



THE SANTA MONICA STAR

*Also covering
The Greater
Westside*

Volume XIX Number 11 Connecting You With Your Community November 2020



After much research and preparation, the Santa Monica Family YMCA opened a distance learning program.

Distance Learning Program at the Santa Monica Family YMCA Helps Children's Social and Emotional Resilience

By Anne Wallentine

For children and families, one of the many challenges of life during the pandemic has proven to be distance learning. Not only is it trickier for children to learn and participate, it's difficult for working parents to support their children with logging on to online classes at different times – on top of managing their own jobs and responsibilities.

The Santa Monica Family YMCA began implementing their Distance Learning Program in August, when the (virtual) school year began. So far, they've received "great feedback" from parents, Chief Operations Officer Ana-Marie Schaefer says. "It's been a really big relief for families to be able to bring their kids here. And," she adds, "it's also been really good for the children, for their social and emotional resilience."

The program provides classroom pods of 12 students with two staff members assigned to each room to supervise online learning and assist with homework and exercises. The staff hopes the program will combat pandemic-related learning loss: "They're more engaged with their schoolwork, because they have their peers [there]," Ana-Marie describes.

With 50 children enrolled, the program is currently at capacity within social distancing guidelines. However, Ana-Marie explains, they are working to expand the program to accommodate more learners, as well as looking for funding so that more low-income families can participate.

After closing their facilities, including their licensed preschool in March, the Santa Monica YMCA was allowed to re-open to offer childcare for essential workers in April. They also ran a summer day camp before turning to the Distance Learning Program, which builds off their previous youth development programming.

YMCAs across the country are also implementing the same support. "We want to make sure that the children emerge feeling healthy and strong...[and] provide some consistency for them," Ana-Marie describes.

The Santa Monica YMCA plans to run the program through the entire school year. "We're trying to be very flexible and prepare for how to serve the community," Ana-Marie comments. "Every day, we show up to strengthen our community for children, adults, seniors, and families. And, we want to make sure that we give everyone the opportunity they need to reach their full potential."

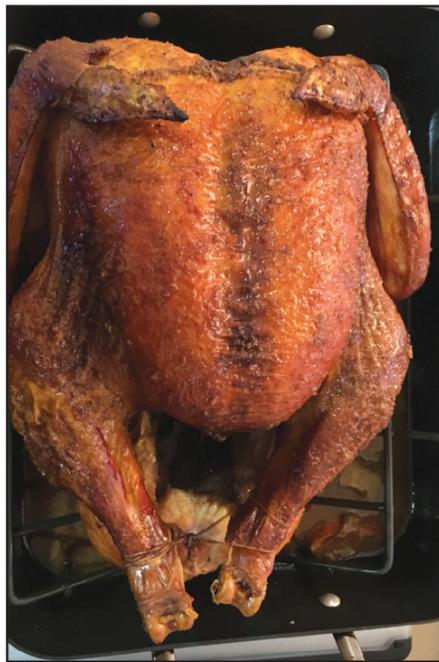
For more information on the program, call Ana-Marie Schaefer at 310-393-2721.

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 4)



It's Not Your Grandmother's Thanksgiving Holiday This Year



Focus on savoring the food this Thanksgiving, how the tastes change, and how the texture, smells, and flavors appeal to your senses. Photo by Steve Litvack

By Dr. Sheila Forman

Because of the COVID-19 crisis, it is unlikely that we will be celebrating Thanksgiving the old fashioned way – at home, surrounded by family and friends, crowding around the TV to watch football and the Macy's Thanksgiving Day Parade. No, this Thanksgiving will be like no other.

Please don't let the current conditions ruin your holiday fun. Thanksgiving can still be a time of joy, love and laughter. You may just have to do things differently. Since this holiday will be different, taking a different approach may be useful. One way to make this Thanksgiving an enjoyable one is to approach it mindfully.

Mindfulness is a tool you can use to get more satisfaction from life. Being mindful means being aware. It means slowing down and taking time to experience what you are doing rather than rushing through it to get it done. Mindfulness allows you to savor life, to find joy in small moments, and feel at peace when the world seems to be crumbling around you. If you are quarantined and have nowhere to go anyway, now could be a great time to learn to be mindful!

A simple way to learn about mindfulness is to eat something mindfully. Mindful eating is a wonderful way to enjoy your food, and since Thanksgiving is all about food, it's a great place to start. To eat food mindfully, follow these simple instructions: **1. Choose a food that you want to eat and place it on plate.** Place the plate at a table and sit down. Then, take a moment to settle into your seat and focus your attention on your food. **2. Observe the food you have chosen to eat.** Notice what it looks

like, feels like, and smells like.

3. Think about all that it took to get this food to you. The farmers, manufacturers, transportation vehicles, stock clerks, cashiers, etc. Silently thank them for their participation. **4. Pick up your food and eat it slowly,** paying attention to how it tastes and feels in your mouth. Notice when or if the taste changes. **5. Continue to eat your food in this way until you have finished or feel that you have had enough.** By eating your food mindfully, you were present with it. Most people describe getting more satisfaction eating this way.

So, this Thanksgiving, when you are eating your plate of turkey, stuffing and pumpkin pie while on ZOOM with your out-of-town relatives, take time to savor your meal. Enjoy the smells, textures and flavors. This may not be an old-fashioned Thanksgiving, but it could be one you give thanks for anyway. Bon Appetit!

Dr. Sheila Forman is a clinical psychologist and mindful eating instructor. For more information, call 310-828-8004, or go to www.DrSheilaForman.com.

Take A Look Inside

- Planning Ahead.2
- Passing Through the Pico Neighborhood3
- Teen Scene3
- Byte by Byte5
- Clergy Corner5
- Community Service9
- Brain Matters10
- Paws and Claws.10
- From Me to You11

Can Your Side Hustle Turn Into Your New Career?



By Carolyn Hemann, CFP

Are you among the millions of Americans who have pursued a moneymaking endeavor outside of your job, commonly referred to as a "side hustle?" If you have a passion for this venture, you might be looking for a way to turn it into your primary occupation.

What should you know before you try to turn your side gig into your main source of income? Here are five key questions to consider before you make your move.

#1 – Do you have the entrepreneurial bent?

What was the inspiration to pursue your side hustle? Was it to fulfill a desire to follow your dreams and start your own business, or was it primarily to provide some financial cushion in your life? If it was the

former, chances are you have the right kind of entrepreneurial mindset to pursue your own business opportunity.

#2 – Is there potential for real growth in your business?

Whether you've been selling a product or consulting on the side, one of the most important questions revolves around the marketplace for what you are offering.

Can you justify making your side hustle a fulltime gig from a financial standpoint? You need to honestly assess the opportunity to boost your business if you put more time into it.

#3 – Are you willing to commit the time it takes?

For most starting up a business, it is not a "9-to-5" proposition. If you've already been working at your business idea on the side, you should have an appreciation for the extra hours often required. Even if

you are able to leave your current job, expect more of the same as you try to transform your business into a fulltime occupation. It can be more work than you think.

#4 – Have you done your homework?

If you haven't already, you'll need to establish a more formal framework around the business, including choosing a business structure (sole proprietor, partnership, limited liability corporation, etc.). Talking with an attorney and tax advisor as well as a consultant who works with start-ups may be beneficial.

#5 – Is your financial house in order?

You want to do all you can to ensure that your decision to make the leap into your own venture doesn't have a negative impact on your own personal finances. Review your current financial standing as it re-

lates to key goals like retirement savings, your insurance needs (health, life, disability) and managing outstanding debt. You also want to have sufficient emergency savings on hand as a financial cushion. It's important to be in strong financial position as you work to get your operation up to speed.

Your financial advisor can help you assess your personal financial situation and review important steps to consider as you prepare for this next stage in your working life.

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 has been in practice for over 30 years. She can be reached at 310-477-2500.

Planning Ahead

Planning the Distributions to Your Descendants



By Lisa C. Alexander, Esq.

In making your Will or Trust, you must plan for the unthinkable: What should happen if a beneficiary died before you? If that

happened, you could say the beneficiary's gift is cancelled and the gifts to other surviving beneficiaries are increased proportionately. Or, you could say the gift should go to the deceased beneficiary's descendants. If you want the gift to go to descendants, you also must think about how the gift should be divided among the descendants. Let's say you had two children, Dick and Jane, who both died

before you. Dick left one surviving child, Sally (your grandchild). Jane had three children, Tom, Henry and Julie, but of the three, only Tom (your grandchild) is still living. Jane's other son Henry also died before you, leaving one child, Henrietta (your great-grandchild). Jane's third child, Julie also died before you leaving two children, Julien and Julietta (your great-grandchildren). There are several ways your estate might be divided among your grandchildren and great-grandchildren, depending on your wishes.

If you direct the gift be divided "by representation" or "per stirpes," then Sally will receive all of her father Dick's half. Tom will receive one-third of his mother Jane's half

(1/6). Henrietta will receive her father Henry's one-third of Jane's half (1/6), and Julien and Julietta will divide their mother Julie's one-third of Jane's half (1/12 to each). This is the division most people intend.

Alternatively, you could direct the gift be divided "per capita." In our example, Sally and Tom as the two survivors of their generation will each receive 1/4 and Henrietta, Julien and Julietta will each receive 1/6. This is the least likely to be anyone's intent.

If you don't direct how the gift should be divided, the division will be the same as if there was no Will. Under intestate succession, Sally, Tom and Henrietta will each receive 1/4, and Julien and Julietta will each receive 1/8. You can see the distinction, and how important it is to plan for the worst-case scenario that a beneficiary might die before you do.

*Lisa C. Alexander, Esq.
JAKLE & ALEXANDER, LLP
Main Line: 310-395-6555
Direct Line: 310-656-4310*

BARBER NEEDED

2 years experience
For Santa Monica Shop
at 1802 Broadway
Great atmosphere for
the right fit

Call 818-647-5392
Ask for Xavier

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

Website: www.thesantamonicastar.com
Email: SMStarNewspaper@gmail.com

Editor and Publisher: Diane Margolin
Editorial Assistant: Miceala Shocklee
Advertising Sales: Diane Margolin
Ad Graphics: Dynamic Graphic
Contributing Writers:
Dr. Frank Lavac, Qin Stubis, Michael Margolin, Lisa Alexander, Anne Wallentine, Sunshine Banister, Mark Presky, Julia Abbott, Jahrid Longsworth, Dr. Sheila Forman, Brenton Banister, Kalina Silverman, and Kera Snell.
Special thanks to Rufus Baker, Ron Robinson, and Becky Mejia.



**Rotarians
Follow
The Four-Way
Test**

Rotary Club

OF SANTA MONICA

Service Above Self

From Rotary International

OF THE THINGS WE THINK, SAY OR DO

First - **Is it the TRUTH?**

Second - **Is it FAIR to all concerned?**

Third - **Will it build GOODWILL and BETTER FRIENDSHIPS?**

Fourth - **Will it be BENEFICIAL to all concerned?**

For more information, visit our web site at:
www.RotaryClubofSantaMonica.org

Sponsored by Quigley and Miron, CPAs

VCA Wilshire Animal Hospital

**2421 Wilshire Blvd.
Santa Monica**

310-828-4587



Subscribe To
The Santa Monica Star
Just send a check for \$20
for a one year subscription to
The Santa Monica Star

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

NAME _____

ADDRESS _____

CITY _____ ZIP _____

November/20

**Get Agency Quality
...Without the Price!**

Dynamic! Graphic.

Saves Money • Reduces Headaches • Taste Good

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

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

Passing Through the Pico Neighborhood

Pumpkin Spice Pancakes Perfect for Fall Menu

Thinking ahead for a breakfast dish for the fall, our local chef Jahrid Longworth has selected Pumpkin Spice Pancakes for his dairy-free recipe this month.

This middle school student may get up a bit earlier before he begins his distance learning lessons to prepare these tempting pancakes for breakfast.

Pumpkin Spice Pancakes

3/4 cup of flour
A pinch of salt
1 Tbsp. of brown sugar
1 cup of almond milk
1 Tbsp. of pure pumpkin from a can
1 tsp. of oil
1 tsp. each cinnamon, nutmeg, and ground cloves
1 tsp. of vanilla extract
1 Tbsp. of baking powder

To prepare:

Mix flour, baking powder, salt, oil, brown sugar and almond milk in one large bowl. Mix until smooth. Then add vanilla extract, pumpkin filling and seasonings. Mix until



Jahrid is getting ready for the holiday season with this recipe.

smooth. Heat a skillet or griddle over medium high. Add Smart Balance dairy-free butter or canola oil to skillet. Pour 1/4 cup of batter onto the skillet for each pancake. As edges begin to brown, flip the pancake over. When the pancake is lightly browned on each side, remove it from the skillet.

Westside Voices Presents a 2020 Concert



Westside Voices addressed a receptive audience at their recent fall concert.

By Harris Levey

Earlier this fall, Westside Voices presented an outdoor concert entitled "Travel Safely Through Music." Even face shields and social distancing couldn't keep this unique mixed a-cappella ensemble from visiting New York, Jamaica, San Francisco, Paris, and London.

The audience smiled from beneath their face masks, and participated in the hum-a-longs. Chairs were spaced for family members and individuals, and recommended safety protocols were followed.

Singing outdoors without amplification was a challenge. Wearing

(Continued on Page 4)

Teen Scene

Decorating Your Home for Fall



By Julia Abbott

Fall is coming to a close, with the Christmas spirit on its way. However, there are many ways to make this last month of Autumn memorable.

First, invest in a fall wreath! Christmas wreaths may be all the rage, but a homemade fall wreath is a great activity to spice up quarantine and add a splash of color to your door. All you need to do is to glue acorns, mini-pine-cones, coffee beans, red leaves, walnuts, or anything Autumn themed in a wreath.

Next, add some cinnamon sticks, orange rind, whole cloves, and bay leaves to a pot of water and boil away. Your house will be filled with a beautiful Autumn smell. To avoid chapped lips, put olive oil or almond oil on before going to bed. A favorite for kids is a fall garland!

Simply cut fall shapes (acorns, leaves, pumpkins) out of construction paper, accessorise, and string together. It sounds like a kiddo craft but if done properly, it looks gorgeous! We did red leaves and golden acorns, which looked professionally made, if I may say so, myself.

Thread fall leaves together to create beautiful fall crowns. Fall is apple picking season, even in Los Angeles. The Oak Glen area of SoCal is blooming with delicious apples, with some locations available to pick on your own! If apples aren't your thing, a visit to a pumpkin patch is fun (and cheap) after Halloween. All in all, get in the fall spirit. November shouldn't be a month of waiting for Christmas; it should be celebrating the last bit of Autumn.

After all, "Life starts all over again when it gets crisp in the fall."
- F. Scott Fitzgerald.

Being Thankful During the Holidays



By Brenton Banister

I'm thinking about all the things I'm thankful for. With holidays coming up, it makes you reflect

on all the good things. There are so many areas of my life that I could address, because my life is pretty great! What I'm really thankful for are my parents, basketball, and my dog Bella.

(Continued on Page 4)

THANK YOU TO OUR GENEROUS SPONSORS FOR MAKING THIS YEAR'S MONSTER BASH SPOOKTACULAR!

ATI DISASTER RECOVERY SERVICES **VENBROOK** INSURANCE SERVICES

Cookies

MARSH

A-Tech Consulting, Inc. SUPPORTING strategies | Los Angeles

MEALS ON WHEELS WEST
Delivering More Than a Meal

***Free Delivery on Mondays for the Month of November!**
* Within 2 mile radius, and must mention Santa Monica Star Coupon.
Expires 11/30/20.
310-477-0031

New Hours:
Mon-Sat:
8:00am-4:00pm

NelisCatering.com
Catering / Restaurant **2214 Stoner Ave. W. Los Angeles**

alphagraphics
SANTA MONICA - US763
WE'RE OPEN
and here to assist you with all your printing and copying needs, including COVID-19 items:
BANNERS, SIGNS & FLOOR GRAPHICS
CALL US @ 310.453.7559
Temporary Hours: 9am to 2pm, Mon-Fri
2717 WILSHIRE BLVD • SANTA MONICA, CA 90403

Reflections From The East

Pandemic Diary: There's No Place Like Home



By Qin Sun Stubis

This year, COVID has made staying home a must for Americans. It has forced us to shelter in place and practice social distancing to protect ourselves as well as those around us while our country fights fiercely against the ravaging virus.

Like many dutiful, responsible families, we've been working and eating from the same table with the same view out the window, seeing the seasons change from early spring to summer, and now to autumn. Staying home has become our norm, while going out has turned into a defensive battle, armed with gloves, masks, and sometimes even face shields.

Who said that it would be easy to live through a historic pandemic when we cannot even see the imminent danger with our own eyes? Its

microscopic size has given our lethal enemy a superior advantage to pounce on us when we least expect it. We can't win this war through bravery, but through intelligence and logic, and a trust in science.

Staying put with our immediate family is our safest bet right now and, truthfully, if we have to choose a place to hunker down, there could be no better choice than our own home. It doesn't matter whether it is small or large, rented or owned. Our home is our nest where we find comfort and strength. It is the place where we have accumulated so many of our memories and memorabilia. In normal times, we're usually on the go and seldom able to appreciate a lot of the valuables we've stored up.

With all the time we now have on our hands at home, we can liberate a lifetime of treasures from under a shroud of dust. Finding them can be like a treasure hunt, and we

may be surprised by what we find. We might discover a note inside an old book, for instance, written many long years ago by someone dear to us. We finally get to read that note.

Furthermore, with our virtual world still intact, we can reach practically anyone around the world from the safe haven of our home. Our family and friends are only a phone call or a Facetime session away. As you give your elderly grandma or uncle a ring, don't forget to ask them about the life they have lived and the things they have done. It is never too late to start to record your family history, adding new riches to your lifetime collection.

There is so much we can do around our home to keep ourselves occupied and sane. As long as this pandemic lasts, we will never need to wear Dorothy's ruby slippers, click our heels together and say "There's no place like home." We're already there.

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

Elks Donate to Westside Veterans



With the help of the Elks National Foundation Focus Grant for \$10,000, the Santa Monica Elks 906 recently donated Chrome books, toiletries and blankets to the Veterans of the West L.A. VA.

The Chrome books are for each vet living at the facility for doctor appointments and other needs during this Covid 19 crisis. The lodge also dropped off cards of inspiration and homemade treats for the Vets to eat made by the Scouts of Holly Hills Troop 415.

Pictured, from the left, are District Deputy Grand Exalted Ruler R.A. Pickett, Santa Monica Elks Mitchell Fink, Ronald Fink, U.S. Army Veteran Jimmy Miranda, and Carina Iniguez of building 209 care facilities.

Photo by Frank H. Frazier

Being Thankful (Continued from Page 3)

My parents are amazing. They really have my back on everything I want to do and that can help me in the future.

I really don't know what I wanna be yet besides a NBA basketball player, but I like to do a lot of other things like paint and write, and sometimes one of my favorite things is to make pancakes with Nutella.

My parents like doing a lot of outside activities. My dad goes fishing at least three times a week and my mom likes to horseback ride.

My parents come with "perks" because they're both barbers. They cut my hair whenever I like, but I'm growing my dreads out now, so I'm really thankful my parents accept my individuality and let me be myself. They're pretty cool like that.

They gave me a dog from the shelter. Her name is Bella. She's an 18-month-old chihuahua. I love her. She loves me, too. Every time I do anything, she is always waiting for me. She even sits by my door until I finish school.

We all have so much to be

thankful for. I asked my friend Eliduwan, "What are you thankful for?" He answered, "A roof over my head."

I asked why, just to dig a little deeper, and he said, "Because a lot of people don't!" All I could think about was that homelessness still exists in 2020, but we have to be thankful anyway. Hope you all are thankful for what you have and enjoy a blessed holiday season.

Brenton is a local middle school student.



Send us your favorite holiday recipes to run in our December issue. Email to smstarnewspaper@gmail.com. Please include your name and phone number.

Answer to Neighborhood Celebrity

(Continued from Page 1)



Maria Oregon has been with Dr. John Adomian's dental office on Montana Avenue for 10 years. She likes to read and cook when she has the time.

Westside Voices

(Continued from Page 3)

face coverings and not being able to stand close together made it even more difficult, but the singers were able to adapt to the acoustics of the space. Seating was limited, so that all could comfortably enjoy the music.

This was the first time that some of the audience had left their homes, except for visits to the supermarket or to the doctor. It was a joy to bring a sense of normalcy to the community.

Come celebrate the holidays with Westside Voices at our upcoming concert on December 20. Enjoy great live music and a few surprises.

For more details, contact me, Harris Levey, at 310-822-9067.

Mini Message Bulletin Board

bru's wiffle

Two locations to serve you!

2408 Wilshire Blvd. Santa Monica, CA 90403
3105 Washington Blvd. Marina del Rey, CA 90292

Serving Santa Monica and its Surrounding Communities Since 1949.

www.BradmoreGroup.com



2111 Wilshire Bl. Santa Monica 310-453-3341

Residential / Income Apartment Rentals Property Management

Handyman Available

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

This Thanksgiving be grateful you received good legal advice.

Call Bret R. Carter, Esq. 213-629-5700

SANTA MONICA BAY WOMAN'S CLUB

1210 4th Street, Santa Monica 310-395-1308

Now Air-Conditioned Available to rent for your next event!



SANTA MONICA LIONS CLUB

Dinner Programs 6 p.m. on Zoom

email: levelheadedlinda@yahoo.com for date and details.

Which to use: TM SM ® © or Ø?

2020 Protection for Your Brand internetlawcenter.net/our-team

Michael Krieger, Attorney mkrieger@internetlawcenter.net



PRIMERICA Life Insurance - An industry leader since 1977 Leave a legacy of love. Secure your family with life insurance.

• 94% of claims are paid within 14 days

• An average of \$3.8 million in benefit claims paid every day

For details of the benefits, call Tamara Monique Johnson, District Leader at 818-392-9479.



1802 Broadway, Santa Monica • 310-461-9053 OPEN 7 DAYS

GIVING THANKS FOR GREAT BARBERS • GREAT CLIENTS GREAT HAIRCUTS!

Clergy Corner

Adapting to the "New Normal"



By Pastor Eric Shafer

I am not sure I will ever get used to it. By "it" I mean my new "normal" here at Mt. Olive Church. In my new normal, Tuesday early afternoon is my new Sunday, since that is the time each week when I record my parts of the worship service for the coming weekend. Tuesday is my new Sunday and Sunday, well, I am not yet sure what that is!

I liked my old schedule. We had Saturday evening worship with a small gathered congregation, so that allowed me to try out an idea or two and, if they did not work, I could change my sermon before preaching it again on Sunday morning.

I even had weeks when I wrote one sermon midweek, and changed it dramatically because of events later that week.

No more, at least for now. Now I must be ready by Tuesday afternoon. No chance to update my sermon for the events of the week later than Tuesday afternoon.

Of course, during these "safer-at-home" days, much of the rest of my week, and the rest of all our weeks, will be pretty predictable. So, very sadly from the time I record my sermon on Tuesday to when it "airs" on our YouTube channel that weekend, more people will die of COVID-19 – many more, too many more. And, we will be stuck for another week again at home, worrying about the vulnerable people among our family and friends. We will keep trying to work from home, an especially difficult task for those of you

with children, and not just young children, but also for those of you now home with older children who are not usually home this much, children who are not used to having so much time at home around you, and you around them. We will all get on each other's nerves regularly, even though the folks with whom we are sharing these "safer-at-home" days are among the most important people in our lives.

That is what the time between Tuesday and the weekend will be like for me, and I suspect for most of us.

What do we do with all of this? I find myself turning regularly to the 23rd Psalm, a familiar passage to so many. You know those words, "The Lord is my shepherd" These days I am holding onto these particular words from Psalm 23: "Even though I walk in the valley of the shadow of death, I fear no evil, for God is with me."

We have a God who restores souls, whose love for us is overflowing, who stills the "waters" of our lives, who keeps us on the right path, who comforts us, feeds us, and wraps all of this in the promise of God's goodness and mercy.

The Lord is my shepherd. God is our shepherd. Still promising us abundant life. Still always with us. Still protecting us from evil.

Even, and especially, in these days, God is still with us.

The Rev. Eric C. Shafer is Senior Pastor at the Mt. Olive Lutheran Church in Santa Monica.

Editor's Note: Each month we are asking a clergy member from our local churches or temples to do a column on dealing with COVID-19.

Free Caregiver Workshops Planned

There are two free caregiver programs coming up, beginning in November. The first is "Powerful Tools for Caregivers" and begins Tuesday, November 3, at 10 a.m. This six-week program provides tools and strategies to help caregivers better handle the unique caregiving challenges they face while caring for their loved one with a chronic illness.

The second one is "Savvy Caregiver Express" and begins Tuesday,

November 3 at 1 p.m. This three-week program helps family caregivers learn about dementia and caring for a loved one with dementia.

For more details, contact Carol Hahn, MSN, RN, RYT, CPT, CDP, and Wellness and Fitness nurse at 310-612-9064.

The classes will be held online via Zoom. Carol Hahn and Tara Guden, LCSW, will be the instructors.

Byte by Byte

Gratitude and Gigabytes: Technology, Thanksgiving and 2020



By Miceala Shocklee

With Thanksgiving time rolling around, technology is something to be grateful for this year, more than ever. This year, consider making a list of the technology that has served you this past year, whom to thank for it, and how technology can help you in expressing your gratitude. Consider:

• **Zoom!** Where would we all be this year without Zoom? Or Facetime, Snapchat, Whatsapp, or whatever video chatting platform you've used this year. Whoever's been putting in the time to connect screen-to-screen while we're limited on our ability to connect face-to-face, consider giving them a thank-you call. Know anyone who's worked on developing one of those platforms? Let them know what positive role the platform has had in your life!

• **Medical technology!** Doctors and scientists have put in countless hours researching and developing surgical masks and their

mainstream equivalents, vaccination protocols, and medication trials. From pharmacists to your primary care provider, next time you're talking to a healthcare professional, consider taking a few moments to express your gratitude.

• **Delivery services!** Online ordering has been around for a while, but restaurants, mail providers, Amazon, Etsy, your local independent shops - anyone and everyone who has an online sales component has had to adjust to unprecedented levels of demand. Whoever's bringing you mail, food, or your latest impulse buy - considering leaving them a thank-you note letting them know that they are seen and appreciated.

How else has technology helped recharge your 2020, and what else can you do to give the people behind it a boost?

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.

Backing up Your Computer



By Mark Presky

Backing up your computer's main hard drive is the most important task every user needs to do on a regular basis. Your computer hard drive stores all the important stuff on your computer, the programs, (including the operating system that makes it work), and all the data files (all your documents and records, music and photos/videos). Without the hard drive, your computer is kaput.

Computer hard drives are very reliable today, but they still fail for many reasons. The mechanical parts can wear out. A more common reason is that the programs on your main hard drive become corrupted and no longer function. It is not a question of IF your hard drive will fail; it is more a question of WHEN it will fail. Backing up your system will save you a lot of anguish, tears, and time.

To back up your main hard drive, copy all of the files on that drive and store them on another separate hard drive that you save away

from your computer. Doing this is easy to learn. Then, if anything happens to your main hard drive, a new hard drive can be put into your computer and the backup files can be transferred back to the new drive. One can be up and running again in minutes with a good backup. Or, at least you can minimize the great inconvenience and stress of having lost all of your program and data files by having them protected elsewhere.

DVDs, CDs, and flash drives (thumb drives) are unreliable backup media devices. They fail more often than hard drives. And, one does not want to back up files internally to the same computer hard drive that may fail. Use an external hard drive. These simply plug into your computer and become a receptacle for your backup files, permitting you to store the backup file elsewhere, where it will hopefully be safe, waiting until it is needed.

I back up monthly and store the external drive in another room of my home. Every six months or so,

(Continued on Page 6)

SUBSCRIBE TO
The **CURRENT**
NEWSLETTER!

READY TO BE THE SMARTEST PERSON
IN THE ROOM?

THE MOST IMPORTANT
NEWS FROM THE

smdp
Santa Monica Daily Press

www.smdp.com/signup

Beyond
the Grave

The Right Way and the Wrong Way of Leaving
Money to Your Children (and Others)
Revised and Updated
Jeffrey L. Condon, Esq.

"The Best Estate Planning Book in America"

—The Wall Street Journal

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

Brought to you by Attorney and Author:

Jeffrey L. Condon, Estate Planning Attorney

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

310-393-0701

jeff@condonandcondon.net

www.condonandcondon.net

Jeffrey's "Really Helpful Inheritance Tips" at: www.facebook.com/BEYONDTHEGRAVEBOOK



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

Savory Holiday Flavors Made Simple

Family Features - This holiday season calls for easy dishes that bring exquisite flavor to your festivities. One way to spend less time in the kitchen and more time celebrating is to plan for quick-prep dishes you can have on the table with next to no fuss.

The perfect centerpiece to your table, Smithfield's Signature Spiral Sliced Ham is fully cooked, hickory-smoked, and easy to prepare. All you need are a few sides and your meal is complete. You can use the leftover slices to create a delicious lunch dish, like this Ham and Cheddar Cranberry Melt.

For more quick and easy holiday recipes, visit Smithfield.com.

Ham and Cheddar Cranberry Melt

- Prep time: 15 minutes
Cook time: 30 minutes
Makes: 4 sandwiches
8 slices bread
6 Tbsps. butter, softened
1-1/4 pounds, sliced ham
3/4 pound white cheddar cheese, sliced
1 cup whole berry cranberry sauce
3 cups (2 ounces) salad greens
- Heat heavy-bottomed skillet over medium-low heat.
 - Butter one side of two slices of bread, then turn buttered side down. Top one slice with 5 ounces ham slices and the other with 3 ounces of cheese slices.
 - Transfer to skillet face up and cook 5-7 minutes, or until bread is lightly browned and cheese is beginning to melt.
 - Remove sandwich halves from skillet and transfer to cutting board and repeat to make three



A tempting choice for leftovers.

additional sandwiches.
• Top ham side with cranberry sauce and greens, and place cheese side of bread on top to finish sandwich. Cut in half to serve.

It might also be tasty with leftover turkey slices in the sandwiches.

Backing Up Your Computer

(Continued from Page 5)

I back up to an external hard drive that I keep in a safety deposit box, in case my house burns down, or is otherwise destroyed.

There are many backup programs. I've been using Acronis True Image since 2009. (No, I do not work for the manufacturer or gain financially in any way from using this software.) It not only easily backs up the individual files, it can create a complete IMAGE of the entire hard drive and store it.

If interested in using this program, go to www.ugr7.com.

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



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

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



EST.

1947

(800) 463-4121

(310) 393-0661

WILSHIRECOIN

1312 LINCOLN BLVD AT ARIZONA IN SANTA MONICA



California's Business of the Year (2014)

BOB GABRIEL CO INSURANCE

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

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

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





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

Visit us at 2125 Arizona Ave.

PACIFIC NEUROSCIENCE INSTITUTE™

WE TAKE CARE OF YOUR BRAIN

310-582-7640 | PacificNeuro.org

Happy November Birthdays to Monty McCormick, Ron Call, Tammy Andrews, Mike Kallhoff, Patricia Farris, Melissa Dagodag, Shirley Finston, Andrew Lucier, Andrea Gressinger, Dyllen Andrews, Greg Abrams, and Bill Bubar

13TH ANNUAL (IT'S VIRTUAL)

INTERNATIONAL

Wine & Food Festival

Exciting live and silent auctions
Sunday, November 8, 2020, ZOOM at 5 PM
Advance tickets: \$150. 310.392.3654 or visit RotaryWineFest.org for ticket purchases

ALL PROCEEDS BENEFIT NON-PROFIT COMMUNITY AND YOUTH PROGRAMS

Rotary
Club of Santa Monica
Leaders serving the community since 1922






FREE DELIVERY
NO MINIMUMS

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

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

12320 WEST PICO BLVD

MARKETS | LOS ANGELES

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




STAY SAFE - ORDER ONLINE:
ErbaDelivered.com

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

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

THOUSANDS OF CANNABIS PRODUCTS TO CHOOSE FROM



C10-0000383-LIC

OBSERVING ALL CDC CONTROLS |  ERBAMARKETS | P. 310.207.1900 | ERBAMARKETS.COM



From the Santa Monica History Museum



Jane Fonda and Tom Hayden, November 1976—Walking to the polls on Election Day in Santa Monica. Our new exhibition, “All is Possible: Women’s Suffrage in California,” will be on view when the Santa Monica History Museum reopens. (Courtesy: Santa Monica History Museum, Outlook Collection #1998.1.517)

Thoughts From a Second-Time Father

Distance Learning in 2020



By Michael Margolin

Alexa and Jake are now seven and four, respectively.

Whenever I see a newborn or an infant or any small child in diapers, it reminds me that

the path of having a new baby is not one we will be going down again. I have thought about that on numerous occasions.

Now, I can really tell my kids are getting older because I have moved from thoughts of diapers and burp rags to simply seeing a toddler. Although I am fine with that, it does serve as a constant reminder of how fast time is going by.

There are certain roads we will never go down again, like trying to figure out why our five-month-old will not stop crying at 3 a.m., or explaining to a toddler why they need to use the potty, and not the carpet. For us, the older our kids have gotten, the more fun they have become. In many ways, they have become more convenient as well.

We do not have to bring a stroller everywhere or always having a diaper bag. We never, ever minded needing to do those things, and while I would not necessarily say I do not miss it, I am ok with that part being done.

In the last six to seven months, we have all been adjusting to new routines and a new way of doing things, at least for the time being.

Finding things to take the mind off of the shape the world is in is a good reason to exercise. We have been to the beach plenty of times over the last few months, and we are quite lucky to have a nice one to go to, and that our kids love the beach. I was in the water with Alexa and ready to get out, but she was not. She loves to be in the water and hold my hand and jump over the waves.

The last time we went and I was in the water with Alexa, I told her we were getting out, and she begged me to stay in. I could see and hear just how much she absolutely loved being in the ocean. Sometimes, as a parent, I have had little conversations with myself in split seconds to weigh how important it was for a decision to stand, or to flex a little in my child's favor.

Not that this was a monumental moment of decision making, but I was ready to get out, and she was not. Then, I think to myself, with how fast the time goes and with how much Alexa was enjoying this moment, I could not get out of the water. I wanted to see the joy on her face as long as I could. This was not taking a lot of time, and it was not costing me a cent. The best things and moments in life are free, but I would have been happy to pay a pretty penny for this one.

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

Shop Local - Buy Local swissmissrealtor.com

Hire Evelyn Lauchenauer for All Your Real Estate Needs

Santa Monica Realtor and Resident. Reputation built on listening to client needs.



Evelyn Lauchenauer
310-906-0163

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

American Standard
Walk-In Tubs

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



AS SEEN ON TV

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

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



Lifetime Warranty!
Finance Options Available*

MADE IN USA
ACCREDITED BUSINESS
A+ RATED

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

Discount applied at time of purchase. Terms and Conditions Apply. * Subject to 3rd party credit approval. Minimum monthly payments required. Receive a free American Standard Cadet Toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. All offers subject to change prior to purchase. See www.AmericanStandardBathTubs.com for other restrictions and for licensing, warranty, and company information. * CSLB B982796; Suffolk NY:5543H; NYC:HIC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

Still Painting After All These Years

By Jack Neworth

Santa Monica’s Paul Veglia turned 88 in May. He’s the father of three adult children, six grandchildren and eleven great-grandchildren. That might wear out some people, but not Paul. Perhaps it’s because he’s had such an extraordinary life, including as an opera singer touring the country with the Metropolitan Opera.

Paul was raised in Santa Barbara County, near Casmalia, a small town that actually became quite famous following the hit 2004 comedy road trip movie “Sideways.” The prime location was The Hitching Post, a restaurant which Veglia’s immigrant grandparents bought

in 1920, and that’s where 10-year-old Paul would peel 15 to 20 pounds of potatoes each morning before going to school.

In 1950, Paul was the Santa Barbara County Decathlon Champion. Ten days later when the Korean War broke out, Paul enlisted in the Air Force and was shipped to Alaska. He was given the job of the base “disc jockey,” much like the character Robin Williams played in “Good Morning, Vietnam.” Paul developed a remarkable singing voice that would lead to four decades as a highly successful tenor.

So, how does house painting figure in? A divorce left Paul so

(Continued on Page 11)

ATTENTION MEDICARE RECIPIENTS

easyMedicare
A privately owned, non-government website powered by e-TeleQuote Insurance, Inc.

"easyMedicare made getting the coverage I deserved easy."

- Joe Theismann
Joe Theismann
NFL MVP and Super Bowl Champion



You could be missing out on benefits like:
\$0 Copays - \$0 Deductibles - \$0 Premiums

Plus Dental, Vision, Hearing and more.
Call now to speak with a licensed insurance agent!

833-469-0721
TTY 711 8 a.m. to 9 p.m. Eastern, Monday to Friday
9 a.m. to 6 p.m. Eastern, Saturday

easyMedicare is an affiliate of e-TeleQuote Insurance, Inc., a private licensed representative of Medicare insurance organizations with a Medicare contract. easyMedicare is not affiliated with or acting on behalf of any government agency or program. Prescription, dental, hearing and vision benefits are not guaranteed, are only available in select plans and are not available in every state or zip code. The product described in this advertisement is a Medicare Advantage Plan with Part D prescription drug coverage and may not be available in your area. Your eligibility is not guaranteed. This is not a complete listing of plans available in your service area. For a complete listing, please contact 1-800-Medicare (TTY users should call 1-877-486-2048), 24 hours a day/7 days a week or consult www.Medicare.gov. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premiums and/or member cost-share may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

Community Service in Santa Monica

Rotarians Like Hands-on Service



By Lisa C. Alexander
Recently, Santa Monica Rotary Club members came together to participate in Heal The Bay's Coastal

Cleanup month. Rotarians met at the Santa Monica Annenberg Center bright and early on Saturday, September 26. They spent the morning picking up trash while wearing masks, gloves, and physically distancing. The beach is a place of refuge for many Angelinos, particularly during the Shelter in Place orders. Unfortunately, the members found many straws, chip bags, soda cans, etc. Rotary member Azita Mosbat described the experience as "delightful," exclaiming that "it felt good to serve the community and be with fellow Rotarians, albeit behind masks!"

Heal the Bay is an advocacy group dedicated to making tangible change by cleaning our bay and beaches, educating the community, and protecting our environment,

all while creating valuable bonding experiences. The beach cleanup truly exhibits the Rotary motto "Service Above Self." Serving our community is of utmost importance to our club and all of its members.

In fact, Rotary's New Avenue of Service is committed to taking care of our environment and planet. Rotarians are continuously and actively serving our community, despite the challenges presented by the pandemic.

Moreover, in the same spirit, the Rotary Club is holding its 13th Annual (Virtual) Wine & Food Festival on Sunday, November 8. Everybody is welcome to attend the event that will feature exciting live and silent auctions. All proceeds will benefit non-profit organizations and youth programs. Tickets for the event can be purchased at RotaryWineFest.org.

For more information about our club, events, and virtual meetings, please visit our website, email, or call our office at 310-917-3313.

The Lions Planning Fall Meetings



By Linda Levee
Welcome everyone to our Lions progress and our positive, upbeat, club. We are very busy with our on-line Zoom meet-

ings as we try to prepare for speakers and programs that will appeal to our members.

Our October meeting was sponsored by the Leo Club, which consists of 16 active young people from Palisades High School. It was very interesting and relevant to hear what all young people are facing in this time of the COVID-19 pandemic.

We, as older adults, have not had to deal with this pandemic before, so we can relate to these young people and their struggles to socialize with one another and remain safe. We thank them for sticking with their goals.

We have our November program lined up with a program from Birds

Unlimited on Wilshire Blvd. in Santa Monica. We continue to encourage everyone to buy locally and support small businesses to keep our city and friends in business during this difficult time.

We continue to have one regular meeting on Zoom each month and a board meeting at the end of each month.

We are presently actively involved in merging with the Pacific Palisades Lions Club, which has previously been waxing and waning for the last several years. We look forward to completing the process very soon.

Thanks to all of you who continue to follow our progress, and when we are again safe, we hope you will join us in supporting those who need our help.

If you are interested in finding out more, you can contact me, Linda Levee, president, at levelheadlinda@yahoo.com. Please identify yourself as interested in our Santa Monica Lions Club.

A Background of the SMBWC



By Pat Webber

The mission of the Santa Monica Bay Woman's Club (SMBWC) is to enrich the lives of our members and our community

through women's fellowship and charitable services. We strive to achieve this through stewardship of our historic building to provide a venue for social, educational, civic, and cultural programs and events.

Our club was established in 1904 by Elmira T. Stephens for local women to meet together to educate themselves on issues of the day. Ms. Stephens assuredly was influenced by the women's club movement that was taking place throughout the country at that time. This movement set forth the idea that women had a moral duty and responsibility to transform public policy. Women's organizations existed long before the 1900s, but it was during the Progressive Era that it came to be considered

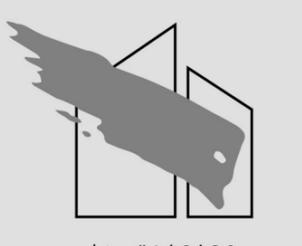
a movement.

Jane Cunningham Croly of the General Federation of Women's Clubs (GFWC) wrote in 1898 that women's clubs were not created to copy men's groups; instead they were often created to give women a space to share ideas as equals. Our current SMBWC Board member Susan Barry wrote in *The Santa Monica Star* October issue that women's clubs were active in the women's suffrage movement.

They also helped support the war effort during WWI. Our Santa Monica Bay Woman's Club helped to establish the Santa Monica Red Cross about that time. When WWII broke out, our club set up programs and activities for the mothers and wives of servicemen, hosted "canteen" events, and set up "Well Baby Clinics" in our clubhouse.

Women's clubs, including the SMBWC, have long been involved with issues surrounding education and juvenile justice. We continue to support various organizations involved with foster children, from

(Continued on Page 10)



JOHN LEHNE & SON INC.
PAINTING CONTRACTORS

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

Lic. # 160698

Family-Owned and serving the Westside community since 1936

You have the expertise. We have the readers.
Connect with your community in
The Santa Monica Star.
Call 424-581-6005 for more information.

**Keep Your Home & Office
Safe From Covid-19!**

SANITIZING YOUR SPACE

**Westside
Sanitize Service**

(310) 709-8793

westsidesanitize.com • westsidesanitize@gmail.com

- EPA Approved Chemicals
- Licensed & Insured
- Debris Removal

CERTIFIED HOME INSPECTOR
OSHA CERTIFIED

**Prepare for
power outages
with a Generac
home standby
generator**

**SCHEDULE YOUR FREE IN-HOME
ASSESSMENT TODAY!**

424-252-8605

FREE

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

Offer valid August 24, 2020 - December 31, 2020

Special Financing Available
Subject to Credit Approval

*Terms & Conditions Apply



Paws and Claws

What's Wrong with My German Shepherd?



By Dr. Frank Lavac MS, DVM, VCA

Q: My 12-year-old German Shepherd dog suddenly developed a tilted head, has difficulty standing and was initially vomiting.

His eyes are "swimming around" in his head. What could be the problem?

A: The most likely diagnosis is Idiopathic Peripheral Vestibular Disease. It is also referred to as Geriatric Vestibular Disease. Even though the dogs are acutely, adversely affected, most of them recover over in one to two weeks. It can be quite alarming to witness, and many clients think they will have to euthanize their pet.

The dog's eyes often show a nystagmus, which is a rapid involuntary movement of the eyes. The dogs can have difficulty with their balance. A small percentage will have nausea and vomiting. We don't know the cause of this disease, but there are multiple theories. The possibilities include a mini-stroke or immune-mediated disease, but the true cause is still being investigated. There has been no evidence that specific medicines might be a direct cure.

In most cases, supportive care is appropriate to help them adjust and heal over a week or so. This may require initial hospitalization, intravenous fluids, anti-nausea medication and good nursing care. The most important thing to remember is that the vast majority of dogs do completely recover, as the prognosis is excellent.

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

Adopt a Pet



Hello! My name is "Rozzy." I was recently rescued. I am seven years old, a female Chihuahua mix. I would love to sit in your lap and stare into your eyes, all the while I'm thinking "food." Rescue me! Contact Wags & Walks, 1-866-LUV-WAGS.

Mar Vista: Neighbor to Neighbor

What's Up in Mar Vista?



By Tesi Treuenfels

As we fall into Autumn and the days shorten, it's hard to remember that this unfathomable new reality in which we find ourselves will end. The coronavirus pandemic will be over one day. One day, we will embark with a new government administration, and when we do, we will participate as informed citizens. We live in a democracy. That being said, let's talk about the mail.

I found a used edition of *The Yankee Cookbook*. I mailed the book to my cousin who just built a house in Effingham, New Hampshire. It's right up there on the border of Maine. I mailed it in mid-August. They received it the second week of October. Eight weeks? I'm guessing the post office sent the book by mule train.

I met with my cousins for a birthday party on Zoom. Cousin Dorothy, aka Dor, turned 65 on a Thursday. We wore party hats we had made and set off fireworks on the screen share. To celebrate, we each wrapped a present to ourselves, a "give-to-me," as opposed to a "give away." Very festive, lots of

unwrapping, and happiness. Dor loved it, and we saved on postage. One silver lining found in this time of COVID is our new traditions.

Mar Vista is re-opening slowly. There is take-out available at many of the restaurants, including Ras-selbock LA Kitchen and Beer Garden, which also has in-house sitting on the back garden patio. The Mitsuwa and Grandview Markets, as well as the CVS, are open for business. The Jewish Council Thrift Store recently reopened for business. Our farmer's market is up and running every Sunday on Grandview Ave.



Star Comments

"I advertise in *The Santa Monica Star* because I belong to an active community where our citizens are the Stars! It provides me with local up-to-date news on what is happening in our city."
—Susan Gabriel Potter,
Bob Gabriel Insurance Company



Brain Matters

How Can One Maintain Brain Health?



By Dr. Bill Buxton

As physicians, we understand the tremendous value of cognitive, physical, and social activity in optimizing and preserving our abilities as we age. At first glance, it is easy to see COVID as an obstacle. However, there are many ways we can emerge from this period sharper, stronger, and more resilient.

In terms of cognitive health, there are many things one can do at home. We see the most substantial benefits when a learned skill is utilized regularly. Therefore, take this time to learn a musical instrument, a new sport or hobby, or a new language. Alternatively, pursue new continuing education to expand professional growth and opportunities.

Remaining physically active is vital for brain health. Spending 150 minutes a week in exercise is protective against memory loss, and optimizing balance reduces fall risk. So, get outside and bicycle, walk, or jog (with a mask), or take video tai-chi or balance classes.

Next, as social isolation increases the risk of dementia by 50%, main-

tain regular contact with the same groups that were important to you prior to COVID. Be intentional in reaching out to family, friends, and community resources both to offer and receive support.

Finally, scientists recognize a phenomenon known as Post-Traumatic Growth, observed after such disasters as Hurricane Katrina, in which individuals and organizations emerge from trying times stronger and with a greater sense of purpose. While not denying or ignoring current struggles, the acts of defining and accepting the "new normal" can lead to growth through embracing new goals and pursuits, especially something larger than one's self. Potential avenues include volunteering or setting new goals for more positive impact in our personal or professional lives. These steps will optimize not only our own brain health, but also the well-being of our communities.

Dr. William G. Buxton is Director of Neuromuscular & Neurodiagnostic Medicine, and Fall Prevention at the Pacific Brain Health Center. For more information, call 310-388-4174 or the Pacific Neuroscience Institute Foundation at 310-582-7615.

A Background (Continued from Page 9)

babies to college students, as well as homeless teenage girls.

Although our club activities have been hampered for the past several months by the pandemic quarantine, we strive to remain active with "virtual" activities and are commit-

ted to continuing our mission of public service.

For more information about our club, please call 310-395-1308.



Santa Monica Playhouse! We're Back!

LIVE STREAMING AND ON-DEMAND

STREAMING ONLINE NOV 1-30
ALICE AND THE WONDERFUL



THE ANNUAL ONE-TIME-ONLY

NEW YEAR'S MUSICAL REVUE

LIVE STREAMING DEC 31, 2020 7:30 PM & 10:30 PM

WINTER BREAK THEATRE CAMP IN PERSON!

Acting! Voice! Movement! Performance! Costumes! Self-Confidence! Friends!
FOR AGES 7-14
SESSION ONE: Dec 19-22
SESSION TWO: Dec 26-29

1.310.394.9779 ext. 1
theatre@SantaMonicaPlayhouse.com

Estate Planning, Trusts, Wills, Probates, Conservatorships



Lisa C. Alexander
Attorney At Law

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

Call: (310) 656-4310



Mention this
Promo Code: STAR
and receive a
FREE
CONSULTATION

Still Painting (Continued from Page 8)

depressed, the joy of singing seemingly vanished. Again, as if by fate, a wealthy neighbor asked if he would paint his house. Paul found serenity in painting and other jobs soon followed, including those from Greta Garbo and Sidney Poitier.

Amazingly, Paul continues to take painting jobs and has also returned to music. Having worked with legends like Mary Martin in "South Pacific," and appearing in Vegas nightclub shows like "Funny Girl" with Mimi Hines, "It never leaves your heart and soul," Paul explains.

Of his versatile entertainment achievements, Paul's proudest of turning restaurants into musical super clubs as he did at the La Strada in Glendale and the "Rat Pack's" famous private club, The Factory.

That brings us to Paul's continuing dream, even at 88 – that being converting what would be his fifth elegant restaurant into a Broadway-like cabaret, where the waiters and even the chef surprise diners by singing as they prepare and serve the meals. (And, if by chance that restaurant needed potatoes peeled, Paul would probably do that, too.)



Paul is painting inside the carousel building on the Santa Monica Pier.

Photo by Jim Harris

Ever energetic, Paul Veglia is available for painting jobs AND singing at weddings, anniversaries, birthdays, and bar mitzvahs. Call 424-387-9148. After he naps, not ever so energetic, Jack is available at jackdaily@aol.com.

From Me to You...



By Diane Margolin

I would like to thank our wonderful advertisers, readers, and columnists for their continued support over the past 19 years. I am so grateful to be able to work with all of you. I hope you have a wonderful Thanksgiving holiday. For sure, it may be different than it was last year.

If you're planning to go out or bring in dinner, please call the FIG restaurant in the Fairmont Miramar Hotel at 310-319-3111 for details. To tempt your palate, they are preparing Feasts To-Go which serve eight to 10 people with Molasses, Sage and Rosemary rined Mary's Turkey; Prime Rib of Beef; and delights such as Buttermilk Creme Fraiche and Chive Whipped Potatoes; Roasted Sweet Potatoes, Winter Spice Marshmallows and Almonds; Fennel Sausage, Kale, Honeynut and Sage Dressing; and a Whole Warm Apple Pie, to name a few. You can also purchase these dishes a la carte.

My friend, Savi Labensart, has been baking the most wonderful breads. She makes deliveries twice a week. Savi puts her own special touches into the preparation of each bread. Her classic sourdough can have a hand-rolled poppy or sesame seed crust. One of my favorites is the Honey Bee Oat, made with white and whole wheat flour with oats and a hint of honey. A

sweet loaferator blends decadent strawberries, bananas, and chocolate chunks. Perfect with cream cheese for an afternoon snack with a cup of tea. Savi brought over a warm challah last week, and I was in heaven. It was round and much larger than I expected. The flavor was one that brought back memories of times when we would be serving challah at holiday dinners.

She and I discussed how food is often so much more than something wonderful that tempts your senses, it reminds you of meals that were special, and times when you could celebrate holidays with those you wanted to share.

(Continued on Page 12)

 **Working on a thesis or dissertation?**

 **Doing a term paper? Or a screen play?**

 **Writing a book?**

NEED HELP with editing or copywriting?

Call Diane, a very experienced editor and copywriter, at 424-581-6005.

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

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

www.DrSheilaForman.com
www.PsychotherapyforWeightLoss.com

Free Initial Consultation



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

SANTA MONICA BRAKE
COMPLETE AUTOMOTIVE REPAIR & SERVICE

VINTAGE
TO
CURRENT



FOREIGN
&
DOMESTIC

TEL (310) 394-2076
FAX (310) 395-5527

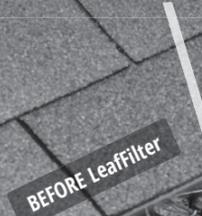
911 SANTA MONICA BLVD.
SANTA MONICA, CA 90401



LeafFilter
GUTTER PROTECTION

**CLOG-FREE GUTTERS
OR YOUR MONEY BACK
GUARANTEED!**

BEFORE LeafFilter



AFTER LeafFilter



15% OFF

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

ADDITIONALLY

**10% OFF SENIOR &
MILITARY DISCOUNTS**

MADE IN THE USA

PLUS!

**THE FIRST 50
CALLERS WILL
RECEIVE AN ADDITIONAL
5% OFF****

YOUR ENTIRE INSTALL!
**Offer valid at estimate only

**FINANCING
THAT FITS
YOUR BUDGET!†**

†Subject to credit
approval.
Call for details.

**CALL US TODAY FOR
A FREE ESTIMATE**

1-855-842-5065

Promo Code: 285
Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm,
Sun: 2pm-8pm EST

*The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822J2 License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# 1R731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H



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






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

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

It's that easy!

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



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

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

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



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

Providing affordable concierge-level in-home caregiving throughout Los Angeles since 2003.



Companionship
Medication Reminders
Transportation
Meal preparation and feeding
Personal care

Contact us: (323) 655-2622
 www.mamashomecare.com



Home Care Agency Staff Helps Seniors with Housekeeping and Companionship

By Kalina Silverman

"I am writing to express my deepest gratitude to the care staff at Mama's Home Care. The care staff were sensitive to my father's needs and always treated him with respect," one testimonial on the Mama's Home Care website reads.

Since 2003, Mama's Home Care has provided excellent non-medical services for patients seeking professional caregiving services in Los Angeles County. Mama's Home Care will soon expand to the South Bay and San Fernando Valley.

Patients recently discharged from hospitals, rehabilitation facilities, and skilled nursing facilities can find support through Mama's Home Care. The agency hires professional caregivers, including certified nursing assistants and certified home health aides who undergo an extensive review process (background check, reference check, and a shadow visit) before joining the team. Caregivers assist with laundry, housekeeping, meal prep, personal care, errands, and companionship.

Mama's Home Care strives to keep client rates on the lower end, especially to help cover services for people who currently might not have the finances they did prior to this year. They even provide a discount to new clients.

Having been in service for 17 years, Mama's Home Care takes pride in being a family-run

business that treats their clients like family, too. One of their caregivers, Connie, has been with the company since the very beginning.

"Every patient who has worked with Connie talks about how she is so compassionate. Connie is so sweet. I talk to her just to talk to her," says Briana Browning, administrative account manager for Mama's Home Care.

It is clear that Mama's Home Care provides high quality, professional, and compassionate services. Another testimonial on the website reads, "Thank you for all the effort you have put in to ensure my father's well being in his last year of life. He was always very comfortable with your staff. I feel blessed to have found Mama's Home Care."

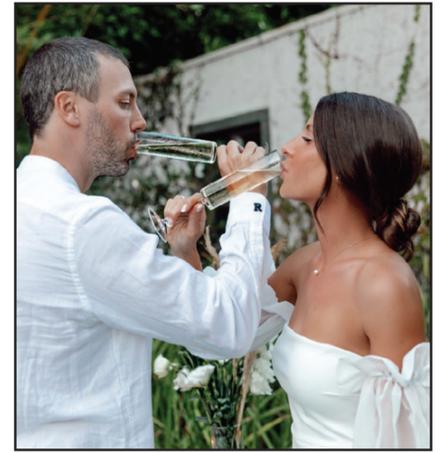
For more information, call 323-655-2622.

From Me to You
(Continued from Page 11)

Holidays may be different this year, so be sure to read Dr. Sheila Forman's column on Page 1 about appreciating your meals in a different way.

If you would like to enjoy some of Savi's freshly baked breads, call her at Loaf Love Bakery at 818-943-3150 and ask her to send you a menu. Treat yourself to one of the wonderful tastes we can still savor during these challenging times.

Congratulations to Rachel Daar and Oliver Linter



After seven years of dating, three years of being engaged, and multiple rescheduled weddings planned for Cabo – local jewelry designer Rachel Daar and Oliver Linter decided to get married in her grandmother's backyard on October 10, 2020.

Rachel adds, "The big Cabo wedding is yet to come. Life is crazy, and these times are insane, but we are eternally grateful for all the happiness and joy we have found against all obstacles."

Photos by Dylan Prebich

FIG
 RESTAURANT
 SEASONALLY INSPIRED
Thanksgiving Feast
 THURSDAY, NOVEMBER 26TH
 RESERVED SEATING FROM 3PM - 9PM
 ADULTS \$85 | CHILDREN \$25 | 5 & UNDER, COMPLIMENTARY
 FOR RESERVATIONS | 310.319.3111 | RESY.COM
 FIGSANTAMONICA.COM
 AT THE CORNER OF OCEAN & WILSHIRE



Christina Jhun Hopkins & Chuck Husting - Real Estate

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

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

www.ChuckAndChristina.com

Experienced Santa Monica Real Estate Team

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

CHUCK HUSTING
 310.770.6353
 Chuck@ChuckHusting.com
 dre: 01837773

