

Senior Snapshot

Mom of Five Always Been Active in Local Community



Cheryel Kanan is with her children at an event in Marina del Rey. From left, back row, Dan and Jim. Front row, Nikki, Cheryel, Debbie, and Tami.

“How did you keep so busy in the community when you had five children?” I asked Cheryel Kanan, subject of our Senior Snapshot.

“Somehow, you did it,” she recalled. “Once Dan (her oldest) went to kindergarten, I got involved in the PTA. It was simpler then. The kids played at the park, or we went to the library. They didn’t have all the after-school activities kids today have to attend.”

Cheryel, an only child, grew up in Mar Vista. When her dad was in the service in WWII, her mom purchased a lot to build a home. At Venice High School, Cheryel became a member of Junior Achievement and was interested in finance. As Cheryel became more involved in local organizations, she kept gravitating towards the financial

positions that were available.

When Cheryel looked back over her personal history, she explained that in the late ‘50s, she worked at McCarthy Drug store on Ocean Park and Lincoln. Her future husband, Dan Kanan, worked at the store’s Montana Avenue location. He would make deliveries between stores. One night he asked her out.

They started dating and in 1960, they married and lived in Santa Monica until the spring of 1961 when they bought a small home in Mar Vista. Their son Dan was born in the summer of 1961. In 1963, they bought a lot in the Pacific Palisades to build their dream house. There, Dan was joined by Debbie, Jim, Nikki, and Tami as all were brought up in the Palisades, where Cheryel still lives today.

While she began to describe her activities in the community, I continued to be impressed. She has been on the Santa Monica Family YMCA Board of Directors for 14 years. Her husband, Dan had been on this board for over 40 years. She is the chair of the Human Resources Committee at the Y and a member of the Finance Committee.

In 1973, she joined Las Doradas which had been chartered in 1964. This group was made up of women

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Do you recognize the totem pole that sits at the end of Palisades Park? The photo on the left was taken in 2022, the one on the right, in 2012. The totem pole, which depicts a raven, a fish, a bear, and a wolf, was created by Chilkat Tlingit Indians in Alaska and donated in 1926 by J. Walter Todd, a member of the Santa Monica Rotary Club.

Recognizing Women’s History Month

By Julia Abbott

Women’s History Month is an incredibly important holiday with a complex history. That history will hit close to home for many Californians. In fact, Women’s History Month traces its beginnings to Sonoma, California. In 1978, the school district of Sonoma decided to host a week to honor women’s contributions. Presentations were given at dozens of schools, stu-

dents participated in an essay contest, and a parade was held in downtown Santa Rosa. This idea began spreading to schools around the country, eventually drawing the attention of national groups.

President Jimmy Carter issued a presidential proclamation declaring the week of March 8 as National Women’s History Week. Congress followed suit. The National Women’s History Project

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Do You Recognize This Neighborhood Celebrity?

(Answer on Page 4)



Santa Monica Family YMCA Camp Big Bear is where your children can escape the city to explore nature, make life-long friends and more importantly, it’s a place where kids can be themselves. Campers will experience fun-filled days in their cabin groups enjoying activities such as arts and crafts, swimming, hiking, archery, sports, and so much more. For more details, contact Erika at 310-393-2721.

Make a Difference in the Life of a Homeless Student

Homelessness has a devastating impact on education. There are more than 160,000 children experiencing homelessness in Southern California. They face daunting odds. They are nine times more likely to repeat a grade. About 75% of the students do not graduate from high school.

School on Wheels is a local non-profit organization that matches K-12 students living in homeless situations with their very own on-line tutor, plus free backpacks, school supplies, scholarships, and devices to make things easier.

You can help. Become a volunteer tutor today! Just one hour a week can make a huge difference. Visit schoolonwheels.org to find out more information.

Byte by Byte

The History of Women in STEM: To Infinity, and Beyond



By Miceala Shocklee
With March heralding Women’s History Month, it’s that time again to celebrate the women in STEM whose work brought us into the modern age. Without these women, life today might not have space travel, the internet, or even computers.

• **Ada Lovelace** - Where would we be without Ada Lovelace? Even with a famous (and famously mercurial) poet father and keenly logical mathematician mother, Countess Lovelace managed to surpass her imposing Byronic parentage and become the person known for having laid the foundation for all of computer programming.

Through her mother’s direction, Ada became deeply entrenched in math and science, a feat impressive enough given the social barriers to entering those fields in her day. She went on to partner with

Charles Babbage. While it may have been Babbage’s name that was attached to the invention of the “Analytical Machine,” he and Ada both worked on it, and it was Ada who recognized that the idea for the machine went well beyond mere calculation. She was the mind who pushed the machine’s capabilities onwards. In 1843, her notes describing an algorithm for the “Analytical Machine” to employ to compute Bernoulli numbers were published in addendum to a transcribed lecture of Babbage’s – and so it possibly became the first published computer program.

• **Hedy Lamarr and Radia Perlman** - Hedy Lamarr was a force to be reckoned with, on screen and off. An actress of international acclaim and adventure, Hedy Lamarr’s history tracks from the Hollywood Walk of Fame into the National Inventor’s Hall for her work on frequency hopping and

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Mom of Five (Continued from Page 1)



Cheryl’s grandchildren gather with her. From left back row, Malia, Kobe, Jake and Daniel. In the front row, Kaia, Alani, Cheryl, Emma, and Lily.

who aged out of the Palisades Junior Woman’s Club. Their mission is to support the Neighborhood Youth Association (NYA) after school program in Venice. She was president of Las Doradas in 1981. The club has a once-a-year fundraiser which is a very popular luncheon and bazaar. Cheryl has been treasurer of this group many times over the last 49 years, and continuously for the past nine years. They proudly raised \$36,000 for the NYA last year.

Another group where Cheryl gives her time is to the Night Lights, an auxiliary of the Assistance League of Santa Monica. She has been their treasurer for the last seven years. The League members run their wonderful thrift shop on 15th Street just above Broadway. Their funds also provide camper-ships for children and scholarships for young people who were in foster care. Cheryl has been a member of this group for 33 years.

In addition to her volunteer activities, Cheryl also had a “day job” as the business manager for the *Palisadian Post* for over 28 years. She had been president of the Palisades Chamber of Commerce from

1993-94 while she worked at the newspaper office. In 1996, Cheryl was named the Mort Farberow Business Person of the Year.

The Palisades is famous for their July 4th Parade down Sunset Boulevard. Cheryl and Dan were named parade marshals in 2000. In 2006, Cheryl became the president of the Palisades Americanism Parade Association (PAPA). She pointed out that they begin planning their July 4th activities in the month of January,

And, as you might expect, she became president of the PTAs at the schools her children attended, and she said, smiling, “I was often the treasurer, too.”

Currently, Cheryl is a bookkeeping consultant for 14 hours a week. But, with three grandsons and five granddaughters, she is spending more time going to watch their various sporting events, which include soccer, volleyball, basketball, and lacrosse. “I love going to all the sports,” she shares.

In-between her bookkeeping and community organizations, Cheryl finds time to garden and cook, which she also enjoys.

—D.M.

Recognizing Women’s History Month (Continued from Page 1)

successfully petitioned Congress to expand the event to the entire month of March, and the United States of America has observed Women’s History Month yearly throughout March since 1987. Nowadays, many schools use March as a month to focus on Women’s contributions to society or focus on influential women in history.

The 2022 Women’s History Month theme is “Providing Healing, Promoting Hope.” This theme was chosen to honor the work of caregivers and front-line workers throughout the pandemic, as well as to explore the ways women have provided healing and hope throughout human history. In fact, the role of women as healers has been around since ancient times. Women have also been instrumental in fighting division and providing compassion in our complex world, and the multi-faceted topic allows room to explore the many women who have done so.

International Women’s Day is even older than Women’s History Month. It took place for the first

time on March 8, 1911. With the first U.S. female vice president currently in office, we can see history unfolding in front of our eyes! Women will continue to provide healing and hope, and we can all learn more about the women who have done so throughout history.

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Clergy Corner

Nurturing Children’s Spiritual Development



By Reverend Janet Cromwell, Associate Pastor

Religious communities deeply care about nurturing children’s spiritual development and theological understanding. In my denomination, this desire to foster faith forms the foundation of Christian education programs, including Sunday School, Vacation Bible School, confirmation classes, and retreats. Each of these worthy events are designed to provide Biblical knowledge and encourage an encounter with the living God.

Many people think that it is the sole responsibility of churches and pastors to teach and inspire children, yet in developing the faith life of children, no one has more influence than a child’s parent. After all, parents spend around 2,500 hours/year with their children. By comparison, even the most involved child is likely to spend less than 100 hours in church activities! This means that the primary location of spiritual growth occurs within the home.

For many parents, the thought of guiding their child’s faith development seems daunting. Some parents feel that these topics are not within their expertise. They also wonder when this could be added to an already packed daily schedule.

So, what can parents do to

nurture their child’s faith? Some possibilities are simple and easy to do. For example, on the ride home from school, parents can ask, “Where did you see God at work today?” These brief moments are often called “God sightings.” Before a meal, family members can name one thing for which they are thankful, thereby establishing a habit of gratitude. Parents who speak about their own spiritual journeys will exponentially increase the likelihood that their children will remain connected to a faith community as adults.

Oftentimes, parents worry that they won’t have answers for their children’s questions about God, the Bible, or beliefs. It’s fine to respond with, “I don’t know.” This shows that a life of faith will always include questions, new information, and greater understanding over time.

Increasingly, religious leaders are partnering with parents as the most effective way to assist children to grow in faith. Helpful resources, such as *99 Ways to Raise Spiritually Healthy Children* by Kathleen Long Bostrom, can be a great place to begin the conversation. Our children will surely be blessed.

Rev. Janet Cromwell can be found at the West Los Angeles United Methodist Church at 1913 Purdue Ave., Los Angeles, CA 90025. Contact her at 310-479-1379 ext. 102, or jlcromwell8@gmail.com.

As the Page Turns

Reviewing New Children’s Books

This month we asked Rosalyn Litvack and Jackson Litvack, two avid readers who just celebrated their ninth birthday to review the children’s books we were asked to read at the paper.

Rosalyn, a third grader, wrote “For this month, I read five books. The first four books were the Unicorn Jazz Books (Unicorn Jazz, Being-Happy, Eye See You, and The Thing I Do) written by Lisa Caprelli and illustrated by Davey Villalobos.

“I liked the books because they were about choosing to be kind, or learning to be kind and helping each other. I enjoyed the illustrations because they were colorful and showed unique animals in the stories. I would recommend these books for kids who are four to five years old because I think younger kids would like all the mythical creatures like Unicorn Jazz and to learn more about kindness.

“The only recommendation for improving the books is that if you are a younger reader who is just learning your letters, then some of the lettering shapes were harder to read than others. Overall, I would recommend this series. My favorite part of these books was that the animals were different and expressed themselves in different ways. They were able to find activities that connected them together even though they were different. This is a good reminder that even though we may have differences, we can still find things in common to have fun together.

The last book I read was From

the Pocket of an Overcoat by R. Vincent. I liked the message of the story that even if you are different, it does not mean that you do not belong. The book started out with the dogs believing that Max does not belong because he is a cat. But by the end, the dogs agree that Max should stay because he is a good friend. What I think the book could have done better is provided more details in the illustrations. The book is good for younger kids, ages three to five years old.”

Jackson, also a third grader, reported that he read three books this month, From the Pocket of an Overcoat by R. Vincent, Who is that I Hear? by DJ Hill, illustrated by Julie Andriansen, and Now What? by Brenda Faatz and illustrated by Peter Trimarco.

“What I liked about From the Pocket of an Overcoat is that the book showed that even if you are different, you can still fit in. I feel the age for this book is three to six years old. I think that the illustrations for the book could have been more detailed and colorful to catch the eye of younger kids. Overall, I would still recommend this book because of the message.

“Next up is Who is That I Hear? I liked that the book was poetic, and it used simple rhymes. I really enjoyed the illustrations and it would be a great book for kids ages four to five years. I think the book could have had a more involved plot, but it is probably good for the younger kids.

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Could “Senior Moments” Be the Result of Too Much Knowledge Rattling Around in Your Brain?

By John Grimaldi

Dementia is not an inevitable part of growing old. On the other hand, memory issues are, indeed, a part of the aging process.

A new study published in the journal, Trends in Cognitive Science, reveals that perhaps forgetfulness is a result of an overabundance of information we have stored in our brains, according to the authors of the review, Tarek Amer at Columbia and Harvard Universities, and Jordana Wynn at Harvard. Their assessment asserts that: “Healthy aging is accompanied by declines in control of attention. These reductions in the control of attention result in older adults processing too much information, creating cluttered memory representations. Cluttered representations can impair memory by interfering with the retrieval of target information, but can also provide an advantage on tasks that benefit from extensive knowledge.”

In other words, the older you are, the more information you have stored in your brain – so much information that it can interfere with your ability to remember. However, as someone once explained, it is normal to forget where you left your glasses. The Centers for Disease Control and Prevention [CDC]

say that forgetting things that can disrupt your life is not part of growing old.

The CDC says the risk factors for dementia include smoking, high blood pressure, not getting enough exercise, being overweight, trouble sleeping, isolation, and blood sugar levels. They cite the British medical journal, The Lancet, which suggests that dealing with these risk factors can “prevent or delay” 40% of dementia cases.

There is a distinct difference between being absent-minded every so often and serious cognitive problems, according to the National Institutes of Health [NIH]. The NIH notes that “It’s normal to forget things once in a while as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home.”

One can only report on the differences between “senior moments,” normal occasions of forgetfulness, and the potential of dementia. So, if you believe you are having too many forgetful moments, you should consult your health care provider.

John Grimaldi is from the Association of Mature American Citizens (AMAC). Online at www.amac.us.

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Reflections From The East

Winter Lament: Losing Touch With the Birds



By Qin Stubis
Living in the northeastern United States gives me the joy of four very distinct seasons. There is always a predictable time of year when cold arctic air descends, bringing along ice, sleet, and snow. Then, I know for sure that winter, my hot chocolate season, has arrived. After all these years, I'm still enchanted by its uniquely beautiful grey and white color palette. As the weather turns brutal, my husband, Mark, religiously leaves bowls of birdseed on our stone patio, turning it into a feeding station. When our children, Keaton and Halley were little, the four of us

gathered around a window for a real-life nature show, enjoying seeing birds of all colors and sizes congregate in our backyard.
"Do birds have homes, Dad?"
"Yes. They are called nests."
"Where?"
"In the treetops."
"But the trees are bare."
"What can they do if they are cold?"
Though many years have since passed, and my children are now both grown, these childish questions still come back to me and echo in my memory as I watch the birds flock into our yard for that bowl of seeds placed there by their very devoted, compassionate friend, my husband.
What would they eat if Mark didn't give them food? How do they

keep themselves warm besides puffing up their feathers? Do all birds have a nest to go home to at night? These days, I'm conjuring up my own questions.
But, how much do I really know about birds or, for that matter, any animals living in the wild? How much does my daily life resonate with theirs? I cannot even tell if the blue jay who visited today is the same one who came the day before, or explain why mourning doves sometimes stop by singly instead of in their normal pairs. I see them every day, and yet, sadly, I don't know them at all.
A shelter for most of us humans means a climate-controlled apartment or house, and we have plenty of clothes, shoes, and blankets to keep us warm. Whether a curse or

a blessing, civilization has removed us so far from Nature that we now leave the understanding of other species only to the few who devote their lives to studying them.
In the struggle to survive, humans seem to have the upper hand. And yet, maintaining the balance of our ecosystem, which ensures our own survival, also requires the presence of other species. In that sense, those living in the wild should be regarded as our neighbors and friends who we should care about and coexist with. But, how can we do this and help them if we don't even know them or understand their needs?

You can always reach me at qstubis@gmail.com and please visit me at www.qinsunstubis.com.

Taking the Time to Find Joy in Reflection



By Cheryl Thode
Well, we made it to March! How has 2022 been treating you? Were there some unexpected blessings that came your way, some unfortunate events that occurred, or have the days just been going by so fast that you really have not had time to even reflect on what has happened these past months?

If you are like I am, my mood and answer depend on the time of the day. Early in the morning, with a full day ahead of me, I am typically beaming with positivity. By mid-afternoon, (still trying to figure out dinner and how to get any excess energy out of my toddler), I'm starting to feel a little anxious about getting everything done that I planned to do for that day.
Then by evening, I am on autopilot trying to get through whatever tasks are needed, just to help reset my family and myself for the next day. Then, it all repeats. It's very easy to get bogged down by what seems like a constant cycle of too much to do in too little time. If one is not careful, it can make you go bonkers.
So, how can you stop the craziness, and garner a moment of peace and contentment in our otherwise time constrained, overwhelming world?
Find the quiet. Find the joy in the moment. As a mom and parent in today's world, you find yourself chasing your toddler around, shuttling your teenager to events, making time to attend your child's recitals, doing the laundry for the family, oh, and making dinner, to name just a few tasks.
So, is there really time for quiet, reflection, and joy? Yes, there is! Furthermore, taking this time is a necessity. We moms, (and society in general), need to make the time to reflect on our daily experiences, to not only give us a break, but to also help make us the moms we want to be for our kids.
We have all experienced our own sense of COVID-related losses these past two years. As we hopefully emerge past the pandemic these next few months, we are faced with the reality that we have a new normal. Additionally, it seems as though we are all a little

closer to our breaking points.
There is an overall feeling of stress, resentment, and lack of civility among us, our neighbors, our friends, our family, and our society. However, this does not have to be our continued reality.
Instead, let's take the time to reflect on our surroundings, lives, and beings. Taking time to reflect means slowing down enough to stop, enjoy our surroundings and life, and ultimately to figure out what is important to us. What do you like to do? What do you enjoy? Who makes you feel good when you are around them? What was the last activity you did that gave you joy? Where did you see God in the world?
As we continue to advance into our post-pandemic world, it is up to us to make the extra effort to better the world and ourselves. Do not increase your pain, guilt, and disharmony by getting bogged down by work and to-do lists in place of joy. Rather, take a few moments a day to reflect on your surroundings, give thanks for your life, and experience joy. If you find it helpful, jot down a

Answer to Neighborhood Celebrity
(Continued from Page 1)



Raye Thomas is a Senior Branch Premier Banker at Wells Fargo Bank. He is a stylish dresser who enjoys shopping and hanging out with his friends. He is very knowledgeable when it comes to bank policies and procedures.

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Mini Message Bulletin Board

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Chef Jahrid Brings a Taste of the Caribbean to Santa Monica

Last month, our Chef Jahrid Longsworthy, participated in the first segment of the City of Santa Monica’s recognition of Black History Month. He did a healthy cooking demonstration, pointing out why his choices are always dairy-free. He prepared the meal in one of our fire stations. I’m told the fire chief and firefighters really enjoyed the dish he prepared. It looked delicious. I’m sure the scents in the kitchen were tempting while he was putting the ingredients together. Here is the recipe from Jahrid.

Caribbean Curry Chicken

- 1 lb. chicken breast, diced
- 1 large red onion, chopped
- 3 bell peppers (tri color), chopped
- ½ cup chopped fresh cilantro
- 3 Tbsps. curry powder
- 1 Tbsp. ground ginger
- 3 cloves diced garlic, or 2 Tbsps. garlic powder
- 1-1½ cups coconut milk (canned is better)
- ½ cup water
- Salt and pepper to taste
- 1 Tbsp. oil

Directions:

- In a mixing bowl, combine diced chicken breast, curry powder, and ginger. Mix together as to coat the chicken with dry seasonings. Use a spoon, as curry stains your fingers.
- Add oil to saucepan on high heat. Place the chicken in the sauce pan



Chef Jahrid did a cooking demonstration to start off Black History Month in a Santa Monica fire station kitchen. Above, he is being filmed.

- and let it sauté on each side for about 4-5 minutes, or until golden brown.
- While the chicken is cooking, take another mixing bowl and add the onions, bell peppers, cilantro, and coconut milk to the bowl.
 - Turn the mixture so all of the vegetables are coated.
 - Add the vegetables and water to the cooked chicken. Then, add salt and pepper to taste. Cook for about 10-15 minutes until the chicken and vegetables are tender.
 - Serve and enjoy.
- You can substitute shrimp for chicken. Or, add broccoli, cauliflower, potatoes, or any of your favorite vegetables to the dish.

Top Tips From a Divorce Lawyer: Charting the Course Ahead

By Mara Berke, J.D., M.S.W.

Are you thinking about divorce or separation from your partner, but still have some concerns? Before you choose to continue down the path of separation, have you considered ways to improve your mental health, the process involved, and how to gain insight about the entire procedure?

Getting help early on in the process of making a possibly life-changing decision has clear benefits for you, your partner, and your whole family.

If you haven’t yet, investing in marriage counseling, even if you’re not sure you want to stay together, is a first step. There are different types of marriage counseling, including Emotion Focused Therapy, the Gottman Method, Solution Focused Therapy, Cognitive-Behavioral Therapy, Narrative Therapy, and Imago Relationship Therapy. Consider which option fits you best, and find a therapist who specializes in it.

Taking the Time (Continued from Page 4)

couple of reflections in a journal to return to later. Whatever helps you to take a breath, do it. Please do not lose sight of your human need for joy and reflection. Rather, embrace it. You’ll be happier if you do.

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>.

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Passing Through the Pico Neighborhood Making a New Beginning

By Stacy McClendon
I had the pleasure of interviewing a third generation Santa Monica resident, Dante Harrington. Dante’s grandfather owned property in the Delaware and Pico neighborhood. His mother and aunt lived in a couple of the units. Dante was born on January 24. He was called the “Surprise Baby,” as his two brothers and one sister were already 15, 17, and 19 years old when he was born.

Dante attended the preschool on Delaware and Pico, Will Rogers Elementary School, John Adams Middle School and Santa Monica High School. In high school, his mother retired, and decided to be an avid student supporter. Even with the parental support, Dante began to rebel and decided to join a gang in high school. Upon graduation in 1995, he enrolled into the American Career’s Dental Program. But, that was short-lived, as he was shot in the back, right across the street from the preschool that he had attended as a child.

Dante did manage to complete the dental program, but he had some unproductive detours until his focus once again was on staying out of trouble, working his job at Petco, and planning for firefighter camp. He had always wanted to become a firefighter since he was a child.

This new plan was also short-lived, as Dante and a friend were shot several times upon leaving a store not far from his home.

Luckily, they both survived. However, Dante was very angry and felt that God didn’t care about him, as this happened right when he was making positive changes.

Dante once again took a life detour that was not very productive



Dante Harrington at work.

and he forgot about his dreams. But during this time, a church family friend helped him get into home health care for work. This move changed his life for the better. In 2013, Dante began dating Schinal. She is a woman that he had liked since high school. They later married in 2015, and have a blended family of five children. While dating, she assisted him with his resumé so he could start interviewing again. This helped him land a position at Ocean Park Community Center’s (OPCC’s) Access Center. Now, Dante is determined to help change other people’s lives through his position as a Compliance Specialist with the St. Joseph’s Center. He credits his faith in God, his mother, wife Schinal, and family as deep reasons of why he was able to change his life.

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

Daylight Savings Time begins Sunday, March 13. Move your clocks forward an hour.

Beyond the Grave

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Jeffrey’s “Really Helpful Inheritance Tips” at: www.facebook.com/BEYONDTHEGRAVEBOOK

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Looking for Gently-Used Golf Clubs



Crossroads School senior Siddharth Ganapathy is working with the Southern California PGA on a charity initiative.

Crossroads Senior Siddharth Ganapathy, is working with the Southern California PGA on a program called “ClubsForeYouth.” This initiative aims to provide golf clubs to underprivileged high school students across Southern California. Siddharth reports that “Thus far, we have helped over 700 golf athletes across 105 high schools in Southern California and I am aiming to significantly increase this number through a donation drive.” He has been working with several country clubs in the Los Angeles area. He asks that if you have some gently-used golf clubs, you bring them to a collection bin at Crossroads School at 1714 21st St. in Santa Monica. That location is on the north side of Olympic Blvd.

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Top Tips From a Divorce Lawyer
(Continued from Page 5)

includes alerts to help guide tone), TalkingParents, AppClose, 2Houses (especially good for navigating expenses), Parently, and FamCal (a more minimalist app focused around providing a communal calendar and to-do list). Of all the apps, the most preferred are OFW and TalkingParents.

In conclusion, the top tip for navigating potential separation is to have support in place early on before making final decisions. Having resources and guidance in mind will help make any future divorce or separation plans much more manageable, and reduce conflict for you, your partner, and your whole family.

Mara Berke can be reached at Berke Family Law.



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Connect to Nature in March

By Julie Rensink Hanson
March is an exciting month for Southern California birdwatchers and anyone who enjoys nature. It's the time of year when nesting activity really picks up, migrants are seen along the Pacific Flyway, and visitors come to delight us for a new season.



Black-headed Grosbeak

Parents and caregivers can take advantage of this active time to introduce their kids to nature and teach about our wild birds, migration, and nesting. One easy way to get started is to hang out a bird feeder in a location where you and your kids can see it easily, such as outside a kitchen window or in a patio where you like to sit. Invest in a guide with pictures, such as *Backyard Birds of Southern California* to start identifying the birds you see. Don't worry so much about the names, just be a good observer of the sights, sounds, and activity around you. You can make a feeder together with your kids, or, if you can't do a feeder, consider a nesting box or bird bath and watch the fun begin.

Project FeederWatch continues through April. For information, visit www.birds.cornell.edu/pfw. For more information, call the Wild Bird Unlimited Nature Shop at 424-272-9000, or go online to www.wbu.com/santamonica.

Starting about the middle of the month, you may begin seeing some larger birds trying to drink from your hummingbird feeder. Don't be alarmed, these are the Hooded Orioles, taking in nutrition after the journey north. These master weavers are here to build nests in palm trees and will stay to raise their young through August. To attract them to your yard, you can put out a specialty oriole feeder with nectar and the grape-berry jelly they love.

Black-headed Grosbeaks also start moving through the area mid to-late March. They love sunflower seeds and will be searching for feeders that offer them this treasure. You will enjoy seeing the bright orange and black color of both the Grosbeaks and Hooded Orioles as they flash through your yard.

The Lesser Goldfinches are very active at feeders this month, as they prepare for nesting ahead. This is a good time to keep your Nyjer feeder full and maybe add another one to accommodate the larger groups. The American Goldfinches have molted and are showing off their brightest yellow and black plumage for all to enjoy.

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From the Santa Monica History Museum



Third Street Promenade, 1940 - Here's the 1300 block of 3rd Street looking north toward Arizona Avenue - Cars are parked diagonally, and decorative street lamps line the street. Businesses visible on the west side of the street include: The Hub, The Owl Drug Company, W.T. Grant Company, Leed's Shoes, JC Penney, Lawson's, Brook's, and Europa. Businesses visible on the east side of the street include: the Avon Hotel, Nittinger's, Marx Jeweler, and the Fox Criterion Theatre. The Fox Criterion Theatre marquee advertises a film starring real-life couple Joan Blondell and Dick Powell, likely "I Want a Divorce," which was released in September, 1940. A Sparkeeta Club Soda truck filled with crates of soda backs out of a parking space near Marx Jeweler. For historical reprints, please contact SMHM and specify the image number, (SMHM Bill Beebe Collection 3.2.4401).

Thoughts From a Second-Time Father

Thinking Ahead to the Future



By Michael Margolin
I have been writing this column since Alexa was born in 2013. Somehow, Jake is already five, but he seems older than that. Alexa

is going to be nine in the summer, and she might as well be 13.

Several times recently she has asked me why I do not want her to have "crushes." For some reason, what would seem like a reasonable answer to her question does not come out of my mouth. Like that it makes me sick to my stomach or that a part of me wishes she was still three years old. Telling her that I will never meet somebody who I think is good enough for her, is probably the most logical answer I could have to give. It is the best reply I have, for now.

Every year as the kids get older, we think to ourselves, well, nine seems a lot older than eight. Or, six is a lot older than five. I do not know when those thoughts stop, but they will not cease any time soon. Though the kids are three years apart, nine and six, and in the years to come, ten and seven, or 12 and nine, seems much greater a distance than just three years.

Especially as Alexa approaches these teen years, I begin to think about how she will reflect on her parents and her childhood.

My wife Enjoli has mentioned more than once that our kids will look back on their childhoods and smile, and I agree with her. We are beyond blessed that our children are happy and healthy, and we never, ever lose sight of that.

But, I wonder how they will think of Enjoli and me, and how we handled and will handle certain situations. Being a parent is not easy. I think that there are situations parents are faced with, especially with the current state of the world, where you are not sure of a right or wrong answer. What you do is simply what you think is best for your child. Sometimes, they comprehend it, and sometimes they do not.

Sometimes, it takes until they are adults to realize that. Perhaps, parents make decisions that will never make sense to their kids, even though the parents were only acting in what they thought was their kid's best interest. I suppose that someday it will be in my best interest to trust in Alexa that she will find somebody she feels is good enough for her.

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.

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Community Service on the Westside

The Rotary Club of Santa Monica Members Are People of Action

By John Bartlett, Director and Board Member

The COVID pandemic has not slowed down the Rotary Club of Santa Monica. In our 100th year of serving the community, we are on pace to log 1100 plus service hours during our fiscal year 2021/22. The current environment is challenging for us all, which makes it more important now than maybe ever before to be active locally. Our members continue to place "Service Above Self," and pitch in with many worthwhile projects in the city and surrounding areas.

"Get Stuff Done." Those are the words from a very successful businesswoman, with whom I have had the pleasure of working, that have stuck with us all here at the Santa Monica Rotary Club. The first page of our website says it well: "Together We Are People of Action, Serving Santa Monica and the global community since 1922."

More broadly, Rotary International is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Some examples of our Club at

work follow:

At the Boys & Girls Clubs of Santa Monica, members spent a day repainting last fall, and we continuously participate in career days there.

There is a strong partnership at Santa Monica College, via the Rotaract Club, where students get involved in our service projects.

For the Movember Foundation, we partner with them to raise money and awareness for men's mental health issues.

At Meals on Wheels West, our members have been helping with food delivery for years.

With Shoes for the Homeless, we partnered with this organization and other local Rotary Clubs to donate 2000 pairs of shoes.

And, with Holiday Angels, we worked with Connections for Children in the donation and distribution of hundreds of bags of toys for deserving families during the winter holidays.

We remain proud of the work we do, and are grateful for the opportunity to serve the community. If you are interested in learning more, or wish to join our club, please access our website at www.rotaryclubofsantamonica.org.

Join the SMBWC for Bridge, Book Club, or Artists' League



By Susan Barry

We welcome Spring in Santa Monica and look forward to fewer restrictions on our community. Bridge and canasta continue each Monday beginning at noon, and, we now have Mahjong, attracting new players and several new members to our Club. The Santa Monica Bay Woman's Club (SMBWC) is also offering bridge lessons for members.

For more information, you may email us at info@SMBWC.org and leave your name for further details, or stop by on Mondays to join in the fun.

Our Artists' League continues at 10 a.m. each Tuesday, and Book Group meets each Thursday at 6:30 p.m. at the Club. We are currently still on Zoom, and will happily send the link to you before the meeting. Our new Book Group format begins with a discussion of what participants are reading now, or books they've enjoyed in the past

and would like to recommend. Our March 17 selection is *Vanderbilt* by Anderson Cooper. If you enjoy reading, please join us to share books from your past, present, and what's on your list for the future! For further information, please contact the Club.

Please keep SMBWC in mind when looking for a place to host your upcoming event. We are available for large and small events, one or multiple day rentals, and are especially seeking other non-profit organizations looking for an event site. Please reach out for further information on becoming a member, rentals, or activities at: info@SMBWC.org.

Due to our COVID protocols, everyone must show proof of vaccination at the door and bring a mask to comply with current rules for all indoor meetings.

The Santa Monica Bay Woman's Club is located at 1210 4th Street, Santa Monica, 90401. Call 310-395-1308 for more details about events and membership.

An Update from ERBA Markets

More Information About Cannabis

By Stephen Freedman

Q: Is THC% in cannabis like ABV% in alcohol?

A: While ABV percentage correlates to the potency of alcohol, this is not the case with cannabis. THC% is an important characteristic in cannabis, but it is not the ONLY one to concern yourself with. We refer to the complete experience as the "bouquet effect." THC% is taken with the strain, the lineage, cannabinoids, and terpenes to find a more specific effect. Cannabis is similar to wine in this regard, with many different factors creating a one-of-a-kind product.

Q: Can I overdose on cannabis?

A: Overdosing from cannabis is impossible, in the traditional sense. Consuming too much cannabis can cause disorientation, anxiety, rapid heart rate, and/or confusion. These conditions, while conducting other activities like driving, can lead to injuries or accidents. But that being said, you cannot harm

yourself directly by consuming too much cannabis.

Q: What is a medicinal cannabis recommendation and how can I obtain one?

A: A doctor can prescribe a patient a cannabis recommendation that provides them with certain benefits when it comes to purchasing and possessing cannabis. A recommendation must come from a licensed doctor in the state in which you reside, and that recommendation is only valid in that state to residents 18 years or older, (only patients 21 years or older may enter a dispensary without a medicinal recommendation). Some benefits include breaks in taxes upon purchase, as well as increased purchase and possession limits. We actually have a kiosk in our lobby in which our patients can obtain a medicinal recommendation in less than 15 minutes.

For more information on ERBA markets, see back page.

Help the Lions Continue Their Legacy



By Linda Levee

"A happy life consists not in the absence, but in the mastery of hardships."

—Helen Keller

Our Santa Monica Lions Club has joined with the Pacific Palisades Lions and our new name is Santa Monica-Pacific Palisades Lions Club.

For more than 60 years, the Santa Monica Lions Club held our annual pancake breakfast to fund our service projects, including youth activities, food delivery, dental care, scholarships, and vision care.

The breakfast was a wonderful way to come together with friends, celebrate Santa Monica, and raise money to support our community. With the uncertainty brought on by the COVID-19 pandemic, we made the tough decision to discontinue the event.

We remain committed to helping

the Westside community through our grants program to local non-profits addressing food, health, and educational needs. The safest way we can meet this challenge is to ask you to continue the support you gave us for our pancake breakfast, with a donation to the newly formed Santa Monica-Pacific Palisades Lions Club.

Donations may be made by check to the Santa Monica-Pacific Palisades Lions Club, P.O. Box 3435, Santa Monica, CA 90408. Or, you could contact Lion Pam Andrews, Club Treasurer, at 310-393-2721, ext. 119, to donate by Venmo or credit card. Our new email address: smpplionsclub@gmail.com.

Thank you in advance for your continued support for our community. If you are interested in participating in our Santa Monica-Pacific Palisades Lions Club, please call President Lion Kingsley Fife with your questions, or for information at 310-454-2960.

SMC's Drescher Planetarium to Hold Live Virtual Shows in March

The Friday evening shows are at 8 p.m., and are preceded by a streamlined virtual digest of the popular Night Sky Show at 7 p.m., offering the latest news in astron-

omy and space exploration. The shows include the chance to chat with the planetarium lecturers and ask questions. Go to smc.edu/planetarium for more details.

Nutrition and Healthy Eating 12-Week Class

The Santa Monica Family YMCA is sponsoring a nutrition class with Providence St. John's Health Center beginning Monday, March 14 from 2-4 p.m. via Zoom. There will be discussions, recipes, and cooking demonstrations to make healthy eating satisfying, afford-

able, and delicious.

For more details contact Lidia Magarian at 310-393-2721, ext. 129, or email lidiam@ymcasm.org.



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Why is My Dog Licking His Feet?



By Dr. Frank Lavac MS, DVM
Q: My four-year-old labrador retriever licks his front feet routinely and also rubs his face. What could be wrong with my pet?

A: These are common signs associated with inhaled allergies, also referred to as Atopic Dermatitis (Atopy). It somehow seems odd that they wouldn't develop respiratory problems like people, but that is not how the disease manifests in dogs. Often, dogs develop Atopy at one to three years of age. They often respond to steroid treatment very well, but this is not a good long-term solution. It often is associated with seasonality due to more spring and summer itching. In

Southern California, where seasons are sort of blended together, the seasonality can be somewhat unpredictable.

There are many very safe treatments now. CADI or Cytopoint is a monoclonal antibody that blocks the itching cascade. It typically lasts one to three months. An oral medication called Apoquel (Oclacitinib) is a very effective oral medication as well. In some cases, secondary bacterial infections need to be treated to help resolve skin disease. Cyclosporine (Atopic) is another drug that is less commonly used to treat refractory cases of Atopy. When the itching fails to be controlled with these more common medications, then a veterinary dermatologist should be consulted.

The vet will make sure the diagnosis is correct and, in some cases, perform skin testing to identify the exact cause of itching. Then, the vet can use special serums to reduce itching.

Antihistamines are not generally very effective. Drugs containing steroids have been used more in the past, but now that we have safer medications, they have fallen into disfavor. Itchy skin is one of the common reasons dogs are presented to the hospital. We have made major advances in giving our pet dogs relief from this problem.

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

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The History of Women in STEM (Continued from Page 2)

spectrum spreading in radio guidance systems during World War II. Her techniques have had broad application, from Bluetooth and GPS function, to principles employed in WiFi.

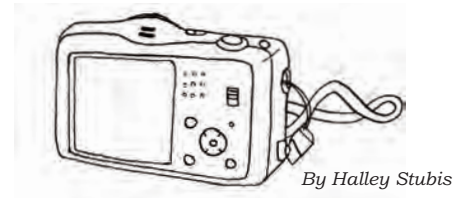
Born 37 years after Hedy Lamarr, Radia Perlmann built on Hedy's foundation and took the technology world by storm. Radia's achievements in math and science stack into a dizzyingly high legacy, but it was her work on the spanning tree protocol, a strong piece of programming providing solutions across the intersection of network bridges, loops, and local activation networks, that paved the way for the microsecond-quick internet as we know it, and that has earned Radia Perlman the epithet "Mother of the Internet."

• **Katherine Johnson** - Absolutely no list celebrating the founders of modern technology would be complete without "human computer," Katherine Johnson. Of Hedy Lamarr's age, and living to an admirable 101 years of age, Katherine Johnson literally worked for NASA before NASA even technically

existed (i.e. when it was still called NACA, or the "National Advisory Committee for Aeronautics"). As now dramatized and memorialized in the 2016 movie *Hidden Figures*, Katherine famously calculated the trajectory for the 1961 space flight of Alan Shephard, the first American in space.

She also created navigational charts for astronauts to utilize should their onboard electronic guidance systems fail. When it came time for astronaut John Glenn to undertake his orbit around the earth, a route that NASA had used electronic computers to calculate for the first time, he refused to start the mission until Katherine specifically had double checked all the calculations.

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



By Halley Stubis

Planning Ahead

Who Will Read Your Will When You Are Gone?



By Lisa Alexander, Esq.
I recently read there is a legal battle brewing over keeping Prince Philip's Will private. Apparently, the Court ordered the Will sealed for 90 years. The British press is arguing the Will is a matter of public interest and should be made public.

Compare to California law: When a Will goes to Probate, the Will becomes part of the public Court file, available for anyone to see. Even if there is no Probate, whoever has the original Will of a deceased person is required to "lodge" the original Will with the Court. When an original Will is lodged, but there is no Probate, the Will is held for safe-keeping, but it is not part of the Court's public files.

When a person dies with a Trust, the Trust remains private except the deceased person's heirs and beneficiaries named in the Trust and any heirs who aren't named in the Trust are all entitled to a copy of the Trust. The reason is so they can protect their interests under the Trust.

The only other exception to the (mostly) private nature of a Trust is when there is a Court proceeding that concerns the Trust. But unless the Trust becomes the subject of a Court proceeding, a Trust is

never filed or lodged with the Court and never becomes open to the public beyond the deceased person's heirs and the Trust beneficiaries.

If a person dies with a Trust, there should also be a Will that may or may not go to Probate, but even if it does, the Will might only say that any assets of the estate go to the Trust (called a "Pour Over" Will.) Since we will likely never see the Trust, the Pour Over Will does not reveal much of anything. This can leave the public curious about the estates of celebrities and public figures.

Nevertheless, there are many famous people whose Wills can be found on the internet, including Princess Diana, Jacqueline Kennedy Onassis, and Leona Helmsley who purportedly left 12 million dollars for the care of her pet dog – for all to read about!

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Discover New Places to Go

By Pamela Lawrence

• **Tuesday, March 1-March 31 - Meme Madness Virtual Teen Program** - Create original library/book- themed meme to be shared on social media! Hosted by Santa Monica Library. For more information, email: jeff.kaplan@santamonica.gov. Ages 13+.

• **Through Wednesday, March 30 – Art Exhibition by Walter Erra Hubert.** Visit this original art entitled “Promising Skies” at Building Bridges Art Exchange at Bergamot Station Arts Center, 2525 Michigan Ave. Unit F2. 11 a.m. to 5 p.m., Tuesday to Friday, and 12 p.m. to 6 p.m. Saturday. Visit: <https://www.waltererrahubert.com>.

• **Ongoing Daily – Flutter Experience** – Participate in this unique interactive experience, merging art and play, and release your inner child through this private tour of independent art installations. Weekdays - 4 p.m. to 8 p.m., Saturday and Sunday, 9 a.m. to 8 p.m. For tickets, visit: <https://flutterexperience.com> or call 310-658-2131.

• **Ongoing Daily – Klimt-The Immersive Experience** – Enjoy a 360° digital art exhibition where you can step into the world of the amazing artist, Gustav Klimt, from the turn of the 20th century. Monday through Friday, 10 a.m. to 7:30 p.m., Saturdays and Sundays, 10 a.m. to 9 p.m. Located at 1345 N. Montebello Boulevard, Montebello. For tickets, visit: <https://klimtexpo.com/los-angeles/>.

• **Ongoing Mondays, Thursdays, and Fridays – Yoga and Meditation classes at IntoMeSea.** Try unique weekly classes at a new state-of-the-art Quantum Wellness Studio, where each instructor is a master of their craft. Located at 1812 Lincoln Blvd. Call for details and to sign up: 310-310-8711.

• **Saturday, March 5 – Marina del Rey Dragon Boat Festival** – Enjoy a day at the harbor with races every 10 minutes, entertainment, and food trucks. 8 a.m. to 3 p.m. Burton Chace Park, 13650 Mindanao Way, Marina del Rey. Free.

• **Wednesdays in March – Parent Workshop: Tweens, Teens, and Their Digital Lives** – A four-week workshop series will help you learn tips to guide your child (11+) through digital challenges and complexities. Food will be provided as well as free books on the topics discussed. Pico Branch Library/The Annex. Register at: <https://bit.ly/YouthProgramSignUps>.

• **Sunday, March 13 – Daylight Savings begins**-Don’t forget to move your clocks forward!



As the Page Turns (Continued from Page 3)

The last book was *Now What?* I liked that the book was very funny and descriptive. I feel like the plot should have been a little more interesting and developed because it was very repetitive. I would recommend this book for kids ages four to six years old.

“Of the three books I read this month for this review, my favorite was *From the Pocket of an Overcoat*, because it had the best message to share.”

• **Tuesday, March 15 – Adult Mystery Book Group Discussion - Closed Casket: The New Hercule Poirot Mystery** by Sophie Hannah. Discuss the new adventures of this popular detective. Ocean Park Library Branch. To register, email: library@santamonica.gov.

• **Wednesday, March 16 - Storytime: Santa Monica Police Chief Ramon Batista** – Young readers will enjoy a special storytime as our police chief reads to them. 11 a.m. to 11:30 a.m. Main Library, Central Courtyard. To register, email: bit.ly/YouthProgramSignUps. Ages 2 plus.

• **Thursday, March 17 – St. Patrick’s Day** – Be sure to wear green!

• **Sunday, March 20 – First Day of Spring** – Flowers are blooming.

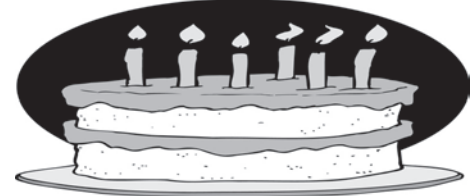
• **Thursday, March 24 through Sunday, March 27 – 10th Annual L.A. County Yarn Crawl**- Put on by Wildfiber Studio and Jennifer Knits, this live event spans 143 miles across L.A. County. Visit unique shops where you will learn yarn crafts and create new friendships. For event details, please visit: <https://layarncrawl.org/> or email: layarncrawl@gmail.com.

• **Saturday, March 26 – Everybody Dance L.A.!** holds The Celebration – Enjoy watching our youth dance in an unforgettable, beautiful location. 6 p.m. at Sofi Stadium. For tickets, contact: pbash@everybodydance.org, or 213-365-2492.

• **Sunday, March 27 – The Mad Hatter Tea Party** – Help support The Santa Monica Breakfast Club which provides free dental care for students in Santa Monica schools. Enjoy lunch and a fun silent auction. 12 p.m. to 3 p.m. Elks Lodge, 1040 Pico Blvd. For more details, please contact santamonicabreakfastclub@gmail.com.



Cathy Checchi and Char Lawrence invite you to their Mad Hatter Tea Party on March 27. The event benefits children’s dental care.



Happy March Birthdays to:

Pamela Lawrence, Sharon Johnson, Ross Furukawa, Kris Andresen, Margaret Talai, Jerry Harris, Pat Robles, Jeannie Kusserow, Stan Fox, Blair Brandenburg, Donna Byrd, Alan Glick, Larry Mortorff, Carol Ann Emmitt, Mike Cortrite, Monika Armendariz, Ellis O’Connor, Ruth Zacarias, Gail Litvack, and Tim Shannon.

From Me to You...



By Diane Margolin

The weather, for the most part, has been beautiful lately, even with the welcoming rain we sometimes get. To see the flowers blossoming in bright colors lifts my spirits. Maybe some of us take our weather for granted. One person who doesn’t is a cousin Eric from Toronto who got in touch with me recently. It was a surprise, as I haven’t seen him since he was a teenager. My grandmother, on my father’s side, took me to a family celebration many years ago. Her sister had five children, so as you can imagine, there were a lot of cousins.

Eric was not looking forward to going back to winter in Toronto. He had been touring the Southwest of our country with a friend, and stopped in Santa Monica to see the coast, canyons, and of course, the Super Bowl! He loved our weather.

Do you find that you have a lot of books to give away? Please call Terry Green at 310-488-0726 from the Santa Monica Family YMCA. He will come to your home to pick them up. He will take books for all ages and all topics. The books Terry collects are sold at the Book Cart on the main floor of the YMCA. Proceeds from the book sales go to camperships for the Y children.

My brother often flies his plane down to the Santa Monica Airport. We met there for a picnic on a Sunday. There are some lovely wooden tables, covered by umbrellas if you know how to open them, but the area has been landscaped and was perfect for a family picnic. The observation deck is a good place to bring young children to watch the planes come in and take off. It was such a pleasant place to be.

I am excited to tell you that the Montana Avenue Branch Library is going to be open for us to go inside beginning March 1. On Tuesdays, it will be open from 10 a.m. to 5 p.m., and on Thursdays, from 2 p.m. to 8 p.m.

For the 71st year, the Santa Monica-Malibu Unified School District will present *Stairway of the Stars*, a musical extravaganza highlighting the outstanding music education programs, and showcasing the talents of students from every school in the district. Nearly 900 elementary, middle, and high school students will “star” in the *Stairway of the Stars* outdoor concert in the Santa Monica High School Greek Theatre on Saturday, March 19, at 4 p.m. For tickets, go to www.StairwayoftheStars.org.

Have a wonderful spring. This is a perfect time to count our many blessings.

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