

THE SANTA MONICA STAR

*Also covering
The Greater
Westside*

Volume XX Number 1

Connecting You With Your Community

January 2021



The tallest trees in Palisades Park seem to be reaching for the winter sky in this recent photo by local photographer Julie Dobkin Gilberg.

Santa Monica College's John Drescher Planetarium Continues its Friday Evening Events in Winter 2021

The Santa Monica College John Drescher Planetarium will explore the birth of stars, present an update on the orbiters and rovers arriving at Mars, and continue the planetarium's 50-year retrospective on the flights of Apollo. The planetarium continues its Friday evening events in winter 2021 with free, live virtual shows presented online at smc.edu/planetarium.

The Friday evening shows are at 8 p.m. and are preceded by a streamlined, virtual digest of the popular Night Sky Show at 7 p.m. offering the latest news in astronomy and space exploration. The shows include the chance to ask planetarium lecturers astronomy-related questions.

The planetarium is exploring a variety of ways to present its shows while the Santa Monica College (SMC) campuses are closed due to the COVID-19 pandemic. Currently, the planetarium is using the Zoom platform. To attend the shows, the Zoom software version 5.0 or higher must be installed on the viewer's computer. A free download is available at smc.edu/planetarium.

The winter 2021 shows run from Friday, January 8 to Friday, Janu-

ary 29 and February 5. More information is available by going online or calling 310-434-3005. All shows are subject to change or cancellation without notice.

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 4)



Join the First Ever Virtual Birthday Celebration for the Rev. Dr. Martin Luther King, Jr.

The Rev. Dr. Martin Luther King, Jr. Westside Coalition will be presenting several events celebrating his life and legacy this month. The 2021 theme is "If not us, then who? If not now, then when?" On Thursday, January 14, "Unfinished Work" will include youth from New Roads School as they explore the legacy of Dr. King by acknowledging, challenging, disrupting and shining a light on institutional and structural racism. This event will be at 6 p.m.

On Friday, January 15 at 9 a.m., a MLK Freedom Celebration will be held. For information and donations, contact 310-452-1116, which is the office at Mt. Olive Lutheran Church.

The Santa Monica Symphony Orchestra will present its annual concert on Saturday, January 16 at 2 p.m. Guido Lamekl will conduct.



Tamika Butler, Esq. is a national expert and lecturer on issues related to the built environment, equity, anti-racism, diversity, and inclusion. She will also be a speaker.



The Honorable Karen Bass will be one of the keynote speakers at the January 18 event. Congressmember Bass was the first African American woman chosen to be the Speaker of the California Assembly in 2008, where she served for six years. She is currently Chair of the Congressional Black Caucus of the United States House of Representatives.

The National Holiday Celebration will be held on Monday, January 18 at 9 a.m. It will feature performances by the Samohi choir and the Peace Player Drummers. Keynote speakers will be Tamika Butler, Esq. and the Honorable Karen Bass. A Community Light Award will be presented to the Village Nation, and education awards will be presented to local students.

The Community Involvement Fair will follow virtually on their websites. For more details, go to www.mlkjrwestside.org, or call 818-207-3934.

The Santa Monica Public Library Presents a Gardening Program for Children

Learn something new in the new year! The Santa Monica Public Library presents a program for kids, ages 6 to 11, "Plant an Herbacious Garden," on Saturday, January 9 at 1 p.m. via Zoom. An expert from the Santa Monica Community Gardens will show kids how to start their own garden, perfect for a windowsill or patio. Materials, including a pot and saucer, potting soil, and seeds are available at the Santa Monica Public Library curbside pickup locations, while supplies last. This free program is co-sponsored with the Office of Sustainability and the Environment.

Want to learn more about gardening? Families can place holds on books through the library's website at smpl.org, or by calling 310-458-8600 to pick them up at the

library's curbside pickup windows.

For some great titles, explore the Gardening and Planting for Kids list, prepared by library youth services staff: *Gardening for Kids*. While the Library buildings remain closed to help prevent the spread of

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Make New Year's Resolutions Stick – The SMART Way

By Dr. Sheila Forman
Welcome to January 2021! If you are like I am, you couldn't wait for 2020 to end, to turn the calendar page to a new year and a new start. And, if you are like I am, you probably set some New Year's Resolutions, or goals as I prefer to call them. I have been setting goals for years. They are what help propel me forward. To bring your resolutions to fruition, think of them as goals, and do as I do.

To get the most of your goals, you need to set SMART ones. SMART is an acronym used in the business management world to help executive and other big shots get things done. Each letter represents a vital part of your goal.

Here's how SMART works:
S: For your goal to have teeth, it needs to be specific. To say, "I want to lose weight" is too vague. Instead, say "I want to lose 10 pounds."
M: Your goal also needs to be measurable. If we use the same example, you can count "10 pounds," you can't count "lose weight."
A: The next part requires that your goal be attainable. Let's say you've spent all of 2020 on your couch watching Netflix (didn't we all!) and now you want to set a fitness goal. To set a goal that you will run the L.A. Marathon this March is probably not doable, given your sedentary starting point. But,

setting a goal to run a 10K this March is probably very doable, aka attainable.
R: Your goal also needs to be relevant. By relevant, I mean a goal that excites you, that will really make a difference for you, that means something to you. Maybe you always had a dream to write a novel. In fact, you have several unfinished first drafts buried in a file only you know how to find. Using SMART, you can write a workable first draft within 2021.
T: And, finally, we come to timeline. Adding a deadline to your goal is the wind beneath its wings. If we go back to the first goal example, "I want to lose 10 pounds" and add "by April 30," that, my friend, is a

SMART goal. It checks all of the boxes.
Take some time today to rewrite your New Year's resolutions into SMART goals and get started. Remember what the author Antoine de Saint-Exupery famously said, "A goal without a plan is just a wish!"
May 2021 be the year when all your goals are met. Here's to a happy and very healthy new year!

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.Dr.SheilaForman.com.

Planning Ahead

Trustee or Executor - Duty to Account



By Lisa C. Alexander, Esq.
It can be a big job serving as Trustee or Executor for someone who has passed away. It is especially "front-end loaded" with a lot to do at the beginning, including locating and accessing assets and dealing with bills and creditors. But, it can also be rewarding to take on the trust you've been given, and you are entitled to compensation, although you are not required to take a fee.

One of the more significant responsibilities of the Trustee or Executor is the duty to account. As assets are identified, you become accountable for those assets. Assets must be prudently invested, insured as appropriate, and any sale must be for market value and on the best terms possible. All your actions and the financial informa-

tion will be subject to review, so you must keep detailed records. You should also keep in regular contact with your attorney whose fees are payable from the Trust or Estate.
When it comes time to distribute a Probate estate, the Executor is legally required to report to the Court and the Estate beneficiaries the Executor's actions during the Probate and to account for all the income and expenses. With very limited exceptions, the same is true for the Trustee of a Trust, except the Court is not usually involved.
An accounting to the Court must be presented in a legally required format. It includes detailed schedules of the assets you began with, all receipts and gains on sale, all disbursements and losses on sale, and the assets on hand at the end, including a description of any change in the form of assets (such as reinvestment.) The accounting must balance to the penny.

The accounting provides transparency for both the Trustee or Executor and the beneficiaries. It is a means by which the beneficiaries can hold the Trustee or Executor accountable. The accounting also establishes the share of the assets a beneficiary is entitled to receive.
For example, a beneficiary may be entitled to one-half of the Trust or Estate, but without an accounting the beneficiary can't know how much one-half is worth or what assets will be distributed to the beneficiary. The accounting also protects the Trustee or Executor.

After the accounting is approved by the Court or accepted by the beneficiaries, the Trustee or Executor is protected from future liability for all matters disclosed in the accounting. The Trustee or Executor can finish the job with the satisfaction of a job well done.

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The Santa Monica Public Library

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COVID-19, they are ready to assist you.
Contactless service is available at Santa Monica Public Library. They encourage you to visit their Online Library and access the Library's many digital services that are available 24/7. Questions? Please call them at 310-458-8600, or email reference@amgov.net. Staff are available Monday through Friday, 10 a.m. to 4 p.m., and look forward to connecting with you.



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Brain Matters

What is Ketamine Therapy?



By Keith Heinzerling, MD
Ketamine is approved for use at high doses as an anesthetic in the operating room. Although not FDA-approved, lower dose “sub-anesthetic” ketamine injections are used “off-label” to treat depression, pain, and other mental health/substance use disorders.

In recent times, there have been many factors contributing to increased depression across wide populations. There are several medications available for depression, anxiety, and substance use disorders which involve daily administration of a medication aimed at correction of neurochemical imbalances via action at specific brain receptors (e.g. serotonin, dopamine, mu opioid).

In contrast, using a psychedelic-assisted therapy model with ketamine produces a short-lived but intense subjective experience – the mystical or peak experience – which triggers or elicits an afterglow, accompanied by a subsequent positive change in affect, insight, motivation, cognition, and behavior.

The potential for mystical experiences to produce rapid, profound, and sustained changes in insight, mood, behavior, and consciousness was recognized and first used by indigenous cultures in shamanic and other healing rituals. Psychedelic-assisted therapies for treating

behavioral health disorders was studied extensively and safely in approximately 40,000 patients in North America in the 1950s and 1960s.

Patients with depression, anxiety, PTSD, end-of-life distress, chronic pain, drug/alcohol problems, and other conditions may be eligible for psychedelic-assisted therapy with ketamine.

Usually, ketamine treatment includes one or a few in-clinic ketamine dosing sessions under clinician supervision integrated with preparatory and integration counseling. By harnessing the potential psychedelic effects of ketamine, the aim is to achieve more sustained results with fewer ketamine treatments compared to IV ketamine infusions without accompanying psychotherapy.

The new year could include tackling and shedding some difficult issues and making a fresh start in 2021.

Dr. Keith Heinzerling practices internal medicine and is an addiction medicine specialist at the Pacific Brain Health Center at Pacific Neuroscience Institute. His clinical and research focuses are on the treatment of alcohol, drug and substance use problems, with anti-addiction medications. As director of the TRIP program, he is involved in the development of psychedelic-assisted therapies for those suffering from addiction, depression, anxiety, and PTSD. Contact him at pacificTRIP.com, or call 310-878-0929.



Donors Laura and Mark Wittcoff, far right, are shown with the Mobile Stroke Unit team at a Torrance fire station.
Photo by Megan Witt

Wittcoff Nursing Fellowship to Support UCLA Stroke Rescue Program

UCLA has received \$1 million from Mark and Laura Wittcoff to establish the Marjorie Scherck and Raymond Wittcoff Nursing Fellowship in Stroke Care Innovation. The fellowship will support nursing staff for the UCLA Arline and Henry Gluck Stroke Rescue Program, which operates a mobile stroke unit that provides early diagnosis and care when patients are being transported to a hospital.

The fellowship honors two of the Wittcoffs’ family members who were committed advocates for nursing care as supporters of Barnes-Jewish Hospital in St. Louis, where Mark’s father, Raymond Wittcoff, was chairman of the board at

Washington University Medical Center. Marjorie Scherck, Laura’s grandmother, was a major benefactor of the hospital who took Laura to volunteer in the gift shop.

“Thanks to our beloved family members, we’re very lucky to be able to give, and it gives us great satisfaction to know that this gift memorializing them will advance UCLA’s mission of research, education and service,” Mark Wittcoff said. “We’re proud to be assisting UCLA which helps all people with the same high level of care.”

The nursing fellowship marks the Wittcoffs’ second major gift to UCLA, following a 2019

(Continued on Page 4)

Teen Scene

Reactions to Cheating on Tests



By Julia Abbott
Recently, there was a serious cheating scandal at my high school. I was shocked, as I knew some of the kids involved. In the aftermath of investigations and retaking tests, my teacher said something that struck me. “We need less smart people and more kind people,” she moaned while setting up our retake.

I completely agree with that statement. Of course, that’s not to say intelligence isn’t important. But, we live in a world where value is placed on salaries and promotions, college degrees, and test scores. Even in the bubble of high school, the pressure to be the best is so strong, it pushes people to do

anything to get that grade. The emphasis on being “smart” is drilled into people, starting in middle school. The shift from the elementary school days of teaching kids to be kind, to the rest of life teaching people to be smart, is jarring.

Why do those values stop being instilled in children after the fifth grade? At the end of the day, kindness is important until the day you die, not until your elementary school graduation.

As a child, I remember teachers telling me that my heart was my best quality. As a high schooler, that praise has switched completely to my head. In a world where people are trying to be the smartest, try to be the kindest. True success doesn’t lie in cheating to get the best grade on a test. Success lies

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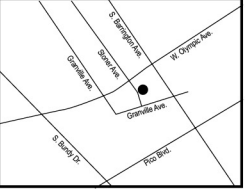
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Reflections From The East

Life Beyond Life: Schrodinger's Cat Re-explored



By Qin Sun Stubis
We are living in a very exciting time right now. The ingenuity of our human minds has continued to propel us deeper into the understanding of ourselves and our world, helping us to learn more and more about less and less.

In the quantum field, for instance, physicists are now able to examine the nature of microscopic particles that make up the matter in our universe and look ever more closely into how they interact in our physical environment.

Nevertheless, unless you are an expert, quantum theories and their mathematical calculations are so alien to us that they might as well have been something created by beings from outer space.

For us ordinary people, the closest thing we might ever know about them is perhaps a cool spinoff joke about a famous imaginary feline known as Schrodinger's cat. Occa-

sionally, it jumps at us when we least expect it, on a friend's mug with "Wanted Dead and Alive: Schrodinger's Cat" or on the T-shirt of a passersby saying "Schrodinger's cat found alive!"

In the 1930s, the Austrian physicist Erwin Schrodinger asked what it would be like if our everyday lives mirrored the same mysterious, paradoxical phenomena that actually happen at the atomic level, where things can exist in two different states at the same time.

To this end, he asked us to imagine a sleeping cat inside a sealed steel box that contained a deadly mechanism. Somewhere within an hour's time, the mechanism would flip a coin, and if it landed heads, poison would be released into the box, silently killing the cat. If the coin landed tails, the mechanism would do nothing, and the cat would live. To someone returning to the box after an hour's time, the cat effectively exists in a 50/50 "superposition" combining the two states – both alive and dead at the

same time *until it is observed*, as one or the other.

To you or me, living in the everyday world, this may seem ridiculous – the cat should obviously be one or the other, but that is not how things actually act in the unseen and quite real quantum world that underlies the universe. The physics is rather complicated to explain, but the "cat" (a metaphor for the spooky way all of reality actually works) is truly both dead and alive until the box is opened and one of the two possibilities is revealed.

It is mind-boggling because our logic cannot explain how any creature could be alive and dead at the same time, even a cat with nine lives. And yet, under the condition specified by Schrodinger, it is totally plausible.

As humans, the fragility of life makes us feel forever vulnerable. Every living being comes to this world through birth and always leaves through death. We have been obsessed by the subject of

eternal life since the beginning of time, which may explain why Schrodinger's cat (the theory, anyway) is still alive, thriving even outside the field of physics some 80 years after its birth.

In some ways, this magical cat is not just the subject of an imaginary experiment. It represents a unique perspective on life and death, inspiring us to explore the possibility of their coexistence. If indeed, death concurs with life, then our existence may extend beyond life.

It suddenly occurred to me that some of our fellow beings may be already living in the state of Schrodinger's cat – alive and yet not alive at the same time. Think about Alex Trebek hosting new episodes of Jeopardy long after he succumbed to cancer; how our dearest departed family members and friends appear to us and live on in our memories, continuing to guide us with their wisdom and example in moments of doubt; or Frederic Chopin's piano concertos being played again and again long after he himself was gone.

Thanks to Schrodinger, maybe we have already found everlasting life on Earth. Our life beyond life. Whether we want it or not, maybe we have already gained more than nine lives.

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



Reactions to Cheating on Tests (Continued from Page 3)

in giving more than you take. Especially now, the world needs more kind people. Everyone who reads this article has the ability to be that person.

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.

Wittcoff Nursing Fellowship (Continued from Page 3)

contribution to support the stroke rescue program and other UCLA Health priorities. The Wittcoffs also volunteer as co-chairs of the program's council of advocates, which is raising additional funds and recruiting community leaders to be ambassadors for the program.

In addition, the Wittcoffs serve on the board of the UCLA Health System. That position came about because of an invitation from Henry Gluck, and Mark Wittcoff said it was Gluck's friendship and mentorship that inspired the couple's most recent gift.

"We consider it a responsibility to raise much more than we give," he said. "What better way to honor and continue Henry and Arline's inspiring work than by ensuring that this life-saving program grows and lasts into the future."

Stroke is the leading cause of disability and one of the top causes of

death in the U.S. Because people's ability to recover from a stroke often depends on how quickly they receive treatment, UCLA Health launched the Gluck Stroke Rescue Program in September 2017.

Staffed by a vascular neurologist, critical care nurse, paramedic and CT technologist, the ambulance was California's first mobile stroke unit. In partnership with the Los Angeles County Department of Emergency Medical Services and Department of Health Services, the program enables early testing and initial treatment while patients are transported to the most appropriate stroke center.

For further information, please contact Ellen Haddigan-Durgun at ehaddigan@mednet.ucla.edu, or visit <https://www.uclahealth.org/mobile-stroke/>.

Reprinted with permission from UCLA Health.

Answer to Neighborhood Celebrity (Continued from Page 1)



Jess Cortez has been working at Neli's for 24 years. As co-owner with Amy Canales for the past 16 years, he has done everything but cook.

Mini Message Bulletin Board

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Clergy Corner

Surviving the Year That Just Kept Going and Going and Going



By Rabbi Jim Simon
I know that for those reading this column, the year 2020 ranks as a year we'd love to forget. Now, we are in 2021, and it continues to feel like we are living in the movie *Groundhog Day*. Days and weeks pass, and after a while everything seems like it is one big blur. What are we to do?

As a Rabbi, I am asked this question on a regular basis. I generally offer two answers – one is philosophical, and the second is practical. The philosophical answer is found in the *Talmud*, the major compendium of Jewish law. There we read of the idea that says *Gam zeh ya'avohr* – in English this means "this too shall pass."

This is not a Hallmark card cliché. It is a reminder to us that in difficult times we cannot sink into a state of despair where we believe that there is no hope for the future. Once we lose hope, we descend down a path where there is no return. In Jewish tradition, we are to avoid extremes.

We are cautioned against being unduly optimistic and we are warned against being too pessimistic. The goal is to be in the middle. When we say, "this too shall pass," it doesn't mean we are to ignore the present difficulty we

are encountering, but it does mean that we have to remind ourselves that nothing is forever, even if we think it is.

The second answer is very practical, and it especially applies to those of you who are living alone, regardless of age. *The Torah (Old Testament)* tells us in *Genesis* that it is not good for the human to be alone. Human beings need to be in relationships with others.

It doesn't necessarily mean that everyone has to be married, but it does mean that if you try to live your life alone, you will pay a very heavy price. Health professionals know this all too well. It is important for you to be connected to others, whether it be a neighbor, a colleague, a relative, someone from your church or synagogue, etc. That means you may need to practice one or more of the three Gs – Get up, Get going and Get connected. You won't regret it.

We do live in a challenging time. But, it doesn't mean we cannot have a meaningful life. May God be with you as you go forward.

Rabbi Jim Simon is the interim Rabbi at Temple Beth Shir Shalom in Santa Monica.

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

Mothers of Monica - Give Yourself a Break This 2021



By Cheryl Robertson Thode
This past December, my son turned two. It was such a joyous occasion among the craziness of the new normal caused by the pandemic. Experiencing the world through the eyes of a child (especially a toddler), is a blessing. As every mom knows, that moment makes all the late night wake-ups, tantrums, tears, and drama so worth it. That moment of sheer joy and excitement to be alive is what we all need and desire in our lives. God is good, and you are blessed.

However, sometimes the hum-

drum of our lives block out the blessings. How do we recenter and remember that we are blessed to be alive?

So often, in the new year, moms (like most of the world) look at the past year and write a dozen or so resolutions designed to fix some aspect of life that we think should be changed. However, this year, let's do something different. We deserve a break. Let's relax our expectations and celebrate our blessings.

Mom life is tough enough, so if you're setting resolutions this year, go easy on yourself. Here are six doable resolutions to consider as

(Continued on Page 8)

Byte by Byte

Turn of the Year Tech Tasks



By Miceala Shocklee
While the resolutions people make for 2021 may look very different from those of years past, the turn of the year is bound to bring new commitments and goals, regardless. While resolutions usually revolve around fitness and diet, technology is just as important a component of lifestyle to re-examine and shape up. Consider committing to one or all of these five tech tasks for the new year:

1. Save the old! If your important documents, photos, and other files haven't been backed up to a cloud or other device, consider looking into an external harddrive, cloud service, or another online collating service like Dropbox or Google Drive to ensure your favorite digital entities aren't tied to one physical object for longevity.

2. Alternatively: Declutter! Do you really need that random photo that's still on your phone from 2014 that you haven't looked at in seven years now? How about that app that you downloaded intending to use all the time that's now just eating up your device's RAM? Take a few minutes at the start of each month to revisit what you're dedicating your digital space to, and what no longer warrants the platform.

3. Review your subscriptions. It's tedious, but unsubscribing from email blasts, newsletters, online

shopping updates, and other such "junk mail" that's likely progressively stuffing your inbox full, will save you both digibytes and time longterm when you no longer have to sort through piles of unread and unimportant emails in the future trying to find the correspondence you're actually looking for.

4. Donate or recycle your old tech. How many of us still have old ipods lying around that we no longer use to listen to music? How about broken or not-quite-broken but definitely-not-functional laptops? Even a pile of old batteries? Declutter your physical space by finding a way to either wipe clean and donate your old tech toys or to connect with an electronic store or other service that will help you recycle it in an environmentally responsible fashion.

5. Repair! Is there a tech tool that you're not quite ready to let go of yet but that has some broken component keeping you from using it? Whether it's a kitchen blender or a cell phone or a lightswitch, now is the time to reduce waste by foregoing grabbing at the newest, fastest solution, and instead tap into the knowledge of friends, family – and official repair services to get the tech in our lives up and running again.

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.

Avoiding Computer-Based Scams



By Mark Presky
There are so many computer-based scams out there that it is impossible to warn you of all of them in this single column.

Scammers often place a hyperlink, commonly called a "link" into email messages to entice you to click on the link. That link then takes you to a dangerous website where malware is then placed/downloaded onto your computer.

The email you originally see may look friendly enough. It may be designed to cause you to think that it is coming from a friend or family member. Do not automatically click

on any link. Does the subject/message look like something that person (or business) would be sending to you? Is there a message with the link that really sounds like it came from your friend? Are there unusual spelling or grammatical mistakes? These can be tip-offs. Often one can hover one's cursor over the sender's information to reveal the real source of a message.

Often, the message sent to you may look very similar to one sent from a company you know, such as your bank. It may contain a logo or symbol that your bank uses. This is called *phishing*. Don't be fooled!

Or, the message warns you of a charge to your account. For

(Continued on Page 8)

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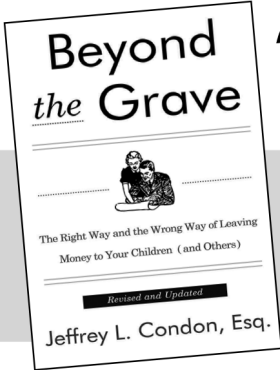
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Congratulations to Marsha and Mark Presky

I felt such joy and happiness for Marsha and Mark Presky when I watched the video of their October wedding. Their nuptials were planned for the fifth anniversary of the date when they met. It was in the parking lot outside an event they both were attending. They started talking, realizing how much they had in common, and Mark said he knew then she was some-one special. See Tesi's Mar Vista column on Page 10 for details.

—D.M.



Try these Winter Potato Latkes

By Andy Gavin

Here is an easy to make recipe for crispy potato latkes from creative chef and Westside resident, Andy Gavin.

Winter Potato Latkes

Note: Makes 6-8 latkes. Scale up recipe as desired.

Ingredients:

1 egg

Salt and pepper (to taste)

1/3 cup beer

Whisk together well and reserve as a "wet mix." The beer helps make a fluffier batter.

1 large potato (Idaho or baking potato), peeled and shredded with a box grater.

Soak potato strips immediately in ice water. They can be left like this for an hour or two. When ready to use, press potatoes dry, using a colander and/or paper towels.

Take approximately 1/3 of an onion and/or shallots and dice, or slice into thin strips.

2 Tbsp. flour or breadcrumbs or gluten-free flour (like rice flour)

1. Mix potatoes, onions, and flour into "wet mix."

2. Combine until coated and most of liquid is absorbed and reserve as "batter."

3. Using canola oil and/or schmaltz (chicken fat), fill a large frying pan with about 1/2 inch of oil.



This easy to make recipe could become a family favorite.

Heat oil on high heat to 360-375F.

4. Scoop/spoon "batter" into patties and drop into oil, keep patties separated.

5. Fry each pattie until it is lightly browned on one side. Then flip it over and brown on the other side.

6. Remove from oil and place latkes on paper towels and/or rack to drain.

7. Fry in batches, as needed, maintaining oil temp at 360-375F. As batter is added, temp will drop. Use a thermometer to bring it back to temp. Skim and/or add oil as needed.

8. Serve warm with any of the following: sour cream, crème fraîche, or apple sauce.

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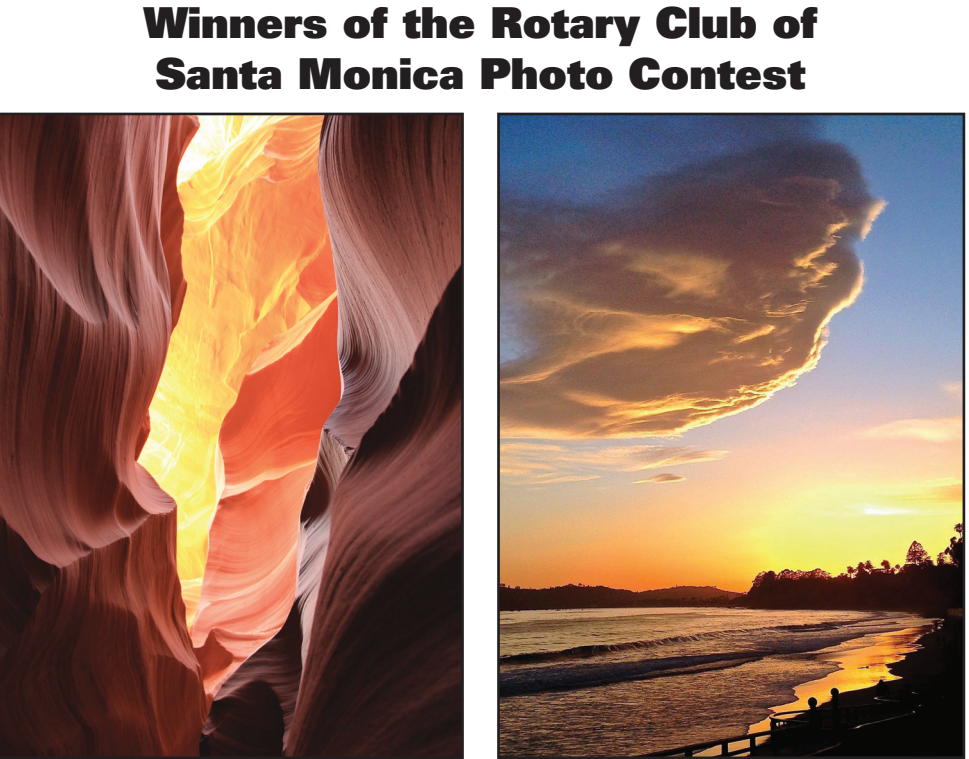
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Passing Through the Pico Neighborhood

Chef Jahrid Longworth, our local middle school student, chose a recipe to keep you warm on those rare days when we experience colder temperatures. It is one of his family’s favorites.

Dairy Free - Curry Lentil and Sausage Soup

- Ingredients:**
- 1 cup coconut milk
 - 1/4 cup onion
 - 3 cloves garlic, minced
 - 1 Tbsp. ginger, minced
 - 2 cups thinly sliced carrots
 - 1 healthy pinch salt
 - 3 cups broth (vegetable or chicken)
 - 1 cup uncooked lentils
 - 1 package Italian sausage (sliced)
 - 1 Tbsp. curry powder
 - 2 cups water
 - 1 tsp. oil

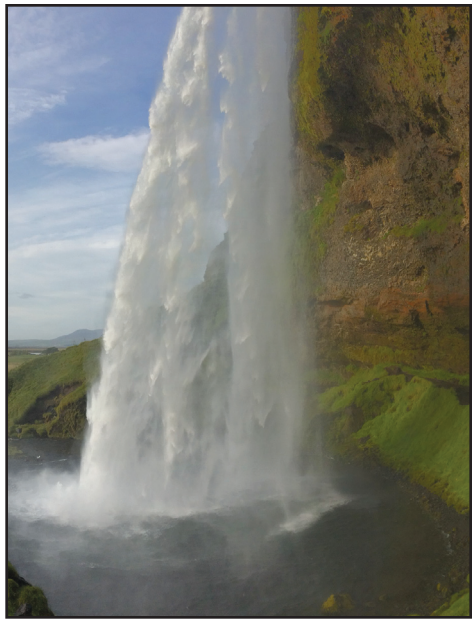
- Instructions:**
1. Bring broth to a boil and add lentils. Reduce to medium heat.
 2. In saucepan add oil. Add garlic, ginger, and onions and sauté for another 2-3 minutes. Then add sausage, carrots, and a pinch of salt and stir. Cook for 1-2 minutes more, stirring occasionally.
 3. Add mixture to broth and add coconut milk and increase heat from medium to high. Bring to a boil. Once the mixture comes back to a low bubble, reduce heat to low,



Jahrid believes this soup is especially good in cooler weather.

- or until you achieve a gentle simmer.
4. Add curry powder and stir once more. Simmer the soup uncovered, stirring occasionally, for 15-18 minutes or until the carrots and lentils are tender.
5. If the mixture becomes too thick, you can add more coconut milk.
6. Serve and enjoy!

More Winners of the Rotary Club Photo Contest (Continued from Page 6)



Greg Hargrave travels the world over. His photos are amazing.

Members of the Rotary Club of Santa Monica were thinking of fun activities for their members during the challenging times we experienced last year. They asked members to submit photos in the categories of travel and nature. Then members were asked to select the winning photos. They did not know who had taken which photographs. The winners are, far left, on Page 6, First Place: *Antelope Canyon* by Scott Gaynor. Also on Page 6 is the Runner Up, *Beach Sunset* by Barb Bishop. On this page, to the left, *Iceland Waterfall* by Greg Hargrave and Runner Up, *Tibetan Child* by Carol Powell. Members realized what a talented group of photographers they had.



Carol Powell is also a world traveler. Her appealing photos also make one want to travel.

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From the Santa Monica History Museum



Santa Monica Bay, January 1946
View of Santa Monica Beach, Pacific Coast Highway, and the Pacific Palisades. Courtesy: Santa Monica History Museum, Bill Beebe Collection
[For historical reprints, please contact SMHM and specify image #3.2.3.]

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Thoughts From a Second-Time Father

Expressing Gratitude



By Michael Margolin
There was recently a house that caught on fire down the street from us in which a family lost just about everything. I am not out to scare my children, however, I am also not opposed to teaching them lessons about the dangers that lurk in the world, whether they are man made or natural disasters.
It is during these times that I remind them how lucky they are to have what they have. We have a roof over our heads and warm meals to eat. Simple things that, especially around this time of year, are not to be taken for granted. I saw the family that owned the home arrive to see their garage looking as if it was breathing fire. Thankfully, nobody was home, and nobody was hurt. Though it would be easy for me to say at the time, I saw the family all together and thought about how lucky they were to have each other and know that for the most part, their material possessions would be replaced.
It is amazing how much more enriching life can be when you simply do not take for granted what you have. Being grateful can go a long way.
One thing I am grateful for is my son's keen observations. Jake is

four, and I am amazed at how he thinks logically and the fore-thought he utilizes. There are also things he says and notices that I would describe the same way.
The other day, Jake was riding in my car, which sits up a little higher on the road and gives him a better view from his car seat. He noticed a large bird dropping on his window and he said, "That bird must have had to go really bad. I wish it would have just gone in a tree or something." Me too, Jake.
Alexa is seven, and it is tough to find a kinder, sweeter girl than she is. She is obedient and patient with her little brother. She has set a pretty high bar for herself. And then every once in a while, there surfaces a speck of attitude. Nothing we are ever alarmed at or really even bothered by. But, it is like we can see an approaching weather system and really are not sure what to expect. I mentioned to En-joli how we are past the diapers and the infant crying all night for no explained reason stages. That feels like a long time ago. But, in some sense, with that approaching stage known as teenagers, we have not even begun to know the extent of the challenges parenting can bring.
Michael Margolin is the father of two young children. He is an avid sports fan and was a soccer coach on Alexa's team when they played.

Mothers of Monica (Continued from Page 5)

you enter this new year: **1)** Set time aside to review your day and reflect on your blessings; **2)** Call your parents just because; **3)** Give your child an extra hug at bedtime and savor it; **4)** Treat your body with kindness (enjoying every dimple, blemish and wrinkle); **5)** Lean into the fun (wherever you find it); and most importantly; **6)** Give yourself grace.
Mama, you are doing a great job, and you are enough. Being a mother is a gift; enjoy it. Whether you are a mother of a newborn or a grandmother, you have contributed to one of the most amazing life events there is: fostering the next generation. If you do one thing and one thing only this year, ditch the mom guilt and give yourself a little



Cheryl with her two-year-old son taking a walk on the beach.
more grace. Moms change the world. To find out more about Mothers of Monica, go to <http://stmonica.net/ministries/fellowship-groups/moms>.

Avoiding Computer-Based Scams (Continued from Page 5)

example, lately I have been receiving messages purportedly from a company with which I do business, informing me of multi-hundred dollar debits to my account. I have not had transactions of this sort involving that company, so I ignore them. If one is concerned, one can always contact the company independently, *not through the received message*, to report the message and ask any questions.
Possibly, the bogus message may ask you to reply to it to confirm personal information in their files. *Never, never* reply to these requests. No reputable company will ask you for personal info this way. And, remember that the IRS, the police, etc., are never going to contact you by email or phone to

accuse you of fraud or an impending arrest.
Lastly, everyone should place a freeze on their accounts at all three (Experian, TransUnion, and Equifax) credit reporting agencies. By doing so, one prevents anyone from opening a credit account (credit card, loan, mortgage, etc.) in your name without the special pin number one is issued to unfreeze the frozen account. One does have to be careful to retain the three pin numbers for temporarily unfreezing each account as necessary to apply for future credit.



Community Service in Santa Monica

Reflections About Being a Rotarian

By Bill Chillingworth
Rotary Club of Santa Monica
I walked 6.5 miles today. That may not seem like a significant effort. But, it was everything “significant” to me.

You see, my life has been one built on achieving goals and importance. And, probably by most measures, it has been a runaway success. During the early climb to the top of the corporate ladder, I moved to a completely foreign U.S. market as managing director of a large corporation, but I knew no one in that market. One of my employees suggested I join an organization of well-connected (that caught my attention) and well-intended business leaders. I was open to the idea and game. It was in 1989 that I joined Rotary International.

Rotary is best known for its recognizable cog-wheel logo, but few know it is an international service organization made up of over 1.2 million members from around the world, committed to bringing lasting change in our local communities and around the world.

Rotary’s people of action have used their passion, their energy, their resources, and their intelligence to take action on sustainable projects from literacy and peace, to health and clean water. We simply want to make this world a better place. Rotary’s largest global public endeavor is to end polio. Bill Gates and his foundation, and many others, have joined forces with us towards this significant goal.

I have now served proudly in five Rotary Clubs, including being the President of the Rotary Club of Sydney – Australia’s largest. Today, I am a board member of the Rotary Club of Santa Monica – an elected position I serve proudly. So, when

a fellow board member came to the Club seeking support for the “Movember Movement” – an organization formed to bring awareness to men’s mental health and suicide prevention – I jumped in with both feet, so to speak.

The goal is simple: grow a mustache (which I already had as part of my beard), or walk 60 miles in the month. This was significant because every 60 seconds, an American male takes his own life. So, I let my beard grow, and I walked. And walked. And walked. I walked for the son of my Best Man who took his life at 14. I walked for my sister-in-law’s sister who took her life in her mid-fifties. I walked for my aunt who took her life leaving my two cousins without a mother. And, I walked for my fellow board member’s son whose college roommate took his life.

By my measurement, that meant growing a mustache and walking 60 miles, three times, for 180 miles in November – representing all four tragic human losses. It took me all of the month, a few aching muscles, a blister or two, and a swelling heart. I crossed the finish line today, November 30, 2020 at 9:15 a.m., with my fellow board member at my side – wearing a mask, a full face of hair and 181 miles walked.

There lies within me the need to move away from being important to being the emotional force that is significance. Significance resides at the apex of the created order. Within this space is the belief that there is meaningful existence beyond the material.

I hope I am significant enough.

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

SMBWC Endows SMC Scholarships



By Patricia Webber
The Santa Monica Bay Woman’s Club has always advocated the importance of education, especially for girls and women. In 2019, the Club established The Santa Monica Bay Woman’s Club Endowed Scholarship at Santa Monica College. Based on merit and financial need, the awards are specifically to benefit women returning to college after five years or more.

We recognized there are many challenges facing women returning to school. Statistically, about 22 percent of all undergraduate students are raising dependent children, The Institute for Women’s Policy Research reports that women make up 70 percent of all student-parents. And, roughly 43 percent of the student-parent population consists of single women.

The first SMBWC Endowed Scholarship was awarded this past

spring. I will not share her name here, for her privacy, but she is 38 years old and attending SMC to earn a certificate in Technical Theater. In Spring 2021, she will begin undergraduate courses at Cal State Long Beach to earn a degree in Theater Arts. She has two dogs and helps to take care of her nephew, who is struggling with depression.

She is an impressive woman who has overcome years of personal struggle. She was put into foster care from the ages of 13 to 17. Until the fall of 2017, she had an alcohol addiction, then became sober and started attending SMC. She says that the theater department at SMC saved her life and helped her to realize her purpose in the theater. She is an excellent student, and I am sure she will continue to be so at Cal State Long Beach. She has expressed her gratitude to the SMBWC members, stating that she is “very grateful for their kindness and generosity” to help her realize her dreams.

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Holidays with The Santa Monica Lions



By Linda Levee
The Lions Club had a great virtual meeting with the Salvation Army. Everyone had a good time. We sang Christmas Carols and traditional songs while the brass band played for us.

We are getting used to these Zoom meetings, and by experience know that you have to mute if you all want to sing with the band. Lts. Chris and Erin Wikle entertained us with a game and information on how the Salvation Army is surviving this COVID-19 Pandemic.

Imagine if we personally had to deal with all of those families needing assistance with their children, food, school supplies, online Chrome Books, and places that are

safe, if you are homeless.

They do a wonderful job, and deserve everyone's support. We had our bell ringing support requests online and our own account to send in donations.

Thanks to all of our Lions who participated. This was our last regular meeting until February 2021.

Hope everyone had a great holiday season, although it was very different. Many found that being isolated and not rushing around gave us time for reflection. Hopefully, we will return to regular life in 2021 and have a greater appreciation for our freedom and democratic way of life.

Contact me at levelheadedlinda@yahoo.com if you are interested in learning more about our Santa Monica Lions Club.

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Paws and Claws

When Are Dogs Most Affected by Ticks?



By Dr. Frank Lavac MS, DVM
Q: In Southern California, when are ticks mostly likely to affect dogs, and what are effective flea and tick products?

A: In SoCal, tick prevalence peaks in the winter during the rainy season. Dogs will usually pick up ticks

during hikes into brush and wooded areas.

At present, the most effective flea and tick products contain the class of drugs known as Isoxazolines. They are very effective against flea and ticks. They have no repellent effect and require the parasite to bite the pet before they are eliminated. They also kill mites that commonly affect dogs, including demodectic mange, sarcoptic mange, cheyletiella, and ear mites.

Mammals have a much lower sensitivity to Isoxazolines. Therefore, this drug is considered safe for dogs and cats. There are topical as well as oral preparations. The most common side effects are vomiting, diarrhea, decreased appetite, and lethargy. In 2018, The FDA issued a warning that in rare circumstances tremors, ataxia, and seizures can occur. However, the FDA still classifies this drug as safe and effective.

Examples of products that contain this class of medication include Bravecto, Nexgard, Credelio, Revolution Plus, and Simparica.

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



Adopt a Pet



Dorothy is an especially adorable cat. She is polite and patient and will even put a small paw on you to ask for a pet. Dorothy is not only a nice cat, she is a fun cat, too! In her quiet way, she loves to play. Contact the Lange Foundation, info@langefoundation.org for details.

Mar Vista: Neighbor to Neighbor

What's Up in Mar Vista?



By Tesi Treuenfels
Our Mar Vista neighbors, Mark Presky and Marsha Saltman, tied the knot this past October 24, “five years to the day from the day we met” offered Marsha enthusiastically.

Both 70, neither Marsha nor Mark had previously been married. They met on their way into a Social Circle dance at the Steven S. Weiss Temple complex. The two were immediately attracted to each other and spent the evening talking, laughing, and later trying out steps to the Lindy Hop that Mark had recently learned.

This was the beginning of a long line of firsts for both Mark and Marsha. Mark taught Marsha how to drive at age 67. Mark, an avid scuba diver since 1971, watched his new love jump in with abandon, completing her scuba diving certification in the warm waters of Belize at age 68. Mark proposed to Marsha in Belize by inserting a “Will you be my marshmallow forever” proposal into a box of Cracker Jacks. She accepted after some confusion. Just after opening the box of Cracker Jacks, Mark was

called out of the room by the concierge to address some zip-lining plans for the next day.

They had a beautiful backyard wedding here in Mar Vista surrounded by their edible landscaping. Mark is an enthusiastic member of the California Rare Fruit Growers. It’s a fascinating club. Watch for details to come in next month’s column.

There’s no slowing these two down, what with their night hiking group taking on trails in the Santa Monica Mountains with headlamps and hiking poles, and sharing knowledge about selling items online. Mark writes the computer advice column for *The Santa Monica Star*. Marsha is a powerhouse. Our discussion turned to music – Doo Wop to Mozart, another common interest they share. *La Cenerentola* (Cinderella), an opera by Rossini was mentioned. “So did you meet your prince? I asked Marsha. “Oh yes” she replied with a big smile in her voice. Congratulations to them both!

Verdel Flores creates a newsletter with all kinds of activities for you to pursue. She is a librarian at the Mar Vista Library. Email her at vflores@lapl.org to get on her email list.

Gloria Jaroff Still Stylish at 91

By Jack Neworth
My Santa Monica neighbor and very cool friend, Gloria Jaroff, is a “Renaissance woman.” Before I elaborate, I want to describe Gloria’s 90th birthday party last year. Her entire remarkable family, spanning four generations and numbering more than 50, honored her in grand style. All consider Gloria a role model for staying young and keeping fit by swimming every day and having a great sense of humor.

Since Gloria has played piano for most of her life, it was only fitting that the party included a jazz combo. (Bass player, drummer and Gloria’s good friends, Bob Boreman on sax, and Mike Saul on piano.) At the party, Gloria and her granddaughter, Regan, an actress and artist, sang their own version of the song, “Young at Heart.”

A retired architect, Gloria remains active in her other careers as an interior designer, published author, public speaker, and jazz piano musician. (She’s also been a scuba diver for 40 years.)

Gloria spent 55 years designing homes, Disney theme parks, Wells Fargo banks and their corporate center renovations. Keep in mind that when Gloria first began her design career, a female architect was not exactly commonplace. She’s also passionate about the arts, film making, and medicine, fields many of her relatives are in.

For example, her son Joe has designed and fabricated monumental installations for high-visibility clients, such as Jazz at Lincoln



Gloria Jaroff

Center and a 9/11 memorial for the City of Hoboken in New Jersey. And, her daughter-in-law, Bhavani, who owns an organic garden catering company, also hosts a radio show. Her nephew Richard is a fellow of the American Institute of Architects, and his wife, Helen, is a renowned eye surgeon. (Talk about an “accomplished” group. Wow.) Richard is also the editor of Gloria’s book, *The Nature of Color in Interior Design*.

In fact, Gloria’s working on a sequel of sorts, all about “color” in the architectural sense, and also her autobiography. The first I fear might be over my head, but the autobiography sounds terrific and is right up my alley. I can’t wait to review it.

Jack Neworth is a columnist for the Santa Monica Daily Press. He can be reached at 310-392-2275.

Building Children's Emotional Resilience Amid Uncertainty

Family Features - For parents facing uncertain school schedules, new ways of working and concerns about the health and safety of their families, life in a pandemic is stressful enough. Add in the potential for children to feel overwhelmed

or unable to cope with the unfamiliar and many families feel they are in no-win situations.

Keeping children home can help minimize potential exposure to COVID-19, but limits their

(Continued on Page 11)

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Building Children’s Resilience

(Continued from Page 10)



Parents can create a check list ahead of choosing a childcare center.

contacts with friends and teachers. On the other hand, sending kids to a center or school to learn and socialize with others can lead to concerns about exposusre to COVID-19.

“Families have much to consider when it comes to making a decision about what is best for them,” said Dr. Elanna Yalow, chief academic officer of the KinderCare Learning Centers.

Keep these considerations in mind when selecting the best option for your family:

- **Put safety first.** When considering a center or school, make sure it is not only following Centers for Disease Control and Prevention and local health department guidelines when it comes to masks and social distancing, but look for additional safety measures such as restricted access to classrooms, health screenings upon entry, handwashing throughout the day and frequent cleaning and sanitizing.
- **The social and emotional benefits to returning to school or child care.** Children typically thrive with social stimulation and outlets for strong

emotions, two things that are challenging for many families to offer right now. School can provide children with a safe place to continue their social, emotional and academic development, enhanced by the opportunity for social interaction with people outside of their immediate families.

- **Making the transition easier.** "Routines can be comforting to children," Dr. Yalow said. "Just think about how excited they are to rejoin their friends and teachers after a typical summer break. We have seen that enthusiasm magnified this year as children have returned to our programs."

Once children settle into a more typical routine, parents can feel a sense of relief seeing them engaged in learning and interacting with their peers and teachers.

Every family has to make the decision that feels is best for it. When you're ready, there are safe and engaging programs available for your child.

For more information about customized learning programs for infants through grades K-6, visit kindercare.com.

A Letter to the Editor:

Dear Editor:

Admittedly, COVID-19 will forever be emblazoned in our minds when we think of the year 2020. May I point to two wonderful events that I hope will also be remembered for having occurred in 2020 – two events in which we should take much pride.

The year 2020 was the year of our presidential election. In the election that took place four years earlier, only 58.1% of eligible voters had voted. In 2020, Americans proved that they had learned that we cannot take our freedoms for granted – that we must be active, participating citizens. Approximately 66.7% of eligible voters voted in 2020. That was the highest turnout in 120 years!

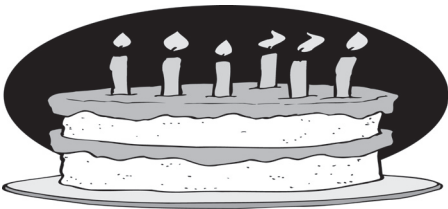
COVID-19 did not stop us. Those who feared going to the polls to vote made the effort to obtain absentee ballots, and voted!

Democracy also prevailed after the election. When asked to overturn settled, certified election results, the majority of our states' highest courts ruled not to overthrow the votes of its citizens, not to reverse its voters' decisions. And, in a decision made in one day,

the Supreme Court justices rejected the request to reverse Pennsylvania's certification of its election's winner.


Americans can proudly point to 2020 as a year in which we proved that we are a nation of laws, abiding by the rule of law, the cornerstone of all democratic societies.

Sincerely,
Harriet Wertman
Santa Monica



Happy January Birthdays to:
Eric London, Bill Rayman,
Molly Smulian, John McIntire,
Tom Larmore, Bill Dawson,
Judy Neveau, John Lehne,
Larry Maher, Julia Miele,
Klaus Mennekes, Mitchell Kraus,
Connie Maguire, Vickie Laham,
Joe Rainsford, Jack Rainsford,
Sally Pai, Linda Levee, Alan Paar,
Mike Stark and Joan Sitnick.

From Me to You...



By Diane Margolin

One of my favorite memories of the holidays in 2020 is seeing photos of families whose members are all wearing matching pajamas, even the dog! Big checked patterns were most popular with black and white and then red and black being worn the most.

I did find out from Lisa at Ye Olde Kingshead Pub in Santa Monica that it is possible to order Tea in a Box to go so you can serve high tea in your home. Their afternoon teas include finger sandwiches, a sausage roll or quiche, freshly baked scones with Devonshire cream and preserves, plus a red velvet cupcake, mince pie and specialty tea or coffee. Think about what a treat it would be for your family. Call 310-451-1402 and tell Lisa I suggested you explore their English menu.

One of the treats I accidentally discovered on the Internet were walking tours of cities the world over. I've been missing the holiday season in Manhattan, and soon I was looking at the animated store windows in Macy's and Saks Fifth Avenue. Then, I went to London and Paris to see their holiday decorations. It was so much fun!

Be sure to watch for our pages within the Monday issues of the *Santa Monica Daily Press*.


Beth Shir Shalom Temple invites

potential families to tour their Early Childhood Center on Sunday, January 10 and February 7. Contact robin@bethshirshalom.org to RSVP.


Plan ahead to start the Chinese Lunar New Year on February 12, the year of the Ox. It ends with the Lantern Festival on February 26.

We are sad to report that our dear friend Florence Kinney, who would have been 109 on March 12 this year, passed away at 3 a.m. on New Years Day. She was the oldest living Samohi graduate.


So many of us are looking forward to next year and hoping for better news health wise. We wish all of our readers inner peace, good health, and happiness in 2021.



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