



Descendants of the family of Donald and Edna Brunson stand beneath the sign naming Brunson Circle in front of the original family home.

Brunson Circle Celebration in Pico Neighborhood Honors Santa Monica Native Donald Brunson

By Stacy McClendon

Donald Brunson, the first African American baby born in Santa Monica in 1907, was honored in a family celebration last month, steps away from the family home that he once owned.

Leana McClain, Donald's daughter, spoke and thanked those who assisted in making sure this event and special signage honoring the

Brunson Family was erected and came to fruition. She also thanked all those in attendance for sharing this special moment with her and her family.

Donald was one of the first African American letter carriers for the Santa Monica Postal Service for over 30 years, as well as a very active community member with a

(Continued on Page 3)

Senior Snapshot

Adventures of a Home Town Resident

By Corinne Pagan

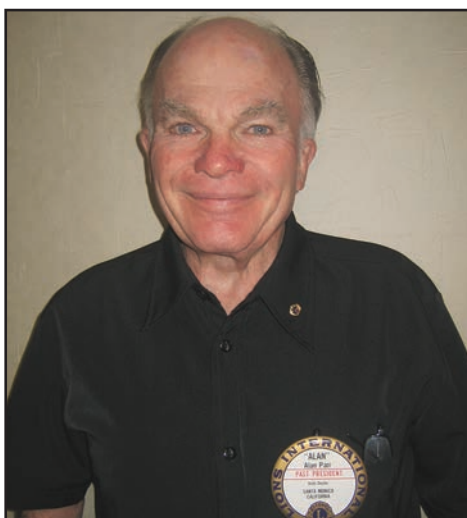
Santa Monica resident, Alan Parr, has led a life that sounds very intriguing to me. While first attending Santa Monica College to get his degree in merchandising, he later attended California State University, Northridge. During his attendance, he was drafted into the Navy.

Alan served as a Navy "Seabee," a term used to describe someone who is a part of the United States Naval Construction Battalions. This resident would build air bases, houses, and later learn how to operate machinery in Guam.

After some time had passed in Guam, he was reassigned to Chu Lai, Vietnam, where he fought and served. He was additionally tasked with building an airstrip during the hot 110 degree nights, all while the war continued to happen around him. Alan served for four years and came back to California in 1967.

In Santa Monica, he worked with his brother, father, and grandfather in the auto dealership, Claude Short Dodge. Alan worked hard to climb his way up the career ladder.

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Alan Parr has been an active member of the Lions Club of Santa Monica for many years.

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Treating Our Mothers on Their Special Day in May



Columnist Cheryl Thode is shown with her toddler. He is the subject of many of her columns.

Once we were told that the most popular day in restaurants is the Sunday of Mother's Day. In my family, as we got older, we went on Mondays to avoid the crowds. My mother didn't mind. She wanted to be with us whenever she could. On this page are photos of children who are often mentioned in columns written by their parents. Whether you celebrate at home, or at a restaurant, we wish you the best Mother's Day ever! —D.M.



Enjoli is the mother of Jake and Alexa who are the topics of columns by Michael Margolin.



Ann Greenspun, fourth from left, standing, is the grandmother of these children above, some whom we have shown before. Her husband, Richard, behind her, is their proud grandfather.

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 4)



Our columnist Stacy McClendon is shown with her active sons. She covers the Pico Neighborhood for our community newspaper. She is also an employee of the City of Santa Monica.

Dealing With Dementia

Should You See a Doctor as Soon as There Are Signs of Memory Loss vs. Waiting?

We reached out to the Pacific Neuro-Science Institute for an update on Alzheimer’s dementia. This feature will be printed in monthly segments. This is the second installment.

By Dr. Scott Kaiser and Mihae Kim, AGNP-BC

When it comes to memory concerns, the sooner these can be evaluated, the better. There are several reasons for that. For one thing, many of us may be perpetually worried about potential memory problems, fearing that every time we misplace our keys or forget someone’s name, we must be experiencing the first signs of dementia. This is a common concern – therefore, getting evaluated can be

a great way to put our minds at ease. Beyond the benefits of reducing needless worries and unbridled stress – something that is bad for our brain health as well as our general wellbeing – it can be very helpful to have a “baseline” in order to compare future changes.

There are several potentially “reversible” conditions which may result in memory/cognitive changes such as certain vitamin deficiencies, hormonal abnormalities, and medication side effects. And, perhaps most importantly, even when one of these easily treatable conditions may not be discovered, early detection is still the key that opens the door for early intervention.

While there is no known cure for

Alzheimer’s disease, the most promising treatments, including diet, exercise, social engagement, and other lifestyle interventions, have the greatest potential for benefit when implemented early.

Taking this approach, along with addressing a series of factors that may contribute to poor brain health like high blood pressure, high blood sugar, untreated sleep apnea and insomnia, mood disorders, autoimmune conditions and other causes of chronic inflammation, may help prevent or delay the onset of serious symptoms. Your physician may refer you to a geriatrician or dementia specialist to have you evaluated through a complete geriatric assessment.

In addition, a variety of resources from community support programs to clinical trials may be available to help once an issue has been identified.

If you or others in your family or circle of friends are seeing worrisome signs of memory loss, get checked. Remember, not all memory loss is Alzheimer’s. There are many forms of dementia. Many can be resolved, treated, or slowed down. Seeing your primary care physician is a first step. When you do, it is best to take someone with you to ensure that everyone is hearing the same information accurately.



Adventures of a Home Town Resident (Continued from Page 1)

First, he would clean the cars and prepare them to be sold. From there, he became a used car salesman, used car sales manager, and finally, a new car sales manager. Alan managed the sales staff during his time at Claude Short Dodge.

When his grandfather retired, Alan became one of the principals

of the business. He then found himself in charge of the new and used sales departments, as well as the service department.

All went well until the 1994 earthquake. Since the building was built in 1924, it could not withstand both the years of aging and the strength of the earthquake.

Unfortunately, six cars were ruined by the disaster and the only building left standing was the service department. With some help from architect Herb Katz, they were able to rebuild a new showroom.

In 2000, the family decided to sell the Dodge franchise to W. I. Simonson. However, Alan and his brother still wanted to work, so they opened Claude Short Auto Sales. This business venture lasted from 2001 through 2009 before Alan retired.

In his personal life, Alan is very close with his family. Once married to wife Diane in 1969, they initially lived in Tahitian Terrace in Pacific Palisades. The couple had two sons, Jeffrey and Ken, and they now share five grandchildren.

When I was shocked to learn that the entire family remained in Santa Monica, he stated, “We’re not a family that moves anywhere.”

Alan, wanting his grandchildren to remember him, supervises three of them every other week as they attend school from home through Zoom meetings.



Alan has been active at the popular Lions Club Pancake Breakfasts.

devoted Santa Monica native in the future.

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Dr. Frank Lavac, Qin Stubis, Michael Margolin, Lisa Alexander, Julia Abbott, Jahrid Longworth, Dr. Sheila Forman, Tesi Treuenfels, Kalina Silverman, Dane Swanson, Stacy McClendon, Cheryl Thode, Corinne Pagan, and Kera Snell.
Special thanks to Rufus Baker, Bernadette Lucier, Koen Graue, and Zachary Perez.

Teen Scene

The Benefits of Speech Contests

By Julia Abbott
The first time I ever entered a speech contest, my motivation was less than perfect. My English teacher offered extra credit, and the boy I had a crush on was competing. However, when I walked up to the podium, all the nervous butterflies flew away. It felt like I was looking into the soul of the audience. Almost inexplicably, I could see myself in their eyes. Not only that, but I saw them. I saw right into the core of who they were. I don't remember that speech. I just remember stepping off the stage and praying I would win, not for the scholarship money, but so I could speak again.

Now, five years later, the shine hasn't worn off yet. I'm finishing up my last year in the high school speech contest circuit, and each one is more nerve-wracking than the next. Every time I speak, I know if I lose the contest it may be my last time. When I make it

through to the next level, there's less excitement and more relief. It's scary to think about my last speech, terrifying to imagine the end of a half-decade of work. But, it's also gratifying to look back on the people I've met and the memories I've made.

One was traveling to Visalia for the Lion's speech contest and playing in the duck pond; driving to Bakersfield at three in the morning for the Optimist Contest; and running around Post 43 of the American Legion, amazed at all the memorabilia. These contests have been some of the most rewarding parts of my life. I've won tens of thousands of dollars in scholarship money. I've made dozens of friends. And, when I finally give my last speech, I'll leave the stage knowing I've connected with many people around the world.

And to think, it all started from some extra credit and a boy!

Julia is a local high school senior who has been writing for us since she was ten years old.

Brunson Circle Celebration (Continued from Page 1)

long list of accomplishments. Leana shared her memories as she spoke vividly about the home she grew up in being filled with lots of joy, laughter, love, family, and friends.

Mayor Sue Himmelrich shared the City's Call to Action to improve upon and make sure residents from a variety of diverse backgrounds are treated equitably, honorably, and inclusively in the City's narrative moving forward. The City representative spoke loud and clear by deciding to approve and erect the new "Brunson Circle" signage right next to the home that Donald Brunson owned and shared with his wife Edna and children on Euclid and Michigan Streets.

Professor Annette Kim, from USC School of Public Policy, also shared how she and her students not only documented the Brunson family stories, but are currently working to erect and share other diverse and lost stories in the community, as well as in the local high school curriculum, in the near future.

A special Brunson Circle Celebration brochure, magnet, fan, cook-



The roundabout in Brunson Circle is planted with eco-friendly plants. It is at Euclid and Michigan.

ies, and candies were passed out to guests in the crowd as a keepsake to remember this very special day in Santa Monica history.

Community members and other notables in attendance included First AME Church Pastor Carolyn Baskin-Bell, Mayor Pro Tem McCowan, Bill and Carolyne Edwards, and Robbie Jones.

As the Page Turns

Dealing With Life's Challenges

By Dane Swanson
This month, I have two more books for us to look at. They both are small, but important.

The first one I will look at has the message that believes we all have a story to tell. *Story Matters! Empowering Your Hope While Going Through Tough Times* consists of seven transformational stories compiled by Linda Olson. Linda is a speaker and a story coach.

She has the philosophy that we can all have an influence if we learn how to tell our story in an engaging way. In this small 106-page book, she allows seven women to share their tales of conflict and how they found a way to come out on the other side. For

example, there is the tale of how a mother moved through grief at the loss of her son through a terminal illness, to hope. This is something every parent hopes not to ever have to go through. She is one of the seven women whose story is included in the collection. This book can be purchased from Amazon books.

The second book reviewed is a fictional piece called *Life on the Grocery Line: A Frontline Experience in a Global Pandemic*. It is by Adam Jonathan Kaat. It covers one week during a grocery cashier's employment when he first starts his job and is confronted by various types of customers who he checks out in

(Continued on Page 10)

A New Salon to Discover



The talented staff at Salon on Barrington are ready to meet you to give you a new look for spring. Above, they are enjoying a holiday dinner.

By Corinne Pagan
If you're on the hunt for a new hairdresser, look no further than Salon on Barrington, a friendly neighborhood salon. Located on National and Barrington, Salon on Barrington has nine different hairdressers who are very experienced and equipped to care for any type of hair needs.

Founded and owned by Kris de la Vara, Kris prides herself in creating a "very good sense of community at the shop." This is evident, as there are five different languages spoken by the staff: English, Thai, Farsi, Hebrew, and Spanish.

The interior creates a sense of comfort and peace as it is decorated with couches and flowers, with additional access to treats like cookies and coffee. Business owner, Kris, who moved west from Michigan in 1980, has been interested in hairdressing since she was 18 years old.

Kris was born into a farming community but had found joy in doing hair since she was only ten years old. Practicing her craft on her family, she would style their hair in a variety of different ways. When asked why she chose West Los Angeles as her place of business, she revealed that she loves the westside and all the uniqueness that comes with it, stating, "I like having the difference."

Kris has been very grateful to have survived the pandemic. She adores her clientele and even insists that she gains her energy from them. Looking forward to the future, she says that Salon on Barrington is "here to service old friends and make new ones."

Salon on Barrington is at 2850 S. Barrington Ave. at the corner of National Boulevard. Call Kris at 424-832-3826 for an appointment for a new spring look for you and your family.

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May Brings Forth My Sorrowful Memories



For me, it is also a deeply personal and emotional time. My father was brought into this world on a day in late May. Some 60 years later, my mother left the world on it. Timing is everything. My friends

Coincidences in our lives are hard to ignore and sometimes even harder to decipher, especially when it comes to the lives and deaths of our loved ones. While she did love Father in many of her own ways, I doubt at the time Mother had any strength left to gather from her cancer-conquered body. And, powerful morphine shots had already taken her otherwise very lucid mind from her, as well as any possible will to carry out such a loving deed.

During the last few weeks of her

Lives taken away by disease are cruel, and watching our loved ones embarking on a final journey is brutal. If we live long enough, we are sure to witness someone we love and care for have the life squeezed out of them one breath at a time, tortured and tormented,

Months and years later, we still live to ponder what we did or didn't do at that last critical moment that could have possibly changed a dreadful, fated outcome. As the Earth once again follows its familiar, eternal course from winter into spring, thoughts about my father's birthday and my mother's death give an ordinary, colorful day in May a tint of grey.

***You can always reach me at
qstubis@gmail.com, or please visit
me at www.qinsunstubis.com.***

Mothers, Join in on Your Own Celebration!



After all, in the words of Anna Jarvis (the creator of the first Mother's Day), a mother is the one "... person who has done more for you than anyone in the world."

Often, Mother's Day celebrations are focused on what others can do to celebrate and honor their mothers. However, I would like to propose an alternate approach. In addition to the celebrations directed at and for mothers, we as moms should also take the day, month, and year to participate in celebrating and honoring ourselves as mothers too.

While it may feel awkward and a little crazy to say to yourself, “Hey, I am a great mom!” or “I am proud of how I handled that situation with my child today,” we should still try to do it. It is scientifically proven that our brains need to hear positive affirmation and praise for our actions, especially from our critics. Who is a mom’s toughest critic? Herself. It is an amazing boost of happiness, energy, and confidence for our brain to hear ourselves say, “I did a good job!”

Whatever the undertaking, voicing self-praise or physically giving ourselves a pat on the back for an action we took is one of the most powerful self-care acts we can do. You, fellow mother, have the power to control your own happiness and success. Celebrate your successes

regardless of the size. This month, I challenge you to reflect on what you were able to get through or get done. Then, either write these items down in a place you can see them (to help remind yourself that you are doing great) or tell them to a close friend or family member (so they can repeat to you your successes on a day you need a reminder). The point is, our families, society, and nation understand, celebrate, and applaud the job we are all doing. We should do the same, no questions asked. God bless you fellow mommas, and pat yourself on the back!

If you or someone you know is a mother in need of a group of mothers to share with and grow her own village, please visit our website at the link below and register to be a Mother of Monica. Go to <https://stmonica.net/ministries/fellowship-groups/moms>.



A Mindful Mother's Day Breakfast in Bed

Mother's Day is a time to honor those women in our lives who have shaped us, comforted us, and taught us how to live in this world.

We can honor them with flowers, candy, and cards. Or, we can choose to honor and delight them with a mindfully prepared breakfast served in bed. When we do an

action mindfully, it means we are doing it with attention, purpose, and awareness.

We focus on the details of the
(Continued on Page 8)



Msgr. Lloyd Torgerson is the popular leader of Saint Monica Catholic Church on California and 7th St. He has been at this location for 37 years. This Easter photo was taken by Bernadette Lucier.

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Clergy Corner

Remembering All Who Were a Nurturing Presence



By Tricia Guerrero

My great-grandmother lived with my family when I was growing up and, she was my second mother, helping to raise and care for me, teaching me values and what it means to treat others with kindness and respect. My third grade teacher took time to listen to my eight-year-old stories and in her, I found a nurturing presence that helped me to feel known and loved. My first boss was an older woman who took a chance and hired me to work for her, helping to build my skills and confidence.

Mother’s Day is coming up. We set aside this day to honor Mothers. It is a day to celebrate those in our families and in our wider community who bring us up and nurture us. Maybe it is a mother, grandmother or aunt – or maybe a teacher, Girl Scout leader, or a neighbor. I imagine we could each name those who have taken time for us and loved us. Who might those people be for you?

Alongside the celebration and gratitude is also the experience of loss when we lose those who have impacted our lives in such meaningful ways. For some of us, this day brings sharp pains of grief and sadness. But, we remember and draw on the love and strength they gave to us and we honor them by passing it along to others, caring for those around us in the same ways.

This Mother’s Day...

- May you take a moment to offer gratitude to someone who has loved and nurtured you.
 - May you take a moment to honor the losses for those who have loved you along the way.
 - May you take a moment to share the love and caring you have received with someone else.
- Happy Mother’s Day!

Tricia Guerrero, Pastoral Associate for Family Ministries, First United Methodist Church

Each month, we ask a member of the clergy to write a column for our readers.

Byte by Byte

Putting the You in YouTube



By Dr. Miceala Shocklee

YouTube is as ever-evolving as the tastes and trends of those who create and consume it. Originally founded in 2005 by a group of former PayPal employees, the now-behemoth was bought by the even bigger behemoth Google in 2006 and has since operated as one of the search engine superbusiness’ subsidiaries. With the world slowly becoming safer for connection, the question of how to fill our time, whether on our own or with others, persists.

A plethora of learning and activity apps have arisen over the past two years, many of which have featured here on Byte by Byte. But, looking back at what both is and yet defies

every truly being labeled an “oldie,” there remains the ever-present, ever-growing resource of YouTube. The platform combines entertainment and education with tutorials and streaming, pooling the net gains of so many other apps and live streaming services. And, unlike many of these other platforms, YouTube (for the most part) is free.

Looking to spend the summer striving for personal growth? YouTube has this well-covered. From physical to emotional health, YouTube hosts fitness experts like the eponymous Adriene Mishler from “Yoga with Adriene,” or Cassey Ho of “Blogilates.” When it comes to taking fitness from on screen to on the plate, multi-platform nutrition advisor Jasmine of “Sweet Simple Vegan” provides both ethical and mouth-watering recipes. Thinking

(Continued on Page 10)

Passing Through the Pico Neighborhood

New Business Blossoms in Pico Neighborhood



By Stacy McClendon

When I stepped into 2917 Pico Blvd. to meet Adriana Macias of Adriana’s Hair Studio and take a tour of her new salon that opened in February 2022, I immediately felt relaxed and comfortable. Our conversations quickly unveiled how this salon, which truly is a labor of love, came to be even with the opening being pushed back two years.

Adriana’s love of tresses began some 22 years ago. Adriana was raised in Santa Monica as a child, but moved away to Corona in her teens. She had always loved Santa Monica and desired to return.

However, a few large challenges attempted to get in the way of her dream to own a salon in Santa Monica. The first was that her four-year-old son was having a bout with cancer, and the second was a long and difficult dissolution of her marriage. Even with those events looming, and even when Adriana attempted to quit styling hair altogether, not once, but twice, hair styling always came to seek her



Adriana Macias in front of her shop’s wall mural that is inspired from her travels to Cancun and Guanajuato in Mexico.

Photo by Stacy McClendon

out through a friend or acquaintance’s request.

Now, Adriana has a salon to call her own! Please call her at 310-702-0340 or stop by to meet her and to make an appointment.

If you have a new business in the Pico Neighborhood, please call 424-581-6005 to set up an introductory interview.

Stacy McClendon is a longtime Pico Neighborhood resident and Santa Monica City staff member.

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Let’s Celebrate Mother’s Day – The English Way!

By Angie Horky
One of the most popular ways to celebrate Mother’s Day in England is with a delicious afternoon tea. But, have you ever wondered how this tradition began and why it is called English Afternoon Tea, (sometimes known as High Tea in the USA)?

Being born and raised in the UK, I’m very proud of the fact that the custom of taking Afternoon Tea originated here in England around 1840 by Anna, the 7th Duchess of Bedford.

In those days, the wealthy upper classes were served lunch at mid-day, and dinner was served at 8 p.m. Anna decided the lengthy time in between meals was too long to wait, and she invariably became a little peckish. So one day, she asked her maid to bring a selection of savoury and sweet treats with her usual pot of Darjeeling tea up to her parlour.

This soon became a daily ritual, and the light refreshments became more and more elaborate. Anna decided rather than enjoy this treat on her own, she would invite her close friend, Queen Victoria to join her.

Well, she didn’t stop there! She decided to invite a few of her socialite friends to take tea with her most days at 4 p.m. and before long, her friends began hosting tea



Angie Horky specializes in unique tabletops for parties.

parties, too. And so, a new social event was born – English Afternoon Tea! And to this day, English Afternoon Tea is served in local tea rooms and in the most famous hotels around the world, usually at around 3 p.m. or 4 p.m.

The traditional menu enjoyed nowadays still remains the same as it was in Victorian times.

Usually presented on a three-tier cake stand with a selection of dainty sandwiches (including, of course, thinly sliced cucumber sandwiches) on the bottom tier, scones served with clotted cream and fruit preserves placed on the middle tier, and topped by a choice of cakes and pastries on the top tier. And, a selection of fine teas is always included.

If you are planning to host a tea



Here is an example of Angie’s work for an Afternoon Tea.

party on Mother’s Day and would like some inspiration and ideas for creating a stunning tablescape or suggestions for your menu, I would be delighted to help.

I’m a home stylist with a love of entertaining at home. If you would like me to share my passion, tips, and tricks for celebrating your next special occasion in style, please join my Facebook group, www.facebook.com/groups/wishuponastyle/. Here is the link to my YouTube channel, <https://youtube.com/channel/UCGa6GmwiVRopOB29DNnA5mA>



These beautiful china cups help create an inviting tabletop.

– both are absolutely free to join. I can also be found on Instagram at *Tablescape Tales* and *The Glittering Teapot*. And finally, whom-ever you are remembering, or celebrating with on Sunday, May 8, I wish you all a wonderful day!

Discover New Places to Go

By Pamela Lawrence
• **Through September - Tree Art and Light Installation** - Along 10 blocks of the Montana Avenue business district. Come walk, shop and explore! One tree on each block has been transformed and illuminated into a unique work of art. Project funded in part by the City of Santa Monica’s Art of Recovery initiative.
• **Ongoing - Dreamscape Immersive Virtual Reality**- Experience story-based, full roaming 3D VR. Westfield Century City, 10250 Santa Monica Blvd. Daily, 12 p.m. to 9 p.m. For more details, call 424-603-2948, or visit <https://dreamscapeimmersive.com/>.
• **Through June 11 - Immersive Frida Kahlo**- step inside the Mexico-born artist’s world with a state-of-the-art, 360-degree experience. Daily, 9 a.m. to 10 p.m. Lighthouse ArtSpace, 6400 Sunset Blvd., Hollywood. For tickets visit <https://www.immersive-frida.com/losangeles/buy-tickets-losangeles/#/?month=2022-05>.
• **Through June 12 - Alice Beasley Quilt Exhibition**- 30 years of quilting

from this artist all in one place, celebrating the human condition through inspiration. Wednesdays to Sundays, 11 a.m. to 4 p.m. California Heritage Museum, 2612 Main St., Santa Monica. For more details, call 310-392-8537.
• **Through July 31 - SOAR: Tropical Butterflies** - Enjoy up-close visits with beautiful butterflies in their habitat, and learn about their life cycles. Daily, 8 a.m. to 5 p.m. South Coast Botanic Garden. 26300 Crenshaw Blvd., Palos Verdes Peninsula. For tickets, call 424-452-0920.
• **Saturday, May 7- Culver City E-Waste Collection and Paper Shredding Event** - Free disposal of old electronics (with exceptions), and onsite paper shredding. Just drive up and drop off. 9 a.m to 1 p.m. Syd Kronenthal Park, 3459 McManus Ave., Culver City. Put on by Homeboy Recycling.
• **Mondays in May (9, 16, 23) - Snoozer’s Storytime Adventures**- On-line through Santa Monica Public Library. 12 p.m. to 12:30 p.m. Checkers Library TV presents this virtual series
(Continued on Page 9)



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Mar Vista: Neighbor to Neighbor

Jacaranda Trees Bring a Lacy Lavender Bloom to the Neighborhood

By Tesi Treuenfels

Spring is in full swing here in Mar Vista. The jacaranda trees are in full bloom. One of the best streets to enjoy the blooms is Mountain View Avenue at the top of Mar Vista Hill. You'll get some fantastic views of the city looking east from there. It's a great neighborhood to walk as there are some steep streets, great for a workout.

Another street enjoying a lion's share of the blooms is Wade Street, north of Venice Boulevard. There are jacaranda trees all over the city of Los Angeles.

Funny thing, crows love the jacaranda seed pods that are dried on the trees, and as the trees bloom twice a year we get a large gathering of crows in Mar Vista. So when the "murder" or group of crows descends on Mar Vista, fear not. They are after those delicious seed pods of the jacaranda.

We used to have a lovely garden tour here in Mar Vista. We have not had the tour in a few years. It would be wonderful if a few volunteers stepped up to the plate to



Crows are attracted to the seed pods on the jacaranda trees.

organize a new garden tour. Contact the Mar Vista Community Council if interested.

Elections are coming up. Make sure you register to vote! Wishing you a healthy and safe season as the city opens.

Tesi Treuenfels is a longtime resident of Mar Vista.

Treating Our Mothers (Continued from Page 1)



Mother's Day was celebrated on Sunday, March 27 in England this year. Jessica Heffernan, third from the left, celebrated with her family at her favorite restaurant, Miller and Carter in Chigwell, Essex. From left, grandson Kaleb, 11, daughter Kim, Jessica, daughter Sophie, granddaughter Eleah-Grace, 6, and Karis, 14.



Alanna Shepard, left, is with her mom, Kathy. Kathy will be going to visit her mother in Idaho for the holiday.



Zachary Perez is going to join his mom, Pamela Lawrence, and her folks, Char and Dick Lawrence for Mother's Day.

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A Mindful Mother’s Day Breakfast

(Continued from Page 4)

activity and enjoy the process with all our senses. To make a mindful breakfast in bed for your mom (or mother-figure) take the following steps purposefully and give yourself plenty of time. You don’t want to rush the act of love you are creating. **1. Choose the menu.** Pay special attention to the foods your mother loves and what she would truly enjoy. **2. Shop for the ingredients.** If there is a special ingredient in your mom’s favorite food, make an effort to find it. **3. Prepare a lovely place setting** on the tray you will carry into the bedroom. Adorn it with your mom’s favorite flower, color, or memento. **4. If possible, put new sheets on the bed.** Accent the nightstand with a beautiful candle or crystal. Make the space special. **5. On Mother’s Day morning, as you prepare the breakfast, pay attention to what you are doing.** Avoid chaos and noise. Focus only on the task of making the breakfast.

Think about your mother and

how much she has done for you. Imagine that each egg you scramble or slice of bread you toast reflects your gratitude and appreciation. **6. When the meal is cooked and placed on the tray, present it to your mother with love and appreciation.** Let her know you made this meal especially for her. **7. After she’s eaten it, clear off the dishes.** Wash all the pots and pans. Leave her kitchen in beautiful condition. She deserves it.

Dr. Sheila Forman is a psychologist and mindful eating instructor. Her new book *TAME Your Appetite: The Art of Mindful Eating* will be in stores in Spring 2022. For more information, go to www.TAMEYourAppetite.com.



Thoughts From a Second-Time Father

Developing Personality Characteristics



By Michael Margolin
It seems like ever since we very first brought Jake home from the hospital, he has admired his older sister, Alexa. When he was in a little

swing we had for him, and his only movements were what looked like twitches and muscle spasms, he would follow her with his eyes. She would bring a smile to his little face whenever she was nearby. Those interactions were always fun to watch and always brought us so much joy. And, although Jake, six, and Alexa, almost nine, are very different people, he has learned some very valuable traits from her, optimism being one of them.

Alexa has watched more and more sports with me the older she has become. I have been an avid sports fan for a very, very long time. On a number of occasions, I have thrown in the towel because the likelihood of particular games being won by my team is slim to none.

Alexa does not have the same propensity for surrendering to defeat. Part of this is her built-in optimism, and part of it is that she has seen our teams pull a rabbit out of hat to win some games that they had no business winning. She wonders why I am negative, and most of that has to do with the amount of heartbreak I have endured over the years. Be that as it may, Jake has shown us that he is a glass half-full type of guy as well.

Recently, the two of them wanted to sell some things in front of our house. Alexa made some bracelets to sell, and since Jake wanted to do what she was doing, he found some toys and bagged them up for sale.

For the first 10-20 minutes they sat there, only two cars drove by. Our neighborhood can get fairly quiet for stretches, especially on a Sunday afternoon. Alexa was growing frustrated. Jake told her that maybe the people in those two cars who waved at them were coming home from the store and had to put things away before they came back.

I pointed out to Alexa that Jake was confident they would sell something, and that she was at least in part, responsible for the hopeful nature Jake was portraying. I think she liked to feel that.

In the end, they did come away with some cash for their efforts. I tried to gain a percentage since they were using my table and property, but that effort was fruitless.


I am extremely fortunate in that my good traits were instilled in me by my mother. I feel thankful and am very lucky to have the mother that I do. I am also blessed with a wonderful stepmother who has taught me important things and who loves my father. For her too, I am very thankful.

My children would not be blossoming into fine young people if it were not for the mother they have. Well before I met Enjoli, I remember wanting a wife who wanted to be a mother and wanted to be good at it. Enjoli has exceeded any expectation I could have possibly imagined. She is a spectacular mother and wife, and more thankful and grateful for her, I could not be. To see her endless love and kindness, among other things, becoming part of how my children are developing is incomparable.

To Priscilla, Joyce, Enjoli, and all mothers everywhere: Happy Mother’s Day!

Michael Margolin has been writing for us since Alexa was born.

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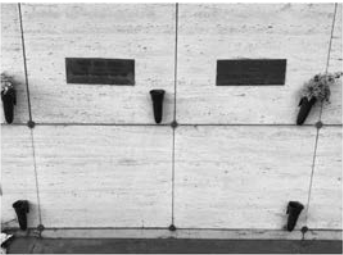
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Community Service on the Westside

Come to Our Wine Festival

By Andrea Gressinger
Bonjour! Eat, drink and make a difference at the 14th Annual Wine and Food Festival hosted by the Rotary Club of Santa Monica!
Join the Rotary Club members on May 15 from 4 to 7 p.m. at Playa Studios in Culver City for a fun-filled afternoon. You do not need to be a Rotary member to attend.
All net proceeds from this fundraiser will benefit non-profit community and youth programs, such as The Santa Monica Boys & Girls Clubs, Upward Bound House, Meals on Wheels West, and many other local and international charities that we support.
"We are excited to be in-person and expect at least 200 guests. Our goal is to raise \$100,000 to help support our community," says Event Chair Andrea Gressinger. A non-profit organization is chosen each year to receive a portion of the proceeds. This year's featured charity is Safe Place for Youth, a local non-profit that supports teenagers and young adults experiencing homelessness in

our community. As we all know, this work is needed now more than ever.
Our theme is "Vive la France," complete with savory and sweet crepes from Crepes ala French, a mime, and a live jazz band – the George Kahn Trio.
Not to be missed are our silent and live auctions packed with items that sell out every year. Don't miss our raffle drawing that has some of the best odds in town (1 in 100). The winner will choose from a selection of five national and international vacations. (You don't need to attend the event to win.)
To purchase tickets to the event, please visit www.RotaryWineFest.org. Tickets are \$150 per person. All guests must show proof of vaccination. Raffle tickets are \$100 each. For information on sponsorships, program advertising, and raffle tickets, contact Andrea Gressinger at 310-940-1024.
To look into joining our club, visit our website at www.rotaryclubofsantamonica.org, or call 310-917-3313.

Discover New Places (Continued from Page 6)

that brings children's books to life with an uplifting story, craft, and song. Access the program here: youtube.com/user/SantaMonicaPL/playlists.
• **Wednesday, May 18 – LA Made: Spice Experience-Ginger** – Online program for adults will be a combination of conversation facilitated by Leyna Lightman, an art world veteran, and a kitchen demonstration by Chef Cecilia Leung. 6 p.m. Presented by Venice-Abbot Kinney Memorial Branch Library. To receive the Zoom link, please email venice@lapl.org.
• **Tuesday, May 31 – Life Stories Open Mic** – Online event for adults through the Westwood Branch Library. 6 p.m. Attend and share something that happened to you. You can read a

a piece that you wrote or speak off-the-cuff. You are also welcome to just listen. The stories can be funny, sad, or simply slice-of-life. This is your opportunity to express yourself! Please contact wwood@lapl.org to receive the Zoom link.

Send a photo of you and your dad for our Father's Day issue in June, 2022.

Email it to smstarnewspaper@gmail.com. Be sure to identify all of the people in the photo.

Raising Funds for the Community

By Linda Levee
The Santa Monica-Pacific Palisades Lions Club is celebrating the induction of our first new Lion since our recent merger of the two Clubs. Now that we are combined, we will have a larger footprint on the Westside, which will help us to broaden our ability to serve more individuals in need.
We are in the planning stages for developing a new annual fundraiser. Our target date is early fall. All the funds we raise will go to help satisfy the needs of our community, which seem to be even greater now as we slowly come out of the pandemic. Add to this the new international demands arising from the Ukraine crisis, and the

Lions Club and other service clubs are especially relevant.
If you're interested in being an important participating part of the community, visit us at one of our dinner meetings. Contact Lion Yoriko Fisher by email, yorikofisher@gmail.com, or reach out to Lion Kingsley Fife at jkfife88@yahoo.com, or call 310-454-2960.

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An Update From ERBA Markets

More Information on Cannabis

By Stephen Freedman
Manager, ERBA Market
Q: What are the effects of mixing cannabis with alcohol or prescription drugs?
A: Mixing alcohol and cannabis together will more than likely cause greater impairment than when using one of the two by itself. This can result in a greater risk of physical harm to yourself or others. Cannabis can also change how prescription drugs work. It is important to discuss with your doctor any medications you are taking or considering taking and the possible side effects when mixed with other things, like cannabis.
Q: Has the potency of cannabis increased over the years?
A: The way cannabis is grown and processed has changed dramatically over the past decades.

Cannabis-infused products, like baked goods, gummies, and beverages, are often stronger than smoking cannabis. Concentrates, such as hash oil or other extracts, have the highest amount of THC.
Q: Why do you get the "munchies" from cannabis?
A: Munchies refers to the hunger pangs people experience after ingesting cannabis. This is caused by the interaction between THC and CB1 receptors in the brain. This interaction causes heightened senses, which allows people to smell and taste things more intensely.
To learn more about the ERBA Market, go to the back page.



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Paws and Claws

Why is My Dog Panting So Much?



By Dr. Frank Lavac MS, DVM
Q: My 12-year-old labrador retriever seems to pant often. Is that ok? What could be the cause?

A: Panting is a rapid and marked increase in the respiratory rate, often exceeding 200 breaths /minute. This is usually associated with open-mouth breathing. Panting can be completely normal and allows dogs to keep cool. Dogs don't sweat, so panting allows for

evaporative cooling. Dogs closed inside a car get overheated as the air warms up in the car. Panting doesn't allow for cooling. The top causes of abnormal panting include fear or anxiety, pain, fever, some medications (some narcotics), overheating or heat stroke, strenuous exercise, Cushing's disease or cortisone administration (drugs like prednisone), some diseases affecting the brain, and respiratory disease. If panting is a concern, consult your veterinarian to consider further evaluation.

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

Adopt a Pet



"Cheesecake" is looking for a forever home. He is a nine-month-old domestic short hair cat. Please contact NKLA, bestfriendsla@bestfriends.org for details.



Happy May Birthdays to:
Ed Rich, Barbara Bishop, Michael Cates, Don Dickerson, Donn Umber, Jack Gregory, Dick Lawrence, Gia Mickey, Brian Linnekens, Jake Margolin, Savi Labensart, Steve Litvack, Jim Menzies, Bill Randle, Thomas Woods, Jane Wall Rainsford, Ross, and Cathryn Litvack Dhanatya.

Planning Ahead

Must You Accept an Inheritance?



By Lisa Alexander, Esq.
Just because someone leaves you money or property in their Will or Trust does not mean you have to accept it. There may be good reasons not to. For example, if you are well enough off, you may want the money to pass to your kids instead, and maybe save on estate taxes on your own estate. The refusal to accept an inheritance is called "disclaimer." If you disclaim your inheritance, it is treated as if you died before.

Warning: You do not get to direct who the inheritance goes to if you disclaim. The money will go according to the provisions of the Will or Trust as if you died before and you aren't alive to take it. Under most estate plans, the Will or Trust will say that if you die before, the money goes to your children, but not always. You should not disclaim your inheritance without being sure where the money will go if it doesn't go to you. The disclaimer must be in writing

and it has to be signed and delivered within nine months from date of death. There are strict requirements, and you should not disclaim without good legal advice. If you follow all the rules of the disclaimer, the inheritance will be redirected without any tax consequences to you. The money will not be included in your taxable estate. The money passing to your kids is not treated as a gift from you, so there is no gift tax return for you to file. Disclaimer has strategic uses too, such as to avoid creditors. If money that would otherwise go to creditors could be redirected to the next beneficiary in line, the creditors wouldn't get it. And, sometimes, when someone dies with a Will or Trust that was not updated and circumstances have changed, disclaimer can be used post-death to change how the estate will be distributed.

Lisa Alexander, Esq.
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Byte By Byte (Continued from Page 5)

more internal than intestinal, there are innumerable life coaches, therapists, psychiatrists, and doctors with their own channels. Mickey Atkins, LMSW, hosts an incredibly accessible channel covering topics from gentle parenting to toxic positivity. Dr. Anthony Youn, MD, takes the voyeuristic attraction of shows like "Botched" and spins it into educational opportunities with compassion and science through his expertise as a plastic surgeon. YouTube provides opportunities to see beyond just what interests and impacts "You." There are countless content creators speaking to parts of the human experience that many other platforms may shy away from.

For example, Ty Turner and Jamie (of "Jammie Dodger") share their experience, knowledge, and humor when it comes to LGBTQ, and especially trans-related topics. Meredith of "Learn How to Sign" has generously turned her certifica-

tion in teaching American sign language into hours of content, and similarly named "ASLMeredith" has taken her training and done the same. On a different note, deaf YouTuber Jessica Kellgren-Fozard offers not only sign language tutorials, but also fascinating deep dives into all things vintage as well as her modern day life as a disabled, lesbian, British wife and mother. Whether this summer is calling for a totally new outlook on life (through the computer screen, that is), or just a change from the news (though YouTube does offer breaking coverage as well), when seeking inspiration, YouTube may just be a tab worth that refresh button.

Dr. Miceala Shocklee is a full-time aquatics veterinarian and part-time science writer and freelance editor.



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Dealing With Life's Challenges (Continued from Page 3)

his line. It is humorous. Each customer is given a label according to how he or she checks out. Then come the restrictions imposed by Covid, such as mask wearing requirements, and the limit of people allowed in the market at a time. It is told in the first person. I recommend this for lighthearted reading. This book can also be ordered

from Amazon.com.
Dane Swanson enjoys reading and reviewing books out there. He also offers affiliate products for health and wellbeing at <https://drs-affiliate.com>. You can also find him on Facebook and Twitter.



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Connect to Nature in May

By Julie Rensink Hanson

There’s no doubt that birds make excellent parents, and in celebration of Mother’s Day, we offer our “Best Bird Mom” award to the hummingbird!

First and foremost, mother hummingbirds have to raise their young entirely on their own. Her mate will play absolutely no role in helping her to build the nest, incubate the eggs or feed the young. He’s not only an absentee father, he can also be a bully that makes her life more difficult every time she comes to the nectar feeder. The odds are stacked against her right from the start!

Our local Allen’s and Anna’s Hummingbirds don’t migrate much and have a long nesting season, from about December through August. Being the sole parent, you would think one nesting would be enough, but she will typically have multiple broods each year. This non-stop commitment to her next generation is truly amazing!

Besides all of the hard work, another factor in this successful nesting rate is the precision and care that a mother hummingbird puts into the construction of her highly camouflaged nest. It takes about a week for her to build a walnut-sized nest. She makes hundreds of trips to collect enough plant down, spider webs, and lichens to finish it. Then, she fills the completed nest with two of the world’s smallest eggs ... about the size of small blueberries. But, even with these tiny eggs, mom only weighs a bit more than each of the eggs she lays. A feat unto itself!

You can help hummingbird moms during nesting season by adding nectar-producing plants, such as red fairyduster and California fuchsia. Also, put out a feeder nearby a nest for easy access



Baby hummingbirds in a nest
Photo by Larry Naylor

and be sure to keep all the spider webs around your yard – they are valuable to your hummingbirds.

Save your pruning for the fall months, as there could now be a bird mom with a nest in your yard.

May is also the time when bird migrants of all colors and sizes move through our area on their way to summer homes. It’s a magical time, as you may hear calls you have never heard before. Some migrants stop long enough to breed, such as the Western Tanager, while others stay just long enough to get some food before moving on.

You can celebrate our travelers on May 14, International Migratory Bird Day, by taking on one helpful action for the birds – reduce light pollution for a safer passage. Billions of birds will travel long distances at night and use the stars for navigation. Turning off excess lighting will darken skies and lessen the confusion during flight caused by artificial lights.

Call the Wild Bird Unlimited
Nature Shop at 424-272-9000,
or go online to www.wbu.com/santamonica.

From Me to You...



By Diane Margolin

So many memories when we think about our mothers and all of the influences they’ve had on us. My mother started going back to college when my brother and I were in elementary school. That was very unusual at the time. She went on to get all three degrees. We actually graduated from UCLA at the same time, she with her doctorate, and I with my bachelor’s degree. She was an expert in early childhood education who wrote textbooks and ended up teaching university students.

My Italian mother-in-law, Mary, devoted her life to raising her family, first in Chicago, then in Las Vegas and finally, Long Beach. She had this wonderful recipe for Chicken Cacciatore. She always made her recipes exactly the same. Here it is. It’s so easy to make and delicious to serve.

Mary’s Chicken Cacciatore

1 (2 to 2-1/2 lb) chicken, cut up
1 14 oz. bottle catsup
1 onion, chopped
1 green pepper, chopped
3 stalks of celery, chopped
Olive oil
Flour, with your favorite seasonings added such as garlic powder, parsley, and Italian Herb seasoning to taste

1. Drop pieces of chicken into a plastic or brown bag with the seasoned flour. Coat well.
2. Sauté the onion in hot olive oil in a skillet until translucent. Add the chicken pieces and move them around in the pan until browned.
3. Mix in the vegetables.
4. Pour the catsup over the chicken and vegetables. Cover the pan.
5. Simmer one hour until tender. Stir every so often.
6. Serve with steamed white rice. Enjoy!

Los Angeles County puts out a

resource guide for seniors. One interesting resource is Golden Talk. It is listed as an online chat and crisis line for adults, 60 years of age, and older.

In Santa Monica, we are fortunate to have Wise & Healthy Aging. It is an organization with a myriad of services for seniors. They have a newsletter which will keep you posted on classes, lectures, exercise programs, computer training, travelogues, book clubs, health lectures, and more. You can contact them by calling 310-857-1527.

Be sure to visit the Santa Monica History Museum to see the exhibit on the history of the Pico Neighborhood created by Carolynne and Bill Edwards with the museum staff. It runs through December 23.

Please send photos of your dads with members of your family for our next issue. Email them to smstarnewspaper@gmail.com. Be sure to label who is in the photo.



Thinking of my mom, Edy Margolin,
on Mother’s Day and every day.

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