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07.06.20
Volume 19 Issue 194

Santa Monica Star
The first chapter of this month's Santa Monica Star is included inside this issue.

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Local beaches score well on annual report

CALIFORNIA

FIGURE: 1 | 2019 -2020

2019-2020	Summer Dry		Winter Dry		Wet Weather	
CALIFORNIA	#	%	#	%	#	%
A	371	84%	328	81%	276	55%
B	36	8%	40	10%	52	10%
C	16	4%	14	3%	24	5%
D	7	2%	8	2%	21	4%
F	12	3%	16	4%	133	26%
A+B	407	92%	368	91%	328	65%
C,D,F	35	8%	38	9%	178	35%

FIGURE: 1.1 | 5 YEAR AVERAGE

5 YEAR AVERAGE	Summer Dry		Winter Dry		Wet Weather	
CALIFORNIA	#	%	#	%	#	%
A	2033	90%	1287	79%	1087	48%
B	125	6%	141	9%	247	11%
C	47	2%	81	5%	198	9%
D	22	1%	30	2%	136	6%
F	35	2%	81	5%	583	26%
A+B	2158	95%	1428	88%	1334	59%
C,D,F	104	5%	192	12%	917	41%

Courtesy images

GRADES: Grades have generally improved on local beaches but the forecast is not good.

MATTHEW HALL
Daily Press Editor

Local beaches scored well on the annual Beach Report Card issued by Heal the Bay this week.

No local beaches were part of the Beach Bummer list this year and while Santa Monica beaches had a wide variety of grades based on conditions, all were listed as A or A+ during dry weather.

Luke Ginger, a Water Quality Scientist with Heal The Bay said the good news is that out of over 500 beaches across the state 92% earned good marks in summer months with A's and B's from April through October. Winter grades for dry weather issued November through March, were slightly better than average with 91% receiving A or B grades. He said rainfall was 12% lower than the historical average and less rain means fewer pollutants including bacteria were flushed the ocean. Wet Weather Grades for the past year were also above average with 65% of the beaches receiving A and B grades.

Beaches are given three rankings: Summer Dry, Winter Dry and Wet.

Summer grades are from April through October and county governments are required to sample during this period. Wet weather conditions are not ranked in this grade. The Winter Dry grade is from November through March. State rules do not require testing during this time period

SEE **SCORE** PAGE 6

SMMUSD announces potential learning models for next year

BRENNON DIXSON
SMDP Staff Writer

The Santa Monica-Malibu Unified School District has revealed three potential scenarios for the reopening of local schools this coming August, but a final determination has not been made yet, according to district leaders.

The three possible learning models were revealed during this week's town hall events, which were organized by SMMUSD in an effort to receive input and share information with residents who have children attending elementary and high school campuses in Santa Monica.

SEE **MODELS** PAGE 5

The teacher who said no to Harvard to stay at Samohi

BRENNON DIXSON
SMDP Staff Writer

Local Santa Monica High School teacher Guadalupe Mireles-Toumayan declined an opportunity to teach at Harvard University in order to have a greater impact right here in her own community.

For nearly 15 years, the "Doctora," as she's frequently called by Samohi students, has walked the halls of the local high school, where she has served as a teacher and club adviser to nearly every Latinx club ever created on-campus. But former students said it's Mireles-Toumayan's influence outside of the classroom that makes her one of the most caring educators they've come to know.

Born in Jalisco, Mexico, Mireles-Toumayan remembers working the fields of her small family farm before her father passed away when she was only 6-years-old.

"I remember my mother said we couldn't make it any more in a small town," Mireles-Toumayan said in an interview this summer.

So, Estela Jara, a single mother of four young girls, packed up her belongings to move to Mexico City, "and it was like coming to the U.S. It was a whole new shift — the language barrier, the way of living, the classism," the Doctora said, detailing it as the place where everything changed for her.

"I guess because I was young, I adjusted," Mireles-Toumayan said. "I realized the only way I could break away from the (negative stereotyping) was education," which is a message she has preached to herself and students since she first saw a famous quote from Abraham Lincoln as a young girl. "Everything always seemed different for me because, in the city, I was the girl from the ranch. But in the States, I was the girl from Mexico, so no matter where I went, I was always looked down on... But once I became part of this 'special group of educated students' then everything changed for me. And the same thing happened here in this country."

A TRUE SURVIVOR

A young Guadalupe would adjust to city life well, even though she was always homesick for Jalisco. But another seismic shift would occur in her life when she was about to graduate from university.

On Sept. 19, 1985, Mireles-Toumayan remembers, "We didn't have hot water and it was so cold in the morning — I was washing everything so slow and my mother was yelling that I'm going to miss the bus."

After arriving at her college campus, which featured beautiful glass buildings, Mireles-Toumayan said she was sprinting across the field to her Algebra class when she suddenly thought she was about to faint.

"The floor was moving, and I thought I was feeling dizzy because I was rushing so hard," she said. "But then I see trailers that are rocking side-to-side and I realize it's not me. I look up," and the building she was running to collapsed on top of itself.

"Glass was all over the place. I didn't know what was going on. I just saw dust and, honestly, thought it was a bomb and somebody declared war," Mireles-Toumayan said.

SEE **TEACHER** PAGE 4

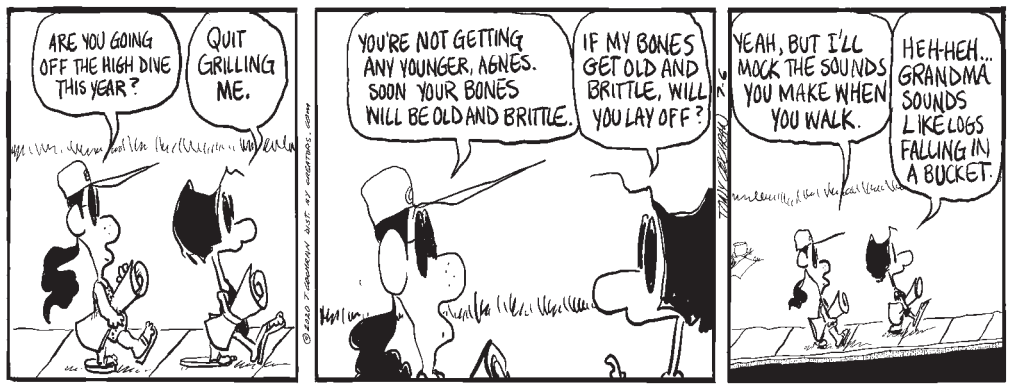

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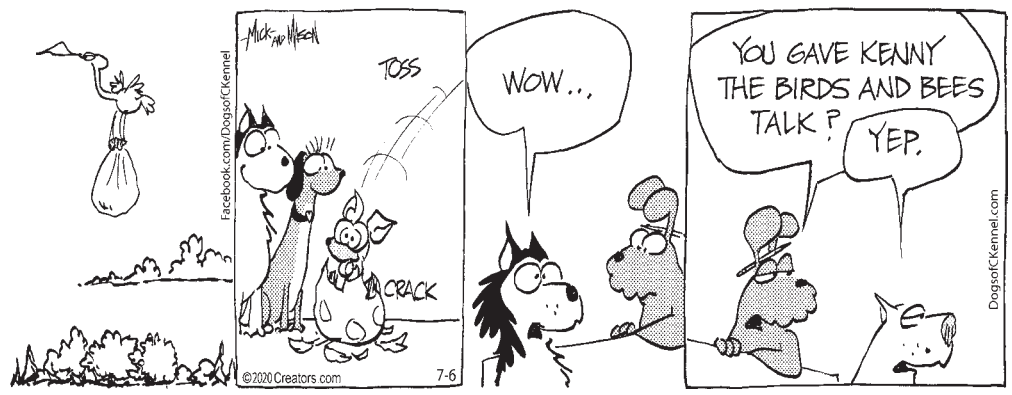
Agnes

By TONY COCHRAN



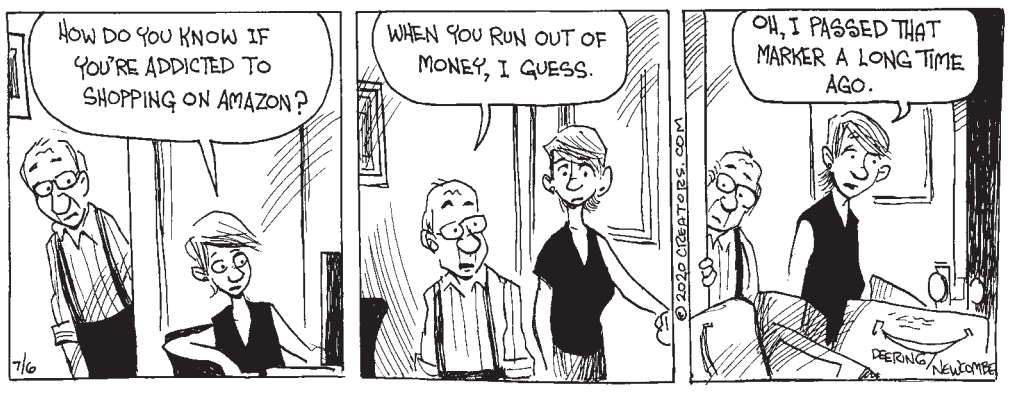
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



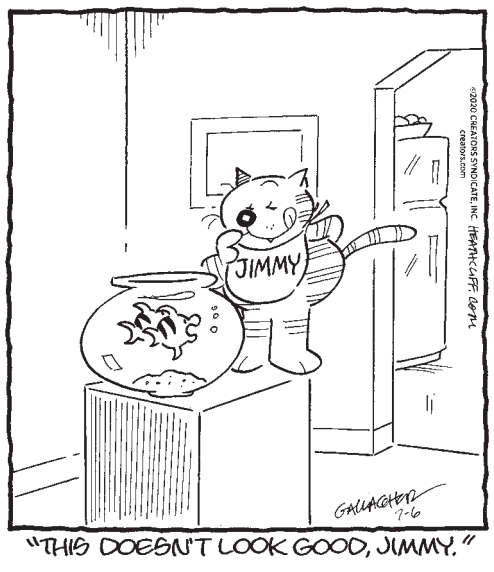
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

By PETER GALLAGHER



Strange Brew

By JOHN DEERING





BEACHES ARE CLOSED THROUGH JULY 6

WEATHER

Monday: Patchy fog before 11am. Otherwise, mostly sunny, with a high near 78.
Monday Night: Patchy fog after 11pm. Otherwise, mostly cloudy, with a low around 65.
Tuesday: Patchy fog. Otherwise, mostly sunny, with a high near 75.
Tuesday Night: Mostly cloudy, with a low around 63.
Wednesday: Mostly sunny, with a high near 72.

Date	Day of the Week	Time (LST/LDT)	Predicted (ft)	High/Low
2020/07/06	Mon	05:20 AM	-1.11	L
2020/07/06	Mon	11:54 AM	3.97	H
2020/07/06	Mon	4:27 PM	2.36	L
2020/07/06	Mon	10:39 PM	6.27	H
2020/07/07	Tue	06:00 AM	-0.83	L
2020/07/07	Tue	12:38 PM	3.97	H
2020/07/07	Tue	5:12 PM	2.46	L
2020/07/07	Tue	11:19 PM	5.84	H
2020/07/08	Wed	06:39 AM	-0.46	L
2020/07/08	Wed	1:22 PM	3.98	H
2020/07/08	Wed	6:01 PM	2.58	L
2020/07/09	Thu	12:01 AM	5.33	H
2020/07/09	Thu	07:17 AM	-0.02	L
2020/07/09	Thu	2:07 PM	4.01	H
2020/07/09	Thu	6:55 PM	2.69	L
2020/07/10	Fri	12:44 AM	4.74	H
2020/07/10	Fri	07:54 AM	0.46	L
2020/07/10	Fri	2:55 PM	4.09	H
2020/07/10	Fri	8:02 PM	2.75	L
2020/07/11	Sat	01:33 AM	4.13	H

DAILY LOTTERY

POWERBALL calottery
Draw Date:07/01
15 28 52 53 63
Power#: 18
Jackpot:60 M

calottery MEGA MILLIONS
Draw Date: 06/30
9 16 29 37 53
Mega#: 11
Jackpot: 62 M

SuperLotto PLUS calottery
Draw Date: 07/01
19 22 25 33 42
Mega#: 12
Jackpot: 20 M

calottery Fantasy5
Draw Date: 07/01
2 10 19 20 23

calottery Daily3
Draw Date: 07/010
Evening: 5 8 2

Draw Date: 07/01
Midday: 1 9 9

Daily Derby calottery
Draw Date: 07/01
1st: 11 - MONEY BAGS
2nd: 02 - LUCKY STAR
3rd: 06 - WHIRL WIN
RACE TIME: 1:45.73

Although every effort is made to ensure the accuracy of the winning number information, mistakes can occur. In the event of any discrepancies, California State laws and California Lottery regulations will prevail. Complete game information and prize claiming instructions are available at California Lottery retailers. Visit the California State Lottery web site at http://www.calottery.com

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TODAY'S BIRTHDAY (JULY 06)

You are bound for excitement, and you will experience it this year. The investment is a little bit of planning, your creative imagination and a willingness to trade your work for unknown results. Taurus and Gemini adore you. Your lucky numbers are: 8, 30, 10, 27 and 6.

ARIES (March 21-April 19). Being in charge requires a variety of qualities. Knowing which is needed and when -- that's a skill in and of itself. Today you'll employ masterly powers of discernment.

TAURUS (April 20-May 20). You're not about to ask the crowd, "How do you like me now?" because you were never doing it for them. You will, however, dig deeper into your own soul and pose that question.

GEMINI (May 21-June 21). What a feeling! Your strategy is working, and momentum is building. Your goal will move as rapidly toward you as you are moving toward it.

CANCER (June 22-July 22). Shadows tell you where the light is being blocked. If you want to get rid of the shadow, you don't try and move the shadow; you move yourself until you're out of the way of looming obstacles. Find the light again.

LEO (July 23-Aug. 22). As an event draws near, you wonder if you'll ever feel ready. Maybe not. It's a good thing that readiness is irrelevant in acts of inevitability. Once you jump in, you are at the whims of the fall.

VIRGO (Aug. 23-Sept. 22). Throw some compassion back to your former self. Sympathize with the you who has been in difficult positions. With a soft heart, you'll have few regrets, and the ones you do have will not carry much weight.

LIBRA (Sept. 23-Oct. 23). Twice-told tales change in the telling. Popular stories are told not twice but hundreds of times. The wise listener keeps an open mind, listening through the filters of fiction and metaphor instead of fact.

SCORPIO (Oct. 24-Nov. 21). Today's cosmic boon is a gift for enjoying yourself, and it will work for others, too. What's best for you will be what's best for everyone around you today.

SAGITTARIUS (Nov. 22-Dec. 21). It's a wonderful thing to find out that you need far less to live and enjoy yourself than you think. Life doesn't have to give you a loss in order for you to come to the conclusion that you want to live lighter.

CAPRICORN (Dec. 22-Jan. 19). Which is needed most, courage or tact? Both take a great deal of energy. Tact takes more. In fact, in today's case, tact may be the most courageous move of all.

AQUARIUS (Jan. 20-Feb. 18). Some of the ways you see yourself are well-supported, as they align with your talents and roles. Other identity markers are rather arbitrary, and you can change them at any point if you want to.

PISCES (Feb. 19-March 20). There's a version of you that was in a relationship long ago. Now you are a new version and the relationship is in the process of updating to accommodate the change. Hold on.

SOLUTIONS TO YESTERDAY'S CROSSWORD

A	B	E	T	S	■	P	E	E	P	■	P	S	S	T
T	E	N	E	T	■	A	N	T	I	D	O	T	E	S
L	A	T	E	R	■	S	T	O	N	E	W	A	R	E
E	R	R	■	U	S	T	I	N	O	V	■	Y	E	T
A	C	E	■	T	A	C	T	■	N	O	R	U	N	S
S	L	A	P	■	G	U	L	L	■	T	E	P	E	E
T	A	T	A	■	G	R	E	A	S	E	D	■	■	■
■	W	Y	C	L	E	F	■	S	T	E	E	P	S	■
■	■	■	M	O	D	E	S	T	Y	■	E	R	O	S
B	A	B	A	S	■	W	O	R	M	■	M	E	A	T
A	G	E	N	T	L	■	L	E	I	A	■	S	K	A
T	E	A	■	D	E	F	U	S	E	S	■	S	I	N
H	O	T	P	O	T	A	T	O	■	K	L	U	T	Z
E	N	E	R	G	I	Z	E	R	■	M	A	R	I	A
D	E	N	Y	■	T	E	S	T	■	E	V	E	N	S

Sudoku

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column, and 3x3 block. Use logic and process of elimination to solve the puzzle.

SOLUTIONS TO YESTERDAY'S SUDOKU

2	6	7	4	1	8	9	5	3
9	1	8	3	2	5	7	6	4
3	5	4	9	6	7	2	1	8
4	3	1	8	9	2	6	7	5
5	7	9	6	4	1	3	8	2
6	8	2	5	7	3	4	9	1
7	2	3	1	8	9	5	4	6
8	4	5	7	3	6	1	2	9
1	9	6	2	5	4	8	3	7

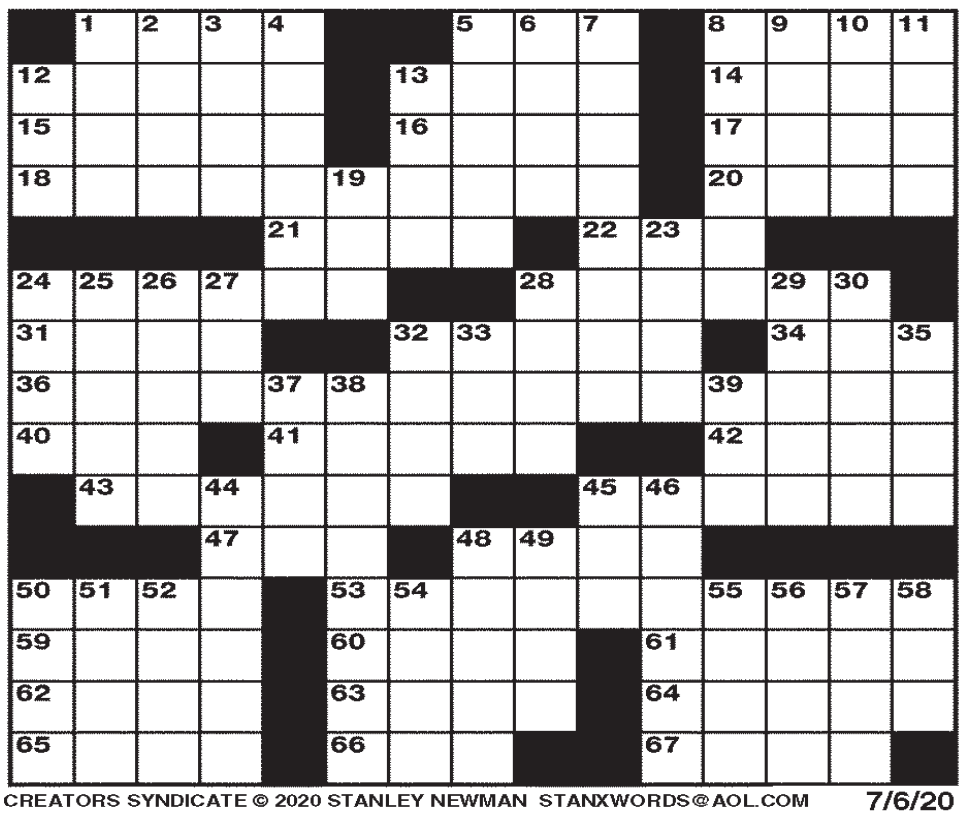
		3	4			8		1
				2	3		6	
8	6		1		7	4		
3	8		7			6		9
		2		5		1		
9		1			4		8	2
		8	5		1		7	6
	1		3	7				
4		7			6	3		

Newsday Crossword

PRIVATE "EYE" TOOLS by Brad Wilber
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Skin irritation from poison ivy
5 Cap or derby
8 Medicinal tablet
12 "Ring-a-round" girl of kids' rhyme
13 On __ (burning)
14 A Great Lake
15 High society group
16 In the past
17 Underground part of a plant
18 Detective's handheld illuminator
20 Rustic hotels
21 With the necessary skills
22 *Game of Thrones* cable channel
24 Big-beaked parrots
28 Skyscraper's steel beam
31 "Victory is mine!"
32 Indoor sports venue
34 Celebrity, for short
36 Detective's handheld view enlarger
40 Historical period
41 Variety of shoe leather
42 Poems of praise
43 Hole-boring machines
45 The Sahara, for one
47 Hair-stiffening goo
48 "When You Wish __ a Star"
50 Long-necked graceful bird
53 Detective's tiny picture taker
59 Angel's circular topper
60 Leave off the list
61 Wizard's skill
62 Aroma
63 Grains in granola bars
64 Marry on the run
65 St. __ (city near Tampa)
66 Direction opposite SSW
67 Not as much

DOWN
1 Paper towel package
2 China's continent
3 Takes a chair
4 Donkey sound
5 Door-to-wall hardware
6 Curve of a foot
7 Getting new molars, say
8 End-of-sentence dot
9 Metal in dumbbells
10 Roaring big cat
11 Allows
12 Boxing official, for short
13 Aluminum wrap for leftovers
19 16-oz. measures
23 Boast
24 Performer who doesn't talk
25 Emmy or Oscar
26 "Close but no __"
27 Raggedy doll
28 Microscopic bit of heredity
29 Manage to get away from
30 Early __ (morning person)
32 "Yea" votes
33 Get __ of (throw out)
35 "Hey you!" whisper
37 Land surrounded by water
38 Shining circle in the night sky
39 __ Angeles, CA
44 Pay no attention to
45 Nickname for a physician
46 Outer layer of a molar
48 Bring together
49 Seeds of peaches or cherries
50 Boutique
51 Walk through water
52 Frequently, informally
54 "Ask me; __ expert!"
55 Bull or stallion
56 Self-images
57 Tears in paper
58 Card higher than a king



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CITY OF SANTA MONICA

NOTICE OF INTENT TO ADOPT A MITIGATED NEGATIVE DECLARATION FOR THE OLYMPIC WELL FIELD RESTORATION AND ARCADIA WATER TREATMENT PLANT EXPANSION PROJECT

OFFICIAL NOTICE is hereby given of the completion and availability of a Mitigated Negative Declaration (MND) for the Olympic Well Field Restoration and Arcadia Water Treatment Plant Expansion Project (Project) located in the City of Santa Monica (City). The MND has been prepared in accordance with the California Environmental Quality Act (CEQA). In compliance with State CEQA Guidelines Section 15072, the City has prepared this Notice of Intent to inform responsible agencies and other interested parties about the City's intent to adopt an MND for the Project.

PROJECT TITLE: Olympic Well Field Restoration and Arcadia Water Treatment Plant Expansion Project

LEAD AGENCY: City of Santa Monica

PROJECT LOCATION: The Project includes three primary components: (1) Olympic Well Field Restoration located in the City of Santa Monica; (2) the Olympic Pipeline located within the cities of Santa Monica and Los Angeles; and (3) the Olympic Advanced Water Treatment Facility (AWTF) , co-located at the existing Arcadia WTP in the City of Los Angeles, and the Arcadia Water Treatment Plant (WTP) Expansion. The Arcadia WTP encompasses a 209,957 square foot (4.8-acre) parcel located at 1228 South Bundy Drive in the City of Los Angeles, and the adjacent 0.24-acre property that would be used for staging construction equipment. The Olympic Well Field is located generally along the alignment of Olympic Boulevard southwest of Centinela Avenue and northeast of Cloverfield Boulevard. The locations for the proposed groundwater production wells SM-8 and SM-9, and the proposed groundwater injection well SM-10i, are within the public right-of-way median of Olympic Boulevard. The proposed groundwater injection well SM-11i would be located at the eastern end of Ishihara Park, located at 2909 Exposition Park in Santa Monica. The proposed Olympic Pipeline would connect to an existing pipeline within Nebraska Avenue to the Arcadia WTP. The pipeline alignment and associated trenching would be entirely contained within City-owned property and within publicly-owned right-of-way within the cities of Santa Monica and Los Angeles.

PROJECT DESCRIPTION: The Project aims to enhance sustainability of the City of Santa Monica's water supply through developing alternative water supplies and expanding local groundwater supplies within sustainable yield limits, to reduce The City's reliance on imported water.

The Project would restore the Olympic Well Field's pumping capacity, expand local groundwater production, and thereby reduce imported water supplies. The Olympic Well Field Restoration component involves the well completion activities associated with equipping two new injection wells (SM- 10i and SM-11i) and two domestic groundwater production wells (SM-8 and SM-9), and the abandonment of well SM-3, in the Olympic Well Field. This component includes lateral pipeline connections from the groundwater production wells to existing pipelines, which would then connect to the proposed Olympic Pipeline. The extracted groundwater would be conveyed via a new dedicated Olympic Pipeline. The Olympic Pipeline component involves construction of approximately 6,500 feet of new 16-inch water transmission pipeline to convey the produced water from the Olympic Well Field to the proposed Olympic AWTF (co-located at the Arcadia WTP).

The Olympic AWTF involves a new treatment facility specifically designed to treat contaminated groundwater from the Olympic Well Field. Additionally, the existing Arcadia WTP would be upgraded and expanded to increase capacity to handle the additional flows from the Olympic AWTF as well as additional production of potable water from leveraging new technologies to enhance production efficiency. Upgrades to the Arcadia WTP involve an innovative Reverse Osmosis (RO) concentrate treatment technology to increase production efficiency and produce additional potable water supplies while reducing concentrate discharges to the sewer system. Upon Project completion, the overall raw water treatment capacity of the Arcadia WTP would be expanded from approximately 10 million gallons per day (mgd) or 11,300 acre-feet per year (acre-feet/yr) to approximately 13 mgd, or 14,700 acre-feet/yr.

PUBLIC REVIEW PERIOD: In recognition of the COVID19 pandemic, the City will provide an extended 60 day public review period exceeding the minimum 30 days specified by the State CEQA Guidelines Section 15073. The public review period for the MND will commence on **July 6, 2020** and will conclude on **September 4, 2020.** The City welcomes agency and public comments on the document during this period. Any comments on the MND must be received within the public review period, **by 5:30 p.m. on September 4, 2020.** Please submit comments to Mr. Omeed Pour at 1685 Main Street, Mail Stop 15, Santa Monica, California 90401, or via email to omeed.pour@smgov.net.

AVAILABILITY OF MND: The MND may be viewed online at:

https://www.smgov.net/Departments/PublicWorks/ContentCivEng.aspx?id=9673

ESPAÑOL: Este es una notícia de un estúdio peliminário y declaración negativa sobre un proyecto de pozo para el aqua y la construcción de un tubería y una planta de tratamiento de agua. Para más información, llame a Margaret Talamantes, al número (310) 458-8721.

TEACHER

FROM PAGE 1

True to her helpful nature, the teenager rushed into the debris to help as many people as she could. "I wasn't going to run away! I went to help my classmates," Mireles-Toumayan said when asked why she didn't rush away from a potentially deadly scene.

As she described the explosions and the destructive toll resulting from what remains one of Mexico City's deadliest natural disasters ever, Mireles-Toumayan said it took days for her to walk back home. "I didn't know if my family was alive," and with no working phone, it would be nearly four months before a sister living in the United States discovered the rest of her family wasn't dead as she initially believed.

"That really changed the trajectory of my life," Mireles-Toumayan said. "There was no technology. Everything was paper, and all of that was gone. So, they wanted us to restart since everybody was 'almost ready to graduate.' And I get it but it was unfair."

But she couldn't complain too much since she was a survivor. However, she did learn to take life seriously and always welcome an opportunity. As Lincoln said, "I will prepare and some day my chance will come."

COMING TO AMERICA

Mireles-Toumayan's older sister would soon invite her to come to America to learn English, which would afford her more opportunities when she returned to Mexico. "She said I didn't have to stay, but it'd help me to become bilingual."

After a few adventures in Latin America, which she will proudly recount if asked, Mireles-Toumayan found herself attending Venice High classes before she would head to Santa Monica College for her associate's degree in the 1990s.

It would take a few years for the doctora to graduate from the local junior college, she said, adding, "I always laugh when students tell me they've been at school for 3 or 4 years. I tell them not to ask me how long I was there."

And while education was indeed inviting new opportunities into her life that were not available before, Mireles-Toumayan said she would continue to face discrimination throughout her studies, even when she was eventually accepted to study at Harvard. But the longtime educator will be the first to tell you she's okay with not being everybody's "cup of tea."

In 2014, on a professional development outing during Spring Break, Mireles-Toumayan encountered a number of teachers from all across the country who were complaining about how Latinx parents aren't involved enough in their children's education. Mireles said she tried to explain how it's a cultural phenomenon because, in Latin America, parents are only there to make sure a child is listening to the teacher. "It'd be disrespectful to question you as the teacher and expert as to why my kid has an F," she said.

The teachers refused to hear about her personal experiences, though and said to come back when she's a doctor with statistics to back up her claims.

"I always tell my students, don't let (negativity) get to you. Let them underestimate you because if you're educated, nobody can take that away," Mireles-Toumayan said, but this incident made her blood boil, so she immediately went home and started googling what's the easiest way to get your doctorate.

While studying for her credential and Master's program at CSU Northridge, Mireles-Toumayan met her future dissertation chair and role model Dr. Mira Pak, who happened to be a former Samohi teacher.

"I learned from her to be proud of who you are because that's what gives you strength," Mireles-Toumayan said. "It's like a tree or a plant. The more roots you have when you transplant it, the more it will thrive in a new environment."

Mireles-Toumayan said CSUN was an institution that always sought to support her, so she reached out Pak for information on a doctorate degree.

"I said, 'You might not remember me but you inspired me and believed in me and made me feel strong and proud of my heritage,'" Mireles-Toumayan said. And she immediately picked up the phone and said it's done.

Back then, Mireles-Toumayan said she had no idea Pak was a graduate of Harvard, but she was soon inspired to head to Cambridge to receive an education. After all, her husband Samuel was from Massachusetts and her sister-in-law Sylvia still lived in the area.

During her studies to receive a Doctoral in Education at CSUN, Mireles Toumayan stayed at her sister-in-law's while she completed extra units over the summer. She remembers crying, feeling like she wasn't articulate enough and thinking she didn't belong, but the feelings were obviously unwarranted as Mireles-Toumayan would soon be offered a position to teach a professional development class of her own.

But she said no.

"I feel so connected with this community," Mireles-Toumayan said, "And I feel that I owe my students. Who is going to represent them if I am gone?"

Shortly after declining the opportunity, the doctora would complete her doctorate requirements and publish a dissertation detailing teachers' experiences with Latino parents.

To make sure every teacher at the professional development meeting who doubted her reasoning for the supposed lax attitude held by Latinx parents, Mireles-Toumayan made the document public so they could all read it. She also made sure to call out the "gatekeepers" who tried to dissuade her from getting her degree.

Since 2006, Mireles-Toumayan has found ways to engage almost every student who enters her Spanish class at Samohi by setting up mini-mercados in class, teaching dances or simply providing breakfast at the beginning of the day to ensure children aren't going hungry.

"I stay on the curriculum but I make it fun for them. I connect it to their lives, and they can bring their own experiences into the classroom and we can learn from that too," she said.

Actions like these have resonated with Rebecca Villegas since they first met.

"My experience over the years with Dr. Mireles-Toumayan has been extraordinary," Villegas said earlier this month, explaining how the two have worked together nearly every day since the minute they met. "With the same goals and vision for the students, Dr. Mireles-toumayan has provided the students with advice and guidance when they were feeling depressed, down, or when they were in some kind of trouble. She patiently listened to their concerns and tutored them on her

SEE **TEACHER** PAGE 5

TEACHER

FROM PAGE 4

own time, and she even fed them when they were hungry... All the work and passion from Dr. Mireles-Toumayan has inspired me to continue to mentor and volunteer with students who are under her guidance at Samohi."

In homage to Selena, Samohi parents often say Mireles-Toumayan treats their children like they're her flowers and they often call the local teacher an icon whose impact on the students is comparable to the famous singer.

Students cried earlier in the year at a Hispanic Heritage celebration when they talked about the positive influence Mireles-Toumayan has had in the community. Emotions ran high again when graduating seniors said their farewell to the doctora at a ceremony that was organized by Mireles-Toumayan.

"The glory is not for me. It's for the kids. They just need a little help, some space and they'll flourish," she said. "As an educator, I'm amazed to see my students are out there becoming doctors themselves and writing books. I'm completely proud to be a role model for these kids."

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MODELS

FROM PAGE 1

Superintendent Ben Drati kicked off both of this week's town hall conversations informing audience members on Zoom stating, "It is up to us to develop our plans given our local context," because there are no mandatory guidelines for what school should look like when it begins next semester.

"Are these models going to be a perfect science?" Drati asked rhetorically. "No, there is always going to be a chance that (students) are not going to be as socially distanced as we need them to be... but we are doing our best to make sure that we are following the CDC guidelines and L.A. Public Health Department's guidelines."

Fresno will look different from Culver City, which could look different from Santa Monica, Drati added. "We aren't sure what it will look like because we're still in the middle of the process. For those that think a decision has already been made — not that anybody's thinking that but I know how people may wonder if we have our plans are already baked in — that is not the case."

There is still another meeting scheduled to be held for parents in the Malibu community to provide feedback on June 7, and board members aren't scheduled to discuss the models until July 16, "at which time there will be an opportunity for public comment or discussion," Drati said, mentioning no decision will come before then.

"I realize many people want a definitive answer as to what school will look like," Drati said when the town halls were first announced, sharing the best answer he could give based on the most presently available information is SMMUSD will most likely provide a combination of distance learning and an on-campus experience. "Our goal is to keep our students and staff safe and healthy (physically and mentally) while maintaining excellent teaching and learning."

THE POTENTIAL MODELS

A survey sent out to parents, teachers and the broader community determined most district stakeholders support alternatives that allow for "in-person learning with social distancing measures in place" or a "hybrid of in-person and online learning."

The first return-to-school scenario proposed by the district is "Model A," which calls for the return of all students in-class five days a week unless families specifically state their wish to have their child switch to a distance-learning format. Model B appears to better align with the survey results, though, since students would be divided into two cohorts to allow for social distancing.

Variations in the Model B setup include alternating the days that students are in school so that one cohort attends class every Monday and Tuesday while the other attends in-person on Thursday and Friday. The other three days would feature distance learning, but another variation in the model calls for the cohorts to alternate in-person and distance learning one week at a time.

This scenario would call for Cohort A to be in class one week before performing distance learning the next, and vice-versa for Cohort B.

The final proposal from district staff is Model C, which calls for all students to participate in distance learning only, though some specific programs may be able to happen in-person.

Prior to the close of Tuesday night's meeting, Drati said he had also met with seniors from high schools throughout the district who had great insight into how they would like school to operate next year.

As one can see, staff has been gathering a lot of information from different groups, "so I feel confident that we're going to provide something to the community that is representative of what people feel should happen," he said. It may be hard to find a 100% consensus, "but we will do our best to try to reach everyone and get them to at least feel that they were heard. And we thank you for being a part of this."

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SCORE

FROM PAGE 1

meaning some beaches do not track quality year round.

Wet weather conditions are not included in this grade. Wet weather from April 2019 through March 2020 are graded separately from dry days as rain vastly increases the pollution running into the ocean. Heal the Bay said that beachgoers who visit beaches during or after a rain event have an increased risk of contracting ear infections, eye infections, upper respiratory infections, skin rashes, and gastrointestinal illness. Swimmers are advised to stay out of the water for a minimum of three days following a significant rain event (0.1 inches or greater).

To make the honor roll, beaches must receive high grades year round in all conditions.

Heal The Bay CEO Shelley Luce said the 2020 grades are the 30th anniversary of the report card and she credited the work for pushing regulators to make water cleaner and safer. She said water was not always so clean when the program began 30 years ago.

"It was not uncommon for people to get sick from going into the ocean and getting exposed to pollution, specifically bacteria and viruses, in our surf zone in the coastal waters," she said.

Luce said grades had generally improved over time with the exception of wet weather grades that declined due to a change in the way the water samples are gathered. However, she said the work was far from over with thousands of residents depending on the ocean at a time when Federal regulators were shirking their duty.

"With the number of people depending on the ocean for that going up, it is more important than ever to protect our water quality and our beaches," she said. "There have been massive enforcement rollbacks in the last four years at the federal level, the EPA rolling back their enforcement of water quality pollution issues, and that threatens to undo the progress we've made towards cleaning up our pollution in the ocean and in the atmosphere. So we need to act with urgency to protect our oceans and our communities, especially as the effects of climate change become ever more intense."

Luce said the COVID-19 pandemic has also affected how people access the beach with uneven access cutting some Californians out of their right to access the ocean.

"Everybody in the state owns and cares for these beaches and should have access to our beaches, so Heal The Bay is very concerned about inequitable access during these periods of closures," she said. "And it does not help when the closures are different all over the state and it certainly doesn't make for equitable access when people can't come get to the beach, park their car, use a restroom after a long drive, it really kind of makes it so that it's only really accessible to the people who live right there. It's this experience during the pandemic that has been a really poignant reminder of why it is so important to protect not only clean water but also beach access everywhere."

While the health crisis has impacted residents' ability to reach the ocean, Ginger said the danger is from people gathering too close together at the beach, not from access to the water itself.

"So COVID-19 has been detected by scientists in sewage and sometimes sewage makes its way into the ocean, as we have outlined in this report," he said. "We do not know how long the virus survives in sewage or in the ocean. And we do not know if someone can contract COVID-19 from ocean water. Experts have stated that the transmission risk in ocean water is likely very low because the virus contained in sewage is usually quickly diluted once it's in the ocean. There have also been no cases of COVID-19 extracted from water. The virus mainly spreads from person to person."

2020 BEACH BUMMER LIST

1. Fitzgerald Marine Reserve at San Vicente Creek Outlet, San Mateo – Storm Drain Impacted
2. Poche Beach, at Creek Outlet Orange – Storm Drain Impacted
3. Pillar Point Harbor, at Capistrano Ave. San Mateo – Enclosed
4. Foster City, Erckenbrack Park San Mateo – Enclosed
5. Topanga Beach, at Creek Outlet Los Angeles – Storm Drain Impacted
6. Pillar Point Harbor Beach San Mateo – Enclosed
7. Linda Mar, at San Pedro Creek Outlet San Mateo – Storm Drain Impacted
8. Mission Bay, Vacation Isle North Cove San Diego – Enclosed
9. San Clemente Pier Orange – Storm Drain Impacted
10. Pillar Point Harbor, at Westpoint Ave. San Mateo – Enclosed

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THE SANTA MONICA STAR
Also Covering The Greater Westside
Volume XIX Number 7 *Connecting You With Your Community* July 2020



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

Fairmont Miramar Hotel Reopens

Fairmont Miramar Hotel & Bungalows is pleased to announce that the hotel reopened its doors to guests and visitors on July 1. This covers guest services and food and beverage venues, including FIG Restaurant, Lobby Lounge, Dogtown Coffee, The Bungalow, Glam + Go, Lloyd's Barbershop, Atelier Fine Watches and Jewelry, and Vilebrequin Swimwear. Exhale Mind Body and Spa reopened its doors on July 3.

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

(Continued on Page 4)

How to Connect With Your Community and Move Forward After Quarantine

By Kalina Silverman

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

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

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

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

• **Call your favorite local businesses and organizations, and ask "How can I help?" -** Sometimes, you just have to ask. Whether you are helping to clean up and paint looted stores, or dining outside, there are ways to support locally. You can also consider visiting open farmers markets, and making friends with and supporting your local produce providers.

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

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

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

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Marketing Your Business for Long Term Success

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

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

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

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

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



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

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

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

Special Moments Lingerie Shop in the Palisades Holding Summer Sale



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

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 4)



Brain Matters

Improving Brain Health in Under a Minute



By Scott Kaiser, MD

As a geriatrician – a physician specializing in the care of older people – focused on addressing cognitive issues, it is exciting to know how many things we can do to improve brain health. Plus, many of these steps can be taken, one at a time, in just a matter of moments, and in many cases for free.

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

1. BUST A MOVE!

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

The benefits of regular physical activity are so numerous – especially for our brain health – that, in a sense, exercise is the closest thing we have to a miracle drug. To achieve one's daily recommended level of exercise you do not need to do it all at once. Your activity can be spread throughout the day and, in fact, there may even be unique benefits to short bursts of vigorous activity – high-intensity intervals. When it comes to brain-healthy exercise, evidence suggests that there is an added boost when you combine aerobic and cognitive challenges.

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

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

2. 1-2-3 BREATHE

A robust and rapidly expanding body of research captures the numerous benefits of meditation. While there are many forms of meditation and contemplative practices that one can spend a lifetime cultivating, the brain health benefits can come with simple first steps. For example, just taking some mindful breaths – simply bringing your attention to your breathing and taking a moment to notice this automatic function with some sense of curiosity – can initiate a very positive cascade of events in our mind and body. For one, this simple practice can actually help you curb "stress" while initiating a physiologic "relaxation response" in your body resulting in a slowing of the heart rate, change in blood vessel tone with reduced blood pressure, boosting of immune factors, lowering of blood sugar, improved mood, and on and on. As you bring your attention to your breath, you may even be filled with a sense of wonder and appreciation – marveling at the many ways our body keeps us moving through life and noticing seemingly simple things we may take for granted.

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

3. TAKE A BITE

What we eat plays a critical role in determining our health and well-being. And, when it comes to maintaining brain health, the "farmacy" is where you will find the best medicine. An extensive and growing body of research demonstrates the brain health benefits of certain foods – especially those rich in certain antioxidants and other "neuroprotective" compounds.

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

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

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

Planning Ahead

Probate Just Got Worse - Time for a Living Trust



By Lisa C. Alexander, Esq.

The Courts were closed from March to June. Except for emergency hearings, all Probate matters ground to a halt. All the Petitions that were set for hearing during that time were continued to the Summer. All new Petitions are set for hearing in the Fall, and in some cases into next year.

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

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

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

(Continued on Page 4)

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

Photo by Eric A. Reid

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

By Anne Wallentine

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

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

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

In light of the discrimination against women in the world, Julie notes, "I feel that it's really important that we're mindful of the women we write on the page." She is wary of "unreliable, hysterical, and crazy" portrayals "giving people permission to discount women." "I don't know very many 'crazy' women," Julie continues. "I know a lot of strong women, a lot of really smart, hardworking women – and those are the people that I want to write about."

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

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

Byte by Byte

Technology and the Armchair Revolution



By Miceala Shocklee

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

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

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

If Instagram is more your corner, you can make it a corner where you help fight for the rights of others by re-gramming the first-hand voices of those speaking from the inside of movements right now. In order to re-gram, you'll need a third-party app; the most reliable (and, usually, most highly-reviewed) apps work in partnership with Instagram and will include a watermark indicating the image is not originally yours. Regardless, be sure to credit the Instagram handle of the original poster in your caption as well. This July, try re-gramming from @blklivesmatter and @aclu_nationwide.

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

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

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

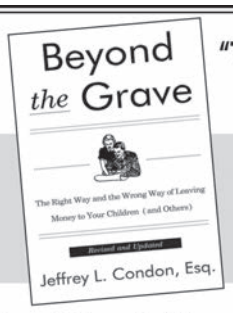
Looking for Seniors Who Need Help With Shopping or Daily Errands

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

He writes, "I have a large group of motivated, responsible, and compassionate able-bodied volunteers who are eager to help others with such tasks. From Santa Monica to the valley – we are serving all parts of Los Angeles. There is no charge for this service. If you need help picking up goods outside your home, please email me at g.heller@bep-la.com if you would benefit from a 'buddy' during this this time." ***--D.M.***

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Reflections From The East

Summer Days in Slow Motion



By Qin Sun Stubis

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

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

Summer is magical. We often celebrate its return with barbecues and outings with family and friends. This year, however, hit hard by COVID-19, summer has arrived quietly, like a sad and lonely magician without a wand or an audience, for he cannot deliver as much of the fun we are so used to and have taken for granted.

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

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

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

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

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

You can always reach me at qstubis@gmail.com

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

Fairmont Miramar Hotel Reopens (Continued from Page 1)

the Fairmont Miramar, extensive measures are being taken to protect guests and employees, including physical distancing; mandatory screening for all guests and employees, which may include a temperature check; masks provided to guests and worn by all employees; a 48-hour "settling period" for occupied rooms post-departure; increased frequency of cleaning and disinfecting, with a focus on high-touch points; and continued use of EPA registered disinfecting chemicals, proven effective in preventing the transmission of COVID-19.

Additionally, they have been promoting their Stay Close offer, in which guests receive one complimentary night for each night booked. Book by July 16, stay by December 31, 2020. Go to https://www.fairmont.com/santa-monica/offers/stay-close/.

How to Connect With Your Community (Continued from Page 1)

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

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

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

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

Planning Ahead (Continued from Page 2)

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

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

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Answer to Neighborhood Celebrity (Continued from Page 1)



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

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