

JANUARY 2019

# WESTCHESTER LIVING

SERVING THE WESTCHESTER COMMUNITY



## Pride in the Community

*Meet the Ingistovs*

PHOTOGRAPH BY IZIDA LUKMANOVA



Best Version Media

# Sign of the Times

The real estate industry is evolving, and so is the for sale sign. Our new for sale signs are LED-enabled beacons that connect the home search experience to the digital world. When in close range of the sign, smartphones seamlessly connect to property information. Additionally, built-in GPS technology allows our signs to serve as waypoints directly on navigation apps like Waze™ - making it easier than ever for buyers to locate our listings.



**Stephanie Younger**  
 310.499.2020  
 hello@stephanieyounger.com  
 stephanieyounger.com  
 @stephanieyoungergroup  
 DRE 01365696





**Best Version Media®**

**PUBLICATION TEAM**

Publisher: Richard Florin  
 Content Coordinator:  
 Cherie Tosh Dame  
 Designer: Dale Ver Voort  
 Contributing Photographers:  
 Izida Lukmanova



**TO ADVERTISE IN THIS PUBLICATION**

Contact: Richard Florin  
 Email: rflorin@bestversionmedia.com  
 Phone: 516.314.5018

**TO SUBMIT CONTENT**

Contact: Cherie Tosh Dame  
 Email: cdame@bestversionmedia.com

**FEEDBACK/IDEAS/SUBMISSIONS:**

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 20th of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [snguyen@bestversionmedia.com](mailto:snguyen@bestversionmedia.com) or [rflorin@bestversionmedia.com](mailto:rflorin@bestversionmedia.com).

**HOMEOWNERS ASSOCIATION/  
 COMMUNITY SUBMISSION  
 INFORMATION**

Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized homeowners association sections at no cost to the HOA or the residents.

**CONTENT SUBMISSION DEADLINES:**

Content Due	Edition Date
December 15.....	February
January 20.....	March
February 20.....	April
March 20.....	May
April 20.....	June
May 20.....	July
June 20.....	August
July 20.....	September
August 20.....	October
September 20.....	November
October 20.....	December
November 20.....	January

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party.  
 © 2018 Best Version Media. All rights reserved.

**PUBLISHER'S NOTE**

Dear Westchester Neighbors and Friends,

Welcome to 2019! I hope all of you had a wonderful holiday season and now we all look forward to a positive 2019! As we move into the new year, please take some time and give your thoughts and prayers for the families in the burn areas, both in So. Cal and No. Cal.

This is my first holiday as the publisher of Westchester Living. It still amazes me how involved the Westchester community is not only during the holiday season but all thru the year. Westchester is a very special place that truly cares about its neighbors and shopkeepers.

In all of our issues of Westchester Living, I will try to incorporate articles that you will enjoy reading about YOUR community. I would like to introduce Cherie Tosh Dame, as our new Content Coordinator. Cherie will bring so much community and life to Westchester Living, and I am looking forward to working with her. As this is really your magazine, I am looking to incorporate a community events calendar, as well as a classified page. So, if there is a topic you would like to see in print just send Cherie and me an email and we will try to search it out. You can email me at [rflorin@bestversionmedia.com](mailto:rflorin@bestversionmedia.com) or Cherie at [cdame@bestversionmedia.com](mailto:cdame@bestversionmedia.com)

I have gotten some wonderful feedback from the community about Westchester Living! I will strive to ensure each month gets more enjoyable to read and you continue to look forward to reading the magazine! And, please stop by and support our sponsors.



*Richard Florin*  
 Publisher - [rflorin@bestversionmedia.com](mailto:rflorin@bestversionmedia.com)

I also have a very special "shout out" and recognize Ilene, my wife, who is so inspirational and supportive of me in making Westchester Living better and better each month.  
 Happy and Healthy New Year to all!

*Cherie Tosh Dame*  
 Content Coordinator



**TAX ON US!**

"AUTHENTIC ITALIAN FROM OUR FAMILY KITCHEN TO YOUR DINING TABLE"

Presenting this AD (via cut out OR cell phone photo) to your server entitles you, and your guests to receive a 10% dining discount!

**\*\*Dine in Only\*\* Discount Code: #0410**

**NOBODY OFFERS MORE DISCOUNTS THAN FARMERS**

- Umbrella coverage
- Homeowners insurance
- Automobile insurance

"I'M PROUD TO BE YOUR LOCAL FARMERS AGENT."

**PETER KOHLY-Westchester Village**  
 Your Local Agent  
 CA License # 0848085,0990766  
 6320 W HOWARD DROLLINGER WAY STE 202  
 LOS ANGELES, CA 90045  
[PKOHLY@FARMERSAGENT.COM](mailto:PKOHLY@FARMERSAGENT.COM)

Call 310.641.3450 today!  
 Smart choices last a lifetime.

Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit Farmers.com for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states.

**EXPERT** CONTRIBUTORS



**MENTAL HEALTH AND WELLNESS**  
**CYNTHIA SAMPSON**  
 LIFE ADJUSTMENT TEAM  
 Psychiatric Rehabilitation Specialists  
 310-572-7000  
 www.lifeadjustmentteam.com



**FULL SERVICE DENTISTRY**  
**THEODORE BURNETT**  
 THEODORE BURNETT, DDS  
 Los Angeles Dental Arts  
 310-670-0379  
 losangelesdentalarts.com



**INTERIOR DESIGN**  
**AMBER WILLIAMS**  
 AMBER NICOLE INTERIORS  
 424-646-3878  
 hello@ambernicoleinteriors.com



**EDUCATION**  
**CHRISTOPHER P. WATSON**  
 VISITATION SCHOOL  
 Principal  
 310-645-6620  
 www.visitationschool.org



SHIRLEY LEWIS

**CALIFORNIA GROOMIN'**  
 We Have a Warm  For Cold Noses

4308 Overland Ave.  
 Culver City, CA 90230

Phone 310-398-0227  
 californiagroomin.com

*Beach Bunz*

Mobile Spray Tanning

**310-502-3367**  
 susan@beachbunz.net

*Beautiful by Design, Healthy by Nature*

*Nelson & Natale, LLP* ATTORNEYS AT LAW  
 MARTINDALEHUBBIELAWYERS.COM



**98% TRIAL  
 SUCCESS RATE**

**70 YEARS OF EXPERIENCE**  
**TRIAL LAWYER OF THE YEAR NOMINEE**



**INJURY/ACCIDENT  
 LAW**

- Auto
- Motorcycle
- Slip & Falls
- Premises Liability
- Dog Bites
- Bicycle Accidents
- Wrongful Deaths

**TRIAL SUCCESS**

- 98% Arbitration Trial Success rate
- 70+ Years of Combined Litigation Experience
- Trial Lawyer of The Year Nominee (California Trial Lawyer Association/ Consumer Attorneys of California)

**PROCESS**

- Free Initial Consultation
- Medical Plan (Treatment)
- Free Property Damage Settlement
- Arbitration/Trial

**TEL: 310.641.8300 FAX: 310.641.4932**  
 FREE INITIAL CONSULTATION

5550 W. MANCHESTER AVE. LOS ANGELES, CALIFORNIA 90045

**RESIDENT** SUBMITTED



# LAX Coastal Education Foundation

By Matthew Swanlund

Hello, my name is Matthew Swanlund and I am currently the Board President of the LAX Coastal Education Foundation (LAXCEF), a non-profit education foundation serving all schools in the geographic area, including public, private, parochial, charter, and magnet schools. LAXCEF focuses on three primary areas: direct school engagement, community and government collaboration, and local business and stakeholder outreach.

LAXCEF engages with PTA liaisons and school administrators to direct funds, supplies, and services to individual schools. We collaborate with community groups and government representatives to provide programs and resources to our schools. LAXCEF works with local businesses and stakeholders to collect and disseminate informational materials to parents to assist them in making the best school decision for their children. The goal is to have an invested community of schools, students, parents, stakeholders, and businesses.

Our inaugural Rock, Roll & Run for Education 5K was held this past year in collaboration with LMU with more than 20 participating schools, resulting in more than \$65,000 raised for local education. We also partnered with SoCalGas to distribute more than \$70,000 in STEM grants to fund science labs, robotics lessons, supplies and more. We partnered with the LAX Kiwanis Club to raise money for scholarships and grants for local schools and classrooms.

LAXCEF supported our teachers through sponsoring honorees at the

Teacher Eddy Awards ceremony and partnered with Office Depot Westchester to provide supplies to teachers at the start of the school year. We also recently hosted the Neighborhood School Expo in collaboration with the LAX Coastal Chamber of Commerce.

We recently hosted a Community Connections reception to create awareness about local education to business leaders and gave presentations to key stakeholder groups about the state of local education and schools. We are actively looking for more strategic partners in all of our endeavors, and especially for sponsors for next year's Rock, Roll & Run for Education 5K race.

I contribute my broad experience and knowledge in education (as a parent, business leader, school board member and educator) to an accomplished Board of Directors, all of whom are passionately involved community leaders who bring diverse expertise to LAXCEF, ultimately with a shared vision. Our mission is to support and enhance the highest quality educational environment for students, educators, and parents in the LAX Coastal Area. We invite you to engage directly with us in our efforts to improve our schools.

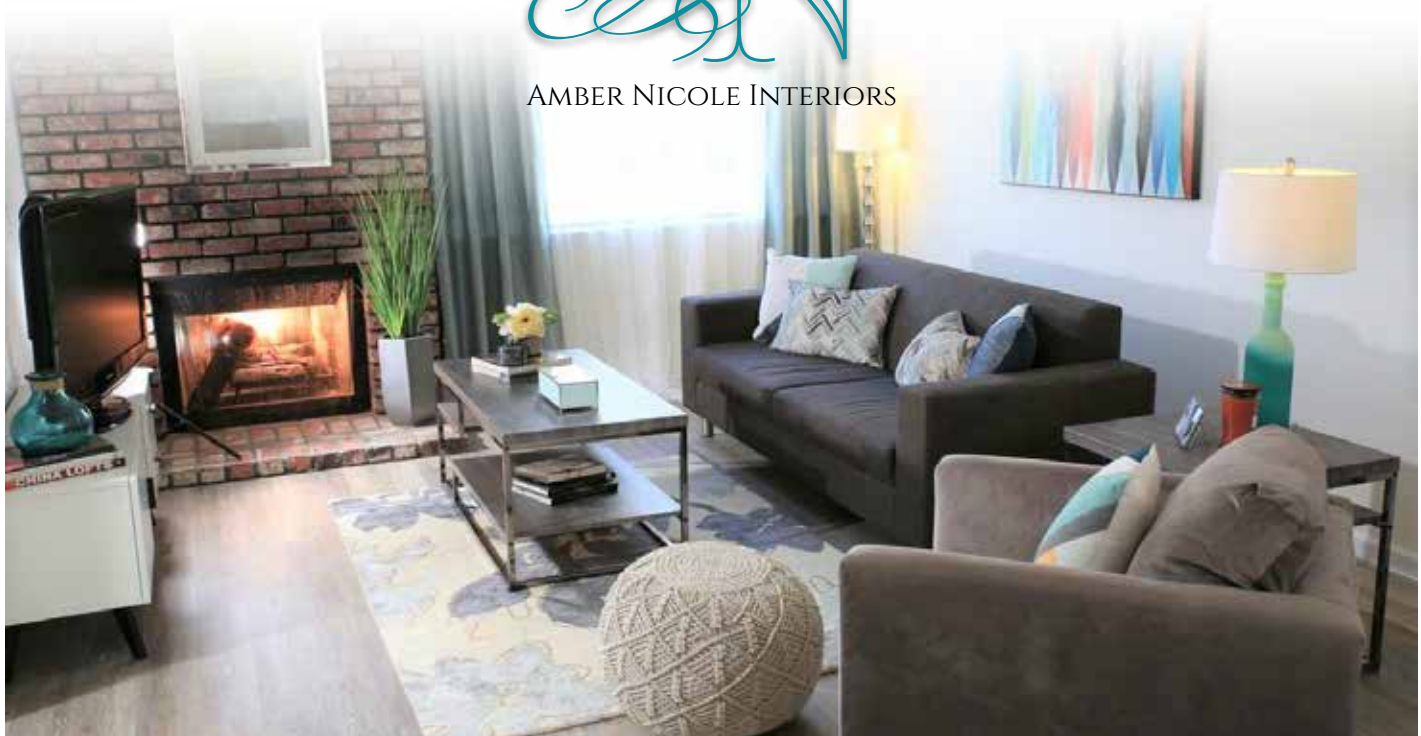
Visit us at [www.laxcoastedfoundation.com](http://www.laxcoastedfoundation.com), email: [info@laxcoastedfoundation.com](mailto:info@laxcoastedfoundation.com), [facebook.com/LAXCoastalEdFoundation](https://www.facebook.com/LAXCoastalEdFoundation), (310) 645-5151. ♦

Schedule Your Consultation Today!



AMBER NICOLE INTERIORS

KITCHEN & BATH REMODELS  
FURNITURE & DECOR  
ARCHITECTURAL DETAILS  
PROJECT MANAGEMENT



TELEPHONE: (424) 646-3878 | EMAIL: [HELLO@AMBERNICOLEINTERIORS.COM](mailto:HELLO@AMBERNICOLEINTERIORS.COM) | [WWW.AMBERNICOLEINTERIORS.COM](http://WWW.AMBERNICOLEINTERIORS.COM)

RESIDENT SUBMITTED

# Reframe New Year’s Resolutions to Achieve Success

Submitted by Westchester YMCA

As you change your calendar from December to January, there’s always a bit of a thrill in the promise of a new year that’s full of potential. The New Year is chance to start fresh and say goodbye to any of the frustrations the previous year held—a perfect opportunity to make resolutions that will help strengthen one’s spirit, mind, and body.

However, many of us find our resolutions thrown out along with the holiday decorations. It’s no wonder—starting the New Year by making sweeping cuts to our diets and declarations that we’ll hit the gym seven days a week doesn’t exactly set us up for success! But by reframing resolutions and breaking them down into smaller, easy-to-sustain goals you’ll see big benefits in the long run.

As a leading community service organization here in Westchester, we see how getting involved in the community and making lifestyle changes can change someone’s life for the better. Here are five New Year’s Resolutions the Westchester Family YMCA recommends for 2019:

**1. Move More:** It’s important for children to get at least 60 minutes of physical activity each day (30 minutes for adults). Incorporate physical activity into your daily routines and spend more time walking to places instead of driving to improve your health and well-being.

**2. Swap a Soda a Day:** It may be difficult but cutting soda can do wonders for your body. If you can’t cut it entirely, resolve to swap one soda a day for a large glass of water instead. Once you’ve been able to swap one out, see if you can cut soda entirely.

**3. Schedule Family-Time:** With work, school, and activities, family-time may seem like an impossible task, but see if your family can have a “screen-free” night with no phones, video games, etc. Instead, use that time to play a board game, play outside or visit with family and friends.

**4. Volunteer Your Time:** Giving back and supporting neighbors can benefit everyone involved. Not only is it a personally rewarding experience to help others in need, but it’s also a way to meet new people or discover an interest. Find an opportunity in your community, such as reading to children at the library or distributing food at a local food bank.

**5. Put Extras to Good Use:** Do you have extra canned goods or clothes that could benefit others in need? Clean out your pantry, closet or attic and donate extra items to homeless shelters or community outreach programs.

For additional tips or to learn more about how to get involved with the Westchester Family YMCA, contact 310-670-4316 or visit [www.ymcaLA.org/wc](http://www.ymcaLA.org/wc). ♦

GIVE YOUR CHILD THE GIFT  
of  
**A STRONG FOUNDATION**  
for  
a BRIGHT FUTURE

With our dedication to academics, sports and afterschool clubs, we strive to create endless opportunities for students to develop their leadership skills, to support each other, and to feel supported. And boy, does it pay off.

100% of our graduates get accepted into their first choice high school. Graduates have then gone on to become doctors, lawyers, CEOs, newscasters, and even an astronaut.

Stop by. We’d love to tell you more about how Visitation helps each student excel and reach their full potential.

Join us January 30th at 7pm for our Open House or schedule a tour to learn about our vibrant community. Enroll and give your child the gift of a Catholic Education.

Follow us on FB @VisitationSchoolLA

**VS VISITATION**  
CATHOLIC SCHOOL

www.visitationschool.org | 8740 Emerson Avenue, Westchester | 310.645.6620  
*Excellence Since 1947*



**RESIDENT** SUBMITTED



# Visitation Catholic School Spotlight

By Christopher Watson

This is a very exciting time at Visitation Catholic School. There is an energy that is palpable. There is a welcoming spirit that has been within this community since its beginning in 1947. And now, there is this immense feeling of renewal as we look toward the future.



If you have driven by our campus, you might have noticed construction equipment and heard the loud buzz of jackhammers. This construction is the result of a one and a half year campaign to Renew Visitation. In the past 18 months, the Visitation community has raised \$2.2 million which has allowed us to completely renovate our daycare room, elementary school hallway,

elementary bathrooms as well as refurbish our lunch tables and add new landscaping to the front of the school. Our current construction project called "Safe & Beautiful" will be completed in January. This project will reinvigorate our campus with our new grounds, a more secure perimeter fence with lighting, added green space, natural shade from new trees, and a nature area for an outdoor classroom for our students to enjoy.

And while we work to renew our physical building, we continue to strive for excellence inside the classrooms. We've added several new initiatives, including our Stem Fair which allows our students to pair off with mentors from the sciences, to better explore our world and what can be accomplished within it.

We believe in educating the whole child at Visitation. Each student has different gifts and talents and we work to help each student flourish. We believe in a strong core education, supplemented with programs such as Gateway to Art, Spanish, athletics, theater, service clubs, and our music program. All of these programs together help our students acquire leadership skills and become more confident strong individuals.

Graduates from Visitation not only go on to their

high schools of choice, but they leave critical thinkers, responsible young adults, active lifelong learners, effective communicators, and with a strong foundation in Catholicism.

We invite you to stop by to explore our school and our community. Meet with our faculty, chat with our principal, talk with the students and get to know what makes Visitation special— the amazing people within our school. Come by and experience the energy for yourself. Schedule a tour with our front office or join us for Open House on January 30 at 7pm. We look forward to showing you around. ♦



Visitation's 2018 Flag Football Champions



Showing Visitation school spirit

**WE MOVE FASTER  
SO YOU CAN TOO.  
COME HOME TO THE EXPERTS.**



Get into your dream home faster | Reduce unnecessary stress and anxiety | Peace of mind know your low rate won't change

GIVE US A CALL TODAY.

SBM Companies, Inc., dba SBM Mortgage Company  
Steven Myers  
8939 S. Sepulveda Blvd.  
Suite 102  
Los Angeles, CA 90045  
424.261.3088  
info@sbrmmortgage.com



Licensed by the BRE #01383178. NMLS: 93254 www.sbrmmortgage.com

**Chiropractic**



**South Bay  
Wellness center**

**Dr. Kian Javid**  
DIRECTOR

11968 Aviation Center, El Segundo/Inglewood | www.SouthBayWellnessCenter.com | 310-848-1405

- Auto Accidents
- Personal Injury
- Physiotherapy
- Rehab
- TMD
- Back Pain
- Nutrition
- Weight Management
- Wellness

Cash Special for limited time

**50% OFF**  
your Initial Evaluation

## RESIDENT FEATURE

# Pride in the Community

## *Meet the Ingistovs*

BY CHERIE TOSH DAME | PHOTOS BY IZIDA LUKMANOVA

**W**hat does it mean to show pride in your community? One may say to give back to the community. Another may say to build in the community and yet another may add teach the community. Andre and Emily Ingistov along with their two children, Oliver (6) and Ella (3), embrace all those criteria and more. The family has a deeply rooted pride in Westchester and it goes back long before the two even met.

Andre Ingistov's family has been part of the Westchester community since the early 1970s when his father bought a house across the street from Loyola Marymount University where he was attending graduate school. Thus, Andre was born into the neighborhood. He attended the local schools for elementary, middle and high school and even went on to follow in his father's footsteps and pursued a degree in mechanical engineering from LMU.

Meanwhile, Emily Ingistov moved to Los Angeles from Sacramento to attend college at LMU in 1997 and instantly fell in love with the university and the neighborhood. Though she was studying to earn her political science degree, Emily worked in a program called America Reads. It was







**“ALWAYS INVEST IN THE FUTURE.”**

in this program where she began down her current career path of education. “I found my calling to teach after working with kids at Cowan Avenue Elementary School in Westchester. I would ride my bike daily to the school to help kids who were below grade level in reading,” Emily said. After graduating, she quickly jumped into the field as a first-grade teacher at Visitation Catholic School. Emily also continued at LMU and completed the Master’s program in Early Childhood Education with Honors.

Meanwhile, during his senior year of college, Andre and his brother, Sasha, bought and

operated Vinny’s Pizza, a local favorite for pizza. A few years later, they expanded with locations in El Segundo and Del Rey. They eventually sold Vinny’s in 2018 to a manager from one of the locations in order to keep it local and in the community. He also attended Cal State Northridge and received a Masters Degree in Engineering Management.

Andre and Emily finally met one night in 2008 while out with mutual friends from LMU watching another pride of Los Angeles, the Lakers. That night, they discovered that Andre’s mom and Emily’s father are from the same town in Mexico —Aguascalientes. From there, this Westchester love story grew. In 2011, the two married in Sacramento where Emily’s family lives and now reside in the very house Andre’s father bought when he first moved to Westchester.



Emily commented, “I do visit Sacramento, but have made Westchester my home.”

Since marrying, Emily has continued working in the education field. Just last year she was chosen as the Head of School at Westchester Lutheran School. Recently, Andre worked on designing the baggage handling system at the new Tom Bradley Terminal at LAX. This project was part of the modernization of LAX and has redefined the Westchester skyline. He currently works at Jobsite Stud Welding as a Project Manager.

Of course their children, Oliver and Ella, are just as much part of the community. Ella loves dolls and painting. She loves gymnastics and is in preschool at the same school where big brother Oliver is in kindergarten and, of course, mom is the Head of School. Oliver loves math and numbers. He is also a proud member of the local Cub Scouts and the Kids of the Kingdom

choir at Westchester Lutheran. He occasionally performs at the Worship service at Westchester Lutheran Church.

When they are not working, the family still finds more ways to be active in the neighborhood. Andre’s father still lives in Westchester and walks to their house daily. The family enjoys walks around the neighborhood and “each week we go to a different park,” says Emily, “It’s very relaxing.” They also love to travel. They’ve made trips to Hawaii and frequently get up to the Napa Valley and Santa Barbara

**RESIDENT** FEATURE



wine regions for wine tasting. Some of their favorite spots are the smaller areas outside of Napa such as Lodi and Amador. These trips are made easier by being able to visit family in Sacramento.

In his free time, Andre sometimes invests in housing projects in and around Westchester to renovate older properties. He says, "I feel like I'm helping our community by adding to the supply of newly renovated houses. My long-term goal is to work with city planners and the community to help add to our stagnant supply of housing and help lower housing prices to put a dent in the current housing crisis we are experiencing."

Emily knows the power of community and embraces all that the neighborhood has to offer. She and her friends in the neighborhood get together every few weeks

for an evening of painting, catching up and supporting each other in the way that moms do. She says her "bubble" is "a small town in a big city where people know each other, look out for each other, and give you that Mayberry feeling while still residing in a large city such as Los Angeles."

The Ingistov family certainly demonstrates pride in building community literally and figuratively. Their family motto is "Always invest in the future." and they do. ♦



*Emily enjoying wine country.  
Photography Credit: Andre Ingistov*



*The Ingistovs park-hop  
on weekends.  
Photography Credit:  
Emily Ingistov*

**Because we want to help you be your best.**



**LOS ANGELES DENTAL ARTS**



Theodore Burnett, DDS

8540 South Sepulveda Blvd | Suite 918 | Los Angeles | 310-670-0379  
www.losangelesdentalarts.com

RESIDENT SUBMITTED

# What's Your Story for the New Year?

By Marsha Wietecha

Each year many of us think about our resolutions and intentions. What exactly does that mean to you? The dictionary definition of resolution is a firm decision to do or not to do something. Intention according to the dictionary is an aim or a plan.

With that in mind, I'd like to share my resolutions and intentions with you. First, these seem to be goal oriented. I like to set goals both short term and long term. Much like planning a trip, where do I want to go, how am I going to get there and when I arrive what would I like to do?

When I worked at the Westchester Y for 10 years, I took away many memories of what it means living and working in Westchester. One of those takeaways was the 3 P's. Purpose, Process, Payoff. I think that can be applied to resolutions and intentions.

As a Westchester resident for my entire life, I realize that my resolutions and intentions are connected to the people I meet. I'm a member of the LAX/Coastal Chamber of Commerce, I'm a Toastmaster with Speakers by the Sea, I'm a Westchester YMCA supporter and board member of Share Hope USA. Each of these organizations has a mission and intention to make our community a great place to live and work.

My resolution is to meet more of the wonderful neighbors that live right here and learn about what's important to you. What's Your Story? What brings you joy? How do you share it with others? I want to hear about it and share it.

While many may start the year with the resolution to eat better, exercise, and get some rest. I would like to start this year with being KIND, to you but also to myself. How often do we take that into consideration? Self-care is critical for any resolution, why not start internally so we can bring our best self out externally?



Balance is another keyword for me when I think resolutions and intentions. Who can't relate to that? How do you balance your busy life? For me, after a long day faced planted in front of a computer screen, I grab my camera and take a walk.

One of my favorite places is just around the corner at the Playa Vista Ponds. If you haven't been there you are missing a rare treat, nestled amongst the concrete buildings. Take a walk and enjoy the water lilies. Listen to the frogs, watch the turtles swim and say hello to one of my favorite birds, the great blue heron. ♦

Happy New Year everyone. I look forward to meeting you.

**The Original**

# RINALDI'S

## DELI & CAFÉ



**“The Best & Biggest Sandwiches Coast to Coast”**

323 Main Street, El Segundo, CA.  
350 N. Sepulveda Blvd. Manhattan Beach, CA.  
6171 W. Century Blvd. #168 Los Angeles, CA.

**YOUR FIRST AND LAST STOP  
FOR GREAT FOOD AND  
GREAT PRICES**

# LAX

RESIDENT SUBMITTED



# Fads, Trends, Fashion, and Style – Bridging the Gap

By Bobbie Casalino Lewis

Every day, words that describe fashion, architecture and even social issues are widely used, sometimes interchangeably though that is not always correct. Fad, trends, fashion, style - is there a difference? Yes! As nouns, the difference between style and trend is that style is a manner of doing things, especially a fashionable one while a trend is an inclination in a particular direction. A trend is more of a short-term, short-lived aesthetic, while fashion is an overarching, longstanding entity. Trend and fashion have this interesting relationship that ebbs and flows. Each influences the other, but in the end, trends come and go while fashion remains a staple. So, then what is a fad? A fad - an intense and widely shared enthusiasm for something, especially one that is short-lived and without basis in the object's qualities; in another word a craze.

Twenty years ago, luxury was exemplified by something that was name brand, for example for high schoolers it meant Skechers shoes or Michael Jordan high tops. Now, the height of luxury is personalization. Owning name brands is not nearly as powerful as having an individual, curated style. Even better: to be wearing rare pieces that no one else will have.

Since 2014, vintage and handmade clothes are much more intriguing than a cluster of recognized brands in the same outfit. Everything has cycles and has a way of resurfacing in a new and refreshed way over time. Enter retro. Retro is a very strong element in all areas of current design. 1950s clothing, furniture, and architecture are currently enjoying a huge revival, which can be seen all

over the nation. It can be seen socially as well, and is very evident right here in Westchester. Despite a digital age propelling us forward at a warp speed, the return to neighborhood and community through events like WAM, Visitation Carnival, AMCS Home, and the July 4th parade are what brings a retro hometown feel to Westchester.



In this 4th issue of Westchester Living bridging the gap from Fad - Trend - Fashion and ultimately to Style is as delightfully down-home neighborhood as you can get. Yves Saint Laurent famously said, "Fashion fades, style is eternal." Fashion is an art that is notoriously difficult to keep up with because trends and fads change seasonally, style is impacted by longer-lasting factors. Religion, politics, culture, subculture, weather, body type, profession, and upbringing affect style.

Think about fashion vs. style in comparison to food consumption. You eat every day and you wear clothes every day. Yet there are some days and some occasions when you put more thought into your outfit and your meal than you do others.

*Personal Style is how you bridge the gap!*

Once you know your style all-outward expressions become cohesive, distinctive and memorable much like our Westchester community. I encourage you to take a look around you and soak up what your style is and then take it to the streets because doing so will make your town, state, country, and the world a better place for all. ♦

Until next month.  
Warmest Regards, Bobbie

weddings events families couples

Phone (321) 961 2030 | email: izidalukmanovaphotography@gmail.com  
Website: www.izidalukmanova.com | FB page: @izidalukmanovaphoto

<p><b>50% OFF</b> Any Dry Cleaning Garments MAXIMUM OF \$15.00 One coupon per customer per day. Must present with incoming order. Not valid with other offers. Expires 1/31/19.</p>	<p><b>\$10 FREE</b> Dry Cleaning WITH \$30 MINIMUM ORDER OF DRY CLEANING One coupon per customer per day. Must present with incoming order. Not valid with other offers. Expires 1/31/19.</p>	<p><b>\$5 FREE</b> Dry Cleaning WITH \$15 MINIMUM ORDER OF DRY CLEANING One coupon per customer per day. Must present with incoming order. Not valid with other offers. Expires 1/31/19.</p>	<p><b>25% OFF</b> Tailoring, Repair and Alterations One coupon per customer per day. Must present with incoming order. Not valid with other offers. Expires 1/31/19.</p>
---	---	--	--

Manchester Blvd.  
85th Street

★ In BRISTOL FARMS Shopping Center  
*Rowena's*  
84th Street

Lincoln Blvd

**ROWENA'S**  
cleaners

Since 1960

**8430 Lincoln Blvd.**  
Westchester  
(In Bristol Farms' Shopping Center)

**310-670-0156**  
Open 7 Days A Week

Environmentally Friendly

**Plant on Premises**

RESIDENT SUBMITTED

# Rotary Club of Westchester - Lending a Hand to Our Youth

By Tori Hettinger

Imagine that it's the start of the new school year, and your son is excited to eat lunch with his friends again. Or perhaps your daughter is excited to show off the shoes she just got for the first day of school. For some parents in Los Angeles, providing your child with school lunch or new shoes for the year is nearly impossible. Or imagine a different scenario: you and your children have just fled from an abusive spouse and are now staying at a transitional domestic violence shelter and you aren't able to make extra purchases easily. Finally, try to imagine one more difficult situation- your child has been diagnosed with a serious illness. Your only wish is that your child is healthy and able to enjoy childhood. This is where the Rotary Club of Westchester comes in. The members of the club have a passion for making a difference in the lives of children.

The Rotary Club of Westchester's annual shopping spree is a crowd favorite. Each September, Rotary club members (Rotarians) meet at the local Target and act as "shopping buddies" for seriously underprivileged elementary school students. Armed with a \$100 bill for each student, Rotarians and children shop for jackets, uniforms, shoes and the essentials children need for school. In addition to providing much-needed clothing for the students, the activity is an important lesson in financial literacy. The children learn how to count money and add up price tags. Rotarians, parents and children alike leave the shopping spree grinning from ear to ear!

Westchester Rotarians have also adopted the 1736 Family Crisis Center.



The facility serves as a transitional domestic violence shelter for mothers and children fleeing abuse. While the facility is safe and confidential, the children are often prevented from enjoying the holidays outside of the shelter for fear of their safety. Instead, Westchester Rotary brings the holidays to them! The club puts on three parties each year: Halloween, Christmas, and Easter. At the recent Halloween party, kids made crafts, decorated cookies, and "trick-or-treated" in the backyard. The club is currently fundraising to provide toys and gift cards for these families during the holiday season.

This past October, the Rotary Club of Westchester had the opportunity to make a difference at the Make A Wish Foundation's Los Angeles headquarters. Thanks to the generosity of the club's foundation and a successful beer tasting fundraiser, the club was able to sponsor a large mural inspired by actual drawings of Make A Wish children. At the unveiling of the mural, the children and their parents were beaming. While these families spend endless months dealing with serious childhood illnesses, the opportunity for these children to help paint a mural brought joy back to their childhoods. ♦

*The Rotary Club of Westchester loves to make a difference- especially for the youth in our community. If you would like to make a difference, join us! Visit our website at [www.rotary-westchester.com](http://www.rotary-westchester.com) or contact Club President Tori Hettinger at [TLHettinger@gmail.com](mailto:TLHettinger@gmail.com).*



**PRESCHOOL - 8TH GRADE**

"Believing & Achieving Since 1950"

STEAM Emphasis • Standards-Based Curriculum • Differentiated Instruction  
 Portals to Science • Gateway to Art • Technology Integration • Athletics  
 Gateway to Art • Performing Arts & Music • Outdoor Education  
 Student Clubs • Extracurricular Activities • Before & After School Care

Tours by appointment: Tuesdays JK-5 / Thursdays 6-8

310.670.5422  
[WWW.WLCS.ORG](http://WWW.WLCS.ORG)



MARISA CARDENAS  
 STYLIST

HEAD TO TOE  
 SALON

6310 W. 89TH St. #A  
 LA., CA., 90045  
 310-338-8689

RESIDENT SUBMITTED



# Bring Back Ballona

By Lisa Fimiana



*Ballona Freshwater Marsh as seen from Cabrera Drive*

I got the Ballona Bug 30 years ago, following behind the late great Mary Thomson, also known as the Mother of Dunes Restoration, as she was carrying buckets of water to the Dune Lupine. As a recent transplant from the East Coast in 1987, my love for birds became a concern for their habitat and I soon realized Ballona was a gem worth saving, and I wanted to be part of those efforts to bring it back.

plants and animals to thrive. Currently, only 200 of the 600 acres designated as an Ecological Reserve is partially functioning as a wetland, it's where Audubon and the Friends of Ballona Wetlands have led tours and restoration parties for close to 40 years. We've succeeded in bringing back endangered birds and butterflies because we removed non-native plant species, managed trail systems, and partnered with local agencies to make sure two tide gates were working properly. But the other 400 acres need to be restored as well, and it's going to mean creating more tidal channels to bring back wetland habitat. We, the Friends of Ballona Wetlands, and other trustworthy non-profits in the area will need your voice to join with ours as we monitor the plans and makes sure the State does it right. Follow the Wetlands Restoration Principles coalition for details: <http://wetlandsrestoration.org/>.

I joined the Friends as a member and volunteered with Mary for about fifteen years doing Dunes Restoration, and in 2003 was trained to lead tours as a Docent in the newly reconstructed Freshwater Marsh. As a birder, I was thrilled by the number of bird species as they increased from 80 that first year to over 200 in just five years. Today over 255 bird species live in or migrate through the Ballona Freshwater Marsh. The old saying, "if you build it they will come" applies here. Created as part of Playa Vista's mitigation requirements for building east of Lincoln Boulevard, the Freshwater Marsh has far exceeded everyone's expectations. I mention this because very soon the State will release their Environmental Impact Report (EIR) with a chosen plan to restore the Ballona Wetlands. Years of analyzing the alternative plans have led to this moment, and I encourage everyone living locally to get involved when the time comes. Why? Because this is YOUR wetlands. You paid for it, you should have access to the well-regulated trail systems that are planned to outline restored wild areas for

Created in 2015, this coalition has grown from 13 to 17 organizations who have agreed upon 9 fundamental principles of watershed success. Look to the Wetlands Restoration Principles coalition for their expert guidance and advice on the plans to restore Ballona and other watersheds up and down the Coast. Ballona was the catalyst for this group to form but we are dedicated to all watersheds. One of our goals is to see that the rest of Ballona is finally open to you, the public, in a restored, functioning state. I encourage you to be part of our mission to Bring Back Ballona! ♦

*Lisa Fimiani is a current Board Member of the Friends of Ballona Wetlands and has been volunteering at Ballona for over 30 years. She is currently serving as the Dan and Susan Gottlieb Environmental Leadership Fellow at Loyola Marymount University's Center for Urban Resilience.*

**LIFE ADJUSTMENT TEAM**  
Psychiatric Rehabilitation Specialists  
Established in 1977

Serving Westchester since 1977

**LIFE ADJUSTMENT TEAM**

Your community partner for mental health needs. With over 40 years of experience of helping clients get stable, active and productive, the Life Adjustment Team offers a wide variety of programs that can help clients improve their lives. Contact us today to learn about our Case Management, Intensive Outpatient Program (IOP), family coaching, and other services.

**CONTACT US TODAY**

310-572-7000

11936 Jefferson Blvd. Ste. B Culver City

[www.lifeadjustmentteam.com](http://www.lifeadjustmentteam.com)

**RESIDENT** SUBMITTED



# Playa Venice Sunrise Rotary Club

By Gwen Vuchssas

How do you blend fun, friendship, and service? Join the Playa Venice Sunrise Rotary Club! We are 70 members strong and continue to make an impact on our community and the world.

So many ask us all the time "What is Rotary?" It is a worldwide service organization with a motto of "Service Above Self" and members of the Playa Venice Sunrise Rotary Club pride themselves in living that motto. You might ask what projects and programs we do to accomplish this goal. Well, the list is long, however, there are some favorites!



One of those favorites is a wonderful program during the holiday season wherein the club breaks into teams and each team adopts a local needy family. Lives have been changed from this simple act of kindness. Another favorite happens in January of each year when we give out approximately \$20,000 to local area teachers for classroom projects. This Teacher Mini-Grant program has been going on for many years and is very popular with our local schools. To date, we have given out more than \$300,000 to our area schools. We also give out \$12,000 annually in scholarships to high school students, we build houses in partnership with Habitat for Humanity, feed the homeless at the Midnight Mission, build bears for the sick children at USC County Hospital, walk for Alzheimer's, support AMCS, sponsor pancake breakfasts for the firefighters and the list goes on and on.

Next question – where do we get the funding to do these things? We hold 2 major FUNdraisers during the year, our Cultural Dinner in the fall and BingoFest in the spring. The Cultural Dinner is lively and entertaining and each year we honor a community person at this event with our Sunrise

Community Service Award. And if you like to celebrate St. Patrick's Day with music and great food and like to play Bingo, our BingoFest event is for you! You can also join us for our monthly happy hours, the Summer Social, trips to the Magic Castle, picnics, barbecues and bowling. We are a dynamic highly spirited and fun group of like-minded people who enjoy our friendships while doing good in our community. If you like to walk, run or workout, our club is also for you. Some of our members have bonded in walking and running together, working out together and this has resulted in them competing in several Spartan Races as a team.

Playa Venice Sunrise Rotary Club is well represented by a cross-section of our community – LAPD, LASD, Otis College of Art and Design, LMU, LAX Coastal Chamber of Commerce, Marina del Rey Cedars Sinai Hospital, Mar Vista Family Center, Boys & Girls Club of Venice, Meals on Wheels, Playa Pharmacy, Hometown News, LAWA, Venice High School and Rainbow Acres

Take a look at our website: [www.playavenice.org](http://www.playavenice.org) to learn more about us. We invite you as our guest for breakfast any Wednesday mornings, 7:30 a.m. at Whiskey Red's Restaurant in Marina del Rey. Nothing is better than to give of yourself in service to others with good friends and having a lot of fun in the process. Playa Venice Rocks! ♦

Yours In Fun, Friendship, and Service,  
Gwen Vuchssas  
President, Playa Venice Sunrise Rotary Club



## You know

where her glasses are when she misplaces them, how much she hates taking medicine, and her passion for cookies.

We'll know that, too.



Find out how our extensive training and care philosophy help us make meaningful connections that lead to better, more engaging care.

Start home care today.  
[hwcg.com/los-angeles](http://hwcg.com/los-angeles)  
310.338.8558



Your award winning Westchester home care resource.

## PLAYA WEST AUTOMOTIVE

**Your family neighborhood auto repair shop since 1962!**

- Modern repair facility
- ASE Certified and professional technicians
- We work on ALL makes and models
- Star Certified Smog Check Center



**Finding a good mechanic is like finding a good doctor!**

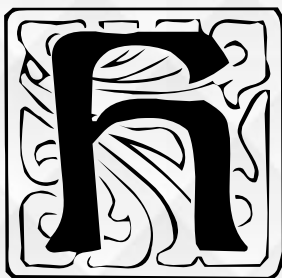


8145 West Manchester · Playa del Ray · 310-822-9115  
[www.playawestautomotive.com](http://www.playawestautomotive.com)



# INTERIOR AND EXTERIOR DESIGN

*25 years serving Westchester, Playa del Rey and Playa Vista*



*House of Lourdes*

INTERIOR DESIGN

*Staging • Remodel • Redesign*

**310.529.8161**

houseoflourdesinteriors@gmail.com | [www.houseoflourdesinteriors.com](http://www.houseoflourdesinteriors.com)