smdp
Santa Monica Daily Press

MONDAY
12.21.20
Volume 20 Issue 33

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Binks.
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Landlords sue Santa Monica over rental ban

BRENNON DIXSON
SMDP Staff Writer

Dozens of local landlords and property managers are suing the City of Santa Monica in hopes of overturning a ban on short-term rentals throughout the city.

"Petitioners are 32 entities with a vested interest in the right to offer flexible lease terms and furnished apartments," according to the lawsuit, which was filed in Los Angeles County Superior on Monday.

The complaint begins by detailing a multi-year process undertaken by the city's planning department to study a new rent-term measure. A total of 16 Planning Commission and City Council meetings were held throughout the process, according to the lawsuit. "In the course of that work, a variety of competing concerns were raised, including the need for flexible approaches to short and medium term rental options designed to serve the interests of Santa Monica tenants and landlords."

Staff eventually recommended that landlords be required to offer and tenants be free to decline annual leases and furnished apartment options. "But for purely political reasons and without the benefit of any study, the City Council elected during the middle of a meeting to change course after hotel lobbyists and other political activists protested the staff's recommendation and demanded that anyone needing a home in Santa Monica for less than a year go to an 'extended stay hotel.'"

As a result, the complaint adds, "the City Council decided to force

SEE **LANDLORDS** PAGE 7

Dilg will miss the city but not COVID stress

BRENNON DIXSON
SMDP Staff Writer

Interim City Manager Lane Dilg is set to leave her position in Spring 2021 but the former city attorney said this week there is still much to be done before she heads for new pastures next year.

City leaders announced this week that Dilg, who previously led the City Attorney's Office as City Attorney for nearly three years before she took the reins as Interim City Manager in April 2020, will soon leave the city as her family relocates to pursue other public service ventures.

"At this point, it is clear to me that our public service is going to take us out of Santa Monica and so I'm asking the council to start a search," Dilg said in an interview with the Daily Press. "I haven't accepted a position elsewhere… but what I'm letting them know now is that public service will take us elsewhere and therefore we need to start a search."

Dilg doesn't know how long it will take to find a replacement but she does believe the process should be deliberate and thoughtful.

"When looking for a city manager, I think that we want a city manager for the long-term and we want that person to provide excellence for the community and continuity," Dilg said, mentioning a search could take as little as four months. "And I want to be sure they have the time they need to do that and do that well."

In her capacity as city manager, Dilg currently serves as chief

SEE **DILG** PAGE 7

The show must go online







Courtesy photos

DANCE: A local dance studio has been teaching over Zoom and has a virtual performance available.

CLARA HARTER
SMDP Staff Writer

Few art forms have been as crippled by the pandemic as the performing arts, which necessitates an audience by nature. Diane Collins of DC dance, however, has decided that the show must go on and stretched the company's creative capacities to safely film a 30 routine dance show.

Collins rented a warehouse space, transported a dance floor, assembled a camera team, and meticulously followed COVID restrictions to produce the annual holiday show in a virtual format.

For her students who have spent months cooped up at home behind computer screens, the opportunity to continue dancing has been an invaluable outlet.

"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.

While most extracurricular activities have been canceled, students at DC Dance have been able to take lessons in the center's outdoor parking lot and over Zoom. This allowed dancers to safely learn the holiday show's routines although almost most aspects of performance preparation had to be adapted.

Physical contact, which is normally a core part of group choreography, had to be eliminated. This meant jettisoning lifts and partner work and embracing spaced out dynamic dance formations.

Even the costumes were tweaked and stylized with custom colored masks selected to pair with each performers' outfit. As smiles are sadly unsafe, students discovered new ways to express musicality by using their eyes and body language to convey emotions.

"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.

On Dec. 12, following many

SEE **SHOW** PAGE 7

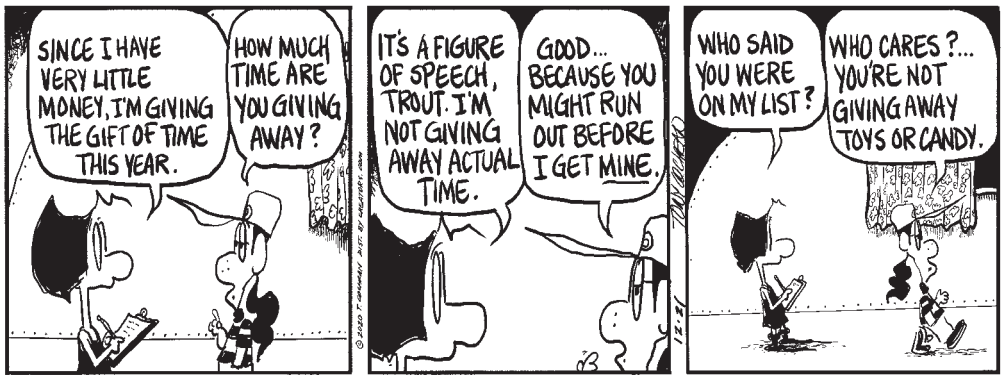

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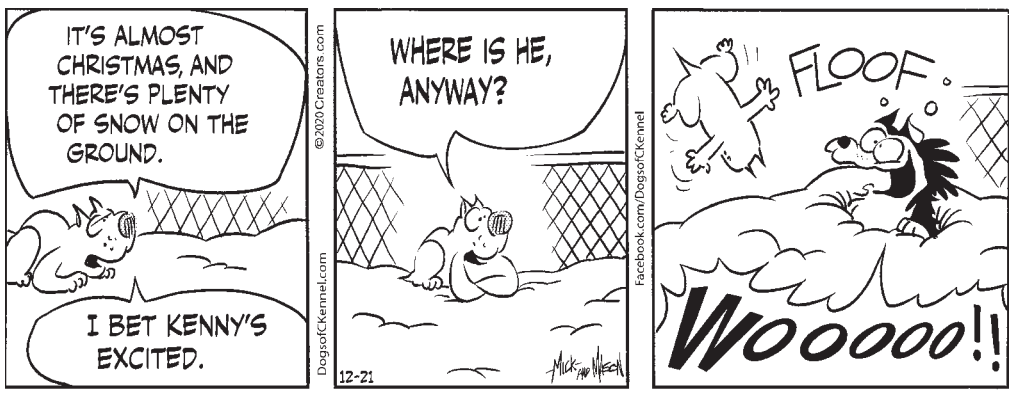
Agnes

By TONY COCHRAN



Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



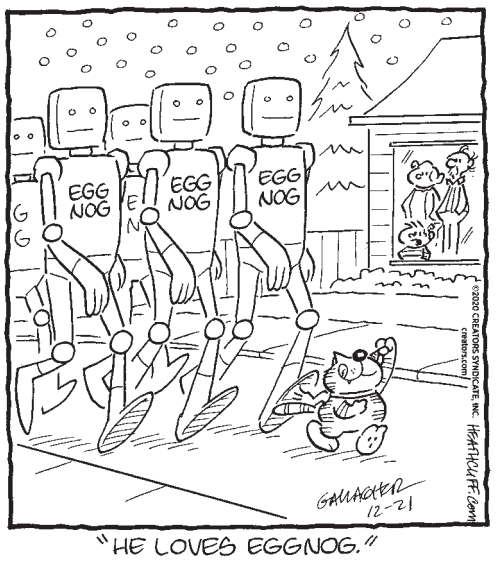
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

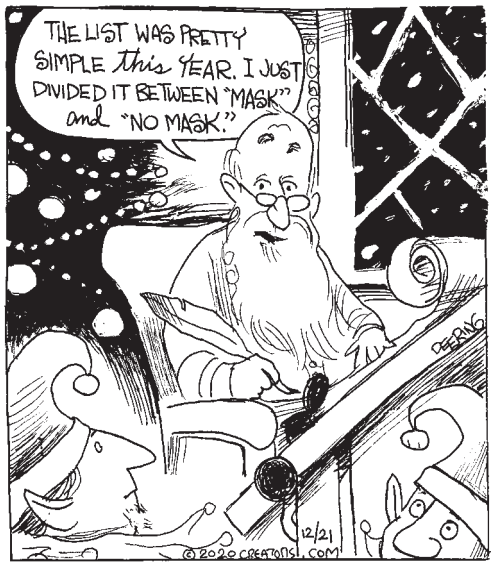
By PETER GALLAGHER



"HE LOVES EGGNOG."

Strange Brew

By JOHN DEERING





SURF FORECASTS

WATER TEMP: 57.4°

MONDAY - **POOR TO FAIR** - SURF: 1-2ft Knee to thigh high occ. 3 ft
Steep-angled NW swell likely to ease through the day. Steep new NW pulse may show after dark.

TUESDAY - **POOR TO FAIR** - SURF: Knee to thigh high occ. 3 ft
Fresh, steep-angled NW swell may top out. Predawn high tide settles into a mid tide most of the day which keeps things sluggish -- still enough push for the small wave gear.

WEATHER

Monday: Mostly sunny, with a high near 71.
Monday Night: Partly cloudy, with a low around 50.
Tuesday: Mostly sunny, with a high near 63.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
2020/12/21	Mon	03:39 AM	4.15	H
2020/12/21	Mon	09:30 AM	2.67	L
2020/12/21	Mon	2:26 PM	3.62	H
2020/12/21	Mon	9:18 PM	0.93	L
2020/12/22	Tue	04:25 AM	4.40	H
2020/12/22	Tue	10:57 AM	2.16	L
2020/12/22	Tue	4:01 PM	3.28	H
2020/12/22	Tue	10:09 PM	1.29	L
2020/12/23	Wed	05:03 AM	4.67	H
2020/12/23	Wed	11:56 AM	1.57	L
2020/12/23	Wed	5:25 PM	3.19	H
2020/12/23	Wed	10:53 PM	1.58	L
2020/12/24	Thu	05:35 AM	4.95	H
2020/12/24	Thu	12:39 PM	0.99	L
2020/12/24	Thu	6:34 PM	3.24	H
2020/12/24	Thu	11:31 PM	1.82	L
2020/12/25	Fri	06:05 AM	5.22	H
2020/12/25	Fri	1:15 PM	0.48	L
2020/12/25	Fri	7:26 PM	3.34	H
2020/12/26	Sat	12:06 AM	1.99	L
2020/12/26	Sat	06:33 AM	5.49	H

DAILY LOTTERY

POWERBALL
Draw Date:12/16
4 23 37 61 67
Power#: 7
Jackpot: 304 M

MEGA MILLIONS
Draw Date: 12/15
1 10 18 20 46
Mega#: 15
Jackpot: 310 M

SuperLotto Plus
Draw Date: 12/16
4 6 11 12 17
Mega#: 9
Jackpot: 16 M

Fantasy 5
Draw Date: 12/17
4 16 23 34 36

Daily 3
Draw Date: 12/17
Evening: 7 9 9
Draw Date: 12/17
Midday: 7 2 9

Daily Derby
Draw Date: 12/17
1st: 09 - WINNING SPIRIT
2nd: 06 - WHIRL WIN
3rd: 10 - SOLID GOLD
RACE TIME: 1:45.44

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 21)

The emotional labor that fell to you will no longer be necessary. You're free to be who you are doing what you love. You'll speak up. The difference you make will empower and lift all. Invest in your experiments and projects and do not burden them with requirements to repay you. You'll make a key discovery. Capricorn and Libra adore you. Your lucky numbers are: 4, 44, 28, 30 and 18.

ARIES (March 21-April 19). You are captivating, and yet, most will hide their interest. Still, to the astute observer, your influence will be obvious. People will either do as you say or, more likely, do as you do.

TAURUS (April 20-May 20). You're well-aware that sometimes the best communication is no communication. Brief silence sends a message. Long silence sends a different one. You'll use it to your advantage today.

GEMINI (May 21-June 21). Your travels, either physical or intellectual, open your eyes to new ways of thinking about life. Your imagination will explore the potential of concepts in a way that is so you.

CANCER (June 22-July 22). Don't be surprised if you go to the expert seeking answers and wind up with more questions instead. The real answer is the solace of an agreement you make with yourself that you can handle any development.

LEO (July 23-Aug. 22). The fear of failure and rejection is not a sign of weakness; rather, it's a marker of intelligence. To note the feeling and still move into the area of danger is a superior exercise with unparalleled benefit.

VIRGO (Aug. 23-Sept. 22). Being too comfortable, people can lose their manners. The mode that works best for relationships is neither completely at ease nor too worried about making a mistake. You'll ride a nice tension between those states.

LIBRA (Sept. 23-Oct. 23). Realizing that you lost something is a step toward finding it. After all, those who are oblivious don't think to start the search. No regret, no blaming, all that's needed now is wide-open eyes.

SCORPIO (Oct. 24-Nov. 21). You'll do some positive thinking about a situation, not just practically sorting out the plusses but impractically projecting a future in which they are maximized and glorified.

SAGITTARIUS (Nov. 22-Dec. 21). When you consider all that had to happen for you to land here, your presence and position in this glorious mix is nothing short of astounding. Revel a moment in the sublime wonder of this and be revitalized.

CAPRICORN (Dec. 22-Jan. 19). Be proud of where you've been and feel free to spin it. It's your story, and you have every right to tell it, color it, arrange it, diminish it, sing it, act it or publish it.

AQUARIUS (Jan. 20-Feb. 18). To communicate well takes focus. You're inclined to give all or nothing today. A large part of you doesn't wish to communicate, except by quietly working on the things that matter to you, which says a lot.

PISCES (Feb. 19-March 20). You've now spent so long on the inside of a problem that you can't seem to understand the larger context. Ask for feedback from someone you know to be successful in the arena.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

Sudoku

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

SOLUTIONS TO YESTERDAY'S SUDOKU

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

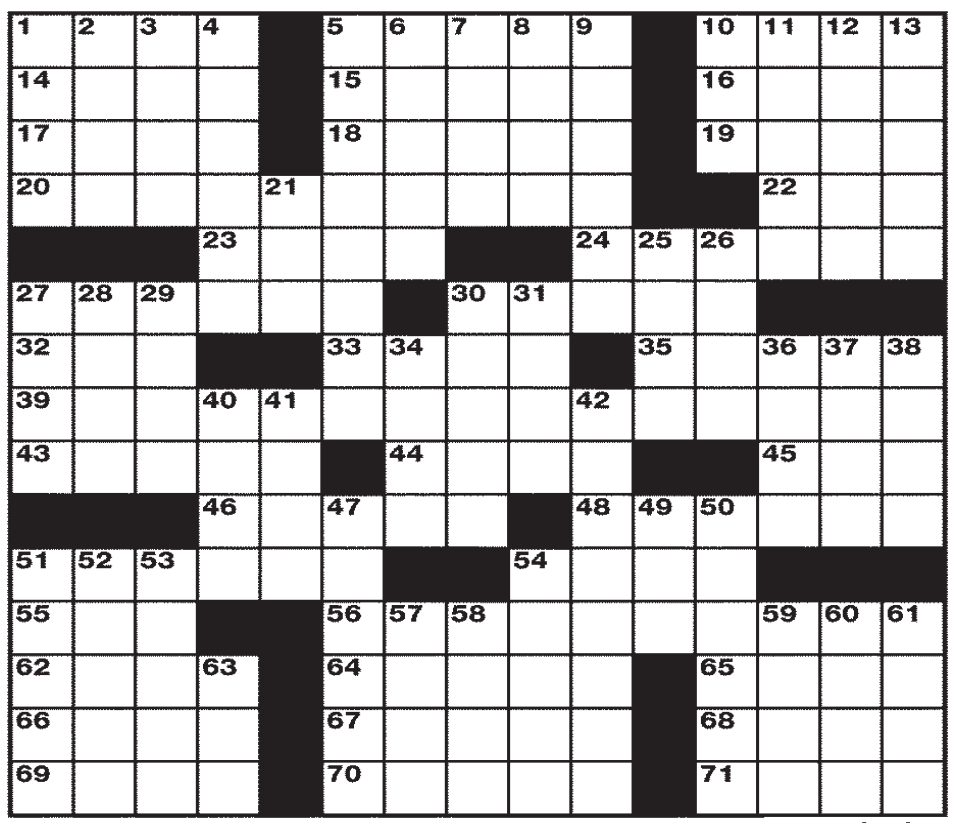
				7			1	8
	8		1		5		7	
1	7		6			4		3
	2			6	3			
3		5		2		6		7
			5	1			8	
2		4			7		6	9
	5		3		6		2	
7	9			4				

Newsday Crossword

FEET FIRST by Billie Truitt
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Ink stain
5 Discourage
10 High-school dance
14 "Baby back" barbecue orders
15 Sidestep
16 Spicy Asian cuisine
17 Wild way to run
18 Mends
19 Is shown on TV
20 Follow orders
22 Tennis court divider
23 Mom's boys
24 Nary a soul
27 Wearing a disguise, perhaps
30 Cheese chunk
32 "Eureka!"
33 Make revisions to
35 Short summary
39 Some small-business owners
43 "Laughing" beast
44 10 Across attendee
45 __ Moines, IA
46 Energy
48 Prevail over
51 "Dr. __ and Mr. Hyde"
54 Make airtight
55 __ Baba ("Arabian Nights" hero)
56 Graceful river spanner
62 Soup cookers
64 Be worthy of
65 Virtuous
66 Gibbons and gorillas
67 Stand __ foot (be balanced)
68 Placed on the wall, as a picture
69 Bird's home
70 Propelled a dinghy
71 Oak or maple

DOWN
1 Annoying kid
2 Big shot's vehicle
3 Woodwind instrument
4 "Naughty, naughty!"
5 Accused person's lawyer
6 The lesser of two __
7 Cab
8 Genesis garden
9 Transmit again
10 School support org.
11 Horned safari animal
12 Propelled a dinghy
13 Teary-eyed
21 Gardening tool
25 Brute of folklore
26 Red vegetable
27 Prepare, as potatoes
28 Sailor's greeting
29 Clearance event
30 Windshield cleaner
31 Raison d'__
34 Inflict upon
36 Secret writing
37 Neighborhood
38 "Hey, over here!"
40 Jealousy
41 Holder for sandbox sand
42 Obligated (to)
47 Star quality
49 Corn serving
50 Plane trip
51 Neighbor of Korea
52 Get married secretly
53 Toys that fly
54 Sparkle
57 Nevada city
58 Cornfield bird
59 Gloomy
60 Out of sight
61 Border
63 Former Mach 2 flier: Abbr.



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Binary Puzzle

Each cell should contain a zero or a one. No more than two similar numbers below or next to each other are allowed. Each row and each column is unique and contains as many zeros as ones.

SOLUTIONS TO YESTERDAY'S PUZZLE

1	0	1	0	0	1	1	0	1	1	0	0
0	1	0	0	1	0	0	1	1	0	1	1
0	0	1	1	0	1	1	0	0	1	1	0
1	0	0	1	1	0	1	0	1	0	0	1
0	1	0	0	1	1	0	1	0	0	1	1
1	0	1	1	0	0	1	0	1	1	0	0
0	1	1	0	0	1	0	1	0	0	1	1
0	1	0	1	1	0	0	1	0	1	1	0
1	0	1	0	1	0	1	0	1	0	0	1
0	1	1	0	0	1	0	0	1	0	1	1
1	1	0	1	0	1	0	1	0	1	0	0
1	0	0	1	1	0	1	1	0	1	0	0

	1		1		0						
						0					0
		1		1				0		1	
1						1		0		1	
	1					1					1
			0	0							1
	0							1			
	0		1			0				0	
0								1		0	
	0		0								
	0			1	1			0		0	0
				1		1	1			0	



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 13 letters left over. They spell out the alternative theme of the puzzle. © australianwordgames.com.au 4969

Springtime

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

Annual	Dogs	Leek	Scent
Aphid	Fence	Lilac	Seeds
Bareroot	Fern	Melt	Shrubs
Bask	Foliage	Mulch	Soak
Begonia	Fruit	Native	Soil
Bins	Games	Orange	Spade
Birds	Genus	Overgrown	Tools
Bloom	Hedge	Palm	Trees
Buds	Hose	Peat	Urea
Bulb	Iris	Pond	Users
Chrysanthemum	Ixia	Rake	Vegie patch
Colours	Lawn	Relaxing	
Dirt	Leaves	Salvia	

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.
Fruit salad Yummy yummy

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DBA

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020190178 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 11/17/2020 The following person(s) is (are) doing business as Hilton Santa Monica 1707 Fourth St Santa Monica, CA 90401. Mailing Address: 5847 San Felipe St. Houston, TX 77057 The full name of registrant(s) is/are: Santa Monica Hotel Owner, LLC 5847 San Felipe St. Houston, TX 7705 This Business is being conducted by: An Limited Liability Company The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: Santa Monica Hotel Owner, LLC Title: CFO, Jerry Burrel, CFO, Jerry Burrell, CFO This statement was filed with the County Clerk of LOS ANGELES County on 11/17/2020 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 , 12/14/20, 12/21/20, 12/28/20, 01/04/20

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

DBA

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 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: 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

DBA

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

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2016307233. DATE FILED: December 20, 2016 The following person(s) is (are) doing business as Prostorage 3103 17th Street, Santa Monica, CA 90405. The full name of registrant(s) is/are: Image Mechanics, LLC 3103 17th Street Santa Monica, CA 90405. If Corporation or LLC- Print State of Incorporation/Organization. CA This Business is being conducted by: a Limited Liability Company. I declare that all the information in this statement is true and correct. A registrant who declares as true information which he or she knows to be false is guilty of a crime. REGISTRANT (NAME/CORP/LLCNAME) (PRINT): Image Mechanics, LLC. Title: Secretary REGISTRANT SIGNATURE: Robert J Reicher If Corporation, also print corporate title of officer. If LLC, also print title of office or manager. The Statement was filed with the county clerks of Los Angeles on 11/23/2020 FILE NUMBER 2020196488. I HEREBY CERTIFY THAT THIS COPY IS A CORRECT COPY OF THE ORIGINAL STATEMENT ON FILE IN MY OFFICE: Dean C Logan Los Angeles County Clerk. BY: Dean C.Logan

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FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020190970 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on

DBA

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 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 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

Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00365Superior Court of California, County of Los AngelesPetition of Rahel Chaya Khorramien for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Ramin Khorramien filed a petition with this court for a decree of changing names as follows Rahel Chaya Khorramien to Rachel Chaya Khorramien 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: 10/12/2020

Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00358Superior Court of California, County of Los AngelesPetition of Yasaman Gharib for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Yasaman Gharib filed a petition with this court for a decree of changing names as follows Yasaman Gharib to Yasamin Gharib 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 08, 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: 10/19/2020

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

Name Change

ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00417Superior Court of California, County of Los AngelesPetition of Angelina Jessica Rusconi for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Angelina Jessica Rusconi filed a petition with this court for a decree of changing names as follows Angelina Jessica Rusconi to Angelina Jessica Firestar 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 26, 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: 11/23/2020

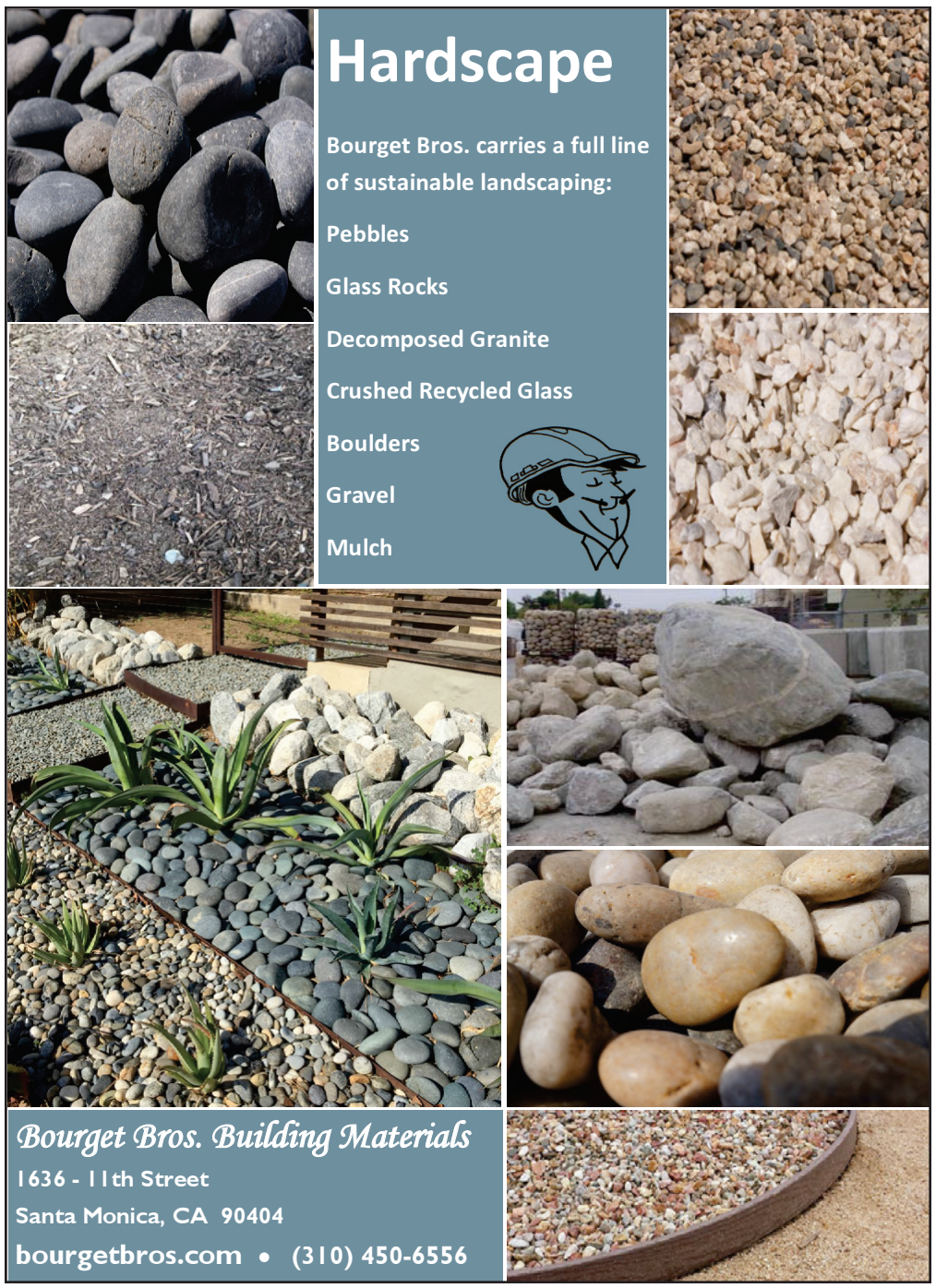
ORDER TO SHOW CAUSE FOR CHANGE OF NAMECase No. 20SMCP00360Superior Court of California, County of Los AngelesPetition of Gabriel Rollins Rudd Barnard for Change of NameTO ALL INTERESTED PERSONS:Petitioner or Attorney: Gabriel Rollins Rudd Barnard for filed a petition with this court for a decree of changing 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

Classifieds (310) 458-7737

DBA

FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020211319 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 12/09/2020 The following person(s) is (are) doing business as Wydown Partners 11363 Montana Ave Los Angeles, CA 90049. The full name of registrant(s) is/are: MJ Cardinal LLC 11363 Montana Ave Los Angeles, CA 90049 This Business is being conducted by: An Limited Liability Company The registrant commenced to transact business under the fictitious business name or names listed on (Date) N/A Registrant/Corp/ LLC Name /s/: MJ Cardinal LLC Title: Manager, Mathew Levis, Mathew Levis This statement was filed with the County Clerk of LOS ANGELES County on 12/09/2020 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 , 12/21/20, 12/28/20, 01/04/20, 1/11/20

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Pet of the Week: Binks



Martin Hernandez

PET: The Adoptable Pet of the Week is available from the Santa Monica Animal Shelter.

Hi, I'm Binks. A 1-year-old male black cat and I was recruited to be an honorary elf at Santa's shop! Santa was looking to diversify the bustling atmosphere, and my even-keeled nature and ability to purr does just that! With a shop full of workaholic elves, my commitment to relaxation is contagious. It motivates the elves to take their well-deserved breaks. With no skill in making toys, and no desire to work, since I love the company of others, I will selflessly give my feedback to them while sprawled out on a comfy bed from afar. Affectionate and kind, I make it a point from time-to-time to mosey on over to give the elves a headbutt or two to remind them how much their tireless work is appreciated. The testing of toys requires some play. While I won't be the first to jump in, if there are cat candy cane treats or gingerbread biscuits involved, you can get me to do just about anything. Sometimes even a few tricks. Alas, my need for countless naps throughout the day is a must, and I believe it is devastatingly underrated. I am proud to say that during my tenure here at the shop, I have expanded the elves' understanding of quality time with loved ones to include taking it easy, and just sitting back to watch the snowflakes fall. Still, elves will be elves. I understand and accept that they can't help but be more boisterous than I will ever care to be. But I pay no mind. Young, old, high energy, or laid-back, I get on with every elf because to me, everyone deserves the gift of unconditional love. Which I would say, is the best gift under the Christmas tree. Binks ID# A060649 is available for adoption at the Santa Monica Animal Shelter and adoptions are by appointment only by calling the shelter at (310) 458-8595. You can learn more about Binks online at smanimalshelter.petfinder.com

PET TIP OF THE WEEK: SHARING YOUR HOLIDAY CHEER WITH THE ADOPTABLES AT THE SANTA MONICA SHELTER

Each year, while families gather to celebrate the holidays, many animals will celebrate at the Santa Monica Animal Shelter awaiting their adoption. By donations and sponsorships, there are many ways to help the animals check off their holiday wish list so that they too may have a happy holiday.

At the top of their list are monetary donations. These contributions enable the shelter to purchase resources to meet the animal's day-to-day needs.

Sponsoring an animal is a great way to create more resources to address an animal's unique needs. From behavior training, to medicine, prescription food, and medical procedures for injured pets, sponsoring an animal can help to address the demands of each pet so that they are placed in appropriate homes.

Animals love to snuggle in beds during the winter too! The shelter is always in need of blankets, plush pet beds of all sizes, and mats and small rugs to provide comfort to the kennels. Karanda beds are sturdy, durable, and enable cats and dogs to sleep in elevated beds. UV lights keep turtle ponds warm, and provide them with a chance to bask, even on foggy days. Rabbit hutches and animal cages provide cozy shelter for small pets.

A top reason why dogs are relinquished to animal shelters is due to inappropriate behavior. Training treats keep dogs motivated during training. Dog walking equipment such as Sporn and Easy Walk harnesses, head collars, and fixed 6-foot leashes provide the staff with the necessary tools to address each dog's specific behavior and training needs.

Unopened pet food offers a chance for the animals to have a wide variety of cuisines for their holiday feast. Cat wet food and treats, dog wet food, edible bones and biscuits, millet for birds, dried shrimp for turtles, and dried pineapple for rabbits are among the many delicacies of the shelter animals.

Enrichment for the animals in the shelter is essential! Cat mouse and fish pole toys keep cats energized. Kong's, squeaky plush or rubber toys keep dogs occupied when they are alone. Turtles prefer to bask on rocks and logs. Chew-safe toys for rabbits, hamsters, and guinea pigs are all the rave!

While being adopted is at the top of all of the animal's holiday list, your contributions can still create many opportunities for them to enjoy the holiday season. To make a donation, contact the Santa Monica Animal Shelter by calling (310) 458-8595, Tuesday through Saturday, between the hours of 8 a.m. and 5 p.m. The shelter is located at 1640 9th Street, Santa Monica, 90404.

LANDLORDS

FROM PAGE 1

Santa Monica tenants to accept a one-size-fits-all approach: they would not be allowed the freedom to reject annual leases or request furnished apartments notwithstanding their individualized needs. It did not matter if the tenants were students or professionals needing shorter term accommodations, or a family displaced by fire, isolating from COVID-19 infections, or relocating temporarily to be near a hospital or to be near the cleaner coastal air for health reasons."

By passing the law and keeping it in effect, petitioners allege the city is violating the California Coastal Act, which puts restrictions on city laws that govern land within 1,000 yards of the Pacific Ocean. The property managers also believe the ordinance violates the U.S. Constitution's equal protection clause.

Santa Monica spokesperson Constance Farrell said the city has a successful record adopting balanced housing policies that protect limited housing for long-term residents. "In keeping with this, the City Council passed new residential leasing regulations earlier this year. The City believes these regulations are legally valid, but is reviewing the challenges raised in the complaint that was recently filed."

Brennon@smdp.com

DILG

FROM PAGE 1

executive officer and Director of Emergency Services. She also manages an annual budget of $613.6 million and staff across ten different departments, which is among her favorite on-the-job duties.

"I have genuinely treasured the opportunity to serve with essential staff in the pandemic. It is an experience that I will take with me forever and I am deeply, deeply grateful to everyone that I've had the privilege of serving in this moment with," Dilg said as she moved to discuss the city and residents she has come to love.

"I love the city and I love living here and I love the calmness that comes from looking at the Pacific. I think I've learned a lot about ways to stay mindful and present, even in the midst of challenges, from the city and from its culture."

Dilg recognizes there's still much to be done in regards to recovery efforts throughout the city in the coming months and she remains fully committed to the ongoing work to craft a thriving, more equitable Santa Monica as the pandemic subsides and the economy lifts, she said.

But Dilg will be the first to admit she is looking forward to a day when she can truly take a break.

"I'm tired, I think like all public officials in the pandemic — I look forward to the day when I can truly take a deep breath. And when I can truly sort of exhale from all of those pressures that come with the pandemic."

Brennon@smdp.com

SHOW

FROM PAGE 1

months of preparation students entered the warehouse in small pods to film their ballet, jazz, contemporary, and lyrical routines. The thrill of a live audience was gone, but performers realized there were benefits that came with shooting the show in advance.

"It was really nice to be able to do our dances multiple times until we felt like we had a good take. Normally you would go out on stage and that was your performance. The person holding the camera was guiding us, telling us where we were in frame and how our spacing was so I think the dances will look a lot more clean and put together," said Adele Ciociola, dancer at DC Dance and student at Lincoln Middle School.

Following the company's hard work the show has been edited together and will be released on Dec. 20, so students can share their passion for performing with friends and family.

Clara@smdp.com

CRIME WATCH

BY DAILY PRESS STAFF

Crime Watch is culled from reports provided by the Santa Monica Police Department. These are arrests only. All parties are innocent until proven guilty in a court of law.

ON THURSDAY, DECEMBER 10 AT 2:15 P.M.

Two SMPD Officers assigned to the Downtown Services Unit, observed an individual traveling southbound on the 1400 block of 6th St. on an electric bike. The Officers noticed the blue rims on the bike, along with the logos and battery pack affixed to the frame of the bike- similar to those used by the Downtown Santa Monica (DTSM) Ambassadors. The Officers watched the bike run a red light and decided to conduct a traffic enforcement stop. Upon further inspection of the bike, Officers contacted DTSM and were informed that the bike had just been stolen from the CVS on the 500 block of Wilshire. A DTSM Ambassador had parked the bike near the registers while doing his routine checks, when Suspect Vhatsan Kortrsombat took off with the bike. A records check found that Kortrsombat had a no bail warrant for a parole violation and multiple bookings and convictions for theft related crimes. Kortrsombat was ultimately booked on 21453(a) VC - Running a red light, 3000.08 PC - Parole Hold and 487(a)PC - Grand Theft. A 100 yard stay away from the Downtown Santa Monica area was also requested.

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Community Service in Santa Monica

Santa Monica Rotary Club Roundup

By Kathy Shepard

Happy Holidays! It has been a busy and meaningful past few weeks for the members of the Rotary Club of Santa Monica. As always, we are committed to community service and have participated in a beach clean-up, delivered meals to seniors and others who need them, volunteered at food pantries, virtually walked to help find a cure for Alzheimer's disease and donated several cars full of much needed household items for young Marine families at Camp Pendleton.

While volunteering in our community is vital and important, providing cash grants to deserving organizations is also part of our mission to help. Our club's 13th International Wine & Food Festival and Auction held in November was a rousing success. Through the "Fund-A-Need" portion of the program, we raised $10,000 for our featured charity, Upward Bound House. We also raised thousands of additional dollars while enjoying friendship and great food and wine at the virtual event. Proceeds will be used to fund grants to non-profit organizations.

The Rotary Club of Santa Monica is currently accepting grant applications for its Community and Youth Grants program from local non-profit organizations. These grants are intended to fund up to $3,500 for needs organizations have related to the COVID-19 pandemic.

Information can be obtained by contacting the Rotary Club of Santa Monica at rotaryclubofsantamonica@verizon.net. Please note that organizations must provide proof of non-profit 501(c)(3) status, requested supporting materials, and be able to verify that the funds align with Rotary's service mission and benefit Santa Monica residents or nearby communities.

For more information about our club, events, and virtual meetings, please visit our website, email Savi at rotaryclubofsantamonica@verizon.net, or call our office at 310-917-3313.

The Lions Planning Holiday Meetings



By Linda Levee

The Santa Monica Lions Club is still active. Many of the Lions Clubs around the world have been looking for new ways to connect with the public and bring in new members. We do not have to go too far. We are so lucky to continue our relationship with the Santa Monica Salvation Army.

Although we are unable to assist them by bell ringing on Red Kettle Day as we have done for at least the past 50 years, their directors, the Wikle's, Chris and Erin, have agreed to give us a small virtual concert. The two will be playing the guitar and singing carols. Our collection will be virtual to the Salvation Army, and if you wish to help us you may make donations directly to them.

We had our joint meeting in November with our newly formed Leo Club, and they are busy putting together ideas for helping others who need food, clothing, and basic necessities in the community.

We wish everyone of our followers and readers a very happy holiday-season, and in whatever way you can encourage family, friends, and others to celebrate safely under guidelines set up by the CDC. Wash hands, wear masks, and meet friends outdoors, or have virtual meetings and parties.

Please contact me at levelhead elinda@yahoo.com if you wish to have more details regarding the welcoming Lions Club membership.

Remembering Ruth Lillian Perlmutter

Ruth Lillian Perlmutter passed away peacefully on November 19, 2020, in Santa Monica, CA. She was a long-time Santa Monica resident. Ruth was born on July 6, 1930, in Springfield, Massachusetts to Jacob and Sadie Gitberg.

She had a younger brother, Wallace. Ruth was a very loving, warm, caring, and kind person. She loved to help others, and for many years, she supported and was involved with Jewish organizations, including Hadassah and ORT. She enjoyed dancing and playing mahjong with her friends.

Devoted to her family, she was a beloved wife, mother, and grandmother. She is survived by her husband of 62 years, Dr. Avraham Perlmutter, her children, Michael (Pam), David (Wendy), Sharon (Andy), and Keren, and her grandchildren, Emily, Josh, Zachary, Rachel, and Alex.



Ruth Lillian Perlmutter

A private service was held at Hillside Memorial Park. In lieu of flowers, memorial donations may be given to Hadassah.

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Santa Monica Bay Woman's Club Review



By Susan Barry

It is more than repetitive to say, "It's a challenging time!" As Thanksgiving has passed with many traditions being reimagined, the December holidays are perhaps the most significant for families, friends, giving, receiving, and deep gratitude.

Somehow, turkey doesn't taste the same over Zoom, and no one is there to pour the wine! At this time of year, the Santa Monica Bay Woman's Club is normally creating cards, wrapping gifts for children in Los Angeles and Mexico, planning club celebrations, and looking forward to a busy new year of activities.

We have managed to have a few small socially distanced gatherings, but it's not quite the same. Along with the festivities, much of our energy is spent in supporting the activities of the club to raise money for other non-profit groups. Everything in the new normal now requires greater creativity, flexibility, and patience to bring our mission forward into the new year. Non-profits are stretched to their limits, and the needs of our community every greater. So it's a time to pause and take a deep breath, knowing through the ingenuity of women in challenging times, we'll continue to find ways to support our dearest causes.

We look forward to the new year for our club, our members, and our community. We send best wishes for your creative solutions to visiting with those you love and sharing time together, even if safely over the internet or socially distanced with your masks on! We hope you, your friends, and your families are well and stay well until 2020 and "these challenging times" have passed.

We look forward to returning to our beautiful club home, inviting new members to join us there, and continuing our vibrant place in the community! For further information, please call the Club at 310-395-1308.

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Happy December Birthdays to:
Mike Cveyich, Dee Menzies, Aaron Leland, Bill Bubar, RoseMary Regalbuto, JR Dzubak, Bob Sullivan, Judi Barker, Herb Roney, Gita Runkle, Julie Thomas, Frank Lavac, Joyce Margolin, Glenn Ricard, Gretchen Clore, Scott Ferguson, Tammy Andrews, Carole Mulllaney, Vicky Curtis, Monty McCormick, Carl McKinzie, Chuck Husting, Susan Annett, and Mike Gitchell.

Paws and Claws

Grain-Free Diets for Dogs



By Dr. Frank Lavac MS, DVM

Q: Is there any current information on feeding grain-free diets in dogs?

A: The FDA first published an alert in July 2018, warning that grain-free diets could lead to cardiomyopathy in some dogs.

Since 2015, there have been over 1100 reports of dilated cardiomyopathy in dogs. With this disease, the heart becomes enlarged and weak. The exact reason that grain-free diets are linked to heart disease is not clear. It may be partially related to taurine deficiency, but this does not appear to be the entire cause.

Grain-free diets were originally touted as a healthy alternative to diets containing grain. For further information, Google the U.C. Davis study on grain-free diets.

Some signs of cardiomyopathy include pale gums, increased heart rate, difficulty eating, weakness and loss of appetite. Ultimately, a veterinary cardiologist would be needed to confirm the diagnosis of cardiomyopathy.

If you're presently feeding a grain-free diet, I recommend consulting your veterinarian to discuss quality diets for your dog. You can also look at FDA information online that refers to "Understanding non-hereditary DCM (dilated cardiomyopathy)."

Dr. Frank Lavac can be reached by calling 310-828-4587.

Adopt a Pet



Hello there! My name is Toad. I'm a female terrier mix born on 6/30/2020. I have scruffy fur and blue eyes that will melt your heart. I'll do best with a family that is prepared for the rewards and challenges of raising a young puppy. I'm healthy, up to date on vaccinations, spayed and microchipped. For more details, call 1-866 LUV-WAGS.

Brain Matters

Exciting Strides Forward for Parkinson's Disease



By Dr. Melita Petrossian

"But there isn't anything I can do about it, right, Doc?"

I get asked this question by my Parkinson's disease (PD) patients all the time. There's a perception that because there isn't a cure for PD, that means there's no treatment, no way to improve symptoms, no way to improve quality of life. This is absolutely WRONG – there's always more we can do!

For PD, lifestyle measures such as exercise and diet play a huge role in quality of life. Even when the gyms are closed, there are classes through Zoom, YouTube videos, and ways to use simple equipment to get a good workout at home. Beyond that, there have been **nine** new FDA-approved medications for the treatment of PD symptoms just in the past six years. These medications include Nourianz, Inbrija, and Kynmobi, which are used when response to carbidopa/levodopa becomes erratic and patients experience "off" time (time when the medications aren't working).

Some of the medications, including Nuplazid and Northera, are used for non-motor symptoms of PD such as hallucinations and blood pressure drops.

Many patients with PD may be good candidates for deep brain stimulation (DBS) surgery, which is a way to reduce "off" time, increase the amount of time the medication is working ("on" time), reduce tremor, and reduce dyskinesias (involuntary movements related to treatment). DBS is like a pacemaker for the brain. DBS is not new – it's been FDA-approved since 1997 – but there have been new advances in DBS technology that are exciting.

DBS batteries are now thinner and smaller, so they're less prominent when implanted. Rechargeable DBS batteries can last up to 15 years before needing replacement. And finally, we're now able to sense the signals of the brain itself using Medtronic's BrainSense technology, which will help guide more accurate stimulation.

Dr. Petrossian is the Director of the Pacific Movement Disorders Center. As a specialized movement neurologist, she cares for patients with Parkinson's disease, essential tremor and cervical dystonia, as well as a wide range of other movement disorders. Contact Pacific Movement.org on email or call 310-582-7433.

JoyCatchers Putting Together Tree Decorating Kits for Seniors, Veterans, and Healthcare Workers



Seen each year in her Santa hat, JoyCatchers Founder, Charla King, dons her apron made by a JoyCatchers volunteer and helps assemble Tree Decoration Kits. (Story to right.)

Since 2006, JoyCatchers has gathered volunteers together to decorate trees to give to seniors and veterans in our community. This year, with Covid restrictions, JoyCatchers came up with the idea to do individual mini-tree decoration kits to be given to veterans and seniors for them to catch the joy of decorating their own personal tree.

Where they are unable to give to seniors in facilities due to Covid restrictions, the kits will be given to their essential healthcare workers. The response has been overwhelming. JoyCatchers is working with a few people at a time outdoors while wearing masks and social distancing to get as many of the kits prepared as possible to fulfill the 1000+ requests. Many caring people make this possible including Bob Rosenbloom, owner of Bob's Market, who is supplying the bags for the kits. To learn how you can help, visit the non-profit Mar Vista Charity at www.joycatchers.org.

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Why Swimming is My Positive Addiction

Jeff Condon, local estate planning attorney and author of two books about the subject, sometimes writes about his career with advice for our readers. This month, he said to himself, "Meh! Forget that stuff! For once, dare to be different and write about something that you feel passionate about that has nothing to do with your day job."

So, here is Jeff's article about swimming. "Actually," he explains, "it's more of a confessional to my OCD-like compulsion to swim at a level higher than which I am capable. I am 59 years old. Since age 41, I have swum nearly every single day with my swim club, Southern California Aquatics (based out of the Santa Monica Swim Center). This is not a 'lap-swim-and-get-out' thing. It's an intense hour with coaches giving sets that are often beyond your ability to make.

"I am **never** satisfied with 'noble failure.' I am consumed with swimming better, faster, and more efficiently so that I can make the base set by the coach. I have to leave the pool knowing I left 'it all' in the pool. This is an every day thing. My late father called it my 'positive addiction.' Sure, it's not the kind that destroys you. But, it's still an addiction with all the classic traits



Attorney Jeff Condon

of one – especially the aspect of it running your life.

"I swim even when – and especially when – I don't feel like it. Which is, pretty much, every single day. Who wants to get up before sunrise? Who wants to go from warm and comfy to wet and cold? I don't! Neither do you! I go to bed each night with an uneasy dread over how tough it will be to get up, jump into usually cold water and suffer through whatever torture is conjured up by the coach-of-the-day. But, when that alarm goes off at 4:40 a.m. and I complain to myself that I don't want to get going, my brain/inner voice shouts, 'Who cares what you want? This is what you are going to do!' This schizophrenic-type back-and-forth takes place in my head every single morning.

(Continued on Page 12)

From Me to You...



By Diane Margolin

Each year, the Rotary Club of Santa Monica salutes outstanding public service workers. It is one of my favorite meetings. Donna Byrd and Dr. Joseph Metoyer have coordinated the event for the past several years. Plaques are given to the honorees. This year, it was a Zoom meeting where we were introduced to Santa Monica Firefighter Andrew Klein; Director of Education Technology Services for the Santa Monica-Malibu Unified School District, Bertha Roman; SMPD Officer Evan Raleigh; and Motor Coach Operator, Aristeo Salazar.

Each of their supervisors told us how these people have gone above and beyond what is expected on their jobs. It is always impressive to hear, and it makes us feel good that we have such caring people working around Santa Monica.

In past winter issues, I have given suggestions for gifts to give people who are homebound. How different things are this year, as we all know. I thought stamps, stationary, maybe a basket of different flavored jams or honeys would be appreciated. Yes, I always get back to suggesting food for gifts.

I've written about Savitri Labensart who started baking wonderful breads when her opportunities to sing in public were put on hold. She continually creates delicious new breads which she delivers herself. If you want to taste one, call her at 818-943-3150.

One of our longtime favorites over the past 30 years is Neli's restaurant on Stoner Ave. in West Los Angeles, near Olympic and Barrington. The food is delicious and reasonably priced. They always deliver to Santa Monica, and this month, if you show them the ad in our paper, there is no charge on Mondays for that service. Each day, there is a daily special, such as Chicken Florentine or Salmon Veracruz, which is often enough for two or three meals. There is also a weekly dessert special. Sometimes, it's Danish coffee cakes or a pie. Their freshly-baked goods, especially the giant muffins, have long been customer favorites. An assortment of muffins (blueberry, pumpkin, cinnamon pecan, and carrot, to name a few), makes a great gift.

A wide variety of salads, from Chinese Chicken, to Cobb, to Chef, or my new favorite, Kale and Herbed Quinoa, is served daily.

To find out more about their sandwiches, hamburgers, quiches, and breakfast dishes, call 310-477-0031, or go to Neli's menu online at www.NelisCatering.com. Ask for owner Amy and tell her Diane sent you.

Wishing you all the safest and healthiest holiday season this year and hoping that we can still take time to express gratitude for our many blessings.

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Why Swimming

(Continued from Page 11)

"So, why do I still swim in the context of such dread? Because swimming makes you feel like yourself. Because swimming gives you a physique of a person years younger. Because swimming allows you to order dessert on Date Night. Because swimming gives you daily friendly camaraderie with people of all types, genders, and colors that you may never otherwise encounter. And, because swimming makes you feel special since 99% of the populace can't do what I do at my age.

"For me, the most important benefit of swimming is that it helps me think that I can defy the aging process. Defying age is a terrific motivator. It makes you get in the water. It forces upon you the self-pressure to maintain that default swim-base. All of which helps you achieve the ultimate goal of staving off death. I don't know about you, but I can't die. I have massive claustrophobia.

"So, this is the 'Swim Brain of Jeff Condon.' Maybe one day I will learn to turn off the need for such intensity in a sport that most people associate with dreamy and relaxing qualities. For now, this is the side of me that no one, especially my swim buddies, sees or suspects or, really even cares about. It's one that I've been wanting to 'let loose' on an unsuspecting public, and I thank *The Santa Monica Star* editor for giving me this opportunity."

Jeff Condon can be reached at 310-393-0701.



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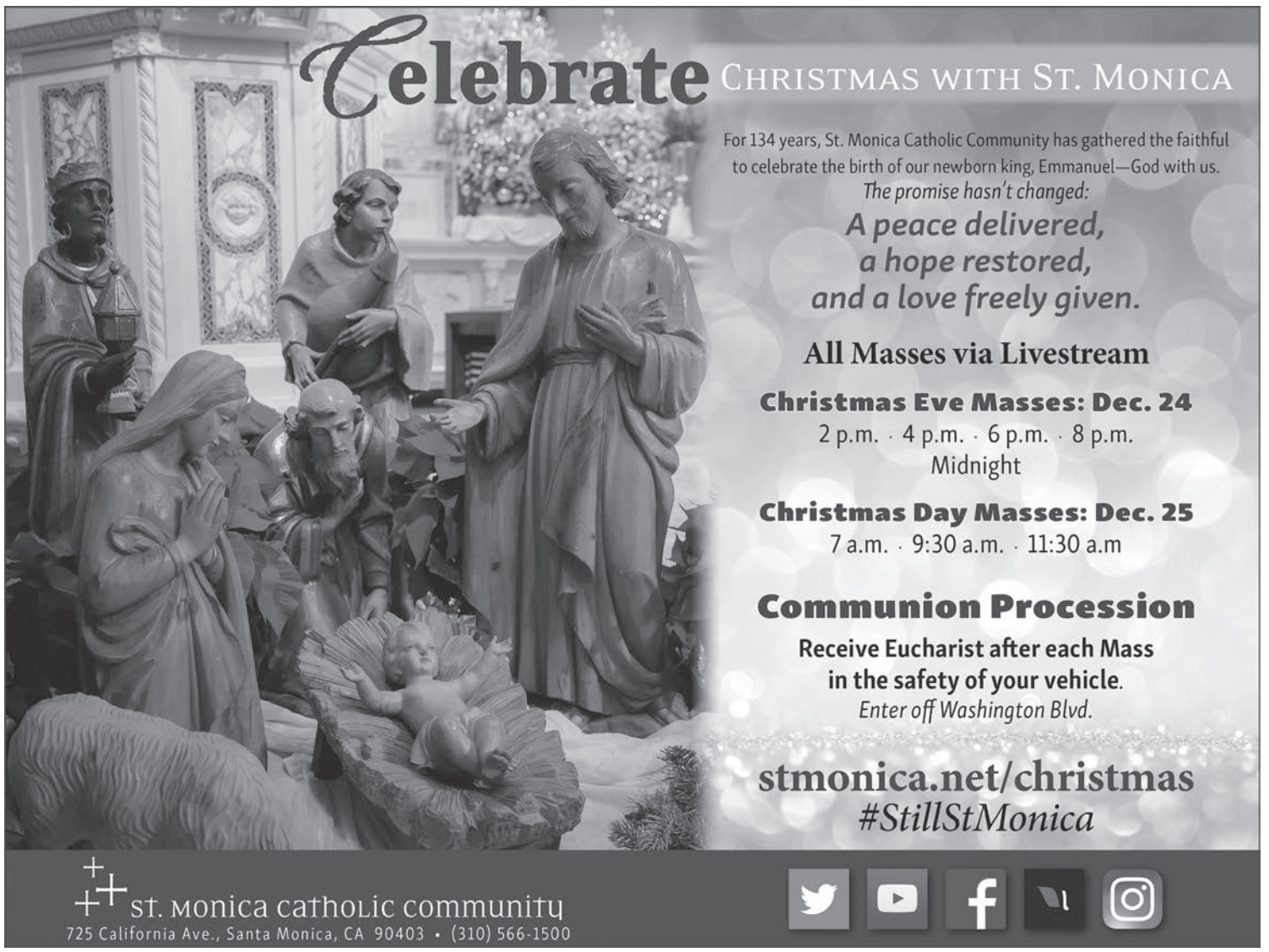
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