

Discover Route 66 at the Santa Monica History Museum Exhibit



A Richfield gas station sits in Rancho Cucamonga along route 66. Credit: Santa Monica History Museum

The Santa Monica History Museum's new exhibit, "California's Route 66: Hiding in Plain Sight." will run through October 19 at the museum, 1350 7th Street.

Route 66, a 2,448-mile long road connecting Chicago to Santa Monica, became a symbol of the mystique of the open road and an icon of Americana. It figured largely in the history of western expansion in the 20th century, from the desperate 1930's Dust Bowl migration to rambling road trips in the 1950s and 1960s.

For hours and more details, please call John Klopping, Museum Manager at 310-395-2290, or go online to info@santamonicahistory.org.



Bruce Stein, general manager of Fromin's deli, and Cynthia Fromin, lead floor manager, invite you to discover the many specials they are offering during their 41st year of being in business. Every week there is a drawing for a \$50 gift card. Fromin's is a very popular neighborhood restaurant. Story on Page 3.

Fairmont Miramar Recognizes Students of the Month



Jennifer Bennett, Public Relations Director of the Fairmont Miramar Hotel in Santa Monica, far left, welcomes Students of the Month from the Boys & Girls Clubs of Santa Monica. Next, Andrea Savela, Melissa Hernandez, and Jordyn Maxwell. Supervisor Geanna Grammatico, is on the far right.

Remembering Santa Monica Group to Meet Samohi Grad Leila Brown

You may have heard of Samohi graduates, Dean Cain, Heather Thomas, Sean Penn, and Carson Daly. But, not of Leila Fogel Brown, a former cheerleader and Ram's songleader whose grandfather's murder was never solved.

Once you meet this spirited woman, you will never forget her. You will also discover that she was Monica Lewinsky's first grade teacher and what it was like growing up in a prominent Santa Monica family.

Join the Remembering Santa Monica Group at the Santa Monica History Museum, 1350 7th St. on Tuesday, August 13 at 11:30 a.m. to find out more about Leila's adventures and to reminisce about earlier days in Santa Monica.

Please RSVP to Museum Manager John Klopping at 310-395-2290.

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 8)



Several years ago, the Rotary Club of Santa Monica helped support Rotarian Robert Segal and his wife, Dr. Jeanne Segal, in developing an online tool for mental health and wellness. Since then, HelpGuide.org has grown into a major international resource with tens of millions of visitors to its website annually. More about Rotary grants on Page 7. Above, Rotary members Susan Annett and Monika White present a check to Robert Segal to purchase an iPad Tablet to help with administration and ease of development of HelpGuide.org International.

Follow Former SMPD Officer Across Route 66

By Jay Trisler

This has been such an incredible journey. I am currently in Tucumcari, New Mexico. (NM) I just completed a 106-mile trek through Junction 104 from Las Vegas, NM to Tucumcari, NM. So far, this portion of my trip has been the most beautiful. This part of my route was not heavily populated and there were not any services such as internet, phone, hotel, or store.

My biggest concern was going to be water and having enough to get through the miles. The residences

along the way are not really adjacent to the road so asking for water would be a little difficult. However, I was assisted by several people who drove by. One man gave me several bottles of water on my

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Brain Matters

Vision as an Indicator of Alzheimer's Disease



By Dr. Howard R. Krauss

Forty percent of our brain is involved in the conveyance and processing of visual information, and in

the stabilization and movement of our eyes. An increasing body of evidence demonstrates that memory issues caused by dementias are closely and significantly linked to vision impairment. So, it is not surprising that sometimes the earliest manifestation of Alzheimer's disease involves vision.

More than 5.5 million Americans are living with dementia, cognitive decline, or other neurodegenerative diseases. Alzheimer's disease is a leading cause of death in the U.S., and the Centers for Disease Control and Prevention estimate that the number of people affected will double by 2060.

Neuro-ophthalmology is the study and treatment of neurological disorders that affect eyesight. In essence, it is everything to do with eyes and vision, relating to problems outside the eye including brain disorders.

Rapid advances in neuro-ophthalmology promise tools that could assess, treat, and even prevent brain disease. Work at the leading edge of medical science is helping discover and refine techniques and technologies that will non-invasively assess retinal architecture, function and chemistry, as well as eye stability and movement changes, as early indicators of cognitive decline.

It is the hope of the vision medical community that in the near future, early Alzheimer's disease detection will be possible through new technologies in retinal evaluation to help tackle the disease at

the earliest stages.

In the meantime, it is important to take care of one's vision by scheduling regular eye check ups, especially as one gets older. Be aware of and seek prompt attention for unusual or sudden changes in eyesight such as blurriness, loss of vision, altered peripheral vision, double vision or difficulties with depth perception, as these could indicate underlying neurological causes that may need further investigation and medical attention.

Dr. Howard R. Krauss is a surgical neuro-ophthalmologist, co-founder of Pacific Neuroscience Institute, and Director of Ophthalmology at Pacific Eye, Ear & Skull Base Center at Pacific Neuroscience Institute.

Contact them at 310-582-7641 or visit their website PacificBrainHealth.org

Planning Ahead

Unexpected Heirs Without a Will



By Lisa C. Alexander, Esq.

If you die without a Will, your estate will go to your heirs determined according to California law. If you have

close relatives (children, parents, brothers or sisters, grandparents, or grandchildren), your estate may not go as you would have intended, but there are usually no surprises. But there can be a big surprise if you are a widow or widower with no living descendants and your spouse died less than 15 years earlier. If you don't leave a Will, any real

property you received from your predeceased spouse will go back to his or her heirs, not your heirs.

In a recent case, nieces were extremely close with their childless aunt who was like a second mother. In their aunt's last years, the nieces regularly visited her in her board and care home, bringing her special treats and taking care of her personal needs. Their aunt's husband died before her, by 14 years, 11 months and 27 days – only 3 days short of 15 years. It had been a loving, later-in-life second marriage for both of them. They bought a home together that he left to her when he died. The

aunt lived in the home until she moved to the board and care and she continued to own the home up until her death.

Unfortunately, the aunt did not make her own Will. Her nieces were her sole heirs. Imagine their surprise when the heir hunters notified them that their aunt's predeceased husband had distant nephews of his own whom the nieces had never met and never knew about. The nephews had never had any relationship with their uncle. But the 15-year rule applies and his half of the home that passed to their aunt when he died will go to the distant nephew, not to her nieces.

If only the aunt had lived three more days and, if only she'd made a Will.

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

Paws and Claws

How Can I Tell the Best Quality of Pet Food?



By Dr. Frank Lavac MS, DVM, VCA

Q: How do I know if I am feeding the best quality food to my dog or cat?

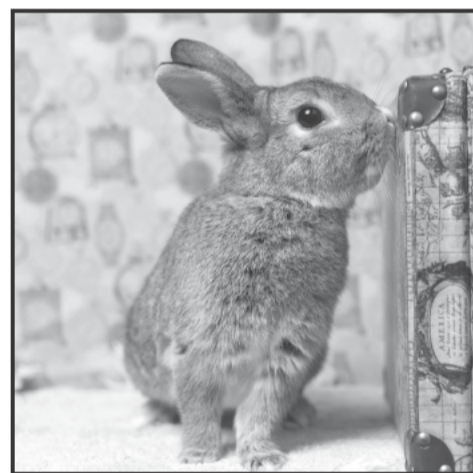
A: There are many food options out there in the \$20 billion pet food industry. More recent trends such as raw food and grain-free diets have good marketing behind them. However, raw food diets often lead to diarrhea due to bacterial contamination and poorly balanced diets. Additionally, grain-free diets have been shown to predispose to heart disease in a study performed at UC Davis.

So, how do I escape all the marketing and determine the highest quality foods for my pets? On the side of all food bags is a "AAFCO statement." For the best quality, the statement should include the words "Animal Feeding Trials" in it. Some foods will state that they meet the standards set by AAFCO. That is not nearly as good as the "Animal Feeding Trials."

To avoid the sales pitches, only feed your pet foods that have gone through "Animal Feeding Trials." AAFCO is the American Association of Feed Control Officials. It is a group whose members are government agencies representing all 50 states, Canada and the federal government. For more details, go to www.veterinarypartner.com and select "AAFCO Pet Food Labeling."

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

Adopt a Pet



Meet Barley who was rescued from a garden center. This handsome agouti rabbit came to us last year with an infected left eye, probably from a predator attack. Since then, his eye has been removed so that he only has one eye, but that hasn't slowed him down one bit. He's packing his suitcase to move in with you. For more information, go to www.larabbits.org/rabbit/barley/.



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 Email: SMStarNewspaper@gmail.com
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 Editorial Assistant: Miceala Shocklee
 Advertising Sales: Diane Margolin
 Photography: Taber Falconer
 Graphics: Nancy Slanchik
 Contributing Writers: Dr. Frank Lavac, Qin Stubis, Michael Margolin, Taber Falconer, Lisa Alexander, Sunshine Banister, Carolyn Hemann, Gillian Esparza, and Clara Wright.
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August/19

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Popular Neighborhood Deli Fromin's Celebrating Over 40 Years in Business

By Taber Falconer

Fromin's Restaurant and Delicatessen is celebrating its 41st year serving breakfast, lunch, and dinner to hungry Westsiders. Its incredibly varied menu, which boasts over 300 items, and dedication to providing a warm, inviting atmosphere are perhaps what this neighborhood favorite is best known – and loved – for.

"First and foremost, people come for the food. Everything is made from scratch in our kitchen," said Bruce Stein, general manager. Their most popular dish? The classic Reuben sandwich, obviously.

Bruce, who is married to Lorin, daughter of owner Dennis Fromin, also emphasized the importance of keeping the restaurant a family-run affair: "It's a close-knit community, and everyone who works here is like family. We all love being around each other and interacting with our guests," he described.

Fromin's has plenty to be proud of already, but they're looking to

the future, having just extended their lease for another 20 years. To prepare for the coming decades and a new generation of customers, the restaurant has recently undergone a floor-to-ceiling renovation, complete with brand-new custom furniture and fixtures.

"We're keeping up with the times," Bruce said. "We now deliver through app services like GrubHub, UberEats, and DoorDash, so you don't even have to leave your house to enjoy our food."

There are several deals offered this summer at Fromin's. Through August, take \$3 off any entree during their "Full Dinner" promotion. And, don't forget to drop your name into the raffle bin for a chance to win a \$50 gift card. The contest will run weekly until November.

Fromin's is located at 1832 Wilshire Blvd. and can be reached by phone at 310-829-5443. You can also visit their website, www.frominsdeli.com.

Roger Kalia to Serve with Orchestra Santa Monica for Three Years

Roger Kalia, who recently concluded his first season as music director of Orchestra Santa Monica, (OSM) will lead the orchestra for another three years. "This contract represents an absolute vote of confidence in our new music director," says OSM President, Cindy Bandel.

"Roger is a true artist and our

board, musicians, and audience members are all very enthusiastic about his leadership, talent, energy, and ideas. We are pleased with all that he is accomplishing in our community and are proud of the fact that he's also becoming increasingly prominent on the national level."

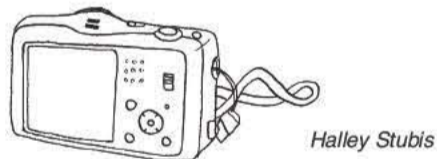
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National Night Out to be Held Tuesday, August 6

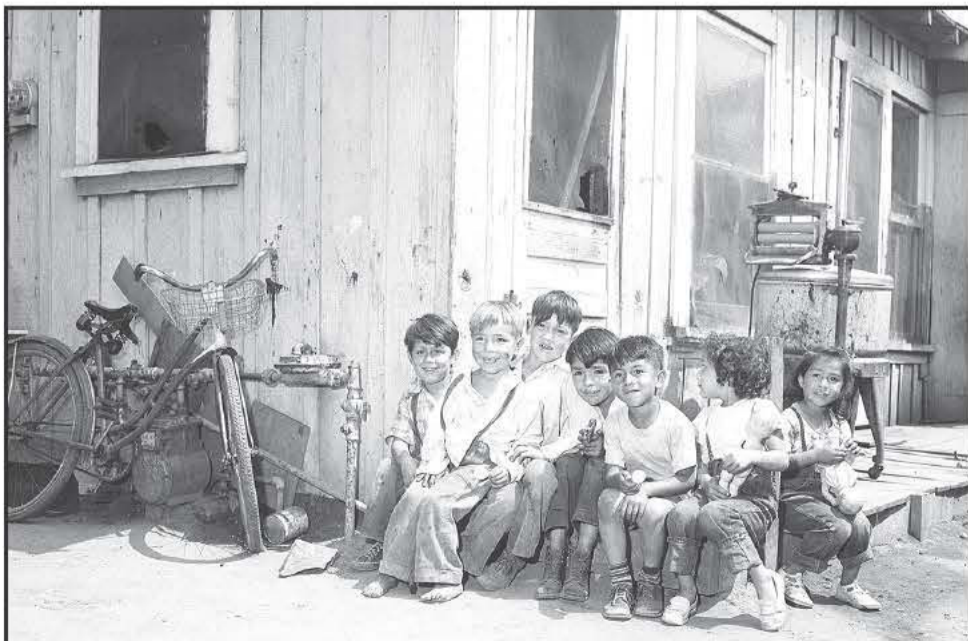
Show your support against crime on the first Tuesday night in August at the Santa Monica City Hall at 1685 Main Street from 5:30 p.m. -8 p.m.

Join members of the various Santa Monica Police department units as they display ways to celebrate positive community relationships. As always, there will be food, entertainment, and giveaways. Bring your family and friends to this popular event.

This year's theme is *Heart of the City* and will feature large heart sculptures painted by local artists, along with a Lego Heart Exchange! For more information, visit the Santa Monica Police Department on Facebook or Instagram.



From the Santa Monica History Museum



Children on 17th Street, August 1948

A group of children pose near their homes on 17th Street at Delaware Avenue. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.3885.]

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Cooking With Kids in the Kitchen

By Gillian Esparza

In my last article I wrote about getting kids interested in new fresh foods. Our garden is growing and the veggies are getting ripe. Our cucumbers are coming in, our herbs are growing into giants, and our tomatoes are getting ready to be turned into sauce. Making sauce is one of our favorite cooking activities. The kids love to hunt for tomatoes and herbs, and then pick out their favorite kind of pasta.

During summer it is easy to grow, or to pick up a few pounds of fresh tomatoes, but even in the off months we still make sauce on a regular basis. Below are two ways that we make our sauce.

Summer sauce is when we use fresh grown, vine-ripened tomatoes. The kids and I pick a big pot full of tomatoes, all types and colors. I would say we use about five pounds of fresh tomatoes. We pick as many types of fresh herbs as possible. A handful of rosemary, thyme (Lemon Thyme is our favorite), oregano, parsley, and all types of basil get washed and chopped finely.

Depending on who's eating, we may sauté onions and garlic before we add tomatoes to the pot. When we are cooking with the kids, we substitute fresh garlic for garlic salt and onions for onion powder, it adds a more mild flavor. We add olive oil to a pot and sauté either lean ground beef, ground turkey, or stew beef to add to most of our sauces. (Leaving the meat out is always an option.) Add washed tomatoes and finely chopped herbs to the pot (with the cooked meat).

We do not bother blanching and removing the skin on the fresh tomatoes. We boil everything together and as the tomatoes boil, most of the skin floats to the top of the pot which we skim off with a slotted spoon. Season with salt and pepper (garlic salt and onion powder if omitting fresh). Continue to simmer the sauce, stirring often, until it is reduced to about half.



Violet adds spices to the fresh tomato sauce she is making.

The longer you simmer your sauce, the more flavorful it will be. If you have a few hours to cook everything on a low simmer, wonderful, if not, simmering the sauce at a higher heat for 20-30 minutes still creates a beautiful sauce. For a chunky sauce, leave as is. For a smoother sauce, we use a few small cans of tomato sauce (you can find them with roasted garlic or Italian seasoning) as needed, until you reach the desired consistency. If your sauce is too thick, you can add a bit of water as needed.

If fresh tomatoes are not available, we use a mix of diced and whole canned or cartons of Italian tomatoes and tomato sauce. I usually use about six large cans of tomatoes and four small tomato sauce. Here is the beauty of making sauce, use what you have, use what you love! My kids love making sauce because it is something we can do together. They love experimenting with different versions of sauce. If you have extra sauce, it freezes wonderfully! Look for different types and shapes of pasta to go with your sauce. My kids take a vote on what shape pasta we are going to have on pasta night. Most importantly, have fun!

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

Thoughts From a Second-Time Father

How Fast Time Seems to Go By!

By Michael Margolin

This summer marks six years that I have been writing this article. Alexa has been providing me with plenty of material for those six years and Jake has been contributing for the last three. Often since I started writing, I have mentioned how quickly the time has gone by. I cannot see time slowing down at all, and I also find difficulty in not pointing that out on a somewhat regular basis.

In the grand scheme of things, my kids have not been here for very long. After all, we have only known Jake for three years. And, for being three years old he has navigated his surroundings pretty well. Figuratively speaking anyway. Our couch is on carpet and not far away from our uncarpeted kitchen. The other day when running on the hard surface of the kitchen, instead of slowing down and turning before he hit the couch, he just hit it and used it as a sort of landing pad before continuing on his way. When Alexa was that age, she slowed down as to not hit the couch and made the turn without bumping

into anything. To me, this has been one of the best examples of how girls and boys can be different.

We are really concerned about couches or corners and sometimes walls, even. It seems that girls are much more likely to avoid injury and think out these curves and turns a little more thoroughly. Obviously my sample size is minimal, but it is what I have to go on.

Being incredibly blessed with two happy and healthy children and watching and helping them grow is the most magnificent thing I will ever be a part of. My wife Enjoli and I are so excited to see how the next six years turn out. I conveniently mention six because in seven more years, Alexa will be 13. Then, a whole new level parenting will begin. By the way time is going for me now, I am going to be forced into that level in a blink of an eye.

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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Making Your Dreams of a Retirement Getaway a Reality



By Carolyn Hemann, CFP

Years of hard work often leave people dreaming of a time when they'll have a chance to get away from it all in retirement. It could be in the form of travel to exotic locations they've never visited before, or a vacation getaway spot they'll visit regularly. Either way, it requires having enough money to do so.

If you dream of travel in retirement, you need to build a strategy to save and accumulate the necessary funds without hindering the ability to meet the basic costs of day-to-day living in retirement.

• **Planning for extensive travel in retirement:** Traveling the country or world is a dream for many. While you are working, it can be difficult to accomplish because of time constraints. Retirement changes all that. Depending on the extent of your plans, the price tag can be considerable, including the cost of flights, accommodations, eating out and other expenses.

• **Study your options and try to identify specific places you want to visit:** Then try to get a handle on the projected costs and set aside money in a special account that you can tap for that purpose. If you plan to make travel a regular part of your retirement routine, you'll need to budget accordingly as you lay out your retirement income plan.

• **Finding a vacation place:** A retirement "getaway" for some may be to own or rent a second home in another area of the country or in a different setting from their primary home. This could double your housing expense, so you need to be sure you have enough cash flow to cover those costs. One option you may consider is a timeshare unit that allows you to "own" a share of a vacation property that can be used once or several weeks a year. Be aware of the fees, the financial commitment required, and the potential to exit the arrangement if you desire later in life.

• **Start Planning Early:** The best strategy is to start making your plans in advance of retirement. Use the time you have to set specific goals and build savings that will help make your dreams a reality.

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

Roger Kalia

(Continued from Page 3)

Says Kalia, "I am thrilled to be with Orchestra Santa Monica through the 2021-22 season! It is an honor to be part of this amazing organization."

Halley Stubix

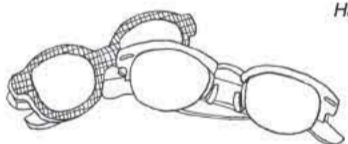


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Community Calendar

By Miceala Shocklee

• **Friday, August 2 - Mad Science: What Do You Know about H2O?** - Kids are invited to a high-energy exploration of science concepts like water conservation, surface tension, and the three states of matter at the Fairview Branch Library Friends-sponsored event. Fun to begin at 2:30 p.m. Free tickets available ahead of time, but space is limited. Call 310-458-8681 for details.

• **Saturday, August 3 - Citizen USA: Youth in Camp** - Open through mid-November, this exhibit at the Japanese American National Museum honors *Citizen USA*, a children's book written by Charles K. Ferguson during his tenor as director of adult education at the Manzanar incarceration camp during World War II. The book is narrated by main character Jane Sato, a child incarcerated in the camp. Along with the book, additional artifacts from JANM's collection will be exhibited for the first time. For more information, visit janm.org/citizen-usa.

• **Saturday, August 3 - Donabe Cooking with Naoko Takei Moore** - Learn about traditional Japanese Donabe cooking from Naoko Takei Moore, author of *Donabe: Classic and Modern Japanese Clay Pot Cooking*. Ms. Takei Moore will discuss the inspiration for her book, demonstrate techniques, and lead a tasting. Event to run from 1 p.m.-2 p.m. at the West Los Angeles Regional Library. Call 310-575-8323 with questions.

• **Monday, August 5 - Connected Families: Robot Play Time** - Bring the whole family to come play with robot and coding toys at the Main Branch Library. Session to run from 2:30 p.m.-4 p.m. 310-458-8621.

• **Wednesday, August 7 - Women's Heart Health** - Learn about how to recognize the risk factors and warning signs of heart disease in women, as well as lifestyle changes women can make to improve their cardiac health in this workshop with UCLA cardiologist Dr. Megan Kamath, MD. Event to run from 7 p.m.-8:30 p.m. in the Auditorium of the UCLA Medical Center. To book your place, call 800-516-5323.

• **Thursday, August 8 - Shakespeare by the Sea: The Comedy of Errors** - Pico Branch Library and Virginia Avenue Park come together to present this classic Shakespearean misadventure about two young visitors who arrive in a city unaware that their long lost twins already live there! Bring your chair/picnic blanket and some snacks for a performance under the stars. Event to begin at 7 p.m. in Virginia Avenue Park. For more information, call 310-458-8684.

• **Thursday, August 8 - Learn to Skateboard with GrlSwirl** - GrlSwirl, a Venice non-profit that focuses on bringing equality to skateboarding, will host a workshop about the basics of skateboarding and how to make skateboarding-related art for girls ages four to 12 at the Pico Branch Library. Event to begin at 5 p.m. in the Annex. Space is limited, and advanced registration is required. Call 310-458-8684 to reserve your space.

• **Saturday, August 10 - Magician Micah Cover** - Kids of all ages can come enjoy Magician Micah Cover's interactive magic show at the Kaufman Brentwood Branch Library. Show to begin at 2 p.m. Free admission. Call 310-575-8273 for more information.

• **Tuesday, August 13 - Get ready for school.** Free school supplies and/or a free haircut at the Santa Monica Police Activities League (PAL) for ages 6-17. 4:00-6:00 p.m. Supplies limited. Details: 310-458-8988.

• **Thursday, August 15 - Mars InSight Mission** - Hear from JPL space system engineer Dr. Farah Alibay about her work on the InSight Mission that landed a rover on Mars in November 2018. Event to begin at 7 p.m. at the Ocean Park Branch Library. For more information, call 310-458-8683.

• **Friday, August 16 - Santa Monica Public Library (SMPL) at the Beach** - Enjoy another year of Southern California's only pop-up beach library! From 10 a.m.-3 p.m., SMPL will be at the Anenberg Beach House with sign-out books, a sit-in Surfside Lounge, and more. The first 50 visitors will receive a limited edition giveaway. Call 310-458-8621 with questions.

• **Wednesday, August 21 - New Treatments for Knee Arthritis** - UCLA interventionalist radiologist Dr. Sid Padia, MD will discuss non-invasive options to treat arthritis for those not eligible for knee surgery, like genicular artery embolisation. Event to run from 12 p.m.-1:30 p.m. at the Santa Monica YMCA. To RSVP to this event, go to uclahealth.org/50PlusSeminar or call 800-516-5323.

• **Friday, August 23 - Your Eyes: A User's Manual** - UCLA ophthalmologist Dr. Gavin Bahadur, MD, will run an interactive presentation about the common eye conditions, from cataracts to dry eyes, as well as how these conditions are treated. Event to run from 1 p.m.-2:30 p.m. at WISE & Healthy Aging. To book your place, visit uclahealth.org/50PlusSeminar or call 800-516-5323.

• **Saturday, August 24 - Dog Days at the Library** - Celebrate our canine companions with dog-themed activities for all ages at the Main Branch Library, with a family story time featuring *Let's Read with Gleam!* from 10:30 a.m.-11 a.m. in the Children's Activity

Room; canine crafts and activities from 11 a.m.-1 p.m. in the lobby; and a movie screening of *Pick of the Litter* at 1 p.m. in the Martin Luther King, Jr. Auditorium. For complete details, visit <http://calendar.smgov.net/library/eventsignup.asp?ID=30672>.

• **Sunday, August 18 - Annual Poetry Fest** - Celebrate local poets at this year's annual poetry fest at Kaufman Brentwood Branch Library. Event to begin at 2 p.m. Free admission. Call 310-575-8273 for more information.

• **Saturday, August 31 - Boosting Digestion and Immunity Through Nutritional Cooking** - Learn from Holistic Nutrition Chef Lily Padilla at this Kaufman Brentwood Branch Library event, starting at 2 p.m. Free admission Call 310-575-8273 for more information.

• **Saturday, August 31 - Road Scholar Travel Adventures** - Hear from "Road Scholar" Ambassador Jill Swaim about how the program enables adults to experience so much more of the world by meeting new people, going new places, and experiencing culture, history, and landscapes outside of their ordinary day. Event to begin at 11:30 a.m. in the annex of the Pico Branch Library. Call 310-458-8684 for details.

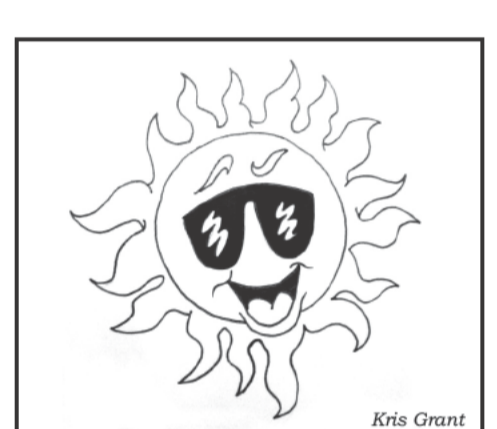
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Community Service Clubs

Santa Monica Rotary Club Gives Out Grants

By Susan Annett

One of the rewards of being a Rotarian is providing support to local charitable organizations. The Rotary Club of Santa Monica recently awarded several Community and Youth grants.

The Westside Family Health Clinic received \$3,500 for 100 sick kid survival kits. Santa Monica Little League was awarded \$3,200 for materials, construction and installation of dugout storage cubbies. The reDiscoverCenter was granted \$3,300 to equip after-school tinkering workshops at Santa Monica public schools. Connections for Children, a child care resource center, which helps to support youth programs at Virginia Avenue Park and the Santa Monica Public libraries, received \$3,500 for purchase of task chairs for its new office in Los Angeles. K-9 Connection, a Project of The People Concern, helps at-risk youth, and it received \$1,500 to buy dog crates and exercise pens. The Rotary Club

will work with the Santa Monica-Malibu School District to send one student on a Mending Kids travel opportunity.

The Rotary Club funded a grant request from the Los Angeles Metropolitan Opera for four portable stage platforms to enhance opera-goers' audience experience. Heal the Bay was also awarded funds to provide critical upgrades to its Marine Debris Database, an online tool that helps track trash and ocean-bound debris collected during year-round cleanup events at Los Angeles County beaches, including along Santa Monica Bay.

For more information on how non-profits can apply for Community and Youth Grants of up to \$3,500, check out the guidelines and download an application from the Rotary Club's website at www.rotaryclubofsantamonica.org.

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

Lions Club Pancake Breakfast Preparations

By Marilyn Schalit

Mark your calendar. The 65th Annual Santa Monica Lions Club Pancake Breakfast will take place on Saturday, September 28 at the Santa Monica Boy & Girls Club at 1238 Lincoln Blvd. from 7:30 a.m. until 11 a.m. It is our largest fundraiser and allows us to give grants and contributions to many agencies, causes, and charities. Volunteers who wish to help should contact Lions Sarah Young-Sheppard at 310-562-7866, ssheppard@sewi.org, or Gail Litvack at 310-453-7559.

Lions members contact local businesses to provide food

donations. We thank the following donors for their contributions: Ocean Park Cafe for gallons of pancake batter; Bob's Market for eggs; Fromin's Delicatessen for sausage links; Casa Ecsobar for orange juice; Carlhrop School for milk; Gilbert's El Indio for butter; and Lions Bruce Gelvin and Gail Litvack for syrup.

Please join us for our luncheon meetings on the first and third Thursday of each month at the Elks Lodge at 1040 Pico Blvd. from 12:15-1:30 p.m. RSVP to me at marilynschalit@yahoo.com, or to Membership Co-Chair Yoriko Fisher at yorikofisher@gmail.com.

Santa Monica Bay Woman's Club Events

By Tesi Treuenfels

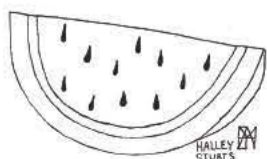
"Oh, if I could but live another century and see the fruition of all the work for women! There is so much yet to be done," shared Susan B. Anthony (1820-1906).

The 19th Amendment (Women's Right to Vote) of the Constitution was ratified August 18, 1920. My grandmother was 21 and voted in the first election when women were permitted. Her mother grew up during the peak of the suffragette movement. As we get older, history is closer and more real. That's true for me, anyway.

Once a month an amazing woman, Annie Hallock, has taken it upon herself to cook and serve dinner for the veterans living on the grounds of the Veteran's Administration in Westwood. This project is reminiscent of what we, The Santa Monica Bay Woman's Club (SMBWC), used to do at Daybreak. A call for kitchen equipment was heard by our members. Thank-you to all who contributed.

The choice for our book club this month is *The Great Alone* by Kristen Hannah. Our book club meets the third Thursday of the month. This month we meet August 15 at 6:30 p.m.

SAVE THE DATE - A film screening on November 9 at 9:30 a.m. will



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Follow Former SMPD Officer

(Continued from Page 1)

second morning. He saw me the next day and brought me additional water and food from his

father's store in Las Vegas.

I have been blessed by so many people wanting to help, or to just make sure I am OK. It is awesome to see how people throughout the country are caring individuals.

Although, the goal is not to collect money for any purpose, numerous individuals have given me money. Everything that I collect will go to the Santa Monica Police Officers' Widows and Orphans Fund.

I am heading toward Amarillo, TX tomorrow morning. To follow my journey: Facebook - GodandCops; Instagram - God and Cops; or my Blog - www.GodandCops.com.

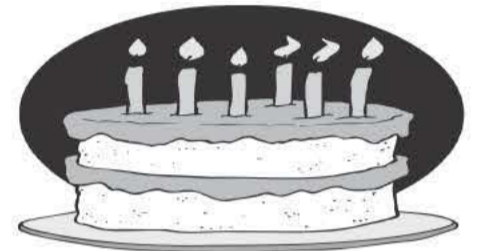
This report was written in mid-July. Jay should be crossing Texas by now. His goal is to reach Virginia in the fall.

Answer to Neighborhood Celebrity

(Continued from Page 1)



Local native and trust attorney Jeff Condon spoke to members of the Santa Monica Remembers group last month at the history museum. His topic was swimming, something he's actively done since he was a youngster. To set the mood, Jeff shucked off his business suit to display swim trunks with rubber duckies on them and a shirt adorned with surfboards. Note the goggles on his forehead. He was also barefoot. A memorable speaker, indeed.



Happy August Birthdays

Tammy Ito, James Casalor, Susan DeRemer, Suzan Allbritton, Roger Davis, Charley Follette, LaVonne Lawson, Tod Lipka, David Price, Myles Pritchard, Freya Rainsford, James Reidy, Jim Rushton, Rebekah Gould, Eddie Guerboian Robert Segal, Ruth Schick, Jay Smith, Mariko Nakagiri, Eric Dobkin, Tish Tisherman, Pat Potter, Kathryn Boule, and Robert Trimborn.



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