



Sending Valentines to family and friends has been a long-time tradition.

A History of Valentine's Day

By Julia Abbott

While we all adore the gifts from friends, family, and lovers, very few people know about the actual history of Valentine's Day. The holiday comes from the Roman festival of Lupercalia, once held in mid-February. The festival, which celebrated the coming of spring, was basically a giant matchmaking party. At the end of the fifth century, it was not Christian enough for Pope Gelasius I, who replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of love around the 14th century.

However, as there are several Christian martyrs named Valentine, the day may have taken its name from any number of them. This includes a priest who was martyred about 270 CE by the emperor Claudius II Gothicus. This

priest signed a letter "from your Valentine" to his jailer's daughter, whom he befriended after healing her from blindness.

Another possible option is St. Valentine of Terni, a bishop, although the two Valentines may be one and the same. See the confusion? Another theory is that St. Valentine defied the Emperor's edicts and secretly married couples to save husbands who would be sent to war, and it is for this reason that this day is associated with love.

The forefront of the holiday we know and love, messages and valentines, appeared in the 1500s, with sweet homemade cards. With commercialization in the late 1700s, commercially printed cards began circulating.

The U.S. caught on a little late, as the first commercial valentines

(Continued on Page 3)

Suzanne Verge to Share Family History at the Remembering Santa Monica Group February Meeting

By Taber Falconer

You are invited to join the members of the Remembering Santa Monica group at the Santa Monica History Museum on Tuesday, February 12 at 11:30 a.m.

Suzanne Verge, whose family has been a big part of the history of Santa Monica, will share pictures and favorite stories of her dad Art Verge from his full life in Santa Monica. These will include memories about Shirley Temple, Marion Davies, and more.

At the first Remembering Santa Monica group meeting of 2019, members discussed some of the issues that are impacting our city today, including traffic, homelessness, housing, and development.

The question was posed to the group: If money were not an object,

(Continued on Page 6)

Do You Recognize This Neighborhood Celebrity?

(Answer on Page 11)



Visit Terri Trinh to Discover Products That Increase Wellness



Terri Trinh has been sharing her background in helping people feel better for over 24 years at Acology, her Wilshire Boulevard store.

By Taber Falconer

If you want to maximize your wellness, or if you suffer from aches and pains, Acology on Wilshire Boulevard likely has a product for you. It's a one-stop shop for physical therapy equipment, and best of all, you can try everything out in-store.

We spoke with owner Terri Trinh about the business and its philosophy of helping people feel their best.

"We have a high standard here and are very particular about what we stock. We research and test each item to make sure there will

(Continued on Page 3)



Santa Monica High School grad Al Hamblin recently displayed more than 80 oil paintings that he had done over the past 60 years at the First Presbyterian Church in Santa Monica.

Photos by John Chase

Santa Monica High Alumni Reveals Avocation as Painter

By Taber Falconer

When Nancy Howell and Carl Spring found out that their dear friend of decades, Allen Hamblin, was a talented painter, they asked him, "Why didn't you ever tell us?" "Because you never asked," Al quipped.

Al, who has lived in the same Santa Monica home for over 70 years, retired in 1986 after a long and fruitful career as a teacher. Throughout his life, he has painted on his own time to satisfy an irrepressible creative impulse. While experimenting with art as a young man, he settled on oils as his primary medium, though he has also

used watercolors, ink, and is an avid photographer.

"Your mind has this perfect picture in it that you try to recreate," Al said of his process. "It's

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Planning Ahead

Time for Your Estate Plan Check



By Lisa C. Alexander, Esq.

It's a new year, time for your annual estate plan review. You don't need an attorney to do this. But every year, it's a good idea to pull your estate plan documents out of the drawer and read them over.

Make sure you understand how your Trust works: what would happen if you became incapacitated, and how will your estate be distributed in the event of death? Following are some questions to answer as you do your review:

- Have you provided for all the people who are important in your life? Are there people named who are no longer in your life? Are your beneficiaries older and more mature or just older, but possibly less mature? Should ages for distribution be changed? Do any of your benefi-

ciaries have "special needs" or governmental benefits that need to be protected?

- Are you satisfied that the people you have named as Successor Trustees or Executors can do the job? It's a lot of work. Do they have the time, and are they capable?
- Are there family dynamics issues that should be addressed, for everyone's protection? Sometimes this means difficult conversations and hard choices. If this is a second marriage, is your spouse protected? Will he or she be able to stay in the house for a period of time after your death?
- Are your children provided for, or will they have to wait until the step-parent dies before receiving their inheritance?
- Do you have a Durable Power of Attorney? Is it effective immediately or only if you become incapacitated? How would your incapacity be determined? Do you have confi-

dence in the people you have named as agents? Do you understand all the powers you are giving your agent? Should any powers be limited or expanded?

- Do you have an Advance Health Care Directive? Would the person you have named as Health Care Agent be able to carry out your instructions? Does that person share the same views as you about end of life care? Have you discussed your wishes with your agent?
- If you are satisfied with the answers, you can put your estate plan documents back into the drawer for another year. If there are changes to be made, don't procrastinate. Make sure your documents are up to date.

Lisa C. Alexander, Esq.
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 Santa Monica, CA 90401
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Byte by Byte

Getting to the Heart of the Turing Test



By Miceala Shocklee

While many important days of observation happen during February, the month by and large is dominated by Valentine's Day. The heart and card and chocolate-filled holiday celebrates partnership and commitment and, yes, Hallmark. But where does the mutual appreciation, the special understanding between two humans come from?

Science is still working on answering that question, and on defining what exactly "understanding" is to begin with, but the foundation for such research goes back decades, and arguably started with the now-famous "Turing test."

While the current purpose of Turing tests is up for debate, it appears that its founder's original intent was to create a test to examine a machine's ability to generate responses in a way that convincingly imitated those given by humans.

An interrogator would ask two subjects (one a human, one a computer) a series of questions, and based on their responses would try to discern which entity was which. Responses are given via text, so as to prevent any potential (and admittedly probably hilarious) text-to-speech issues on the part of the machine.

The Turing test was based on an older version of a game in which the aim was to determine which of two respondents was male, and which female. In both versions of the test, questions from the interrogator focused not so much on specialist knowledge or fact-based inquiries, but instead of questions with an emotional or aesthetic bent.

Whether used to probe machine or human, the Turing test is a strangely appropriate question for Valentine's Day, when we might consider what it is that makes someone else so dear to us. What makes the other person themselves? Whether for a card inscription or a statement of vow, how do we define what it is that makes someone special?

While a series of questions to a binary of opponents may not be the most helpful tool for figuring out that question on a personal scale, Turing, his test, and his life are well worth reviewing any day of the year when considering questions of identity, knowledge, and even love.

Dr. William G. Buxton is Director of Neuromuscular & Neurodiagnostic Medicine, and Fall Prevention at the Pacific Brain Health Center. PacificBrainHealth.org 310-582-7641.

Miceala Shocklee, a Caltech graduate, is our editorial assistant and a monthly columnist.

Brain Matters

Endeavors That Improve Balance Can Help Prevent Falls



By Dr. Bill Buxton

Endeavors that improve balance can prevent falls and help prevent memory loss. Balance is achieved

by complex communications between the brain and other parts of the body. With advancing years and disease, the risk of falling increases, and unfortunately, falls are very common and often devastating.

Fortunately, they are also often preventable. Affecting one-third of

older individuals annually, falls are no laughing matter. Of those who fall, 20-30 percent experience reduced abilities to perform daily activities, and one in ten experiences serious injury.

Additionally, the single strongest predictor of a future fall is a prior fall. Therefore, it is important to report any fall to your physician. Also, let your doctor know if you have a fear of falling, or if others have pointed out that you appear unsteady at times.

When you meet with your doctor,

he or she will ask about any prior falls and your medications and medical problems, perform a thorough exam, and often order blood tests and/or scans. Afterward, you will receive a plan to treat any underlying medical problem that can increase your risk of falls.

Additionally, your treatment plan will include physical therapy and/or exercise classes, which are the single most important proven interventions to prevent falls. Several different programs and types of exercise help, from dancing classes, to tai-chi, to strengthening and stretching programs.

Another important step is to make sure that your environment is safe and fall proof. These factors include keeping rooms well lit during the day and using nightlights at night, keeping floors clear of clutter or throw rugs, and installing bathroom safety items such as rails and slip-proof shower chairs. Make sure shoes fit well and aren't slippery. Regular eye exams are also helpful.

So, falls are inevitable, and there are many things you can do to prevent them. Activities are a lot of fun and help you remain balanced and active, doing things that you can enjoy with those who matter to you. And, as an added bonus, many of the endeavors that prevent falls can also help prevent memory loss!

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Westside Impressions



By Taber Falconer

Everyone has a story to tell. But as we all know by 2019, not all perspectives and experiences are represented in the history books – or even in local historical archives.

This winter my path crossed with Danish visual artist Maj Hasager, who is currently an artist-in-residence at the 18th Street Arts Center. Even though my first name translates literally to "loser" in her native language (Google it), she kindly agreed to tell me a little bit more about her work.

"My practice is primarily research based," Maj explained, "Recently, my work has focused on communities that have been displaced or exiled, and on people whose living conditions are precarious."

Maj moved to Santa Monica temporarily in October 2018 to study the 90404 district commonly known as the Pico Neighborhood. By utilizing a combination of media including film, sound, text, and

photography, she will, by the end of the year, produce a piece that reflects the histories of marginalized communities in our area.

"I don't have an agenda," Maj continued, "I want to learn more about the people who live here, and I don't know exactly where that will lead. Of course I have a methodology, but it's an open-ended process."

Through the Culture Mapping 90404 project, the 18th Street Arts Center has been digitally designating cultural landmarks, many of which would likely have gone undocumented by the historical bodies we rely on to preserve our city's history. When Maj, whose work deals with social structures, memory, and the built environment, discovered this project, she knew that 18th Street would be a perfect fit for her interests.

For more about Maj Hasager and her work, visit www.majhasager.net. Maj will be giving a research presentation, which is open to the public, on February 23 at the 18th Street Arts Center.

Visit Terri (Continued from Page 1)

be a significant therapeutic benefit for all of our customers," Terri explained.

At Acology, you'll find copper sleeves, massage devices, ergonomic pillows and cushions, heat and cold therapy wraps, weights, resistance bands, and more. The wide variety of products is designed to reflect the diverse health needs of the Santa Monica community.

With a background in acupuncture and massage therapy, Terri has a firm knowledge base in physiology and can quickly identify an effective solution for pretty much any complaint: foot pain, neck pain, swelling – you name it. Acology even carries hard-to-find pediatric pain management products.

"My niche is relieving discomfort in people of all ages," Terri said. "We pride ourselves on achieving real results."

When Terri isn't hard at work, you can find her spending time with her husband and kids. Every Friday, the entire family, including siblings, children, nieces, and nephews, gather at her mother's house for a traditional Vietnamese dinner. "It's my favorite day of the week," Terri said.

Stop by Acology at 1414 Wilshire Blvd., or call 310-260-9633 for more information. And, don't forget to ask about their 10% UCLA referral discount.



Join the Santa Monica Bay Woman's Club on February 9 at their special event to make your own valentines. Contact 310-395-1308 for details. Darlene Bahr and Lillie Benzon are displaying some samples they made.

A History of Valentine's Day

(Continued from Page 1)

here were printed in the mid-1800s. And, Valentine's Day today? The ever-present heart emphasizes love. Birds have become a common symbol, as the avian mating season occurs in February. Gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

Valentine's Day is celebrated in the United States, Britain, Canada, Australia, Argentina, Spain, Scandinavia, France, Singapore, Ireland, Greece, Portugal, Romania, Philippines, Lebanon, Mexico, and South Korea. In Israel, the Jewish tradition of Tu B'Av is the equivalent of Valentine's Day. In Taiwan, Qixi Festival and White Day are celebrated. In Japan, the holiday is

celebrated by women giving men presents, and men responding with presents to value two or three times.

The Philippines takes the cake, with February 14 being the most common wedding anniversary, and mass weddings of hundreds of couples are common on that date.

We have many choices when it comes to showing we care about another person. As Valentine's Day approaches, consider buying a special card, red rose, or See's candy this year for that special person.

We are delighted to have high school student Julie Abbott writing for us again.



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Reflections From The East

The Chinese Zodiac: My Birth Animal and Me



By Qin Sun Stubis
Five thousand years of Chinese culture and tradition stand tall and strong like the Great Wall, today welcoming with open arms all curious minds inside or outside the "Middle Kingdom," and ready to prescribe meaning to all human lives from birth to death.

Even in the modern era in different parts of the world, people can learn to use the Chinese lens of yin and yang to see their world like the ancient Chinese did. They can understand the harmony that balances the five basic elements of water, wood, fire, earth, and metal.

With the arrival of another Chinese New Year, many people's imaginations are captured by the twelve signs of the eastern Zodiac

with its colorful parade of animals consisting of the mouse, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig.

Each new Lunar New Year marks the arrival of a new Zodiac sign. On February 5, we will say goodbye to the Year of the Dog and welcome the Year of the Pig.

These Chinese Zodiac creatures are not just cute, cartoonish drawings. They arrive every year to bring us astrological predictions and guide us through the perils of life. A big celebration of the New Year ensures yearlong prosperity and helps conquer any obstacles along the way.

For the last two thousand years, all Chinese babies have entered the world accompanied by their very own birth animal. Although those born in the same year share the

same Zodiac sign, the character of that birth animal is uniquely individualized based on a combination of factors such as the birth time, date, season, weather, and even location.

For the Chinese, their birth animal often becomes an integral part of their lives, starting at a tender age. Different interpretations of the character of that animal often affect how a child is seen from birth, which can then turn into fulfilling prophecies of who someone eventually becomes.

I, for example, was born a mouse on a midsummer's night. My mother considered my birth symbol to be diligent and hard-working because a night mouse was a working mouse. So she named me Qin for diligence. I was brought up surrounded by people believing in my diligence.

What if I were born during the day in the autumn or winter? What kind of personality would the adults have forced upon me? Would I have become a very different person as a result? Sometimes I cannot help but wonder. Nevertheless, I've become a mouse, a working mouse, a diligent mouse, in this life time. I have become my Zodiac sign, and my Zodiac sign has become me.

What is your Zodiac sign? Does it match your personality? This Chinese New Year is a perfect time to get acquainted with your birth animal.

You can always reach me at qstubis@gmail.com

A longtime columnist of ours, Qin lives in Bethesda, MD.



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Married for 43 years and yet it feels like yesterday. Our journey together has been magical and we are just getting started. I love you as a husband, father, and most importantly, a friend.



Happy Valentine's Day to my soulmate David!

With love, Pam

To Evelyn - Happy Valentine's Day.

I appreciate you for making our lives so wonderful for so many years. I look forward to sharing many more happy adventures with you.



Eddie, the Stache

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*To my sweetheart Stella,
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You have made me what I am. Thank you for blessing me with a beautiful daughter, Priscilla, and two wonderful sons, Alejandro and Miguel.*



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*Kelly my love,
Happy Valentines Day!
There isn't a day that goes by where I don't think of you.
Love, John K.*

From Me to You...



By Diane Margolin

This month is one in which we think about Valentine's Day and those we love. There are so many kinds of love to consider. One is for family and friends. Then our pets, favorite foods, places to visit, favorite authors to read, and so many more.

When my niece and nephews were born, I learned about a different kind of love that parents must feel about their children. They were so precious and I loved spending time with them as they were growing up.

When I was born, my parents lived in a duplex near Washington Boulevard and La Brea. Several years later, they bought a house out in the "sticks," I remember my dad describing it. It was near the Santa Monica Airport. It was quite a bit west of the celery fields. The buses went into Santa Monica, but not east towards Westwood Village. We lived on a cul-du-sac that was a hill, on Rose Avenue, just off of Inglewood Boulevard. We could walk two blocks to our Mar Vista Elementary School.

In the house below us, Arnold and Faye Rich lived. They had one son, Ed, who was about five months old. Eventually, Joe and Alan were born, and that is when I learned about another kind of love. I wasn't that much older than they were, but as we grew up, I became their babysitter. I adored those three boys. We were very creative, and our parents let us try camping out in the backyard at night or

whatever adventure we wanted to pursue. Faye became like a second mother to me.

I have always loved reading books and I shared many with the boys. We had heard that if you had an empty orange juice can connected by a string, you could hear each person talking. Of course Ed and I tried that out. His bedroom was below mine. I can't recall if it worked. Ed was the night owl. I think he still is. He always had a reason not to go to sleep at the time he was supposed to be in bed.

I took Joe fishing on Santa Monica Pier, and I have cherished the photo I took of him and the others, too. I last saw Joe and his family a few years ago at his parents' home and then at his mom's funeral almost two years ago. I hadn't seen Ed for many years and didn't recognize him at first.

It was with great sadness that Ed sent me a message telling me that Joe had died last month. When Faye died, Alan had written a story for our readers about their fishing adventures as a family which was printed in our April 2017 issue.

Last month I asked Alan to write something about Joe, and it is printed here. Even though Joe wasn't a part of my life in recent years, when I think of him, I remember the love and friendship that I still have for those three boys, even though they are grown up now.

Alan Rich shares that his brother Joel Franklin "Joe" Rich, who was a loving husband and father of two sons, of La Habra, CA, passed away

(Continued on Page 8)

From the Santa Monica History Museum



Bird Rescue After Oil Spill, February 1969 -

A West Los Angeles Animal Shelter volunteer cleans a bird covered in oil from the Santa Barbara Union Oil spill, one of the worst in the nation's history. Volunteers from Santa Monica drove to Santa Barbara to rescue animals and assist in cleanup efforts. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.8028.]

Spotlighting Innovation During Black History Month

By Miceala Shocklee

Across the nation, February is recognized as a time to honor the history of African Americans. From its inception, the United States has been built and shaped by the inventions and discoveries of the African American lives within it.

Take, for example, one of the Industrial Revolution's foremost inventors: Lewis Howard Latimer. Latimer began his professional life

by joining the U.S. Navy at the age of 15. After receiving honorable discharge two years later, Latimer joined a patent law firm, where he worked his way from new recruit salaried at \$3 per week to head draftsman earning \$20 a week less than a decade later. Latimer would go on to work on patents with both Alexander Graham Bell and the

(Continued On Page 12)

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Suzanne Verge to Share

(Continued from Page 1)

what would you like to see done to solve the homelessness crisis?

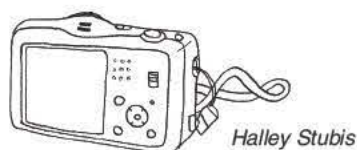
"I would like the government to do more for its people – at the municipal, state, and federal levels," said one participant.

"There should be more jobs available to people trying to get out of the situation that they're in," another member said. "And, to make matters worse, developers keep buying up land that could be used for housing."

The Santa Monica Airport and the debate surrounding its future also came up during the conversation. Florence Kinney, who has lived in Santa Monica for 106 years, reminded us, "The airport is a very important part of Santa Monica history."

John Lehne, our emcee, explained, "People used to be proud of the airport back when it produced aircraft, and they were proud when it became a community airport, too. Now real estate concerns about noise and pollution have changed the perspective."

The next Remembering Santa Monica meeting will take place on February 12 at 11:30 a.m. at the Santa Monica History Museum, which is located at 1350 7th Street. If you're interested in attending, RSVP to John at 310-395-2290.



Santa Monica High Alumni

(Continued from Page 1)

impossible to do, but you keep on trying."

In Al's home are over 80 of his own paintings, each representing a different period in his life. When I asked if he would consider selling any of his work, he replied, "No. They're like my children. I feel happy every time I see them."

It was Al's nephew Brad who initially discovered his uncle's hidden talent and insisted that he share it with his friends and the community. In November of 2018, a retrospective of his work was exhibited at the First Presbyterian Church of Santa Monica. The event was so well-attended that he barely had a chance to socialize with anyone for more than a minute.

In addition to artwork, travel is one of Al's main passions. He has journeyed to "most countries above the equator and several beneath it"



An example of Al's versatile work.

and lists Nepal and Egypt as two of his all-time favorite destinations. In his mid-70s, he conquered his first skydive.

"It was the most fear I've ever felt, but as soon as we were out there, all the fear disappeared and it was pure joy," Al said. That would be the first of 33 jumps.

Looking ahead, Al is excited to be driving a mystery VIP guest in his Cadillac at the Chinese New Year Parade in Los Angeles. At 89, he has learned that life is best approached with a positive attitude: "Every day is the happiest day of my life."



Al's talents are evident in his beautiful paintings.



Chef Steve Benjamin from Jean-Georges at the Waldorf Astoria Hotel, Simon Davies from Teen Cancer America, and Anita Thompson from the Ryan Gordy Foundation coordinated a healthy cuisine day for teen cancer survivors and patients in Santa Monica last month.

A Day of Wellness Promotes Healthy Cuisine for Teen Cancer Survivors and Patients

Last month, the Ryan Gordy Foundation in partnership with Teen Cancer America hosted a "Day of Wellness," enabling teen cancer survivors and patients to work with master chefs and yoga experts for a day of nutrition and mindfulness.

The teens and young adults explored the world of healthy cuisine through clean eating and simple recipes at a local cooking school with celebrated chefs, essential oil educators, and nutritionists.

Lessons on yoga, meditation, and holistic tips on wellness began the day and educated the teens to the importance of nutrition and mindfulness while pursuing a healthy lifestyle.

Following a field trip to the Santa Monica farmer's market, guests

were taught the importance of fruits and vegetables. Then, easy to make farm-to-table meals were prepared. Steven Benjamin, Executive Chef of Jean-George at the Waldorf Astoria Beverly Hills made his famous Waldorf Astoria vegan avocado pizza and endive salad which were easy dishes for teens to make on their own. Additional chefs included Chef Emanuele, who created a delicious lemon chicken with a spinach salad, and tiramisu dessert, and Chef Kristopher who presented a chicken and vegetarian stir-fry with brown rice. On Page 7, nutritionist Sarah Holgen's chocolate and spinach vegan smoothie is printed.

The Day of Wellness honors and

(Continued on Page 7)

Tasty Meals in Minutes

Family Features - Busy week-nights can make for hectic meals, but these simple recipes prove you don't have to trim out flavor or precious moments spent with family when you're cutting minutes off your dinner prep time.

The secret to making quick meals your family will love is quality ingredients. Rely on these additional tips to help save time with your weeknight dinner prep:

- When you're exploring new time-saving recipes, consider both prep time and total cook time. Many dishes can be assembled in minutes, leaving you time to help tackle chores and homework before sitting down to dinner.
- Enlist backup when the prep time is a little longer. For example, an extra set of hands from a little helper can shave minutes off the assembly of these two recipes.
- Make what you can ahead of time.

Find more family-friendly recipes to fit your busy schedule at Hunts.com/recipes.



Easy Chicken Parmesan



ingredients. Add 1/4 cup reserved sauce mixture to meat mixture and incorporate. Divide meat mixture evenly and place into prepared muffin cups. Place muffin pan on baking sheet.

Bake 25 minutes or until no longer pink in centers (165 F). Top each mini loaf with 2 tablespoons sauce; bake 5 minutes more or until sauce is set. Serve with remaining sauce.

Easy Chicken Parmesan

Prep time: 10 minutes

Total time: 45 minutes

Servings: 6

1 can (15 ounces) Hunt's Tomato Sauce

1 can (14.5 ounces) Hunt's Diced Tomatoes with Basil, Garlic and Oregano, undrained

6 Tbsps. grated Parmesan cheese, divided

6 small boneless skinless chicken breasts (1 1/2 pounds total)

3/4 pound spaghetti, uncooked

1-1/2 cups shredded mozzarella cheese

Heat oven to 375 F. Pour tomato sauce and undrained tomatoes into 13-by-9-inch baking dish. Stir in 1/4 cup (4 tablespoons) Parmesan. Add chicken; turn to evenly coat both sides of each breast with sauce. Cover.

Bake 30 minutes or until chicken is no longer pink in center (165 F). Meanwhile, cook spaghetti as directed on package, omitting salt.

Top chicken with remaining cheeses; bake, uncovered, 5 minutes or until mozzarella is melted. Drain spaghetti. Serve topped with chicken and sauce.

Quick Mini Meatloaves

Quick Mini Meatloaves

Prep time: 10 minutes

Total time: 40 minutes

Servings: 6

Pam Original No-Stick Cooking Spray

1 can (8 ounces) Hunt's Tomato Sauce

3 Tbsps. firmly packed brown sugar

1 Tbsp. spicy brown mustard

1 pound ground chuck beef (80 percent lean)

1 can (14.5 ounces) Hunt's Petite Diced Tomatoes, drained

1/3 cup finely chopped yellow onion

3/4 cup Italian-style bread crumbs

1 egg, beaten

1/8 tsp. salt

1/8 tsp. ground black pepper

Heat oven to 400 F. Lightly spray 6 medium muffin cups with cooking spray; set aside.

In small bowl, combine tomato sauce, brown sugar and mustard; set aside.

In large bowl, combine remaining

A Day of Wellness (Continued from Page 6)

celebrates the life of Ryan Kennedy Gordy, late grandson to Motown founder Berry Gordy. Ryan, after being diagnosed with leukemia, opted out of chemotherapy to live a vibrant life.

The Ryan Gordy Foundation strives to continue his legacy and inspire others to live the best version of their lives through wellness, a healthy lifestyle, education, and resources for prevention while targeting cancer awareness. For more information about Ryan Gordy and his legacy, please visit www.ryangordyfoundation.org.

Here's a smoothie recipe from nutritionist Sarah Holgen:

Tropical Green Smoothie

- All ingredients organic is best
 - 1 cup frozen mango
 - 1 cup frozen or fresh pineapple
 - 1.5 cups baby kale or spinach packed or 1 massive handful
 - 1 banana, fresh or frozen to make it creamier
 - 8 oz. unsweetened almond milk
 - 2 Tbsp. flaxseeds or chia seeds
- Blend on high for 30 seconds to 1 minute or until silky smooth.



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Advice for Middle School Students

By **Julia Abbott**

A couple of days ago, I got asked by my mother's friend if #1, I had enjoyed middle school and #2, if I had any advice for her daughter. For the first question, I had a resounding yes. I loved middle school. I loved eighth grade the most, and I really think this stems from advice I was given. Eighth grade was probably my best year academically, so I'm burdening any concerned parent or child with some middle school advice that I was given that really paid off in the long run.

First, don't sweat the small stuff. You are going to mess up in middle school. It will happen, it happened to me and everyone I know, and as long as it is not the biggest mistake in human history, your life will not be ruined. Middle school is impor-

tant, but try to remember it's not make it or break it.

However, don't treat middle school like it's nothing. It matters. How I did in middle school has followed me into high school. Furthermore, I'll echo my parents when saying getting involved in middle school is arguably the second most important thing, after grades. I still participate in activities I got involved in while in middle school.

Get involved. Join a sports team, club, or group. You will thank yourself in a couple years. Once again, don't stress it, still care, and get involved. Good luck to all the future middle schoolers. I'm rooting for you!

Julia Abbott is our high school reporter.

Thoughts From a Second-Time Father

Enjoying How Children Reflect Their Inherited Characteristics



By **Michael Margolin**

It does not take long to realize how much kids soak up. Right when you think that maybe they are not paying

attention, the fact that their brains are sponges becomes apparent.

I am sure that most parents have pretty clear examples of this. And, while there are plenty that I might be forgetting, Jake's two-and-a-half-year-old mind is repeating phrases that he must hear on a regular basis. His words and sentences are becoming clearer and clearer all the time.

One of his newest phrases usually gets a chuckle out of me. For example, the other day he was taking off his shoes and socks and left one sock on. I told him to take his other sock off. He responded by saying, "Oh! Silly me!" Hearing these exclamations delight me.

And, while there are phrases and

habits they learn and mimic, it always thrills me to see the attributes and characteristics they inherited, whether they like it or not.

When it comes to being tickled, Enjoli cannot handle anybody getting within breathing distance of her ears. They are so ridiculously ticklish, I have never seen anything like it. At five-and-a-half-years old, it is glaringly apparent that Alexa's ears are also incredibly ticklish, a feature she most certainly inherited from her mother.

The other day I was up and getting ready for work when it was still dark outside. Enjoli and Jake were still asleep. Alexa wandered into our closet where I was getting ready. She was half awake and had a pretty solid case of bed head.

She stopped when she saw me and got a sheepish, almost embarrassed look on her face for just a second. It's a look that has been broadcast across my face plenty of

(Continued on Page 12)

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From Me to You **(Continued from Page 5)**



A favorite photo is of Joe on the Santa Monica Pier holding one fish.



You can see how Joe's fishing skills had improved over the years.

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on January 3, 2019 at age 68. Joe was married to Ramona Gonzales on June 4, 1988. They raised two sons, Frank and Ramon.

Born in Los Angeles, CA, on April 1, 1950 to Arnold and Faye Rich, Joe grew up in Mar Vista. He received a psychology degree from University of California Los Angeles. He went on to complete a master's degree in photography at the Brooks Institute in Santa Barbara, CA. His career and livelihood as a still photographer followed.

Joe shared his passion for fishing and USC football with his sons as his dad did with him and his brothers. He survived a stroke in 2012, and continued to enjoy a life of travel with his family, visiting the Philippines, Hawaii, Panama, Mexico, Thailand, Italy, Greece, France, and Israel.

Joe was preceded in death by his mother, Faye. He will be missed by his wife Ramona, his two sons, Frank and Ramon, his father Arnold, his two brothers, Edward and Alan, his sisters-in-law, Lisa and Pamela, several cousins, and of course, his first babysitter.

Remember to let those you care about know you are thinking of them. Not just in February, but whenever you have a chance.



Here's another of my favorite photos of Alan, from left, Joe, and Ed Rich. (I did get permission to print this. I didn't want to embarrass them at this stage of their lives.)



The Rich boys, as adults. Sitting, from left, Ed, Joe, and Alan. Standing, Joe's sons, Frank and Ramon.

Community Service in Santa Monica

Join Lions on Their Journey of Service



By Linda Levee
As I was assessing what our Santa Monica Lions do and have done this past year, I read this lovely article in the LionMagazine.org.

Paraphrased from an article by Matsuo Basho, she wrote, "When you think about the legacy of Lions Clubs International, you think about service. Lions Clubs around the world have been providing acts of kindness and service for over 100 years."

Service is a journey. It takes time and planning to provide ongoing community service. It takes dedicated people to keep the organization going, and it becomes more difficult in times when we have many disasters and problems to aid many more people.

The Lions Club provides a service model with four phases: Learn,

Discover, Act, and Celebrate. Lions are leaders in the communities they serve, but are also global citizens, as Lions are all over the world. Borders are no barrier, as we provide vision services at home and abroad.

In this year of 2019, we are looking forward to expanding our existing programs. It is especially important for local service clubs to fill in the gaps.

If you wish to help in our community, please contact Lion Linda at levelheadedlinda@yahoo.com to find out how to join our commitment to provide services in Santa Monica and the Westside areas.

Start your new year right, and help give someone the gift of sight. Contact Lion Marilyn Schalit at marilynschalit@yahoo.com for details on our lunch meetings. We meet at the Elks Lodge, 1040 Pico Blvd. in Santa Monica. Join us there.

Create Your Valentines on February 9



By Tesi Treuenfels
With winter well under way, the Santa Monica Bay Woman's Club (SMBWC) wishes you all the warmth of the season.

The SMBWC Valentine fundraiser will be February 9, 10 a.m. at the club. Tickets are \$10 for children and for adults. Come join in the fun of making valentines to take home. 100% of ticket sales are donated to the Santa Monica-Malibu Unified Education Foundation, with matching funds donated to School on Wheels by SMBWC.

Congratulations to Lori Pollack, who won First Place in the Watercolor Advanced Still Life category at the Marina District Convention. Lori's watercolor, "Leaves," was selected by the GFWC for the cover of their Winter 2018 edition of *California Clubwoman*. We're proud of

you, Lori!

Our Book Club meets on February 21, at 6:30 p.m. *The Woman On the Orient Express* by Lindsay Jayne Ashford will be discussed. The SMBWC Book Group meets the third Thursday of the month. If you would like to be placed on the email list, please contact Susan at sbarry1015@sbcglobal.net.

Our SMBWC will host the annual Marina District Art and Photography Contest on Friday, March 15 at the Club. The contest is open to all Clubwomen, members, and students. Application forms will be available at the club.

Our most important role is to give our members a home away from home, a place where they can meet other women and form friendships to share life's wonderful and also sorrowful moments.

Everyone is welcome to participate in our ongoing weekly and monthly activities. We play bridge and canasta on Mondays from noon to 4 p.m. Also, bring in your arts and crafts projects to work on during Tuesdays from 10:30 a.m. to 1 p.m.

Our historic landmark building is located at 1210 Fourth Street, Santa Monica. To learn more about SMBWC, see our website at www.SMBWC.org, or call 310-395-1308. Our facility is available to rent for private events.



February is National Children's Dental Health Month

By Char Lawrence

The Santa Monica Breakfast Club (SMBC) is in its second year of partnering with UCLA dental students to teach proper brushing and flossing techniques to first grade children in all Santa Monica elementary schools.

Our program is called Dental Hygiene Education Program to prevent tooth decay. SMBC provides toothbrushes, toothpaste, floss, and two-minute timers so the chil-

dren can time how long they need to brush their teeth. Dental kits are given to each child after the presentations. Large animal puppets with big teeth are used to explain to the kids how to brush and floss. They love to interact and brush the puppets' teeth.

We began this program because of the severity of dental work we have funded in the past. Our members thought if we can teach and educate children at the first grade

level, it may prevent them from needing serious dental work in the coming years. We are excited that every new classroom of first graders will experience this fun educational program, have healthy teeth, and the confidence to smile.

For more details on the Santa Monica Breakfast Club, please call 310-266-6703.

Caring Rotary February Programs Benefit Community Members

By Sharon Gavin

As people of action, Rotarians from the Rotary Club of Santa Monica participate in a number of hands-on service programs to support our community throughout the year. This February we have two especially heartwarming activities planned. Both of these annual projects have provided much joy in the past to the service recipients as well as the Rotarian volunteers.

On Saturday, February 2, Rotarians will team up with the staff from the Westside Food Bank to sort, organize and box canned goods and other food items. The Westside Food Bank is an independent non-profit corporation that provides food to more than 70 local agencies, including food pantries, shelters, and transitional living sites. The food provided often enables low-income people to stay in their homes, deterring the problem of homelessness, because it saves

them from having to make the agonizing choice between paying for rent or food when they cannot afford both.

On Thursday, February 14, Rotarians will join with volunteers and staff from WISE & Healthy Aging to assemble and deliver Valentine's Day gift bags to local senior citizens. Many of these seniors are isolated, live alone, or don't have family. As such, these hand-delivered treat bags serve as a wonderful way to start the recipient's day on a cheerful note. WISE & Healthy Aging is a community-based non-profit dedicated to enhancing the independence, dignity, and quality of life for older adults.

For more information on the Rotary Club of Santa Monica, visit <https://www.rotaryclubofsantamonica.org/>, or for details on membership in the Rotary Club, please call 310-917-3313.

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Paws and Claws

Preparing for Pets in Emergencies



**By Dr. Frank Lavac
MS, DVM, VCA**

Q: California has experienced multiple disasters recently. Can you supply a checklist for disaster preparedness for pets?

A: This is a great idea and the lists can be very long. Never leave your pet behind in an emergency. Here's an abbreviated checklist that I think can be helpful:

- Set up a "buddy" system with a friend or neighbor, in case you are not at home when the emergency occurs.
- Identify places that you could stay in case of an emergency ahead of time.
- Get identification for your pet. (collar, harness with ID tag, microchip, pictures of your pets, and a list of unique traits of your pet)
- First Aid kit. (These can be

purchased online or assembled yourself.)

- Medication. (A written list as well as adequate supply of critical medication should be on hand).
- Current medical records including vaccination history.
- Extra leashes, litter and pan, crates or other pet carriers. Make sure they are as light as possible and easy to transport.
- Pet food and water for at least three days.
- Try to keep all items together in a single pet survival kit (backpack ideal). This will help for quicker evacuation.
- Crank radio and flashlight.
- Discuss your planning with your veterinarian.
- Consider boarding pets until the emergency is over.
- Emergency contact list including shelters, veterinarian, and 24 hour veterinary emergency hospitals.
- Be prepared to be self-reliant in the care of your pets and yourself. Do not assume that an outside or governmental agency will be able to help right away.

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

Saint John's Health Center Foundation Contributes to Community Partners

The Saint John's Health Center Foundation, through its Community Impact Fund, has distributed more than \$1.2 million to West-side community health partners serving vulnerable and underserved populations.

Chaired by Saint John's Health Center Foundation trustee Carl W. McKinzie, the Community Impact Fund Advisory Committee awarded grants to Boys and Girls Club of Santa Monica, Catholic Big Brothers Big Sisters, CLARE Foundation, Didi Hirsch Mental Health Services, Pacific Palisades Task Force on Homelessness, Safe Place for Youth, Santa Monica Family YMCA, Santa Monica-Malibu Education Foundation, The People Concern,

(Continued on Page 12)

Adopt a Pet



Jayden is a 67-pound low rider pitbull mix who has the most mellow and laid back personality. She loves being around people, but is also perfectly happy to relax in her crate. Jayden gives the best (and sloppiest) kisses and loves going on car rides. This sweet pup will make her future forever family very happy. For more details, go to info@wagsandwalks.org.

How Can Singles Looking for a Relationship Have a Great Valentine's Day?

Some people are perfectly content being single. But, for those who are actively looking for a significant other, Valentine's Day can be a frustrating and even depressing day because it reminds them they have not been successful in their quest.

To them, the entire world may seem to be full of happy couples in love, but this is because of their perspective. The same thing happens to people who are married and trying to have kids. To them, the entire world seems to full of happy couples in love who have children. Our perspective can make us see the world in a way that may not be entirely accurate.

"Don't fall for the illusion that the world was suddenly overtaken by loving, happy couples eating Valentine's chocolates, sipping champagne behind a silhouette of dozens of roses on an exotic island in a faraway tropical paradise," says Tom Corner, a motivational speaker and author of *Borrowed Eyes and Feet: Finding Enlightenment After Rage*. (www.tomcorner.net). "It is our perspective that can help us react positively to any situation."

Tom advises that the one thing you don't want to do on Valentine's Day is to be on social media.

"Social media on Valentine's Day will erupt in an annoying frenzy of posts about love, couples, and happiness!" he says. "Not only is it full of messages for couples, but it is also not healthy for you to see your ex's posts about his or her new love."

Tom says many singles dread Valentine's Day so they ignore it and then try to hide from the avalanche of television, radio, and social media reminders of the date. He encourages them to make plans in advance, even if those plans are to stay home with a new novel or binge watch favorite shows.

Tom has these suggestions for singles who are looking to make Valentine's Day plans:

- **Host a Singles-Only Dinner Party or Night on the Town.** Invite all your favorite single people and toast to your independence.
 - **Pamper Yourself.** Treat yourself to a haircut, beauty treatment, or massage. Splurge on something. Buy a nice piece of jewelry or purchase tickets for a future concert. Take a long bath, give yourself a face mask, or paint your nails.
 - **Cook a Romantic Dinner for Your Relatives.** Your parents, grandparents or even an aunt or uncle you know may be spending the evening alone and would love to hear from you. Set the table, light candles, and open a good bottle of sparkling wine.
 - **Go to the Gym.** My friend, previously mentioned, who recently broke-up with her boyfriend is putting together a CrossFit Workout of the Day for Singles.
 - **Babysit for Friends or Relatives.** Be the cool aunt or uncle: order pizza or make brownie sundaes. Being with children helps us connect with our inner child.
 - **Revisit Your Resolutions.** Many of the previous ideas are wonderful in the short term, but what happens after Valentine's Day is over? Why not spend time taking stock of your life up to this point? Why not pre-pave where you want to be in a year, or five years, or ten years. How will your life look? Who will you be with? The more you visualize and write down how you see your life (love life) the more you will attract the love of your life. Ask yourself, "What will I be doing on Valentine's Day next year?" and then plan for it.
- Tom believes that with a little planning, singles who are looking for a significant other can fill Valentine's Day with meaningful and thoughtful activities. More importantly, he says they can change their perspective, which will allow them to see their love life clearly this year and in the future.

Tom Corner is a writer and visionary leader who is a motivated professional with a lifetime of experience in the people business. His hobbies include physical and mental health, nutrition counseling and spiritual and meditative arts.



The Santa Monica Oceanaires are ready to deliver personalized Singing Valentines on the big day, Thursday, Valentine's Day, February 14th.

Singing Valentines will be delivered for just \$50, if the order is received before February 11. Orders may be placed online at SingingValentinesLA.com, or by calling 323-247-SING.

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Community Calendar

By Miceala Shocklee

• **Saturday, February 2 to Sunday, February 3 - Chinese New Year Festival** at The Huntington - Enjoy lion dancers, martial arts, mask-changing performances, and more at this celebration of the coming of the Year of the Pig at The Huntington. Festivities to take place from 10 a.m.-5 p.m. on Saturday and Sunday. Events free with price of general admission. Call 626-405-2260 for details.

• **Saturday, February 2 - Winnie the Pooh Opening Night** - The Morgan-Wixson Theatre is pleased to announce the launch of *Winnie the Pooh*, a family-friendly performance put on by the Y.E.S. youth theatre group. Play to run until February 17. For full dates, times, and tickets, visit www.morgan-wixson.org, or call 310-828-7519.

• **Sunday, February 3 - Preserving and Fermenting Food at Home: Cheese Making Workshop** - Learn how to safely preserve and ferment food at home. Master microbial alchemy with preservation specialist Brie Wakeland. 2-3 p.m. West Los Angeles Public Library, 11360 Santa Monica Bl. 310-575-8323.

• **Wednesday, February 6 - 2019 Economic Sustainability Conference** - From 5 p.m.-7:30 p.m., the Santa Monica Chamber of Commerce will be hosting its 9th annual "State of the City" summit focusing on industry developments and disruptions worldwide. Event to be held at the SGI World Peace Auditorium. For details, visit <https://www.facebook.com/events/926064987596206>.

Deadline for the Community Calendar is the 10th of the month before the event.

Answer to Neighborhood Celebrity
(Continued from Page 1)



Elly Pourmoaref has been the manager of the Wells Fargo branch on Montana Avenue and 9th Street for the past two years. Before that she had worked at other branches for six years. She has been an employee with Wells Fargo for ten years total.



Softball can be fun while being competitive. Above is the Santa Monica Girls Fastpitch 2018 champions team. Join these girls and create lifetime memories by becoming part of this positive environment. Opening day is February 16. Register at www.santamonicagirlssoftball.org.

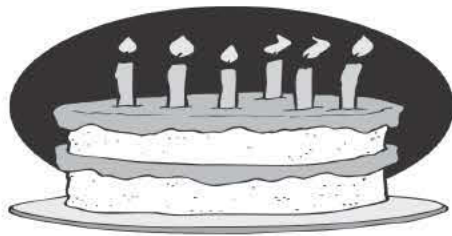
• **Friday, February 8 - Senior Singles Mingle: Book Lovers Edition**, Multipurpose Room, Main Santa Monica Branch Library. Find your literary soulmate at this casual soiree for older adults. They will provide the ice breakers and conversation prompts; you bring an open mind and an interest in meeting and mingling with like-minded lit lovers. 2-4 p.m.

• **Saturday, February 9 - Masters of the American West Opening** - Enjoy works by artistic masters of portraying the American West throughout the ages at this Autry Museum event. This special launch event will run from 10 a.m.-4 p.m., with a cocktail reception and sale to follow from 5:30 p.m.-8:15 p.m. Tickets must be purchased in advance. Visit theautry.org/masters for more information.

• **Saturday, February 9 - Black History Storytime** - Join master storyteller Michael D. McCarty for a program of African American stories in honor of Black History Month at Children's Book World. Event to begin at 10:30 a.m. 310-559-2665.

• **Monday, February 11 - Chocolate Sweets and Canvas**, Pico Branch Library at the Annex, 6:30 p.m. Get together with your friends for a sweet Valentine's Day celebration of painting and fun. Receive step-by-step guidance in creating your very own fabulous piece of artwork. No art experience required. Space is limited, call 310-458-8684 to register.

• **Thursday, February 14 - Art Los Angeles Contemporary** - ALAC is



Happy February Birthdays to: Jerry Dobkin, Libby Atwater, Vic Gilbert, Sara Frank, Billy Howard, Rick Kennedy, Ken Waltzer, Russ Warner, Timur Berberoglu, Pam Andrews, Darby Navin, Kylee Navin, Katie Parr Morgan, Adam Bernard, and Daniel Bennett.

pleased to host the International Contemporary Art Fair of the West Coast at Santa Monica's own Barkar Hangar. Enjoy artist talks, film screenings, panel discussions, performances, and more from February 14 to the 17, 11 a.m.-7 p.m. For details on attending, visit <https://artlosangelesfair.com>.

• **Thursday, February 14 - Happy Valentine's Day!**



• **Saturday, February 16 - Robot fun for Families** - Fairview Branch Library. 1-3 p.m. Ages 4-12. Bring your family to play with robots and coding toys. Work together to see what sparks your imagination.

• **Saturday, February 16 - Chinese New Year Storytime** - Kids are invited to come learn some Mandarin and celebrate the Chinese New Year during storytime at Children's Book World with Michele Wong McSween, author of *My First Mandarin Words with Gordon and Li Li*. Event to begin at 10:30 a.m. Call 310-559-2665 for details.

• **Saturday, February 16 - Garden Party at The Huntington** - Families are invited to enjoy bilingual (Mandarin and English) story-

time in the Chinese Garden at The Huntington from 1 p.m.-2 p.m. in honor of the Chinese New Year. Call 626-405-2260 for details.

• **Sunday, February 17 - The L.A. Cafe Plays** - Every third Sunday of the month, enjoy Ruskin Group Theatre's "Fastest Theatre in Town" with five short plays gone from idea to execution in just one day! To purchase tickets for this month's performances, visit www.ruskingrouptheatre.com/l-a-cafe-plays, or call 310-397-3244.

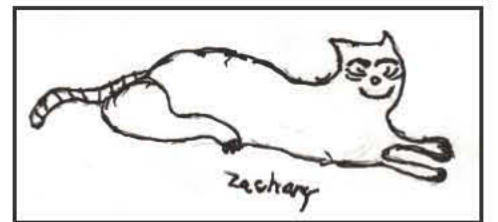
• **Monday, February 18 - President's Day**, SMMUSD no school.

• **Saturday, February 23 - Korean Maskmaking with DaEun Jung** - Learn about the purpose of traditional Korean masks as well as how to make them with bicultural artist DaEun Jung, originally from Seoul, South Korea. For full details on the workshop and how to sign up, visit <https://apm.activecommunities.com/santamonicarecreation/ActivitySearch/70358>, or call 310-458-2239.

• **Saturday, February 23 - African Dance Showcase** - 102.3FM's Dominique DiPrima will be hosting the African Dance Showcase LA, featuring traditional and contemporary African Dance, at the California African American Museum. Event to run from 6 p.m.-9 p.m. For more information, call or text 310-676-7300.

• **Saturday, February 23 - VITA Tax Preparation Assistance**. 11:00 a.m.-3:30 p.m. Fairview Branch Library. UCLA's Volunteer Income Tax Assistance team is here to help you file your taxes for free. Appointments are available in-person on a first-arrival basis on the day of the event.

• **Saturday, February 23 - The Greens Festival** - Virginia Avenue Park. 10 a.m.-2 p.m. Sponsored by the park and the Parent Connection Group. Free. A cooking contest, demonstration, and Black History Month exhibit will be featured. Sounds tempting. For more details, please call 310-458-8688.



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February highlights

FRI 2/8 & SAT 2/9 Edward Simon Trio
Edward Simon (piano), Dave Robaire (bass), Jonathan Pinson (drums)
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SAT 2/16 Steve Lehman/Gerald Clayton
Steve Lehman (alto sax), Gerald Clayton (piano), Jonathan Richards (bass)
Some of today's most innovative minds join forces at Sam First.

FRI 2/22 Alan Pasqua Trio
Alan Pasqua (piano), Darek Oles (bass), Conor Malloy (drums)
Piano heavyweight returns with trio from 2017 release "Northern Lights."

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Saint John's Health Center Foundation (Continued from Page 10)

UCLA Health/Sound Body Sound Mind, UCLA/VA Family Resource and Well-Being Center, and the Westside Food Bank, as well as Providence Saint John's Health Center's Child and Family Development Center, Community Health Partnership Program, Community Health Education Program, Homeless Care Navigation Program, and the John Wayne Cancer Institute Surgical Oncology Fellowship Program.

"We are pleased to make these investments in better health and better lives for so many people in need," Carl explained. "These funds will do an enormous amount of good in our local communities by increasing access to health care and supportive services for many vulnerable populations."

The Community Impact Fund was created when the sponsorship of Saint John's transitioned from the Sisters of Charity of Leavenworth to Providence Health & Services in 2014. The Foundation does not accept unsolicited grant requests; the advisory committee identifies and reviews candidates for funding based on community needs and organizational capability and capacity.

"As an institution, Providence Saint John's Health Center has a long legacy of caring for poor, vulnerable, and underserved populations," said Robert O. Klein, president and CEO of Saint John's Health Center Foundation. "This is

one means by which we are able to empower community partners to join with us in improving community health and welfare."

Famous February Birthdays

George Washington, Abe Lincoln, Ina Garten, Nathan Lane, Clint Black, Tom Brokaw, John Williams, Laura Dern, Robert Wagner, and Sean Astin.



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Enjoying

(Continued from Page 8)

times. Hers looks exactly like mine. I am flattered that such a beautiful little person looks anything like me. I have mentioned this before.

As she gets older and wiser, how pleased I will be if she has taken after me, even in the slightest, in any way that helps her to succeed and be happy in life. I suppose that is one of my ultimate goals.

Michael Margolin is the father of two young children. He is an avid sports fan and now a soccer coach on Alexa's team.

Spotlighting Innovation

(Continued from Page 5)

U.S. Electric Lighting Company, the main competitor of Edison Electric, whom Latimer would join later. During his time in the electrical industry, Latimer not only drafted patents, but also invented works of his own. Latimer's work on producing carbon filaments that allowed for the better-working, longer-lasting electric light bulbs of today earned him a place in the National Inventors Hall of Fame. The work of Lewis Howard Latimer continues to shine brightly across the globe.