



Housing Element Could Head To City Council By End Of The Year

PARIMAL M. ROHIT
 STAFF WRITER

A document outlining the next eight years of housing development, improvement, and preservation could be headed to the Santa Monica City Council before 2013 comes to end.

Planning commissioners are expected to vote Nov. 6 whether to recommend the 2013-2021 Housing Element to the City Council. If the Planning Commission gives the thumbs up, the City Council will hold an adoption hearing Dec. 10.

According to City staff, every municipality in the State is required to provide an updated Housing Element "within a specified timeframe."

"State Housing Element law requires that each City and County identify and analyze existing and projected housing needs within their jurisdiction for the next eight years, and prepare goals, policies, programs and quantified objectives to further the development, improvement, and preservation of housing," City staff stated.

The Housing Element serves as a key document setting forth Santa Monica's policies and programs for housing production and maintenance to accommodate the needs of the community.

According to City Hall, the Housing Element reflects Santa Monica's "high priority" to maintain affordable housing and programs to provide housing for members of the community with special needs.

HOUSING PAGE A8

Ice Ice Baby! Holiday Rink Opens Today



Located on the corner of 5th Street and Arizona Avenue, Downtown Santa Monica, Inc.'s ICE at Santa Monica will open to the public today at 2 pm. It will be open daily through Jan. 20, 2014. A grand opening celebration will be held Thursday, Nov. 7. See page A8 for details. PHOTO BY BRANDON WISE

Public May Be Allowed More Time To Speak To Council

PARIMAL M. ROHIT
 STAFF WRITER

It is almost that time of year when we hear the popular idiom, "It is better to give than to receive." At last weekend's City Council retreat, Santa Monica's elected officials hoped speakers willing to give time to others would help improve the quality of public testimony at council meetings.

Indeed, council members approved a one-year pilot program to allow those who speak during the public testimony of respective agenda items at council meetings to donate time to each other. The result, a member of the public may speak up to four min-

utes. Currently, someone who filled out a chit to speak on any given topic at a council meeting was given two minutes to address the council.

Under the pilot program, someone could relinquish his or her right to speak for two minutes and allocate that time to someone else, giving the recipient up to four minutes to address council members. The person who passes his or her time to someone else must willingly do so and be present at the meeting.

The pilot program was approved by a five-to-one vote at the council's retreat held Oct. 28; Mayor Pro Tem Terry O'Day was the sole vote against.

City staff had originally proposed the council not permit public speakers donate time amongst each other and maintain the current practice of speaking on his or her behalf. However, Council member Kevin McKeown proposed a staff direction to allow for "voluntary consolidation of public testimony."

After McKeown's staff direction was technically defeated by a three-to-three vote, Council member Ted Winterer proposed the pilot program allowing one speaker to donate his or her time to another speaker, giving the recipient up to four minutes to address the council.

CITY COUNCIL PAGE A13

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SMMUSD Board To Consider Supporting Prop. 13 Reform

PARIMAL M. ROHIT
 STAFF WRITER

Board members of the Santa Monica-Malibu Unified School District (SMMUSD) discussed earlier this month a proposed resolution supporting a reform of an old property tax law to close a loophole that allows corporations to avoid a reassessment of property.

The resolution, which was initially brought up at the SMMUSD Board's Oct. 17 meeting, is expected to be in front of the school board Nov. 7 for approval.

At the heart of the proposed resolution is whether the SMMUSD Board should support Proposition 13 reform to close a loophole allowing corporations to avoid a reassessment of property.

What is at stake in the board's upcoming vote and the overall spirit of the proposed resolution was briefly explained in the notes published by the SMMUSD after the Oct. 17 meeting.

"Proposition 13, passed in 1978, created limits on the property taxes paid by residential and commercial properties. California public schools receive funding from these property taxes," the published notes stated. "The resolution argues that the method by which the value of commercial properties in California are reassessed be modified to allow for more regular commercial property value reassessment, thereby benefitting public schools in California."

According to SMMUSD documents, board member Ben Allen brought up the discussion item; the full text of the proposed resolution was presented to SMMUSD board members as a discussion item during the Oct. 17 meeting.

"Proposition 13 is fundamentally unfair and allows corporations to exploit loopholes to avoid paying property taxes and has shifted the tax burden to everyday homeowners and working families," the resolution stated. "Corporations often avoid reassessment of their property by limiting the portion of ownership that changes hands to ensure that no single party owns more than 50 percent."

The proposed resolution further goes on to state property taxes are a "stable funding source for public schools" and the loss of revenue from corporate property taxes "has led to an increase in regressive taxes and fees that hurt the most vulnerable Californians."

According to the proposed resolution, there is a connection between the passage of Proposition 13 in 1978, the role Sacramento has played in funding public schools, and the decline of per-pupil support in public schools from one of the nation's 10 best to amongst the nation's 10 worst.

Further, the proposed resolution alleges "public schools in California face challenges educating a student population with vast differences in language, poverty, parental education level, and other social, educational, and economic factors."

"Modifying the method of reassessing commercial property would not need additional resources for public schools," the proposed resolution continued.

Four positions were outlined in the proposed resolution. If approved by SMMUSD members at the Nov. 7 meeting, the school board would take the position it "supports efforts to modify how the value of commercial properties in California are reassessed to allow for more regular commercial property value reassessment."

Further, SMMUSD members would potentially support the first goal "while protecting existing protections provided to residential properties."

Third, school board members would be voting on whether they would resolve, "tax revenues generated by modernizing how commercial property is reassessed benefit local schools and not accrue to the State of California as General Fund savings."

The final resolution would instruct the SMMUSD Board of Education to communicate its position, if approved, to elected officials.

The *Mirror* will revisit both sides of this issue after the Nov. 7 vote.

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Boxer Rescue L.A. To Recognize SMFD Firefighters Who Saved Stella From Fire

BRENTON GAREN
 EDITOR-IN-CHIEF

Boxer Rescue Los Angeles will this weekend honor the heroes from the Santa Monica Fire Department who rescued Stella, the Boxer mix, from a burning building in Santa Monica in September.

Stella, her owner Juwan and the heroes from SMFD will be honored Saturday at the Woof & Wine fundraising event at the Automobile Driving Museum in El Segundo from 7-10 pm.

SMFD firefighters arrived at a well-involved structure in the 2600 block of 2nd Street in Santa Monica at about 7:30 am on Saturday, Sept. 14.

The firefighters discovered Stella had hidden behind a mattress as they searched the five-unit structure for victims.

The firefighters rushed Stella from the burning building and immediately began to revive



MIRROR ARCHIVE

her using an oxygen mask specially designed for dogs and cats. Stella soon regained consciousness and was taken to an animal hospital.

Woof & Wine was co-founded by Santa Monica local Lynne Thomas who is the Director of Sales and Marketing at The Lobster.

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Santa Monica To Reduce Number Of 5K, 10K Races



The City of Santa Monica will restrict how many 5K and 10K races are held within city limits each year. COURTESY OF THE CITY OF SANTA MONICA

PARIMAL M. ROHIT
STAFF WRITER

Eight may have been more than enough, six is halfway to a dozen, five is a party, and three is a crowd. For Santa Monica's city leaders, three is crowd enough for the number of races to be allowed within city borders.

The City Council voted last week to restrict how many 5K and 10K races would be allowed in Santa Monica. From now on, only three such races would take place in the City each year.

Prior to the council's vote Oct. 22, City law allowed for as many as eight 5K or 10K races to be held in Santa Monica. According to City staff, residents along race routes began experiencing 'race fatigue' due to the increased number race events over the past several years.

In the past five fiscal years, the number of 5K and 10K races in Santa Monica increased from two per year to five per year. Adding to the list of races are the Los Angeles Marathon and Santa Monica/Venice Christmas Run.

"Occasionally staff receives complaints regarding the use of amplified sound at the start of races but mainly the complaints are related to the frequency of races and the

parking and access limitations for residents," City staff stated.

City staff acknowledged at the council meeting the reduction in annual races within Santa Monica was spawned by the inconveniences each 5K or 10K brought to residents who lived closest to the race routes.

Council member Bob Holbrook vocalized the inconveniences of the race routes to residents who live along San Vicente Boulevard.

"Do you realize the burden of being cut off from the City for several hours?" Holbrook rhetorically asked City staff.

Holbrook continued, describing the many out-of-the-way alternate routes those north of San Vicente Boulevard may have to take to get home whenever a 5K, 10K, or other race comes to town.

"When we run one of these races, anyone who lives on the north side of San Vicente cannot get to Santa Monica," he said. "We have to go to Los Angeles, drive down the Pacific Coast Highway or drive Sunset Boulevard to 26th Street, or get on Pacific Coast Highway and come up through the tunnel on the freeway."

Council member Gleam Davis suggested one race be held in May and the other two be held between September and November with a seven-week gap between

each.

Essentially a one-year pilot program, Davis's proposal was unanimously approved by the six council members present.

If the ordinance clears second reading, City staff will return to the dais with an update in about one year to provide an update of the program's progress.

Race organizers have some restrictions to heed under the ordinance, such as sending notices to residents and businesses within a 750-foot radius of the race route. Other elements race organizers must adhere to include using Santa Monica Alerts and the City's Facebook page to announce street closures, submit an advertisement in a local newspaper within two weeks of the event, and use electronic message boards as part of a Traffic Management Plan.

According to City staff, in nearby Beverly Hills the only race permitted to occur within its city limits is a portion of the Los Angeles Marathon. Only one 5K or 10K race is allowed annually within Culver City's borders while between three and five races are permitted each year in Hermosa Beach and Manhattan Beach, City staff noted.

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Civic Auditorium Working Group Selected By Council

PARIMAL M. ROHIT
 STAFF WRITER

Not necessarily a case of calling in the cavalry, the Santa Monica City Council made a few appointments Oct. 22 to a new group ordained with finding a way to bring the Civic Auditorium back to life after it went dark four months ago.

The council made nine appointments to the Civic Working Group (CWG) at its Oct. 22 meeting, including four members who serve or served on local commissions and five stakeholders.

At staff's direction, the council held off on making appointments to the CWG's Technical Advisory Subcommittee. Cultural Affairs Manager Jessica Cusick told council members she wanted more time to review candidates for the subcommittee.

Still, the CWG now has nine members who are tasked with reviving the 55-year-old venue where the Oscars once called home and many top performers, such as The Rolling Stones, performed.

Selected to the CWG were attorney Linda Bozung, restaurant owner Fred Deni, investor Philip J. Orocco, active Save the Civic member Jodi Summers, and Carey Upton.

Upton heads the Santa Monica-Malibu Unified School District's Facility Use Department and is primarily responsible for the operations of Barium Hall, according to City staff.

Joining the five members "with broad knowledge of Santa Monica" is four who serve or served the City on a commission: Phil Brock (Recreation and Parks); Nina Fresco (Landmarks); Frank Gruber (Planning); and, Ian Katagiri (Arts).

Eventually complementing the nine-member CWG will be the three-member Technical Advisory Committee.

"This Subcommittee would be comprised of individuals with extensive professional and technical expertise associated with the CWG objectives, in particular the financing, management and programming of venues similar to the Civic," City staff stated.

The nine members selected were appointed to a two-year term.

City staff is expected to bring nominations forward subcommittee appointments at a later date.

"The appointment of this smaller group is not

time sensitive and staff believes that it would be wise to delay finalizing its composition until the CWG is appointed, consultants have been selected, and the group has begun its work," City staff stated. "At that point the group as a whole will have a better sense of the areas of expertise that will be the most valuable."

Cusick had previously told the council revitalizing the Civic Auditorium could take at least five years and cost \$50 million or more.

City Hall had come up with a plan upgrade the Civic Auditorium. Council members authorized a third-party event planner and promoter — the Nederlander Organization — in 2011 to breathe some life back into the Civic Auditorium. A five-year deal was in the works for Nederlander to bring a full season of programming to the venue.

However, with the loss of redevelopment funding in 2012, the City's plans with Nederlander was put on hold. Since then, City Hall made the tough decision to close down the Civic Auditorium.

After the Civic Auditorium went dark July 1, council members approved the creation of the CWG at their Aug. 13 meeting.

The CWG is expected, according to City staff, to "provide input on the development of recommendations for the renovation, programming and long-term operation of the Civic. Council also approved an interim operations budget and the one-time allocation of funds for market feasibility and economic analysis of the preferred uses."

There were 28 candidates for the CWG's five community openings, City staff stated. Another 14 people threw their respective hats into the ring for the Technical Advisory Subcommittee, City staff added. A few people had submitted applications for both openings.

City staff whittled the 28 candidates for the CWG to 10 recommendations, of which five were selected.

The Technical Advisor Subcommittee "would be comprised of individuals with extensive professional and technical expertise associated with the CWG objectives, in particular the financing, management and programming of venues similar to the Civic."

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Celebrating Stories Of Success



The 18th annual Celebrating Success Breakfast was held last Friday morning, honoring 24 previously homeless individuals who, with the support of local nonprofit agencies, made extraordinary transitions from homelessness to lives filled with passion and promise. The event also honored 10 local businesses, organizations, and individuals who dedicated significant resources to supporting the member agencies of the Westside Shelter & Hunger Coalition. Home for Good received the 2013 WSHC Partnership Award. The event was held at the Fairmont Miramar Hotel.

PHOTO BY BRANDON WISE



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F1305	Nov. 20	Palmer v. Dunbar	1:00 p.m.
F1306	Nov. 20	Palmer v. Dunbar	6:00 p.m.
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ICE At Santa Monica To Host Grand Opening Fun Thursday

BRENTON GAREN
EDITOR-IN-CHIEF

It's that time of the year again with the return of Downtown Santa Monica's enormously popular ICE at Santa Monica skating rink, which opens today just in time for the holiday season.

A grand opening community celebration will be held this coming Thursday, Nov. 7 at the rink, located on the corner of 5th Street and Arizona Avenue in Santa Monica.

The event, now in its seventh year, kicks off Downtown Santa Monica, Inc.'s holiday program called Winterlit.

World Pair Champion Skater Randy Gardner will once again host the grand opening celebration.

The special night will feature performances by synchronized skating team, California Gold, and some of California's most elite skaters.

The festivities include a night of free skating from 6-10 pm, music from DJ Kelly Dlux and tastings from area restaurants, including Del Frisco's Grille, Kreation Juice, VitaCoco, Rosti, and Real Food Daily.

Sweet samples will be provided from Hollywood Candy and Chocolate Opulence, and there will be an interactive, self-snap photo booth, as well as kids crafts and activities for the entire family.

Downtown Santa Monica CEO Kathleen Rawson along with other board mem-



Enjoy free skating Thursday, Nov. 7 from 6-10 pm as part of the grand opening celebration for ICE at Santa Monica. PHOTO BY BRANDON WISE

bers of Downtown Santa Monica, Inc. and city dignitaries will welcome the crowd.

Thursday's grand opening celebration is free and open to the public, however donations of unwrapped toys will be accepted for Santa Monica PAL Best Gift Ever. General admission to ICE at Santa Monica is \$12 per person (includes skate rental) for the

remainder of the season.

The rink will be open Monday-Thursday from 2-10 pm, Fridays 2 pm to midnight, and Saturdays from 10 am to midnight

For more information and extended holiday hours, visit www.ICEatsantamonica.com.

HOUSING

FROM PAGE A1

"This Housing Element is being written at a time of uncertainty in regard to creating and retaining affordable housing. This uncertainty challenges the implementation of longstanding programs and objectives," City staff stated. "During the economic boom at the turn of this century, market forces and rental vacancy decontrol substantially eroded affordability for many lower and middle income households in Santa Monica, reducing opportunities for those employed in the City to find local housing."

In its report to Planning commissioners, City staff acknowledged Santa Monica "must adjust to changes in funding for affordable housing production due to the Redevelopment Agency's dissolution.

"Nevertheless, the Housing Element includes a quantitative objective of 1,371 units, approximately half of which would be deed-restricted affordable units," City staff stated.

The Housing Element also claims to maintain the emphasis of the Land Use and Circulation Element (LUCE) to conserve existing neighborhoods and planning for new housing units near transit opportunities in mixed-use, walkable neighborhoods.

Other stated priorities include: identifying strategies for expanding housing opportunities; providing services for all household types and income groups; and,

serving as the primary housing policy guide.

A major factor governing the Housing Element's strategy is the loss of redevelopment, or RDA, funding.

"Santa Monica's challenge to provide housing assistance to its neediest households and lower-income members of the workforce is compounded by the State's elimination of redevelopment agencies in 2011," City staff stated. "As this Housing Element is developed, new sources to meet the housing challenges of the planning period have yet to be identified, but are absolutely necessary to enable the City to reach its goals to deepen diversity in the community and reduce peak hour traffic congestion and [Greenhouse Gas] emissions through providing opportunities to live and work in the city."

City staff stated in its report to the Planning Commission the 2013-2021 Housing Element "would not result in any significant impacts on the environment."

Planning commissioners reviewed the 2013-2021 Housing Element in August and made specific recommendations of how the City Council could "address pressing housing concerns in the coming years."

According to City staff, commissioners suggested, "developing additional resources to subsidize housing at the lowest end of the affordability spectrum" and "meeting the need for housing that allows seniors to "age in place" or to move into more appropriately sized housing that is designed with features and services that help them live independently for as long as possible."

Other suggestions include improving housing access for persons with disabilities and negotiating with developers to provide affordable units "that are needed and would benefit the community."

The 2013-2021 Housing Element is, according to City staff, based upon updated 2010 census data and updates the 2008-2014 Housing Element.

Once adopted by the council, the State's Dept. of Housing and Community Development (HCD) must certify the 2013-2021 Housing Element. The 2013-2021 Housing Element would be in effect through June 30, 2021.

City staff stated HCD's response to the Draft Housing Element was "highly positive" due to its format, readability, and "excellent demonstration of public participation and incorporation of comments received, and the innovative approach to housing policies within a transit-oriented context."

HCD staff is still reviewing three public comment letters it received. However, City staff stated once the HCD process is complete, the 2013-2021 Housing Element would meet the required qualifications to be certified by the State.

Documents and findings related to the 2013-2021 Housing Element are available on the City's Planning and Community Development website: smgov.net/Departments/PCD/Plans/2013-2021-Housing-Element.

Contact Parimal M. Rohit
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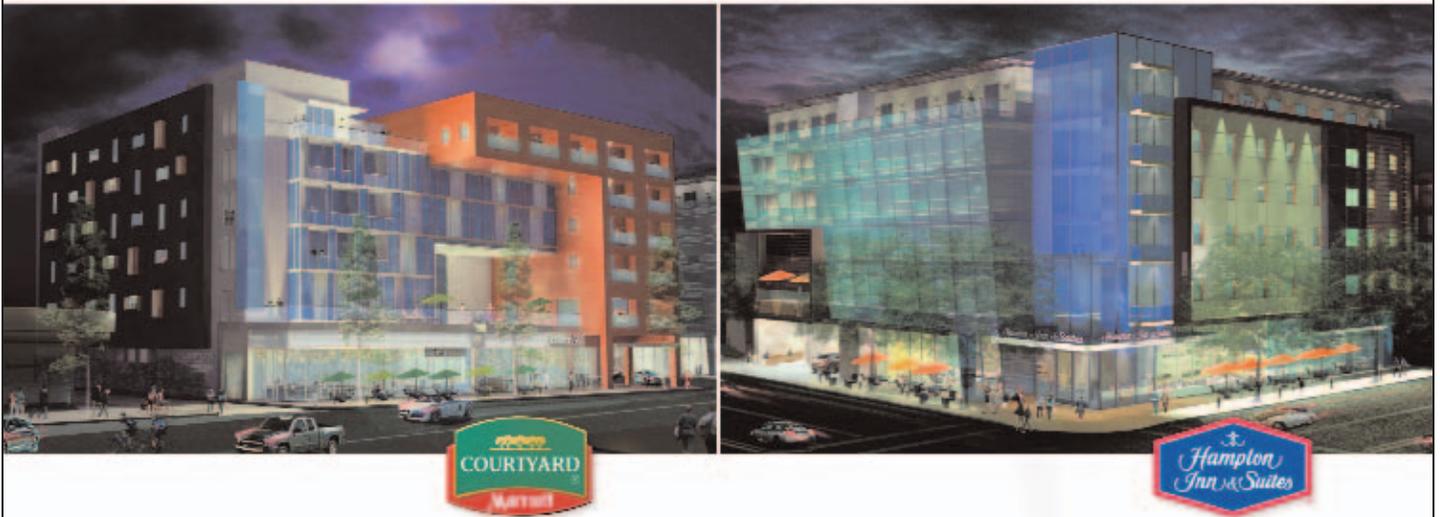
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Open Beach Touch Rugby Tournament A Success

DOUG CASSIDY
SPECIAL TO THE MIRROR

The first annual Santa Monica Open Beach Touch Rugby Tournament presented by the Santa Monica Rugby Club on Oct. 19 was a huge success.

More than 200 beach rugby players and more than 1,500 rugby fans and family made their way to Tower 28 at Santa Monica beach for a 20 team beach touch tournament on the same beaches where "ruggers" have been playing social rugby every Sunday, Tuesday, and Thursday for the past 40 years.

The event gave rugby players, for the first time in Santa Monica, a chance to see who was the King of the Beach in both a Champion Tournament and a Mixed Social Tournament.

The SMRC event was sponsored by the generous donations of Vita Coco, Bud Light, Canterbury, World Rugby Shop, ClifBar, Unleashed by PetCo, Scosche, Red Dragon Management, and O'Brien's Irish Pub & Restaurant.

The Mixed Social Tournament put a twist on Six-Touch Rugby with the rule of any female player who scored being awarded double points that added for extra strategy for the teams to get their ladies over the try line.

Numerous teams joined the action for the fun and social event including several teams with players playing organized rugby for the first time. After the day was done and 15 mixed social matches were played, the local beach team "The Venice Vikings" came

away with an upset over the Santa Monica Rugby Club's mixed social side "The Fighting Kelp" and was awarded the Cup and the \$500 cash prize. Daralisa Kelly was named MVP of the Mixed Social Tournament.

On field one, the championship tournament took place with a highly talented group of clubs fielding the 12-team bracket.

Participating were established clubs like the Los Angeles Rugby Club, the Santa Monica Rugby Club, Beaumont RFC, and the Santa Clarita Tigers. Also entered were well known touch clubs such as the Santa Monica Beach Boks, the LA Royals, the Del Mar Hoodz and Beverly Hills.

In total, 25 Championship bracket games were played with upsets coming from the upstart Santa Monica Rugby Club's Youth Program and the previously unknown Astronauts Rugby Club as well as several other highly competitive match ups.

Southern California powerhouses, the Half Nelsons, Beach Boks, SMRC and LA Royals cruised into the playoffs as expected. The quarterfinals included four extremely high tempo matches and we nearly saw the upset of the tournament as the SMRC Youth program took the SMRC Senior Men's team to overtime and almost came away with the win before succumbing to the men 3-2 in sudden death format.

In the semifinal, the defending national 6-touch champions, the LA Royals, battled against the Beach Boks in a match that drew one of the largest crowds of the tournament. The crowd cheered loudly and attracted onlookers with "oohs and ahhs"



The Beach Boks defeated the Santa Monica Dolphins 4-0 at the Santa Monica Open Beach Touch Rugby Tournament on Saturday, Oct. 19. PHOTO BY RENE MERIDETH

as the Boks eked out a 3-2 victory in their hardest test of the tournament. In the other quarterfinal match the South African squad, the Half Nelsons, lost their only game of the tournament versus the Santa Monica Rugby Club.

The Santa Monica Rugby Club faced the Beach Boks on the Boks' "home pitch" for the Championship Game.

In front of an enthusiastic crowd the Beach Boks took the Cup and the \$1,500 cash prize in a 4-0 victory over SMRC, completing a fantastic day of rugby on the beach.

No MVP was named for the Championship Bracket as the Beach Boks declined the award.

The proceeds from the tournament will be applied to programming costs associated with Santa Monica Youth Rugby programs provided for teams ages 8 to 18.

The Santa Monica Rugby Club and the Santa Monica Open Beach Touch Rugby Tournament organizers said they would like to thank their sponsors and volunteers, without whom the tournament could not have been a success.

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Alert Police Blotter

TIM BROUGHTON
MIRROR CONTRIBUTOR

Secret Shopper.

Santa Monica police arrested a 41-year-old Studio City man on Wednesday, Oct. 23 after he tried to buy three iPhones from the Third Street Promenade Apple store using fraudulent identification. Officers of the Santa Monica Police Department were called out to the Apple Store at 1415 Third Street Promenade at 3:23 pm on this day in order to investigate a report of a possible fraud. When they arrived they spoke with the Loss Prevention Agent of the store who told them that he had the suspect in custody. The Loss Prevention Agent continued to tell the officers that this suspect had entered the store and had attempted to purchase three iPhones. The suspect had, after being requested to according to store protocol, offered a form of identification. The suspect produced a California Drivers' License that displayed the name of another person but with the suspect's photograph superimposed on the license. The officers questioned the suspect who only admitted to being a "shopper." The officers probed further and the suspect claimed that he had been given instructions by "another person" in order to buy the iPhones. He alleged that he had been paid \$30 for each phone he purchased. The officers contacted the person whose name was on the California Drivers' License and this person denied that she knew the suspect or that she had given permission for him to use her identification. Based upon

the evidence the officers arrested this man and he was charged with identity theft, burglary, fraudulent use of a drivers' license, and forgery of a State document. Bail was set at \$50,000.

Suspect Has Left The Building.

A 19-year-old Los Angeles woman was arrested Wednesday, Oct. 23 after being caught on the run after stealing items from the Sephora store on the Third Street Promenade. Officers of the Santa Monica Police Department (who had been assigned to Third Street Promenade Foot Patrol) hurried to a "theft in progress" report on this day at 2:15 pm at the Sephora store, located at 1244 Third Street Promenade. As they were on their way to the scene they were informed by dispatch that the suspect had left the building and was at that time walking south in the 1200 block of Third Street Promenade. The officers spotted the suspect (according to the description they had been given) and escorted her back to the store so that they could begin their investigation. When they all arrived back at Sephora the officers spoke with the Loss Prevention Agents of the store and learned that (allegedly) the suspect had selected several items, place them in her bag, and left the store without making any attempt (allegedly) for paying for them. The officers arrested (according to a citizen's arrest per the Loss Prevention Agent) this woman and she was charged with theft. Bail was set at \$1,000.

Very Hungry Dogs?

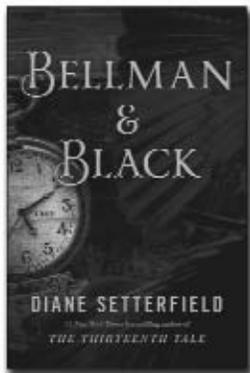
A 38-year-old Huntington Beach man

was arrested on Wednesday, Oct. 23 in Santa Monica after buying mass quantities of dog food using a fraudulent debit card. Officers of the Santa Monica Police Department received a report of a fraud at The Healthy Spot Pet Store on this day at 8:13 pm located at 1110 Wilshire Boulevard, so they went there to investigate the (possible) crime. When the officers arrived they detained the suspect who was in the process of exiting the store and then they spoke with a store employee. This employee told the officers the suspect had entered the store on Monday, Oct. 21 and had purchased several items using a debit card. Something about the suspect and the purchase at that time had aroused the suspicions of the staff member so they had contacted the bank that had issued the debit card in order to check that it was genuine. The bank confirmed her suspicions and told her that it was in fact a fraudulent debit card. The next day the staff member was notified of a similar purchase at a West Hollywood branch of the store. On Oct. 23, the suspect had returned to the Santa Monica store and had ordered the very same items that he had previously purchased, namely 20 bags of dog food with a retail value of \$1,590.10. On this occasion the Healthy Spot Pet Store employee had called the police. The police searched the suspect's vehicle and discovered other items of evidence allegedly linking him to similar crimes. This man was arrested and charged with burglary, fraudulent use of an access card, and conspiracy to commit a crime. Bail was set at \$20,000.

Just A Boyfriend.

Bail was set at \$20,000 for a 22-year-old homeless man on Thursday, Oct. 24 after he was seen physically assaulting his girlfriend. Officers of the Santa Monica Police Department received a call on this day at 4:44 pm that informed them that a possible domestic battery was happening in the 1600 block of Ocean Front Walk. The officers learned that a witness who had been driving by the location had seen a man hitting a woman several times until she fell to the ground whereupon the man had kicked the woman multiple times in the torso. When the officers arrived they discovered the victim, who was reluctant to oblige them with any information, stating that the alleged assailant was simply "her boyfriend." As the officers were interviewing the woman the boyfriend, who had previously departed the scene, returned. The witness then approached the officers and identified the suspect, stating that he had indeed been the person who had been seen committing the alleged assault. The officers arrested this man and he was charged with domestic battery.

Editor's Note: These reports are part of a regular police coverage series entitled "Alert Police Blotter" (APB), which injects some minor editorial into certain police activities in Santa Monica. Not all of The Mirror's coverage of incidents involving police are portrayed in this manner. More serious crimes and police-related activities are regularly reported without editorial in the pages of the Santa Monica Mirror and its website, smmirror.com.



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NorthStar Moving Helps Collect More Than 4,500 Pounds Of Food To Feed Hungry Kids

JYNARRA BRINSON
MIRROR INTERN

NorthStar Moving co-founders and Santa Monica locals Ram Katalan and Laura McHolm and their team are performing northward in the philanthropic world.

This past summer, the company participated in its first annual "Let's Send Hunger Packing" summer food drive competition in partnership with Coldwell Banker Residential Brokerage to collect 4,556 pounds of food to feed hungry children in Los Angeles and Orange Counties.

Coldwell Banker Residential Brokerage offices in LA County and Orange County competed for over a month to collect the most food donations for their local food bank.

NorthStar Moving delivered all of the donated items to the Los Angeles Regional Food Bank and Second Harvest Food Bank of Orange County.

The "Food Donation Heroes" that collected the most food in their county were San Marino Coldwell Banker Residential Brokerage for Los Angeles County and Laguna Niguel Coldwell Banker Residential Brokerage for Orange County.

NorthStar Moving will give each of these award-winning offices lunch for their entire

staff.

The nearly 20-year-old moving company started in a small Northridge office in 1994 and is presently setting a new industry standard while garnering dozens of awards.

"You know how carpet services (were) and some still are today – they give you a price over the phone and then when they get there they'll say, except for your carpet because you have this extra spot," McHolm said. "Moving was kind of like that too. We both felt like that was not the right way to do things."

Prompted by what they considered fraudsters in the industry, the co-founding pair combined their backgrounds to create a company catered to their clients' needs in unprecedented ways.

As a youngster, Katalan worked as a mover and later worked for Moishe's of New York and held various positions within the company, including dispatch, and management positions within several others.

Meanwhile McHolm was an attorney with a marketing background.

"I graduated high school at 16 and started university, so I really felt like looking toward award winning service was something we wanted to do," said McHolm, a self-proclaimed Type-A personality.

In 2012 alone NorthStar Moving won nearly a dozen awards; the California Apartment Association of Los Angeles (CAA-LA) awarded them three, including one for "Industry Partner of the Year;" the San Fernando Business journal recognized them as one of the fastest growing private companies; Inc. magazine, too, recognized NorthStar Moving as one of the fastest growing privately held companies in the United States; after years of outstanding service, the Better Business Bureau awarded NorthStar Moving with a 10-year recognition award in



NorthStar Moving held its first annual LA County and Orange County summer food drive competition with Coldwell Banker. COURTESY PHOTO

addition to having made the Bureau's "Honor Roll" since 2000 for not receiving a single complaint.

Although they've earned collective accolades, co-founders Katalan and McHolm have also won individual recognition for their leadership.

In 2008 McHolm won the "Trailblazer Award" at the 7th Annual Women in Business Awards for redefining industry norms and delivering exceptional customer care statewide. Since 2009 McHolm has received

nominations for "Women Making a Difference," an award honoring women for their outstanding work in the community issued by the Los Angeles Business Journal.

In 2010 they were awarded "Best Green Practices" by the CAA-LA.

"When I was going to law school I never thought I'd be the proud owner of a bio-diesel tank," McHolm said. "We have something like 25 trucks now and those have bio-diesel tanks. Even our bubble wrap is eco-friendly, it's not made of petroleum-based products. All of our boxes are 100 percent recyclable. We'll give you a discount for buying used boxes because we try to encourage people to be green. We'll buy back your boxes at the end of the move so you don't just throw them away."

Not only will NorthStar Moving purchase old boxes, they'll put their clients' unwanted belongings in the proper hands.

Working closely with Goodwill, Habitat for Humanity, and e-Cycle, they've maintained relationships instead with one of their many goals: to responsibly, domestically recycle, a goal shared by those very organizations.

NorthStar Moving knows how to treat the members of their staff, and evidently so. They've made both the Los Angeles Business Journal and the San Fernando Valley Business Journal's list of "Best Places to Work" for several consecutive years.

"We look to our members and ask what is your passion, what do you feel strongly about, where should we be spending our time," McHolm said about the process of choosing philanthropic endeavors for NorthStar Moving. "Let's figure out how we can help them or put them in touch with somebody who can."

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CITY COUNCIL

FROM PAGE A1

The issue of one speaker donating time to another surfaced after council members allowed members of the public in August to divvy up speaking time amongst each other during deliberations of the Downtown Specific Plan (DSP).

At the Aug. 13 meeting, City Clerk Sarah Gorman announced an estimated 75 people submitted chits to address the council on the DSP agenda item.

Moments later, Winterer suggested at the Aug. 13 meeting an exception be made to the two-minute time limit during public testimony and allow speakers the opportunity to group together. When he made the suggestion, Winterer hoped a more efficient and focused commentary would follow by allowing some speakers who wanted to speak longer than two minutes to borrow time from those who either had something similar to say or needed less than 120 seconds at the podium.

Accordingly, there were some speakers who addressed the council for as long as six minutes.

Though he voted in favor of the one-year pilot at the council retreat last weekend, Council member Tony Vazquez observed the attempt to allow speakers to donate time in August was not smoothly administered and might have actually been a hindrance to the public process.

"The one time we tried it I thought it was pretty chaotic. I don't think it helped, I think it actually hurt," Vazquez told his colleagues, referencing the Aug. 13 meeting.

Mayor Pam O'Connor was worried the pilot program could actually result in public testimony taking more time to complete. It could be possible every speaker addressed for four minutes, she noted.

A similar practice is currently in place with the Planning Commission, where speakers who address the dais can accept donated time from someone else who had planned to speak.

Council member Gleam Davis supported the pilot program but commented the Planning Commission's practice of allowing speakers to donate time to others does not perfectly transition to council meetings. Davis, who served on the Planning Commission prior to joining the City Council, said the advisory board does not consistently attract the high number of speakers as the council would on a particular issue.

Also, speakers are given three minutes to address commissioners, compared to just two minutes at council meetings.

According to City staff, an estimated 15 to 25 speakers address the dais at Planning Commission meetings. However, City staff estimates 50 to 75 speakers take the podium at City Council meetings.

In its report to council members, City staff stated time donation is not a common practice among municipalities. Cities such as Beverly Hills, Pasadena, and West Hollywood - considered "benchmark" cities by City staff - "do not permit donation of time."

However, Berkeley and Culver City do allow time donation.

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Development, The Fairmont & The Huntley Hotel

BRENTON GAREN
EDITOR-IN-CHIEF

The Mirror would like to clarify details on the article published Oct. 18 "Poll Shows Residents Don't Favor Dense, Tall Buildings" that contained a survey question relating to the Fairmont Miramar's redevelopment project. The Mirror was unable to confirm who paid for the poll before time of press, but can now report that The Huntley Hotel contracted with Lake Research Partners to conduct a telephone poll of 404 Santa Monica voters between September 10 and 15.

Lake Research Partners partner Dr. Bob Meadow confirmed there were more than three questions asked that were part of the poll (only three questions from the poll were publicly released).

"There were more questions asked that are proprietary, and for internal purposes of our client, and will not be released," Meadow said. "It is quite common for only those questions that are of broad public interest to be released."

As the feud between the Fairmont Miramar and The Huntley continues regarding the Fairmont's redevelopment plans, The Mirror will continue to report both sides.

Below are follow-up statements from both sides regarding the poll.

On behalf of the Fairmont Miramar, MSD Capital's Alan Epstein:

After weeks of denying their involvement, we are not surprised that the Huntley Hotel has finally confessed that they were behind this one-sided, biased poll. If it was not biased in the way questions

were asked, they would have released the entire survey and results. This is a typical PR ploy from the same consulting team that hid almost \$100,000 in political contributions in the last city election.

Fortunately, Santa Monica residents are too sophisticated to be misled by the Huntley.

We have known about this survey for weeks. We know the deliberately misleading questions that were asked and we know that the Huntley's paid telephone operators pushed people toward certain responses, without giving them honest options. We know that they only released three questions from a 20 minute survey.

That being said, there is no place in America where you can ask the question "do you want more development" and get an answer any different than the Huntley got. However, when you ask Santa Monicans the following questions (and we have), you get a very different response:

- Would you like to see the Miramar Hotel redeveloped with fewer walls and fences and substantially more open space?
- Would you like to see the Miramar Hotel redeveloped so that it is taller and thinner, in essentially the same footprint that has existed since 1957, so that it does not impact ocean views?
- Would you like to see the Miramar Hotel redeveloped with a housing component that will include a substantial number of new affordable housing units?
- Would you like to see the Miramar Hotel redeveloped in a manner that will increase revenues to the City by more than \$5 million a year?

As we have made clear in previous communications, the Huntley has a simple agenda:

1. Stop all competition.
2. Fight unions. The non-union Huntley hotel has refused to offer their workers fair wages and benefits that all of the union hotels in Santa Monica provide.
3. Stop the building of affordable housing on Second Street.

The Huntley will do anything to divert attention away from their own building, which is one of the tallest and most dense in the city. It is almost triple the density of the proposed Miramar Plan and has ZERO open space, and could never be built under the zoning that the Huntley now proposes. It will even mislead reporters to hide their own involvement.

When people see misinformation about the Miramar Plan, they should consider who is secretly bankrolling it. We ask only that Santa Monicans judge the Miramar Plan on its merits.

On behalf of the Huntley Hotel, Sugarman Communications Group's Heather Herndon:

The Huntley Hotel contracted with Lake Research Partners to conduct a telephone poll of 404 Santa Monica voters between September 10 and 15. Lake Research Partners is a nationally renowned public opinion firm with clients that include some of the largest and most well-respected institutions in the country. These include UCLA, The Gates Foundation, AFL-CIO, the National League of Cities, the American Cancer Society, Human Rights Campaign, as well as scores of political candi-

dates from around the country. You should check the website to learn more about Lake Research at www.lakere-search.com.

Dr. Bob Meadow, Partner at Lake Research, oversaw the poll. Formerly a professor at USC among other schools, he has over 25 years of experience and is considered one of the top Democratic pollsters in the country.

Lake Research used professional telephone interviewers to ask a range of questions, using well-established survey methodology. The results, with a +/- 4.9% margin of error, show clearly that:

- Fifty-two percent of voters favor less development while only 15 percent favor more.
- Sixty-nine percent opposed changing the height and density requirements to allow more high-rise and higher density buildings in Santa Monica, with only 26 percent favoring changing the height and density requirements.
- Fifty-seven percent of voters oppose the Miramar's expansion plans.

As Dr. Meadow's noted in his response, "... There were more questions asked that are proprietary, and for internal purposes of our client, and will not be released. It is quite common for only those questions that are of broad public interest to be released."

In fact, for the reason that Dr. Meadow notes, it is rare for an entire poll to be released publicly.

In short, this poll was conducted by nationally renowned experts using well-established survey methodology with statistically valid results.

Disliking a poll's outcome is not a valid reason to "discredit the poll itself."

Revelation Shows Why More Campaign Disclosure Is A Must

TOM ELIAS
MIRROR COLUMNIST

Just in case anyone doubts the need for a lot more transparency in political fund-raising, a remarkable settlement just obtained by California's campaign finance watchdog and accompanying demands for disgorgement of previously undisclosed donations should erase all doubt.

The extraordinary thing about the settlement and the commission orders wasn't the \$1 million in fines assessed on two political committees, even though that's an all-time record. Eclipsing the big fines were the volume of donor cash and the sheer hypocrisy revealed when one political committee inadvertently revealed its major contributors.

This case was all about two 2012 ballot propositions and the money spent for and against them by two Arizona political nonprofits tightly linked to the Kansas-based billionaire industrialist brothers David and Charles Koch, well known for funding ultra-conservative causes and the Tea Party.

There was no hypocrisy when their committees, the innocuously named Center to Protect Patient Rights and Ameri-

cans for Responsible Leadership, funneled more than \$28 million of other people's cash into campaigns. The cash was used against Proposition 30, Gov. Jerry Brown's initiative temporarily raising some state taxes, and for Proposition 32, a failed attempt to limit unions' political power. Still, the two committees now must pay a combined \$1 million for not disclosing donors before last year's votes.

Then there's Los Angeles developer and philanthropist Eli Broad, the B in the giant development firm KB Homes.

Broad during the campaign publicly supported Brown's tax increases. "Those of us that are wealthy like myself should pay more," he said.

But he apparently contributed \$500,000 to the campaign against the proposition. Oh, this hasn't been formally disclosed or acknowledged. But redacted records obtained and then released by the state Fair Political Practices Commission show someone with the first name Eli, last name blacked out, with a 12th floor office in a Wilshire Boulevard building at a five-digit address in Los Angeles, made the contribution. Broad's foundation has an office on the 12th floor at 10090 Wilshire.

There was also Charles Schwab, prin-

cipal of the eponymous San Francisco-based investment and brokerage firm, identified in a similar way. Nominally apolitical, Schwab apparently kicked \$6.4 million into the two campaigns.

It's not exactly a fine, but the FPCC is also demanding that a California group called the Small Business Action Committee, which used \$11 million from those secret donations and others on the campaigns, hand that amount over to the state by Nov. 30.

"The money is all gone, all spent on the campaign. We don't have that amount and it's unlikely we could get it by the deadline," says Joel Fox, head of the small business group and founder of the Fox & Hounds daily political blog, also nominally non-partisan. Because this case is unprecedented, it's unclear what might befall Fox, a former head of the Howard Jarvis Taxpayers Assn., and his enterprises if he doesn't pay.

"We did report everything we knew (about donors) at the time," he wrote in an email. "We think this is a misapplication of the disgorgement law and are going to fight it."

In all, 132 wealthy donors kicked significant cash into these two campaigns

Brown turned their secretiveness against them, making convenient bogeymen of the Kochs and others presumed at the time to be hidden donors (no one guessed Broad or Schwab were among them).

But Brown, the ultimate savvy political veteran, was uniquely equipped to turn big donations against the causes of those donors. Not many future initiative backers and opponents will be so skilled. So full disclosure is a must for the public to know who's behind what.

Had voters passed a 1990s-era initiative demanding that all TV commercials and newspaper ads for or against ballot propositions identify their leading donors in type matching the largest anywhere else in the ads, there would have been no secret about all this. It would have been clear that billionaires were spending tens of millions to protect their interests, regardless of what they might have said at the same time.

That is the kind of information California voters need, and it's up to the Legislature to demand it, even if that requires lawmakers to offend some of their own donors.

St. Monica Mariners Football Fall To St. Anthony 33-27

DENNIS FREEMAN
SPORTS EDITOR

It's been a tough season for the St. Monica football team. Friday night against Santa Fe League foe St. Anthony, the Mariners saw their tough luck season magnified at Santa Monica College.

St. Monica scored 27 first half points and still wound up on the short end of the stick, going down in defeat to St. Anthony, 33-27.

The Mariners put seven points in the first quarter and added another 20 in the second period. However, that would be the end of the scoring spree for St. Monica for the evening as the Mariners were held scoreless by the Saints through the last two quarters in suffering their sixth defeat of the season.

St. Monica concludes the regular season against Salesian in a final league matchup at Santa Monica College. But this loss with probably will stay with the Mariners for a while.

Immediately after St. Anthony scored the game's first touchdown of the game, the Mariners stormed right back with a score of their own when Jack Cain returned the kickoff 80 yards to the house. The scoring flip flop between the two teams had just begun.

St. Anthony got another score to end the first quarter with a 13-7 lead. But the Mariners answered the call this time with another Cain score-an 18-yard touchdown pass reception from Cameron Nuslein. Following another Saints' score, St. Monica actually took the lead with two straight possessions that resulted in touchdowns.

Nuslein connected again with Cain for another touchdown through the air-this time from 25 yards out to put the Mariners up for a single point. A 20-yard touchdown run by Jason Thomas and subsequent converted point after attempt gave St. Monica a 27-19 lead.

The celebration would be short-lived. St. Anthony then scored another touchdown with less than a minute left in the first half to pull within 27-25 at intermission. The third quarter was a matter of the two teams' defense' locking up one another's offenses. St. Monica failed to do anything on its two offensive series in the quarter.

The score remained that way until late in the fourth quarter when St. Anthony broke through to score a touchdown and two-point conversion to go up 33-27. The Mariners had one more punch left. St. Monica moved all the way down to inside St. Anthony's red zone but came away empty.

Culver City High Defeats Samohi Vikings Team In Overtime 17-14

DENNIS FREEMAN
SPORTS EDITOR

The Santa Monica High School football team had an opportunity to close the deal on the Ocean League title by defeating Culver City on the road Friday night. The Vikings would have controlled their own destiny should they have come away with their third win in Ocean League play this season.

However, that didn't happen. Santa Monica now has to watch and see what Culver City does for the remainder of the regular season to see if they will still have an outside shot to tie for the league crown at best.

Samohi fell behind early, rallied late, but ultimately lost to Culver City 17-14 in overtime. The Vikings fell down 14-0 at halftime. But in the second half it was a different story. Led by the inspired rushing attack of running back Kwame Duggins, the Samohi squad fought back to tie the ballgame with just over 10 minutes remaining in the fourth quarter.

The game would remain knotted up in regulation, forcing the overtime scenario. Samohi got the ball first but couldn't do anything with their opportunity. Instead of pounding the ball inside to Duggins, Santa Monica coach Travis Clark went to the passing game a couple of times with junior quarterback Nico Basile.

That effort came up short as Basile just missed on a couple of throws that could have given Samohi the lead in the extended period. The Vikings also missed a field goal opportunity after that sequence of plays.

That left Samohi's defense with a tall order to

shut down the Centaurs and their playmaking quarterback Armani Rodgers.

For the last two quarters, the Vikings' defense were able to do that, bottling up Rodgers with a ferocious pass rush and outstanding play on the perimeter and locking up the Centaurs' outside weapons. Overtime would prove to be a much different barometer with both teams getting the ball at the 25-yard line to score.

Samohi couldn't make it happen when the Vikings had their chance. Rodgers and Culver City made the best of their opportunity. The Centaurs took the ball from the 25-yard line and drove it to the 2-yard line to set up the game-winning, 21-yard field goal by kicker Nico Melendez.

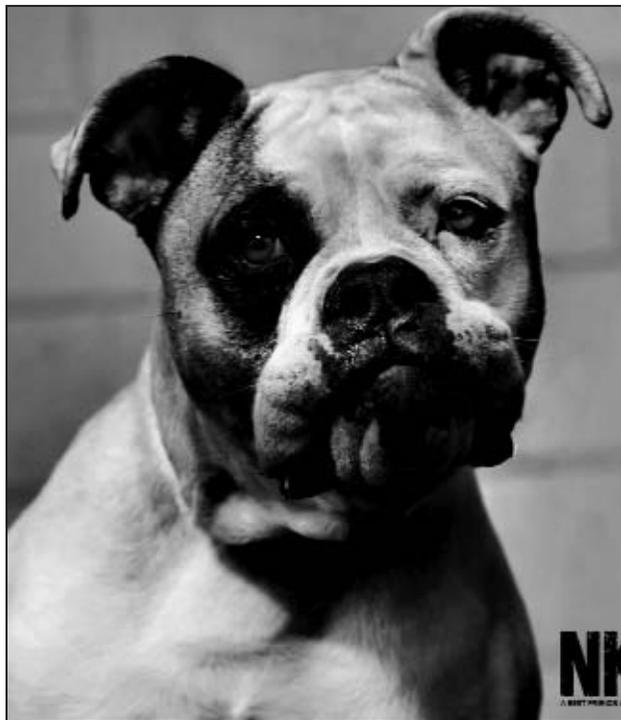
That was the ballgame. A slow start in the first half cost Samohi a golden opportunity to all but lock up the Ocean League with a victory over their league rivals. On this night, however, it wasn't meant to be.

After tying the game early in the fourth quarter, Samohi's offense stalled and went nowhere on its last three possessions in the period. Clark thought his team played a much better game in the second half than the effort they gave out through the first two quarters.

"I just told the kids to settle down," Clark said after the game. "I'm really proud of the effort they gave in the second half. Everybody played their hearts out. I thought we had a great game plan in the second half."

As far as the loss, Clark said the team can't dwell on it.

"You keep moving," said Clark. "You just keep moving. That's life."



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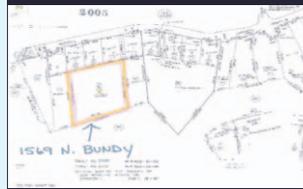


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The True Price Of Carbon: Why Food Costs Are Increasing

BRENTON GAREN
 EDITOR-IN-CHIEF

For NutriFit founding director Jackie Keller, climate change is a huge issue that she says is affecting the food supply and earth's water system.

As a member of Al Gore's Climate Leadership Corps, Keller recently spoke at the Green LAVA (Los Angeles Venture Association) meeting in Santa Monica to talk about the true price of carbon and why food costs are increasing.

She spoke about how increased carbon dioxide and warmer temperatures can increase drought and reduce crop yields, how changes in the eco system create changes in the habitat of fish and shellfish, and how higher air temperatures increase the risk of salmonella, among other topics.

She said her talk was a condensed informal forum about the effects of climate change on health, food supplies, and water supply.

"Those are the three main areas where I feel my professional and personal interests are aligned with the whole climate reality effort," Keller said. "Since my area is health, my particular interest is really understanding what are the implications for food supply, what does it mean for public health, and what are the implications for water and agriculture. My goal is to share information and maybe by sharing it, inspire people even if it's just one or two people, to inspire them to be more proactive in terms of their approach to climate change."

So what can be done on a day-to-day basis?

Keller said simple things like changing from regular light bulbs to LEDs or fluorescent bulbs and buying a reusable water bottle instead of buying one-use plastic bottles are good green choices.

"These are very simple things to do, but many people don't do them," she said.

She said changing watering habits can significantly help the environment.

"Even things as simple as being more mindful when you wash dishes, when you brush your teeth, when you do your household laundry chores, and wash your car," she said. "It's about being more mindful about what toll it takes to do that. How many gallons of water am I really using and wasting? Those are really simple things."

Larger scale things include investing in drought resistant landscaping and switching to an electric vehicle.

About 26 years ago, Keller decided to evolve her group exercise classes into a business of nutrition education after a client asked her about help with cholesterol.

"I asked a close friend to be my silent partner as I didn't want to be in business totally alone," Keller said. "That man is now my husband and still my business partner. We started NutriFit to basically help people deal with incorporating exercise into their daily life and having the right kinds of food available to maximize their health. And that is basically, in a nutshell, what we do today."

Formed in 1987 by Jackie and her partner/husband Phil Yaney, NutriFit specializes in fresh, gourmet, customized, and delivered meal programs that are tailored to accommodate an individual's health and lifestyle needs. Their goal is to promote long-term health by providing full-service nutritional support, including gourmet meals, wellness coaching, health-related products, and other educational programs including keynote presentations.

For the first 10 years of the business, Keller said

she hosted a lot of a nutrition lifestyle education programs.

"In the early 1990s, nobody understood the concept of individually tailored, highly customized personal meals delivered to their door," she said. "It wasn't in our lexicon. Luckily we were fortunate to be contracted by one of the major health carriers to provide employee health promotion programs. We did eight years of education for them while being a licensed caterer and providing meal support for small number of clients."

By the late 1990s, Keller said several big players had emerged in the home food delivery market, which made the concept more of an accepted way to buy food.

She said she shifted the company's energy to the personal catering as demand grew.

"We've done a number of things along the way that all tie back to nutritional health," she said. "There's the education side of our business and there's the catering side of the business that's all organic, healthy, controlled, and up-scale. Santa Monica Seafood has been a purveyor for 20 years. It's a long time to buy from people. When they are concerned about the quality and the ingredients that you use in your food, you stick with purveyors that have the goods."

NutriFit is headquartered at the corner of Barington and Gateway in West Los Angeles, where there are 24 staff.

There is a kitchen facility that sends out 3000 meals/snacks/desserts and other items every day all across Southern California and recently across the United States as well.

"We are not huge and we are not a big company by any means," she said. "We have three fleet vehicles



Jackie Keller, a member of Al Gore's Climate Leadership Corps, regularly speaks about climate change. She also has her own business of 26 years - NutriFit - that specializes in fresh, gourmet, customized, and delivered meal programs that are tailored to accommodate an individual's health and lifestyle needs. **COURTESY PHOTO**

that are super low emission vehicles. The rest of our deliveries are done with our drivers who have their own cars."

Keller said clients do not need a minimum ordering schedule.

"We have some people who want two days a week of meals and they stretch it out for a week and mix and match their meals," she said. "Then there are people who want all meals and all snacks catered from sundown every day. I think people's general perception is if they can get 80 percent of their weekly meals covered, they can handle 20 percent and that's fine with us. For us, it's about empowering people."

For more information about Jackie Keller or NutriFit, call 800.341.4190 or visit www.nutrifitonline.com.

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Rehydrate After Drinking With Liquid I.V.

BRENTON GAREN
EDITOR-IN-CHIEF

What's the key to reducing the agony of a hangover? Three Santa Monica entrepreneurs believe they have found the answer: oral rehydration therapy.

The Loyola Marymount University graduates, 2010, have developed an all-natural drink called Liquid I.V.

The founders – Cameron Killen, Hayden Fulstone, Brandin Cohen – say it contains an optimal combination of glucose, electrolytes, and water to rehydrate the body at a rate similar to an IV.

Killen said the drink was inspired after a work trip to Las Vegas for his previous career in finance in 2012.

"One morning after a long night, I went into one of my coworker's hotel rooms and I noticed him drinking this strange orange liquid in this big square bottle that I had never seen before," Killen said. "I asked him what he was doing. He said, 'well I've always got the most debilitating hangovers, and about six months ago I read about this stuff on the internet called Pedialyte and it's a baby drink, but when you drink it after drinking the next morning, it makes you feel a lot better.' I was a little weirded out, but thought it was interesting."

On his return to Santa Monica, he and his roommate Fulstone decided to test out Pedialyte themselves.

"We went out, had some drinks, and tried it the next morning," he said. "We did and it worked



Liquid I.V. is a new all-natural drink for hangovers that contains glucose, electrolytes, and water to rehydrate the body at a rate similar to an I.V. From left: Liquid I.V. partner Osas Obaiza and co-founders Hayden Fulstone, Brandin Cohen, and Cameron Killen. COURTESY PHOTO

well. We were excited and started to spread this discovery around our social networks in LA."

Meanwhile, Cohen had started a new job working for the Arizona Diamondbacks baseball team in 2010 and had a similar experience learning about Pedialyte.

"I was bonding with some of the guys from the team before the game in the locker rooms, and they were all drinking this weird drink that I had never seen before," Cohen said. "I asked one of my good friends, who happened to be the third baseman for the Diamondbacks at the time, and said 'hey what is this stuff you are drinking? He said 'it's Pedialyte - it's this baby drink, I don't really know why we drink it, but the trainers tell us to drink it because it's really rehydrating and it's great when you are out in the desert for cramping and good for jetlag when traveling. He told me that all the good players were drinking it, so he started drinking it too."

When Cohen moved back to Los Angeles in 2012, he was living on the couch in an apartment near Montana and 5th rented by Killen

and Fulstone. The idea for Liquid I.V. was born after they all spoke about the phenomenon of Pedialyte.

"We thought, let's see what's working so well about this drink and instead of having people go buy a baby drink, why don't we create something that's marketed for adults," Fulstone said. "That's where the whole idea started."

Fulstone said the first step they took was finding out what worked with Pedialyte.

"We decided to take what's good about the ingredients and improve upon it and make it a lot better," Fulstone said. "What works is called oral rehydration therapy. It's an optimal combination of glucose, electrolytes, and water to rehydrate your body as a rate similar to an I.V. What we did was take that ratio and added a number of vitamins such as vitamin B and vitamin C, and also on top of that took things out of Pedialyte that weren't healthy – artificial sweeteners, preservatives, and artificial coloring. We wanted to create a drink that was 100 percent all natural."

Cohen said they found a beverage chemist to work with to formulate the drink.

"We met with him regularly to test different ingredients and different flavors and went back and forth through a number of rounds of different testing," Cohen said. "We found out that there were so many deficiencies that we wanted to improve upon when we looked into Pedialyte."

Killen said their initial idea was to cater to the hangover market – college students and young professionals – but they saw an opportunity to expand into the sports beverage market as well.

"As we started exploring it further, we found there was a void out there in the market for a premium rehydration product, unlike Gatorade which is loaded with sugar and calories, that has a lot more electrolytes and is a lot healthier for you," Killen said. "We decided to split our idea into two distinct products: Liquid I.V. Sport that's geared towards recovery from athletics, jet lag, sickness and then our Liquid I.V. Hangover recovery formula which is specifically formulated for how you feel the next day after drinking alcohol and to help you to recover from that."

The bottled hangover and sport versions of Liquid I.V. are available for \$3.49 at select convenience stores, gas stations, gyms, and liquor stores in Santa Monica and the south bay. The product is also available in the form of powder packets that can be poured into cold water and make the exact same drink as the bottles. Most people prefer the convenience of the Liquid I.V. monthly supply package, which costs \$19.99 per month and includes eight packets that are delivered anywhere in the U.S., free shipping and handling. As part of this special offer, if you order the monthly supply and use promo code SantaMonica you will receive 50 percent off your first month.

For more information, visit liquid-iv.com.

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SPECIAL TO THE MIRROR

As the foliage starts to turn colors, we may notice a change in the foods our bodies crave. The desire for an ice popsicle just might be replaced by a yearning for a

warm bowl of soup.

In Chinese medicine consuming foods that correspond to each season is thought to create harmony and balance.

Fruits and vegetables contain the most concentrated nutrients and flavor when they are consumed in season. Autumn is the perfect time to try new produce that is packed with delicious phytochemicals to keep your taste buds and health in shape throughout the entire season!

Whether you enjoy apple picking or perusing through a pumpkin patch, you will fall into health with these tasty picks!

An Apple A Day Keeps the Weight Away

These shiny gems are not just for your teacher anymore! In a recent USDA-funded study 160 women from ages 45 to 60 were assigned to eat dried apples daily for one year.

The results demonstrated a 23 percent drop in LDL cholesterol and lower levels of C-reactive protein and lipid hydroperoxide.

The women dropped an average of three pounds, despite consuming the extra calories from the dried apples. This miracle fruit may be enjoyed raw, dried, or baked, but limit the apple pies if you want the full benefits.

Tasty Tip: Chop a crispy apple into your hot oatmeal and sprinkle with walnuts and your favorite spices for a boost of fiber and heart-healthy omega three fatty acids.

Brussels Sprouts Defend From Cancer & Disease

You may want to rethink feeding Fido your Brussels sprouts under the table! Countless studies link Brussels sprouts to cancer prevention and protection from disease.

Chock full of vitamin A, C, E, and powerful antioxidants, it is time to invite these mini cabbages back to your dinner table. Their cardio protective and anti-inflammatory benefits make them a perfect fall side dish.

You may also want to try a variety of cabbages for their digestive health benefits. Studies demonstrate that cabbage contains a multitude of nutrients that benefit our stomach and intestinal linings.

Delicious Dish: For a colorful meal, shred red and green cabbage together. Then add some sesame oil, lemon juice, and your favorite spices. Enjoy with baked fish for a wholesome meal packed with phytonutrients and flavor!

Root Your Way To Health

If you love to chomp on bright orange carrot sticks or savor the terrific taste of turnips, you will be happy to take advantage of the root vegetables that are staples of the fall season.

Tasty tubers like sweet potatoes, yams, cassava, and taro pack a punch of potassium, fiber, beta-carotene, iron, and folic acid, supporting a healthy immune system.

Baking, roasting, or adding these delicious roots to stews is a great way to enjoy these nutrient powerhouses. Make a mélange of roasted beets, turnips, rutabaga, and parsnips for a low-fat side dish that will keep your belly – and tastebuds – satisfied.

Chew on This: Beets contain powerful anti-inflammatory and antioxidant properties, thanks to betalains, the pigment that gives them their deep red hue. Grate raw beets into your favorite salad or steam and serve them with lemon juice and a drizzle of extra virgin olive oil for a tasty side dish.

The Perfect Pear For An Antioxidant Boost

In season through October, this juicy and sweet fruit comes in a variety of colors and textures. This fragrant fruit is a member of the rose family and is a great source of copper and vitamin C, which can help protect our bodies from free radical damage.

To enjoy the full antioxidant benefits of pears, it is best to eat them ripe. How to tell if it is ripe?



THINKSTOCK

Check the neck!

Gently press your thumb against the neck. If it yields to slight pressure, it should be ready to eat. Pears are also an excellent source of dietary fiber, which has been shown to promote colon and cardiovascular health.

Mouthwatering Meal: Add a chopped pear to a warm bowl of quinoa, sprinkle with toasted sunflower seeds, and drizzle with honey.

May you live long, live strong, and live happy!

Dr. Mao Shing Ni, best known as Dr. Mao is a bestselling author, doctor of Oriental Medicine,

and board certified anti-aging expert. He has recently appeared on "The Ricki Lake Show," "Dr. Oz," and contributes to Yahoo Health and The Huffington Post. Dr. Mao practices acupuncture, nutrition, and Chinese medicine with his associates at the Tao of Wellness in Santa Monica, Newport Beach, and Pasadena. Dr. Mao and his brother, Dr. Daoshing Ni, founded the Tao of Wellness more than 25 years ago in addition to founding Yo San University in Marina del Rey. To make an appointment for evaluation and treatment call 310.917.2200 or you can email Dr. Mao at contact@taoofwellness.com. To subscribe to his tip-filled newsletter, visit www.taoofwellness.com.

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Garden Island Also An Island Of Gastronomy



This view over the Kalalau Valley is just of many feasts for the eyes on Kauai. PHOTO BY TOM ELIAS

TOM ELIAS
MIRROR COLUMNIST

There's a good reason why almost no one pays much attention to the food here on the Garden Island of Kauai:

From the wild cliffs of the jagged Na Pali Coast to the wide beaches of Poipu, Polihale, Kalihiwai and Kealia, to the lush green slopes of Mt. Waialeale (wettest spot on earth) and the myriad waterfalls that pour from it all year 'round, the sights here grab your attention almost all the time.

But this is also a first-rate island of gastronomy with perhaps the most gourmet restaurants per capita anywhere, and a full complement of other fun eateries to fit any budget.

Some of these are free-standing, others in hotels or time-share developments, but there's something here for every taste bud.

You might start with the Hukilau Lanai, quartered in the Kauai Coast Resort at the Beachboy, a Shell Vacation Club timeshare facility once known as the Kauai Beachboy hotel, but now remodeled into one- and two-bedroom units.

This restaurant may feature the most creative menus on the island and gets consistently top reviews on websites like Yelp and Trip Advisor. In the past, it has featured locally-grown free-range veal (a slightly gamier taste than other veal) and a wide variety of preparations of island fish like opah and opakapaka. On one recent evening, all entrees (priced from \$18 to \$32) included either a salad or a choice of soups, one a unique gaspacho of spicy tomato and pineapple with a dollop of rum sherbet plopped in the middle.

Find the Hukilau Lanai about half a mile south of Kapaa Town on the east side of the island, within the Coconut Plantation development.

On the other end of the edible and financial spectrum is the Kauai Kountry Kitchen, on the inland side of the round-the-island Kuhio Highway near the north end of Kapaa. This old-fashioned eatery, with classic high wooden booths, features omelettes starting at \$8 and three-quarter inch-thick pancakes lapping over the edge of dinner plates, with bananas, strawberries, coconut flakes or macadamia nuts mixed right into the batter, for \$7.75.

Even the menus here are interesting: their covers are copies of front pages from the local newspaper, the Garden Island, in the days just after Pearl Harbor. Count on a line to get into this place almost every day until about 10 a.m.

A few miles south, adjacent to the cruise ship port

on Nawiliwili Bay and side by side on a wooden veranda overlooking the Kalapaki Beach where Elvis Presley once surfed are two more foodie meccas.

Directly adjacent to the Kauai Marriott hotel is Duke's Canoe Club, part of a chain, but unlike almost any franchise you're likely to see. Eating at a table on the rail of Duke's at sunset is surely as romantic an experience as the boat ride and walk to the Fern Grotto that is part of the island's standard honey-mooner itinerary.

The fare is fine, too. Featuring five presentations of a constantly changing variety of South Pacific fish, Duke's tosses in Kauai's most sumptuous salad bar, featuring everything from macademia nut muffins to Caesar salad and island-grown pineapple. The tab starts at about \$22 for the Huli Huli chicken.

Just west is Cafe Portofino, which may serve the best cannelloni in the Pacific, an Italian delicacy of crepes wrapped about ground chicken, spinach and ricotta cheese, for \$22. Fresh fish entrees run up to \$36, and there is often a harpist to make the mood even more romantic. Best evening to come here may be Wednesday, when "Mr. Kauai," the 83-year-old Larry Rivera, sings classically mellow tunes in his "Love and Aloha" show from 7 to 9 p.m., mixing his own compositions paying tribute to the island with old standards he has sung with Hawaiian legend Don Ho and others like Presley, with whom he appeared in "Blue Hawaii."

In a completely different category is the simple Cantonese cuisine at Wong's, on the Kuhio Highway 22 miles west in the old plantation town (now artist colony) of Hanapepe. If you don't feel like Chinese, try the unique lilikoi (passion fruit) chiffon pie at \$3.75 per slice or \$15.50 for the whole pie, a flavor unique to this Kauai eatery.

For burger lovers, there's Bubba's, a Hawaii-wide chain with stands in Hanalei on the North Coast, Poipu in the south and on the main road in Kapaa. Don't miss the double burger drowned in chili for \$9.50. If you like onion rings, this place also is not to be missed.

There are also superb hotel-based restaurants on the north and south shores of the island. Both the St. Regis Princeville and the Grand Hyatt at Poipu feature fine (and pricey) restaurants with remarkable views.

Put it all together, add several other fine restaurants that space doesn't permit here, and wherever you stay on the gorgeous Garden Island, you could be in for almost as many treats for the taste buds as for the eyes.



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SENIOR SCENE

THE WEEKLY HOT FLASH

What A Pair! Food, Wine & A Little “T&A” In Honor Of Breast Cancer Awareness Month



Welcome to our world! Hot Flash Universe is the go-to source for women over 40 seeking insight into the hottest, most current trends, products, and issues. Topics are approached with candor, intellect, and a healthy dose of humor. Check out this week's Hot Flash!

Breast Cancer Awareness Month

Last week I managed an interesting education event for a client of mine, in honor of Breast Cancer Awareness Month. Held at sexy downtown restaurant LeKa (owners of Wokcano restaurants), we combined a gourmet food and wine pairing with a pair of breast cancer surgeons. The docs were there to hold “dinner table” conversation with some of the most influential women who work and/or live in the downtown area.

The event was a smash! The evening started with perfectly chilled champagne and an abundant spread of gourmet cheeses, prosciutto, and French bread. Once all our guests had arrived, we moved into a private, candle-lit dining room. Introductions were made, and the wine and food pairing began.

We started with an appetizer of roasted beets, burrata, avocado mousse, pistachios and pickled shallots, paired with 2011 Points West White from wine sponsors Lone Madrone. A refreshing and tasty way to start the meal.

For the second course, we had a choice of Hangar Steak with Potato Risotto, Watercress Puree, Wild Mushroom, and Truffle Butter; Oven-baked Branzino with Heirloom Tomato, Fennel and Citrus Salad; or Roasted Chicken with Garlic Jus, Cranberry Beans, Collard Greens, and Parsley. The meals were paired with Lone Madrone's 2009 Points West Red. The wine was sublime, and perfectly paired with my choice, the Hangar Steak.

It was during the second course (and the second glass of wine) when things really got started. We started asking all kinds of questions about breast care. The highly knowledgeable experts gave us some nuggets of good news:

1. Wearing underwire bras do not cause breast cancer. An actress I met (name shall be withheld) swore that she would never wear such a horribly styled bra because it absolutely caused cancer. Maybe she got that from one of her movie scripts. In any case, not true. I was happy, I like underwire



A “dinner table” conversation was held with a pair of breast cancer surgeons at LeKa restaurant in honor of Breast Cancer Awareness Month.



COURTESY PHOTOS

bras. They hold “me” in place.

2. Using chemically enhanced deodorant (as opposed to an all-natural crystal-looking thingy) does NOT cause breast cancer. Another common myth declared untrue. I am happy about this as well, because almost everyone that I know that uses a “natural” deodorant still has B.O. I will not be changing my chemically enhanced deodorant any time soon.

3. Walking 30 minutes a day will diminish your chances of getting breast cancer by 40 percent! That's right, 40 percent! An amazing statistic. I'm thrilled – since I got my puppy, I am required to walk her at least 30 minutes, two times a day! I am way ahead of the game.

We had a choice of desserts for the final course. The first option was Sweet Cream Panna Cotta, with Raspberry-Red Currant Sauce and Hazelnut Brittle. The second was Chocolate Cremeux, with Chocolate Crumble, Sesame Brittle, and Passionfruit Rum Sauce, paired with dessert wines Bad Shepard and Sweet Checks.

The group was now like old friends, enjoying everyone's company. My social skills were quickly quelled and I threw down my fork when I heard some bad news from the cancer docs:

Being overweight, even a little, increases your chances of breast cancer. Mom, I know you told me that guys like women with a little something they can grab onto. Could be true, but now I am very motivated to get rid of that “little something” – aka FAT – and lower my chances of breast cancer.

Not having children increases your chances of breast cancer. Almost all the women in the room were a bit concerned about this one. They or their friends “forgot” to have kids, and instead chose a high-powered career over being a mom. I made the



choice of having a career over having kids when I was very young. I never played house – I played store and princess instead. Even my brother said that I looked better carrying a briefcase instead of a baby!

Duly impressed, when the dinner came to an end, several women declared they wanted these doctors as part of their medical team, and others were immediately inspired to change their lifestyle to lower their chances of getting breast cancer.

Thank you Lone Madrone Wines and LeKa Restaurant for a phenomenal evening! I am now going for a long walk with my pup.

Barbara Bishop is President of Santa Monica-based BBPR, Inc. For comments or suggestions, email Barbara.bishop@bbprinc.com.

Talking Turkey: New Health Coverage Your Family Needs To Know About



RON POLLACK
FAMILIES USA
EXECUTIVE DIRECTOR

Thanksgiving is special – it may be the most family-focused holiday in our calendar. This year, many parents and grandparents can play a unique role, particularly if their children or grandchildren don't have health insurance because they can't afford it. Perhaps these families were denied coverage or were forced to pay higher premiums because of a pre-existing condition. But that's all changing.

How can you be sure that your family knows about the new health coverage options? Now that the state health insurance marketplaces are open, we've entered a new, improved world of health insurance shopping. Not only are insurers racing to get into state marketplaces to offer policies at competitive prices, but they're also offering products that are easier to compare.

Comparison shopping for health care policies is easier now because of a measure in the health care law called the "Summary of Benefits and Coverage." This is a simple four-page document that all insurers must provide to their own policyholders and to consumers shopping for coverage.

The summary provides a concise, plain-language description of the benefits and costs of a particular health plan. It allows apples-to-apples comparisons of what the policies offer – no more searching the fine print for what a policy really means or what it might exclude. With the ability to compare identical features across plans, people can now shop for insurance the way they shop for a car.

And, like choosing between low-end or luxury vehicles, the marketplaces offer a wide variety of plans from a variety of insurers. Shoppers can look at bare-bones "bronze" plans, which have the lowest premiums, or they can go right to the top and choose from "platinum" plans that are offered. It's all private insurance – not a government plan, as some claim – and there are plans designed for every budget and family need.

And what about those hurdles that prevented people from buying coverage in the first place, like high premiums or denials for



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pre-existing conditions? You and your family don't have to worry about those now, because the Affordable Care Act removes these obstacles. Because of the health care law, insurers can no longer deny coverage or charge higher premiums for a family member who has or once had a health issue.

Premium tax credits are now available for middle- and moderate-income people who do not have job-based health insurance. This financial assistance extends to families of three with annual incomes up to \$78,120, and to individuals with annual incomes up to \$45,960. The size of these tax credits will vary: People with lower incomes will get bigger tax credits, while

those with somewhat higher incomes will get smaller tax credits.

Buying health insurance is still a big decision for a family. But the Affordable Care Act makes this decision easier. Now, you can compare policies readily, receive financial assistance if you qualify, and rest assured that insurers won't deny you or your family member coverage due to a pre-existing condition.

There may still be confusion about health reform, but you can help your family learn about the options that could truly make a difference in their lives.

Thanksgiving is coming, and families will be together. To prepare for that big gathering,

check out the new state insurance marketplaces yourself. Guide your family to choose wisely and get covered.

You've raised a family, and you understand how important it is to be able to get quality health care. Now you can help your family find the peace of mind that comes from knowing they can get the health care they need when they need it. As you spend time with your family this holiday, you'll all have much more to be thankful for.

Families USA is the national organization for health care consumers. It has advocated for universal, affordable, quality health care since 1982.

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A Healthy Approach To Holiday Eating



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SONJA ROSEN, M.D.
SPECIAL TO THE MIRROR

November marks the start of the holiday season with Thanksgiving and Hanukkah falling on the same day this year. That means a double

dose of calories between the turkey and latkes!

Then there are holiday parties, Christmas and New Year's Eve. By January, many of us will resolve to lose the one to three pounds or more we gained over the holidays.

However, the holidays don't have to be synonymous with weight gain, especially if you approach them with a sound game plan.

Here are some tips to keep that holiday pound cake from becoming extra pounds.

- Don't skip meals, especially breakfast, in anticipation of eating larger holiday meals later on. Research shows people who eat a healthy breakfast tend to consume fewer calories during the day.
- Plan smaller, lower-calorie meals during the day so you can eat without guilt – or surpassing your daily calorie count – at holiday gatherings.
- Eat a "pre-game snack." Healthy snacks, such as fruit or vegetables, can help curb your appetite and keep you from overindulging at the party.
- Be mindful of portion sizes, including only a fist-size serving of meat. Using smaller plates at the buffet line can help limit portion sizes, as long as you also limit

your return trips.

- Take smaller amounts of different foods from the buffet and mix in healthy choices, such as fruits and vegetables, to help satisfy your hunger.
- Watch your beverage consumption as well. Drinking water or calorie-free sparkling water can leave more room for food.
- Try sampling desserts, which tend to be high in calories, instead of eating the entire thing. Just a taste won't go to your waist!

Additionally, remember that healthy eating is only half the battle. You also need to stay physically active. Try these easy steps to burn more holiday calories:

- When shopping, park farther away from the entrance to increase your amount of walking.
- Make time for your exercise routine, even during the busy holidays. No time for the gym? Substitute other activities in its place.
- Take a walk after large holiday meals. Walking offers numerous health benefits and will help burn those additional holiday calories.

Following these simple steps will help you pack lighter this holiday season. Happy holidays!

Dr. Sonja Rosen is a board-certified geriatrician with the highly regarded UCLA Geriatrics Program and medical director of the Geriatrics Unit at UCLA Medical Center, Santa Monica. For more information, call 310.319.4371 or visit www.uclahealth.org.



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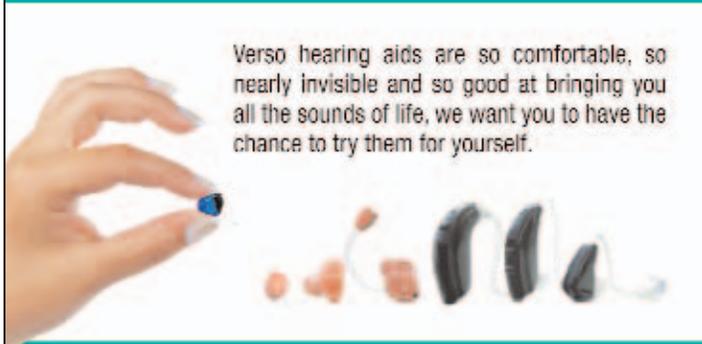


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Social Security Serves Those Who've Served

ESSIE LANDRY
SPECIAL TO THE MIRROR

On November 11, we honor our nation's veterans for their service to America. What better time than now to tell you – and for you to help spread the word – about the many benefits and wealth of information that Social Security has available for veterans and military personnel?

Social Security recognizes those who put their lives on the line for our freedoms. Members of the armed forces receive expedited processing of their Social Security disability applications. The expedited process is available for any military service member who became disabled during active duty on or after October 1, 2001, regardless of where the disability occurs. Some dependent children and spouses of military personnel may also be eligible to receive benefits.

Visit our website designed specifically for our wounded veterans: www.socialsecurity.gov/woundedwarriors. There, you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits available under the Social Security and Supplemental Security Income (SSI) programs. Please pay special attention to the fact sheet available on that website, Disability Benefits for Wounded Warriors.

You'll also find a webinar that explains the faster disability process available to wounded warriors. The program covers general information about Social Security disability benefits as well as topics unique to wounded service members. The online video is less than three minutes and a great introduction to disability benefits for veterans and active duty military.

On the same webpage, you'll also find links to useful Veterans Affairs and Department of Defense websites. The requirements for disability benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.



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Military service members are covered for the same Social Security survivors, disability, and retirement benefits as everyone else. Although the expedited service is relatively new, military personnel have been covered under Social Security since 1957, and people who were in the service prior to that may be able to get special credit for some of their service.

To learn more about Social Security for current and former military service members, read Military Service and Social Security. It's available in our digital library at www.socialsecurity.gov/pubs.

But first, take a look at the wounded warrior page at www.socialsecurity.gov/woundedwarriors. The webinar, factsheet, and pertinent links will brief you on everything you need to know to "maneuver" your way through the Social Security process.

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THE DATING REPORT: IS HE CHEATING ON YOU?



relationship that you are bringing into this new relationship.

Lastly, if you don't trust him then why are you with him? Ask yourself why in a million years would you be with someone who you have any doubts about. It is self-torture to stay in a relationship with someone you can't trust. It is a huge red flag that something is wrong in the relationship since trust is the main ingredient of a healthy relationship.

Perhaps you are not fully ready to trust and love someone just yet which is totally okay. Try taking some time for yourself to be alone and sort through your core beliefs about men. Journaling and meditation can help. Try completing this sentence in as many ways as possible in order to find your hidden beliefs about men: Men are _____.

If you have a bunch of negative beliefs about men then they will most definitely be proven to be true as you always find what you're looking for.

Try finding proof about the good qualities in men by looking for them on purpose instead of expecting the negative outcomes.



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Hi Anthea,

I'm worried my boyfriend of five months is cheating on me. Recently I've noticed that he never answers the phone or stays on the computer when I'm in the room and he acts really secretive about his whereabouts. How do I find out if he's cheating? –Ali, 28

Hi Ali,

Thanks so much for your question. First I want to tell you how sorry I am that you are going through this situation. It is awful to feel that you can't trust the man who is supposed to love you.

There are a few questions to ask yourself to get more clarity on this situation.

First ask yourself is this a pattern for you? Have you felt this way in past relationships? Find out if you are used to looking for proof that a man is not being truthful.

Also, have you ever been cheated on (for sure) before? If so there is possibly some leftover mistrust and resentment from your past

Men really are our heroes if we let them be.

But we can only accept the great qualities in men when we feel we really deserve it. Low self-esteem may be blocking you from getting the love you deserve. For instance if you believe you're not truly worthy of love then you will keep attracting men who agree with you and end up mistreating you.

Coach based in Santa Monica specializing in dating-coaching. She is available for private coaching sessions, email antheakerou@gmail.com. Alternatively, visit heartfacewellness.com or [facebook.com/heartfacewellness](https://www.facebook.com/heartfacewellness) for more information.

• Do you have a dating question you would like answered? Email your question to editor@smmirror.com.

Anthea Kerou is a Certified Holistic Health

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Eye On Main Street Fashion

Each weekend Ocean Park resident and photographer Sarah Calabro heads down to Main Street looking for street style for her blog – hopesinsideamatchbox.blogspot.com.

Pictured are some of the shots from last weekend. Check out every edition of SM Life for more photos. You can also follow Sarah and her blog on Twitter, check out twitter.com/hopeinamatchbox.

PHOTOS BY SARAH CALABRO



Lives: Santa Monica
Wearing: On her Forever21 Tank;
On him H&M sweater/Levi jeans
Spotted: Headed to Wildflower Pizza



Wearing: On her H&M dress;
On him Fedora bought on Venice Boardwalk



Lives: Santa Monica
Wearing: Outfit bought at various Thrift Stores



Lives: Santa Monica
Wearing: Denim shirt and shoes
bought at Santa Monica Place

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Lives: Santa Monica
Wearing: Club Monaco skirt/
Givenchy handbag



Lives: Palm Springs
Wearing: Vintage
Spotted: Heading to O'Brien's Pub on Main

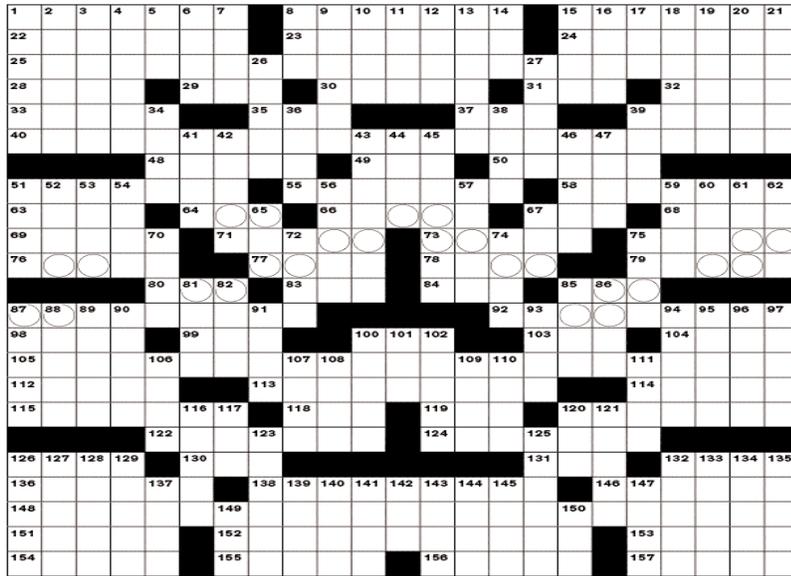
COUNTRY ROAD

By Elizabeth C. Gorski / Edited by Will Shortz

NY TIMES CROSSWORD PUZZLE

ACROSS

- 1 In tandem
- 8 Decorative shoe features
- 15 Like some feet and envelopes
- 22 Bill
- 23 It's often swiped by a shopaholic
- 24 Go from A to B?
- 25 Nickname for the 122-/124-Across
- 28 Stops: Abbr.
- 29 Jazz/blues singer Cassidy
- 30 Shoe/ace tip
- 31 Barely make, with "out"
- 32 "___ two minds"
- 33 ___ Bell (Anne Brontë pseudonym)
- 35 Like eggs in eggnog
- 37 Class for some immigrants, for short
- 39 Jump back, maybe
- 40 With 105-Across, historical significance of the 122-/124-Across
- 48 It's ENE of Fiji
- 49 "Wheel of Fortune" buy
- 50 Declined
- 51 It fits all, sometimes
- 55 Up on things
- 58 Part of a page of Google results
- 63 1796 Napoleon battle site
- 64 Freight carrier: Abbr.
- 66 Young and Sadaka
- 67 Italian possessive
- 68 Von Furstenberg of fashion
- 69 "___ luck!"
- 71 European capital once behind the Iron Curtain
- 73 Comic finisher
- 75 Ocean
- 76 Item dropped by Wile E. Coyote
- 77 Times Square flasher?
- 78 "So nice!"
- 79 Masked warrior
- 80 Bear belly
- 83 Chemistry suffix
- 84 Ultimate
- 85 Day ___
- 87 They really click
- 92 It may be corrected with magnification
- 98 Piece at the Met
- 99 El Al destination: Abbr.
- 100 German cry
- 103 Inherit
- 104 Italian writer Vittorini
- 105 122-Across
- 112 Like most houses
- 113 Expensive patio material
- 114 Comment before "Bitte schön"
- 115 Components of fatty tissues
- 118 Bit of jive
- 119 French wine classification
- 120 It may leave you weak in the knees
- 122 & 124 Dedicated in October



- 1913, project represented by the 13 pairs of circled letters
- 11 Cicero's 350
- 12 Rhine tributary
- 13 For now, for short
- 14 Campus political grp.
- 15 Mt. Rushmore's home: Abbr.
- 16 Heavy volume
- 17 Bowl over
- 18 Sony co-founder Akio
- 19 Elementary
- 20 Kind of service
- 21 Intentionally disregarding
- 26 Keep one's ___ the ground
- 27 Historic march site
- 34 Vivaldi's "___ Dominus"
- 36 Latin 101 verb
- 38 In stitches
- 39 Caesar and others
- 41 Motorola phone
- 42 Eurasian ducks
- 43 Funny Garofalo
- 44 "You're the ___ Love"
- 45 Figure on the Scottish coat of arms
- 46 Radio booth sign
- 47 Make over
- 51 Pueblo pot
- 52 Whistle time?
- 53 1999 Ron Howard film
- 54 "Of course, Jorge!"
- 56 Group in a striking photo?
- 57 "This ___ a test"
- 59 Prefix with -scope
- 60 Not fer
- 61 Or or nor: Abbr.
- 62 "May It Be" singer, 2001
- 65 Over there
- 67 "So-so"
- 70 Sea grass, e.g.
- 72 Charges
- 74 1980s-'90s German leader Helmut
- 75 ___ B'rith
- 81 Bell Labs system
- 82 Try
- 85 Popeye's ___ Pea
- 86 Sarge's charges: Abbr.
- 87 Phoebe of "Gremlins"
- 88 Buddhist who has attained nirvana
- 89 What's a strain to cook with?
- 90 Stun with a gun
- 91 Very, in Vichy
- 93 Gruesome sort
- 94 Body type
- 95 Actress Graff
- 96 Sounds from pens
- 97 Jottings
- 100 When some local news comes on
- 101 Revolutionary figure
- 102 China cupboard
- 106 Sacred cow
- 107 London greeting
- 108 Something to file
- 109 iPhone voice
- 110 Promote
- 111 Without thinking
- 116 Jargon
- 117 ___-Off (windshield cover)
- 120 1945 battle site, for short
- 121 Big flap in 1970s fashion?
- 123 Dos y dos
- 125 Like cattle and reindeer
- 126 Snag
- 127 Follow
- 128 "It's ___!"
- 129 Motorola phone
- 132 Stars bursting in air?
- 133 Frosty's eyes
- 134 Buckeye city
- 135 A.L. West player
- 137 Some war heroes
- 139 Exam for jrs.
- 140 Hot dog breath?
- 141 Cabin material
- 142 Stay, in slang
- 143 CPR experts
- 144 TV girl with a talking map
- 145 Mexican transportation
- 147 ___ of beauties
- 149 Novelist Clancy
- 150 Draft org.

DOWN

- 1 Targets
- 2 Weightlifting move
- 3 Hedgehop, e.g.
- 4 Many, many
- 5 Sue Graffon's "___ for Evidence"
- 6 "Tartuffe" segment
- 7 TVs Griffin
- 8 ___ kwon do
- 9 Tulip festival city
- 10 Web periodical

STAR GAZING

Holiday Mathis

ARIES (March 21-April 19) You think you know a person well, and then you get surprised again. Fresh interest ignites in you. This is part of the joy of socializing. Adjust your expectations accordingly.

TAURUS (April 20-May 20) As the sign that rules appetite, you sometimes wonder whether it's possible to subdue your cravings, and if so, how? The key is in finding the right alternatives. Do this and willpower will be unnecessary.

GEMINI (May 21-June 21) You have a talent for making up funny scenarios in your mind. This is something you might keep to yourself or translate into a bit of fiction or a journal entry. Sharing in other ways isn't advised.

CANCER (June 22-July 22) Work you do with family will benefit all, and it will be a good feeling to flourish collectively. Handle repairs while they are still manageable. If you wait, complications will arise.

LEO (July 23-Aug. 22) This is an excellent day for writing, designing or developing mechanical or technical skills. What you learn will stick with you and apply directly to the job you'll do next week.

VIRGO (Aug. 23-Sept. 22) There's nowhere you will go where you won't run into someone you know, so look your best. You could possibly find yourself in the same room as an ex love or former boss.

LIBRA (Sept. 23-Oct. 23) Your enthusiasm will lead to a sale. If you're not selling goods and services, you'll be selling someone on an idea or on the prospect of getting to know and like you.

SCORPIO (Oct. 24-Nov. 21) Avoid a contest of wills. Back down or stay neutral. It's true that neutrality won't induce the same surge of excitement as victory, but it's better than risking a terrible loss of friendship, work or love.

SAGITTARIUS (Nov. 22-Dec. 21) When confidential matters are revealed, it will be embarrassing or liberating for the one whose secret is out — or maybe a mix of both. You'll be sensitive and empathetic in this case.

CAPRICORN (Dec. 22-Jan. 19) Slow down. Take something off of the schedule completely instead of rushing around frantically trying to fit it all in. Rushed people do dangerous things such as eating or driving too fast.

AQUARIUS (Jan. 20-Feb. 18) If you decide that it's really time to find a new routine to help you deal with everyday challenges (because the old one is causing you more harm than good), the planets will support your search for a new way.

PISCES (Feb. 19-March 20) Success might be temporarily threatened, and this is just the challenge that is needed to strengthen your resolve for long-term victory. Hard-won battles are always more fun anyway.

This Week's Puzzle

Sudoku ★★★★★ 4puz.com

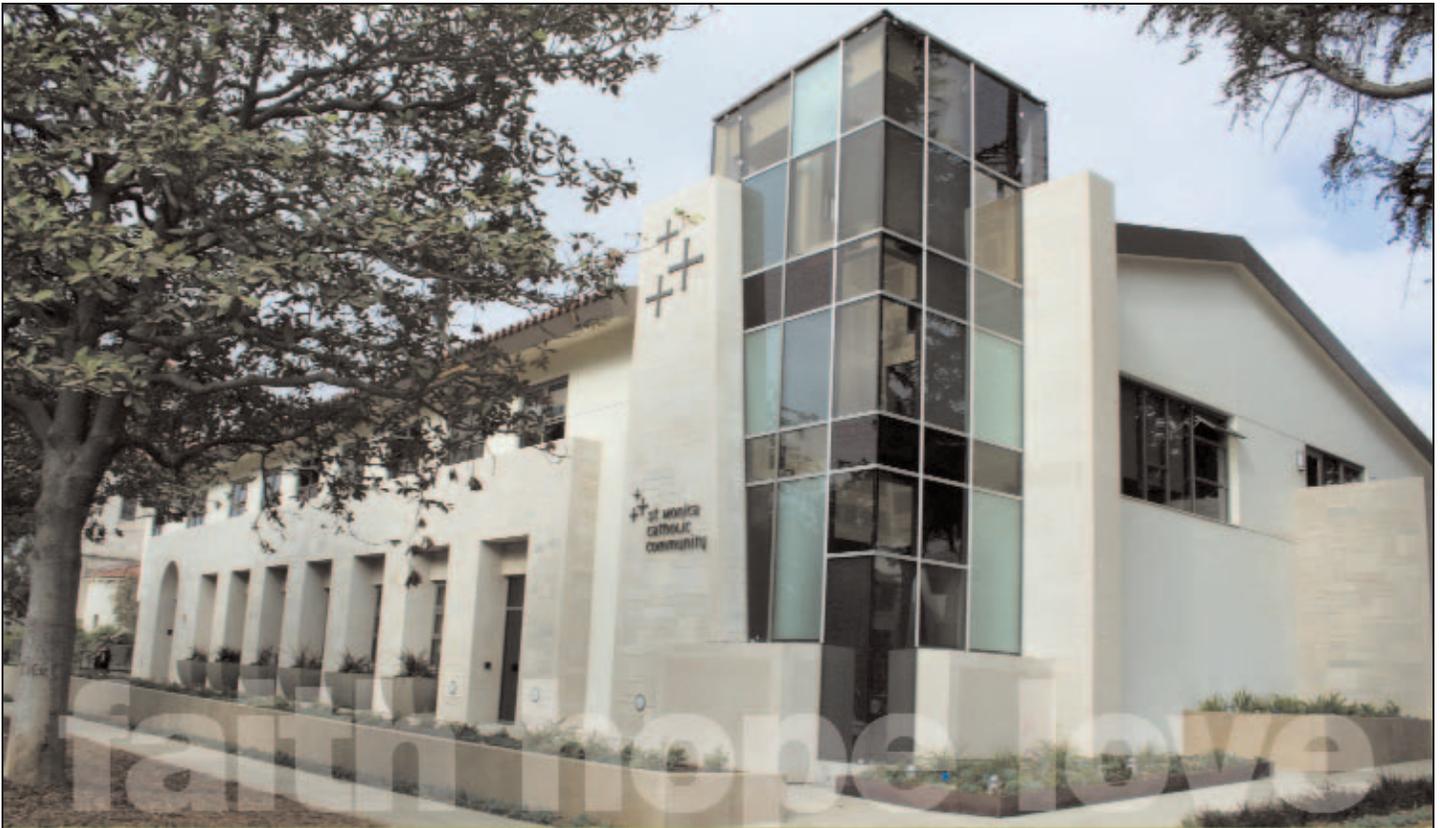
4		2	7					6
	8		9	4				
	2		8					3
9	5							6
		2			7			1
1	3							4
	7		5					9
		3	6	2				
6		9	4					5

Fill in the squares so that each row, column, and 3-by-3 box contains the numbers 1 through 9

Last Week's Answers

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

SEVEN DAYS

Heart & Stroke Walk To Take Place Saturday

JYNARRA BRINSON
MIRROR INTERN

Heart disease survivor Amanda Daniels has defied the odds by not just giving birth once, but twice, years after doctors told her childbirth was next to impossible.

While hooked to a cardiac monitor during a wisdom teeth removal procedure when she was 18, doctors noticed an irregular heartbeat and sent her immediately to a cardiologist. She was diagnosed with arrhythmia, a generally benign condition in which the heart beats at an irregular or abnormal function.

After being diagnosed, Daniels visited the cardiologist regularly yet was still able to lead the active lifestyle she had come to love and enjoy, even working as a spin instructor.

She will be one of hundreds of people walking in the American Heart Association 5K Walk this Saturday starting at the Santa Monica Pier.

The Heart & Stroke Walk is a family event featuring a non-competitive 5-kilometer walk/run and one-mile Survivor Path. Other highlights include a Health and Wellness Expo, Survivor Lounge, Kids Zone featuring games and educational information promoting heart health, VIP Tent for sponsors and top fundraisers and live entertainment.

Most people find out they suffer from idiopathic dilated cardiomyopathy after cardiac arrest, luckily Daniels found out about her second diagnosis during a regular visit to her cardiologist.

"I was dating, having fun, teaching spinning and my whole life changed," Daniels said.

According to the American Heart Association, idiopathic dilated cardiomyopathy is a condition in which the heart becomes weakened and enlarged and the pumping chambers contract poorly; it occurs more frequently in men than in women, and most common between the ages of 20 and 60. Doctors instructed Daniels to stop teaching, warning her against letting her heart rate go over 120.

"I have always been an athlete," Daniels said. "I played high school volleyball and for me to get diagnosed and not be able to workout, because that was such a part of who I am it took a lot of soul searching to reconnect and learn who I was and how to deal with my condition and to understand what that meant."

Surrogacy is a popular option for women living



Santa Monica mom Amanda Daniels and her two daughters Olivia and Sophie. As a heart disease survivor, Daniels will take part in the American Heart Association's 5K Walk in Santa Monica this Saturday.

COURTESY PHOTO

with high-risk heart disease.

Yet, Daniels had always dreamt of giving birth.

Eventually, however, Daniels' doctor gave her the green light. After consulting with her husband about their options, they took their first leap of faith in 2007 and their second in 2010.

"Through the American Heart Association, I learned everything I needed to know about my condition," Daniels said. "I am very grateful."

During doctor visits she noticed those sitting in the waiting rooms with her looked nothing like her: older men and women in their 60s and 70s. As a 25-year-old, Daniels was hopeful her peers were out there also seeking familiar faces.

With her friend Alisa Becket, she found Women Heart West Los Angeles, a support group for women that meets monthly at UCLA. The group is made up of women ages 30s to 80s.

"As a heart coach, my goal is to inspire people

to listen to their body, become their own advocate. As women we give everything of ourselves to someone else," Daniels said. "We are caregivers – we rarely take care of our selves. Whether you're in high school or a mother of young children, a grandmother, or great grandmother, we are all empowered when we take care of our heart health."

For the first time in over 10 years, the former spin instructor mounted a spin bike early last week for a class.

"It was a profound experience," she said. "It was this moment of happy tears. I am still on medication, and my doctor has given me the green light to work out. There was a point in time when I did not know if I could have children, did not know where my life was going to take me. I am humbled."

Daniels also has blog called "Voices To Share... Healing Hearts One Voice at a Time,"

which she said was inspired and created through her own story of survival and healing (voices-to-share.com).

This Saturday is the first time in many years that the AHA fundraiser is taking place in Santa Monica. The community is invited to join the fight against heart disease and stroke by forming a team with family, friends or coworkers and signing up on www.GLACountyHeartWalk.org.

There is no fee to participate in the event. Individuals who raise \$100 or more will receive an official Heart & Stroke Walk t-shirt.

Santa Monica is one of seven locations in Los Angeles County that will host the Greater Los Angeles Heart & Stroke Walk. Walks will also take place in Antelope Valley, Pomona, Pasadena, Downtown LA, Santa Clarita and Long Beach. The goal is to raise a combined \$1.75 million.

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Synapse Dance Theater To Stun With Modern Dance To Hip Hop To House



Synapse Dance Theater will present three performances at The Broad Stage this weekend.

COURTESY PHOTOS

MITCH JAMES MIRROR CONTRIBUTOR

Santa Monica College's Synapse Dance Theater, the innovative and widely praised contemporary dance ensemble, will present a program of new repertory this weekend by professional guest artists, award-winning faculty artists, and up-and-coming student choreographers.

Performances are at 4 pm and 7:30 pm Saturday, Nov. 2, and 7:30 pm Sunday, Nov. 3, at the Broad Stage, located at the SMC Performing Arts Center on Santa Monica Boulevard at 11th Street.

The concert features contemporary modern dance, contemporary ballet, hip-hop, house, wack-in-g, jazz funk, and more.

The program will feature works by Synapse co-artistic directors Jae Lee and Roberta Wolin-Tupas; guest artists Jackelyn Lopez and Andrew Pearson; and faculty choreographers Seda Aybay, Meri Bender, Angela Jordan, and Mark Tomasic. Also creating new dance works for the performance are student choreographers Alex Ayon, Alberta Keyes, Leah Hamel, and Kardale Holland.

Jae Lee, co-director of Synapse, professional dancer, and a full-time professor at SMC, is originally from South Korea. Her contemporary ballet "Interwoven" creates a collage of physical images threaded together.

Roberta Wolin-Tupas, co-director of Synapse and a critically acclaimed choreographer and director, teaches dance at SMC. In her modern dance

work "Remembering," memories linger and continue to live on.

Guest choreographer Andrew Pearson is a member of the Los Angeles Contemporary Dance Company and choreographer for Belasco Theatre Company. His contemporary piece "Wanna Just" explores the connection between technical training and the joy of moving.

Mark Tomasic is a full-time faculty member at SMC who has worked with a variety of renowned dance companies. His modern dance "The Invention of Perspective: Part 1" is an examination of individuals at turning points in their lives.

Leah Hamel is an SMC dance student who has studied at the Juilliard School. Her choreography "Road Rage" addresses following your own instincts, wants, and secret desires.

Anastasia Sinitsyna is a featured Synapse dancer who has performed with the Vienna Opera Ballet and is pursuing an Associate degree at SMC.

Synapse has earned a reputation for artistic excellence and innovation since it was founded more than three decades ago.

The student troupe has performed at venues throughout the nation, including the Electric Lodge in Venice; the Cast Theater in Hollywood; the Getty Center in Los Angeles; and American College Dance festivals in Arizona, New Mexico, Utah, California, and New Jersey.

Tickets range from \$15 to \$18. Parking is free. For tickets, go to www.smc.edu/eventsinfo or call 310.434.3005. For more information, see www.smc.edu/dance or call 310.434.3467.

New West Symphony Concert Presents Acclaimed Pianist Sunday

MIRROR STAFF

Pianist Andrew von Oeyen returns to the New West Symphony to perform two concertos in the second Masterpiece Series concert of the 2013/2014 season this Sunday in Santa Monica.

Von Oeyen, who last appeared with the orchestra in the 2010 season, will play Franz Joseph Haydn's Concerto in D Major for Piano & Orchestra, Hob. XVIII:11 and Sergei Prokofiev's Piano Concerto No. 4 in B-flat Major for Piano Left Hand, Opus 53.

Music director Marcelo Lehninger will lead three performances of the program that also includes Prokofiev's Classical Symphony, Opus 25 and the Symphony No. 35 in D Major, K. 385, "Haffner" by Wolfgang Amadeus Mozart.

The performance will take place Sunday at 4 pm at Santa Monica's Barnum Hall, located at 601 Pico Boulevard in Santa Monica.

The program will also be held tonight at 8 pm at the Oxnard Performing Arts Center, located at 800 Hobson Way in Oxnard and Saturday at 8 pm at the Thousand Oaks Civic Arts Plaza, located at 2100 Thousand Oaks Boulevard in Thousand Oaks.

Von Oeyen was born in Malibu, California in 1979 and began piano lessons at age five.

He made his solo orchestra debut at age ten and at age sixteen made his debut with Esa-Pekka Solonen and the Los Angeles Philharmonic. He performs regularly with major orchestras in performances around the world. In addition to his orchestral appearances, he tours extensively as a

recitalist and appears frequently in duo recitals with violinist Sarah Chang.

The lively and informative pre-concert discussion called Hear & Now about the music on the program begins at 7 pm on Friday and Saturday evening and 3 pm on Sunday afternoon. The programs are free and open to ticket holders for the respective performances.

Tickets for this weekend's performances are priced from \$25 to \$98 and available by phone, 9 am to 5 pm, Monday through Friday at 1.866.776.8400. Tickets are also available online at www.newwest-symphony.org.

Pianist Andrew von Oeyen will be special guest Sunday at New West Symphony's 4 pm performance inside Barnum Hall. **COURTESY PHOTO**



Connect With The Other Side Saturday Night

JYNARRA BRINSON
MIRROR INTERN

When she was four years old, Fleur Stone began talking openly about dead people she had never met, describing their physical attributes, and drawing figures with auras around them.

Now aged 23, she is a professional psychic medium who uses her uniquely acute intuition to help bring closure to loved ones who seek answers from family and friends who have passed on.

This Saturday night, Fleur will conduct a demonstration titled "Experience How the Soul Lives On" at the Edgemar Center for the Arts in Santa Monica.

"I realized early on that nobody was drawing people the way I was with colors around them," Fleur said. "As a kid, after a while you start seeing that no one else is seeing what I'm seeing and you kind of shut up about it. When you're still in that early age, you don't really have a filter, you just see it as you see it."

Fleur's parents were taken aback by the accuracy of her stories and tales of people she'd see, but attributed her habits to an overactive imagination.

It wasn't until she described her late great-grandparents to her mother when her parents realized she was more than merely an imaginative child: Fleur told her mother their nicknames, physical characteristics, and even described their relationship.

As a college junior on the track to medical school, she visited a professional psychic medium for answers to a medical issue she suffered. The medium told Fleur she'd go on to help people in the same manner within a few years.

Although she looked forward to medical school her whole life, signs directed her sights elsewhere: applications would turn up unfound; she wasn't listed for classes she signed up for; paperwork would get lost.

"Event after event caused me to sit back and ask myself why this was not working," Fleur said.

Reluctantly she entertained the idea of mediumship, first beginning with free readings on a small scale and later paring down medical endeavors by graduating early to focus more keenly on mediumship.

"I am quite thankful for the college route," she said. "I call on my medical knowledge when I need



Psychic medium Fleur Stone will host a demonstration Saturday night to give people the chance to experience a connection to those they have lost.

COURTESY PHOTO

to bring forth medical answers from the other side. A demonstration of mediumship is the ability to reach more people than I would normally be able to reach."

Clients have waited up to a year to get readings with Fleur.

She said the gathering of about 50 people would consist of 10-minute connections with audience throughout the night.

"It is an amazing community feel because you get to see the stories of other people," she said. "It allows for a larger scale and exposure to mediumship. It also allows other people to see the connection between friends and family who have passed over. It's a beautiful thing."

Fleur believes everyone has "it," the ability and intuition necessary to communicate on an energetic and spiritual level.

"It's just a matter of tapping into it," she said. "The other side has a soul, a presence that we have in our own bodies. It is just that they now lack the physical aspect of themselves. So when we connect with the other side we harness the energy we already have."

The two-hour demonstration will take place at 7:30 pm at the Edgemar Center for the Arts, which is located at 2437 Main Street, Santa Monica.

Tickets are \$35.

For more information, call 310.392.7327 or visit edgemarcenter.org.

Celebrate Dia De Los Muertos This Saturday At Woodlawn Cemetery



THINKSTOCK

MIRROR STAFF

The City of Santa Monica will celebrate Día de los Muertos (Day of the Dead) this Saturday, Nov. 2, the Mexican holiday where family and friends gather to honor and celebrate loved ones who have passed.

The celebration will take place at Woodlawn Cemetery from 11 am to 2 pm and will focus on the traditions that make up this celebration of life and death.

The event is free and open to all. Parking and bike valet are also free.

The event offers a variety of ways for participants to learn about the philosophy and history of the day including an opening procession with Ketzalitzli Aztec dancers.

There will also be a workshop to create offerings of marigold coronitas (crowns) and papel picado (perforated paper) for loved ones who have

passed, self-guided tours of the cemetery that explore the history of local famous people, a documentary on how a small town in Mexico prepares for the celebration, a traditional Nahuatl ceremonial blessing and musicians performing throughout the cemetery to honor those who have passed.

Woodlawn Cemetery is situated on 26 acres and has views of the Santa Monica mountains and ocean.

The cemetery has been serving the community for over 100 years and is owned and operated by the City of Santa Monica – one of the few municipally-owned cemeteries in California. The city purchased the cemetery in 1897 and it is considered one of the city's most important historical resources.

Woodlawn Cemetery, Mortuary & Mausoleum is located at 1847 14th Street, Santa Monica.

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CALENDAR

LAST CHANCE

Christopher Grimes Gallery closes the exhibition of works by Kevin Appel this Saturday, Nov. 2. 916 Colorado Avenue. 310.587.3373, cgrimes.com.

THIS WEEK

Friday, November 1

The Roberts Arts Gallery will host its Dia De Los Muertos celebration from 5-7 pm with Diana Gamboa as its featured artist. Event to include dance, food, and celebrations. 601 Pico Blvd. 310.95.3204 ext. 71441, samohi.smmusd.org/Roberts.

Del Frisco's Grille will host Stache Bash November Kick-Off Party. Enjoy clean shaves from "Richie the Barber." Complimentary items Shaved Prime Steak Sandwiches and more. There will also be contests and prizes. The event is free, donations suggested. 1551 Ocean Ave. #105. 310.395.7333, manupstacheupsm.eventbrite.com.

The Santa Monica College John Drescher Planetarium presents "Holiday Telescope Buyer Survival Guide" at 8 pm. Find out how to shop for a telescope and in time to do it before the good suppliers sell out of the best starter instruments. Tickets are available at the door. \$6 for a single show or telescope-viewing session. 1900 Pico Blvd. 310.434.3005. smc.edu/planetarium.

The United Methodist Women of Santa Monica presents a preview to its 2013 "Twicegiving" Holiday Boutique from 5-8 pm. Admission is \$5 and will include soup, bread, coffee, and cookie. 310.393.8258. 1008 Eleventh St. santamonicaumc.org.

The Theatre Arts Studio Stage will host the SMC Applies Music Program Benefit Concert under the direction of Keith Fiddmont at 7:30 pm. The concert will feature SMC's most gifted vocal, instrumental, and composing students. Admission \$10. 1310 11th St. 310.434.4323, smc.edu/eventsinfo.

The Boys and Girls Club of Santa Monica presents its 38th Annual Auction and Dinner, a celebration of youth and the community. The event will include cocktails, silent auction, dinner, and a live auction. Ticket prices vary. Visit the website for more details. 101 Wilshire Blvd, Santa Monica. 310.361.8500, smbgc.cjoinmc.org.

Saturday, November 2

The City of Santa Monica celebrates Dia de los Muertos (Day of the Dead) from 11 am to 2 pm at Woodlawn Cemetery, the Mexican holiday where family and friends gather to honor and celebrate loved ones that have passed. The community celebration focuses on the traditions that make up this celebration of life and death and includes an opening procession with Ketzalitzli dancers, a workshop to create offerings of marigold coronitas (crowns) and papel picado (perforated paper) for loved ones who have passed, self-guided tours of the cemetery that explore the history of local famous people, a documentary on how a small town in Mexico prepares for the holiday, a traditional Nahuatl ceremonial blessing and live musicians performing throughout the cemetery for those who have passed. 1847 14th St. 310.458.8688, smgov.net/Departments/Cemetery/content.aspx?id=35194.

The United Methodist Women of Santa Monica present its 2013 "Twicegiving" Holiday Boutique from 9 am to 12 pm. Admission is free. 1008 Eleventh St. 310.393.8258, santamonicaumc.org.

The Santa Monica Public Library presents "Two Among the Righteous Few" at 2 pm. Author Marty Brounstein presents a remarkable story of compassion and rescue during the Holocaust. The event is free. 601 Santa Monica Blvd. 310.458.8600, smpl.org.

The Broad Stage presents the Synapse Dance Theater Showcases New Work, Repertory Ranges from Modern to Hip Hop to House. The concert will feature Contemporary Modern Dance, Contemporary Ballet, Hip-Hop, House, Wacking, Jazz Funk, and more. Performances are at 4 pm and 7:30 pm. The program repeats at 7:30 pm on Sunday, Nov. 3. Tickets \$15-\$18. 1310 11th St. 310.434.4856, smc.edu/dance.

The American Heart Association will host its 5K Heart Walk beginning at the Santa Monica Pier. Registration and Expo open at 8 am. 200 Santa Monica Pier. 213.291.7094. kintera.org.

Making Strides Against Cancer Society will host a fundraising walk. Registration starts at 9 am. Making Strides Against Cancer Society are a celebration of survivorship - an occasion to express hope and our shared determination to make this breast cancer's last century. Barnard Way and Ocean Park Blvd. makingstrides.acevents.org.

The Promenade Playhouse presents "The Princess Show," a one-hour audience interactive show featuring Princess Jasmine, Ariel, Cinderella and Princess Taisie along with Prince Charming and a few other characters. The show is a magical musical journey for ages 3 and up. \$12 for children, \$20 for adults. 1404 3rd Street. 310.814.0223, creatingarts.org.

Magellan's Travel Supplies will host "Travel Smart: Know Before You Go." The event will feature Airport Do's & Don'ts, TSA Rules & Facts, Packing Tips & Tricks, Helpful Travel Gadgets & Gear, Refreshments, prizes and special sales. The speaker will be Travel Ambassador Angel Castellanos. The event is free. 1006 Wilshire Blvd. 310.394.9417, magellans.com.

Sunday, November 3

The Broad Stage will host the Emeritus College Concert Band: "Come Hear the Band!" Mike Corrigan conducts the band that has thrilled listeners with its concerts since 1979. It's a Sunday afternoon of exhilarating music you won't want to miss. Show begins at 2pm. Admission is free. 1310 11th St. 310.434.4323. smc.edu/eventsinfo.

The Emeritus College Concert Band will perform many traditional, popular and show tune favorites, like the Circus Bee march, Star Dust, and Pirates of the Caribbean, as well as some good old fashioned

marches. Show begins at 2pm. Admission is free. 310.560.8583. 1227 2nd Street. smc.edu/AcademicAffairs/Emeritus.

Airport2park.org will host a picnic in Clover Park for a "Creative Community Engagement Project" facilitated by noted Urban Planner James Rojas. Picnic is from noon to 2 pm. 2600 Ocean Park Blvd. 310.338.3060, Airport2Park.org.

New West Symphony will play selections of Prokofiev, Haydin, and Mozart. Tickets \$25-\$93. Show begins at 4 pm. Barnum Hall, 601 Pico Blvd. 805.497.5837, newwestsymphony.org

Wednesday, November 6

The Westside Comedy Theater presents "Never Been Fist & The Lusty Horde & Improv Against Humanity," a Puppet improv, an improvised sci-fi fantasy B movie, and improv based on the inappropriate and hilarious card game Cards Against Humanity. Tickets \$5. Doors open at 7:45 pm, show begins at 8 pm. 1323-A 3rd Street. 310.451.0850, westsidecomedy.com.

Thursday, November 7

ICE at Santa Monica Grand Opening will be held from 6-10 pm. Be one of the first to take a spin on the rink, mix and mingle with music by DJ Kelly Dlux and performances by synchronized skating team California Gold and some of California's most elite skaters hosted by World and Olympic Figure Skater, Randy Gardner. This is a free event and open to the public. 1324 5th St. downtownsm.com/events/2013-11/ice-grand-opening-event.

The Edye presents "A Day in the Blues" at 11:15 am. SMC music professor Terry Carter and The Tomcats present an amazing performance of classic blues. The band puts its twist on blues standards written and performed by legends such as Muddy Waters, Robert Johnson, Jimi Hendrix, The Allman Brothers, Stevie Ray Vaughan, Magic Sam, BB King, Johnny Cash and more. Complimentary tickets are available at the

CALENDAR PAGE C5

WHAT'S HOT

Health Interactive
Saturday, Nov. 2
From 10 am to 6 pm
Santa Monica Place

Santa Monica Place will host Health Interactive, a full day of classes, speakers, workouts and an expo of the coolest new tech and products for living well. Join celebrity trainer Adam Rosante, founder of The People's Bootcamp, star of the film "Fat Sick & Nearly Dead" and detox guru Joe Cross, Yogaworks' own star teacher Patti Quintero, ABC7's Lori Corbin, world surfing champion Shaun Tomson and many more of your favorite trainers sharing great workouts, raw food classes and an exclusive look into the technologies that are putting the future of healthy into your hands. Admission is \$15. Santa Monica Place is located at 395 Santa Monica Place. For more information, visit health2con.com/hi.



12th Annual Festival de Otoño
Saturday, Nov. 2 from 1-5 pm
Edison Language Academy
2425 Kansas Avenue

The Edison Language Academy will celebrate the 12th Annual Festival de Otoño and Día De Los Muertos gallery in Santa Monica this Saturday afternoon. The event combines art, theatre, music, food, poetry, games, and a multi-cultural celebration of the season. Admission is free. The event, which attracts more than 1,500 people every year, features a creative collaboration of altars by Edison students, teachers, and parents in the Mexican and Central American tradition of remembering deceased loved ones. The event also features cultural traditions designed to commemorate those who have passed away including a series of "alfombras," beautiful displays made of dust, flowers and other native materials that are traditionally communally designed and prepared on the streets of villages and towns in many countries in Latin America. For more information, call 310.828.0335 or visit edison.smmusd.org.



CALENDAR

FROM PAGE C4

SMC Music Office in Room 211 of the Performing Arts Center. 310.434.3005, smc.edu/eventsinfo.

MUSIC

Friday, November 1

The Shills, 28 North @ Rusty's Surf Ranch
The Goods: Halloween Edition with DJ Anthony Valadez and Host KG SUPERSTAR @ Zanzibar
Surgeon Marta DEBT Vatican Volume The Slow Poisoner, Mikey Flores, DJ WiseUP @ Trip

Saturday, November 2

Delgado Brothers Electric Trio Day of the Dead Party @ Harvelle's
Bunnynose, Michael Miller Band, Johnny Rad & the Eggplants, Sexy Black & the 1%, D. Whitney The Decoys, Texas Instruments @ Trip
The Paul Chesne Band @ O'Brien's Santa Monica
Seductive Saturdays: Halloween Edition with DJ SLOEPOKE and Host KG SUPERSTAR @ Zanzibar
The Fudogs @ Rusty's Surf Ranch

Sunday, November 3

The Toledo Show @ Harvelle's
Maesa, Ruthann Friedman, Kyle McNeill, Clare Means @ Trip

Monday, November 4

Tumbao Salsa Dura featuring lessons with Puerto Rican Dance Champion Cristian Oviedo and DJ Charley spinning the best in Salsa Music @ Zanzibar
Swamp Monster Presents @ Trip

Tuesday, November 5

"Service Your Soul" hosted by Hunter and the Dirty Jacks @ Harvelle's
Jon Lundin, The Bluffs, The Spreewells, Stone Chimp @ Trip

Wednesday, November 6

House of Vibe All-Stars @ Harvelle's
Nostatic Trio + @ Trip
Luminous Movement presents Kaliween with Imagika, Aima the Dreamer and Dakini Star, Shylah Ray, Subaqueous, and Mother Medicine @ Zanzibar

Thursday, November 7

Afro Funké Live presents Kara Mack @ Zanzibar
The Lalas @ Harvelle's
Chum, OMBB, Nimbus Earth @ Trip

EXHIBITS

haleARTS S P A C E will exhibit the works of Judy Csotsits, Juri Koll, and Joe De Hoyos through Nov. 13. Opening reception today, Nov. 1 from 5-8 pm. 2443 Main St. 310.314.8038, halearts.com.

The William Turner Gallery presents a group exhibition featuring Casper Brindle, Jordan Eagles, Jimi Gleason, Ed Moses, Andy Moses, and Jennifer Wolf Nov. 2 through Dec. 14. Opening reception Saturday Nov. 2 from 6:30-8:30 pm. 2525 Michigan Ave. E1 (Bergamot Station). 310.453.0909, williamturnergallery.com.

Shoshana Wayne Gallery presents the sixth solo show of new work by Rachel Lachowicz Nov. 2 through Dec. 21. Opening reception Saturday, Nov. 2 from 5-7 pm. 2525 Michigan Ave. B1 (Bergamot Station) 310.453.1595, shoshanawayne.com.

TAG Gallery presents the artwork of Carol Kleinman, Linda Sue Price, and Kamil Vojnar through Nov. 23. Opening reception Saturday Nov. 2 from 5-8 pm. 2525 Michigan Ave. D3 (Bergamot Station) 310.829.9556, taggallery.com.

The Lora Schlesinger Gallery presents the work of acclaimed artist Mark Stock and his series of the Hollywood Sign Nov. 2 through Dec. 31. 2525 Michigan Ave. T3 (Bergamot Station) 310.828.1133. loraschlesinger.com.

Haleh Mashian Gallery presents the art works of Haleh Mashian Nov. 2 through Nov. 14. Opening reception will Saturday, Nov. 2 from 5:30-10:30 pm. 2903 Santa Monica Blvd. 310.344.2485. halehstudio.com.

Schomburg Gallery presents paintings by Marina del Rey artist Dan Janotta and Portland, Oregon artist Gabe Fernandez through Nov. 23. 2525 Michigan Ave. E3A (Bergamot Station). 310.453.5757, schomburggallery.com.

Craig Krull Gallery presents Ned Evans' new paintings and resin reliefs through Nov. 23. B3 (Bergamot Station) 2525 Michigan Ave. 310.828.6410, craigkrullgallery.com

Rosamund Felson Gallery will exhibit Gegam Kacherian's dreamlike imagery through Nov. 16. 2525 Michigan Ave. B4 (Bergamot Station). 310.828.8488, rosamundfelson.com.

The Santa Monica College Pete & Susan Barrett Art Gallery presents an exhibition of paintings by Los Angeles artist Scott Heywood through Saturday, Dec. 7. 1310 11th Street. Admission is free. 310.434.3200.

Lois Lambert Gallery presents the works of Agelio Batle and Judith Mullen through Nov. 10. 2525 Michigan Ave. E3 (Bergamot Station). 310.829.6990, loislambertgallery.com.

Tara Gallery presents "Trees Of My Homeland" through Nov. 14. 1202B Montana Ave. 310.489.2417, taragallery.org.

Santa Monica Museum of Art presents Ara Dymond's "Famous, New York, Modernism Everywhere" in project room one and Mathew Zefeldt's

"Forms Forming Forms" in project room two through Jan. 11, 2014. 2525 Michigan Ave. G1 (Bergamot Station). 310.586.6488, smmoa.org.

The Santa Monica History Museum presents Santa Monica: A Journey Into An Extraordinary Past Permanent Exhibit Gallery. Admission is \$5 general, \$3 seniors and students, free for children under 12. 310.395.2290, santamonicahistory.org.

THEATER

The Promenade Playhouse presents "It's the Biz" through Nov. 24. Saturdays at 8 pm and Sundays at 7 pm. Admission \$30. 1404 Third Street Promenade. 323.960.4443, promenadeplayhouse.com.

The Lounge Theatre presents "A Good Grief" from now until December 1. Friday and Saturdays at 8 pm. Sundays at 3 pm. Tickets are \$20. 310.960.7784. plays411.com/grief.

The Santa Monica College Theatre Arts Department presents two theatrical productions for one admission price: JM Barrie's "The Old Lady Shows Her Medals," and Shirley Lauro's "A Piece of My Heart" Nov. 1 through Nov. 10. 8 pm on Friday, Nov. 1 and 8, and Saturday, Nov. 2 and 9. Matinees are at 2 pm on Sunday, Nov. 3, and on Saturday, Nov. 9, and Sunday, Nov. 10. Tickets \$10 in advance and \$13 at the door. 1900 Pico Blvd. 310.434.4319, smc.edu/eventsinfo.

Ruskin Group Theatre has extended "El Grande de Coca-Cola" through Nov. 23. Fridays and Saturdays

CALENDAR PAGE C6

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<p>Don McLean DEC 13 MICHEL-ANN AZOULI</p>	<p>Christmas with The Celts DECEMBER 10</p>	<p>November 8 - GINO VANNELLI November 9 - BUDDY GUY November 11 - NAACP THEATRE AWARDS November 14 & 15 - RADIOLAB November 17 - THERESA CAPUTO LIVE: THE EXPERIENCE November 30 - RICH LITTLE December 6 - BOBBY WOMACK December 7 - B.B. KING December 11 - MERLE HAGGARD December 13 - DON MCLEAN December 14 - BLOOD, SWEAT & TEARS December 17 thru January 5 - STOMP December 19 - CHRISTMAS WITH THE CELTS January 11 - WHICH ONE'S PINK: "WHEN LASERS FLY" January 15 - JOAN RIVERS January 17 - JOHNNY RIVERS / JIMMY WEBB January 25 - BLUE OYSTER CULT January 30 - LARRY THE CABLE GUY RENO COLLIER</p>
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CALENDAR

FROM PAGE C5

at 8 pm, Sundays at 2 pm. Tickets \$25. 3000 Airport Avenue. 310.397.3244, ruskingrouptheatre.com

CityShakes presents *Macbeth* in a converted warehouse unit, the perfect performance space for Shakespeare's most eerie text. Thursdays and Fridays at 8 pm Oct. 31 through Nov. 22, and Saturdays Nov. 9 and 16. 1454 Lincoln Blvd. Doors open at 7:30pm. Tickets \$20 at brownpapertickets.com/event/472852. 303.819.8691, cityshakes.org.

The Promenade Playhouse presents "James and the Giant Peach" through Nov. 10. Admission \$12-\$20.

Saturdays at 12 pm and Sundays at 1 pm. 1404 3rd Street Promenade. creatingarts.org.

The Promenade Playhouse presents "Tylerr Pery Superstar" through Nov. 22. Fridays at 8 pm. Admission \$20. 1404 3rd Street Promenade. Tylerrperysuperstar.com.

Edgemar Center for the Arts has extended "The Rainmaker" through Dec. 22. Fridays- Saturdays at 7:30 pm, Sundays at 5 pm. Dark Oct. 25-27. Admission is \$34.99. 2437 Main Street. 310.392.7327. edgemarcenrter.org.

ONGOING EVENTS

The Santa Monica Pranic Healing Clinic will offer Healing and Meditation Sessions. Choa Kok Sui's PRANIC HEALING technique utilizes "prana" or life energy to promote physical, emotional, and mental health. Donations welcome. 3435 Ocean Park Blvd. pranichealing.com.

Areal restaurant presents **Stand-Up Comedy Thursdays** at 9 pm. Headlining comedians come to the heart of Main Street. New line-ups each week. Happy Hour prices all night. Free admission. 2820 Main Street. 914.629.1225, like2laugh.com.

YWCA presents "Creative Spirit Unleashed: The Artist's Way fused with Compassionate Creative Mentorship" recurring weekly on Tuesdays through Nov. 26 from 7:15-9:15 pm. Creative Spirit Unleashed is a gentle, practical, and playful approach to re-awakening your creativity through the writings and exercises of Julia Cameron's *The Artist's Way*. This course includes homeplay such as reading, writing, and creative exercises that help you to take ownership of your own creative process. 2019 Fourteenth Street. 310.452.3881, smywca.org.

Marion Davies Guest House and Docent Tours are held weekly on Sunday, Monday, Thursday, Friday, and Saturday. Learn about the rich history of the Beach House from a Santa Monica Conservancy docent. Tours are free, last approximately 30 minutes, and no reservations are required. Call the day before you plan to visit to confirm. 415

Pacific Coast Highway. Admission is free. 310.458.4904, beachhouse.smgov.net.

Food Truck Bazaar at California Heritage Museum is held weekly on Tuesday from 5:30 to 9:30 pm. Gourmet Food Trucks, sit-down eating accommodations and facilities. Free parking in the Museum parking lot. Metered parking in the adjacent lots. Free bicycle valet. Proceeds benefit the Museum. California Heritage Museum, 2612 Main St. 310.392.2512, californiaheritagemuseum.org.

Join Brett Young and special guests every Tuesday night for a live music set at 6:30 pm at the Sonoma Wine Garden, 395 Santa Monica Place, third floor Dining Deck. 424.214.4560, sonomawinegarden-santamonica.com.

Tale Spin: A Monthly Gathering of People Telling True Stories is held monthly on the last Thursday from 7:30-9:30 pm. Vidiots Annex, 302 Pico Blvd. Admission \$10. Seating limited to 35 people. Bring a bottle of wine or preferred beverage and an appetizer of any kind. 310.392.8508, vidiotsannex.com.

Painter's Breakfast at PaintLab is held weekly on Sundays from 10 am to 1 pm. Start your Sunday morning off on the creative side of the bed, filled with painting, coffee, tea and a light breakfast fare. 2912 Main Street, Santa Monica. Admission \$25 plus the cost of canvas. 310.450.9200, paintlab.net.

The American Cinematheque, a non-profit, viewer-supported cultural organization, hosts weekly screenings of art, independent, and classic films. Also sneak peaks of upcoming movies with celebrity guest appearances and discussions with film-makers. Admission \$10 or \$7 for members. 1328 Montana Avenue. 323.466.3456, americancinematheque.com.

Santa Monica Flying Museum Flight Simulator at the Santa Monica Museum of Flying, recurring every week day from 10 am to 5 pm through Dec. 9. Experience the latest addition to the Santa Monica Museum of Flying – the MaxFlight high definition, 3D virtual reality flight simulator FS3000. The simulator features a 360 degree full range of motion and carries two passengers. The air-to-air

combat feature and the carrier landings seem like the real thing. The true to life depth and clarity of the HD-3D projection and the five speaker surround sound system makes the experience as close as you can get to actually flying. Admission is \$5 plus museum admission. 3100 Airport Ave. 310.398.2500, museumofflying.com.

Wine Wednesdays at The Buffalo Club will be recurring weekly from 6 pm to 8 pm. Certified Sommelier Brayner Ferry, will be describing, pouring, and teaching about selected wines, every Wednesday at the Garden Courtyard Lounge. It's casual; arrive anytime. Wines are accompanied by an assortment of artisan cheeses. If you stay for dinner, enjoy 50 percent off any wine from the Garden Courtyard list. Admission is \$24. 1520 Olympic Blvd. 310.450.8600, buffaloclub.com.

Story Time at the Santa Monica Pier Aquarium will be recurring weekly on Saturday at 3:30 pm. Santa Monica Pier Aquarium will host story time in the Dorothy Green Room. Children (and adults) love to hear a good story, and the Aquarium has a nearly endless supply of books celebrating life of the sea. Santa Monica Pier Aquarium, 1600 Ocean Front Walk. 310.393.6149, healthebay.org.

An open invitation to the residents and friends of Santa Monica to attend a newly forming study and discussion group on Thursdays. Based on the 7 Noahide laws, the study texts and discussions will explore the relevance in today's age of this solid code of ethics, of which the US Congress joint resolution (March 20, 1991) states – "...these ethical values and principles have been the bedrock of society from the dawn of civilization, when they were known as the Seven Noahide Laws... without these ethical values and principles the edifice of civilization stands in serious peril of returning to chaos." The facilitator will encourage questions, comments and discussion. At no cost to attend, the group is open to all. For details of time and venue and for more information, call Leah on 424.268.6530 or email eternaethics@gmail.com.

Free help with anxiety, depression, stress, and anger. Recovery International provides tools and practice in changing thinking habits so individuals can gain personal control over distressing emotions and improve life-coping skills. This worldwide non-profit organization, founded in 1937, holds weekly meetings every Saturday, 12 pm, at Trinity Church, California and Eleventh Street, Santa Monica. Donations are requested but not required. For more information, call Randy at 310.828.9328 or go to lowselfhelpsystems.org.

Meals on Wheels West needs volunteers to deliver meals to homebound people in Santa Monica. Deliveries are from 11 am to 1 pm, Mondays through Fridays. To volunteer call 310.394.7558.

Parents, looking to get fit and learn basic self-defense? The UCLA Family Commons is introducing its brand new SAFE program, which incorporates Situational Awareness Fitness and Exercise as a program which dedicates empowerment and optimizing health and well-being for adults. This unique program will incorporate self-defense techniques and circuit training. Classes are offered every Tuesday and Thursday from 1:30 to 2:20pm and start at \$75 per month or \$20 per drop in. Register for a month of classes before April 30th and get the second month free. For more information about classes please call the Commons at 310.395.5650 or email Andy Gurevich at andygurevich@gmail.com.



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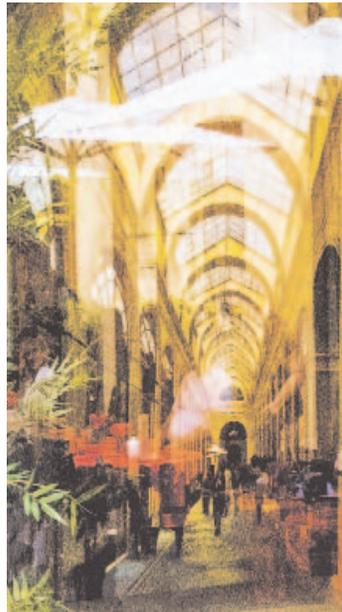
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New Exhibit Opens At TAG Gallery



Kamil Vojnar's "Flying Lessons," a mixed media on canvas. COURTESY OF TAG GALLERY



Carol Kleinman's "Covered Passage," a single exposure on canvas.

MITCH JAMES
MIRROR CONTRIBUTOR

A new exhibition is now on display at TAG Gallery through Nov. 23 featuring artists Carol Kleinman, Linda Sue Price, and Kamil Vojnar.

An opening reception is set for Saturday, Nov. 2 from 5-8 pm. An artist talk will be held next Saturday, Nov. 9 from 3-4 pm.

Kleinman's latest show, "Paris Windows," continues her unique work with reflections, merging reality with fantasy.

In her new series of photographs on canvas, the Pacific Palisades resident and inveterate traveler captures a mysterious, multi-layered world as it actually existed on windows all over Paris, from the small streets of the Latin Quarter to the 19th century covered passages of the Right Bank.

Kleinman's surprising images are not composites, but rather single exposures capturing a complex interplay of light and form.

"I want to challenge the viewer to look beyond everyday life. Each of my images existed in the world at a unique moment in time," Kleinman said. "Nothing is set up or manufactured. What you see ... is what I saw."

Meanwhile Price's neon art is rooted in nostalgia in her show "Spiraling."

Referring to childhood memories of west coast road trips and visions of the animated motel signs and drive-in theaters from Long Beach to Las Vegas, Price's work pays playful homage to a bygone era. Animation is prevalent in Price's multi-layered work, as twisted acrylic rods, glass and LED lights create vibrant landscapes of moving light.

"I play with the glass, exploring and trying different combinations until I settle on a form I want to explore," Price said. "I mix color, reflection, texture and animation to create a visual experience."

Price specifically designed her latest series to create a gentle, meditative sense of movement, contrasting the traditional use of animated signs as

dazzling distractors.

Price's dynamic spiraled designs offer a colorful sense of whimsy while embracing the capabilities of neon as an artistic medium.

Finally, Vojnar's show "Life is a Journey" is simply that.

Like pages from a scrapbook, his images document this journey. But rather than cover wide geographical distances, Vojnar travels vertically through the timeless, wistful emotions of the soul and heart.

Soft figures float through ethereal landscapes of muted color as birds, balloons and airborne ships become forms of surreal locomotion in Vojnar's current series.

The artist's scenes are comprised of digitally layered photographs on various papers which stand both alone or are adhered to canvas.

Drips of wax and oil paint add touchable texture and simultaneously emphasize nuances of color and shadow.

"I like to make a satisfying object," Vojnar said. "A simple photograph is cold to me."

Vojnar's collaged images provide a sense of spiritual contemplation, as motifs of wings and figures in flight act as modern relics that are both haunting and familiar.

Established in 1993 as a not-for-profit corporation, TAG Gallery is a member-owned community of approximately 40 artists.

Through the physical gallery in Santa Monica's Bergamot Station as well as lectures from exhibiting and visiting artists, TAG Gallery has become a valuable resource for launching the careers of both emerging and mid-career artists based in the greater Los Angeles area.

It is located at 2525 Michigan Avenue, Space D3, Santa Monica. It is open 11 am to 5 pm Tuesdays through Saturdays and 12 pm to 4 pm on Sundays.

For more information about TAG Gallery, call 310.829.9556 or visit taggallery.net.

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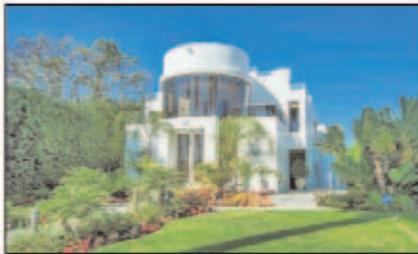
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Los Angeles, CA 90034. County of Los Angeles.
Registered owner: Philippe Neron. This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above in 1998. I declare that all information in this statement is true and correct. (A registrant who declares as true information, which he or she knows to be false, is guilty of a crime.) Registrant Signature/Name: Philippe Neron. This statement was filed with the County Clerk of Los Angeles on September 26,

2013. SM Mirror published: October 11, 18, 25, and November 1, 2013. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any charge in the residence address of a registered owner. A new Fictitious Business Name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14111 et seq., Business and Professions Code).

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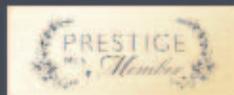
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