smdp
Santa Monica Daily Press

MONDAY
12.07.20
Volume 20 Issue 21

Crossword
Starts off easy.
Page 3

Santa Monica Star Pages
Inside this issue

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Oscar de la Torre leaves 18 years of School Board service for City Council



OSCAR DE LA TORRE

CLARA HARTER
SMDP Staff Writer

Oscar de la Torre will be ending his 18-year tenure on the Santa Monica-Malibu Unified School District Board to assume a seat on City Council, where he seeks to continue his fight for racial justice and equitable access to opportunity.

De la Torre first felt compelled to run for SMMUSD's Board of Education in 2002 when he became aware of the disproportionate rates of suspensions and expulsions for students of color.

"At Lincoln Middle School for example, in 2002, black students were four times more likely than white students to be suspended," said de la Torre. "At John Adams Middle School Latinos students, I think, were close to 50 percent of the student body but made up like 68% of all suspensions; while white students were like 30% of our student body (and) they made up like 15% of all the suspensions."

De la Torre's proudest accomplishment on the School Board was to seriously address these racial inequalities by bringing a restorative justice approach to student discipline.

SEE **OSCAR DE LA TORRE** PAGE 6

Housing Element discussions continue Wednesday



Photo courtesy of Century West Partners

HOUSING: Santa Monica's Housing Element governs the city's approach to residential development and will be up for discussion this week.

BRENNON DIXSON
SMDP Staff Writer

Santa Monica's sixth Housing Element is set to be discussed in detail by Planning Commissioners this Wednesday and the community is invited to discuss the document that dictates how the region will meet affordable housing needs in the next decade.

The Planning Commission already heard a presentation about the Housing Element back in November but no action was taken at the meeting. The presentation was scheduled only to allow staff a chance to update commissioners on the Housing Element's progress and

SEE **HOUSING** PAGE 7

New Roads school engages Ibram Kendi in conversation on teaching anti-racism



IBRAM KENDI

CLARA HARTER
SMDP Staff Writer

As the institutions that shape the minds of children, schools have an enormous role to play in dismantling systemic racism. Recognizing this fact and the complex nature of this task, New Roads School invited Professor Ibram X. Kendi to engage the school community in a critical conversation on teaching anti-racism.

Teaching students to be anti-racist is much harder than teaching students to be racist. While the latter requires passive absorption of a prevalent dogma the former requires constant critical thought.

Kendi is one of America's foremost anti-racist scholars and was named as one of Time Magazine's 100 most influential people of 2020. He is highly aware of the difficult journey to root racism out of society and the education system, but his years of research have helped him develop a roadmap forward.

"Racist ideas are constantly being poured onto the heads of people and at the same time people aren't necessarily taught how to think or to protect themselves from really that rain of racist ideas," said Kendi. "When thinking about the development of the mind from an

SEE **IBRAM KENDI** PAGE 6

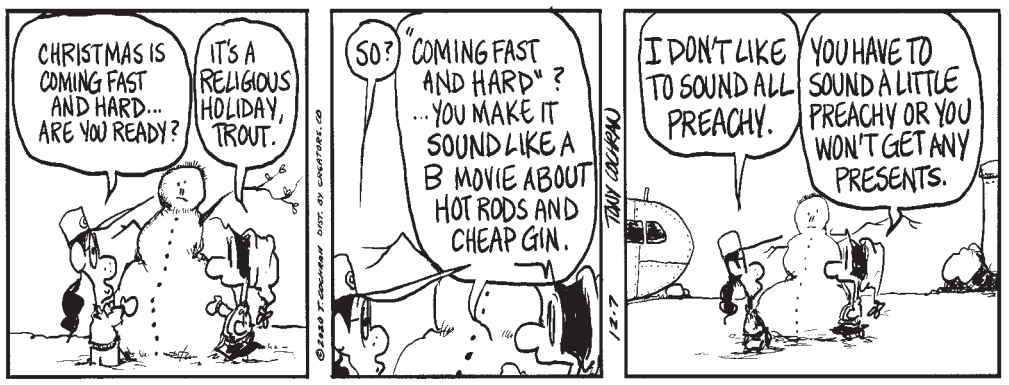

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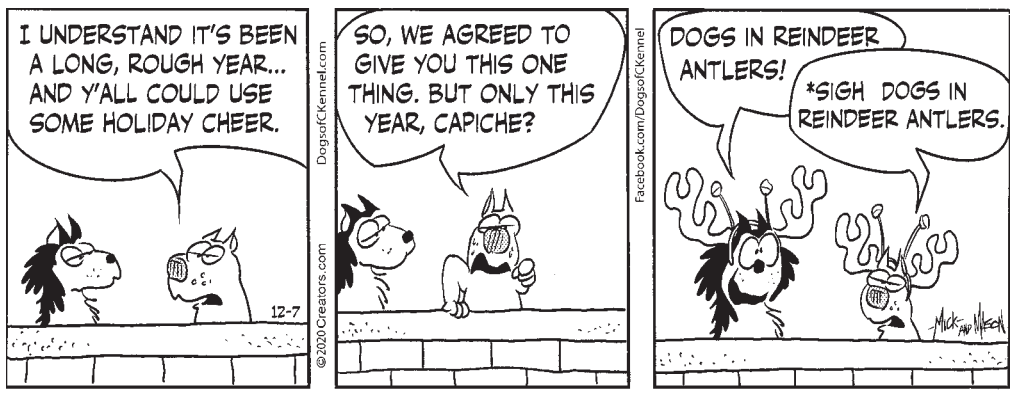
Agnes

By TONY COCHRAN



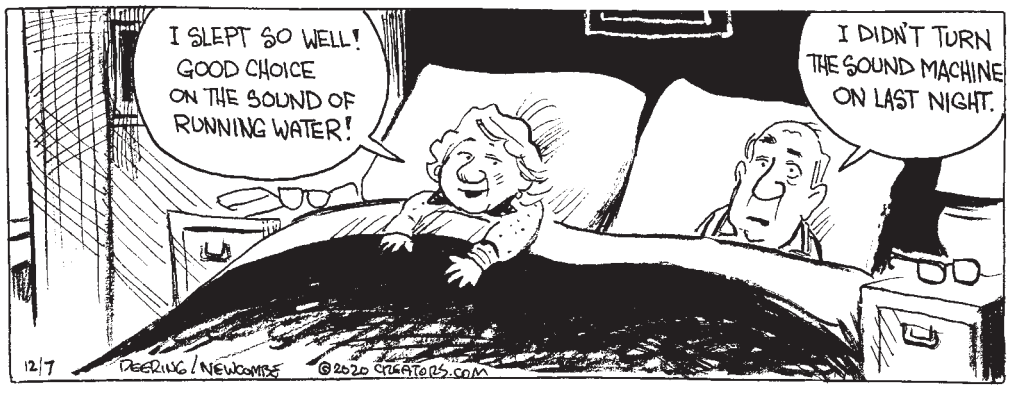
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



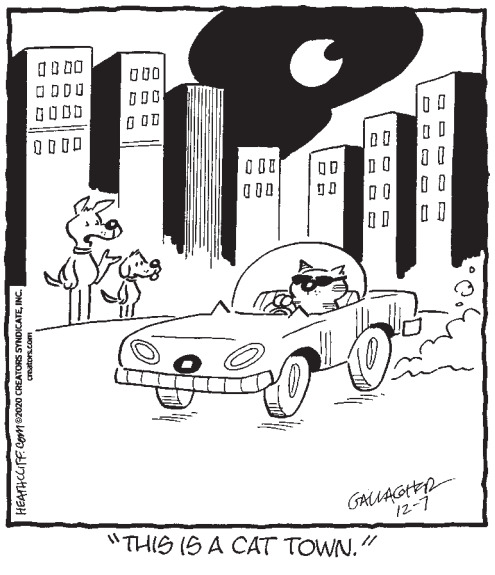
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

By PETER GALLAGHER



Strange Brew

By JOHN DEERING





SURF FORECASTS

WATER TEMP: 59.0°

MONDAY- **FAIR** - SURF: 2-3ft+ Thigh to waist high
Potential rideable little pulse of mid-period WNW swell. Best size for spots west of Pt Dume.

TUESDAY - **FAIR** - SURF: 2-3ft+ Thigh to waist high occ. 4 ft
WNW swell looks to continue. New, long period WNW swell builds PM. Best size for spots west of Pt Dume.

WEATHER

Monday: Mostly sunny, with a high near 68.
Monday Night: Partly cloudy, with a low around 54.
Tuesday: Mostly sunny, with a high near 72.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
2020/12/07	Mon	03:43 AM	3.98	H
2020/12/07	Mon	08:38 AM	2.99	L
2020/12/07	Mon	1:52 PM	4.23	H
2020/12/07	Mon	9:13 PM	0.42	L
2020/12/08	Tue	04:23 AM	4.44	H
2020/12/08	Tue	10:15 AM	2.35	L
2020/12/08	Tue	3:29 PM	3.97	H
2020/12/08	Tue	10:06 PM	0.59	L
2020/12/09	Wed	04:59 AM	4.99	H
2020/12/09	Wed	11:21 AM	1.49	L
2020/12/09	Wed	4:53 PM	3.90	H
2020/12/09	Wed	10:54 PM	0.79	L
2020/12/10	Thu	05:34 AM	5.58	H
2020/12/10	Thu	12:15 PM	0.57	L
2020/12/10	Thu	6:06 PM	3.95	H
2020/12/10	Thu	11:38 PM	1.01	L
2020/12/11	Fri	06:11 AM	6.14	H
2020/12/11	Fri	1:05 PM	-0.28	L
2020/12/11	Fri	7:09 PM	4.03	H

DAILY LOTTERY

Powerball
Draw Date:12/2
28 31 40 41 46
Power#: 4
Jackpot:243 M

Mega Millions
Draw Date: 12/1
7 33 53 61 65
Mega#: 14
Jackpot: 244 M

SuperLotto Plus
Draw Date: 12/2
6 8 13 31 38
Mega#: 26
Jackpot: 12 M

Fantasy 5
Draw Date: 12/3
4 9 11 24 25

Daily 3
Draw Date: 12/3
Evening: 3 7 1
Draw Date: 12/3
Midday: 1 4 2

Daily Derby
Draw Date: 12/3
1st: 04 - BIG BEN
2nd: 07 - EUREKA
3rd: 06 - WHIRL WIN
RACE TIME: 1:43.51

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

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TODAY'S BIRTHDAY (DECEMBER 07)

You've craved a better balance between doing what it takes to make a living and loving what you do. A professional shift will tip you in the direction that brings you deep satisfaction. Improvements in your routine lead to feeling better and stronger. A super-fun someone will spice up 2021. Taurus and Gemini adore you. Your lucky numbers are: 9, 40, 3, 33 and 28.

ARIES (March 21-April 19). Those who don't know what to think are better off than those who do. To fall back on the established facts isn't really thinking so much as enforcing previous thoughts. You'll push forward with curiosity.

TAURUS (April 20-May 20). Power inequalities can have a deleterious effect on relationships, and this is why the socially astute will be extremely careful not to act on advantages and will downplay differences while striving toward egalitarianism.

GEMINI (May 21-June 21). You'll come across some brilliant salesmanship. Admire the skill, but don't let it hook you in. The worse the product, the more seductive the marketing will be.

CANCER (June 22-July 22). If you are what you think about, are you the news or the chore? The sandwich, the hunger, the chef? You're on to something with this sense of being the puppet, the puppeteer and the cross-legged child watching the show from the floor.

LEO (July 23-Aug. 22). By demanding too much of yourself and then scaling back, you will eventually land on a sweet spot that you would not otherwise find if you were to simply watch the others and aim down the middle.

VIRGO (Aug. 23-Sept. 22). Just when the scene teeters on the brink of total boredom, you'll bring out the mischievous side of someone. It's a delicious discovery -- the funny little wicked streak you find in an otherwise-straight-and-narrow persona.

LIBRA (Sept. 23-Oct. 23). This spot you're in has obvious limitations and less obvious (at least to you) opportunities. Outsiders will be the best source of insight, ideas and information. Collect now; filter; and sort your findings later.

SCORPIO (Oct. 24-Nov. 21). Problems push you along. It's actually an easier way to get there than having to come up with the entire enterprise yourself. In a way, you'll be glad for all that has inconvenienced and opposed you.

SAGITTARIUS (Nov. 22-Dec. 21). It's a day when you're likely to gather loads of incomplete and unreliable data, only because that's what's out there. Later, you can lay it all out on the table and put your critical-thinking skills to excellent use.

CAPRICORN (Dec. 22-Jan. 19). If your success is solely based on how your actions measure up to your expectations of yourself, then no one in the entire world can thwart or spawn your success except you.

AQUARIUS (Jan. 20-Feb. 18). By noon, you've come up with theories and solutions that are the best the day will bring, and the rest of the time will be spent applying them -- hopefully. Otherwise, the morning work will have been for nothing.

PISCES (Feb. 19-March 20). You'll get another crack at a puzzle and end up solving it differently than the way you did the first time. Try it again and again and a pattern of solutions will emerge. This pattern will work on other puzzles, too.

SOLUTIONS TO YESTERDAY'S CROSSWORD



Sudoku

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column, and 3x3 block. Use logic and process of elimination to solve the puzzle.

SOLUTIONS TO YESTERDAY'S SUDOKU

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

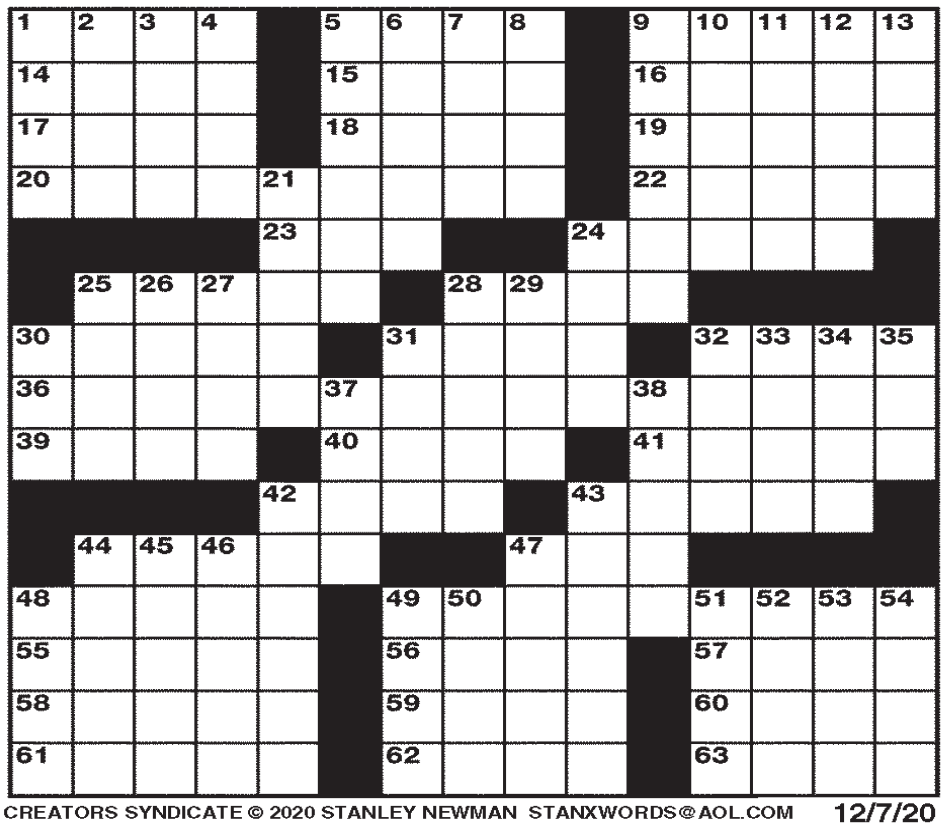
5	1	6					3	
			1		3	6		
8		4		5			7	1
		3	8		1		9	
9								2
	8		2		7	4		
3	6			1		9		7
		1	3		4			
	5					3	1	6

Newsday Crossword

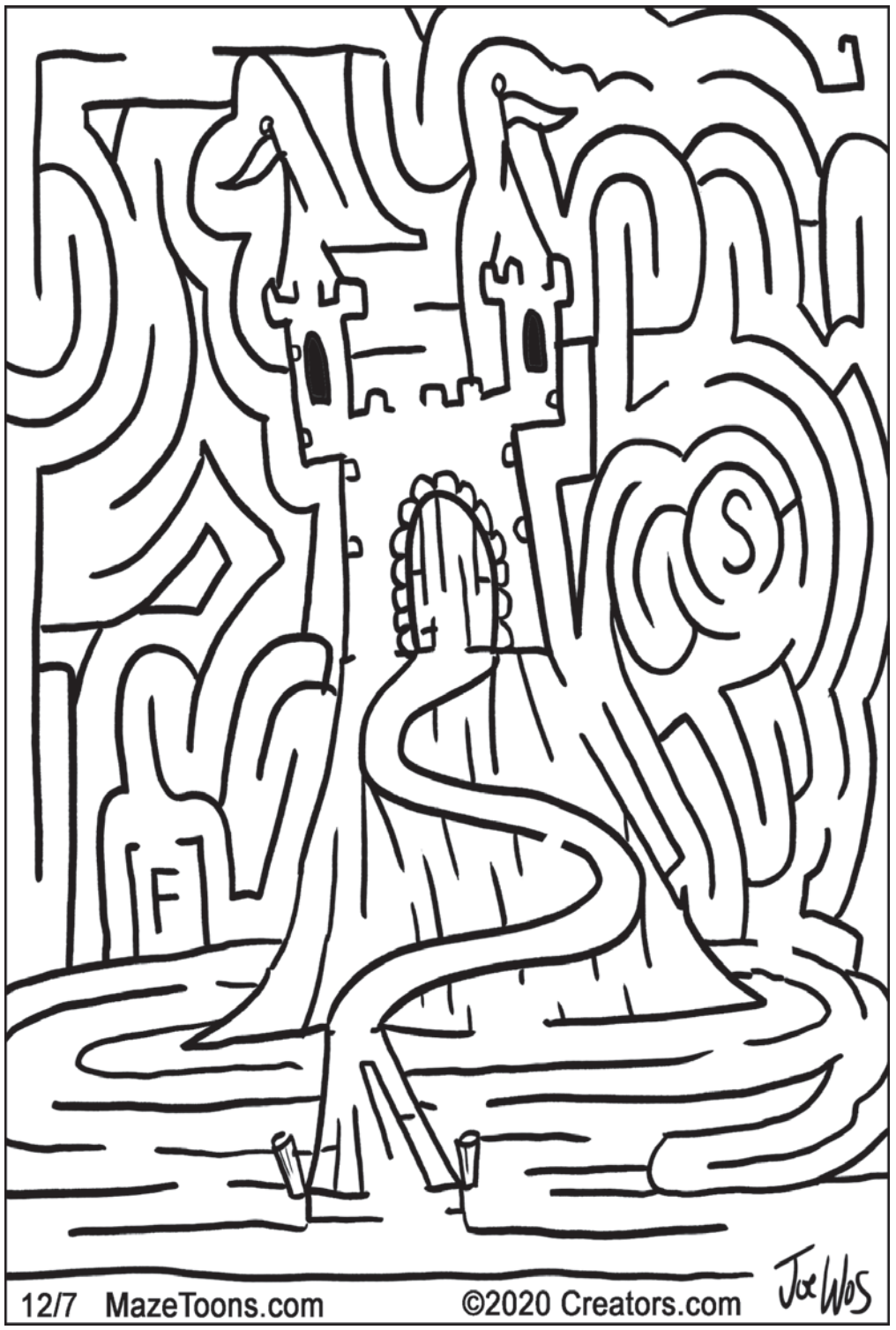
WHERE THE BELLS ARE by Brad Wilber
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Bullets or cannonballs
5 "Shoo!"
9 Spaghetti or tortellini
14 Was untruthful
15 Rooster or bull
16 Place for wedding vows
17 "If all __ fails . . ."
18 Initial poker payment
19 Be at an incline
20 Where a bell signals students
22 Bags for potatoes
23 Had a meal
24 Dips a donut into milk
25 Makes a sketch
28 Small scissor cut
30 Tarnish, as a reputation
31 Highest cards in poker
32 Trousers' belt holder
36 Where a bell starts a Wall St. trading day
39 "For shame!" sounds
40 Helpful clue
41 Avoid, as a crisis
42 Tree with cones
43 Wipe from a chalkboard
44 Showing no emotion
47 HD sets in dens
48 No longer fresh, as bread
49 Where a bell signals a crew to go fight flames
55 Poisonous
56 Eve and Adam's home
57 Largest continent
58 __ and kicking (robust)
59 Gave temporarily
60 Barnyard egg layers
61 Affirmative answers
62 Young boys
63 Strong longing

DOWN
1 Actor Baldwin
2 Pepper-grinding dispenser
3 Flat-topped Western hill
4 Poems of praise
5 Intelligence, informally
6 Small boat that's paddled
7 Female choir member
8 Swarm (with)
9 Decline to take part in
10 Edgar __ Poe
11 Pile of pancakes
12 Armored army vehicles
13 __ and crafts
21 Took care of, as a task
24 Frisbee shape
25 Septet in a week
26 Take a chance with
27 Tiny pests at picnics
28 Short movie clip
29 "Better luck __ time"
30 Explosive initials
31 Similar (to)
32 Volcano outflow
33 Dollar bills
34 Fairy tale meanie
35 Parakeet or poodle
37 Fashionable
38 Severe, as criticism
42 Jigsaw puzzle parts
43 Major happenings
44 Took without permission
45 Cars with meters
46 Green fruit with a martini
47 Be popular now on social media
48 Remain
49 Toppled over
50 Notion
51 Island near Maui
52 Computer owner
53 Perform in a choir
54 Make simpler



CREATORS SYNDICATE © 2020 STANLEY NEWMAN STANXWORDS@AOL.COM 12/7/20



FIND THE WORDS

This is a theme puzzle with the subject stated below. Find the listed words in the grid. (They may run in any direction but always in a straight line. Some letters are used more than once.) Ring each word as you find it and when you have completed the puzzle, there will be 18 letters left over. They spell out the alternative theme of the puzzle. © australianwordgames.com.au 4955

The armed forces

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

Action	Fight	Lost	Solomon
Army	Greece	Marine	Islands
At war	Grit	Mates	Staff
Badge	Guns	Mess	Tanks
Base	Heroes	Navy	Tobruk
Bomb	Hospital	Outspoken	Train
Cadet	Ills	Respect	Trenches
Challenge	Injuries	Rifle	Unit
Depot	Iraq	Sailors	Victoria
Enemy	Jets	Sentry	Cross
Fear	Lieutenant	Ships	Weapons

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.
Our talented diaspora

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FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020198866 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 11/25/2020 The following person(s) is (are) doing business as Sushi Sho Montana 1303 Montana Ave Santa Monica, CA 90403. The full name of registrant(s) is/are: KSN, INC 1303 Montana Ave Santa Monica, CA 90403 This Business is being conducted by: A Corporation The registrant commenced to transact business under the fictitious business name or names listed on (Date) 09/2004 Registrant/Corp/ LLC Name /s/: KSN, INC Title: President, Shohei Nemoto, Shohei Nemoto This statement was filed with the County Clerk of LOS ANGELES County on 11/25/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 12/07/20, 12/14/20, 12/21/20, 12/28/20

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020193812 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 11/20/2020 The following person(s) is (are) doing business as The Hall Center 1321 7th Street, Suite 300 Santa Monica, CA 90401. The full name of registrant(s) is/are: Produce Hall,M.D. 1321 7th Street, Suite 300 Santa Monica, CA 90401 This Business is being conducted by: A Corporation The registrant commenced to transact business under the fictitious business name or names listed on (Date) 01/2006 Registrant/ Corp/ LLC Name /s/: Prudence Hall M.D. . Title: President , Prudence Hall, M.D., Prudence Hall M.D. This statement was filed with the County Clerk of LOS ANGELES County on 11/20/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement

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FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020113109 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 11/23/2020 The following person(s) is (are) doing business as Moxie Born, THRIGOROFGREATNESS 9029 Airport Blvd #882233 Los Angeles, CA 90009. The full name of registrant(s) is/are: Libby I Lewis 9029 Airport Blvd #882233 Los Angeles, CA 90009. This Business is being conducted by: An Individual The registrant commenced to transact business under the fictitious business name or names listed on (Date) 11/2020 Registrant/ Corp/ LLC Name /s/: Libby I Lewis . Title: Owner , Libby I Lewis, Libby I Lewis This statement was filed with the County Clerk of LOS ANGELES County on 11/28/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 12/07/20, 12/14/20, 12/21/20, 12/28/20

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020190970 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 11/18/2020 The following person(s) is (are) doing business as Formulah Music RT 4259 Enoro Drive Los Angeles, CA 90008. The full name of registrant(s) is/are: Reginald Theus 4259 Enoro Drive Los Angeles, CA 90008 This Business is being conducted by: An Individual The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: Reginald Theus Title: Owner, Reginald Theus, Reginald Theus This statement was filed with the

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FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020176528 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 10/30/2020 The following person(s) is (are) doing business as Marshall Contemporary 6018 W. 85th Pl. Los Angeles, CA 90045. The full name of registrant(s) is/are: Marshall Productions, Inc. 6018 W. 85th Pl. Los Angeles, CA 90045. This Business is being conducted by: A Corporation . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 09/2020 Registrant/Corp/ LLC Name /s/: Marshall Productions, Inc . Title President Jeffery Marshall. Jeffrey Marshall . This statement was filed with the County Clerk of LOS ANGELES County on 10/30/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 11/23/20, 11/30/20, 12/7/20, 12/14/20

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020181317 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 11/05/2020 The following person(s) is (are) doing business as Curated Businesses 16146 Morrison St Encino, CA 91436 The full name of registrant(s) is/are: :Leverage

DBA

Social Media, LLC 16146 Morrison St Encino, CA 91436 . This Business is being conducted by: A Limited Liability Company . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 09/2020 Registrant/Corp/ LLC Name /s/: Leverage Social Media, LLC . Title CEO Mathew Osborn, Mathew Osborn . This statement was filed with the County Clerk of LOS ANGELES County on 11/05/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 11/16/20, 11/23/20, 11/30/20, 12/7/20

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020170327 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 10/23/2020 The following person(s) is (are) doing business as Topanga New Times 1111 N. Topanga CYN Blvd Suite 5, Topanga, CA 90290 The full name of registrant(s) is/are: Design Like it Matters, Inc 1111 N. Topanga CYN Blvd Suite 5, Topanga, CA 90290 . This Business is being conducted by: A Corporation . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 06/2020 Registrant/ Corp/ LLC Name /s/: Design Like It Matters, Inc . Title President Bonnie Morgan, Bonnie Morgan . This statement was filed with the County Clerk of LOS ANGELES County on 10/23/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 11/16/20, 11/23/20, 11/30/20, 12/7/20

Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00360Superior Court of California, County of Los AngelesPetition of Gabriel Rollins Rudd Barnard for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Gabriel Rollins Rudd Barnard for filed a petition with this court for a decree of changing names as follows Gabriel Rollins Rudd Barnard to Gabriel Rollins Barbard The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date: January 8, 2021, Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 10/16/2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00388Superior Court of California, County of Los AngelesPetition of Taylor Findley Williams Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Taylor Findley Williams for filed a petition with this court for a decree of changing names as follows Taylor Findley Williams to Taylor Findley Williams Moniz The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date: January 29, 2021, Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 11/06/2020

Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00366Superior Court of California, County of Los AngelesPetition of Kendra Brown Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Kendra Brown for filed a petition with this court for a decree of changing names as follows Kendra Karima Brown to Kendra Mathews The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date: January 15, 2021, Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press. Date: 10/22/2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00421Superior Court of California, County of Los AngelesPetition of Priscilla MacMillian Lovat Fraser for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Priscilla MacMillian Lovat Fraser filed a petition with this court for a decree of changing names as follows Priscilla MacMillian Lovat Fraser to Priscilla MacMillian Lovat Fraser Chase The court orders that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Notice of Hearing: Date: February 19, 2021, Time: 8:30 a.m, Dept: K, Room: A-203The address of the court is SUPERIOR COURT OF CALIFORNIA - COUNTY OF LOS ANGELES, 1725 MAIN STREET, SANTA MONICA, CA 90401A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Santa Monica Daily Press.Date: 11/25/2020

IBRAM KENDI

FROM PAGE 1

anti-racist perspective we are thinking about understanding intellect as not how much a student knows but how much a student has a desire to know."

As racist ideologies underlie our traditional systems of education, healthcare, housing, and criminal justice, Kendi believes students need to be raised with a strong critical and curious mindset to question the status quo.

"Someone who's intellectually curious while also striving to be anti-racist is trying to figure out the policies, the conditions, the structure, and the system that is causing racial inequality," said Kendi. "So for example, when they see black people are dying at higher rates from COVID-19, they will begin to unpack our society to study the policies and the conditions and practices that are leading to that disparity."

Kendi said educators should instill critical thinking and understanding of everyone's innate equality in their students' minds from the youngest age possible.

Some people balk at the idea of teaching concepts of slavery and racism to students in pre-school and kindergarten. However, Kendi said this is an essential step toward preventing the stress of racism and implicit bias from disproportionately affecting students' learning potential, achievement, and outcomes later in life.

"If you teach a white child there's nothing right about you because of the color of your skin and you teach a black child that there's nothing wrong about you because of the color of their skin, when that child comes around and tries to tease them and they're certain that there's nothing wrong with them because of the color of their skin, it's not going to land in the same way as a kid who's still struggling with their sense of self," said Kendi.

New Roads school, which hosted the conversation with Kendi, was established in 1995 as the first racially and culturally integrated school in Los Angeles. Its goal has always been to dismantle racism and harness the educational power of diversity, but Principal Luthern Williams recognizes that this work is far from done.

"I think what happened during Black Lives Matter movement this summer is that it became clear that we needed to look at how we could continue to intentionally look at systemic racism within our own school and the larger society," said Williams. "Dismantling systemic racism starts with an informed, nuanced and deliberative discourse about the role schools can play in empowering educators and students to engage in really meaningful ways."

As part of this work New Roads is continuing its Critical Conversations Series to engage with speakers like Kendi in discussions around the most important issues of today.

"I'm a big believer in thinking about things critically, that's why we call these critical conversations," said Williams. "I think these issues are often complex and oversimplified if you look at them from the left and the right, so we're inviting a critical examination of these issues from many different lenses."

Clara@smdp.com

OSCAR DE LA TORRE

FROM PAGE 1

"We tried to get rid of the problem, not get rid of the student," said de la Torre. "We try to address what the interaction was and find a way to restore the harm done without having to take some students out of the learning process."

De la Torre has also advocated for years to increase and improve the ethnic studies curriculum across the district so that young people of all races can see themselves reflected in their coursework and the sources they are reading.

"I still feel like there's work to be done in those areas of racial justice, addressing the systemic racism in our school districts," said de la Torre. "My hope is that the School Board will continue advocating for the needs of students who have been historically marginalized: students of color, students with special needs, and students who are English language learners."

When de la Torre steps onto City Council on Tuesday, Dec. 8, he seeks to address racial justice on a greater scale. His top three priorities are public safety, homelessness, and equitable economic development and he said he will use many of the skills he has honed throughout his 18 years of experience serving on the school board.

"I have a deep knowledge of our public education system, a lot of experience on governance, and I'm someone who knows how to go against the majority and still get the job done when you're in the minority," said de la Torre. "The difference is that I'm not by myself coming into the City Council. I have, at a minimum, two colleagues that support the platform that I ran on. So, that can be insurance that we use to move forward with some good ideas."

De la Torre said his work wasn't done at SMMUSD but he believes he can have a wider impact on the community by serving on City Council. His advice for new board members is to always remember to put the needs of students and teachers first.

Clara@smdp.com

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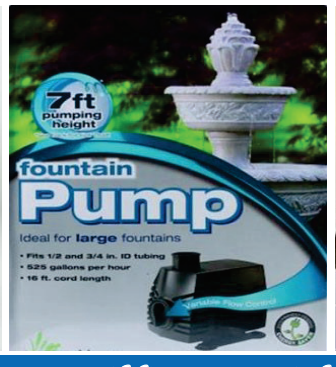
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HOUSING

FROM PAGE 1

schedule and share important notes of public input that resulted from local residents during the various community input meetings.

The Housing Element is basically a housing needs assessment that features updated demographic data, data on housing stock, identifying barriers to the production of housing — both for market-rate and affordable housing, Planning Director Jing Yeo said as she detailed how the document is one of the mandatory elements of Santa Monica's General Plan. "We are also asked to evaluate the effectiveness and the progress of the housing element both the programs and production from the last eight years and a sort of key piece of all of this is identifying the sites that can accommodate all those housing needs. And all that kind of feeds into listing the goals, policies and actions that would allow the implementation of all of these policies."

Currently, Santa Monica is mandated by the state of California to build 9,000 new units between 2021 and 2029, almost double what the city would have been required to accommodate prior to last year's Regional Housing Needs Assessment, which called on the Southern California region to plan for more than 1.3 million housing units. If it wishes to avoid penalties, the city must adopt the Housing Element Update by Oct. 15, 2021.

Yeo said she recognizes the mandated number of units is high, "and I recognize the frustration we're hearing from the community."

"But this is a process that was created and mandated by the State, not the city, "so we're all trying to muddle through this together," Yeo added. "But I think the intent here is to proceed in line with Santa Monica values in terms of supporting housing, supporting affordable housing — I think that's precisely what we're trying to do."

Local resident Matt Stevens said in a written statement to the commission that he believes the city has the ability to meet its goals with inclusionary zoning.

"I know the Housing Element seems daunting. But, so many of our issues become so much easier if scrap the mentality of 'how to build the least amount possible' and instead work towards building the most amount possible," Stevens added in his letter. "Please, be bold, and demonstrate that Santa Monica can be a leader on housing once again."

brennon@smdp.com

COMMUNITY BRIEFS

Citywide

The Show Must Go On: DC Dance LA Annual Holiday Show (Only, It's Virtual)

In the year of a pandemic one question is prominent in many people's minds: how to retain some semblance of normal life while protecting yourself and others from a deadly virus? Diane Collins, owner of DC Dance LA, has found the answer (at least in terms of dance).

With December quickly approaching, Diane Collins knew the studio's yearly tradition of a Holiday Show would not be possible in the usual manner. Still, costumes were dusted off, choreography was finalized, and music was edited, but the large audiences, approximal dancers, and glowing smiles simply weren't COVID-19 friendly, and so the event had to be reimagined.

On the 12th of December, in small, spread out pods, the dancers donning masks to match their costumes will perform in a large warehouse and outdoor parking lot for an audience of cameras. Surrounded by the power of the music and the soft hum of the air purifiers, this is an opportunity for the company's committed students to honor their passion and showcase their abilities to their friends and family while staying healthy and safe.

Subsequently, on December 20, the usual weekend of the Winter Show, the family members of these dancers will gather around TVs, computers, tablets, and phones to watch their children's hard work and dedication from the comfort of their homes. Seeing their bright smiles not by the whites of their teeth, but by the crinkling of their eyes, they are equally prominent and dazzling.

"We're working twice as hard this year to keep our tradition of the DC Dance Holiday show going and letting our dancers have work to present to maintain some normalcy in their lives under the circumstances," said Diane Collins.

"I'm so grateful for the environment Ms. Diane has created even in the middle of a pandemic, and that we have an end goal to work towards even if it isn't exactly as it was in previous years," said Sakura Amano, dancer at DC Dance and student at SAMOHI.

DC Dance Los Angeles is an award-winning competitive dance studio for dancers ages 8 to 18 that specializes in an extensive array of dance styles including ballet, jazz, contemporary, and lyrical. Students grow and improve in a fun, supportive environment with exceptional teachers, choreographers, and dancers. https://www.dancecenterla.com/

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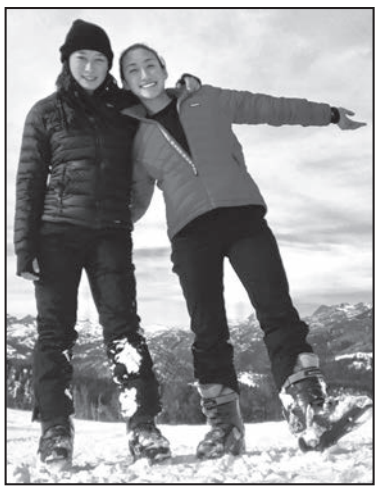
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Reflecting on the Holidays: Past and Present



Ariel Silverman

Usually the holidays are a time I associate with visiting my family. One of the silver linings of this year has been that I've gotten to spend way more time with my family than I had expected after moving back from New York City to Santa Monica during quarantine. Normally, we spend the holidays catching up and hearing about each other's lives. This year, since we're all caught up, we're going skiing!



Leigh Rybak

My favorite holiday memories are from the 14 years of my life in which Thanksgiving, my sister's birthday, dancing in the Nutcracker, and December holidays blended together. Although I stopped dancing after age 18, I still try to fill my holiday season with the same essences – family time, passion, great food, and hard work.

Kate Engelman

My favorite holiday food for Hanukkah is latkes. I use my grandfather's baked latke recipe as it's perfectly crispy without having too much oil. I also make homemade applesauce. My grandmother used to "borrow" apples from her neighbor's to make chunky applesauce for the latkes.

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Alex Hofmann and Sister Lisa

Alex's favorite holiday traditions in Philadelphia are the light show at the Wanamaker's building and the Dickens Christmas Village in Center City. He says it's "a bizarre hodgepodge of out-of-date animatronics and surprisingly good background theming, narrated by none other than Dame Judy Dench." Alex appreciates that holiday decorations have gone up earlier this year and is planning to find "new traditions [like] drive-in Christmas movies and drive-through Christmas lights" in Pennsylvania and New Jersey. He is also excited for Christmas-themed drinks and glühwein, and his recently adopted

(Continued on Page 4)



Mitchell and Cynthia Kraus

What special holiday foods do you like at home? Briskets are often served at a Hanukkah dinner. But from local businessman Mitchell Kraus, a different take. "So, the story on the brisket goes like this. When we were engaged, Cynthia went to her first Jewish holiday celebration at our house. My mother is a vegetarian. We have other vegetarians and non-mammal eaters in the household so the brisket was never served. That night Cynthia asked me what the point of marrying me if she didn't get brisket at the holidays. I passed that on to my mom, and she and some of her other Jewish friends held a special class to teach Cynthia how to prepare a brisket. Now, my wife Cynthia, who was raised Catholic, makes one of the best briskets in town. (I was raised Jewish and am known for my port-glazed Christmas goose.) Cynthia has since taken that recipe and adjusted it here and there, depending on what we have in the kitchen and her mood."



Qin Sun Stubis

Now that our kids are grown, our holiday tradition revolves around our shelter dog, Banjo. After a special dinner on Christmas Eve, our kids accompany him upstairs to scout out signs of Santa outside the window as we put the gifts under our Christmas tree to surprise him. When the signal is given, Banjo dashes down the

(Continued on Page 4)



Stacy Brody

Based in Bethesda, MD, Stacy usually celebrates Hanukkah with her family, and Christmas with her partner Anthony's family. While Hanukkah is not the most important Jewish holiday of the year, making latkes is a vital (and delicious) tradition. Stacy and Anthony also have a tradition of getting Chinese food on Christmas Eve, which this year will become takeout. She appreciates the season as a time to get together with family and appreciate the beauty and light of decorations. Even though their gatherings will be virtual this year, Stacy says, "I think there are still ways to make it special."



Jeff Condon

Santa Monica native Jeff shares that his favorite holiday tradition is having Christmas day breakfast at Canter's Deli or the Pantry in downtown L.A. His favorite holiday

(Continued on Page 4)



Zanny Jacobsen

Zanny, who grew up at the border of Brentwood and Santa Monica, has lots of fond memories of local holiday landmarks. The Montana Avenue Christmas walk "has been a staple for years," she says, while the Santa Monica ice rink is a recent holiday favorite. Growing up, Zanny danced in performances of *The Nutcracker* each holiday season, and her family visited the Nativity scenes set up by local churches in Palisades Park. Her family's other traditions include caroling and decorating gingerbread cookies on Christmas Eve, and Mexican food and bowling on Boxing Day. "Because we live in California, we don't see that many seasonal changes," Zanny says, "but I really do feel a shift at Christmas time." She appreciates the excitement, coziness, and togetherness of the season. Even though they won't be able to gather with extended family this year, she still plans to decorate the halls at home with Christmas spirit.



James Shabinsky

Family holiday get-togethers have always been a fun tradition when we eat and drink wine and enjoy each other's company. But, ever since moving across the country to California, I rarely get to see my

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A New Look to Year-End Tax Planning in 2020



By Carolyn Hemann, CFP

At this time of year, you often hear advice to take steps before year-end to limit your tax liability. Yet, 2020 is a unique year in a variety of ways – while many of the normal rules regarding managing income and timing deductions still apply, new provisions for 2020 have been implemented by The Coronavirus Aid, Relief and Economic Security (CARES) Act that may impact your year-end tax planning. Consider if any of these actions make sense for you.

• **Reconsider required distributions -** Required Minimum Distributions (RMDs) from workplace retirement plans or IRAs are optional due to The CARES Act in 2020. If you haven't yet taken your RMD for this year, you can let your money continue to grow. If you have taken your RMD, there is a 60-day window where you can redeposit those funds in your IRA and eliminate the claim to an RMD. As another option, if you have earned income from work, you may want to take all or part of your RMD for this year and invest some or all of the proceeds in a Roth IRA. This allows you to build up your Roth savings, which ultimately can qualify for tax-free distributions later in retirement and aren't subject to RMD rules.

• **Capitalize on deductions -** The standard deduction for 2020 is $12,400 for a single person and $24,800 for married couples filing a joint return. At that level, most people claim a standard deduction rather than itemizing deductions. In 2020, you can claim an additional $300 for cash contributions to qualified charities. Be sure to take advantage of that opportunity before the end of the year. This is a one-time deduction for those who don't itemize.

• **Take early withdrawals if needed -** If your financial circumstances have been directly affected by COVID-19 (such as a job loss), or you or others in your household have been diagnosed with the virus, you can tap your retirement savings. If you have not yet reached age 59.5 years old, you can do so without penalty if you qualify, but the early distribution must occur before the end of the year. The tax burden associated with these early distributions can be spread out over three years.

• **Harvest investment gains or losses** -Given the market's volatility this year, you may want to consider "harvesting" capital losses. This is accomplished by selling investments in a loss position and using those losses to offset gains you realized when selling other investments. Capital losses can also be used to reduce up to $3,000 of earned income in a given year.

• **Be prepared for changes -** Since an election has recently taken place, there could be changes in tax laws that might impact everything from tax brackets to estate tax laws starting next year. This may be an additional consideration as you make your year-end plans. Be sure to consult with your financial advisor and tax advisor before finalizing your decisions.

Carolyn Hemann, CFP, is a Private Wealth Advisor with Hemann, Preator & Associates, a private wealth advisory practice of Ameriprise Financial Service, Inc. in West Los Angeles. She has been in practice for over 30 years. She can be reached at 310-477-2500.

Planning Ahead

Deciding About Holiday Checks and Gifts



By Lisa C. Alexander, Esq.

As we near the end of the year and parents and grandparents are thinking about writing holiday gift checks, a common question is how much can they give? The gift limit since 2018 is $15,000. The amount is indexed for inflation and can be increased by fixed increments of $1,000. But there is no change scheduled for 2021. The gift limit will remain $15,000 next year. You can give $15,000 to as many people as you want per year without having to report the gift to the IRS on a Gift Tax Return. A married couple can combine their tax-free gifts and can write checks for up to $30,000.

In addition to direct gifts, you can make indirect gifts by paying tuition or pay for medical expenses on someone else's behalf, so long as the payments are made directly to the school or university or the medical care provider. Such gifts do not count against the $15,000 gift limit and do not need to be reported to the IRS on a Gift Tax Return.

If you are motivated to make larger gifts, you can use the end of the year to your benefit. You can make a gift of the maximum gift free amount by December 31 and make another gift of the maximum gift free amount the next day on January 1, using the annual exclusion for each year.

If you make a gift in any one year of an amount over the $15,000 gift limit, you must report the gift to the IRS on a Gift Tax Return. The Gift Tax Return is due with your Federal Income Tax Return on April 15 of the next year. But, you will not have to pay any gift tax until you have used up all your lifetime estate and gift tax exemption which is currently $11,580,000. This amount is scheduled to increase to $11,700,000 as of January 1, 2021. Note that unless there is a change in the Estate and Gift Tax laws, the exemption amount will be cut in half as of January 1, 2026 and will be reduced to approximately $6,000,000. Happy Gifting!

Lisa C. Alexander, Esq.
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Clergy Corner

Surviving This Season



By Reverend Carolyn Baskin-Bell

As the last prayer of 2019 was released into the atmosphere and the countdown to the new decade of 2020 resounded, we had no idea that the new year involved a *Season of Pandemics.*

Many of us entered 2020 with the anticipation to achieve those aspirations we held to excel in our profession or business; purchase property or a new car; engage in more physical exercise; lose those excess pounds gained over the holidays, or to embark upon that lifetime dream vacation. However, in March 2020, many of our goals and aspirations shifted. When the COVID-19 Pandemic emerged, our means of physical survival moved to sheltering in place at home; thoroughly washing our hands; wearing a mask, and practicing physical distancing.

Regardless of our faith tradition, this Season offers us the opportunity to reflect and reconnect to the spiritual source which equips and empowers. Prayer and meditation are essential tools to guide us and provide spiritual strength to survive this Season. Personal, familial, as well as corporate prayer are essential for survival during this Season of Pandemics. Communicating with the power that lies within us produces strength, courage, and determination to tackle the disruptions and disappointments we may encounter. Meditation opens the pathway to reflect inward and explore our innermost feelings and emotions. Self-reflection challenges us to evaluate how we feel about ourselves as well as humankind.

Despite the physical distance, we are also finding ways to create closer communities during this time. We are urged to extend ourselves beyond the boundaries in which we exist by reaching out and communicating with an individual from another background, culture, or faith community.

Other forms of community care have been to contact a shelter or rehabilitation agency in regard to their need of support, or connecting with parents who need assistance with home schooling. These are just a few of the ways to express our faith and pour into those around us.

Finally, as we enter 2021, may our aspirations promote love, peace, and joy in all of our interactions. We will Survive and Thrive Together!

Reverend Carolyn Baskin-Bell is the Senior Pastor of First AME Church, Santa Monica.

Editor's Note: Each month we are asking a clergy member from our local churches or temples to do a column on dealing with COVID-19.

St. Monica Church's Mothers of Monica are Bringing the Village to Moms During COVID-19



By Cheryl Robertson Thode

While it is true that it takes a village to raise a child, it also takes a village to support a mother. However, the pandemic has created new challenges for mothers of all ages.

From prohibiting various outdoor activities, to closing various childcare locations and school venues, to restricting grocery and other shopping, to limiting social gatherings and events, our motherhood "villages" have shrunken immensely. One of the hardest losses for mothers has been the shuttering of church doors.

At a time when spiritual and communal support are needed the most, the pandemic forced church closures and prohibited large group gatherings. This loss of community was greatly felt by many mothers, including myself.

Appreciating this spiritual and communal void, St. Monica Catholic Church launched the ministry, Mothers of Monica (MOMs). Spearheaded by Debora Sanchez and myself, at its core, MOMs is a group of Christian mothers working together to reflect on and discuss the unique challenges of juggling motherhood, family, faith, work, and self.

Based on the outpouring of support and enthusiasm, the MOMs ministry answered a call. We are now 55 members strong and have mothers "Zooming" into our meetings from all walks of motherhood. They include a new mom of a three-week-old to mothers of teenagers to "grand" mothers, to even a mom from Denmark!

The common message is one of "community." Mothers of Monica creates a space for mothers to share with each other, to teach, to learn and above all, to provide a "village" to help them on their own spritual journey.

If you, or someone you know, is a mother in need of a group of mothers to share with and grow her own village, please visit our website at the link below and register to be a Mother of Monica. (https://stmonica.net/ministries/fellowship-groups/moms)

December Eating Doesn't Have to Lead to a January Weight Loss Resolution

By Dr. Sheila Forman

With Thanksgiving behind us, we may already feel a bit stuffed to the gills. Afterall, Thanksgiving is a holiday that has the built-in potential for overeating. I mean, when else do you get mashed and sweet potatoes, turkey, stuffing, apple, pumpkin, and pecan pies served at one meal?

There is nothing wrong with enjoying yourself at Thanksgiving or any other holiday meal. The problem becomes when Thanksgiving (or dare I say, Halloween) leads you to think "tis the season to over-indulge." Sure, you can binge your way through the holidays and set up your annual New Year's Resolution to lose weight, or you could choose to do something else.

Before we get to my tips for surviving the holidays without excess weight gain, let's explore why people overeat during the holidays in the first place. In a very non-scientific way, I have deduced three reasons for all that eating: **(1)** the food is there. Foods that are usually kept out of one's home find their way in via gift baskets or hand-delivered homemade treats; **(2)** people give themselves permission to gorge on all these holiday goodies by anticipating the above-mentioned New Year's Resolutions and requesting gym memberships as holiday gifts. This is the same as the old standard, "I'll start on Monday," that precedes most diet attempts; and, **(3)** the holidays are stressful.

If you are prone to stress eating, you may find yourself dipping into those holiday baskets more often than you like. Anticipated visits to or from relatives can spike distress.

(Continued on Page 4)

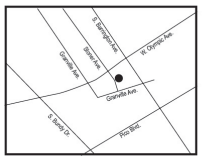


"I was struggling to get food and I don't cook so much anymore. Meals on Wheels West provides me meals every day. I'm so appreciative. I love everybody for going out of their way to volunteer and deliver meals." *…Rudy, Santa Monica*

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Reflections From The East

A Special Holiday Season for a Very Challenging Year



By Qin Sun Stubis

The year 2020 has been a very emotionally charged year for America, polarized by sadness and joy, hate and love, disappointment and hope, and desperation and resilience. As COVID ravages our nation, we fight against pain and stress with endurance, bravery and determination, yet this battle is still far from over.

We'll remember this year as the one during which we lost our normal rituals and rhythms of life, a year when we didn't get to enjoy so many of the things that we take for granted, such as family reunions, birthday parties, concerts, and sporting events. Some couldn't even visit their elderly parents or relatives, or witness their children getting married.

As the virus raged out of control, our physical circle shrank to include just the few with whom we share our living space, relying on them for consolation and support as we hunker down in our homes and do our share to contain the virus.

After a long year of avoiding the outside world and practicing social distancing, our patience has worn thin and we grow restless. We yearn for change and excitement, for, after all, we are social creatures whose basic needs include attending gatherings and seeing others.

Sometimes we simply crave something different to break the monotony in our daily routine. That is why this holiday season will weigh even more significantly in our lives than ever before, playing the role of an important celebration after a very long and harsh year.

This year, our holiday lights will shine more brightly and cheerfully, giving us the promise and hope that we will finally win the battle against our microscopic enemy. Our holiday greeting cards will carry more loving and meaningful messages because distance has truly made our hearts grow fonder toward all our loved ones, including that chatty uncle and critical aunt we are scared of meeting every year.

As for the Stubis family, we cannot wait for that special day of getting a Christmas tree and having it decorated with the many meaningful ornaments we've saved through the last few decades. We look forward to gathering in front of a roaring fire, accompanied by our favorite holiday music. Being a food-loving family, we're excited about preparing our annual holiday dinners. We shall raise our glasses and toast each other for making it through this difficult year and just being together during this especially deserved holiday season.

You can always reach me at qstubis@gmail.com.

December Eating Doesn't Have to Lead (Continued from Page 3)

Being strapped for cash or feeling obligated to give gifts can also be part of the dilemma. And, this year we have the coronavirus to contend with.

If you recognize yourself as one who overindulges or stress eats during the holidays, here are some ideas to help change your ways.

(1) Choose to eat mindfully. Whatever food you choose to enjoy, make it special. Don't wolf down the leftover pie while standing barefoot in front of the fridge. Instead, put the pie on a plate, grab a napkin, sit down at a table and savor every bite. **(2) Give yourself permission to indulge in your favorite foods and leave the rest.** There is no real need to pile your plate high with foods you can eat at other times or get at other places. Instead, choose your favorites and give yourself permission to have seconds and even thirds, if you want.

By giving yourself permission, you alleviate any guilt that you may associate with eating those foods, and when you savor them as suggested above, you will enjoy them even more. **(3) Find other ways to cope with your stress.** We all feel stress. It's how you handle that stress that makes or breaks you. Instead of reaching for a gingerbread cookie, how about taking a walk, reading a book, meditating, or calling a friend.

Make a list of five things you could do when you feel stress and do them. The more stress you manage, the less food you'll eat. Don't get me wrong, of course, I want you to enjoy the holidays, including all the goodies offered – not just all of them or all at one time. Think about your choices. Check in with your body, and if stress is the reason you want to eat, pull out your list and do something else to ease the strain.

Dr. Sheila Forman is a clinical psychologist based in Santa Monica who provides teletherapy services. For more information, call 310-828-8004 or go to www.DrSheilaForman.com.

Reflecting on the Holidays: Past and Present (Continued from Page 1)

Kate Engelman



Kate Engelman is lighting the menorahs during the Hanukkah holiday with her family members.

Alex Hofmann

tradition of a yuletide cake. "It seems like we are all looking forward to the holiday season more than ever as a chance for renewal and promise of a better year to come," Alex says. "Our traditions may be changing this year, but it seems more important than ever to mark the passing of time with a gathering of those we love most."

Jeff Condon

food is cookies of every kind!

Celebrating in 2020 will include requiring family members not in our bubble to inform us of negative COVID-19 tests prior to admission to my house for the annual Condon Hanukkah Party! Because celebrating **safely** in the face of adversity makes that celebration **more** special. We shall not succumb!

James Shabinsky

family, (not since last Christmas) and now it means that much more to me. This year, I'm lucky enough to bring back my girlfriend who lives in Santa Monica to the East Coast to meet the whole family. I'm looking forward to introducing her to our family traditions!

Qin Sun Stubis

stairs, his floppy ears airborne. His red-and-green elf hat puts him in a great holiday spirit, getting him excited about all the treats and toys he is about to receive. We enjoy watching his shining eyes and wagging tail as he sniffs and hunts for his next present.

Special thanks to Kalina Silverman and Anne Wallentine for collecting the memories for this feature.

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