

How Friends and Family Around the World Are Staying Safer at Home

We asked readers how they were coping with staying at home for an extended period of time. Their responses are throughout the pages of the paper.



Our columnist, Qin Stubis, is geared up to keep her home safe from the Covid-19 virus. Photo by Mark Stubis

By Qin Stubis

1. Describe your living situation? My husband, Mark, and I live in an overpriced, overtaxed house in Bethesda, Maryland.

2. Do you have pets? Children? We have two grown children: Keaton, a doctoral student in mathematics at Johns Hopkins in Baltimore, and Halley, a senior at the School of the Museum of Fine Arts at Tufts in Boston. Our puppy, Banjo, whom we adopted more than seven years ago, is our forever child at home, and has no interest in math or oil painting.

3. How are you coping with the lockdown/social distancing? The kids came back for spring break and soon it became apparent that, because of the pandemic, they would not be heading back to school anymore but would finish the rest of the semester at home. Mark started to work from home as well. Suddenly, our house has become a 24/7 hive of activity. Our living room, dining room and family room have turned into offices, classrooms, and backdrops for Skype and Zoom broadcasts. Once we designated a separate working area for each member of the family, we have been doing well together and dramatically reduced our homicidal urges.

4. What's changed the most for

you since the crisis began?

We haven't had our entire family living under the same roof for so long, and never without being able to go anywhere. Our kitchen is now our coffee shop, dining hall, restaurant and game room. We go out to our yard to get a breath of fresh air and a change of scenery. Before, when we took Banjo out for his daily walk, we used to meet friends and neighbors, and stop and chat for a while before we moved on. Now, hiding behind our masks, we wave from a distance at those we know and keep on walking. Which, with some neighbors, is a blessing.

5. What's stayed the same? What's stayed the same and kept us going is our love for each other. We're determined to keep all of us safe.

6. How have your food habits changed? Grocery delivery, take-out, cooking? As the supplies in our fridge have dwindled, we're discovering foods that haven't seen the light of day since the Renaissance. A cake that may have been baked for Marie Antoinette actually said on the box: "Best used before 1789." I used to shop at least once or twice a week. Sometimes I would shop simply because I had an urge to try a new recipe. Now, I have groceries delivered once or twice a month by masked workers who drop them on my front steps, where, like radioactive waste, they wait to be wiped down and safely decontaminated. I have not been physically in a market for weeks.

We used to explore Japanese, American, Korean, Thai and Portuguese restaurants about once a week in Bethesda, Washington D.C. or Baltimore. Now, we have to

(Continued on Page 2)

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 4)



Jake and Alexa served their mom, Enjoli, breakfast in bed for Mother's Day. Now they have to plan how to celebrate Father's Day.

Photo by Michael Margolin

Getting Home From Antarctica

A Veterinarian's Voyage Traveling the World During Covid-19

By Miceala Shocklee

People often ask me why I chose to go to veterinary school in the United Kingdom (UK) instead of the United States. Along with a host of other reasons was the opportunity that veterinary school and licensing structure in the UK provided to travel. Dual veterinary accreditation via the American Veterinary Medical Association (AVMA) in the U.S. and the Royal College of Veterinary Surgeons (RCVS) meant that my professional degree could transfer pretty much anywhere. Needing to do 26 weeks of clinical placements in addition to my final year clinical rotations also meant that I had a lot of time built into my curriculum to go experience how veterinary medicine is practiced around the world.

Between clinical placements, research, and educational travel, I've now treated and learned about animals on all seven continents. In addition to the time I've spent in U.S. veterinary clinics, I've done veterinary placements in every country within the UK, spent two weeks learning how veterinary medicine is



Gentoo penguins spend most of their life at sea, coming to land mainly for breeding and moulting.

practiced in the jungle in the Philippines, traveled around Zanzibar treating every species on the island, worked at a volunteer-run veterinary clinic in the Galapagos for a month, visited the Te Anau Bird Sanctuary in New Zealand and learned about the conservation efforts around rebuilding the takahe population, and even snapped photos of whales for citizen science while on an expedition in Antarctica.

Antarctica, as big of an undertaking as it was planned to be, turned

(Continued on Page 2)



Above right, a kea, the world's only alpine parrot on the Kepler Track in New Zealand.

Photos by Miceala

Take A Look Inside

Brain Matters4
Planning Ahead4
Passing Through the Pico Neighborhood6
Community Service9
Paws and Claws10
Byte by Byte10
Teen Scene11

Meditation Helps Student to Adapt

By Anne Wallentine

As a sixth-year graduate student, PhD candidate Alex Hofmann says that his “day-to-day schedule has not changed much at all” in his



Alex Hoffmann lives in Chicago.

one-bedroom apartment in Hyde Park, Chicago. “I sit, I read, I write. And yet, the entire context of that has shifted,” he adds.

Alex used to work from coffee shops to both explore the city and provide variety from the isolating experience of grad school which is “obviously, no longer an option.” To cope, he has revived his practice of meditation. A structured schedule and daily, early-morning runs also help him to “maintain my sanity and regulate my emotions.

“The pandemic has completely recalibrated the scale of human emotion and wellbeing,” Alex says. “We should all acknowledge that nobody is doing ‘well’ in the normal sense, so I say I’m doing as well as one can hope within that context,

(Continued on Page 3)

How Friends and Family

(Continued from Page 1)

make any culinary trips around the world in our own kitchen, using whatever for home cooking.

7. Have you turned to new hobbies or activities? I’ve been kept surprisingly busy these days as the primary volunteer helper for my hard-working family. With limited quantities and varieties of food available in our home pantry, it is often a challenge to provide three exciting meals a day to a family that loves food. I’ve rediscovered my passion for foraging and been collecting wild chives from the front lawn of Eleanor Roosevelt’s granddaughter, and spring bamboo shoots from the yard of Franz Kafka’s cousin to add something new to my cooking. This not only makes for good recipes, but good stories.

8. How has your work been affected? I’ve been a writer for many years now. I’ve written a dozen or so short stories, a number of original Chinese Tall Tales for young people inspired by Asian themes, poems, and a full-length historical memoir that I’m currently shopping around to publishers. It’s the story of four generations of Chinese women from Imperial Times through the Cultural Revolution and includes true tales of pirates, kidnappings, children bought in opium dens, and eerie ancient prophecies that come true and change the paths of people’s lives.

And, of course, I love writing my monthly column for *The Santa Monica Star*. I’ve always been motivated in times of hardship, so I always find time to write.



Gentoo and chinstrap penguins were two of the most commonly spotted penguins around the Antarctic islands and peninsula.

A Veterinarian’s Voyage (Continued from Page 1)

out to be even bigger an adventure than anticipated. My plan was to fly into Argentina via Buenos Aires, route from there to the disembarkation point in Ushuaia, attend a 12-day expedition to Antarctica, and route back from Argentina to the UK, where I was meant to finish out the rest of my final year of veterinary school.

All went according to plan – until it came to returning from Antarctica. Our expedition set sail on the ninth of March. About a week later, the world around us proceeded to close up borders and go into lockdown. Flights that were meant to carry people out of South America and onwards to wherever our respective homes waited were cancelled.

Ushuaia, where we were meant to return to port, informed us that while no one onboard showed signs of Covid-19, our boat was no longer allowed to return to port. The expedition company made the decision to spend an extra few days heading north to Buenos Aires, where the international airport and location of several countries’ embassies boded better. However, as we neared, the Argentinian government sent word that despite having passed 14 days with everyone aboard being free of Covid-19 symptoms and Argentina having been our original port of call, our ship would still be denied entry.

So, we needed a third backup plan. Uruguay’s borders were less closed off, and Montevideo was closest. The expedition staff and passengers spent a few frenetic days trying to get through unreliable communication capacity and limited internet to contact embassies, ambassadors, local representatives, friends, family – anyone who could help.

The Uruguayan government agreed that as long as anyone planning to disembark remained free of symptoms, wore masks and gloves while disembarking, and had a confirmed flight out on the day of disembarkation, we would be allowed two, possibly three, days in port to get everyone off the boat.

However, all those onboard were told that they would not be let off the ship unless their safe passage onwards were guaranteed – but that if we could not secure a flight onwards within the port’s time constraints, then we would be required to leave Montevideo with the ship – and spend another three weeks traveling to its home port in the Netherlands.

Thankfully, everyone who needed to leave the ship was able to work together to obtain passage onwards. After three rounds of securing what then turned into non-viable flights, I was able to get tickets that routed me out of Montevideo to Santiago, Chile, from there to Miami, and finally from Miami to Los Angeles.

Whether I will be able to return to the UK before needing to settle more permanently in L.A. for a job after graduation is not clear, but for now, I’m grateful to be somewhere vaguely familiar, and safe. I attend vet school tutorials virtually, contribute to online boards discussing cases, and participate in conferences and projects that have been moved to video chat and social media. I have been around the world with my veterinary degree, but what my field will look like in the future is not clear yet – though I’m eager to find out.

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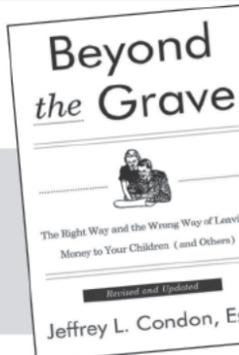
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Being Home Safe While Overlooking La River Seine

Isabelle Viguiere, a former Santa Monica resident, has lived in Paris for several years. She describes her residence as a “condo in a multi-storey building facing the river La Seine in Paris, France,” with her husband and 24-year-old daughter. They have two small dogs, Lucky, 16, and Pumpkin, 17 years old.

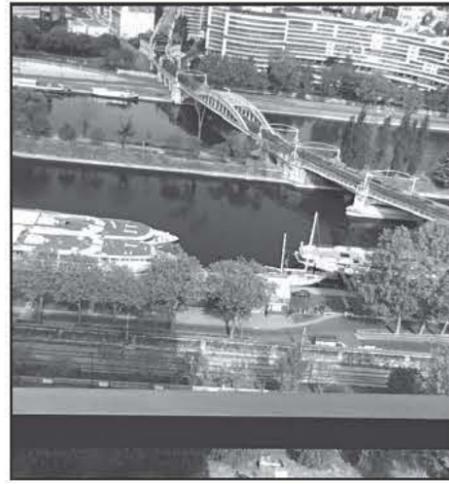
Isabelle recalls that “coping with the lockdown was an adaptation, obviously especially at the beginning, when you have to reorganise your way of life from A to Z.

“I must admit that it was a bit scary and stressful because I had never experienced something like that. At the beginning, I had trouble getting to sleep at night. I am doing much better now. Social distancing was not a problem for me. The problem came from people who were not able to respect the

social distancing. Especially at the market!”

The biggest change for Isabelle was to realize that she couldn’t leave her home whenever she wanted to. Cooking for her family is the same, but she does do delivery and go to the market once a week to complete the delivery. She does not order takeout.

“I am lucky enough to be able to work from home,” Isabelle notes. “Everything I need is on my computer. We are using emails a lot to communicate with clients. We are using a CRM (a computer software) to help businesses manage many processes: customer’s data, business information, etc., as folders and to communicate with my coworkers. I either call them or communicate online.”



Here’s the view Isabelle and her family see from their windows.



It took a while, but Isabelle has adjusted to coping with the lockdown in Paris.

Still Exercising and Baking Bread During This Time of Lockdown

By Anne Wallentine

The coronavirus pandemic has changed aspects of everyone’s lives, and will continue to do so over the next months and years to come.

Medical librarian Stacy Brody lives in an apartment in Bethesda, MD with her partner Anthony and their orange cat. She is coping with the lockdown restrictions by “exercising, working, and baking bread” – all activities that were a part of their pre-COVID life as well.

The biggest change for Stacy has been working from home, but she has kept to her work schedule – for the most part. “I find myself working more after normal business hours,” she says. “As a medical librarian, I find my work has picked up. There is sooooo much informa-

tion coming out around this virus, and our clinicians and researchers need our assistance sorting through all the hay to find the few needles.”

Stacy has also been “using technology to connect with family and friends.” She recently turned to coloring as a stress-relieving activity. “I probably speak to my sister and niece more now than before, and we have started using video chat,” she adds. “It has been great to connect.” Another change has been turning to grocery delivery, “which I have never done before. For this, we are relying on local vendors, trying to support them as best we can,” she concludes.



Meditation Helps Student to Adapt

(Continued from Page 2)

for which I’m grateful.” Like many others, Alex has been getting “more creative with cooking” by learning how to bake bread, given the difficulties of acquiring certain groceries. He is “very concerned about the ethical implications of using grocery delivery services during this pandemic,” and tries to keep his impact minimal by going two weeks between deliveries. Alex is also reading more fiction than he used to. “Fiction has been a

great way to transcend everything,” Alex adds.

“I have found my productivity and motivation plummeting. It is hard to find the will to work when you don’t know if you, your friends, or your family will still be here when that work is finished,” Alex says. “I suppose the only thing that has remained constant – grown stronger, ever – would be my connections to my friends and loved ones.”

Looking for Seniors Who Need Help With Shopping or Daily Errands

George Heller, a wonderful former neighbor of mine, is looking for people who may not be able to grocery shop, pick up medications, or do any daily errands on their own.

He writes, “I have a large group of motivated, responsible, and compassionate able-bodied volunteers who are eager to help others with such tasks. From Santa Monica to

the valley – we are serving all parts of Los Angeles. There is no charge for this service. If you need help picking up goods outside your home, please email me at g.heller@bep-la.com or call or text me, 310-770-9666 if you would benefit from a ‘buddy’ during this time.”

-D.M.



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Brain Matters

One Easy Way for Older Adults to Boost Brain Health



By Jennifer Bramen, PhD
The World Health Organization says we all need to boost mental health during these stressful times. Mental health has a critical effect on immune functioning.

Luckily, there is one easy-to-follow brain health tip that can help older adults boost mental and physical wellness in one shot - more sunlight.

Sunlight improves your sleep, immune function, and inflammatory

response, all critical during the COVID-19 crisis.

Aim to be in the sun without sunglasses for at least 30 minutes or more every single day. How is it possible that sunlight can do so much? Sunlight passes through your eye to your hypothalamus where it signals your entire brain that it is time to be awake and alert.

If you can't walk outside, you can

still get lots of sunlight. Do more of your daily activities like drinking coffee, eating, or enjoying your favorite hobby while in the sun.

If you do not have a safe outdoor space, buy a sunlamp. Sunlamps should be at least 12 x 18 inches, an intensity of 10,000 lux and be labeled UV-free.

Getting more sun should boost your mood, making your other important self-care practices like eat-

ing a healthy diet and exercising easier to achieve. Try to make your time basking in the sun fun by playing a game, talking to a loved one over the phone, or reading a good book.

Jennifer Bramen, PhD, is a neuroscientist, researcher, and brain-based coach. As the Senior Program Manager of Clinical Research at the Pacific Brain Health Center at Pacific Neuroscience Institute, she co-creates innovative interventions for cognitive decline.

Planning Ahead

Advance Health Care Directives



By Lisa C. Alexander, Esq.
We are all doing our part - wearing our masks, keeping a safe distance and staying home.

also need to be prepared for serious illness which may still occur. Now is the time to make your Advance Health Care Directive (AHCD). An AHCD puts in writing your wishes for health care treatment and names one or more people as your "agent" to make decisions and direct your health care if you are not able to speak for yourself.

We are uncomfortable thinking about our own mortality. And yet, by having the conversation, talking

to our family and most importantly the person we want to serve as our health care agent, it can reduce anxiety for ourselves and reduce stress for our family should they ever have to make medical care decisions for us. Topics for discussion could include whether and under what circumstances you would want to refuse aggressive treatment such as intubation and life support, and whether you would want to be resuscitated in the event of a medical emergency.

Then, most importantly, put your wishes in writing. You don't need an attorney to do this. There are many AHCD forms easy to find on the internet. You can look at the website of your local hospital, your

health care insurer, or your medical group. Some forms are very simple and general. Other forms allow you to express your wishes in great detail. You can have your signature notarized or ask two people to be your witnesses. Make multiple copies of the signed AHCD to give to your doctor, your agent and your lawyer if you have one.

Making your AHCD is the ultimate in self-care and an invaluable gift to our families, doctors, and medical team. And, in this time of anxiety, planning for the worst case puts you back in control.

You can reach Lisa C. Alexander, Esq. at Jakle & Alexander, LLP, 1250 Sixth Street, Suite 300 Santa Monica, CA 90401 Main Line: 310-395-6555 alexander@jaklelaw.com

Answer to Neighborhood Celebrity

(Continued from Page 1)



Posie Carpenter has been chair of the Western L.A (formerly Santa Monica) Chapter Board of the American Red Cross for years. As a registered nurse, she is a medical screener at their blood drives and she has partnered with the LAUSD to provide meals for school kids and their families.

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From Me to You...



By Diane Margolin
 Many of us have had friends, neighbors, or relatives who have given us advice through age-old sayings. As we were growing up, we might have been told, "Turn off the lights. We don't own stock in the light company." Or, my grandmother would say, "Nobody pays for your good looks," when you were looking for a job. A neighbor, who was a force to be reckoned with when I lived in Santa Monica, would advise, "This, too, shall pass, and tomorrow will be a better day."

In my late teens, I went to a doctor who worked with a nurse named Darley Marks. She often told me that when you get older, all you have are your memories. I've thought a lot about that recently. I remember the parties and special events we planned for my Santa Monica Rotary Club and all the details and effort we put into them. Or, trips I might have hoped to take again that may not be possible for quite a while.

But, now you don't have to be older to think about past memories. You could be 18 as my friend Ashli Shapiro's daughter was, and her birthday celebration was cake at home with her family and neigh-

bors driving by with signs and calling out "happy birthday." That might not have been what Ashli's daughter had anticipated for this special birthday. Or, a seven-year-old who had his sights on going to Disneyland with his family and one of his closest friends like he did the year before because it was so much fun, will have to plan something else for his upcoming eighth birthday. Many children, especially the younger ones, may be missing friends and teachers from their schools. I wonder how children will remember this challenging time when they are older. It could be a good idea for parents to give children a journal to keep during these unusual days. If the children are not able to write, they can dictate their thoughts to you, and you could write them down in the journal.

Parents, this is a time to know your children better and give them memories they might never have developed. Be sure to have dinner with them as often as possible. Try to do creative activities and let your children know how much they mean to you. That's one of the best gifts you can give your children. It will help them develop into independent, productive, and confident young people.

Stay safe and healthy.

Use the Computer for the Solutions to Routine Problems



By Mark Presky
 Technology is wonderful, but it can be double-edged sword in the sense that it can become a weapon used against us, as with computer viruses and other malware. Or, it can simply frustrate us when it doesn't work, and sometimes be expensive, when having to pay others for fixes. Here are a few easy steps that most of us can use to fix many computer (and other) problems:

Often, the easiest solution to computer problems is simply shutting it off, and then turning it back on. In the Windows 10 operating system, we would click on the Startup icon in the lower left corner of the screen that looks like four white rectangles that have dark lines up and down. Then, move the cursor above it to the first icon, 'Power,' a circle with a vertical line coming out of it, and click on that.

Then, you should be presented with four choices, two of which will be "Shutdown" and "Restart." Try the Restart option first. The computer will shut itself off and then restart itself. Sometimes, the problem will have resolved itself. If not, one can repeat the steps above, but instead you can try "Shutdown." That, as it suggests, simply shuts down the computer. Then, you simply start the computer back up as usual.

If the above hasn't helped, there are several self-help options available. Almost all of us have heard of Google. Just about any information, including how to fix almost any problem, is available via Google. You can always call upon Google.com, and then type in the

problem to find possibly hundreds or thousands of solutions.

The trick here, to avoid having to read through thousands of unrelated problems and solutions, is to be as specific as possible. For example, instead of typing in "cursor problem," try typing "cursor too large." Peruse the list of solutions to read the ones that appear to be most directly related to the cursor being too large.

Another similar source of information can be found using YouTube. You can type in "Youtubefixmymcursortoolarge" in the URL field (at the top of the browser - e.g. Firefox, Edge, or Chrome) and another list of related optional fixes for your large cursor will appear. Many of these will use YouTube to show you step-by-step video solutions to your problem.

Last week, I had an annoying battery problem with my 2017 vehicle, which caused me to have to drive around with a constantly beeping alarm. As it was evening, I could not call the dealership. Googling, I not only found what had caused the problem, but how to resolve it.

Not only that, the solutions I read called my attention to the original vehicle's batteries often lasting only about two-and-a-half years. I took the car to the dealership the following week to have the battery tested and was provided with a new battery, covered under the warranty. I was saved having to wait for the battery to completely discharge at a more inopportune time or after the warranty had expired. Thank you, Google.

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

From the Santa Monica History Museum



Nurse Tends to Child, 1948--

Nurse Margaret Petersen tends to Lena Pearl Kern during a home visit as part of Santa Monica's Public Health Nurse Week. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.10456.]

A Letter from The Lois Lambert Gallery

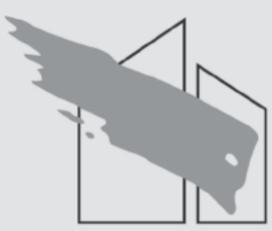
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(Continued on Page 8)

Passing Through the Pico Neighborhood

**Dairy-Free Living
with Chef Jahrid**

This month, our Chef Jahrid Longsworth, a resident of the Pico neighborhood and a middle school student, shares another of his dairy-free recipes:

**Cheesy, No Cheese
Mac 'N' Cheese**

Ingredients

- 2 cups raw cashews (10 oz. bag)
- 2 cloves garlic
- 1/2 cup nutritional yeast
- 1-1/2 cup unsweetened almond milk
- 1 small can chopped jalapeño (use less if sensitive to the heat)
- 1 tsp. ground turmeric
- 1 tsp. paprika
- 1 tsp. onion powder
- 2 tsps. Dijon mustard
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1 box pasta elbows or shells

Method

To make the cashew cheese sauce, soak the cashews in water for 3 to 4 hours.

Once the cashews have finished soaking, you will be ready to make



Chef Jahrid tries a new take on the popular Mac 'N' Cheese dish.

the sauce.

Next drain the cashews and place into the blender.

Add garlic, nutritional yeast, almond milk, jalapeno, turmeric, paprika, onion powder, Dijon mustard, salt, and black pepper.

Blend until a thick sauce comes together. You can add almond milk to make the sauce thinner, or add more seasoning to taste.

Reflections From The East

**Foraging During the Pandemic:
Renewing Our Friendship With Nature**



By Qin Sun Stubis

I was only about six years old when my mother gave me and my older sister, Ping, each a basket and told us to go out and collect grass clippings and wild clover for animal food.

It would be incomprehensible these days, but we ran a little improvised "farm" right in our tiny yard in the center of the city, raising chickens, ducks, pigeons, and even rabbits, a precious food source for my desperate parents.

When we got older, we learned to harvest mulberries, loquats, and figs, often with bamboo poles serving as our clumsy, extended arms. That is, when we were lucky enough to find these treasures. We also hunted in local dumpsters for the unburned remains of coal nuggets and gathered fallen sticks in neighborhood streets so our mother could start a fire and cook dinner.

My life has very much changed since then, especially after I flew across the ocean and arrived in a bountiful country called America some 30 years ago. I never have to worry about food shortages anymore, or scrounge for my next meal to stave off hunger.

Instead, I've been pampered with an overwhelming number of dining options and supermarket choices. Food is always magically there and surprisingly affordable. Gradually, the word "forage" all but faded from my memory.

Earlier this year, our lives were suddenly turned upside down by the spread of COVID-19, which soon ballooned into a pandemic. Our struggle, this time, is not against bad politics, a natural disaster, or war, but a lethal virus too small to be seen by the naked eye, which has made this battle all the more challenging.

Like most Americans, I rushed to



Pickled pearl-white chive bulbs with fennel salt and mint



Duck confit with roasted chives, carrots and peppers

stock up before hunkering down to practice social distancing in the hope that we can help to stop the virus from spreading and save lives.

For many weeks now, we have relied on our pantry and fridge for all our family meals. As the cook-in-chief, I've been cautiously guarding my supplies, watching helplessly as my precious onions and garlic threatened to run out. What could I do?

One day, I was out giving my puppy his daily walk. For the moment, the colorful Maryland spring made me forget about my worries as I enjoyed eye-fuls of daffodils, tulips, dogwoods, and cherry blossoms... and then I spotted a

(Continued on Page 8)

How to Deepen Relationships, Make More Meaningful Connections, and Feel Less Alone While in Quarantine



By Kalina Silverman

My motto during this quarantine time of encouraging social isolation is inspired by Christopher McCandless's (*Into the Wild*) realization after living in social isolation for 114 days: "Happiness is only real when shared."

As we struggle at home through the anxieties that life in quarantine may present us, Anna Draper's sentiment in *Mad Men* also strikes a chord: "The only thing keeping you from being happy is the belief that you are alone." Despite this temporary period of "social isolation" we are all going through, we are actually experiencing an unprecedented reign of global social solidarity and togetherness.

I'm often reminded that loneliness kills. Compassion saves lives. So please remember, no matter what you're going through right now, you are far from being alone. We can use this opportunity to check in on one another, build new relationships, and strengthen existing ones in spite of physical social distancing.

While we are together alone, here is a list of "Big Talk" questions we can ask our quarantine buddies at home/while on a walk – or friends, family, lovers, classmates, and co-workers over video calls (perhaps people we haven't caught up with, in a while) to help us remain hopeful, connected, reflective, and strong:

- **What are you looking forward to?** What are you going to do with your freedom after quarantine that is different than what you were doing before?
- **What have you started but never finished, and why?** What curiosities can you explore from the comfort and safety of your home? What's something you have always wanted to try that now would be a good time to try?
- **How can you care for others right now?** Who in this world do you love most and what are you doing about it?
- **What gives you hope?** What does this world need more of? How can you help?
- **Where do you find peace?** What little things in life do you take the time to stop and appreciate?
- **What have you witnessed that has strengthened your faith in humanity?**
- **What is your greatest strength?**
- **What do you fight for?**

So far, the only known model to prevent the spread of Covid-19 is serious social distancing. But, humans are meant to be social. So, here are ideas that have worked for me that might work for you to help you continue to deepen and diversify your relationships – to become more socially involved while isolated:

- **Writing**/illustrating hand-written cards and letters to loved ones and friends far away (or even in your own city since you can't see them in person).
- **Hosting** virtual happy hours and parties, whether brunches with your best friend group or coworkers.
- **Calling** an old mentor or teacher and soaking in life wisdom.
- **Talking** and engaging with local people in your neighborhood and essential workers you do come into contact with; I asked my cashier at Chick-fil-A what's keeping her going, and she broke out into a big smile and showed me her best dance moves – the highlight of my day. I struck up a conversation with my mail woman and we talked about our families. I bonded with my Uber driver over music, and he said our conversation inspired him to take up the piano.
- **Sometimes, cuddling** next to and laughing with your quarantine circle – I love sitting in bed and watching comedy/funny memes with my sister and laughing our ears off.
- **Cooking** new meals with friends and family and delivering treats to neighbors and friends. (The other night we made home-made Chinese dumplings, and I see my friends post the yummiest meals on social media). My mom's friend dropped off her homemade chocolate bread and olive bread the other evening.
- **Painting** and making art – My friends in Australia and I have a Facebook group where we share a new watercolor piece each week. It keeps us motivated.
- **Taking lots of walks**/bike rides/rollerblading/skateboarding. – Six feet apart or with your quarantine buddies or alone to clear your head or call a faraway

friend/family member.

• **Singing** and playing piano and the guitar – My dad and I sang Karaoke songs from the '60s... and early 2000s the other night and had a blast.

I've found that taking part in these activities has shown me that we don't need a lot of material things when it comes down to it – We just need each other!

Regardless of race, socio-economic status, workplace hierarchy, geography, religion – we are all going through this unprecedented time together, experiencing similar life changes, and likely sharing common feelings. We have the same fears, concerns, coping mechanisms, and joys.

Perhaps the kindest thing we can do right now is radiate hope, humor, inspiration, and compassion towards each other, and continue to strengthen our social solidarity and knowledge so that

we can prepare for whatever comes next.

Kalina Silverman is the creator of Big Talk, an initiative aimed at skipping small talk to ask deep questions and make more meaningful life connections. Big Talk has since grown into a global movement that includes a YouTube video series, Amazon exclusives card game, diverse educational programs, and events around the world from Australia to Singapore to Uzbekistan. Kalina is from Santa Monica. She received a degree in Broadcast Journalism from Northwestern University. In 2017-'18, she lived in Singapore as a Fulbright Scholar sponsored by the U.S. Department of State and Institute of International Education researching ways to use Big Talk to build empathy across cultures. Kalina's TEDx talk has over six million views on YouTube. Learn more at www.makebigtalk.com.



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Even in these challenging times, friendship is always a phone call away.

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COVID-19 has changed the way all of us in California connect. But just because social distancing has become our new norm, doesn't mean we should stop being social. If anything, now's the time to find new ways to connect.

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Foraging During the Pandemic

(Continued from Page 6)

clump of wild chives, lusciously green. I was ecstatic! My foraging instinct suddenly kicked in, and I collected a whole big bag before I skipped home with Banjo.

That night, I made duck confit with roasted chives, carrots and peppers, and the dinner was a success. Everyone raved about the delicate, oniony taste of wild chives – even more than the crispy duck itself!

Afterwards, my children, Keaton and Halley, also sprang into action. They pickled a bottle of pearl-white chive bulbs with fennel salt and

mint, a wonderful home-made condiment to enliven many lunches to come.

Foraging has brought much excitement to our lives and enriched our table. Every time we walk our dog Banjo, we now look out for wild edibles, whether chives or tender bamboo shoots. Even though we live in the modern age, these experiences remind us that in hard times, we can still count on Mother Nature for a little support and more than a little delight.

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

Engaging Stories and Lessons Developed by American Humane

(Continued from Page 6)

skills, *Humane Heroes* makes learning fun and teaches children compassion at the same time.

Parents who homeschool or who are looking for a way to spend quality time together will also enjoy reading and going through the easy-to-follow downloadable lesson plans with their children. Among the animals they will meet are a baby cheetah who was orphaned and found a special friend, a penguin who was able to walk again with the help of a 3-D printer, and an abandoned baby dolphin who was saved.

“American Humane has been teaching children about the value of treating animals well for more than a century,” said American Humane President and CEO Dr. Robin Ganzert, who conceived the project.

“We hope that during this time when children are out of school and looking for things to do, our *Humane Heroes* books and curricula can bring families together with an enjoyable activity, keep kids’ learning on track, and help cultivate a new generation of animal advocates for the beautiful creatures with whom we share the world.”

To download free copies of the Humane Heroes e-books, visit any of the major online book sites such as Amazon.com or Barnes & Noble. To download free copies of the *Humane Heroes* book series and their companion curricula, visit: www.ChickenSoupForTheSoul.com/AH.



Thoughts From a Second-Time Father

Being Grateful for Our Blessings



By Michael Margolin

There have been times in all of our lives when we experienced an event, or saw something and described it as if it were like something we had never seen before. I am going to go out on a limb and suggest that what the world is dealing with now is unlike anything we, in our country, have seen before. It certainly applies to most of us anyway, perhaps because what is affecting us here in Southern California is the exact same thing affecting cities and villages, large and small, all over the planet.

People ask me what Alexa and Jake, six and four years old respectively, think about what is going on, and what my wife, Enjoli, and I tell them. Jake knows that things are different because of the virus, but certainly there is only so much that his happy little brain can decipher.

What he does know is that he spends all day with his two superheroes – his older sister and his mom. So far, no complaints from Jake. We tend to be fairly straightforward with Alexa in events like this. We do not go into frightening detail, but she knows that lots of people are sick and that plenty of them are not recovering.

I like her to be aware. I feel that awareness is a very undervalued trait. I want her to know what is going on and why people are acting

the way they are and why they are doing the things they are doing.

Alexa misses school and her friends, and she misses soccer. I remind her how fortunate we are for a number of reasons. Enjoli is still working, and it has worked out that we have not had to arrange for childcare. And, as I write this, I am still working as well. I am incredibly grateful for every day that I get to go into my office.

Not a day passes that I take working or my family’s health for granted. It is hard to see how many negative effects this pandemic is having on people’s health and their bank accounts.

I have been down the unemployment road before and have laid awake at night not being certain how bills were going to be paid, or what was going to happen if money ran out. I feel for the people having to figure these out because I am aware of the toll it can take. I suppose that of the many things that I miss, normalcy has to be pretty close to the top of the list.

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

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We apologize for any inconvenience, but for the health of all of our family, staff, and customers, we feel this is the safest way to proceed at this time. Although our showrooms continue to be closed indefinitely, our will-call stations remain open with the following adjusted hours at this time: M-F: 7:30 a.m.-4:00 p.m. and Sat: 9:00 a.m.-12:00 p.m.

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Community Service in Santa Monica

Rotary's Worldwide Service Projects



By Sharon Gavin, President

This spring has brought unexpected and unfortunate change with the COVID-19 crisis. But, the Rotary Club of

Santa Monica continues to thrive. As people of action, we have been following our motto "Service Above Self" to help our community. Our Community & Youth Grants committee as well as our Board of Directors have been busy approving grants to our local non-profits who are on the front lines of the COVID-19 pandemic. We have provided grants to the Westside Food Bank, Meals on Wheels West, WISE & Healthy Aging, Step Up on Second, A Safe Place for Youth, St. Anne's, St. Joseph's Center, the SMC Foundation, the Salvation Army, and the Boys & Girls Clubs of Santa Monica, among others. We continue to engage in hands-on community service as well. For example, our Rotarians are continuing to deliver meals to seniors in need with Meals on Wheels West. We are also participating in their

Phone Assurance program, where we call seniors to check on their health and wellness. Our weekly meetings have been converted to virtual experiences with Zoom, and our speakers have been doing a fantastic job delivering their presentations virtually. We have heard from City Councilman Greg Morena about Santa Monica's response to the COVID-19 crisis, Dr. Raphael Sonenshein about politics, Dr. Rick Kennedy about COVID-19 issues on the Westside, and Dr. Hal Slavkin about High Definition Health Care. Our club has also been offering many opportunities for our Rotarians to virtually socialize with each other beyond our weekly meetings. Each Tuesday, we host a virtual Happy Hour. In addition, we have introduced a Wellness Class, Cooking Class, Book Club, Game Night, and a virtual Talent show! If you are interested in learning more about the Rotary Club of Santa Monica, please contact Savi at rotaryclubofsantamonica@verizon.net or visit our website at <https://rotaryclubofsantamonica.org>.

Santa Monica Lions Club Awards Grants to Community Agencies



By Marilyn Schalit
Santa Monica Lions Club Board members met via conference call in April to review grant applications from various community agencies listed by Lion Susan DeRemer.

Funds for these donations are raised by our annual Pancake Breakfast, which will tentatively be held on October 3 this year. Other sources of funds include our membership dues and monies from our lunch and dinner meetings. These meetings at the Elks Lodge have been postponed due to the COVID-19 pandemic. The following community agencies will receive grants: The Santa Monica YMCA, Step Up (On Second), The Santa Monica Breakfast Club, which provides dental exams and products to low-income school children; Meals on Wheels West, which was awarded extra funding due to unprecedented requests for food delivery and wellness checks;

Clare/Matrix, which needs larger kitchen equipment to serve additional food recipients; the McKinley School PTA backpack program which provides food for children to take home; Westside Family Clinic, the Dot Gelvin Memorial Scholarship, which goes to a Santa Monica College student; and two scholarships to Santa Monica High School students, one of which is from the Jerry Bruver Memorial Scholarship fund at Santa Monica Lions Club. Also, donations were made to Lions Club International and the Student Speaker Contest. Julia Abbott, last year's winner of our local contest, also won this year. Thanks to our treasurer, Pam Andrews, for distributing these donations from our benevolent account. Please refer to our Facebook page to learn more about our club at [smlions](https://www.facebook.com/smlions). Our website address is e-clubhouse.org/sites/santamonica. Please stay safe by staying at home, washing your hands often, and social distancing.

Remembering My Mother

By Evelyn Lauchenauer

We are separated, yet her presence is all around me. She is up in heaven, and I am planted here on our earth. My mom, Shirley, who was proud to be a South African and an American, showed courage and a sense of adventure when she left her family and friends behind to start a new life in California. She met my Swiss father in East London, South Africa while studying cosmetology and completing her license to be a hair stylist. She loved hairstyling and carried this passion throughout her life. Mom had a youthful quality that you don't always see in many adults. She was most comfortable in her home where she enjoyed



Evelyn Lauchenauer with her mom, Shirley.

gardening, cooking, and displaying her collections of South African seashells and African Violets. If it was emerald green, Shirley owned it, whether it was dresses, shirts, gloves, frying pans or the trim on the house.

(Continued on Page 10)

Santa Monica Bay Woman's Club Memory



By Karen Miller

The closure of our building, which was once used to film a scene starring Nicole Kidman and Meryl Streep in major motion picture *The Prom*, hasn't stopped members from being active and productive. Members have been participating in a recipe exchange which has inspired creative cooking and will become a valuable asset to many Santa Monica kitchens. Our many avid bridge players have been playing online at *Bridge Base Online*, which allows both casual and competitive games for only \$1.25 each. While you were all safe in Santa Monica, I had a harrowing experience being stuck on a cruise very far away with no sure end in sight. Two years ago, I planned a cruise with two friends, and on February 20 it began like a normal trip. We started in South Africa and went into three ports enjoying beautiful cities and wild animals. The next adventure was to be an

exciting trip to Madagascar to visit the native lemurs. Two days on the Indian Ocean, and we were expected to land – only we never did. Madagascar was closed to all ships, so we set out for two small island nations. The first was Réunion, and while there, we enjoyed a tour of a sea turtle rescue center. Little did we know that the cruise ship parked next to us was getting pelted with rocks from locals terrified of cruise ships. Next stop, Mauritius, in the middle of the Indian Ocean, where I got an intestinal infection and had to be rushed to a local hospital. I spent two days in an ICU staffed by locals who spoke little English. A doctor flown in from India did a miracle, and I immediately got well. The real danger was getting back to the ship before it left, as that was my only way out. After three hours of non-computerized paperwork delay, I got on board just as the ship was leaving, looking forward to ten more exciting cruise port stops. Needless to say, that

(Continued on Page 11)

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Paws and Claws

When Do I Sterilize My Female Golden Retriever?



By Dr. Frank Lavac MS, DVM, VCA

Q: What is the best age to sterilize my female Golden Retriever?

A: This is a complicated question, but thanks for asking it. For many decades, the primary recommendation was to spay (ovariohysterectomy) dogs at about six months of age. Spaying prior to their first heat cycle (approximately seven to nine months) reduces the chances of mammary cancer twenty-fold. Some shelters and rescue groups have advocated neutering much younger, prior to adopting, to guarantee that the dog will not become pregnant. This philosophy has become very common among the pet adoption agencies.

More recently, there has been some studies to suggest that waiting until dogs are fully mature, i.e. greater than one year old, reduces orthopedic problems and potentially reduces the risk for other health issues.

The problem is that there is no definitive data for the best time, and we are advising individuals on a case by case situation. For large breed dogs, I am recommending that they are spayed or neutered at 1-1.5 yrs of age unless there are behavioral or medical problems that would dictate earlier intervention.

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

Remembering My Mother

(Continued from Page 9)

She always looked good in emerald green against her fiery red hair. Shirley was a member of two local clubs. One was La Ballona Valley Bromeliad Society. She had a huge collection of cymbidium orchids in her back yard. With her green thumb, she could bring a sick plant back to life in no time.

The other club was the Woman's Club of Playa del Rey. Shirley was a contributing member for 16 years. Comments from fellow members include:

"Shirley was like a sister I never had. We would gab on the phone, neither one of us having much of anything ambitious to do. I sure miss her very much."

--Delight Poske

"I loved Shirley. Meeting her was the nicest thing that happened to me. We had a long time to be together. She was a great, great friend, and I will never forget her."

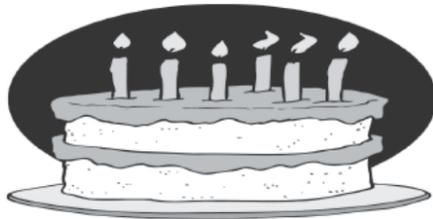
--Mary Moore Whitley

My mom passed away peacefully in her home with her family around her, but her memory is always with us.

Adopt a Pet



Hello! My name is Scarlet. I am a female, two-year-old terrier mix. Please contact WagsandWalks.org to adopt me.



Happy May Birthdays to:

- Ed Rich, Barbara Bishop, Michael Cates, Don Dickerson, Donn Umber, Jack Gregory, Dick Lawrence, Gia Mickey, Brian Linnekens, Jake Margolin, Savi Labensart, Steve Litvack, Jim Menzies, Bill Randle, Thomas Woods, Jane Wall, Cathryn Litvack Dhanatya, Dick Thompson, Ross Furukawa, Lynn Gadal, Barbara Bishop, Marlena Gordon, Patti Braun, Brenda Katz, and Marivic Hilario.**

Only thing today that seems certain... is well, uncertainty.

As we all encounter the massive challenges that Covid has created for people, businesses, and the world at an epic pace, let me express my heart felt thanks to all essential businesses that have stayed open in recent weeks, in addition to people who continue to volunteer, or just help. To each and everyone, thank you! Special thanks to first responders, police, fire and amazing nurses, doctors, and the crews that are cleaning non-stop... in the front lines. I wish you all protection from sickness now and in the future, as I wish upon this earth...health and healing to everyone.

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Mar Vista: Neighbor to Neighbor

Being Kept Apart Has Brought Us Together

By Tesi Treuenfels

Hello Neighbors!

I hear us all cheering at eight o'clock every night in a big thank-you to our nurses, doctors, and essential workers. It does much for our spirits as well. It is an affirmation knowing we are each out there in this corona madness together. Such a strange time.

It's odd how with the Covid-19 keeping us apart from each other, "shelter in place" has actually brought us together. I've met so many neighbors on their daily walks around the block. I love to see our families walking together. It's a slower pace. I've lived in the country, and I feel like I'm back in the northeast corner of Washington state where I lived for a couple of years, way back when.

There's an app called "Next Door." It posts local news from your immediate neighbors. This has been a valuable source of information. I've also become accustomed to checking Instagram several times a day. There are so many generous musicians singing to us from their homes.

Byte by Byte

Navigating the Pandemic: Technological Tools



By Miceala Shocklee

COVID-19 has changed how the world functions. Where to go, how to act, what to do – the daily routine of the entire world has been completely upended. Finding information and entertainment can be a struggle.

When it comes to the facts, verified sources are the best. While the news, whether online or on television, can be a quick source of surface-level updates, journalism is not without flaw, and the information presented isn't necessarily expert-verified. To find out the most up-to-date information about how to navigate health and home during the pandemic, check out science-based websites like the following:

- World Health Organization: www.who.int
- Center for Disease Control and Prevention: cdc.gov
- World Organisation for Animal Health: oie.int

For the latest on local regulations, visit www.smgov.net.

While you're staying safe at home, it's possible to keep up with activities beyond just binge-watching TV from the couch. Youtube has a host of exercise and crafting videos. Many gyms and studios are now hosting online sessions through their own websites, Facebook, or patreon. If you're no longer able to go to your favorite activity, call or email the host to ask if they're now hosting virtual versions.

When it comes to connecting with your circle of family and friends – Zoom, Houseparty, Facebook messenger, Whatsapp, and a whole suit of other apps afford the opportunity to harness the power of screens to talk face-to-face.

Just be sure to check over what messaging systems are encrypted, and which provide transcripts of

One singer-songwriter that has become dear to me is Mary Chapin Carpenter. She sings *Songs from Home* with her dog Angus at her feet and her white kitty taking a nap. She is so calming and reassuring in her manner. I urge you to check her out.

Several of the Mar Vista businesses are still open. The Mar Vista Market and Mitsuwa are both open. Dick's True Value Hardware is open. Atmosphere Cafe, My Lai, and MV Grab and Go all have take out. Alana's Coffee is open for take out only.

We're springing into May. Our Jacaranda trees are in bloom. Here in Mar Vista, we are proud of the brilliant display of bluish-purple flowers that cover these gorgeous trees.

These trees came to California from Brazil. It is estimated that the Jacaranda arrived in Southern California in the mid-1800s with travelers from southern Brazil.

I've been tucked in, getting lots of cleaning done. Stay safe everyone. Let's keep saving lives.

text conversations to participants afterwards.

Whatever degree your life has been changed, it's still possible to find footholds for normalcy. Open up your laptop, tablet, or smartphone and peruse the resources available to you for rediscovering real life through the virtual world.

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



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Teen Scene

Online Learning Across the Grades

By Julia Abbott

Currently, the vast majority of California's students are engaged in online learning. However, this quick switch from classroom to home is a very new style of learning. My siblings and I span grades from kindergarten to tenth.

"E-Learning" is rolling out in various ways across age levels. In elementary school, parents are visiting the school to pick up homework while printing some homework from teacher emails. This has been rocky, but things seem to be working out, as parents or siblings can teach basic math and English. I taught my brother multiplication tables yesterday and helped my sister with her geometry.

However, for middle school and up, entire districts have turned to solely online schooling. In my case, I still have to log into courses at the correct time, so I'm still waking up early. In my sister's case, she can complete the work at any time she pleases. However, this is new territory for almost everyone.

Teachers have been working very creatively with limited resources. Schoology has been shutting down

regularly since it has been used as an online learning platform, causing teachers to get creative. One teacher moved a math test to Zoom. Some teachers have created links, word documents, and a vast array of videos. In fact, I believe (in spite of the roadblocks) online learning is going extremely well.

However, it is more independently based learning. I am an independent learner, so this system works very well for me. For those who are better dependent learners, this system is more of a challenge. Kids at my school used to joke about how much better online school would be. However, all the kids I know are beginning to sorely miss school. I, although I'm surprised I'm saying it, would love to go back to school tomorrow. Until then, I'll be happy to utilize online learning, while remembering to be more grateful when I do return.

For now, I hope that everyone is staying inside, staying healthy, and staying safe.

Julia Abbott is a local high school student.

Dining Out and Going to the Cinema Are on Hold for Jessica in England

We asked Jessica Heffernan of Loughton, Essex, England how she is managing at this time.

1. What's your living situation?

I rent a two-story house with a large back garden.

2. Do you have pets? Yes, a two-year-old Jack Russell named Finley and two cats, Alfie and Tigi.

3. How are you coping with the lockdown/social distancing?

I live alone with my pets. I have a routine each day which involves going out for very long walks (four miles today), and I am eating healthily and sleeping about 12 hours every night.

4. What's changed the most for you since the crisis began?

Not being able to see my family and friends. I have two daughters and three grandchildren whom I usually see often. Also, not being able to go to work. Missing my social life of dining out and going to the cinema or the theatre in London.

5. What's stayed the same?

Having the love of my pets.

6. How have your food habits changed? Grocery delivery, take-out, cooking? I have been cooking for myself, which is not what I used to do. I used to go out for dinner often with friends three or four nights a week.



A native of Los Angeles, Jessica moved to England in 1985. Finley is quite a talented dog. Check out his facebook page at www.facebook.com/finley.heffernan.3.

7. Have you turned to new hobbies or activities? My extensive walks in the forest are something I have now taken up.

8. How has your work been affected? I work for the local government and have been told to stay home. My job is a Park Warden, but our children's playgrounds are closed.

Escaping from an Apartment in Manhattan to a Country Home in Pennsylvania

David Trachtenberg and Gerry Perlman are staying in their vacation home in Susquehanna, Pennsylvania near the New York state border during this challenging time.

1. What's your living situation?

We left our apartment in NYC (3/15/20) for the safety of our vacation home in Pennsylvania where we will stay as long as is necessary.

2. How are you coping with the lockdown/social distancing?

Weathering the storm. We have 30 acres and a large house so we

occupy ourselves with projects around the house and gardening, winter clean-up, spring cleaning, etc. It is a great tonic and distraction from the moments of anxiety and panic we all feel wash over us from time to time.

3. What's changed the most for you since the crisis began? The daily routine of going to work and interacting with workmates, meeting friends and associates for a drink or dinner.

(Continued on Page 12)

Santa Monica Bay Woman's Club

(Continued from Page 9)

never happened. Next stop was Sri Lanka for three days, and the ship was allowed to stop, but no one was allowed to disembark.

So, we saw the lovely country from tiny stateroom windows. Three of the most exciting cities in India were supposed to be our next stops, but India had closed their whole country just as we arrived. Our captain was getting visibly nervous as he gave us daily briefings, so he decided to go full speed ahead to the final port of Dubai with no more stops. On the way, after more than 10 days at sea, we were told we couldn't stop in Dubai, where everyone on the ship had bought air tickets to go home.

We wondered what life would be like if we had to float around the rest of our lives. So, after several more days, the captain said he found a port, and we all had to get off in Muscat, Oman and get home somehow. What an amazing sight to see 600 passengers all on their cell phones calling airlines and travel agents. We had bought our tickets through the cruise line, so they were helping us.

We got tickets on Air France from Oman to Saudi Arabia to Amsterdam to L.A. We were thrilled until President Trump just then came on TV and said European flights could no longer land in the U.S. Just as we were getting off the ship, we were told we were flying to the UK, but the Oman airport couldn't find our tickets. There was only one man in Oman who knew how to sort this out, so we waited in a line until only minutes before our flight

was due to leave, when we got our tickets.

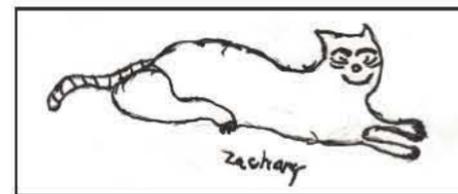
In case you think all of this was nerve-wracking, it was nothing compared to what awaited us at LAX when we arrived. The airport appeared deserted when we landed, but not so in the customs area.

There were hundreds of people arriving from all over the world, jammed into a line like sardines, breathing and coughing on each other. After two and a half hours, the three of us got to the final check. For some inexplicable reason, one of us was sent on her way home, and the other lady and I were taken all the way across the terminal and put into another line.

We assumed we were going to get tested, but no, we were taken to yet another line, with no explanation, where we waited another almost two hours. No one checked us or tested us, so after more than four hours, we were set free away from the worst contaminated place I've ever seen, our own LAX.

I am so lucky to be home even though I can't leave. I wish all of you a safe and healthy wait.

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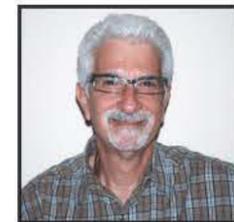
Escaping From an Apartment in Manhattan
 (Continued from Page 11)

4. What's stayed the same? Absolutely nothing that I can think of except eating three meals a day.
5. Have your food habits changed? Grocery delivery, take-out, cooking? No, I have been shopping once a week at the grocery and doing a lot of cooking and meal planning.
6. Have you turned to new hobbies or activities? No, we just have more leisure time to catch up on TV series we never got to see before such as Amazon Prime, Netflix, etc.
7. Has your work been affected? Yes, I now have no work. The construction industry is almost completely shut down. I am an expeditor. I work with architects/engineers getting their building plans approved and with general contractors getting permits for their

projects all in the context of the NYC Department of Buildings. I also assist people in curing violations and obtaining certificates of occupancy for building owners. Gerry is a retired clinical psychologist.



David Trachtenberg, right



Gerry Perlman, left



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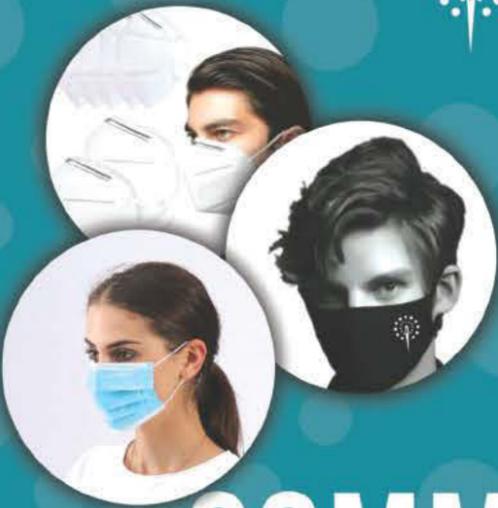
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