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Volume 25 Issue 188

TUESDAY 8/11/26

smdp.com

New owners bring in a new deli to revive Main Street's Santa Monica Market

LILA VICTOR

Special to the Daily Press

In the summer of 2024, the more than 30-year-old Main Street convenience store formerly known as Santa Monica Farms Jr. gained new owners and a new name: Santa Monica Market. Two years later, the family-owned store launched a deli counter, carefully curating a selection of healthy, high-quality and customer-requested goods.

Owner Amarilia Pivaral and her family bought the market in a state of disrepair, requiring them to replace equipment and make numerous changes. "We saw the opportunity to work on it and bring very good stuff for the neighborhood, and little by little we started to make the changes," Pivaral said. She estimated that about 90% of the store has changed since the family acquired it two years ago.

Pivaral collaborated with chef Mark Mittleman to create a multicultural deli counter for residents, which launched in early July. Mittleman, who has more than two decades of experience in the culinary world and runs his own consulting company, Entangled Particles, crafted a menu that combines Pivaral's home country of Guatemala with his own New York heritage. Their sandwiches,



Lila Victor

SEE MARKET PAGE 6 **DELI:** Santa Monica Market on Main Street adds deli counter after family overhauls 30-year-old convenience store.

Elderly couple dies in house fire North of Montana

TODD JAMES

A couple in their early 90s died in an early morning house fire in the 500 block of Lincoln Blvd.

The fire was first reported shortly before 3 a.m., and

firefighters arrived to find the house engulfed in flames.

Firefighters searched the structure for potential victims and during the search, crews located two people, who were pronounced dead at the scene.

The two victims had not

been identified; however, KTLA reports that an elderly couple and a caretaker lived at the residence based on statements from neighbors.

The cause of the fire remained unknown Sunday, and no information about arson, foul play

or a determined origin had been released.

Sunday's fire was the second fatal residential blaze in Santa Monica in recent months. On June 5, an elderly man died after a fire broke out in a second-floor unit at a two-story apartment complex

in the 2600 block of 5th Street. Fire crews responding to that blaze found heavy smoke and flames coming from a rear second-floor unit; the man was pulled from the apartment and later died at a hospital.



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Pacific Ballet Theatre to honor founder's 100th birthday with gala tribute

MAAZ ALIN

SMDP Staff Writer

Pacific Ballet Theatre will mark the 100th birthday of its founder, former Ballet Russe de Monte Carlo soloist Andrei “Bill” Tremaine, with a special gala performance Aug. 23 at the Eli & Edythe BroadStage.

“It’s an honor to celebrate my father as a centenarian this year and looking back at his incredible body of work and legacy”

- Natasha Middleton



Remy Hayes

THEATRE: (left to right) Andrei “Bill” Tremaine and Natasha Middleton. Pacific Ballet Theatre celebrates founder Andrei Tremaine’s 100th birthday with gala performance Aug. 23 at BroadStage.

“A Ballet Russe Gala Centennial,” set for 5:30 p.m., will feature the company’s current dancers performing selections from ballets that Tremaine either danced as a principal or later directed.

“It’s an honor to celebrate my father as a centenarian this year and looking back at his incredible body of work and legacy,” said Natasha Middleton, Tremaine’s daughter and the company’s executive director. “His work has made a mark all over the world and especially in the Los Angeles area and we look forward to this special performance.”

Tremaine’s path to one of ballet’s most storied companies began after his service in the Navy during World War II. Studying under his mother, ballerina Elena Wortova, and later with Bronislava Nijinsky — a former dancer and choreographer with the original Ballet Russes, and sister of the legendary Vaslav Nijinsky — Tremaine drew the attention of the Ballet Russe de Monte Carlo during its Los Angeles engagements. When an opening arose in New York, he said, his teacher said, “Take my student.”

“That was a very different world touring with them and learning the legendary choreographer Leonide Massine,” Tremaine said. “It was a glamorous world but with the strict eye of great directors always keeping it running smoothly. We were not afraid to sweat hard with back to back performances, returning to a train that night, off to another city, and we start all over again. Week after week.”

Tremaine returned home to Santa Monica in 1954, after marrying his wife, Natalie, and set out to build a regional ballet presence in a city he said had few companies at the time. He founded the Santa Monica Ballet, performing

often at the Santa Monica Civic Auditorium, and later Pacific Ballet Theatre.

“First of all, No Cell Phones!” Tremaine said, recalling the era. “We looked at one another. We talked, real talking. A lot was expected of us as artists in general back then.” Much as the touring Ballet Russe had done across the country, he said, his companies helped pioneer dancers who went on to open their own schools and companies throughout Santa Monica, Los Angeles and the San Fernando Valley.

The company, now based in Burbank, passed to Middleton, who took over in 2000; Tremaine retired completely in 2003. Middleton said she began choreographing and directing at 15 and grew up watching her father lead his companies in the Ballet Russe tradition.

“My dancers are thrilled to be performing for him and to such different and authentic ballets. They don’t dance like this anymore. Story telling,” Middleton said. She noted she previously honored her father in 2007 in a program called “Men of the Ballet Russe” alongside five other former male stars. “This performance will be very similar only he is now the last of them. Keeping a three generation legacy going is very important.”

The centennial’s return to Santa Monica carries personal weight. Both of Middleton’s parents lived and married in the city, and the BroadStage sits on ground she knew as a child.

“Ironically, my mother grew up on 10th and when I was a child, I would visit my grandparents who still lived there, and across the street was a school with swing sets,”

Santa Monica takes a leadership role in the wellness economy



L.A: Live Love Spa’s National Wellness Month event draws record 625 attendees to downtown LA.

MICHELLE EDGAR
Special to the Daily Press

When Live Love Spa launched National Wellness Month in 2018, founder and CEO Lisa Michaelis felt like she was “shouting from the rooftops.” “We would tell people how smart it was to embrace a wellness lifestyle, and no one was listening,” Michaelis said. “Now the public is coming to us.”

That shift is on full display this week as more than 600 spa executives, hospitality leaders, wellness innovators, influencers and media gather in downtown Los Angeles for Live Love Spa’s annual National Wellness Month Trends Event — the largest in its history.

Attendance has more than doubled over the past three years, growing from roughly 300 attendees to 625 this year, prompting organizers to expand from two floors of the Hudson Loft to all four.

For Michaelis, the growth reflects something much bigger than an industry conference. Wellness has moved from niche conversations among experts to becoming a mainstream lifestyle, fueled by wearable technology, health-tracking apps, podcasts and a growing public interest in longevity. “I’ve been in the spa industry for 20 years,” she said. “In the beginning, we were kind of talking to ourselves. Today, wellness has become accessible to the everyday person. There are Oura Rings, iPhone health tracking apps, wellness podcasts and influencers. People are actively seeking ways to live healthier lives.”

National Wellness Month itself was born

from a simple observation. “We all get so busy throughout the year that we need a reminder at the halfway point to take care of ourselves,” Michaelis said. “Especially in the wellness industry, it came down to the saying, ‘Healer, heal thyself.’”

Rather than encouraging dramatic lifestyle overhauls, the campaign promotes adopting one healthy habit throughout August. “Science tells us habits take time to change,” she said. “Choose one healthy habit that appeals to you, share it and inspire someone else to do the same.”

The message comes as the wellness economy continues evolving beyond traditional spa treatments into a broader movement encompassing hospitality, technology, preventative healthcare and community.

According to Live Love Spa’s inaugural Spa & Wellness Industry Trends Survey, longevity and healthy aging dominate the industry’s outlook, with 84% of respondents identifying it as the fastest-growing sector heading into 2027. Women’s health, mental well-being, skincare longevity and sleep followed closely behind.

Consumers are also increasingly investing in preventative health services, including diagnostics and longevity testing, while wellness travel and recovery-focused experiences continue gaining momentum.

At home, red light therapy emerged as the clear leader among wellness technologies, significantly outpacing sleep technology and wearable devices. Despite those innovations,

SEE WELLNESS PAGE 8



Surf report WATER TEMP: **73.6**

TUESDAY
FAIR

SURF: 2-3ft
Thigh to waist

Selective surf of S/SSW swell reinforcements. Small outside of far north county beachbreaks. Selective SSW swell keeps better zones in waist high surf with some chest-high waves for standouts on the AM tide push. Not much NW windswell in the mix, so the points look like your best shot at a corner. Nice tide push for the early window when winds are lightest. Mid-PM tide push should be manageable, but expect some lump as WNW onshores pick up.

WEDNESDAY
FAIR

SURF: 2-3ft
Thigh to waist

Fun SW swell at better SoCal breaks around the 12th, with potential larger SW swell mid month. Another nice pattern underway in the SW Pacific. Not monster storms/swells but pretty good. Lots of west, so favorable for the South Bay, South OC and SD. First swell around the 12th currently looks fun (waist-chest high better breaks, head high in stanndouts of OC/SD). The following SW-SSW swells for around mid month and potentially beyond look larger and could get the good breaks back into at least the gently overhead range.

Weather

Tuesday: Patchy fog before 11am. Otherwise, mostly cloudy, with a high near 75.

Tuesday Night: Patchy fog after 11pm. Otherwise, mostly cloudy, with a low around 67.

Wednesday: Patchy fog before 11am. Otherwise, mostly cloudy, with a high near 73.

Wednesday Night: Patchy fog after 11pm. Otherwise, mostly cloudy, with a low around 66.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
2026/08/11	Tue	03:22 AM	-1.22	L
2026/08/11	Tue	09:47 AM	4.38	H
2026/08/11	Tue	2:41 PM	1.92	L
2026/08/11	Tue	8:54 PM	7.08	H
2026/08/12	Wed	04:00 AM	-1.19	L
2026/08/12	Wed	10:20 AM	4.67	H
2026/08/12	Wed	3:30 PM	1.59	L
2026/08/12	Wed	9:40 PM	6.91	H
2026/08/13	Thu	04:35 AM	-0.94	L
2026/08/13	Thu	10:53 AM	4.92	H
2026/08/13	Thu	4:18 PM	1.37	L
2026/08/13	Thu	10:23 PM	6.48	H
2026/08/14	Fri	05:09 AM	-0.52	L

Daily Lottery

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

Draw Date: 8/8
5 9 35 54 63
Power#: 7
Jackpot: 905 M

Draw Date: 8/9
9 14 19 26 32

Draw Date: 8/7
17 20 32 54 57
Mega#: 23
Jackpot: 80 M

Draw Date: 8/9
EVENING: 1 6 9
Draw Date: 8/9
MIDDAY: 7 1 6

Draw Date: 8/8
1 23 25 40 46
Mega#: 11
Jackpot: 45 M

Draw Date: 8/9
1st: 03 - Hot Shot
2nd: 11 - Money Bags
3rd: 07 - Eureka
Race Time: 1:49.58

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The Santa Monica Daily Press publishes Monday - Saturday with a circulation of 8,200 on weekdays and 8,000 on the weekend. The Daily Press is adjudicated as a newspaper of general circulation in the County of Los Angeles and covers news relevant to the City of Santa Monica. The Daily Press is a member of the California Newspaper Publisher’s Association, the National Newspaper Association and the Santa Monica Chamber of Commerce. The paper you’re reading this on is composed of 100% post consumer content and the ink used to print these words is soy based. We are proud recipients of multiple honors for outstanding news coverage from the California Newspaper Publishers Association as well as a Santa Monica Sustainable Quality Award.

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Santa Monica Daily Press

Santa Monica Daily Press

Classifieds

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Employment	Wanted	Roommates	Massage	Yard Sales	Psychic
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DBA

FICTITIOUS BUSINESS NAME STATEMENT File No. 2026148440. The following person(s) is (are) doing business as: RHYME & REASON PROFESSIONAL SERVICES, 13353 ALONDRA BLVD STE 200M, SANTA FE SPRINGS, CA 90670, County of Los Angeles. AI #ON 201933810738. Registered Owner(s): MORGAN LATIMER LLC, 13353 ALONDRA BLVD STE 200M, SANTA FE SPRINGS, CA 90670. This business is conducted by: a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on 07/2026. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)). /s/ SHANNON MAYS, MEMBER. This statement was filed with the County Clerk of Los Angeles County on 07/08/2026. NOTICE: This Fictitious 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 before that time. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14411 et seq., Business and Professions Code). SANTA MONICA DAILY PRESS to publish on: 07/21/2026, 07/28/2026, 08/04/2026, 08/11/2026

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FICTITIOUS BUSINESS NAME STATEMENT File No. 2026152182. The following person(s) is (are) doing business as: COBBLESTONE GRAND TOURS, 109 BELMONT AVE, LONG BEACH, CA 90803, County of Los Angeles. Registered Owner(s): LINETTE MICHELLE SOWA, 109 BELMONT AVE, LONG BEACH, CA 90803. This business is conducted by: an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on 07/2026. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000)). /s/ LINETTE MICHELLE SOWA, OWNER. This statement was filed with the County Clerk of Los Angeles County on 07/13/2026. NOTICE: This Fictitious 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 before that time. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14411 et seq., Business and Professions Code). SANTA MONICA DAILY PRESS Publish: 07/21/2026, 07/28/2026, 08/04/2026, 08/11/2026

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GUEST COMMENTARY

Send comments to editor@smdp.com

California lets teens pre-register to vote before they’re 18. It doesn’t teach them how



Photo by Rahul Lal, CalMatters

SACRAMENTO: A student registers to vote at Sacramento State University in Sacramento on Oct. 20, 2022.

Americans recently marked the nation’s semiquincentennial — 250 years since a band of revolutionaries staked everything on the idea that a people could govern themselves.

Anniversaries invite us to look backward. But the survival of that experiment, our democracy, has always depended on something no patriotic parade can supply: citizens prepared to take part in it.

By that measure, the next 250 years are off to a troubling start. The Sacramento Bee recently reported that 57% of California’s 18-year-olds are not registered to vote, a gap driven in large part by a lack of civic education.

California allows 16- and 17-year-olds to pre-register so that their registration activates automatically on their 18th birthday. Only 11% of eligible teenagers have done so.

Apathy is a convenient explanation — and usually the wrong one. Kylie Barker, a young voter from Merced, turned 18 in 2020 and missed her first election for a reason she later described plainly: She wanted to vote but nobody had ever shown her how.

This is a solvable problem, and the Legislature has already written the solution — twice. What Sacramento owes us now is a third act: a real floor vote and a governor’s signature.

In 2024, then-Assemblymember Eloise Gómez Reyes authored a modest measure requiring schools to ensure every student receives information on how to pre-register to vote before the end of 11th grade. To deliver it, districts could partner with nonprofit organizations specializing in nonpartisan youth civic engagement.

The bill passed both chambers, but Gov. Gavin Newsom vetoed it, writing that schools already have the ability to fulfill the bill’s requirements without a new mandate.

That reasoning gets the ledger backwards. Schools have had that ability for years — but an 11% pre-registration rate is what a voluntary approach creates.

Yes, mandates carry costs. But weigh the price of sharing registration information with 11th graders against the price of raising a generation that never learns to vote. One belongs on a budget line; the other belongs in democracy’s obituary.

Reyes, now a state senator, refused to give up. She reintroduced the measure last year as Senate Bill 316, the High School Voter Registration Act. It cleared the Senate, passed the Assembly’s Education Committee unanimously and its Elections Committee.

Then it died quietly in the Assembly Appropriations Committee’s suspense file, where good bills disappear without a vote or an explanation.

SEE GUEST COMMENTARY PAGE 8

Colors of Commendation



Courtesy photo

AWARD: The Kardashian Family of Southern California Disposal and Recycling, Inc. received a special “Fly Your Flag” Certificate and Commendation from the Santa Monica Elks Lodge. Pictured are Samuel Matosian, Sammy Matosian, Paulette Kardashian, Tamera Kardashian Matosian and Santa Monica Elks Exalted Ruler, Ilene Knebel.

BALLET

FROM PAGE 2

Middleton said. “It’s there I would play on the swings dreaming of dancing.” That lot, she said, is now the parking lot of Santa Monica College’s BroadStage.

The program includes the Firebird Pas de Deux by Stravinsky, the “Nutcracker” Snow Pas de Deux, and selections from “Raymonda,” “Gaité Parisienne” and the Polovtsian dances from “Prince Igor.” The cast features Eduard Sargsyan, Damara Titmus, Carmen Quiñones Callahan, Brandon Brinkley and others.

A short film chronicling Tremaine’s life

— including footage of his Ballet Russe de Monte Carlo performances — will screen that night, along with the presentation of an award recognizing his contributions to the arts in Los Angeles since 1954. A VIP reception will follow.

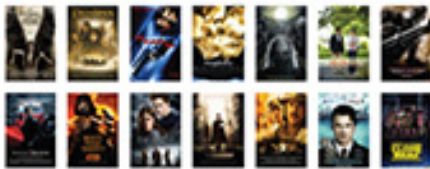
Pacific Ballet Theatre, first founded by Tremaine in 1954, describes itself as the longest continuously running ballet school and professional company in Los Angeles. Tickets are on sale at pacificballettheatre.org

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City of
Santa Monica

**CITY OF SANTA MONICA
REQUEST FOR PROPOSALS**

NOTICE IS HEREBY GIVEN that the City of Santa Monica invites Proposals for:

**Earthquake Facility Exposure Analysis
Project No. SP2789**

The City of Santa Monica is inviting proposals from firms interested in providing professional design services for the Earthquake Facility Exposure Analysis project.

The purpose of the RFP is to select the most qualified consultant to provide an ASCE 41-13 Tier 2 seismic evaluation for four buildings and an ASCE 41-13 Tier 1 seismic evaluation for up to three buildings.

RFP questions to be submitted to **via OpenGov**, no later than **5:00 p.m. on August 19, 2026.**

Proposers shall upload RFP **via OpenGov**, no later than **5:00 p.m. on September 02, 2026.**

RFP Documents may be obtained by logging onto the City’s bidding website at:
<https://procurement.opengov.com/portal/santa-monica-ca>



**NOTICE TO CONTRACTORS CALLING FOR BIDS
SANTA MONICA COMMUNITY COLLEGE DISTRICT**

RFP# 080426SF Program and Construction Management Services

NOTICE IS HEREBY GIVEN that the above-named California Community College District, acting by and through its Board of Trustees, hereinafter “the District” will receive up to, but not later than the below-stated date and time, Proposals for the Contract for the Work of the Project generally described as: Program and Construction Management Services in accordance with RFP document.

DEADLINE FOR SUBMISSION OF THE BID PROPOSALS: 08/28/26, 2:00pm

All Bid Proposals shall be submitted on forms furnished by the District. Bid Proposals must conform with, and be responsive to, the RFP and Contract Documents, copies of which may be obtained from the District as set forth above. Only Proposals submitted to the District in the manner specified and at or prior to the date and time set forth shall be considered.

Bidding Documents may be obtained by logging onto the District bidding website at:
<https://www.planetbids.com/portal/portal.cfm?CompanyID=13721#>.

Post Dates: 08/11/26 & 08/18/26

MARKET

FROM PAGE 1

salads and smoothies reflect both tradition and novelty, catering to locals and transplants alike. One example is the SMM Shuco, a Guatemalan hot dog. Mittleman put his own “Americana” spin on it with a jalapeno cheddar sausage, but the rest of the sandwich — baguette, guacamole, chimichurri, sautéed cabbage, mustard, mayonnaise and ketchup — stays faithful to the original.

The menu also features classics like the I-Tal Roast Beef, based on the Chicago Italian beef sandwich; the Short Rib, inspired by the East Coast; the crowd-favorite SMM Tuna Salad Sando; and the deli’s take on the viral chicken Caesar wrap. Offerings also include a breakfast menu with sandwiches, bowls and burritos; bagels and pastries; a selection of salads; and smoothies.

Ingredient sourcing was just as important for the deli as for the rest of the store. “They’ve really changed the offering that was here with the previous owner,” Mittleman said. “We wanted to mimic that with the deli.”

“We are using more high-quality ingredients — organic, simpler, clean ingredients. That makes me happy because I know we are doing something nice and something people can trust, too,” Pivaral said of her products. Classic snacks like Cheetos and chips still line the shelves, but so do fresh produce, alternative milks, protein bars, local brands, seaweed snacks and anything else a customer might need. The emphasis is on healthier eating, but Pivaral said she also wants to stock what her customers request.

The Pivaral family isn’t new to store ownership. They split their time between Santa Monica and a convenience store they purchased five years ago in West Hollywood.

“It’s very good how they can learn about business, so they have a good idea how to run a small business. And they support me

- Amarilia Pivaral

“This is the epitome of family business and the immigrant story,” Mittleman said. “It’s an incredible thing to see everybody working together.” Regulars are familiar with Pivaral’s children, who are often at the store. When Pivaral first bought the market, her youngest was on her hip as she stocked shelves. Now her children — ages 3, 10 and 17 — work the register, greet customers and otherwise help their parents at either store.

“It’s very good how they can learn about business, so they have a good idea how to run a small business. And they support me,” Pivaral said.

The new owners have been welcomed by their Santa Monica neighbors, many of whom have become regulars. One customer raved about the sandwiches while picking up milk and other groceries. Others heard about the deli and came in to try it. “Everyone is so friendly. I’m feeling like we are a family,” Pivaral said.

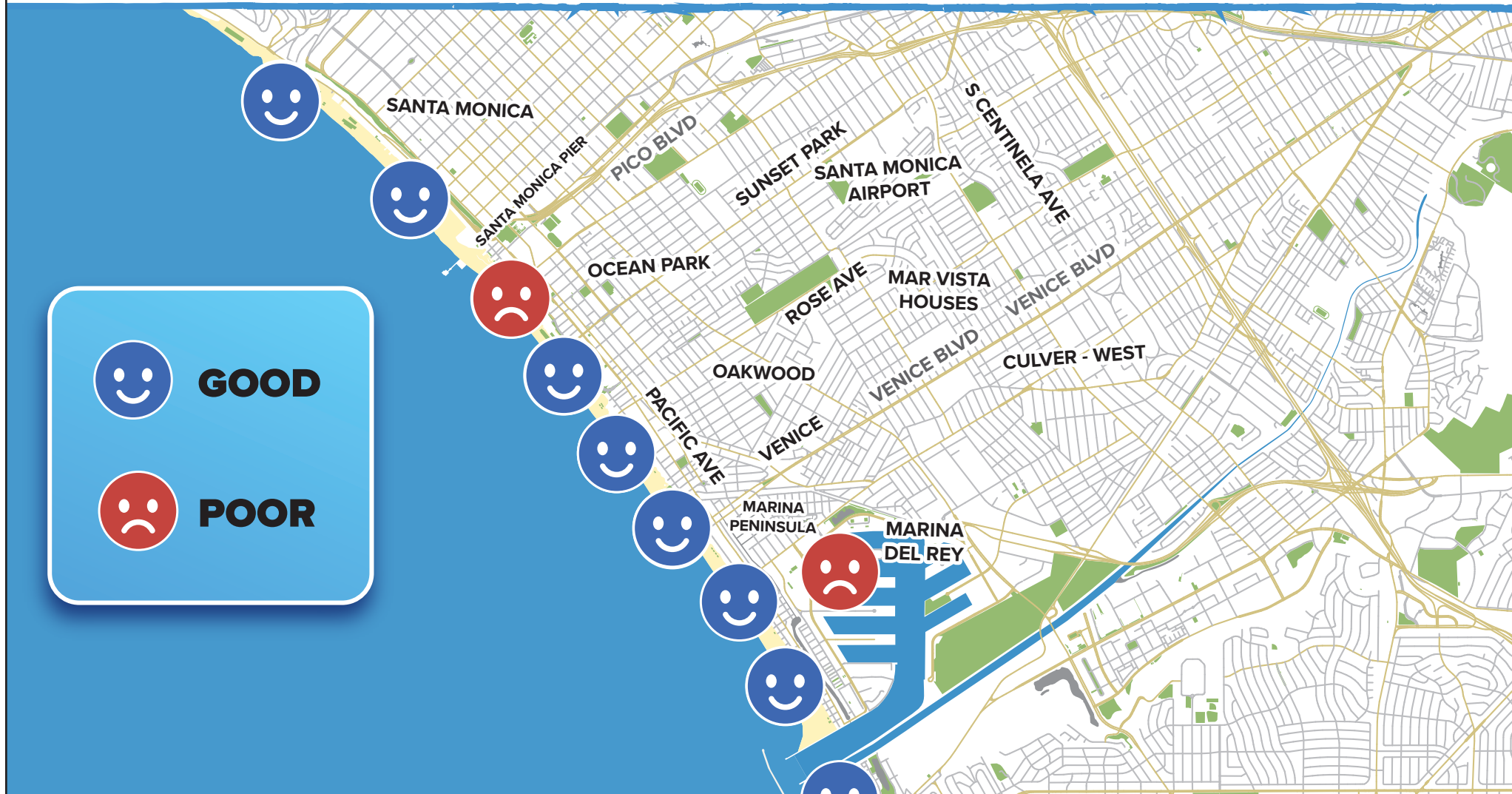
Santa Monica Market is located at 2015 Main St. and is open from 8 a.m. to 8 p.m. daily.



Lila Victor

DELI: Family-owned Santa Monica Market launches deli after overhauling longtime Main Street convenience store.

HEAL THE BAY BEACH GRADES



COMMUNITY NEWS

Los Angeles

Allstate becomes Founding Partner of LA28 Games, Team USA insurance sponsor

Allstate announced Aug. 4 that it has become a Founding Partner of the LA28 Olympic and Paralympic Games and the official home and auto insurance partner of Team USA.

The insurer said the partnership extends its more than 20 years of support for college athletics to the Olympic and Paralympic stage. Allstate will also support NBCUniversal’s multiplatform coverage of the 2028 Games in Los Angeles.

“For more than 20 years, Allstate has supported student-athletes because we believe in the power of sport to build leaders, strengthen communities and help people reach their potential,” said Elizabeth Brady, Allstate executive vice president and chief marketing, customer and communications officer. “Many Olympians and Paralympians develop that character on college campuses long before representing their country.”

Since 2005, Allstate’s Good Hands Field Goal Nets program has generated millions of dollars for scholarships with every field goal and extra point scored, the company said. Its Good Works Team recognizes student-athletes across fall, winter and spring sports for community leadership.

Sarah Hirshland, CEO of the U.S. Olympic & Paralympic Committee, said the support will help Team USA athletes access the resources they need to train and compete at the highest level.

“Allstate’s commitment to LA28 reflects the momentum we’re building toward the Games,” said Reynold Hoover, CEO of LA28. “As we welcome new partners who believe in what these Games can do for Los Angeles and the country, we’re that much closer to delivering a Games this city and this country can be proud of.”

Allstate said one in 10 American households relies on it to protect one of their most valuable assets. In 2025, the Allstate Foundation, employees and agents contributed nearly \$70 million to more than 6,500 nonprofits across over 2,200 communities.

LA28 will bring the Games to Los Angeles in 2028, uniting more than 15,000 athletes. Los Angeles will become the third city to host three Olympic Games, following 1932 and 1984, and will host its first Paralympic Games. Organizers said the Games will be the first to allocate more quota spots to women than men and the first since 1948 to build no new permanent infrastructure.

EDITED BY SMDP STAFF

Los Angeles

California Environmental Voters endorses Brian Goldsmith for state Senate

California Environmental Voters, the state’s leading climate advocacy organization, announced its endorsement of Brian Goldsmith for state Senate in District 24.

Senate District 24 takes in some of California’s most iconic natural landmarks, from the Santa Monica Mountains and coastal watersheds to the coastlines stretching from Malibu through the South Bay to the Palos Verdes Peninsula. In backing Goldsmith, the group, known as EnviroVoters, cited his policy expertise and focus on addressing immediate climate pressures while mitigating future environmental risks.

“Brian Goldsmith possesses the deep policy expertise and leadership needed to drive meaningful progress on the climate crisis,” said Mary Creasman, CEO of California EnviroVoters. “Brian will be the steadfast partner we need in Sacramento to deliver real results for our frontline communities, accelerate our clean energy transition, protect California’s coastlines, rebuild from devastating wildfires, hold polluters accountable and protect public health for generations to come.”

Goldsmith said he was honored to earn the endorsement.

“EnviroVoters has long been at the forefront of defending our state’s natural legacy and fighting for a healthy and sustainable future for every community,” he said. “From safeguarding our oceans and open spaces to accelerating our transition to clean energy, we have urgent work ahead. I look forward to partnering with EnviroVoters to deliver bold climate action and to protect the beauty and biodiversity of SD 24 for generations to come.”

Running for elected office for the first time, Goldsmith has earned endorsements from a broad range of officials and organizations, including Hillary Rodham Clinton, Speaker Emerita Nancy Pelosi, retired Sen. Barbara Boxer, Sen. Henry Stern, Sen. Josh Becker and Pete Buttigieg. Local supporters include Los Angeles County District Attorney Nathan Hochman and mayors in Beverly Hills, Calabasas, El Segundo, Agoura Hills and Redondo Beach.

His campaign said he has also been endorsed by Everytown for Gun Safety, Giffords, Climate Action California, several law enforcement organizations including the Los Angeles Police Protective League and the California Police Chiefs Association, Teamsters Joint Council 42, ILWU locals and the California Legislative Jewish Caucus, among a coalition of more than 150 leaders and organizations.

Goldsmith is running in the open race to succeed Sen. Ben Allen in 2026.

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¹ “Medicare & You,” Centers for Medicare & Medicaid Services, 2020
Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, LA, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN); Rider kinds B438/B439 (GA: B439B).
6255

Santa Monica Daily Press

Classifieds

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or email legal@smdp.com

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Name change

Name change

Name change

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 26SMCP00323. Superior Court of California, County of Los Angeles, Santa Monica Courthouse, 1725 Main Street, Santa Monica, CA 90401. Petition of Suzannah Leigh Weiss for Change of Name. TO ALL INTERESTED PERSONS: Petitioner Suzannah Leigh Weiss filed a petition with this court for a decree changing names as follows: Suzannah Leigh Weiss to Mary Magdalene. THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. NOTICE OF HEARING: Date: 8/28/26, Time: 8:30, Dept: K. The address of the court is same as noted above. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: SANTA MONICA DAILY PRESS. Date: July/14/26. Lawrence Cho. , Judge of the Superior Court. SANTA MONICA DAILY PRESS Publish: 07/21/2026, 07/28/2026, 08/04/2026, 08/11/2026

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. 26SMCP00366 SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, 1725 Main Street, Santa Monica, CA 90401. PETITION OF OLIVIA TAE-HEE KIM FOR CHANGE OF NAME TO ALL INTERESTED PERSONS: Petitioner Olivia Tae-Hee Kim filed a petition with this court for a decree changing names as follows: Olivia Tae-Hee Kim to Olivia Moon THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING: Date: September 18, 2026. Time: 8:30 AM. Dept.: K. The address of the court is as noted above.A copy of this Order to Show Cause shall be published at least once each week for four successive weeks before the date set for hearing on the petition, in the Santa Monica Daily Press, a newspaper of general circulation printed in this county.Date: August 5, 2026 LAWRENCE H. CHO Judge of the Superior Court SANTA MONICA DAILY PRESS Publish: 08/11/2026, 08/18/2026, 08/25/2026, 09/01/2026

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 26SMCP00329. Superior Court of California, County of Los Angeles, 1725 Main Street, Room 102, Santa Monica, CA 90401. Petition of Olivia Irene Montgomery for Change of Name. TO ALL INTERESTED PERSONS: Petitioner Olivia Irene Montgomery filed a petition with this court for a decree changing names as follows: Olivia Irene Montgomery to Olivia Irene Lynch. THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. NOTICE OF HEARING: Date: 09/04/2026, Time: 8:30AM, Dept: K. The address of the court is same as noted above. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: SANTA MONICA DAILY PRESS. Date: 07/20/2026. Lawrence Cho. , Judge of the Superior Court. SANTA MONICA DAILY PRESS Publish: 07/28/2026, 08/04/2026, 08/11/2026, 08/18/2026

Legal Notices

NOTICE OF COURT HEARINGON REQUEST FOR RESTRAINING ORDERSCase No. 26IWRO00998PERSONS SEEKING PROTECTION: Laurence EdwardLipsher and Katherine Lipsher, 1415 23rd Street,Santa Monica, CA 90404PERSON FROM WHOM PROTECTION IS SOUGHT:Jon Berg, 311 Shader Drive #310, Santa Monica,CA 90404A court hearing has been re-scheduled for August 20,2026 at 8:30 a.m. in Los Angeles Superior Court,Dept. 6, Room 203, Southwest District–Inglewood,1 E. Regent Street, Inglewood, California 90301.Notification is being made through alternativeprocedures after repeated unsuccessful attempts bythe Los Angeles County Sheriff’s Office to servepaperwork to Mr. Berg.

PLACE YOUR
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ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 26SMCP00348. Superior Court of California, County of Los Angeles, 1725 Main Street, Santa Monica, 90012. Petition of Shireen Shekough Heiba for Change of Name. TO ALL INTERESTED PERSONS: Petitioner Shireen Shekough Heiba filed a petition with this court for a decree changing names as follows: Shireen Shekough Heiba to Shireen Shekough Heiba Nassiri. THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. NOTICE OF HEARING: Date: 09/11/2026, Time: 8:30 AM, Dept: K. The address of the court is same as noted above. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: SANTA MONICA DAILY PRESS. Date: 07/28/2026. LAWRENCE H. CHO, Judge of the Superior Court. SANTA MONICA DAILY PRESS Publish: 08/11/2026, 08/18/2026, 08/25/2026, 09/01/2026

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Santa Monica Daily Press

WELLNESS

FROM PAGE 3

Michaelis believes one of the most important conversations remains largely overlooked. “Financial wellness doesn’t receive nearly enough attention,” she said. “It plays such an important role in reducing stress and improving overall wellbeing, but it’s often overlooked. At the end of the day, wellness still comes back to the basics from exercise, eating well, healthy relationships and finding ways to manage stress.”

Another major shift is redefining what self-care actually looks like. The isolation experienced during the pandemic accelerated interest in wellness technologies such as robotic massage, compression therapy and red-light treatment. Today, consumers increasingly want to experience those therapies together. “We’re seeing a clear rise in social wellness,” Michaelis said. “People realized during the pandemic how essential community and in-person connection really are.”

That trend is reshaping hotels, spas and fitness clubs. Major hospitality brands including Hilton and Montage are converting underused hotel space into community wellness areas where guests can gather while using recovery technologies together. Fitness operator Life Time has found enormous demand for group wellness education sessions combining consultations, treatments and health education, with many locations selling out immediately after announcing new events.

For Santa Monica, those shifts may present a unique opportunity as outdoor lifestyle and active community, the city is

well positioned to capitalize on the growing wellness economy, according to Michaelis. “Besides being a showcase for nature and the healing power of the coastline, Santa Monica is an incredibly creative place,” she said.

She points to the emergence of restoration centers offering IV therapy, hyperbaric oxygen chambers, massage and red-light therapy, alongside adaptive uses for vacant retail space, including pickleball centers that combine recreation with social connection.

Luxury hospitality is also evolving. The Santa Monica Proper Hotel has expanded its community-focused wellness programming while introducing advanced longevity experiences such as its Ammortal Chamber alongside its Ayurvedic wellness offerings, blending emerging technologies with ancient healing traditions.

Michaelis believes successful wellness businesses increasingly depend on education rather than amenities alone. “You can’t simply say you’re offering a smoothie or a red-light therapy room,” she said. “You need to explain why they’re beneficial and tell that story.”

The city’s coastline, parks, outdoor recreation, luxury hotels and health-conscious culture already provide many of the elements wellness travelers seek. Combined with scientific research highlighting the benefits of outdoor activity and social recreation, Santa Monica has an opportunity to position itself as a model for healthy living. “There are so many healthy options across the Westside especially in Santa Monica,” Michaelis said. “It could become a National Wellness Month spotlight community.”

michelle@smdp.com

GUEST COMMENTARY

FROM PAGE 4

The timing of this failure could hardly be worse. American democracy is under strain from forces its founders would recognize and fear: Roughly 1 in 3 Americans support authoritarianism through a strongman or military rule, and 1 in 5 believe it is permissible to use violence to achieve political objectives.

Meanwhile, at least nine states and the Trump administration have spent recent years erecting new barriers to the ballot.

Voting alone will not cure what ails our democracy. But a citizenry that knows how to register, how to vote and why it matters is the strongest, most basic system of immunity a republic has.

California already accepts this premise. State law requires every high school student to complete a semester of American government and civics to graduate. We teach students how a bill becomes a law. SB 316 simply asked us to teach them how a citizen becomes a voter.

The founders gave us a republic, “if you can keep it,” Benjamin Franklin reportedly warned. Keeping it is taught, generation by generation. Or it is lost.

If we want America’s 250th birthday to be a milestone rather than a memorial, the Legislature should revive SB 316, pass it and send it to the governor. This time, he should sign it.

by Conner Huey

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Strange Brew

By JOHN DEERING

FIND THE WORDS

This is a theme puzzle with the subject stated below. Find the listed words in the grid. (They may run in any direction but always in a straight line. Some letters are used more than once.) Ring each word as you find it and when you have completed the puzzle, there will be 14 letters left over. They spell out the alternative theme of the puzzle.

© australianwordgames.com.au 7029

Learner driver

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

Alley	Dipstick	Nervous	Slow
Anger	Disappointment	Novice	Smash
Axle	Exhaust	Oil	Spare
Bend	Fear	Pass	Sprocket
Bush	Fees	Pins	Stop
Caps	Flat	Plug	Sump
Cars	Free	Practise	Tank
Choke	Hills	Repair	Tools
Cope	Idle	Rest	Trial
Core	Inexperienced	Rims	Turn
Damage	Keen	Roof	Tyre
Diesel	Lift	Shaft	Utes
Diff	Motor	Signal	Valve

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.
Which is your favourite?

TODAY'S BIRTHDAY (Aug. 11)

ARIES (March 21-April 19). New Moon Focus: Small steps create big success. Choose just one focus to apply the principle - a project, an area that needs improvement, a habit or a relationship. Brainstorm what those steps would be.

TAURUS (April 20-May 20). New Moon Focus: Being comfortable in your skin. Your authenticity is what earns respect, but since you contain multitudes, you sometimes wonder which ones you should bring to task. Reflect on how you'd like to move through the world.

GEMINI (May 21-June 21). New Moon Focus: Hope. Hope fuels perseverance. Hope overturns seemingly impossible circumstances. Indeed, hope has altered the course of nations. Hope starts small. Articulate your hopes and the small actions you can take to nurture them.

CANCER (June 22-July 22). New Moon Focus: Read people before you lead people. The more you pick up on, the more influential you become. What keeps you from observing better? Having too much to do in the moment? Being in a rush? How can you make it easier to be a better listener?

LEO (July 23-Aug. 22). New Moon Focus: Adapt and thrive anywhere. Confidence isn't knowing exactly what will happen. It's trusting yourself to respond well to whatever does. Think of a place, role or challenge where greater flexibility would serve you. What helps you land on your feet?

VIRGO (Aug. 23-Sept. 22). New Moon Focus: Trusting your own impeccable timing. Good timing comes from paying attention. Consider the opportunities you've hesitated over and the ones you've rushed. How can you create more moments to notice when it's truly time to act?

HOROSCOPES

LIBRA (Sept. 23-Oct. 23). New Moon Focus: Loving complexity. It's so much easier to categorize things with black-and-white thinking, but your artistry and maturity won't have it. What complexity can you embrace? Which contrasting ideas can you hold at once?

SCORPIO (Oct. 24-Nov. 21). New Moon Focus: The right question. Some questions end conversations. Others begin them. Some are asked for information; others reveal character. Think of an issue you've been circling. What question would change the entire discussion?

SAGITTARIUS (Nov. 22-Dec. 21). New Moon Focus: The ethical shortcut. You have a gift for spotting unnecessary steps. Efficiency isn't about rushing. It's about removing the parts that aren't pulling their weight. Consider trimming elements that may have outlived their usefulness.

CAPRICORN (Dec. 22-Jan. 19). New Moon Focus: Becoming unforgettable. People remember how you made them see themselves. They remember surprises, inside jokes and stories they'll repeat later. Which of your gifts do you want to linger in someone's mind long after you've left?

AQUARIUS (Jan. 20-Feb. 18). New Moon Focus: Discernment. Every project has one change that transforms it and 50 that don't matter. Every argument has one point worth addressing and several worth ignoring. Where could a sharper filter save time and energy?

PISCES (Feb. 19-March 20). New Moon Focus: Inventing tomorrow. Every invention sounded strange before it became ordinary. Every movement began with one brave person imagining a different future. What are your dreams of tomorrow that feel too early, too ambitious or too unusual?

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

SOLUTIONS TO YESTERDAY'S SUDOKU

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

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

Newsday Crossword

BREAKFAST TABLE by Guilherme Gilioli
Edited by Stanley Newman
www.stanxwords.com

ACROSS

- 1 Make a sketch of
- 5 Insect attracted to light
- 9 "Product" suffix for soft or silver
- 13 Uncomplicate
- 14 Three-layer cookie
- 15 Tied, as shoes
- 16 Soft French cheese
- 17 Of great height
- 18 Helpful to have
- 19 Whistling stovetop pot

DOWN

- 21 Frequently
- 22 Great distress
- 23 Tiny spots of land
- 24 Jigsaw puzzle parts
- 28 See eye to eye
- 30 South American mountains
- 31 Person from Bangkok
- 32 "Include me!"
- 36 Mix, as batter
- 37 Docks for ships
- 38 Start again with
- 39 Carryall bag
- 40 Typical Saudi
- 41 Edible ice cream holders
- 42 Calculated a sum
- 44 Last part of a weekend
- 45 Fort Worth neighbor
- 48 Balloon filler
- 49 Suspect's excuse
- 50 Handled holder for java
- 56 Prohibited things
- 57 Just slightly
- 58 Roll of sticky cellophane

- 59 What candies like caramel and licorice are
- 60 Tiny skin opening
- 61 Form a clump
- 62 British noble below a duke
- 63 Burger bun morsel
- 64 Barnyard egg layers

DOWN

- 1 Money owed
- 2 Seldom seen
- 3 China's continent
- 4 Sunday through Saturday
- 5 Short guiding principles
- 6 Deliver, as a speech

- 7 Expose a secret
- 8 Golf target
- 9 Appliance with a grid for batter
- 10 Sharp, as eyesight
- 11 Placed back to zero
- 12 Blissful places
- 15 Needing tightening
- 20 Lambs' mothers
- 23 Colored part of the eye
- 24 Bygone time
- 25 Take ___ account (consider)
- 26 Revise, as an article
- 27 Deep dish for corn flakes
- 28 Leading the race
- 29 Anything worn

- 31 Auto wheel
- 33 Darn, as socks
- 34 Creative spark
- 35 Overly curious
- 37 Small notebooks
- 41 Restore to health
- 43 "Fresh as a" flower
- 44 Strained, as flour
- 45 Tango or rumba
- 46 Hawaiian "hello"
- 47 Passenger ship
- 48 In flames
- 50 Baseball hats
- 51 Woodwind instrument
- 52 Carve in stone or glass
- 53 Rooster or ram
- 54 "Once ___ a time..."
- 55 Obtains

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			

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08/11/26

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



TUESDAY | AUGUST 11

ACRYLIC/OIL PAINTING WORKSHOP TUESDAY

1:00 p.m. - 3:00 p.m. Paint Lab 1453 14th St Santa Monica. In this workshop each student will work on their own project with guidance from an instructor. The adult acrylic/oil workshop is \$48.00 plus the cost of canvas (canvas available for purchase in studio). Workshop cost includes easel set up, paint, brushes, apron, 2 hours of instruction and clean up. Visit: <https://www.smdp.com/calendar/#/details/acrylic-oil-painting-workshop-tuesday/19429773/2026-08-11T13>

WALK-IN TUTORING WITH LAURIE

2:00 p.m. - 4:00 p.m. West Los Angeles Regional Library 11360 Santa Monica Boulevard Los Angeles. Walk-In Tutoring With Laurie Walk-in tutoring is available for any adult who needs help with internet searches, filling out forms, English conversation, reading, writing, resumes, and applications. Visit: <https://www.smdp.com/calendar/#/details/walk-in-tutoring-with-laurie/17128550/2026-08-04T14>

ELEMENTARY ART STUDIO 3:30-4:20PM

3:30 p.m. - 4:30 p.m. Palisades Community Renewal Center 3212 Nebraska Ave Santa Monica. Open to all skill levels, sparking creativity through drawing, color work, collage, and mixed-media techniques. Visit: <https://www.smdp.com/calendar/#/details/elementary-art-studio-3-30-4-20pm/18825639/2026-08-04T15>

WEEKLY WALKING CLUB

4:30 p.m. - 5:30 p.m. Near Palisades Recreation Center Toyopa Drive and Alma Real Drive Pacific Palisades. A weekly walking club will meet on Tuesdays for approximately one hour to walk 1.5 to 2 miles. The group will meet at the corner of Toyopa and Alma Real. All levels are welcome. Visit: <https://www.smdp.com/calendar/#/details/weekly-walking-club/19106860/2026-08-04T16>

CASTANEA SICILIAN CAFE - LATTE ART CLASS

7:00 p.m. - 8:00 p.m. Castanea Sicilian Cafe 1307 Ocean Front Walk Los Angeles. Castanea Sicilian Cafe - Latte Art Class. Visit: <https://www.smdp.com/calendar/#/details/castanea-sicilian-cafe-latte-art-class/18526612/2026-08-11T19>

LET'S BINGO AGAIN TUESDAYS 7-10 PM

7:00 p.m. - 10:00 p.m. Ace Hotel Los Angeles 929 S Broadway, Los Angeles. Show up. Eat good things. Mark squares. Win things. It's that simple. Bingo at King's Highway hosted by our sparkly girl Vanity Halston this Tuesday 12.27.25. Visit: <https://www.smdp.com/calendar/#/details/let-s-bingo-again-tuesdays-7-10-pm/18565296/2026-08-11T19>

WEDNESDAY | AUGUST 12

CASTANEA SICILIAN CAFE - PETS N' COFFEE

9:00 a.m. - 12:00 p.m. Castanea Cafe 1307 Ocean Front Walk Venice. Join us every 2nd Wednesday of the month from 9 AM – 12 PM at our Castanea Cafe Venice Beach store for a pet-friendly morning! Bring your furry friend and enjoy a complimentary coffee on us. A cozy community moment you won't want to miss. Visit: <https://www.smdp.com/calendar/#/details/castanea-sicilian-cafe-pets-n-coffee/18526604/2026-08-12T09>

MOBILE COMMUNITY MEDITATION CENTER - GUIDED MEDITATION

10:00 a.m. - 11:00 a.m. Santa Monica Beach lot 5 South 2600 Bernard Way Santa Monica. Please join Mobile Community Meditation Center aka Buddhist Boondockers Wednesdays, Fridays and Saturdays at 10 am for a 45 minute fully guided mindfulness meditation - on the grass, under the shade of the trees, with a stunning view of the sparkling ocean. Whether you're new to meditation or a seasoned practitioner, everyone is welcomed. Bring your own chair or cushion and try to arrive 5 minutes early and be ready to enjoy a truly peaceful moment as we relax, be present and make new friends; giving ourselves the love and attention we deserve by quieting our minds, finding peace and creating community. Visit: <https://www.smdp.com/calendar/#/details/mobile-community-meditation-center-guided-meditation/19479748/2026-08-05T10>

TODDLER STORYTIME AND SONGS

10:00 a.m. - 10:45 a.m. West Los Angeles Regional Library 11360 Santa Monica Boulevard Los Angeles. Toddler Storytime and Songs Join us for storytime on Wednesdays at 10:00 a.m. We share stories, songs, and movement activities to build early literacy skills for toddlers aged 18 months to 3 years. Visit: <https://www.smdp.com/calendar/#/details/toddler-storytime-and-songs/18526513/2026-08-05T10>

LAUGH FOR THE HEALTH OF IT

11:00 a.m. - 12:00 p.m. Wise and Healthy Aging 1527 4th Street Santa Monica. Kim Selbert, Certified Laughter Yoga Leader and Licensed Marriage & Family Therapist will facilitate this class. We all need more laughter in our lives, right? Through clapping, guided breathing and gentle movement with music, we will learn how to reduce stress, become more energetic and playful and connect positively with other seniors. It's easy, fun and very uplifting. Visit: <https://www.smdp.com/calendar/#/details/laugh-for-the-health-of-it/19300395/2026-08-05T11>

MIDDAY YOGA ON WEDNESDAYS

1:30 p.m. - 9:30 p.m. Palisades Community Renewal Center 3212 Nebraska Ave Santa Monica. Free Community Yoga created with care for those impacted by the Palisades Fire In case this event has been updated, please visit <https://www.pcrscm.org/event/midday-yoga-on-wednesdays-b7af2> for full details before arriving. Thank you! Visit: <https://www.smdp.com/calendar/#/details/midday-yoga-on-wednesdays/19509303/2026-08-12T13>

IMPROV 101: INTRO TO IMPROV (WEDNESDAY NIGHTS)

7:00 p.m. - 10:00 p.m. 1424 4th Street Santa Monica. Jump into Improv! Learn the basics, spark creativity, & your boost confidence with fun exercises and expert guidance. 6 weeks + a Showcase! \$365.00. Visit: <https://www.smdp.com/calendar/#/details/improv-101-intro-to-improv-wednesday-nights-/19545748/2026-08-12T19>

THURSDAY | AUGUST 13

LOW IMPACT GROUP EXERCISE CLASS

11:00 a.m.- 12:00 p.m. American Legion Ronald Reagan-Palisades Post 283 15247 La Cruz Drive Pacific Palisades. Power up your Thursday with our free, low-impact group exercise classes — open to all members of the Legion Family, designed for every fitness level, and held from 11:00am to 12:00pm at Palisades Post 283. Come move, recharge, and feel great heading into the rest of your day! Sign up here to receive emails about upcoming exercise classes and cancellations: post283.com/exercise. Visit: <https://www.smdp.com/event-3/#/details/low-impact-group-exercise-class/18566926/2026-08-06T11>

HAMA SUSHI - MUSIC OPEN MIC (THURSDAYS)

6:00 p.m. - 8:00 p.m. 352 Westminster Ave Venice. Thursday nights in Venice! Open Mic at Hama Sushi. Exciting things are happening at Hama Sushi! Open Mic every Thursday 6:00 p.m.- 8:00 p.m. Come on down to Hama. Visit: <https://www.smdp.com/event-3/#/details/hama-sushi-music-open-mic-thursdays-/18526607/2026-08-06T18>

SOUND BATH FOR REST AND RELAXATION

6:00 p.m. - 1:45 a.m. Palisades Community Renewal Center 3212 Nebraska Ave Santa Monica. Join us for a free Sound Bath workshop led by an Unplug guide. In case this event has been updated, please visit <https://www.pcrscm.org/event/sound-bath-for-rest-and-relaxation-c873c> for full details before arriving. Thank you! Visit: <https://www.smdp.com/calendar/#/details/sound-bath-for-rest-and-relaxation/19446394/2026-08-13T18>

SUNSET IN THE JUNGLE: GARDEN GAMES & BOTANICAL SOCIAL

6:00 p.m. - 8:00 p.m. Urban Jungle Plants & Pottery 3113 Lincoln Blvd. Santa Monica. Invite a friend for a playful evening among the plants at Urban Jungle. As the sun begins to set, guests will gather for plant-themed games, botanical trivia, light garden-themed food, and time to browse the shop after hours. It's a relaxed way to connect, laugh, learn something new, and enjoy the ambiance of one of Santa Monica's most beautiful plant spaces. Everyone will leave with a plant as part of the event, making the evening feel like a shared experience with a little botanical treat to take home. \$25.00. Visit: <https://www.smdp.com/calendar/#/details/sunset-in-the-jungle-garden-games->

botanical-social/19400741/2026-08-13T18

IN-PERSON: NEW MOON CACAO CEREMONY: THE NEW YOUNIVERSE WITH SHAYNA HILLER

7:00 p.m. - 8:30 p.m. Unplug Meditation | Santa Monica 12401 Wilshire Boulevard, #101 Los Angeles. Join Shayna Hiller for a heart opening cacao ceremony, where we will come together in community, ritual and presence. \$49.87. Visit: <https://www.smdp.com/calendar/#/details/in-person-new-moon-cacao-ceremony-the-new-youiverse-with-shayna-hiller/19419010/2026-08-13T19>

40+ SINGLES MIXER - WESTSIDE | ROSEGOLD SALOON

7:00 p.m. - 10:00 p.m. The Rosegold Saloon 11501 West Pico Boulevard Los Angeles. come for the vibes, stay for the chemistry. \$17.85 to \$33.85. Visit: <https://www.smdp.com/calendar/#/details/40-singles-mixer-westside-rosegold-saloon/19405025/2026-08-13T19>

CASTANEA SICILIAN CAFE - COFFEE & ESPRESSO CLASS

7:00 p.m. - 9:30 p.m. Castanea Sicilian Cafe 1307 Ocean Front Walk Los Angeles. Experience a unique Espresso & Coffee Class in Los Angeles, Venice Beach and dive into the world of specialty coffee. In this hands-on workshop, you'll learn how to pull the perfect espresso, steam milk correctly, and prepare classic coffee drinks like cappuccino and latte just like a professional barista. Our Barista Coffee Class in Venice Beach, Los Angeles teaches you the fundamentals of espresso extraction, how to use an espresso machine, and basic latte art techniques. Whether you're a beginner or a coffee lover, this class will help you improve your coffee skills and knowledge. Visit: <https://www.smdp.com/event-3/#/details/castanea-sicilian-cafe-coffee-espresso-class/18526609/2026-08-06T19>

FRIDAY | AUGUST 14

PALISADIAN COFFEE AND CHAT

9:30 a.m. - 10:30 a.m. Palisades Garden Cafe 15231 La Cruz Dr Pacific Palisades. An informal hello run by Palisadian resident Rebecca Martin. No Agenda, no powerpoint, just a chance to say hello for those who have moved back to the Palisades, or are working on it. Visit: <https://www.smdp.com/calendar/#/details/palisadian-coffee-and-chat/19242128/2026-08-07T09>

SUMMER FAMILY MOVIE NIGHTS AT THE CAYTON

Join us every Friday this summer for family movie night! Featuring after-hours museum access, themed activities, snacks, and favorite films. Perfect for little ones who can't sit through a full movie! (Movie nights run from 5-8PM) Summer Movie Schedule: 6/26 Space Jam, 7/3 Homeward Bound, 7/10 Encanto, 7/17 Lyle, Lye Crocodile, 7/24 Honey, I Shrunk the Kids, 7/31 Happy Feet, 8/7 Ratatouille, 8/14 Hook, 8/21 Coco, 8/28 Matilda. Private Movie Screenings. Bring movie night to your next celebration. Private screenings are available for birthday parties, group events, and special gatherings Contact our team to create a custom

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