



The beauty of Palisades Park draws many visitors. Photo by Julie Dobkin-Gilberg

Senior Snapshots

Recognizing the History of the Broadway Black Community

By Anne Wallentine

"I had a wonderful childhood growing up in Santa Monica," lifelong resident Carolyne Edwards describes. She recalls the freedom of riding bicycles around the neighborhood with friends in the summer, making crafts, and learning piano from her mother and grammar from her father. She had been christened in the First A.M.E. Church at 19th and Michigan Ave. where her grandfather was pastor from 1936-1944. She attended Grant Elementary School, John Adams Jr. High, and Santa Monica High School. After receiving an elementary teaching credential, Carolyne taught at Roosevelt Elementary School in Santa Monica, until retiring in 2000.

Carolyne's husband Bill had grown up in Texas before coming to California to join the U.S. Army. Ironically, in his youth, he was interested in history and now has a large collection of historic artifacts of which he is very proud. He was stationed in Germany for a year and a half. After the army, Bill returned to Santa Monica, where he began working in the school district and coaching Pop Warner football in his spare time. It was then that he met Carolyne. She explains that even with different backgrounds, "We had a lot in common. We enjoyed doing the same kinds of activities. Bill is kind-hearted and generous with his time. When you see one of us, you see the other. We work well together. We were married in 1979."

In September, 2017, a group, Santa Monica Remembers, was created at the Santa Monica History Museum for seniors who wanted to share what Santa Monica had been like years ago. They had guest speakers who talked about the past and shared many fond memories of their childhoods with each other. Carolyne and Bill



Carolyne and Bill Edwards

were very active in the group, which stopped meeting temporarily when the COVID-19 began.

After both retired from the school district, they decided to bring to the surface the hidden history of the Black and under-represented populations in Santa Monica.

Today, "Santa Monica is completely different from when we were kids," Carolyne says. Before Third Street was "the Promenade," it was just "downtown," where they could go to the Red Goose shoe store and see their feet under an X-ray. Many of the mom-and-pop stores and landmarks of her youth are gone, which is, Carolyne explains, one of the reasons they are trying to get historic recognition of the Broadway Black neighborhood. It was a self-sustaining community made up of businesses, churches, and various organizations, predominantly African Americans, though other ethnic groups resided there as well.

As a result, Carolyne and her husband Bill began the Quinn Research Center in 2011, which aims to preserve and promote the history of the Black community in the Santa Monica Bay area. Bill shares

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Martin Luther King, Jr. Virtual Birthday Celebration to Begin on January 17

Come join the 37th annual celebration of the Rev. Dr. Martin Luther King, Jr. on Monday, January 17, at 9 a.m. The theme of the upcoming celebration is an oft-repeated quote of Dr. King's, "The time is always right to do what is right."

The festivities will include music by the Linda Alvarez Trio, dance performances by High Off Energie, and spoken word by Get Lit: Words Ignite, who will also receive a Community Light Award. Education awards will be presented to local students and a Lifetime Achievement Award will be presented to La Verne Ross.

The community's celebration begins Monday, January 17 at 9 a.m. and features the dynamic journalist and speaker, LZ Granderson. LZ is a sports and culture columnist with the L.A. Times and the host of the *Life out Loud* audio podcast. His work has been recognized by the Human Rights Campaign and GLAAD.

In 2011, he was named journalist of the Year by the National Lesbian and Gay Journalists Assn. and his columns have been recognized by the National Assn. of Black Journalists as well as the Online News Assn. His TED Talk on LGBTQ equality has more than 1.6 million views. A link to this event will be provided on their website, www.mlkwestside.org.

The 2022 event is presented by the Rev. Dr. Martin Luther King Jr. Westside Coalition and sponsored by the City of Santa Monica, Santa Monica College Associates, SGI-USA, Santa Monica College, Rand Corporation, and the Santa Monica Bay Area Human Relations Council in addition to numerous other organizations and individuals.

Monday's festivities will also include spoken word poetry from the organization Get Lit: *Words Ignite*. Get Lit, which engages young people by providing a creative outlet, community, and real-life work experience, transforming students into activists, scholars, and stars, will receive a Community Light Award at the event.

Unfinished Work, a virtual program will be held on Thursday, January 13, at 6 p.m. *Advancing Dr. Martin Luther King, Jr.'s Legacy of Racial Equity*, is hosted by New



Guest Speaker LZ Granderson

Roads School featuring young orators, filmmakers, musicians, and artists. Check out at www.newroads.org/MLK.

Together We Rise! a virtual program will be held on Friday, January 14 at 8 a.m. For registration, contact Santa Monica Area Interfaith Council office@mtolivelutheranchurch.org, or Minister@CIOP4Justice.org. Love offering donations will be accepted by Mt. Olive Lutheran Church, Santa Monica.

The annual Santa Monica Symphony program led by Gary Pratt, guest conductor, will be held on Saturday, January 15 at 2 p.m. in the John Adams Middle School Performing Arts Center. Pre-registration is required. For information: www.smsymphony.org.

For more information check out www.mlkjrwestside.org; Facebook: [mlkwestside.org](https://www.facebook.com/mlkwestside.org); Instagram: [MLK Westside](https://www.instagram.com/mlkwestside.org); Twitter: [@Westsidemlk](https://twitter.com/Westsidemlk); Email: mlkwestside@icloud.com; or call 818-207-3934 for more information.

Do You Recognize This Neighborhood Celebrity?

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Recognizing the History of the Broadway Black Community

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his life experiences to fill in background information when there are questions concerning a particular aspect of the research.

"In order to build for the future, you have to gather information from the foundation of the past," Carolyne describes. "You learn from the things that you would like to improve on." As an example, Carolyne is also a member of the Philomatheans, the African American women's club that houses three businesses in their building on Broadway and celebrated their centennial in 2021. Members of this charitable organization provide scholarships for academically qualified high school graduates. "Most people may not know about this group unless they're exposed to its history."

When Carolyne was a student at Santa Monica High School, "History to me was mostly memorizing dates. I didn't see the relevance," she notes. "With the Quinn Research Center, we try to make it meaningful to people, asking questions like what was going on in the world in December of 1945, and

how does that relate to Santa Monica today? Who was in Santa Monica at that time? How did it impact their lives?"

The Center started with Carolyne's own family history: the "stories, facts and items that my parents and grandparents thought that we should have a knowledge of and pass on down." It has since become a community project, which involves interviewing people in their homes (and now, during the pandemic, by phone) to collect oral histories. This is something Bill especially enjoys. In the process, interviewees often refer family or friends who can add their memories to the record. At the Quinn Research Center, "We are doing the same thing as the generations before us," Carolyne says. "We pass this knowledge on."

Next month, beginning on February 5, the Santa Monica History Museum will be featuring an exhibit on the story of the Broadway Community including photos, documents, artifacts, and personal stories from former community residents. Although the Broadway



The Edwards received an award from Joe Metoyer at the Santa Monica Rotary Club for their work.

Photo by Iao Katagiri

community was predominantly made of up of Black residents, this exhibit will also highlight other ethnic groups present in the area at the time. For more details on the exhibit, contact the Santa Monica History Museum at 310-395-2290.

Editor's Note: Clara Wright and Diane Margolin contributed to this article.

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Chef Jahrid Chooses a Hot Soup to Make on Cold Winter Nights



Chef Jahrid Longsworth is ready to taste the Chunky Tomato Soup.

Here's one of Chef Jahrid's favorite soup recipes. He is now a high school student who is very active in sports. All the best to him on his new ventures.

Chunky Tomato Soup
Ingredients:
 2 cans diced tomatoes, or 10 fresh tomatoes peeled and diced
 1 diced white onion
 1 diced red bell pepper
 1 diced yellow bell pepper
 4 cloves garlic – diced
 3 cups broth (chicken or vegetable)
 8 slices bacon

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What to Do When You Feel Burned Out

By Dr. Sheila Forman

"Workin' 9 to 5." It's not just the name of a famous song, it is also what most of us expected our workday to look like. Start at 9 a.m. and end at 5 p.m. with plenty of time to have, well, a life.

For most of us, our days rarely take that shape. For so many of us, the demands of our job exceed the typical 40-hour work week. And, our work is not just the time we spend doing our job. It also includes the time we spend thinking about it, worrying about and stressing about it. When you experience excessive and unrelenting stress, you may be heading to burnout.

Burnout is defined as a state of physical, psychological, and emotional exhaustion. You just don't have anything left to give. Burnout can be caused by career and job stress. And, it can be brought about by general life stress, generated by financial challenges, illness, and loss.

If you are concerned that you may be heading towards burnout, consider these three signs.

1. Loss of motivation to do the things you used to enjoy doing. One of the first signs that you are heading for burnout is when you find yourself not wanting to do the things you normally enjoyed doing. For example, let's imagine that every morning you met some friends for a half-hour walk by the

beach. But now, when your alarm goes off the last thing you want to do is get up and go out, so you make up an excuse – the dog is sick, you have an early ZOOM meeting, you had your hair done yesterday, and you don't want the beach breeze to ruin it. Any reason to stay put.

2. Your job and/or life don't give you pleasure like they used to. The next sign that you are heading for trouble is that your job and/or your life don't make you happy anymore. Let's say you are a realtor, and in the past, nothing brought you more joy than finding that perfect house for your client.

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Right at Home Caregivers Treat Clients Like Family Members

By Luke Netzley

The world has spent nearly two years suffering through a global pandemic that has put immense emotional and financial strain on communities around the world. If there's anything that can be learned from these difficult times, it's the importance of health, family, and the love and care we give others and that others give to us.

Tim Petlin and his team at Right at Home West Los Angeles are dedicated to providing this kind of love and care to those in need across Santa Monica and beyond.

"I've always worked in the field of healthcare in my career, and I had a lot of jobs where I was pretty disconnected from direct patient care," said Tim, who was inspired to enter the world of healthcare by his mother, who was a nurse.

"I've been doing this now for 10 years, and I get to see clients all the time, work with new people, and discover how what we're doing helps and influences people's lives."

Right at Home matches clients with trained caregivers to suit their personal needs. Part of a much larger nationwide franchise, Right at Home West Los Angeles is able to provide companion care, personal care, specialty care, and a variety of other services to the Santa Monica community.

"We don't just supply caregivers," Tim explained. "Care management is included in what we do. For example, if we have a client with no family locally, with children, cousins, or siblings that are

remote, we become a point of contact for that person and we relay information."

As winners of Caring.com's "Caring Super Star" award for the past four years in a row, Tim and his team go above and beyond for their clients, focusing particularly on two core components of their mission: providing great care and customer service.

"We don't want our clients to hesitate to come to us for anything," Tim declared. "When we make a commitment to our clients, we stick to it. We want to make sure they're happy, and everyone here on our team has the same attitude. We'll do whatever it takes to make sure our clients are well-served."

While the onset of the pandemic did have a marginal impact on the business, Right at Home West Los Angeles has had no documented cases of their caregivers affecting their clients, all of their caregivers are either vaccinated or tested weekly, and the company will continue to strictly adhere to current COVID-19 health and safety protocols.

"It's what we do as a company to make sure our clients are happy with the home care services we're providing, but also to help them stay safe in their home. Safety is always our number one concern."

Another recent trend in the caregiving industry has been the shift many companies have made to make at-home care accessible through apps and other online means to help meet the ever-growing demand for this kind of



Caregivers from Right at Home will often help with household chores.

service, but Tim explains that it's not always so easy.

"There's a great need for caregivers, and there are companies out there who try to innovate, who've tried to 'Uber-ise' what we do, but it's not that easy. It goes back to the trust that people are putting in us. When you're sitting in front of them, they want to look you in the eye and say, 'Am I going to put my faith in this person?'"

It is this personal connection to clients in need that has kept Tim passionate about the inspirational work that he does and will continue to do in the future as owner of Right at Home West Los Angeles. "To give the peace of mind to family members that their loved ones are

looked after is very rewarding, because they know that, whether they're a block away or across the country, their loved one is being cared about."

If you are a member of the Santa Monica community and are looking for quality care for yourself or a loved one, or are looking into a career as a caregiver and want to join a talented and energetic team, then contact Right at Home West Los Angeles through their website, www.rahwestla.com, or call their phone number at 310-313-0600.



Byte by Byte

New Year's Resolution Reboot



By Dr. Miceala Shocklee

As the world ticked towards the end of 2021, the question of how to shape what lies after the thresh-

old of 2022 loomed. During this calendar countdown, seasonal hashtags like #NewYearNewMe rise across social media, but as has become ever more apparent, goals are made not just of "what" but of "how." When setting your resolutions, consider rebooting with some of these tech tools.

1. Re-Energize - According to data journalist Jamie Ballard¹, roughly half of New Year resolution-making Americans state improving fitness as one of their goals. Fitbits and similar step- and vitals-tracking watches are reaching near cultural ubiquity. Apps like StrongLifts, Couch to 5K (C25K), and Downward Dog provide instructional content as well as progress tracking to help build workout prowess, while apps like Strava focus on pairing tracking with community building and benchmark challenges.

2. Speak Out - With more language comes more potential for connection. Duolingo is a long-standing language-learning app with a user-friendly interface and most tools not hidden behind a paywall. Fee-based apps like Babel and Rosetta Stone, as well as language-specific apps like HelloChi-

nese offer alternative and occasionally more tailored approaches to gaining communication skills.

3. Save Up - If fitness takes the lead in New Year resolutions, finances makes a close second. Budgeting tools like Mint now abound, and stock market apps like the fee-free-to-start SoFi and the low-fee robo-advisor Ally Invest have made Business Insider's top five.

4. Look Inwards - Self-discovery is an anytime activity, but for those needing it, a new year can galvanize a fresh start. Meditation applications like Headspace have been covered time and again in this column and withstood the scrutiny of years-long cultural testing. For those mental health moments requiring coping mechanisms other than meditation to get through, auxiliary apps like London mental health charity Stem4's "Calm Harm" and "Clear Fear" provide tools for riding out anxiety and self-destructive impulses.

However, as mental wellness apps themselves declare, they are meant to be supplemental resources, not primary solutions. After 2020, teletherapy has become increasingly common, and counseling conglomerates like BetterHelp and Talkspace provide app- and web-based, on-demand access to text and talk therapy. Many insurance companies have also updated their coverage to include teletherapy

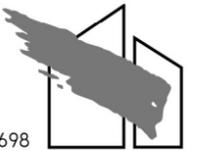
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Reflections From The East

The Art of Living: Creating a Successful Past



By Qin Stubis

All lives, be they short or long, poor or rich, sad or happy, are made of three components:

The past, present, and future. Which

of the three is most important to us may shift at any given time during the course of our lives.

From the moment we are born, our lives have started to run their courses with every minute, hour and day flowing by, laying the foundation of our past even while we're still in the cradle listening to a lullaby.

In this regard, even newborns have a past, though ever so short or uneventful. For now, they dwell mostly in the present, nurtured

and controlled by others until they are capable of using their legs to run free, their minds to process their world and their memories to store their lives.

Generally speaking, young people's attention is more centered on the long, promising futures ahead of them. Their present can be uncertain and haphazard as they learn to maneuver the world and try to become its newest masters.

When you're young, you can afford to make foolish mistakes. Those mishaps can even be beneficial if their owners are smart enough to extract lessons from them, reducing the chance of the mistakes being repeated. Past mistakes can be costly and hurtful, but successful futures are often built gloriously on top of them.

Whether we have spent it meaningfully or squandered it wastefully, time will sail on and our golden years will come to us in due time. By then, our pasts are long, and we only wish that our memories were strong enough to recapture every exciting moment of it. As we slow down our lives, we rely on our mind to chase after our past and relive it as we sit in our rocking chair.

For some unfortunate people, a good memory can also be a curse when their past is ridden with wounds and sorrows, a place too painful to revisit. They would rather bury the bygone as if it never existed. For them, the best choice may be to live in a forever present or future.

Our preference for the past,

present, or future can also be affected by our individual personalities: The bold and curious tend to be more adventurous and look forward to their future endeavors while the conscientious types may focus on a successful present. The brave may charge back toward a painful past and confront it while the careful indulge in living from moment to moment.

There is no right or wrong way of embracing our past, present, and future. We all need to find a suitable balance of the three to create a life that is uniquely ours. The secret to an ultimately successful, happy life, however, lies in the art of building a past that will not come back to haunt and bite us, and crafting a present that will create a better future.

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

2022: The Year of Self-Care Resolutions



By Cheryl Thode

Well, we made it! We are finally in 2022. What will this year bring? I do not know about you, but I am ready to see what great things this fresh, new year has in store for us.

After the holiday hustle and bustle of the past two months and the unpredictable timeline of the ongoing pandemic, I can say without a doubt that when I do not set out my goals, make a plan or have something to look forward to, it is almost impossible to get to a happy place. The past two years have really left me and others on the edge of burnout, loss, and fatigue. We are all ready for a change; and no matter what this new year holds, I believe we all want to enjoy it and be happy.

The question is, "How do we as parents prepare for 2022 and keep an upbeat energy throughout the year?" Like many, my first order of business in New Years past was to attempt to write a list of my New Year Resolutions. Over the years, I have learned that certain resolu-

tions work really well, while others do not. In my experience, successful resolutions do not contain a list of all the problems you see or the things you need to change. Rather, they are a list of goals, dreams, and exciting expectations for the upcoming year. For most of us, we do not have the time or energy (especially now) to be weighed down by the guilt and stress of negative resolutions. So, it is very important that we create resolutions that address our true needs and desires and help to make us better people, parents, and families.

This new year, I suggest that we focus on goals and resolutions that are related to our own self-care and our family's self-care. These goals can be anything from plans that help you develop your skills as a mom or dad, to creating time and space for self-care, to planning to write in a daily gratitude journal, to creating a new family schedule fostering more family time.

The sky really is the limit. The only criteria is that you allow yourself to truly define what resolutions would help to make you and/or your family happier and healthier. Once you create your own list,

place it where you can routinely see it throughout the year, and remind yourself of your goals.

This one has the potential to be a wonderful year. Let's set the stage for it to be a successful year for both us and our families by writing out our dreams and desires for the next 12 months. God Bless!

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.



Preparing Your Home For Rain

- Have your roof and gutters inspected to ensure they're in good condition before the rain falls. Clear leaves or debris from gutters throughout the year.
• Check the inside of the house to be sure there are no signs of water leaks - mold, water rings or paint discoloration. Make all necessary repairs.

Answer to Neighborhood Celebrity

(Continued from Page 1)



Kathy Irby is the First Vice President and Regional Manager of the Commercial Bank of California, a member of the Kiwanis Club and a member of the Santa Monica Chamber of Commerce and PAL Boards of Directors.

Mini Message Bulletin Board

Cuttin' Up! 1802 Broadway, Santa Monica • 310-461-9053 Monday-Saturday: 8:30 a.m. - 8 p.m. Splash! It's another New Year! Come in for a new look for a new adventure at Cuttin' Up!

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Clergy Corner

Celebrate New Year's Day Worldwide



By Pastor Eric Shafer

Happy New Year! In the United States, the government celebrates New Year's Day on January 1. However, there are many other dates celebrated as New Year's Day in the USA and around the world:

- For Christians, the new year begins with the First Sunday in Advent, which in 2022 will be November 27.
- For Jews, the new year begins with the Rosh Hashanah holy days, which are September 25 – 27 in 2022.
- For Orthodox Christians, the new year begins on January 14, 2022.
- For Muslims, July 29 and 30 are the 2022 dates, and
- For Hindus, March 22, 2022.

I could go on – many nations celebrate New Year's Day on January 1 (U.S., Russia, and Japan for example), but others do not, (like

Korea which celebrates on February 1).

My point is that your friends and neighbors might be celebrating their new year on many different dates in 2022.

When you think about that, that's pretty wonderful! More time to reflect. More time to redirect. More time to resolve to do something new.

More time to do something good. And, here's the best news – whenever you celebrate your new year, God loves you on that day and every other day. No matter who you are. No matter what you did in 2021, or will do in 2022. God's love for you is assured. On New Year's Day and every day.

**The Rev. Eric C. Shafer
Senior Pastor
Mt. Olive Lutheran Church**

Pastor Shafer will be retiring this spring. We wish him all the best on his new adventures.

Passing Through the Pico Neighborhood

New Year. New You!



By Stacy McClendon

2022 is here! Where did the time go? Look back on 2021 and think about what took place, what was accomplished and what is no longer.

A new year is a time where we can look within and point ourselves in a new direction. It may be a continuum from what we were in the year prior, or it might be a brand new slate that needs to be created. I was able to speak with a few Pico Neighborhood residents about what they were hoping for in the new year for either themselves, their children, family or community. Here is what they shared:

"I wish for self empowerment, self improvement, keeping our temple strong and helping our brothers and sisters." - **Cecilia 'CeCe' Talamantez-Bradley**

"To maintain clarity, peace and

balance while pursuing, building and executing my creative and business endeavors."

- **Lauren Marti**

"To better myself and grow as a person so I can help others. You can't help others if you haven't taken care of yourself."

- **Angel Vazquez**

"To go within to execute the goals I want and will reach."

- **Brendan Martin**

I know there are many more mantras that echo in and around the community. These are just a few. I think it's wonderful to remember how far we've come, as it makes us more thankful for where we're headed.

My wish is for my family to continue to grow into and achieve what's for them, for me to see and grab what's for me, for my friends to blossom into more than they thought was possible for themselves, and for the community I live in to thrive and work to achieve more together. We can *always* do more as a team!

I look forward to seeing these wishes above, and others in the community come true!

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



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Surfing With Joey Program Brings Boys & Girls Club Members From the East to the West

It was a chilly winter morning in Santa Monica as 15 teens from the Boys & Girls Club of West San Gabriel Valley and Eastside gathered to kick off the start of Surfing with Joey. For most students, they were treading unfamiliar waters, as this was their first time learning how to surf. Kiana Anaya, an eighth grade student from Robert Louis Stevenson College Prep, and a Club member at the Boys & Girls Club at Estrada Courts, reflects on her experience at Surf Camp.

By Kiana Anaya

As a child, I really enjoyed swimming and being in the ocean, so when I heard about the Surf Camp that the Boys & Girls Club of West San Gabriel Valley was providing, I

immediately wanted to attend! That day, all of the Club members were assigned an instructor to help guide us on how to surf by showing us safety tips and techniques. Even though I fell many times, I learned how to body surf and how to get up on a surf board. The highlight of my day during Camp was learning about the ocean and how plastic and humans can impact the ocean in many different ways. I especially enjoy when we learned about how we can protect the ocean by doing things like drinking from a reusable water container or using a reusable bag so there is no plastic that lands in the ocean.

Before I went surfing, I was definitely feeling a little bit scared and

fearful since I had never surfed before, and I believed that I wouldn't get the hang of it. Even though I felt this way, I still tried and persisted. From attending Camp, I learned that I am a very driven person and that I have a growth mindset. Every time I fell off that surf board, I got back up because I wanted to finally get it, and in the end I DID! After I went surfing, I kept getting the hang of it and really enjoyed the experience!

JR Dzubak, head of the administration of this Boys & Girls Club, explains, "For students like Kiana, an experience that takes them beyond the walls to communities outside of their own encourages them

(Continued on Page 6)

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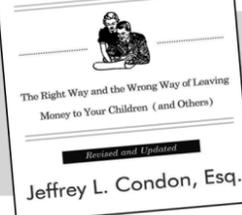


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Surfing With Joey (Continued from Page 5)

to see the possibilities around them and challenges them to learn new skills so they can reach their full potential. At the Boys & Girls Club of West San Gabriel Valley and Eastside, we believe all children deserve a good education, a healthy lifestyle, and the chance to have a positive influence on their community. Through offering students these unique opportunities, like Surfing with Joey, or other similar programs, we are one step to making this possible."



An instructor is explaining how to use the surf board.

Teen Scene

How to Balance Time and Responsibilities



By Julia Abbott

I truly do like being busy. But recently, the stress of finals and college applications had me wishing for a day off. So, I took it.

Instead of my usual schedule (sleep in late, watch TV, read a book, and eat plenty of ice cream), I decided to spend a day getting my life together.

On Sunday, I took a day off work, school, and extracurriculars. Instead, I filled my day with all the little things I'd been procrastinating on for weeks.

I woke up early and went for a walk with my dog. Normally, I wake up in the morning and start working, like most people. Starting my day with so much calm really set the tone for the day, even more

than the avocado toast I made for breakfast.

I read a book, reorganized my closet, and cleaned my room. Then, I went and did all the boring stuff. I balanced my checkbook, submitted a few forms, and washed my dog. After that, all that was left to do was relax!

When that elusive day off comes around, resist the urge to waste it. Even just taking part of your day to improve your life can leave you feeling better for weeks to come! All the things that have been nagging at the back of my mind are gone, and I feel so much lighter. January is a time of new beginnings. In my experience, you only need one day to get everything back on track.

Julia Abbott is a local high school student.

SM Public Library Winter Activities

Here's some new programs to try. At the Montana Avenue Branch, a book group discussion, • "Becoming Trader Joe: How I Did Business My Way & Still Beat the Big Guys" by Joe Coulombe on Wednesday, January 19/7 p.m. to 8:30 p.m./Coulombe founded what would become Trader Joe's in the late 1960s and helped shape it into the quirky food chain it is today. He shares the lessons he learned by challenging the status quo and rethinking the way a

business operates. To register, email stephanie.archer@santamonica.gov. And for children, try • Zoom Zone Virtual Trivia Tuesday, January 4/4 p.m. to 5 p.m./ It's National Trivia Day! Test your trivia knowledge with 10 questions during our Zoom program. Theme: Santa Monica. For grades 4-8. Sign up in teams of 2-4 by emailing myleen.dejesus@santamonica.gov.



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Connect to Nature in January

By Julie Rensink Hanson

January is a great month to relax with nature after the rush of the holiday season, and a fun way to start is with a beginner's bird walk at Will Rogers Historic Park. Join the Los Angeles Audubon Society-led walk to learn how to identify local favorites, use binoculars (you can borrow a pair), and meet others with an interest in birding and nature. This month's walk will be Sunday, January 16 from 9 a.m. – 11 a.m. Visit: www.laaudubon.org/events for information.



Black Phoebe

Photo by Lisa Heidtman

January is also a month of new beginnings as we watch the first hummingbird babies fledge. Their tiny nests are just a little bigger than a quarter. To help the mothers, keep your feeders clean and full, and consider adding hummingbird-friendly plants. You can also set out fruit, such as a banana, to attract fruit flies that the babies need. The busy mothers will continue nesting activities through August.

Barn owls also have family on their minds. If you are thinking about putting up a barn owl box, now is the time to do it, because barn owls are paired off and looking for a place to raise a family. They need to nest in cavities, such as hollow trees, but those are in short supply in suburbia. That loss of habitat has led to some decrease in the number of these helpful hunters of mice and rats. Your barn owl box may be the beginning of a great long-term relationship with a barn owl family.

Small but colorful Downy Woodpeckers are drumming and drilling. They're here all year, but winter is

when their drilling picks up as they seek bugs in cool weather. Look for them in groves of trees that drop their leaves in winter, such as liquid amber and ornamental birch.

Another insect eater is the adorable Black Phoebe. Normally shy of feeders, they will come to a simple dish or cup with live mealworms. They often are seen perched on street signs, and their sweet song will make you want to feed them. Don't be surprised if a Black Phoebe begins to visit you every day, as ours does at the store. Lucky us.

The Morro Bay Winter Bird Festival takes place this month from January 13 – 17. This year's festival will feature 160 events including bird watching by boat and kayak, photography and master classes, guest speakers, and day hikes. Visit: www.morrobaybirdfestival.org, for more information.

The Wild Bird Unlimited Nature Shop is located across from the Armstrong Garden Center on Wilshire Blvd. Call us at 424-272-9000, or go online to www.wbu.com/santamonica.

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Happy January Birthdays to Taye Diggs, Dyan Cannon, Bradley Cooper, Diane Keaton, Rod Stewart, Shonda Rhimes, Michelle Obama, Betty White, Jim Carrey, Dolly Parton, Sara Gilbert, Kathryn Morris, and Oprah Winfrey.



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From the Santa Monica History Museum



Here's a photo of lawn bowling in Douglas Park on Wilshire Boulevard – A lawn bowler demonstrates his skills at Douglas Park in this 1949 photo from the Santa Monica History Museum's photo collection. To order, call the museum at 310-395-2290 and ask for photo number 3.2.2807 from the Bill Beebe Collection. You can still find lawn bowlers of all ages playing in the park today. Go online for more details on the local lawn bowling clubs.

Thoughts From a Second-Time Father

Dealing With Winning and Losing in Sports



By Michael Margolin

Recently, I wrote about instances where you might gain a bit more respect for certain professions after you take on tasks or jobs that professionals are assigned to do. For example, you may find yourself appreciating the work a painter does after you paint a room yourself, or landscaping tasks that a gardener would be better at doing.

And, really anything to do with getting a herd of small children to fall in line can be a challenge. After coaching Jake's soccer team of four and five year old boys, my appreciation for teachers was simply reinforced. My respect and admiration for teachers has always been strong. I understand why teachers do what they do and how rewarding it can be.

Though I have coached Alexa's soccer teams for the last few years, this year was a bit different. At eight years old now, Alexa was on a team that was competitive. In other words, they kept track of scores and wins and losses. This made it much more exciting towards the end of the year.

We had reached the playoffs, and the game before they started, but we got our little Panther tails kicked. We were fortunate enough to have a great group of girls that got better and played well together.

When that rough game was over, I reminded the girls of how fortunate we were to have been on the winning end of games more often than not during the year. I also told them that this is life. You win some and you lose some. Some of the players seemed indifferent. One or two figured it was not our fault that

we lost. Most were not happy with the outcome and listened to what I had to say, and then were done with it.

My daughter Alexa knows that losing can happen and that we will not always be victorious. What I appreciate about her is that she is not ok with losing. She does not complain or blame. She wants to try again, and she wants to get better. Soccer, college, work or whatever it is, this approach to life will only benefit her. She is not entirely bloodthirsty, but she wants to win, and I am fine with her not wanting to accept losing.

Before our playoffs started I reminded our players that we needed to win and if we did not, our season was over. In our soccer organization, every player has to play the same amount of time in each game.

Luckily for us, our team did not have any glaring weak spots. I will say that like any team, we were stronger in certain areas than others. And, if you are not strong yourself and have committed errors, be it physical or mental, self doubt can creep in – especially if you have had a performance or two that were memorable for the wrong reasons. Looking all of my players in the eye and telling them I had confidence in every one of them, I got several looks of optimism and self-belief that I had not seen before. For me, believing that confidence and instilling it in my players helps me see that the more I coach, the more I understand why people have decided to choose coaching as a profession.

Michael Margolin is the father of two young children. He is an avid sports fan and a soccer coach on Alexa's and Jake's teams. He has been writing for us since Alexa was born.

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Community Service on the Westside

Philanthropy and the Rotary Club of Santa Monica

By Sharon Gavin

Philanthropy is an important part of the Rotary Club of Santa Monica, and our members are proud of the impact we make both locally and globally through our grants, awards, and scholarships.

This Fall, we provided Community and Youth grants to seven deserving non-profit organizations. Funds provided to both OUR HOUSE Grief Support and Shoes for the Homeless were used to purchase computers to help them fulfill their respective missions. West Coast Cares received funds to purchase restaurant gift cards that will be distributed to homeless individuals. Elemental Music used their grant to purchase small musical instruments for students. The Police Activities League (PAL) will purchase and install padding on their gymnasium walls with their grant award. We also funded a grant request to L.A. Room and Board to provide college students who were formerly homeless or currently at risk for homelessness with essential living and hygiene products.

The Quinn Research Center received a donation as part of our Rotary Unsung Hero Award program. The recipients of this award were Carolyn and Bill Edwards, who established the Quinn Research Center to preserve and collect the history of the African American residents who lived in Santa Monica, Venice, and the Bay Area. (See Page 2).

We were thrilled to support Santa Monica College with vocational scholarships totaling over

\$25,000. Over \$20,000 of these funds were generated from a matching donation opportunity initiated by Rotarian Renuka Desai. The plan is for this education-focused project to continue annually. Our club was also awarded a \$4000 District 5280 Vocational Grant for these student scholarships.

Our "Movember" project was quite successful and raised over \$1000 in donations to help fund men's suicide awareness. We also provided support to the military families at Camp Pendleton by donating to their annual toy drive. This initiative was part of a District 5280 project that collected almost \$18,000 as well as truckloads of toys, candy, and hand sanitizer wipes.

Our support for global causes this Fall spanned three continents. In particular, our club approved a World Community Service grant for the installation of water purification equipment in public schools in marginalized areas of Mexicali as well as a grant to support a water, sanitation, hygiene and economic development project in Obuasi Ghana, West Africa. Furthermore, we funded a grant to help set up a neonatal intensive care unit that specializes in the treatment of newborns in Poona India.

If you are interested in joining us as we continue to make a difference in our community and in the world, check out our website at rotaryclubofsantamonica.org, or contact us at admin@rotaryclubofsantamonica.org.

Looking Forward to New Lions Members in the New Year



By Linda Levee

We are a Lions Club that has been blessed with wonderful community support for the almost 100 years of

our existence. We are facing the New Year with great happiness and joy, for at last we are joined by the Pacific Palisades Lions Club. Our new name is The Santa Monica-Pacific Palisades Lions Club.

We are celebrating the completion of the merger during the month of January.

We had a wonderful holiday joint meeting with a great turn out. It was thanks to our newly installed President, Dr. Kingsley Fife, and the presence of the Salvation Army, with their new Lieutenants James and Katrina Fleming.

We are having our fundraising letter writing campaign so that we can continue to make our regular donations to the community. We are looking for new members to help us in creating new ideas for fundraising activities.

In February, we will hold our Lions student speaker contest. We support high school students who participate in our annual contests.

Those of you following us on our path of community service may contact Lion President Kingsley Fife at 310-454-2960. He will happily explain how you can join us for a meeting, become part of the fun, and meet new people to help get our lives back to normal again. Please contact us and start the new year out right by giving back to your community.

Happy January Birthdays to:

- Eric London, Bill Rayman, Molly Smulian, John McIntire, Tom Larmore, Bill Dawson, Judy Neveau, John Lehne, Larry Maher, Julia Miele, Klaus Mennekes, Mitchell Kraus, Connie Maguire, Vickie Laham, Joe Rainsford, Jack Rainsford, Linda Levee, Alan Paar, and Joan Sitnick.*



Honoring Outstanding Students



By Pat Weber

Although the Santa Monica Bay Woman's Club (SMBWC) was closed to all activities during the pandemic, our support of education at Santa Monica High School continued.

This spring, we had 13 applicants, from which four remarkable young women were selected and awarded individual awards.

These young women include Naomi Villafanca who has been involved in school activities for her entire time at Santa Monica High. She was VP of the Mural Club, a member of Pass It On Club, and a player on the girls' basketball team. Naomi is a singer with the Music Students Service League. She performed a solo at the Veterans Center. She also volunteered to serve food to the homeless in Santa Monica. Naomi plans to continue with her music as well as to major in a science field.

Victoria Taylor plans to major in Biology/Ecology and Evolutionary Biology. She was founder and president of Books for Kids Club, and VP of the National Alliance on Mental Illness. In addition to maintaining a 4.0 GPA, she is a violinist in the school orchestra, a member of the National Honor Society and a Girl Scout Gold Award holder. She plans to become a high

school teacher.

Susana Nuñez plans to become a psychologist, eventually opening her own practice in a community of people of color and/or low income. She was president and founder of Brown Minds Matter at Santa Monica High School, as well as a participant in Latinx Leaders, the National Honor Society, and California Scholarship Federation. Susana has been a teen volunteer for the Boys & Girls Clubs of Santa Monica and a teen volunteer with Cedars-Sinai volunteer services.

Our fourth honoree, Briana Chavez, is planning to major in sociology, health communication, psychology, and public health. She was a captain in the school's hip hop club helping to create choreography and a climate of inclusion for all. Her community work included being a teacher's assistant at an elementary school. The pandemic had a major impact on her ability to do more for the community.

We anticipate the 2022 scholars will be equally impressive.

Our Club is located at 1210 Fourth Street, just south of Wilshire Blvd. in Santa Monica. Please call 310-395-1308 for more information on our many programs. Our club is also available to rent for small and large occasions.



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Paws and Claws

What is Wrong With My Rabbit?



By Dr. Frank Lavac MS, DVM
Q: My rabbit has developed a tilted head and his eyes are flicking around back and forth. What could be wrong with my rabbit?

A: Head tilt in rabbits is a fairly common disease. This symptom is technically referred to as *torticollis*. The symptoms are usually acute onset with a nystagmus. Nystagmus is an involuntary eye movement which causes the eyes to move rapidly from side to side, sometimes up and down, and sometimes rotary.

Head tilt is sometimes associated

with disease of the inner ear or cerebellum. The most common form in rabbits is the disease of the inner ear.

Other symptoms of inner ear disease include circling, poor balance, reduced appetite and depression. Common causes include otitis media and interna inflammation of the middle or inner ear), stroke, toxins and a parasite called *E. cuniculi*.

Diagnostic tests include head radiographs or ideally a CT scan, scoping the ear canal, blood tests, *E. funiculi* antibody levels and possible bacterial cultures. Supportive care is extremely important and may include fluid administration and assist feeding.

Treatment often involves long-term antibiotics and anti-inflammatory medications. Overall, the prognosis is guarded, but most rabbits recover with a long term supportive care. Some rabbits may have a residual head tilt.

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

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Planning Ahead

Financial Elder Abuse



By Lisa Alexander
 Financial elder abuse is devastating and growing. Because it can be difficult to detect

and is underreported, the true scope of the crime is unknown.

The elderly can be the perfect target. Many have significant assets. From another generation, they are trusting and polite. As friendship circles diminish and family no longer live close by, the resulting isolation is a factor. Then, there is the vulnerability and dependence the elderly often experience as they lose independence.

The elderly may not even know they are being victimized, or if they do, they may not report the abuse out of shame, fear of retaliation or loss of the caregiver they depend on, even when they know that person is stealing from them. And, the abusers are not just scamming telemarketers or contractors, but can include family, friends, and neighbors and even their professional financial advisors.

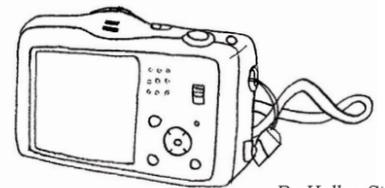
For those of us who are concerned for an elderly parent, relative or friend, we need to be on the lookout for signs of financial elder abuse. Is the elder suddenly worried they don't have money to pay bills, or uncharacteristically letting bills go unpaid? Have there

been changes in spending habits, large withdrawals of cash, unusual gifts, or money or other assets that are missing or gone?

If you suspect it is happening, contact Adult Protective Services to investigate. Or, contact the police to make a report. The banks and the elder's investment advisors are all "mandated reporters," meaning they are legally required to report suspected financial elder abuse. They can be a great resource for assistance and protection. Seeking Court supervision in the form of a Conservatorship may be appropriate. Let other family members know what you have observed, or reach out to the elder's lawyer.

Planning ahead is important. Everyone should have a Durable Power of Attorney naming a trusted agent to step in to manage financial affairs when we can no longer do so. Most importantly, isolation creates opportunity for financial elder abuse. Stay connected, stay involved, and monitor.

Lisa C. Alexander, Esq.
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By Halley Stubis

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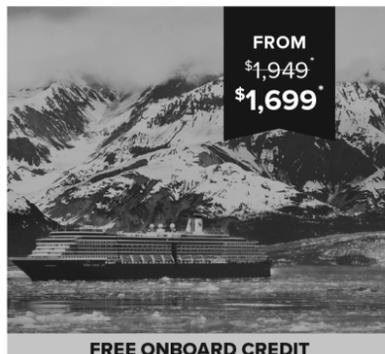
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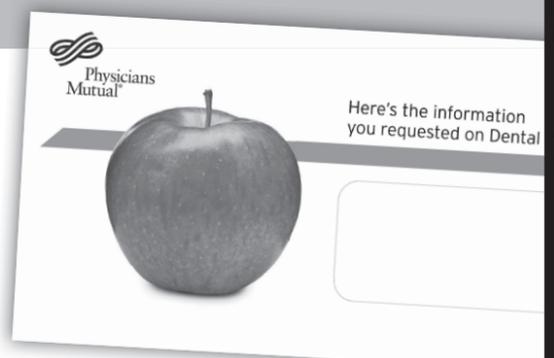
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What to Do When You Feel Burned Out

(Continued from Page 2)

Now, you think "Eh, it's just a house." Or, you looked forward to weekends when you went camping with your extended family, but now all you can think about are the bugs, hard ground, and itchy sleeping bag. Not good.

3. You feel bored, hopeless or stuck when you think about your job and/or your life. And finally, the ultimate sign that burnout is on your horizon is that your overall outlook on life has dimmed. You feel bored and hopeless. It feels as if you have to overhaul everything to get your spring back. But, before you decide that your career, hobbies, family, and friends have to go, and that a tropical island sounds enticing, acknowledge that you are burned out, and make a commitment to self-care.

To deal with and prevent burnout, self-care is a must. Self-care isn't just the occasional bub-

ble bath or spa weekend. Self care is what we do on a daily basis to take care of our body, mind and spirit.

The following is a list of self-care activities for you to engage in daily. You do not need to do all of them, just be mindful of them as you go through your day. **Body:** Get restful sleep, keep doctor appointments, take time off when sick, move your body. **Mind:** Journal, laugh, engage in hobbies, limit TV and video watching. **Spirit:** Spend time with people you love, spend time in nature, meditate, express gratitude. Begin today to do some of these activities and you can reverse your burnout trajectory and maybe prevent it from ever returning.

Dr. Sheila Forman is a clinical psychologist based in Santa Monica who provides teletherapy services. For more information, call 310-828-8004.

Chunky Tomato Soup (Continued from Page 2)

- 1 Tbsp. dried basil
- 2 cups almond milk
- 2 Tbsps. cornstarch
- 2 tsps. sugar
- 1 Tbsp. oregano
- Salt and pepper to taste
- 2 Tbsps. butter

Directions:

• In a large soup pot, add butter on high and when bubbling, lower to medium. Then add onions and garlic until onion is translucent, about 2 minutes. Add bell peppers and sauté for about 2-3 minutes.

• Mix in tomatoes and cornstarch. Once the mixture thickens a little, pour in broth, almond milk, and all the dry seasonings.

• Bring to a boil and cook for 20 minutes.

• Remove from the stove and strain to separate the chunky vegetables.

• Blend liquid until smooth.

Return liquid and chunky vegetables to pot and simmer on low for about 15 minutes.

• Let cool a little before serving, and enjoy!

New Year's Resolution Reboot (Continued from Page 3)

sessions. Time and means to commute is no longer a barrier to accessing mental health care – an internet connection and a webcam will do.

5. Look Outwards - Paradoxically, the crux of self-improvement can often hinge on letting go of that focus on the self in favor of looking outwards. While travel at this time remains a logistical and ethical quagmire, technology still affords an unprecedented window on the world. Sites like Wired.com pool the latest not just on the digital landscape, but on science at large. Organizations from zoos to museums around the world livestream

educational outreach events that virtual visitors can join from their living room. Even a quick peruse of Google Earth can both pique and sate curiosity about the world outside our own.

1. Ballard, J. (2021). Exercising and sticking to a healthy diet are the most common 2021 Year's resolutions | YouGov. Retrieved 12 December 2021, from <https://today.yougov.com/topics/lifestyle/articlesreports/2020/12/23/2021-new-years-resolutions-poll>

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



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From Me to You...



By Diane Margolin

We hope you had a wonderful holiday season, and that the coming new year will be a healthy and happy one for you,

your friends, and your family.

In spite of the new challenges we continue to face, having a positive attitude and expressing gratitude for what we do have does make a difference. In the December 24 issue of the *Santa Monica Daily Press* is a wonderful article on places to volunteer or donate. Helping others is an effective way to feel better about your own life.

Here are two of the holiday recipes from the December issue, but first, Carolyn Jemmott wanted me to tell you that in her recipe for Black Fruit Cake that ran last month, you need to add 2 Tbsps. of brown sugar.

Becky Upchurch has a popular Corn Soufflé recipe that she serves when she has members of the Santa Monica Bay Woman's Club over to her home for dinner. It looks like it would be very easy to prepare.

Becky's Corn Soufflé

- 2 eggs
- 1 cup sour cream
- 1 stick of butter, melted
- 1/4 tsp. salt
- 1/4 cup diced onion

- 1-15 oz. can of creamed corn
- 1-15 oz. can of corn, drained
- 1 box of Jiffy cornbread mix

Mix ingredients together and pour into a greased 8 by 8-inch pan. Bake at 350 degrees for 45 to 60 minutes.

Our veterinarian, Dr. Frank Lavac, recalls a **Hot Milk Cake** that his mother, Sue, made for special occasions as he and his two sisters were growing up. They loved it.

Preheat the oven to 375 degrees.

Ingredients:

- 1/4 lb. butter (1 stick)
- 2 cups sugar
- 2 cups flour
- 1 cup scalded milk (Do not boil.)
- 5 eggs
- 2 tsps. baking powder
- 1/4 tsp. salt
- 1 tsp. vanilla

1. Beat eggs and sugar. Add vanilla.

2. Mix dry ingredients and add to the above.

3. Melt butter and milk. (Do not boil.)

4. Add quickly to the batter (do not overbeat). Pour into a greased 9 x 13" pan. Keep an eye on it from about 30-35 minutes. It should be golden brown on top when it is done. Stick a toothpick in the center to be sure it is ready to eat. Enjoy!

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