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Ginger elixir takes root in Santa Monica



Courtesy photo

GINGER: Bill Tocantins is squeezing Hawaiian ginger into his elixir.

MADELEINE PAUKER
Daily Press Staff Writer

Ginger beer companies were eager to capitalize on the Moscow Mule trend that swept the country in the mid-2010s.

Santa Monica entrepreneur Bill Tocantins also saw a business opportunity in the new thirst for the ginger, lime and vodka cocktail.

But Tocantins wasn't making ginger beer. He was making Elixir G.

Each bottle contains concentrated fresh ginger grown on a farm in Hawaii. A few drops can be added to lemon-lime soda and vodka to make a Moscow Mule, squeezed into beer to create ginger beer or mixed into dressings, sauces and marinades.

Tocantins, whose company is based in Santa Monica, has been manufacturing his product since

SEE **ELIXIR** PAGE 11

Santa Monica designer helps bring Children's Museum and more to life

ANGEL CARRERAS
Daily Press Staff Writer

When you walk into the Cayton Children's Museum at Santa Monica Place, your eyes are immediately greeted by a bright, primary palette of colors — rows of red, yards of yellow and balls of blue all dominate a space that looks like Dr. Seuss dreamed it.

The creator of the space, however, is perhaps less fantastical than a Seuss book but just as imbued with childlike wonder. In fact, you may have seen him around Santa Monica.

Greg Nelson, the founder of design firm Altitude Design and Santa Monica resident, routinely

SEE **DESIGNER** PAGE 10

Piano prodigy brings cultural pride and unique sensibilities to Santa Monica



Jack Hartin, courtesy of The McCallum Theatre

PIANO: Sabrina Xiao He has spent her young life performing on some of the world's biggest stages.

ANGEL CARRERAS
Daily Press Staff Writer

A Santa Monica transplant by way of China is doing what she was destined nearly from birth to do — play piano and play it well.

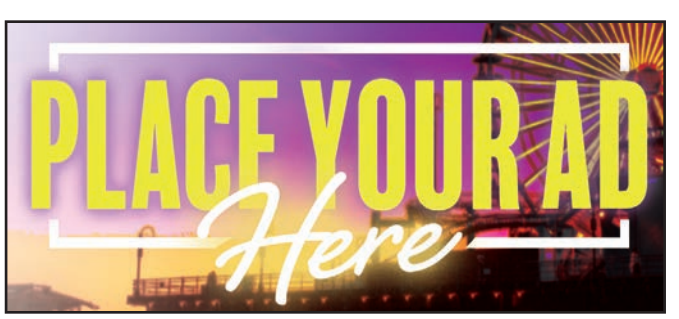
Sabrina Xiao He is a piano-playing prodigy, having held over 300 solo piano recitals and international chamber concerts at venues including Carnegie Hall Symphony Space, McCallum Theatre, Alfred Newman Hall, Guangdong Performing Arts Theater (China) and the Gijon Municipal Concert Hall (Spain), her first at 7-years-old.

She is the winner of the 2010 MTAC Piano Concerto Competition, Third Place at the 2015 International Music Competition Paris, Prize winner of 2017 Waring International Piano Competition, First Prize winner

SEE **PRODIGY** PAGE 11




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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Tuesday, September 3

Gentle Yoga at Fairview

In a class that is safe for seniors and beginners, as well as relaxing and stress-releasing for pros, veteran instructor Raghavan guides you through a gentle session of yoga and meditation. Space is limited. Please bring a mat or towel to the program. 6:30 p.m. Fairview Branch Library

Walk-In Tutoring

Friendly volunteer tutors provide help with basic reading, writing, and computer skills; using the Internet to search for information; opening and using an email account; filling out online forms or applications; learning how to write a resume or cover letter; and more. Main Library. 5 - 7 p.m.

Wednesday, September 4

Westside Writers Mingle

A monthly meeting of SCBWI, an organization of children's writers and illustrators. Open to all. Plan your writing strategy for the next 10 months of Mingle meetings. We will be checking in at each Mingle to share how our writing goals are progressing! Summer Conference Recap and The Business of Writing for Children. This month they'll be blending two topics into one night. First, they'll take a look at the summer SCBWI conference, giving folks a chance to share highlights and takeaways. Then segue into a Business 101 look at children's publishing. 7 - 8:45 p.m. Ocean Park Branch Library.

Planning Commission Meeting

The Santa Monica Planning Commission normally meets on the first and third Wednesdays of every month in the City Council Chamber. City Hall, 7 p.m.

Mindfulness Meditation

Organizers invite you to enjoy a pause in the day in which to refresh yourself by simply sitting and paying attention to your senses, feelings, and thoughts. You are welcome to stay for 5 minutes or for the entire 30 minutes. Natalie Bell, Mindful Wellness consultant, and/or guest facilitators from UCLA Mindful Awareness Center, will guide the session, 1st and 3rd Wednesdays each month. Montana Avenue Branch Library. 5:30 - 6 p.m.

Senior TAP Workshop at Ken Edwards Center

Bring valid ID showing you are 62 years or older to apply for a FREE senior reduced fare TAP card. Includes travel and TAP card use training. For details, visit bigbluebus.com/tapworkshop. Ken Edwards Center. 1 - 2 p.m.

Read & Play

Help your child cultivate key developmental skills through books and play activities. Ages 0-5. Main Library, 11:15 - 11:45 a.m.

Thursday, September 5

NOMA meeting

Code enforcement and Home-Share regulations, neighborhood crime and safety, and landmarking will be up for discussion at the North of Montana Neighborhood Association's monthly meeting Thursday, September 5th, at the Montana Branch Library. Greets and eats at 6:30; program at 7 p.m., and all are welcome.

Ten Easy Postures to Improve Your Health

Yoga Instructor Adrienne Hite demonstrates useful postures to start your day and help combat lower back pain. Please bring a towel or mat. Ocean Park Branch Library. 7 - 8 p.m.

Library Board Meeting

Library Board Meeting in Administration Conference Room, 2nd Floor near computer commons. Main Library, 7 - 9 p.m.

Community Kids Re-Constitution: Fake News and the Founding of Our Country

Join organizers for a series of programs to learn about social justice. For the first program in this series, we will be playing an interactive trivia game to learn about the Constitution and acquire skills for distinguishing real news from fake news. Ages 8-13. Main Library, 5 - 6 p.m.

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

COMMUNITY BRIEFS

11th Street

SMC Barrett Gallery Hosts Gallery Reception

The Santa Monica College Pete & Susan Barrett Art Gallery will present "Made in California: Contemporary Art from the Frederick R. Weisman Art Foundation," an exciting exhibition of significant West Coast works created by a variety of California artists.

The exhibition will be open to the public from Tuesday, August 27, to Friday, December 6, with a free gallery reception on Saturday, September 14, from 6 p.m. to 8 p.m. The SMC Pete & Susan Barrett Gallery is located at the SMC Performing Arts Center, 1310 11th Street (at Santa Monica Boulevard), Santa Monica.

Funding for the exhibition and related activities has been provided by the Frederick R. Weisman Art Foundation and Santa Monica College.

The exhibit, featuring a selection of contemporary art produced in the Golden State from the 1960s to the present, is curated by Foundation Director Billie Milam Weisman, who notes:

Since the 1960s, California has emerged as a center for contemporary art that rivals New York in its accomplishments and innovation. Weisman, who began collecting both international art and art from Los Angeles in the mid-1950s, counted many of the city's top artists as his close friends, building a collection that reflects these personal relationships.

Weisman was an early supporter of many of the artists who rose to prominence through the legendary Ferus Gallery, established by Walter Hopps, Ed Kienholz, and later, Irving Blum. At the time, Hopps was an innovative young curator tuned in to the idiosyncratic styles of Los Angeles artists, which had developed from isolation during the post-war period. As a result, LA artists were inspired by their daily lives and surroundings – the local terrain, vibrant sun, beautiful sunsets, blue skies, surfboards, and fast, flashy cars. Soon, new art movements were created (such as Light and Space and Finish Fetish), and the Cool School was born. The art on view represents a number of these diverse movements that have shaped and continue to play a decisive role in defining the visual arts in the Golden State.

Exhibition artists include: Lita Albuquerque, Peter Alexander, Charles Arnoldi, Billy Al Bengston, Kelly Berg, Tony Berlant, Gisela Colon, Ron Davis, Michael Dee, Laddie John Dill, Doug Edge, Sam Francis, Joe Goode, James Hayward, Scot Heywood, David Hockney, Edward and Nancy Kienholz, Gary Lang, Blue McRight, Joel Morrison, Andy Moses, Ed Moses, Ruth Pastine, Edward Ruscha, Robert Therrien, De Wain Valentine, and Tom Wudl.

Hours for SMC's Pete & Susan Barrett Art Gallery are noon to 5 p.m. Tuesday through Friday and 11 a.m. to 4 p.m. Saturday. All exhibits, gallery talks, and opening receptions are free.

For more information, please call 310-434-3434.

SUBMITTED BY GRACE SMITH, SMC PUBLIC INFORMATION OFFICER

Downtown

Michael Vlatkovich Wind Quintet At Santa Monica Public Library

Trombonist/composer Michael Vlatkovich brings a unique ensemble to the Martin Luther King Jr. Auditorium of the Santa Monica Main Library, at 601 Santa Monica Blvd. on Wednesday, September 18, at 7:30 p.m.

Described by Jazz Review as "the finest improvising trombonist working today," Michael Vlatkovich is an in-demand studio musician, performing and recording with artists from Peggy Lee and Brian Setzer to Vinny Golia and Anna Homler.

He will be joined by Dan Clucas and Greg Zilboorg on trumpets and Andrew Pask and Bill Plake on saxophones, to form a jazz-inflected version of a brass or wind quintet. Each of these artists will bring a distinctive personal voice to this set of Vlatkovich's challenging original compositions.

This show is part of Soundwaves, a concert series emphasizing artists who appear on the DRAM (Database of Recorded American Music) streaming service. The Santa Monica Public Library is the first public library to offer this service to its cardholders. Listings of past and upcoming Soundwaves shows as well as sound and video recordings are at SoundwavesNewMusic.com

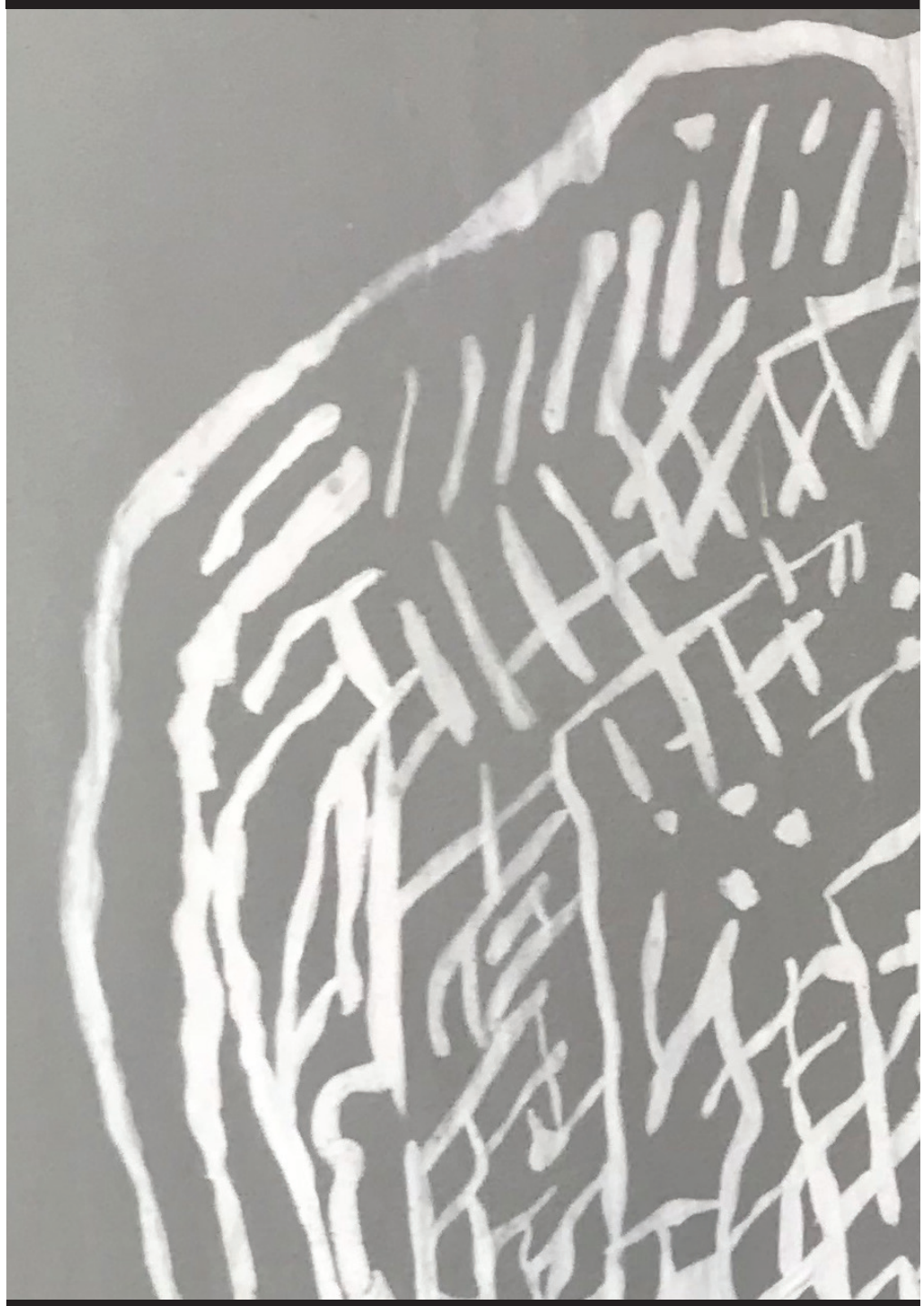
Admission is free and all are welcome. Seating is limited and on a first-arrival basis. The Santa Monica Public Library is wheelchair accessible. For other disabled services, call Library Administration at (310) 458-8606 at least one week prior to event. For more information, visit smpl.org or contact the Santa Monica Public Library at (310) 458-8600.

SUBMITTED BY JEFF SCHWARTZ, REFERENCE LIBRARIAN

MYSTERY PHOTO

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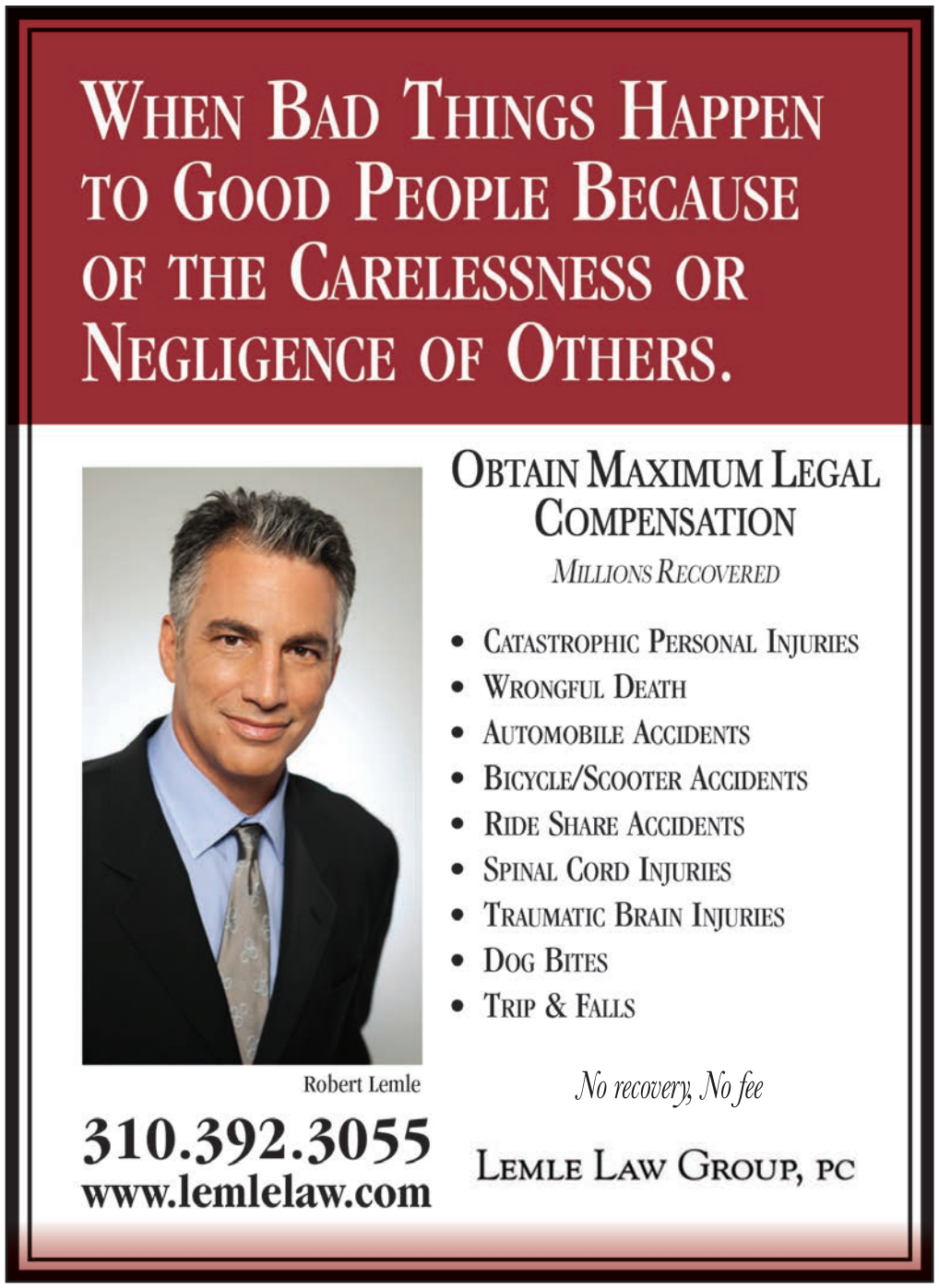
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COMMUNITY BRIEFS

Downtown

Santa Monica History Museum Hosts Annual Gala Dinner

The Santa Monica History Museum will host its annual Gala Tribute Dinner at the Fairmont Miramar Hotel & Bungalows on Sunday, September 22 at 5 p.m.

Guests will be able to participate in a silent and live auction, as well as enjoy dinner and cocktails. They have two remarkable honorees this year. With this year's theme, "To the Moon and Back," they will celebrate and honor Professor Hildreth (Hal) Walker, Jr. Mr. Walker led the manufacturing, testing and operation of the KORAD K-1500 ruby laser system in his Santa Monica lab in 1969 during the Apollo 11 Moon Landing. The ruby laser measured the distance from the moon and back and has been replicated in the Smithsonian.

They are also proud to honor Santa Monica College on its 90th Anniversary. Founded in 1929, SMC enrolls over 30,000 students. Under Dr. Kathryn E. Jeffery's leadership, SMC leads the nation in transferring students to the prestigious University of California system.

Santa Monica College will receive the Louise B. Gabriel Award. The Louise B. Gabriel Award is presented to an individual or organization that has demonstrated an ongoing commitment to, and passion for, preserving the history of Santa Monica.

The annual Gala is the biggest fundraiser for the Santa Monica History Museum. They are proud to announce OneWest Bank as our title sponsor this year.

They invite their community businesses and friends of the Museum to participate in pledging sponsorship to promote "Keeping Our History Alive."

Dinner tickets are $180 per person and available for purchase online or by calling the museum. For sponsorship or donation information, please contact John Klopping, (310)395-2290, jklopping@santamonicahistory.org or visit www.santamonicahistory.org for more information.

SUBMITTED BY JOHN KLOPPING, MUSEUM MANAGER

Citywide

Catalytic Converter Theft Protection

The Santa Monica Police Department is partnering with local businesses to host a FREE catalytic converter etching event where vehicle license plate numbers will be etched onto the heat shield of catalytic converters.

The event takes place on Thursday, September 5, from 7 to 9 p.m. at Firestone Complete Auto Care located at 1817 Lincoln Blvd., Santa Monica, CA. Reservations are required.

What is a catalytic converter and why would someone want to steal one?

Catalytic converters are a crucial component of your car's exhaust system. They're located under the car and attached to the exhaust pipe, typically with bolts. The catalytic converter is designed to reduce the toxicity of emissions from a vehicle's engine. Catalytic converters are valuable to scrap metal dealers, in part, because they contain precious metals, including rhodium, platinum and palladium.

Etching your converter may deter theft. Catalytic converters do not have unique serial numbers or identifiable markings, making it difficult for law enforcement officers to return the property to the owner when suspects are arrested with these stolen vehicle parts in their possession. The presence of license plate numbers on catalytic converters can provide police with the information needed to identify stolen property, contact victims, and apprehend/prosecute criminals.

This program is open to those who live or work in Santa Monica and while specific vehicles are targeted by thieves, all makes and models are eligible for the program. Registration prior to the event is required, and space is limited. Register and download a free ticket by visiting https://smpdetchcatch.eventbrite.com/

This event is co-sponsored by the Santa Monica Police Department, Firestone Complete Auto Care and O'Reilly's Auto Parts.

SUBMITTED BY LIEUTENANT CANDICE COBARRUBIAS

UCLA

Working with your Primary Care Physician through a Cancer Diagnosis

Primary care physicians play an essential role in the diagnosis, care and survivorship follow up of patients with cancer. They are often the initial point of contact for patients in obtaining screening or evaluating symptoms, and they may make referrals, coordinate care, and are key team members in managing cancer and non- cancer-related concerns throughout the treatment trajectory.

Particularly when treatment is complete, primary care physicians are integral to helping survivors address late effects of treatment, obtain good follow up and take an active role in making the needed lifestyle changes to promote healthy survivorship. This lecture by UCLA internal medicine and Hospitalist Specialist William Carroll, MD addresses how you can best engage with your primary care doctor throughout your cancer experience.

For more information about this event visit https://www.simmsmanncenter.ucla.edu/all-events/2019-09/, or call (310) 794-6644.

Neuropsychiatric Institute (NPI) Auditorium, C8-183 740 Westwood Blvd, UCLA Campus (directly across the street from the Ronald Reagan Medical Center). Parking is available at the RRMC and the Medical Plaza. Cost is $12 at both locations.

SUBMITTED BY SIMMS/MANN - UCLA CENTER FOR INTEGRATIVE ONCOLOGY

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WINNER

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What's the Point?

David Pisarra
Send comments to editor@smdp.com

A recipe for recovery from traumas

Take one Aussie, add two parts amazing personality, a cup of brutal honesty, some traumatic events that led to shame, guilt and self-harm, mix thoroughly over 7 cities and 40 countries traveled to, and you'll get my friend Kirsty Spraggon. She's an inspiration to all who come across her infectious smile and warm aura. She draws out the pain from people's soul, like an emotional sponge.

I met her a couple of years back during an event at the Fairmont Miramar, and we have lots of friends in common through the National Speakers Association and the local Santa Monica community of spiritual warriors. Her story is one of overcoming the guilt and shame of a medical condition. You can learn more about that part of her life through the TEDxMalibu talk she gave in 2014.

Since that time she has pursued a greater purpose, that of helping others find their way to a personal truth. Her mission is to be a Truth Teller for Truth Seekers, which is also very much her brand. Last year she put on a one day event that brought together a few hundred people to confront their traumas and discover a new way forward.

This year she's producing a series of events in local venues to help people confront and recover from their traumas. The concept of trauma is 'any deeply disturbing or distressing experience.' We've all had something in our lives that qualifies, the question really is to what degree, and how well, we have moved past the effects of it.

When I'm representing fathers in family court I frequently have to explain to them the deeper meaning of the events they are going through. It's not just the having to move, and now seeing their kids every other weekend and a Wednesday night, it's the loss of the dream of their family. It's the pain of being sidelined in their kid's lives and relegated to being nothing more than an ATM and a target for blame. It impacts their sense of self, their role in society and it's the loss of meaning for them. These traumas are all there, but frequently the men don't have the vocabulary to understand them until I suss it out for them.

The lack of understanding of our traumas is one of the major problems people have with them. If you can't identify something, you can't treat it. Which is why so many men default to just venting their frustrations in anger or self-abuse with alcohol, sex or gambling. Women suffer from this as well, but in different ways.

That woman you see who is morbidly obese? Frequently she has been victimized sexually by someone in her family and is trying to protect herself from further attacks by her bulk, and soothing her pain with food. The 'crazy cat lady' who hoards felines? She's likely hurting and lonely from the loss of a parent's love and nothing can fill that hurt. How do I know this? Years of working in the family courts. I see a great deal of trauma being played out on innocent people's lives.

That's why when Kirsty is hosting events that help people uncover, discover and discard their traumas I want to support her. I'm not being compensated for this in any way.

I know that our pains, are not ours alone. We will lash out at others when we're hurting, or hurt ourselves instead. We leave our friends wondering "Why?" when there's a suicide (I've had way too many of those in my life.)

She has three events coming up. The first is this Sunday the 8th is being held at NAAM YOGA located at 1231 4th Street, Santa Monica, California 90401. It is a guided meditation that discovers what people "most need to let go of. It's incredible. We then discover where it's showing up in their present. The kind of people who come to these events vary dramatically. In Malibu we have participants who lost their homes in the fires. We had incest survivors, cancer survivors and people who experienced domestic violence. And they all were able to have incredible experiences, where astrotravel is possible, one lady said she felt like all of her chakras opened up. People generally feel lighter and freer. Some people have very specific visions and know what their working through, others they have no idea where they went, but they just have this sense that stuff was cleared. And so we do the meditation and the sound modalities and finally we do breathwork techniques to finish, because the breathwork is like the release part of the evening."

This is all very California, the drumming the soundbaths, the breathwork, it's all work that would be pooh-poohed by anyone on the East coast. However, I have personally found that some of this California spirituality work is very useful. Some of it I love and has worked for me and the traumas that I experienced as a child of a violent alcoholic household who then had to contend with being gay in a world where that meant certain death.

If you have traumas, or you know that something is off in your life, but you don't know what, I suggest you try something new. Do a soundbath. Go for a guided mediation. What's the worst that happens? You'll fall asleep and snore.

I recommend my friend Kirsty Spraggon and her Truth Telling for Truth Seeking events. The upcoming series is called Breath-Release-Transform and you can find it at www.KirstySpraggon.com/product/breathe-release-transform-l-a-event/ she has events on September 8 at NAAM in Santa Monica, September 14 in Brentwood and September 22 in Malibu.

David Pisarra is a Los Angeles Divorce and Child Custody Lawyer specializing in Father's and Men's Rights with the Santa Monica firm of Pisarra & Grist. He welcomes your questions and comments. He can be reached at dpisarra@pisarra.com or 310/664-9969.You can follow him on Twitter @ davidpisarra

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COMMUNITY BRIEFS

Venice

Venice Chamber of Commerce September Events

The Venice Chamber of Commerce is pleased to host various events and mixers for all the business and social constituents in Venice:

VENICE CHAMBER HAPPY HOUR HOSTED BY LA CABAÑA

Wednesday, September 4th, 6 - 8 p.m.

La Cabaña, 738 Rose Avenue, Venice, CA

Join organizers at their monthly happy hour hosted by La Cabaña! Make new connections and build relationships while enjoying "a genuine taste of Mexico" at this landmark restaurant that has been serving Los Angeles for over 50 years. La Cabaña will offer an array of appetizers as well as dinner for four as a raffle prize. Members: $5. Prospective Members: $10. For more information and to register, visit www.venicechamber.net.

VISIT AND VOLUNTEER WITH THE VENICE CHAMBER OF COMMERCE AT THE 35TH ANNUAL ABBOT KINNEY FESTIVAL

Sunday, September 29, 10 a.m. - 6 p.m.

Abbot Kinney Blvd., between Venice Blvd. and Main Street, Venice, CA

Enjoy this classic Venice summertime festival by their side! They are seeking eager volunteers to help with setting up, staffing the booth, and packing up for the Venice Chamber of Commerce and the Venice Art Crawl. Spend a few hours of fun visiting with members, sharing the latest news and meeting new people. To volunteer, please email info@venicechamber.net or call 310-822-5325. For more information, visit www.venicechamber.net

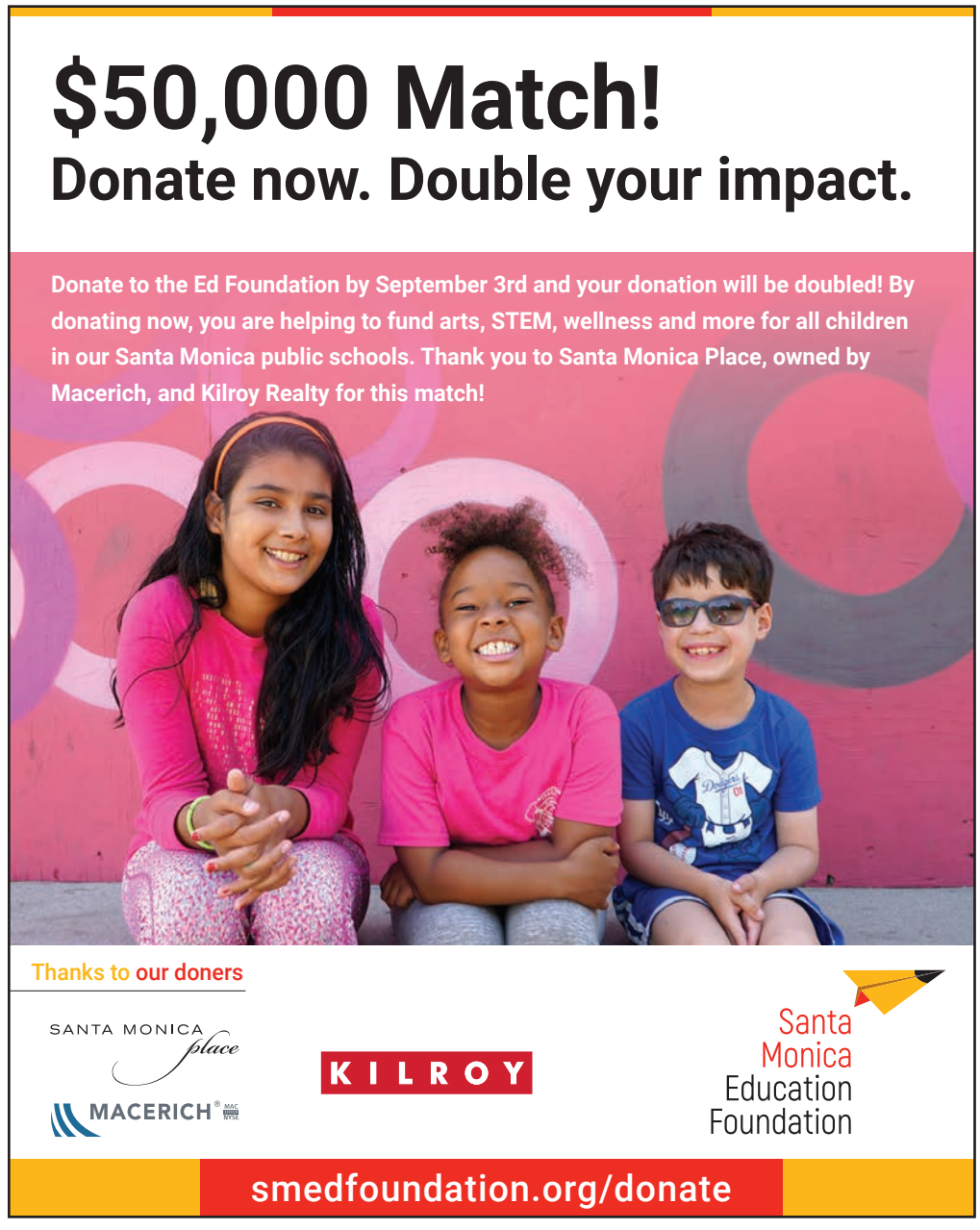
Information on all events can be found at www.venicechamber.net/events

The Venice Chamber of Commerce is an organization of business leaders who actively serve as advocates for the ever-growing Venice business community. Through dynamic networking events and diverse committees, we support the interests of area businesses and contribute to improving the vitality of the local economy; positioning Venice as the "creative soul" of Los Angeles. To learn more about the Venice Chamber, visit www.venicechamber.net

SUBMITTED BY THE VENICE CHAMBER OF COMMERCE







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TODAY'S BIRTHDAY (SEPTEMBER 03)

You've a generosity of spirit people sense straight away. You'll attract kindred souls and needy souls alike. A big deal closes in November. You'll change your routine and rules at the end of the year. In 2020, you'll expand yourself through travel, education and relationships with people who fascinate you. Libra and Scorpio adore you. Your lucky numbers are: 3, 20, 11, 47 and 31.

ARIES (March 21-April 19). You want people around you to behave in a certain way, though you may not be aware of your own expectations until there's been a violation. The violation sheds light on social dynamics and enhances self-knowledge.

TAURUS (April 20-May 20). It may feel like the opinions people are coming up with about politics, economics and life in general all serve as a source of self-entertainment. You have a choice about what to tune into.

GEMINI (May 21-June 21). If you speak less, the mental energy builds up. Then, when you do decide to express yourself, there's greater thought behind what you're saying. This is why you'll be profound today.

CANCER (June 22-July 22). If you love something enough, it doesn't matter how well it works out on a practical level. You could be bad at it, or good. You will bear the awkward moments and love the learning curves. Love makes it worth the effort.

LEO (July 23-Aug. 22). The way you give love makes people feel free. So it's all the more special to you knowing that with all the responsibilities and options and distractions of the world, someone still chooses to be with you.

VIRGO (Aug. 23-Sept. 22). You'll cycle through an entire plan. It starts with a list. Then there's a preparation period in which the things on the list are assembled and executed. Lastly, there's cooperation and tenacity involved. You'll have plenty of both.

LIBRA (Sept. 23-Oct. 23). It will be better to accept that anything can happen than to spend much of today's energy envisioning and predicting. The stars warn against placing focus away from the main action of this day.

SCORPIO (Oct. 24-Nov. 21). You want to be challenged, especially intellectually, and that's why you're drawn to intellectual sparring partners – contrarians who will force you to sharpen your arguments.

SAGITTARIUS (Nov. 22-Dec. 21). Knowing that something is good for you doesn't really make you like it any better. This is why children resist vegetables. It takes time to become fond of the things that best nourish you.

CAPRICORN (Dec. 22-Jan. 19). Some of the time needs to go by unfilled. Without silence, there is no music. The most invigorating music is the one with the most rests. The beats per minute cannot be measured without the spaces per minute.

AQUARIUS (Jan. 20-Feb. 18). When you were a child, you didn't feel particularly young and beautiful, but you were. There's something similar going on with you today. Know that your experience of this time will change retrospectively and relax.

PISCES (Feb. 19-March 20). The money and goods available to you will impact your success, but not as you might expect. More won't be better. It's not your resources but your resourcefulness that matters.

Galactic Character Test

Two conjunctions (Mercury/Mars, sun/Mercury) add to the glistening galactic landscape. Behavior will be the best indicator of character. In short, when people tell you who they are, consider that to be evidence worth listening to. Though it pales in value next to the information you get when people show you who they are through action.

ASTROLOGICAL INSIGHTS

"My children are rotten. I have a Taurus, a Gemini and a Leo. They can be very sweet, but mostly they behave as though their father and I were put on the earth to serve them. They aren't grateful for anything we do for them. How can you make someone feel grateful if they don't?" The mystics agree that "thanks" is among the most important of prayers. It's an easy one to say, and a harder one to feel genuinely. Negative circumstances help. In matters of gratitude, the crucial role played by difficult emotions like stress, loss and lack cannot be overlooked. Without the pain there is no relief. Relief brings a flood of gratitude that happier emotions cannot provide. You have protected your children from quite a lot. They do not know enough of the downside of the human condition to feel grateful for the upside. There is something precious about this bubble of reality. Appreciate it while it's still intact, as it will inevitably be pierced. Sooner or later, a fuller range of human experience catches up with us all. Modeling gratitude will effectively help all three of your children learn it. Stories of your own experiences will help. Telling them they should be grateful won't. It never does. It's frustrating, but take heart. Each will learn differently and in his or her own time.

CELEBRITY PROFILES

Olympic gold medalist and superstar Shaun White was born with solar charisma so it's no big surprise that the snowboarder/skateboarder has had corporate sponsors since he was 7 years old. And though he makes daring physical feats look effortless, his sun, moon and Mercury in Virgo suggest that mastery comes from hard work and a relentless drive for perfection. **Write Holiday Mathis at HolidayMathis.com.**

WORD UP!

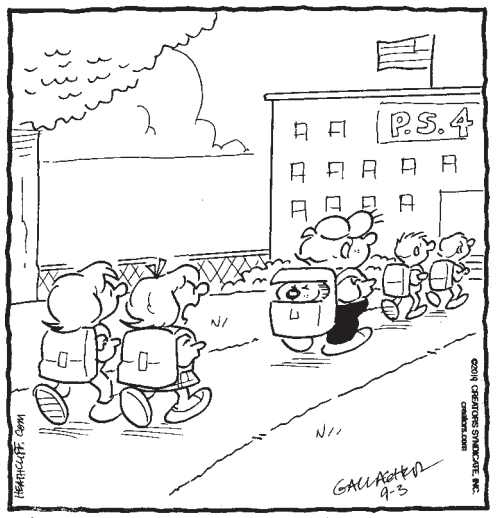
Sanguine

Adjective [sang-gwin]

Cheerfully optimistic, hopeful, or confident: a sanguine disposition; sanguine expectations.

Heathcliff

By PETER GALLAGHER



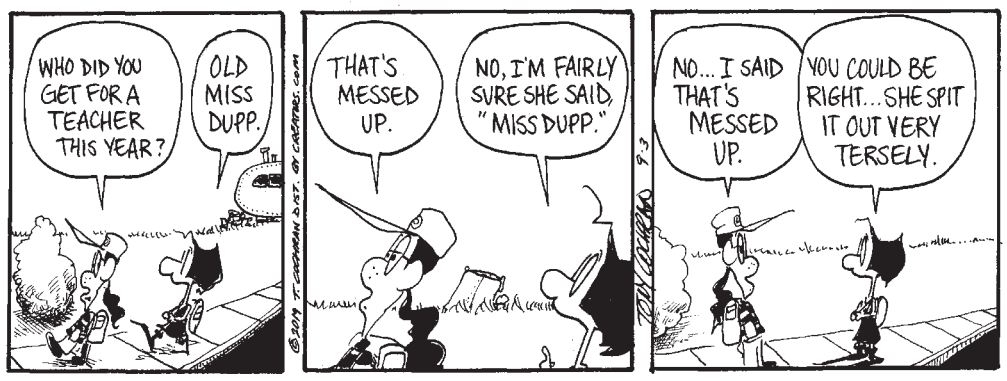
Strange Brew

By JOHN DEERING



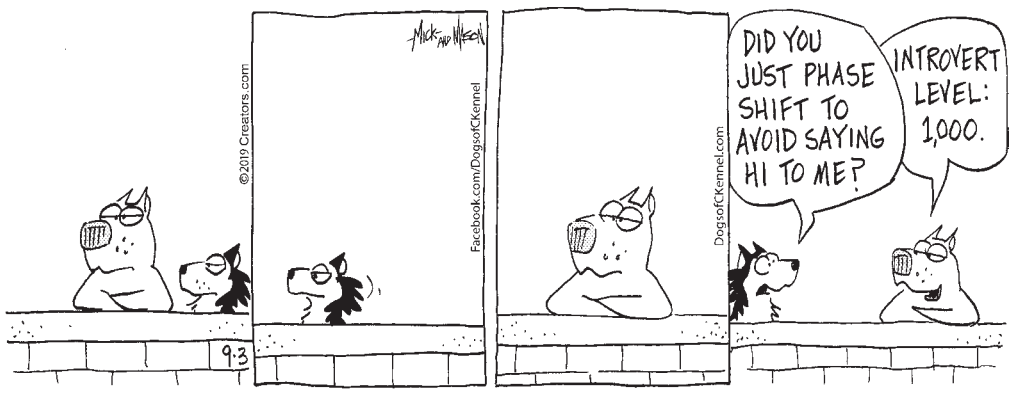
Agnes

By TONY COCHRAN



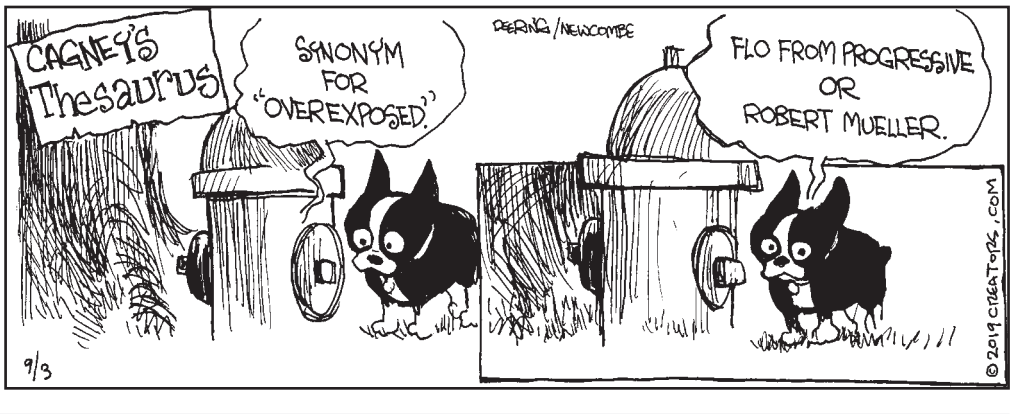
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



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DAILY LOTTERY

POWERBALL calottery
Draw Date:08/28
9 32 37 41 56
Power#: 14
Jackpot: 70 M

calottery MEGA MILLIONS
Draw Date: 08/27
8 12 23 39 43
Mega#: 6
Jackpot: 113 M

SuperLotto PLUS calottery
Draw Date: 08/28
14 16 21 31 39
Mega#: 3
Jackpot: 9 M

calottery Fantasy5
Draw Date: 08/28
23 25 29 30 31

calottery Daily 3
Draw Date: 08/28
Midday: 9 5 3
Draw Date: 08/28
Evening: 9 3 9

Daily Derby calottery
Draw Date: 08/12
1st: 06 - WHIRL WIN
2nd: 03 - HOT SHOT
3rd: 11 - MONEY BAGS
RACE TIME: 1:42.60

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



SURF FORECASTS

WATER TEMP: 73.8°

TUESDAY- **FAIR** - SURF: 2-3ft+ waist to stomach high
Modest new SW and S swells trend up a notch. Small NW energy.

WEDNESDAY- **FAIR** - SURF: 2-3ft knee to waist high
Small blend of SW/S swells and NW windswell lingers.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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

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

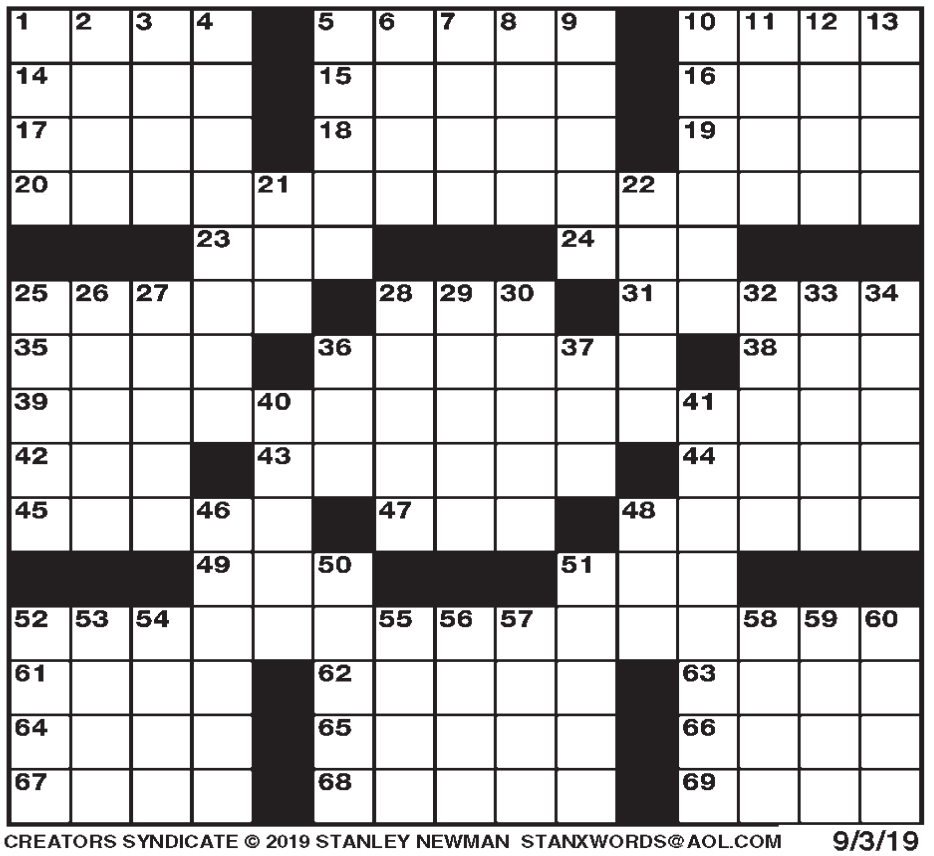
9	7		2			3		
		4			9			
	6		3			8		7
4				5	2			1
	5	7				6	8	
8			6	9				2
5		9			3		4	
			9			5		
		3			8		2	6

Newsday Crossword

WHERE'D THEY GO? by Billie Truitt
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Coffee, slangily
5 Diet-food label term
10 Recipe meas.
14 Lyft's ridesharing rival
15 Down to __ (unpretentious)
16 Region
17 Virus source
18 Main idea
19 Fezzes and fedoras
20 Hides oneself
23 Deceive, informally
24 Trike rider
25 Book of maps
28 High energy
31 20%
35 Do laps in the pool
36 Not unlimited
38 Lion constellation
39 Hides, as a secret
42 Grown boys
43 International agreement
44 Give off
45 Happen next
47 Pen for pigs
48 Vehicles on snow
49 Scuba diving venue
51 Take to court
52 Hides so no one can see
61 Facebook entry
62 Winning a race
63 __ spumante (Italian wine)
64 Coke or Pepsi
65 Oktoberfest music
66 Illuminating gas
67 Acme
68 Carryall bags
69 Be apt (to)

DOWN
1 Large wine containers
2 Aid in wrongdoing
3 Aloe __ (lotion ingredient)
4 Soldiers' training center
5 Allow to board
6 Island near Maui
7 Worry (over)
8 "Airy" prefix for sphere
9 Crime of stealing
10 French-speaking Pacific island
11 Boast
12 Cain and Abel's brother
13 Bygone days
21 Distress call
22 Not many at all
25 Help-desk sign
26 11-year-old, for one
27 Bank's legal claims
28 Trees with cones
29 Continue until
30 Religious devotion
32 Moth attractor
33 Lukewarm
34 Party throwers
36 Dog's coat
37 Make an attempt
40 "Stainless" alloy
41 Applicable for a topic
46 Fee on some out-of-state purchases
48 Addition total
50 Change as necessary
51 Ginger ales and root beers
52 Animal welfare org.
53 Basketball basket
54 Caribbean cruise stop
55 "Scat!"
56 Pool table cloth
57 Leaf-clearing tool
58 "That makes sense"
59 British prep school
60 What makes a kite fly



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COMMUNITY BRIEFS

Pico Blvd.

Ellis Paul at McCabes

Ellis Paul will perform two shows at McCabes, 3101 Pico Boulevard. He will perform a show for adults at 8 p.m. on Saturday, September 28 and a show for kids/family at 10:30 a.m. Sunday, September 29 as part of McCabes Sunday Morning Kids Concert Series.

Celebrating 30 years as a touring musician, Ellis Paul has released 18 adult albums and two children's albums, published two children's books and has garnered many awards from the prestigious Kerrville Folk Festival New Folk Award (1994) to 14 Boston Music Awards – including Folk Act of the Year. In 2015, he founded the New England Songwriters' Retreat (NESR), an annual 4-day weekend retreat held in early September at The Guest House in Chester, CT. In 2018 he launched his own channel on TrueFire.com where he provides instruction on songwriting and guitar playing.

"Despite his success and sense of history, Mr. Paul remains an artist with his eye on the future and an interest in discovering the transformative potential in his music." – The New York Times

Paul's 20th album, The Storyteller's Suitcase, was released in May 2019 and was in the top 5 albums for both June and July on the Folk DJs Chart. His music catalogue has been inspired in large part by being on the road as a touring musician for thirty years. The highway brought the kind of dedicated following normally reserved for radio stars. For this most recent album a thousand fans donated more than $100,000 to birth The Storyteller's Suitcase. This is Paul's first self-produced album and the first on his own label, Rosella Records, named for his two young daughters. Having reached his 50th birthday, he decided to write about things that are important to him as he reflected on his life and 30 years as a touring musician. He wasn't chasing after a hook or a line for commercial purposes or trying to land a soundtrack, but rather, he was documenting personal memories of love and family and more broadly the importance of community and country, sometimes touching on controversial topics. He came up with the concept of "a storyteller's suitcase" as a catch-all, one which sparked the title track, but also conveyed the very essence of the album. "It's adventure, the audience, and the loves you discover along the way," says Paul. "My favorite line on the album is 'A song is just a skeleton key that can open any palace door.'" Paul will be performing many of the songs from this latest release at the show for adults on Saturday, September 28.

His family show on Sunday September 29 will feature songs from his award-winning children's album Hero in You which was released in 2012 and received a Gold Medallion from the Parents' Choice Foundation. On the album, Paul pays tribute to a wide array of American heroes, crafting catchy melodies that paint vivid musical profiles of men and women whose words, actions, inventions and art made a profound impact on us all. Heroes include Benjamin Franklin, Georgia O'Keefe, Rosa Parks, Woody Guthrie, Chief Joseph, Jackie Robinson and more. A book based on the album was published by the prestigious Albert Whitman Company and was ranked #1 on the Scholastic Magazine's instructor "Must Read" list for winter 2015.

For ticket and other information regarding the two shows show, please visit the venue website www.mccabes.com or visit www.ellispaul.com. $10.

SUBMITTED BY KAREN ZUNDEL

Citywide

Native Vegetation Recovery Following The Woolsey Fire

In 2019 the NPS Inventory & Monitoring team completed over 200 Terrestrial Native Vegetation Monitoring Plots in the Santa Monica Mountains and Simi Hills (SMM & SH), more than twice the number of plots monitored in a non-fire year. By the time of the presentation they hope to have analyzed the large dataset to make conclusions about the status of the vegetation communities following last year's fires.

In general, the SMM & SH experienced a rich and widespread green-up in the winter and spring with the substantial rains received, producing a substantial assemblage of wildflowers (including many fire followers not seen in many years), and a strong recruitment of our native shrubs via resprouting or seedlings. They even documented several populations of the federally endangered Braunton's milkvetch and one of the rare Blochman's dudleya. The data collected will be available for advancing the science of fire ecology, and informing future park management and interpretation programs.

Mark Mendelsohn is a botanist for the National Park Service at the Santa Monica Mountains National Recreation Area. A little over one year into the botanist position, Mark has been working with the flora and fauna of the SMM for 6 years, following prior biological research and consulting for the US Geological Survey and private firms.

Event is free and non-members are welcome. For more info go to WWW.LACNPS.ORG. California Native Plant Society, Los Angeles/Santa Monica Mountains Chapter Programs are free to the public. Refreshments will be served. For more info contact Snowdy.dodson@csun.edu or email or call 818-782-9346. or LACNPS@LACNPS.ORG.

7:30 - 9:30 p.m. First United Methodist Church of Santa Monica. 1008 11th Street, Santa Monica, CA 90403

SUBMITTED BY GRACE MURAYAMA

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DESIGNER

FROM PAGE 1

forges unique identities for physical spaces. He and his team have imbued some of Sony's building interiors with Hollywood history, given the Hotel Indigo a back-lit lettered, luxury feel and gave downtown's a + d museum some art and design.

With Cayton Children's Museum now in full-swing, Nelson had some spare time to talk to the Daily Press about his life, his inspirations and what his favorite project in his career so far has been.

A LITTLE ABOUT YOU–ARE YOU SANTA MONICA BORN AND RAISED? OR, LIKE MANY, ARE YOU A TRANSPLANT TO THE CITY?

I was born and raised in Kansas City, Missouri. Like many people, I headed west about 12 years ago for new life experiences and clients and different opportunities, career-wise. I got a job in Los Angeles (Gensler) and I visited Santa Monica and never really looked back.

WHAT GOT YOU INTO ART AND DESIGN?

My family built a house when I was in middle school and I saw firsthand how the architect's plan came to life. Seeing something go from a draft to a fully built house was me being bitten by the bug at that point. I knew I wanted to pursue that. I worked in interior design after college and had a strong interest in graphics and worked it into a profession, design.

BOLD, BIG FONTS, LINE WORK AND BRIGHT COLORS DOMINATE YOUR WORK– WHAT ARE SOME OF YOUR INFLUENCES?

Our influences are always about our client's stories. That's our starting point. Some are more quiet and reserved, some have a loud, bombastic personality and have a boldness. We work hard to bring a client's voice to life. For example, the Cayton Children's Museum is all about play and diversity. They're really about diversity and education and that comes to life in the space. It's bold and loud and fun and prideful.

WHAT WAS YOUR MINDSET IN CREATING THE SPACE FOR CAYTON'S? DO YOU USUALLY GET FULL CREATIVE CONTROL OR IS YOUR PROCESS MORE COLLABORATIVE?

We usually have some good leeway but the team there at Cayton, they had such a strong vision for what the museum was about and how play can impact and build citizens of tomorrow. It was and is a noble vision. Just visiting and spending time with the client, we got to see their vision and help bring that to life. It was genuinely a true joy of mine to help see that vision through.

WHAT'S YOUR PERSONAL FAVORITE PROJECT THUS FAR IN YOUR CAREER?

If I had to pick one, it's definitely Stuart House in Santa Monica. We got to work with the director of the House and she told us about the place; It's a project where children and their families come for treatment therapy to rebuild their lives. It was a project we worked on several years ago and it's still very meaningful to me. My favorite project of all time.

HOW DO YOU CHOOSE THE CLIENTS YOU WORK WITH? OR ARE THEY CHOOSING YOU? HOW DO YOU PICK WHICH PROJECTS TO TAKE ON?

A little bit of both. We do have quite a range of clients, we work with hospitals, hotels, residential developers, but I have to say I have a personal passion with organizations that have strong mission and purpose within them. Stuart House, City of Hope Cancer Hospital, we try to work with a lot of people that are doing remarkable things in the world and we want to bring their purpose to life as well.

YOU'VE TACKLED A VARIETY OF PROJECTS IN YOUR CAREER–WHAT'S YOUR DREAM PROJECT?

I would love to work on a larger museum, like a cultural museum, a large art museum something like that.

WHAT WOULD YOU SAY IS THE GOAL OF YOUR WORK, MAKING VISUALLY BOLD DESIGN ELEMENTS?

Making memorable experiences, making it feel different than what people are accustomed to. People really want to stand out in the world. So when branding in a space, we want that to feel memorable, special, something people can take a photo with. That's the big thing now, to have a selfie moment, have people posting so it helps bring people. And its why things are bold and bright and memorable, so they get traction online and they stay with people and their memories.

WHAT MADE YOU PLANT YOUR ROOTS IN SANTA MONICA?

The city inspired me. I live here and my office is here as well. Santa Monica is such a colorful and vibrant place. We're by the beach, constantly inspired by sights and sounds and color and the people that come here, both residents and international visitors. It's a creative place to have a creative business made perfect.

For more information, visit https://www.altitudedesignoffice.com/

angel@smdp.com



PRODIGY

FROM PAGE 1

of the 2019 Golden Classical Music Awards International Competition and Second Place at the 2019 Steinway Academy Piano Competition.

Santa Monica audiences may know her as the principal pianist for the Silicon Beach Arts Council, where she recently performed at St. Paul's Lutheran Church on Lincoln. He is set to soon release a piano album and continue performances in Santa Monica and abroad but before she does, she reflects on her life.

"It's a fun story, I guess, now that I think about it," Dr. He said with a laugh in a phone call with the Daily Press. "All I ever wanted to do was nurture my love of music."

The way He tells it, she was nearly predestined to play the piano.

Per Chinese tradition (Zhuazhou, for those curious), five items are placed before a baby on their first birthday, with the first item the baby grabs indicating the child's future. Items can range from spoons and ladles (indicating a culinary future), a Chinese brush pen (signifying the arts) to an abacus (accounting).

He's assortment consisted of a book, a pen, a painting, a calculator and an electronic keyboard. Of course, He chose the electronic keyboard.

Despite fate taking He by the hand and leading her to her predetermined life's work, He's father had some reservations.

"[My father] is a piano teacher and educator," He said, noting that her father, Kaicai He, is an accomplished pianist, cellist, composer and music educator. "He thought, for a one-year-old girl, her hands aren't ready for a keyboard. He didn't want me to treat the piano as a toy."

For the next three years, He would hear the classical notes of her father's piano fill the house. "It was a wonderful sound," He recalls, "but he pushed me away. He wanted me to stay curious."

At 4, she got her wish. Her father provided lessons for her and by the age of 13, He was accepted into the prestigious Sichuan Conservatory of Music in China. She received strict training under Daxin Zheng, who praised her as "a student with extraordinary musical sensibility."

In the next six years, she performed in various large concert halls all over China and won honorary titles and numerous awards in both local and national piano competitions in China.

After He completed her studies at the Sichuan Conservatory of Music, she yearned to head West to the U.S. to further her music education.

"Piano is a Western instrument," He said. "I thought, I need to study here to pursue curriculum here. Not only because the root of the piano is Western. I wanted to study Western cultural aesthetics. I believed there was an innovative way to present classical music in an interesting way, combining performance, art and music."

He's piano performances eventually caught the attention of Sharon Mann, the piano professor at the San Francisco Conservatory of Music, who honored He with a scholarship.

She earned her Bachelor's degree in piano performance in San Francisco and moved on to the Cleveland Institute of Music where she got her Master's degree, under the tutelage of Prof. Paul Schenly and Prof. Daniel Shapiro. Paul Schenly commented "Her performance stands out because of her sincerity, warmth and intelligence, in addition to her virtuoso technical skills."

At these music conservatories, He was able to explore different aspects of classical music and even involved herself in dance and visual art to fully integrate herself in other art forms she could one day marry with music.

Eventually, she made her way to Los Angeles to attend USC, He obtained her Doctor of Musical Arts Degree in Piano Performance at the University of Southern California Thornton School of Music, working with renowned pianist, educator and Beethoven expert, Prof. Stewart Gordon, where she was a full-scholarship recipient and teaching assistant during her studies.

"I continued to study and perform classical music but on the side, I got to experience how to present classical music in a different way," He said.

The last year of her doctorate program, He premiered an experimental piano drama called, 'Dream.' In the performance, she told a story loosely based on her own life, experiencing love and loss. Piano performances carried the emotions of the piece while a cello performance and dancers aided the narrative.

"I always wanted to present Chinese music and Classical music together in a novel form," He said of 'Dream.'

"My background from China is cultural, but I learned the most in America. I got a lot of inspiration from visual arts in this country; I was inspired by choreography and the aesthetics of America. So, I wanted to bring magnificent Chinese music to America, make something unique for Chinese and Americans. A cultural exchange. That's why I'm here."

In her time in America, He has accomplished many things — albums, solo piano tours, performing the Rachmaninoff Second Piano Concerto with the Thousand Oaks Symphony Orchestra, playing a leading role in the McCallum Theater's presentation of The Planets, giving series of piano concerts for the Virginia Waring International Piano Competition,working with legends in the field and befriending a Grammy-Award-winning producer ("Sabrina is, without a doubt, one of the top musicians in her field; Her talent is very uncommon and would continue to be treasured in the U.S. music industry," Michael Rolland Davis, CEO and founder of Ivory Classics said), yet her career goals still remain grounded. In the fall of 2019, Ivory Classics will release a new CD of her recordings combining Chinese and classical music.

When asked what she's looking forward to in her career after conquering so much, He is focused on the little things that bring her joy. Making classical music more accessible — especially for younger generations — nurturing her love of music and of course, crowd reaction.

"I played a concert, a solo recital in Santa Monica back in March," He began. "The thing I love about Santa Monica is the audience is so involved. After I performed, a lot of audience members gathered to ask questions. They asked about technique, how to present pieces, how to imitate the sound of Chinese instruments. I spent about half an hour talking to them. I want more of that. There's a unique opportunity here to reach out to audiences and exchange musical ideas."

editor@smdp.com

ELIXIR

FROM PAGE 1

2007, a decade before Moscow Mules came into fashion. He came up with the idea for Elixir G when he made a margarita with ginger syrup while creating the drinks program for an Indian restaurant.

The popularity of the Moscow Mule, however, catapulted the elixir into many more grocery stores, bars and restaurants, he said. Last year, the company sold 60,000 bottles of its mix.

For bartenders, Elixir G eliminates the need to buy ginger beer as a cocktail mix, Tocantins said.

"Most ginger ale isn't made with actual ginger, and ginger beer that contains real ginger is expensive and usually sold in individual bottles," he said. "A $25 bottle of Elixir G lasts a long time and cuts down on waste."

Tocantins marketed Elixir G toward bartenders when he first started making it, but soon found that chefs were borrowing it to make everything from steak sauce to steamed mussels. It became popular with pastry chefs as well, he said.

"There was a chef in a restaurant up in Napa who was putting it in the cream cheese frosting for her carrot cake," he said. "The New York Culinary Institute contacted us because they were trying to make a ginger creme brulee and were having trouble getting the consistency right by chopping up the ginger and putting it in, so we sent them a bottle."

The company's local clients include Enterprise Fish Co., Upper West, Gramercy and Local Kitchen + Wine Bar. Elixir G is also used in national chains like P.F. Chang's, Benihana and LongHorn Steakhouse.

Tocantins said he wants to keep expanding into more restaurants and bars. He added he's proud that he's been able to compete against large beverage companies like Grey Goose or Patron.

"It's a real David vs. Goliath story," he said. "It's just me and four part-time employees."

He said he's also hoping to diversify his line of gingery products. He currently sells ginger mix and ginger soap, and is looking into making a ginger mint tea or lemonade.

"Rather than make a whole slew of different flavors of cocktail mixes, we're going the other way and just making different things with ginger," he said.

Tocantins is less interested in making a ginger beer, however.

"People have asked me, "Are you going to do a ginger beer?" and I'm inclined not to because it's not new," he said. "I'm interested in doing something innovative, not a repeat of something else."

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