MASER CONDO SALES
The Westside's **ONLY** real estate brokerage dedicated to selling condos and townhomes.
MASERCONDOSALES.COM | 310.314.7700
CalBRE#01340306

Seaview HOTEL
Parking | Kitchenettes | WiFi Available
1760 Ocean Avenue
Santa Monica, CA 90401
310.393.6711
Starting from $88 + Taxes
BOOK DIRECT AND SAVE SeaviewHotel.com

smdp
Santa Monica Daily Press
THURSDAY
11.28.19
Volume 19 Issue 13
@smdailypress @smdailypress Santa Monica Daily Press smdp.com

Noteworthy
What's the best concert you've ever seen?
Page 6

Culture Watch
The "Up" documentary series returns.
Page 7

What local leaders are thankful for this Thanksgiving



Creative Commons

GIVING THANKS: Local officials and business owners told The Daily Press what they are grateful for this year.

"Every year at Thanksgiving, I am asked the same question: What are you thankful for? There's a lot in life to be thankful for; Thoughtful friends and a loving family, good grades and a warm place to sleep, but there is one thing I am especially grateful for this year: compassion. Compassion is the reason we as people are compelled to help one another, to feel for one another, and to support one another. Without compassion, life itself would lose its most endearing quality. I am thankful for the compassion that I am greeted with every single day, and it is the gift that I will be giving back this Thanksgiving. How about you?"

Mia Wachtel, Santa Monica-Malibu Unified School District Board of Education student member

"There's a lot of things to be thankful for this holiday season. We're so thankful to our loyal regulars that have supported us through the years as well as new guests who have taken their valuable time to spend with us too. We're incredibly thankful to our staff and their families...they are the real backbone of Upper West. Happy holidays and may you all be bestowed with a healthy and prosperous New Year!!!"

Nick Shipp, chef of Upper West

"As we enter this season of giving, I want to express my thanks for the hard work and dedication toward student achievement, creating safe school environments, and

SEE **THANKFUL** PAGE 11

The ideal wine for Thanksgiving dinner? It's complicated

KATIE WORKMAN
Associated Press

For many of us who love to cook and host on Thanksgiving, one central mystery remains: What to pour?

Before I turn to the experts, I'll offer up three things I do know about wine on this holiday:

1. You don't want to run out.

2. Opinions vary on what tastes delicious.

3. Do not make yourself crazy by trying to pair individual wines with individual courses because a) there really are no individual courses, b) the variety of flavors on the plate is wide, and c) not everyone is helping themselves to the same foods at the same time.

I like to put out an assortment of bottles and let the wine gods speak to the guests as they like.

Josh Wesson, partner and wine director at Suprema Provisions in New York City, confirms my laissez faire attitude.

"Stop fretting over wine-and-food matching," he says. "Given the wild riot of flavors and textures on the Thanksgiving table, it's wiser to forgo precise pairings in favor of supple, easy-drinking bottles (color doesn't matter) that play well with a wide range of foods."

Paul Grieco, manager at the New York wine bar Terrior, does think about pairings, but in a loose fashion.

"Let's acknowledge that the foods that generally share space on the Thanksgiving plate, while super yummy, are generally not things we would put together if we were truly being thoughtful about things," he says. "And by things, I mean ... do they work with the same wine?"

He points out that "a turkey day plate contains bland (turkey), sweet (sweet potato or yams), bitter (some green thing, maybe brussels sprouts), umami (the gravy or the stuffing), sweet and sour (cranberry sauce) and the oddity (whatever family food heirloom finds its way onto an already stuffed plate)."

So . what to drink with all that? Grieco is devoted to riesling, a generally perfumey, acidic white wine, and thinks Thanksgiving dinner is a perfect time to use it. He chooses U.S. wines for this American holiday, recommending rieslings from the coasts, specifically New York State, Washington, Oregon and California.

Wanda Mann, a writer and founder of the wine-lifestyle website The Black Dress Traveler , agrees that the "explosion of savory and sweet" at Thanksgiving makes it challenging to find one ideal wine.

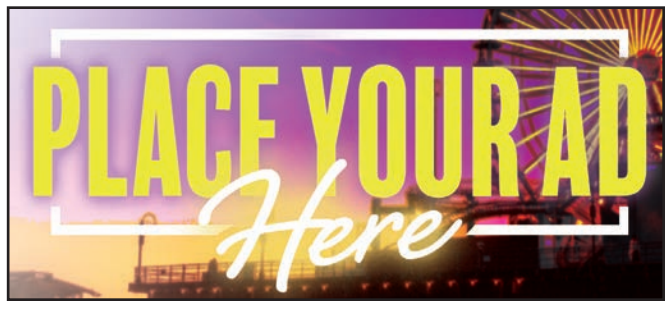
"You can't go wrong with the tried and true pairing of the Thanksgiving meal with a pinot noir," she says. One of its charms, she says, "is that it is a lighter bodied red with no aggressive tannins that will compete with the heavy meal."

The Burgundy region in France is considered the benchmark for

SEE **WINE** PAGE 11

Buy Local SANTA MONICA
buylocalsantamonica.com
Support **your** community!


GABY SELLS YOUR NEIGHBORHOOD!
GABY SCHKUD
GABY & ASSOCIATES
310.291.5800
WHERE EXPERIENCE DOES MAKE A DIFFERENCE!
LIC #01178267



MYSTERY PHOTO

Send answers to editor@smdp.com.

The first person who can correctly identify where this image was captured wins a prize.



Sponsored by Enterprise Fish Company

174 Kinney St., Santa Monica 90405

Win a Main Street Rewards Card for discounts at 40+ local businesses.

MAIN STREET santa monica

Get it done!

Kitchen Repairs • Interior Repairs • Exterior
Bedroom • Drips & Leaks

MIKE'S PROJECTS

No Job Too Small!
Home Repairs • Consultations • Emergency Repairs
Troubleshooting

310.945.8350
CALL MIKE VAUGHAN SR NOW 24/7!
Santa Monica resident for over 40 Years

What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Thursday, Nov. 28

Thanksgiving
City services closed due to the holiday.

Friday, Nov. 29

Guest House
Visit anytime between 11 a.m. - 2 p.m. for a self-guided or docent tour. No reservations needed. Schedule subject to change, call Guest Services to confirm dates and hours. Annenberg Community Beach House

Saturday, Nov. 30

Small Business Saturday Sidewalk Sale
Shop small in celebration of our local businesses this holiday season. The first Saturday after Thanksgiving marks #SmallBusinessSaturday, a day dedicated to promoting small businesses across the USA. This annual event kicks off the Tis the Season to Buy Local Holiday festivities in Santa Monica. 10 a.m. - 6 p.m. Montana Ave.

CoderDojo Workshop
Practice computer science and coding skills with volunteer mentors. Use laptops provided by the library or bring your own. Ages 8-17. Registration starts November 18. Call 310-458-8621 or visit the Youth Services Department to register. Main Library, 3- 5 p.m.

Sunday, Dec. 1

Santa Monica Farmers Market
"The ULTIMATE community gathering. Great for family, food and fun!" The Sunday Main Street Farmers Market is a well balanced blend of Certified California Farmers, tasty prepared and packaged foods, entertainment and children's activities as well as local retail. Attended by over 5000 customers each weekend this "ultimate community gathering" has become an integral and cherished part of life for many local residents. The Main Street market hosts a variety activities including bands, a bi-weekly cooking demonstrations, arts and crafts, a face painter, a balloon animal designer as well as seasonal California grown fruits, vegetables, nuts, meats and cheeses. 2640 Main Street, 8:30 a.m. - 1:30 p.m.

Virginia Avenue Park Advisory Board
The Virginia Avenue Park Advisory Board advises the city of Santa Monica on matters pertaining to the park. Virginia Avenue Park, 1 p.m.

Monday, Dec. 2

Citizenship Classes
An ongoing series of classes taught by Adult Education Center instructors, who help students complete and submit their applications, and prepare them to pass the Naturalization Test. Enrollment is through the SMMUSD Adult Center (310) 664-6222, ext. 76203. Pico Branch Library, 12 - 2:30 p.m.

Budget Task Force
The Budget Task Force, comprised of eight community members and seven members from the city workforce, will advise the City Manager on options and priorities for addressing the City's projected budget shortfalls over the coming six years. SMI Training Room, 6 - 9 p.m.

Architectural Review Board
The Architectural Review Board established in 1974, acts "to preserve existing areas of natural beauty, cultural importance and assure that buildings, structures, signs or other developments are in good taste, good design, harmonious with surrounding developments, and in general contribute to the preservation of Santa Monica's reputation as a place of beauty, spaciousness and quality." City Hall, 7 p.m.

Pico Teen Advisory Council
Have a voice at your library! Help plan programs and community service projects while earning volunteer hours. Meets once a month in The Annex Room. Grades 8-12. Pico Branch Library, 4- 5 p.m.

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

Time to give thanks for affordable and sustainable turkey

JAYSON LUSK
Purdue University

Americans will eat about 210 million turkeys this year, amounting to over 16 pounds per person. Much of that will be eaten on Thanksgiving Day.

Over time, our Thanksgiving meal has become considerably more affordable. Turkey will probably average about US$1.40 per pound across the country in November 2019, which is less than half the price consumers were paying for turkey in the 1970s in inflation-adjusted terms.

I'm an expert on food and agricultural economics, and I set out to answer the question: How has turkey become so much more affordable? It turns out there isn't a single factor, but rather a web of innovations.

The truth about turkey

It's worth dispelling a few myths about the turkey industry first.

For one thing, turkeys aren't given any added growth hormones – doing so is illegal. It's also illegal to sell turkey with antibiotic residues.

Also, all turkeys are raised cage-free in large, open barns.

Why aren't more turkeys raised free-range, which means they are allowed to move outside with some freedom? It might initially sound great for turkeys to live outdoors – unless it's snowing or raining or above 100 degrees.

It might also be fine unless there are roaming hawks, coyotes, dogs – or even wild birds. In 2015, the turkey industry was devastated by avian influenza that cost producers $225 million.Many experts believe the outbreak was caused by wild birds who infected farmed birds.

Bringing turkeys indoors allows farmers to protect the animals from weather, predators and disease, and it also enables farmers to more closely monitor their diets and health.

Spending less, eating more

Due to innovations in housing and genetics, it now takes less time and less feed to grow a turkey to market weight than it used to.

In the 1970s, the U.S. raised an average of about 125 million turkeys per year and produced about 1.9 billion pounds of turkey meat each year, meaning each turkey produced a little over 15 pounds of meat. This year, the country is projected to produce almost 25 pounds per bird.

This has led to increased affordability for Thanksgiving meals, but it has also had important implications for sustainability.

Let's suppose Americans want to enjoy the amount of turkey we will actually consume as a nation this year – about 5.3 billion pounds – but we wanted to do that using 1970s technology. How many more turkeys would we need today had we not innovated to increase the amount of meat per bird from 15 to 25 pounds?

The answer is 132 million more turkeys.

That's 132 million more turkeys that would have emitted waste, created greenhouse gas emissions and required water and feed. Growing that extra feed would have required more land, fertilizer and pesticides.

We were able to save those extra 132 million turkeys because we were innovative and used scientific developments and trial and error to figure out how to satisfy the wants of a much larger population using fewer of our natural resources.

That's something to be thankful for.

This article is republished from The Conversation under a Creative Commons license. Read the original article here: http://theconversation.com/time-to-give-thanks-for-affordable-and-sustainable-turkey-126666.

THE CITY'S
MOST IMPORTANT NEWS



STRAIGHT TO YOUR EMAIL BOX
Visit www.smdp.com/signup
To receive The Current, SMDP.com's daily newsletter.
The CURRENT
SPONSORED BY smdp

SEND YOUR NEWS TO THE EDITOR
Santa Monica Daily Press
editor@smdp.com

MEALS ON WHEELS WEST
Delivering More Than a Meal
We deliver meals to formerly homeless people in their new homes, helping them to maintain stability and stay off the streets. Our Wellness Check monitors the health and wellness of our clients.
REFER - VOLUNTEER - DONATE
Kevin@mealsonwheelswest.org | 310-394-5133 Ext.5

TAXES
ALL FORMS • ALL TYPES • ALL STATES
BACK TAXES • BOOKKEEPING • SMALL BUSINESS
(310) 395-9922
SAMUEL B. MOSES, CPA
100 Wilshire Blvd., Suite 1800 Santa Monica 90401



WHEN BAD THINGS HAPPEN TO GOOD PEOPLE BECAUSE OF THE CARELESSNESS OR NEGLIGENCE OF OTHERS.



Robert Lemle

OBTAIN MAXIMUM LEGAL COMPENSATION

MILLIONS RECOVERED

- CATASTROPHIC PERSONAL INJURIES
- WRONGFUL DEATH
- AUTOMOBILE ACCIDENTS
- BICYCLE/SCOOTER ACCIDENTS
- RIDE SHARE ACCIDENTS
- SPINAL CORD INJURIES
- TRAUMATIC BRAIN INJURIES
- DOG BITES
- TRIP & FALLS

No recovery, No fee

310.392.3055
www.lemlelaw.com

LEMLE LAW GROUP, PC

Light versus dark – the color of the turkey meat is due to the job of the muscle

JOSHUA SELSBY
Iowa State University

As families gather together this holiday season, the lucky ones will avoid impassioned discussions about religion and politics. But another argument is almost inevitable: white meat versus dark meat.

Light meat lovers claim dark meat is greasy; dark meat devotees complain that light meat is dry and lacks flavor. Few meat eaters are ambivalent on the matter.

But why do these different types of meat exist, and what underlies these differences? As a muscle physiologist, I can tell you it comes down to the metabolic and functional differences between various types of muscle.

Consider how turkeys move. Have you ever seen a flock of turkeys fly by? Of course not! If a turkey is threatened, it can take flight for brief periods in an attempt to escape. But these birds spend most of their time standing and walking.

These activities – walking and standing versus brief, panicked flight – are quite different. They're supported by different kinds of muscles geared to these different functions, and you can see those differences on your dinner plate.

What makes dark meat dark?

Consider first the dark meat, which is found largely in the legs. This type of meat comes from muscles that get lots of use as turkeys spend their time walking around being turkeys.

Muscle physiologists call these sorts of muscles slow twitch or type I muscles. They are also called oxidative muscles, which refers to how they produce adenosine triphosphate, abbreviated as ATP. Think of ATP as a cell's energy currency for performing a given function. Cells don't need a job to earn this cash; they simply produce it.

The muscles' metabolism must be able to support them throughout their long, sustained activities. In this case, because lots of ATP must be produced over extended periods of time, the muscle cells rely on their organelles called mitochondria. The mitochondria are like factories that manufacture ATP.

It's the mitochondria that lend dark meat one of its distinguishing (disgusting?) characteristics. They can use fat to produce ATP. Because of its higher muscle fat content, some people may perceive dark muscle as greasy, while others deem it delicious.

Mitochondria also require oxygen in order to function. They rely on an iron-containing protein called myoglobin, which shuttles oxygen from the blood to the mitochondria found inside muscle. Because of the large amount of myoglobin, these muscles appear dark.

What makes white meat light?

What about that drier, white meat? Again, it's useful to first consider its function.

White meat is found largely in the breast muscles, which are used to create the explosive force needed for flight. But keep in mind that for turkeys, this flight is very short in duration: just long enough to escape a predator. This job is ideally suited for what physiologists call type II or fast twitch muscle.

This sort of activity is supported by a different means of ATP production – one that does not heavily rely on mitochondria or require oxygen. White muscles use a process called glycolysis, which requires carbohydrates to create ATP. They are light in color because of their low capacity to use oxygen during exercise; there is simply no need for a high abundance of the iron-rich oxygen shuttle, myoglobin.

White muscles have a low fat content because they don't need and don't have a large amount of mitochondria required to make ATP from fat. That's why some people find this meat to be dry.

Different species of animals perform different jobs with their muscles. For instance, duck breast muscles must support very long duration flights, and like turkey legs, are dark in color and loaded with fat.

In case you're wondering, people's muscles are a bit more complicated than just light or dark. Most human muscles are what physiologists consider mixed, with a variety of oxidative and slow muscle fibers. People with proportionally more of one than another might excel at different activities – think sprinters versus marathon runners.

Next time you sit down to enjoy your holiday meal, have confidence that you know why your meat choice tastes delicious. Now, can you believe what those D.C. politicians are up to?

This article is republished from The Conversation under a Creative Commons license. Read the original article here: http://theconversation.com/light-versus-dark-the-color-of-the-turkey-meat-is-due-to-the-job-of-the-muscle-125543.

PUBLISHER
Ross Furukawa
ross@smdp.com

PARTNER
Todd James
todd@smdp.com

EDITOR IN CHIEF
Matthew Hall
matt@smdp.com

STAFF WRITERS
Madeleine Pauker
madeleine@smdp.com
Brennon Dixson
brennon@smdp.com

ADVERTISING DIRECTOR
Jenny Rice
jenny@smdp.com

OPERATIONS MANAGER
Cindy Moreno
cindy@smdp.com

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

PRODUCTION
Esteban Inchaustegui Moreno
production@smdp.com

CIRCULATION
Achling Holliday
ross@smdp.com

Keith Wyatt
ross@smdp.com

AWARD WINNER

AWARD WINNER

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

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.

PUBLISHED BY NEWLON ROUGE, LLC

© 2019 Newlon Rouge, LLC, all rights reserved.

WINNER

SEND YOUR NEWS TO THE EDITOR

Santa Monica Daily Press editor@smdp.com

OPINIONS EXPRESSED are those of the writer and do not necessarily reflect those of the Santa Monica Daily Press staff. Guest editorials from residents are encouraged, as are letters to the editor. Letters to the Editor can be submitted to letters@smdp.com. Receipt of a letter does not guarantee publication and all content is published at the discretion of the paper. All letters and guest editorials are subject to editing for space and content. All submissions must include the author's name, address and phone number for the purposes of verification.

Turning to turkey's tryptophan to boost mood? Not so fast

ANDREW NEFF
Rochester University

Every Thanksgiving, myths of the quasi-magical powers of tryptophan rise again.

There's the turkey/drowsiness myth: Eating lots of juicy turkey meat supposedly makes people feel tired because it contains an amino acid called tryptophan. This molecule travels into the brain, where it's converted into a neurotransmitter called serotonin, which in turn is converted into a hormone called melatonin. Voila! Sleepiness.

But science and the internet agree: It's not the turkey's tryptophan to blame for your post-feast nap. All protein sources, and even vegetables, contain some tryptophan; turkey isn't at all special in this regard.

So the sleepiness myth of turkey may be fading, but other legends around tryptophan's effects in the brain are taking hold. Some people are eyeing tryptophan supplements as an unconventional treatment for depression. Others are curious whether eating foods that are high or low in tryptophan could be useful for influencing mood. Recently, some scientists have even proposed that gut bacteria are driving changes in emotion by producing or breaking down tryptophan.

This tryptophan/mood connection is an area of ongoing research. And while some are captivated by tryptophan's potential, it's not clear whether the excitement is warranted.

Looking for a tryptophan link to mood

There is some scientific evidence that eating tryptophan can alter your mood.

For example, back in 2000, researchers found that when people ate an isolated protein that was very high in tryptophan, they felt less stress while doing math problems.

However, placebo-controlled clinical trials haven't, in general, shown much of a connection. A few studies have found that supplementing with pure tryptophan provided little to no benefit for people with depression. Some studies have even looked at what happens when you remove tryptophan from people's diets, but also found little to no effect.

So what explains the mixed results?

Serotonin itself still holds mysteries

Alongside human studies, the biology of tryptophan has been well studied in rodents. Research in the early 1970s showed that taking tryptophan supplements can boost serotonin, a neurotransmitter that was historically associated with feelings of well-being and happiness.

Since then, scientists have learned lots of interesting facts about serotonin. For example, there are 14 separate receptors for serotonin, and they're found all over the brain.

Researchers have learned how to affect this system with drugs, but not with much precision. For example, drugs like the antidepressant selective serotonin reuptake inhibitors – more widely known as SSRIs – don't target individual receptors and they don't restrict themselves to particular brain regions. Instead, SSRIs, the best-known of which is Prozac, bluntly boost serotonin everywhere.

This non-specificity is why, in my mind, it's hard to believe that SSRIs work at all. Here's an analogy: Say you're Jeff Bezos and you want to increase Amazon's revenue by speeding up your deliveries. So you decide to crank up the speed on all delivery vehicles. From now on, every truck will boost its speed by 5%. It may be a stroke of logistical genius, or it may, perhaps more likely, end up in chaos. Like ramping up serotonin all over the brain, this blunt approach might not be ideal.

Analogies aside, whether SSRIs affect people's moods is an experimental question, and some research has supported the idea that these drugs work. However, especially lately, their effectiveness has come under intense scrutiny. Some recent analyses cite 30 years' worth of studies and question the clinical value of SSRIs, while others maintain that these drugs improve the symptoms of depression.

It's complicated, and there's still some disagreement, but most psychiatrists agree that SSRIs are not effective for everyone. These drugs are not psychiatric-cure-alls.

More chemical fine-tuning for mood

In light of all this, I've often found myself asking whether psychiatric researchers needed 73 studies looking at whether tryptophan depletion has an impact on mood.

When it comes to understanding connections between gut bacteria and the brain, or the bigger challenge of understanding and treating mental illness, should researchers really still be thinking about tryptophan?

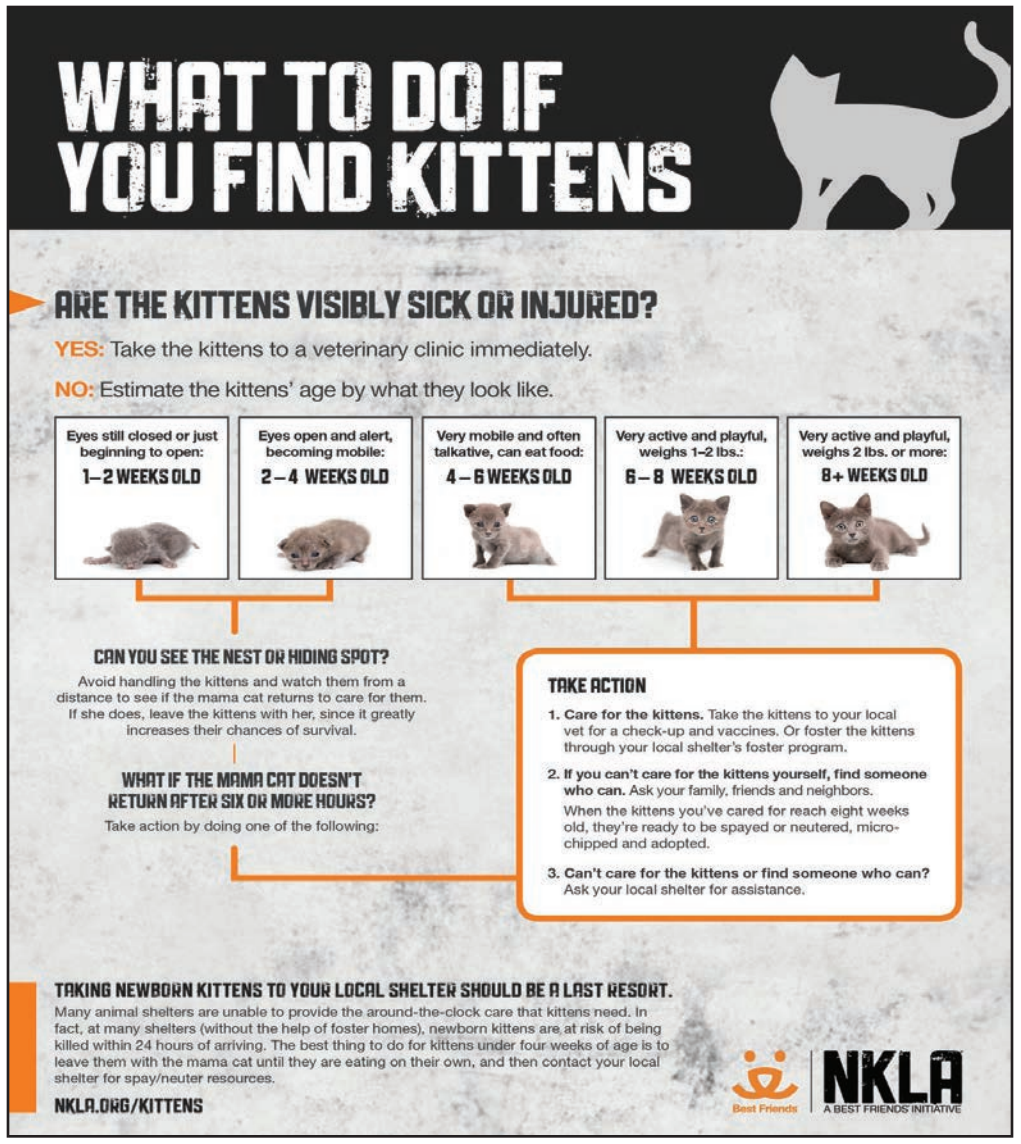
It's seems true that, similar to SSRIs, boosting tryptophan has a broad impact on serotonin. It's definitely possible that cranking up serotonin can influence mood, and that therefore boosting tryptophan could do the same. But it's also possible that to manipulate something as complicated as human emotion requires a little more nuance.

Psychiatric research has long been moving away from the idea that your brain is a bag of chemicals; modern neuroscientists are asking for a little more specificity. From this perspective, I'm skeptical of the notion that tryptophan is the depression remedy psychiatry needs. Not only has experimental research found fairly weak results, but the theory itself isn't very compelling.

Serotonin, seemingly full of psychiatric possibility, has long fascinated psychiatric researchers. But what the past half century seems to have demonstrated is that the neuroscience of human emotion is not simple. To promote lasting changes in mental health, scientists may need a little more reverence for the complex emotional beings that we all are.

So no, a big turkey dinner, as filled with delicious tryptophans as it might be, will likely not be the neurochemical driver for your mood on Thanksgiving.

This article is republished from The Conversation under a Creative Commons license. Read the original article here: http://theconversation.com/turning-to-turkeys-tryptophan-to-boost-mood-not-so-fast-125633.



FINDING A NEW DENTIST IS TOUGH!!!
(BUT WE MAKE IT EASY!!!)

YOUR CHOICE

If you don't like what we have to say we will give you a copy of your x-rays at no charge

DENTAL CARE WITHOUT JUDGEMENT!

WE OFFER UNIQUE SERVICES
*Nitrous Oxide available
*No interest payment plans
*Emergencies can be seen today
*Our dentists and staff members are easy to talk to

TRY OUR NO OBLIGATION
$1 EXAM
INCLUDES FULL XRAYS
*Offer to non insured patients

OR

TRY OUR NO OBLIGATION
$59 EXAM AND CLEANING
For New Patients
INCLUDES FULL XRAYS
*Offer to non insured patients

AND OF COURSE WE DO
• Invisalign • Periodontist on Staff • Oral Surgeon on Staff
• Cosmetics and Implants • Zoom bleaching • and more

SANTA MONICA FAMILY DENTISTRY
DR. ALAN RUBENSTEIN
1260 15th ST. SUITE #703
(310) 736-2589



WWW.ALANRUBENSTEINDDS.COM



orto santa monica
502 Santa Monica Blvd Santa Monica 90401 California phone 424 433 8100 ortosantamonica.com

Noteworthy

By Charles Andrews

Send comments to editor@smdp.com

Tomorrow's Musical Memories Now, II



Creative Commons

NOTEWORTHY: Columnist Charles Andrews wants to know the best concert you've attended.

BEST CONCERTS EVER? – TELL ME!

I WANT TO KNOW!

And so would other readers, I think. I get people following this column who really love live music, some really passionate about it.

But don't worry about "being judged." You can ask me to leave your name off if I do publish your picks.

So, send me a list of the five best concerts you ever saw. Who and where, and date as best you can look up, remember or guess. Just the approximate year will do. You can comment if you want to, or not.

Send to: therealmrmusic@gmail.com (that email is at the bottom of all my columns).

If you can't come up with five ... you definitely need to get out more, and can use the NOTEWORTHY column as a guide each Thursday. If you're moaning that "it's so hard to pick only five!" — you aren't the only one to complain. My daughter refused the limit, until I cajoled and badgered her into it.

CHARLES ANDREWS' TOP 5 CONCERTS, PART II

I gave the first two last Thursday, with a promise to finish this week. So here's the other three.

GRATEFUL DEAD, NEW RIDERS OF THE PURPLE SAGE, 11/17/71, Civic Auditorium, Albuquerque — A former fellow UNM Lobo newspaper mate of mine recently passed along memorabilia of a Grateful Dead concert 50 years ago that day, and included was my review in the paper. Not ever a Dead fan, really, not even after that concert, but they played more than five hours of absolutely superb music that really was country music, and the very countrified New Riders of the Purple Sage, protegees of Jerry Garcia who produced and played on their first album, were smokin'. OK, yeah, I was smokin' too during the show but that's irrelevant (no, really it is) and had long worn off as I floated through the next 4-5 days with that music swirling in my consciousness. I have never experienced that before or since. Maybe I should have thrown it all away to become a Deadhead — nah.

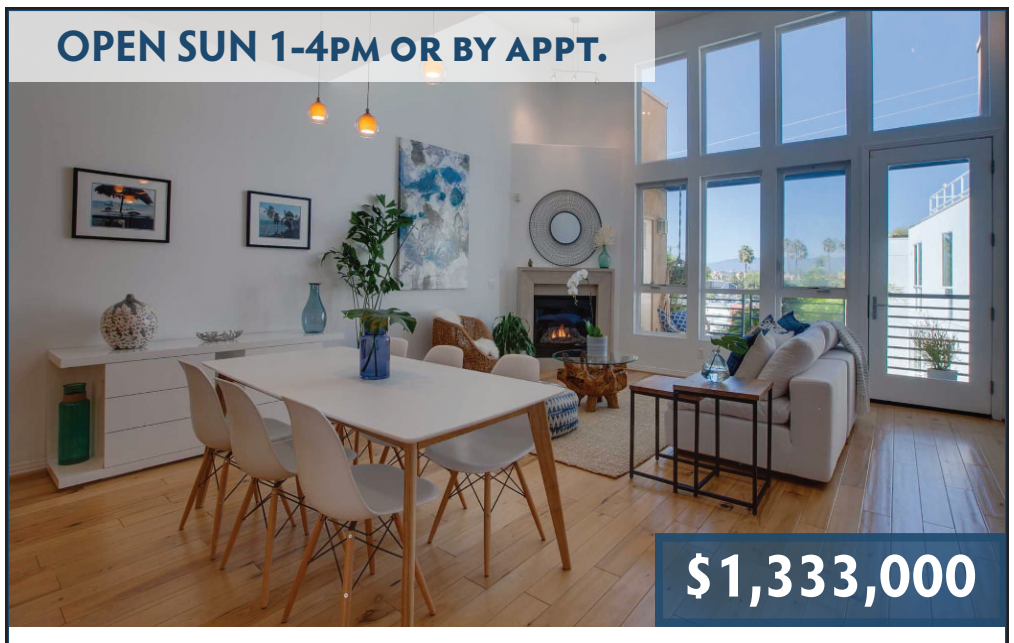
ROLLING STONES, STEVIE WONDER, 6/15/72, University Arena, Albuquerque — Nearly everyone agrees the Stones' '72 tour, with the elegant Mick Taylor more than ably replacing the tragically drowned Brian Jones, was their best, and with a 22-yr-old Stevie Wonder, already a 10-year veteran with a bagful of hits and unlimited promise, just killing the opening set, it was pure rock and roll heaven.

BOB DYLAN, THE BAND, 2/6/74, Denver Coliseum — Those other great concerts were blessed anomalies, but Albuquerque went from rock and roll whistle-stop to landing nearly every major tour, because of young UNM assistant dean Tom Hogg who used his mastery of nascent computer science, the newly-built 20,000 seat basketball arena The Pit, and his great taste and knowledge of rock and roll combined with a sharp sense of marketing to lure every big name except The Who (they were scheduled but got snowed in Utah, serves 'em right for even going to Utah). This tour was Dylan's much-anticipated first tour in eight years after his near-fatal motorcycle accident. I always tell people I would've made the trip to Denver just to see The Band. Albuquerque music freaks filled two rows in Denver. Hogg ascended to the rarified position of number three at the new company Ticketmaster, moved to LA, and kept me in great seats for decades (I always paid for them, but face value). Thanks Tom, and Happy Birthday. See? — you're still famous.

THIS WEEK? – HERE'S THE DEAL

Not complaining, I shoulder my heavy burden willingly, but it is tricky every week picking the best shows 10 days in advance, and now with holiday printing schedules pushing it up another five days, I'm just throwing my hands up and putting in a few things I can count on. At the bottom I just copied part of last week's COMING ATTRACTIONS that now fall into this week. Otherwise, you're on your own, kids. (See how much you need me?)

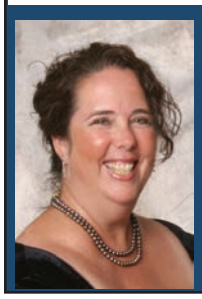
SEE **NOTEWORTHY** PAGE 11



4050 Glencoe #403, Marina del Rey

2BR | 2BA | Den

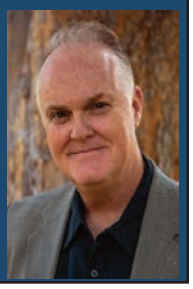
Marina Arts District! Premier Indigo Penthouse condo with Views!



Golda Savage
310-770-4490
CalBRE # 01308198

BULLDOG REALTORS

David Tomlinson
310-367-0303
CalBRE # 02009841



Culture Watch

By Sarah A. Spitz

Send comments to editor@smdp.com

"63Up" and A Country Musical



Nuart Theatre

DOC: 63Up is the latest in Michael Apted's documentary series, now at the Nuart Theatre.

I think I've seen every episode of the "Up" documentary series by award-winning film director Michael Apted. From "Seven Up" to today's "63Up," Apted has revisited a core group of 14 English people, beginning as children at age seven and every seven years since then, from childhood to puberty, through young adulthood, maturity, middle-age and now the age of retirement. "63 Up" will open on Dec. 6 for a short run at Landmark's Nuart Theatre, followed by a national rollout.

What a remarkable journey it's been, starting as a one-off TV special inspired by the Jesuit saying, "Give me the child until he is seven, and I will give you the man," to analyze the rigidity of social class in England and document how their lives, feelings and opinions have evolved over the years. The original 20 children (only 14 were followed) were selected to represent a spectrum of socio-economic groups, ostensibly to determine whether advantages or disadvantages follow them throughout their lives.

Are our lives predetermined by the class we are born into and our earliest influences? The films have provided a remarkable window into such questions.

Tony, who wanted to be a jockey, shares that he wasn't good enough and instead became a taxi driver, which he said early on he would do if being a jockey didn't work out. Well-settled despite a few bumps along the road, he's still the feisty, rotund pixie that he was at seven, only now with some health issues; he still believes that the rich get richer, etc. Lynn became a librarian working with special needs children and experienced firsthand how little society cares about the needy. Sadly, she's no longer with us but the library has been named in her honor. Jackie, burned in a first marriage, is still living through what she calls the world's longest engagement and is very happy with her relationship.

Symon (the only biracial participant) and Paul, who shared a childhood at a strict boys' school when left behind by parents, maintained their lifelong friendship and turn out to have fulfilled lives and marriages (and many, many children between them). Nick now has throat cancer; he became a lawyer and is happy in his second marriage but sorry he's burdening his second wife with having to deal with his illness. And Neil has been through it all, mental illness, homelessness and now a local politician and pastor.

All of them are asked to reflect on whether they think their class advantages or disadvantages influenced their lives – and Apted also raises the question of Brexit. It's a 2-hour and 24-minute documentary, worth every minute of your time. You don't need to have seen the earlier films to pick up on their lives; Apted brings the past forward and leads us through today. And not everyone in the film loves him for it.

What an achievement; what food for philosophical and social thought these films provide and this one, close in age as it is to mine, really had an impact on me. I hope it continues through age 70.

For tickets visit https://www.landmarktheatres.com/Booking/nuart-theatre/440121; on Friday, Dec. 6, Michael Apted will appear for a Q&A after the 8 pm screening.

SALVAGE: A COUNTRY MUSICAL

A little farther afield, the Lounge Theatre in Hollywood presents the world premiere of "Salvage," a play with country music, written by Tim Alderson, a fifth-generation farmer who runs one of the most effective faith-based social organizations in Los Angeles, Seeds of Hope LA, focused on the production, distribution and commitment to food.

I had no idea that lyric and playwriting were in Tim's wheelhouse, and the songs propel the plot well. The actors bring it home because they're both good singers and guitar players.

Drinking non-stop, the rough-edged "Preacher" (David Atkinson) is wallowing in self-pity, singing songs like "Rise from the Ruins," and "I'm So Tired of it All." Bright, youthful Harley (Christopher Fordinal) is at a turning point in his life as he bursts into the rundown bar where Preacher holds court. He wants to know: Is this the legendary spot

SEE **CULTURE WATCH** PAGE 11

DAILY POLICE LOG

SMDP STAFF CHOSE THE FOLLOWING FROM 340 CALLS ON NOV. 26

Trash Dumping 4Th St / Colorado Ave 5:10 AM
Violation of Restraining Order In Progress 600Blk Palisades Beach Rd 6:11 AM
Encampment 200Blk Santa Monica Pier 6:24 AM
Vandalism 1500Blk Lincoln Blvd 6:45 AM
Identity Theft 900Blk 12Th St 8:29 AM
Burglary Report 1300Blk 2Nd St 8:37 AM
Family Disturbance 2400Blk Virginia Ave 8:48 AM
Vandalism 1400Blk 18Th St 8:51 AM
Mark & Tag Abandoned Vehicle 900Blk 7Th St 8:58 AM
Mark & Tag Abandoned Vehicle 800Blk 7Th St 9:07 AM
Petty Theft Report 100Blk Wilshire Blvd 9:07 AM
Fraud Report 800Blk Pine St 9:14 AM
Sexual Assault 100Blk Wilshire Blvd 9:18 AM
Identity Theft 1400Blk 3Rd Street Prom 9:23 AM
Failure to Pay Parking Fee 1100Blk Pacific Coast Hwy 9:36 AM
Vandalism 1400Blk 12Th St 9:41 AM
Mark & Tag Abandoned Vehicle 100Blk Hart Ave 10:16 AM
Handicap Zone Violation 3300Blk Wilshire Blvd 10:31 AM
Petty Theft Just Occurred 2400Blk Pico Blvd 10:43 AM
Missing Person 300Blk Olympic Dr 10:52 AM
Exhibition of Speed 7Th St / Colorado Ave 10:56 AM
Burglary Report 1500Blk 6Th St 10:58 AM
Traffic Collision with Injuries 7Th St / Santa Monica Blvd 11:06 AM
Traffic Collision - No Injuries 1800Blk Wilshire Blvd 11:20 AM
Family Disturbance 2600Blk Ocean Front Walk 11:22 AM
Petty Theft Report 1300Blk 4Th St 11:35 AM
Hit and Run Investigation 1800Blk Wilshire Blvd 11:51 AM
Vandalism 800Blk Pacific St 12:00 PM
72 Hour Psychiatric Hold 1900Blk Pico Blvd 12:08 PM
Handicap Zone Violation 1200Blk 12Th St 12:16 PM
SCAR Investigation 800Blk 9Th St 12:22 PM
Hit and Run Investigation 1800Blk Wilshire Blvd 12:40 PM
Animal Related Incident 300Blk Santa Monica Pier 1:47 PM
Traffic Collision - No Injuries Lincoln Blvd / Bay St 1:51 PM
Expired Registration 1300Blk 19Th St 1:51 PM
Petty Theft Report 200Blk Bay St 2:14 PM
Grand Theft Report 1500Blk Broadway 2:27 PM
Injured Person 300Blk Olympic Dr 2:29 PM
Living in a Vehicle 1800Blk 19Th St 2:35 PM
Expired Registration 300Blk Arizona Ave 2:53 PM
72 Hour Psychiatric Hold 600Blk Pico Blvd 2:58 PM
Smoking VIolation 3100Blk Lincoln Blvd 3:07 PM
Overdose 2000Blk Cloverfield Blvd 3:09 PM
Juvenile Annoying Investigation 1500Blk California Ave 3:51 PM
Person with a Gun 1700Blk Cloverfield Blvd 4:00 PM
Petty Theft Just Occurred 1400Blk Broadway 4:09 PM
Expired Registration 1400Blk Washington Ave 4:27 PM
Animal Related Incident 2400Blk Ocean Front Walk 4:29 PM
Encampment 2300Blk 4Th St 4:30 PM
72 Hour Psychiatric Hold 1300Blk Palisades Park 4:32 PM
Burglary Report 1500Blk 6Th St 4:39 PM
Exhibition of Speed 23Rd St / Santa Monica Blvd 4:42 PM
Traffic Collision with Injuries 10Th St / Marguerita Ave 4:44 PM
Injured Person 1500Blk Ocean Front Walk 4:49 PM
Encampment 2300Blk 4Th St 4:53 PM
Prowler Just Left 200Blk Palisades Ave 5:26 PM
Exhibition of Speed Centinela Ave / Broadway 5:30 PM
Exhibition of Speed 11Th St / California Ave 5:30 PM
Mark & Tag Abandoned Vehicle 1500Blk 16Th St 5:40 PM
Hit and Run Investigation 1900Blk 20Th St 5:44 PM
Hit and Run Investigation 1800Blk Cloverfield Blvd 5:48 PM
Traffic Collision - No Injuries City Prop Involved 33Rd St / Pico Blvd 6:01 PM
Traffic Collision - No Injuries 200Blk Broadway 6:44 PM
Traffic Collision - No Injuries Lincoln Blvd / Pine St 6:50 PM
72 Hour Psychiatric Hold 4Th St / Santa Monica Blvd 6:59 PM
Petty Theft Report 1400Blk 4Th St 7:54 PM
Urinating/Defecating in Public 5Th St / Arizona Ave 8:14 PM
Public Intoxication 500Blk Santa Monica Blvd 8:44 PM
Encampment 20Th St / Wilshire Blvd 8:50 PM
Hit and Run Investigation 800Blk 21St St 8:53 PM
Vandalism 700Blk Broadway 8:53 PM
Hit and Run Investigation 1400Blk 24Th St 8:54 PM
Exhibition of Speed 5Th St / Arizona Ave 9:06 PM
Handicap Zone Violation 1500Blk Yale St 9:15 PM
Encampment 2000Blk Wilshire Blvd 9:30 PM
Family Disturbance 1100Blk 5Th St 11:14 PM
Animal Related Incident 700Blk Idaho Ave 11:30 PM
72 Hour Psychiatric Hold 1400Blk Wilshire Blvd 11:40 PM

MOVIEPOSTERPRINTER.COM
MOVIE POSTER PRINTER WE PRINT MOVIE POSTERS

TODAY'S BIRTHDAY (NOVEMBER 28)

You'll live by your word and earn the reward of this many times throughout the year. In 2020, mystical inclinations emerge, and you'll explore your creativity and spirituality. Complicated relationships get ironed out through simple acts of forgiveness. After that, the adventuring starts. Virgo and Pisces adore you. Your lucky numbers are: 9, 45, 3, 28 and 44.

ARIES (March 21-April 19). What people will remember about this day is how you made them feel. Whatever efforts you give toward serving needs will be effective in so far as they are delivered with warmth.

TAURUS (April 20-May 20). Your mood will be dictated by a thought process that is either inclusive or defensive. Both modes will be appropriate at different moments of the day. Generosity is enabled by good boundaries.

GEMINI (May 21-June 21). While "thanks" is a word, gratitude is an embodiment. You'll enact it, radiate it, be it. This takes no effort on your behalf, partly because you're so relieved that things have turned out as well as they have.

CANCER (June 22-July 22). You could overcomplicate things by trying to give more and differently than what is necessary. All together now: "All you need is love. Love is all you need." -- The Beatles

LEO (July 23-Aug. 22). What happens in your home between two people is important to the workings of the entire world. It's hard to believe, but just think about how this has already been true in your life.

VIRGO (Aug. 23-Sept. 22). You'll shed one idea of who you are to adopt a new one. You've already done this many times, always for the better. For instance, you were a child once, and now you're responsible for what happens in your own life.

LIBRA (Sept. 23-Oct. 23). Feng shui suggests your front door be larger than your back door so good energy can easily come in and have difficulty leaving. The principle will hold, regardless of your door size.

SCORPIO (Oct. 24-Nov. 21). You have faith in the people around you, and you treat them like they've already embodied their potential. If they haven't already, they will, and your belief plays a part in this.

SAGITTARIUS (Nov. 22-Dec. 21). Focus your energy where it will be most appreciated. Keep imagining that people mean to help you, even if that's not what they seem to be doing.

CAPRICORN (Dec. 22-Jan. 19). Such a lot will go on: interpersonal dynamics, family psychology, petty differences, sibling bickering, history revealed and more. You'll be that calm touchstone, a neutralizing influence, indispensable.

AQUARIUS (Jan. 20-Feb. 18). Hugs, genial conversation, gentle sharing... whatever buffers the negative feelings is also a promotional agent for health and well-being, not to mention the higher realms of joy, fun and laughter.

PISCES (Feb. 19-March 20). You rejoice in what you have, which is so much. The more you talk, share and reach out, the better you feel. Tonight you'll tell a good story -- a useful skill that others will watch and learn from.

Thankful Trine of Mercury and Neptune

Nothing feeds the soul like gratitude. And yet, modern emphasis on the concept has taken it to a cliched place. In some realms, gratitude seems more like a chore than a wonder, more like an obligation than an actuality. Gratitude that isn't felt on a senso

ASTROLOGICAL QUESTIONS

"Recently, I have been dating like crazy, though I've yet to find anyone I am compatible with mentally and physically. Will the coming year be different for me? I am a Scorpio, born Oct. 29, 1978." A Scorpion with prowess, you are a force for attracting what and who you want. With your Venus and Mars in your sun sign, you are as charming as you are fierce, as sensual as you are seductive. Enviably, you don't need to work very hard to win anyone's affection, yet you still feel compelled to put in the effort. Know that a powerfully bewitching Scorpio woman can be as mesmerizing as she is threatening to the male ego. Occasionally, softening your approach is the right track. Instead of diving right in, hang back; give him a chance to reveal himself to you. You need to trust your innate animal magnetism to draw him in. Harness your desire by using your formidable mental focus to visualize the specific qualities and attributes of your dream man. Venus in Capricorn will favor a cool approach. In the weeks to come, move slow, let intrigue work for you, trust your powers of attraction and play the long game.

CELEBRITY PROFILES

Besides revolutionizing late-night television, Jon Stewart has been a major contributor to the careers of many of today's top comedic talents including Steve Carell, Stephen Colbert and John Oliver. Natal sun, moon and Mercury in Sagittarius are the stars of a worldly, sophisticated truth-seeker. Venus and Neptune in Scorpio add a rebellious edge and incisive wit.

WORD UP!

Postprandial

Adjective [pohst-pran-dee-uhl]

After a meal, especially after dinner: postprandial oratory; a postprandial brandy.

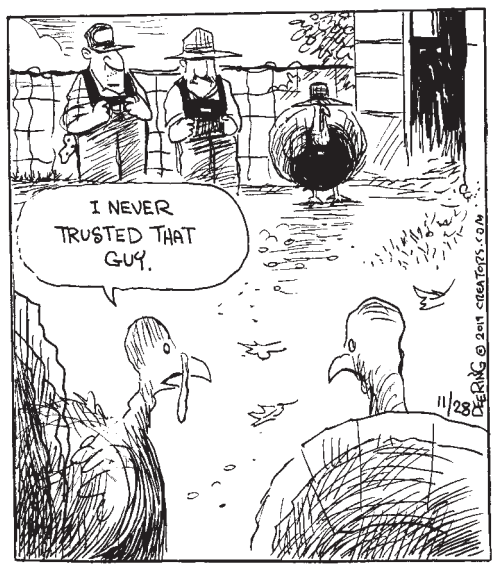
Heathcliff

By PETER GALLAGHER



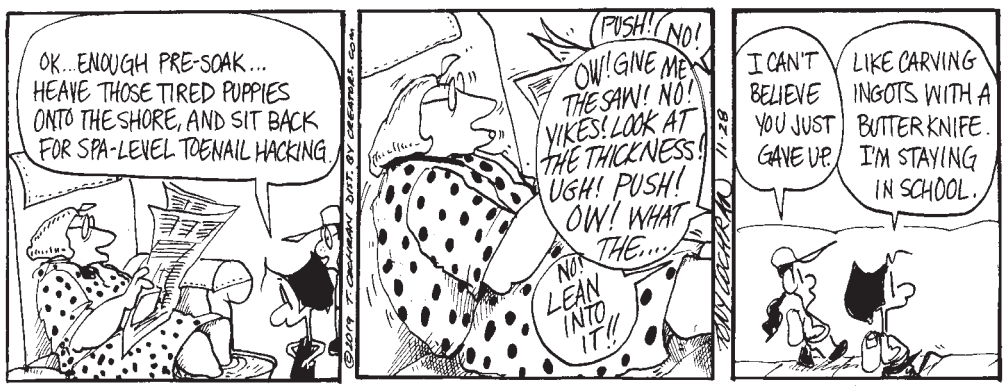
Strange Brew

By JOHN DEERING



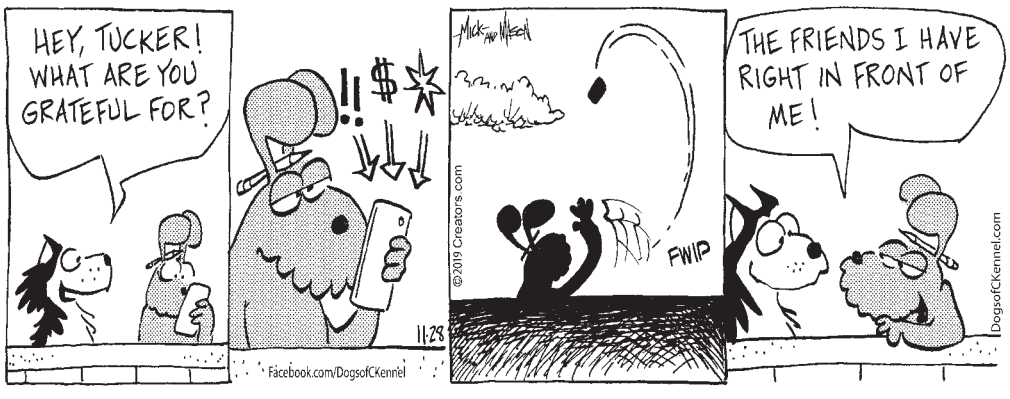
Agnes

By TONY COCHRAN



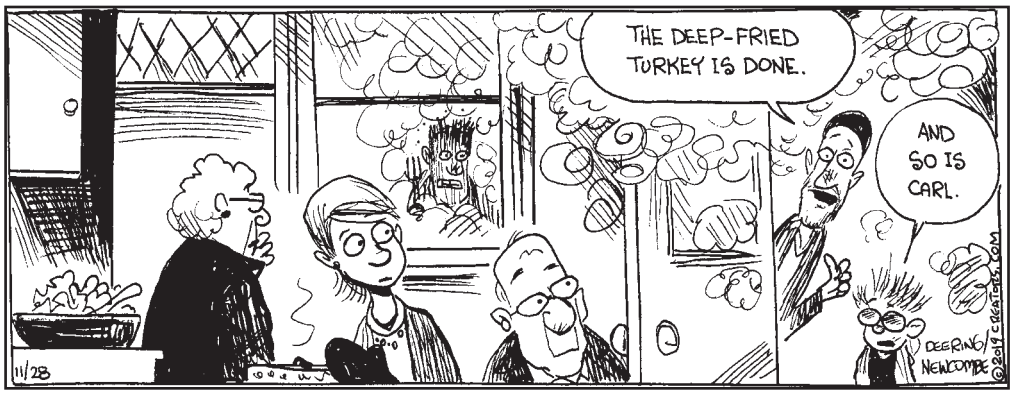
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



RUN YOUR DBAs IN THE DAILY PRESS FOR ONLY $80

INCLUDES RECEIPT AND PROOF OF PUBLICATION. Call us today!

Santa Monica Daily Press office **(310) 458-7737**

DO YOU HAVE COMMUNITY NEWS?

Santa Monica Daily Press office **(310) 458-7737**

DAILY LOTTERY

POWERBALL
Draw Date:11/23
28 35 38 61 66
Power#: 23
Jackpot: 100 M

MEGA MILLIONS
Draw Date: 11/22
8 27 29 38 43
Mega#: 13
Jackpot: 243 M

SuperLotto PLUS
Draw Date: 11/23
9 15 27 41 43
Mega#: 17
Jackpot: 10 M

Fantasy 5
Draw Date: 11/26
3 12 13 17 24

Daily 3
Draw Date: 11/26
Evening: 0 4 7
Draw Date: 11/26
Midday: 8 0 2

Daily Derby
Draw Date: 11/26
1st: 1 - GOLD RUSH
2nd: 6 - WHIRL WIN
3rd: 8 - GORGEOUS GEORGE
RACE TIME: 1:45.42

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: 72.7°

THURSDAY- **FAIR** - SURF: 3-4ft+ waist to shoulder high
Reinforcing NW/WNW swell-mix. Minor S swell. Deep mid AM high tide. Winds/conditions may improve.

FRIDAY - **FAIR** - SURF: 3-4ft waist to chest high
NW/WNW swell-mix eases. Minor S swell. Deep high tide mid AM. Watching winds.

SOLUTIONS TO YESTERDAY'S CROSSWORD

	E	B	B		B	A	I	T				F	A	R
A	R	E	A		T	I	N	E			C	O	M	A
T	A	L	K	T	U	R	K	E	Y		H	U	M	P
A	S	T	E	R					O	C	E	L	O	T
L	E	E	R	Y		P	I	E	R	R	E			
E	D	D	Y		T	U	R	K	E	Y	T	I	M	E
				D	E	N	S	E		P	A	V	E	R
B	E	G	G	E	D				A	T	H	E	N	A
A	L	E	R	T		C	H	E	S	S				
T	I	M	E	E	N	O	U	G	H		B	E	E	T
			G	R	O	T	T	O		K	E	N	Y	A
E	M	B	O	S	S					P	A	C	E	S
P	I	E	R		E	N	O	U	G	H	T	A	L	K
I	N	D	Y			E	A	S	Y		U	S	E	S
C	D	S				T	R	A	M		P	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	9	6	8	4	1	5	2	3
1	3	2	5	9	7	4	6	8
8	5	4	6	2	3	9	1	7
3	2	7	9	1	8	6	5	4
6	8	9	4	5	2	3	7	1
5	4	1	3	7	6	2	8	9
9	7	5	2	8	4	1	3	6
2	6	8	1	3	9	7	4	5
4	1	3	7	6	5	8	9	2

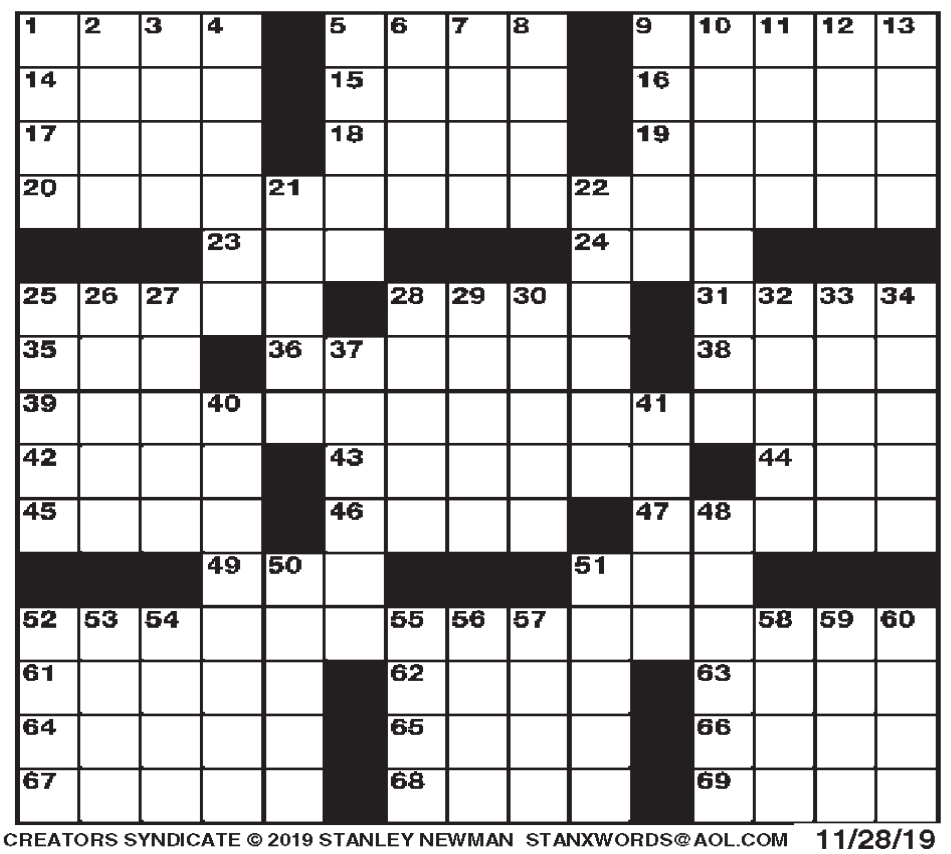
8				9		6		
	5			1	6		2	
1		6	5			7		9
	8		1	3			4	
2		3				5		1
	7			6	5		9	
3		5			9	1		8
	9		3	2			5	
		4		5				2

Newsday Crossword

LARGELY DIFFERENT by Billie Truitt
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Firm hold
5 Evince
9 Cut corners
14 Pro __ share
15 Arizona native
16 One working underground
17 Open a bit
18 Seuss' *If __ the Circus*
19 More than unusual
20 Large museum on the Mall
23 Indefinite amount
24 Where the LAD and NYY play
25 Wood shaper
28 NATO alphabet conclusion
31 Haughty attitude
35 Adams or Poehler
36 With no principles
38 Letter opener's creation
39 Strutting like a king
42 Poetic "soon"
43 Must
44 Hair care substance
45 Very soft mineral
46 Betting consideration
47 Hollow stone
49 Major period
51 Wolf cousin
52 Hay fever, for instance
61 Spotted horse
62 Sanctity symbol
63 Unimportant
64 "Like it __ . . ."
65 Starter of a Bard comedy title
66 Prepare for planting
67 Gift-wrapping mishaps
68 They're larger than coves
69 Apparel

DOWN
1 Dad's mom
2 Erstwhile prince of India
3 "Just leave __ that!"
4 Shunned one
5 Newly buffed
6 *Fiddler . . .* dance
7 Cameo stone
8 Albatross appendage
9 Certain sense
10 Polish sausage
11 Legal brief beginning
12 '70s Israeli leader
13 Part of a food chain
21 Julian calendar beginning
22 Magic charm
25 Wash gently against
26 KitchenAid alternative
27 Austrian region
28 Allocated (for), as neighborhoods
29 Arm-twisted
30 Enriches, as a roast
32 Volunteer's offer
33 Vexed
34 Artistic expression
37 Culture of ancient Crete
40 Seth, to Noah
41 Russian playwright
48 Excused (from)
50 What settlers put down
51 Dental string
52 Locality
53 Word on Irish euros
54 Santa __ (Alamo attacker)
55 Quaker captain of fiction
56 __ land (dreamy state)
57 Supporter
58 What HR might pay for a new hire
59 Pirate potation
60 Conifers that sound like sheep



CREATORS SYNDICATE © 2019 STANLEY NEWMAN STANXWORDS@AOL.COM 11/28/19

Santa Monica Daily Press

Classifieds

$12.00 per day. Up to 15 words, $1.00 for each additional word.

Call us today start and promoting your business opportunities to our daily readership of over 40,000.

YOUR AD COULD RUN TOMORROW!*

(310) 458-7737

*Please call our Classified Sales Manager to reserve your ad space. Specific ad placement not guaranteed on classified ads. Ad must meet deadline requirements. See complete conditions below.

Some restrictions may apply.

Prepay your ad today!

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

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

Miscellaneous

EVERY BUSINESS has a story to tell! Get your message out with California's PRMedia Release – the only Press Release Service operated by the press to get press! For more info contact Cecelia @ 916-288-6011 or http://prmediarelease.com/california (Cal-SCAN)

DID YOU KNOW that newspapers serve an engaged audience and that 79% still read a print newspaper? Newspapers need to be in your mix! Discover the Power of Newspaper Advertising. For more info email cecelia@cnpa.com or call (916) 288-6011. (Cal-SCAN)

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Tax Services

ARE YOU BEHIND $10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 1-855-970-2032 (CalSCAN)

Senior Living

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted,local experts today! Our service is FREE/no obligation. CALL 1-855-467-6487. (Cal-SCAN)

Insurance/Health

Lowest Prices on Health Insurance. We have the best rates from top companies! Call Now! 1-888-989-4807. (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, BOAT OR RV to receive a major tax deduction. Help homeless pets. Local, IRS Recognized. Top Value Guaranteed. Free Estimate and Pickup. LAPETSALIVE.ORG 1-833-772-2632 (Cal-SCAN)

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 1-844-491-2884 (Cal-SCAN)

Autos Wanted/Luxury

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top $ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: porscherestoration@yahoo.com (Cal-SCAN)

Announcements

Orlando + Daytona Beach Florida Vacation! Enjoy 7 Days and 6 Nights with Hertz, Enterprise or Alamo Car Rental Included - Only $298.00. 12 months to use 1-866-903-7520. (24/7) (Cal-SCAN)

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt. today! Call 1-855-401-7069 (Cal-SCAN)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author`s Guide 1-877-538-9554 or visit http://dorranceinfo.com/Cali (Cal-SCAN)

Financial Services

Over $10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-508-6305. (Cal-SCAN)

Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 866-305-5862 (Mon-Fri 9am-5pm Eastern) (Cal-SCAN)

Medical Supplies/Equip.

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 1-855-702-3408. (Cal-SCAN)

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to $1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-252-0740 (Cal-SCAN)

Health/Medical

ATTENTION: OXYGEN USERS! The NEW Inogen One G5. 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 1-844-359-3976 (CalSCAN)

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

Real Estate Wanted

KC BUYS HOUSES - FASTEST CASH - Any Condition. Family owned & Operated . Same day offer! (951) 777-2518 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

Real Estate/Out of State

Artisan Chalet - Grants Pass, OR - 4bd/3ba, 4,400 sf – One of a kind with privacy, amazing mountain and valley views, on 35 acres with 800 sf guest house. Gourmet kitchen, geothermal heat and cooling, generator, lofted office, recreation area, pool table, bar, stone fireplace, finished shop w/ storage, personal safe, wine cellar & so much more! $689,000 MSL#3007019 (541) 659-1930 (Cal-SCAN)

Riverfront Home - Grants Pass, OR - One of a kind on the Rogue River, 4,157 sf., 4bd,/3.5ba, private den/office, large bonus room, oversized Master, floor to ceiling river rock fireplace, timber beam accents, large picture windows, generator, in-ground swimming pool, covered RV parking, custom water features, landscaping. Great home for entertaining. Custom throughout! $950,000 MLS#2993910 (541) 659-1930 (Cal-SCAN)

Ocean-view - Brookings, OR – Custom home with beach access across the street! 4bd/2.5ba, 2,306 sf contemporary, detached garage, large lot with plenty of parking. Main level master suite, walk in closet, double sinks, jetted tub and tiled shower. Formal dining, gas fireplace, high ceilings, crown moldings. Upscale oceanfront gated community. Low HOA fees $100/mo. $535,000 MLS#19360357 (541) 659-1930 (Cal-SCAN)

Cozy and Affordable - Merlin, OR – Short ride to Grants Pass - 3bd/2ba, 1,344 sf double wide manufactured home on almost 3 flat acres. Newer carpet and flooring, new hot water heater, 3 decks, one w/ built in hot tub. Carport, storage shed, detached 2 car garage. Beautiful property on a quiet dead end street. $219,000 (541) 659-1930 (Cal-SCAN)

Legal Services

DID YOU KNOW that the average business spends the equivalent of nearly 1½ days per week on digital marketing activities? CNPA can help save you time and money. For more info email cecelia@cnpa.com or call (916) 288-6011. (Cal-SCAN)

Real Estate Loans

RETIRED COUPLE $$$$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

Thank you for buying local.

It makes a difference!

Buy Local
SANTA MONICA
buylocalsantamonica.com ™

NKLA.ORG

NKLA

WE ARE THE BEST FRIENDS OF ANIMALS. WE ARE A MOVEMENT. WE ARE A COALITION OF ORGANIZATIONS AND PASSIONATE INDIVIDUALS DEDICATED TO MAKING LOS ANGELES A NO-KILL CITY. LAST YEAR, MORE THAN 17,000 HEALTHY OR TREATABLE ANIMALS WERE KILLED IN L.A. CITY SHELTERS. EACH ONE AN INDIVIDUAL. EACH ONE A LOVING PET WORTH SAVING. 17,000. THAT NUMBER SHOULD BE ZERO. AND IT CAN BE. THERE IS A SOLUTION, BUT ONLY IF THE PEOPLE WHO CARE WORK TOGETHER. JOIN US AND HELP MAKE L.A. INTO NKLA.

A BEST FRIENDS ANIMAL SOCIETY INITIATIVE



CALL TODAY
AND PLACE YOUR
CLASSIFIED

office **(310) 458-7737**

Santa Monica Daily Press

PLACE YOUR AD HERE

WINE

FROM PAGE 1

pinot noir, she says, but if you're looking to stay domestic, you can find "superb" pinot noir from Oregon.

Sparkling wines should also be on the table, Mann says.

"The right sparkling wine can be served throughout the meal, and a brut (dry) rosé sparkling wine is an elegant and unexpected Thanksgiving pairing," she says. "The red fruit flavors in the rose will not only pair well with turkey, other meats and sides, but the crispness and lively acidity of these wines cut through the fat."

Mann also recommends my current favorite sparkling wine, lambrusco. It's a fizzy red (yes, red!) that is served chilled, from the Emilia-Romagna region of Italy.

"When things get heated around the dinner table, a nice chilled wine can save the day and the meal," says Mann. "Toss aside old memories of sticky sweet mass-produced lambrusco. Now more than ever you can find beautifully made dry Lambrusco. And that little bit of fizz keeps your palate perky and primed for the next serving of your favorite dish."

Mann says one trick for finding the right wine for the Thanksgiving meal is to look toward winemaking regions like Spain and France with a rich and varied gastronomic tradition. Grenache is one such wine, ranging in style from fresh to complex, generally "luscious with good acidity that will help your palate avoid fatigue from the many flavors of the turkey day feast."

And even riesling fan Grieco says "you must have a red wine or there will be a mutiny." He stays domestic with Rhone-styled wines from the West Coast, such as syrahs or cinsaults, and agrees with Mann that grenaches are also good choices.

Alice Feiring, author of "Natural Wine for the People" (Ten Speed Press, 2019), advises: "Look for organic viticulture, and then no additives. Simple."

With root vegetables, look for acid and earthiness in wine, she says. Seek out wine with savory, briny and bitter notes.

The natural wines coming out of the Finger Lakes and Vermont are excellent choices, Feiring says, as well as high-elevation areas like California's Sierra Foothills.

She is also a proponent of orange wines, which are whites made like reds so they have tannins. "They're kind of a fad now, but they're so good, they won't go away," she says. "But if you've never had one, you have to forget everything you know about white wine (fruity, intense aromas) and have faith; food-friendly and versatile."

Talk to your local wine store manager to see what they have in stock.

Wesson notes that rich, potent potables can quite literally knock out your guests before they reach the pumpkin pie, so he suggests looking for young wines with good acidity, bright fruit and alcohol levels below 14%.

He also recommends choosing something that isn't too complex (or expensive).

"At this most boisterous of holiday meals, the real stars are the food, friends and family," he says. "Best to save your precious and pricy bottles for a more intimate gathering and stick to offerings under $25 you can buy in quantity."

THANKFUL

FROM PAGE 1

our district goals, by all staff, certificated and classified, throughout the year. I am thankful to be part of Santa Monica and Malibu, which are two very caring and generous communities always looking out for the best interests of our families, staff, and community members.

I wish everyone in Santa Monica and Malibu, and all your loved ones, a healthy, safe, warm and Happy Thanksgiving."

Dr. Ben Drati, Santa Monica-Malibu Unified School District Superintendent

"I am thankful for my wonderful family; my husband, children, and siblings who inspire and make me proud every day. I am thankful for the great team here at SMPD that I am fortunate enough to be part of. And I am thankful for this engaged and connected community we all serve."

Cynthia Renaud, Santa Monica Chief of Police

"I am deeply thankful for all the amazing people and non-profits in my district who are constantly working to reduce homelessness. Thanks to LA Family Housing in the Valley, Safe Place for Youth and St. Joseph's Center in Venice, The People Concern in Santa Monica, and Blessed Sacrament and PATH in Hollywood, tens of thousands of men, women, and families, young and old, are moving from homelessness to homes. The lack of affordable housing in this region makes this crisis very challenging, but we are making progress, and I am eternally grateful for the caring dedication of all the people making that progress possible."

Sheila Kuehl, Los Angeles County Supervisor

CULTURE WATCH

FROM PAGE 7

where Harley's music idol Floyd died?

Harley questions Preacher's gloom, and shares news of his partner's pregnancy; despite his life's dream to make it as a singer/songwriter, he accidentally stumbles into this bar on his way to pawn his guitar to support his upcoming family. The musical back-and-forth between them advances the plot about Floyd and the mysterious, now dead Jennifer, who was the love of Preacher's (and Floyd's) life.

Destiny (Nina Herzog), Harley's partner, sets the record straight: Harley's too talented to give up his guitar and she doesn't want him to. Song by song, argument by argument the truth – and a surprise twist – unfold, along with some lovely lyrics, singing and harmonizing. If you're looking for entertainment that is neither cynical nor snarky, this is the play for you.

"Salvage" runs Friday through Sunday until Dec. 15. Reservations available by calling (323) 960-7712; online at www.Onstage411.com/Salvage. The Lounge Theatre is located at 6201 Santa Monica Blvd. in Hollywood.

Sarah A. Spitz is an award-winning public radio producer, retired from KCRW, where she also produced arts stories for NPR. She writes features and reviews for various print and online publications.

NOTEWORTY

FROM PAGE 6

HIGHLY RECOMMENDED:

MAGIC FLUTE — LA OPERA (oh lordy lordy the outrageous preview videos were entrancing but made me think, could be genius, could be disaster but LA Opera staged this before, so did Berlin and it garnered the rave reviews it deserves, like nothing I've ever seen, Magic Flute the most popular opera there is but this staging with exploding brilliant backdrops of Betty Boop meets Bauhaus with Buster Keaton, Nosferatu and animation surrounding the singers coming out of three levels onto small platforms, do not trip on those backstage stairs! — to sing while coordinating their movements with the visuals swirling around them, there were a few vocal miffs and the brass early on was a bit off but how can they even keep their minds focused, a visual-aural treat you must not miss, only six performances so don't dawdle!), Sun 2 p.m., Dorothy Chandler Pavilion, DTLA, $169-$394.

RECOMMENDED:

TONIGHT! — 1984 (stage adaptation of the chilling George Orwell novel, returning from a world tour with Tim Robbins directing and in the role of Big Bro's buddy O'Brien, tricky, excellent adaptation from the novel by Michael Gene Sullivan, memorable, use of sound really really good, innovative, Will Thomas McFadden's Winston is a good mix of defiance and crushed spirit but should I recommend it if the website says all performances are sold out? — call, go, beg), The Actors' Gang Theater, Culver City, $20-$35.

TONIGHT! — JULIA MIGENES (takes us back to the Paris of Piaf and Picasso, Django and Hemingway, an evening of personal stories from her amazing long career — debuted at The Met at 3 — and nostalgic French chansons by Aznavour, Ferre, Brel, Legrand, music does elicit the entire spectrum of human emotion and in this show she magically transports us to the romantic Paris that no longer exists, but in those songs always will, at The Odyssey exclusively, like, you will not get to see this show in NY, Paris or London, only WLA), Fri 8 p.m., Sun 7 p.m., Odyssey Theatre, WLA, $40.

JACK SHELDON Big Band, 11/29-30, Catalina Bar & Grill, Hwd; LA PHIL, DUDAMEL Conducts RACHMANINOFF, STRAVINSKY, 11/30 12/1, Disney Hall, DTLA; THE PIXIES, 12/1. No Vacancy, Hwd (must be a Radio 88.5 member to win tickets); BILL FRISSELL & JULIAN LAGE DUO, 12/5, Royce Hall, UCLA; SNOOP DOGG, I Wanna Thank Me Tour, with Warren G, 12/5, Wiltern, LA;

COMING ATTRACTIONS: BEETHOVEN's "Eroica" 12/6-7-8, Disney Hall, DTLA; LA BOHEME: aka "The Hipsters," 12/6-7-11-13-14, Highland Park Ebell Club; ACADEMY OF ANCIENT MUSIC, 12/11, Disney Hall, DTLA; X, LOS STRAITJACKETS, 12/19-20, Teragram Ballroom, DTLA; YOUNG DUBLINERS, 12/28. Harvelles, DTSM.

Charles Andrews has listened to a lot of music of all kinds, including more than 2,000 live shows. He has lived in Santa Monica for 33 years and wouldn't live anywhere else in the world. Really. Send love and/or rebuke to him at therealmrmusic@gmail.com

DAILY FIRE LOG

SMDP STAFF CHOSE THE FOLLOWING FROM 34 CALLS ON NOV. 26

EMS 1100Blk Arizona Ave 2:54 AM
Automatic Alarm 1300Blk Montana Ave 4:12 AM
EMS 600Blk Pico Blvd 7:14 AM
EMS 2400Blk Main St 7:39 AM
Wires Down 1000Blk Pearl St 8:21 AM
EMS 2200Blk 31St St 9:01 AM
EMS 1200Blk Yale St 10:11 AM
EMS 700Blk Olympic Blvd W 10:15 AM
EMS 1500Blk 5Th St 10:49 AM
Traffic Collision with Injury 7Th St / Santa Monica Blvd 11:06 AM
Flooded Condition 900Blk 14Th St 11:20 AM
EMS 1200Blk Ocean Ave 11:42 AM
EMS 900Blk 9Th St 12:16 PM
EMS 600Blk Olympic Blvd E 12:22 PM
EMS 900Blk Princeton St 12:51 PM
EMS 2500Blk Santa Monica Blvd 2:29 PM
EMS 600Blk Santa Monica Blvd 2:50 PM
EMS 500Blk Arizona Ave 2:53 PM
EMS 2000Blk Cloverfield Blvd 3:09 PM
Automatic Alarm 2100Blk Wilshire Blvd 3:10 PM
EMS 14Th St / California Ave 3:18 PM
EMS 300Blk Santa Monica Pier 4:09 PM
EMS 1100Blk 9Th St 4:19 PM
EMS Moomat Ahiko Way / Ocean Ave 4:28 PM
Traffic Collision With Physical Rescue 10Th St / Marguerita Ave 4:44 PM
EMS 200Blk Palisades Ave 4:55 PM
EMS 200Blk Palisades Ave 5:33 PM
Wires Down 300Blk 22Nd St 5:33 PM
Automatic Alarm 1100Blk 17Th St 7:24 PM
EMS 100Blk Montana Ave 7:51 PM
Carbon Monoxide Alarm 1500Blk Berkeley St 8:29 PM
EMS 500Blk Santa Monica Blvd 8:50 PM
EMS 1900Blk Pico Blvd 9:16 PM
EMS 1500Blk Maple St 11:57 PM



LIGHT UP THE HOLIDAYS IN DOWNTOWN SANTA MONICA WITH

winterlit

Downtown Santa Monica invites you and your family and friends to celebrate the holiday season with a full calendar of festive events and activities for all to enjoy.

ice

PRESENTED BY THE PLAZA AT SANTA MONICA

SO CAL'S PREMIER OUTDOOR ICE-SKATING RINK

GENERAL HOURS OF OPERATION

Mon-Thu: 2PM–10PM
Fri: 2PM–Midnight
Sat: 10AM–Midnight
Sun: 10AM–10PM

THE ICE SEASON RUNS FROM NOV 1, 2019 – JAN, 20, 2020

WWW.ICEATSANTAMONICA.COM

ICE AT SANTA MONICA COMMUNITY GRAND OPENING CELEBRATION

NOV 7 | 6PM–10PM

Enjoy a family-friendly fun evening featuring ice skating, food samplings from local eateries, live music, and ice-skating performances. Free and open to the public.

PHOTOS WITH SANTA

NOV 21–DEC 24
395 SANTA MONICA PLACE

Visit Santa Claus at his ocean-side workshop in Center Plaza at Santa Monica Place and snap a picture. Photo packages available for purchase. Make reservations online at SantaMonicaPlace.com

ICE BREAKERS PRESENTED BY THE PLAZA AT SANTA MONICA

EVERY SUNDAY FROM NOV 10, 2019 TO JAN 19, 2020
11AM, 12PM, 1:45PM, 4:15PM

Enjoy free musical performances that will have the whole family on their feet and feeling the groove.

WINTERLIT HOLIDAY MARKET

DEC 3–8, 13–15, 20–22
1200 BLOCK OF THE PROMENADE

Take the stress out of holiday shopping featuring unique creations from local artists. Surprise your loved ones with a one-of-a-kind gift while supporting our amazing community of talented artisans.

HOLIDAY KIDS CLUB

DEC 4 | 11AM–12PM
395 SANTA MONICA PLACE

Enjoy fun, holiday-themed kid's entertainment in the Food Court and at SaMo's Playhouse on Level 3. Visit SantaMonicaPlace.com for details.

OFFICIAL CITY OF SANTA MONICA TREE LIGHTING WITH SANTA

DEC 5 | 6PM–9PM
1200 BLOCK OF THE PROMENADE

Join City of Santa Monica officials for a special tree lighting ceremony on Third Street Promenade. Shop at the Winterlit Holiday Market or grab a photo with Santa Claus. Live music and kids crafts. Free and open to the public. Snow is in the forecast.

NORTH POLE BREAKFAST

DEC 7 | 9AM–10:30AM
395 SANTA MONICA PLACE

Children of all ages are invited to celebrate the holidays with light breakfast treats, music, crafts and a special visit from Santa at SaMo's Playhouse on Level 3. Visit SantaMonicaPlace.com for details.

PET PHOTOS W/ SANTA

DEC 11 & 18 | 5PM–8PM
395 SANTA MONICA PLACE

Bring your furry friend to one of Santa Monica Place's special pet nights and "sit" for a photo with Santa. Dogs and cats only and must be on a leash or in a carrier. Reserve your spot at SantaMonicaPlace.com.

MENORAH LIGHTINGS

DEC 22–29
LIGHTINGS BEGIN AT SUNDOWN
1300 BLOCK OF THE PROMENADE

Join local synagogues and community groups as their members celebrate the Festival of Lights this Hanukkah season.

FOR MORE INFORMATION VISIT

WWW.WINTERLIT.COM

