



Glenn Sorgenstein, owner of Wilshire Coin, believes people should appreciate the stories coins can tell, in addition to their value.

Past to the Future: A Behind-the-Scenes Look Into Wilshire Coin

By Anne Wallentine

Glenn Sorgenstein, owner of Wilshire Coin, caught the collecting bug when he was a youngster. "Back then, we collected everything," he remembers, "from baseball cards to coins to bottle caps."

Despite his interest, Glenn thought that his first job in a coin store in his early twenties would be temporary. After two weeks, he knew it was a lifetime vocation. He has now been in the business for over 40 years. Glenn assumed ownership of Wilshire Coin in 1989, which settled at its current location on Lincoln Boulevard in 2008.

Customers enter what is essentially a "walk-in vault" for the trove of gold, silver, and coins of all kinds that Glenn and his staff carry. Their specialty is U.S. gold coins made prior to 1932, but the business also deals in bullion products, foreign exchange, antiquities, and occasional art objects. As Glenn says, coins themselves are "manufactured pieces of art."

Glenn sees a gap in how the generations view and value tangible objects. Younger generations are "satisfied by just looking at an image on a screen," he explains. "But, you need to hold and

experience things so that they can truly tell you their history. People should not forget about the tangible side to life." He describes the stories a coin from the 1850s can tell, for example – all the places it has been and hands it has passed through – stories that people become part of when they hold such an object.

Glenn always recommends investing in tangible goods that hold their value: "Things that will be in fashion today, tomorrow, and 20 years from now." Beyond monetary value, he also hopes that people will "explore things that really move them – be it coins, art, or comic books."

Glenn is also practical about collecting, citing the old adage "you can't take it with you." He hopes that anything that leaves his store "goes into the hands of someone who understands and is willing to teach other people its value," continuing the journey that objects make through the generations so that people can continue to collect and appreciate things of real value.

Wilshire Coin is located at 1312 Lincoln Blvd. Call 310-393-0661 for store hours.

Remembering Santa Monica Group to Hear About the Once Popular Santa Monica Bank

Dick Lawrence and George Collins will share the history of the popular Santa Monica Bank, formed in 1928, with the Remembering Santa Monica group on Tuesday, January 21 at 11:30 a.m.

This strong independent bank became involved with non-profit organizations in the community. It was sold in the '90s to Western Bank, which then sold it to U.S. Bank.

To save a seat, please RSVP with John Klopping, museum manager of the Santa Monica History



Dick Lawrence, left, and George Collins will be guest speakers.

Museum, at 310-395-2290. Refreshments will be served.

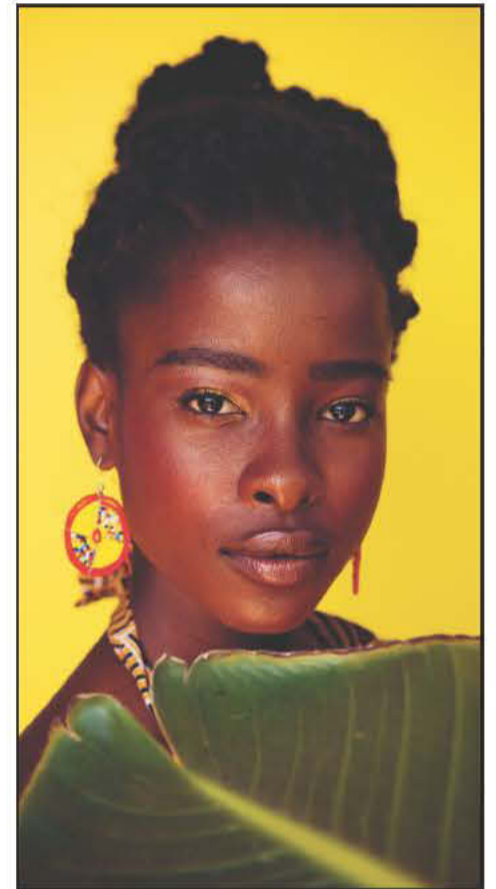
National Youth Poet Laureate to Speak at 35th Annual Rev. Dr. Martin Luther King, Jr. Celebration

Amanda Gorman, the National Youth Poet Laureate, will be the keynote speaker at the 35th Annual Rev. Dr. Martin Luther King, Jr. celebration at 9 a.m. on Monday, January 20.

Amanda made history in 2017 by being named the first ever National Youth Poet Laureate. She was born and raised in Los Angeles where she attended New Roads School in Santa Monica. She is now a senior at Harvard University where she is studying sociology.

She will be speaking at the SGI-USA World Peace Ikeda Auditorium at 525 Wilshire Blvd. Afterwards, the public is also invited to the Fairmont Miramar Hotel for a Community Involvement Fair from 10:30 a.m. to noon. Meet a variety of representatives from local organizations while enjoying refreshments.

The theme of the weekend is "Now is the time to make real the promises of democracy." Earlier events include a Westside Interfaith Prayer Breakfast on Friday, January 17 from 7:30 a.m. to 9 a.m. at the Mt. Olive Lutheran Church. Tickets: \$25. On Saturday, January 18 at 2 p.m. the Santa Monica Symphony Orchestra will perform the Annual Martin Luther King Day Concert at the SGI-USA auditorium. For more information on all of the events, call 818-207-3934, or email mlkwestside@icloud.com.



Los Angeles native Amanda Gorman, the National Youth Poet Laureate, will be the keynote speaker at the 35th Annual Rev. Dr. Martin Luther King celebration at 9 a.m. on Monday, January 20.

Photo: Anna Zhang

Westside Food Bank Benefits from Fairmont Miramar Hotel Annual Holiday Event



Santa Claus greeted guests.

Over 7300 pounds of food was collected for the Westside Foodbank at the Fairmont Miramar Hotel's annual holiday event, *Meet Me Under the Fig Tree*, held last December.

In addition, the hotel was proud to once again partner with Santa MoniCARES to hold a business clothing donation drive to help

(Continued on Page 4)

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 8)



Take A Look Inside

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Brain Matters

Beginning a New Decade at Pacific Neuroscience Institute



By Dr. Daniel Kelly
It feels like science fiction, but here we are at the year 2020.

At Pacific Neuroscience Institute, we are ready for the new decade with personalized care for all our patients.

Over the past year, you've read about the exciting developments at the Pacific Brain Health Center (PBHC) for middle-aged and older adults. As human longevity increases, it is important that we protect our most important asset, the brain. The PREVENTION clinical trial is well underway, assessing the impact of combined physical and cognitive exercise for people who have early symptoms of Alzheimer's disease. The Cognitive Fitness (CogFit) Studio completed a pilot beta-test class and is available

to those clinical trial participants as well as patients seeking clinical care at the PBHC for brain health and memory fitness.

Forty million Americans, aged 12 or older – that's one in seven – have a substance abuse problem. To help, we will be unveiling our Addiction Medicine services at PBHC this spring for the assessment, treatment and prevention of addiction, and substance use issues including problems with drugs, alcohol, and prescription medications across all age groups.

Taking care of the challenging diseases of the brain is our top priority. With leading edge standard therapies as well as novel clinical trials, we have been able to care for patients with conditions such as Alzheimer's disease, Parkinson's disease, pituitary disorders, and brain tumors. In many cases, our

multidisciplinary teams are able to see our patients in a single visit.

No one should have to go through cancer alone. "Our new cancer psychiatry (psycho-oncology) services at Providence Saint John's Health Center focus on providing support and resources to patients and their loved ones as they confront a cancer diagnosis and its treatment."

It is our honor to serve the Santa Monica community and beyond. For more information, please check out pacificneuro.org, or contact us at 310-582-7640.

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



Paws and Claws

Traveling With An Emotional Support Pet



By Dr. Frank Lavac MS, DVM, VCA

Q: I have a laborador retriever who is an emotional support dog. What are the requirements to travel by plane with him?

A: The requirements for an emotional support pet are going to vary from airline to airline. A health certificate is typically required by the state of destination. Additionally, each airline has differing requirements for travel with an emotional support pet. Often, they may require documents to be signed by your therapist as well as your veterinarian.

The tricky part is often with the paperwork that they require the veterinarian to sign. They often require the veterinarian to vouch that the pet would not bite someone on the plane under any circumstances. Many veterinarians are unwilling to sign these documents as their liability insurance advises them against taking that risk. The airlines are attempting to pass the liability onto the veterinarians in case of a biting incident.

Please make sure that you get all the appropriate documents long before you plan to travel and find out if your veterinarian is willing to sign them.

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

Planning Ahead

Protecting Your Estate Plan



By Lisa C. Alexander, Esq.

Estate Planning is all about you, your legacy, your personal wishes and the people or charities you want to benefit, not what anybody else wants. If there are family dynamics such that you don't want to treat your children equally, or you want to make a significant gift to someone outside the family, that is your choice. Whatever your choice, it is important that it be your independent decision, free from any influence, or the perception of undue influence.

Over time, our elders must rely more on others for driving, shopping, bookkeeping and care. With that reliance comes a certain dependency. That dependency can make a person vulnerable to influence. Undue influencers can be family members as well as caregivers. Estate Planning attorneys take direction from you but must be on the lookout for signs of undue influence.

The signs include changes to an existing estate plan that was consistent over the years, but now will drastically change. A caregiver may now receive a large gift, or one child may now be favored over others. And, when the elderly person wants

to change lawyers, there is the question why. A huge sign is when someone other than the client calls the lawyer for the appointment, drives the elderly person to the meeting with the lawyer and, no surprise, will now receive an outsize share of the estate. With these set of facts, a Will Contest might be expected.

With that in mind, for your own protection, there are steps you can take to protect your estate plan against challenge. When it's time to update your estate plan, you should be the one to phone the lawyer and make your own appointment. You should arrange for your own transportation, by taxi or ride hailing service if you can't drive yourself. You should come alone to the appointment. If assistance of a caregiver is necessary, the caregiver should get you situated and then leave the conference room so you can meet privately with the attorney, out of earshot of the caregiver.

Anyone who may benefit from the change in your estate plan should not be involved in the estate planning update. By avoiding even the perception of influence, your personal wishes are more likely to be upheld as your independent decision.

Lisa C. Alexander, Esq.
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January/20

Send a Valentine's Day message to your friends or family. Call 424-581-6005 for details. See Mini Messages on Page 4.

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Byte by Byte

Under the Sea: Coral Technology



By Miceala Shocklee

It's no secret among the well-informed that the world's coral reefs have been demolished by climate change.

While the world is still looking for large-scale solutions – or policies that allow for implementing them – technology has afforded some smaller-scale, localized ways to fight back.

Human minds pair with robot machinery in LarvalBot, a development on the Reef Rangerbot constructed by the Queensland University of Technology. After corals in the Great Barrier Reef spawn, larvae are reared on-site for about a week in special marine enclosures. Then, the LarvalBot picks up the larvae and follows a pre-programmed path to sites slated for new coral deposition. Humans back in the lab signal when specifically the LarvalBots should release their cargo, in the hopes that the manual direction of an otherwise automated process will maximize coral-seeding efficiency.

On the other side of the world,

marine biology researchers from the University of Exeter are finding that another way to boost coral health may very well be through sound. From an aquatic perspective, reefs are not quiet places. Between the infrastructure and its inhabitants, pops, clicks, squeaks, brushes, and other noises abound.

The aftermath of coral bleaching and reef depletion have left damaged reefs much more silent than they previously would have been. However, the Exeter team have found that by playing noise that mimics the cacophony of a healthy reef over aquatic loudspeakers, fish and other foundation-building species return and settle in.

Using this tactic on oceanic reefs may help give vacant marine neighborhoods a second chance. Human industry has long taken a toll on the natural world, but recent tech developments may just give the marine world a chance to rebound and rebuild.

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

Teen Scene

Still Savoring Those Holiday Memories

By Julia Abbott

We may live in California. We may live in Los Angeles, or we may live in Santa Monica. We may live in the place where, as I used to sing in elementary school, "We haven't seen an icicle since 1981, hey jingle bells, jingle bells..." but there is some winter fun to be had here without driving up into the snow-capped mountains.

Whether it's Ice at Downtown Santa Monica, Waterfront Wonderland at Loews Santa Monica Beach Hotel, or the new candy-themed displays at the Santa Monica Pier, here are some of the top things to see in Los Angeles, even when the holiday season has ended:

- Ice at Santa Monica: This ice skating rink is a favorite among locals. With a fee of \$15 getting skates and a pass for the whole day, this event is worlds of fun! I've already been more than my fair share of times. The ambience of Christmas decorations, music, and hot cocoa while you skate on glow-

ing ice can put anyone in a holiday spirit. This is a definite location to explore on any holiday list.

- Waterfront Wonderland at Loews Santa Monica Beach Hotel is a sight to see. This free art project in the atrium of the hotel is a cross between defying gravity and Christmas magic. Upside down Christmas trees with white lights hang from the ceiling, creating a magical environment.

- Candyland Themes at the Pier: The Pier has always been known for providing a little holiday fun, but if you're on a budget, anyone can go see this! The carousel windows come to life with beautiful candy land themes by artists Pip and Pop from Australia.

If you're looking to hold on to the holiday magic a little longer, be sure to see these beautiful attractions before the end of the month.

Julia Abbott is a local high school student.

One Heart - One Love

Dear Sunshine,

I fell in love with a beautiful girl who I've known since I graduated high school. We laugh, have a great time together and share some of the same friends. We've been living together for the last six months, and I found out that she is a slob.

But, in every other aspect she's perfect. I've been trying to be patient with her, but it's come to a point now where it's now embarrassing.

We've been talking about being married, but the way things are turning out, it looks like we're going to be moving in a different direction if she can't clean up her act. I just don't know how to break it off with her and take the risk of losing a great gal.

-Clean-Up Man

Dear Clean-Up Man,
Acknowledging the fact that she

makes you happy in every other area of your life is crucial in your decision-making process. Why lose a friend when you can just take some time out to clean up together?

Back in the day, all women had to do was cook and clean. However, the way the economy is set up, we have to do more. Having to work to pay bills and take care of the house can be overwhelming.

Since the house being in disarray is becoming overbearing, take some time to help clean, or to pay for someone to help you both. Pick and choose the best asset for your life.

**-Best regards,
Sunshine**

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

Music Mends Minds Inspires Those With Dementia

By Anne Wallentine

In rehearsal for their last holiday concert, the Fifth Dementia band was singing the tune made famous in the film *Casablanca*: "The fundamental things apply, as time goes by." The band is living proof that music is one of those things, even as everything else fades.

Carol Rosenstein saw the impact that music had on her husband Irwin after he was diagnosed with Parkinson's. Despite his struggles, "he would light up" when he sat at the piano. Carol started the Fifth Dementia band in West Los Angeles for other families dealing with neurodegenerative illness, expanding that successful community into a nonprofit called Music Mends Minds.

Every 30 seconds, someone is diagnosed with dementia. The patient population is expected to double in the next 20 years.

Facing this reality, Carol sees it her responsibility to bring "music and information to the world."

Music Mends Minds also supports

research on music and cognition, as it has been shown that listening to and playing music may support cognitive function and stimulate dopamine production. While there are no cures for neurodegenerative diseases, music helps patients – and, crucially, their families – cope with the condition.

"You can see the journey of these people: they are returned to their self-worth, confidence, and identities, [as they] work with the music. They rise to the occasion, whole and healthy in the moment of music making," Carol describes.

For families and caregivers, as much as for the patients, the bands offer a chance to socialize and support each other in the face of what can be an isolating experience. As Carol notes, it "gives [people] an opportunity to perch, in the hours of darkness."

There are now 18 bands across the U.S. and one in the UK, many of which were formed through the

(Continued on Page 7)

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If Our World is a Stage, How Are You Performing?



By Qin Sun Stubis

We are social creatures and live in a shared world together. As William Shakespeare put it, "All the world's a stage, and all the men and women, merely players." As a result, our daily chores as mother, scientist, teacher, CEO, or husband are not simply parts of our lives, but roles

we get to play.

Unlike Hollywood stars acting in films, we mostly don't have scripts to act out or the time to think ahead about how to play our parts in specific situations. We would be overwhelmed if we tried to anticipate everything heading our way, so we end up using our instincts and "winging it," which sometimes works and sometimes doesn't.

The moment we wake up every

morning, our roles come into play, whether by being a loving parent packing school lunches for children, a thoughtful wife finding a matching tie for a husband, or a responsible professor reviewing lecture notes on a commuter train.

We take on many roles during a lifetime, be they challenging, loving, daring or harsh. What we learn through playing these parts as children may either encourage or discourage us from continuing them as adults. Positive experiences often lead to lifetime ambitions while negative ones may result in lifelong phobias.

Over 2,500 years ago, Confucius, a Chinese philosopher and a man of wisdom, thought of teaching people how to perform their roles in a structured society. He saw it as a way to preserve social order, giving people the tools to act properly in relationships, such as those between commoner and ruler, child and parent, wife and husband. He set his prescriptive, virtuous rules in simple sayings so even illiterate people could memorize them. Nevertheless, Confucius's teachings did not anticipate social progress or how relationships could change over time.

As we often perform many roles within a day, it is not unusual that we have moments of role confusion: A woman who has just had a fight with her husband carries her emotion with her to work, or a defense attorney who is preparing arguments in a court case starts to argue with others over trivial things. Long-term role confusion can lead to disastrous relationships and social problems.

The more education we have, the more demanding our roles often become; the longer we live, the more new roles we tend to be given. As a result, we are constantly having to learn new parts to keep up with our ever-changing storyline.

If our world is indeed a stage, how are you performing? The beginning of a new year can be a perfect time to reflect on and reassess our many roles and performances so we can be better at them. After all, the quality of our performances determines the success of our lives at every stage. You can always reach me at qstubis@gmail.com.

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

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Thoughts From a Second-Time Father

No Training Wheels This Year



By Michael Margolin

It is interesting for me to reflect on 2019 and think about how many more personal accomplishments and changes my kids will go through in 2020. Alexa will turn seven halfway through the year, which will seem like she is turning 12. She will also be starting second grade.

Alexa has mentioned plenty of times how quickly her days go by, and that the weeks go by quickly also. I do not recall this ever being the case for me when I was in school. It seemed to me that the clock could not move any slower. I clearly remember being in elementary school and staring at the clock and thinking to myself that this was taking forever. And, then thinking about how I still had to go to high school and then college and how it was simply going to be an eternity until I was done. Alexa, however, has avoided any similar experiences in monotony to this point.

Jake is also really enjoying school. Although he will still be in preschool for another year, he will be there every day, instead of just

three. Our house will also be diaper-free in 2020. This is a big change having started 2019 engulfed in diapers. Jake and Alexa should also both be riding bikes without any training wheels by the end of the year.

Listing these things out reminds me of how fascinated I am with our kids. Alexa made me and Enjoli parents in 2013. In 2016, we had the son I had always dreamt of.

I look at my children, thinking to myself how much I have always wanted kids. In a sense, I have been waiting my whole life to meet them. The fact that I had anything to do with either one of them being here is something I will always be very proud of as it continues to have its own surrealistic quality.

As long as my children are happy and healthy, I will never have anything to complain about. Although time passes faster than most of us would like it to, all it does is get me closer and closer to more priceless experiences and moments.

So here we go with 2020 – the year the training wheels finally come off!

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

Westside Foodbank Benefits (Continued from Page 1)

provide ready-to-wear interview clothing and accessories to Chrysalis, an organization which helps low-income and homeless individuals with employment opportunities.

Guests young and old enjoyed playing in the snow, holiday cookie decorating, two bounce houses, animal adoption by SPCALA, arts and crafts and a whimsical gingerbread house display, as well as a meet and greet with members of

the Santa Monica Police Department Mounted Police and the Santa Monica Fire Department, who brought a fire engine for children to explore.

Once again, pictures with Santa Claus were a hit among children and parents alike. They can be accessed on The Miramar Santa Monica Facebook Page (@MiramarSantaMonica).



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What's New for Social Security in 2020?



By Carolyn Hemann, CFP

With the new year upon us, those who collect Social Security or pay into the public retirement program through payroll deduction will see some changes. The Social Security Administration makes cost-of-living adjustments on an annual basis. Here's how the changes may impact you:

• For those receiving retirement benefits - If you collect Social Security benefits on a monthly basis, the amount you receive will increase by 1.6% beginning in January. According to the Social Security Administration, for the average recipient of retirement benefits, this will amount to an additional \$288 in 2020.

The result might be different if you are enrolled in Medicare. For most Social Security recipients, standard Medicare Part B premiums are deducted from monthly benefit checks. In 2020, Medicare Part B premiums will rise from \$135.50 to \$144.60 per month. That additional \$9 will be deducted from your Social Security benefit each month.

If you have Medicare Part C (Medicare Advantage) or Part D (prescription drug coverage) premiums deducted from your Social Security check, those costs may also be higher next year, reducing the net increase you will receive.

• For early Social Security recipients - If you collect Social Security benefits prior to your full retirement age ("FRA") (at least age 66 for those born in 1943 and later), you may incur a penalty based on your earned income. If you work in 2020 and you will not reach FRA in that year, an important income threshold is \$18,240, which is \$600 more than it was in 2019. For every \$2 of income earned beyond that amount, one dollar in Social Security benefits will be withheld.

If you will reach FRA in 2020, you can earn up to \$48,600 for the months prior to reaching FRA before any reduction in Social Security benefits occurs. In that case, you sacrifice \$1 of benefits for every \$3 in earnings above the threshold. Once you reach FRA, the earnings limit no longer applies to Social Security recipients.

• Impact on income earners - Those not yet collecting Social Security who earn six-figure incomes may see a modest tax increase in 2020. If your income typically exceeds the maximum taxable earnings amount for Social Security, you should be prepared for this change.

In 2019, any income earned by an individual beyond the \$132,900 maximum was subject to the 6.2% Social Security payroll tax. In 2020, that threshold increases to \$137,700, which means an additional \$4,800 is subject to Social Security tax in 2020. That result is an added tax of up to \$297.60 in the coming year.

There are a lot of complexities with Social Security, so if this feels overwhelming, know you are not alone. If you have any questions, be sure to contact your financial advisor, tax advisor or the Social

Security Administration.

Source: medicare.gov, "Medicare costs at a glance." (<https://www.medicare.gov/your-medicare-costs/medicare-costs-at-a-glance>)
Source for all Social Security information: Social Security Administration, "Fact Sheet: 2020 Social Security Changes," November 2020. (<https://www.ssa.gov/news/press/factsheets/colafacts2020.pdf>)

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

Winter Open House at Bergamot Station

By Anne Wallentine

Festive cheer abounded at Bergamot Station's annual Winter Open House last December. In addition to the holiday season, the creative arts complex was celebrating its 25th anniversary of revitalizing a former train station into a hub of fine art galleries and creative businesses.

The open houses take place three times a year and welcome the community to explore a range of exhibits at the galleries accompanied by live music, family activities, and food trucks.

The December event featured Dickensian-costumed carolers making the rounds, along with several artist talks and openings for new exhibitions. Creative activities were also on offer, including gingerbread house construction hosted, appropriately enough, by Montalba Architects.

David Jones, Associate Director at Peter Fetterman Gallery, cited the event as a great opportunity for people to discover a range of art in a tight radius. For the gallery, he says, it's "An awesome opportunity to participate in an event like this – to open our doors and be part of a space that feels inviting and fun." He considers Bergamot Station's setup – with all of the galleries closely situated and easily accessible – to be unique in LA, where the arts scene sprawls as much as the city does.

Craig Krull Gallery featured Astrid Preston's latest paintings in **(Continued on Page 6)**

From the Santa Monica History Museum



New Year's Day Celebration, January 1947 -

A crowned child sits on a floating throne at the Manoa Paddleboard Club's New Year celebration.

Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.8156.]

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He's Still on the Job

It's not unusual these days for older Americans to keep working past the traditional retirement age of 65 to make ends meet. But this elderly grocery store "bag boy" is still on the job in New Jersey at the age of 98 because he enjoys it,

according to the Association of Mature American Citizens [AMAC].

"Bennie" Ficeto flew B-25s during World War II. In an interview with CBS News he revealed the secret of his success: "You got to enjoy work,

(Continued on Page 7)



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Community Calendar

By Miceala Shocklee

- **Ongoing, Sundays through January 19 - Ice Breakers Free Weekly Music Series** - Enjoy family-friendly music next door to the seasonal Ice at Santa Monica, complements of the Plaza at Santa Monica. An eclectic set of live, free music will play from 11 a.m.-4 p.m. For more information on the full Ice Breakers set, visit www.downtownsm.com/ice-at-santa-monica/.
- **Ongoing, Mondays and Wednesdays - L.E.A.R.N.: Learn, Excel, Achieve, and Read Now** - Volunteers will be available at the Main Branch of the Santa Monica Public Library (SMPL) from 3:30 p.m.-6 p.m. to help students in Grades 1-8 with their homework and reading assignments. 310-458-8600.
- **Ongoing, Saturdays in January and February - Ukulele Saturdays** - Instructor Heidi Swedberg will teach kids ages 12 and younger how to play the ukulele on Saturday mornings at the Main Branch library. For times and dates, call 310-458-8600 or visit <http://calendar.smgov.net/library/eventcalendar.asp>.
- **Saturday, January 4 - Loews Waterfront Wonderland** - Enjoy the Waterfront Wonderland from Loews at the Santa Monica Beach Hotel: a truly spectacular sight of upside-down Christmas trees. To find out how to enjoy this and other seasonal Loews events, call 310-458-6700, or visit <https://tinyurl.com/loewsevents>.
- **Wednesday, January 8 - Mindful Meditation** - Start off your year with a move for mental clarity by learning the concepts of mindful meditation from Henry Schipper, a graduate of UCLA's Mindful Awareness program. Workshop to begin at 7 p.m. at the Ocean Park Branch of the SMPL. For details, call 310-458-8681.
- **Saturday, January 11 - Teen**

Chinese New Year Celebration - Steamed Dumpling Workshop.

West L.A. Regional Branch Library, 2:30 p.m. All ages welcome. 310-575-8323.

• **Monday, January 13 - Waraqah: Holistic Arabic Learning Playgroup** - Children and their caregivers are invited to immerse themselves in the beauty of Standard (Fus-Ha) Arabic through interactive storytime, art, and music at the Children's Book World playgroup. Event for kids ages five and younger plus their parents and caregivers will begin at 10:30 a.m. Call 310-559-2665 for more information.

• **Tuesday, January 14 - Celebrate the Lunar New Year** - Families are invited to this seasonally festive event at the Montana Avenue Branch Library. Learn how the Lunar New Year is traditionally celebrated, and how to prepare for it at home! Hour-long event will begin at 6 p.m. 310-458-8682.

• **Friday, January 17 - Franklin Elementary School Electronics Recycling Day**

• **Saturday, January 18 - Arnold Strongman Pro World Series** - The Santa Monica Pier will host a world championships-qualifying for this worldwide Professional Strongman series! Event to run from 12 p.m.-5 p.m., but doors will open at 11 a.m. For tickets and more information, visit <http://www.arnoldstrongmanusa.com>

• **Saturday, January 18 - Arnold Weiss Performs The Life and Adventures of James P. Beckwourth** - James P. Beckwourth was a man who was born into slavery but escaped to become a mountain man and African-American pioneer living among the Crow Indians. Dramatic performance to run from 1:30 p.m.-3 p.m. at the West Los Angeles Regional Branch Library, 11360 Santa Monica Blvd. For ADA ac-

commodations, please call 213-228-7430. For more information about the performance, call 310-575-8323.

• **Sunday, January 19 - Beach Walk & Sketch** - Join the L.A. Audubon Society for a beach walk with time to sketch the surrounding nature along the way. Newsprint, drawings boards, and binoculars will be provided, but participants are welcome to bring their own sketching tools as well. Event to run from 9 a.m.-11 a.m. Meet at the Annenberg Community Beach House. Please RSVP by registering at <https://tinyurl.com/walksketchsm> for more information.

• **Monday, January 20 - Rev. Dr. Martin Luther King, Jr. Day**

• **Thursday, January 23 - New Year, New Soup Recipes** - Clemence Gossett from the Gourmandise School will demonstrate how you can make soup at home using local, seasonal ingredients. Demo to begin at 7:30 p.m. in the Multipurpose Room of the Main Branch Library. For details, call 310-458-8600.

• **Thursday, January 23 - A Book Club discussion of Kristin Hannah's The Great Alone** - This memorable book takes place in a remote corner of Alaska. The interaction between family members and those around them will stay with you long after you read the book. Palms-Rancho Park Branch Library, 2920 Overland Ave. 3 p.m.-4 p.m. 310-840-2142.

• **Saturday, January 25 - The Hilton Als Series: Lynette Yiadom-Boakye** - Enjoy the winter opening of The Huntington's exhibition of artist Lynette Yiadom-Boakye, curated by Pulitzer prize-winning author Hilton Als. Yiadom-Boakye's portrait-like paintings will be displayed adjacent to the Thornton Portrait Gallery. For more information on this exhibit and The

Huntington's other offerings, visit www.huntington.org/news/hilton-als-series-lynette-yiadom-boakye, or call 626-405-2100.

• **Saturday, January 25 through Sunday, January 26 - Lion King, Jr. Performance** - The young actors at Lincoln Middle School will be performing *Lion King, Jr.* Saturday performances at 2 p.m. and 7 p.m. Sunday performance at 2 p.m. For more information about how to attend, call 310-393-9227.

• **Friday, January 31 - International Day at McKinley Elementary School** - Celebrate International Day at McKinley from 4 p.m.-6 p.m. Call 310-828-5011 for details.

Winter Open House (Continued from Page 5)

a new solo show, with the artist present during the day to discuss her work. Astrid's colorful works play with pixelation and vision, renewing themes and patterns that she started exploring early in her career. The artist's cataract condition affects how she sees the world, and she uses this ability to challenge viewers to contemplate landscape and focus in distinctive ways.

Bergamot Station is owned by the City of Santa Monica and leased by the Worthe Real Estate Group, which serves as landlord to the resident businesses. The Rustic Canyon restaurant group opened its latest venture, Birdie G's, in the complex earlier this year.

Bergamot Station is located at 2525 Michigan Avenue, Santa Monica, near the 10 Freeway.

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Community Service Clubs

Rotary Events Provide Fellowship and Service

By Sharon Gavin, President

The Rotary Club of Santa Monica is starting out with a bang in 2020 with lots of philanthropy, fellowship and fun! Continuing our focus on connecting with the community through hands-on service, we will be conducting a "Career Path Dash Workshop" at the Boys Club of Santa Monica in early January.

This program will be a College-to-Career advice session with a speed-dating tempo, whereby each youth will have some time with each professional to exchange information about career path, interests, skills, etc. We will continue our January service activities with Rotarians participating in our Meals on Wheels West Rotary Route and then joining together for our Annual Westside Food Bank sorting activity.

Our philanthropic activities will also include grant presentations to several of our Community & Youth grant recipients as well as the presentation of an "Unsung Hero Award." This award honors individuals in the community who go above and beyond to make Santa

Monica a better place for its residents.

Rotarians also enjoy fellowship and fun! Our monthly First Tuesday Happy Hour will be at Mercado's on January 7. We will continue our monthly Twilight Tennis & Dinner event at the Riviera Country Club on January 10. We will also hear from great speakers at our weekly Rotary meetings. Dr. Phebe Vayanos, Associate Director for USC's Center for Artificial Intelligence in Society will speak to us on Friday, January 10. Jay Christensen will tell us all about the history of the circus on January 24, and Marshall Wong from the L.A. County Commission on Human Relations office will discuss "Hate Crimes in Los Angeles" on January 31.

The Rotary Club of Santa Monica changes lives. It just might change yours! To find out how you can make a real difference in your community, check out our website at rotaryclubofsanta.org or contact us at rotaryclubofsantamonic@verizon.net.

Santa Monica Lions Club Plans for 2020



By Marilynn Schalit

Celebrate the new year by joining the Santa Monica Lions Club to serve the community and enjoy our fellowship and support in all of life's events.

Often, people exchange gifts during the holiday season. Recently, we gratefully received 150 pairs of prescription eyeglasses from Kara Mondino of the Jules Stein Eye Clinic at UCLA. The glasses were cleaned and labeled with a description of their prescriptions. Additionally, we thank community members who donated 800 pairs of glasses to our donation boxes in various locations. Dedicated Lion Alan Paar transported them to the Lions Club facility in Banning to be distributed to vision-impaired low-income community members.

Trained Lions Club volunteers will provide vision screening and free children's books in Virginia Park through the Lions Eyes Across California event during the Santa Monica Arts and Literacy Festival

as well as during the Juneteenth celebration. We will also provide vision screening at the Santa Monica YMCA. At our annual Pancake Breakfast near the end of September, we will raise funds for grants and contributions to community agencies and the Lions Club International Foundation.

We again plan to supply baked goods to Fisher House on the Veterans Administration grounds. Heal the Bay sponsors beach cleanup volunteer opportunities on the third Saturday of every month to help meet the Lions Club goal of preserving the environment. Various Lions Clubs in our district sponsor volunteer opportunities such as serving meals to residents at Ronald McDonald House.

Please be our guest at lunch to learn more about our activities. We meet from 12:15 p.m. to 1:30 p.m. on the first and third Thursday of the month at the Elks Lodge at 1040 Pico Blvd. RSVP to mariynnschalit@yahoo.com or Membership Co-Chair Yoriko Fisher at yorikofisher@gmail.com. We look forward to meeting you.

Santa Monica Bay Woman's Club Events



By Tesi Treuenfels

Happy New Year from the Santa Monica Bay Woman's Club! Happy winter days. It's so beautiful outside; we encourage everyone to get outside and walk around the block, or on the bluffs.

The Santa Monica Bay Woman's Club (SMBWC) Annual business meeting and holiday luncheon fundraiser went very well. The money raised went to Happy Trails for Kids to help cover the cost of the seven and eight-year-old girls' cabin. It feels good to be a part of raising the next generation of leaders. We were all so proud of Greta

Thunberg, climate change activist, being named person of the year by *Time Magazine* and landing on the cover.

As we enter into the year 2020, we sincerely hope our collective vision for the future of women clears a successful path for more progress. We women gained the right to vote nationwide 100 years ago. My grandmother was 21 and voted in that historic election. Woodrow Wilson was the incumbent president. President Wilson had suffered a severe stroke during his last year in office. His wife, Edith, took over and ran the executive branch. So, that leaves us yet again to wonder when will women

(Continued on Page 8)

Music Mends Minds *(Continued from Page 3)*

sponsorship of Rotary International. The original band is also the subject of a new documentary, "The Fifth Dementia," which was released on all streaming platforms last November 12.

The group welcomes interest from potential members who can learn more by calling 818-326-0500 or visiting www.musicmendsminds.org.



The joy of music is reflected in the faces of the performers.

He's Still on the Job *(Continued from Page 5)*

you got to enjoy what you're doing. I see people running around and saying, 'Oh, I have to go to work!'

That's ridiculous." What can you say? How about, "thanks for your service," says AMAC.

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

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Santa Monica Bay Woman's Club

(Continued from Page 7)

be fully included in the leadership of our country?

The Book Group will resume on January 16 at 6:30 p.m. to discuss *Wild: A Journey from Lost to Found* by Cheryl Strayed. It is the story of a young woman's journey through loss and grief to acceptance and strength all while hiking the thousand-mile Pacific Crest Trail. Anyone thinking of attempting this type of adventure in real life would be well advised to seek good infor-

mation. Here's a start: www.backpacker.com/skills/11-key-tips-for-female-thru-hikers. Our book for February 20 is *She Said: Breaking the Sexual Harassment Story that Helped Ignite a Movement* by Jodi Cantor and Megan Twohey.

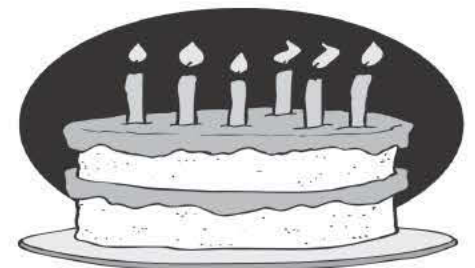
The Santa Monica Bay Woman's Club will join the Woman's Clubs in the Marina District for a tour through the Guide Dogs of America Facility in Sylmar. In 1955, the California Federation of Woman's Clubs reorganized into 26 districts. The Santa Monica Bay Woman's Club is part of "Marina" District 18. Everyone is welcome to participate in our on-going weekly and monthly activities. Our historic landmark building is located at 1210 Fourth Street. To learn more about SMBWC, see our new website at www.SMBWC.com, or call 310-395-1308.

Answer to Neighborhood Celebrity

(Continued from Page 1)



John Fawcett is owner of the Sinclair Gas station on 26th St. and San Vicente. He has owned several stations on the westside over past years. He will keep you apprised on what is happening in Brentwood.



Happy January Birthdays to:
 Eric London, Bill Rayman,
 Molly Smulian, John McIntire,
 Tom Larmore, Bill Dawson,
 Judy Neveau, John Lehne,
 Larry Maher, Julia Miele,
 Klaus Mennekes, Mitchell Kraus,
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