

Keep On Moving This Summer



Santa Monica Firefighters were ready to play in the tournament.

PAL Golf Tournament Welcomes Over 160 Attendees

We often read that the best way to take care of ourselves is to exercise, to keep moving. The Police Activities League (PAL) had two recent events that gave participants the opportunity to keep moving, while at the same time benefiting a good cause in our community. Next year's tournament is slated for Monday, June 12, 2023 at the Braemar Country Club in Tarzana.

Santa Monica business and community members sponsored golf teams to raise much needed funds which support the free programs at
(Continued on Page 10)



PAL Director Eula Fritz, right, welcomed PAL Board President Lauralee Asch, left, and SM Council member Lana Negrete, center, to the event.



Lt. Sal Lucio golfed with friends from Telemundo. Photos by Lauralee Asch.



Five Divisions are based on age.



Members of the Copper division.

Youth Basketball Returns to the Santa Monica Family YMCA

Hi, I'm Dr. Paul Drew, youth basketball coordinator at the Santa Monica Family YMCA. It's been a long time, two years, since the last youth basketball program. We are glad to bring youth basketball back to the YMCA.

We have returned the league for kids, ages five -14 years, with teams across five divisions. We are a developmental league with emphasis on maintaining the three principles of the YMCA: healthy living, social responsibility, and youth development.

There are five divisions based on age and skill level: Copper, Bronze, Silver, Gold, and Platinum. Special thanks to our partner, the Los Angeles Lakers Youth Foundation, for providing support, grants, and jerseys.

Our volunteer coaches and referees emphasize positive reinforcement to help the kids gain confidence while enjoying participating in youth sports.

Come join us for our Summer season. For more information, email me at Ysports@ymcasm.org, or contact the Santa Monica Family YMCA at 310-393-2721.



Do You Recognize This Neighborhood Celebrity?
(Answer on Page 4)



Gold division players pose in their Junior Lakers jerseys.

Senior Snapshot

Popular Pharmacist Continues to Serve Community Even After Retirement

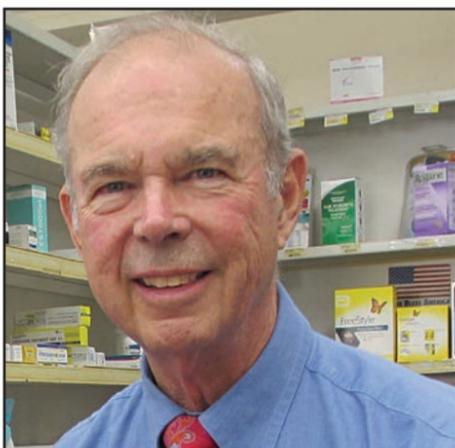
By Corinne Pagan

Many of you may remember Paul Leoni, the popular pharmacist and owner of Patton's Pharmacy, once located on Lincoln and Montana in Santa Monica.

Born in Chicago, Illinois, Paul's family moved to California when he was 15 years old. Growing up, Paul enjoyed delivering newspapers and riding his bicycle around his neighborhood in Chicago. At the age of 15, due to his younger brother's asthmatic conditions, his family decided to move to Montebello for the change of cleaner air.

Paul attended and graduated from Montebello High School. He then moved on to continue his studies at East Los Angeles College. It was during his time at community college that he began his journey of volunteer work. Paul loved volunteering, so much so, that he was awarded the President's Volunteer Service Award after completing over 4,000 hours of community service in his lifetime.

When he graduated from community college, Paul's uncle encouraged him to attend pharmacy school. He then applied to and got into the USC School of Pharmacy in the year 1959. Without this



Paul Leoni is missed by his customers from Patton's Pharmacy.

encouragement, Paul might have never encountered his wife, Marilyn, whom he met while serving food in the women's dormitory.

After graduating from USC in 1963 with a Doctorate of Pharmacy degree, Paul joined a chain of pharmacies. His first job was in downtown Los Angeles, and eventually he moved all over the Los Angeles area.

Paul ended up in charge of the Brentwood Pharmacy on the corner of 26th Street and San Vicente Boulevard for a few years before a

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Discover What's Happening on the Westside

By Pamela Lawrence

• Ongoing - The Venice West-Live Music and Dining Venue - An independent listening room with exceptional sound, tasty eats, and good vibes. The goal is simple: create and provide a welcome place for music fans and artists to have good times. Enjoy the show! Located at 1717 Lincoln Blvd, Venice. Ages 21+. For more info and to purchase tickets, visit <https://thevenicewest.com/>.

• Saturday, July 2 - Soundwaves Outdoor Concert - Relax and listen to Dan Rosenboom's quintet in the park. Dan is one of the top trumpet players in Los Angeles. 3:30 p.m. to 4:30 p.m. Free jazz concert of cutting-edge music at SM Pico Library Annex in Virginia Avenue Park.

• Saturday, July 2 through Monday, July 4 - Independence Day Outdoor Weekend Movies with Fireworks - Come celebrate America's freedom for three nights, presented by L.A.'s

favorite cinematic experience, Cinespia and Amazon Studios. DJ music sets before and after the movies, food, beer and wine, sweets, fireworks, and a free Photobooth. Gates open at 7:15 p.m., and the movie begins at 9 p.m. Hollywood Forever Cemetery, 6000 Santa Monica Blvd, L.A. To purchase tickets, visit: cinespia.org. All ages welcome.

• Saturday, July 2 - Ceramics Summer Sales Event - Stop by, admire and shop! Annual ceramics sale at this Santa Monica gallery. More than 50 talented artists' works will be showcased. Tours and class details are available. 10 a.m. to 5 p.m. Still Life Studio, 850 Pico Blvd. For more info, email: welcomestilllife.com.

• Monday, July 4 - 74th Annual Pacific Palisades July 4th Parade and Celebration - The Sparkle returns! Spend the day in the Palisades and enjoy a beachy, Independence Day extravaganza beginning at 2 p.m. with a community-wide flyover from

a squadron of WWII fighter planes kicking off the parade through the center of town. Parade travels from Via de la Paz, down Sunset, to Toyopa. The parade is free and fun for all ages. An evening of music and fireworks will follow at Palisades Charter High School, with gates opening at 6 p.m., and fireworks launched at 9 p.m. Advanced ticket purchase required for the evening show. Visit: palisades4th.com/fireworks.

• Saturday, July 9 - Teen Henna Tattoo Workshop with Russell Chan - Kaufman Brentwood Branch Library, 11820 San Vicente Blvd. 2 p.m.

• Sunday, July 10 - FlamencoArabe! - Experience an afternoon of fiery Flamenco music and the passion of Arabic belly dance! Featuring master guitarist, Paco Arroyo, and Flamenco powerhouse, Yolanda Arroyo. Artistic director and dancer, Corina Del Sol will present an international cast of performers. 3 p.m. The Electric Lodge, 1416 Elec-

tric Ave., Venice. For tickets, visit: flamencoarabe2022.eventbrite.com.

• Wednesday, July 13 - Water You Painting? - Teen art event focusing on learning how to paint a stunning scene from a local beach with the experts from Paint Lab. 4 to 5 p.m. S.M. Main Library, Central Courtyard. All materials will be provided. Advanced registration is required. Email: jeff.kaplan@santamonica.gov.

• Thursday, July 14 - Sourdough Bread Making with Brie Wakeland: Learn safe and delicious techniques for making traditional sourdough bread at home. Kaufman Brentwood Branch Library, 310-575-8273. 6:30 p.m.

• Friday, July 15 through Sunday, July 24 - The Peter Max Exhibition Experience - Visit this free limited engagement pop-up presentation of the finest original work by artist Peter Max. His works are vibrant and colorful, visionary art associated with the

(Continued on Page 8)

More Seniors Are Using Computers and the Internet More Than Ever. Those Who Don't Are Missing Out.

By John Grimaldi

I miss my typewriter! I miss the sound and the feel of it. But, alas, they tell me, "It's the 21st century, get with it." My response is, "I could pick a century out of a hat and get a better one."

I admit it - I am technologically deficient. So, I asked the experts to tell me why this 78-year-old hack of a reporter needs a computer, why do I need to know how to "surf

the Internet?" And, here's what the techies at a company called Avast had to say. They bill themselves as "a global leader in digital security and privacy," and I figured they would have the answers.

Q: I'm a senior citizen. I read newspapers and magazines, listen to the radio, and watch TV. I get my information the old-fashioned way. Why is it so important for me to learn how to use

a computer?

A: The major benefit of using computers is simply the ability to stay connected in the modern world. Online banking, social media, many government services, and much more are moving increasingly, if not entirely, online. It may soon be impossible to access any of these services without a computer. In other words, if you're not digitally proficient, you can't fully participate in society these days. Once people find how technology can facilitate them in their passions and hobbies, they would find their own reasons to learn.

Q: I know how to turn on my computer, find information on the Internet and receive and send emails. Isn't that enough? Doesn't that make me digitally literate? What else do I need to know?

A: You need to learn how to stay safe online, practicing "defensive Internet use," and understanding what happens with your data. It includes knowing how to set and manage strong passwords, keeping on top of privacy settings, and having a basic understanding of what's safe and not safe to click on or visit online. If you can do that, you have a baseline for digital literacy.

Q: You say it's important to use my computer and my cell phone in a safe way ... to beware of scams. I say, it's a good reason for not using these devices.

A: People put up barriers to new technology because they think it's kind of difficult. And, in fact, it's really just a bit like being an entrepreneur in that you need to prepare to fail. You need to just try things. A lot of adults lack confidence and feel scared to make mistakes. Yes, the experts agree, it can be dangerous to use cell phones or computers, but the benefits far outweigh these risks. You need to

overcome that lack of confidence and feeling scared to make mistakes. You need to stop worrying about it and get on with it.

Q: You say that it will improve my life. I ask, how?

A: There are so many opportunities for senior citizens via a computer and the internet. They can find information about any hobby or any interest they may have. In addition, it can give them access to new friends and groups of people who share their passions. There are social media platforms dedicated to knitting and crochet, for example. There are thousands of car clubs on Facebook alone. There are even sites that can help retirees find the best prices on flights, hotels, credit cards, and more, ensuring that pensions can stretch even further. Whatever the passion, interest or benefit, you can find more, faster, online than you ever could off the Internet.

John is with the Association of Mature American Citizens [AMAC]. Call 917-846-8485 for more details.

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Local Author Julie Clark Does it Again!

In May, I was reading the *Parade Magazine's* suggestions for summer reading. All of a sudden, I saw Julie Clark had written a new book. I could hardly wait to read it.

When *The Lies I Tell* arrived in the mail, I knew that if I started the book, I would have a problem putting it down. And, how could I get my work done?

Like her two former books, *The Last Flight* and *The Ones We Choose*, avid readers will be entranced by the descriptions of the two fascinating main characters. You want to learn more about their adventures and why they are taking the paths they are.

Meg Williams. Maggie Littleton. Melody Wilde. Different names for the same person, depending on the job. A brilliant con-artist with a long list of victims under her belt, Meg is finally returning home to Los Angeles to carry out her biggest job of all. She wants revenge on the man who ruined her childhood. There is just one person who might stand in her way. An investigative reporter who has been secretly following Meg's movements for years, Kat Roberts has finally



Julie Clark

breached her inner circle, assuming a fake name and identity in an effort to trick Meg into giving up her story. As Meg grows closer to her goal, Kat is drawn into a deeper mystery than she ever imagined, and the question of who is hunting whom, and why, becomes impossible to answer. *The Lies I Tell* is available at Diesel Bookstore in the Brentwood Country Mart. —D.M.

Mar Vista: Neighbor to Neighbor

Visiting the Mar Vista Farmers' Market



By Michael Byrne

I'm a sucker for pasta, so when I passed a booth at the Mar Vista Farmers' Market handing out samples of a marinara-based pasta, I did not hesitate. The only word I could muster was "wow" as I quickly ushered my family to try one as well.

Unable to hide our delight, Nobe, who was preparing the next round of samples, noticed our incredulous looks and gave a name to what we were enjoying – Ricotta Shells. Then she added, "And they are vegan!" My mother, born in Italy and a self-appointed "Supreme Court Justice of "Good Italian Food," shared my first reaction, wow!

Synovia Jones, a.k.a. Nobe, plant-based chef and founder of Los Angeles-based Nobe's P.B. Foods, has been a practicing vegan for 40 years and is originally from Chicago. "I was the odd person out because you know the midwest is meat and potatoes country," she told me as she was cooking more shells. Her mission is to provide locally-sourced, sustainable food op-

tions that are not only reliably delicious and nutritious, but readily accessible to everyone, especially those in underserved communities. The company's presence at the Farmers' Market embodies this mission. Once a month, the booth operates purely to educate (and feed!) market-goers on how to make one of their specialties through free cooking classes and handouts of the recipe.

"The whole idea is to give people ideas for how to cook with the food and vegetables in the market," Nobe explains. On another Sunday, you'll find Nobe's booth selling her famous Vegan Crab Cakes and any number of her other specialties (which you can review at nobespbfoods.com). You can also find Nobe's P.B. Food products at Co-Opportunity Market, 1525 Broadway in Santa Monica.

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Popular Pharmacist (Continued from Page 1)

different management team took over. He then moved to Patton's Pharmacy on Lincoln and Montana.

He worked there for about ten years before buying it from owner Pat Patton in 1980. As the years went by, Paul and his wife Marilyn became well known in the community for their sincerity, kindness, and caring by their customers. They ran Patton's for 38 years.

Even during the 1994 earthquake, Paul moved the entire pharmacy onto the parking lot during rebuilding so that his customers did not have to go without the pharmacy services.

Paul has always been very active in the community. He joined many service clubs over the years, including the Santa Monica Rotary Club in 1980, the Santa Monica YMCA Board in 1981, and the Boys & Girls Club of Santa Monica Board in 1985, just to name a few.

As Paul himself states, "I'm happy to help people who need help." Paul Leoni has been a wonderful part of the community for many years now, and his own hard work and caring has made him an integral part of what makes Santa Monica the amazing community it is today.

Byte by Byte

Tech Tools on the Road to Veterinary Specialization



By Dr. Miceala Shocklee

As a veterinarian, the road to specialization in zoo and aquatic, can involve a lot of time – well, on the road. Having

spent the past year driving all around Florida while working with a number of zoological facilities, I've built up a technology "go bag" of useful tools for getting to and through the work I do. Taking a more personal spin on this month's Byte-by-Byte column, I've listed out my top five tools for life as a roving zoo and aquatics veterinarian.

1. Phone Protection: I drop my phone constantly. Given the amount of time I spend in golf carts driving around zoo grounds and in boats heading out to sea for aquatic procedures, being able to protect my phone (which doubles as a clock, flashlight, and photo-taking notes-keeper when out in the field) from scrub top "pocket vomit," oceanic salt spray, and my own clumsiness is pretty important. For the past couple years, the Otterbox™ has served me well. While it by necessity bulks up the frame of my phone, it's also kept it unharmed through countless accidental pocket ejections, abrupt meetings with sand when out on trail runs, and likely more-than-ideal exposure to water of multiple kinds. However, in the times when complete submersion bodes as a possibility, I do opt for the security of multi-layer protection and will entrust my phone to the safety of a plastic sandwich bag inside a

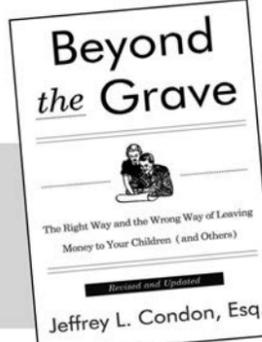
floatable dry bag.

2. GPS: Put me in the mountains, and I can guide for miles. Put me on the Florida interstates, and buckle up, because Google Maps is taking the wheel. Having put roughly 25,000 miles on my car in the last year, GPS has been my constant helpmate. When it comes to driving around and between cities, Google Maps does actually do pretty well, but I routinely download whatever new region I'll be in to the Maps.Me app, which I've historically found has a better idea of trails, footpaths, and pedestrian traffic as well. My car itself comes with an onboard GPS as well. I've resorted to use it once so far in order to find my way out of winter-dark Florida country backroads one night in November when my phone died midway through a Google Maps route around I-75 traffic. Of course, physical maps rely on neither battery power nor satellite connection, and as infrequently as I currently use them, are a staple part of any navigation package.

3. Car Tools: Florida comes with heat, humidity, construction, rough roads, and a whole lot of salt. Car mechanics have never been my forte, but the last year has been an instruction in sorting out how to do my own oil changes and finally determining that keeping an air pump that runs off of the old cigarette lighter in my car is a much more reliable solution to low tire pressure than trying to find somewhere to fill up on the road.

4. Endoscopy: When I think of endoscopy, I usually think of big

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Reflections From The East

New England Diary: The Rock That Bears Witness



By Qin Stubis
This summer, schools are finally holding graduation ceremonies canceled during the early days of COVID. With double booster shots now in our arms, my husband and I felt comfortable enough to take a special road trip from Washington D.C. to Boston where our daughter, Halley, graduated from Tufts University with a fine arts degree in 2020. We were all excited to see her finally walking

across the stage in her special graduation gown.
Both of our children attended universities in Boston so we knew that this ceremony would mean our last "mandatory" trip to the New England area. To make it special, after the graduation, we decided to explore two important places in the region that we had always wanted to see.
Our first stop was Portland, Maine. We eagerly embraced its picturesque Old Port District with eclectic century-old buildings and homes, and strolled its narrow, un-

evenly paved alleyways from colonial times. We savored the local seafood such as lobster rolls, steamer clams, and scrod, as our eyes feasted on the surrounding harbor view. For a touch of perfection, nature even added a rainbow for us, arching over the pristine grayish-blue water.
We followed in the footsteps of our great American poet, Henry Wadsworth Longfellow, at the Portland Head Light in Cape Elizabeth, where we stood high over the rocky shore and crashing waves, contemplating the lines from his work,

"The Lighthouse." Portland was even more beautiful than we'd envisioned.
Then came the highlight of our journey, Plymouth Harbor. Being a Chinese-American immigrant, it was a pilgrimage I had always wanted to make and finally, my dream came true. I got to stand on the very site where the Mayflower had landed when it carried 102 early immigrants to America, and pay my respects to our country's most important stone, Plymouth

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Living in Abundance is the Joyful Choice



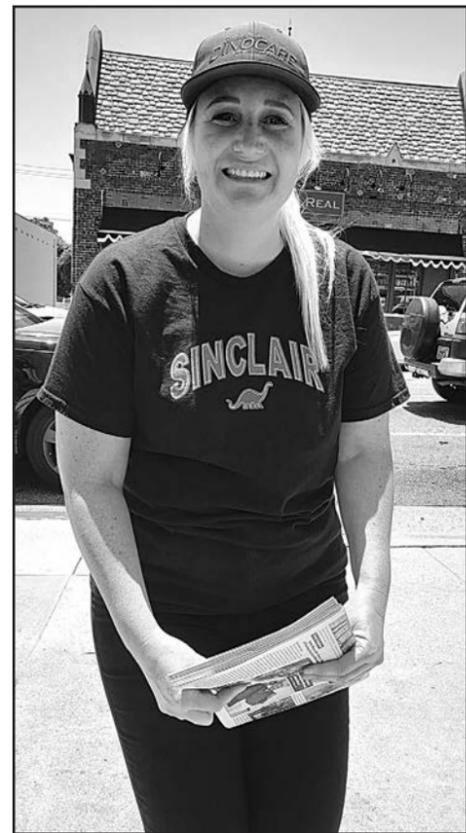
By Cheryl Thode
The phrase "attitude of gratitude" has been around for a while, but what does it mean, and how can it help us be better moms? Well, I would like to propose that gratitude is one of our strongest tools in our mama tool-belt. It helps us center and handle our challenges. More importantly, it allows us to see, speak, embrace, think, feel, exude, and be the good in the world. As our children's first teachers, it is our duty to employ gratitude and help our children achieve it as well.

you feel? What do you do to get out of it?
While I am certainly not an expert at this, I have found that to tackle the "scarcity" monster, I must reflect, acknowledge, and believe that I live in abundance. By changing my mindset, I turn the negative feelings of jealousy and inadequacy into feelings of gratefulness and joy.
So, what are some ways to achieve this way of thinking? First, make a list of all the good things in your life, from your dwelling to family, to pets, to clothing, to food. Creating a list like this can help you see that you have far more than you think. Once you have your list, keep it handy. Any time you start to feel like you have nothing or are not enough, remind yourself of what you do have.
A second strategy you can do is to just do something. Whether your action is to give back by donating your time and energy for a worthy cause, or just partaking in any activity that gives you pleasure; getting out and doing something gives you purpose. It also gives you an uplifting and exponential feeling of joy. Action over inaction is a great way to get yourself back to a happy place. Action makes you feel empowered rather than helpless. It makes you build confidence in your ability to change. It also opens your

mind to more.
Another very important aspect of living abundantly is to be happy for others. Let's be honest, we can all feel the green-eyed monster pop up every now and again. However, when jealousy comes around, we likely are comparing ourselves to others and consequently judging ourselves. Remember, you are on your own journey, and others are on theirs. That means you are comparing apples to oranges! And, feeling jealous isn't serving you in feeling abundant in your own life.
Last, smile and be friendly. The last couple of years have been rough. One of the hardest communication barriers for us has probably been the mask. It covered our smiles and unfortunately has left some of us out of practice.
Smiling, waving hello, or just asking, "How's your day going?" are amazingly simple ways to spread joy and friendliness. They cost nothing but have the potential to change someone's day for the better.
In the end, living with an abundant mindset is a choice. For the sake of ourselves, our kids, and our country, this July, let's all choose to be grateful. God Bless.
If you or someone you know is a mother in need of a group of
(Continued on Page 5)

Answer to Neighborhood Celebrity

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If you ever get gas at the Sinclair Service Station on 26th and San Vicente Boulevard, you may meet Tasha Fawcett. She has worked there for 15 years since her dad John owns the business.

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Clergy Corner

How Religion Teaches Us to Deal With Pain



By Pastor Matthew Hardin
It is hard to make any sense of the violence we see around us right now, this "climate of violence," as I heard someone

put it. Everyone is searching for explanations. Truth be told, I'm mostly at a loss for answers.

Even so, as a pastor, I feel responsible to offer something about what is going on. But what? In praying about this, I remembered something a spiritual mentor once told me. He said that the primary goal of any religion is to teach us what to do with our pain: the pain of our regrets and past mistakes, the pain of loss, the pain of injustice, the pain of isolation and despair, the pain that comes from being afraid. Healthy religion teaches you what to do with such pain, he says. Likewise, unhealthy religion will either ignore your pain or lead you down the wrong road in addressing it.

I mention this because one way to interpret physical aggression is to see it as the outward expression of one's inner pain. We often lash out in violence – unjust, unwarranted violence – toward our fellow human beings because we have not adequately dealt with the "stuff" we each carry inside.

We tend to abuse others because we have not been willing to work through our own issues. We justify hating other people or other races or other religions because we have not been willing to deal with our anxieties about those who think or look or believe differently than we do.

The ugly truth is that we as human beings have a tendency to transfer our pain and fear onto

others. We even have a handy little word for it: scapegoating. We all have our own insecurities, fears, and compulsions. That's no secret, and nothing to be ashamed of. It's simply a part of being human. But, it's also a part of being human to choose how we deal with those insecurities, fears, and compulsions.

Acknowledging and working through them in ways that are healthy and productive is hard work. It involves learning how to admit our problems and our needs. It means learning how to let go and surrender to a power greater than ourselves. It requires going through the hard work of learning how to forgive and move on.

All of this internal work is often tough and messy. It is usually time-consuming and emotionally exhausting. And so, many of us don't do it to the extent we should. Myself, very much included.

That is why it is important to ground ourselves in a healthy religious tradition – to have that safe space, that supportive community, to work through our woundedness and learn how to give to God our brokenness, our disappointment, our anger, so we don't cast all that "stuff" onto someone else.

The problem of violence in our world is enormous, complicated, and something the human race has struggled with since Cain and Abel. But, if it's true that pain which is not transformed is transmitted, then there really is a part we can all play in making our world a more peaceful and less violent place.

Rev. Matthew Hardin is the pastor at Pacific Palisades Presbyterian Church, where services are held each Sunday at 10 a.m. (both in person and online).

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

Living In Abundance
(Continued from Page 4)

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>.



Passing Through the Pico Neighborhood

T.Heritage is Much More Than a Gallery



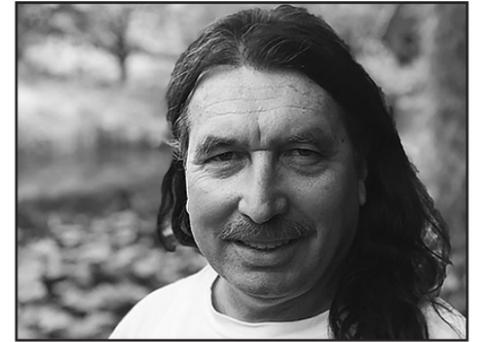
By Stacy McClendon
Tim Heritage has been in the Pico corridor for over 23 years. Tim is a multi-faceted artist who creates eye-catching, colorful

original art in various mediums. He also offers custom framing, which includes over 500 hand-finished frames he has designed. One of his popular services is offering customers printing of photos, and reproducing originals for artists in print form. He even prints wearable art of his animal series work.

Upon entering the space, I immediately noticed a fountain with Barbies swimming in it (his daughter's creation). Then, there's the family bunny that calls this gallery home, as well as many fabulous art pieces throughout.

Tim loves family and animals and you can see and feel it through the photos, art, and pieces displayed of his wife, daughter, family, and animals.

This gallery is very unique, as it is both a gallery and a studio that still manages to be inviting and engaging. His assistant Walter works



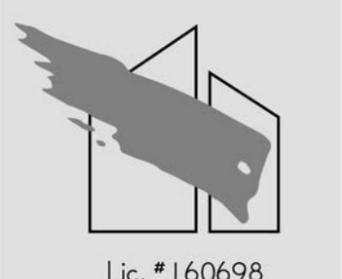
Tim Heritage

alongside him and helps customers with framing orders and more.

Up next for Tim is a groundbreaking ongoing art mural project that is near and dear to his heart. It began in 1995, and is called the *World Environmental Mural*. It is an all encompassing traveling art project for all ages that allows participants to paint what art is to them on cubes. Once complete, the four-sided cubes (with four different artists) are constructed into a wall of art.

The point of this project is to bring people together to promote positive changes in the world through art. Art can be extremely healing, and Tim feels that our world needs this project more now than ever. Tim currently has over

(Continued on Page 11)



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Drinks, such as freshly squeezed grapefruit juice or cucumber-mint lemonade, will quench your thirst on a hot summer day.



A unique appetizer to try is fried yuca with chipotle aioli. The yuca fries were lighter than French fries, with a tangy sauce for dipping.

Start Your Day With Breakfast at Flapjax

A new restaurant has opened on Wilshire Boulevard near the corner of 24th Street. The front is painted a deep blue, and the name Flapjax is above the door to the entrance.

Many of you who love Bru's Waffle, across the street on Wilshire, will be delighted to know that Flapjax is also owned by Ebru Caplan.

The focus on this menu is breakfast, brunch, and lunch. My friend and I ordered a few dishes off the menu to share. It was interesting. Usually when the server brings your food, you start eating right away. But, we were so in awe of the generous servings, as they were a feast for our eyes, too. We studied what was in each dish and then divided them up. You can see what we ordered in the ad on Page 7.

The Mediterranean Salad was a mix of greens, farro, feta, chick-

peas, tomato, and curls of cucumber with a dressing of a perfect blend of olive oil and lemon. There were at least four servings.

We also sampled the crustless breakfast quiche with spinach and feta. It was accompanied with breakfast potatoes and peppers. Also delicious, and so filling.

The crunchy brioche French toast was divine. Fresh summer berries in a berry sauce can be combined with freshly made whipped cream, and the silky taste of bites of brioche were definite palate pleasers.

There is so much more on the menu to try. And, the servers were great and welcoming. Outdoor seating is available in front and back.

Put Flapjax on your list of restaurants to discover this new summer season. —D.M.



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Letter to the Editor

Santa Monica resident Harriet Wertman felt this letter was appropriate for the July issue.

Dear Editor:

God bless America, the country with a democracy more than 200 years old! It was the democratic concepts expressed in the Declaration of Independence that laid the foundation for our democratic republic created by the Constitution.

Americans want our democracy to live for many generations. When they perceived loopholes that

threatened its survival, they wanted them rectified.

Our legislators in the U.S. House of Representatives wrote the Protecting Our Democracy Act to strengthen and protect our democracy. It consists of 13 reforms, one of which is:

- Self pardons by the President are prohibited. (Elected officials are not above the law.)

I'm proud to emphasize that the

(Continued on Page 10)



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Mar Vista Artist Exhibits Recent Paintings

A Spring Exhibition, "Inspiration Point," was held last month at the Betsy Lueke Creative Arts Center in Burbank.

Mar Vista resident Lynn Gadai, won an Honorable Mention for her painting, *Plumes of Another World*.

Eruption, below, was the second painting she entered in the show. The work was a medium watercolor on smooth surface French paper, sized 14" x 20."



Mar Vista resident Lynn Gadai with her painting, *Plumes of Another World*.

Lynn is a California artist and a signature member of the National Watercolor Association, Women Painters West, and the Niagara Watercolor Society. Having received three scholarships while attending Hamilton High School, she studied art at the Chouinard Art Institute and Otis Art Institute. She has received many awards and sold many paintings during her long career.



Lynn is shown with her painting, *Eruption*, at the Betsy Lueke Creative Arts Center in Burbank last month.

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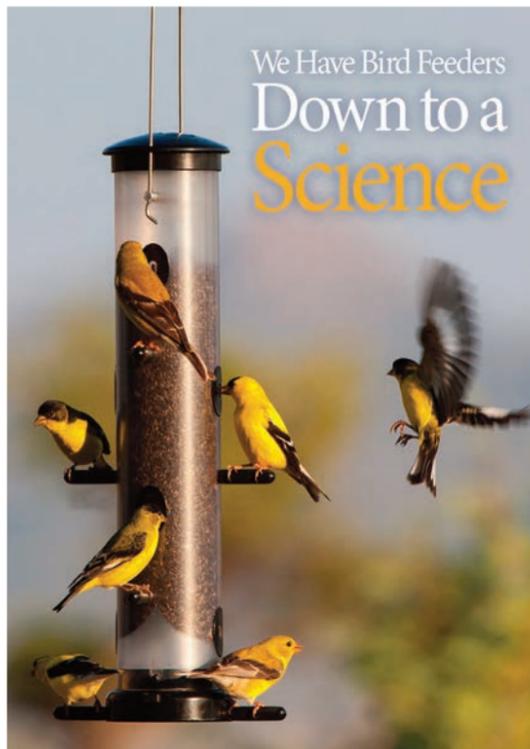


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Discover What's Happening

(Continued from Page 2)

1960s. Road Show Gallery at Santa Monica Place, between the Tiffany & Co. and Nordstrom stores. Previews begin with an opening party, Friday, July 15, 6 p.m. to 8 p.m., and extends through Sunday, July 24; with two not-to-be-missed Gallery receptions free to the public: Saturday, July 23 from 1 to 3 p.m. and 6 to 8 p.m., and Sunday, July 24 from 12 to 3 p.m. Peter Max Curator Lesley Smith accompanies the collection to L.A. All artworks are on exhibition and available for acquisition. RSVPs are requested at 866-900-6699, or Max@roadshowcompany.com. Free.

• **Friday, July 15 and 29 - Seaside Storytime**- Meet on the sand at the Annenberg Community Beach House for fun ocean-themed stories, songs, and rhymes. 10 a.m. to 10:30 a.m. 415 Pacific Coast Highway, S.M. For

more info, visit: annenbergbeachhouse.com. Ages two and up.

• **Monday, July 18 - Deadline for submitting poems to be read at the Kaufman Brentwood Branch Library's 33rd Annual Poetry Fest** on August 21. (Up to three poems, no longer than one page each, with personal details and brief biography mailed or delivered to the library, Attn: Poetry Fest) 310-575-8273.

• **Monday, July 25 - Walk With a Doc** - Put on some comfortable shoes and meet for a walk, to enjoy fresh air, good company, and the opportunity to get fit. Hosted by Kaiser Permanente. 5 p.m. Local physicians are taking steps with the community towards better health. Meet at the Kaiser Permanente S.M. Medical Offices, 1450 10th Street. Free.

Rick Crocker Second Annual Spring Run/Walk Challenge Drew Over 100 SMPD Personnel, U.S. Marines, and PAL Members



SMPD Chief Ramon Batista with USMC Band at the Rick Crocker Second Annual Run/Walk Challenge. Photos by Ed Burns, SMPD



Neighborhood Resource Officer Danny Melendez & PAL youth, Rafa Solis.

Thoughts From a Second-Time Father

Documenting My Children's Progress



By Michael Margolin

Nine years ago this month, Enjoli and I became parents when our beautiful baby Alexa was born. Every month, for the past nine years,

I sat down at my computer to write this column to loosely document what Alexa has done, and for the past six years, I've also included Jake.

I have not come close to running out of material to write about. One way I jog my memory of previous weeks is to look at pictures on my phone. And, something I always find particularly interesting is how it feels to look at video of our kids when they were infants and toddlers. It's almost like I need some kind of proof so I know I was there, even when I am in the pictures with them. Sometimes, it's almost surreal to look at the pictures and imagine the kids again to be so young. Having a way to easily take so many pictures and videos is something we are very fortunate to be able to do nowadays.

In May, we took a family vacation

to Maui. We knew that Alexa would like the ocean there as she loves the ocean so much so that it is often hard to get her out. Jake had not taken so easily to the ocean. But, once we got there, and they began to snorkel and get used to that, they both quickly became quite good at it. They also became very comfortable. Almost too comfortable. When the water was not very deep, they would both dive to the bottom to pick up a rock, or get a closer look at a fish. I was not entirely surprised by how well they did, though I was impressed.

This is not the first time I have been captivated by one of their newfound skills. (Anybody who has glanced at this column over the past nine years knows it would not have been the first time.)

I asked Alexa what her mother and I have taught her during her first nine years of life. She told me that we have taught her to listen to her parents. If I can go another nine years and that is still her answer, I think I will be impressed with myself!

Michael Margolin has been writing for us since Alexa was born. He is an avid sports fan.

New England Diary (Continued from Page 4)



We visited an amazing memory of our history, Plymouth Rock.

Rock, inscribed with the historic year, "1620." This seemingly ordinary stone bears witness to some 400 years of ups and downs in our country ever since it greeted the new arrivals. Today, it still sits faithfully in its place at the shore, sheltered beneath a white, memorial-like structure, flanked by six-

teen classical columns.

Whether the Mayflower passengers actually stepped on it when they arrived there matters less than our nation's unwavering belief that this landmark is a material witness to a key event in the creation of the United States of America. Therefore, it qualifies as one of the early pillars of our country.

It is no wonder that Plymouth Rock draws about one million visitors every year, now including me and my family. Its larger-than-life presence will forever loom in our imaginations, a constant reminder to everyone of what America is all about.

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

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Tech Tools on the Road (Continued from Page 3)

towers with a large screen, a lot of hanging apparatus, and a big price tag attached. However, especially when it comes to aquatics endoscopy and getting quick looks in the mouths and gills of fish, I learned from one of my mentors this year that it turns out there's a handheld boroscope available for around \$30 from Amazon. The remarkably waterproof camera and LED light attach to a unit that sends the video to a mobile app, allowing for on-the-go diagnostic imaging.

5. Radar: That same mentor stressed just how important radar is to have at hand when working in Florida. The direction and power of the weather systems that pass over

this state are so much more radical and unpredictable than many of the places I've worked before. Checking the forecast in the morning just doesn't cut it. Especially when the job may involve heading out to sea, knowing about lightning, rain patterns, and wind shifts on a real-time basis is critical. Luckily, a number of radar apps exist. Personally, I've chosen to pair the information across two apps: NOAA's "Clime" app and the straightforwardly named "Weather Radar" app.

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

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Community Service on the Westside

Rotary Club of Santa Monica Scholarships

**By Dr. Joseph P. Metoyer
Incoming President**

The Rotary Club of Santa Monica enters our second century of "Service above Self" to our community and the world on July 1st of this year. To increase our impact, we look forward to engaging more young professionals in our club. We believe that "Equity in membership builds sustainability in service."

Our membership is very active in our local community, as well as in international projects. This year, we've provided over 1000 hours of service to our community. The Rotary Club of Santa Monica has supported, through grants and scholarships, more than 120 different local non-profits since 1972. Our club's donation of over \$80,000 allowed us to partner with Rotary International through a Global Grant, building capacity to leverage a total of \$650,000 to develop sustainable water systems in El Salvador, delivering clean water piped to homes of over 20,000 people in five communities in El Salvador.

When the crisis of war broke out in the Ukraine, our Club supported the relief effort by donating over \$45,000.

This year, one of our club's primary focuses is on how we can share our values with new audiences, create new ways to bring people together to experience the power of Rotary, and to prove that we are an organization that's inclusive, engaging, compassionate, and ambitious on behalf of our community and the world.

The Rotary Club of Santa Monica seeks to increase our ability to adapt. Our members have already proven in their own careers that they know how to help organizations of every kind move forward. We use the imaginations of our members to bring new ideas to the forefront. We are ready to seek out fresh opportunities, create more paths to leadership, and open our conversations to diverse voices. Visit us at rotaryclubofsantamonica.org for more information.



Join Us on Fourth Street



By Pat Webber
Summer is finally here and activities are picking up for the Santa Monica Bay Woman's Club (SMBWC).

We are delighted that our clubhouse will serve as a venue for *Candlelight: A Tribute to Coldplay* on Friday, August 5, with performances at 6:30 p.m. and 9 p.m. This concert is described as a magical night of candlelit music paying tribute to one of the most successful and popular bands of all time. Ticket information is at their website www.ferverup.com.

The highlight of our May activities was the selection of four recipients of our Elmira T. Stephens Scholarship (ETS) for Santa Monica High School women seniors. They are Carys McKenzie, Daniela Losoya, Grace Sancia, and Erin Vinson. The ETS Scholarship Committee is chaired by Martine Salter. Holly Shaffer is the treasurer and Irene Moy is a longtime member.

Two of our Club members, Gina Fitten and Sandy Nagler, were big winners at the Marina District's Art Show and the California Federation of Women's Clubs convention in May. At the CFWC convention,

(Continued on Page 10)

Raising Funds for the Community



By Linda Levee
I'm so happy to tell everyone that things are getting back to normal. We continue to meet on Zoom

for the Santa Monica-Pacific Palisades Lions Club. We just received our new pins.

We are wishing Lion Alan a speedy recovery from a hip replacement. Becky Mejia had hers replaced a few months ago and is doing fine.

We are meeting on the second Wednesday of each month at the Elks Lodge. They are also getting back to normal, and our Lions had a wonderful meeting in June with Nina Minton from the Santa Monica

Red Cross as our speaker. She gives a wonderful talk about blood. That is her specialty. We are thinking of have a blood drive when we do our Eyes Across Santa Monica in the fall.

We are in full swing for our first fundraiser in two and a half years. It will be announced soon. Lion Kathy Boole is now serving her four-month term, as we have three acting presidents during the year.

Lion Susan's project is baked goods for the Veterans.

If you are interested in joining us, please contact Lion Kingsley Fife at 310-454-2960. We are looking for active people, working or retired, who are interested in helping out in our community.

An Update From ERBA Markets

More Information on Cannabis

**By Stephen Freedman
Manager, ERBA Market**

Q: Can employers or others access my medicinal marijuana recommendation or other information?

A: No. These are considered medical records and are thus protected under federal HIPAA regulations. In addition, the state has other safeguards to protect privacy, as no names or addresses are kept in any state database. However, if an employee does a drug test, a medicinal marijuana recommendation will not be a defense against any action the employer may take regarding your employment.

Q: Since cannabis is legal in California, can I use it anywhere I'd like?

A: No. Cannabis can only be consumed on private property. This includes cannabis retailers that have the proper local accreditation. It is

illegal to smoke cannabis in public places or anywhere that smoking tobacco is prohibited. If you are a renter, your landlord has the right to prohibit or limit cannabis use on his privately-owned property.

Q: What is the amount of cannabis I can legally purchase daily in California?

A: For recreational users, the limit is 28.5 grams of non-concentrated cannabis and eight grams of concentrated cannabis. For medicinal users, the limit is eight ounces of dried flower. These limits may vary based on local ordinances.

To learn more about the ERBA Market, go to the back page.



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Paws and Claws

How Can I Be Prepared in Case of Emergencies?



By Dr. Frank Lavac MS, DVM

That's a great question. Emergency preparedness for your pets is important, especially since we live in earthquake

and fire country. This is a vast subject area, but there are definitely some solid tips to prepare.

Assure that your dog has ID tags and a microchip. Larger dogs can also wear GPS collars.

If your pet is on chronic medication, make sure to pack an extra supply for up to two weeks. You will also need extra leashes, copies of important documents, pet First Aid Kit, and an extra supply of food/water for 72 hours.

Get a "Rescue Alert" sticker. This is placed outside your front door to alert emergency workers that a pet is inside.

Make sure that a friend or neighbor (e.g. designated caregiver) has a key to your home, so that your pet can be cared for or evacuated if you are not able to have immediate access to your home.

There are more extensive lists. You can access Ready.gov, L.A.-Animalservices.com, ASPCA.org, CDC.gov, and AVMA.org.

Also get a copy of the book *Essential First Aid for Dog Owners* by Lorrie Boldrick.

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

PAL Golf Tournament (Continued from Page 1)

our Santa Monica PAL. Past and present City Council members, Santa Monica Police Officers, fire fighters, and PAL alumni joined Santa Monica Police Chief Ramon Batista in a fun-filled day of golf at the beautiful Braemar Country Club in Tarzana. The evening awards dinner was hosted by Kacey Montoya from KTLA. —D.M.



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Hi friends! It's me, Lupita. I'm a super scruffy and super adorable female terrier. I'm about seven years old and weigh a whole nine pounds. Don't worry, though. What I lack in size, I make up for in personality. Contact Wags & Walks at 1-866-LUV-WAGS.

Planning Ahead

Explaining About a Trust



By Lisa Alexander, Esq.

The biggest reason for having a Trust is to avoid Probate. But how does that actually

work, when we are planning?

I like to describe a Trust as comparable to a Corporation. The Corporation has Officers; the Trust has a Trustee. The Corporation has Bylaws that provide the rules for how the Corporation will be organized, the rights of shareholders and restrictions on transfer of shares. The Trust has the Trust Agreement that provides the rules for how the Trust will be administered, the rights of the beneficiaries, the duties and authority of the Trustee, and directions for how assets of the Trust should be distributed.

The key difference is the Corporation is a separate entity with its own taxpayer identification number and separate tax returns. Even if you are the sole shareholder, the assets of the Corporation can't be used by you for your personal needs. By contrast, the Trust, because it is revocable during your lifetime, is not a separate entity, at least not in the eyes of the IRS, and uses your Social Security Number without need of a separate taxpayer identification number. The

assets of the Trust are available for your personal use, just as if the assets were still in your own name.

To avoid Probate, once the Trust is signed, you must transfer all your assets into the name of the Trust. The idea is that you will no longer own your assets; the Trust will own all your assets. But don't worry, unlike the Corporation, you still have total control of all the assets owned by the Trust. You can buy, sell, refinance, open and close accounts, transfer assets back out of the Trust and into your name again – any time you want. You can change the Trust or get rid of the Trust altogether. Ownership of your assets in the Trust is in name only, all the assets still belong to you, just not in your name.

The goal is for you not to "own" any assets in your name when you die, even though you still have control and free access to all your assets. Because you won't own any assets in your name, you won't have any "estate" to Probate. All your assets will be owned in the name of your Trust and distributed according to your directions in the Trust. And, that's how the Trust works to avoid Probate.

Contact Lisa Alexander, Esq. at her Direct Line: 310-656-4310.

Join Us on Fourth Street (Continued from Page 9)

Gina, once again, won first place in the Glass category for her work entitled "Teacups," and first place in the Advanced Oil and Other Media Still Life for her work entitled "Charcoal Watercolor Dish."

The Club is considering a new

session of bridge lessons. Anyone interested in becoming a member and taking lessons, please contact the Club at 310-395-1308, or email info@smbwc.org. Six to eight people are needed for the next set of lessons.



Letter to the Editor (Continued from Page 6)

House passed the bill by a bi-partisan vote!

Republicans and Democrats came together to safeguard our democracy. It's a great example of democratic action taken to assure the survival of democracy in our beloved republic.

Sincerely, Harriet B. Wertman

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I advertise in *The Santa Monica Star* because it is a community newspaper. Publisher Diane Margolin brings her readers and advertisers together as neighbors and friends. As a Trusts & Estates attorney, my law practice is relationship driven, just like this newspaper. I enjoy talking to prospective clients who call me after seeing my name in *The Santa Monica Star*. As members of this wonderful community, there is instant connection. It feels good when I can help my clients with estate planning or with a probate or trust settlement when there's been a death. *The Santa Monica Star* promotes the sense of community and personal connection that makes my work so satisfying.

—Lisa, C. Alexandar

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Connect to Nature in July

By Julie Rensink Hanson

Ever see a bird playing? Just watch them around water. They jump, they perch, and they flutter their wings. They dance, they sing, and do amazing things. Some that might not ordinarily visit a feeder will stop by a bird bath for a spritz or a splash. Finches may stay and play the day away. Mockingbirds, orioles, towhees, thrushes, and warblers may visit for a quick drink or dip. If there is a very shallow spot, even hummingbirds will come to splash!

Birds must be ready to fly at all times, and bathing is a critical part of maintaining feathers in top-flight condition. Water is also vitally important for many birds to regulate their body temperature because they do not sweat and must remove excess body heat through their respiratory system. A reliable source of water is vital in helping them to replace fluids lost to this process.

Summer temperatures are heating up, and for wildlife, finding reliable sources of fresh water is becoming increasingly challenging. And, our continued drought in California makes for uncertain water sources for birds who need to drink and or bathe every day. The addition of a water feature to your space can be a lifeline for birds over the next few months.

You can offer water to birds in a variety of ways. It can be as simple as a bird bath or as elaborate as an artificial pool with rocks, plants and flowing water. There are misters and drippers that will add even more action and variety and help eliminate the risk of mosquitos. Whatever you choose, you are sure to provide a fun necessity of life for your birds.

We continue to have many birds nesting in our area. Goldfinches



A hummingbird is enjoying a summer bath.

are finally pairing off and heading to the coastal mountains to build their nests, but will soon return to feeders with the juveniles. Hummingbirds are now on their second or third clutch of eggs and will continue nesting all summer. Remember to hold off on any of your yard pruning until the fall months when most nesting ends.

The Delta Aquarids Meteor shower peaks in late July, and it's a great time for a visit to Mount Pinos in the Los Padres National Forest. At over 8,000 feet and away from urban light pollution, you will be amazed how close the stars seem. Drive up to the Nordic Base, set up a lawn chair, and enjoy the show!

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

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From Me to You...



By Diane Margolin

As a little girl, I was an avid reader. My mother taught me how to read before I began school, and it opened a whole new world to me.

When I was leaving the Montana Branch library this afternoon, I remembered how thrilled I was to get my own library card when I was five years old. We lived in West L.A., so I went to the library on Santa Monica Boulevard. It was exciting to get a card from the Santa Monica Library downtown when I was in junior high school. The Santa Monica library was so much larger than what I was used to.

It was such a good feeling to be able to go back into the Montana Avenue Branch library after driving by so often when it was closed due to COVID-19. It is still pretty quiet compared to what it was a few years ago. But, the opportunity to go to look at the shelves with so many books to discover is still as exciting to me as it was when I was

a little girl. Another wonderful service of our library system is that we can call up or go online to reserve a book we would like to read. Sometimes, I've been number 73 with a very popular book, and I forgot that I requested it, but it's still a nice surprise when I get the notice that it's my turn to read a best seller. It's also fun to see the young children who come in to the branch for story time.

One of my favorite jobs was when I was a teacher librarian at Broadway Elementary School in Venice. It was a perfect situation to share my enthusiasm about reading with the students.

Our weather is warming up. Reading is a good way to keep cool when it's too warm to go out. That's what I did when I lived in Las Vegas. They had a great new library, and I would get books to read after I did my morning errands because it was so hot during the summer days, I couldn't go out.

Wishing you a wonderful summer and time to enjoy a good book.



Passing Through (Continued from Page 5)

800 paintings in cubes and plans to offer another workshop in the near future for more participants to create and add to this wall.

In the meantime, stop by the gallery and see what appeals to your eye. Go to www.theritage.com and be on the lookout for the upcoming art mural workshop. Tim's gallery is open 10 a.m. - 5 p.m. Monday through Friday.

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

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

Happy July Birthdays to
Kingsley Fife, Don Margolin, Jack Neworth, Sarah Margolin, Sally Gutierrez, Judy Scholer, Tony Dau, Manuella Selles, Ellen Horowitz, Pat Samarge, Florence Benjamin, Lisa Analco, Max Margolin, Bob Baker, Kent Colberg, Susan Potter, Spyros Dellaportas, Michael Moore, Tara Pomposini, Qin Stubis, Kinsley Gilliland, Robert Klein, Carlyne Edwards, David Snow, Ann Greenspun, Monty Herring, Alexa Margolin, Tim Jackman, Pam Brady, Jean McNeil Wyner, Julie Gilberg, and Gerardo Reyes.

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