

THE SANTA MONICA STAR

Also covering
The Greater
Westside

Volume XIX Number 4

Connecting You With Your Community

April 2020



One of the best things to do with your children is to read to them. Jenna is trying out different voices as she reads to Cash, Luca Joe, and Kinsley.

Take Advantage of Online Resources to Expand Your Children's Education

By Anne Wallentine

Though we are facing challenging and uncertain times, we have access to an unprecedented amount of online resources. There are many free ways for kids to continue learning while schools, libraries, and museums are closed. Below are a few digital resources to help bring the outside world into your home.

• Science

The San Diego Zoo is closed, but their live cameras offer the ability to see what koalas, elephants, and tigers are getting up to in their homes. The Monterey Bay Aquarium offers the same ability to watch the calming motions of jellyfish or their colorful coral reef. You can use this opportunity to teach kids about the habits and habitats of a range of animals, bolstered by the Zoo's educational YouTube channel geared toward kids.

For more hands-on activities, the California Science Center is providing "Stuck at Home Science" projects in English and Spanish. Kiddie Science also offers workshops geared towards young learners (two and up), while NASA's Jet Propulsion Labs has some more challenging activities.

• Art

Many artists are offering free art classes on Instagram Live, including illustrator Wendy MacNaughton (@wendymac), who hosts "Draw Together with Wendy" sessions daily Monday-Friday at 10 a.m. PST. The 30-minute sessions remain available for 24 hours in the *Stories* feature. Her friendly, high-energy approach is great for little ones. Use the hashtag #drawtogether to post your responses. Recycle and

Play (@recycleandplay) also posts simple craft projects on Instagram that can be made from materials around the house.

In addition, Mo Willems, Kennedy Center Education Artist-in-Residence, has launched short, drawing-focused sessions called *LUNCH DOODLES*. The videos are posted daily at 1 p.m. EST on the Kennedy Center website.

Numerous museum collections are also available to browse virtually on their websites, including the Getty, MoMA, The Metropolitan Museum of Art, Rijksmuseum, the Louvre, Musee d'Orsay, Uffizi, and the Art Institute of Chicago. Check out Google Arts & Culture for virtual tours of exhibitions, cultural landmarks, and National Parks.

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Do You Recognize This Neighborhood Celebrity?

(Answer on Page 11)



The Santa Monica Star to Partner With the Santa Monica Daily Press

When we begin to emerge from the weeks of seemingly frozen time that was necessary due to the statewide *Safer at Home* order, we can look back and find some good things that came from this time of crisis. This is one of those good things.

The *Santa Monica Daily Press* (SMDP) and *The Santa Monica Star* are pleased to announce a distribution partnership in these extraordinary times. In the following week, you will be able to read this month's edition of the *Star* in print, online, and through the newsletter in all of the *Santa Monica Daily Press* products. We hope this is

convenient for you and will allow for a sharing of local readership to both products, which is critical to our community.

All we ask is that you pick up both, visit our sites, and subscribe to the SMDP newsletter, *The Current*. It is a curated, daily dose of the most important things happening in our local community, and you can easily unsubscribe at any time. Thanks for reading, and continuing to support local journalism.

Diane Margolin, Publisher
The Santa Monica Star
Ross Furukawa, Publisher
Santa Monica Daily Press

Ten Ways to Manage Your COVID-19 Stress

By Dr. Jay Winner

If you're not stressed by the COVID-19 pandemic, you're probably not paying attention. How can we all deal with this stress without going nuts?

1. To begin, take a breath: Put your hand on your abdomen and as you inhale, feel your abdomen expand. Pay attention to one full inhalation and one full exhalation. A "mindful diaphragmatic breath" relaxes us in two ways:

- Diaphragmatic or belly breathing stimulates the parasympathetic nervous system.
- Fully focusing on the sensation of one breath without judgment gives us that little mindful moment that can also reduce stress. So, do it many times a day.

2. Follow wise advice and do the right stuff. Listen to the Centers for Disease Control and Prevention (cdc.gov) regarding social distancing and other appropriate measures. If you don't have a fever, you have itchy eyes and sneezing like you did last year, and you have not been exposed to the virus, it's probably not COVID-19. If you have a fever, cough, and shortness of breath, or had a potential exposure, you should call your doctor to get tested, and get care if needed (and obviously stay away from others). If your symptoms are between the two extremes, check with CDC guidelines and other websites and decide what to do.

3. You might feel overwhelmed with sudden changes: "With school out, who watches the kids?" "How do I make up for lost pay?" etc. Let go of thoughts of how life should be different, feel that diaphragmatic breath, and do the next task on your list with your full attention.

The next task might be to make a plan, get help, or just work on another task – just do what's next, one step at a time. Also, remember:

There is usually more stress having a task hanging over your head than just doing it.

4. Don't get stressed about being stressed. The more you resist stress, the worse it gets. Instead, interpret the extra adrenaline as having a high energy level or an energy burst. Perhaps you can use the energy to take a run, (keeping social distancing as your guide), or just feel it flow through your veins.

5. Keep things in perspective. Sure, there are big things going on now. However, our brains can make relatively small things look really big, too. Remember that your financial portfolio is not your life portfolio. Your ability to think, talk, walk, see, hear, and love are way more important than the current value of a financial investment. Our brains are unable to process many things at one time, so our full attention becomes focused on one problem. Gratitude is not a corny practice; it is bringing ourselves back to reality when we've lost perspective. Multiple times a day, list your blessings – shelter, food, health (focusing on what is working, not just what isn't working) and, most of all, the people in your life.

6. Reframe extra time at home. Hygge (pronounced hoo-guh) is a Danish term for being cozy and appreciating the moment. (Think of having hot cocoa by the fire with loved ones and playing a

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Take A Look Inside

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Brain Matters

Multiple Sclerosis, a Multi-Faceted Malady

By Barbara S. Giesser, MD



Multiple Sclerosis (MS) is a disease that damages the nerves in the brain and spinal cord. It can result in difficulties with mobility, vision, sensation, thinking, and other functions. There is no good time to receive this diagnosis, but now is the most hopeful time for people with MS. MS is not curable, but it is very treatable.

In addition to access to medications that have been proven to reduce future nerve damage, and slow disease progression, people with MS can make lifestyle choices to help them live their best lives with this condition.

While no specific diet or exclusion of a particular food substance has been proven to prevent nerve

damage or reverse existing damage, data from many studies indicate that people with MS who consume diets that are abundant in fresh fruits and vegetables, lean proteins, whole grains and unsaturated fats, and lower in processed foods, saturated fats, refined sugars, and high salt, tend to favor better neurologic outcomes. Other medical conditions, such as diabetes, hypertension, atherosclerosis (hardening of the arteries) and obesity, are also associated with poorer neurologic status in those with MS and a healthier type diet will benefit these conditions as well.

Physical activity and exercise have many benefits for people with MS. They can improve symptoms, such as fatigue and depression, increase endurance, and could have anti-inflammatory and disease modifying effects, although these latter benefits need to be confirmed

in large scale trials. Both aerobic exercise and resistance exercises are beneficial for, and well tolerated by people with MS; just consult a physician before beginning any exercise program. For those with MS who are heat sensitive, cooling strategies such as a cold wet cloth on the neck, cooling garments, or drinking cold or iced beverages while they exercise may permit them to exercise for longer periods of time.

In summary, a wellness approach to treating people with Multiple Sclerosis is a good strategy which addresses quality of life considerations.

Barbara S. Giesser, MD, FAAN, FANA, is an internationally recognized clinician and award-winning educator who has specialized in the care of those with Multiple Sclerosis since 1982. PacificBrain Health.org / 310-582-7613.

Byte by Byte

The Future of Robotics is DAWNING



By Miceala Shocklee

Projecting human consciousness into a computerized form has long been a concept that's captured the imagination of writers, inventors, artists, and the average anyman.

While flawless AI and fully uploadable consciousness is still on its way in, robotic avatars are out and about and serving up coffee.

Rather than being a source of humanity's downfall, it seems these avatars are a saving grace for many. OryLab Inc. has launched robotic avatars that allow otherwise house-bound individuals to work at the Diverse Avatar Working Net.

The avatars are driven by real people who because of severe medical conditions like Amyotrophic Lateral Sclerosis (ALS) cannot leave their homes – but can still drive the robots using eye-tracking technology and verbally interact with customers through incorporated microphones.

The Orihime-D model robots consist of table-based "pilots" and roaming server models. The project has been under beta testing since 2018 and launched in Tokyo at Otemachi's 3x3 Lab Future in 2019. To watch the robotic avatars in action, visit <https://tinyurl.com/dawncafe>.

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



Planning Ahead

You Just Became a Trustee - Now What?

By Lisa C. Alexander, Esq.



It feels like such an honor to be asked to serve as Trustee of a Trust. In truth, it's a lot of work and a lot of responsibility.

As a Trustee you are a "fiduciary." The fiduciary has the highest legal duties of trust and good faith to act in the best interests of the Trust and the beneficiary of the Trust.

A Trustee's basic duties are to act only in the beneficiary's best interests, avoid conflicts of interest, manage the Trust property with the utmost care, keep the Trust

property separate, and keep good records.

The Trust document is the Trustee's instruction manual. The Trustee must read the Trust and be prepared to follow the directions. Often a Trust will authorize the Trustee to borrow or loan Trust property. However, the Trustee should never personally borrow from the Trust. To do so would create a conflict of interest between the Trustee and the beneficiary whose best interests the Trustee is charged to protect.

The Trustee must keep track of every penny of Trust money. Use of checks instead of cash, along with a detailed check register can make

this easier. And keep the receipts, even for the smallest purchases. To avoid record-keeping mistakes, the Trustee should open and use a Trust checking account to pay all Trust expenses from the Trust, not from the Trustee's personal funds for later reimbursement.

Unless the Trust says otherwise, the Trustee is entitled to compensation. Any limitations on compensation in the Trust must be followed. Usually the Trust will authorize reasonable compensation and this is the default under the Trust Law. Unfortunately, there is no set definition of what is reasonable. The reasonableness of the Trustee's compensation may depend on the Trustee's detailed records of the work done and the time it took.

The Trustee should not try to do the job without good legal advice. There may be duties required by law that are not stated in the Trust that the Trustee wouldn't know about without consulting the lawyer. A Trustee who has legal advice along the way sets him or herself up for success.

You can reach Lisa C. Alexander, Esq. at Jakle & Alexander, LLP, 1250 Sixth Street, Suite 300 Santa Monica, CA 90401 Main Line: 310-395-6555 Direct Line: 310-656-4310 Fax: 424-238-6140 alexander@jaklelaw.com



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1112 Montana Ave. #525
Santa Monica, CA 90403
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Website: www.thesantamonicastar.com
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Special thanks to Florence Kinney, Rufus Baker, Jennifer George, Renee Reid, Ron Robinson, and Becky Mejia.


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Selling Online - Part 2



By Mark Presky
This column is a continuation of my *Selling Online* discussion in the last issue.

How to prepare your sale item:

First, make sure your sale item is clean. Make it attractive to your potential buyer. Get rid of that dirt and grime. And, if your item performs a mechanical or electrical function, such as a clock or an appliance, make sure it works well.

It is important to be the kind of salesperson that YOU would want to buy from. One doesn't want trouble from buyers, or from the sales platform (eBay, Craigslist, Nextdoor, etc.) regulators on which you're selling.

And, your reputation will spread, good or bad. On eBay and Amazon, past feedback from buyers is all important, and will determine your future success. If you receive numerous complaints, eBay will terminate your privileges and force you to refund payments. Craigslist, Nextdoor.com, and some other selling platforms are less closely regulated, but you still want to acquire a good reputation and provide good experiences for others.

You will need photos of your sale items. A fancy expensive camera is NOT necessary. But, taking the time and effort to obtain good quality photos with your cell phone will

pay off. Don't use blurred, dark photos, or those with cut-off portions of your item.

Take photos showing all sides of your item, and close-ups of item parts that show the condition, and perhaps the model number.

Don't include photos that show yourself or parts of yourself. It should only take a minute to figure out how to use your cell phone flash. If necessary, ask a friend to help you with this.

We all know people who are ahead of us on the cell phone use curve. Perhaps you are able to take photos outside to obtain better lighting. Remember, you are not the only one out there selling an old lamp.

But you want to be the only one, or one of few, selling the right, attractive, working lamp that someone else is looking for. And, the better condition your item appears to be in, the more attention it will receive and the higher price it will likely fetch.

White backgrounds are often recommended – a white sheet or a white tabletop will suffice. When you become more sophisticated with online sales, you may find yourself buying a roll of photography background paper. But, that is absolutely unnecessary to succeed at online sales. All the best to you.

Mark Presky is a director of the Los Angeles Computer Society.



Tim Petlin, owner of Right at Home located in Santa Monica, works closely with LeTicia Harrison, his Client Care Manager, to be sure the needs of their clients and the environment are being addressed.

Providing a Skilled Level of Caregiving

By Anne Wallentine

Tim Petlin, owner of Right at Home in Santa Monica, found his calling in healthcare at an early age. He had lots of role models. His mother "comes from a long line of nurses," and several of his siblings and nieces are also in nursing and the healthcare field.

After first working in healthcare consulting and insurance, Tim sought "an opportunity to help people directly." Today, he appreciates that Right at Home "allows me to have an impact on peoples' lives."

Right at Home provides in-home healthcare and support, matching caregivers with people who need medical or physical assistance. Tim

finds his greatest satisfaction in employing caregivers who are passionate about their work and seeing the impact that their support has on his clients' lives.

The home care industry is facing a big supply challenge. As demand increases with the aging population, Tim is always looking for more caregivers to meet clients' needs. Matching the right caregiver to the client requires considering practicalities as well as personalities, juggling different schedules, and geography to get the right fit.

Tim considers himself fortunate that Right at Home has been able to facilitate strong relationships

(Continued on Page 10)

During the month of April, we can celebrate Passover, Easter, the birthday of Hans Christian Andersen, Jazz Appreciation Month, National Humor Month, Month of the Young Child, and Mathematics Awareness Month.

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Reflections From The East

A Crown of Thorns for Our Global Kingdom



By Qin Sun Stubis
Before gaining international infamy and provoking global fear, the word "corona" was just an ordinary feminine noun mean-

ing "crown" in Spanish, derived from the ancient Greek word for garland or wreath.

Most Americans associated corona with a Mexican beer, a pale lager in a clear glass bottle, served with a wedge of lime. Few of us knew that it also happened to be the name of a family of viruses.

The arrival of 2020 changed all that when the term coronavirus emerged in headlines around the world in connection with a deadly outbreak in Wuhan, a medium-sized city in China. The disease spread like wildfire, causing lockdowns in cities and provinces

across the Middle Kingdom. Before long, the coronavirus started to travel globally, like an international criminal equipped with a lethal weapon, leaving behind a trail of terror, causing a worldwide panic, sending the stock market into a tailspin, and threatening our world economy. Schools started to close and events were postponed. Families around the world began to stock up in preparation for the pandemic.

I've lived through a major epidemic in China before. It occurred in 1988 with a different virus - Hepatitis A. Though not nearly as deadly, this highly contagious liver infection affected almost every family in Shanghai. At the time, the city's population was equivalent to that of Wuhan's now. The average family had only about 300 square feet or less of living space, and

many shared a kitchen and bathroom. As in Wuhan, hospitals were soon filled to capacity and ceased to accept patients. Families were left on their own to cope and care for the sick. Luckily, that epidemic never spread much beyond the immediate metropolis.

The quality of life in China, and many other countries, has been much improved since then. And that may be part of the problem we now face. In 1988, people were mainly riding their bicycles with few opportunities for travel beyond the places they lived and worked. In contrast, China now has caught up with other industrialized countries, giving its citizens greatly increased mobility with private cars, highways, subways, high-speed trains, and airplanes.

As populations around the world gain fluidity, our Earth has become

more connected than ever before. We have to know that when people travel from one place to another for work or leisure, so do germs and viruses, whether the coronavirus now, or other strains in the future. Now, more than ever before, we have become one world, both for better and for worse.

In so many ways, we have benefited from the advances in technology, mobility, and speed that have brought the family of man closer together and made us one, larger, more closely linked world. Let's now work with our politicians, doctors, and scientists to make sure this new global kingdom does not come with a crown of thorns.

You can always reach me at qstubis@gmail.com

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

Now's the Time to Teach At-Home Nutrition

(Family Features) With a lot of parents facing the challenge of keeping kids happy and healthy at home, this is the perfect time to teach kids the basics of nutrition and eating right.

Consider these simple suggestions from Melanie Marcus, MA, RD, health and nutrition communications manager for Dole Food Company.

• Healthy Snack Time Taste Tests - Sometimes it feels like kids can snack all day long on easy-to-

grab crackers, chips or cookies. Next time they reach into the snack pantry, try incorporating a taste test or food critic activity to encourage something different and more nutritious.

• Purposeful Playtime - Many households have a play kitchen or some kind of play food. Use this as an opportunity to act out how to create a healthy kitchen with activities like making salad, setting the table, peeling bananas and washing dishes. This can help young

children become more independent, learn what to expect, and grow into little helpers at family mealtime.

• Sensory Activity - One idea that can work for school and at home is making a sensory box. Simply place a fruit or two inside a tissue box and have children put their hands inside, then try to guess which fruit it is by feeling it.

• Recipes for Fun - If you're preparing a meal, it could be a good time to teach children of reading age how to review a recipe.

Evaluating ingredients to learn how food transforms from raw to cooked or how a dish is created can help kids learn kitchen skills. For example, try this fun, fruity recipe for Kids with Almond Toast on Page 7.

• Food Groups Focus - Get kids involved in making dinner by setting a rule that each food group must be represented. Give them a warmup activity by asking which food groups are found in family favorites like chicken soup, lasagna,

(Continued on Page 7)

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From Me to You...



By Diane Margolin
Frances Bilak, a friend from Rotary, had a good way of describing dealing with our situation. Her husband came home from the grocery store with a beautiful bouquet of flowers. He told her he was sure he would get on her nerves in the next couple of days, and he wanted to apologize now. "We have so much to be thankful for," she reminded us. "Our family, our friends, our community, a roof over our heads, food in our bellies, and sometimes toilet paper!"

"I was reminded today that this may be for weeks. Anne Frank and her family were isolated for years! I promise, this too shall pass. Be kind to yourself, be kind to others, take care of yourself and stay healthy!" Frances also reminded us to be responsible, safe and kind. "Make a phone call, or Face Time someone, but make sure you reach

out to those who might really need you to be there, if only by phone."

There are organizations who will help if you need groceries or medicine. One is the St. Monica COVIDResponse Ministry (stmonica.net/crm) for those looking for assistance and/or to volunteer to serve.

The City of Santa Monica addresses concerns with several messages or websites.

As you saw on the front page, we are going to be partnering our distribution with the *Santa Monica Daily Press*. We will be on their website (www.SMPD.com) and we will be helping them promote their daily newsletter, *The Current*. I really enjoy *The Current*. It's my daily dose of local news. I encourage you to sign up. If you would like to subscribe, go to <https://www.smdp.com/signup>.

Stay well and healthy. Thanks for supporting local journalism on the Westside.

Ten Ways to Manage (Continued from Page 1)

board game.) Much of our lives are spent seeking the next thrill, vacation, concert, or show.

In these times of social distancing, use and appreciate the time to read, write, get home tasks done, watch movies, play board games with the family, and connect. Remember the people far away who could use some interaction. Face-Time Grandma, call your aunt, and Skype your old college buddy. Make sure they are doing well, and if they're not, lend an ear and your warmth.

7. Take care of yourself: Eat nutritiously, with plenty of veggies and some fruit, and get enough sleep. If you have trouble sleeping, don't try too hard. Obsessing about how vital it is to get to sleep won't get you back to sleep. Think of it as a perfect time to meditate. (For free help, go to the last exercise at stressremedy.com/audio.) Or read a boring book until you are drowsy. Going over thoughts again and again? Try writing them down. Then try meditating again.

Focus on the sensation of one breath at a time or repeat a word like "one." When your mind wanders, return patiently, again and again, to the sensation of the breath or the word. Then you might focus on relaxing one body part at a time, starting with your feet and working your way to your head.

8. Remember that the situation is evolving. Some decisions are easy: If you're sick, stay away from others while we have this epidemic. There may be borderline decisions, too. If your plans are three months from now, and there's no penalty for postponing a decision, remember that the right answer may become very clear by that time, so why stress now? On the other hand, if you're responsible for organizing an event, canceling sooner rather than later will let others make better plans. Overall, remember that the importance of our community's wellbeing should be more important than saving a few dollars.

9. Know how to deal with emotions and when to ask for help.

Accept your emotions for now. Otherwise, you'll get sad about being sad or anxious about being anxious. You don't need to justify your emotions. Simplify them and let go of the metaphors you hear in songs and movies.

Know it will pass. If it's prolonged, please ask for help. Talk to a counselor and/or your primary care provider. Getting help when needed is a sign of maturity and wisdom. And, don't wait until you're at wit's end; get help early and often.

10. Most of all, be kind and compassionate. Money can buy happiness, but only if you use it to help others. We've evolved to take joy in helping others, connecting with others, and working in teams. That's how we humans without claws and fangs survived.

The happiest people are not the richest ones, but the ones who have learned to be compassionate. A concerning number of people have died, and unfortunately will die from COVID-19, and we are treating it as an emergency, but all of us suffer when there's a lack of compassion. Think of the people closest to you and how you want them to be happy and healthy, and then bring those same thoughts and feelings to others. Be generous with your kind words and your kind deeds. We all will benefit, and so will you. COVID-19 is a wakeup call, a reminder that people are suffering emotionally and physically. Our salvation is in our compassion.

Dr. Jay Winner is a family physician and founder of Sansum Clinic's Stress Reduction Program in Santa Barbara. Author of "Relaxation on the Run," Dr. Winner has a website, StressRemedy.com, with more resources, including 14 free meditations and a video on dealing with panic and anxiety.

The above article has been printed with permission from the Santa Barbara Independent.

From the Santa Monica History Museum



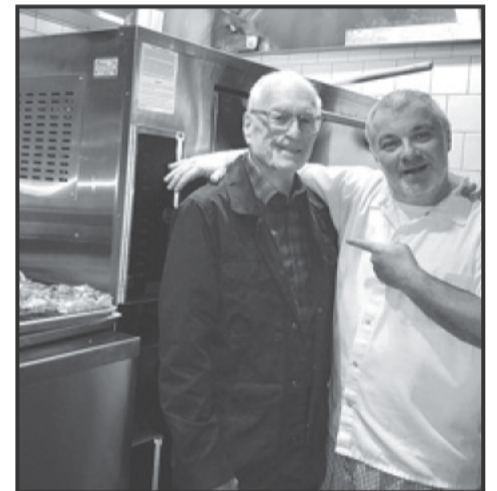
Shirley Temple and Jane Withers, 1934--
Child star and Santa Monica native Shirley Temple poses with Jane Withers on the set of "Bright Eyes." This image and Temple's plaid dress were to be on display at the Santa Monica History Museum's annual Shirley Temple Birthday Tea Party in April. Courtesy: Santa Monica History Museum, Albert Bresnik Collection.

Venice Way Pizza Opens Its New Take-Out Window

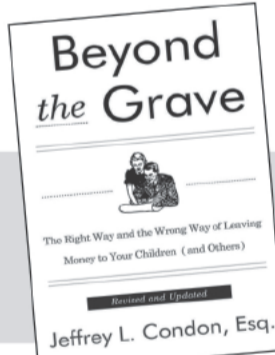
Venice Way Pizza is now open for takeaway from 11 a.m.-5 p.m. The Venice Way Pizza take-out window specializes in L.A.-style pan pizza – 5x5 inch "slabs" of crunchy, hearty, but light, flavorful pizza with locally-sourced toppings including traditional cheese, pepperoni, and seasonal farmer's market finds.

For a slice, the cost is \$4- Cheese and Veggie; \$4.50- Pepperoni and Daily Special; and \$5 for a House Salad. Pan pizzas which start at \$22, include nine tasty slabs.

Venice Way Pizza is located on the corner of Venice Way and Pacific Ave at 1697 Pacific Ave, Venice, in front of the Hotel Erwin.




Erwin Sokol, Erwin Hotel owner, left, with Noel Brohner, creator of the new pizza menu at Venice Way Pizza. Photo by Bernadette Lucier



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Online Resources (Continued from Page 1)

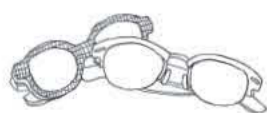
• Reading and Math

The Los Angeles Public Library is offering reading lists and other activities at KidsPath, while the Brooklyn Library has started hosting virtual story times. (Note: Times are EST.) Many authors are also hosting story times on Instagram Live, including children's book author Mac Barnett (@macbarnett), who plans to read through his catalogue over the next month at 12 noon PST daily.

For math activities, there are numerous free sites with worksheets and games geared towards different grade levels, including Math Playground, Fun Brain, Math Score, and Bedtime Math.

Another fun option is to go "camping." Dozens of American Camp Association Accredited Camps – the gold star in safety and experience – are offering free, on-line, virtual camps for all kids. For contests, music, and chances to earn virtual badges, try The Girl Scouts of Tennessee. For virtual open mike and variety shows, try the LGBTQ friendly Camp Brave Trails (also local to the greater L.A. area). And, for printable activities, active routines – like yoga – and cooking ideas, try YMCA Camp Ernst.

Halley Stubis



Passing Through the Pico Neighborhood

Dairy-Free Living with Chef Jahrid

Chef Jahrid Longworth, a resident of the Pico neighborhood and a middle school student, recently discovered that after years of dietary problems, he was allergic to dairy products.

He has been sharing dairy-free recipes that have been successful for him. This month, Jahrid chose to make Belizean Fry Jacks, a popular dish for breakfast in Belize, where his mom's family resides.

Belizean Fry Jacks

Ingredients

- 3 cups flour
- 1 tsp. salt
- 3 tsps. baking powder
- 1 Tbsp. shortening
- 1-½ cup warm water
- Vegetable oil for frying

Method

- Wash hands.
- Collect all ingredients.
- Sift flour and baking powder in mixing bowl.
- Add salt.
- Cut shortening into flour.
- Add warm water to make a soft,



Jahrid is showing the flattened Jack before it is fried.

but not sticky, dough. Knead on a floured surface. Cut and roll into 2" balls. Let rest for 20-30 mins. Flatten and cut into thirds. Heat oil in frying pan. Fry on each side until golden brown. Serve hot. Fry Jacks are great for breakfast with powdered sugar, honey, or pancake syrup, or cheese and bacon.



Jahrid has prepared the Fry Jacks into 2" balls.



Here are the finished Fry Jacks, ready for topping.

Spring Students of the Month



Sixth grade student journalists from Carlthorp School met with presidential candidate Tom Steyer at the Iowa Caucus in February. From left, Taylor G., Tom Steyer, Aven S., Kayla G., and Owen Grant K.

The 2020 presidential season kicked off February 3 at the Iowa Caucuses, and four local sixth grade students from Carlthorp School were there to cover the action. The Carlthorp students interviewed several presidential candidates including Vice President Joe Biden, learned from national journalists and experts including CNN's Chief Political Correspondent Dana Bash, and published their own stories. The students attended the Caucuses through

a program offered by KidUnity (www.kidunity.us), a local non-profit that engages students in service learning and civic leadership.

We often highlight the students of the month with Jennifer Bennett at the Fairmont Miramar Hotel where they are acknowledged for their work in the community. They receive certificates and a tour of the hotel. Hopefully, they will be recognized in the future.

Take Advantage of the Time to Plant New Gardens in Small Spaces

By Gillian Esparza

Small space gardening is something I have a bit of experience with. Growing up with a family of avid gardeners, I have always had my hands in the dirt. I have had a rose garden, cut flower garden, English garden, herb garden, succulent garden, and when we moved into a house with a yard, I started a “if you can’t eat it, don’t plant it” garden. Now we are on an acre of land that has more than enough room for as many gardens as I am willing to care for.

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

You can actually grow quite a few



Plant a variety of mint in a large planter.

types of fruit and vegetables in small spaces. Lettuce does well in pots. We like to keep a pot of mixed greens on the patio. With the mixed greens, you can simply fill a pot with potting soil and sprinkle the mixed green seeds into that pot

with a few additional inches of soil.

You may be surprised at how quickly you will have a bowl full of baby greens. When the greens are a few inches tall and wide, you can take garden clippers and give the greens a hair cut. You will have an instant salad and the best part is that the greens will continue to grow back throughout the season!

Another fun container idea is a big pot full of different types of mint. We are always amazed at how many types of mint or mint seed we find at our local nursery at Ace Hardware. We have a big pot filled with chocolate mint, apple mint, peppermint, and sweet mint under an oak tree that grows all year round.

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

ferent type of herbs. Basil, thyme, oregano, parsley, and cilantro are just few. They will grow well together and provide an abundance of flavor to meals, dressings, and sauces.

A few things to know about small space or container gardening are to make sure they are watered regularly, especially when first planted. Plants in containers will dry out faster than if they were planted into the ground. The bigger the pot, the less watering they will need.

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

Now's the Time (Continued from Page 4)



Have some fun in the kitchen with your children. Teach them the basics of nutrition while getting creative. Photo courtesy of Getty Images

or meatloaf. Asking kids to guess which ingredients are used in these dishes and identifying which food group each ingredient belongs to can help them understand dietary balance. Find more at-home tips in the free, downloadable Healthy Eating Toolkit from the nonprofit organization Action for Healthy Kids.

• **Explain the Bathroom Routine** – Make sure to wash hands and explain that this is a way of washing away germs to stay healthy. Also explain why brushing teeth is important by reminding children that food can get stuck in their teeth and cause cavities.

Find more kid-friendly recipe ideas at dole.com plus nutritional tips, free printables and other healthy fun on Facebook, Pinterest, Twitter and Instagram.

“Kids” On Almond Toast

Total time: 10 minutes
Servings: 4

- 4 slices whole-grain bread
- 6 Tbsps. unsalted almond butter
- 2 tsps. honey (optional)
- 1 Banana, peeled
- 2 Strawberries, trimmed and halved
- 4 chunks (1-1/2 inches) fresh Dole Tropical Gold Pineapple
- 2 Blackberries
- 2 tsps. toasted flaxseed (optional)
- Toast bread slices. Spread with almond butter and drizzle with honey, if desired.
- To make “kids”: Cut eight slices and 32 matchsticks from banana.

Arrange one strawberry half and one pineapple chunk on two slices of toast; arrange remaining strawberry halves and blackberries on remaining slices. Place one banana slice “head” at top of each piece of fruit and arrange four banana matchsticks around each “kid” for arms and legs. Sprinkle flaxseed along bottom edges of toast under kids’ feet, if desired.

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Earth Day 2020



By Becky Lantry
 What is Earth Day? Earth Day is an annual event celebrated around the world on April 22 to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinated globally by the Earth Day Network in more than 193 countries.

Earth Day's 50th Anniversary is April 22, 2020. In honor of this milestone, Earth Day Network is launching an ambitious set of goals to shape the future of 21st century environmentalism.

The stage was set for change with the publication of Rachel Carson's New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment, selling more than 500,000 copies in 24 countries as it raised public awareness and concern for living organisms, the environment and the inextricable links between pollution and public health. Today, Earth Day is widely recognized as the

largest secular observance in the world, marked by more than a billion people every year as a day of action to change human behavior and provoke policy changes.

Now, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more and more apparent every day.

Earth Day hopes to mark 50 years with global activations that aim to mobilize a billion people worldwide for transformative action for our planet.

Earth Day 2020 will be far more than a day. It must be a historic moment when citizens of the world rise up in a united call for the creativity, innovation, ambition, and bravery that we need to meet our climate crisis and seize the enormous opportunities of a zero-carbon future.

Becky Lantry is an active volunteer community member whose focus is to make Santa Monica a better place to live.

Kate Farms Delivers Plant-Based Nutrition Drinks to Meals on Wheels West for Home-Bound Seniors

Meals on Wheels West announced it is providing organic, plant-based nutrition drinks to vulnerable seniors who are most at-risk amid the COVID-19 pandemic in California, thanks to a \$500,000 product donation, equivalent to more than 100,000 meals, from Kate Farms.

Kate Farms is a plant-based, organic, non-GMO medical nutrition formula and meal replacement shake delivering nutrients and

(Continued on Page 11)



Kate Farms Chief Medical Officer Cynthia Ambres, M.D., left, and Territory Manager Austin Light, pack up meals for home bound seniors.

Thoughts From a Second-Time Father

Protecting Tasty Treasures



By Michael Margolin
 I remember when I was young, my dad would take bites of food off the plate when I was eating. The bites seemed gargantuan. I was hesitant to com-

plain for fear that my slice of pizza or sandwich would disappear in an instant. And, I have a loving father who loved to hug and kiss us, but that stubble was like an affectionate piece of sandpaper. Though I remember it fondly.

So, now I am the one taking mammoth bites from my children's plates, and rubbing my giant, hairy face against theirs. I cannot be the only father who feels like he has the right to take these bites and deliver adoring kisses to his children, even though it feels to the kids like they might lose the first layer of skin from their faces. And, while my children do not protest the kisses they do seem to have a problem readily sharing their food.

I remember approaching Jake when he was 18 months old or so, and he was in his highchair. He had pieces of a puffed rice type of snack on his tray. Instead of sharing a few and enjoying the rest for himself, he stuffed them all in his mouth like a squirrel preparing for winter. At almost four years old, Jake is a good eater. And, now once he is done, he pushes his plate or bowl as far away from himself as he can. These items pose no threat to

him, but he feels the need to make sure they are out of arms' reach.

Alexa will be seven in July and her techniques of keeping tasty sweets away from me have advanced. We share the same taste in candy and she knows this.

Several weeks ago, she had a goodie bag from a party we went to. She knew I liked what was inside. We do not have a lot of candy on hand often, and when we do we keep it in a specific drawer.

So that evening when we got home, I thought I would simply inspect the bag she brought home. It was not in the drawer because she hid it. She hid it after she told Enjoli that she knew I would eat it. But, she did not tell anybody where she put it. The next day she told me where it was and I figured it would be back in the drawer later. She hid it somewhere else.

Although I did not taste anything from that bag, I appreciated her concern for the well-being of her snacks. Protecting one's food is another one of nature's natural instincts showing through.

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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For more information, please contact Ashley McGullam at (310)394-5133 x6 or email ashley@mealsonwheelswest.org

Community Service in Santa Monica

Rotary's Worldwide Service Projects



By Sharon Gavin, President

One of the most rewarding aspects of being a Rotarian is having the opportunity to make a difference in people's lives

across the globe. Each year, our Rotary District 5280 embarks on an International Humanitarian Trip where our club members join with Rotarians from other local clubs to help those in need in another country.

This year, our Rotarians traveled to Oaxaca, Mexico as part of this International Humanitarian Trip. Rotarians supported 17 different projects in Oaxaca and its surrounding communities. The needy projects at the destination are always identified well ahead of time with the close collaboration of the Rotary clubs in that area of the host country. The projects included:

- Providing solar kits to families in the hills of Santa Rosa who previously lived for years without electricity.
- Installing water pumps and waterlines to provide clean filtered water to residents in Mitla who did not have access to clean water.
- Providing an ultrasound machine and medical equipment to a community health center in the mountains of Santa Maria Tlahuitoltepec. This ultrasound machine will be used for maternal health, as well as helping to diagnose issues that may need to be treated at a major hospital.
- Converting a jail in Mitla into a community library and supplying it with books and furniture. A playground for kids was also installed there.
- Upgrading a school for low-in-

come families in Huatulco. The modifications included upgrading the restrooms and providing much needed school furniture, blackboards, computers, and school supplies.

- Installing both white and black sensory rooms for a special needs school located in Oaxaca.
- Providing furniture, computers, and medical equipment for a senior center in the municipality of Huajuapán de León.

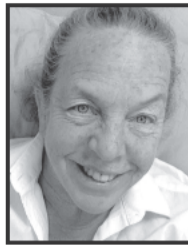
This experience is not only life-changing for the people that we help, but also for our Rotarians. Many of our club members say this experience is their defining "Rotary moment", and it fills them with pride at the incredible positive impact that Rotary makes all over the world.

But these international trips are only one way that we make a global impact. For over a decade, the Rotary Foundation has been working with the Gates Foundation to eliminate polio worldwide. At the end of March, we concluded our "End Polio Now" campaign, where we circulated "Red Shoe Banks" (to "stomp" out polio) among all our local clubs for Rotarians to donate to the campaign.

In addition, every year we donate thousands of dollars to international causes that include support for water projects in Puerto Rico, Kenya and India, disaster relief for those affected by the Australia wildfires, and support for Family Health and AIDS Prevention in Africa.

If you would like to make a local or global impact, check out our club. You can visit our club's website (<https://rotaryclubofsantamonica.org>), email rotaryclubofsantamonica@verizon.net, or call 310-917-3313.

Santa Monica Bay Woman's Club History



By Tesi Treuenfels

It was 1904. President Theodore Roosevelt was elected to a second term. The Russo-Japanese War began. There were

8,000 cars in the country, hustling about at a 10 mph speed limit, and only 144 miles of paved roads. Only eight percent of American homes had a telephone, and a three-minute call from Denver to New York cost \$11. The X-ray machine, the baby incubator, the dishwasher, and the ice cream cone all made their debut at the 1904 World's Fair in St. Louis.

The new 20th century was kicking up its heels. There were big changes in politics, education, science, and literature, many of which were set off by women.

Author Ida Tarbell had just come out with her incendiary "muckraking" bestseller, *History of the Standard Oil Company*. Mary McLeod Bethune, a noted educator, and leader of the Colored Women's Club

movement, opened the first Negro girls school in Daytona Beach, Florida. Games inventor Elizabeth "Lizzie" J. Magie Phillips was granted a U.S. patent for "The Landlord's Game," the precursor to Monopoly. Women's suffrage pioneer Susan B. Anthony, at 84, was still hard at work.

And, in Santa Monica, suffragette and community activist Elmira Stephens organized "The History Class," a group of women that met to discuss history and current affairs. The first meeting of this study group was held in the home of Miss Elizabeth McLaughlin, on the corner of Fourth Street and Wilshire Boulevard.

By 1905, with Elmira as president, "The History Class" became the Woman's Club of Santa Monica, now known as the Santa Monica Bay Woman's Club. Members today are still upholding the mission of "The History Class" of "the advancement in all lines of culture, education, welfare, service, and civic affairs."

(Continued on Page 11)

Lions Urge Everyone to Stay Home



By Marilynn Schalit

During the COVID-19 pandemic, the Santa Monica Lions Club is unable to provide community

service events such as our vision and diabetes screenings in order to flatten the curve of the spread of the virus. We urge everyone to stay at home unless you need to buy food, household necessities, or medication, or have to seek medical intervention.

In fact, Vons, Ralph's, and CVS, for example, offer delivery service so that you can stay at home. Also, maintain at least six feet of social distance from others and wash your hands often. Remain safe and healthy.

It is deplorable for some businesses or individuals to take advantage of the scarcity of medical supplies due to the outbreak by price gouging. Some individuals are hoarding basics such as toilet paper. The Lions Club Code of Ethics encourages members "To seek success and to demand all fair remuneration or profit as my just due, but to accept no profit or suc-

cess at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part."

Before the pandemic, the Santa Monica Lions Club was about to hold third Wednesday of the month evening dinner meetings from 6 p.m. to 7:30 p.m. at the Elks Lodge at 1040 Pico Blvd. in addition to our first Thursday monthly lunch meetings there from 12:15 p.m. to 1:30 p.m. These meetings have been postponed.

When the danger is over and normalcy returns, please contact me at marilynnschalit@yahoo.com, or membership co-chair Yoiko Fisher at yorikofisher@gmail.com to determine when meetings will resume.



Happy Easter

For information on Holy Week and the Easter Mass Schedule at St. Monica Catholic Church, go to: <https://stmonica.net/worship>.

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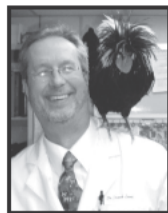
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Can Dogs and Cats Catch or Spread COVID-19?



By Dr. Frank Lavac MS, DVM, VCA
Q: Are dogs and cats at risk for catching or spreading COVID-19?

with an infected person, it's possible that some viral particles could transiently have contaminated the dog's nose or mouth. This is not a surprising finding, considering how closely people interact with their pets.

If your pet is showing signs of respiratory infection, please have it examined by your veterinarian. There is no need to test them for COVID-19. There is no evidence to suggest that pets can be infected by COVID-19.

Enjoy your pets. They can help reduce your stress!

For more extensive analysis about pets and COVID-19, go to www.wormsandgermsblog.com/?s=COVID-19 or www.cdc.gov/coronavirus/2019-ncov/faq.html#animals.

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

A: The short answer is "NO!" Concerns about Coronavirus have certainly extended to people's pets. The following information comes from Dr. Anne Kimmerlein, who is a VCA veterinary epidemiologist.

It still appears that dogs and cats do not become infected with COVID-19 and cannot spread it to people. The human coronavirus is specific for people.

There was a dog that tested "positive" for COVID-19 in Hong Kong. This dog was not sick, but living with an owner who had tested positive. The PCR test used to detect a virus can identify very small particles of virus. When a dog is living

Mar Vista: Neighbor to Neighbor

Tract Featured Affordable High-End Design



Above is an example of a "Modernique" Home designed by Gregory Ain in the 1950s.

Photo by Tesi Treuenfels

By Tesi Treuenfels

Occasionally, I walk around a very special neighborhood. It's south-east of the corner of Palms and Rose Ave. I appreciate the quiet, the beauty, and the local history.

It's a small development of 52 homes designed by Gregory Ain. Gregory Ain was a significant Los Angeles architect of the 1950s. The existing tract was marketed as "Modernique" Homes. The modern homes presented an affordable, high-end design. They have a flexible floor plan that can easily change according to the needs of a growing family.

Monica and Andrew Kirschner live in one of the "Modernique" homes with their two dogs, Redford and Coral. They graciously invited me in to see what was going on and to get a look at the interior. The restoration is now complete on their original small-sized home. Andrew took the time to show me the house, including the sliding wall, which can easily divide a single large bedroom into two complete rooms. It was designed with growing families in mind.

There is an entry into the house from the garage. Using this entry, you pass the exposed brick of the back of the fire place. It's dark with wooden struts. The door into the house opens onto floor to ceiling windows. You are greeted with light and a full view of the outdoors and the landscaped yard. It is breathtaking. The windows are in the hallway that connects the original house to the new wing.

This new addition reflects one of the basic premises of Ain's designs, indoor-outdoor living. The yard wraps around the house with a side patio just outside the kitchen. It is also beautifully landscaped.

The landscaping in the neighborhood is interesting because it is

made up of 1950's style exotic plants. A walk down Moore Street is stunning. The street is lined with Melaleuca quinquenervia, the broad-leaved paperbark trees. These are also known as the paper bark tea tree, punk tree, or niaouli. The front yards of the Moderniques still maintain that unfenced park-like quality.

Gregory Ain was a visionary and a socialist. Part of his plan was to integrate communities. He was thought of, by some, the most dangerous architect in America. He was under surveillance by the FBI during the McCarthy era and beyond. For more information on Gregory Ain, his amazing story and the houses he has here in Mar Vista and other parts of L.A., go to marvistatract.org and laconservancy.org.

Providing a Skilled Level

(Continued from Page 3)

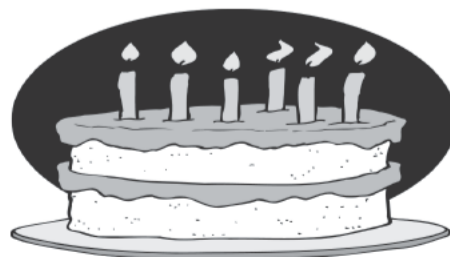
among their longer-term clients and caregivers.

The care that Tim and his team put into their work has not gone unrecognized. Right at Home was named Employer of Choice and Provider of Choice by the independent agency Home Care Pulse each year for the last five years, including 2020. "It's doing more than just sending a caregiver," Tim says. "We stay really involved with our families."

Right at Home is also dedicated to the local area. "We want to be a presence here in Santa Monica," Tim says, by continuing to build their reputation and maintain strong relationships with the local hospitals like UCLA and Providence Saint John's Health Center.

In his spare time, Tim has coached hundreds of triathletes who have fundraised millions for the Leukemia and Lymphoma Society. Though running Right at Home has required taking a step back from this volunteer work, Tim still competes on occasion and recently ran a half-marathon.

For more information about Right at Home, please call 310-313-0600, or visit www.rahwestla.com.

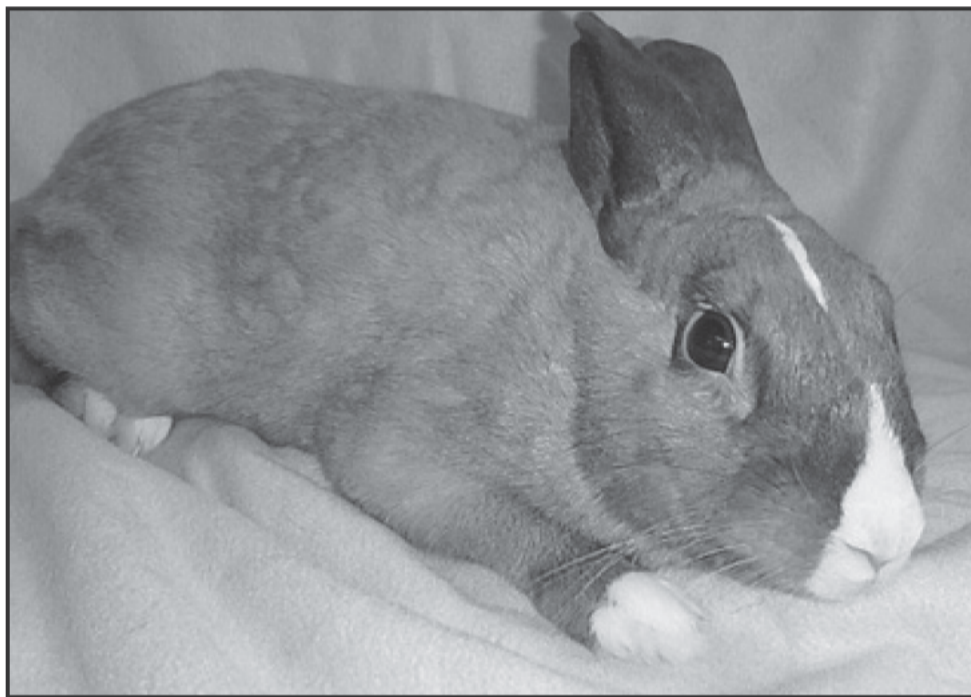


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Teen Scene

Will These Ancient Spring Holidays Be Celebrated Online?

By Julia Abbott

One of the wonderful things about living in Los Angeles is the variety of cultures in this city. We live with neighbors of different backgrounds, origins, and religions.

Two prominent religions in L.A. will be celebrating important holidays this month: Easter and Passover. However, these two holidays are more connected than many may think. As I discuss their incredibly interesting histories, please note that I will do this based on each religion's separate (and shared) beliefs. The origins of Easter date to the beginnings of Christianity, and it is the oldest Christian observance after the Sabbath.

Easter celebrates the Resurrection of Jesus Christ three days after his crucifixion. According to St. Bede, an English historian of the early eighth century, "Easter" as a name owes its origin to the old Teutonic mythology. It was derived from the name *Eostre*, considered a Goddess of Spring, to whom the month of April was previously dedicated.

The festival of Eostre was celebrated at the vernal equinox, where night and day are equally divided. The very early Christian Easter was a unitive celebration in memory of Jesus's death and resurrection. However, by the fourth century, Good Friday was observed as a separate occasion, while Easter is solely devoted to the resurrection of Jesus.

During Easter, activities range from Easter egg hunts to Easter brunches to Easter services at a local church, but most focus on the

resurrection of Jesus. This holiday is wonderful for those who celebrate it to grow closer with friends and family while celebrating a core event of their religion.

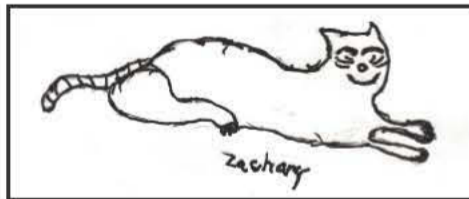
Some may notice that the Easter festival, as celebrated today, is related to the Jewish Passover. Passover is celebrated during Nisan, the first month of the Hebrew lunar year, which is why it falls on varying days of the American solar calendar. It is one of the most important holidays on the Jewish calendar.

Passover always falls on the first full moon after the vernal equinox, another tie in to Easter. It commemorates Moses leading the Israelites out of bondage in Egypt by parting the Red Sea and leading the Jewish people through the desert to the promised land, Israel. The "matzah" that many may notice appearing on grocery shelves, is due to the fact that the Israelites left so quickly, their bread did not have time to rise. Jews do not eat leavened bread, with some groups also avoiding rice and other grains, during this eight-day holiday. Jews also hold a special Seder, to commemorate this event, and gather with friends and family.

Different foods are eaten with family and friends and prayers are said while the story of Passover is told to the children. A special tradition of hiding a piece of matzah is also celebrated, with the children searching for this matzah hidden by an adult. The child who finds the matzah wins a small prize or, in my family, first pick of the desserts!

These two holidays focus on religion, family, and happiness, with a special group meal tied in as well. I've attended my share of both Seders and Easter egg hunts and I feel so grateful I live in a city where so many do both. Although the Coronavirus may be scary and putting a somber tint to these holiday plans, hopefully all of us can take a moment to wish each other a happy Easter or Passover and anything in between.

Julia Abbott is a local high school student.



Kate Farms Delivers
(Continued from Page 8)

healthy antioxidants.

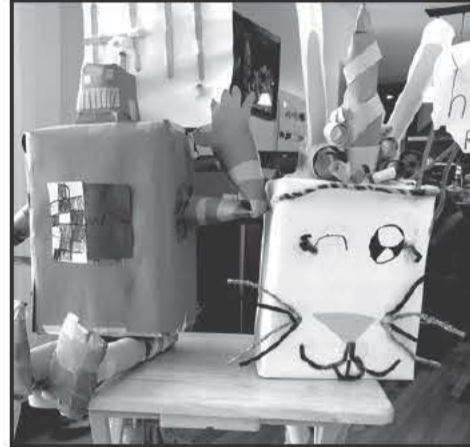
The current pandemic has increased the demand for Meals on Wheels around the nation, and specifically in Southern California. In fact, in just two weeks the number of clients served has grown by 20% in greater Los Angeles. The organization expects the number of home-bound seniors served to jump by 40% over the coming weeks. Through its donation to Meal on Wheels California, Kate Farms formulas and shakes will be distributed directly to seniors most in need through Meals on Wheels California member organizations.



Jackson is watching science class on his computer, while Rosalyn, right, is in reading class.



One of their assignments was to make a blueprint for a 3D project on their tablet and then to build it. (See photo on left.)



Here are their final projects.

Home Schooling

It's interesting to see the various new "classrooms" set up around the Westside. Above Jackson and Rosalyn are getting detailed lessons from their school via the computer.

They even have scheduled breaks, P.E., and lunch. Please send a picture of your new "classroom" to the Santamonica starnewspaper@gmail.com.

Santa Monica Bay Woman's Club

(Continued from Page 9)

Nine years later in 1914, under the inspirational leadership of Elmira T. Stephens, the women of Santa Monica Bay Woman's Club opened their magnificent Clubhouse on Fourth Street, Santa Monica. Designed by architect Henry Hollwedel, with funds provided in part by Arcadia Bandini Baker De Stearns, the Clubhouse became a hub of activity, a place to

meet and socialize, but also a place to raise money for social causes – a center to organize, to educate, and to celebrate.

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Answer to Neighborhood Celebrity

(Continued from Page 1)



Rosita Linesch has been the concierge for 28 years at the senior residence Ocean House in Santa Monica. She enjoys greeting people and helping them get transportation. She calls the people she works with "family." Rosita's first job was a part-time dining room receptionist. She also worked as a private nurse. Rosita has been married for 30 years. She loves to read, go to yoga and do ballroom dancing.

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



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