

# THE SANTA MONICA STAR

*Also covering  
The Greater  
Westside*

Volume XVIII Number 9

Where Local People Are Celebrities

September 2019



Local Santa Monica photographer Julie Dobkin Gilberg gives us memories of the last days of summer when so many people flocked to the beach at the Pacific Ocean.



Members of the Lions Club of Santa Monica are ready to flip giant pancakes for you from 7 a.m.-11 a.m. on Saturday, September 28 at the Boys & Girls Club yard on Lincoln Blvd., between Wilshire and Arizona.

## Remembering Santa Monica Group Learned About Growing Up in a Prominent Local Family

**By Taber Falconer**

To close out summer, the Remembering Santa Monica Group met and exchanged memories of Santa Monica High School with Samohi alumna Leila Fogel Brown, kicking off the discussion by recalling some of her favorite moments as a student. She brought in the yellow dress she had worn to pep rallies, which she had designed and sewn herself in the early '50s. (See Leila's photo on Page 6.)

In addition to Leila's personal experience at the school, her uncle, Moe, graduated in 1907 and eventually sat on the school board. To the delight of her many fellow Vikings in attendance at the meeting, Leila passed around her 1953 copy of Samohi's yearbook, the *Nautilus*.

Needless to say, Leila's Westside roots run deeper than most. At the turn of the 20th century, her family's Victorian-style home at Arizona and 5th, known locally as the

Fogel House, was the second-largest residence in Santa Monica. Her father, a dentist, had an office on 7th and Wilshire in the spot where the brand-new Proper Hotel now stands.

The conversation then took a somber but intriguing turn when Leila shared the details of her grandfather Reuben's 1918 murder, which remains unsolved to this day. She read from a newspaper clipping over 100 years old and explained the impact the tragedy had on her family. The motive appeared to the LAPD to be monetary, as Reuben was robbed of \$490 – the equivalent of just under \$8,500 today.

The next meeting will be held on Tuesday, September 10 at 11:30 a.m. There will be a guided tour of the museum's *California's Route 66: Hiding in Plain Sight* exhibit at the start of the meeting,

*(Continued on Page 6)*

## Best Customer Service Goal of Feder's Appliance Distributors



Marcus Feder invites you to explore the Feder's Appliance Distributors warehouse in Santa Monica to find the latest appliances for your home or rental properties. They also have a warehouse in the valley.

Many may remember when there were two independent appliance stores in Santa Monica, Carlson's and Barrett's. Now, Feder's Appliance Distributors, on 7th and Colorado, is the only family-owned store to visit. Many of the original employees of those two stores now work at Feder's.

How did Feder's Distributors get started? Arie Feder came to California from New York in 1964. He

opened a mechanic shop on Sunset and Vine. His wife went to Israel and brought back his brother, Avi, who had been servicing air conditioning and refrigeration units.

Avi talked Arie into opening a business combining his skills and selling used appliances and air conditioning. In the '70s, they added small appliances and TVs. Eventually, they sold more new appliances for the home, specializing in what apartment owners needed.

Marcus, the youngest of Arie's three sons, now runs Feder's. He began helping in the store before he was five by sweeping the floors and dusting off the appliances on display. As he grew up and had more responsibilities, he realized, "We have good relationships with most of our customers. We are selling to the children and grandchildren of our original customers. We know what those who owned apartment buildings wanted, and it's the same for home owners."

Often when you go to larger, big-box stores, it's hard to find help. Feder's prides itself on providing

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## Do You Recognize These Local Celebrities?

*(Answer on Page 11)*



## Take A Look Inside

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**Brain Matters**

**Brain Health: Our Path to Preventing Alzheimer's Disease**



**By Verna Porter, MD**  
Throughout our lives, our brain's job is to help us make sense of the world around us and to oversee our daily affairs, activities and relationships.

Brain health refers to our ability to remember, learn, play, concentrate, and maintain a focused and active mind. It is important that we can readily access the strengths of our brains for information management, logic, judgment, perspective and wisdom. Simply put, brain health is about our ability to make the most of our brain's resources and to help reduce some risks to it as we age.

Dementia is not a specific disease. It's an overall term that describes a group of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Alzheimer's disease (AD) is a specific type of dementia. AD is char-

acterized as a progressive neurodegenerative disease that destroys memory and other important cognitive and mental functions.

In Alzheimer's disease, brain cell connections deteriorate and die off, eventually resulting in marked difficulties in thinking, memory, and cognitive functions which interfere with a person's abilities to carry out normal daily activities. Memory loss and confusion are some of the main symptoms of Alzheimer's disease. To date, no cure exists, but medications and cognitive management strategies may help to slow the rate of progression of the disease and improve symptoms.

So, what are some warning signs of possible Alzheimer's disease that should prompt a person to seek medical attention?

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work, or at leisure

4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things frequently and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Is there anything that can be done to decrease the risk of developing AD? The answer is yes! Dementia risk may be notably decreased by physical activity. Considerable evidence suggests that engaging in regular physical activity may prevent cognitive decline and dementia. Active individuals have lower blood pressure, cholesterol and a lower risk for diabetes; reducing these factors may promote healthy brain aging. Even short-term exercise interventions have been shown to prevent brain atrophy in older adults and may

*(Continued on Page 4)*

**Byte by Byte**

**How Not to Be Replaced by a Robot**



**By Miceala Shocklee**  
How can you stop a robot from replacing you? In general, automation is taking over tasks that are highly repetitive, mechanically simple, and easily driven by algorithms. Where automation doesn't yet hold up to human prowess is in areas of creativity and problem-solving.

For example, while a robot can carry out mass pipetting in a lab and generate data reports, it can't carry out the critical thinking necessary to design the experiment in the first place, or tell you what the data as a whole conclusively means.

Furthermore, while a series of robots may be able to put together a car, they can't tell you on their own what the best design is for the next Volkswagen. When it comes to any kind of artwork, when left to their own devices (literally), AI algorithms create words and images that range from curious to disturbingly bizarre. Interestingly enough, humanities-related jobs may be some of the least at-risk for robot replacement.

Current advice for workers in at-risk jobs is to focus on extending and expanding their range of skills and knowledge, rather than trying to move up in the hierarchy at their current placement. Even if they make it to the next step on the ladder, robots will likely follow one rung behind.

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

**Celebrate Jewish Holidays at a Matzo Ball Making Workshop**

Learn how to make matzo balls for the upcoming Jewish High Holidays at a workshop to be held on Saturday, September 21 at 2 p.m. at the West Los Angeles Branch Library, 11360 Santa Monica Blvd. The three holidays are Rosh Hashanah, Sukkot, and Yom Kippur. Call 310-575-8323 for more details.

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**Planning Ahead**

**Are You Living in Grandma's House?**



**By Lisa C. Alexander, Esq.**  
Are you living in Grandma's home, still in her name even though she's been deceased for

years? This is a common situation. Often, it is a case of confusion about what happens to ownership of a home when someone dies. Other times, there's awareness that something needs to be done, but it's not a priority and nobody wants

to incur the expense. This can go on for years so long as property taxes are paid. Eventually, though, getting Grandma's name off the deed will become an issue.

Usually, this happens when it's finally time to sell. The parties may even be in escrow when it's discovered the seller doesn't own the home and it can't be sold without opening a probate of Grandma's estate. It had to happen someday, but now the sale may fall out of escrow because of the delays, and

opening the probate may be harder than it would have been back when Grandma died.

If Grandma had a Will, it may have been lost. The house may have been left to the grandchild living in the home, but if no copy of the Will can be found, the house may be divided among multiple heirs, not just the grandchild. The grandchild may have been counting on the proceeds from the sale of the home which now may be reduced.

Even locating heirs may be harder now than when Grandma died. This becomes more complicated when heirs of Grandma died after her, and now, probates may have to be opened for their estates as well. Another set of heirs must be identified and located. The group of people who will now share in Grandma's estate may expand to include distant cousins that nobody even knew existed and who live in another state or even another country. All of them must be tracked down and notified before the probates can be opened.

The delays may be frustrating. Expenses will be incurred for probates that might have been avoided. But the worst may be property tax reassessments that date back years and will incur interest and penalties that must be paid. If you're in that situation now, be proactive and get good legal advice.

Lisa Alexander can be reached at 310-395-6555.



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## Santa Monica Playhouse Makes Summer Cultural Youth Exchange in Japan

Since 1989, the Santa Monica Playhouse American Cultural Youth Ambassadors have traveled to Japan for a cultural exchange with their sister company, Tokyo's Model Language Studio (MLS). They perform, lecture, and share the universal magic of theatre.

This year was no exception. Playhouse Co-Artistic Directors and founders of the Youth Ambassadors program, Chris DeCarlo and Evelyn Rudie, accompanied four young actors – Maia Alvarez, Donald Redding, Elizabeth Frances Trudeau, and Sabrina Twyla – to Tokyo and Yokohama for a five-day Short-Burst® international musical theatre intensive. There, Playhouse members collaborated with MLS directors, teachers, and youth performers to create and perform "Let's Be Friends," an original bilingual performance piece that explored cultural differences and similarities, and celebrated the uniqueness of the individual.

"Santa Monica Playhouse is on the cutting edge of cross-cultural exchange, in some cases being the first foreign group to bring a theatre experience to many cities throughout Japan," says MLS president Masa Ota.

MLS members hosted the Playhouse company in Tokyo and Yokohama for a tour of important cultural and traditional temples and museums, as well as contemporary art exhibitions, shopping (of course), and a trip to Tokyo Disneyland. Eight-year-old MLS member Yuzuki Harada participated in the "Let's Be Friends" project in



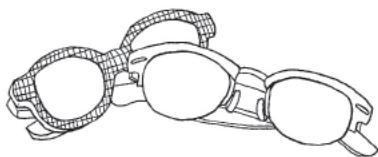
Students performing in Japan.

Tokyo and then, only one week after the Playhouse company returned to the states, Yuzuki joined them in Santa Monica for another create-a-play experience.

Says Yuzuki's dad Jun, "It is amazing to see the way you help a non-native kid develop confidence and speak English lines fluently in such a short time."

Plans are already under way for 2020 to celebrate the Playhouse's 30th tour of Japan, as well as a special MLS exchange visit to Santa Monica. Tour member Donald Redding summed it up, "You worked incredibly hard to make a memorable, educational, art-filled trip and you totally hit the mark!"

To find out more about the Playhouse's international trips, visit <http://SantaMonicaPlayhouse.com>, or contact [theatre@SantaMonicaPlayhouse.com](mailto:theatre@SantaMonicaPlayhouse.com).



Hfalley Stubis

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Santa Monica High School Scholarships - McKinley Elementary School PTA

Reflections From The East

# I'm Old-Fashioned. Sew What?



**By Qin Sun Stubis**

When we talk about sewing these days, we mean doing it with a machine, not by hand, a tedious way of making clothes for the family most Americans gladly abandoned a long time ago.

It's hard to believe that only a few decades ago in Shanghai, China, I grew up wearing clothes all hand-made by my loving mother, from summer tops and skirts to padded winter jackets.

I remember watching my mother using an old newspaper to make patterns, placing it over a piece of cloth, tracing it with chalk, and then carefully snipping the fabric with scissors before she embarked on her sewing. I always followed her around, anxious to see what she was making and how she was doing it. As a result, I learned a thing or two from her.

Many years later, I sat in my living room in New York and sewed my daughter Halley her first Easter dress and my son Keaton red-and-

white striped pajamas. It's not that my kids didn't have enough clothes in their closets. I just wanted to experience being a mother the old-fashioned way.

Sewing by hand is more than an art. It is therapeutic. Back then, I very much enjoyed heading to a fabric store with friends, hunting for suitable patterns, colors and materials: cloth, lace, zippers, and buttons. I fired up my imagination when I wanted to design something and spent many long hours fulfilling the designs and turning them into real garments.

"Mommy made it with ten cups of love," little Halley complimented me every time she tried on one of my creations, using the same phrase she used when describing my cooking. Her praise inspired me to create more clothes, always made with ten cups of love, even though my stitches were never even and my sewing skill limited.

As the years went by and my kids grew older, I gradually stopped sewing and focused on other seemingly more important tasks such as

arranging their play dates and overseeing their college applications. I never thought I would sew again.

One recent afternoon, I turned on the television and stumbled on "The Sound of Music," a 1965 musical. As the song "Doe-a-Deer" filled the air of my living room, I heard a line made just for me, "Sew, a needle-pulling thread. ..." It was like hearing the call of a long-lost friend. I could see myself pulling a thread through the eye of a needle and stitching. Suddenly, I had an urge to make something by hand.

Call it a whim, or nostalgia, I went down to the basement and dug out a box of fabric. One stitch at a time, I started sewing again. Soon enough, I made not just one, but three dresses. Nothing can describe the pride and satisfaction of putting on a self-made dress!

I can't help enjoying being old-fashioned. If people question it, my attitude is, "Sew what?"

You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com).



Qin's daughter, Halley, in the dress hand-sewn by her mom.

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

## Brain Health: Our Path to Preventing Alzheimer's Disease (Continued from Page 2)

also improve brain connectivity. However, most older adults are unable to meet the nationally recommended physical activity guidelines, set at 150 minutes of moderate to vigorous physical activity per week.

Also, eat for your brain: the Mediterranean, DASH, and MIND

diets may promote brain health. Alleviate stress: protect yourself by making changes to your lifestyle and learning ways to cope. Be social: loneliness and depression can impair cognitive health, causing memory loss and attention deficits. Challenge your mind: learn new skills and acquire new knowledge.

A cognitively active brain is a healthier brain.

In summary, keep yourself physically active, mentally active, socially engaged, and practice good diet, exercise, and lifestyle habits and routines.

Dr. Porter is Director of Programs for Alzheimer's Disease, Dementia and Neurocognitive Disorders at the Pacific Brain Health Center, Pacific Neuroscience Institute Providence/St. John's Health Center, Santa Monica. Call 310-582-7641, or view [www.pacificbrainhealth.org](http://www.pacificbrainhealth.org).



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# From Me to You...



**By Diane Margolin**  
So many people have commented on how fast time is passing. Students and teachers have returned to school, and Halloween candy is already on display in local drug stores.

Friends and family back east are still dealing with incredible heat, while we are also adapting to warm weather, even if it's not as hot as theirs.

I usually suggest my easy punch as a way to deal with the heat. You can mix some sherbet (I like a tropical flavor) with Sprite or 7-UP. Put a scoop or two of the sherbet in a tall glass or use it as punch at a large gathering. It is very refreshing. Try putting mint leaves or maraschino cherries in water in a small jello mold or an ice cube tray, and freeze it overnight. It adds a festive touch to the punch in a large bowl at a party.

We send condolences to the families of Marcia Hollander, Kathy Brock and Dr. Allen Robert Gross, the founder and first musical director of Orchestra Santa Monica. It is

always sad to learn of the passing of friends and associates. It brings up memories of when we last saw them and what we talked about.

Be sure to get your tickets for the Santa Monica History Museum Gala dinner to be held on Sunday, September 22 at the Fairmont Miramar Hotel. Details are on Page 7, or call John Klopping at 310-395-2290.

You will also want to attend the Santa Monica Breakfast Club's Mad Hatter Tea on Sunday, October 6. The funds raised provide dental care for Santa Monica students in need. Ad on back page.

Members of our local service clubs are always busy doing work for the community and beyond. Congratulations to Phil Brock, who has just been named the 2019-2020 Lt. Governor of his Kiwanis' Club's Division 19 at a recent convention in Las Vegas. Phil's responsibility will be to open new clubs and increase overall membership for 17 Kiwanis Clubs from Santa Monica to Palos Verdes.

Best wishes for a happy and healthy new year to those of you who celebrate Rosh Hashanah.

## From the Santa Monica History Museum



**Santa Monica Bowl, 1939** -- A bowler takes her turn at the opening of Santa Monica Bowl, located at 2524 Wilshire Blvd.

Courtesy: Santa Monica History Museum, Bill Beebe Collection  
[For historical reprints, please contact SMHM and specify #3.2.3693.]

## Check Out Santa Monica YMCA Welcoming Week on September 13

Welcoming Week, taking place September 13-22 at the Santa Monica Family YMCA, will join Welcoming America with hundreds of YMCAs and other organizations nationwide in hosting events to celebrate immigrants' contributions to their communities.

"At the Santa Monica Family YMCA, we believe Santa Monica is stronger when everyone in the community feels welcome, and we can all work together for the common good," said Mary Kay Campbell, Director of Member Engagement and Healthy Living.

"Welcoming Week is an opportunity for neighbors – both immigrant and U.S.-born – to connect, find common ground and celebrate our shared values."

During Welcoming Week, the Santa Monica Family YMCA will host a Welcoming Week Open House on Thursday, September 19. During the Open House, community members can participate in the following:

- Facility Tours 9:30 a.m. – 1 p.m.
- Free UCLA Health Seminars
- 10 a.m. – 11:30 a.m. Memory and Aging

- 12 p.m. – 1:30 p.m. Resilience and Aging
- 9 a.m. – 12 p.m. Free Blood Pressure Check and Healthy Living Tips
- Exercise Classes
- 9 a.m. Tai Chi
- 10 a.m. Low Impact Aerobic Dance
- 10 a.m. Water Exercise (Lap pool)
- 11:15 a.m. Smooth Moves (Chair exercise program)
- 11 a.m. Twinges in the Hinges (Gentle water exercise in the shallow pool)

"These events are part of a powerful and growing movement in our country and around the world demonstrating that communities want to be welcoming," said Rachel Peric, Executive Director of Welcoming America. "Welcoming Week is a reminder of the resilient and inclusive spirit of American communities. Thousands of local leaders nationwide are bringing their communities together to bridge divides and build stronger local economies where everyone belongs."



## Current Economic Expansion is Now the Longest in U.S. History. What Does This Mean for Your Finances?



**By Carolyn Hemann, CFP**  
The current U.S. economic expansion recently enjoyed its ten-year anniversary.

This means that for the past decade the economy, as measured by the nation's gross domestic product, has been consistently growing without a measurable pull-back, or recession. This long expansion follows the very difficult economic decline of 2008 and 2009, a period often referred to as the Great Recession.

If you are a stock investor who has been keeping an eye on recent headlines, you may wonder how long this expansion will last, and what may trigger the next economic downturn or recession. Read on for some perspective.

**Expansions don't die from old age.** Fortunately, recessions do not come and go based on the calendar. Often, recessions are the result of imbalances in major economies built-up over a period of expansion, as evidenced by the housing bubble in 2007 and the dot-com bubble in 2001. However, despite the longevity of the current expansion,

the U.S. economy currently seems to be on solid ground.

History tells us that in some cases, a specific event may also send the economy into a recession. An example occurred in the mid-1970s as gasoline availability was curtailed by the OPEC oil embargo. In the early 1980s, the U.S. economy also suffered a particularly painful economic downturn after the Federal Reserve moved interest rates sharply higher to finally curtail inflation problems.

**What could create a setback today?** So, if old age doesn't cause an economic downturn, what will? The answer is that many unforeseen events could trigger a recession. Predicting the timing of such an event is virtually impossible. Many analysts and investors are watching key global trends for insights that may be warning signals for what is going to happen in the economy.

Currently, trade turmoil represents one of the most notable risks to the intermediate-term economic outlook. The ongoing dispute between the world's two largest economies, the U.S. and China,

(Continued on Page 10)

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## Best Customer Service Goal (Continued from Page 1)

personalized service. Marcus remarked that his store was one of the first to have an online presence, mostly to show the sizes and varieties of the appliances. Many of his customers still prefer to call or come in.

Marcus enjoys his work and always likes going to the office. "The main thing I learned from my father was that good deals don't come on the sale. They come on the purchase. Independent owners pool their resources," he continued. "They form buying groups, and can buy directly from the manufacturers, thus passing on the savings to their customers." Also, since Feder's is a builder distributor,

they make purchases at better prices than a retail dealer normally would."

Located in North Hollywood for more than 53 years, Marcus says he has learned a lot about people. Some of his employees in that warehouse have been with them for more than 30 years.

Marcus feels that being with his family is his most important desire. He is close to his 15-year-old daughter and 13-year-old son, with whom he loves to travel, watch the Dodgers, and enjoy live music shows. He also likes to play baseball. His mother and two older brothers live nearby, so he keeps in touch with them on a daily basis.

Having planned ahead, Marcus has opened a new Tower Division to service the high rise buildings that are opening all over the Southland. Feders delivers appliances throughout Southern California and are now expanding to Las Vegas, Utah, and Colorado. They also provide replacements for previously purchased appliances.

Arie Feder, who sadly passed away in June, would be very proud of the legacy his son, Marcus, is carrying on for his entire family. Providing the best service for all of their customers is an admirable goal, especially in today's often impersonal business climate.

-D.M.



Posing in the original showroom, owner Arie Feder, left, a manufacturer's rep, and Meir Bandel, right.

## Remembering Santa Monica (Continued from Page 1)



Last month's speaker Leila Brown, bottom left, with her Santa Monica High cheerleading squad, shown in 1952-53.

followed by a presentation by a special guest speaker, Terri de la Peña. She gives us an idea about what she will be discussing.

"There is a well-known adage among Mexican-Americans living in the Southwest border states, dating back to the 1846 Mexican-American War, 'We didn't cross the border - the border crossed us,'" Terri begins.

Santa Monica native Terri de la Peña is an embodiment of that old-saying. On the paternal side of her family, she is a descendant of Francisco Marquez, co-owner of the 1839 Mexican land grant Rancho Boca de Santa Monica, which encompassed 6,656 acres - Santa Monica Canyon, Pacific Palisades

and parts of Topanga. After the Mexican-American War, the 1848 Treaty of Guadalupe Hidalgo granted automatic citizenship to Mexicans living in what had been Mexico's northern territories (including California), and which then became the U.S. Southwest.

During the 1890s, Terri's paternal grandfather Esteban de la Peña worked on the Long Wharf and lived on Marquez land in Santa Monica Canyon. There, he met his bride Amelia Enriquez, granddaughter of Francisco Marquez; they married in 1897.

On Terri's maternal side, her grandmother and mother fled Chihuahua during the Mexican Revolution in 1919 and settled in El

Paso, Texas, eventually moving to Santa Monica in the 1920s. Her parents met in Santa Monica and married in 1934. As a result, Terri likes to say she has one foot on either side of the border.

To learn more about Terri's family at the September 10 meeting, and to reserve your spot, call 310-395-2290. 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. Please join us.



# 2019 Monster Bash

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Colorful hand-made hats will be auctioned off at the Santa Monica Breakfast Club's Mad Hatter Tea Party on October 6. The hats are designed and created by club Co-President Char Lawrence.

### Join the Santa Monica Breakfast Club at its Annual Mad Hatter Tea Party

By Char Lawrence and Kathy Checchi, Co-Presidents

Members of the Santa Monica Breakfast Club are busy again preparing for our fifth annual Mad Hatter Tea Party on Sunday, October 6. (Please see our ad on the back page.)

We are gathering silent and live auction items for our event, and Santa Monica businesses have been very supportive and delighted to contribute.

Hats are being made for center-

pieces, and balloons will rise above the tables for a festive look.

The funds that are made from our Mad Hatter Tea Party will pay for dental care for children in Santa Monica Schools who are referred to us by school nurses. The severe cases we receive can require surgeries, extractions, and multiple fillings.

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### SMHM Gala Slated for September 22

The Santa Monica History Museum will host its annual Gala Tribute Dinner at the Fairmont Miramar Hotel & Bungalows on Sunday, September 22 at 5 p.m.

Guests will be able to participate in a silent and live auction. With this year's theme, "To the Moon and Back," they will honor Professor Hildreth (Hal) Walker, Jr. Mr. Walker led the manufacturing, testing and operation of the KORAD K-1500 ruby laser system in his Santa Monica lab in 1969 during the Apollo 11 moon landing. The ruby laser measured the distance from the moon and back and has been replicated in the Smithsonian.

The Gala is also proud to honor Santa Monica College on its 90th anniversary. Founded in 1929, SMC enrolls over 30,000 students. Under Dr. Kathryn E. Jeffery's leadership, SMC leads the nation

(Continued on Page 12)



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# Passing Through The Pico Neighborhood



**By Clara Wright**  
As we pass through the Pico Neighborhood of the city, let us shine the Star spotlight on one of our most frequently talked-about, admired, and dedicated residents as she bids farewell to begin the next chapter of her life.

Rhonda Flenoy-Younger, a native of Santa Monica and a product of the SMMUSD, displayed leadership qualities early on. For example, she was the first African American captain of the Samohi drill team during the 1977-78 season.

Rhonda is an alumna of Santa Monica High School, Santa Monica College, and the UCLA School of Nursing. She has assisted hun-

dreds of students to achieve their dreams in the field of nursing.

At UCLA, she held the position of Director of Recruitment, and Outreach Admission Assistant Director of Diversity, Equality, and Inclusion.

Rhonda recently retired from UCLA after 36 years of service and was presented with a Pan African Nursing Students Alumni Association Scholarship named in her honor at the 2019 PANSAA graduation dinner.

Former students mentored by Rhonda who wanted to be a part of the celebration, but were out of the country on work assignments, sent letters of gratitude.

Rhonda has been a wife to husband Stanley Younger for more than 23 years, and mother of three

adult children Brent, Tiffini, and Jeremy.

In addition to serving her community, Rhonda is a dedicated member to her church family and has served as head usher in various churches throughout the Los Angeles area.

The Santa Monica-Venice Reunion Organization (SMVRO) is also proud of the work Rhonda has done in keeping the two communities connected socially with the annual Santa Monica-Venice Reunion Dance and the SMVRO annual picnic. Rhonda has been a member of SMVRO for more than 10 years.

Rhonda and husband Stanley bid their final farewell recently to friends and family at Shakey's Pizza Parlor in Culver City. A percentage of the food purchased will be donated to the UCLA School of Nursing Pan African Nursing Student Alumni Association.

The Santa Monica Star Newspaper serving the Pico Neighborhood of Santa Monica salutes Rhonda Flenoy-Younger and wishes her much success in the next chapter of her life.



Rhonda Flenoy-Younger

Santa Monica resident Zelma Dennis, left, recently turned 100. A lavish birthday party was held in her honor at the senior facility for the actively retired, where she has resided and served for many years. Zelma's love for music and her desire to live independently keeps her going and exercising daily.

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



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## Thoughts From a Second-Time Father

### Getting Ready to Return to School



**By Michael Margolin**  
Summer has begun to wind down, and we are again on the precipice of new adventures. Alexa will become a first grader very soon.

Telling people she was in preschool or kindergarten does not seem to carry the same weight as when you put the word grade behind a number. First grade sounds much more advanced and older than kindergarten. Luckily for her, and for us, Alexa had an excellent kindergarten teacher and her first experience at her school got off to a great start. Alexa is ready and excited to start school again.

Jake will be going by himself as we send him off to preschool. He did well in the mommy-and-me preschool, and we have plenty of confidence he will do well when he starts flying solo. Part of the requirement for preschool is that the children are potty trained. Jake has made excellent progress this summer in that regard and because of it, our house being totally without diapers could happen sooner than later. Jake will have preschool three days a week, so this will be a big adjustment for Enjoli as well. We have been very

fortunate in that Enjoli has been able to take the kids into work. It's one of the benefits of being the owner's daughter. But now, she will have several days a week without either one of them there. That alone is odd to think about.

Recently, our family lost a friend, somebody who we knew well and who had children that are friends with Alexa. Our friend was a loving father and husband and a very honorable person. The news was not easy for us to deal with, and we wondered how Alexa would handle knowing he was gone. And, though she was made sad by what we told her, she remained very stable. She is six years old and has not really had somebody she knows and had seen on a somewhat regular basis pass away. What her steadfastness reminded us of is that when kids can see their parents are stable in the face of crisis or tragedy, they have a tendency to remain stable themselves. It also reminded me that life can change in the blink of an eye, and that all of the "I love yous" and hugs and kisses cannot ever be taken for granted. May our friend rest in peace.

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



# Community Service in Santa Monica

## Come to Lions' Pancake Breakfast to Support Local Charities



By Marilyn Schalit

Come one! Come all! Come hungry! The Santa Monica Lions Club 65th Annual Pancake Breakfast will take place from 7:30 a.m. to 11 a.m. on Saturday, September 28, at the Santa Monica Boys & Girls Club at 1238 Lincoln Blvd. Enjoy delicious pancakes, fluffy scrambled eggs, sausage, coffee, orange juice, and milk for the bargain price of \$7 for adults and \$5 for children under age 12.

Children's fun activities include a bounce house, balloon artistry, books, and crafts. There is also a raffle for fabulous prizes. A wonderful Folklorico group will provide dance entertainment.

The pancake breakfast is our major fundraiser, with 100% of the profits going to support our benevolent activities. When you come to

the pancake breakfast, you help to support these causes. This year we gave grants to the Santa Monica Breakfast Club, the Santa Monica Boys & Girls Club, the Santa Monica History Museum, the YMCA, McKinley Elementary School PTA, Meals on Wheels West, Step Up, No Limits for Deaf Children, Westside Coalition, and the Westside Family Health Center.

Additionally, we provided scholarships to students at Santa Monica High School and Santa Monica College. Also, we contributed to several Lions Club charities.

Be our guest at our luncheon meetings from 12:15 p.m. to 1:30 p.m. on the first and third Thursdays of each month at the Elks Lodge at 1040 Pico Blvd.

RSVP to membership co-chair Marilyn Schalit at marilynn.schalit@yahoo.com, or call 310-903-8819, or Yoriko Fisher at yorikofisher@gmail.com. We hope to see you there.

## Putting "Service Above Self" Into Action

By Sharon Gavin, President, Rotary Club of Santa Monica

Members of the Rotary Club of Santa Monica continue to embrace the motto "Service Above Self" by participating in a host of hands-on service activities to benefit the Santa Monica community. Here are just a few of the projects during the first few months of the new Rotary calendar year:

On July 17, a Rotarian team delivered meals to homebound seniors as part of the "Meals on Wheels West Rotary Route." The next opportunity for this semi-monthly activity will be September 19.

This year's flurry of projects continued on July 20 and July 21 as club members joined with the Westchester and Inglewood Rotary Clubs to paint and clean an apartment complex for the non-profit, Safe Place for Youth.

On August 7, our club kicked off its "Career Guest Speaker Series" at the Boys & Girls Club of Santa Monica. With this program, a different Rotarian will speak to the youth at the teen center every month to describe various career options. The first talk focused on a career in engineering. September's talk will focus on a legal career, and October will highlight a speaker in the real estate field.

A Day of Service is planned at the Boys & Girls Club as well. In particular, on August 17, Rotarians revitalized the teen center by painting and cleaning.

On August 23, Rotarians gathered at the DoubleTree Suites Hotel to assemble Backpack Survival Kits to benefit the members of Daniel's Place, a program of Step Up on Second.

On September 22, a Rotarian team will gather at Tongva Park to participate in the Walk to End Alzheimer's.

A group of Rotarians will partner with Habitat for Humanity on September 28 to help build a home in



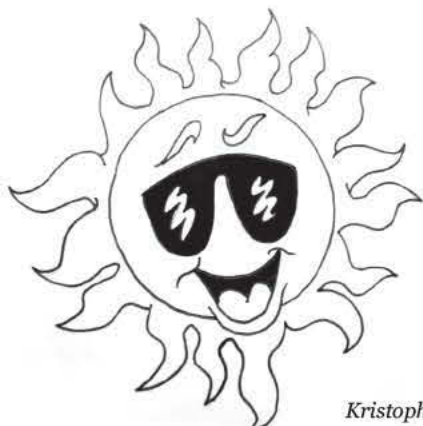
Drew Fleming and Judy Neveau applied their painting skills to the halls of the Boys & Girls Club of Santa Monica. Several members helped. It was a big area to cover.

Culver City.

On October 12, our club members will join with the Santa Monica Chamber of Commerce at the Le Merigot Hotel to assemble personal hygiene kits to benefit the clients of West Coast Care.

Our Rotarians are certainly busy helping to make an impact in our community!

The 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.



Kristopher

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## Sharing Skills and Thoughts at the Santa Monica Bay Woman's Club



By Tesi Treuenfels

I play bridge on Monday afternoons at the Santa Monica Bay Woman's Club (SMWBC).

Our cards are on the table in more

ways than in the game itself.

We visit and share. Every week, I am amazed by the strength and candor of these women. They have lived big and interesting lives and play a mean game of bridge. Some are doctors, engineers, professors, and travelers who have had all kinds of adventures over the years. Almost all have raised children who are now adults. I sat in awe when I found out a slight, gentle member of our club had raised five boys – five boys! This is no small feat.

Gun safety has come up in conversation more than once lately given the news. There is another mother of five I read about, Shannon Watts. Years ago, after the Sandy Hook tragedy (2012), Shannon started a Facebook group with the message that all Americans can and should do more to reduce gun violence. Her call was heard and has turned into a movement called Moms Demand Action (MDA).

Remember the very effective campaign by Mothers Against Drunk Driving? Recently, I read an excellent opinion piece in the New York Times titled, "How to Reduce Shootings" by Nicholas Kristof. His

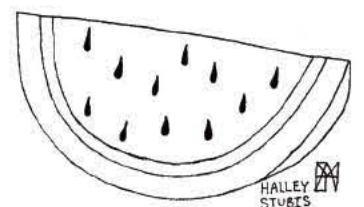
claim rings true, that we have a model for safety with guns in the stunning success we have had over the years in making the use of automobiles much safer. His approach to reduce shootings is to treat it as a public health issue. It's an excellent article, and I shared it with the women at the club. That's even more of what we do – share readings with each other, inside and out of our book club.

The SMBWC Book Club meets each month on the third Thursday. This month we meet on September 19, 6:30 p.m. As always, we meet for a lively discussion at the woman's club, 1210 Fourth Street in Santa Monica.

Do you have a craft or an art medium you enjoy? We meet each Tuesday at 10:30 a.m.-1:30 p.m. to sit together and work on our projects.

The M&M (an activities group that goes out for fun activities each month) enjoyed the music of the all-star jazz band of Bobby Bradford at the main branch of the Santa Monica Public Library. We do fun things.

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



HALLEY STUBBS

**Paws and Claws**

**What Can I Do to Prevent Fleas?**



**By Dr. Frank Lavac MS, DVM, VCA**  
**Q: My rabbit has fleas. What can I use to treat and prevent flea infestations?**

**A:** Like dogs and cats, rabbits can become infested with fleas as well. The fleas can cause itching, discomfort, anemia, and lead to tapeworm infection.

Once fleas have infested the household, it can take six to eight weeks to control them. It is much better to prevent fleas than to wait until there is an infestation. Indoor rabbits are also susceptible to flea infestations. Year-round treatment is best for flea control.

Make sure all pets in the household are treated. The safest products for flea prevention and treatment in rabbits are Advantage (active ingredient: imidacloprid) or Paradyme/Revolution (active ingredient: selamectin by prescription). DO NOT use Frontline (active ingredient: fipronil).

While safe in dogs and cats, it is toxic to rabbits, and often leads to death. Once applied, fipronil can lead to anorexia, seizures, and fatalities. If Frontline is accidentally applied, see your veterinarian at once.

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

**One Heart - One Love**

**Dear Sunshine,**

*I'm having the hardest time with my son and his addiction to Fortnite. Fortnite is a popular video game that teaches combat and the use of military weapons. I thought it was beneficial because he is a boy who would need to know how to protect himself one day, but now I'm not so sure. I had to get him a prepaid card just so he could buy "skins" that are the outfits that the avatar wears. My son is the only child and I feel as if I take the game away, he will be sad and develop low self-esteem. His friends at school play with him online which makes him happy. I'm just not sure if it's good for him.*

**Sincerely, Fortnite Frenzy**

**Dear Fortnite Frenzy,**

I understand your concern. When we're young, we had Cowboys and Indians - now there is *Fortnite*. Children don't play outside anymore due to the advancement in video game technology. What we have to do as parents is to monitor the use of the play time. Use the video game as a positive reinforcement. If your child read his books and did his homework, then grant him "play time" on the game. Teach your child that everything is done in moderation. This will teach discipline. Always remember that you are the parent, and what you say goes!

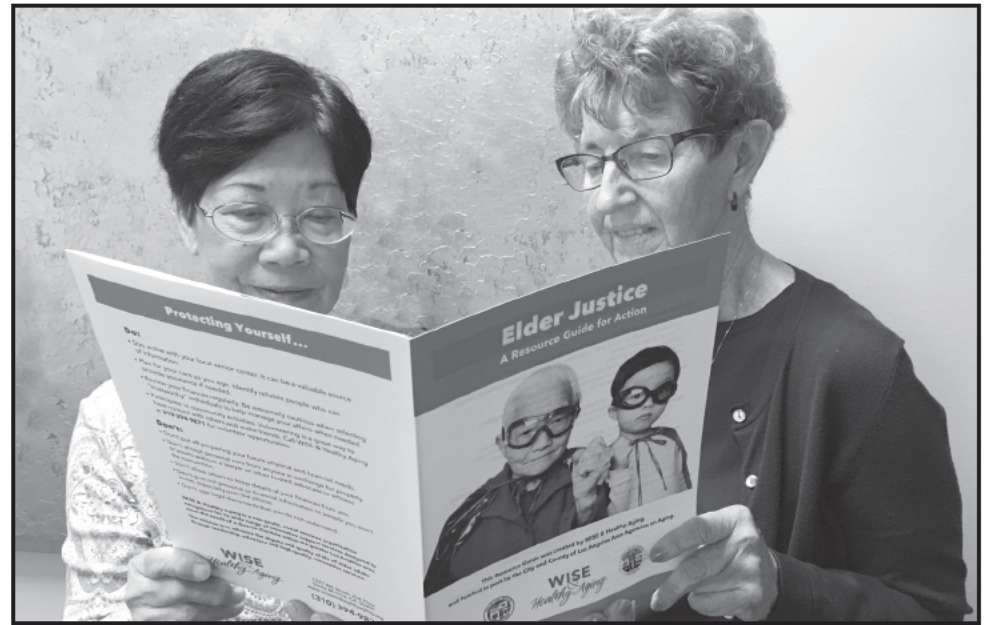
**All the best, Sunshine**

**Send your relationship questions to [Sunshine@sbanister598@gmail.com](mailto:Sunshine@sbanister598@gmail.com), or go to her YouTube Channel **ONE HEART ONE LOVE 101**.**

**The Santa Monica Star**  
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*Winnie Poon discusses how to prevent becoming a victim of abuse with Barbara Browning, right, commissioner with the Santa Monica Commission for the Senior Community.*

**Protecting Seniors from Becoming Victims**

**By Grace Cheng Braun, MSPH**

More than two million seniors are abused annually in the U.S. And, for every case of elder abuse and neglect reported, only an estimated one in 14 cases of elder mistreatment are reported. Financial abuse against the elderly is an area that continues to grow rapidly. It is estimated that 75 percent of the net assets in this country are owned by people age 50 years and older. Everyone is a potential target - fraud is not limited by race, ethnic background, gender or income level.

Seniors, especially, are targeted by con artists who are selling bogus products and services by phone. As a result, the potential for abuse is extremely high. The WISE & Healthy Aging Elder Abuse Prevention Program provides seniors with the knowledge and skills they can use to protect themselves from becoming victims of financial, physical or emotional abuse.

In reaching out to seniors, the community-based social services nonprofit WISE & Healthy Aging

works closely with a network of professional groups, organizations and agencies, including: County of Los Angeles Area Agency on Aging, City of Los Angeles Dept. of Aging, law enforcement, district attorneys' offices, probate court, Adult Protective Services (APS), Public Guardian Office, FBI, U.S. Dept. of Justice, Consumer Affairs, U.S. Postal Service, private conservatorship agencies, financial and real estate experts, and medical experts.

WISE & Healthy Aging has produced a resource guide for older adults, in collaboration with local and federal agencies. *The Elder Justice Guide* is a resource for action, providing information for recognizing the signs of elder abuse, along with specific contact information for resources, including how to report abuse and how to protect oneself - what to do and what not to do. To receive a guide, please contact WISE & Healthy Aging at 310-394-9871. The guide is also part of the *Westside Guide for 50+* which can also be found online at [www.westsideguide.org](http://www.westsideguide.org).

**What Does This Mean For Your Finances?**

*(Continued from Page 5)*

has already had a negative impact on the pace of global growth, and Federal Reserve interest rate actions and pockets of geopolitical unrest are also important to watch and are something experts monitor closely.

**How to prepare for future uncertainty.** Whether the expansion continues on for a while or comes to end in the near term, it's important to remember that it's normal for the markets to move in cycles, with periods of expansion and recession. And historically, the markets have rallied and risen higher after times of decline. That being said, if you're nervous about what a possible downturn in the near term could mean for your portfolio, consider the following four steps:

- Maintain a properly diversified portfolio that effectively represents your true views on risk.
- Focus on owning quality investments, which may include well-established stocks and high-grade bonds.
- While a market pullback can be a painful thing, every downturn comes with potential opportunities. While the investments you hold may be dropping in value, the

investments you want to buy could be getting cheaper, making it a good time to consider buying.

- How long you have before you need money is a key factor to how well your portfolio may withstand future uncertainty. If you have decades before you need to withdraw (such as your retirement savings), it's possible that volatile markets could actually work in your favor, due to the power of compound interest. On the flip side, if you need money in the near term, you may want to consider reducing your risk or selecting investments with more downside protection.
- Talk to a financial advisor who can assess your current financial situation and investments. Together, you can discuss whether making any changes could help you be more prepared for what may lie ahead.

**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.**

**Adopt a Pet**



*"Kiki" is a neutered male 16-year-old love bug. VCA Wilshire Animal Hospital is housing him until he finds his forever home. He loves to eat and play with string. He is taking daily medication that is easy to give in his wet food. Please call Kristin at 310-828-4587 for more information.*

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# Community Calendar

By Miceala Shocklee

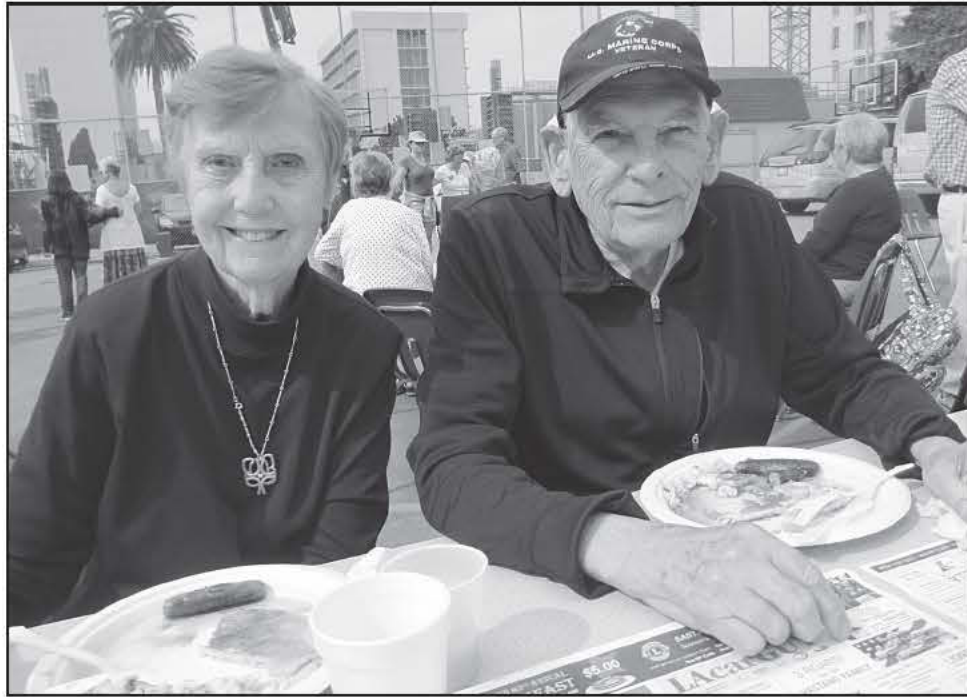
**• Ongoing through September - Pepperdine University Center for the Arts 2019-2020 Season** - The latest season of art, music, performance, and exhibition at The Lisa Smith Wengler Center for the Arts at Pepperdine University kicks off on Thursday, September 12 with a performance by Rollingstone-acclaimed singer Darlene Love. Following performances feature a cappella, hip hop artists, classical musicians, and more. For the full roster and to purchase tickets, visit [arts.pepperdine.edu/tickets](http://arts.pepperdine.edu/tickets) or call 310-506-4522 any time between 12 p.m. and 5 p.m.

**• Ongoing through October 20 - At First Light: The Dawning of Asian Pacific America** - This multi-media exhibition at the Japanese American National Museum in conjunction with the first Asian Pacific American media organization in the U.S., Visual Communications (VC), explores the emergence and expression of a solidified Asian Pacific American consciousness and identity in media. For more information on the exhibit, go to [janm.org/at-first-light](http://janm.org/at-first-light).

**• Thursday, September 5 - Ten Easy Postures to Improve Your Health** - Learn postures to start your day right and combat lower back pain with yoga instructor Adrienne Hite at the Ocean Park Branch Library. Please bring a mat or towel to class. Event starts at 7 p.m. For details, call 310-458-8683.

**• Thursday, September 5 - Re-Constitution: Fake News and the Founding of Our Country** - This first program in a series on social justice for kids ages eight to 13 will feature an interactive trivia game that will teach participants about the Constitution and give them skills for distinguishing fake from real news. Hour-long event to start at 5 p.m. in the Activity Room at the Santa Monica Public Library (SMPL) Main Branch Library. For details, call 310-458-8621.

**• Thursday, September 5 - Sonia Sotomayor Author Talk and Book Signing** - Supreme Court Justice Sonia Sotomayor and award-winning artist Rafael López discuss their children's book, *Just Ask! Be Different, Be Brave, Be You*, about how kids' diversity makes them and their communities



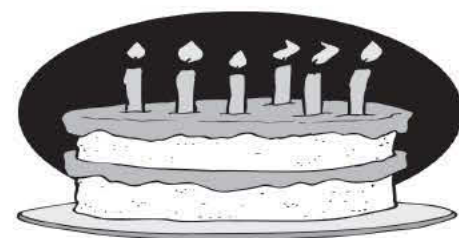
Virginia and Jim Reidy were at a previous Lions Pancake Breakfast. They and the Lions invite you to get the best pancake breakfast at a bargain price on Saturday, September 28 from 7 a.m. - 11 a.m. at the Boys & Girls Club on Lincoln Blvd. just south of Wilshire.

stronger. Event to take place at Barnum Hall Theatre. Begins at 7 p.m. Doors open at 6 p.m. Tickets available online at Brown Paper Tickets, or in person at Children's Book World. For more information, call 310-559-2665.

**• Saturday, September 7 - Teen Suicide Prevention and Mental Health Awareness Panel** - Didi Hirsch Suicide Prevention Center's Outreach Training Coordinator, Sandra Rodriguez, will lead an afternoon of conversation and training to provide a better understanding of potential suicide risk factors, available resources, and how to support those who may be struggling. Teens in grades seven through 12 and their families are invited to participate. Event to run from 1 p.m.-3 p.m. in the Annex of the Pico Branch Library. For more information, call 310-458-8684.

**• Tuesday, September 10 - How to Be A Pirate** - Children and their families are invited to practice their pirate speak at this fun event run by the Montana Avenue Branch Library's Mango language course! Kids will also hear pirate stories and learn what it takes to be on a pirate crew! For more information, call 310-458-8682.

**• Friday, September 13 - Ibtihaj Muhammad Author Talk & Book Signing** - 2016 Olympic medal-winning saber fencer Ibtihaj Muhammad is also known for her social activism and was the first Muslim American woman to wear a hijab while competing for the U.S. Kids ages four and up and their parents can meet this superstar at Children's Book World during her author talk and signing of her children's book on new experiences and navigating the joys and difficulties of cultural diversity, *The Proudest Blue*. Event to start at 6 p.m. For more information, call 310-559-2665.



## September Birthdays

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

**• Saturday, September 14 - "Stop Senior Scams"** - Event to be held at the Kaufman Brentwood Branch Library, 11820 San Vicente Blvd. Learn how to protect yourself and your loved ones from scams that target older adults. 310-575-8273.

**• Saturday, September 14 - Samohi Class Reunions!** - From 11 a.m.-2 p.m., Samohi's All-Class picnic will be up and running. In addition to on-site festivities, Samohi will also be hosting off-site celebrations in the evening for: the 50th reunion for the class of '69 (location and tickets available at: [www.reunioncommittee.com](http://www.reunioncommittee.com)); the 40th reunion for the class of '79 (email [samohiclassof1979@gmail.com](mailto:samohiclassof1979@gmail.com) for details and visit [www.brownpapertickets.com/event/204209146](http://www.brownpapertickets.com/event/204209146) for tickets); and the 30th reunion for the class of '89 (email [samoclassof89@gmail.com](mailto:samoclassof89@gmail.com) for information and visit <https://samoclassof89reunion.bpt.me/> for tickets).

**• Monday, September 16 - Hispanic Heritage Month Celebration** - John P. Schmal from the Society of Hispanic Historical and Ancestral Research will explain how to gain online access to records of your Mexican ancestry. Event will run from 6:30 p.m.-7:30 p.m. in the Annex of the Pico Branch Library. 310-458-8684.

**• Monday, September 16 - "We Love To Laugh"** - 8 p.m.-9:30 p.m. Show put on by the legendary Randy Van Horne Singers with Franny McCartney at Viva Rancho Cantina, 900 Riverside Dr., Burbank. Show to run from 8 p.m.-9:30 p.m. Reservations required, but there is no cover, and free

parking is available across the street at Pickwick. To make reservations and for more information, call 818-729-9361 or visit [www.frannymc cartney.com](http://www.frannymc cartney.com).

**• Saturday, September 21 - Asian Cultural Festival, West LA United Methodist Church** - From 11 a.m.-4:30 p.m., enjoy food, plants, entertainment, and more at the Asian Cultural Festival! 310-479-1379.

**• Saturday, September 21 - Seed Library: Seed Starting 101** - Fairview Branch Library's own green thumb, Shirley Vernale, and Santa Monica Community Gardens' Teague Weybright, will teach participants the basics of autumn seed starting. Event to start at 11 a.m. For details, call 310-458-8681.

**• Tuesday, September 24 - Voter Registration** - From 3 p.m.-6 p.m., the League of Women's Voters will provide informational pamphlets and on-site voter registration in honor of National Voter Registration Day. Activities to take place in the lobby of the SMPL Main Branch. For more information, call 310-458-8682. Additional voter registration to occur at the Ocean Park Branch Library on Thursday, September 26. Call 310-450-8683 for details.

**• Wednesday, September 25 - Author Talk: Ben Westhoff presents Fentanyl, Inc.** - Join moderator Ross Gardiner and journalist Ben Westhoff in discussion about Westhoff's deep dive into the worldwide opioid epidemic. Local organizations focused on fighting addiction will also be present. Book sale and signing to follow. Event starts at 7 p.m. in the Martin Luther King, Jr. Auditorium of the SMPL Main Branch Library. 310-458-8682.

**• Friday, September 27 - Alzheimer's Los Angeles Volunteer Training** - Nonprofit organization Alzheimer's Los Angeles provides a host of services and support for those suffering from the disease and for their families via support groups, case management, a Helpline, and more. Those interested in learning how to provide presentations raising awareness about Alzheimer's and brain health in your community are invited to a volunteer training at Alzheimer's Los Angeles, 4221 Wilshire Blvd., Suite 400. Training will take place from 10 a.m.-5 p.m. Registration required. To reserve your spot, contact Kimiko Kelly at 323-930-6257.

**• Saturday, September 28 - Introduction to Acting Workshop** - Learn from the infamous Joanne Baron of Baron/Brown Acting Studio. For details about this event at the Kaufman Brentwood Library, call 310-575-8273.



## Answer to Neighborhood Celebrities

(Continued from Page 1)



John Dravillas, longtime owner of Physical Therapyworks, poses with two of his terrific physical therapy doctoral summer interns from USC. On the left, Carly Pouttu, and right, Alexa Savitz.

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**Santa Monica History Museum Gala**  
 (Continued from Page 6)

in transferring students to the prestigious University of California system. Santa Monica College will receive the Louise B. Gabriel Award. This Award is presented to an individual or organization that has demonstrated an ongoing commitment to, and passion for, preserving the history of Santa Monica.

The annual Gala is the biggest fundraiser for the Santa Monica History Museum. They are proud to announce OneWest Bank as their title sponsor this year. Community businesses and friends of the Museum are invited to participate in pledging your sponsorship to promote "Keeping Our History Alive."

Dinner tickets are \$180 per person and available for purchase online, or by calling the museum. For sponsorship or donation information, please contact John Klopping at 310-395-2290.

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