

Celebrate Spring Holidays With Festive Foods



Buddhist altar set up for Thai New Year ceremony bathing of the Buddha statue



Assorted traditional Thai dessert platter symbolizing wealth and prosperity

By Cathryn Dhanatya

April 13 is the start of a week-long celebration throughout Thailand for Thai New Year or Songkran. Songkran coincides with the sun moving in the sky from the constellation of Pisces to Aries. Thailand shares this new year with many countries throughout South and Southeast Asia.

Songkran is often represented by water with rituals of cleansing and rebirth. It is a time of reflection, honoring of elders, opening to new possibilities, but most importantly a time for celebration with music, dancing, public water fights, cook-

ing, and eating as a community.

The Thai community holds multiple festivals and celebrations commemorating Songkran each year. As a child, my family celebrated every year by going to one of the local Thai Temples around Los Angeles such as Wat Thai Los Angeles or Wat Padhammachart. Food is a central and integral part of the Thai community.

Now as an adult and mom, our family has expanded and has become a blending of multiple cultures, faiths, ethnicities, and races. The month of April holds multiple

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Senior Snapshots

Tom Larmore Devotes His Time to Make Our Community a Better Place for Young People

By Corinne Pagan

Originally from Miami Beach, Florida, local resident Tom Larmore moved all over the United States while his father was in the U.S. Navy. When Tom's father was finally discharged in the state of Indiana, his family made the decision to drive west to decide where to settle down. The family initially stopped in Phoenix, Arizona, but after three years, Tom's father pushed further to the bright and beautiful city of Los Angeles, California. Growing up in Los Angeles wasn't easy, and Tom found himself still moving around the city every five years.

As an adult, Tom attended the University of California, Los Angeles. It was at UCLA that Tom acquired his Juris Doctor degree and began his practice as a real estate lawyer in downtown Los Angeles. Tom would describe his life as "full and contentious," but it wasn't until 47 years ago that he decided to pack up and move one final time to Santa Monica.

One might ask why, after moving so many times, do it again? Tom credits this to his daughter. He believes that Santa Monica has a great education system and even states that, "Nothing is more

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Here's Tom Larmore about to lead a meeting when he was the Santa Monica Rotary Club president.

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Get a look at the amazing exhibit on the Broadway Community at the Santa Monica History Museum opening on April 1.

Photo by John Kiffe

New Exhibit on Broadway Community Opens April 1 at the Santa Monica History Museum

The Santa Monica History Museum (SMHM) will reopen to the general public on Friday, April 1 with a new collaborative exhibition with the Quinn Research Center (QRC), new operating hours, and free admission for the first two months.

The new exhibition, *Broadway to the Freeway: Life and Times of a Vibrant Community*, will examine how residents, who included African American, Mexican American, and immigrant community members, built the Broadway neighborhood in Santa Monica into a flourishing community. But, when the Interstate 10 Freeway was built in the 1960s, it destroyed this blossoming neighborhood. This thriving community was a haven in the mid-20th century for those who were excluded from other parts of the city by racist and anti-immigrant policies and practices.

Featuring period photographs,

ephemera, oral histories, and a song, the exhibition draws on the wealth of archival material collected by the QRC, which is dedicated to preserving the history of African American life in Santa Monica. Visitors will explore the stories of the families, businesses, churches, civic and educational institutions that comprised the Broadway neighborhood. They will then leave with a new understanding of what it means to build community, and why it matters to us today.

"Through exhibitions like these, we acknowledge the legacy of history and inform people about its ongoing impact," said SMHM Archivist Sara Crown, who is also the curator of the exhibition. "The rare images and objects in the exhibition illustrate how Broadway's former residents created a thriving community in the face of structural racism. These stories are ones every Santa Monica resident should know."

"We are excited to partner with the Santa Monica History Museum on this important city history that is unknown to most people who live here," said Carolyn Edwards of the QRC. "The QRC is dedicated to promoting the study and research of Black family history and culture in the Santa Monica Bay Area, and this exhibition demonstrates how we have been and are a very important fabric in the rich history of our city."

The museum's new visitor hours starting April 1 will be Thursday from 3 p.m. to 8 p.m., and Friday through Sunday from 11 a.m. to 5 p.m. In addition, the museum will welcome back the community with free admission for the first two months. However, hours are subject to change due to the ongoing pandemic. All visitors are encouraged to visit the museum's website

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Do You Recognize This Neighborhood Celebrity?

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New Exhibit
on Broadway
Community
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Carolyn and Bill Edwards from the Quinn Research Center worked with the staff at the Santa Monica History Museum on the new Broadway Community exhibit.

for up to date information including reservation dates, and health and safety guidelines.

The museum is located at 1350 7th St. between Arizona and Santa Monica Blvd. Call 310-395-2290 for more information or go to www.santamonicahistory.org.

Learning to Deal With Dementia

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

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

An estimated 6.2 million Americans, age 65 and older, are living with Alzheimer's dementia – a figure expected to triple by 2050.

• **How do you talk to a friend/family member who is showing signs of cognitive decline and ask them to see a doctor?** - Talking to a loved one about cognitive decline can be a real challenge. Often people with cognitive changes may not have “insight” into their condition, not recognizing changes that may be quite noticeable to others. Occasional inability to recall a name or misplacement of items from time to time are not signals to begin to worry unless they begin to accelerate. In addition to general “forgetfulness,” some of the common signs and symptoms that might prompt concern include:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty in completing familiar tasks
- Confusion with time or place
- Getting lost in familiar places

- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Impaired judgement
- Withdrawal from work or social activity
- Changes in mood or personality.

If you notice some of these changes in a friend or family member, encourage them to seek further evaluation. While potentially challenging, it is an important place to begin. Here are a few tips and guidelines that may get you off on the right foot:

- **Take it easy.** Don’t hammer someone with their deficits; this can add to their overall sense of anxiety. Instead, shift the focus to healthy aging. The stigma surrounding dementia does a great disservice to many. Most of all, it’s time we normalize the process of memory check-ups and take an overall proactive approach to keeping our brains healthy. Using this approach may help to mitigate some of the communication problems.
- **Go to a trusted source.** A great place to start is to encourage your friend or family member to address these concerns with their primary care provider. Going to someone who knows you, and whom you trust, is much less unsettling

than going immediately to an Alzheimer’s specialist.

A primary care provider may have the advantage of a longer-term perspective – and a valued trusting relationship – while being able to refer to additional specialty resources when appropriate. Again, you have the opportunity to keep a positive focus by emphasizing early detection of any issues as part of an overall strategy to stay healthy and happy, maintain independence, and live and age as well as possible.

- **No need to go it alone.** Offer to go to the appointment together. In addition to offering your general support, it can be extremely helpful to have a second set of eyes and ears, both to report any concerns and to recall and sort through information that may need follow up. The key is to keep things helpful and supportive, not punitive or infantilizing.

With impairments in judgement and a lack of insight often coming as part of the condition, it’s not uncommon that someone with dementia might still resist our support, despite our best efforts to follow these guidelines.

Again, try to align with the values and preferences of the person you’re helping by focusing on what matters most to them and showing them how these steps will help

(Continued on Page 3)

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Tom Larmore Devotes His Time
(Continued from Page 1)

important than investing into the future through your kids.” This move once again was for his family, but a move Tom himself had decided to make.

While Tom’s daughter is the reason he moved to Santa Monica, it was his son who got him involved in the community. Back in the 1980s, Tom’s son decided he wanted to play basketball at the Santa Monica Boys Club (now Boys & Girls Club). Tom became an involved parent through the sport and never looked back.

Tom has still been active in the Santa Monica School District throughout the years. Not only that, he actively works with the Boys & Girls Clubs as well. Tom believes that the club is a great way to influence young people to lead better lives.

Tom is not only active in helping the youth, he is also an active member of the Santa Monica Rotary Club, and has been for the last 20 years. Originally invited by a friend, Tom made connections and even found himself as club president four years ago. Tom actively believes that, “You make friends by staying active in your community.”

In addition to the amazing organizations Tom contributes to, he has also served on the board and been the chair of Wise and Healthy Aging – a nonprofit organization dedicated to improving the lives and well-being of older adults.

Now retired from the practice of law, Tom stays as busy as ever serving as chair of the Boys & Girls Clubs Board, participating in a variety of Rotary activities and, most importantly, spending time with his wife Karon and their two young

grandchildren who also live here in Santa Monica.

Tom was helping other Rotarians recently as they painted classrooms at John Adams Middle School.

Photo by Lauren Akmaeva

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Teen Scene

Will the Stars Have the Answer?



By Julia Abbott
By the time you read this article, I'll know where I'm going to college. The tears, laughter, anxiety, and optimism will have transformed into a tactile reward – a college. Then comes the college sweatshirts, the excitement, the online groups where you'll plan the next four years of friendship. There will be a sense of nervousness about leaving, coupled with excitement for the future. But, that's future Julia. Present Julia has done an unhealthy amount of ten minute de-stress meditations. Of course, I know everything will be okay. College has never and will never define me. But, every day brings me closer to more decisions – decisions I'm terrified will be rejections. Preparing for college never made me nervous but standing here, peeking over the finish line, I don't know what to do. The idea that all this effort will be wasted if I don't get into college haunts me, even when I objectively know it's untrue.

Watching my classmates get into their dream schools has only increased my fears. Standing here, without a college to go to, I'm at a crossroads. This is the most important challenge I have ever faced in my life, one that will determine at least part of my future. The path I'm taking will depend on admissions officers around the country choosing to take a chance on me. At this point, de-stress meditations are about all I can do. In a month, you'll see another of my articles. Future Julia will still be writing, no matter what college she gets into. But, I can only hope that everything will have turned out alright. So, I hope you readers will hold a thought when you read this, because I will finally know the answer to the questions constantly running through my head. It's the end of my high school journey, but it's the start of my adult life. No matter where it takes me, I'm ready.

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

Boys & Girls Clubs Name Silvia Said as 2022 Youth of the Year

Last month, the Boys & Girls Clubs of Santa Monica selected their Youth of the Year. It's a hard decision because each of the candidates had accomplished so much since they joined the Club. Nominees were Silvia Said, Jayson Bautista, Nathan Castanza, Jazmin Vasquez, and Joshua Torres. A special note of appreciation went to their judges: Neil Carrey, Jordan Katz, and Farhaad Wadia. Congratulations to Silvia Said who was selected as the Youth of the Year. Silvia is currently a junior at Santa Monica High School. She began her time at the Club eight years ago when they had housing sites with Community Corporation of Santa Monica. She is now one of the top Leaders in Training, as well as a member of the Keystone Club, at the Main Branch. Silvia wishes to attend USC after graduating, with the goal of joining the FBI. Silvia will now proceed to the Los Angeles County Alliance Youth of the Year Awards to compete. Congratulations, also, to this year's runner-up, Jayson Bautista, a sophomore at the Mar Vista Gardens Branch and a member since



Silvia Said named Boys & Girls Club's 2022 Youth of the Year
the first day it opened in 2013. Club staff and members are deeply inspired by Jayson's passion to bring more awareness to the importance of mental health in the younger generation. Each one of the candidates received a generous gift of a \$1,000 higher-education scholarship from Board President Tom Larmore. The Youth of the Year runner-up, Jayson, received an additional \$1,000 scholarship, and Silvia received a \$3,000 scholarship for higher education.

Learning to Deal With Dementia
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them achieve their goals. You may not accomplish everything all at once and can plan on "getting there" over the course of multiple conversations, adjusting your approach as you go. Of course, if immediate safety issues related to such activities as driving, cooking, taking medications, financial management, and others that can have dire consequences are at play, you may need to be more proactive. In such cases, it may be helpful to reach out to dedicated community and healthcare resources for more immediate support. Consider con-

tacting your local Alzheimer's Association, senior services organization, a geriatric care manager, or geriatric or social work department in the person's hospital for assistance.

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Acology is Here to Stay



Acology owner Terri Trinh, and her staff from left, Linda, owner Terri, Tina, and Lince invite you to come to the store to meet them in person.

By Corinne Pagan
Terri Trinh, the CEO and founder of Acology, has run and managed her own company for the last 30 years. Acology is a medical and health care supply store with a holistic twist. When you enter the store, you see an amazing array of goods geared for health and wellness. Lining the wall is a myriad of products from creams, supplements, even the Waff, an inflatable cushion that works to relax the body, to canes, walkers, braces, and more. With a history of studying acupuncture and massage therapy, Terri enjoys using both Eastern and Western ideologies with her products. She works with physical therapists, psychologists, and psychiatrists to find what works best for her customers. She also tests many products out on herself, referring to herself and her mother as "guinea pigs." Terri treats each customer individually, as it ensures she can get to know them. She wants each person who comes into Acology to find

a solution, and deeply believes that, "It is not about the sale." After being in two major car accidents, Terri explained to me that she uses her pain and methods of healing to help others. Recently, Terri almost lost her location. After a mix-up with her landlord, she was under the impression that she had 30 days to vacate her building. She eventually found out that the landlord had informed the wrong person, but Terri had already told many customers that her business was moving. As Acology resettles at the location it's been for the last 30 years, Terri rethinks her direction. She continues to study more about holistic healing and the most natural way to take care of her customers. As the pandemic continues, Acology is trying to find the most effective and natural way to ensure the safety and health of the people in our community. Acology is located at 1414 Wilshire Blvd., just east of 14th St. Call 310-260-9633, or go online at www.acology.com for more information on products.

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Reflections From The East

Let Unicorns Roam in Our Imaginations



By Qin Stubis
April is a rejuvenating time of the year. It not only promises us bountiful, soothing showers, but also coaxes out many colorful flowers too excited to wait for the month of May. Much to our relief, the threat of cold weather is over and there is no more ice or snow to deter us from going somewhere and doing something.
Finally, we shed our coats and gloves along with our winter gloom, surrendering ourselves to the warm rays of sunshine and pleasant breezes. It feels great to be back again in Mother Nature's warm embrace.

I also love April for its calendar, for it is packed with activities, especially those catering to the outdoors like National Walking Day, Bicycle Day, and Earth Day. For me, the most exciting day of the month resides in the wilderness of my imagination: National Unicorn Day.
Unicorns are ancient mythical creatures in both Eastern and Western cultures. Throughout history, they have thrived in our imaginations, roaming from the Indus Valley to Greece and Persia, until they spread their presence throughout much of the world.
Like their counterpart, dragons, who have the head of an ox and scales of a fish, unicorns are also partially made of real animals.

Most importantly, they have the body of a white horse with a long, luscious mane and tail. Some believe that they have an expansive pair of eagle wings, ready to spread out and fly, while others imagine them with a goat's beard, gentle and wise. The most distinctive part of unicorns is, of course, the long, spiraled horn on their forehead.
Unicorns are legendary and timeless, often found in our fairytales and folklore, although these days, we mostly see them as stuffed toys in the arms of our children, colorful as a rainbow, soft and cuddly. As for us grownups, unicorns have mostly been tucked away in our dust-laced memory chests.
Not anymore. April 9 is now a special day dedicated to these

mythical creatures. Founded in 2015, National Unicorn Day wants to bring these enchanting animals back into our lives, inspiring people of all ages to rekindle their imaginations and their love for unicorns.
Growing up in China, I've enjoyed my fair share of imaginary animals such as dragons and phoenixes. And now, I have added unicorns to my collection. With their long and rich history, there is much to be learned about my new friends. Since unicorns are woodland creatures, I want to use this perfect time of the year to explore the wild, and maybe, just maybe, I will find them out there.
You can always reach me at qstubis@gmail.com, or please visit me at www.qinsunstubis.com.

Create the Helpers the World Needs



By Cheryl Thode
Unfortunately, as I am writing this column, the war in Ukraine is raging. I am hopeful that by the time you read this article, there will be some positive resolution, but if the last three years of uncertainty caused by the pandemic have taught us anything, it is that only God knows what the true outcome will be.
Currently, I am struggling with the images and stories coming out of Ukraine. I feel completely helpless and worried. Then, I see my three-year-old proudly smiling because he successfully put on his clothes by himself. It is in this innocent moment, that a smile comes to my face, my mind clears, and I realize that I am not helpless. I recognize that I am doing something. I am being present for my son and helping to mold him into a just, moral, and kind person.
Many of you may recall Mister Rogers' now infamous quote, to "Look for the helpers." Specifically, he shared with his young audience of children, "When I was a boy and I would see scary things in the

news, my mother would say to me, Look for the helpers. You will always find people who are helping."
In this one quote, Fred Rogers was able to simply sum up the feeling of comfort and action young children needed to feel when confronted with a scary event. It is so innately human and resonates so much with us, that over the last decade this quote has been used to comfort even adults.
However, we as adults need to do more than just "look for the helpers." We need to support our children in dealing with their emotions and provide them a space to talk about their feelings.
We are our children's buffers to the world. While my son is still too young to fully comprehend what has been happening in the world, I know many of your children are old enough to understand that the past couple years have been scary and that the world may be getting into something just as, if not more, scary. How can we as parents create the space to help our children handle their emotions? Well, it starts with communication and open dialogue. Specifically, the following: **1)** Open the conversation with your children by asking,

"What do you know?" and "How do you feel?" **2)** Give your children a hug and let them know you are present for them; **3)** Let your children know that they can talk to you about anything, regardless of the topic; **4)** Limit your children's exposure to unfiltered media; **5)** Look for opportunities to show your children there are "Helpers" in the world; and **6)** Make time to reflect on and celebrate the good in the world with your children.
Most importantly, every parent reading this, remember it is you who help create and mold the world your child sees and experiences. It is your responsibility to protect them and help guide them into the just and moral human beings they are so capable of becoming.
We are not helpless. Through our children we are making the world a better place. God Bless.

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

Answer to Neighborhood Celebrity
(Continued from Page 1)



Remember Mitra who is holding a wonderful fruit tart made at Vienna Pastry? They also do custom cakes, cookies, divine pastries, breads, and so much more. Now located at 12121 Wilshire Blvd., #110 at the corner of Bundy.

Mini Message Bulletin Board

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Clergy Corner

The Light in the Easter Season



By Msgr. Liam Kidney
As we continue to struggle with the consequences of the pandemic and now, the disaster of the war in Ukraine, many of us feel a collective sorrow and anxiety. In many ways, we are like biblical people who walk in darkness. The storm clouds are on the horizon, and we are all hoping to walk in the light.

The Easter season is the very light that we are waiting for. It begins at the Vigil Mass on Holy Saturday with the lighting of the Paschal Candle. This single candle is processed into the darkened church as a sign that Jesus has overcome death, and is truly the Light of the World. The assembly then lights their candles from the Paschal Candle and the whole church becomes radiant with light.

One of the amazing highlights of the Easter Vigil Mass is this moment from darkness into light. Over the course of my 54 years as a Catholic priest in many different

parishes, this light of Resurrection has always filled me with hope. God is in our midst no matter what darkness we are facing.

My friends, this is still God's world. He will see us through these dark days.

In the words of John Henry Cardinal Newman, written on the deck of a ship and gazing up at the darkened sky:

*Lead, kindly light, amid the encircling gloom,
Lead Thou me on!
The night is dark, and I am far from home.
Lead Thou me on!*

I pray that each of us will truly bring the light of Christ to each other, and to an ever-darkening world.

Have a blessed, light-filled Easter and remember Jesus' victory over death!

Monsignor Liam J. Kidney, Pastor Corpus Christi Catholic Church Pacific Palisades
Each month we ask a member of the clergy to write a column for our readers.

Passing Through the Pico Neighborhood
It's Time to Bloom in Place



By Stacy McClendon
Springtime has arrived. All that was planted and cultivated during fall and winter has, is, or will, be springing up in your life sooner than you realize. It expects you to be willing and ready to grab and enjoy it.

What did you toil in? What or who took precedence in your world? Was it something hopeful and positive? Was it something new? Did you have a renewal?

Everyone wants a great life. However, this requires patience, grit, determination, and the where-withal to keep going, in spite of ALL that is going on in and around us.

These past couple of years have taught us that, and more. Our-selves, families, friends, colleagues, and neighbors just witnessed and lived through a time where the world was forced to change rapidly and drastically with a global pandemic as a backdrop. And, social changes were screaming at us to take a stand for all that was needed to be reformed. Most of what we once knew and have grown accustomed to was dug up, and replanted right in front of us.

We didn't have a choice in the matter, as circumstances were

beyond our control. However, we did have a choice on how we were going to respond and whether we wanted to plant and cultivate something new in our life, for ourselves, family, friends, and our communities.

My hope is –

- That you were able to cultivate crops worth having, enjoying, and sharing during your own personal metamorphosis.
- That your family became more tightly knit and connected. That hopes, dreams, and visions were teased out and started.
- That new friendships and alliances were formed.
- That you saw your community through a new lens.

Hopefully, our community has become stronger because of the changes made and witnessed – and if a slight struggle ensued during this process, I hope that you were able to continue moving forward towards your place of joy.

I know and believe that many embarked on a new journey, while many more crossed a new bridge.

Now that it is Springtime, I envision us doing the best we can with what we have and sharing it with our community!

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

SMPL Community Calendar

- For Children:**
- **Thursday, April 14 - Santa Monica Public Library Storytime** - 11:30 a.m. to 12:15 p.m. Cayton Children's Museum, Derfner Theater. The Santa Monica Public Library returns to the Cayton Museum for fun stories, songs, and finger plays.
 - **Available beginning Monday, April 18 - Take & Make Kit: Poetry and Butterflies** - This kit includes supplies and instructions for two crafts: a butterfly sun-catcher for Spring, and a construction paper windsock featuring a poem for National Poetry Month. Pick up at the Main Library Youth Services desk, Pico, or Montana Branches. While supplies last.
- **Ongoing - Dial-A-Story** - Access 24/7 via telephone at 424-610-8600. - New stories are recorded each week in English, Spanish and Mandarin, and can be listened to by phone at any time.
- **For Teens: Thursday, April 21 - Financial Literacy for Teens** - 6 p.m. to 7:15 p.m. Pico Branch Library, The Annex. Celebrate Financial Literacy Month with a workshop from Youthful Savings on entrepreneurship and financial responsibility for teens. Learn how financial responsibility empowers you and your community, and how becoming a knowledgeable transactor creates a more joyful

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Do You Have Medicare Questions?

There are many things to consider when it comes to your Medicare choices. During this virtual presentation you will understand all your options so you can have all the benefits you deserve.

Contact Lidia Magarian at the Santa Monica Family YMCA for details for a Zoom presentation on Tuesday, April 12 at 2 p.m. Call her at 310-393-2721, ext. 129, or go to lidiam@ymcasm.org.

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Celebrate Spring Holidays With Festive Foods (Continued from Page 1)

significant family holidays and traditions. Our family celebrates the holidays of Passover, Easter, and Songkran during this month. The constant threads throughout the multiple celebrations are cooking, eating, and gathering together.

My favorite traditional recipes for Songkran are listed online. Most of the year it is common to have curry over rice, but for Songkran, curry is often served over rice noodles. The noodles symbolize a long life and plenty. Happy New Year or in

Thai, “Sawasdee Pee Mail” May the new year bring you good health, possibility, everything you need, and wealth in new experiences.

Editor’s Note: Cathryn sent the following recipes and notes regarding her choice of products. (Because of limited space, the recipes will be printed on our April website. You can access it by going to thesantamonicastar.com.)

The recipes on the site include Thai Red Curry with Chicken and Bamboo Shoots with Vermicelli Rice Noodles, Khanom Jeen Gaeng Gai, Khanom Jeen



Traditional Thai Chicken Curry with Bamboo Shoots

Noodles, Chile-Lime Fish Sauce, equipment, ingredient notes, and directions.



Ingredients for Thai Chicken Curry



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7:00 p.m. · Easter Vigil

Easter Sunday
7:30 · 9:30 · 11:30 a.m. · 5:30 p.m.
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A Celebratory Passover Dessert

(Culinary.net) These Simple Macaroons are easy to make and delicious to eat. With a fresh kick of lemon zest and crunch of shredded coconut, they are a bite-sized, tempting way to end your Pass-over meal.

Find more sweet treat recipes for any holiday at Culinary.net.

Simple Macaroons

Recipe adapted from martha stewart.com

Yield: 15 macaroons

- 1 large egg
- 2-1/4 Tbsps. honey
- 1/4 tsp. vanilla extract
- Grated lemon zest
- 1/4 tsp. salt
- 1-1/4 cups shredded coconut
- 5 ounces dark chocolate, melted
- Preheat oven to 375 F.
- In bowl, whisk egg. Add honey, vanilla, lemon zest and salt; whisk. Stir in coconut until completely coated with egg mixture.
- Using 1-1/2-inch ice cream scoop, make 15 balls, transferring each to parchment-lined baking sheet, spacing about two inches



Simple Macaroons

apart from each other.

- Bake macaroons 10-12 minutes, rotating halfway through, until coconut starts to brown on edges.
- Transfer sheet to wire rack and let cool.

Before serving, drizzle with melted chocolate or dip bottom sides of macaroons in melted chocolate to cover bases. Refrigerate 15 minutes to set.

Thoughts From a Second-Time Father

My Children Continue to Surprise Me as They Grow Older



By Michael Margolin

I have been a parent for eight and a half years now and I suppose I should now be used to the fact that my kids will keep surprising me. Jake will be six soon, and Enjoli and I decided it was time to get him to ride his bike without training wheels.

A couple of years ago before Alexa turned seven, we got her to ride without them, and gave Jake a shot at that point but he was clearly not ready.

At this time we figured he was, and went to a park near our house to try it out. The grass at the park is short enough so that it is not too difficult to peddle through it. So he got on his bike, sans training wheels. I ran with him holding his seat for about three or four paces, and off he went. Jake was riding his bike by himself. This was not the Tour de France, I am aware, but nonetheless a significant milestone for my boy.

He now has a skill that he will be able to utilize the rest of his life. Alexa and Jake continue to grow up, both mentally and physically, at seemingly impossible rates. Just looking at their shoes, I see they don't have baby feet anymore!

These kids are so much fun for us. And like all kids, they come with their frustrations. But, it is all part of the learning process. For all of us. I am so much looking forward to the challenge of arming


them with what they need to be successful in life. And, doing my best to pass on knowledge and experience to them. Which also comes with finding ways to get them to listen and learn from what Enjoli and I will have to say.

This Spring, Alexa's soccer team has not had quite the success we have become accustomed to. For me, this is again an example of how sports can teach life lessons. In practice and in games, we find ways to stay disciplined and hungry when you know the challenge could very well be insurmountable.


In sports and in life, the true character of people shows through so often when the chips are stacked against them. Since they are stacked against us, I remind Alexa to use this season as a learning experience and as motivation. I do not want her to complain or gripe and she has not, which I would not have much patience for anyway. I remind myself and my fellow coach that this season needs to serve as a learning experience for us as well. We will be better for it, somehow I am sure. I have to remain positive and disciplined myself. If leading by example is something I want to instill in my children, it is best they see it firsthand. Whether they know it or not.

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

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Community Service on the Westside

Living Longer Through Rotary

By Ann Greenspun
Studies link healthy social networks to positive changes in brain, heart, and immune function. One study shows providing support to others may be more beneficial than receiving it. Enter the Rotary Club of Santa Monica.
Throughout the past 100 years, our Club has maintained a unique identity with strong support of the service programs, not only around the corner but around the world. "Service Above Self" is our motto!
Rotary began in Chicago in 1905. Businessmen rotated their meetings at different member's offices to discuss what good they could bring to their community. (Hence the word, "Rotarian.")
From its humble beginnings, Rotary has grown globally to 1.4 million individuals, 46,000 clubs in 200 countries and geographical areas.

We are your local business and professional leaders who network once a week for an hourly lunch and learn from unique speakers. We have monthly mixers, days of service, parties, socials, dinners, and committee engagements.
We are described as fun-loving, diverse, generous, and friendly. We engage in many local non-profit activities and meet many organizational needs, both in-person and financially. As part of Rotary International, we are invited on humanitarian trips to various countries each year.
If you live or work in Santa Monica or an adjacent community, you are invited to attend one of our Friday luncheon meetings.
Come, live longer, and join our hometown Rotary Club! To get started, visit our website at www.rotaryclubofsantamonica.org, or call 310-917-3313.

News From the Santa Monica-Pacific Palisades Lions Club



By Linda Levee
We have celebrated the second meeting of our newly formed Lions Club at the Santa Monica Elks Lodge. We had our St. Patrick's Day dinner and ate corned beef and cabbage prepared by Chef Gabriel. Our program was presented by Andrea DeGuzman, LCIF District Coordinator. She informed us that the Lions Clubs International Foundation has sent a generous donation to help with the war in the Ukraine. Even though our organization is local, we pay international dues and support causes that need help throughout the world.
We had a wonderful turnout of 21 members and guests at the

meeting. Announcements were made that we will again have our annual pancake breakfast in 2022. Time and place to be announced. Our Club is really working hard to start giving back to the community that we love and serve.
At this time, our new President Kathy Boole was given the gavel to begin her quarterly term as our leader. We have a congenial group and we are looking for new members to share their talents and interests with us. If you wish to spend time, please consider joining our Lions Club. We also collect eye glasses for refurbishing that will be sent to other countries throughout the world. For information, please call or email Lions c/o Yoriko Fisher at Fisher@gmail.com, or call Kingsley Fife at 310-454-2960.

Looking for a Location for Your Event?



By Susan Barry
Spring is around the corner and our beautiful facility is waking up to new events at the Club.
The Santa Monica Bay Woman's Club (SMBWC) is a wonderful place to rent for celebrations of any kind, including weddings! With so many events, fundraising opportunities, family gatherings, and reunions postponed the last two years, we look forward to welcoming a renewed season of "a full house." Please consider giving us a call when you begin to plan your next event.
In addition to private rentals, SMBWC actively seeks other non-profit organizations to host their functions. All our profits go toward the myriad of annual contributions to other non-profit organizations each May.
Our free, eight weeks of bridge lessons are about to finish with a full table of new players and new members for SMBWC. Bridge and canasta are played each Monday

beginning at 11 a.m. in the ballroom. All proceeds support our scholarship fund for Samohi graduating seniors.
Also ongoing is the Artists' League, meeting on Tuesday at 10 a.m. Book Group will resume in the fall. Our biannual election of board members will be held in April.
For those interested in an organization that enriches the lives of its members and the community through a legacy of women's fellowship and charitable service, consider joining SMBWC. We have been active in Santa Monica for more than 100 years and continue to grow and evolve with the times.
We love our community and strive to support it as active members. For further information about rentals, membership, or club activities, send your inquiry to info@SMBWC.org, and visit our new website, www.smbwc.org.
Our Club is located at 1210 Fourth Street, just south of Wilshire Blvd. in Santa Monica. Please call 310-395-1308 for more information on our many exciting programs.

An Update From ERBA Markets

More Information on Cannabis

**By Stephen Freedman
Manager, ERBA Market**
Q: Do cannabis products lose their potency over time?
A: To answer your question, yes, cannabis (THC, CBD, etc.) does lose its potency over time. The majority of products have expiration dates, and those that don't, have harvest/production dates, so patients can see how old the batch is. It won't "go bad," it just won't be as effective.
Q: What is the difference between THC & CBD?
A: THC and CBD are both cannabinoids that have medicinal benefits. However, THC produces psychological effects that give the "high" everyone hears about, while CBD does not. It's important to familiarize yourself with each so you know what experience you will receive once consumed. Our budtenders (ERBA staff) are well-versed in all

cannabinoids and can help educate and direct all patients to a desired product that will provide the desired effect.
Q: What are the different ways to consume cannabis?
A: Cannabis can be consumed in a variety of different ways. There is the traditional way of smoking flower, but smoking can also be done using a vape cartridge (cannabis oil heated using an external battery) or concentrate (a concentrated, potent form of cannabis). Cannabis also comes in edible form: gummies, chocolate, candy, mints, beverages, etc. For a more direct effect, capsules and sublinguals are popular. We also offer lotions/balms for skin or muscle conditions. Cannabis does not have to be smoked or digested in order to gain its benefits.
For more about ERBA Market, go to the back page.

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Paws and Claws

What Are Common Household Products That Can be Toxic to Pets?



By Dr. Frank Lavac MS, DVM
According the the National Animal Poison Control Center, the following items are commonly associated with pet poisonings. They include alcohol, avocado, chocolate/coffee/caffeine, citrus, coconut/coconut oil, grapes and raisins, Macadamia nuts, onions/chives, undercooked

meat/eggs, salt/salty snack foods, Xylitol, and yeast dough.
Xylitol is added to products as an artificial sweetener. In dogs, it can cause hypoglycemia, seizures, and liver failure. Avocado is particularly toxic to birds. Small amounts cause pulmonary edema and death. Grapes and raisin-related toxicity is intriguing. We don't know the active toxic principle that cause issues but in some dogs, they can induce kidney failure.
For more details, go to www.aspc.org. If your pet ingests these, contact your local veterinarian or local ER. You can also call the National Animal Poison Control Center at 800-548-2423.

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



Happy April Birthdays to Marlene Dobkin, Klaus Brandt, Paul Gaulke, Nick Gehner, Charles Hart, Mervyn Hecht, Carol Jackson, Ken Miller, Robert Moore, George Briggs, Xavier Banister, Sarah Young Shepard, Alice Lunsford, Rena McKinzie, Alan Rich, Cameron Khoury, Jennifer George, Jessica Heffernan, and Matt Williams.

Adopt a Pet



Hello friends! Nice to meet you. My name is Sweetie. Do you like my scruffy fur? How about my chocolate brown eyes? I'm a 55-pound pit bull/poodle mix and am about four years old. I'm very affectionate. Please contact 1-866-LUV-WAGS at Wags and Walks (www.wagsandwalks.org) to adopt me.

Happy Birthday to Esther Condon

Congratulations to Esther Condon upon her benchmark birthday celebration. Family and friends recently gathered at Earth, Wind, and Flour to enjoy an outdoor luncheon on this special occasion. Wishing her many more years of happiness and good health. Esther, center, is with Carly Condon, left, and Hayley Condon, right.



Planning Ahead

Separate Property or Community Property? It's Complicated!



By Lisa Alexander, Esq.
California is a community property state. That means everything acquired during marriage is community property and belongs to both spouses. A married person can have separate property if it was acquired before the marriage, or was received as a gift or inheritance during marriage and, in either case, is kept separate. Or, property can be characterized as community property or separate property by agreement, such as a premarital agreement, a post-marital agreement, or a transmutation agreement. Any such agreement must meet strict standards to be enforceable.

This sounds simple enough, but it's not. A spouse may own property in his or her sole name and call it separate property, but just because you say it's separate property doesn't mean it is. The character of property as community or separate has legal and tax consequences, such as reporting of income, division of assets on divorce, allocation of assets between sub-trusts at death, and obtaining a stepped up basis when a spouse dies.

Complications arise in cases

where property is re-characterized. Take the case of Susan who purchased her home as a single person, as her separate property. Later she married a wonderful man. Susan wanted to refinance the loan on her home but her income was too low to qualify. The lender made the loan only after Susan added her husband on title. Now that the new loan is in place, Susan wants to take her husband off title and put the home back as her separate property.
This is not so easy to fix. Susan's husband must be advised to seek advice from an attorney before he signs a deed back to Susan. As nice and wonderful as he is, he needs to understand he is giving up ownership rights and if there is a later divorce, we want to protect Susan from a claim that he wasn't fully informed. Of course, this costs money and could bring up bad feelings and, in any event, this is a lot more than Susan or her husband thought they were getting into when all they wanted was to refinance Susan's loan. It certainly is complicated.

Lisa Alexander, Esq.
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SMPL Community Calendar (Continued from Page 5)

life filled with freedom and possibility.
Adults:
• **Saturday, April 16 - Notable Fiction Discussion Group** - *The Heart of the Matter* by Graham Greene. 11 a.m. to 12 p.m. A classic tragic novel of love and duty in a colonial setting. To register: library@santamonica.gov.
• **Monday, April 18 - 7 p.m. to 8 p.m. - Main Library Book Discussion Group** - *A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II* by Sonia Pernell. Rejected from the Foreign Service because she was a woman and because she had one leg, Virginia Hall became "the most dangerous of all Allied spies." To register:

library@santamonica.gov.
• **Tuesday, April 19 - Mystery Book Group Discussion** - *Thereby Hangs a Tail: A Chet & Bernie Mystery* by Spencer Quinn. 7 p.m. to 8 p.m. In their second adventure, Bernie and Chet are called on to investigate threats made against a pampered show dog called Princess. To register: library@santamonica.gov.
• **Ongoing ESL and Citizenship Classes** - Community and SM-MUSD parents have priority. Enrollment is through the SMMUSD Adult Education Center, 2510 Lincoln Blvd., Room 203. Contact Olga Saucedo at 310-664-6222, ext. 76203, or osaucedo@smmusd.org to enroll.

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Connect to Nature in April

By Julie Rensink Hanson
Happy Earth Day! We celebrate with this year’s theme in mind, “Invest in Our Planet,” which challenges governments, corporations, and private citizens to move toward more sustainable practices by buying from greener companies and taking an active role in the Earth’s well-being. You can find a list of events to join on Earth Day, or create and register your own event at www.earthday.org.

Two things you can do this month for a better planet include buying Bird Friendly coffee and starting a pollinator garden.

What if your morning coffee was delicious and helped the birds too? Many North American migratory songbirds spend the winter months in coffee plantations in the tropics, including orioles, warblers, and thrushes. Unfortunately, most coffee farms today destroy critical forest habitat these birds need, to grow the coffee in full sun, and also use harmful pesticides and fertilizers. When the birds migrate to these plantations, they no longer find the habitat and the insects needed to sustain them.

Instead of sun-grown coffee, look for Bird Friendly certified coffee, a certification from the Smithsonian Migratory Bird Center. Bird Friendly certification goes beyond USDA organic, Rainforest Alliance, and Fair Trade to protect bird and wildlife habitat.

In addition to the benefits to the birds, buying coffee with this important certification also helps to fight climate change, protect biodiversity, and support local farmers and sustainable practices. Your daily cup of coffee can be a win for you, the planet, and the birds!

April is the perfect month to create a pollinator garden, especially designed for butterflies, bees, and hummingbirds. Populations of these important pollinators are on the decline, but your yard can



California is home to over 1600 species of bees.

become a critical habitat and help increase their numbers.

Butterflies need milkweed, and it is important to plant your garden using California natives. The most common species to ask for at the nursery are narrow-leaf milkweed, showy milkweed, and Kotolo milkweed. All three are essential habitat plants for the western population of the beloved monarch butterfly.

California is home to over 1600 species of native bees. Many of these native bees are solitary, do not sting or swarm, and are excellent pollinators. If you have fruit trees or berries, you will love them in your garden. Be sure not to use any pesticides in your garden. Pesticides are harmful to all of our bees, birds, wildlife, and water systems.

Start your pollinator garden by planting natives suitable for your space. For a list of options, visit the Theodore Payne Foundation at www.theodorepaynefoundation.org.

Earth Day Bonus: On April 22, the Lyrids meteor showers peak and light up the sky.

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



From Me to You...



By Diane Margolin
One of the things I have always enjoyed about being a part of the westside community is doing business with people whose names I know, and who know my name.

How many of you remember the wonderful Vienna Pastry bakery that was on Wilshire Blvd. near the post office and the See’s Candy store? The bakery has been run by the same family for several years. They are a traditional bakery offering the most delicious cakes, pastries, breads, cookies, and more.

They’ve changed locations, but are still on Wilshire Blvd., located in the rear on the first floor of the tall white office building at 12121 Wilshire Bl., #110 at Bundy. Underground and street parking are available. All the wonderful items you remember are still freshly baked on the premises. My mom used to love their mini pastries. And, she loved choices. Once I bought her one of each which added up to 19 beautiful tempting mini pastries. Most could be frozen. She was delighted. They will deliver or you can arrange curbside pickup. We will write more about the bakery next month.

Congratulations to Santa Monica High School students Milla Moretti, classical voice, and Chloe Stavis, non-classical voice, and Alexander

Levin, jazz instrumental from Crossroads School for Arts & Sciences for being selected as semifinalists in the Music Center’s 34th Annual Spotlight Program.

Spotlight semifinalists have the rare opportunity to attend a special mastery class in their discipline with highly regarded artists, who share their expertise on performance technique, training and professional life. Each semifinalist will audition again before a new panel of judges, who will then select the top two finalist performers in each category for a total of 14 Grand Prize Finalists. The Grand Prize Finalists will perform in The Music Center’s Spotlight Grand Finale Performance on June 15 at 7:30 p.m. at The Music Center’s Ahmanson Theatre.

The Samohi Books for Kids Club is holding a book drive. Their goal is to combat low literacy rates in L.A. by helping kids get books. For info, email cgf@smmk12.org, or samohibooksforkidsclub@gmail.com. Children’s fiction books are preferred, but they will accept donations of any reading level and any genre. Bring your books to the main lobby of Temple Beth Shir Shalom at 19th and California.

Send a personal greeting to your mom in our May issue. See Page 4 for details. Happy Easter and Happy Passover to our readers!

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