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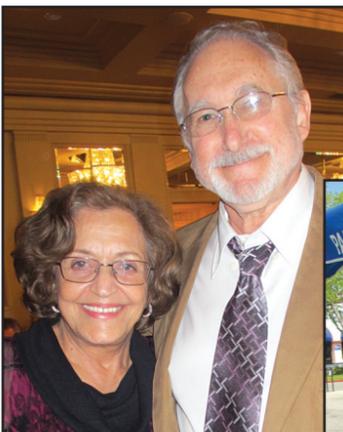
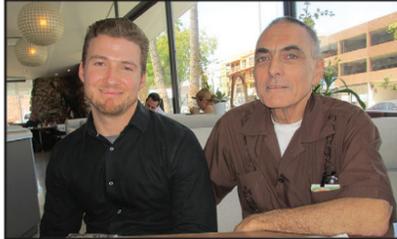
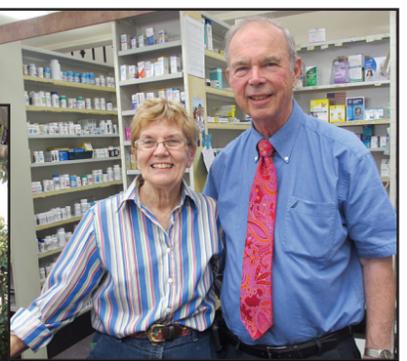
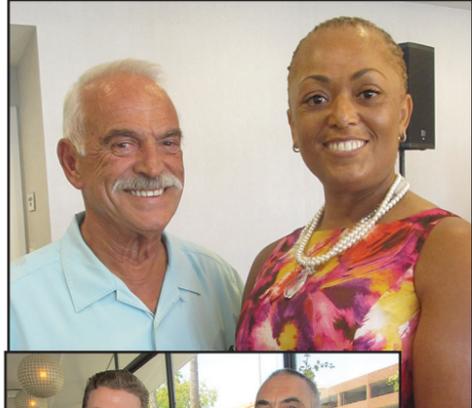
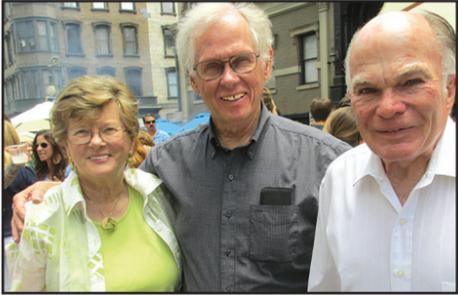
September 2001 - September 2021

There were hundreds of images from which to choose for this cover page. Going through all of the photos brings back so many memories, thoughts of friends who are no longer with us, and events we used to enjoy attending that are no longer being held. Do you remember the Montana Avenue Bed Races? The Salvation Army Fashion Shows? The Santa Monica Lions Club's Pancake Breakfast? The

Montana Avenue Holiday Open House that was on the first Friday night in December? The Santa Monica Breakfast Club's Afternoon Tea? Some events may still be going on, but with changes, as so often happens.

I hope you find some pictures that evoke special memories of people and events.

Diane Margolin
Editor and Publisher



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Planning Ahead

Incapacity - Who Decides?



By Lisa C. Alexander, Esq.

Estate planning contemplates not only death, but also the possibility of incapacity. There may come a time when you can no longer handle your financial affairs, make medical decisions, or understand when you are being taken advantage of. For that reason, everyone needs: A Durable Power of Attorney, an Advance Health Care Directive, and in most cases, a Revocable Trust with provisions for a Successor Trustee. Planning ahead is critical since these documents can

only be signed when you still have capacity.

A Durable Power of Attorney and an Advance Health Care Directive can be made effective immediately. This means your agent has full authority to act on your behalf, even if you still have capacity to act for yourself. It gets complicated when the agent's authority is only effective when you become incapacitated. How is incapacity defined? How is incapacity determined?

Most commonly, the document will provide for incapacity to be determined by a person's primary physician or two other licensed physicians. In practice, unless there has been a recent hospitaliza-

tion, many people don't make regular visits to a primary care doctor.

Any other doctor whose first treatment of a patient is in the hospital with no knowledge of the person's capacity beforehand may be very reluctant to give an opinion of incapacity. This can be doubly hard when the document requires opinions from two doctors.

Given the practicalities of how incapacity might be determined, it is important that the document be drafted to be workable while still protecting your rights and independence. You can be creative. You can designate a committee made up of family or trusted friends or advisors whose opinion that you've

lost capacity will trigger the authority of an agent or Successor Trustee. And, you can define what it means to be incapacitated. Must there be a formal diagnosis of dementia? Or should it be a lesser but more practical standard based on your inability to manage your financial affairs? You want to keep control, but you also need to make it possible for your agents and Successor Trustee to help you when you need it most.

Contact Lisa C. Alexander, Esq. by calling 310-395-6555, or 310-656-4310.



Explore What's Happening Around Our Community

By Bob Rich

- **Tuesday, September 7 - Japanese American National Museum, Nima Voices: Episode 6, Christine Piper** - An online interview with the award-winning Japanese-Australian author about her writing, the history of Japanese people in Australia, and her time as a research facilitator for the Global Nikkei Young Adult Research Project. 7 p.m. - 7:30 p.m. Program live-streamed for free public viewing on Facebook. Visit JANM.org/events/2021-09-07/nima-voices-episode-6-christine-piper for details.
- **Thursday, September 9 - West Los Angeles Regional Library, Embroidery Class** - Make simple but vibrant embroidery in this four-part online course, where you can watch tutorials before giving it a try. 3 p.m. - 5 p.m. Visit lapl.org/whatson/events/embroidery-101-class for details.
- **Beginning Sunday, September 12 and any time after, Los Angeles County Museum of Art, Andell Family Sundays Anytime Art with Toddlers** - Enjoy an online family art class, 12:30 p.m. - 9 p.m. This event will take place online via LACMA's YouTube

channel. Visit LACMA.org/event/andell-family-sundays-anytime-art-toddlers for details, call 323-857-6000, or e-mail publicinfo@lacma.org.

- **Tuesday, September 14 - Poetry Open Mic** - Share a poem you wrote, or a poem you enjoy, or just listen. Event begins at 6 p.m. No cost. Visit Lapl.org/whats-on/events/poetry-open-mic-3 for details.
- **Wednesday, September 15 - Santa Monica Public Library's Montana Branch Book Discussion Group: The Plague** - For adults, 50+/Seniors online. Read and talk about Albert Camus's classic novel about an epidemic that endangers the population in a North African coastal town. Join in the virtual discussion from 7 p.m. - 8:30 p.m. Free. To register, send an e-mail to stephanie.archer@santamonica.gov. Visit Santamonica.gov/events/2021/09/15/montana-book-discussion-group-the-plague for details.
- **Friday, September 17 - UCLA Constitution Day** - UCLA will honor the drafting of the U.S. Constitution. Takes place at various campus locations at UCLA, from 9 a.m. - 5 p.m. Contact

UCOP (University of California, Office of the President Eric.Heng@ucop.edu). Visit Happenings.ucla.edu/all/event/242686 for details.

- **Saturday, September 25 - Central Library, Sun Disk Dreams with LACMA** - During this online class, create a paper-plate hanging sun-and-moon disk with Los Angeles County Museum of Art teaching artist Nini Sanchez. Experiment with patterns, shapes, and colors, while you look at Rufino Tamayo's art print called "Moon and Sun," and Dúo Karma's children's stories. Part of the L.A. Libros Fest, this event will be streamed on Facebook and YouTube. Event begins at 1:30 pm. Visit Lapl.org/whatson/events/sun-disk-dreams-lacma-0 for details.
- **Ongoing exhibit - The Hammer Museum at UCLA, The Armand Hammer Collection** - Enjoy European and American paintings, sculpture, and works on paper, highlighting French art of the 19th Century. Three paintings by Vincent van Gogh are on display, along with two major works by Rembrandt van Rijn. Museum hours are Thursday to Sunday, 11 a.m. -

6 p.m. Free. For details, call 310-443-7000, or e-mail info@hammer.ucla.edu.

- **Ongoing exhibit - The Broad Museum, L.A. Intersections: Music, Language, Movement, three-part video series** - Celebrate an eclectic variety of Los Angeles-based musicians, poets, and dancers. Wednesdays, Thursdays, and Fridays from 11 a.m. - 5 p.m., and Saturdays and Sundays from 10 a.m. - 5 p.m. Free, but advance general admission tickets are required for entry. For details, call 213-232-6200, or e-mail info@thebroad.org.
- **Ongoing through Sunday, October 10 - Getty Center, The Expanded Landscape** - Modern-day photographers showcase their landscape pictures, using fascinating experimental methods. Museum is open daily from 10 a.m. - 5 p.m., but closed Monday. Free, but requires a timed-entry reservation. Getty.edu/art/exhibitions/expanded_landscape/ for details.
- **Ongoing, Thursdays through Sundays, until Sunday, December 5 - The Fowler Museum at UCLA, Photo Cameroon: Studio Portraiture 1970s-1990s** - Explore over 110 black-and-white pictures taken during the peak of studio photography in Cameroon. The wardrobe, props, and positions of the sitters reveal their cultural backgrounds, musical taste, relationships, vocations, and recreational preferences. Thursday - Sunday, Noon - 5 p.m. Admission is free. Call 310-825-4361, or e-mail fowlerinfo@arts.ucla.edu.

Save the Date

On October 17, the Santa Monica History Museum will hold its annual Gala Tribute Dinner and Silent Auction. This year the event will be virtual again and you are invited to attend.

This is the Museum's top fundraiser and it allows them to pay tribute to those who have contributed to the culture and history of Santa Monica.

This year's theme is *Hometown Heroes, Celebrating our Diverse Histories*. Those honored will be Kathleen Rawson, CEO of Downtown Santa Monica, Carlyne and Bill Edwards of the Quinn Research Center, and the Santa Monica Black Lives Association (SMBLA).

Dinner tickets are \$150 per person and available for purchase online or by calling the museum. For sponsorship or donation information, please contact the Museum at 310-395-2290.

The Santa Monica Star

**1112 Montana Ave. #525
Santa Monica, CA 90403
424-581-6005 ©2021**

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Special thanks to Rufus Baker, Ron Robinson, and Becky Mejia.



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Clergy Corner

Clergy Help People Ritualize Special Events



By Janet Cromwell
The religious community congratulates *The Santa Monica Star* for 20 years of publishing news for this wonderful community! This anniversary is worthy of recognition and celebration. Bravo!

Taking time to honor anniversaries, accomplishments, and life transitions is important to the human spirit. Whether it be birthdays, weddings, anniversaries or other big events, each stage of life offers opportunities to mark changes that are taking place.

One of the roles of clergy is to assist people ritualize and remember these moments of transition. For example, in the Christian church, the birth of a child is honored through baptism, during which the infant's parents and the congregation pledge to help the child to grow in faith and knowledge.

In many religious communities, the start of the school year begins with a blessing of backpacks and, later, graduates are presented with symbolic gifts, such as an engraved Bible to carry on the next step of their spiritual journey.

When planning a wedding, pastors assist couples in creating ceremonies that reflect both time-honored traditions and the unique personalities of the people entering the marriage. A thoughtful ceremony not only unites a couple, but frequently serves as inspiration for others to love and nurture the commitments they make.

Within the community, a blessing is often offered for a new civic program or building project as a way of signifying the hopes and dreams of how it will improve people's lives.

While we all enjoy celebrating life's happy moments, there are also times when we need to mark difficult transitions, such as the ending of a relationship or death of a loved one. Rituals of closure can be a helpful part of the healing process following a loss.

In all of life's special moments and changes, it is good to pause, reflect, and give thanks. Today we offer gratitude for this community publication.

Rev. Janet Cromwell
Associate Pastor
West Los Angeles United Methodist Church
Jlcromwell18@gmail.com

Santa Monica Family YMCA Joins Welcoming America in Celebrating New Americans September 13-18

The Santa Monica Family YMCA will join Welcoming America and other YMCAs and organizations nationwide to celebrate the contributions of immigrants to our communities while bringing together all residents in a spirit of unity and healing.

The Y's 2021 Welcoming Week event will be provided via Zoom. On Saturday, September 18, the Y will provide the Health Fair event in-person in collaboration with the USC School of Pharmacy Students.

"It is critically important to celebrate Welcoming Week in 2021, as our country faces the challenges of COVID-19," says Lidia Magarian, Y Director. "At the Y, we seek to build bridges and heal communities, and we invite neighbors – both immigrants and U.S.-born residents – to use this event as an opportunity to connect, find common ground and celebrate our shared values and contributions."

During this event, the Santa

Monica Family YMCA will host live stream sessions and activities including educational health seminars, dance classes, yoga, meditation and Chi gong, nutrition and exercise, and programs in collaboration with Providence Saint Johns, Partner in Care Foundation, and the Dairy Council of California.

The Y will also be sharing Y members' stories and celebrating National Fall Prevention, Intergenerational, and Cholesterol month. The Welcoming Week is free and open to the community.

Monday, September 13 is the virtual Welcoming Week Event opening day at noon. At 12:15 p.m., the Santa Monica YMCA's Board Member Nathaniel Trives will be the guest speaker.

Virtual week events feature stories, pre-recorded activities and more, including oil painting by artist Martin Katon, Arthritis

(Continued on Page 4)

Byte by Byte

Time to Celebrate



By Dr. Miceala Shocklee
This September marks *The Santa Monica Star's* 20th anniversary. Modern-day timekeeping

revolves around years, months, days, minutes, seconds – all reported to us by, for the most part, digital clocks on our smartwatches and smartphones. Timekeeping was not always so immediate, or so portable, however.

For most of history, people kept time by looking up as well as by looking down. Devices that helped keep track of the relative positions of stars and other celestial bodies have allowed astronomers, navigators, and laypeople alike to keep track of timescales both long and short. For example, the ancient Egyptians used a bar-and-plumb-line system called a merkhet; shadow clocks as big as an obelisk and as small as a sundial were also employed by ancient Egyptians; and farther West, Stonehenge has been posited as a sort of large sundial as well.

Similar in concept to an hour-glass, water clocks, or clepsydra, based around the idea that a container will take a certain amount of time to fill with water at a given flow have been used since roughly Mesopotamian times from China to Greece. Chinese culture also embraced the incense clock, another constant-rate timekeeping device that was a historically ingenious resource given that it does not depend on the sun, does not require an active flame, and can be ported about inside as well. Astrolabes, the prelude to our modern clocks and the first gear-based time-markers, were conjured up in Persia in the 11th century.

The science of timekeeping, whether artificial or biological, is an evolving one. Timekeeping and clockmaking are not merely background devices in a history meting out other events; they are rich stories all their own.

Dr. Miceala Shocklee is a full-time aquatics veterinarian and part-time science writer and freelance editor.

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Reflections From The East

"I'm Willow, and I am Not Food!" - A Hero to be Remembered



By Qin Sun Stubis

He was a miniature poodle. If you happened to spot him somewhere, you might for a moment have mistaken him for a child's stuffed toy. He had a pair of perfect black button eyes and an ultra-fluffy coat of brown fur.

His name was Willow. He was once someone's pet in South Korea. But, he might as well have been a toy dog, for when he got old and ragged, and his teeth decayed, he was mercilessly abandoned to a local farm, a supplier to the notorious dog meat trade.

His life could have come to an end as someone's soup, or perhaps a few spoonfuls of medicinal tonic if he had not been rescued in the nick of time by a kind lady named Nami Kim. Since she knew nothing about his past, she named him "Willow." Like a willow branch, she hoped that this little dog could be

transplanted somewhere where he could thrive.

In 2016, Nami found Willow a perfect forever home in America. His new mom, Heather Heath, has been passionate about animal welfare all her life. Now, with her by his side, Willow launched his very own foundation, Willow's Wish, and a website, www.WillowsWish.org. His mission was bold and simple: To end the dog and cat meat trade.

Willow declared to the world, "I'm Willow, and I am not food!" Now that he had escaped from the dining table, he wanted to save as many as possible of his canine and feline brothers and sisters from such a plight.

His task was daunting, for according to the statistics, about 30 million dogs and cats are consumed as human food around the world each year. So far, Willow's Wish has sponsored some 39 international freedom flights from South Korea, China, Vietnam, and Egypt.



Willow had his own Facebook page.

For the last six years, Willow traveled extensively with his new mom to raise awareness of the animal meat trade and gain grounds for animal welfare.

He had over 12,000 followers on Facebook and regularly posted things he was working on. His heroism has moved many around

the world.

In 2018, Willow was crowned the country's top "Emerging Hero Dog" during the coast-to-coast television broadcast of the Hero Dog Awards, held by American Humane, the country's first and most respected national humane organization. A loveable ball of fluff weighing less than ten pounds had finally been recognized as a hero.

With his national and international fame, Willow worked even harder for his fellow friends. But just as his ambition grew stronger, his body grew feebler. On July 27 of this year, Willow quietly crossed the rainbow bridge, leaving many people grieving.

Willow's legacy will live on in our hearts and inspire us to keep on fighting the war against the inhumane treatment of our furry friends.

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

Let's Foster Gratitude This Coming Fall



By Cheryl Thobe

After taking a summer break, the Mothers of Monica (MOMs) ministry at St. Monica's Catholic Church resumed its weekly Zoom meetings.

Upon return, the common theme was joy that the ministry was back, with an overarching concern about what the future held for our school-aged children and the world.

It is true that during these unprecedented times, parents are struggling with the age-old question of "Is this the right choice for my child?" However, that question seems more dire now than ever. The question brings up a lot of fear. As the moms have shared in our group, good decisions are rarely made from a place of fear. So, how do we address our current reality, while at the same time making informed and rational decisions for our families and children? As for the Mothers of Monica, they are

employing the simple practice of gratitude.

Fostering gratitude is not a new practice, but a tried-and-true technique. It is a deeply human experience that can be felt, shared, and created by anyone. At its core, it is one's readiness to show appreciation for and to return kindness.

Employing gratitude can improve both the giver and receiver's mood for the better. In fact, cultivating gratitude in one's life has amazing benefits, from creating positive relationships, improving one's physical and psychological health, reducing aggression and stress, and increasing the quality of one's sleep.

However, being grateful requires a determined mind. Gratitude is a habit that needs cultivating. Like any muscle, we need to exercise and feed it to truly experience the benefits it can bring.

So, what can be done to foster gratitude? There is a plethora of options from journaling about what

you are grateful for, to making a conscious effort to see the silver lining, to taking the time to express your gratitude to another person.

The point is that you need to be aware enough to notice and appreciate how your surroundings affect you, and then acknowledge the positive impact you received. This can be achieved simply by saying, "Thank you!" or "I appreciate you!" or by just filling in the phrase, "Today I am grateful for..."

There is enough turmoil in today's world. We need to be kind to one another. Employing a practice of gratitude will not only lighten the mood of another, it will also help you.

If you or someone you know is a mother in need of a group of mothers to share with and grow her own village, please visit our website at the link below and register to be a Mother of Monica. Go to <https://stmonica.net/ministries/fellowship-groups/moms>.

Santa Monica Family YMCA

(Continued from Page 3)

Foundation exercise with Partners In Care Foundation, L.A. County Department Of Mental Health, YMCA's Chronic Disease Prevention program presentation, Bollywood Boom Dance, Zumba Gold Chair Dance, a cooking demonstration by The Santa Monica Star's Teen Chef Jahrid, and much more.

For more information and to register for the week's events, contact Lidia Magarian, Chronic Disease Prevention Director at 310-393-2721, Ext. 129, or email: lidiam@ymcasm.org. Once you RSVP, you will receive a confirmation email containing information about joining the Zoom meetings. Visit the Y Website ymcasm.org to register online. See you soon.



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Passing Through the Pico Neighborhood



What is it like to finally go on a long anticipated trip after 25 years? Columnist Stacy McClendon shares details on the trip she took with her best friend Angela "Angie" Bright to New Orleans for a second time. *Story to the right.*

Reliving Fond Memories In New Orleans



By Stacy McClendon

I am blessed to have a rare friendship with Angela 'Angie' Bright. We have been friends since we attended middle school in Los Angeles. Even though we've both been married or in a long relationship; switched careers, homes, and cities; had kids; and survived and thrived through breakups, we are raising our children as single moms. We've had health scares and much more, but it's never hindered our special friendship.

For some time, I have been wanting to plan a trip with Angie, but life kept getting in the way. However, last year, I decided to surprise Angie by booking a trip to New Orleans, and telling her all she needed to do was show up.

What made this trip memorable is that the last time we went to New Orleans was over 25 years ago when we were both single and in our early 20s.

Our first trip was really fun and exciting, as we were attending the annual world-renowned Essence Music Festival. During the concert breaks, we spent time checking out local and noteworthy spots and enjoying delicious cuisine.

However, our trip last month had a completely different vibe, as this was a much deserved and necessary vacation.

Angela drove down from Tallahassee, Florida, and I flew into New Orleans. We had a travel plan, but serendipity took over while we were in NOLA! We stepped outside our hotel and a brass band was playing the exact music that we wanted to hear. We stepped outside again and the cable car that we wanted to ride was sitting right across the street waiting for us. We even strolled into a store shortly before closing and found the exact souvenirs at the price we wanted to pay, and to top it off, the hotel staff gifted us with a certificate to a restaurant where we were planning to eat.

On our drive back to Florida from New Orleans, we stopped at the outlets and Buc-ee's, which is a truck stop on steroids and a must-visit!

Once in Florida, I got to spend time with Angie's children and fun-loving pets. We also shopped some more and checked out local sites. Some highlights of interest included downtown Tallahassee and viewing both Florida State University (from which Angie's daughter just graduated) and Florida A&M University.

We got a lot done in seven days and are currently discussing our next vacation!

Stacy McClendon is a longtime Pico Neighborhood resident and Santa Monica City staff member.

Back to School Lunch Ideas



By Jahrid Longworth

Inspiration is back to school lunch ideas! Since these are very trying times, and with the new COVID-19 Delta variant, it is probably best to bring lunch instead of going through a food line. These wraps are very easy to make, cost effective and super delicious.

Chicken Wrap

Ingredients:

- 2 large flour tortillas
- 1 can shredded chicken breast (any leftover meat or fish can be substituted for chicken)
- 2 cups lettuce
- 2 Tbsps. salsa
- 2 Tbsps. vegan shredded cheese (Cheddar preferable)
- 1 avocado
- Aluminum Foil

Directions:

1. In a medium skillet, warm tortillas on medium heat, turning tortillas over after 3-4 minutes.



Jahrid shows a chicken wrap he prepared at home to take for lunch at school.

2. Place tortilla on a plate and layer with chicken, lettuce, cheese, avocado, and salsa.
3. Wrap and fold edges of tortilla.
4. Wrap in aluminum foil to secure tightly.
5. If eating right away, there is no need to wrap in aluminum foil. Enjoy!

Does Going Back to School Mean Too Much?

By Dr. Sheila Forman

It is likely that some parents will look back on the pandemic fondly because it represented a time in their teen's life when things were simpler. Because of the lockdowns and stay-at-home orders, the frenetic activity that usually accompanies adolescence ceased. But, now that schools are returning to classrooms and routines are approaching "normal," some parents are wondering how they can help their teenagers schedule their activities

so they don't over-commit.

Teens are eager to resume their pre-pandemic life, and as a result may try to do too much too soon. To help these eager teens, apply these five tips:

1. **Teach Your Teen That It Is Okay To Say No:** Some teens are eager to be accepted, liked and included. This may lead them to say yes to suggested activities too readily. Instead, help your teen understand that it is okay to say no; that their self-worth is not dependent

upon whether they agree to do something or not.

2. Help Them Choose Activities They Enjoy And Leave The Rest:

There are many activity options available to teens, from volleyball to softball, and chess club to glee club. And, with many colleges looking for "well-rounded" applicants, teens may feel compelled to do it all. Instead, encourage your teen to only participate in activities they truly enjoy, and not to choose activities because it will look good on their college application. As the old saying goes, "A jack of all trades is a master of none."

3. Add One Activity At A Time:

Once your teen has determined the activities they would like to participate in the most, start slowly. Start with one activity and see how it fits in the teen's life. Can they still keep up with their schoolwork? Are they getting enough sleep? Do they seem overwhelmed? If the first activity fits well, add a second and ask the same questions. If you notice a drop in grades, changes in

eating or sleeping habits, or a shift in attitude, it is time to pull back and reassess the number of activities the teen is engaged in. This is a situation where less is definitely more.

4. **Prioritize Sleep:** Teens need a lot of sleep. This is the time in their biological life when a lot is happening inside them, and their body needs rest. In addition, insufficient sleep can lead the fatigued teen to feel stress, make mistakes, have accidents, stress, overeat, or develop substance abuse. A well-rested teen will be better able to handle their academic, social and athletic activities with greater ease than their overtired counterpart.

5. **Model Healthy Behavior For Your Teen:** As you are aware, teens learn by example. If your life is filled with too many activities (work meetings, volunteer commitments, extended family obligations, etc.), you are not a good example of living a balanced, healthy life. If your life is too full, reduce your load too.

(Continued on Page 8)

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Meals on Wheels West Routes and Volunteers Are Increasing

By Bob Rich

It is the mission of Meals on Wheels West to provide nourishment to homebound individuals in the local community through delivering healthy meals and creating meaningful relationships. Chris Baca, the Executive Director at

Meals on Wheels West, explains that the organization could not exist without its dedicated volunteer team. The volunteers get special training on how to deliver meals. Another group of volunteers makes Phone Reassurance calls conducting a Wellness Check after



Often times the Meals on Wheels volunteers are the only people their clients see.

better. Volunteers can be college age, retired, or anywhere in between. Some volunteers give clients extra support, like driving them to a medical appointment. With MOW West's assistance, all the delivery volunteers got vaccinated early, which made it possible for them to deliver more than 200,000 meals last year. The 225 phone reassurance volunteers made 25,000 calls during the pandemic.

The volunteer team grew by 60% during the pandemic, expanding from 29 delivery routes to 43. Of the 43 routes, 30 are located in Santa Monica, with the rest in Venice, Pacific Palisades, and Malibu. Some long-time volunteers have enjoyed participating for more than 20 years. To become a volunteer, people can sign-up on the Meals on Wheels West website at MealsonWheelsWest.org, or contact the volunteer coordinator jen@mealsonwheelswest.org, or call the main phone number 310-394-5133 and select extension 2.

the delivery twice a week.

All the meals are nutritious, made fresh, low in sugar and sodium, medically appropriate, endorsed by a Los Angeles County certified dietitian, and delivered right to the client's door. Meals are delivered Mondays, Wednesdays, Thursdays and Fridays. They are picked up at the Meals on Wheels West office on Michigan Avenue, east of 17th Street, in Santa Monica. Delivery volunteers can help out once a week, once a month, or on a quarterly basis. Clients might be in transitional housing, veterans, affected by disabilities, or advanced in age. Most of the clients live alone – more than 60%, in fact.

So, the clients are often thankful just to have a listening ear, someone who visits to share news of the client's day. Chris says that what volunteers enjoy most is seeing clients' lives improved for the



This volunteer couple is picking up their delivery bags in front of the Meals on Wheels office.

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Congratulations to Legend Lloyd C. Allen on His 100th Birthday Celebration



Lloyd "Bud" C. Allen

By Clara Wright

Community legend and businessman Lloyd "Bud" C. Allen celebrated his centennial birthday with a drive-by honk and wave parade last month. The event was held on the grounds of Calvary Baptist Church in Santa Monica which is where Lloyd has attended services for more than 64 years.

Surrounded by his family and friends, Lloyd sat on his "king" chair and enjoyed each moment as guests told stories of how Lloyd had helped them start their careers and mentored them throughout their lives.

One highlight of the day was seeing Lloyd's grandson Chase Colton sit at his feet while his wife, Norma, First Lady Edwina Mossett and her husband, Pastor L. Mack Mossett all stood next to Lloyd while watching the parade.

Twin daughters Christine Allen Colton and Kesha Allen Daniels, along with Goddaughter Schinal Harrington hosted and planned the event fit for the "king." They wish to thank all who participated in the special celebration.



Watching the parade with Lloyd Allen were from left, his wife Norma, Calvary Baptist's First Lady Edwina Mossett with her husband, Pastor L. Mack Mossett, and seated at Lloyd's feet was his grandson Chase Colton.

Photo by Clara Wright

Gift bags were handed to the guests. Each bag included a beautiful royal blue coffee mug with gold lettering. Kudos to the event planners for a job well done.



Norma and Lloyd with their daughters who hosted and planned the event.

Connect to Nature in September

**By Julie Rensink Hanson
Wild Birds Unlimited
Nature Shop**

September is a great month to consider planting a California native garden. Native plants provide essential food and shelter for birds and other wildlife and are the foundation of biodiversity. The fall is the ideal time to plant natives when cool temperatures and rain help plants get established.

Certain plants are sure to attract birds as well as butterflies. Native plants and bushes, such as chia (*Salvia Columbariae*), provide seeds that birds love, as well as beautiful blue flowers. A native toyon bush (*Heteromeles arbutifolia*), with its striking red trunks, has berries that are an important winter food source. For hummingbirds, consider planting salvia spathacea, with its rose-colored flowers. Rightly called Hummingbird Sage, it always attracts the tiny fliers. Also thrifty with water, this perennial will give years of lovely flowers and hummingbird sightings.

Once you get your garden planted, consider adding a water feature. The gentle trickle of water is not only soothing, but also essential for birds. Birds must be ready to fly at all times, and bathing is a critical part of maintaining feathers in top-flight condition. Water is also vitally important for many birds to regulate their body temperature. Birds do not sweat and must remove excess body heat through their respiratory system. A reliable source of water is vital to helping them to replace flu-



A hummingbird with Cleveland Sage
Photo by Medena Asbell



Goldfinch at a birdbath

ids lost to this process. You can offer water to birds in a variety of ways. It can be as simple as a bird bath or as elaborate as an artificial pool with rocks, plants and flowing water. There are misters and drippers that will add even more action and variety.

The Theodore Payne Foundation for Native Plants provides extensive resources for establishing native gardens. Download plant lists from their website, join a class, or visit their nursery in Sun Valley: www.theodorepayne.org. You can also search the Audubon Society Native Plant Database for a list of plants that will attract birds specific for your zip code: www.audubon.org/native-plants.

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From the Santa Monica History Museum



Women of the Assistance Guild of the Santa Monica Bay Woman's Club paint the interior of a house. From the Bill Beebe Collection, #3.2.742, taken in 1936. Contact the Santa Monica History Museum for more details on this and other historical photos in their collection.

Thoughts From a Second-Time Father

Upcoming Saturdays Will Be Very Busy



By Michael Margolin

Somehow, the summer of 2021 has wound down. The last 18 months or so have really messed with my sense of time. On more than one occasion during this time period, I have awakened, and for several seconds had no idea what day it was. The kids were in school and then out and back in, and then they started watching Zoom classes for weeks.

Alexa will be entering third grade, which is a grade I clearly remember, though I did not spend my school years before that on a computer. So, I wonder how some of these kids will be now that schools are returning to "normal."

And, what if there are more complications and school changes all over again? Certainly, that is not something any of us want, but I would not be entirely surprised if there were more shakeups.

Jake will be going to the same school as his big sister to start kindergarten. It seems like a huge step compared to the preschool he was just attending. He is five years old, so more than 20% of his life has been lived during this pandemic. A normal school year from

beginning to end seems like a tall order. I sure hope that is how it goes.

Another first for Jake is being on a team. Soccer practice and games will begin soon, and I am so eager to get out there and coach him and be a part of this new experience with him. Since I was young, I always saw myself growing up and coaching my kids' teams. And, I have done so for several years with Alexa's soccer teams and enjoyed every minute of it.

Now, I get to coach my boy. I will get to see firsthand how he improves throughout the year, and I could not be more excited. I remember how much fun it was when I started coaching Alexa and that was when I did not know what I was really getting into. It does not get much better than experiencing this again with my son.

I will be coaching both of their teams this fall. I will also have 10 consecutive Saturdays of exhaustion. Since this fall will go by in a flash, I am going to embrace every minute of it because it will be 10 unique Saturdays I will not have again.

Michael Margolin is an avid sports fan who has been writing this column since the birth of his first child.

Congratulations to The Santa Monica Star Newspaper on its 20th Anniversary

By Jeff Condon Attorney at Law

I am a fiend for reading all of the Santa Monica freebie newspapers. Whenever I pick them all up at Bob's Market, my fiancé invariably says, "Feeding your addiction yet again, Jeffie?"

I gladly take that good-natured ribbing because I am compelled by habit to "upload" the various takes on reporting the latest Santa Monica news.

But, *The Santa Monica Star* is my favorite of them all. It fills a niche the other publications don't, which I describe as the "Chamber of Commerce" side of Santa Monica.

The Santa Monica Star does not give yet another story on the dust-ups over homelessness, traffic, density, or the SMRR ruling class. Those issues are covered with the other papers. More than covered!

Rather, *The Santa Monica Star* is what I call the "Last of the Chamber-of-Commerce" publications. Publisher Diane Margolin gives space to what the service clubs are doing, whether it's Lions, Rotary, or Elks. She gives voice to local busi-

ness owners with practical and meaningful tips of their trades. She prints photos of people engaging in family activities and bonding.

This type of positive "regular folks" coverage is just not done anymore. Well, maybe in small Midwestern towns with populations under 10,000. But, this is Santa Monica, where we our populace is varied, diverse, and bursting at the city's seams. For us fans of "Old-Time Santa Monica" where you could travel down Ocean Avenue in minutes rather than days (facetiously speaking), this approach to Santa Monica is right up our alley, and it gives us the impression that ours can still be considered a small-ish town where people care about each other.

Let me put it this way. I run a successful estate planning law firm on Santa Monica's most eastern border. I have written two books on the subject. I have a significant presence on many social media platforms – all business-oriented and family friendly. I really don't need to advertise in the traditional paper news delivery system to get new and prospective clients. But, I have advertised with Diane and *The Santa Monica Star* for over five years. Why? Because I really like Diane and her old-fashioned, friendly, all-positive approach to the town in which I was born and raised.

Happy 20 Year Anniversary to Diane and *The Santa Monica Star*.

Dear Jeff, Thanks so much for your wonderful words. —Diane

Does Going Back to School (Continued from Page 5)

Show your teen that you can say no, choose activities that you enjoy and leave the rest, and get your eight hours of ZZZs every night. Don't be one of those "Do as I say, not as I do" parents.

Dr. Sheila Forman is a clinical psychologist based in Santa Monica who provides teletherapy services. For more information, call 310-828-8004 or go to www.DrSheilaForman.com.



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I advertise in *The Santa Monica Star* because it is a community newspaper. Publisher Diane Margolin brings her readers and advertisers together as neighbors and friends. As a Trusts & Estates attorney, my law practice is relationship driven, just like this newspaper. I enjoy talking to prospective clients who call me after seeing my name in *The Santa Monica Star*. As members of this wonderful community, there is instant connection. It feels good when I can help my clients with estate planning or with a probate or trust settlement when there's been a death. *The Santa Monica Star* promotes the sense of community and personal connection that makes my work so satisfying.

—Lisa, C. Alexander



Community Service in Santa Monica

Rotarians are People of Action

By Sharon Gavin

As people of action, Rotarians from the Rotary Club of Santa Monica continue to embrace the motto "Service Above Self" by participating in a host of hands-on service activities to benefit the Santa Monica Community. For example, a Rotarian team recently delivered meals to homebound seniors as part of our Meals on Wheels West Rotary Route. The next opportunity for this semi-monthly activity will be on November 4. We are also currently conducting a shoe drive in partnership with the Culver City Rotary Club, the Santa Monica Family YMCA, and others, and will donate the items collected to Shoes for the Homeless, a non-profit that collects, processes, and distributes shoes, free of charge, to the homeless and those in need.

This fall, Rotarians and their family members will join together for a "Day of Service" at the Boys & Girls Club of Santa Monica. There will be much excitement and a sense of pride as the volunteers plan to paint, clean, and beautify the location. We will also continue our Career Guest Speaker Series at both the Boys & Girls Clubs of Santa Monica and the Pico Youth & Family Center. With this program, a different Rotarian will speak to the youth at these organizations to



Rotarians Alan Glick and Kathy Shepard deliver food to Meals on Wheels West clients.

describe various career options. The September talks will focus on a career in business at both locations.

In October, our members will join together to sort donated food at the Westside Food Bank. We will conduct a food drive as part of this activity. Also in October, our club will partner with Habitat For Humanity to help build, paint, and clean two homes in South Los Angeles.

If you are interested in joining us as we continue to make a difference in our community, check our website at rotaryclubofsantamonica.org or contact us at admin@rotaryclubofsantamonica.org.

SMBWC Works on Community Service Projects

By Pat Webber



For the women members of the Santa Monica Bay Woman's Club (SMBWC), it is our community service that unites us in giving back to local organizations, schools, and hospitals each year.

We stand together in this commitment and will continue to work towards doing more in the years to come. The COVID-19 pandemic forced the temporary closure of the Club house, which caused the loss of member activities and events. Hence, this year we were only able to donate half of what we did last year.

Our criteria for this year's donations were simple: continue support of our signature causes and help the neediest in our community. We are proud of our ongoing contributions to women's health at UCLA Women's Healthcare Research Program. For the past several years, the funds we have donated have helped to ensure the delivery of world-class patient care, perform groundbreaking research, and educate the next generation of physicians and scientists, while preparing for the medical needs

of tomorrow.

Last year, we established the Santa Monica Bay Woman's Club Endowed Scholarship at Santa Monica College for a woman returning to school. This year, we were able to add to that fund. We also contributed once again to School on Wheels.

We have donated funds to organizations whose purpose is addressing homelessness and food inequities. These include Upward Bound House, Step Up on Second, Inc., Westside Food Bank, Beauty Bus Foundation, My Stuff Bags, Happy Trails for Kids, and Meals on Wheels. Finally, we continued support for veterans through Fisher House Southern California, pet adoption through the Lange Foundation, and music through the local Santa Monica Symphony Foundation.

Our Clubhouse is open and accepting reservations for events. Call 310-395-1308, or go to our website www.smbwc.org. Anyone interested in playing canasta or bridge on Monday afternoons at the Club should also contact us at the number above. The Santa Monica Bay Woman's Club is at 1210 4th Street, just below Wilshire Blvd.

Goals of the Santa Monica Lions Club



By Linda Levee

The Santa Monica Lions Club celebrates its 100th year in 2023. Our energy and progress going forward is based upon the positive response of our wonderful community.

We are very fortunate that we have survived this pandemic and the loss of local businesses and senior members that have previously supported us in the past. We lost one of our major supporters last year and one of our active members after COVID-19. It has made us stronger in our resolve to keep our "spirit of Lionism Alive." We are looking forward to a much better year as we heal and we have just added a new member to our Club, and have two more prospective members.

For those of you that read our column, we have received over a thousand pairs of eye glasses to give to the less fortunate. Our primary focus has been and will be on vision and doing what we can do for those who fall between the insurance cracks, especially the unemployed.

We presently feel that we are in a cycle of new beginnings and welcome those community-minded people who need a place to help. All of the funds we raise stay in our community and we partner with other groups such as Meals on Wheels, Veterans housing, and our own Santa Monica Elks Club, which has also been very supportive. If you are interested in finding out more about Lions Club, please contact our membership chair at yorikofisher@gmail.com.

Learning About Email Etiquette



By Mark Presky

I hope my columns have provided suggestions to help with your day-to-day encounters with computers, discussing diverse subjects from email etiquette to how to fix that pesky problem that you might be experiencing since

upgrading to Windows 10.

One of the ways that others acquire email addresses is through messages with many email addresses in the To: or Cc: part of the message; in other words, mass mailings.

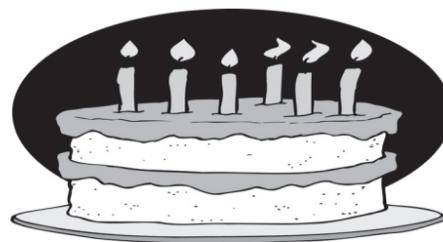
Email addresses are often harvested using "sniffers." About 15 years ago, the general rate was \$15 for 100,000 addresses. This is a major source of spam and worse (ransomware, hackers, etc.).

If you must send a message to a large number of individuals who have not provided permission to share their addresses, please use Bcc. Using Bcc allows each recipient to view only the sender's email address and their own address.

When one chooses a recipient, there will usually be a drop down arrow next to the To: allowing one to choose to change the To: to a Cc: or to a Bcc. There may also be other ways to choose To, Cc, and Bcc.

And, as an important side benefit to using Bcc, you are protecting the privacy of the recipients. Some or all of them may not want their private email addresses disseminated to strangers.

Another bit of related email
(Continued on Page 10)



Happy September Birthdays to:

Lisa Alexander, Steve Eorio, Carol Follette, Mark Stubis, Avo Guerboian, Len Lanzi, Joe Metoyer, Kurtis Magee, Grace Cheng Braun, Nora Bohn, Rex Minter, Vince Muselli, Valerie Brown, George Pickell, Bill Werner, Ho Nguyen, Patrick Potter, Jahrid Longsworth, Msgr. Lloyd Torgerson, Bruce Gelvin, Becky Mejia, Arnold Rich, Enjoli Margolin, and Steven J. Navin, VI

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Is There a Recent Outbreak of Leptospirosis?



By Dr. Frank Lavac MS, DVM
Q: I heard that there has been an outbreak of Leptospirosis among dogs on the Westside. What can you tell me about it?

A: Recently, the L.A. County Veterinary Public Health Department published a report about an outbreak of Leptospirosis on the westside as well as the San Fernando Valley. The full report can be seen at <http://publichealth.lacounty.gov/vet/Leptospirosis2021.htm>.

The report reads, "In July, 2021, Veterinary Public Health noted a large increase in reported confirmed and suspected canine leptospirosis cases. Most of the affected dogs live in or had exposure locations on the westside of the county or the San Fernando Valley."

Leptospirosis is a bacterial disease that thrives in moist locations.

Common exposures occur at boarding kennels, day care facilities, dog parks and beaches. Dogs become infected when mucous membranes, like gums, or damaged skin comes in contact with infected urine or contaminated water. There are several strains of Leptospirosis called serovars. Pets can have a number of manifestations of infection including kidney or liver disease, eye infection, and lung infection.

It can be challenging to diagnose this disease. Certain antibiotics are effective. It is also considered a zoonotic disease, i.e. it is potentially contagious to people. In this outbreak, however, there have not been any reports of human cases after exposure to infected dogs.

There are effective vaccines for this disease, and we are recommending that dogs be vaccinated.

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

Elks Award Citations to Girl Scout Leaders



The Santa Monica Elks recently awarded Special Citations to two Gold Award Girl Scouts (Audrey D. and Esther G.) and two retiring Girl Scout Leaders (Denise Daniels and Eleanora Goldberg). Each received a Special Citation from the Lodge and a gold level President Volunteer Service Award for over 500 hours donated to the local community.

Photo by R.A. Pickett, PDDGER



Mar Vista: Neighbor to Neighbor

Former Mar Vista Neighbors



By Tesi Treuenfels
 What do the famous actor Lloyd Bridges, Stacy Peralta, a member of the skateboarding Zephyr team, and The Santa Monica Star's editor, Diane Margolin have in common?

Well, if you guessed that at one time they all lived in Mar Vista, you are correct. In fact, Diane remembers that when she was in elementary school, the students and their parents were all abuzz when Lloyd Bridges, star of *Sea Hunt*, would show up at a PTA meeting.

Mar Vista has had and still has many other famous residents. Jimmy Fallon from the *Tonight Show* lived just off Venice and Beethoven. He used to eat at Pepy's Gallery. John Frusciante, musician-guitarist and backing vocalist of the rock band Red Hot Chili Peppers was our neighbor. Kesha of

the hit song *Tik Tok* lived here as well. Belita Moreno, who played George Lopez's mom on the *George Lopez Show*, probably commuted up Washington Blvd. to get to the studio for work. The fantastic architect Neil Denari, as well as the outlandish musical composer William Basinski, were also local residents.

If you don't know their work, look them up along with Jennifer Steinkamp, an installation artist. A personal hero of mine and man of the people was John Wooden, famed basketball coach at UCLA, and Los Angeles Laker Jerry West who both chose Mar Vista for their homes.

Have you noticed a new 5,400 square foot mural on the side of MOMA? It's titled "Still Life With Two Owls" painted by our very own Jonas Wood, who lives and produces art alongside his wife, ceramic artist Shio Kusaka.

Learning About Email (Continued from Page 9)

etiquette is to avoid forwarding messages that others have sent with previous recipients' addresses.

Often you receive a wonderful message with several previous recipients' email addresses, either as From, To, or Cc, and you want to share it with an additional 50 of your closest friends.

Again, it is unlikely that each sender has received permission

from the previous senders to disseminate their email addresses, or permission from the many previous recipients of the message.

To avoid passing on strangers' addresses, copy the part of the message that you wish to forward into a new composition window and address it via To, Cc, or better yet, Bcc to those you want to receive the material.

Come to the PAL Poker Tournament This Year

On Saturday, September 18, the Police Activity League (PAL) Poker Tournament makes its triumphant return. Table sponsorships, individual entries, or dinner-only tickets are available. All tickets include dinner, drinks and drawing ticket.

Check-In, dinner and bar are at

5 p.m. Poker Lessons, 5:30 p.m. First Hand Dealt, 6 p.m., Sharp. Come to the Santa Monica Moose Lodge at 1600 Ocean Park Blvd.

For details and an opportunity to sign up, please click on this link: www.eventbrite.com/e/pal-poker-tournament-tickets-165019300169?aff=ebdsoporgprofile.

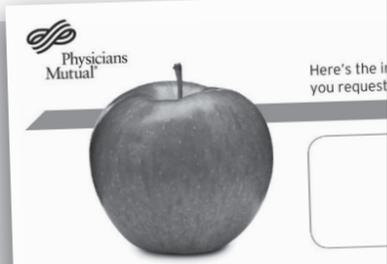
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Teen Scene

When Do Our Dreams Come True?



By Julia Abbott

This is the 20th anniversary of printing the *Santa Monica Star*! That was quite a shock; I just turned 17, which means this newspaper has been around longer than I have!

However, it really did make me sit down and think. At 17, I like to think I'm pretty idealistic. Life hasn't had a chance to come for my dreams, however "crazy" they may be. So, I decided to ask some of the adults in my life about their dreams. It was quite sobering to realize that out of the eight adults I spoke to, only one accomplished his most grandiose childhood dream. However, the other seven didn't seem bitter.

The impression I got from each person was that their dreams

shifted as they grew older. Dreams about mansions and private jets were replaced by those of family.

It really made me reflect on my dreams. As a child, I don't think I have much perspective on life. These dreams that seem so important to me now might be meaningless in 20 years. Life is long, and expectations are constantly changing. Maybe you hold a childhood dream that could be accomplished today; visiting Disneyland or driving a Ferrari. But maybe, just maybe, they don't matter much anymore. Dreams change, but that doesn't make them better or worse. It just makes them different.

Julia Abbott is a local high school student who has been writing for us since she was in elementary school. She has won awards in debating, speaking, writing, piano, and dance.

COVID-10 Rules for Visiting Local Hospitals

Providence hospitals in California are complying with a state mandated issued that requires hospital visitors – with some exceptions – to show proof of full COVID-19 vaccination or negative tests taken within the past 72 hours. All visitors to the hospital, even those exempted from the mandate, must wear masks. Exempted from the mandate are:

- Visitors who are visiting a patient in critical condition when death may be imminent
- In emergency situations, parent

or guardian visitors of pediatric patients, or a support person for a labor and delivery patient

• A support person for a visitor with physical, intellectual, developmental disability, or cognitive impairment who is visiting a patient in critical condition.

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From Me to You...



By Diane Margolin

Is it serendipity or synchronicity that is one of the things I miss most about living in New York City? You never know who

you will meet on the streets, what store you will discover while you are out walking, and to what extent your mind will reach so that you will say, "Oh I hadn't thought of it that way before."

At 1:30 a.m., I was awakened to the sound of water gushing out of the fan in the bathroom. I put out a pail that fortunately was nearby as my feet squished the wet rugs. For 14 years, I managed 24 units on Ocean Avenue in Santa Monica. That experience led me to think about what to do next. What if the pail overflowed? Should I wake my neighbor or wait? Our building has a history of unique plumbing surprises.

So, I decided to call my neighbor who said to call back if the water gushing got worse and that they would call the plumber in the morning. Eventually, it did get to the point where only one drop of water was plopping into the pail. In the morning, there was a text from my wonderful neighbor asking how I was, and letting me know what time the plumber would be coming to assess the situation.

I headed to my computer to work on this 20th anniversary issue. That I've been composing 12 unique issues each year mostly on my own for 20 years still amazes me. Through life events such as deaths of a parent and close friends, surgeries, moving twice to other apartments, and the pandemic, our talented columnists, graphic artist, and I have always managed to bring hundreds of photos and stories with a positive slant to our wonderful readers and advertisers. We believe our residents and business owners are the local celebrities who should be highlighted for their contributions to our special community.

Recently, I got a call from a young woman who was looking for

a room to rent or an apartment to share temporarily, as her apartment in Santa Monica had burned and her landlord was taking his time getting the unit back into livable shape.

I am a pretty good resource person, so I made a few calls. I called a friend who had a room she would let visiting students stay in for a short term. But, she and her husband were now using the room for storage. Then, she and I made plans to get together, and it would not have happened if I hadn't called looking for a room to rent. She gave me the name of someone else to call. I also called a friend who knows someone with rooms to rent, but because he has a handyman service, he will also be able to repair the wet bathroom ceiling.

That night I was sleepy, but ended up watching a funny movie set in Manhattan. It reminded me of how the city used to be. It's where unexpected things can happen that spark my imagination to keep reaching beyond.

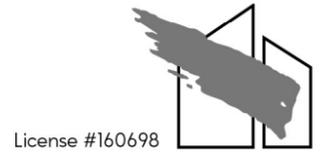
There are so many challenges we are all facing because of the pandemic and political events. I don't need to mention them. But, I remind my friends that we have to keep looking for the positive happenings that are still all around us, like the smile of a baby, seeing a precious puppy, a bouquet of beautiful flowers, the ocean waves, an amazing sunset, finding the product you want in the grocery store, going to the right doctor who can help you feel better, baking a new recipe that really tastes good, or conversations with dear friends who live close or those who have moved away.

We may have to look a little harder to remind ourselves of the joys that still exist, but they are there. Today, I made plans with friends I might not have contacted if that young woman hadn't been looking for a room to rent. So, as I realized, serendipity does still exist, even in Los Angeles.

Hoping that you will find positive happenings in your surroundings.

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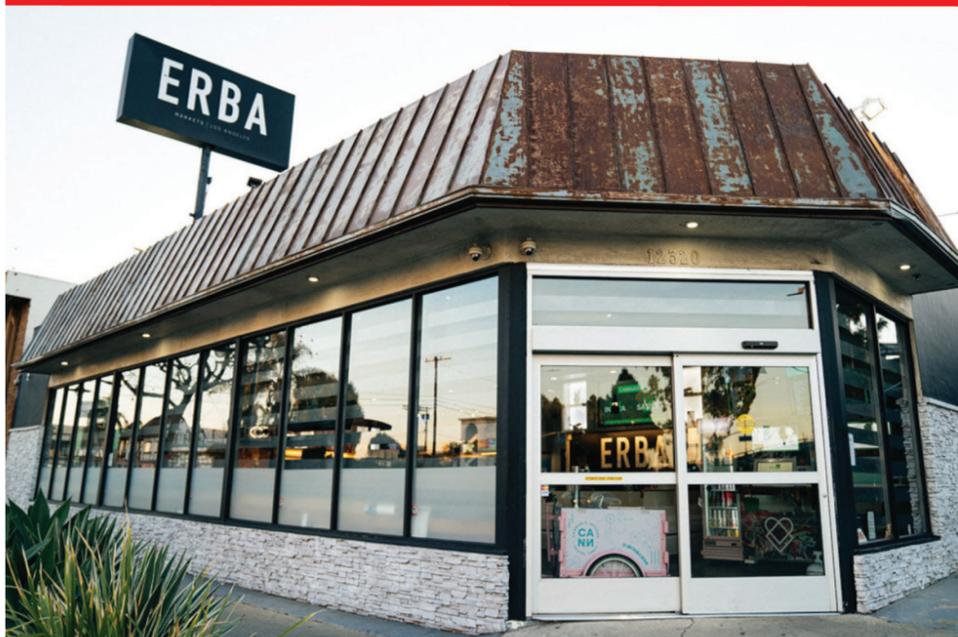


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