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Local runner gives his feet a rest, tries his hand at writing

ANGEL CARRERAS
Daily Press Staff Writer

It's never too late to try something new before you cross the finish line of life.

At the ripe age of 71 years old, Eamon Coffey, a Santa Monica resident and avid runner, just released his first book, "Not Afraid to Sweat'. It's a loosely sewn together collection of 14 vignettes centered on the simple joys of running that feel like they were told to you at a pub.

The book is a breeze to read at only 64 pages, but don't let that make you think it's all fluff about setting personal records and getting shin splints. While the tone is light and ranges from humorous to bizarre, Coffey flirts with larger ideas and themes such as exploring the human condition and existentialism in his reflections on how hard running really is.

So, just how did a marathon runner become an author, anyway? To hear Coffey tell it, he's been on a steady pace to writing for quite some time.

Born and raised in Ireland, Coffey (who enunciates every single letter of that "Eye-uhr-luhnd") played Gaelic football and rugby in high school and college, running being only something he did during his games.

Post-college, he received a job offer in New York and soon after, in Washington, DC. Cold environments. A promotion then led him to Minnesota ("MinneSnowta," as he calls it). An

SEE **RUNNER** PAGE 4

Angel City Chorale celebrates an anniversary and the holidays



Photo courtesy of Angel City Chorale

ANGEL CITY CHORALE: They will celebrate their 25th anniversary this holiday season with a concert and competed on America's Got Talent, but was eliminated in the semifinals.

ANGEL CARRERAS
Daily Press Staff Writer

Just south of Santa Monica, wedged between a Whole Foods and Marie Callender's, is a place of worship, St. Andrews Lutheran Church. Churchgoers fill its pews each Sunday, the words of hymns and scripture echoing throughout its holy walls.

On Thursdays, however, a different kind of congregation occurs.

Santa Monica resident Sue Fink and her Angel City Chorale fill the space with songs both classic and contemporary, a diverse crew of singers from all walks of life coming together to practice their passion.

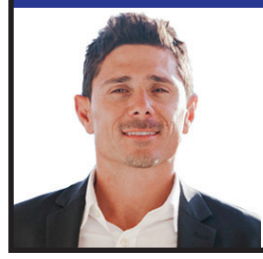
Fink and her motley crew have been at it for 25 years and will celebrate this anniversary with their upcoming concert Silver and Gold: A Holiday Concert and Sing-a-long. The concert will feature holiday songs ranging from the genres of classical, contemporary pop, R&B gospel and more.

"What we try to do in these holiday concerts is give people a taste of everything," Fink said. "For this one we'll do something that feels familiar like Have Yourself A Merry Little Christmas, then we try to give you a taste of the world."

"A taste of the world" defines the group. TV writers, mechanics, teachers, psychologists and more all intertwine to create the makeup of Angel City Chorale,

SEE **CHORALE** PAGE 4


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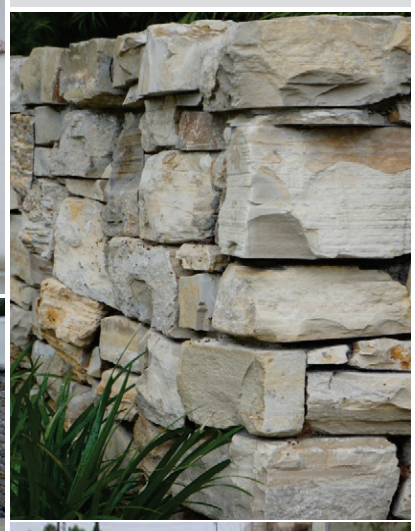
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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Saturday, Nov. 24

It Was A Book First?! Cloudy With A Chance Of Meatballs

Was the book better than the movie? Come read the book, then watch the movie to compare! This Month: Cloudy with A Chance of Meatballs by Judi Barrett. [Film run-time: 90 minutes, Rated PG, 2009] Main Library. 1 - 3:30 p.m.

Open Worksession with Echo Park Film Center

In honor of the 120th anniversary of the Santa Monica Camera Obscura, Echo Park Film Center's nineteen-member cooperative is creating a film that celebrates the beloved optical device. Titled 'I'll Be Your Mirror,' it's a poetic documentary that utilizes analog film tools and animation techniques along with archival imagery and first-person accounts. Drop by during EPFC's work sessions to see how the project is progressing and help out with filming, animation, voice overs, soundtracks and more. No experience necessary - free cinematic fun for everyone! 1450 Ocean, 10 a.m. - 1 p.m. Register at https://apm.activecommunities.com/santamonicarecreation/Activity_Search/69213

Sunday, Nov. 25

Guest House

Free tours begin at 11 a.m., 12 p.m. and 1 p.m. No reservations needed. Annenberg Community Beach House.

Monday, Nov. 26

Airport Commission Meeting

The Santa Monica Airport Commission meets the 4th Monday of each Month at 7 p.m. in the City Hall Council Chambers, except in August & December when the Commission is in recess.

Little Hands Art Class

Explore art and play. Make your own masterpiece. Limited space; tickets will be handed out 15 minutes before the program. Ages 18 months to 5 years. Clay. Montana Avenue Branch Library, 11:15 - 11:45 a.m.

Tuesday, Nov. 27

Observing the Night Sky with a Planisphere

Professor Tom Carey shows how to use a star and planet locator (planisphere) to "see" the evening sky. If clear skies prevail, we will observe the waning gibbous moon outdoors. Montana Avenue Branch Library, 7:30 - 8:30 p.m.

Cross-disciplinarity with Catherine Coan & Friends

Join organizers for Writer-in-Residence Catherine Coan's second event at the Annenberg Community Beach House. In 'Cross-disciplinarity,' Coan moderates a conversation with artists working between worlds. Guests: Leslie Brown, oil painter, printmaker and poet; Mathieu Callier, children's book writer; Cindy Rinne, sculptor and poet; Sheree Winslow, author of memoir and flash fiction. Annenberg Community Beach House. Register at http://annenberg-beachhouse.com/beachculture. 6:30 - 8 p.m.

Pajama Story Time

Come to the library in your PJs for stories and a craft. For families. Montana Avenue Branch Library. 6 - 7 p.m.

City Council Meeting

Regular Meeting of the Santa Monica City Council. City Hall. 5:30 p.m.

College Application Drop-In Services

Get free one-on-one assistance with college applications and essays. To submit your application, bring your transcript(unofficial is fine) and Social Security, DACA or Green Card number. Computers provided, or bring your laptop. Presented in collaboration with the Santa Monica Boys & Girls Club's College Bound Program, Diana Hanson of Magellan Counseling, and Nick Soper of Creative College Prep and TeenLAUNCH. Grade 12. Main Library. 4 - 6 p.m.

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



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Autumn Harvest Stuffed Squash

From Emma D'Alessandro



For chef and author Emma D'Alessandro, holidays are about family.

In fact, all her favorite holiday foods are ones with memories of her mother cooking holiday meals.

"My mom is an adventurous cook and hosted a majority of the holidays at our home. Most holiday dishes were made from scratch and filled the house with mouthwatering aromas while the rest of us played, argued, and hung out," she said. "Since my mom owned her own business her making food from scratch wasn't as common as she'd like, so the holidays were a big time for her to do this for her family."

D'Alessandro said that as a kid pumpkin spice flavored everything hadn't taken over all things autumn and so for her, apple flavors were the king of the season especially when the family would visit an orchard then come home to cook. However, she learned that trying to update a memory isn't always the best idea.

"My mom gave me a cookbook with homemade recipes from her and my grandmother a few years back," she said. "I was flipping through and wanted to make this apple cake, but as a new Angeleno I felt that I needed to give it a healthier twist. It sunk, was completely underdone, and just plain old tasted bad. I definitely got my mother's sense of adventure in the kitchen, but this did not pan out as I'd hoped."

However, she's had more success in making new memories with her husband.

"Thanksgiving and Christmas Eve/Day have held the most importance for my family in Los Angeles," she said. My husband is Swedish and has really adopted the Thanksgiving tradition by making homemade sourdough bread while I make homemade ice cream to go with dessert. Christmas Eve is also a huge holiday in Sweden and as we welcome our son in the next few weeks it's been big talk in our household that we maintain Swedish traditions in tandem with American ones so he has the benefit of knowing both cultures. Christmas Day tends to be more relaxed and we focus on getting outside more."

Part of her winter plan is the Wednesday market where she takes any holiday visitors to find produce not normally available in their home markets. It's also where she finds the inspiration for some of her own home cooking.

"I was inspired to write this recipe last fall when talking with the farmer at Weiser Farms. I was creating a menu for an upcoming yoga brunch I was hosting," she said. "I had never seen a honeynut squash before and thought it would be the perfect opportunity to create a unique fall-inspired dish where each one of my guests could have their own individualized serving."

She said her stuffed squash are a hearty part of the fall diet that makes good use of the seasonal produce.

"This dish combines the squash with other fall flavors like persimmon, pomegranate, and herbs," she said.

Emma D'Alessandro is a local chef, author and volunteer with the Santa Monica Farmers Markets.

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AUTUMN HARVEST STUFFED SQUASH

Ingredients:

4 small butternut squash, honeynut squash, acorn squash or delicata squash
1/2 tbsp olive oil
salt and pepper to taste

QUINOA SALAD
1 cup quinoa
3 cup vegetable stock or water
1 cup arugula or spinach
1 Fuyu persimmon, chopped
1/4 cup chopped walnuts
1/4 cup pumpkin seeds
2 tbsp chopped rosemary
1 tbsp chopped thyme
salt and pepper to taste
Pomegranate arils, for topping

DIRECTIONS:

1. Preheat oven to 375°.
2. Cut squash in half and scoop out seeds.
3. Rub cut halves with olive oil and season with salt and pepper and place face down on a baking sheet.
4. Roast for 20-25 minutes, until soft. Remove and allow to cool enough to touch.

QUINOA FALL RISOTTO
1. Bring 3 cup veg stock (or water) and 1 cup quinoa to a boil.
2. Reduce to a simmer and cook for 15-20 minutes.
3. Remove from heat and let sit 5 minutes, then fluff.
4. Add in remaining ingredients to the quinoa and combine well.
5. Stuff the squash with the quinoa risotto mixture. Top with pomegranate seeds.

INCLUSIVE & DIVERSE COMMUNITY

Food access is not simply a health issue, but also a community development and equity issue. For this reason, access to healthy, affordable, and culturally appropriate food is a key component at the Santa Monica Farmers Markets. We proudly participate in food assistance programs: CalFresh, WIC and the Senior Farmers Market Nutrition Program.

calfresh

LOCAL ECONOMY

The City of Santa Monica supports sustainable, local, and organic food and agriculture. How we spend our food dollars, as individuals, businesses, and as a city, can improve the quality of life in our community, and the communities where our food comes from. By making sustainable food choices we can ensure a cleaner environment, boost the local economy, and foster social justice. Remember to support our beaches and environment and bring your own bag!

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RUNNER

FROM PAGE 1

even colder environment.

"I felt, I'm not going to play rugby in that," he said, referring to the hard-packed snow. "Thought I'd just wait for the snow to soften up like it did in New York and DC. Well, it didn't."

So Coffey joined a gym, where he saw a track and decided to give a swift jog a try.

Soon after, a chance encounter with Barney Klecker – the United States record holder for the 50 mile ultramarathon – made a marathon runner out of Coffey.

"I never looked back after that," he said. "You're always out there trying to do better, getting stronger, meeting interesting people in interesting places. It's a great, personal, kind of adventure more so than a hobby or pastime."

Over the course of his life, Coffey has put 50,000 miles, 500 road races and 38 marathons on his slight, 71-year old frame.

Additionally, he's met hundreds of people through running, each with a unique moment and story that Coffey can vividly remember.

So, Coffey thought, after taxing his body for so long, why not share some of these stories and tax his mind?

"I started out running marathons and other styles of running later in life with not much experience," he said. "I wanted to write about that and my experiences, tell stories, so people can feel, 'Hey I can do that too.'"

After another job-related move from MinneSnowta to Southern California, Coffey arrived in Orange County, where he wrote for a running club newsletter.

Reactions were positive.

"My dad was a jockey, a good storyteller," he said. "And that's where I get my knack for [storytelling]. It just got me thinking, this could be fun, I could write about some of my experiences, maybe collect them in a book someday."

As for any regrets in life or running, he only bemoans letting life get in the way of delaying his first book ("You just got to get up and do it. Stay focused and do it. A lot like running").

These days, you may see Coffey running along the Santa Monica beach for the views (when the scooters aren't zooming at him) or near his home off Nebraska and Berkeley for some peace and quiet.

Running and writing about it, he says, will be apart of his life as long as he can muster one foot in front of the other and place a pen to paper.

"It's a great sport," he said. "I love doing it. This was just my little contribution to it all."

Eammon Coffey will be at BookMonster on Santa Monica Blvd Saturday December 1 at 2 p.m. for a reading of a story from his book. "Not Afraid To Sweat" is available now at Amazon, Barnes and Nobles, BookMonster and other booksellers.

angel@smdp.com

CHORALE

FROM PAGE 1

ages and ethnicities of all types represented.

This diversity in membership and style recently led them to a national audience on the TV show America's Got Talent, where they got eliminated in the semifinals.

Fink and members say the experience was both unforgettable and raised their profile.

For a show that touts uniqueness, Fink and her members say their old-school singing group's togetherness in a time of division is what stood out.

"We wanted to show a choir made up of what the world is made up of," Fink said. "To come together to create something, that's what unifies and builds community. We as people – black, white, Democrat, Republican – we have more in common than we think. We're better than the sum of our individual parts."

Michael Lever, who works in marketing at Fox Studios for his day job, echoed Fink's sentiments.

"It's such a beautiful image," he said. "All these people here to make up one unified sound. It's a beautiful picture of how the world should be. It's wonderful to see what the group has represented for 25 years and do that on any stage, whether it's AGT or a holiday concert. It hammers home that what we're doing is the right thing and magnifies what we do in such a positive way."

Angel City Chorale's 25th Anniversary Silver and Gold: Holiday Concert and Sing-a-long takes place Saturday, December 1 and Sunday, December 2, 7 p.m. at Immanuel Presbyterian Church, 3300 Wilshire Blvd, Los Angeles, CA 90010. For more information, visit angelcitychorale.org

angel@smdp.com

PUBLISHER
Ross Furukawa
ross@smdp.com

PARTNER
Todd James
todd@smdp.com

EDITOR IN CHIEF
Matthew Hall
matt@smdp.com

STAFF WRITERS
Angel Carreras
angel@smdp.com

Madeleine Pauker
madeleine@smdp.com

MARKETING DIRECTOR
Robbie Piubeni
robbie@smdp.com

ADVERTISING DIRECTOR
Jenny Rice
jenny@smdp.com

OPERATIONS MANAGER
Tyree Beavers
tyree@smdp.com

CONTRIBUTING WRITERS
Charles Andrews,
Cynthia Citron,
Jack Neworth,
David Pisarra,
Sarah A. Spitz

PRODUCTION MANAGER
Darren Ouellette
production@smdp.com

CIRCULATION
Achling Holliday
ross@smdp.com

Keith Wyatt
ross@smdp.com

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

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Written and helmed by Playhouse Co-Artistic Directors Chris DeCarlo and Evelyn Rudie, All About Santa features Elodie Cammarata (Disneyland, Paris; Absolutely Halloween), Emery Erin (Oh Dad, Poor Dad; Finding Belle), Tiffany Haile (Carmen, Cinderella), Kelly Kristofferson (Little Women: The Musical, Finding Belle), Elena Rust (Annie Oakley and the Princess Café, Cinderella), and Sabrina Twyla (The Little Mermaid, A Midsummer Night's Dream). Words and music by E. Rudie, gorgeously detailed Victorian costumes by Ashley Hayes, and an outrageously delightful holiday set by James Cooper. Great for family gatherings, birthdays and holiday parties, too!

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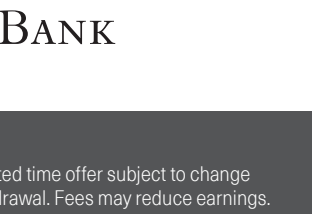
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Bids shall be delivered to the City of Santa Monica, Architecture Services Division, 1437 Fourth Street, #300; Santa Monica, California, 90401, not later than **2:30** p.m. **December 19, 2018**, to be publicly opened and read aloud after **3:00** p.m. on said date in **Architecture Services Large Conference Room**. Each Bid shall be in accordance with the Request for Bids.

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Bidding Documents may be obtained by logging onto the City's bidding website at: http://www.smgov.net/planetbids/. The Contractor is required to have a **Class A** license at the time of bid submission. Contractors wishing to be considered must submit Bids containing all information required pursuant to the City's Request for Bids.

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SURF FORECASTS

WATER TEMP: 65.3°

SATURDAY - **POOR TO FAIR** - SURF: 3-4 ft waist to chest high
WNW swell-mix may continue. Winds may cooperate -- stay tuned.

SUNDAY - **FAIR** - SURF: 2-3 ft waist to stomach high
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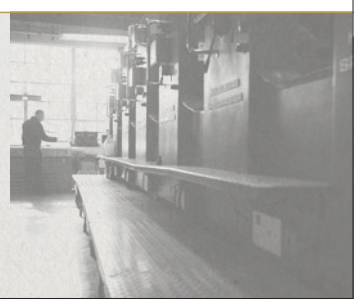
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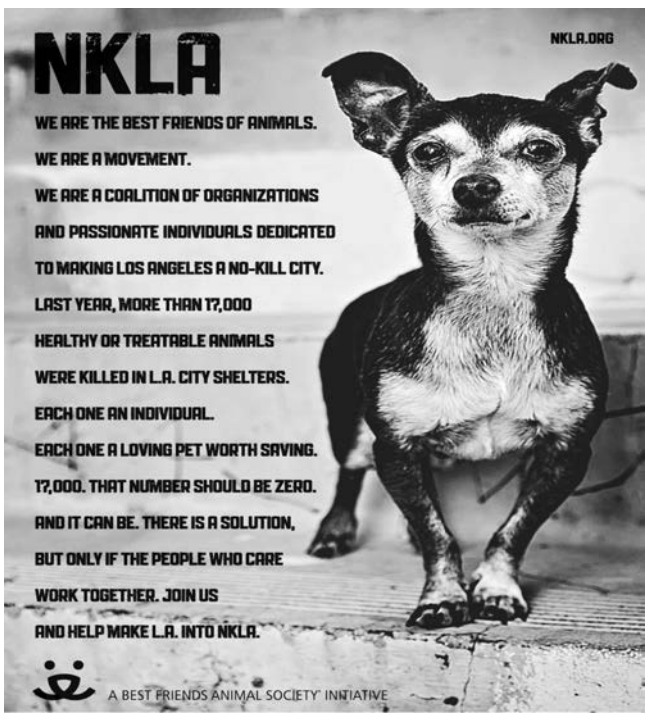


COMPASS

Office coming soon:
2115 Main Street
Santa Monica, CA 90405

compass.com

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WELL NEWS BY SCOTT LAFEE

Body of Knowledge

■ On average, it takes 72 seconds for a mature egg to be pushed out of an ovary. Sperm races to its target at an average speed of 8 inches per hour.

Get Me That, Stat!

■ Americans are far more likely to be killed by mundane causes than extraordinary ones. According to the CDC, 737 Americans on average die each year falling out of bed.

Best Medicine

■ Patient: "Doctor, whenever I get up after sleeping, I feel dizzy for half an hour, and then I'm fine. What can I do?"

■ Doctor: "Wait half an hour before getting up."

MYSTERY PHOTO

SPONSORED BY Ice at The Plaza at Santa Monica



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

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

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

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

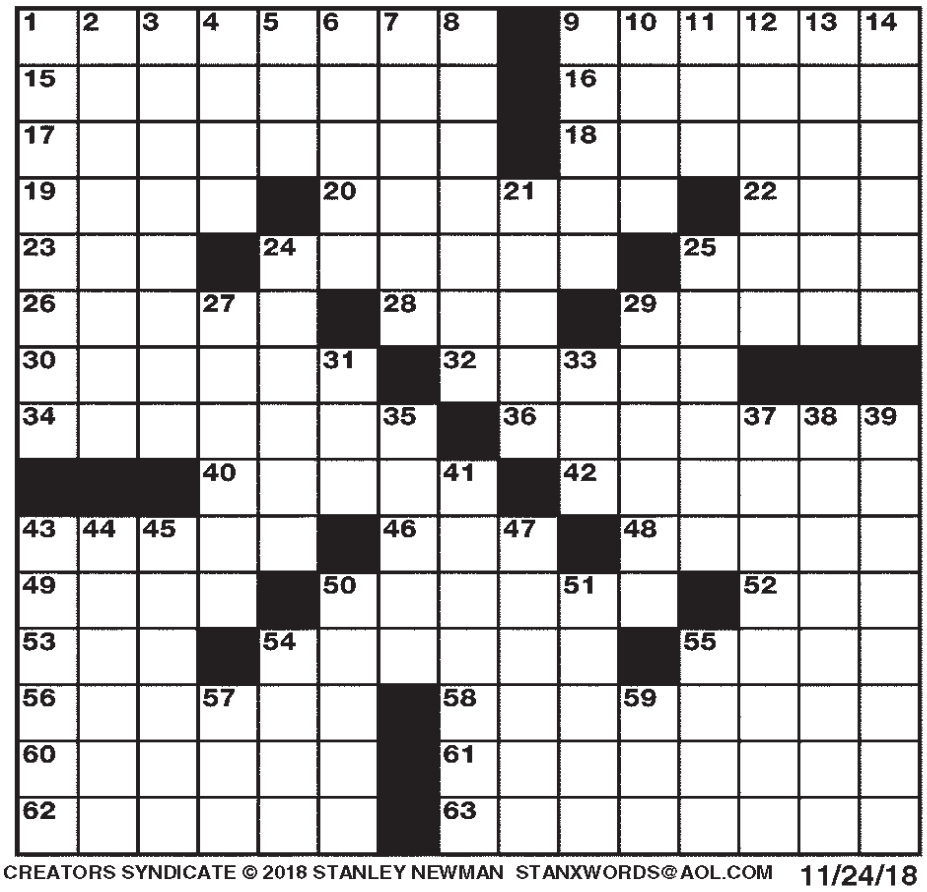
4	8			6	2			
	6		9				2	
		7		1				6
	3					9		
7		9	3		8	5		4
		6					7	
1				7		6		
	7				5		8	
			4	8			3	5

Newsday Crossword

SATURDAY STUMPER by Brad Wilber
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Wine list staple
9 Galley group
15 Polar
16 Steamed up
17 Antonym of "tidied"
18 Fuel source for 7-Eleven
19 Animated snow maker
20 Comes to gradually
22 Beat back
23 Multiple chips, often
24 Person from Nantes
25 Adjacent bits
26 Entryway for current
28 French dash
29 Inept recruit
30 It's poorly written
32 Ring bearer
34 Empty rhetoric
36 Where trunks may await their owners
40 Inferior cut, to many
42 Use Blue Apron for brunch
43 Something made for winding up
46 "Go!"
48 Ski-trip stretcher
49 French dash
50 "Forget about it!"
52 Seller of $5 Fill Ups
53 Too easy
54 Infernal
55 Negative press
56 Paramount Pictures owner
58 Magic manual, in role-playing games
60 Surround with plastic, perhaps
61 Mickey, in *Rocky*
62 Gets to
63 Produced by cloning, as bananas

DOWN
1 Satellite sender
2 Splendor
3 Boxing venue
4 '90s hitter headliner
5 Ending like -ian
6 Subordinate clause
7 Four Stravinsky works
8 Conferred authority on
9 No longer horizontal
10 Heavy duty
11 Chalky-looking
12 Fahrenheit or Celsius
13 Show off one's memorization of
14 Steamship hand
21 Dr. Spock topic
24 Squawk about
25 What herbalism is part of
27 Yukon city where Jack London lived
29 American Legion designed it, FDR signed it
31 UK pre-decimal money
33 Knock (about)
35 Ruler in Matthew
37 Dress designer's concern
38 They're frequently quoted online
39 Concessionaire's clientele
41 Crumbs
43 Personae
44 Squawk
45 State south of Veracruz
47 Cry for attention
50 __ names
51 The majority of Japanese DVD sales
54 Show runner
55 Coop group
57 Coal __
59 Game developer's alteration



CREATORS SYNDICATE © 2018 STANLEY NEWMAN STANXWORDS@AOL.COM 11/24/18

TODAY'S BIRTHDAY (Nov. 24)

At first it's slow progress toward your concrete goal, and then momentum picks up, with different and better results than intended. Build on it by investing more effort and rallying more people. You'll capture magic, share with a group and start a creative sideline. The windfalls will be in February and May. Gemini and Aries adore you. Your lucky numbers are: 10, 2, 28, 37 and 17.

ARIES (March 21-April 19)
You can love like a child, a parent, a concerned citizen, an adolescent. None of these is right or wrong, but it's somehow helpful to be aware of what characterization you're inside.

TAURUS (April 20-May 20)
Your exciting life is too involving to let trivial matters interrupt the flow. Even so, small pleasures aren't trivial matters. The distinction will be key today.

GEMINI (May 21-June 21)
Close relationships sometimes become close by accident. But they can only stay close through deliberate decisions to do so. Good relationships involve honoring the commitment and choosing the work, time and again.

CANCER (June 22-July 22)
A person who doesn't seem to be paying attention is actually paying quite a lot of attention, just not to the thing you'd prefer. Figure out where the attention is going. Is this a loop of self-absorption? If so, run, don't walk, away.

LEO (July 23-Aug. 22)
Feelings will burble up, asking to be tended to, however inconvenient that may seem. Be brave. Take the emotional plunge. See what's there. Yes, a little pain goes with it, but it's over quickly. And then the healing begins.

VIRGO (Aug. 23-Sept. 22)
Good news for all Virgos: Planning leads to happiness. And today you're in just the mood to set your sites on the future, plunk down cash and dream through the days that lead up to the fun.

LIBRA (Sept. 23-Oct. 23)
If you were a cartoon character with an angel on one shoulder and a devil on the other, your angel would get a lot more screen time today. Removing temptation from your field of vision gives the devil little to talk about.

SCORPIO (Oct. 24-Nov. 21)
There are a great number of people who think along similar lines as you, enjoy the same music, love the same food. They just don't happen to be in your immediate family. Branch out to the other seven and a half billion.

SAGITTARIUS (Nov. 22-Dec. 21)
Due to life's interruptions and temporary complications, there are personal rituals that have fallen to the wayside. Consider bringing them back. You now have the space to commit.

CAPRICORN (Dec. 22-Jan. 19)
Maybe it sounds flippant, but the phrase "who cares?" can also be liberating. Given that you're not in charge of the entire world, it will feel right to limit your caring to the things you actually care about.

AQUARIUS (Jan. 20-Feb. 18)
You'll have the choice of whether to purchase a thing or an event. While material possessions age and decay, memories age and solidify under the strong varnish of nostalgia.

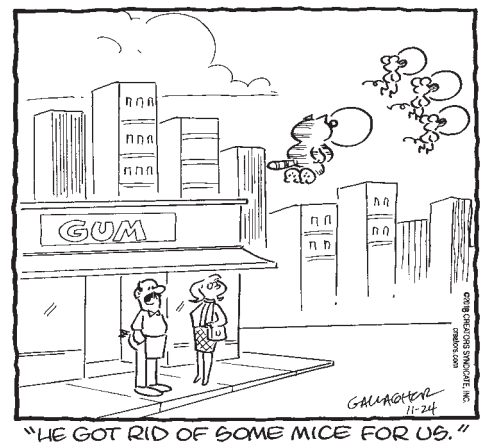
PISCES (Feb. 19-March 20)
Put learning to learn on the agenda. Also, thinking about thinking belongs there. If you know how to think about a thing, the action that follows will be an organic extension.

Neptune Turnaround

Between the Gemini moon and this Neptune turnaround, there will be those who seem proud of their lack of a filter, as though their top of mind expressions are a gift to the world. Maybe so -- for gorillas. Humans are usually better for observing, processing and at least attempting to understand the range of nuance in communication.

YOUR OPINION MATTERS! SEND YOUR LETTERS TO
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• Santa Monica, CA 90401 • **letters@smdp.com**

Heathcliff
By PETER GALLAGHER



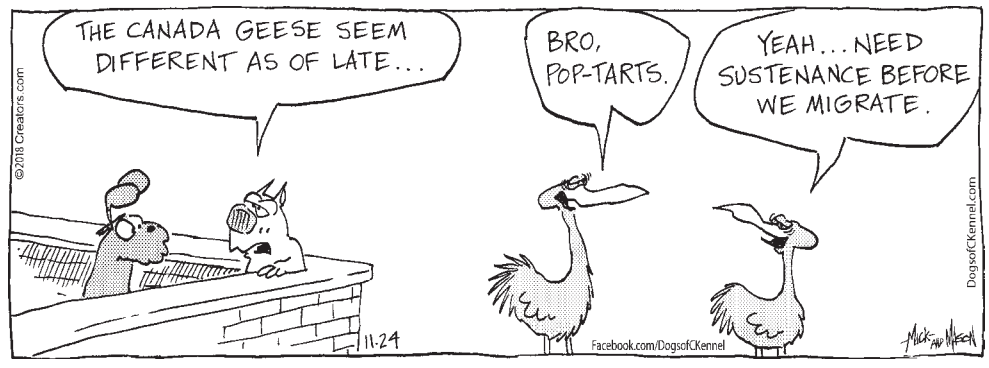
Strange Brew
By JOHN DEERING



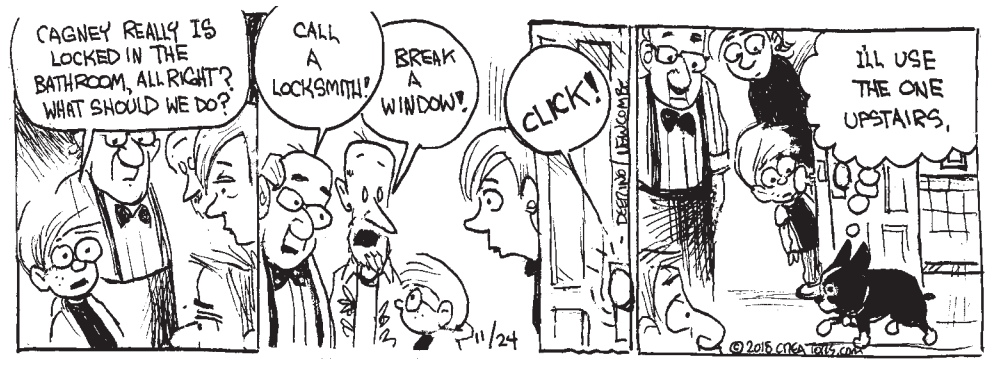
Agnes
By TONY COCHRAN



Dogs of C-Kennel
By MICK & MASON MASTROIANNI & JOHNNY HART



Zack Hill
By JOHN DEERING & JOHN NEWCOMBE



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Pink Lady Apple Cobbler

From Lora Asdoorian | Island Farms



Island Farms is a recent addition to the Santa Monica Farmers Markets but Asdoorians have been on their land for over 100 years.

Alan Asdoorian began farming with his father in 1971 on property that had been in the family since 1910 when his grandparents emigrated to the United States.

For many years this father-son duo successfully farmed for the wholesale market with canning peaches for Del Monte, nectarines for Costco, table grapes for Safeway and more.

During the agriculture downturn in the late 1990's, they began growing and selling at their local farmers markets. They also began their journey to become 100% certified Organic.

Now they are proud to say that they are 100% USDA certified Organic and entirely Estate-grown selling everything exclusively at some of the best farmers markets in the Los Angeles region.

They grow many of the vintage varieties of plums, peaches, apricots, nectarines, pluots, grapes, apples, citrus and so much more.

It's their apples that form the backbone of Lora Asdoorian Pink Lady Apple Cobbler, that she adapted from the Farm Journal Country Cookbook. In particular, she increased the amount of apples and lowered the amount of sugar.

"Holiday gatherings are so enjoyable because the foods usually are the guests' favorites that they bring in addition to a big Pink Lady apple cobbler," she said.

Her family enjoys the opportunities to celebrate holiday food with the extended family that they might only see at these times of the year.

"With our first grandson just over one year old, Christmas will be so joyous this year," she said.

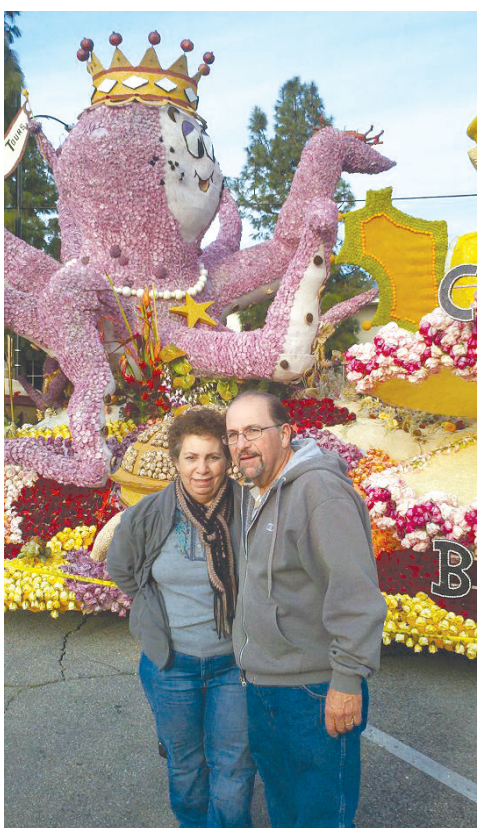
As year-round growers, she said the winter brings the time for pruning the trees and vines for next year's crops, plus preparing their nuts, dried fruit and raisins for market all by hand.

For Lora, the Southern California winters bring some cooler mornings and the opportunity to enjoy some specific crops.

"As organic farmers, apples, pears, and pomegranates as well as walnuts that we grow signals the change to fall and winter," she said. "Plus, the fruit trees as well as the grapes vines have color changes of orange, red and purple before they fall. We have always enjoyed a garlic cabbage, carrot, cauliflower, and celery crock pickle that is traditionally enjoyed in the fall-winter time. This year it is so good!"

Island Farms is part of the Saturday Pico Farmers Market held in Virginia Ave. Park, just outside the Pico Library. The neighborhood market has a reputation as a community gathering spot and a place where residents can get everything from specialty produce to the foods they eat every day.

"We are so lucky to have fellow vendors that grow the vegetables that we don't! End of the market gathering is our favorite," said Lora.



Island Farms is located in Kingsbury and sells at the Saturday Pico Farmers Market.

SANTA MONICA
FARMERS MARKETS
www.farmersmarket.smgov.net | 310-458-8712

PINK LADY APPLE COBBLER

Ingredients:

APPLE FILLING
1 1/2 tbsp cornstarch
1/4 cup packed brown sugar
1/2 cup water
6 cups peeled and cored Pink Lady apples, sliced
1 tbsp butter
1 tbsp lemon juice
cinnamon to taste

BATTER TOPPING
1/2 cup flour
1/2 cup cane sugar
1/2 tsp baking powder
1/4 tsp salt
2 tbsp butter, softened
1 egg, slightly beaten
1 tbsp cane sugar, reserved

DIRECTIONS:

1. Mix cornstarch, brown sugar and water in medium size pan. Add apples and cook until mixture is thickened (about 15 minutes).
2. Add cinnamon, butter and lemon juice.
3. Pour into 8x8 size baking dish
4. Combine batter topping ingredients and stir with a spoon until batter is smooth.
5. Drop batter topping by spoonfuls over hot apple mixture, spreading evenly.
6. Sprinkle top with reserved sugar.
7. Bake in 375˚ oven for 40-50 minutes or until top is golden brown.



LIGHT UP THE HOLIDAYS IN
DOWNTOWN SANTA MONICA WITH

winterlit

Downtown Santa Monica and the Third Street Promenade will be glowing like never before, helping to make your season merry and bright with thousands of colorful, twinkling lights and a daily dancing neon light show synchronized to festive tunes and featuring falling snow.

Forecasters are reporting there will even be an appearance by the jolly one himself, Santa Claus, who will help light up Santa Monica's Official Holiday Tree on the Promenade.

Local synagogues will celebrate the Festival of Lights every night of Hanukkah with gatherings at the Promenade Menorah.

Shop, dine and take a spin at the dazzling winter wonderland, Ice, everyone's favorite outdoor ice-skating rink, presented by The Plaza at Santa Monica.

It's a full slate of family-friendly holiday happenings in Downtown Santa Monica. Open to all.

Ice

PRESENTED BY THE PLAZA AT SANTA MONICA

Skate under the sun and stars just blocks from the Pacific Ocean at Ice, an 8,000 square-foot outdoor ice-skating rink, presented by The Plaza at Santa Monica and featuring delicious bites from local restaurants at Promenade's Gallery Food Hall, as well as a weekly movie series that is free and open to the public featuring films where the City of Angels plays a pivotal role.

THE ICE SEASON RUNS FROM NOV 3, 2018 - JAN, 21, 2019

GENERAL HOURS OF OPERATION

Monday–Thursday: 2PM–10PM
Friday: 2PM– Midnight
Saturday: 10AM–Midnight
Sunday: 10AM–10PM

Party Cabanas & private/group ice skating lessons available. For Holiday Hours or to schedule skate lessons or cabana rentals, please visit or call

IceAtSantaMonica.com | 310.260.1199

#ICE AT SM

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Signature Events

THIRD STREET PROMENADE MERRY & BRIGHT LIGHT SHOW
NOV 19–JAN 21
1200 BLOCK OF THE PROMENADE
Daily, every half hour from 5PM–10PM

ICE AT SANTA MONICA COMMUNITY GRAND OPENING CELEBRATION
NOV 8 | 6PM–10PM
1324 5TH STREET
Featuring free skating, food, music & skate performances

SANTA MONICA FILM NIGHT
WEDNESDAY NIGHTS
NOV 21-JAN 16
FAMILY FILMS | 6PM
LA FILMS | 8PM
1324 5TH STREET
A cinephile's exploration of the City of Angeles' role in motion pictures

OFFICIAL CITY OF SANTA MONICA TREE LIGHTING WITH SANTA
NOV 30 | 6PM–9PM
1200 BLOCK OF THE PROMENADE

BREAKFAST AND KIDS CRAFTS WITH SANTA
DEC 1 | 9AM–10:30AM
SANTA MONICA PLACE,
LEVEL 3 FOOD COURT

MENORAH LIGHTINGS
DEC 2–DEC 9 | 6PM
1300 BLOCK OF THE PROMENADE

HOLIDAY KIDS CLUB WITH MRS. CLAUS
DEC 5 | 11AM–12PM
SANTA MONICA PLACE,
LEVEL 3 FOOD COURT

PET NIGHTS WITH SANTA
DEC 12 & 19 | 5PM-8PM
SANTA MONICA PLACE, LEVEL ONE

DANCING WITH THE BEACH BELLES
DEC 13-16 | 4PM-8PM
SANTA MONICA PLACE, LEVEL ONE

LIVE HOLIDAY MUSIC
THURSDAYS 4PM-7PM
WEEKENDS 3PM-6PM
SANTA MONICA PLACE, LEVEL ONE

Make sure to visit the world-famous Santa Monica Pier for more holiday fun. For their holiday calendar, visit santamonicapier.org.