

Fathers Looking Forward to Family Celebrations



Harout Derassoyan graces our pages once again with daughter Claire and son Noubar.



Michael Gomez poses with his young son Luca, nine months old.



Dustin Tennant welcomes his newborn daughter, Summer.



Jonas Croskery with daughters Ever and Francie at a wedding.

Each year we publish photos of dads and their children in the June issue. You may recognize some of the same families from last year. I wish there was more room for photos and the stories that go with them. Have a wonderful Father's Day holiday with your family. --DM

Do You Recognize This Neighborhood Celebrity?
(Answer on Page 11)



Our veterinarian, Dr. Frank Lavac, is ready to go out to a special occasion with his daughter, Kira.



Dick Lawrence, under the hat, enjoyed dinner recently with his children and grandson, Zachary, far left. Daughter Pamela, Dick and his son, Todd, far right, all had a lot to share. Todd was in town for a visit from Taiwan.

Retired SMPD Officer Traveling Across the United States, Step by Step

Some people have made road trips across the country by following Route 66. Others may have biked across. Jay Trisler, a retired Santa Monica Police lieutenant, has begun walking across the country. He started at the Santa Monica Pier on May 9 and plans to complete his trip in Virginia in November.

• What made you decide to do it? I loved being a cop in the City of Santa Monica. I see what is happening in California and around the U.S., and it is disheartening. I believe law enforcement is being persecuted at the detriment of the public, and especially the police officers. As a Christian, I believe

the same is happening. As a result, I wanted to walk in support of both God and cops. I hope to have conversations with those willing to talk about both entities that are near and dear to my heart.

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Brain Matters

Just Keep Moving



By Dr. Melita Petrossian

Patients with Parkinson's disease (PD), a brain condition that affects movement and balance and can cause tremor, often have the same worry: Is my mind going to be affected?

"While most patients have normal cognition at the start of the condition, PD can unfortunately affect various aspects of their thinking as the disease progresses." The most powerful treatment we can recommend is physical exercise. Many people are surprised to hear that exercise can literally change the brain both physically and chemically.

Exercise releases brain-derived neural factor (BDNF), which supports and protects brain cells. It makes the brain cells use dopamine more efficiently (a key neurotransmitter which is reduced in PD

patients), and it results in the formation of new synapses (connections) between brain cells. Thus, exercise results in neuroplasticity, the brain's way of healing itself in the face of a chronic condition. Clinically, exercise has been shown to improve global cognitive function, processing speed, sustained attention, and mental flexibility in PD patients.

So what activities should PD patients do?

- Cardiovascular/aerobic fitness: With the guidance of their internist and/or cardiologist, three to four times per week, for 30-45 minutes per session
- Treadmill, exercise bike, elliptical, swimming/water aerobics
- Skill-based exercise: exercise with a conscious and mindful awareness of the body requiring concentration while exercising. It may involve cognitive tasks while exercising, or doing something different with the upper body com-

pared to lower body, or left body vs. right body.

- Tai Chi
- Boxing (e.g. Rock Steady Boxing or StoPD)
- Dance (e.g. tango/ballroom or "Dancing through Parkinson's")
- Dual tasking (cognitive training simultaneous with motor training)
- Pilates
- Yoga
- Social interaction/engagement: Avoid isolation and interact with friends and family. Creative endeavors such as singing, visual art, and dance engage brain areas that are inhibited in our usual life.

In summary, just keep moving! **Dr. Petrossian is the Director of the Pacific Movement Disorders Center. As a specialized movement neurologist, she cares for patients with Parkinson's disease, essential tremor, and cervical dystonia, as well as a wide range of other movement disorders. Contact PacificMovement.org online, or call 310-582-7433 for details.**

Byte by Byte

Embracing Epilepsy with Wearable Tech



By Miceala Shocklee

Smartwatches aren't just for checking text messages without your phone, or tracking your step count throughout the day.

Embrace, a product of the crowdfunding-launched company Empatica, is a smartwatch that came out just last year – and is also an approved medical device designed to help individuals living with epilepsy.

From a big picture view, Embrace is essentially an upgraded medical alert button. When the person wearing it has a tonic-clonic seizure, the smartwatch calls the individual's pre-programmed emergency contacts and plays them an automated message.

But, how does the smartwatch know when its wearer is in trouble? When a person has a seizure, they sweat. The sweat causes the skin's electrical conductivity to increase, which the sensors in Embrace are able to pick up on. Seizures can also often lead to a rise in body temperature, which a thermometer in the smartwatch measures.

Additionally, Embrace contains other sensors that detect changes in angular velocity (via a gyroscope) and acceleration (via an accelerometer) that indicate a fall has likely occurred.

CEO Matteo Long hopes that Empatica can extend the smartwatch's biomonitoring capacities to be able to not only predict when a seizure is on the horizon for individuals with epilepsy, but also to help individuals with other medical conditions and biomonitoring needs as well.

To learn more about Embrace and Empatica's latest developments, visit www.empatica.com.

Miceala Shocklee, a Caltech graduate, is our editorial assistant and a monthly columnist.

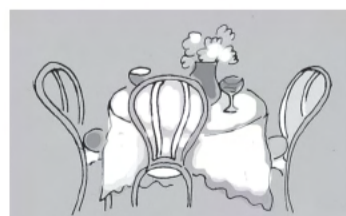
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Planning Ahead

Who Pays Your Debts When You Die?



By Lisa C. Alexander, Esq.

I was recently asked who has to pay for someone's credit card debt after they die. My friend was very worried that her children would be saddled with her debt. In the case of a small estate, the answer is probably nobody.

The general rule is only your es-

tate is responsible for your debts when you die. If debts are greater than the value of the estate, then the full amount of the debt will never be collected. The big exception is if there is a co-signer on a loan (think parents co-signing for a student loan or car loan). Or, if a credit card is a joint card, the other person will remain liable.

Other special cases include a car loan which, if left unpaid, may result in the car being repossessed,

or a home loan that if not paid may result in foreclosure.

A surviving spouse may have to pay a deceased spouse's debts, which may include final hospital and doctors' bills.

On the other hand, property held in joint tenancy, life insurance and accounts, including retirement accounts such as IRAs and 401Ks, with named beneficiaries pass outside of the estate and won't be liable for debts at all.

Debts of a deceased person are paid by the Executor or Trustee from the assets of the Probate or Trust. If you receive an inheritance without a Probate or Trust, you may be liable for debts, but you won't be liable to pay debts over the amount of the inheritance you receive.

Although most of us can't stand not to pay our bills, in the case of a deceased person, you should not rush to pay the bills. Wait until after you get some good legal advice. Except for the cases described, you should never be personally responsible for the deceased person's debts.

Lisa C. Alexander, Esq. JAKLE & ALEXANDER, LLP 1250 Sixth Street, Suite 300 Santa Monica, CA 90401 Main Line: 310-395-6555

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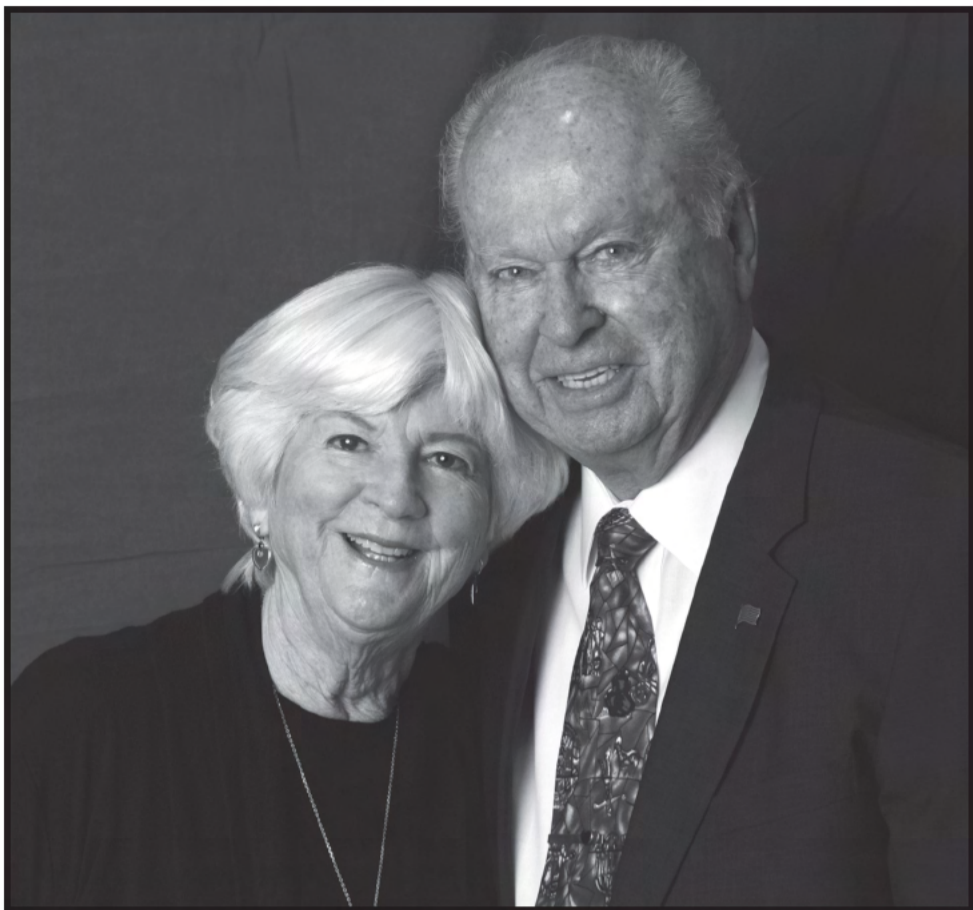
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June/19

Celebrating Over 50 Years Together



Char and Dick Lawrence share how they met and to what they attribute their successful marriage.

Photo by Brendan Minto

How did our featured couple meet? Dick Lawrence describes himself as a young USC student who got a job working at Hilton Carte Blanche, an early credit card service. His responsibilities were to research card charges. He fondly recalls meeting Char one day, "I saw the most beautiful girl I've ever seen working in the filing section in the office."

He wanted to ask her out, but he felt his 1955 hopped up Mercury wasn't impressive enough to take her on a date. After he bought a spiffy black 1959 Chevy Impala with a red interior, he felt ready.

Dick had invited Char to a Carte Blanche staff party. When he pulled up to her house, she was getting home from an earlier date. He was impressed with her mother, who was 38 at the time. "She looked just as beautiful as Char," he noted. Char added that her mother, who was an actress and dancer, was pregnant with her younger brother at the time.

Their next date was an auto race in Santa Barbara. After eight months of dating, Dick gave Char an opal "friendship" ring. When he graduated from USC, he approached her father to ask for her hand in marriage. Her father agreed, saying, "I'd sure like you to have a job."

In 1961, Dick became a management trainee at UCB. The two were married on June 23 in 1962 in North Hollywood. Afterwards, some friends and family accompanied the newlyweds to the airport. They had booked a flight to Hawaii on a prop plane, the "Pink Cloud Tour." They didn't check in, as they were too busy having fun in the airport lounge. All of a sudden, Dick says, "I looked out at the runway and said, 'Isn't that our plane taking off?'"

They couldn't get another plane until a week later. They made it on the flight, but their luggage went to Tahiti instead of Hawaii. "My parents had given us two matching Hawaiian shirts. Dick had dress pants on, and I was wearing a silk dress and heels," Char describes. They flew all night, and since their hotel room wasn't ready yet, they

spent the time waiting on the beach in their dress clothes. It took three days for their luggage to arrive.

Eventually, the couple found a home in Woodland Hills for \$19,000. They ended up fixing it up, selling it, and buying another home to redo. Their fifth home was in the Pacific Palisades, where they live today. Dick had joined Santa Monica Bank in 1983. Today, he is now working at the local Commercial Bank of California branch.

Once the couple got settled, Char became a typist, took courses at Valley College and did some modeling. She also studied theater arts. When the couple's two children, Pamela and Todd, were teens, Char returned to school to get her degree.

She took college classes, a few at a time, with the goal of earning a B.A. in Social Work. Char did years of volunteer work for Senior Health and Peer Counseling. She loved the people and the challenges of the

(Continued on Page 5)



Dick and Char on their wedding day.

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Picture yourself enjoying a night of jazz in the Sam First club near LAX.

Discover World-Class Musicians at the New Sam First Jazz Club

By Taber Falconer

If you're a jazz fan living in Los Angeles, you've probably puzzled at some point over the Westside's lack of music-oriented clubs. The mystery is all the more perplexing considering L.A. is home to a substantial population of world-class musicians.

Paul Solomon, a native Angeleno and real estate developer, is the owner of the Westside's newest intimate venue and bar, Sam First. Located right next to LAX, the cocktail lounge was designed by Madrid-based architecture firm Selgas Cano, and it was outfitted with state-of-the-art acoustic detailing to create a space perfectly suited to jazz performance.

"Sam First is above all else a listening room. It's a place you can go to hear original, experimental music one night, and standards the next," Paul said.

Booker Dave Robaire, a bassist and graduate of the elite Thelonious Monk Institute of Jazz, uses

his expertise to locate the most skilled and innovative musicians on the scene today, which include local, national, and even international touring acts.

As renovation of the space was initially underway, Paul toyed with several potential names for his project, but none felt quite right. Ultimately, he chose "Sam First" in tribute to his late grandfather, a Los Angeles tailor to the stars. The logo, a threaded needle, is a nod to Mr. First's profession.

So how would Sam First himself feel about his namesake jazz club? "He would get a real kick out of it," Paul said, smiling.

As you enjoy the music, be sure to take advantage of the lounge's full bar and small bites menu. Sam First is located at 6171 W. Century Blvd, Suite 180, and hosts performances Wednesday through Sunday each week. For more information, call 424-800-2006, or visit www.samfirstbar.com.

Congratulations to Judi Barker



Judi Barker recently received an award for Barker Hangar being one of Santa Monica's Most Loved Cultural Venues. She will also receive the Bob and Louise Gabriel Community Service Business Award from the Santa Monica Chamber of Commerce at their annual installation dinner June 12.

Left, Debra Galliani is shown with Judi Barker and the recent awards for the Barker Hangar in the Santa Monica Airport.

Photo by Lauralee Asch

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Santa Monica Travel & Tourism's Summit Reports on Growth of Economy

More than 300 members of the community gathered to celebrate the impact of the local hospitality industry at Santa Monica Travel & Tourism's (SMTT) 10th annual Travel & Tourism Summit, held last month at the Jonathan Beach Club.

During the event, SMTT's President/CEO Misti Kerns unveiled the 2018 Tourism Economic and Fiscal Impact summary report, revealing that tourism spending injected \$1.93 billion into Santa Monica's economy last year. Conducted annually to track the economic impact of tourism for the destination, the report highlighted the sustained growth of Santa Monica's travel industry that drives the city's economy with its visitor spending, job creation, and generated tax revenue.

The report also revealed that more than \$58 million went directly into the city's general fund from the Transient Occupancy Tax (TOT) last year. The contribution of the

TOT to the City's general fund, supported entirely by overnight hotel guests, plays a vital role in funding essential city services such as the exceptional police and fire departments, school systems, and homeless services, as well as the maintenance of the parks and beaches that make the beachside city a world-class place to live, work and play.

"No matter what the Santa Monica experience means for you personally, whether you are a resident or a visitor, we can all agree that this beachside city is a special and unique place to live, work, and visit," said Misti. "Santa Monica is fortunate to boast a thriving and sustainable economy, and tourism continues to be one of the most significant local contributors to this fact."

Barbara Moss, banquet manager with Fairmont Miramar Hotel & Bungalows, was awarded the Thelma Parks Tourism Spirit Award during the Summit for her



Barbara Moss, second from left, Banquet Manager at the Fairmont Miramar Hotel & Bungalows, receives the Thelma Parks Tourism Spirit Award. From left, Richard Chacker, chair of the Board of Directors for Santa Monica Travel & Tourism, Barbara, Misti Kerns, and Laurel Rosen, far right.

exceptional service in the hospitality industry. She was awarded a \$1,000 scholarship and a Santa Monica staycation, provided by the Santa Monica Chamber of Commerce and SMTT.

The Santa Monica Pier and Pacific Park received SMTT's Jeff King Santa Monica Tourism Champion of the Year award. As the most Instagrammed location in all of Los

Angeles, the Santa Monica Pier is undoubtedly the city's biggest icon. Both organizations were recognized for their commitment to preserving the nearly 110-year legacy of this historical landmark while continuing to ensure the Pier's relevancy and popularity well into the future with bold and innovative programming.

Gift Ideas for Father's Day

(Family Features) Dads can be notorious as the hardest family members to shop for, but come Father's Day, there's little doubt you'll need a gift that shows dad just how much he means.

Truth be told, your company is probably all Dad really needs, but you can help deliver a little something he wants with these diverse ideas for all different kinds of dads. Remember, the secret to great gifting is giving something that shows you know and care about his personal interests. Find more ideas

for all your gifting occasions at eLivingToday.com.

• **A Sizzling Gift**
Gift Dad everything he needs to throw an impressive cookout any time he wants with the Father's Day Gift Package from Omaha Steaks. He'll be set for summer barbecues with steaks and more on-hand, including two tender filet mignons; two rich and indulgent ribeyes; four robust, juicy burgers and more. Find more information about dessert and other gift

(Continued on Page 10)



Mayor Glean Davis, left, awards Negin Singh, Executive Director, Santa Monica Pier Corporation and Jeff Klocke, Vice President, Pacific Park, the Jeff King Santa Monica Tourism Champion of the Year award. Misti Kerns is on the far right.

Photos by Maya Myers.

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From Me to You...



By Diane Margolin
Watch for Broadway Baker opening on Wilshire Blvd. on the block where our favorite See's Candy store is located.

Owner Jim is bringing his love of baking and theater to his new shop.

If you missed her writing in this issue, our columnist, Qin Stubis, took a much needed vacation this month.

Our family really enjoyed the wedding of my nephew Max and his bride Lena last month. They planned every detail, and the event reflected their favorites. Their dog, Rufus, was part of the ceremony as Lena's mom, Ramona, walked him down the aisle. He also lounged in his bed located where the newlyweds sat at dinner. He was even included on the cake topper.

Coming up on June 15 from 11 a.m.-5 p.m. is Santa Monica's 27th annual celebration of June-

teenth, the oldest known celebration marking the end of slavery in the United States. Held at Virginia Avenue Park, the event will include music, dance, food and fun. For details, call 310-458-8688.



Max Margolin with his bride, Lena



Rufus was part of their cake topper.

Celebrating Over 50 Years Together

(Continued from Page 3)

work in mental health services as a client liaison.

Char is president of the Santa Monica Breakfast Club, a group that focuses on providing funds for dental care for children in Santa Monica Schools. In the fall, members host an eagerly anticipated high tea which honors a local community member while raising funds for their programs.

Char also plays the conga drum with a pianist and guitar player in a music group at Corpus Christi Church in the Palisades.

Dick served as president of the

Rotary Club of Santa Monica. He has collected stamps since he was five years old, and he also enjoys collecting vinyl records, which he loves listening to on his vintage turntable.

Dick and Char make it a point to have a Friday date night when they go to dinner and see a movie. They share the movie choices. They feel compromise is important in their relationship. They like to talk things out and make major decisions together.

We wish them a very happy anniversary this month. --D.M.

From the Santa Monica History Museum



Strongman Lifts a Car, June 1940--
"Man Mountain" Dean lifts a Chrysler as Ray Schufer (left) looks on. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.3237.]

How to Create a Wedding Budget The Bride and Groom Will Both Love



By Carolyn Hemann


If you're planning a wedding – whether it's your own or your child's – and haven't been paying close attention to the wedding industry, you may experience sticker shock as you begin calculating costs. An average American wedding costs the newlyweds and their families just under \$34,000 – and that's without the honeymoon tab. Here is a list of tips to help you plan a wedding that works for your taste and your wallet:

- **Discuss expectations.** The bride, groom, and parents on each side may each have different thoughts about the ideal wedding. If you're a bride or groom, talk with your partner about what aspects of the wedding are most important to you. If you're a parent, talk openly with the couple to hear their expectations.
- **Decide on a location.** Do you have your heart set on a destination wedding? That's great, as long as you're prepared to incur the added expense of airfare and accommodations (and manage the logistical challenges of long-distance event planning). However, it's common for destination weddings to have a smaller guest list, which may help balance the budget.
- **Set your guest list early.** The size of your wedding guest list impacts many wedding decisions: how


large of a ceremony and reception space you need, the per person amount you will spend on catering and beverages, how much it will cost to mail out save the dates and invitations, and more. Generally speaking, the larger your wedding guest list, the more expensive the day will be.

• **Determine who's paying for what.** It's important to have a frank conversation as early as possible to clarify who plans to contribute and how much. If you are receiving a check from another well-wisher, be clear on what, if any, expectations

(Continued on Page 9)

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Pharmaca Staff Continues to Provide Personalized Service for New and Longtime Customers



Pharmaca staff, Pharmacist Judeth, Manager Jay, and Sales Assistant Blanca, are ready to help customers find what they have come to purchase.

By Taber Falconer

It's hard watching a beloved business change hands, but Pharmaca Integrative Pharmacy, formerly Patton's Pharmacy, is pulling out all the stops to make the transition a smooth one.

I recently met with Manager Jay Wadsworth and Regional Market Manager Michael Banks to learn more about what's changed and what remains the same at one of Santa Monica's favorite wellness hubs.

"Most of the Patton's staff chose to continue working with us, which has been a tremendous advantage. The community appreciates being able to interact with the same pharmacists and staff that they have gotten to know over the years," said Jay. "And, Paul Leoni, the former owner, still comes in with his wife to see how things are going and to visit with customers. He has been very supportive."

Pharmaca, like Patton's, places value on providing personalized service to its customers and has made a point of bringing experts and consultants on board to explain new products and services to members of the community.

If a longtime Patton's customer asks for an item, they will usually be able to order it if they don't have it in stock. They do all they can to be sure you leave with the product you came to purchase.

"One thing that is a little bit different is the range of products. We have broadened our selection of beauty products significantly, and we carry popular supplements like hemp oil to keep up with the changing preferences of the community and healthcare and wellness trends," noted Michael. "Our goal is to be more than a typical pharmacy, and we want to maintain the stellar reputation set by Patton's."

Jay adds, "If you need a unique gift, or a project for the children before you go on a road trip, you'll always find something you like in our store." From chocolate and eco-friendly gifts to cosmetics and natural body care, the choices abound.

Located at 734 Montana Ave., Pharmaca staff can be reached by phone at 310-451-1414. Their hours are 9 a.m.-7 p.m. on weekdays, 9 a.m.-6 p.m. on Saturdays, and 10 a.m.-5 p.m. on Sundays.

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Dee Menzies to Address Remembering Santa Monica Group at June Meeting

The next Remembering Santa Monica meeting is scheduled for 11:30 a.m. on Tuesday, June 11. Dee Menzies, active Santa Monica resident and former head of Carlthorp School, will discuss her history in Santa Monica and the part her family has played in the community.

As usual, it will be held at the Santa Monica History Museum,

which is located at 1350 7th St. To RSVP, please call 310-613-3899.

The June meeting featured Michael Burton as a speaker. He is a docent at the museum, and he also gives tours on downtown Santa Monica. He shared his collection of photos of early Santa Monica as well as giving behind-the-scenes facts on the development of

(Continued on Page 10)



The Samohi Varsity Girls Lacrosse team took a win this spring against Hamilton High School in overtime (14-13). They also ended the season with another victory against Beverly Hills High School. Pictured above is the entire Lacrosse team with their two coaches, Brian Patenade and Howard Alperin.

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Planting a Garden in a Small Space

By Gillian Esparza

Small space gardening is something I have a bit of experience with. Growing up in a family of avid gardeners, I have always had my hands in the dirt. I have had a rose garden, cut flower garden, English garden, herb garden, and a succulent garden.

When we moved into a house with a yard, I started a "if you can't eat it, don't plant it" garden. Now, we are on an acre of land that has more than enough room for as many gardens as I am willing to care for.

Even with all of this space, I still find myself planting small areas of "themed" gardens. One of my very favorite ways to plant an edible garden is to look up! I currently have hanging baskets full of strawberries that are so healthy. They have huge ripe berries that are just waiting to be picked and enjoyed. Strawberries are an excellent plant to start with kids. They get so excited watching the flowers turn into fruit.

You can actually grow quite a few types of fruit and vegetables in small spaces. Lettuce does well in pots. We like to keep a pot of mixed greens on the patio. With the mixed greens, you can simply fill a pot with potting soil and sprinkle the mixed green seeds into that pot with a few additional inches of soil. You maybe surprised at how quickly you will have a bowl full of baby greens. When the greens are a few inches tall and wide, you can take garden clippers and give the

greens a hair cut. You will have an instant salad, and the best part is that the greens will continue to grow back throughout the season.

Another fun container idea is a big pot full of different types of mint. We are always amazed at how many types of mint or mint seeds we find at our local nursery or hardware store. We have a big pot filled with Chocolate mint, Apple mint, Peppermint, and Sweet Mint. Under an oak tree, it grows

all year round.

We use mint a lot during the summer. It is wonderful in still or sparkling water with slices of cucumber. It is yummy in a fruit salad, and it adds a nice flavor to iced tea or lemonade.

Another idea is to fill a large pot full of different type of herbs. Basil, thyme, oregano, parsley, and cilantro are just few. They will grow well together and provide an abundance
(Continued on Page 10)



Grow several kinds of mint in a planter for extra flavor in your meals.



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SMPL Adult Literacy Program Provides Ongoing Benefits for the Students

By Taber Falconer

Every Tuesday afternoon, 92-year-old Grace Kubo meets with volunteer Sid Greenwald at Santa Monica Public Library (SMPL) to work on reading comprehension, pronunciation, grammar, and any other English-related questions that may have popped up over the course of the week.

Grace has lived in the United States for decades, but she never tires of brushing up on her English skills.

"It can be challenging to find classes when you're my age," Grace said. "Here, I get to learn so much – and for free. I always look forward to our meetings."

SMPL's adult literacy program was established in 2016 with the help of a California Library Services

grant from the California State Library, and it has been assisting adults in our community to reach their reading and comprehension goals ever since.

Through one-on-one sessions, volunteer tutors help learners with everything from interpreting prescription labels to reading complex literature. Tutors create lesson plans tailored to each individual student's needs, incorporating journaling, conversation, and reading exercises.

"Our learners have been able to achieve big goals with the help of our amazing tutors," explained Tara Crow, SMPL's literary programs assistant. "They've passed driver license exams, the citizenship text, registered to vote, and received high school diplomas."



Grace Kubo meets with her tutor Sid Greenwald every Tuesday afternoon at the library.

Beyond mastering practical skills, learning at an advanced age offers additional benefits. Grace's doctor advised her that brain exercise is an important tool for maintaining overall health and wellness through the years.

"Going to school and studying English keeps me busy. I've always told myself that I would never spend my days sitting in front of a television. My secret to living a long life is keeping my body and mind active," Grace said.

If you're interested in learning more about SMPL's adult literacy program, call 310-458-8600, or visit www.smpl.org.



Thoughts From a Second-Time Father

Looking Ahead to the Next Steps of Parenting



By Michael Margolin

When I was younger, I knew that when I grew up I wanted to get married and have kids. The older I got, the more I realized that finding somebody to marry could be much easier said than done.

And, when it came to having kids, the same could be said, but that would be an understatement. I have been blessed beyond my own comprehension to have a beautiful, loving wife and two healthy and happy children. Alexa's sixth birthday is right around the corner and Jake has just turned three.

We are not having any more kids – so now what? Enjoli and I had looked forward to having kids for so long, and that anticipation and planning is something that is in our past now. We will never be delivering our own kids again or facing the nerve wracking challenges that bringing home a newborn can present. Those treacherous seas have been navigated, and new challenges lie ahead.

The first words and first steps seem long ago even though they re-

ally were not, relatively speaking. Teaching the kids to walk and talk is so much fun. And, the older they are, they more fun they are becoming to watch. I am also blessed to be the son of a great man who is a great father. I have told him as much, and I have also told him he is not done parenting, because I will still rely on him when I need advice or need an ear to bend.

I heard a comedian once say that children learn to tell lies on their own. They do not need guidance in this area. I think the same could be said for making up excuses.

After a long night's sleep, Jake will wake up and eat and play with Alexa and get his toys out. But, when we ask him to put them away, he does not just say no, he will give us an excuse. His favorite excuse is that he is too tired. And, he tells us he is too tired as he drops his shoulders and throws his head back, as if he is absolutely exhausted. I do not know if I need to look at myself on this one. After all, I have mentioned plenty of times how much of parenting is leading by example.

Michael Margolin is the father of two young children. He is an avid sports fan and a soccer coach on Alexa's team.

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Retired SMPD Officer (Continued from Page 1)



- **And what kind of shoes are you wearing?** Brooks Beast.
- **How can people follow you?** I have a Facebook and Instagram account and the Blog, www.Godandcops.com. I try to post every day about the events that unfolded.
- **Do you have children?** Yes, my son Dustin just



graduated from Pepperdine.

- **Is there anything more you would like our readers to know?** People ask if I am doing a GoFund-Me. I am not. If people want to donate, there are unfortunately incidents where law enforcement officers have been killed. Please donate to their families.

Community Service in Santa Monica

Join Lions Club to Serve



By Marilynn Schalit

Santa Monica Lions Club, which celebrated 95 years of service in 2018, is affiliated with the 1.4 million-member-strong Lions Club International. The five focuses of service include: diabetes, environment, hunger relief, pediatric cancer, and vision.

In March, we sponsored vision and diabetes screening as well as offered reading glasses and free children's books to participants at the Lions Eyes Across California event at Virginia Avenue Park.

Recently, we received a proclamation from Santa Monica Mayor Gleam Davis for purchasing and helping to plant a tree in Hotchkiss Park in Santa Monica on Arbor Day. On Saturday, April 27, several members provided children with vision screening during Healthy Kids' Day at the Santa Monica YMCA.

On Saturday, May 11, members went to the Fisher House at the Veterans Administration to bake cookies and other desserts for residents there.

Several members attended the district Lions Club Convention in Ventura, which took place at the Four Points by Sheraton Ventura Harbor Resort from May 24-26.

If you would like the opportunity to join our club and serve the community, or to receive more information, you are welcome to attend a lunch meeting from 12:15 p.m. - 1:30 p.m. on the first and third Thursday of every month at the Elks Lodge #906 at 1040 Pico Blvd., Santa Monica.

Please email or call me or the membership co-chairperson. To RSVP: marilynnshalit@yahoo.com, or call 310-903-8819. You may also contact membership co-chair Ms. Yoriko Fisher at yorikofisher@gmail.com. We look forward to seeing you.

Benefits of Being a Rotarian

By Mitchell Kraus, President

Professor Marty Seligman, the father of positive psychology, has spent his life researching what makes people happy. Based on his research, I know members of the Rotary Club of Santa Monica must be among the happiest in the world. While there isn't space to discuss the Top 10 list of what makes people happy, here are a few.

- **They Have A Growth Mindset:** Our club gets together each week for lunch with a speaker who helps us understand the world better.
- **They Surround Themselves With Other Happy People:** People join our club for the community service aspect but stay for the camaraderie.
- **They Spend Time On Experiences, Not Material Things:** Joining together for lunch or community service is all about the experience.

- **They Give More Than They Take:** Rotary's Motto is "Service Above Self."
- **They Enjoy The Moment:** If you have never been to one of our lunches, they are about doing good while having fun.

Our Rotary Year is coming to an end this month. It has been an honor to serve as the club's president. Over this year, we've listened to dozens of top-notch speakers. We've donated hundreds of hours and hundreds of thousands of dollars to causes both local and international.

But most important to me is the countless friendships and connections that were made. There is no better path to happiness than being with those you love.

Our club meetings are Fridays at noon at the DoubleTree Hotel on 4th St. in Santa Monica. Please call 310-917-3313 if you would like to join us for lunch.

How to Create a Wedding Budget

(Continued from Page 5)

are tied to the money given. It's common for others to want a say in the wedding decisions if they've contributed financially.

• **Set a budget.** Regardless of who is paying, couples need to identify a wedding budget before working out the details. Allocate your dollars based on what is most important to you. Is your dream dress or venue non-negotiable for you? If so, think about what it means for the rest of your budget.

• **Research vendors.** It's common for wedding vendors (e.g. videographers, caterers, florists) to have many tiers of service to cater to a variety of wishes – and budgets. Do your research and compare costs before signing contracts so you know what is reasonable. Get all agreements, requests, and decisions in writing, even if the vendor seems open and easy to work with.

• **Manage cash flow.** Cash flow can be tricky, even when your finances

are in great shape. Ensure you understand how each vendor expects to be paid so you can plan your budget accordingly.

• **Don't forget other wedding events.** Are you planning other wedding events, such as an engagement party, wedding shower, bachelor and bachelorette party, or rehearsal dinner the day before the nuptials? If so, it's important to add these to your budget. Communicate openly and be prepared to foot the bill if your vision is more than the host is willing to pay.

• **Put the wedding in perspective.** Couples beginning a life together will likely have other financial goals, such as paying off student loans, a new car purchase, or a down payment on a home.

Carolyn Hemann of Ameriprise Financial has been guiding clients towards financial independence for more than 30 years. She can be reached at 310-477-2500.

SM Bay Woman's Club Features a Variety of Speakers and Activities



By Tesi Treuenfels

With summer rolling in, we enter into Southern California's season of morning fog. Fog comes in off the ocean providing

much needed moisture for the local chaparral. Air currents along the shore cause cool, nutrient rich water to "upwell" to the surface. The fog is formed by moist air passing over the cooler water.

As a child, I remember great dragons of thick fog dramatically rolling up the canyons. Recently, we had the speaker, a Climate Reality Leader, Mavis Rode, into our monthly potluck to address the realities of climate change. For more information, check out laclimate.reality.org or climateresearchproject.org.

The Santa Monica Bay Woman's Club (SMBWC) is as active as ever. We thank Martine Salter and Holly Schafer for catering our annual scholarship luncheon. Funds raised go towards providing college scholarships to girls graduating from Santa Monica High School.

An important local organization we support is Step Up on Second Street. This phenomenally effective facility provides professional staff, some of whom are Peer Advocates, (individuals who have experienced mental health conditions and/or

homelessness and are in the process of recovery), and provides assistance to members as they achieve their self-determined goals. Step Up's service coordination includes psychiatrists for medication care; transportation, and weekly support groups. There is also support for family members of the mentally ill. We are very proud to have contributed and thank all those who work so tirelessly.

Our monthly book club will be meeting on June 20, at 6:30 p.m. at the club. This month's selection is *Beautiful Boy* by David Sheff. A popular book still being discussed and shared from our sharing library is last April's selection, *Educated: A Memoir* by Tara Westover. I hear all about it at the bridge tables.

The club continues with bridge every Monday, 12 p.m. to 4:00 p.m. We provide a comfortable setting for arts, crafts, and conversation every Tuesday, from 10:30 a.m. to 1:30 p.m. Come join us at the club, located at 1210 Fourth Street, Santa Monica. It is available to rent for special events. We have air conditioning now. We welcome new members throughout the year.





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Paws and Claws

How Effective is CBD Oil for Dogs?



By Dr. Frank Lavac MS, DVM, VCA

Q: Is CBD oil effective for seizures or arthritis in dogs?

A: CBD oil first gained notoriety because it

was an effective self-medication for human Dravet's syndrome, a seizure disorder. CBD oil has become immensely popular across the U.S. It has been touted as a treatment for many diseases in people and dogs. There are many companies that market CBD oil. CBD oil is a non-psychoactive extract from the hemp plant. I am discussing CBD oil specifically that does not contain THC.

Even though there are many testimonials about CBD oil's use in dogs, there have been very few scientific studies to show its efficacy. Caution should prevail in heralding it as the new "miracle cure."

There has been a recent study suggesting that a specific CBD oil may be helpful for arthritis. Saying that, I think the jury is still out on CBD as a panacea treatment for the multitude of maladies that affect our pets.

To read more, Google "Trends in Your Inbox: A growing case for

cannabis," AAHA Newstat, 21 Feb 2019. (<http://www.aaha.org/blog/NewStat/post/2019/02/21/372460/A-Growing-Case-for-Cannabis.aspx>)

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

Gift Ideas

(Continued from Page 4)

packages for dad, omahasteaks.com.

• Keep Him Connected

For the Dad who's always tuned in, there's a way to provide him with entertainment and connectivity while protecting his hearing at the same time. Whether he's using a power saw or mowing the day away, Dad can stream his favorite music with the 3M WorkTunes Connect Hearing Protector with Bluetooth wireless technology to make his day both enjoyable and comfortable.

• Subscribe to Style

Keep Dad in style with all the latest looks with a clothing subscription. You can choose from services that coordinate complete outfits, options for accessories only, or providers that select a handful of garments for each shipment. Pricing varies quite a bit; in some cases Dad will need to pay a styling fee, while with other services he'll pay only for the items he keeps.

• A Cut Above

Practical tools can be the perfect gift, and a pocket knife is such a useful choice that it's hard to go wrong with it. For a more sentimental approach, consider a knife with a laser-cut personal message, or go ultra-functional with a multi-tool design.

• Game for Golf

An avid golfer never tires of golfing gear, so it's usually a safe bet for gifting. If you're knowledgeable about his preferences, you can always add a new club to his collection. However, there are plenty of other useful gifts a golfer can appreciate, from a sleeve of quality balls to a book about a legendary player. A new hat or shirt can give him something he can proudly sport on the course.

Dee Menzies to Address

(Continued from Page 3)

the city. Michael told us many facts that we may not have known. Thanks to Carolyn Edwards for reporting them.

The first settlers in the area, the Tongva Indians, were also the first business people, trading shells and baskets with members of the Chumash tribe.

The Santa Monica Pier was built in 1909. It is the last amusement center on the West Coast. During the Depression era, the Douglas Aircraft factory helped the economy in the area. The Works Progress Administration (WPA) created by President Roosevelt helped with building throughout the country, and if you look carefully, you will see WPA stones on the walls of Roosevelt and Grant Elementary Schools.

The Sears building, constructed in 1947, was originally a lumber yard. Downtown Santa Monica was a pedestrian model for other U.S. Cities in 1965. The Hotel Carmel, built in 1928 on Second and Broadway, was created by movie set designers. They, rather than architects, were setting the tone for several buildings at the time.

The Jackson Hotel is the largest three story building in downtown. Early movie theaters were the El Miro, Majestic, and the Criterion.

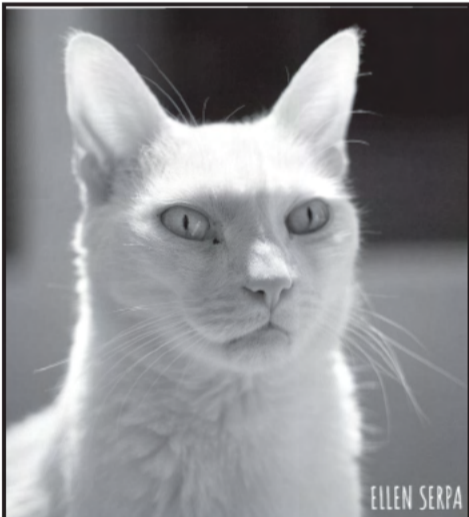


Michael Burton shared his photos and knowledge of early Santa Monica at the May meeting.

The first skyscraper in Santa Monica was the Central Tower at 1424 4th St. Magicopolis was originally a courthouse. Hensheys, where my mom once worked, sold Girl Scout and Brownie uniforms. They had a wonderful book department run by Liz Robeson. The 4th Street Bay Cities building, with its clock that can be seen from all over downtown, was constructed in 1929.

There is so much more to learn. Please join our group next month when Dee Menzies tells about her family's part in the growth of Santa Monica. We will meet at 11:30 a.m. at the Museum on June 11. RSVP to John at 310-395-2290. --D.M.

Adopt a Pet



ELLEN SERPA

"Scully" is 11-years-old. She is beautiful and independent. She has been at the Lange foundation for three years. Please contact Info@langefoundation.org for more details.

Planting a Garden

(Continued from Page 7)



Use a hanging planter or a shelf to display your greenery.

space or container gardens is to make sure they are watered regularly, especially when first planted. Plants in containers will dry out faster than if they were planted into the ground.

The bigger the pot, the less watering they will need. Make sure there is adequate drainage in your containers. Some large plastic containers have areas on the bottom of the pot to drill or pop out. Drainage is important to your plants, as they do not like to keep their roots wet. If your plants are looking a little sad, you can actually use a few teaspoons of used coffee grounds around the base of your plant. Coffee grounds tend to make my plants very happy. Most importantly, have fun!

Gillian Nicole Esparza is a busy mother of four, a childhood cancer advocate, and the co-host/writer for the podcast For Grits and Giggles.

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If you have a spot with full sun, tomatoes are such a special plant to grow. The varieties of Heirloom tomatoes are really neat! You may not recognize a few of these at first. There are purple tomatoes that are both sweet and tangy. Yellow tomatoes with bright red skin almost look like someone has painted them with watercolors. Even tomatoes that remain green when fully ripe.

I tend to prefer our tomatoes in big pots. They are easier to pick from a plant that has grown up a trellis or tomato cage, than one that has been planted in the ground. A cute little flower that is happy to grow alongside your veggies is the pansy or viola, both of which are edible. When I make cakes, I often decorate with different mint leaves, pansies, and violas.

One thing to know about small

The Santa Monica Star

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Becky Mejia.

Community Calendar

By Miceala Shocklee

- **Saturday, June 1 - Ramadan Story Time** - Kids and their families are welcome to come listen to 45 minutes of Ramadan-related stories and create thematic crafts at the Main Branch of the Santa Monica Public Library. Event will begin at 1:30 p.m. For more information, call 310-458-8621.
- **Saturday, June 1 - Pride Month Kickoff Event** - Kickoff Santa Monica's first celebration of Pride month with Smorgasbord at the Santa Monica Pier from 10 a.m.-4 p.m. For more info and the full roster of SaMo Pride events, visit smpride.com.
- **Sunday, June 2 - Pedal on the Pier** - Join the community for the 9th annual Pedal on the Pier, where the Santa Monica Pier turns into an outdoor cycling studio! Proceeds from classes go to programs helping underserved youth. In addition to cycling, there will also be food and drink vendors to enjoy. For more information, visit www.pedalonthepier.org.
- **Tuesday, June 4 - Mind-Body Therapies for Mental Health and Aging** - UCLA psychiatrist Helen Lavetskry, MD, MS will go over strategies for alleviating mood and cognitive disorders in aging adults. Event to run from 1:30 p.m.-3 p.m. at WISE & Healthy Aging, 1527 4th Street. To sign up for your place, call 800-516-5323 or go online to uclahealth.org/50PlusSeminar.
- **Saturday, June 8 - 20th Annual Art in the Afternoon** - Enjoy hands-on art-making opportunities, face painting, food, live performances by Syncopated Ladies, and more at this year's 20th annual Art in the Afternoon benefiting A Window Between Worlds, a non-profit organization helping survivors of domestic abuse, sexual assault, and other forms of trauma to heal through art. For more information about the event and to purchase tickets, visit awbs.org/aia.
- **Saturday, June 8 - Santa**

- **Monica Oceanaires** - Laura Pallas Singer will provide musical direction for this presentation of the Las Vegas-themed show, "Oceanaires 11" at the Veteran's Auditorium in Culver City. Show to begin at 2 p.m. For more information and ticket details, call 323-247-SING.
- **Saturday, June 8 - My Hero Project** - Teachers, parents, and arts educators are invited to learn about using My Hero in the classroom. This free event will run from 5 p.m.-6 p.m. at New Roads School. To RSVP, go to MYHERO.COM/MAP68.
- **Sunday, June 9 - Free Family Films Screening** - Enjoy a free World Oceans Day and Peace and Social Justice film screening and Q&A with filmmakers and heroes at this New Roads School event, to run from 2 p.m.-4 p.m. in the Moss Theater. To RSVP, go to MYHERO.COM/screeningjune9.
- **Tuesday, June 11 - Samohi Graduation, 5:15 p.m.** - Congratulations Samohi seniors!
- **Tuesday, June 11 - Dee Menzies Talk** - Hear from Santa Monica's own Dee Menzies at this meeting of the Remembering Santa Monica Group. Event to begin at 11:30 a.m. at the Santa Monica History Museum. To RSVP, please call John at 310-395-2290.
- **Wednesday, June 12 - SMMUSD Last Day of Classes. Enjoy your summer!**
- **Saturday, June 15 - Sew A Flag: Rainbow or Red, White, Blue** - Celebrate LGBTQIA heritage month, Flag Day, and National Sewing Machine Day by making your own flag at the West Los Angeles Regional Branch Library. No prior sewing knowledge required, and all materials provided. Event to run from 2 p.m.-3:30 p.m. For more information, call 310-575-8323.
- **Saturday, June 15 - Summer Reading Blast Off** - To launch this year's summer reading program, "A Universe of Stories," Mariacha Arcoiris, the world's first LGBTQ+ mariachi band, will perform music celebrating Mexico and all its history and culture. The one-hour concert will begin at 11 a.m. in the North Entry Courtyard of the Main Branch Library. All ages welcome. For details, visit smpl.org.
- **Sunday, June 16 - Happy Father's Day!**
- **Tuesday, June 18 - Snoring: What Does It Mean?** - Susie Fong, MD and UCLA sleep medicine specialist, will discuss what can cause snoring and the impact it can have on a partner's sleep and how it may be a sign of an underlying medical condition, like obstructive sleep apnea. Event to run from 6:30 p.m.-8 p.m. at Belmont Village, 10475 Wilshire Blvd., West Los Angeles. To procure your space, call 800-516-5323, or visit uclahealth.org/50PlusSeminar.
- **Friday, June 21 - Allure of the Islands Dance Performance** - From 3:45 p.m.-5 p.m., enjoy performances of traditional dances from "Rim of Fire" islands like Bali, Java, Sumatra, Luzon, Polynesia, and more at the West Los Angeles Regional Branch Library. Performance suitable for the whole family. For more information, call 310-575-8323.
- **Saturday, June 22 - Home DNA**



Dee Menzies will be the guest speaker at the Remembering Santa Monica Group meeting on June 11. Call 310-395-2290 for details.

Testing: The Good, The Bad, and the Ugly - UCLA pathologist and molecular geneticist, Wayne Grody, MD, PhD will talk about home DNA tests, how far their results can be interpreted, and why it's important to talk to your health care practitioner about what the results really mean for you. Event will run in Conference Room 3 of the UCLA Medical Center from 10:30 a.m.-12 p.m. To sign up for a space at

the talk, call 800-516-5325, or visit uclahealth.org/50PlusSeminar.

- **Saturday, June 22 - Learn to Make Kombucha and Sodas at Home** - Food preservationist Brie Wakeland will teach participants how to make their own kombucha culture to keep going at home as well as how to prepare an assortment of other natural drinks, like root beer, kefir, and more. Event to run from 2 p.m.-3 p.m. at the West Los Angeles Regional Branch Library. For more information, call 310-575-8323.
- **Monday, June 24 - Rainbow Family Story Time** with Rachel MacFarlane - One of this year's Rainbow Family events as part of SaMo Pride at SMPL branches, Rachel MacFarlane's story time will feature her children's books *Eleanor Wyatt*, *Princes and Pirate* and *Harrison Dwight: Ballerina and Knight* that encourage diversity, promote acceptance, and support play without gender boundaries. Story time to begin at 6:30 p.m. at the Fairview Branch Library.

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JUNE 2019	FRI 5/31 & SAT 6/1 Tony Tixier Trio	WED 6/12 - Daniel Rotem Residency 2	SAT 6/22 & SUN 6/23 Joe LaBarbera Quartet
	SUN 6/2 - Kris Davis, Eric Revis, Guillermo Brown	THU 6/13 & FRI 6/14 Bob Sheppard Quartet	WED 6/26 - Daniel Rotem Residency 4 **LIVE RECORDING**
	WED 6/5 - Daniel Rotem Residency 1	SAT 6/15 - Terreon Gully Band	TH 6/27 - TBA
	THU 6/6 - Noah Gerabedian Qt.	SUN 6/16 - TBA	FRI 6/28 - Matt Slocum Trio
	FRI 6/7 - Frank Palenza Organ Trio	WED 6/19 - Daniel Rotem Residency 3 **LIVE RECORDING**	FR 6/29 - TBA
	SA 6/8 & SU 6/9 Max Haymer Trio **LIVE RECORDING**	THU 6/20 - Billy Mohler "Focus" Qt.	FRI 6/30 - Isamu McGregor Trio
		FRI 6/21 - TBA	

Answer to Neighborhood Celebrity

(Continued from Page 1)



Renato Argueta has been an ambassador graciously greeting guests at the Fairmont Miramar Hotel for 25 years. He has two daughters, ages 12 and 18.

JUNE 2019

CALIFORNIA'S ROUTE 66:
Hiding in Plain Sight

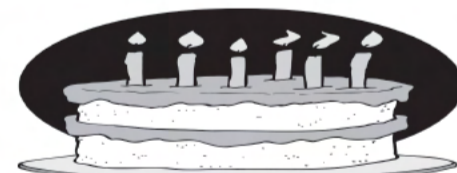
Exhibit
June 29 through October 19

Learn about Route 66, the storied road between Chicago and Santa Monica many of us travel daily. It's unique identity and place in culture.

Hours:
Wed, Fri & Sat: 10 AM - 5 PM
Tuesday & Thursday: Noon - 8 PM
Sunday & Monday: Closed

Contact:
(310) 395-2290
info@santamonicahistory.org
www.santamonicahistory.org

Santa Monica History Museum
1370 Seventh Street, Santa Monica, 90401



Happy June Birthdays to:

Frances McDormand, David Trachtenberg, Michael Margolin, Wendy Navin, Sharon Gavin, David Rosenfeld, Rick Mateus, Thelma Daar, Rose Mann, Eric Schmitter, Marv Levin, Brandon Murray, John Dravillas, Pat Bofird, Eric Jorgensborg, Steve Rosell, Bernadette Lucier, Clara Wright, Rufus Baker, Julia Abbott, Jeff Jarow, Charles Haskell, Elise Martin, Matt Lehman, and Ruth Sperber

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I've been guiding clients toward financial independence for over 25 years. I am passionate about providing timely, quality financial advice / planning that can lead to peace of mind for my clients.

Fairmont Miramar Hotel Welcomes Students of the Month from the Santa Monica Family YMCA



"These students are the future of California," YMCA staff member Melody Raouf, far left, declared proudly. They are part of the Youth and Government program through the Santa Monica Family YMCA that meets each spring in Sacramento to give teens a chance to express their opinions. Next to Melody is McKenna Pringle, Emma Cushing, Hanna Skikne, this year's Youth Governor Aidan Blain, and far right, Jennifer Bennett, Public Relations Manager for the Fairmont Miramar Hotel. The students are in front of a mural near the hotel outside restaurant. They were given a tour of the hotel, certificates, and refreshments. Please tell us if you know of students who should be recognized. Email SMStarNewsPaper@gmail.com with their names and email addresses.

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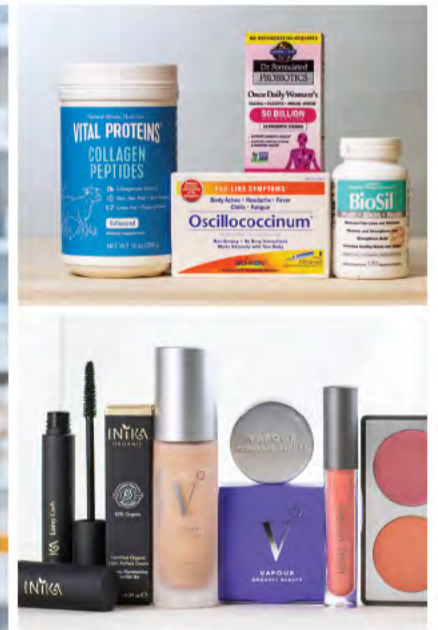
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