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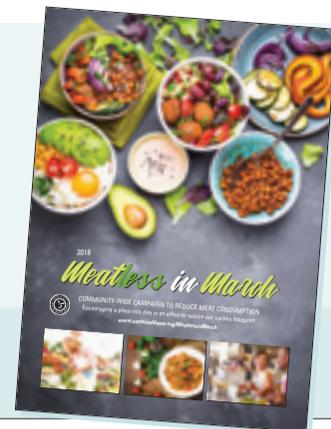
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Santa Monica Daily Press

THURSDAY
03.01.18
Volume 17 Issue 88

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Santa Monica

Noteworthy

By Charles Andrews

The Curse Of The Accordion

DOES THIS SQUEEZEBOX

Make me look fat?

I coulda been a rock star.

The timing was perfect. I was in high school when the British Invasion hit. No one was a very good musician yet, though there were some excellent songwriters, and if you picked up a guitar on Monday you could be rich and famous by the weekend.

I had one important, outstanding rock star talent: a willingness to let my hair grow long. My Catholic high school wouldn't allow that, of course, but once I got out of there, it mushroomed enough for local rednecks cruising down Lomas Blvd. to yell obscenities and question my manhood. Screw 'em. It took being drafted into the Army to touch that hair. (This may be unimaginable as an issue to anyone under the age of 40, but when Easy Rider came out at the end of the '60s, all us hip hirsutes were looking nervously over our shoulders.)

BUT IT WAS TOO LATE FOR ME

I had already been scared (scarred) off the stage at the tender age of 13.

I'm not sure how I got talked into taking up the accordion at 8. All parents back then felt the obligation to torture — I mean, give their children the lifetime opportunity of music, so pick your instrument, kid, and you will practice every day no matter how many games of kick-the-can you have to skip.

The accordion seemed like a good idea at the time. Drums were out of the question, violin looked too difficult, we had no room for a piano, and when it came time to pick an instrument I chose the

SEE MUSIC PAGE 3

History comes alive at Woodlawn Cemetery on Saturday



Jenny Lens

LIVING HISTORY: Actors will portray famous residents of Woodlawn Cemetery on Saturday.



MATTHEW HALL
Daily Press Editor

Santa Monica's Woodlawn Cemetery is home to a variety of interesting historic characters and this Saturday, visitors will have a rare opportunity to experience the living history contained within the gates.

Woodlawn will host its fourth annual Living History tour on Saturday, March 3 from 11 a.m. to 3 p.m.

Actors will be on site portraying individuals such as astronaut Sally Ride, actor Doug McClure, social / political activist Tom Hayden, community activist Thelma Terry, and the City's first and longest-serving librarian, Elfie Mosse.

Officials said the event has grown out of a changing perception of cemeteries, particularly well-maintained ones. While they will always be places to rest and mourn, they are increas-

SEE WOODLAWN PAGE 6

Culture Watch

By Sarah A. Spitz

Writing With One Hand

FOR THE PAST 5 WEEKS, I'VE become housebound, thanks to a broken left arm that won't allow me to put proper clothing on the top half of my body. Poncho style tops cover me for my neighborhood walks and doctor visits, but going to art or theatre openings and being in crowds where the braced arm could be jostled just isn't in the cards, till this thing either heals or requires surgery.

So reading has become my go-to (thank you Santa Monica Public Library and Elizabeth Ostrom, the

SEE CULTURE PAGE 4

Play Time

By Cynthia Citron

Two Artists, Two Styles

I SPENT LAST WEEKEND WITH two very different artists. The first was Alberto Giacometti, played by Geoffrey Rush with a perpetual frown and a constantly lit cigarette, in the Sony Classics film "Final Portrait." The other was Marc Chagall in a whimsical song and dance fest titled "The Flying Lovers of Vitebsk", presented on the stage of the Wallis Annenberg Center for the Performing Arts.

First, Giacometti, whose art reflected his unique existential perspective as well as his natural pessimism and self-doubt. Born and

SEE PLAY PAGE 7

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Women's History Month 2018



Commission on the Status of Women (COSW)

Join the Santa Monica Commission on the Status of Women to Celebrate Women's History Month:

The events in March reflect this year's theme, "Nevertheless She Persisted: Honoring Women Who Fight All Forms of Discrimination Against Women"

Living History Tour — Free Event

Saturday, 3/3, 11 am - 3 pm at Woodlawn Cemetery
1847 14TH STREET, SANTA MONICA

"Home Truth" Documentary & Panel Discussion — Free Event

Tuesday, 3/6, 6-9 p.m. at Ken Edwards Center
1527 4TH STREET, SANTA MONICA

Women & Homelessness — Free Panel Discussion

Thursday, 3/8, 12 - 1:30 p.m. St. Joseph Center
204 HAMPTON DRIVE, VENICE, CA 90291

Visit facebook.com/smcosw or smgov.net/cosw for a full list of events and more details

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Calendar

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THURSDAY, MARCH 1, 2018

Santa Monica Daily Press

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What's Up Westside

OUT AND ABOUT IN SANTA MONICA

Thursday, March 1

Malibu High School presents MASQUE

Malibu High presents a Masque performance. Malibu High School, 30215 Morning View Dr. 7 p.m. \$40

Cuentos para Pequeños

A special family story time presented in Spanish. Montana Avenue Branch Library, 1704 Montana Ave. 11:15 a.m. - 11:35 a.m.

Saturday, March 3

Compost Giveaway

Residents can come and fill up 5 large burlap sacks with compost, while supplies last. City Yards, 2500 Michigan Ave. 7 a.m. - 2 p.m.

Meatless in March: SMPL at the Virginia Avenue Park Farmers Market

Books on eating meatless, gardening, cooking, sustainability, the environment, and more. Virginia Avenue Park, 2200 Virginia Ave. 8 a.m. - 1 p.m.

Santa Monica Certified Farmers Market

The Organic Market boasts the largest percentage of Certified Organic growers of the City's four markets. 2nd @ Arizona Avenue. 8 a.m. - 1 p.m.

Workshop: Successful Marketing Techniques You Can Afford

This workshop held at Santa Monica College gives you 20 inexpensive options proven successful to promote and market your business, as well as bust some marketing myths that might be keeping you from success. You'll gain an understanding of the importance of branding and its role in defining your target audience(s) and hear in detail how to easily improve your marketing path. Please register online at losangeles.score.org. 10:30 a.m. - 12:30 p.m.

Change of venue for NOMA meeting

The Noma Monthly Meeting will be in the Community Room at the Main Library because of an emergency closure of the Montana Branch Library. The Meeting begins at 7 p.m. with social hour at 6:30 p.m. The 2018 Term Limit Initiative will be reviewed by Mary Marlow. SMPD and R-1 Interim Zoning Ordinance updates will also be discussed.

Santa Monica Rent Control Board Meeting

Regular meeting of the Santa Monica Rent Control Board. City Hall, 1685 Main St. 7 p.m. - 10:30 p.m.

Current Events Group

A lively discussion of the latest news with your friends and neighbors. Fairview Branch Library, 2101 Ocean Park Blvd. 1 p.m.

Friday, March 2

Dr. Seuss Game Day

Celebrate Dr. Seuss with book-related games and cupcakes! Free giveaways. Fairview Branch Library, 2101 Ocean Park Blvd. 4 p.m.

Citizenship Classes

An ongoing series of classes taught by Adult Education Center instructors, who help students complete and submit their application, and prepare them to pass the official review. Pico Branch Library, 2201 Pico Blvd. 10 a.m. - 12:30 p.m.

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

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MUSIC

FROM PAGE 1

coolest accordion ever: Italian, metalflake gold keys on pearl, thick gold straps, 120 bass buttons, a carrying case lined with luxurious velvet. 300 bucks, I smashed the piggy bank and paid half.

FIVE YEARS OF TORTURE

And I got pretty good. Real good. When Jim Purvis, who had a TV cowboy kiddies show, came calling to my accordion school band teachers asking for the best player, to duet with his daughter, at one of his live stage shows, I was tapped. Trapped! There were a few thousand people there at Tingley Coliseum, I messed up and was completely mortified and swore at that moment wild horses couldn't drag me onto a stage again (and Purvis had some). I loved music but I wanted to be out there in the audience, hearing it. Writing about it...

I waited a month to announce my retirement so my parents wouldn't think, correctly, that "the incident" was to blame, and try to talk me out of it. There was a kid at school named Bobby Anesi who took it up about the same time as I did. Couldn't hold a Lady of Spain fan to my playing. But Bobby kept at it, and my mother would throw that Catholic guilt in my face every so often.

"You know, you can always pick it up again," she would cajole. "Bobby Anesi is going to be able to work his way through college playing weddings and Bar Mitzvahs." Or, Mom, I could poke a sharp stick in my eye and get people to pay to look, to cover those college costs. Sometimes she would trot out squeezebox superstar Myron Floren of the Lawrence Welk Show as something to shoot for. "Don't forget," she would add as a deal-closer, (dancer) "Cissy King is from Albuquerque!"

If I had known about zydeco music then, my whole life could have been different.

HIGHLY RECOMMENDED: "THE ALAMO" (I finally saw it, wasn't what I expected, was more than that, it builds, it's really good), Fri, Sat, 8 p.m., Sun 2 p.m. and 3/9-18, Ruskin Group Theatre, SM Airport, \$17-\$30.

X, MIKE WATT & the MISSINGMEN (you must see X live before you die, Minutemen founder Watt is a Pedro icon playing a rare hometown gig), Sat, 6 p.m., Brouwerij West, San Pedro, \$20.

Jazz Bakery presents BENNY GREEN, VERONICA SWIFT (Green is a master jazz pianist, my favorite on the planet, Swift a lauded young NY vocalist), Sat, 8 p.m., Ann & Jerry Moss Theater, New Roads School, SM, \$25, \$35.

YO-YO MA, EMANUEL AX, LEONIDAS

KAVAKOS, Brahms Piano Trios (are you kidding?! why wouldn't you want to experience two colossal giants of music, and a pretty awesome Greek guy getting there, playing Brahms together?), Sun, 7:30 p.m., Walt Disney Concert Hall, downtown LA, \$58-\$137.

JAKE SHIMABUKURO (34 bucks for a ukulele player? — how about one who has drawn the praise of Eddie Vedder and Queen shredder Brian May, been compared to Hendrix and Miles Davis, throws in flamenco, classical, bluegrass and more and went viral with his 2006 youtube vid of "While My Guitar Gently Weeps" live in Central Park? — I've seen him — go!), Sun, 9 p.m., Saban Theatre, Beverly Hills, \$34-\$64.

RECOMMENDED: DENGUE FEVER (Phnom Penh had a thriving garage/psychedelic rock scene in the '60s, brought to a violent end 4/17/75 when tyrant Pol Pot took over and slaughtered an estimated 2,000,000, almost a third of the population, artists and intellectuals first, Long Beach's Dengue Fever has revived that music and added its own touch, with singer/beauty queen Chhol Nimol crooning seductively in Khmer), Sat, 7 p.m. with others at Burger-a-Go-Go, 1720, downtown LA, Sun, 8 p.m., Alex's Bar, Long Beach, \$20-\$25.

TERRY RILEY, GLORIA CHENG (2 pianos, 1 minimalist genius and 1 celebrated acolyte, who knows? but any opportunity to see Riley should be seized), Sun, 3 p.m., Boston Court, Pasadena, no cover, Tues, 8 p.m., Colburn School of Music, Zipper Concert Hall, downtown LA, \$35.

K.D. LANG, Slava Grigoryan (Lang has cruised from Canadian country roots through most every genre with style and mastery, opener sounds interesting, an Australian-Armenian-Kazakhstani classical guitarist), Mon, 9 p.m., the Theatre at Ace Hotel, downtown LA, \$55-\$99

BAND NAMES OF THE WEEK: Jerry Joseph & the Jackmormons, Dr. Savage & the Shrunken Heads, Badbadnotgood, Patsy's Rats.

LYRIC OF THE WEEK: "I been warped by the rain, driven by the snow, I'm drunk and dirty but don't you know I'm still, willin', I been kicked by the wind, robbed by the sleet, had my head stove in but I'm still on my feet and I'm still, willin'. And I been from Tucson to Tucumcari, Tehachapi to Tonopah, driven every kind of rig that's ever been made, driven the backroads so I wouldn't get weighed." — Lowell George ("Willin'")

CHARLES ANDREWS has lived in Santa Monica for 32 years and wouldn't live anywhere else in the world. Really. Send love and/or rebuke to him at therealrmmusic@gmail.com

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Courtesy image

PODCAST: The radio show UnFictional will become an online podcast from KCRW.

CULTURE

FROM PAGE 1

friend who's picked up the books I've put on hold and returned the ones I have finished), followed by streaming TV services. And then suddenly a revelation – I can finally explore the wide world of podcasts! Only one arm needed to click a link, and both ears still work!

Naturally I asked the Facebook “hive mind” for my friends’ suggestions of favorite podcasts, and I decided I should begin by listening those I already know, as I dive headlong into all those recommendations, and go on to discover treasures of my own.

Advantage? It's audio! I can multitask! Well, as much multitasking as one arm will allow, anyway.

DELVING INTO PODCASTS

One thing you'll notice is how many of the best podcasts originate as public radio shows or are created by public radio producers. My former employer, KCRW, is a prime example...<http://www.kcrw.com/podcasts> is a great place to start.

Almost all of the programs that are broadcast on KCRW become podcasts, like “Left, Right & Center,” the astute, weekly news round-up from across the political spectrum, “Press Play,” Madeleine Brand's daily magazine style show, Frances Anderton's expanding franchise “DnA” (Design and Architecture). And anyone who's a fan of Evan Kleiman's outstanding “Good Food” will be thrilled to know they can hear it whenever they want to online.

Side note: when Steve Jobs first introduced the idea of podcasts at the World Wide Developers Conference, one of the excerpts he used as an example of “high quality podcasts” came from Elvis Mitchell's showbiz interview program, “The Treatment,” another ripped-from-the-radio show that is still being produced at KCRW and turned into fresh weekly podcasts.

ORIGINAL CONTENT

Warren Olney's “To the Point,” no longer on the radio, is now an original podcast, where the highly-lauded, multiple award-winning veteran broadcast journalist can go in-depth, without interruptive station time posts or promos intruding on his insightful discussions with public policy leaders about issues of current concern. If edification, responsible, balanced, civil conversation is what you want, this is the podcast for you.

“The Document” also originates as a podcast. Matt Holzman is creating a unique mashup, going behind the scenes of movie documentaries, mixing storytelling about the films and filmmakers into these intriguing feature stories, full of audio clips, interviews and thought-provoking questions, that together will give you a deeper appreciation of the art form and tell an enhanced story in the bargain.

KCRW just announced the relaunch of the original “personal documentaries” program “UnFictional,” formerly an on-air show, now exclusively an online offering. If your taste runs to such programs as “This American Life” you will enjoy UnFictional.

The first two new episodes have dropped: the first about producer Bob Carlson's good friend Randy, a young movie nerd from Los Angeles who in 1982, finds himself in Tulsa, Oklahoma, on the set of Francis Ford Coppola's redemption film “The Outsiders,” thanks to a cosmic twist of fate – and a pair of mail order shoes.

Episode two is a collaboration with a podcast called “The Heart.” Sharon Mashihi is a weirdo who refuses to conform to cultural standards. After years of living in the space between who she really is and who her mother wants her to be, she decides to confront her mother—on a cruise with a famous Iranian talk show psychiatrist.

UP AND COMING

KCRW's program director Gary Scott tells me that there is an ambitious pipeline of projects intended for KCRW.com. “As with Warren's ‘To the Point’ and ‘Left, Right & Center,’ we're pushing now to build an audience outside of the broadcast. That does not mean we won't be investing more in broadcast, but I've created parallel strategies to keep us building audience in both places.”

A music documentary series called “Lost Notes” (attention Charles Andrews!) will launch in April, and what sounds like a great idea, a set of stories by producer David Weinberg called “Welcome to Los Angeles,” follows in June.

Meanwhile, check out some of the special series already available, like “There Goes the Neighborhood,” longtime public broadcasting producer/reporter Saul Gonzalez's 8-part series about LA's identity crisis.

The quirky “Here Be Monsters” is a growing community of radio producers, artists and listeners who are interested in pursuing their fears and facing the unknown. And alternative culture mag, McSweeney's, is partnering with KCRW for “The Organist,” a weekly experimental arts and culture show.

There's even a bilingual radionovela, “Celestial Blood” about love and secrets in the family of twins Sol and Mundo Lucero, narrated by Mexican actress Kate del Castillo.

And let me commend “Below the Ten: Stories of South LA,” an ongoing series featuring intimate stories about the people who live in the neighborhoods south of the 10 Freeway, including Watts, Jefferson Park and Compton.

In upcoming weeks, I'll dip my toe into podcasts about true crime, love, history and more and share my recommendations.

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

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The Santa Monica Daily Press publishes Monday - Saturday with a circulation of 10,000 on weekdays and 11,000 on the weekend. The Daily Press is adjudicated as a newspaper of general circulation in the County of Los Angeles and covers news relevant to the City of Santa Monica. The Daily Press is a member of the California Newspaper Publisher's Association, the National Newspaper Association and the Santa Monica Chamber of Commerce. The paper you're reading this on is composed of 100% post consumer content and the ink used to print these words is soy based. We are proud recipients of multiple honors for outstanding news coverage from the California Newspaper Publishers Association as well as a Santa Monica Sustainable Quality Award.

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Tourism Talks

Misti Kerns

Send comments to editor@smdp.com

Hospitality Industry Offers New Ways to Spring Ahead this Season

WITH THE ARRIVAL OF MARCH, WE ARE that much closer to the start of Spring, which will officially usher in on the 20th of this month.

As residents of Santa Monica we know our beachside city is a first-choice destination year-round with our gorgeous coastal vistas, four weekly farmers markets and more than 300 days of sunshine per year. And, the Spring is an especially wonderful time in Santa Monica as the days get longer and winds of new beginnings fill the air. It's no wonder why visitors from around the world elect Santa Monica as a Spring Break or beach getaway destination during the season.

As residents of Santa Monica, we don't have to plan a getaway to spring into the new season in style. Thanks to the creativity, energy and generosity of our world-class hospitality industry, we get a front row seat to celebrate the season.

To help you enjoy the best that Santa Monica has to offer, we've put together a list of our favorite upcoming events from members of our hospitality industry.

Spring Events

5TH ANNUAL OSCAR PARTY BENEFITTING LLS MARCH 4, 2018

Upper West Restaurant has teamed up with Sara Fay and Cameron Iverson to roll out the red carpet for our fifth annual Oscar Viewing Party on Sunday, March 4th at 4:30 pm with an Oscar ballot contest, silent auction and 25% of the evening sales benefiting The Leukemia & Lymphoma Society (LLS)!

2018 SKECHERS PERFORMANCE LA MARATHON MARCH 18, 2018

Santa Monica welcomes the 2018 Skechers Performance Los Angeles Marathon! Over 24,000 athletes from all 50 states and more than 60 countries will set out from Dodger Stadium to accomplish a personal dream by reaching the Finish Line in Santa Monica.

LATIN FOOD FEST MARCH 23-24, 2018

The sixth annual action-packed line-up features a festival kick-off party "Mexico

In 32 Flavors," high energy multi-sensory street food experience "Mercado," and the festival signature event "Gran Tasting," which is the epitome of culinary festivals with cooking demos, live music, Michaela contest, spirits expo, wine workshop, and tasting tents serving food, wine, spirits and beer.

CINEMA AT THE EDGE LOS ANGELES FILM FESTIVAL APRIL 5-8, 2018

The 6th Annual Cinema at the Edge Independent Film Festival (CATE) presents films of all genres that feature a distinct vision, a unique voice or a challenge to what is expected and accepted in the medium.

ANNUAL KITE FESTIVAL APRIL 14, 2018

Bring your family and friends to make and fly kites down at the Santa Monica Pier. Everyone will receive his or her own free, unique kite, along with a color theory instruction lesson. Kite makers from across the United States will also showcase their work and create a "gallery in the sky."

EARTH DAY CELEBRATION AT THE SANTA MONICA PIER APRIL 22, 2018

For Heal the Bay, every day is Earth Day, but in honor of the 48th annual worldwide observance on April 22. Gather up the family and head to the Santa Monica Pier Aquarium for a family-friendly exploration of over 100 species of marine animals and plants.

SANTA MONICA WINE FEST APRIL 28-29, 2018

Santa Monica Wine Fest is Santa Monica's premiere wine tasting event bringing a diverse group of wine from around the world under one roof. Drink and learn from the winemakers themselves, listen to music, and enjoy three hours of unlimited wine tasting.

For a full list of Spring events, discounts and offerings by Santa Monica's hotel industry, please visit santamonica.com/spring-specials/.



CITY OF SANTA MONICA REQUEST FOR PROPOSALS

NOTICE IS HEREBY GIVEN that the City of Santa Monica invites sealed proposals for

RFP: #154 RECORDS STORAGE SERVICES

Submission Deadline is May 1, 2018, at 3:00 PM Pacific Time.

Proposals must include forms furnished by the City of Santa Monica. Request for Proposals may be obtained on the CITY'S ONLINE VENDOR PORTAL. The website for this Request for Proposals and related documents is: Planet Bids or http://vendors.planetbids.com/SantaMonica/bid-search4.cfm. There is no charge for the RFP package.

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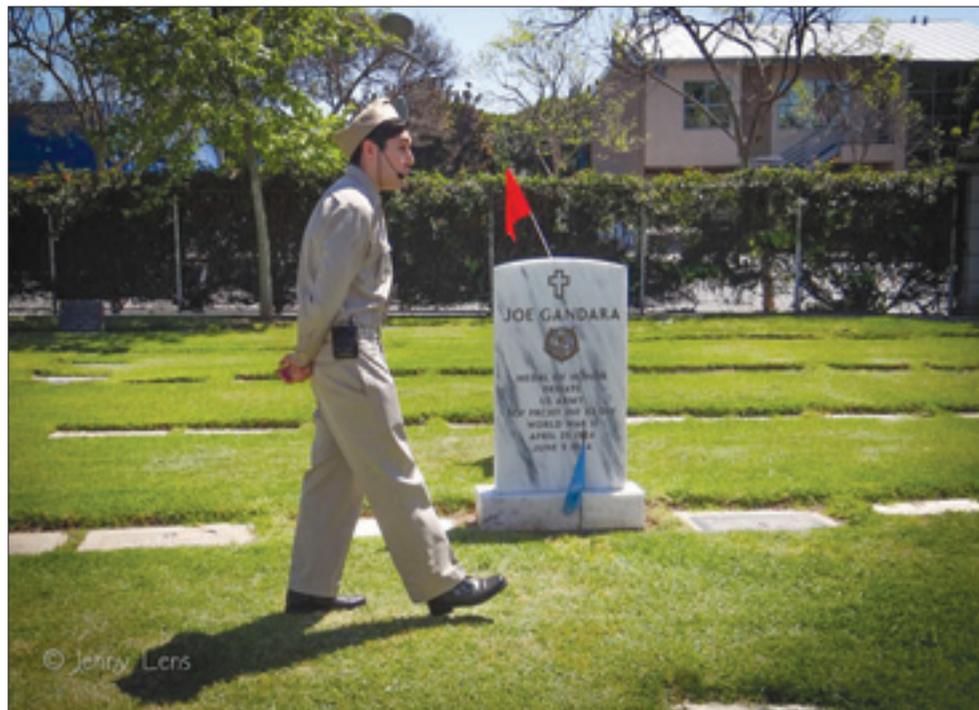
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Jenny Lens

LOCALS: The tours provide locals with a chance to learn about Santa Monica history.

WOODLAWN

FROM PAGE 1

ingly being seen as places where you can celebrate life. Woodlawn staff said people go to cemeteries to bird watch, paint, meditate, and even attend concerts and festivals. In a sense, cemeteries are being seen as parks.

The facility hosts several community events throughout the year including a Tree of Life/Holiday Open House in December, Dia de Los Muertos celebration and a patriotic event on Memorial Day.

The idea to expand with a Living History day came from the East Coast where the events have been successful and after two years of planning, the first local event was held in 2015.

"All the events held at the Cemetery, in one way or another, honor those from our community who have passed on," said Patrick Hayden, a Staff Assistant at Woodlawn Cemetery, Mortuary & Mausoleum. "Woodlawn is one of the City's landmark resources. Having been founded by Santa Monica's original Spanish settlers in 1875 and deeded over to the City in 1907, Woodlawn is deeply woven into the fabric of the City's history. The events provide opportunities to learn about the Cemetery, its past and present, and the important services it provides to the community as its uniquely positioned as the only City-owned and operated cemetery and mortuary combination in the United States."

He said the cemetery has a stable of actors that have worked the event over the past few years and the information comes from a variety of sources, including biographies, Santa Monica Public Library archives, the

Santa Monica History Museum, as well as from the families of notable persons.

"For example, not only did the family of Miss America 1945 - Bess Myerson - help create the script for the 2016 tours, but Myerson's granddaughter also portrayed her during the tours," he said.

The Living History Tours include informational presentation from the actors, a stroll through Woodlawn's ornate Mausoleum and a stop at Eternal Meadow, Woodlawn's new green burial section. Other activities will include "Movies in the Mausoleum" and a photography exhibit produced by students of the Santa Monica College Photography Department.

Attendance has grown steadily over the years and officials will offer two guided tours on Saturday, 11 a.m. and 1 p.m. to accommodate as many interested participants as possible.

"This year, we hope to host over 200 attendees, and we look forward to growing the event and continuing our collaborative efforts with the Santa Monica Public Library, the Santa Monica History Museum and other local organizations," said Hayden.

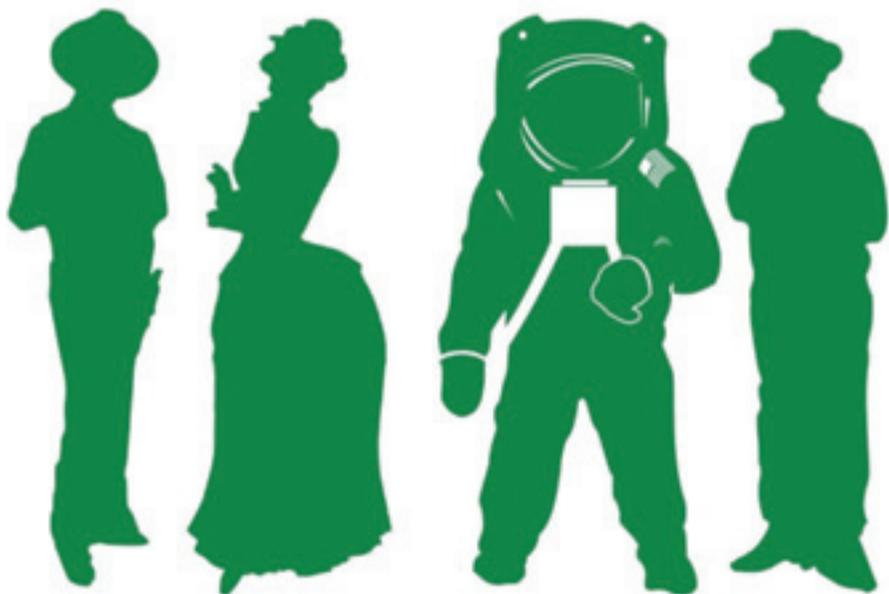
Woodlawn is located at the intersection of Pico and 14th Street (1847 14th St). Limited free parking is available on site and some street parking is also available on 14th Street. The use of public transportation is encouraged with Big Blue Bus Lines 7, Rapid 7, and 41 serving the cemetery. The cemetery is wheelchair accessible. Guests are asked to RSVP through Woodlawn Cemetery's Facebook page. For more information, visit [woodlawnsm.com](#) or call (310) 458-8717. Follow Woodlawn Cemetery on Facebook at [@WoodlawnSM](#).

editor@smdp.com

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Photo courtesy

DANCE: Bella Chagall (Daisy Maywood) brings her husband, Marc Chagall (Marc Antolin) a birthday bouquet in "The Flying Lovers of Vitebsk".

PLAY

FROM PAGE 1

trained in Switzerland, he worked in Paris as one of the group of avant-garde artists exploring surrealism and expressionism in the early years of the 20th century. Well-respected and well-paid, he nevertheless lived with his much-neglected wife in a squalid studio surrounded by unfinished and abandoned sculpture: empty faces without bodies and elongated bodies without heads.

His major obsession, however, was his mistress, a prostitute named Caroline who was his muse as well as the model for many of his works. Also part of the household was a wonderful but strangely unrecognizable Tony Shalhoub playing Alberto's younger brother, Diego.

The focus, however, is on the creation of a portrait of American author James Lord, whose subsequent Giacometti biography is the book upon which Stanley Tucci based this film, and for which he is credited as writer and director. Lord, portrayed by Armie Hammer, was told by Giacometti that he could finish the portrait in three days, so Lord began sitting in the artist's claustrophobia-inducing studio, and as Giacometti worked he shared his musings with his new friend.

One of Giacometti's confessions dealt with his fascination with death and his urge to commit suicide "just for the experience." But he decided against it, he said, "because you can only do it once."

As the work progressed Giacometti was repeatedly dissatisfied with it and each time it neared completion he would destroy it by splashing it with white paint. And each time, Lord would postpone his return to New York. This went on for what seemed like months, and it was almost as if Giacometti was destroying the paintings because he was reluctant to see his friend leave Paris. (Reminding me of Odysseus' wife, Penelope, who avoided marrying one of her many suitors by spending her days weaving and her nights unraveling her work.)

Eventually, however, Lord developed the insight to recognize when Giacometti was about to destroy the painting and he jumped up, grabbed it, and ran off with it, not quite finished and apparently still wet. But he was quite pleased with it, even if Giacometti wasn't. "Final Portrait" will open in Los Angeles on March 23.

Marc Chagall was quite a different personality. Born in 1887 in Belarus, a province of Russia, his art encompassed fantasy, modernism, and Eastern European Jewish folk culture. Considered by many to be "the world's preeminent Jewish artist," he worked in stained glass, creating windows for cathedrals in Reims and Metz as well as for Israel's Jerusalem Windows and for the UN. His work, in addition to his paintings, included

book illustrations, stage sets, tapestries, costumes, and more.

Having lived through a turbulent period in Russia, Chagall moved to Paris in 1910 and became an important member of the group of artists who at that time were introducing the public to new ways of perceiving the world.

In 1914 he returned to his home town, Vitebsk, to marry his sweetheart, the writer Bella Rosenfeld, in a scene that was one of the sweetest moments in the play. Dancing in ecstatic unison on a stage decorated with long poles and ropes to hang onto when standing at a precarious angle, the pair manage to fashion a glorious chupa (that canopy that a Jewish couple stands under during their wedding ceremony) from a long piece of netting. They even manage to simulate that traditional dance in which the bride and groom, seated in chairs, are lifted high in the air by their guests, who continue to dance around them. (Not easy to accomplish when the only other people on stage are a guitarist, a piano-player, and a second guitarist who also plays a brass instrument, klezmer style.)

To celebrate his happiness, Marc tells his bride "My knowing you has already seeped backwards as well as forward in time so my whole life is pervaded with the color of loving you." But having returned to Vitebsk to marry Bella, he was quarantined there through the First World War and the Russian Revolution. Finally returning to Paris, he and Bella endure the Second World War, the beginning of the Holocaust, and their despair on learning that Vitebsk and its large Jewish community had been completely demolished.

Through all the turmoil Chagall continued to create his happy fantasies wrapped in vibrant colors and wearing wings and imaginative headdresses. He also created many portraits of Bella, sometimes flying through the air, her arm entwined with his.

To this day Chagall's work remains instantly recognizable, suffused with the love that the two felt for each other from the moment they met.

This fascinating play, with its acrobatic dances and beautiful voices singing in many languages, was written by Daniel Jamieson and stars Marc Antolin as Chagall, Daisy Maywood as Bella, and musicians James Gow and Ian Ross.

Performances will continue at the Wallis Annenberg Center for the Performing Arts, 9390 N. Santa Monica Blvd. in Beverly Hills Tuesdays through Fridays at 7:30 p.m. and Saturdays and Sundays at 2 p.m. and 7:30 p.m. through March 23. Order tickets by phone at (310) 746-4000 or online at TheWallis.org/Lovers.

CYNTHIA CITRON has worked as a journalist, public relations director, documentary screenwriter and theater reviewer. She may be reached at ccitron66@gmail.com.



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SURF FORECASTS

WATER TEMP: 57.3°

THURSDAY - FAIR - SURF: **2-3 ft** Knee to chest high
SW/S swell mix for exposures. Small windswell.

FRIDAY - POOR TO FAIR - SURF: **1-3 ft** ankle to waist high
Small SW/S swell mix and traces of NW windswell.

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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 FEBRUARY 15, AT ABOUT 2:44 P.M.

Officers responded to a radio call for service at Nordstrom's- 220 Broadway - regarding a petty theft suspect in custody. Officer met with Loss Prevention Staff. Loss Prevention monitored a subject that was acting suspiciously on the sales floor. The subject selected several items from the sales floor - backpack, bag, and two rings. The subject exited the store without paying for the merchandise. The subject was detained outside the store and \$264 worth of merchandise was recovered. Ezekiel Raymond Lasoya, 19, from Los Angeles was issued a citation for petty theft.

DAILY POLICE LOG

The Santa Monica Police Department Responded To 380 Calls For Service On Feb. 27.

HERE IS A SAMPLING OF THOSE
CALLS CHOSEN BY THE
SANTA MONICA DAILY PRESS STAFF.

Attempt burglary 600 block San Vicente 12:32 a.m.
Drinking in public 2500 block Main 1:07 a.m.
Trespassing 800 block Arizona 1:47 a.m.
Battery 1800 block 21st 3:36 a.m.
Burglar alarm 1500 block 17th 4:51 a.m.
Petty theft 2200 block Wilshire 5:47 a.m.
Trespassing 1100 block Olympic 6:05 a.m.
Traffic collision 1400 block 7th 6:13 a.m.
Traffic collision 17th / Pearl 6:37 a.m.
Auto burglary 2700 block Main 6:45 a.m.
Trespassing 600 block Santa Monica 7:44 a.m.
Burglar alarm 3300 block Ocean Park 7:54 a.m.
Runaway 300 block Olympic 7:56 a.m.
Panic alarm 2500 block 29th 8:14 a.m.
Fraud 2600 block 3rd 8:38 a.m.
Burglary 1700 block Montana 8:54 a.m.
Burglar alarm 200 block Pico 9:11 a.m.
Person down 20th/ Pico 9:16 a.m.
Identity theft 1400 block Harvard 9:47 a.m.
Hit and run 700 block 22nd 10:29 a.m.
Petty theft 2200 block 21st 10:45 a.m.

Trespassing 1300 block Wilshire 10:48 a.m.
Elder abuse 1100 block 4th 11:15 a.m.
Panic alarm 1600 block Main 11:44 a.m.
Trespassing 1100 block 12th 11:57 a.m.
Identity theft 700 block 22nd 11:59 a.m.
Traffic collision 1100 block 4th 12:33 p.m.
Hit and run Cloverfield / Santa Monica 12:35 p.m.
Person down 100 block Pier 12:40 p.m.
Burglary 800 block 2nd 1:36 p.m.
Public intoxication 2200 block Pico 1:45 p.m.
Petty theft 2000 block 20th 2:02 p.m.
Battery 200 block Bicknell 2:16 p.m.
Elder abuse 400 block Pico 2:32 p.m.
Petty theft 600 block Santa Monica 2:57 p.m.
Traffic collision 1800 block Ocean 3:08 p.m.
Person down 2000 block Main 4:41 p.m.
Fraud 300 block 16th 5:07 p.m.
Traffic collision 18th / Ocean Park 5:53 p.m.
Burglary 1100 block 7th 7:05 p.m.
Person down 700 block Broadway 7:11 p.m.
Hit and run 2000 block Main 7:20 p.m.
Traffic collision 2600 block Lincoln 7:43 p.m.
Public intoxication 1300 block Wilshire 7:43 p.m.
Burglary 800 block 2nd 7:55 p.m.
Auto burglary 1300 block 4th 8:24 p.m.
Battery 2400 block Virginia 8:31 p.m.
Burglar alarm 2400 block Santa Monica 8:46 p.m.
Person down 2000 block Main 9:38 p.m.
Person down Main / Bay 9:38 p.m.

DAILY FIRE LOG

The Santa Monica Fire Department Responded To 30 Calls For Service On Feb. 27.

HERE IS A SAMPLING OF THOSE
CALLS CHOSEN BY THE
SANTA MONICA DAILY PRESS STAFF.

Emergency Medical Service 3000 block Santa Monica 12:57 a.m.
EMS 2200 block 24th 7:00 a.m.
EMS Ocean / Colorado 7:18 a.m.
Automatic alarm 900 block 16th 8:57 a.m.
EMS 500 block Olympic 9:20 a.m.
EMS 2300 block California 9:31 a.m.
EMS 5th / Colorado 10:27 a.m.
EMS 2800 block Pico 11:10 a.m.
EMS 2700 block Neilson 12:23 p.m.

EMS 100 block Pier 12:41 p.m.
EMS 3300 block Ocean Park 1:10 p.m.
Automatic alarm 400 block 9th 1:52 p.m.
EMS 2400 block Virginia 2:39 p.m.
EMS 11th / Santa Monica 3:07 p.m.
EMS 2100 block Santa Monica 3:24 p.m.
Automatic alarm 1200 block 15th 3:29 p.m.
EMS 1400 block 17th 4:40 p.m.
EMS 2300 block Kansas 4:54 p.m.
EMS 900 block Pico 5:10 p.m.
EMS 4th / I-10 5:45 p.m.
EMS 700 block Broadway 7:11 p.m.
EMS 1100 block 23rd 7:16 p.m.
EMS 600 block Santa Monica 7:53 p.m.
EMS 1500 block 4th 7:56 p.m.
Arcing wires 1300 block 19th 8:33 p.m.
EMS 1300 block 17th 8:53 p.m.
EMS 500 Block of Santa Monica 8:58 p.m.
EMS 3200 block Airport 9:03 p.m.

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DAILY LOTTERY

POWERBALL
 Draw Date: 2/24
 24 25 38 62 63
 Power#: 6
 Jackpot: 293M

MEGA MILLIONS
 Draw Date: 2/27
 10 17 21 38 43
 Mega#: 23
 Jackpot: 243M

SUPER LOTTO
 Draw Date: 2/24
 6 15 22 38 43
 Mega#: 24
 Jackpot: 13M

Fantasy 5
 Draw Date: 2/27
 8 17 27 29 32

DAILY 3
 Draw Date: 2/28
 MIDDAY: 0 4 0
 Draw Date: 2/27
 EVENING: 9 5 5

DAILY SCRIP
 Draw Date: 2/27
 1st: 01 Gold Rush
 2nd: 06 Whirl Win
 3rd: 04 Big Ben
 RACE TIME: 1:44.34

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>

WORD UP!

ufology

1. the study of unidentified flying objects.

WELL NEWS BY SCOTT LALEE

Never Say Diet

■ The Major League Eating record for pelmeni, a kind of Russian meat dumpling, is 274 in six minutes, held by Dale Boone. The name pelmeni derives from the ancient Komi language of Siberia and means "bread ear," which hopefully refers to the size and shape of the dumplings and not their original content.

Last Words

■ "Tell my family and friends I love them. Tell the governor he just lost my vote. Y'all hurry this along, I'm dying to get out of here."
 ■ -Convicted killer Christopher Scott Emmett (1972-2008), just before his execution in Virginia by lethal injection (He had challenged the legality of lethal injections as cruel and unusual punishment. He lost.)



Andrew Maximous correctly identified this image as the neon sign on the California Incline. He wins a prize from the Santa Monica Daily Press.

SOLUTIONS TO YESTERDAY'S CROSSWORD

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

Sudoku

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

SOLUTIONS TO YESTERDAY'S SUDOKU

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

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

Newsday Crossword

ACROSS

- 1 Songwriters' org.
- 6 Something played in a theater
- 10 Fully absorbed
- 14 French ballroom dance
- 15 Toll plaza site
- 16 Jamaican fruit
- 17 Broadcasting now
- 18 Authors, as an article
- 19 Any thing
- 20 Aggressive journalist
- 22 Inner turmoil
- 23 Crumb carrier
- 24 Practice piloting, perhaps
- 26 Podded plants
- 31 Pretended to be at a party
- 35 *Antony and Cleopatra* costumes
- 36 Third vice president
- 38 Forbidding
- 39 10th-century explorer
- 40 Revlon subsidiary
- 41 Type of embankment
- 42 Last word of the Gilligan theme song
- 43 Leaf through
- 44 Traveler's stop
- 45 Villain portrayer in *Batman Begins*
- 47 Certain covert operator
- 49 Aphrodite's little boy
- 51 Whoop or weep
- 52 Infantry gear
- 55 Barefoot combatant

- 61 Abundantly
 - 62 Birthday party secret
 - 63 Too soon
 - 64 Bulldoze
 - 65 Sphere starter
 - 66 All too familiar
 - 67 Unceasingly
 - 68 "Somewhere around there"
 - 69 "I remember now!"
- DOWN
- 1 Revlon rival
 - 2 Levelheaded
 - 3 Part of some hammers
 - 4 Seller's stipulation
 - 5 Noncommittal response
 - 6 Trustworthy
 - 7 Big bovines

- 8 Swiss chocolatier
- 9 Sci-fi staples
- 10 Lackey, in Chinese Cold War propaganda
- 11 Totally wowed
- 12 Asset
- 13 Glare reducer
- 21 Wedded
- 22 King of Diamonds depiction
- 25 Out of kilter
- 26 Pub vessel
- 27 Like 39 Across
- 28 Acrobatic
- 29 Person in front
- 30 "Poison" shrub
- 32 All too familiar
- 33 Clay of *American Idol*
- 34 Extract, as metal from ore

KENNEL CLUB by Billie Truitt
 Edited by Stanley Newman
www.stanxwords.com

- 37 Veggie in risotto recipes
- 40 River of Tuscany
- 44 Noncommittal response
- 46 Hosp. areas
- 48 Genesis 6 creation
- 50 Winter Olympics participant
- 52 Unembellished
- 53 Oslo royal name
- 54 Slow flow
- 56 Schools of thought
- 57 Sworn statement
- 58 Security image
- 59 *Glamour* alternative
- 60 They're ordered at bars and bakeries
- 62 "Which of you . . ."

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20						21					22				
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35						36		37				38			
39						40						41			
42						43					44				
45					46			47		48					
					49			50		51					
52	53	54					55	56				57	58	59	60
61							62					63			
64							65					66			
67							68					69			

TODAY'S BIRTHDAY (March 1)

You know more than you let on. The silent power in that will be a key to your breakthrough this month. A lucky paycheck is involved, too. Family ties bring about strange and story-worthy events. There's a contest of sorts this summer and entering will make you a winner in more ways than one. Sagittarius and Libra adore you. Your lucky numbers are: 9, 3, 33, 38 and 14.

ARIES (March 21-April 19)

Part of the reason for your tough time back there was that your gifts were not fully appreciated in the arena in which you were trying to apply them. You will focus your natural abilities differently and net much bigger rewards.

TAURUS (April 20-May 20)

Today it will be futile to try to move things along at a different pace than is currently happening, and no one cool is doing that anyway. So just relax and let things meander as they will. You may even like where they wind up.

GEMINI (May 21-June 21)

Much will depend on the question you ask. The right question will be like a magic button that opens up the elevator doors and allows you to step inside and go as high or as deep as you like.

CANCER (June 22-July 22)

As much as you might like to be fooled by that charismatic pitch person (especially if said pitch has to do with being utterly in love with you), you wisely recognize the large element of drama here for what it is.

LEO (July 23-Aug. 22)

If you can finish it in 10 minutes, don't take 20. It will never be perfect, but it was probably good enough about five paces back. As they say in business, "Ship it."

VIRGO (Aug. 23-Sept. 22)

If you don't draw a line between what you're willing to do and what you're not, that line will emerge as if from great unseen forces – like hot lava drawn up from the core of the earth, thick and red.

LIBRA (Sept. 23-Oct. 23)

You've made compromises, some of them tremendous. It wasn't such a big deal to you because you sensed that what you were getting out of the deal would develop you in untold ways. Now here you are, about to push "repeat" on that.

SCORPIO (Oct. 24-Nov. 21)

You'll fix dysfunction and address what's not quite right. How? First of all, no one will even see it as "dysfunctional" until you point it out. Of course, you would never point out such a thing without a solution to offer.

SAGITTARIUS (Nov. 22-Dec. 21)

If you say only what you mean, some won't hear you, some won't understand you, some will take offense. But the ones who hear, understand and accept the message will give you total trust.

CAPRICORN (Dec. 22-Jan. 19)

It seems that the stability model doesn't offer all that much stability after all. It's time to spend more time with the visionaries – the creative people who are more excited by what could be than by what has been.

AQUARIUS (Jan. 20-Feb. 18)

In poems and in parties, a great entry point is when things have already happened. Actually, this is true of relationships as well. You'll get the sense that you're hopping onto a moving train.

PISCES (Feb. 19-March 20)

You'll present yourself through a variety of formats. Whether it's a meeting, an online forum, a telephone conversation or another medium, it's the listening you do that will make the best impression.

Full Moon Magic

You believe things that you don't really know to be true. Everyone does. If we didn't, we wouldn't function so well in this complex environment. Some degree of assumption is mandatory. Between what's known and what's believed – that's where the magic is. The skepticism of the Virgo sky sector will be swallowed whole by the full moon.

DO YOU HAVE COMMUNITY NEWS?

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smdp.com Santa Monica Daily Press

office (310) 458-7737

Santa Monica Daily Press

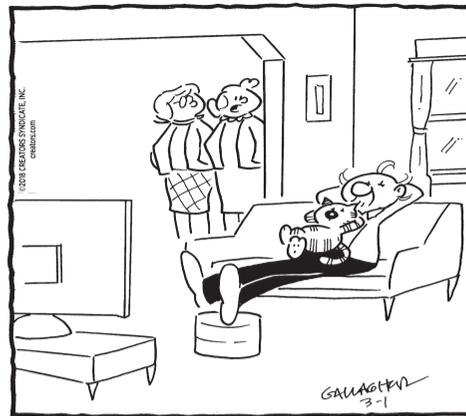
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Heathcliff

By PETER GALLAGHER



"A COUCH POTATO AND A LAP POTATO."

Strange Brew

By JOHN DEERING



Agnes

By TONY COCHRAN



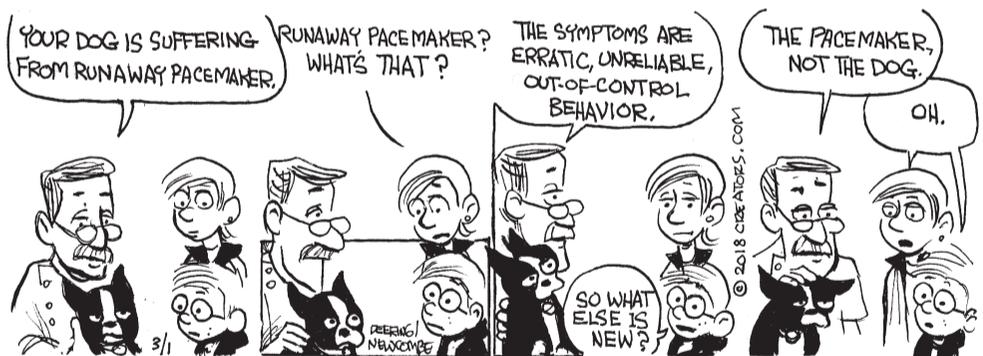
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



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'Atlas of Beer' surveys beer culture around the world

BY BETH J. HARPAZ

AP Travel Editor

Think of beer and you may think of Irish pubs or Germany's Oktoberfest. But a National Geographic book called the "Atlas of Beer" surveys beer across six continents, from banana beer in Tanzania to beer aged in wine barrels in Argentina.

"We like to seek out and drink the local beer or just see how it tastes and see how it's different than the beers we can get at home," said Mark W. Patterson, who wrote the book with Nancy Hoalst-Pullen.

Patterson and Hoalst-Pullen, who teach geography at Kennesaw State University in Georgia outside Atlanta, spoke about the "Atlas of Beer" and beer culture around the world in a podcast for AP Travel's weekly series "Get Outta Here!" Here are some excerpts, edited for brevity and clarity.

Associated Press: How has Irish pub culture spread around the world?

HOALST-PULLEN: You don't have to necessarily be in Ireland anymore to have an authentic Irish pub experience. When the Irish diaspora went all over the world, they brought their pubs with them. ... Some people think it's quite magical, where you can slip in and have a pint by an open fire and

have a deep conversation with people that you like. ... A location that feels like home is part of what people relate to.

AP: Your book describes the "shebeen queens" of South Africa, saying the term comes from an Irish word for places that illegally sell alcohol.

HOALST-PULLEN: The women (in South Africa) who would make the beer would create in their homes illicit bars. People would come in and drink in those locations. And then when they would be raided, they would have ways that they could hide everything. So it looked just like a normal place. The shebeen queens were some of the most powerful people in the community.

PATTERSON: There are companies in Ireland, one in particular called the Irish Pub Co. that was acquired by Diageo, the company that owns Guinness, and they have five or six styles of Irish pubs that they build and ship all over the world. So you can order a somewhat customized Irish pub and have it delivered at your doorstep, where you assemble it and you can serve Guinness beer there.

AP: Talk about the ancient roots of beer and how different grains grown in different places determine flavor.

PATTERSON: The biggest impact on the taste of beer is not so much the grains but it's

actually the yeast. So the yeast imparts a lot of flavor on the beers. Talking about the ancientness or the DNA of beer, archaeologists have found evidence that beer was being produced as long ago as 7000 years B.C. in China of all places. They've also found it a little bit later in time about 5000 B.C. in what we would call modern-day Iraq. But they also speculate, too, that when people would migrate, they would actually bring the grains from their local places and then actually sow the seeds in their new place. And that was specifically for brewing beer and not for making bread.

HOALST-PULLEN: The four main ingredients that make beer, which is water and cereal grains, yeast and hops, those are the four things that can lead to what we many times call beer terroir. You may hear the term with wine. People think about wine and where it's grown and how that location imparts a taste onto the grapes. And there is quite a bit of thought that ... different flavors of different types of beer are in part based on the locations that they're made.

AP: Your book mentions banana beer in Tanzania.

HOALST-PULLEN: It's kind of a wine-beer hybrid. ... It's quite thick. It's not what most people would probably consider to be beer, that you would drink that would be

reminiscent of maybe a lager or most ales, but given where it comes from and what's available there, it's probably something that you would want to drink to shake off the hot sun if you're at the base of Kilimanjaro.

AP: What are some great craft beer and microbrewery destinations in the U.S.?

HOALST-PULLEN: California, especially in San Diego, San Francisco; Portland (Oregon) area, on the West Coast, and Portland, Maine. ... The Midwest is probably one of the really good hot spots to see regional beers. So Ohio and Michigan, Indiana. ... Of course, Asheville (in North Carolina). Texas is another one.

PATTERSON: I will add in there Denver. Denver is also the home of the Great American Beer Fest, which is the largest beer fest in the U.S.

AP: What's one of your favorite places for beer around the world?

PATTERSON: Argentina is known for its wine but what the brewers are doing is they're getting together with the wineries and they're taking their use barrels and then they're aging their beers in used wine barrels. And the result is some of the best beers in the world. ... It's largely small batch stuff but they are trying to work their way into the U.S. market.

Former film academy president lauded by Common, Halle Berry

BY SANDY COHEN

AP Entertainment Writer

Common dropped a verse from his song "The Day Women Took Over" in her honor. Quincy Jones called her "my beloved baby sister from another mister." And Halle Berry said her pioneering success made her proud to be a black woman.

Cheryl Boone Isaacs, the former film academy president who spearheaded the organization's radical inclusivity efforts after #OscarsSoWhite, was celebrated Tuesday at Icon Mann's sixth annual pre-Oscar dinner.

The organization founded to honor and support black men presented its inaugural Legacy Award to a woman, lauding Boone Isaacs' decades of leadership and history of opening doors for people of color.

"Her impact on this business will be felt for many years to come," Jones said.

Common shared how he met Boone

Isaacs in 2015, the first year of the all-white slate of acting nominees that inspired the "Oscars so white" online protest and criticism of the academy's diversity. He and John Legend were campaigning for their song "Glory" from the film "Selma" — which would go on to win the Academy Award — when they got to see Boone Isaacs at work.

"I saw what Cheryl was trying to do, and that was move things forward," Common said. "I saw a real mission and a real plan... And thank you for doing that, because I always felt like the more our children get to see black people in these positions, in leadership or in films, then they'll know that they can be like ("Black Panther" costume designer) Ruth Carter or (Oscar-nominated screenwriter) Dee Rees."

Common dedicated a verse from his 2015 song "The Day Women Took Over" to Boone Isaacs, rapping a capella in "salute to your leadership."

She was termed out as academy president last year.

Berry, who was the first black woman to win the best actress Oscar, noted that Boone Isaacs had scored two such firsts: She was the first black woman to run a major studio publicity department and the first African-American to serve as president of the Academy of Motion Picture Arts and Sciences.

"I'm so proud to be a black woman when black women like you are leading organizations like the academy," Berry said. "All the work you did while you were there has changed the way the academy runs."

This year's Oscar nominations include a few firsts as well: Rachel Morrison became the first woman to be nominated for cinematography in the academy's 90-year history, and "Mudbound" writer-director Dee Rees, who was a guest at Tuesday's dinner, is the first black woman to be nominated for adapted screenplay.

Cedric the Entertainer hosted Tuesday's dinner at the Beverly Wilshire Hotel, where guests included Kobe Bryant, Nia Long, Terry Crews, Dennis Haysbert and Oscar nominee Yance Ford, who directed the documentary "Strong Island."

Icon Mann founder Tamara Houston announced the establishment of two University of Southern California scholarships in honor of Boone Isaacs and her brother and fellow marketing executive, Ashley Boone.

As Boone Isaacs accepted her award, she implored guests to recognize and employ the power of community.

"We have power, and our power is in our connectedness, our community," she said. "We all must work together and combine our talents and show all of Hollywood and show America and the world that we have arrived. We are here. Things are changing and we are going to march on."

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2018

Meatless in March



COMMUNITY-WIDE CAMPAIGN TO REDUCE MEAT CONSUMPTION

Encouraging a plant-rich diet in an effort to reduce our carbon footprint.

www.sustainable-sm.org/MeatlessinMarch



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Letter from the mayor

The Meatless in March initiative is an enjoyable way to engage on important issues facing our community and the world. It may be difficult to imagine the importance of our food choices in a world with so many pressing issues, but what we eat has real impacts on our health, the economy, and the serious environmental challenges facing our community, like climate change.

My colleagues on the Council were early leaders in their commitment to food sustainability. This reaches far beyond offering the world-renowned Farmers' Markets each week. Santa Monica took a pledge promoting organics, reducing meat and dairy consumption, avoiding processed foods, and purchasing locally grown foods with less packaging. These efforts are strong contributors to tackling climate change and they make our lives better in every way.

In the fight against climate change, science tells us that food sustainability and regenerative agriculture are in the top level of work before us in the coming years. This special edition for Meatless in March highlights some of the ways you can all get involved by discovering new plant-based recipes, learning from foodie insiders, and getting to know local restaurants you might not know about.

The beauty of the sustainable foods movement is that you can participate at any level. Do you want to try a life change or just add a little something to your week? Maybe you want to support local farmers and add new plants to your meal prep? Whatever your

reason, know that any steps you take to having plant-rich foods in your daily life is putting us a step closer to our goals.

I hope you'll consider joining me and my colleagues on the Council (Councilmember McKeown is a longtime vegetarian) to try something out for the first time. I'm always open to a challenge and I hope you are too.

TED WINTERER
SANTA MONICA MAYOR



TED WINTERER



The Santa Monica Farmers Markets are proud to work with environmentally sustainable ranchers and farmers who raise animals in natural conditions without unnecessary hormones or antibiotics, thus ensuring the welfare of the animals and a humane alternative for those who choose to include animal products in their diet.

www.farmersmarket.smgov.net | 310-458-8712



CONNECT & LEARN

Learn how to incorporate all the fresh and seasonal vegetables the Farmers Market has to offer! Join us March 11 for a lively vegetarian cooking demonstration with Chef-in-Residence Kim Vu. Demonstrations start at 10 am.



WEDNESDAYS

2nd and Arizona
8:30 am - 1:30 pm

SATURDAYS

Virginia Ave. Park
8:00 am - 1:00 pm

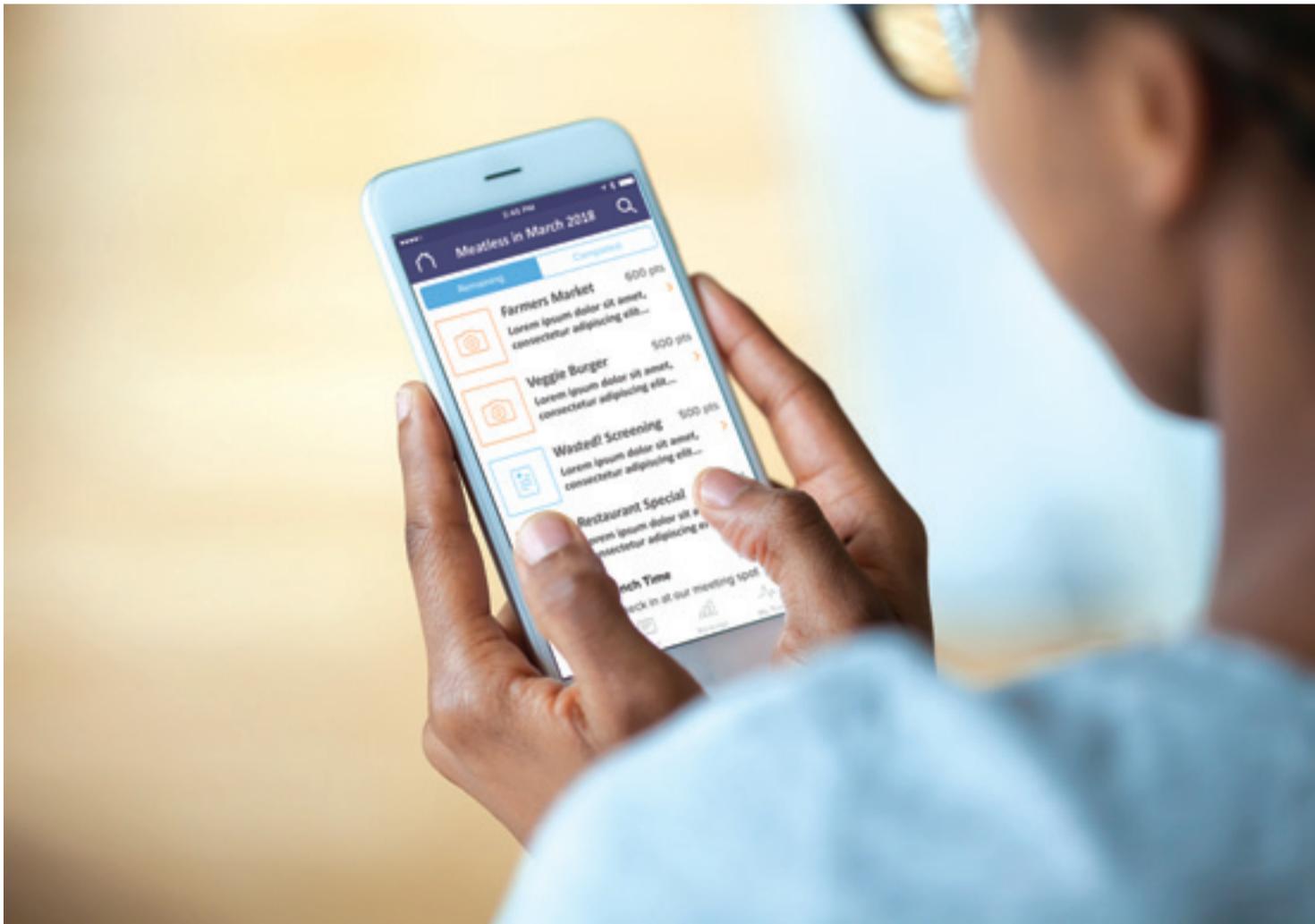
SATURDAYS

3rd and Arizona
8:00 am - 1:00 pm

SUNDAYS

2640 Main Street
8:30 am - 1:30 pm

Join the Meatless in March Scavenger Hunt



Here is a list of local restaurants participating in the game:

Air Food
 Amelia's
 Back on the Beach Cafe
 Bareburger
 Bennys Tacos
 Bezian Bakery
 Bobarrito
 Bru's Waffle
 Caffe Bella
 Cassia
 Esters Wine Shop & Bar
 FIG Santa Monica
 Huckleberry Bakery & Cafe
 Kafe K
 Kye's
 Mainland Poke
 Milo and Olive
 Perry's Cafe & Beach Rentals
 Rustic Canyon
 Sweet Rose Creamery
 Sweetfin Poké
 Tallula's
 Tiato
 Whole Foods Market

Participants can join the Scavenger Hunt Game* by following these steps:

1. Download the GooseChase iPhone or Android app.
2. Register for an account.
3. Search for the "Meatless in March 2018" game from the games page in the app.
4. Join the game & start playing!
5. Complete missions by snapping a photo, sending a text or entering your gps location.
6. The more missions completed, the more points received.
7. Prize drawings at 4 levels. The more points you earn, the more chances to win.

* You must be 18 years old to participate



The scavenger hunt starts February 28th

Missions:

Missions will include a wide variety of activities such as visiting local restaurants and ordering specific menu items, attending the Wasted! Film screening or shopping at the SM Farmers Market. Additional missions may be added throughout the March.

Prizes:

There are four prize levels. When you reach the required number of points, you will be entered into a drawing for prizes at that level. Winners will be announced in early April.

Here are the prize levels and some of the prizes:

Platinum - 6 prizes valued at \$250+

– 1000+ points, Vegetarian Dinner for 2 people cooked by a local chef, Vegan/Vegetarian cooking class by the Gourmandise School

Gold - 8 prizes valued at \$100 to \$249

– 500 to 999 points; Massage from Willow Spa

Silver - 15 prizes valued at \$50 to \$99

– 250 to 499 points; Restaurant gift cards, cooking kit from Tasty

Bronze - 15 prizes valued at up to \$49

– 150 to 249 points; Restaurant gift cards, Vegan/Vegetarian Cookbooks

Prizes from Businesses:

Back on the Beach
 Gourmandise
 Imperfect Produce
 Marmalade
 Pono Burger
 Santa Monica Bike Center
 Veggie Grill
 Willow Spa



Wellbeing can bloom in a local garden



MAIN STREET GARDENS

Self-improvement efforts, no matter who you are, often have the same goal such as health, wellbeing, or mindfulness. For many, the entire benefits package can be rooted in one simple hobby: gardening.

The obvious benefit of a home garden is a steady source of healthy, nutritious food.

Santa Monica's mild climate gives local gardeners a wealth of options for growing nearly year round. In the colder months, crops like lettuce, beets and sugar snap peas consistently do well. Fruiting plants like zucchini, pumpkins, cucumbers and tomatoes are the summer crops of choice. Local gardeners said most of those can be grown in boxes or beds.

"Seeds should not be started in August, or when the weather is exceptionally hot," said local gardener Talia Tinari. "Beets, carrots and radishes can be grown all year in large (8-12") pots. Winter greens like lettuces and spinach can also be grown in pots. Summer vegetables like zucchini squash, tomatoes, peppers eggplant can be grown in containers. Corn, cabbage and even broccoli can be grown in large tubs. Plants grown in containers may need organic fertilizers and need to be watered more frequently than crops grown in the ground."

She said the simple act of eating your own food leads to other benefits.

"Once you understand how food is grown and the effort that goes into starting a plant from seed, I think it makes one more conscious of avoiding food waste. It becomes convenient to harvest only what you need for a meal. In my experience, much less gets put into the compost bin. When I've watched that tiny head of Romaine lettuce grow into a big head of lettuce that makes a beautiful Caesar salad, I am much more likely to finish it," she said.

Santa Monica's Community Garden Specialist Teague Weybright said the sustainability impacts spread to purchased food as well.

"Growing your own makes you understand the effort that goes into producing food, reduces the distance food has to travel to the market thus reducing our environmental impact, and gives us the knowledge of seasonal produce," he said. "No longer are we trying to find a ripe tomato in the middle of winter, instead we're feasting on the collard greens, snap peas and cabbages that thrive in our cool winters. Growing different plants that one may never eat also creates a more diverse palate."

There are other physical benefits to gardening. Much of the actual work is

compromised of low-impact movements that can provide a yoga like workout but the changes are perhaps more profound for the mind and spirit.

"It also serves as a calming and therapeutic venue, as many of us have spent time in gardens while dealing with emotional pain, for instance when my uncle passed away, when trying to gather my thoughts and wrap my head around this, I found solace in the garden," said Weybright. "Interacting with nature gives us a more well-grounded approach to life, and getting into a garden has proven to be effective in calming children with ADHD. It is an activity that people of all ages and ability can participate in, from two-year olds digging for worms, to the woman in a wheelchair with limited use of her arms."

Local residents who lack a garden space at their homes can sign up to participate in the city's community garden program.

Santa Monica has 124 Garden Plots in three Community Gardens, as well as one Communal Garden located at Ishihara Park. The communal garden has open work days Mon & Wed from 9:30 – 11 a.m. where anyone can come by and participate.

No matter how you choose to grow something, Weybright said the key to a successful garden is the care you put into it.

"The key is to build a relationship with your garden," he said. "Plants are living, breathing and growing organisms, that require care, including water, food and protection. The old adage about talking to your plants continues to survive, if you're talking to your plants, it means you're interacting with your garden, which is really a habitat that you're simply trying to ensure is healthy."



Food Waste Facts:

(Source: Savethefood.org)

- The average family of 4 tosses more than \$1500 in uneaten food.
- 40% of all food in the US is wasted.
- Food in landfills emits methane, a harmful greenhouse gas.
- The City is at 78% overall diversion.
- Restaurants are currently converting 880,000 pounds of food scraps into compost.

- The City has a goal to be zero waste by 2030.

Easy Steps for Composting

1. SEPARATE – your food scraps and extra food into a compost bin.

Tip –Coffee grinds, tea bags, wet paper napkins, and old flowers can be mixed in with food scraps.

2. COLLECT – food scraps, food-soiled paper, and plant debris in a kitchen pail or plastic tub

Tip- freezing food scraps or wrapping them in newspaper can prevent leaks and odors.

3. EMPTY - food scraps to a green curbside bin, home composter, or composter

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LOCALS CAN CONTACT THE COMMUNITY RECREATION DIVISION AT (310) 458-8300, EMAIL gardens@smgov.net or visit www.smgov.net

Options and ideas for cutting down on meat

What does the Wellbeing Index say about the City's eating habits?

Our Wellbeing Index showed us that Santa Monicans' healthy eating habits are lower than expected and seem to be declining. In 2015, only 25% of our residents were eating the recommended five servings of fruits a vegetables a day, as compared to 50% eating this amount nationwide. Our 2017 Index saw a drop in that number to only 20%. Making healthy food choices and practicing mindful eating is an important part of maintaining our wellbeing. **Meatless in March** addresses these challenges by focusing on not just making food choices that are better for the environment, but also better for your health, and gives people an excellent opportunity to incorporate more fruits and vegetables into their diets.

— Lisa Parson Project Manager
for the City of Santa Monica's
Office of Civic Wellbeing
Wellbeing.smgov.net



GRILLED CAULIFLOWER QUINOA TACO

A good meal is far more than the sum of its parts and without the right ingredients any dish is going to suffer. Deciding between meat alternatives can be intimidating, especially when there's actually a wealth of options available at local stores. Fortunately, there's as much advice as there are vegetables in the produce aisle, including an understanding of when you don't actually need the meat substitutes.

Ingredients by themselves do not make a meal and Joyce de Brevannes, Brand Manager for the soon to open Erewhon Organic Grocer and Café said preparation is the key to creating satisfying meals in the long term.

In some cases, it's about the cooking method.

"Grilling vegetables, but particularly cauliflower and mushrooms give a flavor sensation and mouth feel very similar to meat," said de Brevannes. "Adding chimichurri, curry, and other sauces only enhance that 'meaty' experience. This would apply to any vegetable or plant based protein you choose."

She said there's plenty of options for individuals who want to skip animal products in their foods.

"If you think about it, there are thousands of vegetables in the world, but only a narrow selection of meat products," she said. "Vegetables are diverse and varied in taste and texture and offer a lot in terms of versatility. It's all in the seasoning and preparation."

Erewhon will open in April and Brevannes said the store's philosophy is about rediscovering vegetables in a way that is tempting and satisfying.

"Meat substitutes are not always necessary, and often times, people that have adopted a plant-based lifestyle don't rely on meat alternatives daily," she said.

For locals who do want to recreate specific meals, Whole Foods Market uses a variety of vegan ingredients to replicate popular dishes.

"WFM has several alternatives to Buffalo Chicken Wings: Buffalo cauliflower (vegan),

Buffalo Tofu Bites (vegetarian), Beyond Meat Wings (vegan)," said Spokeswoman Melissa Kubrin. "There is a meatless meatball and spaghetti squash dish that uses Gardein meatless meatballs. This is garnished with Kite Hill Almond Ricotta. There is a vegan version of a chicken bacon ranch pizza that has vegan alternatives to all animal based ingredients."

Kubrin said the deli items are chosen by top sellers and customer favorites

"Hot case items are rotated by culinary themes based on the season and there is always a vegan option," she said. "Shelf items are chosen mostly by the regional teams and feature a ton of great vegan items."

At CO-opportunity Market & Deli, the store stocks its shelves based on market trends, availability and internal policies.

"It's important to have a wide variety of meat alternatives, based on different main ingredients, in different formats," said Purchasing Director Nova Wetherwax. "We offer refrigerated and frozen options that are marketed as substitutes for chicken patties and nuggets, sausages, hamburgers, hot dogs, roasts, ground beef, and lunch meats."

They also use a variety of options in their deli.

"We work hard to keep the offerings from the Service Deli and Hot Bar new and interesting for our regular customers," she said. "The Purchasing Department and the deli managers and staff make recipe and ingredient decisions based on food trends guided by a no-additive/no-preservative product policy."

Wetherwax said the meatless products are not limited to vegan/vegetarians.

"Currently the most popular are the brands that most closely imitate real meat (like the Beyond Burger), and these are marketed not only to vegetarians but to customers who eat meat but are trying plant-based protein options as well," she said.



Erewhon Organic Grocer and Cafe

2800 Wilshire Blvd

Whole Foods Market

1425 Montana Ave
2201 Wilshire Blvd
2121 Cloverfield Blvd

CO-opportunity Market & Deli

1525 Broadway

Busting myths about vegetable based diets



PROVIDENCE SAINT JOHNS HOSPITAL



JANE COOK, R.D.

Lack of protein: The average American consumes an adequate amount of protein in their diet and there are many kinds of vegetarians such as lacto-ovo vegetarians who consume dairy products and eggs, pescatarians and vegans.

Try using a nutrition checklist – building your meal with an item from all the categories will help you achieve the right level of protein and a balanced meal.

- **Non-starchy vegetables** – think of greens, peppers and a variety of colors
- **Complex carbohydrates** – whole grains and starchy vegetables are a good choice
- **Protein** – Dairy and eggs are great sources of protein. Plant based proteins include nuts, beans and legumes such as lentils, peas, peanuts and soy products. Whole grains are also a source of protein: millet, oats, quinoa, brown rice, to just name a few.
- **Healthy fat** – nuts, seeds, avocado and olives are strong options

In the mood for a salad? Try a dark leafy greens, with some quinoa, avocado, and sprinkle of nuts. Or go for a hearty bowl of sweet potatoes, sautéed garlicky greens, tofu, and a drizzle of good olive oil. In the mood for Asian flavors? Brown rice, edamame, pepper, onion, broccoli stir fry with sesame oil, works too. The combinations are endless! Resources like eatright.org can help you develop meals too.

Dangers during pregnancy: Women following a vegetarian diet should follow the same nutrition guidelines all women should during pregnancy: aim to eat a variety of foods, a diet rich in fruits and vegetables of all colors, whole grains, lean protein, and drink plenty of water. During pregnancy, protein needs and overall energy needs increase a bit in the last

two trimesters.

It is important to meet the increased needs by adding in nutrient dense foods. For example, adding in a snack such as an apple and a 1/4 cup of almonds would be a better option than a bag of potato chips! The apple and nuts will provide more nutritional 'bang for your buck' giving you key vitamins, minerals, and nutrients.

Some great vegetarian sources of protein include eggs, dairy products, nuts, beans, legumes such as lentils, peas, peanuts and soy products. There are even a few veggies that help you meet your protein needs for example: 1 cup of broccoli contains almost 3 g of protein.

Iron is also very important during pregnancy. Some think of red meat as the best source of iron, but – you can get plenty of iron from plant based sources like dark leafy greens, dried fruit, beans, peas, lentils, and fortified cereals. Consuming the plant-based sources of iron paired with a food high in Vitamin C (oranges, strawberries, tomatoes to name a few) helps your body absorb the iron more efficiently.

Women should speak to their doctors about any appropriate vitamin and mineral supplement to take during pregnancy. A Registered Dietitian can be a great resource to ensure you are meeting various dietary needs throughout your pregnancy.

Benefits of eating less meat vs. eating none:

There are different reasons people choose to stop eating meat. Some choose vegetarianism for ethical, environmental, religious or health reasons. However you don't have to completely give up meat to reap some of the nutritional benefits of eating a more plant-focused diet. If you are interested in reducing your meat consumption, for any of the above reasons, try just one meal per week to start. If a burger is your favorite food in the world, it still might be important for you to savor that item once in a while. Start with a small change instead. Meatless Mondays (<http://www.meatlessmonday.com/>) has great resources to get started with some recipes and ideas.

Remember it is important to focus on replacing the meat with a high quality, nutrient dense food. Cutting out a serving of meat for, say, an order of French fries, may not improve the nutritional quality of your diet much – but swapping a burger for a vegetarian curry with brown rice could be a good start.

Variety of food: It's easy for anyone to fall into a rut of reaching for foods that are convenient and easy, feeling repetitive and bland. Variety is key! Diversify your diet with a variety of foods such as different sources of protein, different colored fruits and vegetables, and whole grains for extra fiber and vitamins and minerals.

Cooking at home and trying new fruits and vegetables is a fun way to try new flavors and mix things up. We are fortunate that we live in Santa Monica an area of the country that has plentiful fresh food year round.

One of the greatest things you can do is eat what is in season. Check out our local farmers markets – what foods look the most colorful, plump, and vibrant? Put some of that in your bag! Another great way to get out of a rut is to use a Community Supported Agriculture (CSA) service. Typically you can select to get a box full of fresh produce delivered to your house or delivered to a convenient pick up location. Challenge yourself to try a new vegetable, fruit, grain, legume, spice, etc. twice a month.

Another tip: changing the way you prepare an ingredient can make all the difference! Simply type the new ingredient you want to try into a search engine and look at the multitude of recipes that come up!

Looking to diverse cultures can bring a world of flavors. Foods from India, the Mediterranean and Asian cultures bring big flavor and often are vegetarian friendly. Check out the fresh flavors of Vietnamese cuisine, the beautiful lentils and rich spices used in Ethiopian food or how beans are used in Italy and Greece – not to mention the beautiful Persian rice dishes.

Our team loves talking all things food and nutrition! Join us for a variety of free classes we offer at Saint John's Health Center. We have quarterly cooking classes planned for the year, a summer shape up challenge, diabetes classes, and more. We also love to help people in a one-to-one environment. You can get custom nutrition tips from our diverse team of RDs.

JANE COOK, R.D., NUTRITION DIRECTOR AT PROVIDENCE SAINT JOHN'S HEALTH CENTER

Santa Monica's Sustainable City Plan

Founded on eleven guiding principles, including the Sustainable City Plan includes a commitment to procurement decisions that minimize negative environmental and social impacts.

The Sustainable City Plan was updated in 2014 to include a variety of goals including increasing the consumption of fresh, locally produced, organic produce 15% and reducing meat and dairy consumption 15% by 2020.

In 2010, the City Council passed a resolution that committed the City to promote healthy eating and active lifestyles.

This resolution included the adoption of the Cool Foods Pledge, which committed the City to:

- eat organic
- reduce meat and dairy consumption
- reduce food and packaging waste
- eat locally grown and void processed foods

As part of the commitment the City introduced a Meatless in March Campaign for City employees. Since 2014, participating City employees skipped an average of four meat lunches per week during March. This effort equated to the following benefits:

- saved 748 animals
- prevented 6,060 pounds of carbon dioxide from being released
- saved over 2 million gallons of water

Think how great these benefits would be if the entire Santa Monica community participated!

Meal Resources:

eatright.org
meatlessmondays.com

Hearty flavors elevate healthy grain bowl



In a perfect world we would all have absolute control over our food intake. We'd have healthy meals pre-prepped for fast weeknight cooking, a fridge full of packed lunches and an immediate knowledge of the locations where we can find a quick snack.

However, life isn't perfect. Sometimes you don't have time to prep a week's worth of meals, sometimes your plans change, sometimes you just have to eat and you're at the mercy of the options immediately available.

That's where Everytable sees its primary mission: providing wholesome, nutritious food at competitive prices to compete with the abundance of fast food options always available.

The company, founded by Sam Polk and David Foster, opened on the Promenade last year offering grab-and-go meals and has found success by providing options to customers who want more from their food.

"When it comes to health and social consciousness, there's no place equal to Santa Monica," said Polk.

"Our Santa Monica location, in particular, loves our social mission of making healthy food affordable for all. They've been super supportive."

Polk said the company has no problem creating vegan or vegetarian dishes because meatless dishes give them the chance to celebrate fresh produce and nature's amazing bounty. Their California Grain Bowl is one of many meatless options available at all their locations.

"This recipe was a collaborative effort between several chefs and Everytable leadership, inspired by the broad appeal of an elevated grain bowl, built to be sustaining and filling with the freshness of roasted California produce," he said. "Our California Grain Bowl is a terrific option for folks on meatless or reduced meat diets because it's bursting with flavor, full of fresh produce, roasted and sweetened by an amazing smoked date sauce, and is filling enough to sustain you for a long time."

He said vegan meals can suffer from a "rabbit food" reputation but by using smoky flavors and hearty produce, the bowl is a satisfying meal for anyone, whether they eat meat or not.



"All our meals are made fresh from scratch using whole food ingredients, and fresh produce is number one. We believe fresh produce is the core part of a healthy, whole food diet," he said.

The company has five locations (South LA, Downtown LA, Baldwin Hills, Century City and Santa Monica) with two coming soon (Compton and Watts).

Polk said demand has increased for their brand of food.

"Not just in places like Santa Monica and Century City, but also in our food desert locations like South LA and Baldwin Hills," he said.

Food deserts are locations where residents lack access to fresh foods. They often have a dearth of grocery stores and food choices maybe

limited to fast food outlets.

To make its food competitive, Everytable operates a variable pricing model that pegs the cost of its food to the surrounding community. In Santa Monica, meals range from \$6 to \$8 but in some of their locations, where per capita income can be \$13,000 per year, the same meals are about \$5.

California Grain Bowl

Ingredients:

Farro	6 oz
Quinoa Mix	3 oz
Carrot, Roasted	3 oz
Butternut Squash	2 oz
Smoked Date Sauce	2 oz
Onion, Roasted	1.5 oz
Scallion	.25 oz
Almonds	.25 oz
Cilantro	3 sprigs

Procedure

1. Plate bed of Farro/Quinoa in Bowl.
2. Dress bed of quinoa/farro with date sauce in a pinwheel motion starting from middle, covering all grains.
3. Plate Roasted Carrot.
4. Plate Roasted Onion.
5. Plate Roasted Butternut Squash Dice.
6. Scatter Toasted Almond evenly on top of Grain.
7. Scatter Scallion evenly on top.
8. Place 3 Sprigs of Cilantro on top.

Quinoa Mix, Cooked

Ingredients:

White Quinoa	7 oz
White Quinoa	5 oz
Water	25 oz

Procedure

1. Rinse Quinoa in water thoroughly. Drain and repeat until water is clear.
2. Transfer to small pot and add water.
3. Cover with Lid.
4. Bring to a quick boil and lower to simmer and cook for approx 15-18 mins.
6. Using a fork, gently break up any clusters.

Farro, Cooked

Ingredients:

Farro	16 oz
Water	26 oz
Canola/Olive Oil	.25 oz

Procedure

1. Rinse Farro in water thoroughly. Drain and repeat until water is clear.
2. Transfer to small pot and add water.
3. Cover with Lid.
4. Bring to a quick boil and lower to simmer and cook for approx 25-30 mins or until soft and chewy.
5. Drain and leftover liquid.
6. Using a fork, gently toss with oil evenly breaking up any clusters.

Smoked Date Sauce

Ingredients:

Water	30 oz
Smoked Dates	16 oz
Canola/Olive Oil	8.50 oz
Apple Cider Vinegar	4 oz
Kosher Salt	.25 oz

Procedure

1. Smoke pitted dates for 1 hr in a hotel pan.
2. In the blender, add dates, apple cider vinegar, blended oil, water, kosher salt and puree on high until fully incorporated and creamy.

Everytable

1315 3rd Street Promenade #201

A wealth of health benefits for vegetarians



UCLA MEDICAL CENTER

I'm a dietitian. I've worked with countless individuals and patients for nearly 14 years. Despite their various medical conditions, they all want to be healthy, they all want to look their best, and they all want to reduce or get off their medications. I've seen some of the sickest patients, including those needing organ transplants, and I've also seen some of the healthiest, those looking to run a marathon.

While there are many different diets and fads in the marketplace, we can all do two simple things, starting today, to eat more healthfully. Eat more plants and eat less meat. The average American eats somewhere around 200 pounds of meat, poultry, and other animal-products every single year; and the leading causes of death in the United States are heart disease, stroke, cancer, and other chronic diseases many of which are related to our diet.

The World Health Organization among others, recommends consuming more plant-based foods for optimal health and reducing our intake of

animal-proteins. This may sound challenging, or even like punishment, after all, we were more than likely brought up eating meat, chicken, and other animal products. Yet, by cutting some meat and other animal products from our diet, even just one-day a week, we can reduce our risks for some of these diseases, improve our health, and perhaps even live longer lives.

Prevents Chronic Diseases — Diabetes, heart disease, cancer

In countries that eat less meat, the rates of chronic disease such as diabetes, cancer, obesity, and heart disease are significantly lower than they are here, despite our medical and medication advances. Reducing meat consumption can reduce the risk of these chronic diseases and may even help reverse them. Reduce our meat consumption by reducing the number of days each week we eat meat, and/or reducing the amount we eat at each meal are two ways in which we can lower our intake.

Improves the way your skin looks

Meat and other animal products may be pro-inflammatory, while fruits and vegetables are anti-inflammatory and contain a number of antioxidants and phyto-chemicals—plant nutrients—such as vitamin A, C, E, and K, along with nutrients such resveratrol, anthocyanins, and lycopenes, to name a few, that are beneficial for skin health and collagen production.

What's more, the high water content of fresh fruits and vegetables, whole grains, and the super-healthy fats of legumes, nuts, and seeds also promote healthy skin by keeping us hydrated and providing some of those essential nutrients that our bodies need.

Helps with gut health

Evidence suggests that diets low in plant foods and high in animal products not only increase inflammation in our bodies but also disrupt the health of our guts, possibly promoting obesity, gastro-intestinal problems, and even colon cancers. By reducing our intake

of animal products by substituting them with plant-based proteins such as soy, beans, legumes, nuts and seeds, we can increase the healthy bacteria in our guts, stay more regular, stay slimmer, and feel better.

Helps with weight maintenance and longevity

You may have heard that calorie restriction promotes longevity; but, studies are also showing that eating less meat and animal proteins equally promotes longevity. Reducing and replacing some of the meat we eat with heaping platefuls of produce, healthy plant-based fats, including olive oil, avocado, nuts, and seeds, and plant-based proteins can make it easier to lose or maintain your weight and enjoy a longer life, free from musculoskeletal pains.

How it works for me

I am a dietitian, a mom, an athlete, and an environmentalist. I eat a whole-foods, plant-based diet as does my family. After a week or two of my husband reducing his meat consumption he said to me, "I feel lighter and fitter, and my gut feels less agitated." This was music to my ears.

My son has been pretty much plant-based from the time he was weaned. He is growing long and lean. In fact, he just had his 4-year checkup, and he was taller than expected! I first went on a plant-based diet back in 2002 while taking a "Vegetarian Nutrition Course" from Mr. plant-based eating himself, T Colin Campbell. I primarily did it because of all the health benefits of going on a plant-based diet.

My doctoral research on climate change and food security taught me that our diets also affect the environment. I learned that a typical American diet that is heavy in meat (remember, 200 pounds per year), dairy, and other animal products, also has a very high carbon and water footprint, and significantly contributes to climate change, land degradation, and harms the oceans.

Why focus on diets and eating as a means of combatting climate change?

One simple thing anyone can do to help combat climate change is to eat lower on the food chain. By simply replacing meat with a vegetarian option in one or, preferably more, meals each week you will lower your carbon footprint, and maybe even feel a bit healthier.

— Dean Kubani, Santa Monica Chief Sustainability Officer

In the 14 years since first becoming acquainted with a plant-based diet, I've been my healthiest self. I train for triathlons and have a very healthy gastro-intestinal system. I never worry about getting enough protein; because when you eat enough food to nourish your body, you will not lack in protein; and this is especially true if you are eating some animal products.

How can you painlessly reduce your intake of meat and other animal products?

Start with easy-to-make substitutions.

For example: Instead of cereal and cow's milk for breakfast, try cereal and soy milk, almond milk, or other non-dairy milk.

Instead of meat at your next meal, try a delicious plant-based alternative such as edamame, spiced-grilled tofu, quinoa, beans, or "faux-meats" such as seitan.

Make scrambled tofu with sautéed vegetables instead of scrambled eggs.

Have a whole-grain panini with hummus, grilled eggplant, zucchini, and other vegetables.

Just start somewhere. Reduce your intake, have fun with it, and be open to trying new foods! You might just be surprised at how much you like the various textures, tastes, and colors you find.

*Note: There are some disease states that require extra-special care in planning the type of plant-foods that should be consumed such as kidney disease, liver disease, and others; please consult with a dietitian or physician.



DANA HUNNES, PHD, MPH, RD

DANA HUNNES, PHD, MPH, RD
RR-UCLA MEDICAL CENTER, SENIOR DIETITIAN
ADJUNCT ASSISTANT PROFESSOR,
FIELDING SCHOOL OF PUBLIC HEALTH

Interesting flavors satisfy the senses

Santa Monica has long been a leader in sustainability.

We believe a healthy Santa Monica relies on a healthy environment. We believe in using science to inform policy and fight climate change.

— Garrett Wong, Santa Monica

Uo matter how you choose to eat, everyone loves a good burger.

At True Food, their burger dish is something a little outside the traditional limits of a sesame seed bun.

“The original thought process was having a great veggie burger,” said Taylor Domet, Director of Culinary for the company. “How do you have a great veggie burger on the menu and with True Food how do you do something that is even more brand defining?”

Domet said the standard meatless patties are made out of ingredients like beans, peas or chickpeas and while those are fine, the restaurant chefs thought it could step up its offering by using quinoa as the base.

Quinoa has a nutritional profile similar to other grains. It’s gluten free and in addition to vitamins and minerals it contains moderate amounts of protein and fiber.

Domet said the nutritious base helps create sense of satisfaction and the Mediterranean flavors keep the burger interesting.

“With a burger, the thing you get is it’s fulfilling,” he said. “A lot of people say you’re going to have to eat lettuce, raw vegetables, that deters people a lot. By getting the quinoa burger, you’re not losing anything in flavor with the cheese, cumin, herbs, you’re not sacrificing flavor.”

True Food’s burger is “inside out” and uses two patties to sandwich fillings that are similar to a Greek salad. Domet said the finished dish isn’t finger food but is a very satisfying meal.

About 35 percent of the raw ingredients purchased for the restaurant are fresh vegetables from and Domet said it’s the biggest percentage of their purchasing budget. The chefs want to make vegetables the foundation of their cooking.

While their approach isn’t strictly vegan, the restaurant does use dairy products in some dishes, they do have vegan versions of popular food items.

“We’re trying to take these vegetables and see



how can we make them the center of the plate,” he said. “We make a pesto with cilantro and black walnuts. By using nuts or seeds that have a high fat content, you don’t need the cheese in there. What are the classic things you love about a pesto? Creaminess and vibrant herbs. We can get that from a roasted seed or nut.”

He said 35 – 40 percent of the menu is currently vegan and when dairy (often cheese) is in a dish, it’s often in the garnish. Customers can request many of those dishes be prepared to vegan standards.

Domet said the restaurant made a big change to the menu a couple of years ago and while some dishes still contain meat, much of the menu provides options for adding protein. Meatless customers can stick with vegetables or add tofu while others can add meat if they want.

“We kind of took half of the menu and created a vegetable category. In the vegetarian or vegan options all of our Asian inspired bowls, all of our salads you can add protein or tofu or salmon if you want to,” he said. “We started to find so many people that were wanting only vegetables or tofu and there’s the option to add protein if they say so.”

No matter how the dish is prepared, Domet said meatless eating shouldn’t be seen as a diet that’s missing anything.

“If the baseline dish doesn’t have protein in it, it still has to be fulfilling,” he said. “It has to have the same flavor profiles.”

Domet said there has been a measurable shift in the way people are eating and the restaurant will continue to vary its menu to feature seasonal produce. However, they realize even individuals who choose to eat less meat might not want to go full vegetarian or vegan.

“We want to be able to offer either side something delicious,” he said.

Inside out Quinoa Burger Patty Recipe

Ingredients:

Extra Virgin Olive Oil	2 tbsp
Lemon Juice	1 tsp
Red Chili Flake	0.5 tsp
Whole Eggs (whipped)	2 each
Red Quinoa (cooked)	4 cups
Ground Cumin	1 tsp
Mint Leaves (minced)	1 tbsp
Oregano Leaves (minced)	1 tbsp
Kosher Salt	1 tsp
Fresh Ground Black Pepper	Small pinch
Gluten Free Bread Crumbs	0.25 cup

Procedure

1. Combine olive oil, lemon juice, chili flake, eggs, whisk together, and reserve.
2. In a separate container combine quinoa, cumin, mint, oregano, salt & pepper.
3. Combine wet ingredients with quinoa mix, mix together until evenly incorporated.
4. Once quinoa mixture is mixed evenly, fold in breadcrumbs.

To Form Patties:

1. Press 1/3 cup of mixture into a ring mold,

2. Bake at 350° for 14 minutes.
 3. Cool patties and hold at 41 or below.
- Shelf Life: 3 days

Inside Out Quinoa Burger Build

Ingredients:

Sliced tomato	4 each
Cucumber slices	4 each
Butter lettuce	2 leaves torn up
Red onions sliced	6 pieces
Feta Cheese	2 tsp
Olive oil	1 tsp
Salt	1 pinch
Lemon juice	0.5 tsp
Hummus	2 tbsp
Tzatziki	2 tsp

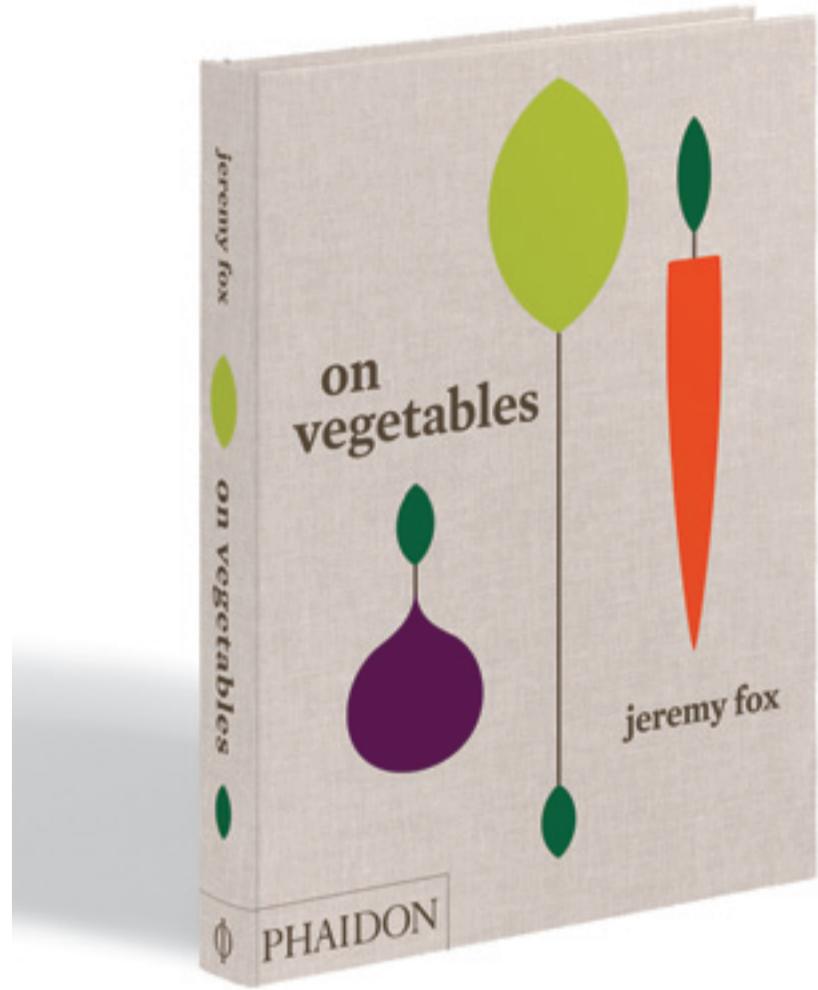
Procedure

1. In mixing bowl, toss tomatoes, onions, cucumber, lettuce, feta cheese with olive oil, lemon juice & salt
2. On bottom “burger” patty, top patty with 1 tbsp of hummus
3. Place tossed veggies on top of patty
4. Garnish veggies with tzatziki
5. Top with other patty

True Food Kitchen

395 Santa Monica Pier Suite 172

A guide to the worlds best vegetable dishes



CARTA DA MUSICA

Chef Jeremy Fox has a deeply personal story on the pressures of success. He also has a knack for preparing some of the best vegetable dishes in the world. Both are part of his 2017 cookbook 'On Vegetables' that presents 160 ideas for home cooks.

Fox's personal story has been well documented alongside his litany of awards for being the Best New Chef (Food & Wine), a Michelin star and several years on Jonathan Gold's Best Restaurants list. In the introduction, he details how the stress impacted his life and talks about his eventual departure from Napa, but it's not a self-help book. Nor is it a manifesto on vegetarianism. Instead, it's an acknowledgement of his passion for a food philosophy that is deeply respectful of the raw ingredients.

"I cook a lot of meat," he said of his current menu at Rustic Canyon. "This is not a

vegetarian restaurant but vegetables are definitely where I gravitate, where I get the most enjoyment out of."

He said he was drawn to cooking vegetables by both the possibilities and the challenges.

"In a past life I got obsessed with cooking nose to tail cooking with pigs and using every part of the animal out of respect for the animal and eventually that obsession turned to vegetables," he said. "I started to want to use every part of the plant and at that time there was not a lot of that. There was a lot of waste. Even getting beets with tops at the farmers market, that kind of thing has gotten a lot more readily available. It was a lot of fun to see what I could make happen. The challenge is to have guests be satisfied with the food and you don't necessarily need meat to do that."

The book encourages use of the entire plant and while it's not a beginner's guide to cooking, it isn't aimed at the most advanced home cooks. He said the entire book can be executed in a basic kitchen and a dehydrator is the most exotic piece of equipment used.

"I wanted the recipes to reflect the philosophy of seed to stalk which was my version of nose to tail but with vegetables. I definitely wanted that to be a strong subject throughout the book, I didn't want it to be too cheffy or restauranty," he said. "There's no molecular gastronomy, no foams, none of that. It's probably a more involved home cookbook but it definitely can be used at home."

The dishes are all small plates reflecting Fox's preference for communal eating and distaste for price or portion overload.

"There's a bad stigma for me with vegetarian entrees because I always saw in restaurants it was basically an excuse to charge \$30 for a pasta or a risotto and it definitely wasn't worth it and I don't know if I want to eat anything that much of something like that," he said. "I would much rather someone come in here and they can choose. Half of our menu is vegetarian, it might not be entrée size but I think it's better. I'd rather have three medium sized things rather than two large, you kind of get palate fatigue."

He said his approach directly refutes the stereotypes about vegetarian eating as lacking

the substance of meat based cuisine.

"I have dishes that have just as much fat as anything you'd get on a steak and can be just as decadent," he said.

The book also contains an acknowledgement of local growers.

"What they do is so important that I can't do what I do without what they do," he said. "It's important to know the source of as much of your food as possible."

And like the farmers he mingles with on a regular basis, Fox is proud of what he has sown.

"I worked really hard on it for a long time," he said of the book. "It was a definitely a labor of love."

The hardback book is available online and at Rustic Canyon.



JEREMY FOX

PHOTO CREDIT RICK POON

Rustic Canyon
1119 Wilshire Blvd



BRED AU CHOCOLAT

Burger, shake and fries: hold the meat

Food and agriculture play a huge role in our environmental impact.

If all Americans eliminated one quarterpound serving of beef per week, the reduction global warming gas emissions would be equivalent to taking four to six million cars off the road.

— Natural Resources Defence Council

Bareburger Organic
2732 Main Street



Bareburger in Santa Monica is perhaps the most vegetarian friendly restaurant you'll ever find that also serves giant burgers. Every day the joint serves four different meatless burgers, a popular falafel wrap, a variety of tasty sides and even a vegan shake. It's almost like a secret vegan restaurant hidden inside a burger place.

The restaurant will actually increase its vegetarian offerings in March.

"Bareburger is excited to launch several menu improvements that help increase our sustainability and decrease our carbon footprint by eliminating several animal based protein options (elk, wild boar, lamb and duck) from the menu," said Mark Turner. "While increasing our vegetable based protein options with the introduction of the Beyond Burger and the quinoa chia & green pea patty to accompany our other fan favorites the sweet potato wild

rice and kale, black bean roasted corn and poblano, and falafel."

The Beyond Burger is produced by Los Angeles based Beyond Meat and uses plant based proteins to create a variety of products that can be nearly indistinguishable from meat.

"Bareburger presents it with vegan American cheese, sweet pickles, red onion, green leaf, special sauce on a brioche bun. If you want to go the extra mile switch the Brioche for the sprout bun and sub out the special sauce for some smoke sauce or some vegan mayo," said Turner. "With the look, feel, taste and crave like meat it is the perfect stepping off point to a meatfree diet. It even bleeds."

The new offerings join an existing diversity of meatless options including a sweet potato & wild rice patty, a burger based on mushrooms and lentils, a black bean patty and a traditional falafel.

Turner said about 25 percent of the company's business is now attributable to the meatless options.

He said Bareburger's philosophy doesn't differentiate between meat and plant based foods.

"We just call eat eating," he said. "With artisan-ally crafted salads and sides and down to our care for cooking surfaces and fryers we want to make sure all of our guests have the delicious meal of their choosing no matter their food restrictions."

That approach drove them to expand into vegan sweets.

"I remember the day it struck us. Bareburger had been working so hard to

provide vegan sides, entrees, salads but the one quintessential burger joint aspect was missing! The milkshake! I was running food and spinning shakes and went to drop off to table 11 they had two Banana Foster's Milkshakes made with love," he said. "There were three people at the table. I asked if the server had rung the order in wrong and if there was something else I could get for the table. 'I wish. I can't I am vegan but the burger was awesome.' I remember the hungry eyes of our vegan friend left shakeless and looking upon the post burger treat with envy. We had to do something about it! Thus... We present to you the Cococado Milkshake."

Cococado Shake

Ingredients:

Avocado	1/2
Lime Juice	1.5 oz
Agave	2 oz
Coconut Vegan Ice Cream	9 oz

Procedure

1. Combine 1/2 avocado
2. 1.5 oz lime juice
3. 2 oz agave and muddle
4. Add 9 oz coconut vegan ice cream and spin.
5. Pour into 12 ounce glass and garnish with toasted coconut flakes first, followed by lime zest.



YOUR FOOD

BUY JUST THE FOOD YOU'LL EAT

The average American family of 4 tosses 20 percent of the food they buy. Get more from your food with proper storage and by eating perishables first.

By eating all of the food you buy, rather than tossing it, you'll save money on your grocery bill at the store.

Annual Savings



Reducing your grocery shopping by 20 percent saves:

1 family of 4
1,000 families



On grocery bill:

\$1,500
\$1,500,000



On carbon pollution. Equivalent to driving:

3,307 miles
3,307,000 miles

World of flavors available for meatless eating

Changing any habit can be hard and when you're challenging a habit as ingrained as daily meat consumption, it can be a daunting task.

However, Santa Monica is a good place to try something new. The city is awash in enough vegan and vegetarian offerings to allow locals to try something new every night of the week.

In some cases, meatless eating is par for the course.

"Both the Chinese and Vietnamese have a significant population that practice Buddhism," said Cassia chef Bryant Ng. "And depending on the school of thought, vegetarianism is practiced. Because of this, there is inherently a larger population of people practicing vegetarianism in China and Vietnam."

He said that translates to a great deal of variety because the different cultures have their own preferred vegetables and a diversity of flavors in their sauces.

"Depending on the region, Chinese and Vietnamese cuisine is rice, noodle, or (less common) wheat based," he said. "Rice and noodles dishes are prevalent in the cuisines and serve as a good meatless base for many dishes."

Ng said some of the restaurant's most popular dishes are meatless.

"An example of a dish at Cassia that has benefitted from the removal of meat is our most popular dish: Chickpea Curry with Clay Oven Bread," he said. "This dish began as a chicken curry dish, but I replaced the chicken with chickpeas. It has the same complexity of the chicken curry dish, but is meatless."

At Cassia, Ng said food that does contain animal products can be modified for meatless eaters.

"I wanted to make sure that if you came to Cassia that you could have a substantial meal eating vegetarian or vegan without it feeling like an afterthought," he said.

Indian food is also known for its vibrant vegetarian dishes.

"Vegetarian food is extremely common in Indian cuisine. Approximately, 30% of the population is vegetarian," said Margaret Patel of Dhaba Cuisine of India. "For some it is based on religious beliefs and for others it is a matter of choice. Vendors selling fresh vegetables can be seen on street corners all over India. People often shop on a daily basis so they are assured the produce is fresh."

The cuisine also makes use of powerful



BRYANT NG

PHOTO CREDIT RICK POON



CASSIA CHICKPEA CURRY

PHOTO CREDIT MELANEE SINGHA

spices to create a diversity of tastes.

"The different regions of India offer a variety of vegetables cooked with spices like cumin, coriander, mustard seeds, fenugreek seeds, asafoetida, ginger, garlic, cardamom and cinnamon to name a few," she said. "Turmeric, which has become so popular in the West relatively recently, is used in almost every recipe in India. Its anti-inflammatory properties are well known to the common man since centuries. It is also used in the preparation of home remedies, like Golden Milk or Turmeric Tea as it is known in the west, for healing colds and congestion."

Patel said a side benefit of vegetarian food is it's easy to digest.

"Mung Bean Dal is given to convalescents recovering from debilitating weakness since it is the Indian equivalent of Chicken Soup! It is one of the easiest beans to digest and is often combined with rice to make Khichdi which is even fed to infants," she said. "The digestibility of any dish increases with the removal of meat which in itself is a great benefit."

Tosh Berman, CEO and co-founder of The Madera Group that owns the local Mexican restaurant Tocaya, said his restaurant has developed vegetable based options that are satisfying without sacrificing flavor. The restaurant takes a vegan-first approach to its menu, preparing all dishes as plant-based with animal products available as additions.

"Our meatless protein options include our vegan Picadillo, which uses Tocaya Organica's

signature pea-based protein with carrots, zucchini, onions, potatoes and tomatoes. We use pea protein because it's a great option for people who are cutting down on meat, but also looking to avoid soy due to allergies or other reasons," he said. "We also have our Adobo Tofu, which is marinated with tomato, garlic, yellow onion and chipotle adobo."

Dr. Ryan Greene, Corporate Medical Advisor of The Madera Group said optimal animal protein consumption should be less than eight percent of total intake and the vegetarian options at the restaurant provide nutrition beyond just protein.

"With this in mind, the guest should appreciate that many of the nutritious plant-based options provide an equivalent value of protein as the animal-based counterpart, as well as significantly higher concentrations of valuable phytonutrients without forfeiture of taste or flavor and take the opportunity of dining at Tocaya to perhaps try something new," he said.

Marni Fishbain, Catering Sales Manager at Stella Barra and M Street Kitchen, said the restaurant approaches vegetarian food with the same respect as meat-dishes. She said customers considering a move to meatless eating should remember to eat what they enjoy.

"Look for food that is naturally a vegetable base, but, also for something that hits the notes you really like," she said. "We've done our best to make healthy and delicious options that may surprise you and be one of your favorites of ours."

Why is the City interested in climate change globally?

As a sustainable city, we are committed to reducing our carbon footprint and the impact that our city has on the environment.

We acknowledge that climate change is a very serious and immediate issue that our planet is facing and we believe that as a community we can mitigate the impacts of climate change and encourage other cities to do the same.

— Amanda Grossman, Santa Monica

<p>Cassia 1314 7th Street</p>	<p>Tocaya 507 Wilshire Blvd</p>
<p>Dhaba Cuisine of India 2104 Main Street</p>	<p>Stella Barra & M Street Kitchen 2000 Main Street</p>

WANT TO BE “GREEN” EVEN AFTER YOU’RE GONE? HERE’S HOW.



Each year, traditional burials place hundreds of thousands of gallons of toxic embalming fluid and millions of pounds of metal and concrete into the earth for perpetuity.

But an eco-friendly alternative to traditional burial known as green burial is aiming to reduce the amount of imperishable and toxic waste placed in the earth by current funeral industry practices.

With green burial, no embalming fluid containing hazardous substances are used. There are no cement vaults. Burials are performed using decomposable materials such

as simple wooden caskets with no metals, shrouds made of organic fabric or biodegradable urns, offering an eco-friendly process to return our bodies to earth.

In April 2017, City of Santa Monica Woodlawn Cemetery, Mausoleum & Mortuary opened Eternal Meadow, its green burial section and became only the second cemetery in the Los Angeles area to offer the new service. Other eco-friendly concepts work above ground, further distinguishing the space. Eternal Meadow is a naturalistic wildflower meadow garden thoughtfully designed with native California plants that provide habitat in the midst of Santa Monica for native birds and pollinator insects like the endangered Monarch butterfly. Green burial nurtures the natural growth cycles of the habitat provided by Eternal Meadow, fosters a greater union with nature, and is a meaningful way to honor the life of a loved one.



For more information, contact Woodlawn by phone at (310) 458-8717, by email at woodlawn.cemetery@smgov.net, or visit our website at www.woodlawns.com. Woodlawn Cemetery, Mausoleum & Mortuary is a full service cemetery and mortuary owned and operated by the City of Santa Monica, offering traditional and green burial, cremation, funeral planning, and mortuary services all in one location. 1847 14th Street, Santa Monica, CA 90404 - FD #2101

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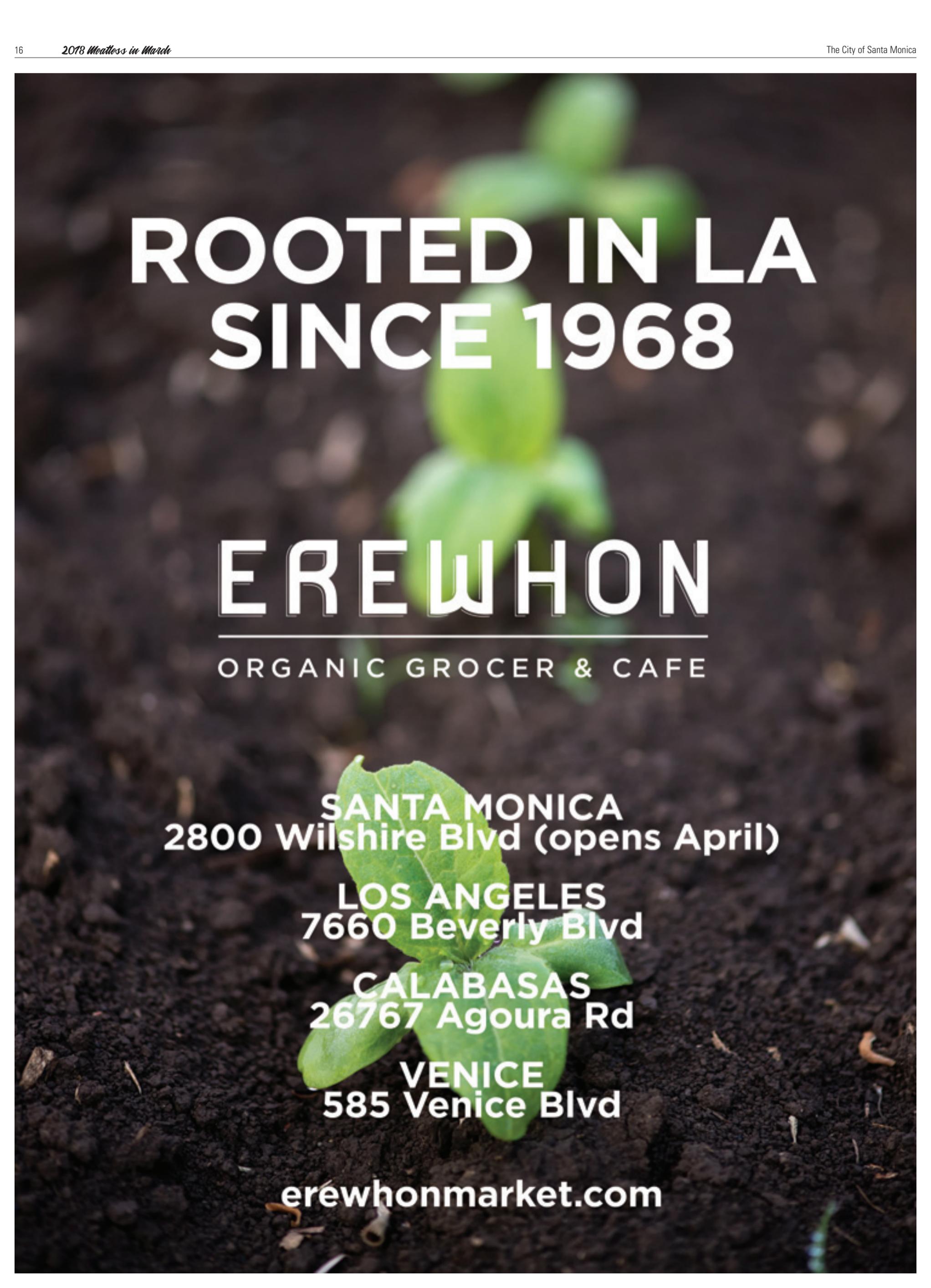
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