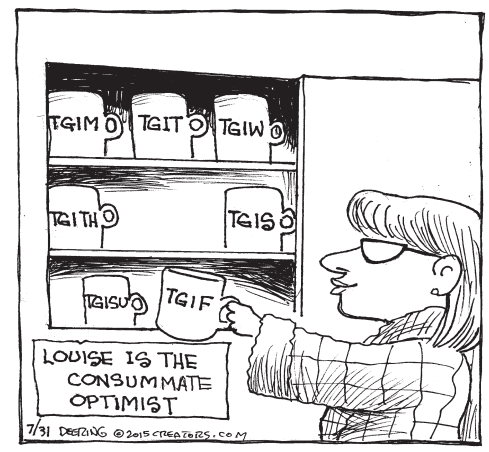
This year you can identify with both sides of an argument. You often see the pros and cons of a situation. Instead of falling into one camp or the other, why not just look at how you can bring the two sides together? At the core, the issue is the same. If you are single, your magnetism draws many people to you. Though you have many potential suitors, you might want to date more than commit. If you are attached, you often do not see eye to eye with your sweetie. Remember that you are with the one you love. Don't allow the details of the moment to distract you. AQUARIUS always makes a great friend.

JACQUELINE BIGAR'S STARS
The stars show the kind of day you'll have:
★★★★★Dynamic ★★ So-So
★★★★ Positive ★ Difficult
★★★ Average

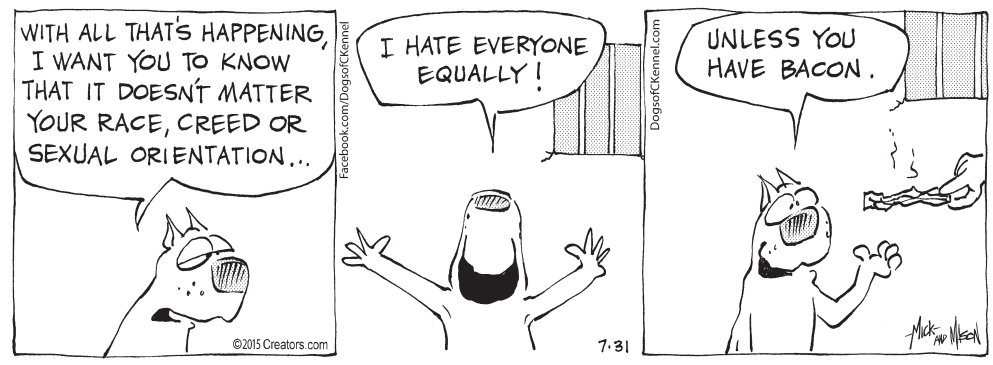
Speed Bump
By Dave Coverly



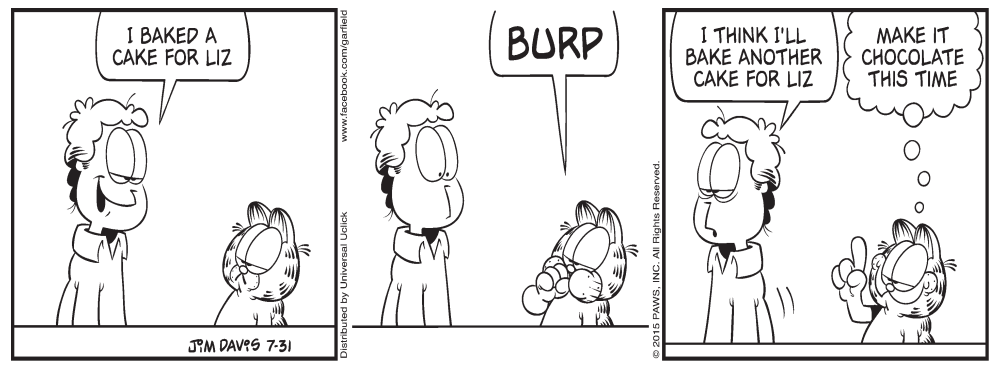
Strange Brew
By John Deering



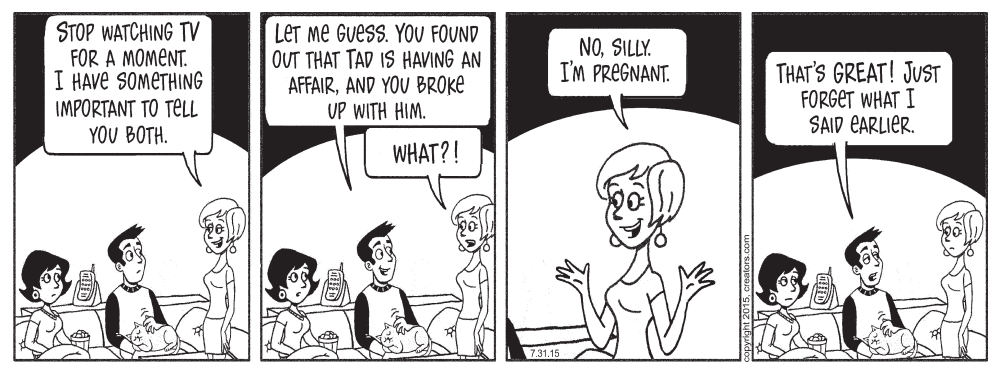
Dogs of C-Kennel
By Mick and Mason Mastroianni



Garfield
By Jim Davis



The Meaning of Lila
By John Forgetta & L.A. Rose



Santa Monica Daily Press

Classifieds

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

All classified liner ads are placed on our website for FREE! Check out www.smdp.com for more info.

Announcements

Announcements

Lease to Own House Wanted 3rd generation Santa Monican "VAUGHAN FAMILY" looking for a home in Santa Monica- Venice - Marina del Ray contact Mike@peprinting.com or Call 310-989-9444

Employment

Help Wanted

Long term, part time executive assistant wanted for a home office in Malibu. Degree preferred, must have excellent computer, English, math & people skills. Pleasant working conditions, 40 year old company. Position available now. Please send your resume to : raffinrealty@earthlink.net or fax to (310)456-7715. Office (310)317-1997.

For Sale

For Sale

1996 Chrysler Sebring Convertible, currently nonoperational, Gold body with tan top $2000 OBO. (310)460-9741

RUSH Legal Notices

RUSH Legal Notices

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2015162379 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 06/18/2015 The following person(s) is (are) doing business as SUR-RYL HOMES. 2202 S. FIGUEROA ST. #318, LOS ANGELES, CA 90007. The full name of registrant(s) is/are: THE SUR-RYL GROUP LLC 2202 S. FIGUEROA ST. #318 LOS ANGELES, CA 90007. This Business is being conducted by: a Limited Liability Company. The registrant has not yet commenced to transact business under the fictitious business name or names listed above. /s/:SEQUOIA HOUSTON. THE SUR-RYL GROUP LLC. This statement was filed with the County Clerk of LOS ANGELES County on 06/18/2015. 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 07/17/2015, 07/24/2015, 07/31/2015, 08/07/2015.

Services

Business Services

Housekeeper- Excellent References and from Ireland. (310) 713-0349

MAYA SHOE REPAIR Providing 50 years of excellent service in Santa Monica. We fix purses, fine leather goods, work boots, women's shoes and much more. 1708 Ocean Park Blvd. (310) 452-1113. Open 7 days a week.

Real Estate

Commercial

SANTA MONICA OFFICE SUITE- For lease in beautiful garden building. Approx. 610 square feet, split-level suite. Utilities included. †30th Street near Ocean Park Boulevard. $2,150 a month †(310) 456-7031 ext.175.

For Rent

Apartment for Rent. Has own private backyard, in unit washer/dryer, and hardwood floors. Rent is $1,800 per month. (323)661-4550

West Side Rentals

Venice 22 VENICE BEACH APARTMENT WPARKING. WALK TO THE BEACH 1-car Parking included, Paid water & trash & gardener, Rent $3,150.00, Deposit 3150.00, Available Now! westsiderentals.com/listingdetail.cfm?id=1193636

Santa Monica AMAZIN DOWNTOWN FABULOUS & MODERN STUDIO! 1-car Parking included, Rent $2,364.00 to AND UP, Deposit 750.00, Available Now! westsiderentals.com/listingdetail.cfm?id=1080681

Santa Monica TWO BEDROOM - WALK TO MONTANA AVE. 1-car Parking included, Paid water, Rent $2,595.00, Deposit 2795, Available Now! westsiderentals.com/listingdetail.cfm?id=1198688

Santa Monica CHARMING 1920 ENGLISH COTTAGE 2-car Garage parking, Paid gardener, Rent $9,500.00, Deposit 19000.00, Available 8115. westsiderentals.com/listingdetail.cfm?id=1157102

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