smdp
Santa Monica Daily Press

MONDAY
11.23.20
Volume 20 Issue 09

Apart but together
Tips for Thanksgiving.
Page 7

Santa Monica Star
More pages are inside this issue.

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SMMUSD to decide plans for reopening on Dec. 17

CLARA HARTER
SMDP Staff Writer

SMMUSD has begun limited in-person services and is gathering further input from students, staff, and families before the School Board votes on a broader reopening plan on Dec. 17.

In a Nov. 19 School Board meeting Superintendent Ben Drati provided a review of ongoing in-person services, the TK to grade 2 waiver application, and the upcoming steps for deciding on a Tier 2 reopening model.

Limited in-person services began on Monday Dec. 16 and are off to a strong start, according to Drati. This includes preschool special education cohorts, a child care hub for staff, an adult transition program, and athletic conditioning.

Based on a review of these initial programs the District plans to expand in-person special education services K through 12. There are five phases of planned program reopenings, however the timeline on each phase

SEE **REOPENING** PAGE 6

Police Officers Association takes aim at police oversight commission

BRENNON DIXSON
SMDP Staff Writer

The Santa Monica Police Officers Association expressed concerns to Interim City Manager Lane Dilg this week about officers' lack of involvement in the creation of a police oversight commission.

After months of discussion with the community and appointed members of the Public Safety Reform Advisory Commission, City Council approved a slate of public safety recommendations in September that included a call to create a police oversight commission.

Staff was directed to return with a draft ordinance that would establish an eleven-member Police Commission and the matter is expected to come before council in January since the City is still in the midst of drafting an ordinance in accordance with Council direction.

Even though Santa Monica Police Department officials are part of the city staff drafting the ordinance, Dilg received word about POA's stance on the proposed commission Thursday in a letter from POA President Erika Aklufi, who said the organization does

SEE **POLICE** PAGE 6



Photography by R.A. Pickett

STUDENT OF THE MONTH: The Santa Monica Elks honored local students in a ceremony as the Student of the Month. Each student was awarded a nice plaque, a $25 amazon gift card and a pink Elk mask representing breast cancer awareness. Pictured is the November Student of the Month Jeffrey K. with Exalted Ruler Jaynee Roszhart, PER and Past Grand Exalted Ruler Robert Duitsman. Jeffrey celebrated his award on his 11th birthday. Jeffrey is currently taking classes at MIT, JPL and a reading class at UCLA.

Planning Commission hears Housing Element Update

BRENNON DIXSON
SMDP Staff Writer

Santa Monica's sixth Housing Element was introduced to Planning Commissioners this week as city staff continues its efforts to prepare the document that will dictate how the region will meet affordable housing needs for the next decade.

No action was taken by the Planning Commission Wednesday. The presentation was scheduled only to allow staff a chance to update commissioners on the Housing Element's progress, schedule, and important notes of public input that resulted for local residents last week.

The Housing Element is one of the mandatory elements of Santa Monica's General Plan, Planning Director Jing Yeo said during a presentation to the commission. It's basically a housing needs assessment that features updated demographic data, data on housing stock, identifying barriers to the production of housing — both for market-rate and affordable housing.

"We are also asked to evaluate the effectiveness and the progress of the housing element both the programs and production from the last eight years and a sort of key piece of all of this is identifying the sites that can accommodate all those housing needs. And all that kind of feeds into listing the goals, policies and actions that would allow the implementation of all of these policies."

If it wishes to avoid penalties, The city must adopt the Housing Element Update by October 15, 2021, staff said, mentioning there's a goal this year to do more with less so the element can have more teeth and result in actual housing production and not simply numbers on a paper, which is a sentiment that hit home with Commissioner Mario Fonda-Bonardi.

"I think we would be better served if we designed a housing element that fits our local needs," as opposed to SCAG telling the city what to do by when, Fonda-Bonardi said. "Because I think there's gonna be such a mismatch that is going to be virtually unbridgeable… Because where (is) the $3 billion we need to produce 6,000 affordable units; we don't have them lying around the house. SCAG doesn't have it lying around."

"So because it's faux planning, it just shows everything that's been set up for us is a fake process. It has no basis in reality," Fonda-Bonardi added before Commission Chair

SEE **PLANNING COMMISSION** PAGE 6

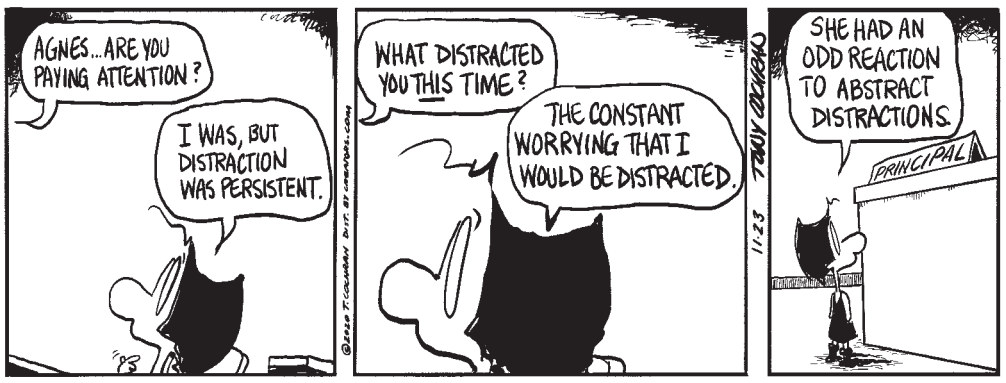
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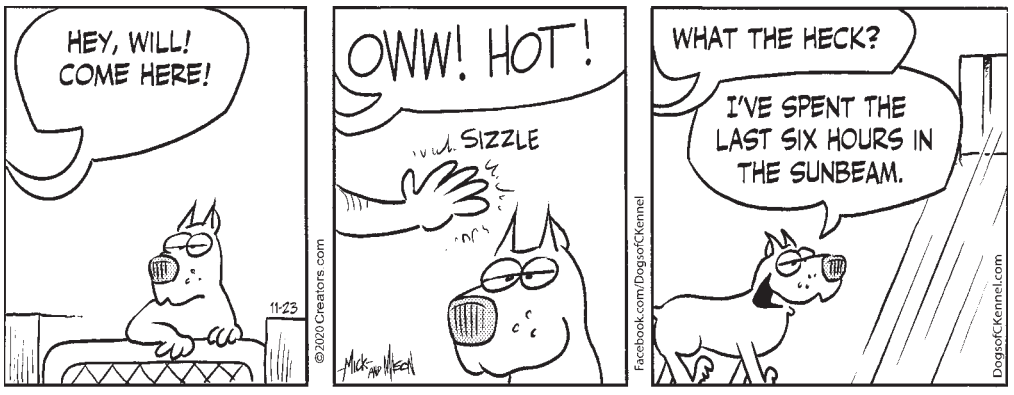
Agnes

By TONY COCHRAN



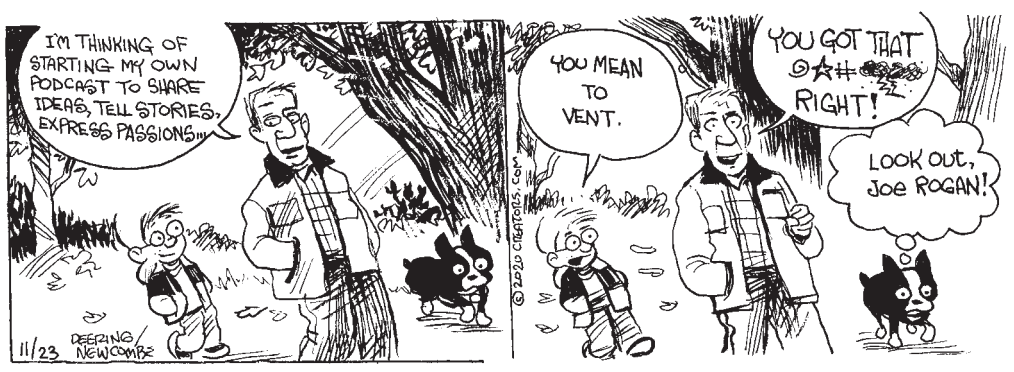
Dogs of C-Kennel

By MICK & MASON MASTROIANNI & JOHNNY HART



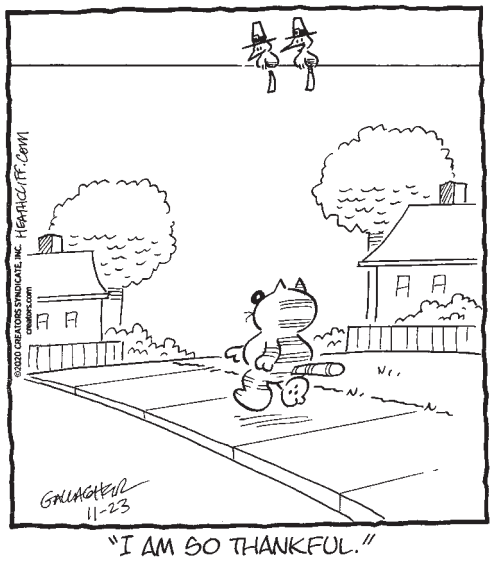
Zack Hill

By JOHN DEERING & JOHN NEWCOMBE



Heathcliff

By PETER GALLAGHER



Strange Brew

By JOHN DEERING





SURF FORECASTS

WATER TEMP: 58.8°

MONDAY - **FAIR** - SURF: 2-3ft Thigh to waist high
Mainly fading SSW swell due. AM winds look light.

TUESDAY - **FAIR** - SURF: 1-2ft Knee to thigh high
Smaller SSW swell. Clean in the AM, just not much size - best spots up to maybe waist high on sets. Best for big boards or small humans.

WEATHER

Monday: Mostly sunny, with a high near 64.
Monday Night: Mostly clear, with a low around 51.
Tuesday: Sunny, with a high near 66.
Tuesday Night: Mostly clear, with a low around 52.
Wednesday: Mostly sunny, with a high near 64.
Wednesday Night: Partly cloudy, with a low around 51.

Date	Day	Time (LST/LDT)	Predicted (ft)	High/Low
22020/11/23	Mon	05:27 AM	4.59	H
2020/11/23	Mon	11:29 AM	2.23	L
2020/11/23	Mon	4:47 PM	3.97	H
2020/11/24	Tue	05:58 AM	4.87	H
2020/11/24	Tue	12:17 PM	1.66	L
2020/11/24	Tue	5:50 PM	3.94	H
2020/11/24	Tue	11:50 PM	0.98	L
2020/11/25	Wed	06:23 AM	5.13	H
2020/11/25	Wed	12:55 PM	1.14	L
2020/11/25	Wed	6:42 PM	3.93	H
2020/11/26	Thu	12:21 AM	1.22	L
2020/11/26	Thu	12:21 AM	1.22	L
2020/11/26	Thu	06:46 AM	5.37	H
2020/11/26	Thu	1:27 PM	0.67	L
2020/11/26	Thu	7:26 PM	3.91	H
2020/11/27	Fri	12:47 AM	1.46	L
2020/11/27	Fri	07:08 AM	5.59	H
2020/11/27	Fri	1:58 PM	0.28	L
2020/11/27	Fri	8:05 PM	3.87	H

DAILY LOTTERY

POWERBALL calottery
Draw Date:11/14
4 5 17 43 52
Power#: 5
Jackpot:192 M

MEGA MILLIONS calottery
Draw Date: 11/17
8 13 35 46 68
Mega#: 16
Jackpot: 188 M

SuperLotto PLUS calottery
Draw Date: 11/18
1 2 16 27 32
Mega#: 18
Jackpot:8 M

Fantasy 5 calottery
Draw Date: 11/19
5 19 28 35 36

Daily 3 calottery
Draw Date: 11/19
Evening: 8 9 8
Draw Date: 11/19
Midday: 6 0 7

Daily Derby calottery
Draw Date: 11/19
1st: 8-GORGEOUS GEORGE
2nd: 7-EUREKA
3rd: 5-CALIFORNIA CLASSIC
RACE TIME:1:48.56

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 (NOVEMBER 23)

The solar journey will be marked by a snappy rhythm: actions repeated, habits established, checkpoints reached to bring your goals to hand. Your schedule and the people you see regularly form a supportive infrastructure to help you accomplish your purpose. In 2021, you will experience a mysterious and beautiful process and learn it intimately so that you may teach others. Aries and Pisces adore you. Your lucky numbers are: 8, 10, 33, 38 and 42.

ARIES (March 21-April 19). One way to leave a party is to slip out without saying goodbye. It's quick, but it only works well in a lively crowd. There's something you want to get out of. You dread a long discussion. Wait for a diversion.

TAURUS (April 20-May 20). It would be easy to blame a new person for what the old person did. You'll know you're doing this because your reaction will be disproportionate to what caused it.

GEMINI (May 21-June 21). If the meaning of life is to give life meaning, you'll be most fulfilled by today's experience. You take it all in, make sense of it and then assign significance accordingly.

CANCER (June 22-July 22). In an effort to be strong, you might tell yourself that you don't care (when you do) or that you're fine with discomfort (that is heading toward unbearable). Get to a safe place where you can rectify your feelings.

LEO (July 23-Aug. 22). They say what's not given freely is not worth having. On the other hand, some people are never going to give freely or fairly, so you have to extract your dues when you can instead of waiting for benevolent disbursement.

VIRGO (Aug. 23-Sept. 22). You'll find it hard to put a price on something, but you must, or you're not going to be able to exchange it for what you need. Value is subjective, but you'll find the sweet spot where a deal can be struck.

LIBRA (Sept. 23-Oct. 23). You don't need to change anything about yourself today, though you may need to change who you're sharing yourself with. The ones who get you will be curious, playful and delighted by your quirks.

SCORPIO (Oct. 24-Nov. 21). We constantly cast one another in roles according to what we each need in our lives. Play the role you were cast in if it suits you, but don't believe for a minute it's who you are. You're the actor, not the part.

SAGITTARIUS (Nov. 22-Dec. 21). Focus and it's yours. Get ahead of potential attention syphons. Think about what might distract you, and then make contingency plans to prevent those outcomes. With disruptions to a minimum, you're unstoppable.

CAPRICORN (Dec. 22-Jan. 19). You may say that you don't want to get involved, but you can't help but notice what the people you love are dealing with. Even so, resist the impulse to fix people's problems for them.

AQUARIUS (Jan. 20-Feb. 18). Presentation is important. Don't leave it up to the fates. The power play is to give people something to focus on. Later, they're going to talk. If you're proactive, you'll greatly influence what they talk about.

PISCES (Feb. 19-March 20). A bit of soul searching will be in order, but it's not a long, deep process. This is a quick check-in to see how the move you're thinking about measures up to basic tenets, such as the Golden Rule.

SOLUTIONS TO YESTERDAY'S CROSSWORD

M	A	R	I	A	C	H	I	■	A	G	E	G	A	P
O	V	E	R	P	L	A	N	■	B	O	N	O	B	O
L	O	V	E	B	I	R	D	■	B	I	G	D	O	S
I	W	I	N	■	O	B	I	W	A	N	■	Z	U	T
N	A	V	E	L	■	U	G	H	■	G	R	I	N	D
A	L	E	■	A	B	R	O	A	D	■	A	L	D	A
■	■	■	D	R	A	G	■	M	O	O	N	L	I	T
T	R	I	A	D	S	■	■	■	U	R	B	A	N	E
H	E	N	R	Y	I	V	■	C	L	A	Y	■	■	■
A	T	T	Y	■	S	E	R	I	A	L	■	S	P	F
T	A	I	L	S	■	S	I	R	■	B	E	L	L	I
H	I	M	■	K	I	T	S	C	H	■	L	I	A	R
U	N	A	W	E	D	■	Q	U	O	V	A	D	I	S
R	E	C	O	I	L	■	U	S	P	A	T	E	N	T
T	R	Y	O	N	E	■	E	Y	E	T	E	S	T	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	7	8	1	5	4	3	6	9
4	9	3	6	7	8	5	2	1
5	6	1	3	9	2	4	8	7
7	4	6	8	3	1	9	5	2
8	3	9	4	2	5	1	7	6
1	2	5	7	6	9	8	4	3
3	5	4	2	1	6	7	9	8
6	8	7	9	4	3	2	1	5
9	1	2	5	8	7	6	3	4

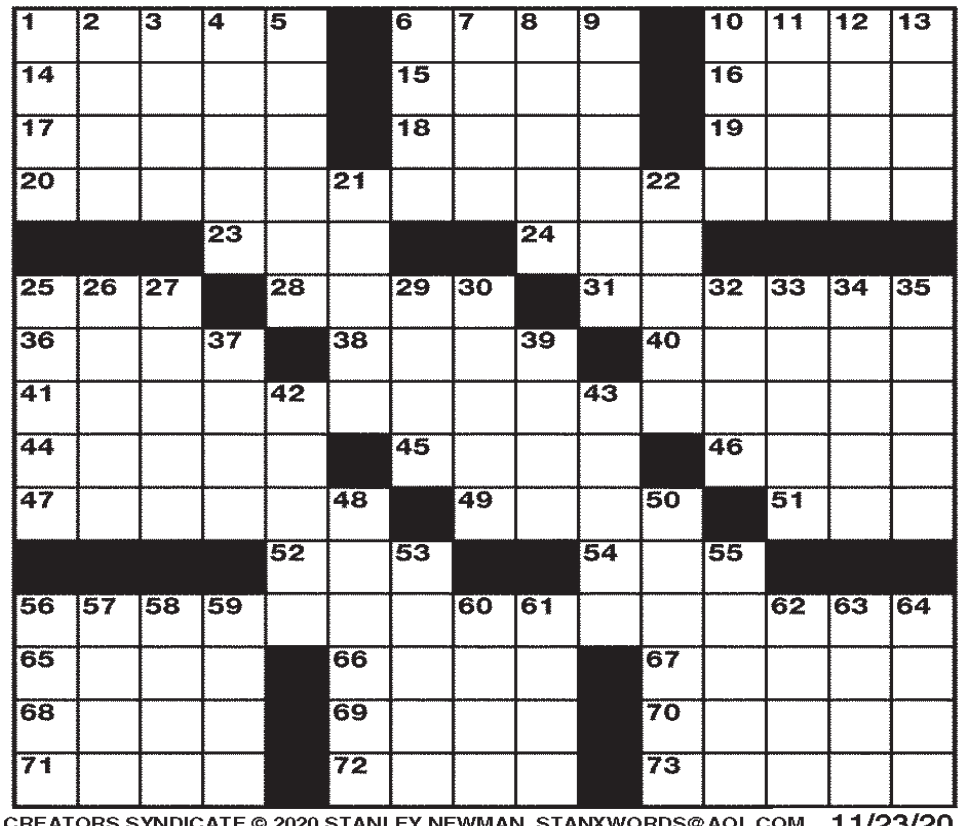
				3	2			
5		7		1				6
		8	6			1		7
6		3	4		1		5	2
	2			5			6	
9	8		3		6	7		1
3		4			8	5		
8				9		6		3
			2	6				

Newsday Crossword

NOT QUITE by Sally R. Stein
Edited by Stanley Newman
www.stanxwords.com

ACROSS
1 Lobster's cousins
6 Pier for a ship
10 Service charges
14 Newly employed person
15 Land surrounded by water
16 Not doing anything
17 High goal to aspire to
18 Overwhelm with laughter
19 Workshop gripping device
20 Not quite finished
23 Look at
24 Good friend
25 "It's cold in here!"
28 Castaway's flat vessel made of logs
31 Bushy, showy garden flower
36 Shape of a pound cake
38 Uttered
40 Sends away, as a letter
41 Not quite a sure thing
44 Horse's striped relative
45 Mahogany or maple
46 Oil change, to a mechanic
47 Moses' Bible book
49 Cotton-tipped ear cleaner
51 "On your mark, get __, . . .!"
52 At the present time
54 Feeling gloomy
56 Not quite sufficient
65 Triple-decker cookie
66 Wearisome speaker
67 Be a nuisance to
68 Was familiar with
69 Sharp part of a razor
70 Cited in a speech
71 Major cable sports channel
72 Gives a new hue to
73 Got to one's feet

DOWN
1 Where a goatee grows
2 Go by bus or horse
3 Neighborhood
4 "Grizzly" beasts
5 Retail merchant
6 Compact __ player (audio device)
7 Capital of Norway
8 __ down on (get strict with)
9 Array of calculator buttons
10 Nine-to-__ worker
11 Prepare for publication
12 Otherwise
13 Sesame __ bun
21 Dough-rising ingredient
22 Camel's South American kin
25 Bright fire
26 Upscale watch brand
27 Stallone's commando character
29 True statement
30 Levels of stadium seats
32 Precipitation in pellets
33 *Peanuts* kid with a blanket
34 "Well, __ darned!"
35 So far
37 Harrison of *Star Wars* films
39 Made a sketch of
42 Spa's steam room
43 Poke fun at
48 Wept audibly
50 Long yellow-skinned fruit
53 Filled with trees, as a forest
55 Contributor to charity
56 One-liner, for instance
57 Large coffeemakers
58 Ooze
59 Small city
60 Recommend strongly
61 Golf pegs
62 "Do __ others . . ."
63 Walks away
64 Dr. Jekyll's evil side



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WHEN BAD THINGS HAPPEN TO GOOD PEOPLE BECAUSE OF THE CARELESSNESS OR NEGLIGENCE OF OTHERS.



Robert Lemle

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AWARD WINNER

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FIND THE WORDS

This is a theme puzzle with the subject stated below. Find the listed words in the grid. (They may run in any direction but always in a straight line. Some letters are used more than once.) Ring each word as you find it and when you have completed the puzzle, there will be 17 letters left over. They spell out the alternative theme of the puzzle.

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Far North Queensland

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

Alva
Atoll
Bedarra
Beer
Boat
Calm
Cays
Coal
Cove
Dairy
Dawn
Dunk
Eton
Eulo
Fish
Floods
Fraser Island
Hazy
Heat
Hinchinbrook
Ideal
Lawes
Laze
Lucinda
Mackay
Major
Mango
Nebo
Nelia
Noosa
Ocean
Orallo
Pool
Port Douglas
Quilpie
Rain
Reef
Roma
Shute Harbour
Stingers
Sugar cane
Sunny
Toads
Towns
Tuna
Units
Warm
Wonga

SOLUTIONS TO YESTERDAY'S WORDS PUZZLE.
Eyes are too big for my stomack

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DBA

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FICTITIOUS BUSINESS NAME STATEMENT FILE NUMBER: 2020176528 ORIGINAL FILING This statement was filed with the County Clerk of LOS ANGELES on 10/30/2020 The following person(s) is (are) doing business as Marshall Contemporary 6018 W. 85th Pl. Los Angeles, CA 90045. The full name of registrant(s) is/are: Marshall Productions, Inc. 6018 W. 85th Pl. Los Angeles, CA 90045. This Business is being conducted by: A Corporation . The registrant commenced to transact business under the fictitious business name or names listed on (Date) 09/2020 Registrant/Corp/ LLC Name /s/: Marshall Productions, Inc . Title President Jeffery Marshall. Jeffrey Marshall . This statement was filed with the County Clerk of LOS ANGELES County on 10/30/2020 NOTICE: THIS FICTITIOUS BUSINESS NAME STATEMENT EXPIRES FIVE YEARS FROM THE DATE IT WAS FILED IN THE OFFICE OF THE COUNTY CLERK. A NEW FICTITIOUS BUSINESS NAME STATEMENT MUST BE FILED PRIOR TO THAT DATE. The filing of this statement does not of itself authorize the use in this state of a fictitious business name statement in violation of the rights of another under federal, state, or common law (see Section 14411et seq.,Business and Professions Code). SANTA MONICA DAILY PRESS to publish , 11/23/20, 11/30/20, 12/7/20, 12/14/20

SUMMONS

SUPERIOR COURT OF CALIFORNIA - County of Riverside 880 N. State Street Hemet, CA 92543 Case Number: DVHE2001621 ORDER ON REQUEST TO CONTINUE HEARING Protected Party: AGNETA LINDBERG Restrained Party: NEAL WILLIAMS The request to reschedule the court date is granted. Your court date is rescheduled for the day and time listed below.Name and address of court: SUPERIOR COURT OF CALIFORNIA County Of Riverside SOUTHWEST JUSTICE CENTER 30755 D AULD RD SUITE 1226 MURRIETA, CA 92563.New court date: 12/17/2020 Time: 10:30 am Dept. S103 Temporary Restraining Order (TRO) is in full force and effect because: The court extends the TRO previously granted on 3/27/2020. It now expires on 12/17/2020. Warning and Notice to the Restrained Party: A domestic violence restraining order has been issued against you. You must follow the orders until they expire.Reason Court Date is Rescheduled - There is good cause to reschedule the court date: The protected party has not served the restrained party. Serving (Giving) Order to Other Party - The request to reschedule was made by the Protected Party Counsel appeared and the order for publication was granted by the court.Date: Oct 22, 2020 /s/: G. Roper, Judicial OfficerPub: , 11/9/20,11/16/20, 11/23/20, 11/30/20

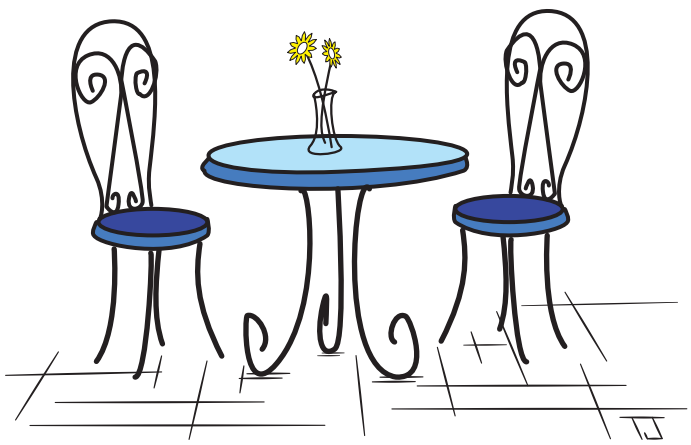
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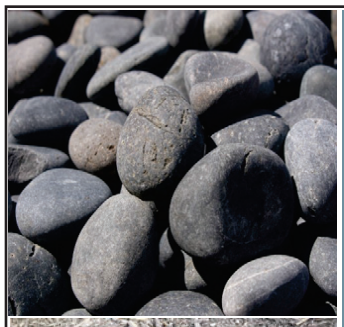
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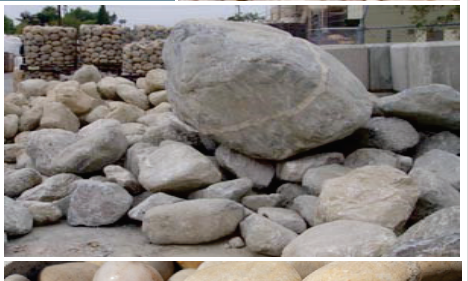
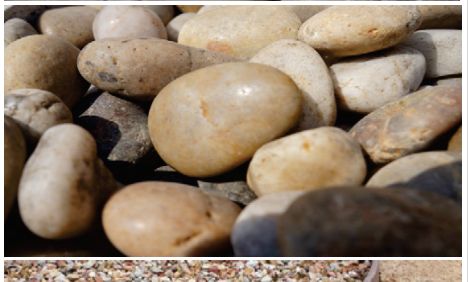





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POLICE

FROM PAGE 1

not take issue with the creation of a police oversight commission, but rather the specific expulsion of public safety personnel in its conception.

"The members of the Santa Monica Police Officers Association know that now is the time to reimagine our ideas about Public Safety. We don't just want to meet this moment, we want to lead it," the letter states. "However, currently, we simply aren't represented."

Aklufi said in the letter we've all learned during the pandemic that it's a fool's errand to address public health issues without the counsel of public health experts. "Likewise, addressing public safety issues with the absence of public safety professionals will not produce the best outcome for our community."

The POA asked residents to ponder if the police department counts as part of the community. "If our City is committed to inclusion, then the voices of the SMPD must be heard," the letter states.

"Moreover, if we are to achieve systematic change, we certainly aren't going to get there through unilateral imposition. We need to get there together," Aklufi said. "We implore you to give us an opportunity to stand with our fellow community members to enact meaningful reforms that will make Santa Monica a leader in community-driven public safety."

Dilg could not be reached for comment Friday but City Spokesperson Constance Farrell said, "Staff has received the letter from the POA and appreciates the POA's expression of commitment to meaningful reform through community collaboration, as well as the ongoing commitment of the women and men of the SMPD to leading in building community trust and improving public safety models through community engagement."

brennon@smdp.com

PLANNING COMMISSION

FROM PAGE 1

Shawn Landres said he finds himself asking many of the same questions. "It feels more and more like a fool's errand. And I don't think we should waste our time and our planners' time, and our city's money in this budget crisis doing things that are not useful. You should zero in on the things that are realizable and things that are useful… but 8,800 units is not one of them."

"I am very curious how we are linking our housing element with our economic sustainability," Landres said, stating it would also be very helpful moving forward if commissioners understood what tools were available to incentivize the building of affordable units.

Yeo said she recognizes the mandated number of units is high, "and I recognize the frustration we're hearing from the community."

But this is a process that was created and mandated by the State, not the city, "so we're all trying to muddle through this together," Yeo said. "But I think the intent here is to proceed in line with Santa Monica values in terms of supporting housing, supporting affordable housing — I think that's precisely what we're trying to do."

Prior to the close of Tuesday's meeting, staff invited residents to provide input on the matter when the Planning Commission meets to discuss the matter again during a study session on December 9.

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REOPENING

FROM PAGE 1

is still to be determined.

While the County is in Tier 1, schools are allowed to open up to 25 percent capacity for in-person services for highest need students. Schools are also allowed to apply for waivers to open classrooms for TK through Grade 2 while adhering to LACDPH safety protocols.

SMMUSD is in the process of applying for these waivers and strives to submit the application by the end of the month, according to Assistant Superintendent Jacqueline Mora.

While many private schools have received waiver approvals, public schools have been hindered by a requirement that they have a letter of support from the teacher union.

A survey by the Santa Monica-Malibu Classified Teachers Association found that sixty-seven percent of teachers did not support resuming any in-person instruction while in Tier 1.

LACDPH recently changed its policy to only require consultation of the union before submitting an application in an effort to approve more waivers for public schools.

"Even if we were approved within the next month or so we probably won't be able to be ready until sometime January," said Dr. Drati. "We still need to get an agreement with the union in order to be able to facilitate the students coming back. I'm confident that we will, because I point to the agreements we had with other programs."

As part of its preparation process the District is sending staff to observe and work with the Las Virgenes Unified School District, which was the first district to reopen under the TK to 2 waiver program.

Once L.A. County moves into Tier 2, the District will be allowed to pursue further reopening. It is currently deciding between a hybrid model and a distance learning plus special activities model.

Next week there will be follow up meetings to discuss this with principals, teachers and parents. The District plans to send a survey to all staff, parents, and secondary school students asking their opinion on Tier 2 reopening by Nov. 25.

"We will use that information and everything else we have gathered so far, and make a recommendation to the board on December 17," said Drati. "Distance learning plus approved activities seemed to win the day so far."

Clara@smdp.com

LET US KNOW YOUR OPINION

Santa Monica Daily Press editor@smdp.com

Apart but together: tips for a cozier Zoom Thanksgiving

KATIE WORKMAN
Associated Press

We all know Thanksgiving is going to look different this year. If you're lucky, you might live where the weather will still be nice and you have space to create an outdoor Thanksgiving with appropriate social distancing.

The rest of us are preparing for the fact that an in-person Thanksgiving with all of our loved ones is unlikely because of pandemic safety concerns. For us, 2020 will be the year of the Zoom Thanksgiving.

So how do we make that feel OK?

From shared menus to organized games and discussions, some planning and coordination can go a long way.

"The idea is to still feel unified in some way," says Etsy trend expert Dayna Isom Johnson.

CAPTURING THE VIEW

For once, electronic devices at the table are something to celebrate. Think about how you will position your laptop or other device so those dining with you remotely can see as many people at your table as possible. This may involve changing up the seating arrangements, putting more people on one side of the table than usual.

Your computer or phone might sit on a buffet, side table or the table itself; move it around as the evening goes on.

Maryanne Sullivan of Jersey City, New Jersey, plans to leave the head of the table empty and put her laptop there, while her Massachusetts-based brother does the same at his family's table. The effect, she says, will "be a continuation of one long table."

FEEDING DISTANT GUESTS

If you want to celebrate with family who might be unable to cook for themselves, think about how to get Thanksgiving food to their home. If they are nearby, drop things off well ahead of time; provide any necessary chilling, reheating or serving instructions so they can share the meal with you and not get lost in the preparations.

If your virtual guests are farther afield, consider ordering the meal from a restaurant to be delivered on Thanksgiving Day. Many restaurants will be creating Thanksgiving takeout or delivery menus, and you might be able to get the whole shebang delivered to your loved ones' door.

To personalize things further, see if a nearby caterer or restaurant might prepare specific recipes to be delivered. Perhaps your Thanksgiving doesn't feel complete without Aunt Sue's roasted butternut squash, or your sister's famous streusel apple pie? This might still be possible, if budget allows.

COORDINATING MENUS

To feel more connected, create a menu together with remote friends or family. Choose specific recipes, and at least everyone can be eating the same Parmesan roasted Brussels sprouts and scalloped sweet potatoes.

Let everyone contribute a favorite recipe, perhaps. Then, when someone on the Zoom screen says, "Wow, this is the best green bean casserole ever," you can heartily agree from your side of the internet.

Sullivan's family is picking two recipes to make in tandem with her brother so she can feel like "you're eating the same stuffing I'm eating."

They are also both laying in a supply of the same prosecco to make it feel celebratory.

"Even though this is a very unusual time, it's still a time we'll remember, and we want it to be filled with positive thoughtful memories," Isom Johnson says.

Send out the same cocktail-making kit or cheese boxes for everybody in advance, she suggests.

Matching cheese boards on Zoom? Very 2020.

SETTING THE STAGE

While many of us take care to set a nice table for the holiday, and perhaps create a seasonal centerpiece, this is a good year to take it up a notch to warm the homes of everyone celebrating with us virtually.

"There will be a lot more attention to detail with things like personalized name tags and fancy pieces of beautiful dinnerware and glasses, and all the bells and whistles of a very special, fancy dinner," Isom Johnson predicts.

For the tech savvy, she also recommends creating a family holiday Zoom background for everyone. It could involve rotating or fixed images, perhaps of a childhood home, previous family gatherings, past vacations. Let the teens or millennials in your house take on this task.

Another good task for the younger set: creating a shared playlist.

JOINT ACTIVITIES

Post- or pre-meal games are a great way to connect and spark conversation. There are personalized, online bingo and card games for a crowd, for instance, and many board games work well over screens. You can have some lively Scattergories games via Zoom if you send everyone the word lists ahead of time, and a few rounds of virtual charades are easy.

Think about coordinating a pre-Thanksgiving non-perishable food drop-off to the local pantry. Everyone can share in the good feelings that come with making sure others have enough to eat.

And especially in these difficult times, psychologists say that finding things for which to feel grateful can lift your mood. A week or so before the holiday, ask everyone to write down one or more things they feel thankful for, large or small. Put them in a bowl or in an online chat, and during or after the meal take turns reading your own or others.

Katie Workman writes regularly about food for The Associated Press. She has written two cookbooks focused on family-friendly cooking, "Dinner Solved!" and "The Mom 100 Cookbook." She blogs at http://www.themom100.com/about-katie-workman. She can be reached at Katie@themom100.com.

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Community Service in Santa Monica

Rotarians Like Hands-on Service



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

Heal the Bay is an advocacy group dedicated to making tangible change by cleaning our bay and beaches, educating the community, and protecting our environment, all while creating valuable bonding experiences. The beach cleanup truly exhibits the Rotary motto "Service Above Self." Serving our community is of utmost importance to our club and all of its members.

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

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

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

A Background of the SMBWC



By Pat Webber
The mission of the Santa Monica Bay Woman's Club (SMBWC) is to enrich the lives of our members and our community through women's fellowship and charitable services. We strive to achieve this through stewardship of our historic building to provide a venue for social, educational, civic, and cultural programs and events.

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

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

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

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

(Continued on Page 10)

The Lions Planning Fall Meetings



By Linda Levee
Welcome everyone to our Lions progress and our positive, upbeat, club. We are very busy with our online Zoom meetings as we try to prepare for speakers and programs that will appeal to our members.

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

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

We have our November program lined up with a program from Birds Unlimited on Wilshire Blvd. in Santa Monica. We continue to encourage everyone to buy locally and support small businesses to keep our city and friends in business during this difficult time.

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

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

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

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

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Paws and Claws

What's Wrong with My German Shepherd?



By Dr. Frank Lavac MS, DVM,VCA

Q: My 12-year-old German Shepherd dog suddenly developed a tilted head, has difficulty standing and was initially vomiting. His eyes are "swimming around" in his head. What could be the problem?

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

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

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

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

Adopt a Pet



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

Brain Matters

How Can One Maintain Brain Health?



By Dr. Bill Buxton

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

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

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

Next, as social isolation increases the risk of dementia by 50%, maintain regular contact with the same groups that were important to you prior to COVID. Be intentional in reaching out to family, friends, and community resources both to offer and receive support.

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

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

A Background (Continud from Page 9)

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

Although our club activities have been hampered for the past several months by the pandemic quarantine, we strive to remain active with "virtual" activities and are committed to continuing our mission of public service.

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

Mar Vista: Neighbor to Neighbor

What's Up in Mar Vista?



By Tesi Treuenfels

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

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

I met with my cousins for a birthday party on Zoom. Cousin Dorothy, aka Dor, turned 65 on a Thursday. We wore party hats we had made and set off fireworks on the screen share. To celebrate, we each wrapped a present to ourselves, a "give-to-me," as opposed to a "give away." Very festive, lots of unwrapping, and happiness. Dor loved it, and we saved on postage. One silver lining found in this time of COVID is our new traditions.

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

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Star Comments



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Still Painting (Continued from Page 8)

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

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

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

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



Paul is painting inside the carousel building on the Santa Monica Pier.
Photo by Jim Harris

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

From Me to You...



By Diane Margolin

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

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

My friend, Savi Labensart, has been baking the most wonderful breads. She makes deliveries twice a week. Savi puts her own special touches into the preparation of each bread. Her classic sourdough can have a hand-rolled poppy or sesame seed crust. One of my favorites is the Honey Bee Oat, made with white and whole wheat flour with oats and a hint of honey. A sweet loaferator blends decadent strawberries, bananas, and chocolate chunks. Perfect with cream cheese for an afternoon snack with a cup of tea. Savi brought over a warm challah last week, and I was in heaven. It was round and much larger than I expected. The flavor was one that brought back memories of times when we would be serving challah at holiday dinners.

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

(*Continued on Page 12)*

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Congratulations to Rachel Daar and Oliver Linter



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



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

Photos by Dylan Prebich

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Home Care Agency Staff Helps Seniors with Housekeeping and Companionship

By Kalina Silverman

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

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

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

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

Having been in service for 17 years, Mama's Home Care takes pride in being a family-run business that treats their clients like family, too. One of their caregivers, Connie, has been with the company since the very beginning.

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

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

For more information, call 323-655-2622.

From Me to You

(Continued from Page 11)

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

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

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