

Saluting Longtime Family-Owned Businesses

Local Painting Business Marking Its 83rd Year

By John Lehne

Growing up during the depression of the 1930s was a trying time, but as a lad of six years old in 1937, it seemed like just another adult problem.

So, when our family of three moved from the East Coast and landed in Santa Monica in 1937, I thought we had traveled to a foreign land. It was beautiful and fun, but short on work for my dad's business.

My father, John Lehne, Sr., had brought his house painting business with us to Santa Monica, hoping things would be better here in California. In

some ways, it was. Despite economic troubles, people were still painting their homes, and somehow we survived.

Then came WWII, and how life changed. Paint was hard to come by, and people were not as interested as much in home improvement. So, my dad took whatever job was available to make a living for me and mom.

Peace finally came, the war ended, and the world, including Santa Monica, started spending again, and dad's first painting jobs started to come in.

Thankfully, it hasn't stopped for the last 83 years. That's right, you read that right, we are still very much in the painting business. After having taken over the business from my dad (and now 89 years young!), I am retired and watching my son run the company.

Our son Steve is now in charge of Lehne & Son Painting Contractors. That's three generations in the U.S. of Lehnes managing the business. The actual 'first generation' was my grandfather Gustav Lehne (my dad's father) who started the business in Northern Germany back in the early 1900s.

Total score of generations in the business: Gustav, John Sr., John Jr., Steve, and now (hold on to your hats), Steve's son Kaden. He is in his last year at

(Continued on Page 3)



Here's John F. Lehne, Sr. with his last painting truck in the 1960s.

Do You Have the Coronavirus Blues?

By Dr. Sheila Forman

Because of COVID-19 and our desire to do our part to lessen its spread, we have all been stuck at home for months. Spring morphed into summer with barely a notice.

We haven't been able to enjoy the summertime like we wanted to. Picnics were limited in size and scope. Hanging out by the ocean with a mask wasn't a day at the beach! Camps were held online rather than in a park. And, summer vacations were put on hold.

Now as the days of summer come to an end, we are looking towards fall with little hope for fun-filled afternoons at a baseball game or a tailgate party before our favorite team hits the field.

The #InItTogether could very well apply to our moods. Because of the stay-at-home orders and other restrictions, you may feel down, bored, frustrated and irritable from time to time. We all do. So, what can we do to keep our "had enough of this coronavirus" bad moods from ruining our days and the days of everyone around us? Here are five mood-saving tips that can help.

1. Catch the thought. Bad moods are often provoked by some thought that pops into our heads unexpectedly. For example, you look at your calendar and see that you have yet another ZOOM office meeting today. Recognize

the thought, challenge it, and reframe it into something more positive. For example, at least you have a job!

2. Take a Time Out. To shift your mood, take a break. Hang out in the shower and let the warm water wash your mood away. Or, simply sit down for a moment and breathe!

3. Gain Perspective. Compare what is causing your moodiness to something else so you can see how small it really is. Sure, it's a hassle to go to the supermarket in a mask, but think about the folks who have to line up at a food bank for supplies.

4. Let the Love In. Remember how much you are loved. Let that love fill you up. How about setting up Face-time calls with friends and families, or playing word games on ZOOM with your neighbors?

5. Be Grateful. Research on gratitude tells us that being grateful can affect one's mood in a positive way. So, the next time you are feeling down, find three things to be grateful about and see if thinking about them improves your mood.

Dr. Sheila Forman is a clinical psychologist in Santa Monica who is available online or by phone to help you with your "coronavirus blues." Go to www.DrSheilaForman.com.



Marcus Feder invites you to his new 30,000 sq. ft. warehouse in Van Nuys. It is three times the size of the one he had in Santa Monica. He moved because the property had been sold.

Photo by Max Margolin

Feder's Distributors Expand Warehouse Space and Staff

Celebrating 53 years in business, Feder's Distributors has increased their warehouse space, staff, and delivery service. Originally working with landlords who purchased and replaced appliances in their buildings, Feder's also works with management companies, individual home owners as well as multi-family home builders.

"I love having the children and grandchildren of our original customers come in to buy appliances from us," Marcus smiles.

Feder's delivers appliances all the

way from Oxnard to Long Beach and also to downtown L.A.

They carry all major brands such as Whirlpool, LG, Samsung, and Bosch. New appliances often feature home automation. For example, you will be able to start your oven or microwave from your smart phone.

Marcus is pleased to have added two new salespeople and another bookkeeper, plus three new trucks and a van.

To reach Feder's, call 310-450-8585 or 818-769-8000.

Santa Monica Public Library Launches New Curbside Service

The Santa Monica Public Library's new contactless checkout/pickup service began last month at the Main Library, 601 Santa Monica Blvd. To participate, start by requesting items (including books, DVDs, audiobooks, and music CDs) through the Library's catalog at smpl.org, or over the phone by calling 310-458-8600, Monday through Friday, 10 a.m. to 4 p.m.

Patrons with items currently on hold will be notified of availability for pickup. You will receive an email, text, or voicemail when your items are ready for pickup.

Then, schedule an appointment online, or call us at 310-458-8600. Pickup appointments are available Monday

through Friday, 11 a.m. to 3 p.m. More details on this new service are available at smpl.org/curbside.

Book returns at all five Santa Monica

(Continued on Page 4)

Do You Recognize These Neighborhood Celebrities?

(Answer on Page 4)



Take A Look Inside

- Planning Ahead2
- Passing Through the Pico Neighborhood3
- Teen Scene3
- Byte by Byte5
- Community Service9
- Brain Matters10
- Paws and Claws10

Don't Let Emotional Investing Cloud Your Decisions



By Carolyn Hemann,
CFP

It's important to maintain a level head in times of market turbulence.

But, that is often easier said than done, especially in the heat of market volatility. Even with the best intentions, investors can be challenged by their own bias and emotions when it comes to making investment decisions.

Emotional investing may be amplified during periods of market stress. But, by understanding your emotions and biases, you can better avoid common pitfalls and keep yourself on track with your investment goals. Common investment biases fall into four major categories: Overconfidence, Aversion to Loss, Anchoring, and Pattern-seeking Behavior.

• **Overconfidence:** Overconfidence implies that investors tend to overestimate their ability to generate a return and underestimate the risk associated with a particular investment. For example, imagine you are an investor who has recently had success picking winning shares. You may conclude that the success is due solely to your invest-

ment skill. That may be the case, but it's also possible the results were due to market forces outside of your control. The problem is that in either case, recent success may encourage you to take greater risks. While this could lead to greater profits, it's just as likely to result in greater losses.

Herding mentality, which is the tendency for investors to follow and copy what other investors are doing, also tends to distort near-term risks in up markets. Thus, investors can mistakenly discount the volatility and chance for loss as they seek to chase higher returns. Investors are best served by following objective information and building in an expectation that stocks do not move in a straight line.

• **Aversion to loss:** Aversion to loss is innate. It is said that one feels the pain of a loss twice as strongly as the joy of a gain. In an attempt to minimize the pain associated with an investment loss, investors may be more prone to take action that can lead to the derailment of their long-term investment success. In market drawdowns, investors can be quick to react, selling stocks, and over-allocating to bonds or cash to avoid further losses and protect

their nest eggs. Many investors sold down their stock funds in favor of bond funds and cash during the 2008/2009 financial crisis. Unfortunately, some of these investors missed out on the subsequent rallies that eventually took place and helped propel stocks to new highs.

While it is tempting to move to the sidelines during times of market stress, investors may want to avoid over-allocating to cash and avoid locking in investment losses that they would not otherwise incorporate into their regular portfolio management activity. Importantly, if people maintain a well-diversified investment mix and own high-quality stocks and bonds, you should be able to stomach near-term investment losses and ride out the eventual market cycles that come and go with time.

• **Anchoring:** Anchoring implies that investors tend to rely too heavily on specific information or lean on recent circumstances to make decisions. Our minds can "anchor" to information, and it's used as a reference point moving forward, regardless of relevancy. For example, investors may hang on to poor investments by waiting for them

to break even at the price at which it was purchased. If you're trying to decide whether to sell or hold a stock, are you basing your decision on what you know about the company and the state of the market, or are you basing your target price on the purchase price or other measures that may be less relevant to the stock's future course?

To help combat such biases, it's important that investors accept that market circumstances routinely change, and sometimes suddenly. Therefore, your outlook may need to change accordingly. Investors can adjust to new market developments by seeking objective information, leaning on a financial advisor for sound advice, and setting realistic assumptions for potential returns.

• **Pattern-seeking behavior:** Pattern-seeking behavior describes our brain's desire to seek out ways to compartmentalize the flow of information and find patterns that help us make sense of the world quickly. Since our brain is hardwired to do this, investors can mistakenly believe they see patterns in market trends that prove false. Since the future can be unpredictable at times, and patterns are not always

(Continued on Page 4)

Planning Ahead

Property Taxes on the Ballot



By Lisa C. Alexander,
Esq

Planning to preserve low property taxes can be an important aspect of Estate Planning. Proposition 19 on the ballot this

November would significantly impact property tax planning.

Under California law, property taxes are reassessed whenever there is a change in ownership. This applies not

only to the new owner when a property is sold, but also to property received as a gift or inheritance. There are limited exceptions, including a transfer between spouses such as in the event of divorce, or from a deceased spouse to a surviving spouse. An important exception in Estate Planning is the exclusion from property tax reassessment for transfers between a parent and child, known as the "Parent-Child Exclusion."

With the Parent-Child Exclusion, a

parent can transfer his/her home (by sale, gift, or inheritance) to a child without the property being reassessed. The child will continue to pay the same presumably low property taxes as the parent was paying. Preserving these low property taxes may make the difference between the child's ability to afford keeping the family home or having to sell it. In addition to the home, the Parent-Child Exclusion applies to the transfer of other real property of up to \$1,000,000 of assessed value. Note this is assessed value, not market value. You can find a property's assessed value by looking at the most recent property tax bill.

If Proposition 19 passes, the transfer of any real property other than the home would no longer be excluded. And, the Parent-Child Exclusion for transfer of the home would be capped at \$1,000,000 market value and require that the child make the home his/her principal residence, i.e., the property could not be held as a rental or second home.

Whether or not Proposition 19 becomes law, the Parent-Child Exclusion gets complicated in case of inheritance when there are multiple children, one child wants to receive a particular property, and there are not enough other assets of the parent's estate to make equal distributions to the other children. Anyone in this situation should get proper legal advice.

Lisa C. Alexander, Esq. can be reached at 310-656-4310.



One Heart - One Love

Dear Sunshine:

I'm so annoyed. I see friends and family out there having parties and going to the beach like this virus does not exist. How are we ever going to live a normal life if people are not following the rules? I get tired of being bored in the house, too, but I don't want to die. How do we get more people to take this pandemic seriously?

Sincerely,
Had Enough

Dear Had Enough,
Millions of people feel the way you do. Unfortunately, they will not take it serious until something affects them directly. You have to make sure you are accountable for yourself, and that's it.

(Continued on Page 3)

The Santa Monica Star
1112 Montana Ave. #525
Santa Monica, CA 90403
424-581-6005 ©2020

Website: www.thesantamonicastar.com

Email: SMStarNewspaper@gmail.com

Editor and Publisher:

Diane Margolin

Editorial Assistant: Miceala Shocklee

Advertising Sales: Diane Margolin

Ad Graphics: Dynamic Graphic

Contributing Writers:

Dr. Frank Lavac, Qin Stubis, Michael

Margolin, Lisa Alexander, Anne

Wallentine, Sunshine Banister, Mark

Presky, Julia Abbott, Jahrid Longsworth,

Kalina Silverman, and Kera Snell.

Special thanks to Florence Kinney,

Rufus Baker, Renee Reid, Ron Robinson,

and Becky Mejia.

Rotary
Club of Santa Monica
Leaders serving the community since 1922



People of Action

Join us for lunch to find out how you can make new friends, meet mentors, network for business and make a difference in your community. Visit our website for more information.

www.RotaryClubofSantaMonica.org

Sponsored by Quigley & Miron, CPAs

Subscribe To

The Santa Monica Star

Just send a check for \$20

for a one year subscription to

The Santa Monica Star

1112 Montana Ave. #525 • Santa Monica, CA 90403

NAME _____

ADDRESS _____

CITY _____ ZIP _____

August/20

VCA Wilshire Animal Hospital

2421 Wilshire Blvd.
Santa Monica

310-828-4587



Animal Hospitals

Passing Through the Pico Neighborhood

Dairy-Free Living with Chef Jahrid

Our Chef Jahrid Longsworth, a resident of the Pico neighborhood and a middle school student, has been visiting his brother who lives in the South this summer. He saw cornbread served everywhere, but he couldn't try it. So he created his dairy-free loaf.

Dairy-free Cornbread

- Ingredients**
- 1-1/4 cups all purpose flour
 - 1 cup yellow corn meal
 - 2/3 cup granulated sugar
 - 1 tsp. salt
 - 1 Tbsp. baking powder
 - 1-1/4 cup unsweetened almond milk
 - 1/3 cup canola oil

Instructions

Preheat the oven to 400 degrees F and lightly grease an 8" x 8" pan, or a 9" round cake pan.
 In a large bowl, combine the flour, cornmeal, sugar, salt, and baking powder and stir.
 Now, pour in the almond milk and canola oil. Stir until well combined.
 Pour batter into the prepared pan. Bake for 20-25 minutes, until a toothpick inserted into the center comes out clean.



Jahrid is pouring the cornbread batter into the baking pan, .



Jahrid is shown with his piping hot cornbread. He said it was so good, he ate almost the whole loaf.

Tips on E-mail Etiquette



By Mark Presky

I was going to continue my series of columns on Selling Online, but a number of requests/situations have persuaded me to write this column about email practices. I do plan to continue writing about Selling Online in my next column.

Subject Lines: People often reply, over and over, to a former message rather than starting a new message with a new subject line.

This can be frustrating for the recipient (and perhaps the sender) who may wish to later reference, or find a certain message among many that have the same subject line. It takes little effort to start a new composition window.

If the recipient's address isn't in the sender's Contact file, it is generally easy to add it to your Contacts file for future use.

Unfortunately, each email client (e.g. Gmail, Hotmail, Yahoo, etc.) is different, so one may have to search for the correct method to import a new address from an existing email message, or look it up via Google.com.

Once learned, write the method down for importing addresses for future reference, unless one has a good memory. In fact, a great idea might be to create a new document to include methods for doing computer-related tasks like this.

While we're on the subject of subject lines, here's another suggestion: To help the recipient, who probably receives "mountains" of email mes-

sages each day, including a lot of spam, and may miss seeing your message, and to increase the chances that your message will be read, include your name and/or organization in the subject line.

Other good email practices: Your writing sends an impression of you. Sloppy writing creates a poor impression. You are not there when the message is read to dress well, to put on makeup, to smile, to shake hands, or to otherwise neutralize a poor impression that your writing might create.

Re-read your message before hitting the 'Send' button. Did you forget to include something you wanted to say? Were you verbose – can your message be said more efficiently? Did you use spell check? Every email client has it.

Most of the time, a misspelled word or incorrect punctuation mark is noted by a squiggly line below a possible word or phrase error. All one has to do is to click on it with the cursor using the mouse key on the right side of the mouse. If you are using a laptop with a built in mouse pad, there will be a key or button for one to do this. A pop-up window with options for potential correction, or no correction, will be provided.

I hope that this information helps your email messages create better impressions.

Mark is a Los Angeles Computer Society Board Member. The August 11-7:30 p.m. Zoom general meeting presentation, open to visitors, is best seen on Smartphone Apps. For Zoom info, call 310-398-0366.

Teen Scene

Remembering Someone So Special

By Julia Abbott

Recently, I've lost someone very close to me. Especially now, more and more people are dealing with loss. It can be hard to find light in these dark times, where every week seems to bring more bad news.

However, the person I lost was a true proponent of choosing happiness. She had an incredibly difficult life, for reasons outside her control. But, she was always happy. No matter what life threw at her, she was a person filled with happiness so strong, it overflowed into those around her.

Objectively, she should have been upset at the hand she had been dealt. But, she never was. She found happiness in the squirrels outside her window, swimming in the lake, and the people she loved. She chose to be happy, even when the world tried to force her to wallow in grief.

She taught me that at the end of the day, happiness isn't objective. There is no amount of money, no position in life that gives true, objective happiness. Nothing will make you happy until you choose to be happy.

Happiness is a choice that we make everyday, not a result. I loved the person I lost, I truly did. She was happy, even when life threw its worst at her. All my memories of her have her

smiling from ear to ear, no matter what the occasion. She will always be my inspiration to choose happiness. Perhaps yours will come in the Autumn leaves, the bright blue sky, or someone you love. Wherever you can, choose happiness and let that happiness spread into the world around you. I believe in you!

Julia is a local high school student.

One Heart - One Love (Continued from Page 2)

You will drive yourself completely crazy worrying about what you can't control. Keep protecting yourself and stay away from the people who aren't. **Keep me posted, Sunshine**

Send your relationship questions to Sunshine at sbanister598@gmail.com.

Connect with the Community

Advertise in
The Santa Monica Star
Call 424-581-6005
for details.

Local Family-Owned Painting Business (Continued from Page 1)

Arizona State University, and is also working summers at the office and in the field. When I asked him what he wanted to do after college he said, "Grandpa, I'm going into business with dad (Steve)." Kaden will be our fifth generation of Lehne & Son Painting Contractors.

The majority of our employees have been with us an average of 20 years. Our superintendent, Luis, has been with us 37 years. He is now in charge of estimating and the daily running of the operation.

When I first came full time with my



John Lehne Sr., John Lehne, Jr., and Steve Lehne, who now runs the business.



dad in 1960, he told me to always treat your employees like family – it results in loyalty, production, and quality. And it's still that way today. So, if we can ever be of help with your painting needs, please call us at 310-280-0597.

Left, John H. Lehne, John F. Lehne, and their crew at a job site in Marina Del Rey (1970s).



FREE cup of coffee w/purchase of muffin*

*Must present coupon. Expires 8/31/20.

\$2 Delivery fee within 2 mile radius, with \$15 minimum order.

Mon-Fri: 7:00am-2:00pm



2214 Stoner Ave.
W. Los Angeles

NelisCatering.com
Catering / Restaurant *Neli's*



SANTA MONICA - US763

WE'RE OPEN

and here to assist you with all your printing and copying needs, including COVID-19 items:
BANNERS, SIGNS & FLOOR GRAPHICS

CALL US @ 310.453.7559

Temporary Hours: 9am to 2pm, Mon-Fri

2717 WILSHIRE BLVD • SANTA MONICA, CA 90403

Reflections From The East

The Call of the Watermelon



By Qin Sun Stubis
When I go grocery shopping every summer, I always gravitate toward the giant bins full of those green, basket-ball-sized fruits

Americans call watermelons. To me, this particular example of nature's bounty reflects what summer is all about.

Through years of practice, I've learned how to quickly pick out what I deem to be "the best in the bin." First, I search for the one with darker and straighter lines on the rind and then check the freshness of the stems before I set my eyes on a potential winner. With the knuckles of my index and middle fingers, I give it the sound test. If I hear a distinctive, hollow "pop, pop," I know that I've found my prize. It will then be placed in my shopping cart.

To many of my readers, watermelon may be an ordinary summer fruit. But to me, it has the extraordinary ability to

trigger some of the sweetest memories of my childhood. Life was hard in the 1960s in Shanghai, China. My parents often didn't have enough to provide us four little girls with three meals a day, let alone buy us treats. But, when summer arrived, we could always count on cheap, plentiful watermelons to bring us a lot of pleasure and excitement.

It felt like a celebration every time when a rusty old truck unloaded a mountain of watermelons at a designated street corner in our neighborhood. A man rang his bell as loudly as he could as he raced with his bicycle through our lane, yelling: "Xi Gua! Xi Gua!" Residents soon poured out of every door toward that green mountain, eager to get the first and best of them.

My parents often brought us kids along with some bamboo baskets to haul our loot home. We skipped happily alongside other giggling children and their chatty parents, stood patiently in a long line, and waited for our turn to pick out our family's share.

I still remember how heavy my basket

felt even though my father always placed a very small fruit in it. My older sister and I took turns in carrying it. My younger sister often helped as well. We often struggled to get it home while our father walked proudly ahead of us with a giant melon on one shoulder, and his other arm holding a big basket full of oddly shaped little ones. We couldn't wait to sink our teeth into a slice of sweet, juicy heaven that made our long, sweaty summer so fun and exciting.

In those days, there were a wide variety of watermelons, some long and lanky, and others oval or round. They came in all sizes, as well, with some as big as an iron wok and others so small it was as if two rice bowls had been fused together. The inside of a melon would always remain a mystery until it was opened, ranging from a deep red to a soft pink to a bright yellow. Once we were awed to discover a half-yellow and half-pink miracle.

As a child, opening a melon meant discovering all the secrets it held within its rind, from its color to its

taste. Watermelons were not always sugary-sweet like they are now. They all had a varied degree of sweetness and sourness, which could only be discovered once they were cracked open and tasted. Because of their mystery and variety, I was obsessed with my watermelons.

So many years have now passed. And yet the watermelon still holds that magic power over me, luring me down the memory lane every time I taste it, retrieving those idyllic moments that happened so long ago, and which would otherwise have been lost in the passing of time. Bite into one and see what I mean.

You can always reach me at qstubis@gmail.com

Qin is a longtime columnist of ours who lives in Bethesda, MD.

Answer to Neighborhood Celebrities

(Continued from Page 1)



Santa Monica Public Library

(Continued from Page 1)

Public Library locations are open 24/7 for item returns. All returned materials are quarantined for a minimum of 72 hours before being reassigned, as recommended by health officials. Please check your Library account for item due dates.

Depending on the date of return, and the location's hours of operation, it may take a few days for the Library account to reflect the return. No fines will be assessed during this period.

The re-opening of the book returns and launch of curbside pickup service represent the beginning of a phased approach to providing Library services to support the health and safety of our community. No book donations will be accepted at this time.

Call 310-458-8600 to speak to a librarian, or email reference@smgov.net.



RoseMary Regalbuto, an active member of the Rotary Club of Santa Monica and J. Kingsley Fife, an active member of the Santa Monica Lions Club, met at a joint club meeting years ago. RoseMary was director of Meals on Wheels West for almost 28 years. Kingsley is also active in the Santa Monica Y's Service Club.

Don't Let Emotional Investing

(Continued from Page 2)

present, investors may want to incorporate the following:

- Establish realistic expectations for your portfolio, both from a return and risk perspective.
- Expect markets to move in unpredictable ways, particularly during periods of market stress.
- While the near-term is unpredictable, generally, stocks move up and to the right over the long-term.
- Society is aging, and growth is slower. That means the patterns of the past may be harder to apply to the future, or possibly, not relevant.

Truly understanding your risk tolerance and your threshold for loss can go a long way in helping you maintain a level head during times of market stress.

If you suspect your personal investing bias and emotions are interfering with your investment decisions, defer to the experts. Ask a financial professional to conduct an objective review of your portfolio, with an eye to perform-

ance and your financial goals. Together, you can look for opportunities to grow your investments through disciplined investing strategies.

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

Happy August Birthdays

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

Mini Message Bulletin Board

Finish the summer right. Get good legal advice.
Call Bret R. Carter, Esq.
213-629-5700

2111 Wilshire Bl.
Santa Monica
Sullivan Diturco 310-453-3341
*Residential / Income
Apartment Rentals
Property Management*

SANTA MONICA BAY WOMAN'S CLUB
1210 4th Street, Santa Monica
310-395-1308
Now Air-Conditioned
Available to rent for your next event!

Handyman Available
30 Years on the Westside
Carpentry, repairs, renovation, fixup, minor electrical, plumbing.
Respectful, reliable service for all projects, large or small.
Call Bill at 310-487-8201

Protect your business name. Trademark it in 2020.
mkrieger@internetlawcenter.net
310-208-8020

SANTA MONICA LIONS CLUB
Luncheon Programs 12:15 p.m.
Santa Monica Elks Lodge
1040 Pico Blvd., Santa Monica
Meetings 1st and 3rd Thursdays of the month.
email: levelheadedlinda@yahoo.com

bru's wiffle
Two locations to serve you!
2408 Wilshire Blvd. Santa Monica, CA 90403
3105 Washington Blvd. Marina del Rey, CA 90292

Serving Santa Monica and its Surrounding Communities Since 1949.
www.BradmoreGroup.com

1802 Broadway, Santa Monica • 310-461-9053
OPEN 7 DAYS
OUTDOOR PATIO HAIRCUTS
SAFE! LEGAL! FUN!
ALL BARBERS COVID-19 TRAINED • PHONE AHEAD

PRIMERICA Life Insurance - An industry leader since 1977
Leave a legacy of love. Secure your family with life insurance.
• 94% of claims are paid within 14 days
• An average of \$3.8 million in benefit claims paid every day
For details of the benefits, call Tamara Monique Johnson, District Leader at 818-392-9479.



You can take the bus or drive to Erba. There is a parking lot next to the store and street parking is also available. Perfect location at Pico, just east of Centinela. A large variety of products is available for your selection.

Local Dispensary Sees Rise in Delivery and Sales of Edibles During Pandemic

By Anne Wallentine

Since the beginning of the pandemic, cannabis dispensaries have been deemed “essential” and allowed to stay open. However, stores have had to make changes to accommodate new models of doing business. Jay Handal, who owns Erba Market on Pico Boulevard, has made and noted several shifts over the past few months.

The health precautions Jay has instituted for staff and customers include conducting temperature checks upon entry, requiring masks, and limiting entry to 10 customers at a time. “We want to be safe,” he says. Though fewer customers were coming in initially, he’s seen visits rise again over the past few weeks to nearly 700 customers a day.

Jay has also seen a rise in delivery orders to accommodate the demands of social distancing. He predicts that the days of “deli dealing,” where customers could see and smell products, are waning: “Delivery is going to always be a big part of this industry moving forward,” he states.

Overall business is up, Jay says. “There’s not a whole lot to do anymore. So [people] are smoking a lot, they’re eating edibles a lot, they’re trying to get rid of their anxiety, they’re medicating.” Jay theorizes that the spike in orders of edibles may be due to people reconsidering smoking during an outbreak of a virulent respiratory disease.

While they’ve always welcomed newcomers to the dispensary, Jay has seen more people trying out cannabis products for the first time during the pandemic as well. Their two main customer groups are aged 21-39 and 55 to 75. The store holds senior hours for the latter category – although he sees customers “from 21 to 100.”

Unlike many in industries struggling to adapt, Jay is relatively serene about the future, and is continuing with plans to open new stores. “This is just a different time, and you manage it differently,” he concludes.

For more information, visit www.erbamarkets.com.

Teach Your Children to Avoid the Mistakes You Made With Money

Numerous surveys show that many Americans live paycheck to paycheck, have little saved for retirement, and lack fundamental financial knowledge.

Part of the problem, experts say, is that financial literacy has not been emphasized in American education; only 21 states require high school students to take a related class. If parents want their children to learn the value of money and how to avoid financial problems as adults, the education has to start at home, says Steve Kruman (www.brycewealth.com), a financial planner and investment advisor at Bryce Wealth Management.

“When they understand their parents’ financial situation and gain an understanding of financial literacy,” Steve says, “they are more likely to appreciate the gifts they are given, or aren’t to be given, and why.”

Summer is the ideal time to teach financial literacy to children because they can get real hands-on experience. Teaching a child to be financially literate will help them understand that they have to take personal responsibility to be financially secure when mom and dad aren’t there to put the food on the table for them.”

Steve offers the following at-home teaching methods to help children learn financial literacy:

• **Gardening and investing.** The parent purchases seeds and other starting materials at a garden supply store and has the children keep track of the spending by item on a notepad. “As

you work together in the garden, keep a time log of each family member working,” Steve notes. “When it’s harvest time, teach them to count up the cost of production. Help them determine the value of their produce by comparing store prices of the same product, minus the cost of production. They will learn that you can start small as an investor, but putting in more effort along the way makes things grow.”

• **Working and budgeting.** Steve suggests that parents can undercut their teaching of financial literacy by handing out spending money whenever their child wants something. “To learn good financial skills,” Steve says, “work needs to be taught. They learn they are rewarded for effort, not just for showing up. With their finite amount of money, they can be taught what they’ll have to do as adults – divide it up for bills, spending money, and savings.”

• **Saving and staying out of debt.** “A good lesson for your children to learn about debt would be to show them how a loan would work by you being the lender,” Steve notes. “Have them think of something that they would like to buy (such as a new bicycle or laptop), but that they don’t have enough money saved already. You could offer to help them make the purchase much earlier than continuing to save for it, but only in exchange for a loan payment that would be made by

(Continued on Page 7)

Byte by Byte

Your Telemedicine Toolkit



By Miceala Shocklee

With Covid cases in the U.S. not yet dissipating, having a long-term plan for how to access healthcare during the ongoing pandemic is essential. Telehealth services are on the rise, for both people and pets. As the medical field continues to grapple with how to best provide routine care and crisis care, knowing whether distance telemedicine is available to you is a powerful tool for reducing everyone’s exposure risk.

Telehealth or telemedicine services likely aren’t the way to go for diagnosing new problems or seeing a primary healthcare provider for the first time. However, telehealth services can be used to discuss symptoms with a healthcare provider in order to decide whether monitoring at home or an in-office visit is warranted; can in some cases be used to send vitals such as blood glucose, blood pressure, and temperature to healthcare providers for monitoring of chronic conditions and acute fluctuations; and can be used to start therapeutic relationships with counselors and therapists.

The rules governing the use of telehealth services vary from state to state. However, there is currently fairly broad coverage through Medicaid for telehealth services, and many private health insurances are increasing coverage. To learn more about what services are available to you, visit:

- CDC: www.cdc.gov/coronavirus/2019-ncov/hcp/telehealth.html
- HRSA: www.telehealth.hhs.gov/

While many veterinary hospitals – both emergency and general practice –

are still open for socially distanced visits, some veterinary professionals are also offering telemedicine consults for your pet. While most hospitals will have at least some form of phone triage system where you can relay your pet’s symptoms and be told whether an emergency visit is warranted, non-emergent consults are also available through some telemedicine resources. To learn more about how your pet may benefit from televet providers, check out Wired’s article on the topic:

<https://www.wired.com/story/best-veterinary-telemedicine-services/>

An important difference between veterinary and human telemedicine services to keep in mind is that while humans can completely relay their symptoms, the physical exam is a hugely important part of veterinary medicine that can reveal more than what’s immediately obvious at home, and veterinarians often require in-house diagnostics to get a complete picture of your pet’s clinical condition.

Regardless, as the veterinary and human medical field adapts to the ongoing viral crisis, distance medicine is becoming an increasingly important and available tool. Take some time to investigate what options are available to you to stay well at home while staying safe at home.

Dr. Miceala Shocklee is a Caltech alumna and graduate of the University of Edinburgh veterinary school. Her reporting interests include the intersection of science, technology, conservation, and the written word.



Halley Stubis

Individual and Group Psychotherapy for Anxiety, Depression, Emotional Overeating, and Personal Development

2730 Wilshire Blvd. Suite 620
Santa Monica CA
310-828-8004

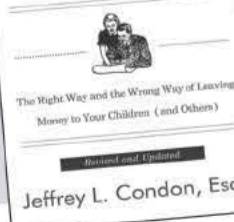
www.DrSheilaForman.com
www.PsychotherapyforWeightLoss.com

Free Initial Consultation



Sheila H. Forman
JD, PHD, CGP
Clinical Psychologist and
Group Psychotherapist
PSY15265

Beyond the Grave



“The Best Estate Planning Book in America”

—The Wall Street Journal

- Wills and Living Trusts
- Probate/Trust Administration
- Trust/Probate Litigation
- Conservatorships - Estate Tax Planning

Brought to you by Attorney and Author:

Jeffrey L. Condon, Estate Planning Attorney

Contact the Condon & Condon Law Office for a consultation today.

310-393-0701
jeff@condonandcondon.net
www.condonandcondon.net

Jeffrey’s “Really Helpful Inheritance Tips” at: www.facebook.com/BEYONDTHEGRAVEBOOK



3435 Ocean Park Blvd., Suite #108 • Santa Monica, CA 90405

MEALS ON WHEELS WEST

Delivering More Than a Meal

Protecting & Preventing

MOW West Volunteers are on the Frontline

MOW West volunteers have safely Delivered More Than a Meal 26,000 times from March 15 to June 30!



Volunteer Irene



The preventative measures MOW West is taking have been effective - no client, volunteer or staff member has been COVID-19 infected.

Stay Healthy. Be Safe.

www.mealsonwheelswest.org (310)394-5133 @mealsonwheelswest

Refer - Volunteer - Donate



BOB GABRIEL CO INSURANCE



Receive Up to 15% Discount When You Purchase Both Homeowner and an Auto Insurance Policy!

California's Business of the Year (2014)

AUTO • HOME • BENEFITS • BUSINESS WORKERS' COMP • EARTHQUAKE APARTMENTS/CONDOS • E-COMMERCE SPECIAL MARKETS FOR HARD-TO-PLACE HOMEOWNERS

Call Today! 310-829-0305
Immediate Phone Quotes

2325 WILSHIRE BOULEVARD • SANTA MONICA • www.bobgabrielinsurance.com



THE STUFF IN YOUR DRAWERS COULD BE SITTING ON CASH!!



NOT SURE WHAT YOUR STUFF IS WORTH? COME IN OR CALL FOR A FREE ESTIMATE!

WE BUY & APPRAISE COINS & COLLECTIBLES GOLD JEWELRY DIAMONDS & GEMS



EST.

1947

(800) 463-4121

(310) 393-0661

WILSHIRE COIN

1312 LINCOLN BLVD AT ARIZONA IN SANTA MONICA

Protecting Your Skin

With summer in full swing across Southern California, and many people participating in outdoor activities, it's important to take special precautions to protect your skin. It's a simple fact: spending too much time in the sun and its harmful ultraviolet (UV) rays can cause skin cancer.

"It's important to know that you need to protect your skin from UV radiation to lessen your risk of skin cancer," said dermatologist Dr. Joy M. Twersky.

"Using sunscreen with a sun protec-

tion factor (SPF) of 30 or higher is advisable, and it should be reapplied as needed, including every 1-2 hours when in the water or when perspiring," Dr. Twersky said. That's why you also should consider taking other steps to protect yourself."

- Avoid the sun during its peak hour from 10 a.m. to 4 p.m.
 - Understand that sand, water, and snow can reflect 85% of the sun's rays.
 - To protect your eyes, wear sun glasses capable of blocking 99% of UVA and UVB radiation.
 - When possible, wear loose-fitting, long-sleeved clothing to cover much of your skin.
 - Wear clothing with the UPF label that helps protect against UV radiation.
 - Because their skin is more sensitive, completely shield the skin of babies younger than six months from the sun.
- "It may not be possible to completely prevent skin cancer, but taking these precautions and seeing your doctor will help," Dr. Twersky advised.



PNI expert doctors treat difficult brain conditions like pituitary and brain tumors, Alzheimer's and Parkinson's.

Visit us at 2125 Arizona Ave.



WE TAKE CARE OF YOUR BRAIN

310-582-7640 | PacificNeuro.org



Do You Need Help Caring For A Loved One?

At Home, Assisted Living, Hospice or as a Patient In The Hospital

Maintaining independence is an option. Let us help you or your loved one customize a care plan for assistance that maintains dignity and independence while enhancing the independent living experience.

Services We Provide

- Light Housekeeping
- Personal Care
- Daily Health Reminders
- Transportation/Errands



310.313.0600 | www.rahwestla.com

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



If you're feeling lonely or socially isolated, call the Friendship Line: 1-888-670-1360.

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.

Flavorful, Fun Japanese-Inspired Lunches to Cook With Your Kids

Family Features - Next time you plan a meal with loved ones, try incorporating authentic Japanese recipes like Garlic Shrimp with Jasmine Rice. Cooking with your kids is a fun way to bond while teaching basic culinary skills. It provides practical lessons like counting ingredients and dividing portions. This dish calls for simple preparations, short cook times and pantry basics, making it easy to involve your family in the process. They can enjoy the food they helped prepare, and you'll be able to check at least one meal off your to-do list while teaching valuable life lessons.



This easy to prepare rice dish looks delicious.

Garlic Shrimp with Jasmine Rice

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 6

Ponzu Rice:

1 cup jasmine rice
1/2 cup Mizkan Ponzu Citrus Seasoned Soy Sauce

1-1/2 cups water

Stir Fry:

2 Tbsp. organic rice vinegar
1/4 cup Citrus Seasoned Soy Sauce
1/4 cup brown sugar
1 tsp. sesame oil
1/2 cup vegetable stock
1 tsp. cornstarch
2 Tbsps. oil
1 pound (about 21-25) raw shrimp, peeled and deveined
1/4 cup red onion, large chopped
2 tsps. garlic, minced
1 cup red bell pepper, chopped
1/2 cup carrots, shredded
1 cup sugar-snap peas
1 cup broccoli florets
2 scallions, sliced

2 tsps. sesame seeds

- To make ponzu rice: In small saucepan, combine jasmine rice, Ponzu and water; cook according to rice directions.
- To make stir fry: In bowl, whisk rice vinegar, seasoned soy sauce, brown sugar, sesame oil, vegetable stock and cornstarch to combine. Set aside.
- In large sauté pan over high heat, heat oil; add shrimp and cook 2-3 minutes until pink.
- Add red onion and cook 1 minute. Add garlic, red bell peppers, carrots, snap peas, and broccoli; cook 3 minutes until tender.
- Add reserved sauce and cook 2 minutes until thickened.
- Divide rice among six bowls and top with shrimp stir fry. Garnish with scallions and sesame seeds; serve.

One way to make cooking more exciting for the family is to prepare food for a bento box using pantry staples. Bento boxes are considered an act of love in Japan and are a fun way to get your family involved in the kitchen.

Bento boxes are similar to single-portion lunchboxes except they feature small compartments for each element of your meal, making it easy to encourage kids to eat fresh fruits and veggies. They also offer a whimsy visual appeal that can make mealtime more entertaining.

Find more tips and ideas for creating flavorful and authentic Japanese recipes at mizkanflavors.com.



Macy's July 4th Fireworks are the best!

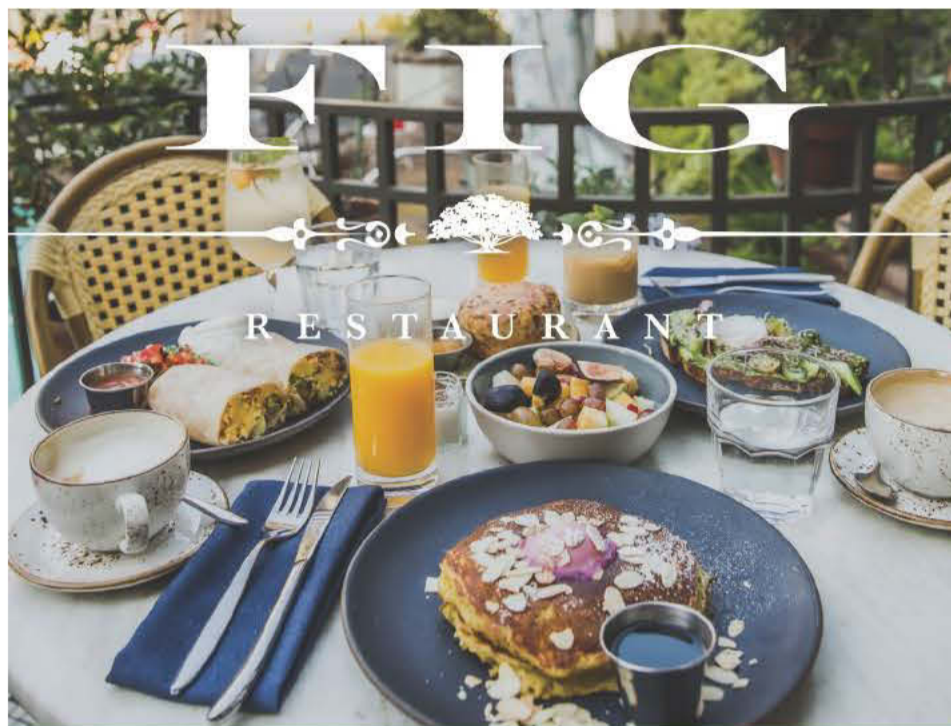


FIG
RESTAURANT
Breakfast & Brunch are Back!



SATURDAYS & SUNDAYS
BREAKFAST 7AM - 11AM | BRUNCH 11AM - 3PM
101 WILSHIRE BLVD. | 310.319.3111 | FIGSANTAMONICA.COM

Teach Your Children (Continued from Page 5)

reducing their chore money. That way, they would learn how debt eats up their earning power.

• **Toys and depreciation.** "Teach them to look at their toys and clothes," Steve says. "Toys wear out. Children's toys and adults' expensive items, such as cars, need to be purchased to replace old ones, and teaching an understanding of that principle of depreciation is essential to teaching your kids why people need savings. Help them understand depreciation by asking them to compare prices of toys being sold at a

yard sale versus a similar toy being sold at a new price online or in a store.

"Children have a lot of years to grow up," Steve reminds us, "and you can give them years of age-appropriate financial lessons in their own home that will last a lifetime. Start now if you haven't already."

Steve Kruman (www.brycewealth.com) is a financial planner, investment advisor and insurance agent at Bryce Wealth Management.



Carolyn F. Hemann, CFP®
Private Wealth Advisor
CERTIFIED FINANCIAL PLANNER™ professional
Hemann, Preator & Associates
A private wealth advisory practice of Ameriprise Financial Services, Inc.

310-477-2500
11835 W. Olympic Blvd. Ste 735-E
Los Angeles, CA 90064
CarolynHemann.com

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



Hemann, Preator & Associates, a private wealth advisory practice of Ameriprise Financial Services, Inc. Investors should conduct their own evaluation of a financial professional as working with a financial advisor is not a guarantee of future financial success. Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment advisor. Ameriprise Financial Services, Inc., Member FINRA and SIPC. CA Insurance 0721941



Christina Jhun Hopkins & Chuck Husting - Real Estate

We focus on the needs of our clients. We have significant local knowledge, decades of experience, and excellent references from happy customers.

Call us any time to discuss the market, real estate issues, property values, etc. We are always willing to advise clients on what repairs to make prior to listing a home.

www.ChuckAndChristina.com

Experienced Santa Monica Real Estate Team

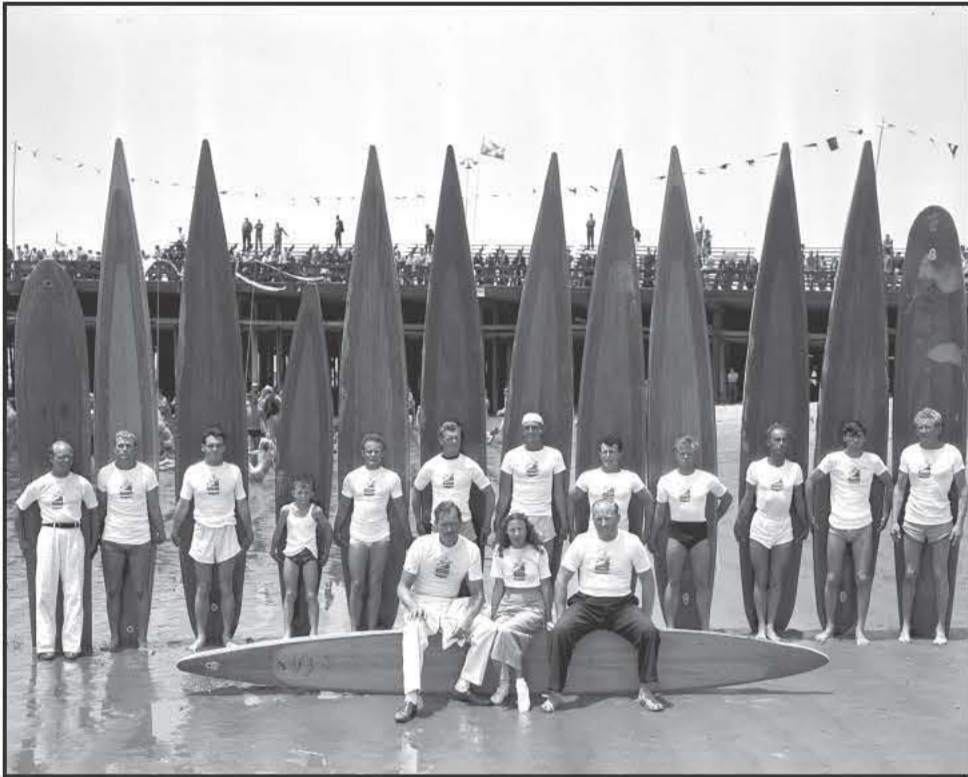
CHRISTINA JHUN HOPKINS
310.430.9559
ChristinaJhunHopkins@Gmail.com
Dre: 01737549

CHUCK HUSTING
310.770.6353
Chuck@ChuckHusting.com
dre: 01837773

Chuck & Christina
REAL ESTATE
COMPASS

**Let your neighbors learn about your business in *The Santa Monica Star*.
Call 424-581-6005 for details.**

From the Santa Monica History Museum



Santa Monica Crew Club, 1940 — Members of the Santa Monica Crew Club above are at the Santa Monica Pier where paddleboarding came to the mainland from Hawaii in 1934. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.10.

Thoughts From a Second-Time Father

Adapting to the “New Normal”



By Michael Margolin

In December of 2018, with the help of a friend, I put together a swing set for Alexa and Jake. Alexa was five and Jake was two. My wife, Enjoli, and I had visions of hours and hours of the kids swinging and sliding and having all kinds of fun. The more up close and personal I got with this apparatus, the less confident I began to feel. There was creaking and some minor swaying that the swing set would do that made me apprehensive about the kids playing on it. Alexa was not able to swing as high as she wanted because I would not let her. I had to tell her she could play outside on the swing set, but to “not have too much fun.”

I did not like having to say this, so we made the determination to get rid of the swing set. We will replace it with a trampoline. At the time of this writing, the trampoline has not been put together or placed in the backyard. In fact, it has not even been delivered yet. Nevertheless, that is what will go in the swing set’s place.

In order to dispose of our swing set, we had a large dumpster placed in front of our house. Not the kind you see outside of a restaurant, but the kind you were always tempted to go mess around in as a kid when they were in your neighborhood. I was, anyway.

I know I was not alone. In order to deconstruct the swing set, I decided to enlist Jake to help me. At first, he did not want to. I then told him I would pay him. He countered by telling me he already had money. As somebody that

has worked in sales for the past 16 years, the concept of not wanting more money because you already have some is incredibly foreign to me. Of course, a lot of my four year old’s concepts are foreign to me.

I told Jake he could use the power drill to get some screws out and he went for it. I had him put his sunglasses on for eye protection and gave him some gloves to protect him from splinters. The gloves and the drill were not made for his size and yet, he still looked like he knew what he was doing.

Jake helped me for 20 minutes or so, with the drilling and taking the pieces of wood out to the dumpster. Alexa is a few years older than her brother and can generally do some things that the younger Jake cannot because he simply is not old or big enough. This day was a little different. A family friend’s girls were over who are both older than Jake. All the kids were out front and Alexa asked if they could go into the dumpster.

There was not much in it, but I told her “no” because generally going into dumpsters is not a habit I wish to encourage. As I was telling her no, Jake stepped up and went in the dumpster. Alexa asked why Jake could go in and they could not. I told her he was my helper and he had permission to go in. I am not sure I had ever seen a more, “Yeah, that’s right” kind of look on his face. The feeling of being able to do something when you are four years old that your older sister did not have permission to do is so sweet.

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

Shop Local - Buy Local
swissmissrealtor.com

Hire Evelyn Lauchenauer for All Your Real Estate Needs
Santa Monica Realtor and Resident.
Reputation built on listening to client needs.



Evelyn Lauchenauer
310-906-0163

Berkshire Hathaway Home Services
California Properties
3130 Wilshire Bl. Santa Monica

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500



AS SEEN ON TV

- ✓ **EXPERIENCE YOU CAN TRUST!**
Only American Standard has **OVER 140** years of experience and offers the Liberation Walk-In Bathtub.
- ✓ **SUPERIOR DESIGN!**
Ultra low easy entry and exit design, wide door, built-in safety bar and textured floor provides a safer bathing experience.
- ✓ **PATENTED QUICK-DRAIN® TECHNOLOGY**
- ✓ **LIFETIME WARRANTY!**
The **ONLY** Lifetime Warranty on the bath **AND** installation, **INCLUDING** labor backed by American Standard.
- ✓ **44 HYDROTHERAPY JETS!**
More than any other tub we’ve seen.

FREE!
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

Lifetime Warranty!
Finance Options Available*

MADE IN USA

ACCREDITED BUSINESS A+ RATED

We will be using Covid-19 Santa Monica regulations mandatory mask walking 6 feet apart.

Walk to the Beach
Join Us!

Every Wednesday 7am & Every Sunday 7pm we meet @ Virginia Park in front of the Library.
U Don’t have to have a Dog to walk with us. NO RSVP Needed Just SHOW UP.
MONIKA 310-403-1350 or email ARMENDARIZ983@GMAIL.COM



Save Now On Home Security
Monitored by ADT® the #1 home security company in the U.S.

ADT® 24/7 Monitored Home Security

- 24/7 monitoring provides peace of mind
- Yard sign and window decals help deter crime
- Quickly connect to fire and emergency response
- May qualify for a homeowners insurance discount

\$27⁹⁹ PER MONTH

1-844-608-6784
WE’RE AVAILABLE 24/7—CALL TODAY!

ADT Authorized Premier Provider

Protect Your Home

BASIC SYSTEM: \$99 Parts and Install. 36-Month Monitoring Agreement required at \$27.99 per month (\$1,007.64). 24-Month Monitoring Agreement required at \$27.99 per month (\$671.76) for California. Offer applies to homeowners only. Basic system requires landline phone. Offer valid for new ADT Authorized Premier Provider customers only and not on purchases from ADT LLC. Cannot be combined with any other offer. The \$27.99 Offer does not include Quality Service Plan (QSP), ADT’s Extended Limited Warranty. GENERAL: For all offers, the form of payment must be by credit card or electronic charge to your checking or savings account, satisfactory credit history is required and termination fee applies. Certain packages require approved landline phone. Local permit fees may be required. Certain restrictions may apply. Additional monitoring fees required for some services. For example, Burglary, Fire, Carbon Monoxide and Emergency Alert monitoring requires purchase and/or activation of an ADT security system with monitored Burglary, Fire, Carbon Monoxide and Emergency Alert devices and are an additional charge. Additional equipment may be purchased for an additional charge. Additional offers may apply in areas that require guard response service for municipal alarm verification. Prices subject to change. Prices may vary by market. Some insurance companies offer discounts on Homeowner’s Insurance. Please consult your insurance company. Photos are for illustrative purposes only and may not reflect the exact product/service actually provided. Licenses: AL-21-001104, AR-CMPY 0001725, AZ-R0C-217517, CA-AC-06320, CT-ELC-0193944-15, DC-EMSS020653, DC-6025160001016, DE-07-212, FL-EC13003427, EC13003401, GA-LVA205395, IA-AS-0206, IL-EL-5139131, IL-127-010142, IN-C.P.D. Reg. No. -- 19-08088, City of Indianapolis: LAC-000156, KY-City of Louisville: 483, LA-F1914, LA-F1915, LA-F1982, MA-F1355C, MD-1072-1626, ME-LM50017382, MI-3601205773, MN-TS018007, MO-City of St. Louis: CC4954, St. Louis County: 100194, MS-15007958, MT-PSP-ELS-LUC-247, NC-25310-SP-FALV, NC-1622-C5A, NE-14451, NJ Burglar Alarm Lic. # NJ-34BF00021800, NM-353366, NV-0068518, City of Las Vegas: 300008296, NY-Licensed by the N.Y.S. Department of State UID#12000317691, NYS #12000286451, OH-53891446, City of Cincinnati: AC86, OK-AC1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA022999, RI-3582, RI-7508, SC-BAC5630, SD- 1025-7001-ET, TN-1520, TX-R13734, ACR-3492, UT-6422596-6501, VA-115120, VT-ES-2382(7C), WA-602588694IECPROTEYH934RS, WI-City of Milwaukee: PAS-0002966, WV-WV042433, WY-TV-G-21499. 3750 Priority Way South Dr. Indianapolis, IN 46240 ©2017 DEFENDERS, Inc. dba Protect Your Home DF-CD-NP-Q320

Limited Time Offer! Call Today!
888-597-0707
Or visit: www.walkintubinfo.com/smstar

Discount applied at time of purchase. Terms and Conditions Apply. * Subject to 3rd party credit approval. Minimum monthly payments required. Receive a free American Standard Cadet Toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. All offers subject to change prior to purchase. See www.AmericanStandardBathTubs.com for other restrictions and for licensing, warranty, and company information. * CSLB B982796; Suffolk NY:6543IH; NYC:HIC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

Community Service in Santa Monica

Rotary Supports the Environment



By Lisa C. Alexander
Rotary International (RI) has added a new area of focus: Supporting the Environment. RI was already funding environment-related projects, but elevating support of our environment as a distinct area of focus will give Rotary members even more ways to bring about positive change in the world and increase our impact.

Rotary Areas of Focus are categories of service activities supported by RI grant money. Supporting the Environment becomes our seventh area of focus. The other six areas of focus are: Peacebuilding and Conflict Prevention; Disease Prevention and Treatment; Water, Sanitation, and Hygiene; Maternal and Child Health; Basic Education and Literacy; and Community Economic Development.

Rotarians understand that the whole world is our backyard. We can see the effects of climate change in the communities we care about. Rotary International can make an impact because we have members in over 200 countries and geographical areas around the world. RI's good works have earned it recognition and respect that opens doors to connections that can make more good works happen. Rotary's leadership in the fight to eradicate polio is a primary example. Rotary International will now apply its reputation and connections to

the environment.

As an international organization, RI is uniquely positioned to bring its advocacy and action to environmental problems.

Rotarians are problem solvers. We recognize that climate change is a complex problem and solutions will not be simple or easy. But focusing on our environment will bring greater awareness of the critical environmental issues affecting our communities, the countries we live in, and the world. Support of the environment will now become a component of all Rotary service to ensure that projects support sustainable development and environmental protection.

At the local level, our Rotary clubs and districts will partner with reputable environmental groups to coordinate projects to support the environment. The Rotary Club of Santa Monica already partners with Heal the Bay for beach cleanups and Friends of the Los Angeles River to care for this unique urban navigable waterway. We can and will do more.

I am personally very excited that Rotarians will now also become known as environmental advocates. If environmental issues are important to you, I invite you to join Rotary. Your voice, passion, and leadership will always be welcome.

If you would like to join us for a Zoom meeting, contact Savi at rotaryclubofsantamonica@verizon.net for more details.

Santa Monica Lions Club Carrying On As Usual



By Linda Levee
The Santa Monica Lions Club has great news that makes our membership happy. We have been approved to merge with the Pacific Palisades Lions Club. Both clubs have been around since the 1920s and have remained solid until this pandemic hit, and many of our members are in the high risk category.

The Santa Monica Lions are very excited as the merger will add some new members and give us a whole new circle of people to include in our activities. We have already sponsored a Leo Club at Palisades High School, and we hope to start other Leo clubs in the combined areas.

We are now holding two virtual meetings a month on Zoom. We have been having our board meetings on Zoom for the past four months. We are now used to doing this and have

learned to adjust with lots of ways to communicate with each other.

We were hoping to go back to the Elks Club by August, but since it appears that we are still in the first phase of the pandemic, when we all need to stay home, wear masks when outside your usual circle of friends and relatives, and make sure those around you stay at a safe distance and check to see where the kids and grandkids have been before meeting with them.

We still remain strong and even though it is hard when people want to go back to work and school, we must follow all of the rules if we want to move on and not go backwards.

We are a forward-looking group, and we want to remind those who follow us that we are always seeking new members and welcome those interested to contact Lion President Alan Parr at 310-383-9975, or Lion Vice-President Kingsley Fife for more information about club activities or membership. Call him at 310-454-2960.

Fulfilling Our Mission of Community Service



By Susan Barry
The Santa Monica Bay Woman's Club (SMBWC) Board of Directors continued their goal of distributing a percentage of our annual

income to charities and organizations that address the needs of women, children, and education.

With the effects of pandemic crisis on families in our community, SMBWC substantially increased their support for many of their past recipients. In May, 2020, the UCLA Foundation Food Closet received \$1500, Upward Bound House received \$7500, Step Up on Second received \$7500, School on Wheels received \$7500, and \$2500 was given to Meals on Wheels.

SMBWC added \$2500 to the endowed scholarship established last year at Santa Monica College for women returning to school; and, \$2500 to the General Federation of Women's Clubs to furnish a bedroom in the newly renovated historic headquarters in Washington, D.C.

The Laura E. Hubbell Endowment Fund donated \$15,000 to Wise and Healthy Aging is to be used for the development of housing assistance for elderly women in need, preferably in Santa Monica.

Donations to several additional organizations included the Santa Monica History Museum, UCLA Next Generation Doctors, My Stuff Bags Foundation, Happy Trails for Kids, The Lange Foundation, and the Fisher House Southern California.

The Santa Monica Bay Woman's Club is the home for its members and the community for many regular activities and events. While these are currently on hold, we want you to know we are developing procedures in preparation for the Club's reopening. In concern for the safety and welfare of our members and guests, we are following the L.A. Department of Health guidelines about gathering in venues such as ours, making every effort to reopen as soon as possible. In the meantime, stay safe and well. We look forward to seeing you soon! For updates, please check www.smbwc.org.



SANTA MONICA BRAKE
COMPLETE AUTOMOTIVE REPAIR & SERVICE

VINTAGE TO CURRENT FOREIGN & DOMESTIC

TEL (310) 394-2076 911 SANTA MONICA BLVD.
FAX (310) 395-5527 SANTA MONICA, CA 90401

DEBRIS REMOVAL **LICENSED & INSURED**

WESTSIDE

SANITIZE SERVICE

GREEN TECHNOLOGY EPA APPROVED CHEMICALS

SANITIZING YOUR SPACE

(310) 709-8793

westsidesanitize.com • westsidesanitize@gmail.com

CERTIFIED HOME INSPECTOR P.O. BOX 45392
OSHA CERTIFIED LOS ANGELES, CA 90045



Prepare for power outages with a Generac home standby generator

SCHEDULE YOUR FREE IN-HOME ASSESSMENT TODAY!

424-252-8605

FREE
7-Year Extended Warranty*
A \$695 Value!

Offer valid March 16, 2020 - Sept 6, 2020

Special Financing Available
Subject to Credit Approval

*Terms & Conditions Apply

Paws and Claws

Dogs and Probiotics



By Dr. Frank Lavac
MS, DVM, VCA

Q: Are there probiotics that can help dogs that have common intestinal problems?

A: Probiotics are commonly used in veterinary medicine to help normalize the intestine. They are most often

used to treat uncomplicated diarrhea.

By the World Health Organization (WHO) definition, probiotics are live microorganisms, which when administered in adequate amounts, confer a health benefit. The FDA does not regulate probiotics.

Your veterinarian will often prescribe probiotics that have been properly evaluated and scientifically tested.

The best applications for probiotics are uncomplicated diarrhea, prevention of stress diarrhea, prevention of antibiotic induced diarrhea and as an additional aid to chronic intestinal abnormalities. Probiotics are generally considered safe.

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

Adopt a Pet



Levi is a two-year-old Husky mix. He is fun and energetic. If you are interested contact KarmaRescue.org.

Mar Vista: Neighbor to Neighbor

Learning About Old Mar Vista



By Tesi Treuenfels

Here we are at the fifth month mark. For almost half a year, we have been quarantined and carefully navigating outside the house with masks, if

we are outside the house at all. Not to worry, this too shall pass.

I take early morning walks at the break of day on the bluffs above the ocean. There are only two or three of us out walking. I feel secure and happy in nature's beauty. Last spring, there was a nice crop of new bunnies scurrying under bushes as I approached. I watched them grow as spring turned to summer. They still scurry under bushes. There are far fewer of them now – the perils of being delicious in a highly predatory world. There are fewer of us now as well. Nature is taking her cruel course with Covid. Be wise. Be thoughtful. Wear a mask – not for your health, but for mine, and I will do the same for you. Please.

Online has become my go-to for, well, for everything. I continue my education on the history of this country, searching for a deeper understanding of race, police, jails and the most recent manifestation of the fight for safety and

equality. Recently I watched a documentary, "True Justice: Bryan Stevenson's Fight for Equality." I cannot recommend it highly enough. It is excellent in every way. It clips along and gives a profound insight into inequities in our nation's justice system.

Speaking of history, who gave Mar Vista her name? Well it was George Sunday. In 1923, George Sunday, the son of evangelist Billy Sunday, came up with the name Mar Vista (sea view) when he was naming a subdivision in the former neighborhood of Ocean Park Heights. Santa Monica and Venice tried to annex Mar Vista in the following years, but it became incorporated by Los Angeles in 1927.

Have you been busy in the kitchen? Me too. For my shopping, I use the pickup service at Ralphs. I order online, set a pickup time, drive and park in a designated pickup parking place in front of the store. Within five minutes someone is loading my groceries into my trunk. It's free.

Ordering items online was becoming a habit, but I've got it in check now. A foldable stool arrived in an unmarked package. It was made for a doll, I'm sure. What was I thinking? I read more carefully now. Or do I? Some buys

(Continued on Page 11)

Brain Matters

Is There a Connection Between Menopause and Alzheimer's Disease?



By Jack Hodes

A gender disparity exists in the disproportionate number of women diagnosed with Alzheimer's disease (AD) dementia. Data indicate that almost two-thirds of individuals

living with AD in the United States are women. Because age is the number one risk factor for AD, some previously believed women were more likely to receive a diagnosis of AD due to their longer lifespans. However, the distinct sex-specific risk factors and trajectory of the disease in women suggest a different explanation.

Does menopause contribute to Alzheimer's disease? Menopause marks the end of a woman's menstrual cycles and is diagnosed after 12 consecutive months without a menstrual period. Menopause can happen in a woman's 40s or 50s, but the average age is 51 in the United States.

Research indicates that one of the primary contributors to cognitive decline in women is the onset of menopause and the hormonal changes that result.

While menopause is a natural age-related process, it causes reductions in sex hormones like estrogen and progesterone. These steroid hormones are not only important for fertility but also play a critical role in brain health.

Reproductive health and brain disease - Interestingly, women who had menstrual periods earlier in life and went through menopause later were less likely to develop dementia. Additionally, women with three or more

children had a 12% lower risk of dementia, and the longer the pregnancies, the lower the risk of developing AD.

These statistics shed some light on the role of reproductive health in brain disease, but how and why are the two connected?

Estrogen and progesterone are carried through the blood and into the brain, where they bind to receptor targets on brain cells and alter energy production, neurotransmitter levels, and protein expression. These modifications influence memory, mood, executive functioning, and other cognitive abilities.

As menopausal and post-menopausal women are well aware, the decrease in hormone levels that accompanies menopause can also prompt a host of neurological symptoms, such as hot flashes, disturbed sleep, depression, brain fog, and memory decline.

Staving off Alzheimer's disease early - Although we often associate AD with old age, recent advances in brain imaging research have shown that the brain changes that lead to AD can be detected 20-30 years before symptoms begin. Because the onset of menopause can precipitate the early changes associated with AD, it is especially important for women in midlife to intervene with strategies to optimize brain health.

Fortunately, the risk of AD is significantly influenced by our diets, physical activity and stress levels, social lives, and lifestyle. At the Pacific Brain Health Center, our research and clinical care is grounded in a holistic approach

(Continued on Page 11)

Estate Planning, Trusts, Wills, Probates, Conservatorships



Lisa C. Alexander
Attorney At Law

JAKLE & ALEXANDER, LLP
1250 6th Street, Suite 300
Santa Monica, CA 90401

Call: (310) 656-4310

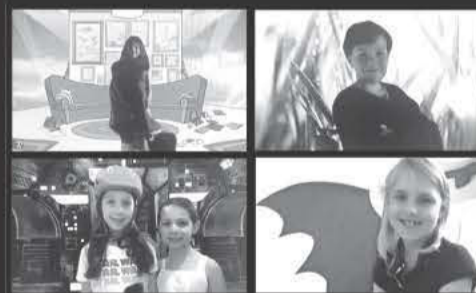


Mention this
Promo Code: STAR
and receive a
FREE
CONSULTATION

Santa Monica Playhouse! We're Back!

ONLINE THEATRE CAMP

ages 7-14 • every child is featured!



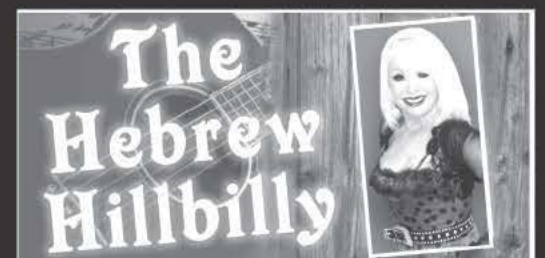
Theatre skills!
Camera Technique!
Create a Zoom play!

Tuesdays or Thursdays
4-5pm, Aug 4-27
Sat 10-11 am, Aug 8-29

LIVE STREAMING

A benefit to support the Playhouse in its 60th year!

Shelley Fisher's award-winning show!
Sunday, Sept 13
Curtain 6:30pm
Email us for details



1.310.394.9779 ext. 3
theatre@SantaMonicaPlayhouse.com

Stories From Old Mar Vista

(Continued from Page 10)

have made me very happy. One is my silicon popsicle mold. The popsicle mold freezes ten pops at a time and came with a surprising recipe book. There are recipes for; apple pie pops, rosemary strawberry pops, honeyed peach thyme pops, lavender blueberry, matcha latte, and more. Using frozen berries and frozen fruit works fine or take a quick trip down to the Mar Vista Farmer's Market?

The Mar Vista Market on Venice near

Grandview remains open, as does Mitsuwa Market, at the corner of Venice and Centinela. Mitsuwa has an outstanding selection of fish and many Japanese foods and products. Their vegetable selection is outstanding, the highest quality.

The Art Bar in Mar Vista is open for Growlers and Grinders, curbside pickup 5-9 p.m. daily. The businesses are beginning to open up slowly. Stay safe everybody.

Is There a Connection? (Continued from Page 10)

that incorporates all of these aspects of brain health so you can start improving your cognitive fitness today.

Jack Hodes, Honors BS, is a Clinical Research Coordinator at the Pacific Brain Health Center. His primary focus is

coordinating the day-to-day operations of the Alzheimer's PREVENTION Trial, a one-year randomized controlled study for individuals with mild cognitive impairment due to Alzheimer's disease. PacificBrainHealth.org. 310-582-7641.

From Me to You...



By Diane Margolin

One of my dearest friends is moving out of town this month. We have been friends since we were teenagers. I was not able to go to her going-away luncheon because of health concerns. I do not know when I will see her again. But, we will certainly keep in touch on the telephone.

She has lived in her house for 55 years so we discussed ways to make moving easier. I have moved several times and always pack one box with items that you may need when you first get to your new home. Often they could be packed up in several boxes and you can't get to them right away.

For her housewarming gift, I put several items in the "Moving Box." Toilet paper and paper towels are important, as are paper plates and cups, plastic utensils, a can opener, soap, flashlight, pens, some scratch pads, scissors, scotch tape, marking pen, keyrings, rubber bands, paper clips, an extension cord, a few pieces of chocolate (for energy, of course), a ruler, a tape measure,

trash bags, batteries, and more, I'm sure. It was such fun to make up.

My sister-in-law Joyce reminded me of a traditional housewarming gift. It includes bread so you shall never know hunger, salt so your life always has flavor, sugar so your life has sweetness, and a broom to sweep away sadness or difficulties.

Instead of a broom, I gave her this wonderful washable microfiber "feather duster" that is a joy to use. The other items I will ship when she is settling into her new home.

We also talked about contacting your current utility providers to stop service and to contact the ones where you will be living so you will have power and water when you move in.

Contacting the chamber of commerce for more information about the area is helpful also.

We were so sad to hear about the passing of some friends who have been active in our community. Sincere condolences to the families of Maurice Solomon, Bill Crookston, Marv Levin, and Stan Dyer. We share many memories of these men.

SUBSCRIBE TO

The CURRENT

NEWSLETTER!

READY TO BE THE SMARTEST PERSON IN THE ROOM?

THE MOST IMPORTANT NEWS FROM THE **smdp**
Santa Monica Daily Press

www.smdp.com/signup



JOHN LEHNE & SON INC.
PAINTING CONTRACTORS

Luis Fajardo Superintendent
310-261-3031 cell
310-280-0597 office
310-280-9172 fax
JohnLehneandSon@gmail.com

Lic. # 160698

Family-Owned and serving the Westside community since 1936



LeafFilter
GUTTER PROTECTION

CLOG-FREE GUTTERS OR YOUR MONEY BACK GUARANTEED!

BEFORE LeafFilter
AFTER LeafFilter

15% OFF

YOUR ENTIRE LEAFFILTER PURCHASE*
Exclusive Offer - Redeem By Phone Today!

ADDITIONALLY

10% OFF SENIOR & MILITARY DISCOUNTS

MADE IN THE USA

PLUS!

THE FIRST 50 CALLERS WILL RECEIVE AN ADDITIONAL

5% OFF**

YOUR ENTIRE INSTALL!
**Offer valid at estimate only

FINANCING THAT FITS YOUR BUDGET!*

*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE

1-855-842-5065

Promo Code: 285

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H


Get Agency Quality
...Without the Price!

Dynamic/Graphic.



Saves Money • Reduces Headaches • Taste Good


• Logos • Newsletters • Flyers • Layout/Design
• Brochures • Websites • Banners • Social Media

Free initial project consultation.
805/402-0567 • dynamicgraphic@rocketmail.com



Timur M. Berberoglu, Esq. 725
1112 Montana Avenue, Suite C-2
Santa Monica, CA 90403



Wills, Trusts and Probate made simple - see your lawyer from your couch!

Meet me in person, by phone or via video conference; review your documents in person or online; sign your documents in my office, at home or at work.

It's that easy!

Call me to book an appointment:
(310) 401-3111



FREE DELIVERY
NO MINIMUMS

ERBA

MARKETS | LOS ANGELES

FREE Delivery no minimums
9:00 am - 9:00 pm

Curbside Pickup & In Store
8:30 am - 9:30 pm

📍 12320 WEST PICO BLVD



VENICE | MARINA DEL REY | WEST LA
CENTURY CITY | SANTA MONICA
CULVER CITY | BEL AIR | MAR VISTA
BEVERLY HILLS | BRENTWOOD
MALIBU Now Delivering! | PACIFIC PALISADES Now Delivering!



STAY SAFE - ORDER ONLINE:
ErbaDelivered.com

*Text notifications for when your order is ready and you can remain in your car for express curbside pickup.

Thank you to all 1st Responders, Medical Personnel & Essential Service Providers

THOUSANDS OF CANNABIS PRODUCTS TO CHOOSE FROM



C10-0000383-LIC

OBSERVING ALL CDC CONTROLS

📍 ERBAMARKETS | P. 310.207.1900

ERBAMARKETS.COM