

THE SANTA MONICA STAR

Also covering
The Greater
Westside

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Connecting You With Your Community

September 2020

Welcome Back

Sam Jagger Named New Manager at the Fairmont Miramar Hotel



Sam Jagger, the new General Manager of the Fairmont Miramar Hotel, is optimistic about recovery for hotels on the luxury scale. Photo by Mark Humphrey

By Anne Wallentine

Sam Jagger, who was appointed General Manager of the Fairmont Miramar in June, is in a new role, but at a familiar location. Sam previously worked as Director of Sales and Marketing at the Miramar, but left to pursue the opportunity to build a new luxury hotel – Mr. C Beverly Hills – from the ground up. After nearly 10 years, the Miramar has lured him back to navigate a new and challenging period in hospitality.

Like most other hotels, the Fairmont Miramar closed in the early days of the pandemic. Since it reopened in July, Sam reports, “People are genuinely excited to be out” as guests of the hotel again.

The Miramar reopened with numerous health and safety protocols to prevent the spread of COVID-19, including operating at or under 50% capacity to allow for social distancing. They aim to be “extremely good stewards” and insist on consistent standards. “Employees,” Sam says, “are empowered to ensure that these measures are enforced and have met with an almost entirely respectful response.”

Along with mandatory face coverings, handwashing policies, and temperature checks on entry, the hotel has instituted extensive new cleaning policies.

In light of health recommendations, Sam considers the Miramar “fortunate to have a substantial amount of outdoor space,” including gardens, pavilions, and a pool area. The hotel sits on a five-acre property, three-quarters of which is

outdoors. The Miramar is also continuing to move ahead with their renovation plans, even if the timeline remains nebulous due to the pandemic. “I feel like I could be a very important part of that story,” Sam notes. “And, it’s exciting. I just feel very lucky to be able to call this home for now.”

While Sam sees many changes for hotels in the short-term, he is optimistic about recovery for the sector, especially at the luxury scale. “It won’t be a new normal; it’ll be normal,” Sam says. “People want to get out and start going again as soon as it’s safe to do so. And, it’s really a matter of time.” The Fairmont Miramar is located at 101 Wilshire Blvd. and Ocean Ave.



Read about new fall fashions for students in Julia Abbott’s Teen Scene column on Page 4.



Congratulations to Lucy Guerboian on celebrating her 95th birthday last month. She is shown with her family who are very active members of the Santa Monica community. Back row, from left, Natalie, Evelyn, and Nicole Guerboian, with Nova Sayadian. Front row, from left, Lucy’s son Eddie Guerboian, Lucy, grandson Avo with his wife, Christina, and their son, Edward. Those of you who were customers at Eddie’s Readers Fine Jewelers on Wilshire Boulevard may remember looking forward to getting tastes of Lucy’s famous baklava at Christmas time every year. It’s one of the fond traditions we miss.

Growing Up in Santa Monica

Reminiscing About a Wonderful Childhood

By Anne Wallentine

“I had a wonderful childhood growing up in Santa Monica,” longtime resident Carolyne Edwards shares. She recalls the freedom of riding bicycles around the neighborhood with friends in the summer, making crafts like bottle cap dolls, and learning piano from her mother and grammar from her father.

With her husband Bill, Carolyne has been running the Quinn Research Center, which aims to preserve and promote the history of the Black community in the Santa Monica Bay area.

Today, “Santa Monica is completely different from when we were kids,” Carolyne describes. “Before Third Street was ‘the Promenade,’ it was just ‘downtown,’ where we could go to the Red Goose shoe store and see our feet under an X-ray.” Many of the mom-and-pop stores and landmarks of her youth are gone, which is, Carolyne says, one of the reasons they are trying to get the Santa Monica City Council to recognize the historically

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Carolyne Edwards is at a meeting at the Santa Monica History Museum held earlier this year.

Do You Recognize This Neighborhood Celebrity?

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This May Be The Time For a Roth IRA Conversion



By Carolyn Hemann, CFP

Roth IRAs are generally considered among the most attractive retirement savings vehicles available to individual investors. They offer the unique potential to grow investment earnings without incurring any income tax liability, if qualifying distributions are made.

It's important to note that how much you can contribute to a Roth IRA depends on your tax filing status and modified adjusted gross income (MAGI). For a single filer in 2020, your income must be under \$139,000 (or \$206,000 if you're filing jointly) in order to contribute.

Beyond making regular contributions to a Roth IRA, the other way to take advantage of this savings tool is to move money from a traditional IRA, or workplace savings plan, to a Roth IRA. These are referred to as Roth IRA conversions. Now may be an opportune time to give this idea a closer look. Here's what you should know:

• A taxable transaction

The key factor affecting the decision to pursue a Roth IRA conversion is the tax impact. Remember that some, or all of the distribu-

tions from traditional IRAs are taxed at ordinary income tax rates. If contributions were made on a pre-tax (tax-deductible) basis, the entire amount of the withdrawal is subject to tax. If after-tax contributions funded a traditional IRA, only the portion of the distribution attributable to investment earnings is taxable.

With a Roth IRA, all contributions occur on an after-tax basis. If holding period requirements are met, all distributions can be received on a tax-free basis.

Moving money from a traditional IRA to a Roth IRA is a taxable event at the time of the conversion. Consider an example of converting a portion of a traditional IRA to a Roth IRA. If all contributions to the traditional IRA were made on a pre-tax basis, the entire value of the converted amount is added to your ordinary income for the year and subject to tax at applicable rates.

• Make tax-smart conversion decisions

If we assume this conversion totaled \$100,000 and an ordinary income tax rate of 24% applies to the converted amount, that results in a tax liability of approximately \$24,000. It is often recommended that you pay the tax due from

available resources in existing taxable accounts. This allows the entire amount converted to be shifted to the Roth IRA, maximizing the long-term tax benefits of the conversion.

You don't have to convert all of your IRA assets at one time. It can occur over a series of years to spread out the tax impact. Remember that income is taxed on a progressive scale across a range of tax brackets. You may want to convert an amount that will stay within your current tax bracket. For example, a married couple expecting to have a taxable income of \$100,000 for 2020 will be in the 22% federal income tax bracket. That bracket for married filing jointly continues to apply to taxable income up to \$171,050. Therefore, they could convert an additional \$71,050 without any of the converted amount slipping into a higher tax bracket.

• The timing may be right

Another consideration relates to the future of tax rates in America. Current income tax rates are near their lowest levels in recent history. There is concern that due to skyrocketing federal debt (much of it spurred on by recent stimulus legislation related to the COVID-19

pandemic), tax rates may rise in the future. By taking the tax hit at this time when you convert funds to a Roth IRA, you may ultimately pay less in tax on your IRA than if you waited to take distributions later, assuming tax rates are higher.

Roth conversions can be a very effective tool, both in terms of tax management and in helping generate greater after-tax cash flow in retirement. But, the process can be complex. Be sure to consult with your financial advisor and tax advisor for more guidance.

Carolyn Hemann, CFP is a Private Wealth Advisor with Ameriprise Financial Services, Inc. in West Los Angeles. She specializes in fee-based financial planning and asset management strategies, and has been in practice for over 30 years. She can be reached at 310-477-2500.

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Planning Ahead

Post-Death Access to a Safe Deposit Box



By Lisa C. Alexander, Esq.

People often ask if they should keep their signed Estate Plan documents in their safe deposit box. The answer is: "It depends." If the safe deposit box is in the deceased

person's sole name or held by the deceased person and others, where all the others are deceased, getting into the box and removing any contents of the box is very limited. But, if there is surviving coholder on the box, or if the safe deposit box is held in the name of a Trust, then access to the box after you are gone should not be a problem.

If the deceased person is the only one whose name is on the safe deposit box, the only way for anyone else to get into the box is for the sole purpose of looking for the deceased person's Will. If a person has a key, a certified copy of the Death Certificate, and proper identification, the person may open the safe deposit box, but with limitations. The person may only open the box under supervision of a bank officer. The person accessing the box may make an inventory of the contents of the box but may not remove anything except instructions for disposition of remains, and a Will and Trust documents, if they are in the box.

Before the Will and Trust documents can be removed, they must be photocopied and the photocopies placed in the box to replace the originals. Nothing else can be removed until an Executor or Administrator of the deceased person's estate is appointed, or if the "small estates" procedures apply, until after 40 days from the deceased person's death when the successor in interest may provide the required declaration.

If an original Will is found in the safe deposit box, the person given access to the box is required by law to deliver the Will to the Clerk of the Superior Court and to mail or deliver a copy to the person named in the Will as Executor or beneficiary.

These restrictions do not apply to a surviving coholder of the safe deposit box. If the safe deposit box is in the name of a Trust, the Successor Trustee should be able to access the box. A safe deposit box may be an appropriate place to keep Estate Plan documents, but only if care is taken to be sure.

Lisa C. Alexander, Esq. can be reached by calling 310-656-4310.





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Rex and Doris Minter are celebrating their 75th anniversary this month. They met while students at Santa Monica High School.

Rex and Doris Minter Celebrating Their 75th Wedding Anniversary

By Christie Thobe

My parents, Doris and Rex Minter, are genuine Santa Monica personalities. They met in summer school in 1944 at Samohi and became instant sweethearts. They eloped September 10, 1945 when Rex was due to be shipped overseas by the USMC. On his way to Tsingtao, China, he was dropped off at Pearl Harbor, and Doris was able to join him in March of 1946. They then enjoyed 18 months of a belated honeymoon. The two returned to Santa Monica in 1949 upon Rex's separation from the Marines with a child and many dreams.

Rex went to college and law school at Loyola. He started a law practice in the old Bay Cities building. Doris was often his secretary. By 1955, he was a member of the Santa Monica City Council, and he served as Mayor of Santa Monica from 1963 to 1967. He was a long-time member of the Rotary Club of Santa Monica.

Rex served as a Los Angeles Superior Court Commissioner from 1968 to 1971, at which time he was selected by Governor Ronald Reagan to serve as a judge of the Santa Monica Municipal Court. He served in that capacity until January 2000. He became a Superior Court judge when the municipal courts and the superior court were consolidated. After his retirement in 2000, Rex served as an assigned judge throughout California until his complete retirement in 2012. In addition to Los Angeles County, he served as far north as Redding, and as far south as Imperial

County. One of his last jury trials was in Independence, located in Inyo County.

Both Rex and Doris have been avid aviators since 1948. Doris is still a member of the Ninety-Nines, Inc., the international organization of women pilots. She has participated in eight trans-continental air races, and together, they have flown to Alaska, Quebec, Belize, the Florida Keys and 2000 miles around Australia. Doris served as a member of the Santa Monica Airport Commission and was its chairperson for two years. She also served two years as a volunteer surveillance pilot for the Santa Monica Police Department.

Rex and Doris have three children: Christie Thobe, a teacher in Santa Monica; Laurie McGinnity, a manager of a scribe program for five hospitals in the Vancouver, Washington, and Portland, Oregon area; and Thomas Minter M.D., an emergency medicine physician in Tacoma, Washington. They also have eight grandchildren and three great grandchildren. Two of their grandchildren are physicians, and one is an emergency room nurse.

Rex and Doris renewed their marriage vows on their 50th anniversary in a Mass officiated by Monsignor Lloyd Torgerson at St. Monica's Church.

My parents, Rex and Doris, are still crazy about each other, and they live life in the fullest every day.



Westside Sanitize Service Focuses on Keeping Our Community Clean and Safe

By Kalina Silverman

Each month, Andy Gomez, owner of Westside Sanitize Services, picks one school to offer his sanitation and cleaning services for free. He believes it is important to help disinfect schools and public spaces at all times, as a preventative precaution during the pandemic.

His family business, Westside Sanitize Services, also offers cleaning to those whose homes and businesses may have already been infected. "When someone has tested positive for COVID-19 and needs their house sprayed and cleaned, we suit up and work very slowly and carefully. Jumpsuits, face masks, and gloves are worn," describes Andy.

Andy, a Santa Monica High School graduate and certified welder, shifted gears at the start of the pandemic to work with his mother, Blanca Gomez, and other family members to run the cleaning service. With children of his own, he realized how important this work is right now to keep everyone safe and healthy. When I spoke with Andy, he was preparing to work with a preschool the following day. In the future, he hopes he can

continue to help more businesses, daycares, and low-income schools.

"A lot of places aren't using sanitation because a lot of businesses charge an arm and a leg for sanitation. That's why I try to help with offering my services for free to one school a month. "With new scientific studies and health measures related to the pandemic emerging on a day-to-day basis, Andy makes sure he conducts his due diligence about taking the right safety precautions in his work.

"There's a lot of contradicting information going around," he relates. "At the end of the day, it's more knowledge and information we take in, to apply safety measures to our own cleaning methods."

Andy knows how imperative cleanliness is at all times, not just during a pandemic. He hopes more official measures will be applied in the days to come.

"I hope in the future, they apply the same "A" grading service that they apply to restaurants to schools and daycares."

To find out more about Westside Sanitize Services, call 310-709-8793. (See ad on Page 9.)

Reminiscing About a Childhood

(Continued from Page 1)

Black Broadway community as a Historic District.

"In order to build for the future, you have to build from the foundation of the past," Carolynne believes. "You learn from the things that you would like to improve on." She cites the preservation of the last unmodified "shotgun house" in Santa Monica (now in Ocean Park) as an important landmark. Carolynne is also a member of the Philomatheans, the African American women's club that houses three businesses in their building on Broadway, and will celebrate their centennial in 2021. "People don't know, unless they're exposed to this history."

When Carolynne was a student at Samohi, "History to me was just memorizing dates. I didn't see the relevance," she says. With the Quinn Research Center, they "try to make it relevant to people," asking questions like, "what was going on in the world in December 1945, and how does that relate to Santa Monica? Who was in Santa Monica at that time? How did it impact their lives?"

The Center started with Car-

olyne's own family history: the "stories, facts and items that my parents and grandparents thought that we should have a knowledge of and pass on down." It has since become a community project, which involves interviewing people in their homes (and now, during the pandemic, by phone) to collect oral histories. In the process, interviewees often refer family or friends who can add their memories to the record. It's a chance to highlight historically underrepresented stories and, often, to set the record straight - including the terminology for Bay Street Beach, the historic gathering place for Black beachgoers. The official Santa Monica plaque installed in 2008 uses the derogatory term as its title. "We just called it 'the beach,'" Carolynne says.

With the Quinn Research Center, "We are doing the same thing" as the generations before her, Carolynne says. "We pass this knowledge on."

For more information about the Quinn Research Center, please call 818-365-0785.



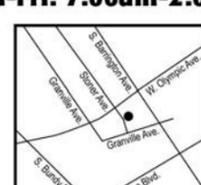
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Reflections From The East

A Modern Mouse Tale



By Qian Sun Stubis

His name is "Half Tail." He couldn't be more than three inches long even when he stretches his body. He has the finest brown fur, a white belly, a pair of paper-thin, miniature pasta-shaped ears and two black beady eyes in the middle of his triangular face. When he is curled up, he is the smallest breathing fluff ball you can imagine. Half Tail is a mouse. A somewhat wild mouse.

When I first met him one early morning, he was inside one of the two humane traps on our kitchen countertop that we had set up the night before. Part of his long tail unfortunately got caught in the door, preventing him from reaching the peanut butter bait he so wanted to get to. I gently pushed the door in to release it and he headed straight for the food,

eagerly tackling it, and not showing any physical distress. Seeing part of his tail drooping like a broken twig, I felt bad. Maybe it would heal, I comforted myself. When he finished his food, I let him out in a lily patch in our front yard.

We were catching an alarming number of mice that week, quite an infestation if our count was correct. But, we began to suspect that some were repeat "customers" returning for more food. Truthfully, how could anyone tell if they were not the same mice from the night before and the night before that? After all, the same two mice could be occupying our traps every day! We began to wish we could mark them like "Thing 1" and "Thing 2" in the Dr. Seuss story to find out the truth.

We finally made a decision to release our new catches further away from our house ... in a park, perhaps. After all, they were wild creatures and should stay that way.

The next day, we caught two and took them back to nature. We did the same the day after. The traps stayed empty for two days. Maybe our theory was correct. Maybe we had fewer of these cute critters than we had feared.

Just as I thought of retiring the empty traps for good, one snapped again. Another mouse. The way he dashed toward the food seemed familiar to me. He acknowledged me with one quick glance and kept on eating, as if greeting an old friend. He was very hungry. "Do I know you?" I wondered. I grew curious and picked up the transparent little box: This mouse had only half a tail! Now I knew who he was.

I had thought those traps were roomy, airy and safe devices to get rid of my unwanted houseguests. I didn't mean to harm any. Sympathy rose within me. I felt responsible for his mishap. That day, I fed Half Tail until he couldn't eat anymore: nuts, rice, and shreds of

cheese. My guilt also made me release him in his familiar lily patch.

Since then, Half Tail seems to be having fun with us, treating my trap as his nightly lodgings. We often find him in the morning curled up, waiting to be freed. Sometimes, he doesn't even bother to eat his peanut butter, which puzzles me and makes me wonder about his intentions in being caught over and over.

We are now mouse-free, discounting, of course, the presence of Half Tail. He is now practically a family member, faithfully returning at bedtime every night.

You can always reach me at qstubis@gmail.com.

Qian is a longtime columnist of ours who lives in Bethesda, MD.

Answer to Neighborhood Celebrity

(Continued from Page 1)



Here's a memory from the Santa Monica History Museum Gala remembering the Rex in 2013. This gambling ship was once anchored three miles off the shoreline. Savi Labensart brought her hand to entertain. She is also the executive secretary of the Rotary Club of Santa Monica. And, she has begun baking and delivering sourdough breads for sale. Contact savitribird@gmail.com for details.

Teen Scene

"Back to School" Fashions in 2020

By Julia Abbott

Back to school will be very different this year, as most students won't be moving from the safety of their own bedrooms to their classrooms. In spite of the new format, most kids and teens want to look their best when school begins.

While that may range from tie-dye to loungewear, back to school fashion will be out of the norm. For elementary schoolers, fashion will be more brand-themed.

My incredible sources (my elementary school-aged brothers) have told me "Minecraft" is the most fashionable item for boys. For the more mature, polo shirts and button downs can make a good first impression for any teacher. Hoodies have been making their way down from middle school fashion, with many elementary schoolers hoping to sport bold hoodies.

For girls, "flippies" (reversible sequins) are all the rage, often in

conjunction with favorite characters. Headbands, necklaces, and animal-themed items in bright colors are also popular, with bright cat ears and bows a mark of style.

For middle school boys, brand name sneakers are big, especially when school begins. Athletic shorts are also a signature go to, especially in Los Angeles. Hoodies, once again, are very fashionable for some of the colder days.

Girls love Brandy Melville, even more so with their trendy fall styles. High heeled black boots are also very in during fall. Short dresses, often paired with heels, are a favorite. Hoodies and leggings are a staple, but shorts and a cute top will dress things up when needed. In high school, thrifting is one of the biggest trends.

Boys lean towards denim, hoodies, and athletic shorts. This year, tie-dye, leopard print, and slip dresses are making a fall comeback

for girls. Nice shoes and cardigans are also making an appearance. Jeans, in a variety of styles, are also popular. However, there is a much wider variety in high school, where trends come and go constantly.

At the end of the day, online school doesn't mean an end to back to school fashion. It does mean that many kids will "zoom into" school in loungewear, or even pajamas, if they can get away with it.

The focus is limited to what's visible on the screen. The most important part of back to school fashion is to own what you wear, be it jeans and a cardigan or a pair of blue pajamas. And, when school opens, the most fashionable item will be a good stylish mask!

Julia is a local high school student.

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Coping With Our New Normal

By Dr. Sheila Forman

In March, our world turned upside down. Like a snow globe that you shake and watch as the snowfall settles down, we are still waiting for our “snow” to touch the ground. Meanwhile, we have had to shift gears with very little preparation and guidance. This “new normal” has been especially hard for parents whose children were unable to attend school in person.

Most of us assumed that by September, the pandemic would be behind us and we would be returning to normal, including sending our kids back to school. Sadly, this is not the case, and it is time to accept that we will be living in this “new normal” for a while longer. To make this “new normal” work for you, try these four tips:

- **Create routines.** Establish daily routines around meals, homework, sleep and exercise. Do not treat this time as a vacation when routines are tossed aside. Instead, go about your life as if it were last September and schedule yourself accordingly.
- **Build in family fun time.** If your family is like many others, tempers are flaring, moods are swinging, and tension is growing. To counter-

act this anxiety, set up fun activities to do safely with your kids. Baking, puzzles, and arts and crafts are easy go-to activities. Plan them into your day and week.

- **Give yourself some down time.** So many parents are juggling professional obligations with household tasks while trying to “home” school the children. Enough! You cannot do it all, 24/7. Pencil in time for yourself. A soak in the tub. A run around the block. A chapter in a good book. If you are co-parenting, trade off this downtime with your co-parent. If you are a single parent, trade off with a neighbor or family member (masks required!)
- **Finally, reach out for help.** Psychologists are offering teletherapy services now which means you can do a session via telephone or video chat. Take advantage of these services. It helps to have someone other than a friend or spouse to talk about how you are feeling during this difficult time.

Dr. Sheila Forman is a clinical psychologist in Santa Monica who now sees all her clients via teletherapy. For more information go to www.DrSheilaForman.com.

Selling Online, Part 5



By Mark Presky

This is a continuation of my Selling Online discussion in the previous 2020 issues. Next step: negotiating. One will often be offered less than the listing price. Don't give away your item just to make a sale. Often, waiting and renewing a listing (perhaps many times) will result in better offers. But, then again, that one offer may be your only one for months.

I do this for fun, and part of the fun is receiving what I believe to be is a reasonable price, based upon comparable sale/asking prices for similar items. I want a “reasonable” reward for my time and effort. People will frequently offer 40%-50% of what you ask, to see if you'll accept. And, then sometimes they'll not bother to complete the sale after you accept their offer.

Don't take it personally. They may have decided that they don't need the item, or have decided that they don't like the color (despite that being shown clearly in the provided photos), or their kid is sick, or they had to work overtime at work and didn't have time to complete the sale. Or, they simply bought a similar item from someone else.

I've had people call me weeks after they informed me that they want an item, to arrange for its pickup with any number of excuses. (Of course, they could have taken 30 seconds to contact me in the meantime.)

Unless the buyer finds a defect I didn't notice, I generally don't negotiate prices when I meet with them. Some individuals will try to negotiate when they meet with you to pick up the item. Accepting a reduced price at that point is your choice.

After listing your item for a given asking price for weeks or months, you may decide to lower your

asking price – or to raise it. I once listed a really nice exercise bike for most of a year, and then raised the price \$20 on a whim, and it sold. Was it that a higher price had persuaded the buyer that the item was of higher quality, or simply timing? Had I finally connected to the right buyer at the right time?

I feel that if a buyer has taken the trouble to find your meeting place – he/she does not intend to leave empty-handed. But, sometimes that happens. I had a buyer a few months ago who was not certain that he wanted an item, and negotiated a lower price in front of my house, only to decide that he didn't want the item at the price he had just offered/negotiated.

Remember, you want your buyers to leave happy. Sales transactions should be beneficial to both parties.

The September 8, 7:30 p.m., Los Angeles Computer Society (of which I'm a board member) general Zoom meeting, open to all, will be on “Real Estate on the Internet.” For more info, please contact LACS at lacs.org.

Explore the Night Sky

Santa Monica College's John Drescher Planetarium continues its Friday evening events in September with free, live virtual shows presented online. This month's feature shows will present an update on NASA's Project Artemis and an explanation of equinoxes and solstices.

The evening shows are at 8 p.m. and 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.

Currently, the planetarium is using the Zoom platform. To attend the shows, the Zoom software version 5.0 or higher must be installed on the viewer's computer. More information is available online or by calling 310-434-3005.

Byte by Byte

Thermometers: A Hot Take



By Dr. Miceala Shocklee

With the end of summer, eyes across the country are turning to temperatures – for both the outdoors and ourselves. Rising temperatures (whether outside or in) can be a red flag for heat stroke, thermal damage to pets' paws, fever, and more. To figure out if we're nearing dangerous thresholds, we turn to a piece of technology centuries' old that has, thankfully, had a few updates along the way.

Thermometers were first developed in the late 16th and early 17th centuries by inventors like Galeleo Galilei. Initially, thermometers were merely able to indicate a rise or fall in temperature based on the movement of liquids like alcohol or mercury inside of them as the liquids expanded and rose with increasing temperature or cooled and fell with a temperature decrease. Later inventors like Santorio, Fahrenheit, and Celsius developed ways to quantify and correlate movements in the liquid with precise degree scales correlated with freezing and boiling points of water.

Today's thermometers rely on more digital means to determine and convey temperature. The most common digital sensor used right now is a “thermistor,” which correlates changes in temperature with changes in the electrical resistance. Thermistors are present in oral and rectal thermometers.

In contrast, thermometers placed in the ear use a device called a

“thermopile” to detect and quantify the body's infrared radiation from a distance. Infrared radiation increases with rising heat; devices called “thermocouples” on a silicon chip at the end of the thermopile pick up the IR and correlate it with the temperature that would lead to that much IR production.

Whether it's being displayed on your family's thermometer or your home's thermostat, keep an eye on the temperatures around you, and take precautions to keep yourself and your temperature in a healthy range!

Dr. Miceala Shocklee is a Caltech alumna and graduate of the University of Edinburgh veterinary school. Her reporting interests include the intersection of science, technology, conservation, and the written word.

“Murder in the Woods” Debuts at Local Southland Theaters

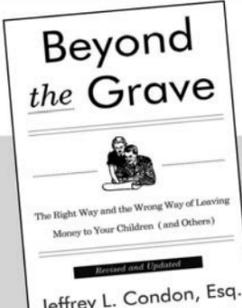
By Max Margolin

Directed by Luis Iga, “Murder in the Woods” is a good attempt at a classic slasher genre film. It has a fun cast who have good chemistry as a group of friends. Containing many of the slasher camping horror tropes we love, it progresses nicely at a decent pace. Always like to see an old creepy gas station on the way to the woods.

It may be obvious when they'll split up and who will die first, but there is still an added mystery as well as the ups and downs of the various relationships that keeps you engaged.

Some of the characters act

(Continued on Page 8)



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Passing Through the Pico Neighborhood

Dairy-Free Living with Chef Jahrid

This month, Chef Jahrid wanted to make something a little different. His recipe for Summer Steak Kebabs is below.

Summer Steak Kebabs

- Combine the following ingredients in a mixing bowl for the marinade: Olive oil, Soy sauce, Lemon juice, Red wine vinegar, Worcestershire sauce, Honey, Dijon Mustard.
- Cut up pieces of Sirloin Steak and fresh veggies – bell pepper, red onion, and mushrooms, and set aside.
- Place the steak pieces into a gallon-size resealable bag, pour marinade over steak, and then seal the bag while pressing out excess air and massaging the marinade over steak. Put the bag in the refrigerator, allowing it to marinate for 3 to



Chef Jahrid getting ready to cook his steak kebabs.

(Continued on Page 8)



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Fairmont Miramar Hotel to Create School Lunches

As parents continue to face many challenges surrounding life's current events, Fairmont Miramar Hotel & Bungalows would like to assist by relieving an everyday stress for local residents while supporting families in need. With the majority of schools in Los Angeles County operating online for the foreseeable future, the Fairmont Miramar introduces Home School Lunch Delivery. Launching on Tuesday, September 8, the initia-

tive will extend the ease and comfort of meal delivery to Santa Monica-based families while school cafeteria lunches are no longer an option. Because this year's school closures doubly impact economically-disadvantaged families who rely on the school system for meal assistance, Fairmont Miramar Hotel & Bungalows will donate one lunch for every meal purchased to the Santa Monica Boys & Girls Club to support families in need this school year.

With two children of his own, Fairmont Miramar Hotel & Bungalow's Executive Chef Jason Prendergast was inspired to create Home School Lunch Delivery. Chef Jason introduces a well-balanced menu with options such as Meatless Monday, Taco Tuesday, Whacky Macaroni Wednesday and Throw Back Thursday, consisting of a variety of daily specials. The cost of delivery is included in the \$15 per meal price.

The menu also offers Snack Packages that can be added to any order, featuring FIG Restaurant's infamous chocolate chip cookies, market berry skewers with honey yogurt, pita chips & hummus, and more, all ranging from \$2-\$6.

Beginning Tuesday, September 8, local residents within a two-mile radius of the Fairmont Miramar may order online through Tock for meal delivery. Delivery will be available weekdays from 11:30 a.m. – 2:30 p.m. For the full School Lunch menu, and delivery details, please call the hotel at 310-319-3111.

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From the Santa Monica History Museum



Pie Eating Contest, September 1941 -
Enthusiastic participants are enjoying the pie eating contest at the Veterans of Foreign Wars tenth annual picnic at the Old Soldiers' Home. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.4757.]

Thoughts From a Second-Time Father

Family Hiking Adventures



By Michael Margolin
In the last month or so, we have added hiking as a fun family activity. Not too far from us are some good trails that are easy enough for kids,

and also not entirely flat. Alexa is seven now and enjoys being the leader when we go on these new excursions. She generally likes to be the first one to point things out. It is also fun to listen to her theories on what causes certain noises in the brush or what crystals certain rocks appear to possess. Her four-year-old brother Jake is usually in lock step with whatever Alexa has hypothesized.

These hikes have been great exercise and a pleasant way to enjoy nature. They have also surprisingly come with minimal complaining. Jake seems to prefer the hikes over bike rides. When we have gone on bike rides, he protests the majority of the time. In the end, he powers through and does just fine. With the hikes, no objections to this point. Although the trails are not strenuous, there is plenty of up and down pedaling with pedaling down being the interesting part.

These are trails in hills, and they can be rocky and not perfectly smooth. Going downhill takes a little extra focus because the loose dirt and gravel can make the trek moderately treacherous. Keep in mind that my wife, Enjoli and I, would never have our children do something we did not think they were capable of doing.

We have to hold their hands

during some of these stretches and mind our balance as well. The worst thing that would happen if we fell would be some scrapes and maybe a bruise. There are not sheer cliffs or giant thorn bushes that would cut us up should we happen to fall into them.

But, Alexa can get a little anxious, especially if her foot slips a bit. Losing your footing for a second when you are not that experienced could lead to some apprehension about continuing your journey. During one of these moments, Alexa said several times she wanted to go back and that she could not keep going down the hills.

I understand fear, and I understand being nervous. I also know that if you repeatedly tell yourself you are not capable of something, especially aloud, your chances of success can plummet. I told her she should not keep saying that. And, that those negative thoughts could not and would not lead to success. She agreed and next thing I know, I hear her quietly and confidently telling herself she could do it and, "I got this."

And, down the hill we went with nobody falling or sliding. Alexa is certainly old enough that she will remember things that happen to her now for the rest of her life. We did not scale Mt. Everest or summit Mt. Kilimanjaro. But, if she remembers little lessons like the one she learned that day, then maybe no mountain, or task, will be too great for her to attempt.

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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Dairy-Free Living With Chef Jahrid
(Continued from Page 6)

- 6 hours.
- Preheat your oven to 425 degrees. Toss veggies with oil and seasoning. Sprinkle veggies evenly with garlic powder and season with salt and pepper.
- To assemble the kebabs: layer steak pieces and veggies onto kebabs alternately, fitting four steak pieces onto each kebab.
- Place kebabs into a baking dish and cook until the center of steak registers about 140 - 145 degrees for medium doneness, turning kebabs occasionally, about 8 to 9 minutes.
- Serve warm. Plain or seasoned rice would be a good side dish.



The marinated steak kebabs are ready for the oven.

"Murder in the Woods" (Continued from Page 5)

smartly and actually do what you think you'd do in those situations. This is refreshing and sometimes rare. Danny Trejo is one of the actors who makes some impressive appearances while stealing the screen as usual. There are some jumps, and the camera and lighting work adds some good production value. It's tricky on a small budget to light and shoot in the woods, but they made the most of it.

The film features some newcomers and a talented large group of Latinos in front of and behind the

camera, which we need more of. This, on top of the need to support indie films, makes this film worthy of your time and money. Although the writing could improve part of the time, and it may not be the most original film, there is some intrigue on what the director and team will work on next. It is currently playing in drive-in theaters around the outskirts of L.A. and will be available on demand after August 18.

Contact Lina Morales at 323-761-2333 for more details.

Community Service in Santa Monica

Rotarians are Engaged and Active



By Lisa C. Alexander

The Rotary Club of Santa Monica members are volunteering, socializing (virtually), and enjoying our weekly programs, which are excellent.

Rotarians are busy delivering meals and making personal check-in calls to clients of Meals on Wheels West. Other Rotarians are preparing food in the kitchen of the Salvation Army and driving for Wise and Healthy Aging. Several Rotarians are offering their expertise, talent, and skills for online workshops for the Wise and Healthy Aging older adult education program known as Oasis.

We have participated in food donations and worked sorting food at the Westside Food Bank. And, we plan an upcoming drive for donations of badly needed boxers, underwear, and socks for the Safe Place for Youth.

Our weekly programs started with recognition of the power of youth. We were inspired by our first speaker of the year, 14-year old Preston Sharp who works tirelessly to recognize the service of our United States Veterans. His presentation was followed by a look to the future offered by Megan Pritchard, General Manager of Uber Air who talked about the future of air mobility. The next speaker was Bill

Tobin from Shelter Box Disaster Relief who demonstrated the tent structures that can be brought in to provide shelter when people's homes have been displaced by a disaster. Bill was followed by James Kennedy who talked about powering our homes with solar energy. This last Friday, we heard from Bill Chillingworth about the challenges of bringing Domino's Pizza to China and how Domino's adapted and found its opportunity to stand out in its response to Covid-19.

And, because fellowship is what draws so many of us to Rotary, getting together outside our weekly meetings is important to us, especially now! In August alone, we've had weekly Zoom happy/social hours to check in with each other and share a laugh. We had our monthly Zoom Book Club meeting. This month our pick was *The Hunger and the Hunted*, just published by a member of our Club under his pen name C. Lindsey Williams. We had a Zoom Cooking Class with one of our members demonstrating while we all cooked along at home – a delicious Gazpacho and a Peach, Feta and Pecan Green Salad. We had a Zoom wine tasting class led by one of our oenophile members. We ended the month with a Zoom Wine & Paint Class where we discovered some hidden artistic talent in our Club. We welcome you to join us.

Santa Monica Lions Club Salute PDG Carol Emmitt



By Linda Levee

Since this month has been slow because of Covid-19, I thought I would send a biography of a longtime member. So, this month, we are honoring Lion Carol Ann Emmitt, who is the only member in our club since 1923 to have achieved the level of District Governor.

Past District Governor (PDG) Carol Ann Wright Emmitt became the first female member of the Santa Monica Lions Club in July 1987. She served as Club President three times, Club Secretary, and as Student Speaker Chair and Community Recognition Chair for two decades. She also served as a voting member of the Board of Directors for 25 years.

In 2013, her fellow club members honored her with a Melvin Jones Fellowship in recognition of her

service to the Club. This is the second highest award given within all of Lionism. The highest award is the International Presidents Award, which PDG Carol Ann also received in 1994 for the leadership she demonstrated during the Malibu fires and the floods that followed during that same year.

PDG Carol Ann held several positions within the District including Region Chair and Zone Chair. In 2013, she was encouraged to run for District Governor by fellow club members, but it was Lion Dr. Kingsley Fife and the late Lion Jerry Bruver who were most persuasive. They convinced her to go for it while they were attending an international convention in Hamburg Germany.

Carol Ann ran, was elected, and served as Second Vice Governor and First Vice Governor before winning the District Governor race for the 2016-17 term of office.

(Continued on Page 11)

SMBWC Presents Scholarships to Samohi Seniors



By Pat Webber

Although the Santa Monica Bay Woman's Club (SMBWC) has been closed for all activities for the past several months, our commitment to our community continues. Hopefully, we will be open for some activities this fall.

This spring, the Club selected our high school scholarship recipients. The Elmira T. Stephens Scholarship Fund was established by the club in 1927. It is named to honor Ms. Stephens, the Club's founding president. Each year, the fund committee selects four or five young women from Santa Monica High School who have been accepted to a college or university. The requirements for our scholarships are demonstrated academic merit and financial need.

This year's recipients are five remarkable young women. They are **Sarah Ogata**, a Santa Monica native who held positions of leadership each year in the Engineering

Club, including tutoring kids in math and climate change. In addition, she was on the varsity golf team, was named the top symphony orchestra cellist, and was a student member of the Principal Advisory Board. She graduated with a GPA of 3.98. Outside of school, Sarah completed over 100 hours of service at St. John's Hospital as a post-partum volunteer.

Lizbeth Lopez is planning to major in Communication Studies at the University of California, Davis this fall. Her high school activities included serving as president of the Immersion Club, a dual language program in which all subjects are in both English and Spanish. She was in the Spanish Honors Society, during which she tutored many other students. Basketball is one of her favorite activities, playing on the girls' basketball team in school and with the Mar Vista recreation park program.

Marisol Garcia has been a volunteer in the community since *(Continued on Page 10)*

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Paws and Claws

My Dog Has an Ear Infection



By Dr. Frank Lavac MS, DVM, VCA
Q: My six-year-old cocker spaniel has a recurrent ear infection. Because of COVID protocols, my veterinarian can't

see her for three weeks. What can I do to expedite the process and give her some relief?

A: Due to COVID-19 and the protocols put in place at all veterinary

hospitals, wait times, including those for emergency room visits, have markedly increased. There are several options available to you. You can leave a message for your veterinarian explaining the situation. There are different options for those kind of messages, including leaving a message with the receptionist, voice mail, text messaging, and emails. At Wilshire Animal Hospital, we have all of these options, but text messaging associated with the Electronic Medical Record is the fastest and most efficient.

Because your dog has been treated previously, your doctor may be willing to dispense a renewal of a previously effective ear medication. In some cases, doctors are able to diagnose and treat using telemedicine because the State Board of Veterinary Medicine has given hospitals more latitude to diagnose and treat remotely since COVID-19. Other options include talking to one of the technicians at the hospital to see if they could relay an urgent message to the doctor.

You may also ask to be placed on a waiting list, as it is common for cancellations to occur throughout the day. If none of these options work, ask for a copy of your chart emailed to you and try to find a practice that will be able to see her sooner.

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

Adopt a Pet



My name is Max. I am an outgoing young guy. I would flourish where my new "parents" liked to exercise me often. I am still learning to be a "Good Dog" and Forte Animal Rescue suggests that I continue obedience class (but I think I'm a "Good Dog" already). Please contact Forte Animal Rescue if you want to adopt me. Go to info@FARescue.org.

SMBWC Presents Scholarships

(Continued from Page 9)

seventh grade, serving with the youth program at Virginia Avenue Park. There, she tutored elementary students in science and math. While in high school, she helped establish recurring youth activities, such as weekly art classes. At Samohi, Marisol was in the Spanish Honors Society where again she helped tutor her fellow students with their Spanish classwork. With a graduating GPA of 3.18, Marisol plans to become a nurse in the field of OB/GYN or geriatric care. She will enroll at Cal State Channel Islands this fall.

Parker Lauer is one of those students who thrive on being involved in school and her community. She plans to attend the University of California, Santa Barbara this fall to major in Political Science, History and American Studies. In her senior year, she was elected president of the Associated Student Body, the first female in seven years to hold that position. She was in the school choir, ran varsity track and cross country, participated in the Mock Trial competi-

tions, and performed in theater productions, including musicals. Her community involvement is also extensive, including several singing competitions and recitals. She is in the Delians Honor Society, volunteered at AIDS walks, at the OPCC homeless shelter and the Fred Jordan Mission.

Camryn McDaniel-Barnett is a determined young woman. Besides her focus on her studies at Santa Monica High, she works at a yogurt shop to earn money for college. Recently, she has become involved with Heal the Bay, where she participated in beach cleanups. She has chosen to attend Cal State Northridge and major in Psychology. Her goal is to become a psychotherapist for both children and adults, especially to help those who have suffered traumatic events.

For questions about programs or renting the Santa Monica Bay Woman's Club in the future, please contact us at 310-398-1308.



Brain Matters

Healthy Coping for Older Adults During COVID-19



By Natalie Do, PhD

In the midst of COVID-19, an overwhelming rise in reported cases of anxiety, depression, and feelings of loneliness have been observed. Even prior to COVID-19, 43% of individuals ages 65+ reported subjective feelings of isolation. Fear of contracting the virus, losing loved ones to the illness, self-quarantine, and worry over shortage of basic needs can precipitate mental illness in older adults without any psychiatric history or exacerbate symptoms in those with a pre-existing one. During these unprecedented times, what are some ways older adults can protect their mental health?

• Stay connected. Make time to talk with friends and family, either by phone or video-chat platforms like Skype and FaceTime. Children, grandchildren, and friends can help by initiating contact, sharing photos/videos, or links to engaging online resources.

• Get active. We are more vulnerable to a sedentary lifestyle in the context of COVID-19. Making a conscious effort to exercise is paramount for overall health. Exercise is associated with better sleep, more energy, and better coping with stress (among a variety of other beneficial health effects). Identify an exercise activity that is enjoyable. There are a variety of creative ways to do this in the context of the pandemic (including via

virtual classes).

• Set small goals daily. Setting small, easily attainable goals increases your chances of achieving them. In turn, these nuggets of achievement can boost confidence and increase motivation to expand on these goals. When identifying goals, think S.M.A.R.T. – Specific, Measurable, Achievable, Relevant, and Time-Bound.

Tele-Mental Health is a great option to access a mental health provider. If you or a loved one feel overwhelmed, consider calling a Crisis Hot Line 1-800-273-TALK (8255) or 911.

During these challenging times, we are reminded that the population most at risk happens to also be our toughest. Research on aging suggests that older adults are, in fact, more resilient than their younger counterparts – this is attributed to more life experience, better problem-solving skills, and more developed emotional regulation. With this in mind, it still "takes a village" to support each other during challenging times. Encourage your loved ones to employ healthy coping skills. When you cope with stress in a healthy way you empower yourself, the people you care about, and your community to become stronger.

Natalie Do, PhD, is a neuropsychology post-doctoral fellow at Pacific Brain Health Center, Pacific Neuroscience Institute. Under the mentorship of expert clinical

(Continued on Page 11)

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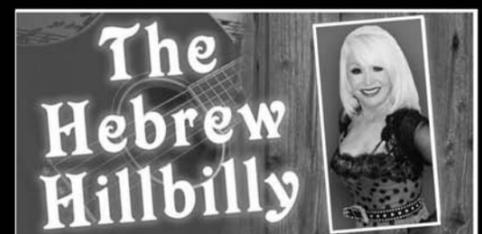
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Santa Monica Lions Club (Continued from Page 9)

She remains the only club member to ascend to that top position of leadership. Quality membership, growth, and strong leadership development were PDG Carol Ann's primary focus as Governor. She achieved the highest rate of membership growth in the District over the previous 15 years and chartered five new Lions Clubs during her term. She also patiently

mentored several Lion members who later advanced to leadership positions, thereby securing a long and strong future for the District.

PDG Carol Ann is from Easton, a small town in Connecticut where she grew up the oldest of six children. A little known fact is that Helen Keller also lived in Easton. Carol's husband, Tom, is an attorney and native Californian. They have been married 24 years.

We want to remind those who follow us that we are always seeking new members and welcome those interested to contact Lion President Alan Parr at 310-383-9975, or Lion Vice-President Kingsley Fife for more information about club activities or membership. Call him at 310-454-2960.



Brain Matters
(Continued from Page 10)

neuropsychologist, Dr. Stella Panos, Dr. Do conducts neurocognitive assessments for older adults in the context of neurobehavioral health issues due to various neurological illnesses and age-related neurodegenerative disorders. PacificBrain Health.org | 310-582-7641

From Me to You...



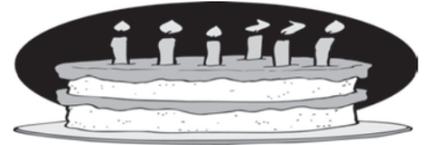
By Diane Margolin

Many Santa Monica non-profits and service clubs are stepping up to help community members meet the challenges brought

on by Covid-19.

The Santa Monica Police Activities League held its awards dinner, virtually, of course. Chris Carrey Scholarship recipients received \$22,000 to help towards their college education. The winners were Melisa Ramirez-Hernandez, Karen Morales, Jesse Del Rio and Amy Tessema. Each of the recipients are truly deserving of the awards," says Eula Fritz, Director at Santa Monica Police Activities League. "The PAL youth work very hard on their school programs throughout the year, and the scholarships program is a terrific way to recognize and support their academic commitment and dreams." It is always very inspiring to hear how PAL has affected their lives in such a positive way.

The Kiwanis Club of Santa Monica gave a \$25,000 gift to the Westside Food Bank in support of the Virginia Ave. Park Emergency Food Pantry. The emergency food pantry was quickly opened in early April, in partnership with the City of Santa Monica, to help serve the nutritional needs of families on the Westside who are struggling.



September Birthdays

- Lisa Alexander, Steve Eorio, Carol Follette, Mark Stubis, Avo Guerboian, Len Lanzi, Joe Metoyer, Kurtis Magee, Grace Cheng Braun, Nora Bohn, Rex Minter, Vince Muselli, Valerie Brown, George Pickell, Bill Werner, Ho Nguyen, Patrick Potter, Msgr. Lloyd Torgerson, Bruce Gelvin, Becky Mejia, Arnold Rich, Enjoli Margolin, Evelyn Later, and Steven J. Navin, VI

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