

Saluting Those Who Perform Public Service



Educator of the Year, Catherine Baxter, is in the front row holding her plaque. With her is Angie Gonzalez, Santa Monica High School Principal Dr. Antonio Shelton, the SMMUSD Superintendent Dr. Ben Drati, Gail Pinsker, Dr. Mark Kelly, and Val Glick.

All photos by Iao Katagiri



Representing the Santa Monica Fire Department were, from left, Deputy Chief Wolfgang Knabe, Christina Adams, Baby Jack Adams, honoree Firefighter Jeff Adams, Fire Chief Bill Walker, Battalion Chief Marc Rose, and Battalion Chief Judah Mitchell.



Erskins Robinson, center, is the Transit Department honoree. With him, from left, Ed King, Eric Dixon, Mary Robinson, Erskins, Rosalyn Reed, Tom Robinson, and Tim Bryant.

Each year in late spring, the Rotary Club of Santa Monica honors public services workers. It is one of the group's most eagerly anticipated meetings. The stories behind the selection of the honorees are touching and always inspiring as we hear about the dedication of those com-

mitted to serving local residents and business people in Santa Monica. Catherine Baxter is this year's outstanding educator; Jeffrey Adams, the chosen firefighter; Erskins Robinson from the Big Blue Bus; and in his memory, police officer Rashad Riley. **-D.M.**



Santa Monica Police Chief Cynthia Renaud honored the family of Officer Rashad Riley, who recently passed away. Present were, from left, Lieutenant Bill Heric, Officer David Alvarez, Lieutenant Sal Lucio, Officer Thomas Mastin, Officer Mashhoud Salehian, Officer Lizette Lopez, Captain Darrick Jacob, Chief Renaud, the Riley family, LAPD Officer Steven Hollowell, Officer Ashley Allen, DMH Clinician Veronica Alenkin, Sergeant Erika Aklufi and Officer Jayme Jacinto.

Remembering Santa Monica Group to Swim Along with Jeff Condon at the July 9 Meeting

Jeff Condon, a native-born Santa Monica resident and lifelong swimmer, who is a product of the "old-school" Santa Monica Recreation & Parks swimming system – going from "Minnow" to "Tiger Shark" – will be the next speaker at the Remembering Santa Monica meeting on Tuesday, July 9 at 11:30 a.m.

Join members as they reminisce at the Santa Monica History Museum, which is located at 1350 7th St. To RSVP, call John at 310-395-2290.

Jeff is currently a member of, and swims daily with, Southern California Aquatics (SCAQ).

When not in the pool, Jeff is at his Santa Monica office of Condon & Condon where he oversees the estate planning practice first established by his late father, Gerald, in

(Continued on Page 6)

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 11)



"American Dan," to the left, has lived in the Pico Neighborhood of Santa Monica for many years. Dan is getting ready to appear in the City of Santa Monica's 13th annual Fourth of July parade on Main Street.

Photo by Clara Wright

Take A Look Inside

Brain Matters	2
Byte by Byte.	2
Planning Ahead.....	2
From Me to You	5
Community Service.	9
Paws and Claws.	10
Community Calendar	11

Brain Matters

Staying Social to Help Stave off Dementia



By Dr. David Merrill MD, PhD

It's increasingly recognized that memory function while aging is affected by general physical health – everything including blood pressure, blood sugar, hormone status, nutritional status, and inflammation. All these factors may drive memory loss.

If you are concerned about potential memory loss, either for yourself or a loved one, I encourage you to seek an evaluation – and the earlier, the better. With identification and correction, it may be possible to help stabilize brain function over time.

The current statistics about dementia, which affects memory and thinking, are pretty dire. The World Health Organization (WHO) estimates that there are approximately 50 million people worldwide living

with dementia. In May 2019, they released a new set of guidelines with detailed recommendations about how to reduce risk. These include doing regular physical activity, adopting a healthy well-balanced diet, avoiding or cutting back on drinking and smoking, and staying social.

It's never too early – or too late – to start practicing these healthy lifestyle habits.

In taking care of the physical aspects of risk reduction, the benefits of social engagement are sometimes overlooked. In my practice as an adult and geriatric psychiatrist, I see that social isolation can be a major driver of anxiety and depression. While the direct correlation to dementia is less clear, experience does point to social withdrawal and loneliness as components that hasten cognitive decline and dementia.

Because dementia can manifest over a period of many years, it can

be considered a chronic condition. So, developing and/or maintaining a positive and stimulating social support network throughout a lifetime is important. It can help keep you engaged and improve your mood, which can then lead to improved self-care and better overall health.

Today's the day to start a new habit, take that first step to stave off dementia, and your brain will thank you for it!

Dr. David Merrill is director of the Pacific Brain Health Center at Pacific Neuroscience Institute. As an adult and geriatric psychiatrist, he specializes in treating patients suffering the behavioral health sequelae of age-related neurodegenerative disorders such as Alzheimer's disease and Parkinson's disorder. Contact the Pacific Brain Health.org at 310-582-7461.



Byte by Byte

Apps for Travelers



By Miceala Shocklee

With university and secondary school students alike both out for the summer, July is one of the peak travel months.

While many may choose to rent a car while away on vacation, local transportation – especially abroad – can often prove the cheaper option and may carry some unexpected perks.

For example, Norway's capital city offers visitors an "Oslo Pass" that does come in a traditional card form, yes, but is also available as an app. Via the app, users purchase an Oslo Pass for 24, 48, or 72 hours, click "activate" just prior to use, and present the QR code stored on the app to transport operators. The Oslo Pass is good for use on just about all public transport in the city: busses, trams, even ferries.

Furthermore, the Oslo Pass also conveys free entry to a hefty set of Oslo's tourist attractions, like the Viking Museum and the Fram Museum of Polar Exploration. Where the Oslo Pass doesn't get visitors free entry, it often garners at least a discount. With all its transportation and tourism perks, the price of an adult Oslo Pass for 72 hours is only \$95 – massively less than the cost of a car rental for the same amount of time.

While not all countries' transportation apps may convey quite so robust a set of privileges, they do at least offer mobility freedom in areas where road layouts may be unfamiliar and parking scarce. For example, in Edinburgh – a city of winding cobblestone roads with unintuitive roundabouts and a high frequency of one-way streets – two local apps allow visitors to hop on and off local busses with ease. Pairing "m-tickets" (which allows users to purchase tickets on their phone for local trams, busses, and airport shuttles) with the Lothian Bus & Tram app allows users to immediately find which busses are nearby and when they'll be arriving, as well as to plan out future journeys.

For those not wanting to download a new app every time they visit a new location, there's "Citymapper," an app that will pull up local transportation options from Uber and Lyft to busses and bicycle rentals. While it's a powerful tool, the app isn't quite omnipotent – users will have to pay for their tickets and rentals separately.

While travel pretty much inherently comes with a big carbon footprint, utilizing local transport options rather than renting a car can help mitigate that impact.

(Continued on Page 3)

Planning Ahead

Revisiting the Family Limited Partnership



By Lisa C. Alexander, Esq.

Forming a Family Limited Partnership (FLP) or Limited Liability Company (LLC) to own and operate a family

business is a common estate planning strategy. It facilitates family participation and prepares for transfer of the business to the next generation. It has the added tax benefit of a creating a valuation discount so a decedent's estate will be worthless, and less estate tax

will be owed on death. The value of a decedent's 25% interest in a FLP with assets worth \$10,000,000 should be worth less than 25% of \$10,000,000. After discounting for the limited rights of a minority interest, the value of the 25% interest might be reduced from \$2,500,000 to \$1,750,000. Other goals of the FLP or LLC include the ability of the head of the family to retain control, asset protection for family members, and restrictions on transfer of interests to keep the business in the family.

In order to achieve all these

goals, it is important to comply with required formalities, such as maintaining an up to date Partnership Agreement or Limited Liability Company Operating Agreement. Assets must be held in the name of the FLP or LLC. Personal assets must be kept segregated and the FLP or LLC cannot be used for personal expenses. Income must be reported in proportion to ownership interests. The business should be reviewed to be sure it is operated in conformity with the Partnership or Operating Agreement.

Going further, it should be assessed whether the FLP or LLC remains useful or desirable. For one thing, the current estate tax exemption is so high that the goal of reducing estate tax may not be relevant in some cases. Secondly, the discounted valuation on death may mean a lower income tax basis for surviving family members after a parent dies. Property tax planning is another issue. If there is a change of control of the FLP or LLC when the parent dies, any real estate owned by the FLP or LLC will be reassessed. There is no "Parent-Child" exclusion from property tax reassessment when interests in real estate pass through an entity.

Finally, children may be unhappy with restrictions that limit their ability to leave their interest in the FLP or LLC to a spouse or charity. Dissolution of the FLP or LLC might be considered.

If documents need to be updated or business operations tightened up, now is the time to do it.

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



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Keep Water Safety Rules in Mind

Warmer weather means more people are spending time in a pool, at the beach or visiting a water park. The American Red Cross has some steps people can follow to help them enjoy their summer water fun. "It's important to be 'water smart,' which includes having swimming skills and knowing how to help others," said Guillermo Sanchez, Preparedness and Resiliency Manager at American Red Cross Los Angeles Region. "The first step should be to make sure everyone is 'water competent' – meaning that they are able to enter the water, get a breath, stay afloat, find an exit, swim a distance, and then get out of the water safely."

Beach Safety:

1. If you plan to swim in the ocean, a lake, or river, be aware that swimming in these environments is different than swimming in a pool. Be sure you have the skills for these environments.
2. Swim only at a beach with a lifeguard within the designated swimming area. Obey all instructions and orders from lifeguards and ask them about local conditions.
3. Make sure you swim sober and that you always swim with a buddy. Know your limitations and make sure you have enough energy to swim back to shore.
4. Protect your neck – don't dive in headfirst. Walk carefully into open waters. Watch out for and avoid aquatic life.
5. If you are caught in a rip current, try not to panic. Signal to those on shore that you need assistance. Swim parallel to the shore until you are out of the current. Once you are free, swim toward the shore. If you can't swim to the shore, float or tread water until you are free of the rip current, and then head toward the shore.

Pool Safety:

1. Prevent unsupervised access to water. If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
2. Have young children or inexperienced swimmers wear properly fitted U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
3. Actively supervise children and stay within arm's reach of young children and new swimmers. Designate a 'Water Watcher' to keep a close eye and constant attention on children and weaker swimmers in and around the water until the next Water Watcher takes over.
4. Teach children to always ask permission to go near water.
5. Avoid distractions when supervising children around water. If a child is missing, check the water first. Seconds count in preventing

Apps for Travelers

(Continued from Page 2)

Check out if there's a way you can reach for a new app on your phone rather than a new set of car keys before heading out to see new sights this summer!

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



Penelope, Greyson, Harrison, and Violet all check with their parents before they go into the water.

death or disability.

Waterpark Safety:

1. Make sure lifeguards are on duty before you go in the water, and follow all their instructions.
2. Read the attraction signs. Obey the rules. Follow age and height requirements.
3. Parents – keep an eye on the kids. If they can't swim or are less than four feet tall, have them wear a U.S. Coast Guard-approved life jacket.
4. Signal a lifeguard if you see someone is in trouble. Yell if you need to grab attention, but don't go in after the person yourself.
5. Set up a meeting place in case someone gets separated from your group. Use the buddy system to make sure no child is alone.

Learn More

A variety of water safety courses and resources are available at www.redcross.org/watersafety. Find an aquatic facility that offers Red Cross programs for the entire family at www.redcross.org/learn-toswimproviders. Download the free Red Cross Swim App. Pool and spa owners can take the Home Pool Essentials online course at www.homepoolsentials.org.

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Learn to Play the Piano

By Sean Campbell

Most adults assume that playing beautiful music on the piano and understanding the language of music is too complicated and far beyond their ability. But, I have, almost by accident, found the key that demystifies and simplifies the instrument.

At my school, I help my students unlock the door to their creativity, artistry and talent. Once the door is opened, they experience the joy and sense of fulfillment that comes from playing the piano.

I was recently granted a patent for what has been described as a "Revolutionary Teaching Method." What makes my method of teaching unique is the student

never has to look at traditional piano sheet music. There are no mysterious symbols or musical notes. No treble or bass clef. My students can learn the song of their choice, note for note, using colors, letters, and numbers. It only takes a few minutes for someone who has never before touched a piano or keyboard to learn how to read this new form of music notation.

For more details, please call Sean at The Music Lyceum 310-480-8480 or go online to sean@themusiclyceum.com.



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Reflections From The East

Caring for a Feverish Planet



By Qin Sun Stubis
 Imagine yourself coming down with something – burning up and yet feeling freezing cold as you head to bed with chattering teeth. You cover yourself up with a heavy blanket, and may even want to snuggle with a hot water bottle to battle the chill. Your loved ones check on you and bring you a bowl of porridge or cup of broth. If you don't get better soon, they may take you to a doctor.

When I'm sick in bed, feeling low and helpless, I often wonder about how other living things cope with sickness, whether tigers or trees,

frogs or bluebirds. Do they get the flu and suffer from fevers? Do they experience being hot and cold at the same time? Life must be hard, much harder, for anyone in the wild without medicine and doctors, or a warm bed and the loving care we're so used to and have taken for granted.

And, how about our Mother Earth, the mightiest of the mighty, who sustains us all? We adore Her wisdom and seemingly endless gifts, being able to give so much to so many. She endures all forms of attacks from the tiny life forms that swarm on her surface, suffering the effects of forest fires, oil spills, pollution, and even hydrogen

bombs. And yet, She still manages to keep Her composure and grace most of the time. Do we know Her state of health?

If we truly love Her, it's only proper that we take care of Her. After all, what will happen to us if we don't? Thanks to modern science and technology, we now have the ability to give Her more thorough and regular checkups with tools to properly diagnose the problem and find a cure. And, as with any living thing, failure to recognize and treat the illness may lead to physical deterioration and even death.

According to the Global Land-Ocean Temperature Index, our

Mother Earth has been running a temperature for decades, something more commonly called "global warming."

Most recently, those living in Tornado Alley have witnessed too many times our Mother Earth acting like a feverish patient having a dangerous and terrifying fit, leaving her children in awe and helpless. Are we still not alarmed?

Imagine someone having a fever year after year, or having seizures repeatedly without ever receiving medical attention. Wouldn't you be outraged? Then why don't we pay attention to our Mother Earth's outcries and help Her? We don't

(Continued on Page 6)

Lincoln Middle School Program Begins Teaching Swimming to Sixth Grade Students



Sixth graders were learning to swim at Lincoln Middle School this spring.

By Rufus Williams

Drowning, it unfortunately turns out, is the second most common cause of death in five-to 24-year-olds. Additionally, for every actual drowning death, there are four near-drownings that cause long-term life-altering damage.

In light of those statistics, as an Australian, I was surprised to learn that local schools did not already have a water safety program in place, despite Santa Monica being a beach town.

Fortunately, thanks to my eldest daughter's interest in swimming, I became a board member of Team Santa Monica (TSM), a Santa Monica non-profit swim team, that after

60 years of serving local youth, is now the leading provider of youth aquatics programming for the city. TSM is currently partnering with the school district to rectify the lack of water safety education.

Our pilot program, which began this past spring, has been made possible by the enthusiasm of the Lincoln Middle School principal, Florence Culpepper, and her PE staff. Their work, plus some private donations and contributions from local businesses, will allow us to supply kids, at no cost, with swimsuits, caps, and goggles that they can keep after the program.

Over the course of our two pilot

(Continued on Page 10)

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From Me to You...



By Diane Margolin

I have always felt this wonderful sense of community in Santa Monica. Often, while at the market or a restaurant on Montana Avenue, the location of my first Santa Monica publication, I will run into someone I know. Last week I had two terrific surprises.

Many of you may know of Eddie Guerboian and his family who ran Readers Jewelers for years. His wife, Evelyn, was honored recently by the Lions Club of Santa Monica and we covered the event.

Eddie's son, Avo, now has a jewelry shop in the lobby of the Fairmont Miramar Hotel where Eddie helps out. Recently Avo and his wife, Christina, had a son. I've seen the photos on Facebook, but was delighted to see Avo and his wife walking down Montana Avenue. Avo was wearing this neat shirt that had a pouch sewn over his chest. Inside the pouch was their

baby son. Seeing the next generation of Guerboians in person was such a delight. I've known Avo since he was a little boy. I hope I will be able to see his son as he grows up. It's so fun to see how much babies change, but when you don't see them that often, the change often seems major.

My friend Barbara Carson is visiting from New York. She used to live here and hopes to return. We went with her friend Valerie Brown to have lunch at Spumoni. I noticed a group of people walking in. They turned out to be my friends and former neighbor, Claudia David, her mom Carol, brother Julien, and son Isaiah. I first met them when Isaiah was four years old. The last time I saw Isaiah was when he was 13. He graduated Santa Monica High School and has just completed his first year of college. He is very tall and handsome and will surely be a success at whatever he chooses to pursue.

Enjoy our warm weather, and have a wonderful summer.

From the Santa Monica History Museum



Route 66 Sign on Santa Monica Beach, 1958
Beauty contestants celebrate the Will Rogers Highway, also known as Route 66. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.2702.] A new exhibition about Route 66 is now open at the Santa Monica History Museum.

Americans Living With Diabetes

By Taber Falconer

It's a startling statistic: one in four Americans is currently living with diabetes – and the disease's prevalence is on the rise. What many people don't know, however, is that while there is no cure for type 2 diabetes, the disease is entirely preventable. To learn whether you're diabetic or prediabetic, visit your doctor and request an A1C blood test.

The Santa Monica YMCA's Senior Program Director Lidia Magarian is leading the charge on raising awareness in our community about prediabetes and the steps that can be taken to reverse it. Through the new Diabetes Prevention Program, those at risk of developing the condition are taught how simple lifestyle changes can have a profound impact on overall health.

"It's an evidence-based program that was created with the help of our community advisory council, which is made up of local doctors and health experts," Lidia explained. "Our goal is for members to lose 7% of their body weight over the course of 12 months. We teach each individual how to incorporate light exercise into their daily routine and how to make smart choices at meal times."

Lidia, who began working for the



Lidia Magarian

YMCA 30 years ago in her native Brazil, makes a point of prioritizing her own health to set an example for members of the organization's health programs. In particular, she enjoys spending time outdoors playing tennis and volleyball.

"I love being around people," Lidia said. "Being able to engage with the community and help people improve their health and well-being is my passion, and at the YMCA, I have the opportunity to do that on a daily basis. The Y is a

(Continued on Page 11)

Too Busy to Prioritize Your Finances?



By Carolyn Hemann

We're busier than ever these days. Constant notifications, work, travel, kids, and other important

tasks are often competing for our immediate attention. Amid our packed schedules, it can be easy to set our finances on autopilot.


If you can relate to this feeling, know there are several simple steps you can do in 10 minutes to feel more confident about your finances. The following are five suggestions:

- Identify (or update) your financial goals. It's easy to get caught up in day-to-day activities that leave you little time to consider your future goals. While it is easy to procrastinate on planning for long-term items, it's important to start laying the groundwork for your future financial security. Take 10 minutes to jot down your goals for the next year, two to five years, and for the years beyond as a starting point.
- Understand your cash flow. In this era of side gigs, freelance work and second jobs, it's common to have income flowing in from more than one source. Or, perhaps a large percentage of your annual income fluctuates over time, based on bonuses or the timeline of projects you complete. No matter how your income comes in, it's crucial to understand the sources and timing of your cash flow. Take


10 minutes to review your expected income for the next one to three months so you can spend with confidence.

- Enroll or log in to digital tools to check your progress. Many banks and financial planning firms provide websites and apps to help you monitor your finances or take action on the go. Checking in on your money periodically can help you monitor for fraudulent transactions, track investment growth or move assets between accounts in real-time, before such tasks become a major to-do.


(Continued on Page 10)




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WISE & Health Aging Members Visit China



Traveling with WISE & Healthy Aging-- Staying active at WISE & Healthy Aging means taking advantage of the group travel opportunities. A group of 30, escorted by Grace Cheng Braun, president and CEO of WISE & Healthy Aging, recently went on a two-week trip to China, which included visiting the Great Wall in Beijing; seeing the terra cotta warriors in the ancient city of Xian; journeying 14,000 feet to Lhasa, Tibet; visiting the pandas at the Giant Panda Research Center in Chengdu; and viewing the modern skyline of Shanghai. WISE & Healthy Aging offers single-day excursions locally, as well as multi-day trips within the U.S. and internationally. For a listing of travel opportunities, please check out their website at www.wiseandhealthyaging.org.

Meals on Wheels West Honors Dedicated Volunteers



From left, with honorees, Jennifer Kappelman (MOWW), Dolores Grijalva (MOWW Frequent Flyer Award), Margaret Talai (MOWW), Wally Tourtellotte (MOWW), Robin Weitz (MOWW Volunteer of the Year), and Don Spector (MOWW Board Member) at the recent volunteer breakfast.



More at the recent appreciation breakfast, were from left, Kevin McNulty (MOWW), John Thompson and Sam Kunemoto (both from Southern California Gas Company), and Chris Baca (MOWW).

Meals on Wheels West's (MOWW) 14th Annual Volunteer Appreciation Breakfast was hosted by The Fairmont Miramar Hotel & Bungalows in Santa Monica this past spring. MOWW recognized the amazing support of their volunteers, who together have delivered over 125,000 meals last year.

Weitz, Dolores Grijalva, Wally Tourtellotte, Don Spector, and SoCalGas for their dedication and service to the organization.

Photos above include staff and the awardees: Volunteer of the Year: Robyn Weitz; Frequent Flyer Volunteer of the Year: Dolores Grijalva; and Community Partner: Southern California Gas Co.

Caring for a Feverish Planet

(Continued from Page 4)

just call Her our mother in name. It is in our own interest to take care of Her. After all, if She perishes, humankind will, as well.

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

You can always reach me at qstubis@gmail.com

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Remembering Santa Monica Group

(Continued from Page 1)

1963. Jeff is also the author of two books on inheritance planning, *Beyond The Grave: The Right Way & the Wrong Way of Leaving Money to Your Children (& Others)*, and *The Living Trust Advisor: Everything You (& Your Financial Planner) Need to*

Know about Your Living Trust.

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. --D.M.

Jerry Parker Receives 2019 Friends of Sunset Park “Emmalie” Award



Jerry Parker, center, with, from left, Zina Josepfs, Becky Parker, Robb Brown, and Adrian Crook.

Jerry Parker, retired Santa Monica Fire Department Captain, has won the 2019 “Emmalie” Award from Friends of Sunset Park. The city-recognized neighborhood organization cited him for 46 years of service to the Sunset Park neighborhood and to the city of Santa Monica.

Serving from 1972 to 2018, Captain Parker was the first Engineer Paramedic in the SMFD and one of the first certified Fire Investigators.

From 1980 to 2004, he served as Company Commander at Fire Station 5 in Sunset Park. That station also provides fire protection at the Santa Monica Airport (SMO). He was the major driving force be-

hind vastly improved aircraft fire protection for SMO, the pilots, and nearby residents.

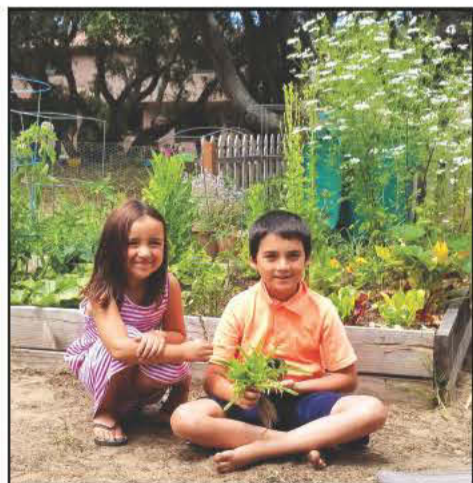
In 2004, Captain Parker was appointed the Fleet Manager/Vehicle Maintenance Coordinator for the SMFD. He was also the support services captain at Fire Station 5 from 2007 to 2018. He was responsible for specifying new apparatus, seeing the purchase through the bidding process, and working with the successful bidder to ensure that the department received exactly what had been specified, and to ensure that the SMFD fire suppression and rescue personnel had the best equipment available.

(Continued on Page 10)

Designing Menus With the Kids in the Kitchen

By Gillian Esparza

Some of my earliest memories are of helping my parents and grandparents in the kitchen. As a mother of four, I am always trying to find new foods that my kids will enjoy. One of the things that I have found to be very helpful is to have our children help in both the garden and the kitchen. When they have a sense of ownership in the food, they are more likely to eat it.



Greyson is sampling the new lettuces he planted in the family garden. His sister, Violet, is checking out his selection.

For example, when my son Greyson, now eight years old, was going through something, he basically used food as his source of control. My husband and I were out of ideas as to how to help him.

It isn't that Greyson is a picky eater as far as complex taste goes, it is that he picks five or six foods and only wants to eat those. Off and on for years when he has been

stressed out, he will resort to his five or six foods. His standard set of foods are salami, apples, tacos (meat and tortilla only), protein snack bars, and tomatoes, always with a side of plain yellow mustard!

When we look at the foods themselves, they are not bad, actually pretty balanced. The problems with his food list are that we do not always have these foods or are not willing to make him a separate meal. I was concerned that he

needed more veggies in his diet.

At Grey's yearly check up, I talked to our nurse practitioner about this food list business. She was amazing; she knew right away that it was more than just the food itself. She talked to Greyson about his interests and his favorite things. She asked him about his garden and told him all about hers. She got him interested in the idea of adding new foods to our garden that he would be willing to try.

After planting some new types of lettuce, tending it, and watching it grow, he decided he wanted to try the lettuce. Now in my mind, it would be taking a few heads of lettuce and making a salad to see which was his favorite. When I turned my head, I saw Greyson sitting next to the garden bed eating leaves of lettuce straight out of the ground. He tried all the different types, found his favorites, and

(Continued on Page 10)

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Passing Through The Pico Neighborhood



By Clara Wright
It's been hot fun in the summer time as we get out to enjoy the many exciting events happening in the Pico Neighborhood of the city.

Our first stop along our journey is Santa Monica High School to congratulate the more than 700 seniors in the graduating class of 2019 who will carry the torch of Samo pride into their future.

A former Santa Monica High student, Steve Moore, was recently named head basketball coach of Fairfax High School in Los Angeles. Steve is the first African American in the history of Fairfax to head the men's basketball program.

Steve is a product of the Pico neighborhood of Santa Monica where he grew up and once played both baseball and basketball for Santa Monica High School. We salute you, Coach Steve Moore.

Let's not forget our Santa Monica College (SMC) graduates. Approximately 8,000 people attended the largest ever graduating class commencement ceremony. SMC awarded 9,110 degrees and certificates to 5,905 students. SMC is the leading transfer college to UCLA, USC, and LMU.

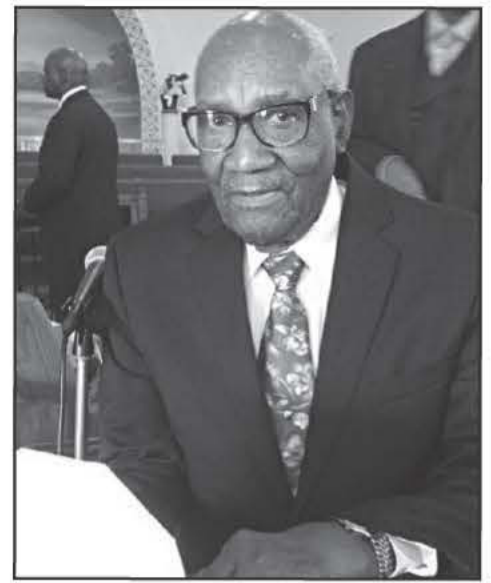
The City of Santa Monica Virginia Ave. Park's 27th annual Juneteenth Celebration 2019 welcomed those in attendance with great entertainment, food, and fun for the entire family.

Mayor Gleam Davis presented

proclamations to LaVerne Ross, the originator of the Juneteenth celebration in the Pico Neighborhood. Kudos to the planning committee for a job well done.

Many of our seniors are still serving. Congratulations to Mr. Lloyd "Bud" Allen, a long-time resident of Santa Monica, for his outstanding service to his church and community.

Bud was recently honored at the Calvary Baptist Church, one of the oldest Black churches in Santa Monica, where he has been a member for more than 50 years. Bud, now 97 years young, has mentored countless youths in the community and inspired many to become entrepreneurs as he was. Bud is the former owner and founder of Allen Maintenance and Janitorial Supply Services and Rentals, once located on 4th Street and Pico Blvd. in Santa Monica. He is also known as a poet and lover of antique cars.



Lloyd "Bud" Allen

Bud and his lovely wife Norma are both still very active in the community, visiting the sick and shut-ins and feeding the hungry.

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



Annie Wilson's annual summer supper for 50 celebrated the birthday of her husband of 59 years, Eugene Wilson, and son, Eric Wilson, on Father's Day. From left, Dedrick Wilson, Victor Bouyer, wife Shenel, Eric Wilson, Annie Wilson, and Gabridale Wilson.

Photos by Clara Wright



The Cabeza De Vaca Cultural Dance School from the 18th Street Dance Center performed at the recent Pico Block Party last month.

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Thoughts From a Second-Time Father

Teaching Your Children Common Courtesies



By Michael Margolin

The older most children get, the better they are at saying *please* and *thank you* and developing common courtesies. I point to the older they get because they should have a better understanding of how much their parents do for them.

However, so much of being a parent to infants, toddlers, and young children in general can be a thankless job. Of course, this is rectified by our children through the joy and wonder and awe that they put into us, by the look on their faces when they see us first thing in the morning, or the smiles of pure joy and happiness. All of those things are priceless.

And, judging by the last three to four weeks, I would say it is tough to put a price tag on learning how to use the restroom correctly, and in a timely manner. Jake is three now, and we are full steam ahead in getting him potty trained.

Enjoli did not get thanked by our children for growing them and delivering them safely. Perhaps she will one day. I do not know if I expect Jake to be thanking us any-

time soon for all the attention to detail and cleanliness that goes into teaching a human how to use the restroom.

Alexa will turn six this summer and we are preparing for the first grade. It is strange to think of having a grade schooler, and not a kindergartner. Recently Alexa's kindergarten class put on a show called *The Little Red Hen* that included narration and singing by three different kindergarten classes. Alexa was the first to do any narration. She walked up to the microphone in her cowboy hat and overalls and confidently and clearly recited her lines. I recorded her with my phone, and as she was done I closed the camera application on my phone, and it went to the background picture that I have.

The picture I have is a very close up shot of Alexa's face when she was about 24 hours old. It kind of made me stop in my tracks, and I feel like it is a moment I will not forget. Chances are that is not the last stage she will walk off of that will leave me, her proud father, speechless.

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

Community Service in Santa Monica

The Appeal of Being a Member of the Santa Monica Lions Club



By Marilynn Schalit

The Santa Monica Lions Club, which was chartered in 1923, welcomes new members without discrimination based on race, ethnicity, gender, age, religion, immigration status, or sexual orientation.

The motto of all Lions Clubs is *We Serve*. The primary reason members join is to serve the community by volunteering at vision and diabetes education, screenings and community events. We also provide scholarships at Santa Monica High School and Santa Monica College, as well as grants to various causes and agencies.

Funds are raised through our annual pancake breakfast at the Santa Monica Boys and Girls Club, which will be on Saturday, September 28 (Save the date). Our affordable dues provide funds, too.

In addition to serving the community, we enjoy the fellowship and support of other members. We visited the King Tut exhibit at the California Science Center. Sometimes we attend movies together. We toured the Step Up and Fisher House facilities at the Veterans Administration. When members are ill, we visit them and send cards.

Come and cheer for the Santa Monica Lions Club as we participate in the Independence Day parade in Santa Monica.

Be our guest for lunch on the first and third Thursday of the month (except July 4) to meet our members and learn about our activities at the Elks Lodge at 1040 Pico Blvd., Santa Monica. Please RSVP to marilynnschalit@yahoo.com; call 310-903-8819, or contact membership co-chair Ms. Yoriko Fisher at yorikofisher@gmail.com. We hope to see you soon.



With the help of the Elks Impact Grant, 400 local veterans recently attended the Annual Vet BBQ at the West L.A. VA sponsored by Elks Lodges from Santa Monica, Redondo Beach, Westchester, and Culver City along with the Venice American Legion and Sunset Masonic Lodge. Veterans were given a BBQ meal, soft drinks and a Veterans pin to wear. Pictured from left, are incoming District Deputy Kathy Grant (Westchester Elks), Noe Saenz (Treasurer of Culver City Elks), Liz Dye (exalted Ruler of Redondo Beach), Don Checchi (District Leader of the South Central Coast District), Jaynee Roszhart (Santa Monica Elks Exalted Ruler), and Silver Star Recipient Robbie Robinson.

Photo by RA Pickett, PAVP



Winners of the Rotary Club of Santa Monica scholarships posed at the Club luncheon meeting last month.

Photo by Iao Katagiri

Santa Monica Rotarians Present \$20,000 in Scholarships to Local Students

By Tom Larmore

At its June 14 luncheon, the Rotary Club of Santa Monica was pleased to distribute \$20,000 in scholarships and citizenship awards to 13 deserving college, high school and middle school students. These awards are given annually to students who have excelled in academics, community service, and leadership, and this year, the Club was able to double the amount previously given, due to the generosity and hard work of its 120 members.

SMC student Michaela Palumbo was awarded the \$3000 scholarship given in honor of former member Nick Holt who, unfortunately, passed away at the young age of 38. The Club gives two \$2500 scholarships in honor of former member and SMC administrator, Archie Morrison. These went to SMC students Deborah Esakhan and Jenny Bong.

Two \$2000 scholarships are given to graduating seniors at Santa Monica High School in honor of former Club president and member of the Samo Hall of Fame Russell Hart, and another in remembrance of former member Clyde Smith, who passed in 2009. These were given to Eric Cruz, Jor-

dan Serrano-Guedes and John Solomon, respectively.

Michelle Garcia was the winner of the \$2000 scholarship given to a graduating senior at Saint Monica High School in honor of former Club president and owner of Fisher Lumber, Tom Fox, and Zoe McDaniel received the \$2000 award given to an Olympic High School senior, also in the name of former Club president Tom Fox.

Each year, the law firm of Harding Larmore Kutcher & Kozal funds a \$2000 scholarship to a graduating senior at New Roads High School. This year, the award was given to LaRoya Sanford.

Awards for \$250 for citizenship were given to middle school students Citli Jaleik Carrera-Arenas, (John Adams Middle School), Huxton Schupter (Crossroads Middle School), Amelia Hagen (Lincoln Middle School), and Katherine Contreras (New Roads Middle School).

All of these students and their families are to be congratulated on their achievements.

The club meets on Fridays at noon at the DoubleTree Hotel on 4th Street in Santa Monica. Call 310-917-3313 for more details.

All About the Busy Santa Monica Bay Woman's Club



By Tesi Treuenfels

"Belief in oneself is one of the most important bricks in building any successful venture."
- Lydia M. Child (1802-1880)

Congratulations to all our new graduates! We wish you all the confidence and success in this world. I chose a quote from Lydia Maria Child, as she lived by her pen a phenomenal life. She broke through boundaries that hemmed

in women. She is believed to be the second most influential abolitionist in the Boston area during the years before the civil war. She was active in the struggle for women's rights, worker's rights, and the rights of Native Americans. I only recently discovered her last summer.

According to our bylaws, the purpose of the Santa Monica Bay Women's Club (SMBWC) is "the advancement in all lines of culture, education, welfare, service, and

(Continued on Page 11)

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Are Rats Good Pets to Have?



By Dr. Frank Lavac MS, DVM, VCA

Q: Do rats make good pets ?

A: Pet rats are wonderful pets! They are clean, intelligent,

friendly and are easy to care for. Rats are generally docile and enjoy handling. The typical life span is two and a half to three and a half years. They are good pets for children as well. Rats introduce them to the responsibilities and joy of pet ownership without overwhelming the parents too. Feeding is easy, as they thrive on a pelleted diet.

I have jokingly stated that pet rats need a publicist, as their historical "personna" and tail often turn people off. However, once they've had the pleasure of interacting with one, most people are usually charmed.

Rats do have a propensity towards obesity. Monitoring food intake will control this issue. The common medical problems with pet

rats are mammary tumors and respiratory disease.

The mammary tumors are rarely malignant. Spaying females prior to six months of age reduces the incidence of mammary tumors. Respiratory disease can be difficult to control but is less likely to occur in rats purchased from a healthy resource.

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

Jerry Parker Receives

(Continued from Page 7)

Throughout his career, Captain Parker mentored and served as a role model for his fellow firefighters. He also helped deliver a baby, Emma, on Valentine's Day in 1999, during an unexpected at-home birth in the Sunset Park neighborhood. The now 20-year-old Emma's father, Robb Brown, helped present the "Emmalie" Award to Captain Parker. Other presenters were retired SMFD Engineer Adrian Crook and FOSP President Zina Josephs.

Lincoln Middle School Program

(Continued from Page 4)

sessions at Lincoln Middle School, every sixth grader – over 300 kids – will have had the opportunity to learn to swim during their regular PE period time. Our goal is to make the "Get WET" (water education training) program a regular part of the curriculum in future years, and to run sessions outside of Lincoln Middle School.

If you are interested in learning more or becoming a sponsor of the program, please reach out to TSM, or me, Rufus at rufus@primed minds.com.

Designing Menus *(Continued from Page 7)*

made a comment somewhere along the lines of, "Hey, this is not too bad."

I asked if he would like to make a salad with it, and he could pick the dressing. To my surprise, he declined the dressing and asked to taste a few herbs out of our herb garden. He found a few herbs he liked, picked his favorite lettuce, and put them on his plate for dinner. From then on, he started eating lettuce daily.

He actually takes a salad, (plain lettuce, tomatoes, and sometimes herbs or protein) still minus any dressing, to school for lunch each day. That is just one instance of incorporating new foods into our regular meals.

There are even more ideas for making salads more appealing to kids. Have a salad bar meal. Let them grow or choose the type of let-

tuce they want; the base of the salad could even be cucumbers or carrots until they get used to the idea of a typical salad. Let them choose some of their favorite items as toppings. (We will occasionally cut up chicken tenders as a topping for salads.) Other choices can be apples, tomatoes, beans, cheese, lunch meats, tortilla chips, bacon, croutons, herbs, anything!

Let them help wash, chop, mix, and enjoy. Even if they don't eat their entire meal, you are exposing them to fun new foods and possibly changing their outlook on what "eating your veggies" can look like.

Gillian Nicole Esparza is a mother of four, a childhood cancer advocate, and the co-host/writer for the podcast For Grits and Giggles.

Too Busy to Prioritize Your Finances?

(Continued from Page 5)

- Call your parents. As your parents approach or navigate retirement, you may have questions about how they plan to spend or finance their day-to-day activities – as well as what their intentions are with their assets upon their death.

Take 10 minutes today to call your parents to express your desire to have a sit-down conversation to discuss these matters. Reinforce with them that you do not mean to pry or need to know the full details of their finances. Rather, the goal of the conversation is for you to learn at a high level what your parents' plans are and see if and how you can help with any tasks.

- Call your kids. If you wonder about your parents' future plans, it's possible your kids may have similar questions about your financial situation.

Again, you don't need to share all the details. Consider giving them contact information for the professionals you work with and providing an overview of what they can expect from you in retirement.

If you're really pressed for time, engaging the right professionals can help keep you accountable to achieving your goals. If you're already working with an attorney, tax professional, and financial advisor, take 10 minutes to schedule check-ins to review your finances in more detail. If you are seeking additional advice, use the time to ask a trusted friend for a referral or to do some research on who may be a good fit to work with you. Many professionals offer free consultations so you can learn more about their approach to helping clients before you sign on the dotted line.

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 specializes in fee-based financial planning and asset management strategies and has been in practice for over 25 years. She can be reached by calling 310-477-2500.

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You will go, well, Bananas when you meet this sweet, silly little pup. Meet our baby girl Banana! Banana is a six-month-old, six pound chihuahua mix with the sweetest little face that she loves to burrow in her human's shoulder during her favorite activity (being carried). If you are interested, please contact www.wagsandwalks.org.



One Heart - One Love



Hello Sunshine,
My eyebrows are raising about my husband's visits to the spa. Let's just say peculiar things are happening at the spa my husband joined a year and a half ago. The spot is very prestigious, and you have to pay a pretty penny to be a member. My husband and I have been together for about 12 years, and I know when something's up.

For some strange reason, whenever he leaves the spa, he always comes back so extraordinarily happy that it makes me wonder what's going on behind those walls. Not to mention, we had dinner with another couple, and they

brought up the fishing trip my husband told me he went on, but during the meal, his friend said, "Oh, I'm glad you're feeling better since you weren't able to go on the fishing trip with us!" I was so surprised, I suddenly couldn't eat. "What?" I'm thinking to myself. "He told me he went on the trip." I was too embarrassed to address the issue in front of our company, but inside I was mortified. Is he cheating on me?
Sincerely, Morticia

Hello Morticia,
I can see why you are curious about your husband's behavior, but you also need to make some internal changes of your own. Let's just say you do find out he is cheating; you will need to get active in your life separate from him. Nothing can prepare you for the ultimate betrayal, but you can start good healthy habits to get yourself through it. The first change you should make is to take your focus away from him and put it on yourself. You are giving him too much of your energy. Concentrate on yourself for a while. The key is how you act when he drifts. Go get a makeover, call some friends, go shopping, get really busy! Once he sees you're not focused on him, he may be

planning spa days with you. Good luck!
Best Wishes, Sunshine

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

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Community Calendar

By Miceala Shocklee

• Ongoing - Common Ground: The Heart of Community - This exhibit features hundreds of media and materials collected by the Japanese American National Museum (JANM) chronicling 130 years of Japanese American history, from the days of the Issei pioneers, through the World War II incarceration of Japanese-American people, up through the present. The last section of the exhibit has been updated to commemorate the 30th anniversary of the Civil Liberties Act of 1988, a landmark legislation through which the U.S. government issued an apology and monetary reparations to survivors of the U.S.'s World War II incarceration camps. For more information about the exhibit and to purchase tickets, visit janm.org/commonground.

• Ongoing through August 3 - "The Wedding Singer" - This musical based off of the original film by Adam Sandler will feature big laughs, big dancing, and big hair! Performances at the Morgan-Wixson Theatre will run Fridays/Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$28 for adults and \$23 for seniors and students. For tickets and more information, call 310-828-7519, or go to www.morganwixson.org.

• Ongoing, July 12 through August 30 - Mind Over Movies - Enjoy free film screenings, roundtable discussion, and audience Q&A sessions as part of this summer's Mind Over Movies. The set this year features the classics: films directed by Alfred Hitchcock, starring George Clooney, and even written by William Shakespeare. All films will be screened at the Christian Institute, 1308 Second Street.

• Tuesday, July 2 - Holler if Ya Hear Me: The Impact of Tupac Shakur - Inspired by the evident influence of rapper and poet Tupac Shakur in *The Hate U Give*, this event at the Main Branch of the Santa Monica Public Library will feature a participant-driven discussion of how artists like Kendrick Lamar and Chance the Rapper have helped illuminate and elevate young black voices. Event to begin at 7 p.m. in the Martin Luther King, Jr. Auditorium. For more information, call 310-458-8600. For more discussions and events related to *The Hate U Give* across SMPL branches, check out smpl.org

• Saturday, July 6 - Recycled Leather Workshop with Andrea Morgenstern - Discover how to turn your old leather goods into new and ready-to-use items. The workshop will run from 12 p.m.-

3 p.m. at Palisades Park, and will cover how to hand-saddle a coin pouch, clutch, zippered pouch, or card holder. Just bring your old, lean leather jackets, duffels, couch cushions, or other materials. Vegan leather (vinyl or thicker ultrasuede) is also suitable. Workshop cost is \$25. To register, please call Naomi Okuyama at 310-458-2239.

• Thursday, July 7 - Kaiju vs. Heroes: Mark Nagata's Journey through the World of Japanese Toys - This exhibit features hundreds of vintage and contemporary Japanese vinyl toys, inspired by Mark Nagata's childhood discovery of "kaiju" and hero toys. For more information on the exhibit and to purchase tickets, visit janm.org/kaiju-vs-heroes.

• Monday, July 8 - Reptile Family - Kids, ages four to 11, and their families can come meet a wide and wonderful set of reptiles, amphibians, and arachnids at this Friends-Sponsored event at 2:30 p.m. in the Martin Luther King, Jr. Auditorium of the Main Branch library. Free tickets available from 2 p.m. For more information, call 310-458-8621.

• Friday, July 12 - Sunset Swim - Adults are invited to come enjoy a sunset swim together from 7 p.m.-10 p.m. at the Annenberg Community Beach House Pool. Entry is \$10 for adults and \$5 for seniors aged 60+. No reservations are required. Call 310-458-4904 with questions.

• Saturday, July 13 - The History of Apollo 11 - Celebrate the 50th anniversary of the Apollo 11 moon landing with a talk from Rosanne Sachson, NASA/JPL Solar System Ambassador. After the talk, younger attendees will have the chance to pair up with participants who were alive in 1969 to listen to their memories of what the day was like. Event to begin at 11 a.m. at the Fairview Branch Library. For more information, call 310-458-8681.

• Saturday, July 13 - Meet Me at Reed - Enjoy one of this year's outdoor performances in this summer's series at Christine Emerson Reed Park. Performances to run from 3 p.m.-7 p.m. For more information, contact Justin Yoffe at 310-710-0147.

• Monday, July 15 - Live Webcast: Celebrating the 50th Anniversary of the Historic Apollo 11 Moon Landing - Enjoy a live webcast from the American Museum of Natural History and the STAR Library Network's "NASA @ My Library" that will provide a guided recreation of the Apollo 11 journey and how it was executed by the team in Houston. Event to begin at 1 p.m. in the Annex of the Pico Branch Library. Call 310-458-8684 for details.

• Tuesday, July 16 - VR & Retro Games - Explore a blast to the past and today's latest gaming technology with Raspberry Pi and Oculus Rift. This event for teens ages 13-18 will run from 2 p.m.-3:30 p.m. at the Montana Ave. Branch Library. Call 310-458-8682 to find out more.

• Wednesday, July 17 and Thursday, July 18 - Life Lessons: What High School Didn't Teach You, Part 1 - This event for recent high school grads and students in college will help take the fear and uncertainty of "adulting" away by having experts talk about budgeting, avoiding credit card debt, and time management. On Wednesday, the workshop will cover "How to Find a Job: Time and Stress Management." Thursday's topic will be "Managing Your Money: Avoiding Credit Card Debt." Part 2 of the workshops will run in the fall. Events to run in the multi-purpose room of the Main Library. For more information, call 310-458-8600.

• Friday, July 19 - Searching for Asteroids - Eric Rice, JPL spacecraft engineer, will talk about how telescopes that search for asteroids are built. Event suitable for students in grades six through 12. Event to run from

2 p.m.-3 p.m. at the Montana Avenue Branch Library. For more information, call 310-458-8682.

• Thursday, July 18 - Space Weather - Learn what space weather is, why it's important, and more from Dr. Seth Dorfman, a professor and researcher at UCLA & the Science Institute. Event to begin at 7 p.m. at the Ocean Park Branch Library. Call 310-459-8683 for more information.

• Saturday, July 20 - 25th Anniversary celebration of the Kaufman Brentwood Branch Library with Magician Joshua Graham's *Secrets on the Shelves* show, 11820 San Vicente Blvd., 2 p.m. 310-575-8273.

• Saturday, July 20 - Non-Operative Treatment for Knee Pain - UCLA interventional radiologist, Scott Genshaft, MD will discuss non-operative options available for the treatment of osteoarthritic chronic knee pain, with an emphasis on genicular artery embolization (GEA). The lecture in the UCLA Health Seminar summer series will be held from 10:30 a.m.-12 p.m. in the boardroom of the UCLA Medical Center, 1250 16th Street. Call 800-516-5323 to RSVP.

• Tuesday, July 23 - Six week class on Chronic Pain Self-Management at the Santa Monica Family YMCA. From 1:00 p.m.-3:30. Call Lidia at 310-393-2721, ext. 129, to sign up.

All About the Busy Santa Monica Bay Woman's Club

(Continued from Page 9)

civic affairs." SMBWC was organized in 1905 by Elmira T. Stephens with an initial membership of 88 women. The club incorporated in 1911, the same year women in California won the right to vote. Three years later the new clubhouse was completed.

The choice for our book club this month is lined up with Santa Monica Reads and The Santa Monica Public Library. It is, *The Hate U Give* by Angie Thomas. In it, 16-year-old Starr Carter moves between two worlds; Black urban and a fancy suburban prep school. The uneasy balance she walks is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of police officers. Our book club meets the third Thursday of the month, July 18, 6:30 p.m. at the club.

SMBWC participated once again in Santa Monica Earth Day event. This year we planted a beautiful Valley Oak which we named Valerie

Americans Living

(Continued from Page 5)

second home to me."

If you're interested in signing up for the Diabetes Prevention Program or any of the Santa Monica YMCA's other health programs, call 310-393-2721 or email lidiam@ymcasm.org. Financial assistance is available to those who qualify.

• Tuesday, July 23 - Challenge Your Brain - Mental fitness program for older adults at the Santa Monica Family YMCA. This free event will run from 1 p.m.-2 p.m. in the Community Room. The event will also run on August 20 and September 17. RSVP to Lidia at 310-393-2721, ext. 129.

• Tuesday, July 30 - Let's Talk About Anxiety and Depression - Learn how to alleviate the symptoms of adult anxiety and depression and how to create a balanced lifestyle from UCLA therapist Sharon Bina, MFT. Event to begin at 6:30 p.m. in the Annex of the Pico Branch Library. Call 310-458-8684 for details.

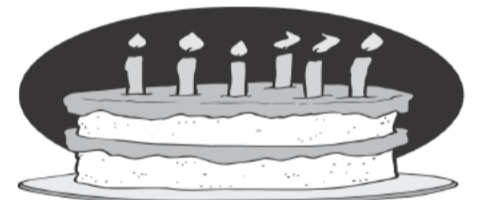
• Wednesday, July 31 - Heart Valve Disease - UCLA interventional cardiologist, Olcay Aksoy, MD, will discuss mitral valve disease, aortic valve disease, and how the field of cardiac surgery has progressed from open-heart surgery to more minimally invasive options. This lecture in the UCLA Health Seminar summer series will be held from 7 p.m.-8:30 p.m. in Belmont Village, 10475 Wilshire Blvd. Call 800-516-5323, or go online to uclahealth.org/50PlusSeminar to RSVP.

• Wednesday, July 31 - Harry Potter's Birthday Celebration with movie and refreshments at the Kaufman Brentwood Branch Library, 11820 San Vicente Blvd. 4 p.m.

at Hotchkiss Park. Becky Upchurch, Pat Webber, and Marcia Stein represented our club.

Our regularly scheduled events of bridge and canasta on Monday, noon to 4:00 p.m. and arts and crafts, on Tuesdays, 10:30 a.m.-1:30 p.m. will continue.

Come join us at the club, located at 1210 Fourth Street, Santa Monica. It is available to rent for special events. We have air conditioning now. We welcome new members throughout the year.



Happy July Birthdays to
Kingsley Fife, Don Margolin,
Jack Neworth, Sarah Margolin,
Sally Gutierrez, Judy Scholer,
Tony Dau, Manuella Selles,
Max Margolin, Henry Alcantar,
Bob Baker, Pam Brady,
Kent Colberg, Spyros
Dellaportas, Susan Potter,
Tara Pomposini,
Carolyn Edwards
Ann Greenspun, Monty Herring,
Qin Stubis, Alexa Margolin,
Tim Jackman, Robert Klein,
Jean McNeil Wyner,
David Potter, Gerardo Reyes,
Julie Gilberg, and David Snow.

Answer to Neighborhood Celebrity

(Continued from Page 1)



Ma Nilar, along with her sister and brother, is owner of the Lily White Ava Cleaners at 823 Wilshire Blvd. They have run the business for the past ten years.

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



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Four Tips for Creating Less Chaotic, More Productive Mornings

When the alarm rings each morning, do you arise quickly, eager to take on whatever the day brings? Or, do you drowsily reach for the snooze button?

Your answer could be crucial, because the mindset you start the day with can play a significant role in whether the rest of your day is filled with successes or setbacks. "Every time the sun rises, so do new opportunities to grow, develop and improve," says Dr. Rob Carter III, co-author with his wife, Dr. Kirti Salwe Carter, of *The Morning Mind: Use Your Brain to Master Your Day and Supercharge Your Life* (www.themorningmind.com).

"Your morning routine can be as little as 15 to 20 minutes if you like," Dr. Carter says, "but the idea is to have time dedicated to you and habits that support you." Dr. Carter offers these suggestions for starting the day right:

- **Plan your day the night before.** A peaceful morning can quickly turn chaotic if you don't have things carefully planned out. "It's not unusual for people to be heading out the door and discover they can't find their car keys."
- **Make time for yourself.** If you're married with kids, this can be a challenge. But Dr. Carter says everyone needs time for reflection, which is unlikely to happen unless you make it a priority. "Spending time by yourself," he says, "allows you to reflect on life's happenings and can increase productivity and focus, and make you appreciate time with others more."

• **Minimize noise and distractions.** Many people start the day by turning on the TV, the radio or other devices. Avoid that urge, Dr. Carter says. Instead, devote your energy to getting yourself mentally focused for the day. "You definitely want to avoid watching the news if at all possible," he says, "because the often-stressful images you'll see aren't conducive to a peaceful morning."

• **Create a morning-exercise routine.** Exercising gives you a sense of achievement to start the day with, provides you with more energy for the rest of the day, improves your mood, and makes you feel in control of your life.

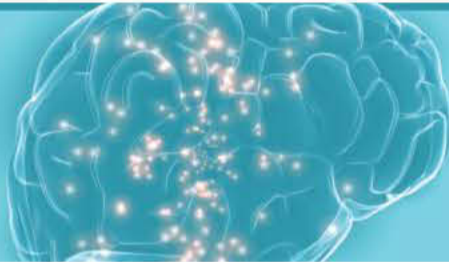
"The most important thing about a morning routine is that you create one that you enjoy so much you will stick to it," Dr. Carter says. "If you begin to realize that any aspects are not making you feel good, then get rid of them and replace them with something better."



Star Comments



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