



Try displaying a watermelon this year instead of a pumpkin. Below are some reasons why and the directions to follow for carving.

A Creative Twist on Halloween

(Family Features) When it comes to Halloween, carving the same pumpkin designs each year can become routine. This year, save a pumpkin and carve your spooky masterpiece into a watermelon instead.

Nutrient-rich watermelon can be a healthy alternative to other sweet treats full of added sugar during Halloween festivities as it's a source of vitamins A and C as well as the antioxidant lycopene and the amino acid citrulline.

Because they are made up of 92% water, watermelons can be an effective way to stay hydrated during trick-or-treating, and creations like a mummy can help satisfy

sweet cravings while keeping friends and family members frightfully delighted.

To get started, consider these carving tips and tricks:

- To make cutting and slicing easier, the watermelon should be at room temperature when carving.
- Cut a small, thin, flat piece from the bottom of the watermelon to provide a stable base for carving.
- Draw the design on the watermelon rind with a dry-erase marker before cutting. If you make a mistake, this can make it easier to wipe off.
- Use a sharp knife with a pointed tip for easier, cleaner cuts.

(Continued on Page 5)

Remembering Santa Monica Group to Celebrate Second Year at the Santa Monica History Museum

The Remembering Santa Monica Group is made up of people who grew up, lived in, or just like to talk about how Santa Monica was in years past. Each month, they meet to hear a speaker talk about earlier days in Santa Monica's history.

On Tuesday, October 8, at 11:30 a.m., the members will be celebrating their two year anniversary. To talk about our city, Nat Trives, often referred to as Mr. Santa Monica, will discuss his varied life experiences.

Nat has been married for over 50 years to his childhood sweetheart, Ida. They have one daughter, Dr. Toni Trives, who teaches Spanish at Santa Monica College. Nat has been in law enforcement in Santa Monica and was an emeritus professor in Criminal Justice at Cal State University, Los Angeles. He served as member of the senior staff at the Santa Monica Community College District as deputy su-

perintendent and chief government relations office. He was a sergeant in the SMPD in 1965. Nat is on several boards of community organizations. He is a past president of the Rotary Club of Santa Monica and has been an active member since 1976. He was elected to two terms on the Santa Monica City Council, when he served as Mayor pro-tem, and then mayor. He also teaches a popular current events class at the

(Continued on Page 6)

Take A Look Inside

Brain Matters2
 Byte by Byte.2
 Planning Ahead.2
 Reflections From the East .. .4
 From Me to You5
 Community Service9
 Paws and Claws.10
 Community Calendar11

Join Meals on Wheels West at Its Annual Monster Bash

On Friday, October 25, Meals on Wheels West will hold its annual Monster Bash from 8 p.m. until the witching hour at the Marriott Hotel in Marina del Rey. Westsiders will wear their most spooktacular costumes, eat, drink, and be scary all in support of local nonprofit, Meals on Wheels West.

Monster Bash brings together the local community, including volunteers, donors, elected officials, staff, sponsors, and supporters to the grown-ups Halloween costume party. While it is monstrous fun, this party will also raise funds and awareness for those who are home-

Hotel to party. Meals on Wheels West provides meals to veterans, seniors, the formerly homeless, and other homebound people in our local communities. Everyone gets together to have a roaring good time," said Len Lanzi, Board Chair, Meals on Wheels West.

VIP ticket prices are \$100 per person, and a portion is a charitable tax deduction. Guests will dine on complimentary, devilishly delicious food. VIP ticket holders will also enjoy complimentary adult beverages, including the Witches Brew cocktail. A general admission ticket is also available for \$50.

The evening's festivities will include casino games, dancing, a silent auction, and door prizes. A costume contest tops off the evening and winners will earn fantastic prizes for individual, couple, group and scariest costume.

DJ Massha Evans, who has spun at the Circle Bar, Venice Art Crawl, The Brig and for events for Netflix, will spin until the midnight hour.

(Continued on Page 7)



Watch for local monsters to greet you at the Meals on Wheels West Halloween event.

bound and need home-delivered meals and the daily Wellness Check that Meal on Wheels West provides.

"Everyone said last year's Monster Bash was the best one ever. This year, we are going back to the top of the Marina del Rey Marriott



The costume contest is a highlight at the Monster Bash.

Do You Recognize These Local Celebrities?

(Answer on Page 11)



Brain Matters

Cognitive Fitness Studio at Pacific Brain Health Center

By Sarah McEwen, PhD

Imagine that when you went to visit your doctor, instead of prescribing a long list of medications with hefty side-effects to help your brain health condition, you got a prescription for an exercise class.

This is now becoming a reality, as physical activity interventions are becoming a well-established non-pharmacological, non-invasive, affordable and low-risk option for the treatment and management of almost all late-life mood and cognitive disorders.

This summer, the Pacific Brain Health Center (PBHC) in partnership with Providence Saint John's Hospital opened an exercise Cognitive Fitness Studio, the CogFit Studio, which is designed first and foremost to train your brain and improve the overall health of your body and your brain.

This innovative "brain gym" combines physical activity and cognitive stimulation with the focus of improving a patient's cognition in a program developed from cognitive psychology research undertaken by PBHC Director David Merrill, MD, PhD, and myself.

When it comes to the Science behind CogFit, previous clinical research has shown that the

combination of different types of physical and mental training techniques has the ability to improve and restore compromised brain functioning better than singular training modalities alone, such as only aerobic exercise or neurocognitive skills training.

In our pilot study, called the "Simultaneous Aerobic and Memory Training (SIM)" study, we tested the theory that simultaneously combining aerobic and mental exercise helps people's brain function better. In the study, a test group engaged in aerobic exercise on a stationary bike as they learned cognitive skills, while a control group learned the cognitive skills after the aerobic exercise.

The result? After four weeks of training, the participants in the test group showed greater improvements in memory performance than the control group, showing that the SIM intervention delivers benefit that is greater than the sum of its parts.

What happens during a CogFit class? At CogFit, each unique session is designed primarily to simultaneously train reasoning, attention and memory through a technology-enhanced physical movement circuit-style class.

Patients are paired one-on-one with a CogFit coach for personal brain training sessions, or in a small, group-based class for a mental and physical 50-minute exercise class that includes circuit stations focused on cardiovascular, resistance, motor skill and mindful movement training. Within each station, patients will typically be doing a physically demanding task (e.g., riding an exercise bike), while also doing a cognitive task (e.g., counting backwards by 3s).

Training sessions at the CogFit Studio are still in beta-testing and only for patients seeking clinical care at the PBHC.

If you are interested in being a volunteer for beta-testing and becoming a patient at PBHC, please contact CogFit class instructor Lesley Bell, NSCA-CPT (lbell@pacificneuro.org), who works hand-in-hand with PBHC patients to deliver leading this edge cognitive fitness programming.

Sarah McEwen, PhD, a cognitive psychologist, is Director of Research & Programming at the Pacific Brain Health Center. She can be reached by calling 310-582-7641, or by going online to PacificBrainHealth.org.

Byte by Byte

Taking a Look at Your Health: Understanding Medical Imaging Modalities



By Miceala Shocklee

When investigating a potential health problem, whether it be at a human hospital or a veterinary one, the doctor in charge of a case will often recom-

mend that imaging be included as part of the diagnostic work up. But, why do doctors choose any particular modality? Why not just always opt for the most recently developed tech, like MRI?

Not all medical imaging modalities are able to visualize different parts of the body equally. For example, while MRI is great for looking at soft tissue structures like the brain and intestines, it's not as good at looking at parts of anatomy that have lower water content, like bones.

On the flipside, X-rays, or "radiographs," as they're more professionally referred to, are excellent for looking at bones. Femoral fractures, cracked ribs, even alignment of the neck vertebrae – all of these can be investigated based on the greyscale shading that appears on radiographs.

However, there are some bone-based structures that radiographs have difficulty depicting well. These tend to be areas with a lot of bony overlap – for example, it's difficult to appreciate all the fine 3D detail of a skull on 2D radiographs.

This is where CT comes in. CT, or "computed tomography," is essentially the process of taking many "slices" of x-rays along a structure and stacking them virtually in order to consolidate the data into a 3D representation.

Finally, not to be forgotten, is ultrasound. Ultrasound can be thought of as a sort of basic, first-line MRI. Where what the MRI visualizes is based on molecular vibration, ultrasound visualizes through sound wave reflection.

While bony structures impede what an ultrasound can "see," it's still great for looking at organs like the liver, uterus, spleen, lungs, and even the heart. Ultrasound won't convey as much of the fine detail about a single organ as MRI will, but it still provides enough of a picture to pack an informational punch.

When recommending that imaging be done, a doctor will not only take into account what structures an imaging modality can visualize, but also the potential cost of that modality to the patient. For example, an ultrasound is

(Continued on Page 9)

Planning Ahead

Will DIY Changes to Your Trust Be Effective?



By Lisa C. Alexander, Esq.

It is not uncommon to see a Trust that has been marked up with cross-outs and hand-written additions. Sometimes, there will be ini-

tials or even dates next to the changes. But, will these interlineations be held up as valid amendments to the Trust? A recent California case in Sacramento said no.

In that case, the gentleman made handwritten interlineations to his Trust to add a new beneficiary. He

sent the marked-up document to his attorney with a note intended for the attorney to create a proper Trust Amendment. Unfortunately, the gentleman died before the new Trust Amendment could be signed.

It was clear that the gentleman intended the new beneficiary to receive a portion of the Trust. The Trustee filed a Petition with the Court to rule on the validity of the interlineations. The Court ruled that the interlineations were not effective to amend the Trust, and the new beneficiary received nothing.

This case turned on the requirement stated in the original Trust that any amendment must be signed for it to be valid. By law, if the Trust sets forth the method for amending or revoking the Trust, that method must be followed. If the Trust had not required a signature, the result might have been different. Had the gentleman understood that his Trust had a provision requiring that any amendment must be signed, he might have done so, and his wishes might have been upheld.

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Should You Consider Long-Term Care Insurance?

By Anne Wallentine

According to the American Association of Retired Persons (AARP), about 50% of 65-year-olds will need paid, long-term care. While it's difficult to predict how your health will evolve, it is vital to consider the potential costs of long-term health care to make an informed financial decision.

Long-term care insurance is designed for chronic health issues that affect someone's ability to complete the activities of daily living (ADLs) independently. These include dressing, bathing, eating, toileting, continence, and transferring. Medicare does not currently cover the costs of in-home care, but most long-term care insurance policies will pay for in-home, assisted living, or nursing home care if an individual needs support with two or more ADLs.

Tim Petlin, owner of Right At Home West Los Angeles, has spent the last eight years providing home care services in Santa Monica. His experience with long-term care insurance is that "Clients that have [policies] are very happy that they have them – and those that don't

wish they did." Many of his clients report that they could not otherwise afford the out-of-pocket costs of in-home care.

Tim advises anyone over the age of 50 to look into policies – and to understand how their coverage works. A key element of nearly every policy is the "elimination period," often 30 to 90 days from the establishment of a claim to when coverage begins. This means that the patient may pay out-of-pocket for up to three months. He recommends establishing a start date to a claim as early as possible, so that patients can get the support they need.

Policies in the past were written more generously. However, due to increasing U.S. life expectancies, they now tend to be bundled with other policies, like life insurance, that are more profitable for insurers. Knowing your policy's terms – including coverage maximums – is crucial to decide whether it's the best investment for you.

To speak to Tim Petlin for more information, contact him at 310-313-0600.



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Spotlight on Special Moments Lingerie

By Anne Wallentine

Mely Parmalee, owner of Special Moments Lingerie in the Pacific Palisades, has seen lingerie designs change a lot since opening her store in 1983. When she first opened, she says, there were limited designs and colors to choose from. Today, fashion is more

varied. "You see people designing with joy," she says.

This joyful attitude is embodied in the variety of items her store carries, from comfortable nightwear to fun, colorful garments. Regardless of whether it's for a special occasion or everyday wear, Mely

(Continued on Page 10)



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Let's Put... Family Safety First!

Because children tend to focus on the excitement of Halloween and often forget about safety, *it's up to the motorists to take special care* so that the trick-or-treaters have a safe and happy holiday.

TIPS FOR ALL DRIVERS ON HALLOWEEN:

- When driving, please be extra cautious and slow down, especially on residential streets when children may be trick-or-treating in your neighborhood.
- Watch for children in dark clothing at twilight, and later in the evening.
- Yield to pedestrians. Children might not stop because they don't see your vehicle approaching.

TIPS FOR PARENTS AND THEIR TRICK-OR-TREATERS:

- Use reflective tape on your child's costume so it can be seen easily.
- Use makeup instead of a mask.
- Parents should help children check all candy. Unwrapped or unsealed candy should not be eaten.
- Carry a flashlight with you, so you can see and be seen easily.
- If someone older cannot go with you, Trick-or-Treat with a group.

Halloween safety suggestions courtesy of the Santa Monica Police Dept.

This Community Service Ad is brought to you by The *Santa Monica Star* Newspaper.

Have a Safe and Happy Halloween!

Reflections From The East

Spain Travelogue: Fulfilling a Childhood Dream



By Qin Sun Stubis
I first discovered Spain when I was just three and my family moved to the old colonial quarter in Shanghai. I lived

amongst Spanish stucco homes topped with persimmon-colored tiled roofs and fenced-in gardens with climbing morning glories and bright pink roses.

I still carry with me the memory of sitting in a bamboo chair in my little courtyard on a summer's afternoon, staring at the slightly raised patterns of glittering sand on the stucco wall and idly dreaming about life.

Since then, Spain has claimed a special place in my heart and I wished that one day I would be able to see the country in person. This summer, accompanied by my family and Rick Steves' book on Spain, I finally embarked on such a journey.

Spain was more beautiful and luminous than I could have ever imagined. Suddenly, I felt as if I had returned to my childhood, rediscovering a familiar place I had known so well and yet so little.

In Madrid and Barcelona, we let our feet be our guides and roamed around happily in what felt like a scavenger hunt for history, art, and culinary treasures that were hiding by the multitudes in plain sight.

From Calle Gran Via, the Fifth Avenue of Madrid, to Paseig Gracia, the most glorious thoroughfare in Barcelona, and from the world-renowned Prado and the Museum of Reina Sofia to the Picasso Museum and Gaudi's outlandish Sagrada Familia cathedral, our eyes feasted on the visual beauty, our minds scrambled to capture every moment, and our smell receptors drew us toward restaurants and tapas bars.

My favorite park by far was El Retiro, an impressive public venue with a long royal history sitting in the heart of Madrid. To me, its matriarch is no other than its four-hundred-year-old arboreal resident, boasting to be the oldest tree in Spain. In her towering grace, she warmly greets anyone who stops by. El Retiro is also the home to the world's only public monument dedicated to Lucifer, suitably named "The Statue of the

Fallen Angel," and sitting exactly at 666 meters above the sea level!

Barcelona's Gothic Quarter enchanted me like a history maze. Its narrow, winding stone passages led me to ancient Roman towers and columns, medieval churches, a 13th Century Jewish ghetto once packed with 4000 residents, and a scarred stone square where the fascists bombed and killed 42 school children in 1938. There, we found a small cafe next to a fountain, resting and reflecting, as we listened to a guitarist playing Bach and the Habanera from Carmen.

Before we left the Gothic Quarter, we found ourselves in the courtyard of the Barcelona's old Royal Palace. In 1493, on this very spot, King Ferdinand and Queen Isabella welcomed Columbus upon his triumphant return from the New World.

I lingered on the same steps where the royal couple met the hero, playing and replaying the scene in my head. As I pondered this great historical moment, I realized how Spain's power and influence had stretched around the world to touch my life at both ends.

I came to Spain and not only



Qin, far right, visited Spain with her family this past summer.

rediscovered part of my childhood in China, but the lingering echoes of the discovery of my new, adoptive country. Spain, I will always carry you in my heart!

Qin Stubis has been a regular contributor for several years. She lives near our nation's capital city.

Santa Monica Family YMCA Invites You to its Adult and Senior Programs

Lidia Magarian, coordinator of the Santa Monica Family YMCA programs for adults and seniors, invites you to stop by the YMCA on Tuesday, October 8 to learn more about Medicare.

Attend Medicare 101 with their

local Medicare expert, Samuel Schwartz. This program, free for Y members, will get you the answers you need to make an educated decision about Medicare. They will be going over the four parts of Medicare (A, B, C and D), who is eligible,

when one can enroll, and what changes to expect in the next few years. The program is from 12:30 p.m. – 1:30 p.m. in the Y Community Room.

On Tuesday, October 15, Challenge Your Brain is the topic of the

program. Challenge it to work in ways you didn't imagine. If you got your physical exercise today, now's the time to give your brain exercise. Presented by Cydney Kaplan, recreational therapist, the program

(Continued on Page 7)

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From Me to You...



By Diane Margolin

People may think that our weather usually cools off during the fall. But, that isn't always the case. I remember when it was 80 degrees in December.

A promotional Christmas catalogue showed Santa floating in a swimming pool, sipping on a cool drink. If you need a fan, or want to keep an extra one on hand, stop in at the new Ace Hardware store on Bundy near La Grange. There are box fans, desktop fans, fans on stands, and colored fans. I haven't seen such a big choice in a while. They will be in stock until they sell out, according to Brian, the store manager. The store also has a big selection of Hallmark greeting cards and Hallmark holiday ornaments. Try shopping early.

Getting a mammogram is not necessarily a pleasant experience for most women. Years ago I met Joanie, a technician in the Santa Monica office of LSG Imaging. I always make an appointment when she is in the office. She is kind, patient, and caring. Run by Dr. Ross Goldberg and two of his associates, LSG Imaging purchased a 3D mammography machine last year.

We did a story about it last fall. Instead of the usual four views, the doctor gets between 200-400 images. It can make a difference in discovering any problems right away. In their office, you also receive your results before you leave.

Halloween is almost here. Parents, please keep an eye on your children at all times when they are out trick or treating. It's so easy for them to disappear from your sight, especially if you decide to make a quick phone call. More Halloween safety rules are on Page 3.

I was waiting in line in my bank on Montana Avenue recently. Unfortunately our bank had been robbed earlier in the month. It was a surprise to look out the window and see three mounted officers on their beautiful horses trotting down Montana. I couldn't remember the last time I saw the horses out in the neighborhood. A man waiting in line with me said he had seen them in another area. Later, I noticed they had continued east on Montana and were stopping to chat with merchants and shoppers who came out to say hello. It's a treat to see them up close. Usually they are only available on National Night Out.

Enjoy a wonderful fall season.

A Creative Twist *(Continued from Page 1)*

- Consider using a paring knife with a smaller tip for ease of detail.
- Blend scraps of watermelon that are too messy for dicing or slicing to create an easy juice.

For more watermelon carving ideas, visit watermelon.org.

Mummy - Supplies and Tools:

- Watermelon
- Cutting board
- Kitchen knife
- Dry-erase marker
- Paring knife
- Melon baller
- Scoop
- Vegetable peeler
- Cheesecloth or gauze
- Battery-operated candle or light
- Small bowl
- Blueberries or bloody candy eyes
- Toothpicks or glue

Wash watermelon under cool running water and pat dry.

On cutting board, place watermelon on its side and use kitchen knife to cut off 1/4 to 1/2-inch of rind from bottom to provide sturdy base, being careful not to cut too deep into white part of rind. Cut

1-2 inches from stem end to create opening for bowl to be added.

Using a dry-erase marker, draw eyes, nose and mouth, along with wavy slits around carving. Use paring knife to cut them out, being sure to cut through to red flesh to let more light flow through.

Use a melon baller to hollow out inside of watermelon. Reserve watermelon balls. Use scoop to remove remaining watermelon from rind.

Using a vegetable peeler, remove green skin off outside of watermelon, similar to peeling cucumber.

Wrap thin strips of cheesecloth or gauze around the mummy carving and secure with toothpick, if needed.

Place a battery-operated candle or light inside carving and fit small bowl into top of carving. Trim away excess rind to make bowl fit securely.

Fill bowl with melon balls. Attach candy eyes or blueberries using toothpicks or glue.

Have a creative Halloween.

From the Santa Monica History Museum



Tegner Insurance, circa 1910

A group of men and women stand in front of the Tegner Insurance office with the Plumer Furniture building visible in the background. Courtesy: Santa Monica History Museum, SMHM Collection [For historical reprints, please contact SMHM and specify image #36.2.3004.]

Dreaming of Retiring Early? Here's Your Playbook



By Carolyn Hemann, CFP

Currently trending in the media is the concept of an incredibly early retirement, called the FIRE (financial independence, retire early) movement. News outlets are printing stories of people successfully retiring in their 50s, 40s and even 30s. If you are intrigued by the idea of retiring early, you are probably wondering if moving your retirement date forward is something within your reach.

As a financial advisor, I have seen firsthand how much work and dedication it takes to accomplish. But, I can confirm that it is possible to retire early – it all comes down to what your dreams are for today, tomorrow, and in retirement. Read on for some suggestions for how to assess if an early retirement is in the cards for you.

- **Define your dream retirement.** A realistic early retirement plan doesn't happen by chance. It takes careful planning and deliberate action. Before you can figure out how to make early retirement a viable option, take time to envision the kind of life you want to lead when you leave your primary career. Where will you live? What kind of activities do you plan to pursue?
- **Quantify your goal.** Many retirees find they spend more money in the early years of retirement because they have more time to travel

and pursue hobbies. If this aligns with your retirement vision, be conservative in your estimate of how much money you need each year.

- **Decide which income source to tap into first.** Once you know how much your early retirement will cost, you'll want to line up the order in which you tap into your investments. How much income you need, the tax treatment of your investments, and the timing of when you'll take Social Security are all factors to consider as you map out how you will create a paycheck in retirement.

- **Adjust your saving and spending today.** Once you have a clear idea of how much your dream retirement will cost, you can evaluate the potential tradeoffs and sacrifices necessary to make it happen. This will likely require reducing spending while maximizing the amount you are saving.

- **Continue investing for growth.** It's common for retirees to adjust their investment allocation to be more conservative to protect their principal from potential market downturns or increased volatility. While this may make sense for some, it's important for your portfolio to at least keep on pace with inflation. After all, retirement can easily last several decades. Even modest inflation can make a meaningful impact over that timeframe. Factoring inflation into your projections can help you maintain your

(Continued on Page 10)

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Remembering Santa Monica (Continued from Page 1)

Emeritus College.

There is much more to find out about Nat and the other members, so please join us and bring your friends for our anniversary celebration. Refreshments will be served.

Please call John Klopping at 310-395-2290 to reserve your spot.



Ida and Nat Trives

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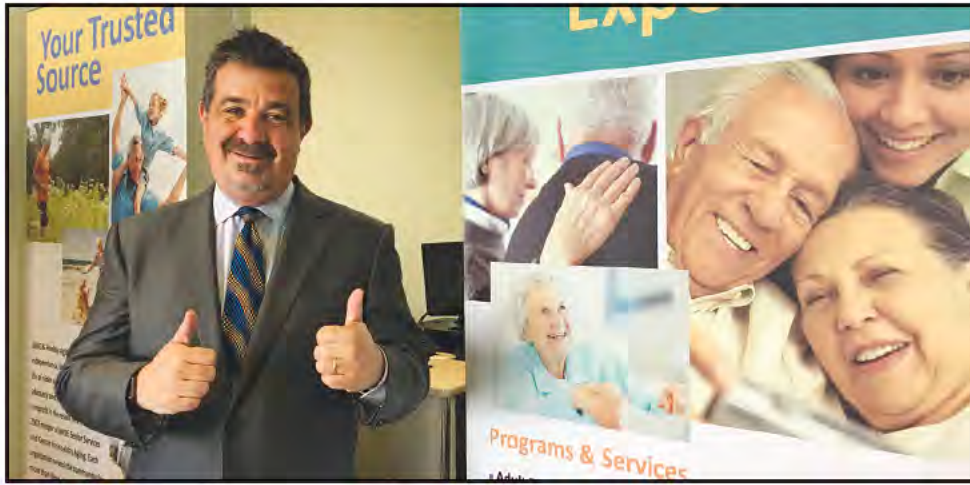
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Giving Back to the Community



Financial expert Mitchell Kraus shares his expertise with members of WISE & Healthy Aging.

Santa Monica Rotarian Mitchell Kraus gives back to the community when he donates his expertise in financial planning at WISE & Healthy Aging, a nonprofit organization in Santa Monica serving seniors and their caregivers.

Mitchell holds free consultation sessions with seniors the first Tuesday morning of every month.

Appointments are required and can be scheduled by calling WISE & Healthy Aging at 310-394-9871.

Join Meals on Wheels West

(Continued from Page 1)

“Monster Bash is a fun way to help Meals on Wheels West to serve the ever-growing number of people who need our programs. Our event offers us a chance to raise funds and thank everyone who supports us. We need your help to be able to serve people in the coming year. We’re asking people to come out and have a really great time knowing you are helping your commu-

nity,” says Executive Director Chris Baca.

To purchase tickets, visit www.MealsOnWheelsWest.org or call 310-394-5133, ext. 5. Sponsorship opportunities are also available. A portion of all sales are tax deductible. If you can’t attend, please consider donating at www.MealsOnWheelsWest.org. (See ad on Page 12.)

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Questions? Contact Carol Rosenstein 818-326-5000, or info@musicmendsminds.org

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Santa Monica Family YMCA

(Continued from Page 4)

will be held from 1 p.m.-2 p.m. in the DeWind Room on the second floor at the YMCA.

Best of all, come to the Tuesday, October 29 Adult Halloween Potluck. The Strikers will perform live music. Fee: \$5 for Y members and \$7 non-members. Everyone is required to bring a tasty dish that can serve five people. The event begins at noon and runs until 2 p.m. It will be held in the Community Room on the second floor of the Santa Monica Family YMCA.

The Y is located at 1332 Sixth St. Free underground parking is available. For more details, call Lidia at 310-393-2721, ext.129 or e-mail: lidiam@ymcasm.org.



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Passing Through the Pico Neighborhood



By Clara Wright
As I walked through the neighborhood on 18th and Broadway, I found the classic barber shop and beauty salon still standing and thriving after all these years. Donald Douglas built the shop in 1942 for the workers in his Santa Monica plant who were working around the clock on the war effort.

Fifteen years ago, Xavier Banister opened the Cuttin' Up! Barber shop at Broadway and 18th St. He has brought new and innovative ideas for hair care for both men and women as he caters to a very diverse clientele.

Since he came, Xavier has been a part of this community, along with his wife, Sunshine. Together,



Cuttin' Up! Barber Shop has been in business for 15 years.

Photo by Grants Wright

they also mentor youth in the community. Xavier had owned two other barber shops in another part of Los Angeles. A policeman friend

of his from Santa Monica insisted that he come to see the shop on 18th and Broadway. With his friend's help and encouragement, Xavier sold the two shops and relocated to Santa Monica.

A "gentle giant," as he is often called by his repeat customers, Xavier says, "I'm an asset to my community, and professional service is essential."

Xavier has been recognized as a Black business owner by Calvary Baptist Church. He has one of the few Black-owned barber shops in Santa Monica.

He continues to coach a team in the Santa Monica Boys & Girls Club Bidy Basketball league, which has already won five championships.

His wife, Sunshine, is a health care professional for special needs students in the Los Angeles School District. She also teaches her students hair care skills. In addition, she works with a parent connection group at Virginia Park. It provides a resourceful and informational platform that connects families and communities through advocacy, support, and cultural awareness. Next month, Sunshine is hosting a Financial Literacy Expo on November 9 at the shop. (See ad on Page 6.)

Together, Xavier and Sunshine have a 12-year-old son, Brenton, who attends middle school and enjoys playing basketball.

To make an appointment at the shop, call 310-461-9053. The shop is open from Monday to Friday,



Xavier and Sunshine with their son.

9 a.m. - 7 p.m., and on Saturday, from 8 a.m. to 8 p.m.

Walk-ins are welcomed and there's a chess board set up in case you want to play a game while you wait for your turn.

Clara Wright is a longtime resident of the Pico Neighborhood area who has been involved in making a difference for her neighbors.

Computer Meeting to Discuss Cyber Security

On Tuesday, October 15, from 7:30 p.m. to 9:00 p.m., the Los Angeles Computer Society will present Bob Gostischa speaking on *Cyber Security for All of Your Devices*.

Our security and privacy are constantly in danger of being attacked from many sources. Between ransomware, data breaches, crypto jacking, supply chain attacks, and mobile malware, staying secure and guarding as much of our privacy as possible is a constant

(Continued on Page 11)

Promote your special community event in The Santa Monica Star. Call 310-613-3899 for details.

Thoughts From a Second-Time Father

Getting Ready to Return to School



By Michael Margolin

And just like that, summertime was over and the kids were heading back to school. Alexa had just started first grade, and now I really felt like time was going by a bit too fast. When Alexa started preschool and when she started kindergarten, other parents got a little emotional at the thought of their children growing up and getting bigger. I did a pretty good job of embracing this inevitable part of life. But for some reason, the idea of her starting first grade makes me feel as if she does not need us quite as much. She is six years old so obviously she needs us, but the budding signs of greater independence and autonomy are evident.

These new experiences and friends and teachers are all things she will never forget. I suppose if and when she goes off to college, she could say the same thing then. But, I will hold off on the thought of my little princess leaving the castle.

As for our three-year-old prince, Jake, he is enjoying preschool. Three days a week for three hours at a time he is being educated in the world of finger paints and Play-Doh. It has only been a couple


weeks, but all the reports we have had back from Jake have been positive.

Jake became much more confident in the water over the summer. He took swimming lessons and seemingly overnight began to swim like a tadpole underwater. To graduate from his swim class, he had to jump off a diving board. It was only several feet high, but Jake is not quite that tall, so it was steep to him. But, he bravely walked to the end and flung himself off into the waiting arms of his instructor.

Both kids tried body boarding for the first time this summer. Alexa was first. I would put her on the board and give her a light shove, and she would ride a tiny wave. That was - until she wiped out.

However, Jake did not get past his first try. While pushing Jake on the board, I also accidentally pulled the side of the board, causing Jake to go completely under. I was there to help him, but he didn't want to continue after that. Thinking about the situation, my brain immediately jumps to the fact that, in life, everybody wipes out sometimes. With me there to help them back up after a little bit of disturbance, it was a good lesson for the kids to learn.

Mike Margolin is an avid sports fan and a soccer coach on Alexa's team.



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Community Service in Santa Monica

Pancake Breakfast Proceeds Will Fund Causes



By Marilyn Schalit

Many thanks to everyone who supplied food for, worked at, and came to the Santa Monica Lions Club

Pancake Breakfast on Saturday, September 28 at the Santa Monica Boys & Girls Club. All of the proceeds from the breakfast will fund grants to local agencies, scholarships to deserving Santa Monica High School and Santa Monica College students, and donations to Lions Club charities.

Everyone enjoyed eating delicious pancakes, scrambled eggs and sausages, and drinking coffee, juice, and milk. Children had a great time jumping up and down in the bounce house, receiving balloon creations and books, doing crafts, and playing games. Raffle prize winners were delighted by the fabulous prizes supplied by Santa

Monica Lions Club members. A talented folkloric dance group provided marvelous entertainment.

A special thanks to volunteers who helped wherever needed.

Thank you to the Boys & Girls Club members who sold raffle tickets. Many spouses of Lions Club members also pitched in. They were Phil Brock, Tom Emmett, Joanne Fife, Steve Litvack, and Nick Sheppard. We also appreciate the able assistance of Carol Bullock and Jeannie.

Please be our guest at lunch so you can meet our members and learn about our activities. We meet on the first and third Thursday of each month from 12:15 p.m. to 1:30 p.m. at the Elks Lodge at 1040 Pico Blvd., Santa Monica. Please RSVP to me at marilynnschalit@yahoo.com, or to Membership Co-chair Yoriko Fisher at yorikofisher@gmail.com. We look forward to meeting you.

Eat, Drink and Make a Difference at the 12th Annual Wine and Food Festival Hosted by the Rotary Club of Santa Monica

**By Sharon Gavin
President, Rotary Club
of Santa Monica**

Join us on Sunday, November 10, from 4 p.m.-7 p.m. for the 12th Annual Wine Festival, at Playa Studios in Culver City. You do not have to be a Rotary member to attend.

The proceeds from this fundraiser will benefit non-profit community and youth programs, including the Santa Monica Boys & Girls Clubs, Upward Bound House, Meals on Wheels West, and many other local charities in need. "We are proud to say this event has grown tremendously, with over 250 guests attending last year and generating net proceeds over \$121,000 – enabling us to do even more for the community," said Andrea Gressinger, the Chair for the event.

A charitable organization is chosen each year to receive a portion of the proceeds. This year's featured charity is Kidsave International, a non-profit organization that supports young adults who have matriculated out of the foster care system.

FIG Restaurant and the Fairmont Miramar Hotel in Santa Monica will once again provide an extensive and delicious buffet dinner with wine tastings from select vineyards, all enjoyed while listening to jazz music from The George Kahn Trio throughout the evening.

Not to be missed are our silent and live auctions packed with items that sell out every year. Don't miss out on our raffle drawing that has some of the best odds in town (1 to 100 odds of winning). The winner will choose from a selection of five national and international vacations. (You don't have to attend to win.)

To buy tickets to the event, or support the fundraiser by purchasing a raffle ticket, please visit www.RotaryWineFest.org. Tickets are \$150 per person. Raffle tickets are \$100 each. For information on sponsorships and program advertising, contact Andrea Gressinger at 310-940-1024. Our Rotary club meets on Fridays at noon at the DoubleTree Hotel on 4th Street in Santa Monica. Call 310-917-3313 for more details and come join us.

Taking a Look at Your Health (Continued from Page 2)

massively less expensive than an MRI, and radiographs are usually less expensive than CT. The final decision is a balancing act of what questions a given imaging modality can and can't answer, and how that information pays off for the patient.

The aim is to pick the diagnostics that are least invasive for the patient, provide the most actionable information about a health condition, and still fit well enough within

a patient's healthcare budget that any further necessary testing and treatment can be carried out afterwards. When it comes to radiographs vs. ultrasound vs. CT vs. MRI, in the end, it's about the big picture.

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



Santa Monica Firefighter Jeff Adams, above center, recently received the 2019 Santa Monica Elks Firefighter of the Year Award. Margy Pickett, right, received the 2019 Santa Monica Elks Patriot of the Year award. From left to right, Elks Exalted Ruler Jaynee Roszhart, Jeff Adams, and Margy Pickett. The Benevolent and Protective Order of Elks Santa Monica Lodge 906 was established in 1904 and is dedicated to the children of today and the Veterans of the United States of America. The Elks strive to promote Americanism, education, and service to the community.

Photo by Fabian Lewkowicz

Getting Ready for Fall Events at the Santa Monica Bay Woman's Club



By Tesi Treuenfels

Happy Fall! Days are becoming shorter, and here in Southern California, we celebrate our second spring with many plants

from the southern hemisphere blooming. You can see trees blooming all over Santa Monica.

Ninety years ago, the Santa Monica Bay Women's Club, (SMBWC) hosted the women of the Women's Transcontinental Air Derby. We are happy to celebrate the accomplishments of these brave women many of who pushed the limits of aviation. Amelia Earhart called for a meeting of female pilots in 1929 following the Women's Air Derby. All 117 women pilots licensed at the time were invited, and the group is named for the 99 of them who attended the meeting or expressed an interest in forming a group. The Ninety Niners are still active today with chapters across the country.

Will Roger, true to his style of poking fun at everyone, referred to the 1929 women's race as the "powder puff derby." Will Rogers was quite a character and an aviation enthusiast himself, although he never became a pilot. We have his wife Betty Rogers to thank for her instrumental roll in preserving her husband's legacy. A few of our SMBWC members are trained docents at Will Roger's State Historic Park. The park will be holding a training for new docents sometime in November. For information, contact Callista.Turner@parks.ca.gov.

It was decided to combine the September Pass the Dish (PTD) and the September Club M&M, our "fun" club. Club M&M plans one

event a month. We dressed in our PJs for PTD and requested that everyone bring breakfast food: cereal, eggs, bacon, and pancakes. All had a fun time.

The Club held its annual business meeting on Monday, September 9 at 11 a.m. This meeting was followed by a luncheon provided by the Club, and of course our regular Monday afternoon bridge and canasta games. We also meet for arts and crafts on Tuesday. Our book club revisited the classic *Little Women* this past September. Our remaining 2019 Book Club dates are as follows: October 17 and November 21. The SMBWC Book Club meets once a month. If you would like to be placed on the email list, please contact Susan at: sbarry1015@sbcglobal.net.

A couple of upcoming events are November 9, Military Families That Serve; and November 22, 6:30 p.m., the Joy Catchers Christmas Tree Decorating and wine tasting event.

Our most important role here at SMBWC is to give our members a home away from home, a place where they can meet other women and form friendships to share life's wonderful and sorrowful moments, as well.

Come join us. For more information, call 310-395-1308.



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Paws and Claws

My Dog Keeps Scratching His Skin



By Dr. Frank Lavac MS, DVM, VCA
Q: I recently adopted my dog from the shelter. He is six months old and very itchy.

It seems like he never really stops scratching all over his body and has crusty lesions on his ears and elbows. What could be the problem?

A: Thanks for bringing this common problem to my attention. From your description, the most likely diagnosis is sarcoptic mange mites. They cause intense itching, and the pets never seem to stop scratching. This can be diagnosed by skin scrapings, where we microscopically analyze the affected areas by collecting superficial skin material using a special spatula. These mites can sometimes be diffi-

cult to find, as very few mites can cause intense itching. Multiple samples may need to be evaluated microscopically to finally diagnose the mites.

Fortunately, there are a multitude of very effective treatments. These include LymSulfur dips, Ivermectin and Isoxazoline products (Bravecto, Nexgard, and Simparico).

Other differentials for an itchy young dog include Demodex mites, bacterial skin infections, yeast skin infections, fungal skin infections, flea allergies, inhaled allergies, and food allergies. Your veterinarian can help determine which is the most likely cause and develop a treatment plan.

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

What Does This Mean For Your Finances?

(Continued from Page 5)

purchasing power throughout retirement.

• **Don't overlook health care expenses.** Many retirees are surprised by how much of their budget goes toward medical expenses. Make finding health insurance a top priority. And, consider the pros and cons of purchasing long-term care insurance. (See Page 3.)

• **Be flexible.** In life and investing, there are no guarantees. Unexpected events can happen any time, and many have financial implications. Think about what your options are if your savings come up short, such as adjusting your retirement date, spending or perhaps picking up a part-time job, and

make sure you have the right insurance in place to cover your various assets.

Retiring early is a big dream. If you want help deciding if or how moving your retirement date forward is realistic for you, meet with a financial advisor. Together you can review your goals, investments, risk tolerance, and other factors to help you make retirement decisions with confidence.

Carolyn Hemann is a Certified Financial Planner with Hemann, Preator & Associates, a Private Wealth Advisory Practice of Ameriprise Financial Services, Inc. in West Los Angeles. She can be reached by calling 310-477-2500.

One Heart - One Love

Dear Sunshine,

I just started my new job a month ago, which is a blessing in itself. The problem I'm having at work is not the work, but one particular coworker.

She comes off as being friendly and helpful, but I have walked in on her talking about me twice to other coworkers. She would pretend like she was just sharing the information with our colleagues to make them abreast of what's going on for the day. I believed her, but it's happened one time too many. She wants to be "the know it all," so I let her because I just started, and I don't want any drama at work while being the new kid on the block.

I'm a cashier at Trader Joe's. I may be new to this location, but I've worked in grocery stores for years. Sunshine, should I play the nice guy or put her in her place?

*Thank you,
New Kid On The Block*

Dear New Kid On The Block,

I think we've all been down that road one time or another. Many people get intimidated by the "new guy." I think it's smart of you to keep quiet for a while since you just started working at this new location.

You don't want to create a name for yourself by being the troublemaker by causing conflict. The best thing you can do is get your check and go home! Don't entertain her conversation; just be cordial, but leave her alone. If you have concrete evidence that she is steering up drama, stay clear of her. You don't want your name to get caught up in her cobweb. Remember, you go to work to make money, not friends. I hope everything works out for you.

Always,
Sunshine

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



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Spotlight on Special Moments Lingerie

(Continued from Page 3)



Special Moments Lingerie owner Mely will help you find the foundation garments that are the right size for you. Above, with a hand-painted silk gown from her collection of beautiful lingerie.

Photo by Anne Wallentine

chooses her stock with an eye for quality. She begins her assessment of designs with the fabric – looking for natural, breathable materials like silk and cotton modal, rather than synthetics like nylon or polyester. She also aims to provide a mix of affordable and high-end labels such as Samantha Chang and Oscar de la Renta.

Mely began her career designing wedding gowns. She enjoyed the personal experience of working with brides, but shifted into lingerie upon realizing that she could create equally intimate designs that would be worn more than once. She says that most people "know what they are looking for" when they enter the shop – her role is to help them find it. She is sensitive to customers' desire to look and feel good in whatever they are wearing.

Naturally, Mely emphasizes personal service in her store. She has

many regular customers and remains deeply connected to the community. Her husband grew up in the Palisades, although they met in Italy when he came to study opera (he's a tenor). Knowing firsthand how life can take you to unexpected places, Mely enjoys being able to provide her customers with something for any moment.

Special Moments Lingerie is located at 873 Via De La Paz, a bit south of Sunset Boulevard in the Pacific Palisades. Call Mely for more information at 310-454-8199.



The Rotary Club of Santa Monica Presents
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Dinner compliments of
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All proceeds benefit non-profit
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Community Calendar

By Miceala Shocklee

- **Friday, October 4 - Paola Escobar Dance Performance** - Enjoy the culmination of choreographer-in-residence Paola Escobar's work with a collage technique celebrating Escobar's identity as a Latina artist, immigrant, and multi-form dance practitioner with this performance at the Annenberg Community Beach House. Performance to run from 5:30 p.m.-6:30 p.m. Attendees are encouraged to wear sun and wind protection with walking shoes. Call 310-458-4904 for more information about how to participate.
- **Sunday, October 5 - The Fifth Annual Mad Hatter Tea Party** - This event honoring Ray Carriere will be hosted by the Santa Monica Breakfast Club at the DoubleTree Suites Hotel from 1 p.m.-4 p.m. Proceeds support children's dental care. Tickets: \$95. Call 310-493-8004 to reserve a seat.
- **Wednesday, October 9 - The Commission on the Status of Women** - All aged women are invited to this year's Commission on the Status of Women at the Ken Edwards Center, 1527 5th Street. The Commission addresses policy and other topics relevant to the women and girls in the Santa Monica community and discusses how to support professional and personal advancement opportunities. Event to begin at 7 p.m. Contact Liz Scharetg at 310-458-8701 or cosw@smgov.net for more information.
- **Saturday, October 12 - Scott Campbell Skulls! Storytime** - In their fun and informative picture book *Skulls!*, award-winning illustrator Scott Campbell and author Blair Thornburgh teach kids about one of the most important bones in their body while dispelling any fears kids might have in general about oft-spooky skeleton imagery. Starting at 10:30 a.m., Scott will lead a reading and drawing demonstration sure to awe and delight kids ages four to eight at this Children's Book World event. For details, call 310-559-2665.
- **Saturday, October 12 - A Visit with Thomas Edison** - Enjoy a visit with Thomas Edison via actor/impersonator Peter Small's one-man show at the Kaufman Branch Library! Performance to start at 2 p.m. For more information, call 310-575-8273.
- **Sunday, October 13 - Campus Beautification Day** - Help the McKinley Elementary School community beautify campus grounds! Event to run from 9 a.m.-1 p.m. For details, call 310-828-5011.
- **Saturday, October 19 - The Song of**

- the Angels Flute Orchestra** will perform on 7 p.m. at the Moss Theater in Santa Monica. Shaul Ben-Meir will conduct and premier two of his latest works for Flute orchestra. Orchestra co-founder Frederick Staff will open the concert with a work by Camille Saint-Saens entitled "Odelette" from *Music by the Poets*. To hear excerpts from previous Song of the Angels Flute Orchestra concerts, go to www.soafuteorchestra.com/videos. For details on the concert, please contact Frederick at 323-823-1078. He also teaches at the Cornerstone Conservatory of Music.
- **Saturday, October 19 - BG Gallery in Bergamot Station will host the Courageous Content Woman's Award's opening reception** - 6 p.m.-9 p.m. *Angel Landing* and other artworks by sculptor Doug Johns will be on display. Art sale proceeds will support charities combatting domestic violence. 2525 Michigan Ave. Details: 310-906-4211.
- **Sunday, October 20 - Children's Pumpkin Decorating** - Kids can enjoy a free pumpkin-decorating session at the Santa Monica Farmer's Market in anticipation of Halloween. Event to run from 10 a.m.-1 p.m. For more information, call 310-458-8712, extension 2.
- **Thursday, October 24 - Avoiding Scootergeddon: Scooter Law and Safety** - Learn the legal basics and how to stay safe as a driver, pedestrian, and electric scooter-rider out on the sidewalks from Santa Monica legal attorney Jerry Konell. Event co-presented by the SMPL Main Branch and the L.A. Law Library as part of pro-bono week. Event starts at 7 p.m. in the Multipurpose Room of the SMPL Main Branch.
- **Friday, October 25 - Empowerment Self-Defense** - Karla Ortiz will run a hands-on workshop on verbal, physical, and emotional self-defense techniques to help prevent violence and find self-empowerment. Workshop to start at 12:30 p.m. in the Multipurpose Room of the Main Branch of the SMPL. For information on how to participate, call 310-458-8600.
- **Friday, October 25 - Rori's Gives Back to Roosevelt** - Celebrate every last Friday of the month with a scoop from Rori's Artisanal Creamery, located on Montana Ave. between 9th and 10th Streets. Rori's will be donating 10% of the proceeds of sales back to Roosevelt Elementary School! Visit rorisartisanalcreamery.com or call 424-744-8572 to find out more.
- **Friday, October 25 - University High School Homecoming Game** -




Put on a costume and join the others celebrating Halloween at the Meals on Wheels West Monster Bash fundraiser on October 25 at 8 p.m. Come for fun, delicious food, and entertainment. Call 310-394-5133, ext. 5 for tickets.

- Cheer on University High School at 11800 Texas Ave. as they compete against Fairfax High School. Game to start at 7 p.m. Call 310-914-3500 for more information.
- **Saturday, October 26 - Franklin Elementary Halloween Carnival** - Enjoy family-friendly food and spooky fun at this year's Halloween Carnival at Franklin Elementary School. Carnival to run from 11 a.m.-4 p.m. For more information, call 310-828-2814.
- **Wednesday, October 30 - All You Can Carry Pumpkin Patch** - Enjoy the annual dash for pumpkins! For a \$5 entry fee, take home as many pumpkins as you can carry from this year's pumpkin patch at Arizona Ave. and 2nd St. Event to run from 8:30 a.m.-1:30 p.m. Contact 310-458-8712 with questions.


The Mar Vista Library, 12006 Venice Blvd., will be holding Baby Storytime on Mondays at 12:30 p.m., and Toddler Storytime on Wednesdays at 11 a.m. Call 310-390-3454 for more details.

Computer Meeting (Continued from Page 8)


concern. An informal discussion will run from 6:30 p.m. to 7:20 p.m. Beginners are welcome. Refreshments available. The meeting will be held at Fellowship Hall, 8065 Emerson Avenue, Westchester (at the corner of 80th Place, one mile north of LAX). For more details, call 310-780-3302.



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Answer to Neighborhood Celebrities

(Continued from Page 1)



Seated at Mel's Diner on Lincoln Blvd. and Route 66, at the entrance to the 10 Freeway, are owner Colton Weiss, left, and Rufus Baker, a longtime Santa Monica resident. Colton's grandfather started the chain of Mel's Diners in San Francisco in 1947. Stop by the restaurant to see memorabilia from years past and juke boxes at each table. Very good burgers, fries, and creamy shakes are available, too.

Happy October Birthdays

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

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Friday, October 25
8:00 pm - midnight

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