

Sharing What Makes Marriages Work



Amy Moorman and Scott Roberts pause for a photo on a recent trip to Cabo San Lucas.

Their Love Scene in Acting Class Continued On

Amy Moorman and Scott Roberts have been together for almost 30 years. They met in an acting class in 1993, in which they were paired for a romantic scene. The on-stage attraction continued into their life off-stage. Amy says that she knew “within the first few weeks” that she’d found the person she would be with for the rest of her life. She was attracted to Scott’s thoughtful and genuine nature, and his generosity and integrity. Scott found Amy “very attractive, passionate, intense, incredibly open, and giving.”

Together, they carved out careers for themselves as advertising professionals, moving to New York for graduate school and then back to L.A. They encourage each other to follow their passions, working out how to make necessary compromises to support each other. They continue to act as well. Amy appeared in the Oscar-nominated film *Vice*, while Scott was in a successful run of the play *Dancing at Lughnasa* last summer.

Interviewing them separately, it’s remarkable to see how similarly they speak about each other and

what they value about their relationship. (If this were a game show, they’d be acing it.) They both marvel at how fast the time has gone and emphasize not taking each other for granted. They also echo the importance of communication – especially listening – as well as kindness and respect.

The couple got engaged in Paris in 2002 and married in Newport, RI in 2003. However, marriage didn’t change their fundamental relationship, says Scott. “It was great to have a big gathering and celebrate us being together, but it was still the same great relationship that we’d always had.”

Over the years, their relationship has “evolved – as it should. It’s deeper, better,” says Amy. Scott agrees, “We are really supportive of one another. That’s grown and grown.” The trust and respect they have worked to create together is obvious. Amy advises, “If you find that person whom you connect with, who’s your soulmate, you should do anything and everything to work on that relationship to keep it going.”

—A.W.

Remembering Santa Monica Group to Learn About the History of the Santa Monica Piers

Andrew Pierce will discuss *The History of the Santa Monica Piers from Freight to Fun* with the Remembering Santa Monica group on Tuesday, February 11 at 11:30 a.m. at the Santa Monica History Museum, 1350 7th St. adjoining the main library.

To save a seat, please RSVP to John Klopping, museum manager of the Santa Monica History Museum, at 310-395-2290. All are welcome. Refreshments will be served.



Andrew Pierce will speak about the history of the Santa Monica Piers.

By Anne Wallentine
Love is a universal story, repeated time and again, though the details differ. In honor of Valentine’s Day, we asked three couples to share the stories of how they met and fell in love. While each experience is unique, their bonds epitomize the common features of strong relationships.

He Proposed Through the Mic on the Santa Monica Pier

Without knowing it, Rob Schwenker and Lisa Gumenick met several times before their “meet-cute.” Moving in overlapping social circles in Santa Monica, they came to realize they had crossed paths several times without really meeting – not only did they live a block away from each other, but Rob had even taken a photo of Lisa and her dance students once. They met “for real” at the summer Twilight Concert Series at the Santa Monica Pier, hitting it off immediately when Rob’s business partner introduced them.

After talking all evening and getting late-night pizza, Rob texted himself from Lisa’s phone to ex-



Lisa Gumenick and Rob Schwenker

Photo by Justin Lee

change numbers. Lisa heard nothing from him for a few days and was about to write him off when Rob emailed, explaining that he’d texted the wrong number. He then asked her out for dinner. They met up the next day, and “have rarely

(Continued on Page 8)

They Met When Delivering a Patient’s Seventh Child

At their first meeting, Eric Schmitter managed to get a baby named after his now-wife Marilyn. Marilyn was the nursing student assigned to assist in his first delivery as a medical student at the University of Maryland. The mother hadn’t yet picked a name for her seventh child, and Eric suggested, (in a rare instance of smoothness, Marilyn adds) “Maybe you should name her after your lovely nurse.”

At the time, Marilyn was “otherwise engaged,” but seeing how “cute Eric was, with his big

(Continued on Page 3)

Do You Recognize These Neighborhood Celebrities?

(Answer on Page 11)

Meet Our New Chef Jahrid on Page 6



Take A Look Inside

Brain Matters	..2
Byte by Byte	..2
Planning Ahead	..2
Passing Through the Pico Neighborhood	..7
Community Service	..9
Paws and Claws	..10
Community Calendar	..11
Teen Scene	..11



Brain Matters

Is Intermittent Fasting a Good Idea?



By Dr. Daniel Kelly
Intermittent fasting – restricting food intake over periods of time – has been around for hundreds of years. Recently, it's experienced a rise in general popularity because of its potential positive impact on health and wellbeing. A review article¹ in the *New England Journal of Medicine* states that intermittent fasting may have “broad-spectrum benefits for many health conditions, such as obesity, diabetes mellitus, cardiovascular disease, cancers, and neurologic disorders.” Three widely studied fasting regimens are:

- Alternate day fasting: This indicates fasting every other day. This means eating 500-700 calories'

worth of food and drink on fasting days, but eating normal meals on the other days.

- 5:2 fasting: Fast for two different days a week, consuming only 500-700 calories on each of those days. Eat normal meals on the other five days.
- Time-restricted eating: Limit eating every day to a six to eight-hour period. For example, eat one meal at noon and end the second meal by 8 p.m. Fast for 16 hours (until the next day at noon).

Restrictive fasting means that once carbohydrate sources are burned through, the body begins mobilizing fat reserves for the production of ketone bodies as a source of fuel for cellular processes instead. Using restrictive fasting as a means of inducing caloric deficit can aid in weight loss.

Intermittent fasting can work for many people, but it is not for everyone. We recommend older adults consult with a healthcare professional. While more research needs to be done, adopting such a diet can be a viable option to improving overall brain and body health. Reference:

¹*Effects of Intermittent Fasting on Health, Aging, and Disease* by Rafael de Cabo, Ph.D., and Mark P. Mattson, Ph.D. published in the December 26, 2019 issue, at NEJM.org.

Dr. Daniel F. Kelly, a world-renowned neurosurgeon, is the founder and director of Pacific Neuroscience Institute, which has locations in Santa Monica and Torrance. 310-582-7640

Byte by Byte

Black History Month: Inventor Spotlight



By Miceala Shocklee
Black inventors have shaped America since the nation's inception. In honor of Black History Month, Byte-by-Byte will highlight some less

common names amongst historical Black inventors whose work in technology helped set the pace for American life today.

In 1923, Garret Morgan received a patent for his three-light traffic light design. Morgan's design was the first to incorporate the yellow “yield” light that now warns oncoming drivers of an upcoming stop. It allowed for a safer flow of traffic and helped shape modern-day driving practices.

In the early 1960s, Otis Boykin developed an electrical control unit that allowed for a set rate of electrical impulses to be discharged – resulting in the modern-day pacemaker that has saved countless lives. Boykin also researched ways to better test automatic pilot control units – work that has made the skies safer for travelers the world over.

In 1973, Dr. Shirley Jackson became the first Black woman to receive a doctorate from MIT. Her doctoral research focused on elementary particle physics. Her research dominated the field of solid state and quantum physics, optical physics, and theoretical physics.

Dr. Jackson was awarded the National Medal of Science for her achievements in 2014. From 2014 to 2017, Dr. Jackson served as chair of the President's Intelligence Advisory Board, though her history of presidential advisement on scientific matters extends well into even earlier administrations, including having served on the U.S. Nuclear Regulatory Commission during the Clinton administration.

In 1998, Dr. Jackson was inducted into the National Women's Hall of Fame. Not one to rest on her laurels, Dr. Jackson currently serves as the 18th president of the Rensselaer Polytechnic Institute, having been the first Black person and first woman to garner the title at the time of her appointment.

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



Kathe Beltran

Planning Ahead

New Law Affecting Retirement Accounts



By Lisa C. Alexander, Esq.
On January 1 of this year, the “Setting Every Community Up for Retirement Enhancement (SECURE) Act” became the new law governing retirement accounts. The two most significant provisions of the SECURE Act are the delayed beginning date for Required Minimum Distributions (RMDs) and the shortened time for a beneficiary to withdraw an inherited account.

Under the old law, a person had to start taking their RMDs when they reached 70.5 years old. Now, you don't have to start taking your

RMDs until you reach age 72. Since RMDs are taxable as income, the delayed start date is good news. Under the old law, the beneficiary of an inherited retirement account could stretch out withdrawals over the beneficiary's lifetime. Now, with limited exceptions, a non-spouse beneficiary has only 10 years to withdraw the entire account. For a minor child, the 10-year period doesn't start to run until the beneficiary reaches age 18, but then must be fully paid out by age 28. This is bad news for the beneficiary since the withdrawals are taxable as income. The shortened 10-year time period will mean larger withdrawals and more tax paid sooner. Historically, for estate

planning, the goal was almost always to delay distribution for the longest possible time (the beneficiary's lifetime) to minimize taxes. Now, we must focus on the question of whether we want the beneficiary to receive the entire account in 10 short years, or if we want to plan our estates to delay distribution, even if we can't delay payment of the tax? Usual reasons to delay distribution include immaturity, creditor protection, and possible divorce. While you are thinking about that, now is a good time to review your beneficiary designations to be sure they are consistent with your overall estate plan and to confirm that the plan administrator has your beneficiary designation on file.

Lisa C. Alexander, Esq.
JAKLE & ALEXANDER, LLP
1250 Sixth Street, Suite 300
Santa Monica, CA 90401
Main Line: 310-395-6555
Direct Line: 310-656-4310

The Santa Monica Star
1112 Montana Ave. #525
Santa Monica, CA 90403
424-581-6005 ©2020
Website: www.thesantamonicastar.com
Email: SMStarNewspaper@gmail.com
Editor and Publisher:
Diane Margolin
Editorial Assistant: Miceala Shocklee
Advertising Sales: Diane Margolin
Graphics: Nancy Slanchik
Contributing Writers:
Dr. Frank Lavac, Qin Stubis, Michael Margolin, Lisa Alexander, Carolyn Hemann, Anne Wallentine, Sunshine Banister, Mark Presky, Julia Abbott, Becky Lanty, Jahrid Longsworth, and Kera Snell.
Special thanks to Florence Kinney, Rufus Baker, Jennifer George, Renee Reid, Ron Robinson, and Becky Mejia.



Rotary Club of Santa Monica

Leaders serving the community since 1922

People of Action

Join us for lunch to find out how you can make new friends, meet mentors, network for business and make a difference in your community. Visit our website for more information.

www.RotaryClubofSantaMonica.org

Sponsored by Quigley & Miron, CPAs

Subscribe To
The Santa Monica Star
Just send a check for \$20
for a one year subscription to
The Santa Monica Star

1112 Montana Ave. #525 • Santa Monica, CA 90403


NAME _____
ADDRESS _____
CITY _____ ZIP _____

February/20

VCA Wilshire Animal Hospital

2421 Wilshire Boulevard
Santa Monica

310-828-4587



Using bcc Instead of cc on Your Computer



By Mark Presky

Our editor, Diane Margolin, knows me from my submissions of meeting announcements for the Los Angeles Computer Society, a non-profit organization of individuals who help each other with their computers. She asked me to provide suggestions to help with your day-to-day encounters with computers by discussing diverse subjects from email etiquette to how to fix that pesky problem that one might be experiencing since upgrading to Windows 10.

One of the ways that evil-doers acquire email addresses is through messages with many email addresses in the T or cc part of the message; in other words, mass mailings. Email addresses are often harvested using “sniffers.”

About 15 years ago, the general rate was \$15 for 100,000 addresses. This is a major source of spam and worse (ransomware, hackers, etc.). If you must send a message to a large number of individuals who have not provided permission to share their addresses, please use bcc. Using bcc allows each recipient to view only the sender’s email address and his/her own address.

When one chooses a recipient,

there will usually be a dropdown arrow next to the To allowing one to change the To to a cc: or to a bcc. There may also be other ways to choose To, cc, and bcc. And, as an important side benefit of using bcc, you are protecting the privacy of the recipients. Some or all of them may not want their private email addresses disseminated to strangers.

Another bit of related email etiquette is to avoid forwarding messages that others have sent with previous recipients’ addresses. Often, one receives a wonderful message with several previous recipients’ email addresses, either as From, To, or cc, and you want to share it with an additional 50 of your closest friends.

Again, it is unlikely that each sender has received permission from the previous senders to disseminate their email addresses, or permission from the many previous recipients of the message. To avoid passing on strangers’ addresses, copy the part of the message that you wish to forward into a new composition window and address it via To, cc, or better yet, bcc to those you want to receive the material you want to send.

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

Five Ways to Improve Your Heart Health

Family Features--If you worry that you or someone you love will get heart disease or even have a heart attack, it’s understandable.

Heart disease is the leading cause of death for men and women in the United States, according to the National Heart, Lung, and Blood Institute (NHLBI).

Research shows you can lower your risk, particularly if you team up with family, friends, or co-workers. This kind of social support may be the key to your success.

To mark American Heart Month, NHLBI, one of the National Institutes of Health, is inviting people across the country to team up and join #OurHearts, a national health initiative that encourages people to improve heart health together.

“Studies show that having positive, close relationships and feeling connected to others benefits overall health, blood pressure, weight and more,” said NHLBI’s Dr. David Goff, Director of Cardiovascular Sciences.

Consider these five tips that can help lower your risk of heart disease:

• Risk: Inactivity

Solution: Move more throughout your day. Aim for at least 150 minutes each week of physical activity. Build up to activity that gets your heart beating faster and leaves you a little breathless. **Stay motivated:** Make walking dates. Join a pickup soccer or basketball game. Join a fitness class with your neighbor.

• Risk: An unhealthy diet

Solution: Consider an option like NHLBI’s Dietary Approaches to Stop Hypertension (DASH) eating plan, which is free and scientifically proven to lower high blood pressure and improve cholesterol levels.

Stay motivated: Start a lunch club at work and trade recipe ideas.

• Risk: Smoking, even occasionally

Solution: Quitting can be beneficial to your overall health, even if you’ve smoked for years. Set a quit date and let those close to you know. If you’ve tried quitting in the past, consider what helped and what made it harder. **Stay motivated:** Ask your family and friends for support or join a support group. Find resources and connect with a trained counselor at 1-800-QUIT-NOW or smokefree.gov.

• Risk: Inadequate or poor-quality sleep

Solution: Sleeping 7-8 hours each night helps improve heart health. Try going to bed and waking up at the same time each day. Getting a 30-minute daily dose of sunlight may also improve sleep. **Stay motivated:** Resist that late afternoon nap. Turn off all screens at a set time nightly. Relax by listening to music or reading.

• Risk: Uncontrolled stress

Solution: To help manage stress, try relaxation therapy and increase physical activity. Talk to a qualified mental health provider or someone you trust. De-stressing may also help improve sleep. **Stay motivated:** Join a friend or family member in a relaxing activity like walking, yoga, or meditation every day.

Learn about heart health and heart healthy activities in your community at: nhlbi.nih.gov/ourhearts. Use #OurHearts on social media to share how you and your friends, colleagues or family members are being heart healthy together.



Eric Schmitter attributes his and Marilyn’s successful marriage to “Patience and understanding. We enjoy each other and never know what’s coming. It’s just a great life surrounding ourselves with family and good friends.”

Photo by Brendan Minto

They Met When Delivering

(Continued from Page 1)

muscles in his blue scrubs, I realized I had to clear the calendar.” They went out a few months later, but life pulled them in different directions. Eric completed school and served in the Navy in Vietnam for two years, while Marilyn went to graduate school in San Francisco. They kept in touch and, five years later, they got married – and have stayed that way for 52 years.

“Eric was a reluctant groom,” Marilyn says, “but for a reluctant family man he is a wonderful husband and father.” Uncertain about the institution of marriage, Eric got cold feet when family tried to make the wedding a big production. But Marilyn wasn’t worried – she lived her life and let him figure out what he wanted. “When you love some-

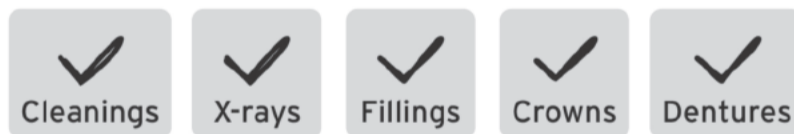
one, and you know they’re the right person to live with, you just wait for the moment when it’s right.” They got married in a small ceremony on Treasure Island that cost just \$400.

The couple moved to Santa Monica in 1971 so Eric could complete his fellowship as an orthopedic surgeon. They built independent lives, together. Both were very active in their careers and community, working, volunteering, and raising three sons. Marilyn appreciates that they’ve maintained independent interests, underpinned by shared beliefs. “We respect each other,” she says. Their relationship is “richer, when [we’ve] gone out and met people with different ideas

(Continued on Page 8)

Dental Insurance

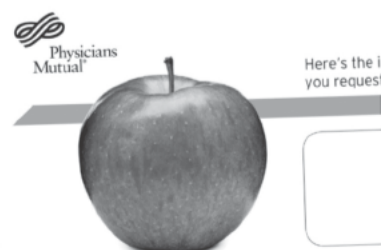
Get the dental care you deserve with dental insurance from Physicians Mutual Insurance Company. It can help cover the services you’re most likely to use -



- ◆ Preventive care starts right away
- ◆ Helps cover over 350 services
- ◆ Go to any dentist you want - but save more with one in our network
- ◆ No deductible, no annual maximum

Call now to get this **FREE** Information Kit!

1-855-601-9397
dental50plus.com/smstar



Product not available in all states. Includes the Participating Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds B438/B439. 6154-0120

Physicians Mutual
Insurance for all of us.®

Reflections From The East

Is the Chinese Zodiac Actually the Fountain of Youth?

By Qin Sun Stubis

With the passing of every year, we climb another step up the age ladder, one calculated by the Earth's revolutions around the sun. The arrival of 2020 is no exception. It promises us yet another birthday celebration, adding one more year to our increasing longevity and, hopefully, making us not just older, but wiser.

Measured by the clock and the calendar, time is constant. And yet, for each person, the perception of time can be quite subjective and vary greatly. I have certainly felt its changes as I have travelled through

different stages of my life.

I can still remember the agonizing, endless days and weeks of my childhood, feeling the painful longing for a slow winter or a futile summer to come to an end. There were times when I had no doubt that I was stuck in time and my life had ceased to move forward.

Somewhere in the distant past, my life must have sped up like a train. Suddenly, there was no more frustration with time and life moving too slowly. Time just took off, with my youth and adulthood on its wings.

However, now that my children are in college and I have more time to spare, I start to get the feeling that the clock is slowing down on

me again, accompanied by the startling realization of how many years have sped by me. I sometimes have the whimsical fantasy of staying a younger age forever, or becoming a child again. Fortunately, the ancient magic of the Chinese Zodiac allows us to travel back in time and memory, spinning us back to our true celestial birthdays every 12 years.

As many of my readers may know, the Chinese Zodiac consists of twelve annual "birth animals" in this order: mouse, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig.

Whichever your astronomical animal is (mine is the mouse), it only comes back every twelve years, al-

lowing you to see your life in fewer, slower, larger cycles than Western calendars do.

Each revolution of the Chinese Zodiac gives you more emotional room to look back on your life and its progress, and even gives those who want to slow down the clock a new way of looking at their age. As you travel through time, don't forget to watch every 12 years for the return of your very own unique birth animal. It just could be your own special fountain of youth.


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

Qin is a longtime columnist of ours who lives near Washington, D.C.




MINI MESSAGE BULLETIN BOARD

Select a special Valentine's Day Gift from
Special Moments
Exquisite Lingerie in the Pacific Palisades
873 Via de la Paz • 310-454-8199
Hours: Monday-Saturday 10am-6pm • Sunday 11am-3pm

 If you have problems with your love interest,
SUBSCRIBE to my YOUTUBE channel-
ONE HEART ONE LOVE 101
SUNSHINE BANISTER Turn Pain into Power!!!


Protect your business name.
Trademark it in 2020.
mkrieger@internetlawcenter.net
310-428-5208

 2111 Wilshire Bl.
Santa Monica
310-453-3341
Sullivan Dituri
Residential / Income
Apartment Rentals
Property Management

Job Opportunity
Part-Time Distributor
Needs own car and insurance.
Flexible hours.
Call 424-581-6005


bru's wiffle
Two locations to serve you!
2408 Wilshire Blvd. Santa Monica, CA 90403
3105 Washington Blvd. Marina del Rey, CA 90292

Stella,
Thanks for always being there for me
and for being you. I love you more today
than ever before.....I love you with all my heart.

 Sabor a mi,
siempre
...Alex

Priscilla, Alejandro & Miguel Padilla,
God has certainly blessed us with each of you. You are beautiful and
amazing with loving and huge hearts. We love you today and every day.
-Mom & Dad

Share Your Expertise
With Our Readers!
**Your ad
could be here.**

 **SANTA MONICA LIONS CLUB**
Luncheon Programs 12:15 p.m.
Santa Monica Elks Lodge
1040 Pico Blvd., Santa Monica
Meetings 1st and 3rd Thursdays of the month.
email: levelheadedlinda@yahoo.com

Serving Santa Monica
and its Surrounding
Communities Since 1949.
www.BradmoreGroup.com

 **Opportunities
for Freelance
Writers**
For details call
424-581-6005
Flexible hours.



 1802 BROADWAY - SANTA MONICA • 310-461-9053
8:30 A.M. - 8:00 P.M. MONDAY-SATURDAY
**Enjoy Black History Month
at SM's Black Barber Shop**
HAIRCUTS \$25 FOR EVERYONE

To Evelyn - Happy Valentine's Day.
I appreciate you for making our lives so wonderful
for so many years. I look forward to sharing
many more happy adventures with you.
Eddie, the Stache 

SANTA MONICA BREAKFAST CLUB
focusing on dental health for
Santa Monica school children.
Please help us fight tooth decay.
For details, call 310-266-6703.

This year, do not re-live a bad Groundhog Day
business deal. Get good legal advice.
Call Bret R. Carter, Esq.
213-629-5700

**SANTA MONICA BAY
WOMAN'S CLUB**
1210 4th Street, Santa Monica
310-395-1308
Now Air-Conditioned
Available to rent for your next event!

Happy Valentine's Day
to Joanne, the love
of my life.  
- KINGSLEY

Openings Now for Skilled Caregivers
Join the team at Right at Home
Call Tim at 310-313-0600 for details.

alphagraphics® GET NOTICED. GET BUSINESS.
SANTA MONICA US763
2717 Wilshire Blvd.
310.453.7559
US763@alphagraphics.com
Specializing in Offset / Digital Printing and Customer Service!
Business & Personal Stationery • Business Cards
Flyers • Post Cards • Presentations • B/W & Color Copies
Invitations / Holiday Cards • Hang Tags and so much more
Call our team to help you with your next project!

From Me to You...



By Diane Margolin
February is the month many people look for more ways to tell and show the people they care about how important they are to them.

One night on the radio I heard, "My name is Sandy. I live in San Bernardino. I want to dedicate "Earth Angel" to Frank in West Covina. Since I met you, baby, my life has become so much better. Thanks for showing me what it's like to have an angel on my side." And, the host, from the Art Laboe Connection, played the song.

The most precious gift we have to give is our time. No matter for how long, if it's a phone call or a visit, it means the most to the people on the receiving end. A very Happy Valentine's Day to you all.

We are very excited to bring you some new columns this month. Chef Jahrid, a teenage resident of the Pico Neighborhood, will be sharing his dairy-free creations. Becky Lanty, a neighborhood volunteer, will keep us posted on ways to help us make our city a better place to live.

Many thanks to Clara Wright, who covered the Pico Neighborhood for us for many years. She is mov-

ing on to work on other projects and we wish her all the best.

For those of us who are not computer whizzes, Mark Presky will share hints on making life easier as our fingers fly across the keys. We are also so proud of the various columns and writers we have been running for several years.

Tesi Truenfels will now share what's happening in her Mar Vista area. There are many interesting businesses in her neighborhood, and she will introduce you to them.

Can you believe The Santa Monica Star is entering its 19th year of publication? Please let us know what other features you would like to see in future issues.

Many of us were fans of Chez Mimi, the wonderful French restaurant owned by Mimi Hebert. The cafe was on 26th St. in Brentwood and then at the foot of the Palisades Highlands. We are delighted to tell you that Le Petit Chez Mimi will be opening some time in March at Colorado Avenue and Stewart in Santa Monica. It will be in the space formerly known as Le Petit Cafe. Mimi says, "I am very pleased with the decor and location. I can't wait to see again my loyal clientele and work with my faithful staff." We will keep you posted on when she will open.

Looking Into Ways to Reduce Taxes



By Carolyn Hemann, CFP
Thinking about making a large financial gift to charity? Looking for ways to reduce your taxes? If you're retired and have IRA assets, the qualified charitable donation (QCD) tax rule might work in your favor. The QCD rule allows IRA owners or those who have inherited an IRA to exempt their required minimum distributions (RMDs) from taxation through direct charitable giving. It's especially pertinent given recent tighter rules on itemized deductions. Here's what you need to know to benefit from QCDs.

Timing Matters
The age requirements for RMDs and QCDs are similar, but not the same. IRA owners become eligible for RMDs any time during the year in which they turn 72 years old, but for QCDs, you must have reached 70.5 years of age. The IRS applies the "first dollars out" rule to RMDs from your IRA. That means whatever is withdrawn first from your IRA during the tax year goes toward satisfying the RMD. If you make a withdrawal as income earlier in the year, the withdrawal will reduce tax exemption under the QCD rule. To get the maximum tax benefit, make your QCD early in the year, before withdrawing funds for any other purpose.

Meeting RMD rules with a QCD
RMDs can often be seen as an annoyance, but failing to take RMDs is a costly mistake. The IRS imposes heavy fines on taxpayers who skip this annual obligation. However, if you can get by without taking income from your IRA, the IRS states, "your qualified charitable distribution can satisfy all or part of the amount of your required minimum distribution from your

IRA."¹ Additionally, when it comes to donation amounts, the QCD rule applies to IRA distributions of up to \$100,000 annually. This limit applies to the IRA owner, not a household. However, while you can make a QCD from a traditional or Roth IRA, the tax benefits associated with the QCD rule only apply to owners of traditional IRAs, as withdrawals from Roth IRAs are not taxable. Savings held in an employer-sponsored retirement account are not eligible; consider an IRA rollover if you want to take advantage of the QCD rule in the future.

Planning Your QCD
Choose your charity carefully. QCDs only apply to charities granted tax-exempt status by the IRS. This generally includes nonprofit groups such as churches, charities and other 501(c)(3) organizations. When in doubt, visit the IRS online tool to confirm nonprofit status.² Talk to your financial advisor at or before the beginning of the tax year if you wish to satisfy RMD rules with charitable giving. Consult your tax professional to ensure compliance with both RMD and QCD rules. Under certain QCD circumstances, the IRS may require an extra form.

¹ <https://www.irs.gov/retirement-plans/retirement-plans-faqs-regarding-iras-distributions-withdrawals>

² <https://www.irs.gov/charities-non-profits/tax-exempt-organization-search>

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.

From the Santa Monica History Museum



Santa Monica Professional Building, circa 1930--
This Spanish Colonial Revival-style building sits at the southeast corner of Seventh Street and Wilshire Boulevard. Built in 1928, it was recently renovated and re-opened as a hotel.
Courtesy: Santa Monica History Museum, Evening Outlook Collection [For historical reprints, please contact SMHM and specify image #1998.1.717.]



JOHN LEHNE & SON INC.
PAINTING CONTRACTORS

Luis Fajardo Superintendent
310-261-3031 cell
310-280-0597 office
310-280-9172 fax
JohnLehneandSon@gmail.com

Lic. # 160698

Family-Owned and serving the Westside community since 1936



WE SELL MORE THAN SPACE.

With our connections in the community, we will let our contacts personally know about your business or service.

Call 310-613-3899 for details on becoming part of our promotion team.

EMPLOYMENT OPPORTUNITIES
For Freelance Writers
Call 424-581-6005



★ ★ ★ ★ ★

Star Comments



"The Santa Monica Star is an uplifting and positive paper. The Star celebrates the good things in our community. I look forward to reading it every month."
—Steve Litvack, Alphagraphics

Harlem Globetrotters "Pushing the Limits" Tour Comes to Greater Los Angeles Area

The world-famous Harlem Globetrotters will bring their new "Pushing the Limits" World Tour to Los Angeles, Anaheim, and Ontario from February 15-22. Globetrotters' fans will experience even bigger moments and memories, including a live world record attempt at each game.

They will be at the Staples Center in Los Angeles on Sunday, February 16 at 2 p.m. Get tickets on sale at harlemglobetrotters.com/SoCal.

New to this year's tour are never-before-seen acts including their legendary pre-game "Magic Circle" ball handling warmups performed in

the dark with a glow-in-the-dark Baden basketball to provide illumination.

As part of the tour, the Globetrotters will celebrate the 10th anniversary of the four-point shot, a shot 30 feet from the basket that they introduced to the sport in 2010.

The Globetrotters will celebrate their fans by introducing "The Fifth Quarter," a free interactive post-game autograph session where fans will have the opportunity to meet the Globetrotters stars up close and personal. For the latest news, visit the Globetrotters' official site: www.harlemglobetrotters.com.

THE STUFF IN YOUR DRAWERS COULD BE SITTING ON CASH!!



NOT SURE WHAT YOUR STUFF IS WORTH? COME IN OR CALL FOR A FREE ESTIMATE!

WE BUY & APPRAISE COINS & COLLECTIBLES GOLD JEWELRY DIAMONDS & GEMS



EST.

1947

(800) 463-4121

(310) 393-0661

WILSHIRE COIN

1312 LINCOLN BLVD AT ARIZONA IN SANTA MONICA

Passing Through the Pico Neighborhood

Dairy-Free Living with Chef Jahrid

Jahrid Longworth was an enthusiastic youngster who kept going to doctors and the ER with severe stomach pain from February to July four years ago. The doctor then ordered a colonoscopy and endoscopy to be done at the same time. The results showed the lining of his esophagus was shredding because of dairy consumption. His mom, Kera, recalls there was more blood work, and his allergy to dairy was confirmed.

As a result of these new dietary restrictions, Jahrid and his mom began creating new menus to follow. Kera has taught her son the basics of cooking, in addition to adapting the recipes to his needs.

Before Jahrid made his pizza for our article, he reminded me that the first thing this seventh grader does is wash his hands.

As he was completing his recipe, Jahrid also told me, "The number one thing is that if you want to cook, you gotta clean."

Many people today have discovered allergies to eggs or gluten, for example, or the need to focus on a low-cholesterol diet. In the coming months, Jahrid will share his recipes for those who cannot eat dairy.

In honor of Valentine's Day, we chose to make a pizza. The cheese, which is vegan, was delicious, as was the entire pizza. The tomato sauce was savory, thick and rich, and the crust was crispy, baked just long enough.

If you have a request for a dairy-free recipe, please let us know.

--D.M.



Patting the dough in the pan.

Dairy-Free Pizza

Ingredients

- 1 Tbsp. rapid rise yeast
- 1 Tbsp. olive oil
- 2 to 2-1/2 cups all-purpose flour
- 1 cup water
- 1 tsp. salt
- Non-dairy Mozzarella Cheese (Violife Vegan Cheese)
- Preferred Pizza toppings

Instructions

1. Preheat oven to 450 degrees F. Grease a pizza pan or large jelly roll pan and set aside.
2. In mixing bowl add 2 cups of flour, salt, and yeast. Then gently stir to combine.
3. Add olive oil to the flour and mix with a spatula.
4. Add water and mix on low until a ball begins to form. (Dough will still be slightly sticky). Add more flour as needed to form a dough ball.
5. Transfer to a floured surface and knead into a smooth dough, adding up to 1/2 cup extra flour if needed.
6. Roll dough into your desired shape and gently transfer to your prepared pan.
7. To ensure the dough doesn't form air pockets, use a fork to prick to the dough all around. (Do it gently so you do not poke holes all the way through the crust).
8. Bake on the lower rack of your preheated oven for 5 minutes and remove from your oven. (This is just to very slightly prebake the dough). If you notice air bubbles forming, poke them with a fork to let the air out.
9. Add pizza sauce, mozzarella cheese, and toppings of choice.
10. Continue baking on the lower rack of your oven for around 15-20 minutes until the crust looks crispy and lightly browned.
11. Let cool, cut, and serve!

Next month's recipe: Brownies



Slicing the pizza to serve.



Spreading the sauce on the dough.

Pizza Sauce

Ingredients

- 6 oz. tomato paste (1-6 oz. can)
- 15 oz. tomato sauce (1-15 oz. can)
- 1-2 Tbsp. oregano to taste
- 2 Tbsp. Italian seasoning
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 Tbsp. garlic salt
- 1/4 tsp. freshly ground black pepper
- 1 tsp. sugar

Instructions

1. Mix tomato paste and sauce together in a medium-sized bowl until well-combined. (All the lumps of paste are incorporated into the sauce.)
2. Add the rest of the ingredients (oregano, Italian seasoning, garlic powder, onion powder, garlic salt, pepper and sugar) and mix well.
3. Use in your favorite pizza recipe.

Jahrid enjoys trying out various ingredients when he is cooking to see what the results will be.

Feel the Love
February 2020 | Only at The Miramar

Cloud 9 Overnight Package
TRUE LOVE DESERVES ONLY THE BEST | INDULGE IN LUXURY

Fairmont Romance Overnight Package
CHAMPAGNE | CHOCOLATE COVERED STRAWBERRIES | \$100 HOTEL CREDIT

Diamonds are Forever
BOOK YOUR PRIVATE CONSULTATION WITH ATELIER EDWARD AVEDIS

Valentine's Day at FIG
ENJOY FABULOUS FIG FARE | FEB. 14TH

CALL 310.576.7777 TO SPEAK WITH OUR CONCIERGE AND RESERVATION TEAMS OR VISIT FAIRMONT-MIRAMAR.COM FOR ADDITIONAL DETAILS

Fairmont
MIRAMAR HOTEL & BUNGALOWS
SANTA MONICA
ON THE CORNER OF OCEAN & WILSHIRE

Black History Month in Santa Monica

By **Becky Lanty**

Did you know that Phillips Chapel C.M.E. Church is the oldest African American church in Santa Monica?

In 1905, Reverend Richard Edwards from Santa Monica wrote a request to Bishop Charles H. Phillips in Texas to start a congregation in Santa Monica.

Reverend J. W. Reese was sent from the West Texas Conference to assist with the endeavor. The original building was a one-room schoolhouse that was called the Washington School and was located at 4th and Ashland Avenue in Santa Monica. The building had been damaged in a fire and was purchased from the Santa Monica School Board in 1908.

The building was then moved to 4th and Bay Street where, according to *The Daily Outlook* newspaper, it was dedicated on October 31, 1909. C.M.E. used to stand for Colored Methodist Episcopal, and in 1954 it was changed to Christian Methodist Episcopal.

Currently, the pastor Reverend Jacqueline Maye has caused this

church to become quite the cornerstone of this community.

On Saturdays, Phillips Chapel C.M.E. is rented to another church named Loveland Church. Loveland has several big congregations in Riverside and in the state of Texas. Loveland is a church that serves the homeless community.

Yes, their congregation is homeless, and they are young and old. The homeless can come every Saturday and hear the word of God, and receive a meal on the third Saturday of each month when Loveland members serve hot meals from their own catering service.

On Mondays through Fridays, the Church is rented out to The Realm Creative Academy Art School.

If you would like to contribute, Reverend Maye will have a donation box for hygiene kits (shampoo, toothbrushes, toothpaste, etc.) for the homeless, starting in February.

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

Miss Africa America Named



Miss Africa America (Miss Kenya) is shown in her Masai traditional dress. Masai women typically wear vast plate-like bead necklaces, and colourful wraps called kanga. The men are famous for wearing a red-checked shuka (Masai blanket) and carry a distinctive ball-ended club. For Masai, red clothing stands for power. Many Masai wear simple sandals, sometimes soled with pieces of motorcycle tires.

Oumie Garba shared the news about Yvonne Osee becoming the new Miss Africa America 2019-2020. Yvonne was studying journalism in Kenya when she moved to the U.S. to enroll in a nursing course. She then followed her brother's success in the military and decided to join the U.S. Army as a medic. Yvonne served for four years, and then re-calibrated her career. She joined the Reserves, and enrolled at FIDM to pursue a career in fashion merchandising and marketing. That has been her passion since childhood. She is currently setting up an online African headwrap brand.

"As Miss Africa America, I want to empower and create awareness about the wounded veterans and their families. The Army Wounded Warrior (AW2) program was established in 2014 to assist and advocate for them. By creating awareness, coming together and acknowledging our soldiers, we have the power to change the warriors' lives," described Yvonne. For more details, call 424-394-0618.

DONATE YOUR PASSENGER SEAT
to help save lives.

Volunteer to drive cancer patients to treatment.

American Cancer Society Road To Recovery® 1.800.227.2345

PNI expert doctors treat difficult brain conditions like pituitary and brain tumors, Alzheimer's and Parkinson's.

Visit us at 2125 Arizona Ave.

PACIFIC NEUROSCIENCE INSTITUTE™ WE TAKE CARE OF YOUR BRAIN
310-582-7640 | PacificNeuro.org

Have you discovered the Bookmark Cafe in the Santa Monica Main Library Courtyard?

Bring in this coupon for a **FREE CUP of HOT COFFEE** w/purchase of a Breakfast Special, Sandwich, Salad or Wrap.

Expires 2/29/20

601 Santa Monica Blvd.
OPEN Mon-Thur: 10am-8pm • Fri-Sat: 10am-5:30pm • Sun: 1pm-5pm

February Special!
AT OUR BREAKFAST & LUNCH CAFE

Neli's *Get one Free Cookie w/purchase of any Sandwich

Catering / Restaurant

2214 Stoner Ave. W. Los Angeles
Mon.-Fri. 7:00am-2:00pm
310-477-0031
NelisCatering.com

*Dine in or take out only, must present coupon at time of checkout. Expires 2/29/20.

Call us, we cater for all occasions!

Do You Need Help Caring For A Loved One?
At Home, Assisted Living, Hospice or as a Patient In The Hospital

Maintaining independence is an option. Let us help you or your loved one customize a care plan for assistance that maintains dignity and independence while enhancing the independent living experience.

Services We Provide

- Light Housekeeping
- Personal Care
- Daily Health Reminders
- Transportation/Errands

Right at Home®
In Home Care & Assistance

310.313.0600 | www.rahwestla.com

Nominations Open for the 2020 American Humane Hero Dog Awards®

American Humane, the country's first national humane organization, announced the official start of the 2020 American Humane Hero Dog Awards® campaign, sponsored by the Lois Pope LIFE Foundation. The annual, year-long campaign seeks to identify and honor America's bravest heroes on both ends of the leash and will culminate this fall with the premiere of the "American Humane Hero Dog Awards" on the Hallmark Channel.

Dog owners across the country

can visit www.herodogawards.org to nominate their heroic hound in one of seven categories. The top dog in each category will travel to Los Angeles to be celebrated at the September 26th star-studded, red-carpet awards gala at the Beverly Hilton Hotel.

One of the category winners will be unveiled as the American Hero Dog of the year – the most prestigious honor a canine can receive.

The seven categories for 2020 are: Law Enforcement Dogs, Mili-

tary Dogs, Therapy Dogs, Service Dogs, Shelter Dogs, Search and Rescue Dogs and Guide/Hearing Dogs. When the nominations period ends on March 10, 21 semifinalists (the top three in each category) will be chosen in a first round of voting by the public. For more details on the contest rules and the next steps in judging, visit www.americanhumane.org. Be sure to follow them on Facebook and Twitter.

He Proposed Through the Mic

(Continued from Page 1)

spent a day apart in the almost seven years since," Lisa notes. The couple got married in July 2018, a year after Rob proposed onstage at a Twilight Concert on the anniversary of their first 'official' meeting. He enlisted the concert organizers as well as Lisa's family and friends to plan the surprise, following the proposal with a luau celebration at Lisa's dance studio that evening - and a surprise trip to Hawaii the next day.

Their wedding was a celebration of their community, reflecting what was most important to the couple. The food reflected the couple's geographic roots, Lisa's sister officiated, and her students surprised them with a flash mob dance. "Our community is really integral to how our life is tied together," explains Rob. It was "important that the experience was a gift for everyone," adds Lisa, to "bind our community and bring everybody into our world."

As they take turns telling their story, the couple's shared values are clear. Fostering community is a key part of their relationship, as well as passing on a legacy of love and connection. They each run their own businesses in Santa Monica. Rob started the marketing firm Sixth Street Communications, while Lisa has owned The Pretenders Studio for some time. While each is driven and independent, they support each other in navigating their businesses.

"Obstacles and joyful things are really handled the same way," Rob says. "Together." --A.W.



Rob and Lisa on their wedding day. Photo by Justin Lee

They Met When

(Continued from Page 3)

and can share our experiences." "I asked Eric recently, 'Why have we stayed together all these years?'" Marilyn recalled. "I've gotten used to you," he said. And, they subsequently agreed, "I don't want to be used to anyone else."

All three narratives in our Sharing What Makes Marriages Work series have a sense of ease and relative simplicity in common. Their stories are not Hollywood romcom plots stacked with obstacles, but are simply about people finding - and creating - shared values, interests, communication, and support. The lesson for all of us in love is that lasting relationships require work - but serve as their own reward. --A.W.

Thoughts From a Second-Time Father

Little Eyes Are Always Watching



By Michael Margolin

Last month, I wrote about how the training wheels were going to come off this year. This happened much sooner than I had anticipated. Enjoli and I took the kids to a nearby park so they could ride their bikes in very short grass before graduating to pavement. Jake, only three years old, quickly came to the realization that riding a bike without training wheels was not for him. Not yet. While there are numerous times as a parent when you need to push or gently nudge your children to help them realize their potential, for Jake, this was not one of those times.

On the other hand, Alexa did not need much convincing that she was going to succeed. We took off her training wheels, and she was ready to ride. There were plenty of times when she hit the grass but with no major cuts or bruises, she would dust herself off and continue to try.

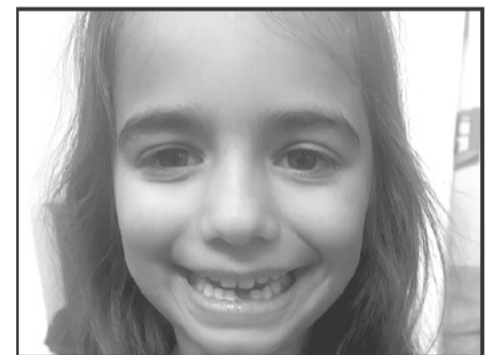
The next day, we went back to the same park and did some riding in the spacious, empty parking lot. Alexa still didn't entirely trust herself on her bike, but it will come eventually. I am very happy with Alexa's continued attempts and desire to conquer this new skill, and I was proud of both Alexa and Jake for trying cycling in the first place.

Speaking of new skills, Alexa has become a good reader and contin-

ues to read a lot of words she sees out loud. I remember people commenting that when your kids learn how to walk, you never know what they might get into after that - and that once they talk, they never become quiet. I could not wait for either of our kids to learn how to walk. I thought teaching them was fascinating, though I suppose I do not really know how much teaching I did since they probably would have figured it out themselves.

The same is true for talking. And, what I have realized since Alexa has learned to read is that now, nothing is off limits. As a skill, reading shares similarities with walking or talking, in that now, I cannot type an email or text without Alexa trying to read every word out loud. I am not sending top secret information, but it serves as a reminder that their little eyes are always watching and always learning.

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



Alexa lost her first tooth!

Santa Monica Playhouse presents the World Premiere of Jerry Mayer's Very Human Comedy

JERRY MAYER'S VERY HUMAN COMEDY



DIRECTED BY CHRIS DECARLO

"RECOMMENDED! A play you can't help but ENJOY" Carol's Culture Corner

EXTENDED! MISTAKES WERE MADE

"FUN! ENTERTAINING! LAUGH-OUT-LOUD!" Circling the News

"LAUGHS GALORE!" broadwayworld.com

COULDA-WOULDA-SHOULDA

It's schadenfreude at its finest as you gleefully experience other people's mistakes (all of them all too true)

"A funny, moving, relatable tale liberally laced with showbiz stories!" Jewish Journal

Jewish Journal

"You won't want to miss this world premiere!" WillCall

WillCall



Gregg Berger

Rachel Galper

Kyle Heffner

Christine Joëlle

Paul Linke

Beau Smith

"RECOMMENDED!" Carol Kaufman Segal Culture Corner

"A KEEPER!" Rich Borowy, Accessibly Live Off-Line

Each ticket with this flyer (limit: 6 per flyer)

\$10 OFF

May not be used retroactively.

"FUN! ENTERTAINING! LAUGH-OUT-LOUD!" Sue Pascoe, Circling the News

"LAUGHS GALORE!" Shari Barrett, broadwayworld.com

*Member, Actors' Equity Association

EXTENDED Feb 1 - April 5, 2020 • Gen Adm: \$35 Use discount code OOPS online or on the phone

Santa Monica Playhouse, 1211 4th Street, Santa Monica, CA 1-310-394-9779 ext 1 • SantaMonicaPlayhouse.com

Call today to connect with a

SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

- UNDERSTAND YOUR OPTIONS — Learn the different types of senior care available
- LOCAL KNOWLEDGE — Our Advisors have the local knowledge to help you hand pick communities in your area
- SIMPLIFY — Your dedicated Advisor will simplify your search and help schedule tours



There's no cost to you!

(877) 731-4077

! We're paid by our partner communities

A Place for Mom has helped over a million families find senior living solutions that meet their unique needs. Our Advisors are trusted, local experts who can help you understand your options.



Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

Community Service in Santa Monica

Rotary Hosts New Under 40 Cocktails Mixer

By Sharon Gavin, President
Join us for the Rotary Club of Santa Monica's "Under 40 Cocktails and Connections" monthly meetup. Whether you are new to town and interested in getting to know people in the community, or have been here for a while and looking to give back to others, this is a great opportunity for you to check out our club and learn about all the ways we connect with our community. This meetup will take place from 5:30 p.m.-7 p.m. every fourth Tuesday of the month at the Fairmont Miramar Hotel & Bungalows (101 Wilshire Blvd. in Santa Monica). The cost is \$10 per person. There will be passed hors d'oeuvres and a cash bar. This month's meeting is on February 29. Please RSVP to rotaryclubofsantamonica@verizon.net if you would like to join us.

More Fun Coming

February will also be a month of fun! Our First Tuesday happy hour social will be on February 4 at FIG restaurant (in the Fairmont Miramar Hotel) at 5 p.m. In addition, on February 9, Rotarians will join together for an escape room experience at 60OUT Escape.

Opportunities for hands-on service with the Rotary Club of Santa Monica

On Wednesday, February 5, we will continue our Boys & Girls Club of SM Career Speaker Series with one of our Rotarians speaking to the teens about the marketing and

public relations field. On Saturday, February 8, we will join with other organizations in Santa Monica to assemble toiletry kits for the homeless. And on Friday, February 14, we will provide seniors at WISE & Healthy Aging with Valentine's Day treat bags.

New Board Members

We are thrilled to announce the results of our recent elections for next year's board (starting July 1). Our fearless leader will be Lisa Alexander. The vice-presidents elect are Tammy Andrews and Nora Bohn. Our incoming secretary will be Brian Linnekens and our treasurer will be Grace Cheng Braun.

Our board will also consist of directors Timur Berberoglu, Mike Cates, Bill Chillingworth, Sara Colon, Vicky Curtis, and Kera Snell. This team is going to bring a great deal of energy and wonderful projects to our club.

Join Us Fridays

Don't forget about our lunch meetings at the JW Marriott Santa Monica Le Merigot Hotel. On February 21, we will hear from expert Clayton Dube about U.S.-China Relations, and on February 28, we will hear from Dr. Phil Bresnahan of the Scripps Oceanography Institute.

For more information about our club, check out our website <https://rotaryclubofsantamonica.org>, email rotaryclubofsantamonica@verizon.net, or call our office at 310-917-3313.

Santa Monica Bay Woman's Club Events



By Tesi Truenfels

A big thank-you to our many members and community for their donations to the Santa Monica Bay Woman's Club.

We were able to forward those donations to 31 groups including Step-Up on Second, Upward Bound House, Santa Monica Symphony, Santa Monica History Museum, School on Wheels, and Santa Monica High School scholarships. In addition to financial contributions, many club members donate their time for many community events from handwriting cards for seniors to assembling snack bags for kids in shelters. We hope to keep up the good work, and doing it together is a delight!

This month's selection for our book club is *She Said: Breaking the Sexual Harassment Story That Helped Ignite a Movement* by Jodi Kantor and Megan Twohey. We will discuss the book at 6:30 p.m. on February 20 at the SMBWC. For more information, please contact

Susan Barry at sbarry1015@sbcglobal.net.

I've shared my musings and news of the club with you for a year now. The time has come to hand this pleasure over to my friend and fellow bridge playing club member, Karen Miller. She'll be taking the reins on reporting club news.

Bridge games here at the club continue on Mondays and Thursdays from 12 p.m.-3:30 p.m. Feeling a little rusty? Come join us, make new friends, and get back in the swing of what you know is a very entertaining game.

Our Arts and Crafts community continues to meet Tuesdays from 10:30 a.m.-1:30 p.m.

Please contact us at 310-398-1308 with any questions. The club is located at 1210 Fourth St., just below Wilshire Blvd. The club is also available to rent for special occasions.



Santa Monica Lions Encourage Students



By Marilynn Schalit

Santa Monica Lions Club is sponsoring a Student Speaker Contest which will take place on February 20 at 6 p.m. at the Santa Monica Family YMCA on Sixth Street.

The topic this year is: *Homelessness in California: What is the Solution?* Our diligent secretary Carole Mullaney notified local public and private high school personnel about the opportunity for students to participate.

Last year, Julia Abbott, a student from the Palisades Charter High School, was our club's winner. All participants receive a certificate and the winner receives a \$100 check.

Interested schools should contact Carole Mullaney at carolmullaney6@gmail.com. School representatives

and students' family members attend to support their efforts. The winner of our club's competition moves on to compete in downtown Los Angeles, and, next, the state competition. The state grand prize is a \$21,000 scholarship to a college or university.

In order to recognize local students who participate in 100 or more hours of community service, our members attend a special auditorium program and present them with a certificate and a Lions Club pin.

We are proud to sponsor a new Leo's Club formed by students at Palisades Charter High School. These Leos hold meetings and participate in community service.

Please be our guest for our luncheon meetings from 12:15 p.m. to 1:30 p.m. the first and third Thursday of each month at the Elks Lodge at 1040 Pico Blvd. RSVP to marilynnschalit@yahoo.com.

Kiwanis Club Members Worked on Rose Parade Floats

By Neil Carrey, President

Last December, some of the members of the Kiwanis Key Clubs and the Kiwanis Kiwins spent the day and evening decorating floats for the 2020 Rose Parade. They came from as far away as Bakersfield and Orange County.

I had the pleasure of being a chaperone and working with the youth to help decorate some of the 11 floats being decorated in Irwindale. Whenever I get the chance to spend time with the Kiwanis youth,

I feel really lucky. Watching them in action renews my hope for the future of our country. It was amazing to me that the floats are actually decorated by volunteers, and especially, so many young people.

They never stopped working during their shifts and never complained. I really appreciated all of the hard work when I got to see the floats on television during the parade. On the Kiwanis float, I saw our Lt. Governor, Phil Brock.

(Continued on Page 10)



MEALS ON WHEELS WEST

Delivering More Than a Meal

DONATE TO FOOD & SHELTER

We deliver meals to formerly homeless people in their new homes, helping them to maintain stability and stay off the streets. Our Wellness Check monitors the health and wellness of our clients.

kevin@mealsonwheelswest.org 310 394-5133 x5

REFER - VOLUNTEER - DONATE

Estate Planning, Trusts, Wills, Probates, Conservatorships



Lisa C. Alexander

Attorney At Law

JAKLE & ALEXANDER, LLP
1250 6th Street, Suite 300
Santa Monica, CA 90401

Call: (310) 656-4310



Mention this
Promo Code: STAR
and receive a
FREE
CONSULTATION

**You Have the Expertise.
We have the Readers.**

**Connect With Your Community
in The Santa Monica Star.**

Call 424-581-6005 for more information.

Paws and Claws

Is Medical Marijuana Good for Dogs?



By Dr. Frank Lavac MS, DVM, VCA
Q: Is medical marijuana/THC used in dogs for therapeutic purposes?

A: Until 2019, veterinarians in California were expressly prevented by the State Board from discussing marijuana/THC use in pets.

Cannabis is listed as a Schedule 1 drug. Examples of drugs in the Schedule 1 category include heroin, LSD, and ecstasy. Schedule 1 drugs have no currently accepted medical use in treatment in the U.S.

While veterinarians cannot presently prescribe cannabis products, they can now discuss this option with clients. Veterinarians must have a client-patient relationship prior to cannabis discussions.

Oddly, veterinarians are allowed to prescribe "industrial hemp" under the guidelines of the California State Board of Veterinary Medicine. For more information, see the following website: https://www.vmb.ca.gov/forms/pubs/cannabis_discussion.pdf.

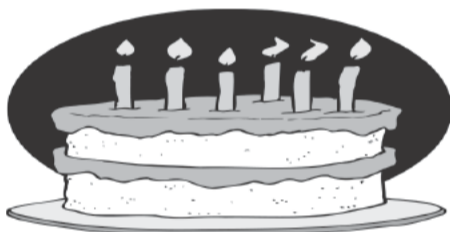
There is very little research on the medical efficacy, safety, or appropriate dosage of cannabis or CBD oil for pets. Veterinarians are commonly presented with dogs who have cannabis toxicity through accidental ingestion. There is ongoing research to determine if there are benefits of THC or CBD oil.

Please refer to www.veterinarycannabis.org.

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

Kiwanis Club Members (Continued from Page 9)

Reaching out to young people, the Kiwanis Club of Santa Monica sponsors Key Clubs at Santa Monica High School and St. Monica in Santa Monica, a Builders Club at Lincoln Middle School, a Kiwins Club at Pacific Palisades High School, and a Circle K Club at UCLA. We are also in the process of forming a Circle K Club at Pepperdine University.



Happy February Birthdays to:
 Jerry Dobkin, Libby Atwater, Sara Frank, Billy Howard, Rick Kennedy, Ken Waltzer, Russ Warner, Timur Berberoglu, Pam Andrews, Darby Navin, Kylee Navin, Katie Parr Morgan, Adam Bernard, and Daniel Bennett.

Adopt a Pet



Darth is a recently rescued kitten. He is about 10 weeks of age. He is very sweet and playful, and has all his updated vaccinations. Please contact Kristin at 310-828-4587. We will have him neutered at no charge.

Mar Vista: Neighbor to Neighbor

Discover The Sense of Community That Has Developed in Mar Vista



The Mar Vista Library is a busy place with many activities going on. Besides reading, there are classes, games, and workshops.

Photo by Tesi

By Tesi Treuenfels

I'm writing in a small Missoula cafe surrounded by mountains dusted with snow. I'm on a snow-cation: visiting a cousin, cross-country skiing, taking in the beauty that is Montana. My cousin Dorothy's new love is a mountain man, Bear. He's traveled around the world and back again.

On New Year's Night, he told a story about the first time he saw the ocean. He came through the redwoods up by the northern border. Imagine, a grown man going weak in the knees from the sight of her, our Pacific. I wake up every morning in love with California all over again and I think of the blue waters of the bay as my other mother. I grew up in Pacific Palisades running down the bluffs onto her beaches.

Now, for close to 20 years, I've lived in Mar Vista. During that time, I've seen change, as does happen. Our famous Soaptopia has come and gone. Louie's Cajun Bar changed into a German beer garden. On the corner, Floyds, a new barbershop with big open wall windows has stories being shared. Timewarp Records still sells vinyl and hosts concerts. The Mar Vista Market is a mixture of a small 1950's market with a drugstore style lunch counter. They have anything from a bluegrass open jam session to comedy going on.

I get my morning coffee at Alana's, on Venice. It's there I've

watched babies grow up as neighbors pass through. And, fairly regularly, I'm in at a local restaurant, The Mar Vista, for dinner. I walk out feeling a sense of well-being and belonging, every time.

We used to have a wonderful used book store here in Mar Vista, Sam's Used Books. Sam's books was part of the recipe that first attracted me to this area. It recently closed and is sorely missed. What was a marvelous collection of thousands of books, neatly organized into various collections, was emptied out in a week at the generous offering of the owners choosing to sell out to their loving customers at a buck a book. All the children's books were gifted to those interested. Thank you, Sam.

What has remained the same here in Mar Vista is the sense of community, neighbor to neighbor.

Funny, the first thing I do when I get back from a trip is head up into the Santa Monica Mountains and look back down at the coast, the smell of sage on me from the chaparral. Brings me home. I am in my living room now, listening to John Craigie's love song, "I am California" - "...wherever you go, you'll always want me." I am completely taken and in love every day with life on our piece of earth. *Este es mi tierra.*

So, I'll write a little bit each month to take you on some of my daily adventures. Welcome aboard.



One Heart - One Love

Hello Sunshine,

I am just tired of people. It's not that I think I'm arrogant or too good to deal with people, it's just I get tired of the nonsense, the validation, and just catering to people's emotional needs.

There was a holiday function at work, and certain staff feel as though I'm anti-social because I didn't deal with all of the holiday festivities like everyone else. I told my colleagues my intent is not to be anti-social, but sometimes just being out of the loop is better. My question to you is, is there a way that you could just be a loner and not be considered arrogant or anti-social, but still be social?

-Anti-social

Dear Anti-social,

I personally don't think there's anything wrong with not wanting to be in the loop. I believe it can be better to stay to yourself in a workplace setting because you just want to take time and relax any chance you get.

This is especially true if you have a strenuous job. I do believe that as long as you are cordial to people when they say hello, and you remain polite when you are in the presence of others, they wouldn't be totally offended if you isolate yourself away from the crowd.

Sometimes less is more, and you don't always have to be in the limelight to get people to notice you.

**Best regards,
 Sunshine**

(Send your relationship questions to Sunshine at sbanister598@gmail.com, or go to her YouTube Channel ONE HEART ONE LOVE 101.)



5 Reasons Why You Need Dynamic Graphic!

1 Your new business needs a Logo and some business cards fast!

2 Want to finally develop that website you have been talking about.

3 Not up to producing another ad or flyer in "WORD" for a less-than professional look.

4 Need a custom solution to a design or printing project.

5 You have some marketing ideas that need to be communicated graphically for a brochure.

Always reasonably priced & professionally executed
 • Logos • Newsletters • Flyers • Advertising
 • Brochures • Websites • Banners

Call for free project quote today.
805-402-0567

**Dynamic!
 Graphic!**

Shop Local - Buy Local

swissmissrealtor.com

Hire Evelyn Lauchenauer for All Your Real Estate Needs

*Santa Monica Realtor and Resident.
 Reputation built on listening to client needs.*



Evelyn Lauchenauer
310-906-0163

Berkshire Hathaway Home Services
 California Properties
 3130 Wilshire Bl. Santa Monica



Community Calendar

By Miceala Shocklee

• **Sunday, February 2 - Love in Bloom**

- Monty Python, Gilbert and Sullivan, and Shakespeare all combine in this Rudie-DeCarlo musical comedy, running from 6 p.m.-8 p.m. at the Santa Monica Playhouse. For more times and tickets, visit <https://www.santamonicaplayhouse.com/loveinbloom.html>.

• **Wednesday, February 5 - Backyard Birds of Southern California** - Wild Birds Unlimited's Julia Hanson will discuss how to spot common backyard birds in Los Angeles. Talk to begin at 6:30 p.m. at the Montana Avenue Branch Library. For details, call 310-458-8682.

• **Thursday, February 6 - Community Kids: Heal the Bay, Ocean Pollution Prevention** - Heal the Bay will host an interactive presentation for kids ages six to 12 about the causes of and potential solutions to marine pollution. Presentation to run from 5 p.m.-6 p.m. at the Main Branch of the Santa Monica Public Library (SMPL). Call 310-458-8600 for more information.

• **Saturday, February 8 - Celebrate Chinese New Year and St. Valentine's Day** - Make chocolate-dipped Fortune cookies with sprinkles in a workshop at 1:30 p.m. West Los Angeles Regional Branch Library, 11360 Santa Monica Bl. All ages welcome. For more details: 310-575-8323.

• **Tuesday, February 11 - The Los Angeles Computer Society Presents Jim McKnight** - Learn from the Los Angeles Computer Society's Jim McKnight as he presents part two of his Windows 10 workshop, including a demonstration of two free utilities that make Windows 10 easier to see and use. Refreshments available, and beginners welcome. Event to run from 7:30 p.m.-9 p.m. at Fellowship Hall, 8065 Emerson Ave., Westchester.

• **Saturday, February 14 - Fireside at the Miles: A Valentine's Evening** - Dance choreographed by Angela Todaro and music by Petty Chavez come together for an evening of romantic performance in this round of Fireside at the Miles. For tickets, this year's full performance list, and more, visit <https://tinyurl.com/firesidemiles>.

• **Monday, February 17 - Presidents Day** - No school, SMMUSD

• **Friday, February 21 - Roosevelt Elementary Family Dance**



Cirque du Soleil's VOLTA, which opened in mid-January, will continue under the big top at Dodger Stadium through March 8. For booking assistance, call 877-924-7783.

• **Saturday, February 22 - Grant Elementary School PTA Gala Evening** - Grant Elementary School parents, be on the lookout for information from your PTA on this year's evening event.

• **Saturday, February 22 - Roberto Devereux: A Multimedia LA Opera Talk** - Learn about the Donizetti opera *Roberto Devereux*, featuring Queen Elizabeth I, from LA Opera Community Educator Len Lipman at this multimedia

talk at the SMPL Main Branch, starting at 2 p.m. in the Martin Luther King, Jr. Auditorium. Call 310-458-8600 for more information.

• **Saturday, February 22 - Serge Hamad Opening Reception at Bergamot Station** - French-Algerian artist Serge Hamad's "Temporal Perception" series will launch at the Bergamot Station bG Gallery. The opening reception will be held from 6 p.m.-10 p.m. For

more information about this and other events at Bergamot Station, visit <https://bergamotstation.com/events>.

• **Thursday, February 27 - The Queen of Spades Palms-Rancho Library Great Books Discussion** - The reading group's second discussion of the month will be about Alexander Pushkin's short story, *The Queen of Spades*. For information about times and how to join, call 310-840-2142.

• **Friday, February 28 - Lincoln Middle School Fun Run** - Lincoln Middle School students, bring your running sneakers and your reusable water bottle in preparation for the 2020 fun run! Each grade will participate during a different period throughout the day. Check in with your administrator for details. 310-393-9227.

• **Friday, February 28 - Samohi Spring Musical Opening Performance** - From 7 p.m.-10 p.m., the Samohi actors will take to the Barnum Hall stage for the opening performance of this year's spring musical: *The Addams Family*. For full times and tickets, visit <https://www.samohitheatre.org>, or call 310-395-3204.

• **Saturday, February 29 - Greens Festival** - The Pico Branch Library, the Parent Connection Group, and Virginia Avenue Park will host the 2020 Greens Festival as part of Black History Month celebrations. This year's theme is *Dynasties of the Diaspora: Fathers and Mothers of Civilization*. The festival will feature cooking demonstrations, book readings, a Black History exhibit, and more! Events will run from 10 a.m. to 2 p.m. in Virginia Avenue Park. For more information, call 310-458-8684.

Teen Scene

The History of Valentine's Day

By Julia Abbott

While we all adore the gifts from friends, family, and lovers, very few people know about the actual history of Valentine's Day. The holiday comes from the Roman festival of Lupercalia, once held in mid-February. The festival, which celebrated the coming of spring, was basically a giant matchmaking party. At the end of the 5th century, it was not Christian enough for Pope Gelasius I, who replaced Lupercalia with St. Valentine's Day.

It came to be celebrated as a day of love around the 14th century. However, as there are several Christian martyrs named Valentine, the day may have taken its name from any number of them. This includes a priest who was martyred about 270 ce by the emperor Claudius II Gothicus. This priest signed a letter "from your Valentine" to his jailer's daughter, whom he befriended after healing her from blindness.

Another possible option is St. Valentine of Terni, a bishop, although the two Valentines may be one and the same. See the confusion? Another theory is that St. Valentine defied the Emperor's edicts and secretly married couples to save husbands who would be sent to war, and it is for this reason this day is associated with love.

The forefront of the holiday we know and love, messages and valentines, appeared in the 1500s, with sweet homemade cards. With commercialization in the late 1700s, commercially printed cards began circulating. The U.S. caught on a little late, as the first commercial valentines here were printed in the mid-1800s.

And, Valentine's Day today? The

ever-present heart emphasises love. Birds have become a common symbol, as the avian mating season occurs in February. Gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

Valentine's Day is celebrated in the United States, Britain, Canada, Australia, Argentina, Spain, Scandinavia, France, Singapore, Ireland, Greece, Portugal, Romania, Philippines, Lebanon, Mexico, and South Korea.

In Israel, the Jewish tradition of Tu B'Av is the equivalent of Valentine's Day. In Taiwan, Qixi Festival and White Day are celebrated. In Japan, the holiday is celebrated by women giving men presents, and men responding with presents, two or three times in value.

The Philippines takes the cake, with February 14 being the most common wedding anniversary, and mass weddings of hundreds of couples are not uncommon on that date. Maybe don't speed up a romance to get hitched by then, but consider buying a card, rose, or candy for the people you love!

Julia Abbott is a local high school student.



February is National Children's Dental Health Month

Westside Voices to Present Love Songs in Concert



Join the Westside Voices at their "Happy Valentines Day" concert on Sunday, February 16 at 3:30 p.m.

This 12-voice mixed a cappella group will entertain you with an afternoon of great songs celebrating love. They will sing *My Funny Valentine*, *Your Love Keeps Lifting Me Higher*, *Will You Still Love Me Tomorrow*, and other favorites.

The location of the concert is the Westchester United Methodist Church Fellowship Hall, 8065 Emerson Ave. in Westchester.

For reservations, call Penny at 310-670-3777, and for more information, call Harris Levey at 310-822-9067, or visit WestsideVoices.com. A suggested donation is \$15. A reception will immediately follow the performance.

Answer to Neighborhood Celebrities

(Continued from Page 1)



Looking for a Valentine's Day gift at Special Moments is Susan Gabriel Potter, left, with Mele, the Special Moments Palisades store owner. Mele will help you find the best gift in the softest fabrics for your Valentine. She will also help clients with foundation fittings.

SANTA MONICA BRAKE
COMPLETE AUTOMOTIVE REPAIR & SERVICE

VINTAGE TO CURRENT

FOREIGN & DOMESTIC

TEL (310) 394-2076
FAX (310) 395-5527
911 SANTA MONICA BLVD.
SANTA MONICA, CA 90401



Carolyn F. Hemann, CFP®
 Private Wealth Advisor
CERTIFIED FINANCIAL PLANNER™ professional
 Hemann, Preator & Associates
 A private wealth advisory practice of Ameriprise
 Financial Services, Inc.

310-477-2500
 11835 W. Olympic Blvd. Ste 735-E
 Los Angeles, CA 90064
 CarolynHemann.com

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.



Hemann, Preator & Associates, a private wealth advisory practice of Ameriprise Financial Services, Inc. Investors should conduct their own evaluation of a financial professional as working with a financial advisor is not a guarantee of future financial success. Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment advisor, Ameriprise Financial Services, Inc., Member FINRA and SIPC. CA Insurance 0721941

Ever wanted to work in the Healthcare Industry?



The Personal Assistance Services Council is looking for IHSS workers to join our registry.

For more information, call PASC at 1-877-565-4477 and ask for Layla.

www.pascla.org

¿A pensado usted en tener una Carrera de Asistente de Salud Medica Domicilio per no tiene certificado o conocimiento?

El Concilio de Servicios para Asistencia Personal (o PASC como son las siglas en Ingles) esta actualmente reclutando personas que quieren ayudar a otros como proveedor cuidados en casa. Para mas información, llame PASC a 1-877-565-4477 y pide hablar con Layla.

bgco

BOB GABRIEL CO INSURANCE



Receive Up to 15% Discount When You Purchase Both Homeowner and an Auto Insurance Policy!

California's Business of the Year (2014)

AUTO • HOME • BENEFITS • BUSINESS WORKERS' COMP • EARTHQUAKE APARTMENTS/CONDOS • E-COMMERCE SPECIAL MARKETS FOR HARD-TO-PLACE HOMEOWNERS

Call Today! 310-829-0305
Immediate Phone Quotes

2325 WILSHIRE BOULEVARD • SANTA MONICA • www.bobgabrielinsurance.com



February is American Heart Month, Library Lovers' Month, National Black History Month and National Cherry Month.

WE ARE PLEASED TO ANNOUNCE

JOSHUA BRADBURN, CFP®, CWS®
MANAGING DIRECTOR

...has joined the firm to expand our growth in Santa Monica, Pacific Palisades & Beverly Hills



www.onecapital.com

Josh is heading our wealth management group in Santa Monica, Pacific Palisades, and Beverly Hills. Please feel free to reach out to Josh at:

office: **805.413.3029**
 cell: **765.749.9606**

e-mail: **jbradburn@onecapital.com**

ONE CAPITAL MANAGEMENT, LLC

About One Capital Management

Nineteen years ago, One Capital Management started serving families by simply managing investment portfolios. During those nineteen years, we grew from four partners to over forty members of the One Capital family. We serve over 2,000 families and institutions across the U.S. and Canada and are entrusted with more than \$1.75 billion in assets.

At One Capital Management we have one clear mission:

To assist our clients in achieving their investment objectives at the least risk possible. Inherent in that is a fiduciary responsibility to protect the assets they have accumulated and to provide a level of comfort with their investments in the capital markets. Providing peace of mind is essential in helping clients make the right decisions, especially when their emotions might persuade them to do otherwise.

One Capital Management has assembled a core of financial professionals with expertise in retirement solutions, wealth management, investment management and family office services. Our firm has a unique history, bringing together investment professionals from around the globe, all with one common background – managing wealth.