

**Senior Snapshot**

## Santa Monica Native Jeff Condon Always Has Time for Swimming



Jeff's love for swimming began when he joined the water polo and swim teams in the tenth grade.

**By Corinne Pagan**

Third generation Santa Monica resident, Jeff Condon, has led a life dedicated to mindfulness and consistency. Born and raised in our beloved town, Jeff had what he'd call an "old school upbringing."

When he wasn't playing in the streets until dinnertime with his friends, this local watched the daily programming on channel 52 or his favorite, the Saturday morning cartoons. It was in the sophomore year of high school, though, when Jeff would find an interest that would ultimately mean the world to him: swimming.

Jeff joined the water polo and swim teams in tenth grade and, since then, has dedicated himself to his morning swims. Most would applaud what he would call an addiction a steadfast commitment to a routine.

However, when I asked Jeff why his morning swims were so important, he stated, "Whatever

problems I have when I go to sleep, that all washes away when I get into the water."

This might sound relaxing, but to Jeff, it is anything but. He actually dreads the 4:40 a.m. phone alarm and the prospect of hard and exhausting swim sets, but he believes that it earns him the right to relax later in the day.

As he graduated high school and went on to Santa Monica College, and eventually UCLA, Jeff was dedicated to his studies as an English major.

Constantly writing papers, he couldn't fathom having the time for anything else. Jeff applied the writing skills he gleaned from his college years later when he coauthored a best-selling book on inheritance planning with his father, and another on his own. *The Wall Street Journal* later reviewed the first book as "the best estate planning book in America."

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Jeff's wife, Kimberly, on their recent honeymoon.



The Art Deco style, 12-story Clock Tower Building is Santa Monica's first, and was, for a long time, its only high-rise building, designed by Walker and Eisen in 1929. For around 40 years, it held the record for the tallest building in the skyline.

*Photos by Kaden Lehne*

## Preserving the Past for the Future

Steve Lehne always knew he wanted to work with his hands as he was growing up. He spent time with his dad's company, Lehne and Sons, as a painting contractor while he was going through school. But, after college, he ended up helping to restore the Bradbury Building in downtown Los Angeles. How did that exciting project come about?

It turns out that his mom and sister had formed a company, KC Restoration, that was refurbishing some of the wonderful buildings located around Los Angeles that had been created many years ago. In addition to painting, Steve got into refinishing wood, doing interior metal work, and learning about exterior sandstone. "I wanted to restore everything!" he explained enthusiastically.

His sister, Carolyn MacLeod, had studied to be a paint conservator, and she had worked with Roz Westmoreland, a well-known conservator. But, eventually the two joined their mother, Kay, and KC Restoration evolved into a complete restoration company.

Some of their projects included Union Station, Wilshire Boulevard Temple, Angel's Flight, the Tower Theater, and the Bullock's Wilshire Department Store, which was one of my favorite places to visit.

Many of you Santa Monica residents may recognize the Clock Tower atop the building at 225 Santa Monica Blvd., between 2nd and 3rd Streets. Steve's goal is to repaint the outside of the building and to restore parts of the exterior concrete that have broken off over the years. He is also responsible for restoring the famous clock.

For this project, Steve hires masons, painters, metalsmiths, all trained craftsmen who are specialists in restoration. He also works closely with an architectural engineering firm, Wiss, Janney, Elstner Associates, Inc.

Steve described that the original concrete breaks off from the steel structure, known as rebars. It is because the moisture penetrating the rebars causes them to expand, thus resulting in pieces of concrete chipping off. These pieces are called spalls. In restoring the walls, the workmen have to remove the damaged concrete, treat the rusted rebar and patch the affected area with a specialized concrete patch material. The masons will resculpt the damaged decorative patterns and profiles that define this Art Deco building.

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## Do You Recognize This Neighborhood Celebrity?

*(Answer on Page 4)*



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# Discover What's Happening on the Westside

By Pamela Lawrence

**• Ongoing, 1st and 4th Sundays, October 2, 23 - Santa Monica Airport Antique Market** - Noted as one of the top ten flea markets in America, visit a fun outdoor (and dog-friendly) market full of many great dealers with furniture, antiques, collectibles, art, vintage clothes, jewelry, rugs, and much more. 7 a.m. to 3 p.m. Located next to the Museum of Flying, 2800-3200 Airport Ave. Free onsite parking. For more details, contact 323-933-2511 or email Info@FleaMarketsLA.com.

**• Ongoing, Mondays in October (3, 10, 17, 24, 31) - Citizenship Classes** - Taught by Adult Education Center instructors. 12:45 p.m. to 3:15 p.m. at the Pico Branch Library Annex. Community parents and SMMUSD parents have priority enrollment. The classes help students complete and

submit their U.S. citizenship applications, and prepare them for the official review. Enrollment through the SM-MUSD Adult Education Center. Contact Olga Saucedo 310-664-6222, ext. 76203 or osaucedo@smmusd.org. Free. Ages 18+.

**• Tuesday, October 4 - Adult Fiction Book Club** - Join in monthly at a book club led by facilitator Judy Meadow. Meetings take place in person on the first Tuesday of the month, 1 p.m. Books are read in advance of the meeting and can be borrowed from the circulation desk. Donald Bruce Kaufman - Brentwood Branch Library Community Room. The book club selection for this month is *The Daughter of Time*, by Josephine Tey. For details, contact the branch at 310-575-8273, or brntwd@lapl.org.

**• Wednesdays in October 5, 12, 19, 26 - Kaiut Yoga** - Online for adults

and seniors. Kaiut Yoga focuses on cleaning out restrictions and blockages through accessing the joints. Adapted for our modern lifestyles from ancient yogic practices, the method uses the wall, floor, and gravity to re-establish a body/mind that is fully functional, strong, mobile, and balanced. All levels. Spaces for practice and materials used will include the floor, a wall, a sturdy chair, a bolster (or pillows), and a yoga strap (or belt/scarf). Just use what you have readily available. Presented by the Venice - Abbot Kinney Memorial Branch Library. Email venice@lapl.org for Zoom link.

**• Thursday, October 6 - Dementia Friends: Building Dementia Friendly Communities** - Online for adults and seniors. Become a Dementia Friend with Alzheimer's Los Angeles. In this program you will learn the five key

messages about dementia and develop action steps to help your community. 4 p.m. to 5 p.m. Presented by the Venice - Abbot Kinney Memorial Branch Library. Email: venice@lapl.org for Zoom link.

**• October 7, 14, 21, 28 - Pilates With Lee** - Pilates mat/floor classes have been used for many years in rehab and athletic training. The Pilates method targets core stabilization - strong abs, lower back and pelvis. 11 a.m. Online, presented by the Venice - Abbot Kinney Memorial Branch Library. Email venice@lapl.org for Zoom link. For adults, seniors.

**• Saturdays and Sundays, October 8 to 30 - Absolutely Halloween** - Magical, mysterious, musical fun. An absolutely "Don't Miss" Halloween theatre treat for the entire family. The heartwarming musical tale of the aptly

(Continued on Page 8)

## Santa Monica Native (Continued from Page 1)

After attending UCLA, Jeff obtained his law degree at Whittier College. He has always known he would go into his family business, estate planning, and he has put in 35 incredible years of work since then. Jeff truly enjoys what he does and believes it is of utmost importance to "help people when they need it the most."

Jeff enjoys his client interactions to the point of turning down an offer to buy his practice that was made about five years ago. But, Jeff is not his job, and he really enjoys his downtime. As Jeff says, "Doing nothing is an acquired skill." He values his weekends and life's small pleasures, which he shares with his new wife, Kimberly.

Between getting in his daily swim, dining out, museum-going, and simply reading the newspapers (including this paper) on his couch with the television on as background, the star of today's column would consider his life as very fulfilled. Check out our website to read Jeff's story on his myriad of motivations for his daily early morning swimming.



## Keep These Steps in Mind to Promote Healthy Aging and Good Brain Health

Many of us are busy working and may forget to keep these steps in mind, even though we have heard them before.

"Lifestyle choices play a vital role in healthy aging and brain health, and it's never too soon to start," said Charles J. Fuschillo, Jr., Alzheimer's Foundation of America's (AFA) President & CEO. "Eating right, exercising the body and mind, getting proper sleep, and being socially active all contribute to healthy aging and good brain health, and can potentially reduce the risk of developing a dementia-related illness." Here are steps to consider for healthy aging:

**• Eat Well** - Adopt a low-fat diet high in fruits and veggies, like strawberries, blueberries, and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt, and sugar. In general, foods that are "heart healthy" are also "brain healthy."

**• Stay Active** - Physical activity increases blood flow to the brain

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## Preserving the Past (Continued from Page 1)



This photo shows the rusted metal and the spalls on the building that have to be repaired.

To complete this project of repainting the 12-story building, Steve estimates it will take about 180 days. He predicts it will take 15 weeks to remove the paint. He will have six to eight painters and six to eight masons working.

There is metal work around the clock that needs to be replaced as it has been rusted.

By the time this paper is in print, you may see scaffolding up around the building.

For more information about KC Restoration and their amazing projects, go to www.kcrestorationinc.com, or call 310-280-0597. According to their website they focus on the preservation, restoration, and rehabilitation of historic properties, having worked extensively on many landmark buildings in Southern California.

—D.M.

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**Teen Scene**

**Becoming a College Freshman**



**By Julia Abbott**  
When I left for college, I was (understandably) focused on all the things I would miss the most about sunny Los Angeles. My

whole life, I've just assumed L.A. is the best city on earth; after all, it's where so many movies are being made!

However, I'm experiencing an East coast Fall for the first time, and it's been one of the most magical experiences of my life. In fact, it might even give sunny L.A. a run for its money. The cloudy weather is the perfect blend of sun and cold. The wind adds a sharp tang to any walk. Yesterday, I went on a two-hour long walk that culminated with me getting lost on a golf course.

It was incredible (with no chance of heat exhaustion). I wasn't worried about putting on sunscreen or putting on a hat; I was just able to enjoy the views. It's much easier to get outdoors (at least for now) without the stifling heat.

On a less aesthetic note, the change is also one of inherently, just a change. We're not known for our varied weather back home, so this will be my first time really experiencing seasons. It's something I've always wanted to do, and the timing could not be more perfect.

Fall has always been my second favorite season, but I'm not struggling to reconcile my experience of Fall with this magical one. There's something about living a season like you would in a fairytale that dulls the edges of homesickness like nothing else. Besides, the temperature change has also added the allure of adventure!

Fresh East coast apples, pumpkins, and cider aren't like their L.A. counterparts. Everything that bores my classmates is new and fresh and exciting, much like the East Coast student enjoying UCLA right now. Talk to me in three months when winter comes, but for now, I'm happy to be a semi-East Coast girl!

*Julia has been writing for us since she was ten years old. This is her first column from college.*

**Byte by Byte**

**Technological Takes on Trick-Or-Treat**



**By Dr. Miceala Shocklee**

October is the month for thrills and chills! However spooky a Halloween you seek, technology is out there to

help fine-tune your autumn on the scale of trick to treat.

**• Virtual Reality**

Los Angeles haunted house season is well underway, from Knott's Scary Farm to the grittier, more bespoke haunted house productions around the city. For those who'd prefer to find their spectres away from the crowds and are lucky enough to have access to a VR platform, the list of digital haunted houses grows ever-longer. Options vary from traditional game bases like *Resident Evil* to movie-based storylines like the 2019 remake of the popular *Blair Witch*.

**•Netflix**

Keeping the cinematic theme, for those who prefer watching screens to playing on them, Netflix and other streaming platforms currently offer a host of Halloween-themed viewing items, from a series taking a new look at the *Addams Family's Wednesday* from

the mind of Tim Burton, to long-enjoyed (or long-feared), high horror franchises like *Ghostbusters* and *Scream*.

**• Treat Map**

Wanting to get out and about more locally for your Halloween? Treat Map is technology's answer to the old method of lights being on or off to signal a house's participation in trick-or-treating. Treat Map enables neighborhoods to share information about what kind of candy or treats a house will be offering, if the house plans to set up any kind of outdoor decorations, or if the house will be open to costumed visitors at all. Available for both iPhone and Android, Treat Map fosters both community communication and individual route-planning optimization.

*Dr. Miceala Shocklee is a full-time aquatics veterinarian and part-time science writer and freelance editor.*



**Planning Ahead**

**Gifts - Timing is Everything!**



**By Lisa Alexander, Esq.**

The annual gift tax exclusion amount is now \$16,000. This the amount each of us can gift every year, to an

unlimited number of people, without filing a gift tax return and without any tax consequences. A married couple can combine their annual gift amounts to make joint gifts of \$32,000 to as many people as they want to.

If you can afford it, annual gifts of \$16,000 (or \$32,000 combined) can be impactful. And, if you have a large estate, annual gifts can be an uncomplicated way to get money out of your estate and distributed to your desired beneficiaries, instead of taxed by the IRS. For example, a married couple with two children and four grandchildren (six beneficiaries) can make annual gifts totaling \$192,000 (\$32,000 x 6). Over five years' time, the couple can transfer close to \$1,000,000 to their children and grandchildren without any tax.

But, timing is everything! If annual gifts are made by check at the end of the year, the checks have to be cashed and clear the bank by December 31 to count for that year. Just depositing the checks isn't good enough.

And, timing is critical in the case of "death bed" gifts. If gifts are made close to death with the goal of reducing the size of the person's taxable estate, checks must be deposited and clear the bank before death. This was confirmed in a recent Tax Court case involving the estate of William E. DeMuth, Jr.

On September 6, when Mr. DeMuth was near death, eleven gift checks were written. When Mr. DeMuth died five days later on September 11, only one of the eleven checks had cleared the bank. The IRS determined that the estate tax return filed for the estate should have included the amount of the ten uncashed checks, totaling \$436,000. With a tax rate of 40%, a significant amount of additional estate tax was owed.

If you are thinking about year-end charitable gifts, the rules are a little more forgiving. If a gift by check is not actually received by the charity by December 31, it must at least be postmarked by December 31. For charitable gifts, there is no requirement that the check must be cashed by the charity and cleared by the bank by year end.

**Lisa C. Alexander, Esq.**  
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**From the Santa Monica History Museum**



*Santa Monica Boulevard looking east from about Second Street - The Crocker Bank Building at 225 Santa Monica Blvd. is on the left. Built in 1929 in Art Deco style for the Bay Cities Guaranty and Loan Association by architects Albert R. Walker and Percy A. Eisen. The 12-story structure is also known as the Clock Tower Building referring to the four clocks on the tower facade. Santa Monica History Museum, Fred Basten Collection (170.2.60)*

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## Reflections From The East

## Don't Let Our Worldly Possessions Possess Us



By Qin Stubis

It is unlikely that most of us remember the baby outfit we wore after birth, or the blanket swaddled around us when we were taken home from the hospital for the first time. We were too young to understand our world and how important warmth, love, and protection were to our survival. Nevertheless, they were there, often in the form of our very first material possessions given to us by those who unconditionally loved us and took care of us. Soon, our belongings grew in number: a favorite binky, a teddy bear or a doll we snuggled with every night, clothes

for various seasons and occasions, and toys to entertain us.

Before we were old enough to go to school, we learned the importance of our material world through what others had and we didn't ... or the other way around. Children often fight over things they want, from a piece of sidewalk chalk to a tricycle. Sometimes, they even push their best friend to the ground just to get what they want for themselves.

During adulthood, we work hard to build our lives and take pride in what we own, whether it is the place we live, the clothes we wear, or the books we acquire to enrich our minds. Sometimes, we have to toil at two or three jobs just to be able to pay our rent and put food

on our table so we can have a place called "home."

When I was little, my mother often went to the pawn shop, trading her precious, most memorable possessions so that we could have clothes and food. "They are only things," she said. She would give up anything to care for us during those hard times and through her I've learned to use material things wisely to build love.

Whether as children or grown-ups, we all learn personal responsibility through ownership, putting toys away after playtime when we're four, and making mortgage payments on time when we are adults. Our enjoyment and success in life often depend upon the fulfillment of those duties.

It is also vital to know how much we really need in terms of material things so as not to get carried away by our desires, whims, or greed. If we don't, our indulgence in acquiring stuff we neither need, nor are able to afford, will gradually turn our belongings from things enriching our lives to liabilities, weighing on ourselves and our finances. Our worldly possessions, in turn, will control and break us.

Like my mother used to say, "They are only things." Make them serve you and not the other way around.

You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com), and please visit me at [www.qinsunstubis.com](http://www.qinsunstubis.com).

## A Child's Gateway to a Love of Reading



By Cheryl Thode

From a very early age, I have always been an avid reader. Growing up, I would read books from cover to cover, rarely putting them down until they were finished. It is a skill that has served me well, and one that I hope my own son will acquire. So, when reflecting on what to write in this month's article, I pondered how one develops a love of reading? How did I?

In my reflections, I started thinking about how the month of October, with its cooler temperatures and shorter days, has always been to me a great month for stories. In the beginning of the month, we experience the changing of the seasons from summer to Fall, and by the end of the month we celebrate Halloween and remember our dead. This month is booming with stories about ghosts, pumpkins, Fall, black cats, and witches. For a new or even avid reader, October stories can create magical worlds that inspire and engage a love of reading.

On further reflection, I recalled that in my own childhood, October was such a wonderful and magical time. In fact, I believe that it truly was this time that sparked my interest in reading. Some of my fondest childhood memories involved my mother's annual readings of the Halloween stories: *The Little Old Lady Who Was Not Afraid of Anything*, *The Berenstain Bears and the Spooky Old Tree*, and *Scary, Scary Halloween*.

While it is true that, since becoming a mom, my reading topics and time to read has shifted (I read more books about raising a toddler than my old genres of murder mystery and thrillers, and I no longer have the time to read a book from cover to cover in one sitting unless it is only 10 pages), I still have a love of reading.

However, this love has transformed into a desire to show my own son the wonderful world of reading. By taking him to the local library Storytime to reading him his favorite nighttime stories, I am exposing him to the magical world of stories. I know I am not alone in this realization. Many of us parents have seen our lives and habits change with the bringing of

children into our lives. However, with some reflection, we can also see how becoming a parent didn't end our love of an activity, but rather, changed it for the better.

For me, I realized that yes, I may not have the same time to read the topics I loved, and the themes and subjects of my books have changed, but despite all of this change, I still have in my life stories and books I enjoy. More importantly, I have a very important audience to now read them to - my son. October is the perfect month to pull out these stories.

This month, I am looking forward to reading old and even some new Halloween classics, like *Room on the Broom* and *Little Blue Truck's Halloween* to my son. Reading these short and classic stories about Fall, ghosts, pumpkins, and other Halloween treats I hope will not only create lasting memories, but perhaps (like my own mom's reading to me) they will plant the seeds of a lifelong love of reading. So, if you are a parent like I am, and feel that you no longer have the time to read or enjoy reading like you used to, this October, get one of

(Continued on Page 5)

## Answer to Neighborhood Celebrity

(Continued from Page 1)



Hussein is the manager of the 7-Eleven on Santa Monica Blvd. and 16th St. He cares about his customers and staff and is dedicated to providing a safe and friendly environment.

## Mini Message Bulletin Board

To improve your fall harvest and avoid those ghoulish results, get good legal advice.

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**Clergy Corner**

# A Season of Introspection, Repentance, and Deliverance



**By Rabbi Shira Freidlin**

As October begins, Jews of all colors, creeds, and practices find ourselves in the midst of painstaking examinations of our actions over the past year. In synagogues across Santa Monica and around the world, the Jewish High Holy Days open our eyes to the possibility of renewal and redemption. The holy time between Rosh Hashanah and Yom Kippur, from the Day of Judgement to the Day of Atonement, is a time to take an accounting of our souls and to submit to God's intense scrutiny.

Jewish tradition urges us to spend these days jackhammering through our outer shells, seeking to excavate the best versions of ourselves, the version that God put us on this Earth to become. By acknowledging our mistakes and striving to repair them, we can then move forward to beg for forgiveness from the people we have harmed and, eventually, from

God. We come together to pray. We pursue social justice. We repent, and repent, and repent until the gates of Heaven slam shut and we emerge renewed, scrubbed clean, committed to doing better this coming year.

Not even a week later, our community members build small, temporary dwellings called "sukkot" (also the name of the holiday), which represent the beauty and fragility of our lives.

We demonstrate our faith in God's love and protection, no matter what our material circumstances. Families and friends gather to eat, sing, and revel in the abundant blessings of our lives. We rejoice. May this season be one of introspection, repentance, deliverance, and rejoicing for us all.

**Rabbi Shira Freidlin is the spiritual leader of the Santa Monica Synagogue, an intimate Reform congregation founded in 1981.**

**Each month, we ask a member of the clergy to write a column for our readers.**

**Keep These Steps in Mind (Continued from Page 2)**

and can also help improve mood and overall wellbeing. Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.

- **Learn New Things** - Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you have not done before. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine.
- **Get Enough Sleep** - Getting a consistent sleep every night is key; at least seven to nine hours is ideal. Having a good sleep environment is also helpful.
- **Stay Connected** - Social interaction and maintaining an active

social life are very important for brain health, cognitive stimulation, and mood. Invite friends and family over for a meal, board games, or just to hang out.

- **See Your Doctor** - Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact brain health. Speak with your physician about any concerns you have.
- **Get a Memory Screening** - Our brains need regular checkups, just as other parts of our bodies do. Memory screenings are quick, noninvasive exams for our brains. AFA offers free virtual memory screenings every weekday. Visit [www.alzfdn.org](http://www.alzfdn.org), or call AFA at 866-232-8484 to learn more about getting a free virtual memory screening.

**A Child's Gateway (Continued from Page 4)**

your favorite childhood stories and read it to your children, grandchildren, or just reread it to yourself. See if you can remember the old childhood feelings you felt when you first read it. And, in keeping with the month, don't forget to end your story with "Boo!" Happy October. God Bless!

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

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**Passing Through the Pico Neighborhood**

## Remembering Ernestine Thomas

Local resident Ernestine Thomas, daughter of the late G.O. Warren and Josiephine Callahan was born on February 27, 1926 in Texarkana, Arkansas. She passed away on August 18, 2022 in Los Angeles. She was preceded in death by three brothers and one sister. They were Albert Griffin, Eugene Holmes, Hoyle Callahan, Jr., and Sue Ella Sauls.

A member of the First AME Church for over 60 years, Ernestine was a faithful and active member. She sang in the choir for 40 years. She was married to the late Charles Thomas for 50 years.

They enjoyed entertaining their friends and family with the mellow sounds of jazz. She loved her family and kept in close contact with as many members as possible.

In addition, Ernestine worked at Douglas Aircraft briefly. She then studied at beauty school and became employed as a hair salon operator for 50 years.

Those who will cherish their memories of her are her sister Bertja Dunn, nephew Royce Harris, cousin Evelyn Perrin, a host of nieces, nephews, cousins, and many many friends.

## Dia de la Independencia Celebrated at Virginia Avenue Park

Virginia Avenue Park and Familias Latinas Unidas celebrated Dia de la Independencia last month. The festivities included displays of three of the many Latin American countries that celebrate their independence from Spanish rule on September 15 – Mexico, Guatemala and El Salvador. Guests enjoyed traditional music by Alfredo Lopez and folklorico dancing from different regions of Mexico as well as agua frescas and chips and salsa. Thanks to Carla Fantozzi for the photos.

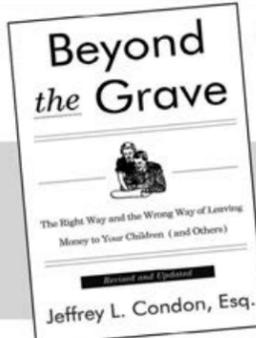


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Celebrate Halloween with these characters at the Santa Monica Playhouse Show, "Absolutely Halloween." The show runs from October 8 to 30 at 2 p.m. on Saturdays, and 12:30 p.m. on Sundays. For tickets and more details, call 310-394-9779, ext. 1.

**Carve Out More Family Time This Halloween**

**Family Features** - By the time Halloween rolls around, many families are deep into the hustle and bustle of the school year. The holiday provides a great opportunity to focus on family and spend some quality time together.

Shared experiences bring loved ones closer, and Halloween is a perfect time for doing something with the people in your life who matter most, whether it's your immediate family, college family, friends, siblings, or extended family.

These family-friendly activities can help you create some special spooky memories this Halloween with your friends and loved ones:

- **Visit local attractions.** Many communities offer seasonal events or destinations where you can find all kinds of family fun while enjoying a refreshing autumn afternoon. Some popular examples include corn mazes, pumpkin patches, and haunted houses. You might also find other attractions such as hayrides and petting zoos.
- **Decorate pumpkins.** Designing the perfect jack-o'-lantern or



Get new ideas for carving from [pumpkinmasters.com](http://pumpkinmasters.com). Photo by Getty Images

pumpkin creation can be fun for the whole family. Toddlers and younger children can express their creativity through painting, stickers, and accessory kits while older children and young adults may find carving kits to be more their style. Consider the options from Pumpkin Masters, which creates new products every year so you can always find something fresh each Halloween. For example, Premium Sticker Patterns make it easy to peel, stick, and carve with pattern transfer sheets while options like Mummy Carving and Decorating Kit or Unicorn Decorating let little creatures in on the fun.

- **Go trick-or-treating together.** Participating in this age-old tradition as a family can make for a fun evening of joy and laughter. You can also incorporate numerous teachable moments, including reminders about safety around

*(Continued on Page 7)*



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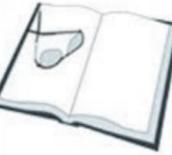
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## Santa Monica History Museum Annual Gala Tribute Dinner Celebrating Love and Peace in Our Community

Save the date of Sunday, October 16 from 5:30 p.m. to 7 p.m. for a fun live online party. Dinner will be catered by Upper West. There will be a silent and a live auction.

Putting on the special event is the Santa Monica History Museum. The museum plays a vital role in our community in how we tell the stories of who we are and where we come from. This year's theme, *Celebrating Love and Peace in our Community*, recognizes the contributions of those who have gone above and beyond to promote peace and well-being in our community.

Here are the honorees:

Susan Gabriel Potter, President of the Santa Monica History Museum.

Susan has been the fearless leader since she took



Susan Gabriel Potter

over the reins from her beloved mom and museum co-founder, the late Louise Gabriel. Sue has been the guiding force as not only museum president, but also their conscience as they have continued to improve both their physical space, and commitment to their diverse and complex history!

WISE & Healthy Aging is celebrating its 50th year of serving the Santa Monica community, advancing the dignity and quality of life of older adults through leadership, advocacy, and high-quality innovative services. Their long tradition of service and outreach is dedicated to enriching the lives of our seniors.



Iao Katagiri

Iao Katagiri, who recently passed away, was a longtime community leader and passionate champion of local nonprofits, serving on many boards throughout the city. For over 40 years, she worked at Rand, where she became the first Director of Community Relations. She is missed, but we celebrate her legacy and her commitment to *Integrity* and *Optimism*, the words she chose to represent her Iao Katagiri fund at Santa Monica College.

For more details about the event, to donate an item for the auctions, or to attend, please call 310-395-2290, or register here: <https://santamonica.org/events/gala/gala-2022/>.

## Carve Out More Family Time

(Continued from Page 6)

strangers and when crossing the street, practicing manners like please and thank you, or taking turns ringing doorbells with friends or siblings.

• **Watch scary movies.** Whether you relive your own youth by introducing your kids to the classics or explore more contemporary flicks, gathering the group around the screen for a frighteningly fun movie night can appeal to the whole family. With so many options available, you can easily find something age-appropriate for your little ones - just be sure to



add some seasonal snacks to make the night complete.

• **Find more ideas to inspire quality time with family this Halloween at pumpkin masters.com.**

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SMC's Drescher Planetarium has virtual shows in October Online at [smc.edu/planetarium](http://smc.edu/planetarium). The Friday evening shows at 8 p.m. are preceded by a streamlined virtual digest of the popular Night Sky Show at 7 p.m. Offering the latest news in astronomy and space exploration. The shows include the chance to chat with the planetarium lecturers and ask questions.

# Discover What's Happening

(Continued from Page 2)

named "Candy," a sweet young girl who learns some surprising lessons about life, love, laughter, and sugar, from a delightful array of colorful costume-come-to-life characters who take her on a magical All Hallows' Eve adventure to save Halloween for one more year. Saturdays at 2 p.m. and Sundays at 12:30 p.m. Santa Monica Playhouse, 1211 4th Street. For tickets, call the box office at 310-394-9779 ext 2, or visit [www.showclix.com/event/absolutelyhalloweenms](http://www.showclix.com/event/absolutelyhalloweenms). For kids 2 to 102.

• **Tuesday, October 11 - Teen Council** - Calling all teens between the ages of 11 to 19 years of age. Join the newly formed fun and rewarding Teen Council. Participate in planning future library programs, create displays and suggest purchases. In person, 4:30 p.m. to 5:30 p.m. Earn community leadership service hours that will make you stand out on college applications. Meet and share your ideas with other like-minded teens. Donald Bruce Kaufman-Brentwood Branch Library. For more details, email [brntwd@lapl.org](mailto:brntwd@lapl.org).

• **Wednesday, October 12 - Mystery Book Club** - All adult readers of suspense and mystery are invited to attend. Meets the second Wednesday of each month at 6:30 p.m. Future books for discussion are TBD. In person, at Donald Bruce Kaufman-Brentwood Branch Library. For more details, email [brntwd@lapl.org](mailto:brntwd@lapl.org).

• **Saturday, October 15 - Notable Fiction Discussion Group** - Online, community-led book club, focusing on books which have won major prizes or are otherwise notable. This month's selection is *Native Speaker* by Chang-rae Lee. 11 a.m. to 12 p.m. Presented by the SMPL Main Library. Contact: [jeff.schwartz@santamonica.gov](mailto:jeff.schwartz@santamonica.gov) for the Zoom link. For teens, adults, and seniors.

• **Sunday, October 16 - Westside Food Bank's 5K Hunger Walk** - It's time to lace up your running shoes! After two years of being virtual, the 32nd annual Hunger Walk is now back in person. 12 p.m. to 4 p.m. You can join in at Santa Monica's Ocean View Park, 2701 Barnard Way, or virtually to help raise money. The goal is to raise more than \$125,000 during the event to help provide nutritious food to people in need in West Los Angeles County. Every \$1 donated will provide four meals for the community. For more info, contact Crissi Avila: 310-828-6016 ext.19, or visit

<https://secure.qgiv.com/event/32ndhungerwalk/>.

• **Sunday, October 16 - Join the Santa Monica-Pacific Palisades Lions at their "Godfather of All Spaghetti Dinners"** - First annual fundraiser from 5 p.m. to 8 p.m. Location is the Santa Monica Elks Club 1040 Pico Blvd. There will be entertainment, magic, raffles, a no-host bar, and much more. \$75 per ticket. Details: [jkfife88@yahoo.com](mailto:jkfife88@yahoo.com).

• **Thursday, October 20 - Family Storytime** - Come enjoy stories, songs, fingerplays, and rhymes: building reading skills while having fun. 4 p.m., in person at Palisades Branch Library, 861 Alma Real Drive, Pacific Palisades. Call 310-459-2754 for more details. For babies and toddlers, ages 3 and up.

• **Ongoing monthly, Thursday, October 20 - Locals Night at Santa Monica Pier** - Gather your friends and family and head down to the Pier for entertainment including live music, Pier business local discounts, local artist installations, and so much more. 3 p.m. to 10 p.m. Free.

• **Thursday, October 20 - Montana Avenue Branch Book Club Discussion** - Join a community-led monthly book club, centered in the Montana neighborhood. The group currently meets on the library Patio. 6 p.m. to 7 p.m. This month's book is *A Hero of Our Own: the Story of Varian Fry* by Sheila Isenberger.

• **Saturday, October 22 - Rocktober and Howl-O-Ween** - Main Street transforms into a pedestrian plaza for the community to enjoy al fresco dining, live music, local vendors, kids' activities, and more! 11 a.m. to 8 p.m. Howl-O-Ween event will be from 3 p.m. to 5 p.m. The costume contest returns! Over 50 dogs will enter and strut their stuff in front of a panel of judges for a chance to win cash prizes and bragging rights. Contest entrants and their humans are encouraged to both be in costume. For more info and to register your dogs, visit [www.mainstreetsm.com/](http://www.mainstreetsm.com/).



## Thoughts From a Second-Time Father

### Surround Yourselves With Good People



By Michael Margolin

Our school year is now in full swing as well as our soccer season. Other than the heat, Summer is slowly becoming a not-so-distant memory.

One of our main events before school started again was my niece's wedding near San Diego. This is the granddaughter of my stepfather, Stuart, who passed away in 2011. This was the same year Enjoli and I got married and since then, we had Alexa in 2013 and Jake in 2016. My stepfather had three kids, all of whom have children of their own.

One of my stepsisters has two daughters, one of whom got married in August. I am grateful we have been able to carry on great relationships with my stepsiblings. I am also grateful that my kids have been able to form bonds with their cousins, my two nieces in particular. The more people my kids feel loved by and can return the feelings, the better.

What helps is that all of these stepsiblings and cousins and nieces and nephews are good people. The older they get, the more I will remind my children how important it is to surround yourself with good people. Enjoli and I both have great friends and I think our kids know that and can see it as we all interact with each other.

These good people are more likely to be positive and more likely to be there for you when you

need some support. The older the kids get, it sure will be interesting to see how their circles of friends work out and how they maintain those relationships.

This year, it's fourth grade for Alexa and first grade for Jake. It will always be hard for me to wrap my head around how ridiculously fast kids grow up.

Not only that, the fact that I have two kids can still be surreal at times. The values and morals we have instilled in them, and continue to remind them of, and how they interpret them will become more and more apparent the older they get.

As parents of these young people, every new year is territory we are unfamiliar with. I have told my parents that in a sense, you are never done parenting. And, from talking with some of the senior citizens I work with, this is not a unique idea. The willingness to listen and help when you can does not dissipate. The concern for them, which can sometimes be almost overwhelming and distracting, and for their well being and happiness, will certainly never fade away.

I am hopeful that the standards and ethics we teach them do not ever become distant memories, but instead help to form their own unyielding principles as they are growing up.

*Michael Margolin has been writing for us since Alexa was born nine years ago. He is an avid sports fan. He is also the soccer coach for both Alexa's and Jake's teams.*

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# Community Service on the Westside

## Rotary Club of Santa Monica at Work in the Community

By Kathy Shepard

The Rotary Club of Santa Monica recently completed a Day of Service at Santa Monica High School.

Our team, Mike Kallhoff, John Bartlett, Sharon Gavin, Bill Chillingsworth, Kathy Shepard, Kaitlyn Kallhoff, Santa Monica High School alum Alanna Shepard, and former member Drew Fleming weeded and planted new landscaping and changed basketball nets. At the end of the day, it looked beautiful.

Cindy Fitzgerald, Beautification Chair, Samohi PTSA told the group, "You all are amazing. You get the job done. I am so honored to continue to work with you, and I appreciate so much your rally, your generosity, your team spirit and your willingness to get your hands dirty ... literally."



From left, Kaitlyn Kallhoff, John Bartlett, Sharon Gavin, Mike Kallhoff and Kathy Shepard hard at work.



JB is putting in new plants.

## Join Us on Fourth Street



By Pat Webber

The other day, I heard someone standing in front of our building, remarking on its beauty and wondering what it was for. So, here's a little history for those inquiring minds. The Santa Monica Bay Woman's Club (SMBWC) was founded in 1905 by a group of prominent Santa Monica women, among whom was the wife of the city's co-founder Senator John P. Jones.

The site was purchased through a donation by Arcadia Bandini de Baker, wife of the city's other co-founder, Col. Robert S. Baker. But the building wasn't built until 1914, again with funds raised by the women of the Club. The architect was Henry Hollwedel who designed it in the Classical Revival

style. As described in the Los Angeles Conservancy website, "a tiled hip roof, decorated frieze, and wide main entranceway with stained glass over the doors suggests the demure restraint of the building's design."

The interior remains the same, including the original oak floor in the ballroom. Our members, as well as many in the Santa Monica community, are proud that we continue to be of service by hosting fundraising events, weddings and receptions, benefit dinners, and TV and movie filming.

So, now when you stroll past, you might have a better appreciation of this historic building. You can see more of the interior on our website, [www.smbwc.org](http://www.smbwc.org).

Now that Fall has arrived and we're back from vacations, the

(Continued on Page 10)

## All the Spaghetti You Can Eat!



By Linda Levee

After holding our annual Pancake Breakfast for 65 years, we Santa Monica-Pacific Palisades Lions have decided to replace it with a very exciting new event. It's called "The Godfather of All Spaghetti Dinners" and will be held on Sunday, October 16 from 5 p.m. to 8 p.m. at the Santa Monica Elks Lodge, 1040 Pico Blvd. The party theme is based on the popular Oscar-winning movie, *The Godfather* that starred Marlon Brando.

In addition to plenty of fun references to the iconic film, the night will include music, Italian wine, a magician, hand-crafted gift

basket raffles, a no-host bar, and so much more. Admission is \$75 per person.

If you want information on purchasing tickets, or if you can't attend but would like to make a charitable donation, please contact Dr. Kingsley Fife at [jkfife88@yahoo.com](mailto:jkfife88@yahoo.com) – or you can go online with a credit card. Visit: [bit.ly/3QXvsNg](http://bit.ly/3QXvsNg).

Make it a night to remember. We Lions are "making you an offer you can't refuse!"

For further information about Lionism and visiting us at a dinner meeting, contact Lions Yoriko Fisher at [yorikofisher@gmail.com](mailto:yorikofisher@gmail.com), or Dr. Kingsley Fife at [jkfife88@yahoo.com](mailto:jkfife88@yahoo.com).

## An Update From ERBA Markets

### More Information on Cannabis

By Stephen Freedman

Manager, ERBA Markets

**Q: What determines how cannabis will affect me?**

**A:** How cannabis affects a person depends on several factors: Previous cannabis and other drug use, biology (i.e. genes), how much is used, how often it is used, how it is taken (edibles and other high THC products can have delayed effects), sex (male/female), or if it is used in combination with another substance.

**Q: Is synthetic cannabis the same as natural cannabis?**

**A:** Synthetic cannabis is man-made. It is unregulated and untested. It often contains sub-

stances that are unknown to the user and thus can cause adverse effects. Common side effects are high blood pressure, tremors, anxiety, paranoia, and psychotic episodes.

**Q: What is a "dab?"**

**A:** A dab is a form of high-grade concentrated hash. It is usually made with a process involving butane and then concentrated into a smokeable oil. The amount of THC in a dab is extremely high and potent.

Please send your questions for Stephen to [smstarnewspaper@gmail.com](mailto:smstarnewspaper@gmail.com). To learn more about the ERBA Markets, go to the back page.

October is time to celebrate the following special days: National Crime Prevention Month, National Physical Therapy Month, National Roller Skating Month, Positive Attitude Month, Spinach Lovers Month, and Squirrel Awareness and Appreciation Month.



### Why you need dental insurance in retirement.

#### Medicare doesn't pay for dental care.<sup>1</sup>

As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

#### Early detection can prevent small problems from becoming expensive ones.

The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

#### Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.<sup>2</sup>

#### Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$189 for a filling, or \$1,219 for a crown<sup>3</sup> can be a real burden, especially if you're on a fixed income.

#### When you're comparing plans ...

▶ Look for coverage that helps pay for major services.

▶ Look for coverage with no deductibles.

▶ Shop for coverage with no annual maximum on cash benefits.

Simply put — without dental insurance, there may be an important gap in your healthcare coverage.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2021. 2 "How might my oral and dental health change as I age?", www.usnews.com, 11/30/2018. 3 American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

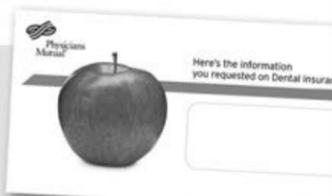
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**Paws and Claws**

**Grapes of Wrath or Not?**



**By Dr. Frank Lavac, MS, DVM**  
**Q: My Lab ate about six grapes last week. He is acting fine, but I am reading they can be toxic. Are grapes poisonous for dogs?**

**A:** Grapes can be toxic to dogs and possibly cats. During an informal interview, many of our clients have given grapes to their dogs without any adverse effects. However, I have seen two dogs progress into kidney failure from eating grapes.

We do not recommend feeding any grapes, raisins, or currants to dogs because of the potential for life-threatening toxicity. We have known about this issue since

about 2001. We still don't know what the toxic ingredient that causes kidney failure is, but the current theory is tartaric acid. It's a mystery why a small percentage of dogs that eat grapes get ill.

It appears that more than one grape per ten pounds of body weight may pose a risk for kidney damage. Clinical signs of toxicity are referable to kidney damage and include vomiting, lethargy, reduced appetite, and diarrhea. It is challenging for veterinarians to know when to treat since a small percentage of dogs get sick after grape ingestion. Treatment would involve inducing vomiting and possibly using activated charcoal to absorb the toxins. Additionally, intravenous fluids may

*(Continued on Page 11)*

**Meals on Wheels West Honors Volunteers**

Meals on Wheels West (MOW) held their 2022 Volunteer Appreciation Fiesta at the Fairmont Miramar Hotel. MOW West thanked its volunteers for their compassion and dedication to delivering more than a meal.

*Photos by Christian Wise*



MOW West Executive Director, Chris Baca, thanks the volunteers for their unwavering dedication and service.



Steve Sims - Frequent Flyer (Driver) Award



Maze Douglass: Volunteer of the Year

**Mar Vista: Neighbor to Neighbor**

**Blessings of Real Friendships**



**By Michael Byrne**

For the last five years, my kindergarten friend Matt and I have lived on opposite sides of the country (between New York and California).

And, for the last five years, we've seen each other at least once every single month. This September, we celebrate our 60th month anniversary.

The first eight or so months of "The Streak" (what we call it) happened by accident. It was a series of overlapping work trips and social events that found us in the same place at the same time. But, soon we realized we intentionally made it to one year, and haven't stopped yet.

Of course, the pandemic nearly ended it. We made it through with a combination of eerie (and perhaps, reckless) flights and one very long solo road trip, meeting

in Natchez State Park, Tennessee, for a single day.

In reflecting on this milestone - the 60th - I started to wonder what, if anything, we've learned out of all of our efforts. We don't need to see each other once a month to continue to be great friends - a simple, regular phone call would suffice. So, why keep going? It turns out the answer isn't anything profound at all.

Very simply, it is an incredible amount of fun. No matter what the meeting entails - a dinner during an overlapping work trip, a weekend hanging in each other's city, a joint vacation with a group of friends - we reserve the very basic opportunity to share a laugh together at least once a month.

The effort itself is the payoff. For the 60th, we have invited everybody that has ever been a part of "The Streak" - friends and family - to celebrate with us for a weekend in Austin, TX. It will be a Celebration of Friendship.

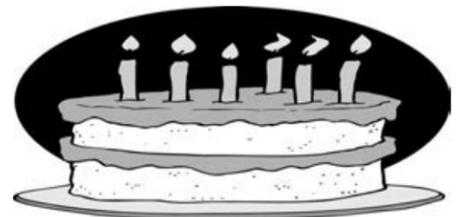
*(Continued on Page 11)*

**Join Us on Fourth Street (Continued from Page 9)**

Club is planning several activities to benefit our community. First, recognizing that food insecurity is an issue for our neighbors, SMBWC members will be stepping up to help by again holding a Cereal Drive. Member donations will be collected at our monthly Pass The Dish gathering on October 16, and at the Club's Monday activities on October 17 (Bridge, Canasta, and Mahjong). All donated cereal will then be delivered to the Westside Food Bank.

Anyone interested in joining the Club or participating in Monday card games and Mahjong is invited to call the Club at 310-395-1308.

For further information about SMBWC, becoming a member, or information about any of our activities, email [info@smbwc.org](mailto:info@smbwc.org).



**Happy October Birthdays**

- Rudy Alvarez, Bill Buxton, Bret Carter, Martin Gottlieb, David Bohn, Micki Katz, Barbara Carson, Joseph Fitzsimmons, Liam Kane, Anne Megowan, George Collins, Roger Goodman, Char Lawrence, Gee Shin Lee, Janie Gates, Paul Leoni, Hal Quigley, Kay Lehne, Bill Wood, Allan Young, Cathy Davis, Howard Beckerman, Tom Loo, Harmon Sieff, Gerry Munck, Britani Flores, Claudia Wood, Carol David, Jonathan Weaver, John Klopping, Nate Foy, Kayleen Nightingale, Evie Harb, Bill Singley, Diane Margolin, Joe Analco, Bill Edwards, D'Lynn Waldron, Greg Hargrave, Arnie Levee, and Robert Powers

★★★★★

I advertise in *The Santa Monica Star* because it is a community newspaper. Publisher Diane Margolin brings her readers and advertisers together as neighbors and friends. As a Trusts & Estates attorney, my law practice is relationship driven, just like this newspaper. I enjoy talking to prospective clients who call me after seeing my name in *The Santa Monica Star*. As members of this wonderful community, there is instant connection. It feels good when I can help my clients with estate planning or with a probate or trust settlement when there's been a death. *The Santa Monica Star* promotes the sense of community and personal connection that makes my work so satisfying.

—Lisa C. Alexander

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## Connect to Nature in October

**By Julie Rensink Hanson**

During the month of October, we might see more bats around the neighborhood. This unusual phenomenon will peak on October 31, with some knocking on doors looking for candy.

But, did you know, most of our “real” resident bats are much more dietarily-diverse and play an important role in our ecosystem as seed dispersers, pollinators and insectivores? So, this month, rather than just on your doorstep, look to the sky at dusk, and you just might see one of our helpful bats clearing the neighborhood of mosquitos and other pests.

A common bat species in the Los Angeles area is the Mexican free-tailed bat. They roost in large colonies in caves and feast on moths. The canyon bat is a small bat in the area, with blonde fur and black ears and wings. They love mosquitos, ants, and small moths. Bats thrive near water and can be found in riparian areas and other water bodies. This reminds us that conservation of our waterways, such as the Los Angeles River, is important.

Would you like to take part in an important project to build awareness and interest in bats living in our urban environment? You can partner with The Natural History Museum of Los Angeles County through the Backyard Bat Survey and help locate bats and docu-



Learn more about bats in this column from *Wild Birds Unlimited*.

ment their habitats. For information on this program and to learn more about bats, visit <https://nhm.org/community-science-nhm/backyard-bats>.

Ever wonder what to do with your pumpkin after Halloween? A fun project is to make a natural bird feeder for a special Fall treat. Start with a small to medium-sized pumpkin, sticks, two lengths of twine to hang, and bird seed.

Cut the pumpkin in half and scoop out the seeds. Place the sticks through the center and out the sides to create perches for the birds to sit. Use the twine to hold up the base of the pumpkin, tie at the top, and attach to a tree or stake. Fill with birdseed. Enjoy the Fall season!

**Call the Wild Bird Unlimited Nature Shop at 424-272-9000, or go online to [www.wbu.com](http://www.wbu.com)/santamonica for more information.**

## Blessings (Continued from Page 10)

I feel very blessed for the relationships that I have in my life – my fiancée, my family, my friends, and especially this month, for my buddy Matt, who helps remind me

about the blessings of life.

**Michael Byrne is a new Mar Vista resident.**

The Santa Monica Elks 906 recently donated \$3,500 to the Santa Monica Breakfast Club. The Breakfast Club helps children with dental needs. The money came from a generous grant from the Elks National Foundation. Pictured from left, California-Hawaii Elks Americanism Chairman R. A. Pickett, PDDGER; Kathy Checchi, Membership Chair for the Breakfast Club, and Santa Monica Elks Exalted Ruler, Tom Roszart.

Photo by Margy Pickett, PER.



## From Me to You...



**By Diane Margolin**

For those of us who experienced the last unprecedented heat wave last month, the most recent breezy days have been a blessing.

If you have been to the markets, you will see that Halloween pumpkins have been on sale. Also, the wonderful yellow, purple, and orange chrysanthemums are on display in full bloom, too.

It will only be a short time until winter holiday decorations will be beckoning to us. Since our weather is becoming more unpredictable, it is often disconcerting to see advertisements for long-sleeved sweaters and wool pants and scarves when we are wearing shorts and T-shirts.

Years ago, the big department stores used to send out catalogues. I think Neiman Marcus may still do one. Their catalogue offers unusual and exceptionally expensive gifts for the person who does have everything. But, I always remember a May Co. catalogue whose cover showed Santa Claus floating in a swimming pool as if he didn't have a care in the world. How did they know that could be feasible in the future?

Since Halloween is one of our most popular holidays, there will always be ideas about celebrating and what to do with your precious pumpkin afterwards.

Family Features suggest recycling your pumpkin. You can bake the seeds for yourself or share them with local wildlife. Try making slime that is perfect for Halloween pranks.

Pumpkins generate organic waste, so adding them to a compost bin (or burying them) can be quite beneficial for the soil. Either option returns organic matter to the Earth, rather than heaping it

into a landfill where it's just adding to accumulating food waste. Or, if you save the pieces carved from your jack-o'-lanterns, you can use a toothpick to secure them in place. Then, you'll be left with a vessel that's perfect for using as a seasonal planter. Add some mums or other autumn blooms and enjoy them throughout the fall.

There are actually some lovely autumn leaves falling from Santa Monica trees. Check out Montana Avenue sidewalks. Your children can make placemats by cutting a piece of poster board about 18"x13." Collect some colorful leaves and place them on top of the poster board. Put a piece of clear Contact paper over the leaves to keep them in place. Leave about 1/2" contact paper over the edges of the poster board and fold that over when you have the leaves in place.

Enjoy the change in seasons.

## Paws and Claws (Continued from Page 10)

also be indicated to help support the kidneys. For further reading see the following websites:

- <https://vcahospitals.com/know-your-pet/grape-raisin-and-currant-poisoning-in-dogs>, and
- <https://www.aspcapro.org/resource/people-foods-pets-should-never-eat>.

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



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