



What a pleasure it will be to see the Moreton Bay Fig tree at the entrance to the Fairmont Miramar Hotel again when they reopen this month.

## Fairmont Miramar Hotel Reopens

Fairmont Miramar Hotel & Bungalows is pleased to announce that the hotel reopened its doors to guests and visitors on July 1. This covers guest services and food and beverage venues, including FIG Restaurant, Lobby Lounge, Dogtown Coffee, The Bungalow, Glam + Go, Lloyd's Barbershop, Atelier Fine Watches and Jewelry, and Vilebrequin Swimwear. Exhale

Mind Body and Spa reopened its doors on July 3.

As always, caring for their guests and colleagues is their top priority. To learn more about the extensive measures they are taking to safeguard, protect, and care for valued visitors and employees, visit ALL-StayWell.com. At each touchpoint along the guest journey through

*(Continued on Page 4)*

## How to Connect With Your Community and Move Forward After Quarantine

By Kalina Silverman

"I think I forgot how to talk to people!" Recently I went on a socially distanced birthday picnic with a group of people, and a friend made the above statement – half-jokingly.

After months of quarantine, our social skills may be rusty. Yet, given the collective pain of the past few months, now, more than ever, it's important to figure out how to come together as a community, help one another, and move forward with a positive mindset.

With summer rolling in, below are suggestions for a number of activities we can participate in to socially connect and build community while remaining safe and mindful:

- **Exercise with pals from a distance** - Three times a week I meet up with a group of friends to go surfing in Santa Monica. We drive separately, stay six feet apart from one another in the water, and have a great time catching waves and catching up on our lives – before saying goodbye and heading off to work (from home). It is the most connected I have felt to a group of people since quarantine began. I'm reminded how physically and mentally beneficial it is to find friends to establish fun fitness routines with, whether that means a sunset yoga session in the park or a Saturday morning bike ride.

- **Call your favorite local businesses and organizations, and ask "How can I help?"** - Some-

times, you just have to ask. Whether you are helping to clean up and paint looted stores, or dining outside, there are ways to support locally. You can also consider visiting open farmers markets, and making friends with and supporting your local produce providers.

- **Watch online concert broadcasts** - Although stadiums and entertainment venues are still closed, consider tuning in to a show with your friends and family members to enjoy live entertainment from your living room. Perks: You get to avoid downtown traffic and can wear comfortable clothing.

- **Volunteer locally** - Call your local non-profit organizations and figure out ways to help, such as cleaning up at the beach or serving as a mental health crisis counselor.

- **Volunteer remotely** - You can tutor at-risk youth over video calls, read to seniors, translate medical texts, and so much more – all while staying safe and distanced.

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## Take A Look Inside

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## Marketing Your Business for Long Term Success

**(Family Features)** Rapid growth and long-term success are the dreams virtually every entrepreneur pursues. Adopting some clever marketing strategies can bring those dreams within reach, especially if you're willing to take some notes from experts who have successfully navigated the path. For example, entrepreneur Russell Brunson started his first online company while he was in college.

Today, he is the co-founder of ClickFunnels, a software company that helps entrepreneurs get their message out to the marketplace, quickly and efficiently. Brunson is also the author of a series of books, including *Traffic Secrets*, which is filled with tips for using classic and foundational direct marketing techniques to help future customers discover an entrepreneur's product or service and how to drive demand. Here are some tips.

- **Work behind the scenes to connect with your target audience.** With a little research, you can identify the places your target customers tend to congregate. Places like Facebook groups, YouTube channels, podcasts, blogs, and other platforms serve as trusted sources of information, and these are the places where they're more apt to listen to what you have to say.

- **Don't just post on social media; understand it.** Social media is a powerful tool for marketers and entrepreneurs. Depending on your business, you may be able to leverage both your personal profile and a business account to connect with your audience. Understand the platform's algorithm and post content it wants to share with its users.

- **Pay for email ads.** A wide variety

## Special Moments Lingerie Shop in the Palisades Holding Summer Sale



Susan Gabriel Potter is looking at lingerie with Special Moments shop owner Mely Parmelee. Check out the coolest lingerie at the summer sale. Call 310-454-8199 for the Pacific Palisades store hours.



Learn how to drive traffic to your website. Photo by Getty Images

of online news sites, newsletters, online communities, and influencers have large email lists. Approach those with audiences that would be interested in your product or service and request an email endorsement. Having third-party endorsers announce your offer to their email lists lets you go around the competition to talk directly to your target audience.

"If you are selling anything online, or trying to generate leads online, no matter what industry you're in, these 20 traffic secrets can help attract more eyeballs," Brunson said. "I'd like to help you fill your website and funnels with your dream customers, so I'm going to give you my new book for free. Just visit [grabtrafficsecrets.com](https://grabtrafficsecrets.com)."

For more details on driving traffic to your site using major platforms on social media, please read Part 2 of this article on *The Santa Monica Star* website: Direct link is <https://tinyurl.com/ybqd6xv9>.

## Do You Recognize This Neighborhood Celebrity? (Answer on Page 4)



Brain Matters

Improving Brain Health in Under a Minute



By Scott Kaiser, MD
As a geriatrician - a physician specializing in the care of older people - focused on addressing cognitive issues, it is exciting

to know how many things we can do to improve brain health. Plus, many of these steps can be taken, one at a time, in just a matter of moments, and in many cases for free.

So here are 3-B's for a Brain Health Boosting Bonus:

1. BUST A MOVE!

To many, it may seem like common sense at this point, but it can never be emphasized enough: Exercise is an essential component of a healthy lifestyle.

The benefits of regular physical activity are so numerous - especially for our brain health - that, in a sense, exercise is the closest thing we have to a miracle drug. To achieve one's daily recommended level of exercise you do not need to do it all at once. Your activity can be spread throughout the day and, in fact, there may even be unique benefits to short bursts of vigorous

activity - high-intensity intervals. When it comes to brain-healthy exercise, evidence suggests that there is an added boost when you combine aerobic and cognitive challenges.

For example, if you were to learn a new dance routine, you would not only reap the benefits from getting up and getting your blood pumping, but also from the mental challenge involved in learning the steps and keeping yourself coordinated (especially if, like me, you have two left feet!). When you consider the opportunity for creative expression, the joy of connection, and that smile you've just put on your face (all brain health boosting factors) the benefits really start to add up.

So, get up out of your chair, step away from the screen, and don't just stand there, bust a move.

2. 1-2-3 BREATHE

A robust and rapidly expanding body of research captures the numerous benefits of meditation. While there are many forms of meditation and contemplative practices that one can spend a lifetime cultivating, the brain health benefits can come with simple first steps. For example, just taking

some mindful breaths - simply bringing your attention to your breathing and taking a moment to notice this automatic function with some sense of curiosity - can initiate a very positive cascade of events in our mind and body. For one, this simple practice can actually help you curb "stress" while initiating a physiologic "relaxation response" in your body resulting in a slowing of the heart rate, change in blood vessel tone with reduced blood pressure, boosting of immune factors, lowering of blood sugar, improved mood, and on and on. As you bring your attention to your breath, you may even be filled with a sense of wonder and appreciation - marveling at the many ways our body keeps us moving through life and noticing seemingly simple things we may take for granted.

With mounting evidence supporting the many benefits of "gratitude," you may have just unlocked another brain-health boosting bonus.

3. TAKE A BITE

What we eat plays a critical role in determining our health and well-being. And, when it comes to main-

taining brain health, the "farmacy" is where you will find the best medicine. An extensive and growing body of research demonstrates the brain health benefits of certain foods - especially those rich in certain antioxidants and other "neuroprotective" compounds.

For example, in several studies, higher levels of flavonoid intake have been associated with a reduced risk of developing Alzheimer's disease. These "phytonutrients" - chemicals that plants produce to keep themselves healthy - can actually reduce inflammation in our brains, protect brain cells from injury, support learning and memory, and deliver other obvious benefits for brain health. As far as flavonols, a specific type of flavonoid that is highly protective, apples are on the list; so "an apple a day" really may "keep the doctor away." Just add some kale and a handful of blueberries and call me in the morning.

Better yet, spend your minute eating them mindfully, and it might just be what the doctor ordered!

Scott Kaiser, MD, is a family physician and geriatric medicine specialist who provides an integrated and holistic approach to the cognitive challenges his patients face. He is director of Geriatric Cognitive Health, Pacific Brain Health Center at Pacific Neuroscience Institute and is the chief innovation officer at the Motion Picture & Television Fund. 310-582-7641 / pacificneuro.org.

Planning Ahead

Probate Just Got Worse - Time for a Living Trust



By Lisa C. Alexander, Esq.
The Courts were closed from March to June. Except for emergency hearings, all Probate matters ground to a halt. All the Petitions that were set for hear-

ing during that time were continued to the Summer. All new Petitions are set for hearing in the Fall, and in some cases into next year.

It may not seem like a big deal, since Probate deals with estates of people who are dead. But, the Court closure and delayed hearings have real and devastating conse-

quences for the family left behind.

The Petition for Probate is the first step in settling a Decedent's Estate. By law, the hearing on the Petition for Probate is supposed to occur within 30 days of the date it is filed. But, due to Court backlogs, Petitions for Probate may not be heard for five or six months. Meanwhile, there is no access to Estate funds to reimburse for funeral expenses or to keep the mortgage on the house current. Beneficiaries are having to advance these costs out of their own pocket for months, or deal with the consequences when they just plain do not have the money.

And, what happens to children and family when a Decedent's Estate is tied up in Probate? There are protections for family who were dependent on the Decedent for support. They can petition the Court for an allowance so the family can stay in the home and the utilities and other bills can be paid. But, in a recent case, the Decedent died suddenly, leaving his wife and children who depended on him as the sole breadwinner. The hearing on the Petition for Probate is six months away, leaving the family with no money. The family petitioned the Court for an emergency hearing to grant an allowance for support. The Court denied the

(Continued on Page 4)

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How do you escape a “perfect” life? This is the question plaguing Claire Cook, the protagonist of Julie Clark’s (above) new psychological thriller **The Last Flight**. To onlookers, Claire’s life seems idyllic. Married to the scion of a political dynasty that rivals the Kennedys, she lives in a palatial Manhattan townhouse with a staff of ten. But, what no one sees is that Claire is a prisoner in her own home with an abusive husband. What they don’t know is that Claire has worked for months on a plan to vanish. A chance meeting in an airport bar brings her together with a stranger equally desperate to escape her life.

Photo by Eric A. Reid

### Local Author Julie Clark Writes the Perfect Summer Read - *The Last Flight*

By Anne Wallentine

By day, Julie Clark teaches fifth grade at Roosevelt Elementary School. But between 4 and 6 a.m. – what some might still call “night” – she writes novels, the second of which was recently released to popular reviews. *The Last Flight* is a thriller that hinges on two women swapping plane tickets, and the escape that the switch offers for one of them.

Julie says that keeping her two roles distinct allows her to focus better on each. “Being with kids all day really snaps you out of whatever plot problems [you encounter],” she says. “It just vanishes between 8:30 a.m. and 3 p.m.” Teaching and writing each allow her “to use my brain creatively, but in a very different way.”

Julie started writing in earnest in her early 40s, after the youngest of her two kids started sleeping through the night. However, she recognized her ambition to write from a young age, crediting Judy Blume’s *Blubber* with her epiphany. “That was the first moment that I thought I want to write stories that affect people in that way,” she recalls.

In light of the discrimination against women in the world, Julie notes, “I feel that it’s really impor-

tant that we’re mindful of the women we write on the page.” She is wary of “unreliable, hysterical, and crazy” portrayals “giving people permission to discount women.” “I don’t know very many ‘crazy’ women,” Julie continues. “I know a lot of strong women, a lot of really smart, hardworking women – and those are the people that I want to write about.”

Julie grew up in Santa Monica and sees a big change between the place “that I grew up in, which was a sleepy little beach town in the 70s and 80s,” and the Santa Monica of now, which is “very different. It’s much wealthier, [and] the entertainment industry is very much present.” She compares the former Montana Avenue, with its gas stations and convenience stores, to its current composition of glitzy boutiques and restaurants. But for Julie and other lifelong residents, “the Santa Monica I knew is still there underneath,” she says. “We’re still doing our thing and visiting the places of our childhood.”

*The Last Flight*, published by Sourcebooks, was chosen by the Book of the Month Club and Library Reads for June and is a July Indie Next pick. Find a copy at your nearest local bookstore at Indiebound.org.

### Byte by Byte

## Technology and the Armchair Revolution



By Miceala Shocklee

July is a month when, historically, America celebrates the riots-now-called-revolution that turned it into a new country. What the celebration will look like this year is as up in the air as the fireworks are usually. It’s likely that many fourth of July festivities will be held at home this year. However, technology offers many avenues for bringing the original spirit of July fourth to real life.

The June-time protests across America highlighted how social freedom is still being fought for, and how social media can serve to ignite discussions, inspire ideas, and provide a platform for armchair protest. If you can’t light up the sky this year, consider lighting up your profile with banners and profile picture frame from Facebook flashing support for a cause.

To add a frame, go to your facebook profile, hover your mouse over your profile photo until an “update” button appears in the bottom half of the photo, click on “update,” and choose “add a frame.” A search box with popular frames and a search box will appear. For the month of July, try searching “Pride” or “Black Lives Matter” for popular seasonal social justice options.

If Instagram is more your corner, you can make it a corner where you help fight for the rights of others by re-gramming the first-hand voices of those speaking from the inside of movements right now. In order to re-gram, you’ll need a third-party app; the most reliable (and, usually, most highly-

reviewed) apps work in partnership with Instagram and will include a watermark indicating the image is not originally yours. Regardless, be sure to credit the Instagram handle of the original poster in your caption as well. This July, try re-gramming from @blkivesmatter and @aclu nationwide.

Finally, if Twitter is more aligned with your character (count), try re-tweeting prominent inspirational and information voices like Michael Harriot, senior writer for *The Root*. As always, when reposting on whatever social media platform you’re using, use care with hashtags. It’s great to want to tag your post with a supportive slogan, but some hashtags (such as ones associated with Black Lives Matter) are needed for on-the-ground organization purposes, so be sure to check the organization’s current guidelines on what slogans to share and which to reserve for specific communication.

And, when it comes to communication – remember that whether it’s on social media or face to face (mask to mask), conversation should first seek to listen and understand before justifying or defending. This fourth of July, use your favorite scrolling habits to see what you can learn and whose words (and actions) you can support.

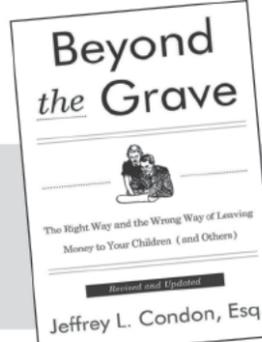
**Dr. Miceala Shocklee is a Caltech alumna and graduate of the University of Edinburgh veterinary school. Her reporting interests include the intersection of science, technology, conservation, and the written word.**

### Looking for Seniors Who Need Help With Shopping or Daily Errands

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

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

such tasks. From Santa Monica to the valley – we are serving all parts of Los Angeles. There is no charge for this service. If you need help picking up goods outside your home, please email me at g.heller@bep-la.com if you would benefit from a ‘buddy’ during this this time.” **-D.M.**



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Reflections From The East

# Summer Days in Slow Motion



**By Qin Sun Stubis**

For many residing in cooler climates, summer is perhaps the most celebrated outdoor season. We look forward to trail walks, cycling trips, pool visits, and picnic fun. The entire world is finally ready for us to explore once again.

Summer also happens to be the only time of the year when kids are off from school for an extended period of time, tempting parents and grandparents to schedule special family vacations and gatherings in the hope of creating some lasting, loving memories.

Summer is magical. We often celebrate its return with barbecues and outings with family and friends. This year, however, hit hard by COVID-19, summer has

arrived quietly, like a sad and lonely magician without a wand or an audience, for he cannot deliver as much of the fun we are so used to and have taken for granted.

Where I live, community pools remain closed, along with water parks and movie theaters. Even libraries and playgrounds are off limits. For the sake of their health, children cannot hang out with their friends, and neighborhood parties have, at least for now, become events of the past. So, what's left for us to do to fill these long, vacant days and nights?

America has always prided herself for being a fast-paced country where everyone is forever seeking exciting things to do, whether attending a seminar, enjoying a vacation, or visiting a friend. Then, suddenly, our world has shrunk to the size of our home, where we

work, eat, sleep, and now day-dream of the ideal summer we wish to have.

For me, this year's summer has brought back some special childhood memories of the idle, hot days when I sat and feasted my eyes on a small patch of sky above a yard no larger than a dining-room. This was in China in the 1960s. The whole country was going through a lot with much political turbulence. For our own safety, my mother often forbade us to leave home.

Being housebound, our summer days felt as long as eternity and our social circle consisted of just me and my sisters. Yet, there was something very special about spending those days in slow motion. After helping my mom with some household chores, I had plenty of time to sit on my little bamboo chair in my tiny yard, just

staring at the fleeing clouds high above. My mind left me to ride on the backs of those clouds.

It's been decades since my world was forced to slow down almost to a halt. But now, with the pandemic, I feel, once more, that sense of slow motion. It makes me feel nostalgic, wishing to hop back on those runaway clouds again before the world picks up speed once more and regains the quick pace that has dominated much of our lives.

You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com)

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

## Fairmont Miramar Hotel Reopens (Continued from Page 1)

the Fairmont Miramar, extensive measures are being taken to protect guests and employees, including physical distancing; mandatory screening for all guests and employees, which may include a temperature check; masks provided to guests and worn by all employees; a 48-hour "settling period" for

occupied rooms post-departure; increased frequency of cleaning and disinfecting, with a focus on high-touch points; and continued use of EPA registered disinfecting chemicals, proven effective in preventing the transmission of COVID-19.

Additionally, they have been promoting their Stay Close offer, in

which guests receive one complimentary night for each night booked. Book by July 16, stay by December 31, 2020. Go to <https://www.fairmont.com/santamonica/offers/stay-close/>.

## Planning Ahead

(Continued from Page 2)

emergency hearing, leaving the family in dire straits as they wait several more months for the Petition to be heard.

All of this can be avoided with proper estate planning that includes a Living Trust. A Living Trust is intended to avoid Probate, to avoid ever having to deal with the Court. In this time of uncertainty, estate planning is one way to take back control. Mind your legacy and protect your family.

**Lisa C. Alexander, Esq.**  
**JAKLE & ALEXANDER, LLP**  
 1250 Sixth Street, Suite 300  
 Santa Monica, CA 90401  
 Main Line: 310-395-6555  
 Direct Line: 310-656-4310

## Answer to Neighborhood Celebrity

(Continued from Page 1)



*Mariko Nakagiri has been a hair stylist at the Oceana Salon @ the Shores on Neilsen Way for over 25 years. After those 25, she stopped counting! Mariko says she enjoys and is passionate about her job. She feels fortunate and grateful to be of service to her clients.*

## How to Connect With Your Community

(Continued from Page 1)

**Connect with neighbors in person or virtually** - If you are friendly with your elderly neighbors, consider knocking on screens and offering to run errands or purchase groceries for them. You can also log on to NextDoor to see what is happening in your neighborhood.

**Garden** - Raising plants in your local community garden, nursery, balcony, front patio, or yard is a productive way to connect with the flora of your local environment. It's always fun to trade produce with friends and neighbors, too!

Although it may take added effort and creative thinking to find ways

to reconnect with people in our communities, opportunities are all around us. As long as we offer help where people need it and create connections where they are lacking, we can find hope and strength together moving forward.

**Kalina Silverman is the creator of Big Talk, an initiative aimed at skipping small talk to ask deep questions and make more meaningful life connections. Kalina is from Santa Monica. She received a degree in Broadcast Journalism from Northwestern University. Learn more at [www.makebigtalk.com](http://www.makebigtalk.com).**

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## 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, decided to make Dairy Free Cheese Quesadillas, a festive entrée for a family celebration. We hope you will enjoy them as much as his family did.

#### Dairy Free Cheese Quesadillas

**Ingredients:**

- 4 (10-inch) flour tortillas
- 1 cup grated Almond Mozzarella cheese
- 4 Tbsps. vegan butter
- Salsa, for garnish
- Guacamole, for garnish
- Optional: Chicken, Steak, or Shrimp

**Directions:**

1. Lay the tortillas flat on a cookie sheet.
2. Sprinkle some of the cheese on one half of each tortilla. Try not to get it too close to the edge.
3. Fold the tortillas in half over the cheese to make a half-moon.
4. Warm a skillet over low heat and add 1 tablespoon of the butter.
5. Add the tortilla to the skillet and cook until it is lightly brown, about 2 minutes.
6. Using a spatula, gently lift the edge so you can check. When one side is brown, turn the tortilla



*Chef Jahrid is showing off his plate of dairy free cheese quesadillas.*

- over and cook the other side until brown and the cheese is melted.
7. Use a spatula to transfer to individual plates or a large platter. Repeat with remaining butter and tortillas.
8. Top with salsa and guacamole. Enjoy!

### Teen Scene

## Find Something to Do Solely for Fun

**By Julia Abbott**

As a self-professed optimist, I've been trying to find some light in this darkness. I've noticed that this quarantine has inspired many to take a break from screens and pick up new hobbies.

True, there's been an increase in screen time since we've all been quarantined to our homes. However, I've noticed that many are using some of their extra time to pick up new hobbies. School and work take up a large portion of our lives. With more time on our hands, I've seen a real increase in "fun" hobbies throughout this quarantine. It's been wonderful to see so many of these hobbies flourish in the summer, with even more time to participate.

One of my friends has been doing yoga for the first time in her life. Another one is drawing again. My father is hiking every chance he gets and my mother is learning how to cook. I've been writing more than I have since high school began.

I truly believe everyone should



*My brothers are now learning about gardening.*

take advantage of this quarantine to find something they like to do, solely for fun. Not only will it provide a beneficial distraction, it will also positively impact your life when this quarantine is over.

The confidence you get from challenging yourself will help you grow as a person. They can also improve your physical or mental health, especially in these trying times. Take the opportunity and try something new! You won't regret it.

**Julia is a local high school student.**

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## Is Now a Good Time to Refinance?



**By Carolyn Hemann, CFP**

Interest rates recently hit all-time lows as the Federal Reserve made cuts to mitigate the financial impacts of COVID-19. If you're a homeowner with a monthly mortgage payment, you might be wondering if now is a good time to refinance. While a lower interest rate may yield a more affordable monthly payment, there are other factors to consider. Here are seven questions to ask yourself before making the decision to refinance:

**• Will you qualify for a better rate?** The best interest rates are reserved for borrowers with optimal credit. If you are one of the millions of Americans who has filed for unemployment benefits during the Covid-19 outbreak, your employment status is not included in your credit report. However, your credit score can be affected by many factors such as if you suddenly carry more credit card debt, have missed or made late payments or have applied for new credit during this challenging time.

**• What will your new loan cost?** A lower interest rate and lower monthly payment do not always add up to savings in the long run. Your loan will have closing costs and fees. Factor in prepayment penalties, if applicable. Costs often vary by lender, so it may be a good idea to shop around for the best rate. Talk to your financial advisor or reference one of the many online refinance calculators to help you determine the breakeven period, or how long it will take before you realize savings with a new loan.

**• Do you plan to move in the next five years?** The value of refinancing can be diminished when you exit a new loan before you've had the chance to recoup closing costs and fees.

**• Will your new loan eliminate**

**lender insurance?** If your home's market value has increased enough to grow your equity, refinancing with a conventional mortgage can potentially remove private mortgage insurance (PMI) sooner. Federal Housing Administration (FHA) loans require mortgage insurance regardless of equity.

**• Are you trying to get out of an adjustable-rate mortgage (ARM)?** Switching from an ARM to a fixed-rate mortgage can mean more predictable monthly payments.

**• Are you seeking a new term length?** A shorter-term loan may offer better rates, but it can mean a higher monthly payment. If your income is threatened by the current situation, this may not be a good time to increase your monthly obligations. On the flip side, you may want lower monthly payments that come with a longer-term loan. Although it's important to note you will have to make those payments for many more years, incurring greater expense and reducing your ability to save.

**• Can you afford your current home?** If you're having trouble making your loan payments, refinancing is not the only way to find relief. As an alternative to refinancing a house you're struggling to afford, you might explore downsizing to a property with a mortgage your budget can handle.

These uncertain times reinforce the importance of financial planning. Talk to your financial advisor for guidance on how to build equity in your financial future.

**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.**

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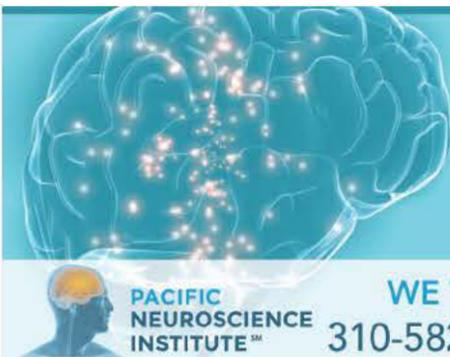
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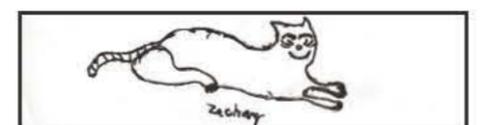
## What to Do to Avoid Unwanted Visitors This Summer

As our weather becomes warmer, you may notice that an uninvited insect suddenly appears in your home. According to a pest control expert, roaches living in the sewer become dehydrated so they look for water in the pipes leading to our homes.

If your shower and bath are separate and you only use one or the other, the expert suggests running water down the drain once a week in the one you don't use.

Also, if you are away, or even at night, cover the drain so the insect can't get into your house through drains into your tub, shower, or sinks.

The expert suggested doing this during the warm weather periods.





**Emersion**

By Sunshine Banister

**Dear Black People**

Stay on course and stand tall,  
 God hears your cry and sees it all –  
 Continue to be kind, and know the  
 gospel to be true –  
 Because in His timing you will  
 prevail without further ado –  
 Tenacity and adversity brings forth  
 sovereignty to the masses –  
 When your class passes tread  
 through solid ground, move swift  
 with your sword of honor.  
 Extending hands of love, hearts of  
 faith, because that is the beauty  
 of your race.

–Sunshine Banister

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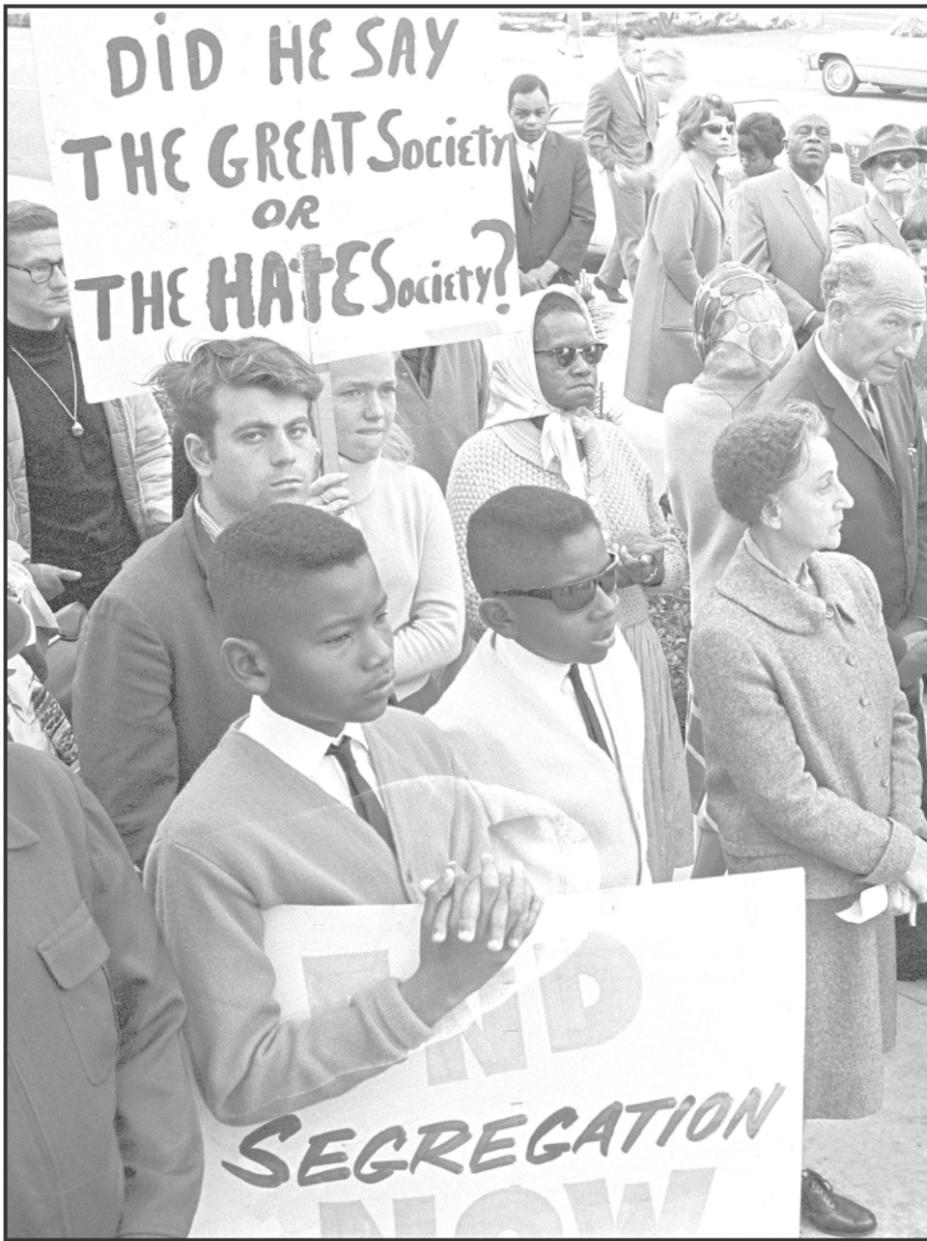
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From the Santa Monica History Museum



Civil Rights Protest Rally, circa 1964-- Civil-rights demonstrators participate in a protest rally in front of the Santa Monica Main Post Office on 5th Street. Courtesy: Santa Monica History Museum, Outlook Collection [For historical reprints, please contact SMHM and specify image # 1998.1.205.]

Thoughts From a Second-Time Father

Adapting to the "New Normal"



By Michael Margolin

As a family, we have taken a lot more bike rides in the last several months than we ever had before.

Alexa, age seven, loves to hang on the monkey bars – so much so that her palms have become calloused and can take on the look of a sailor's palms, and not a first grader's. Access to monkey bars has become slim with schools and playgrounds being closed. Not far from us is a large park we bike to that has lonely soccer goals waiting to be used. Alexa has been able to hang on to the goals at that park. Where there's a will, there's a way.

So, she is able to hang and has done several pull ups in succession as well. Alexa is not slow, either, and challenging her to races is plenty of fun. She cannot beat me yet, and I do not anticipate her being victorious against me anytime soon.

Maybe I could let her have an advantage at a board game or playing hide and seek. But, winning a foot race? She is going to have to work for that one. There has to be some type of rite of passage earned.

For the most part, our kids have done fairly well adjusting to whatever "normal" they are having to get used to. Jake just turned four and spends his days with his mother and older sister, so I tend to think he is pretty satisfied with the cur-

rent set up. This set up includes Enjoli taking the kids to work with her. Both kids have had Zoom conference calls. Yes, even Jake and his preschool classmates have participated in them. It is amazing, and maybe should not be surprising, at some of the similarities you see with four year olds or 40 year olds on video conference calls. Not everybody is an expert at waiting his/her turn.

Recently, when I was eating breakfast with the kids, I opened our sliding glass door to let a little breeze in. Alexa commented that it was nice to get some fresh air. She said it in such a contented fashion. It is an escape I am blessed with. I come home every day, and for at least a brief period of time, I see the world through my children's eyes. Now, more than ever.

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



Mike and his family went cycling in their neighborhood.

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# Community Service in Santa Monica

## Rotary Opens Opportunities



**By Lisa C. Alexander**

I am the incoming President of the Rotary Club of Santa Monica. My term runs from July 1, 2020 to June 30, 2021, and I am so excited for the coming year! The theme of my year is *Opportunities*. We are finding opportunities at every turn.

First and foremost, we are finding opportunities to "do" Rotary differently. If you have heard of Rotary, but never quite knew what it was about, or were too shy to come to a meeting, or found it difficult to fit a Friday lunch meeting into your day, now is the perfect opportunity to check us out. We are meeting remotely by Zoom on Fridays from 12:30 p.m. to 1:30 p.m. We continue to have great programs. I promise it will be worth your while to Zoom with us!

Second, Rotary is a service club. We provide endless opportunities to provide service to our community, locally and globally. During this time of "safe distancing," some of our favorite service projects are postponed, but we are finding opportunities to do all kinds of service remotely, from making health and wellness phone calls to clients of Meals on Wheels West, donating and helping to sort food at the Westside Food Bank, and helping the Salvation Army with food boxes provided to families in need. Our Emergency Covid-19 Fund continues to give grants to our local non-

profits so they can fund critical needs while donations are low. We hope to be back building houses with Habitat For Humanity as soon as possible.

If you have wondered how to get involved in the community, where to find a service project to join with, or a fun activity to do with your friends or family, Rotary is your answer. Come "play" with us!

Third, Rotary is about friendship. We are friends with a shared desire to do good in the world. Even when we can't meet in person, we are creating opportunities to meet and stay connected through happy hours, health and wellness events, (we've done cooking classes, fitness classes, learned how to start and maintain wellness habits), game nights, book club, movie night and other activities still to come. We enjoy each other's company and we love to have fun. When friends get together to serve, it is more play than work. If you have wanted to make new friends and form deeper connections in Santa Monica, Rotary may be perfect for you. You are welcome to meet us on Zoom, and hopefully you will come again.

The Santa Monica Rotary Club is active and welcoming. Check out our website at [www.rotaryclubofsantamonica.org](http://www.rotaryclubofsantamonica.org). And, if you would like to join us for a Zoom meeting, I personally invite you to contact Savi at [rotaryclubofsantamonica@verizon.net](mailto:rotaryclubofsantamonica@verizon.net) for more details.

## Santa Monica Bay Woman's Club Update



**By Karen Miller**

Our normally very busy members are still sheltering at home and staying safe while the Santa Monica Bay Woman's

Club is closed and activities are on hold. The members have been busy helping the community in many ways. Our social group, called Club M & M, is looking for virtual events or activities that are fun, like our annual summer pajama party or a potluck that could potentially be held outdoors.

Election of our new Board was held on May 31 by voting remotely via an online website. The newly-elected board is Becky Upchurch, President; Marcia Stein, 1st VP; Holly Franke, 2nd VP; Alicia Syres, Events Chair; Susan Barry, Projects Chair; Nipper Sorensen, Communications Chair; Pat Webber, Archives Chair; and Mary Spata, Corresponding Secretary. The board has been meeting regularly each month through zoom.

During our stay at home time, many members are reading avidly,

and not just books, but articles, magazines, and audio of various types. Books can be a great source of distraction from the downside of our current reality, where, for a short time we can immerse ourselves in someone else's reality. The book for June was *The Dutch House* by Anne Patchett, and in July they will discuss *The Devil in the White City* by Erik Larson.

Our bridge players are a determined bunch, and many of them play regularly at tables with their friends through a bridge website. Others use their creative talents by exchanging easy and delicious recipes in the monthly newsletter.

The mission of the club to "advance in all lines of culture, education, service, welfare and civic affairs" has not been easy in these times, but it is certainly not forgotten by our many members who are finding relevance and meaning in these difficult times.

For questions about programs, or renting the Santa Monica Bay Woman's Club in the future, please contact us at 310-398-1308.

## Santa Monica Rotarians Present Scholarships to Local Students

**By Sharon Gavin**

One of the most rewarding aspects of being part of the Rotary Club of Santa Monica is helping to support our local students. Last month, our club was pleased to distribute \$21,000 in scholarships and citi-

zenship awards to 13 deserving college, high school, and middle school students. These awards are given annually to students who have excelled in academics, community service, and leadership.

*(Continued on Page 11)*

## Santa Monica Lions Club Carrying On As Usual



**By Linda Levee**

It is with great pleasure that the Santa Monica Lions Club has been able to carry on our usual business with the help

of Zoom. We are still providing assistance to those organizations who have made requests this year.

The COVID-19 has not altered our ability to carry on our Lions work and Mission. It may have slowed us down a bit to regroup our resources and continue on.

While many high schools and middle schools cancelled live graduations, they still happened through the Internet in real time. We were able to present *The Young Leaders in Service Awards*, which are given to students who have accumulated an established number of community service hours within a 12-month period.

**Silver Level- 50-99 hours:** Quentin Corbel - Lincoln Middle School; Bethan Hughes - Lincoln Middle School; and Sara Ty - Lincoln Middle School.

**Gold Level- 100 hours or more- (Many double or more the minimum requirement)** Alexa Frcek - Lincoln Middle School; Jordan Klein - Lincoln Middle School; Valentina Manco - Lincoln Middle School; Mihret Melaku - New Roads School; and Zoe Yu - New Roads School.

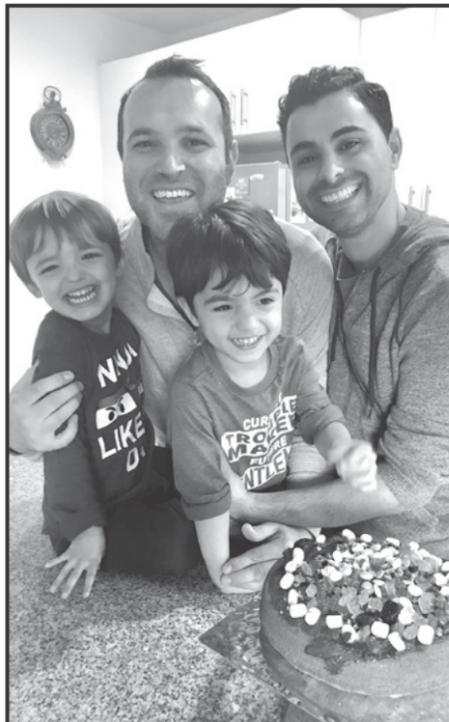
All recipients received a certificate and Santa Monica Lions pin via the U.S. Postal Service.

If you are interested in participating, please have your middle or high school contact Lion Pam at [santamonicalion@gmail.com](mailto:santamonicalion@gmail.com).

Hoping you all follow the guidelines of masks and hand sanitizer and stay well.

We are still here willing to help so, you can contact Preident Lion King at 310-454-2960 or Lion Yoriko Fisher at 443-883-1101.

## Family Fun



*Drew Dvash-Banks and Elad Dvash-Banks decided that summer is a great time to teach their almost four-year-old twins to learn to bake a birthday cake. Looks like fun!*

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**Paws and Claws**

**My Hen Has a Reduced Appetite**



**By Dr. Frank Lavac MS, DVM, VCA**

**Q: I have six laying hens in my backyard. Recently, my three-year-old hen is not laying eggs, has a reduced appetite, and is puffed up? What could be wrong?**

**A:** First of all, the Newcastles Disease quarantine has been recently lifted in LA County. Therefore, chickens can now be legally transported to the veterinarian's office.

A three-year-old laying hen is considered elderly. She could have a wide variety of diseases. The most likely considerations are egg binding, ovarian cancer or systemic infection. We start off by performing a complete physical exam. Often, we take a blood sample and/or abdominal radiographs. Sometimes an abdominal ultrasound can tell us if ovarian cancer or egg yolk peritonitis is present.

In some cases, I have a discussion with a client about the bird's quality of life, and we may humanely euthanize the chicken. If this is the outcome, I recommend sending the body to the California State lab (CAHFS) to determine the exact cause of illness. This is important to make sure that the remaining birds are not at risk.

All veterinarians that treat chickens are challenged by the limited number of medications that we are legally allowed to use. Inappropriate use of antibiotics and other medications can pass through to the egg and subsequently enter into the human food chain.

Raising backyard chickens has become increasingly popular over the past decade. Appropriate husbandry and feeding are the cornerstone for a healthy flock. UC Davis is a good resource for backyard flocks. For details, go to <https://ucanr.edu/sites/poultry/Resources/type/backyard/>.

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

**Give Your Children the Chance to Stretch Their Imaginations**



*Summer Workshop Performance: Clockwise from top right: Diana Silvers, Eliana Melmed, Alicia Trelles, Fiona McLaughlin, Nadia Wiggins, and Alexander Vozka.*



*Summer Workshop Making Friends from left, Adya Mohanty and Gabriel Kim. Photos by Cydne Moore*

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**Mar Vista: Neighbor to Neighbor**

**Learning About Old Mar Vista**



**By Tesi Treuenfels**

July is here. I expect to see the dragons of fog rolling in from the Pacific.

Life is out of kilter lately, like my meatloaf, which after my third attempt, is again a pile of meat crumbles. Useful, but I am unable to slice it. So, I've been attempting to broaden my horizons in the kitchen and spending my in-house time reading about old Mar Vista.

Busby Drug Store on the southwest corner of Venice and Grand View was the first commercial building in Mar Vista. Floyd's Barbershop, Time Warp Records, and Black Diamond Tattoo now stand where Busby used to be.

Heading south on Grandview Blvd. on the west side of the street is another barbershop, L&R Barbershop. It's a small classic shop that has been here for over 40 years. Rafael A. Victorin has been running his business here in Mar Vista longer than anyone. He has many stories of the old Mar Vista.

Before the historic Moreton Bay Fig Tree was planted in 1875 (at 11000 National Blvd, still there, still thriving), there was the Rancho La Ballona. Originally, Rancho La Ballona was patented in 1821 at 13,920 acres to four claimants, Augustin Machado, Augustin's brother Ygnacio, Felipe Talamantes, and Felipe's son Tomas in 1821. Over the next hundred years,



*The historic Moreton Bay Fig Tree Photo by Tesi*

the ranch was divided.

Moving north on Grandview Blvd from Venice Blvd is one of the oldest homes in Mar Vista. It was built in 1901. I have no idea which house it is. Until the late 1940s, Grand View Blvd. north of Palms was a narrow dirt road through a dumpsite. Large trash pits on the top of the hill were used by local teenagers with model-T Fords (the first off-road vehicle) to see if they could get through the pits during a rain. It was not unusual to see a stuck car being rescued by a team of horses. (According to Glen Howell, Mar Vista Historical Society).

History is my new hobby. I'm also delving into inventing new foods like my meatloaf empanadas. Yum. If you are Zooming I'll see you out there on the local meet-up events. I am, like everyone is, navigating a new lifestyle under this pandemic. It's a challenge to responsibly re-enter our brave new world. People establish their own sense of safety. This is real. Stay safe and please keep others safe as well.

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## Selling Online - Part Four



**By Mark Presky**  
This is a continuation of my *Selling Online* discussion in our June *Santa Monica Star* 2020 issue.

Okay, once you've selected your item to sell, you've cleaned and fixed up your sale item, and have good photos, and you are ready to post your listing. I want to discuss an important set of subjects BEFORE you list your items: Fraud, payments, warranty, and buyer discourtesy. Due to space limitations, some of these will have to be discussed next month.

There is a lot of fraud out there regarding selling and buying online, and one needs to be careful. If you continue to sell online, you WILL encounter several attempts to defraud you. Each online selling platform (e.g. Craigslist, Nextdoor, eBay, Amazon), has important warnings about fraud. I know that you REEEALLY want to sell your item, but control your enthusiasm to complete the sale. Read and heed the warnings!

One common technique I've experienced many times is the potential buyer who emails or messages you stating that he/she wants your item, but is in another part of the country, and/or is in the military or is disabled, etc.; is unable to pick up the item, but wants to send you a money order with more payment than you have requested, in

advance, to hold the item. They may state that after you have deposited/cashed the money order, they will arrange for someone to pick up the item. Beware, the money order is likely fraudulent, and after depositing it, your bank will later debit your account, and that will likely happen after you have parted with the sale item.

ACCEPT ONLY CASH! Do NOT accept checks, money orders, payment via Venmo (even the Venmo website advises one not to accept Venmo payment from someone you don't know) or any payment method other than cash. On eBay, you can use PayPal for payments; but don't use PayPal for payment of items sold on Craigslist or Nextdoor. I've had buyers phone or email to tell me that they are halfway to my house, and they forgot their cash on their kitchen table and don't want to return home (perhaps a half hour drive or more) and ask/plead with me to accept a personal check. I suggested they use a local ATM to obtain cash.

I know that it seems that I'll never get to the end of this, but we will - be patient. I want you to have positive online selling experiences.

**The July 14 general meeting, via Zoom, of the Los Angeles Computer Society, of which I am a board member, is on "Saving Your Life with Wearable Technology." For more information, please contact LACS at lacspc.org.**

## Santa Monica Rotary Club Scholarships (Continued from Page 9)

SMC student Louis Gossart was awarded the \$3000 scholarship given in honor of former member Nick Holt who, unfortunately, passed away at the young age of 38.

The Club gives two \$2500 scholarships in honor of former member and SMC administrator Archie Morrison. These went to SMC students Liz Laing and Kevin Galvin.

Two \$2000 scholarships are given to graduating seniors at Santa Monica High School in honor of former Club President and member of the SAMOHI Hall of Fame

Russell Hart, and another in remembrance of former member Clyde Smith who passed in 2009. These were given to Roxy Ong, Tupelo Sullivan, and Kimiya Aframian, respectively.

Ally Vasquez was the winner of the \$2000 scholarship given to a graduating senior at Saint Monica High School in honor of former Club President and owner of Fisher Lumber, Tom Fox. Gian Gladous received the \$2000 award given to an Olympic High School, also in the name of former Club President Tom Fox.

## From Me to You...



**By Diane Margolin**  
Wow, what a month this has been! So much to think about. Just as many were preparing to open their businesses or return to

their offices, we had numerous protest marches all over our country, and unexpected looting in many cities, including Santa Monica. We've taken time with our friends and family to discuss what changes need to be made in our police department policies and how we treat those who are different than we are. Those of us who were educators reflected upon how we taught our students to respect different ethnic groups and what has happened since then. Schools are trying to figure when and how to open for classes. With warmer days, officials are dealing with opening beaches, parks, hiking trails, and more and setting guidelines since we are still dealing with the pandemic. (Although it seems that some people, of all ages, have forgotten.)

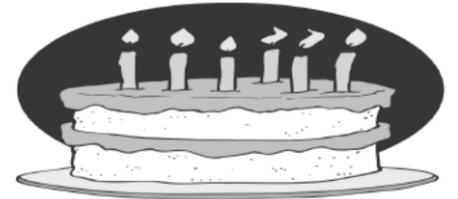
One idea that often comes up is that we need to remember self care in our daily plans. It's easy to be overwhelmed by all that is going on all around us. We still need to take care of our health and well-being. Reading is a wonderful way to discover a change of scenery for even a short time.

When I started Julie Clark's second novel, *The Last Flight*, I couldn't put it down. Read about her on Page 3. It was so exciting to read.

This is a time for some to clean their closets. There are magazine articles available with hints on how to declutter. Read them and choose what works for you. Is it to set aside ten minutes a day to toss and sort, or to restructure what is in your drawers?

Remember, your car could use a checkup. George at Santa Monica Brakes is the best mechanic. Contact him at 310-394-2076 for whatever you've been wanting to do for your car, and finally have the time.

Visit Terri at Acology on Wilshire Blvd., between 14th St. and 15th St. for help with home fitness equipment. She will also help with supplies for dealing with Covid-19. Her knowledge and supplies are amazing. Be sure to take good care of yourself.



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

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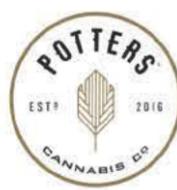
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