



Some members of the 1981 Samohi team that won the CIF football title met recently at a dinner to tell Coach Tebb Kusserow how much his mentoring has meant to them over the years. From left, Tony Todd, Fernando Cornejo, Richard Garcia, Jim Nichols, Sam Anno, and Thanos Gauthier. Tebb is holding the winning team plaque.

Paying Tribute to Former Samohi Football Coach Tebb Kusserow

Playing against a team that had won the CIF conference nine times without a loss was daunting enough. Yet, when the 1981 Santa Monica High football team beat Long Beach Poly, a close bond formed among the coach and some team members that is still evident today.

Former coach Tebb Kusserow ex-

plained that in the California Interscholastic Federation (CIF), there are ten different sections in the state and that the southern section has two-thirds of the schools.

The group recently decided to get together for a dinner hosted by Fernando Cornejo and Pia Escudero (1981 football team stat girl) to tell

(Continued on Page 12)

Aidan Blain Reaches His Goal to be Named Youth Governor



Aidan Blain, the Santa Monica Family YMCA representative to the 72nd Annual Youth and Government program in Sacramento, CA, last month was named Youth Governor at the event. Above, Aidan, center, celebrating with his fellow delegates.

During his freshman year, Aidan Blain professed to his advisors at the Santa Monica Family YMCA his strong desire to run for 72nd Youth Governor in the Model Legislature & Court: Youth & Government Program. As time progressed into his junior year, he began implementing his platform on issues relating to voting turn out, especially to those individuals who will be eligible to vote in 2020.

He included national issues relating to victims of sexual abuse and the value of women's rights in the workplace. Blain was not only encouraged by his peers in the delegation to run for this position, but he was driven by determination and pride. Aidan Blain has built a special connection with his com-

munity and generation, and as the next Youth Governor, he will project the numerous voices of teens throughout California. His advisors are proud to see Aidan grow into an inspirational and devoted leader for his community and his peers. Congratulations to Governor Blain.

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Doug Wiita was honored last month for his volunteer service by the American Red Cross.

Volunteers Recognized Recently by the American Red Cross Los Angeles

The American Red Cross Los Angeles honored Santa Monica-based volunteer Doug Wiita for his service at the annual Volunteer Excellence Awards recently, capping off a year in which the organization called on volunteers across the state to respond to record-setting wildfires, among other disasters.

"When large disasters upended lives this year, Red Cross volunteers from our community answered the call to help - all while

continuing to provide relief and comfort for neighbors devastated by home fires and other emergencies each day," said Jarrett Barrios, CEO of the American Red Cross Los Angeles Region.

"Each person recognized is someone who stepped up and provided service that was above and beyond the call of duty. We are honored to have so many volunteers and compassionate individuals make up the

(Continued on Page 6)

Do You Recognize These Neighborhood Celebrities?

(Answer on Page 11)



Planning Ahead

The "What ifs" in Estate Planning



By Lisa C. Alexander, Esq.
At our first meeting, my new clients will tell me whom they want to leave their estate to. And then I'll ask, "What

if that person dies before you? Should their share go to their kids, or should the inheritance for that person be cancelled?" Unless the person is a close relative, usually the answer is the inheritance should be cancelled. But what if there was no provision one way or other to deal with the possibility that your beneficiary could die before you?

There's a law for that. In California, if your Will leaves a sum of money or a certain item to a person who dies before you, and if the de-

ceased beneficiary is a blood relative, then the gift to the deceased beneficiary will go instead to his or her issue. If the deceased beneficiary is not a blood relative, then the gift will be cancelled and instead will go to whomever is designated to receive "everything else" (the residue or remainder) under the Will.

If the Will leaves "everything else" to two or more people and one of those people dies before you, a recent case determined the deceased beneficiary's share of "everything else" will be added to the shares of the others, whether or not the deceased beneficiary was a blood relative. If there is nobody else designated to receive "everything else," then the "everything else" will go to your heirs-at-law by intestate succession as if you had

no Will. Heirs-at-law can be distant relatives in another state you've never heard of.

This all seems very esoteric, but the bottom line is don't leave your estate plan to the default provisions of the law. The act of making a Will presumes you want to control who gets what if something happens to you. Review your estate plan with the "what ifs" in mind. What if a person named dies before you? What if he or she dies without children? Don't leave it to the oddities of the law to determine who will receive your estate if there were nobody else.

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Byte by Byte

Load Up and Lace Up: Apps for Runners



By Miceala Shocklee
This March, runners from around the city – and around the world – will flood the streets of Los Angeles to compete in the largest marathon race on the West Coast.

Whether they're longtime racers or new year's resolution runners, most of the competitors will have had some kind of training and tracking program.

While decades past would have required specialized sports computers and monitors, or at least some very dedicated tracking of time-to-distance correlation, these days, the average smartphone can turn into a personal training tool.

For example, Samsung Health, a built-in app on most Android phones, can map running routes, track pace, detect elevation gain, and more, once you give the app permission to access the phone's built-in GPS.

After that, just launch the app and start a new workout each time you want Samsung Health to monitor stats for you. Apple's iPhones and watches have their own syncable versions of the health app, too.

Outside of built-in apps, Garmin and Strava have risen to the top of run-tracking apps. Garmin's solid platform in GPS technology sets it up nicely for the job, and Strava has capitalized on Facebook style posting features to set up a community of app-users. Strava also allows users to upload photos from their activities to add to their posts and to integrate with other social media platforms, like Instagram.

Whatever app aspiring runners use, in the end, it's about finding what motivates you. Load up, lace up, and get going!

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

Brain Matters

How to Cope With Nerve and Muscular Disorders



By Dr. Bill Buxton
Do your feet tingle all the time? How can you combat neuromuscular disease and, in turn protect your brain?

We all want to maintain good memory as we age, and there are many ways to remain cognitively sharp. Staying physically active by exercising and socially active through activities with friends and family are some of the best-established means to protect memory.

While eating and drinking are often central to those times, rethinking what we consume can

often give us more quality years of enjoyment.

Over time, many individuals develop disorders of nerves and muscles in the arms and legs, resulting in more falls while walking and more hand weakness. The sensation of feeling is greatly reduced, and our physical, cognitive, and emotional health often suffers.

Nerve and muscle disorders can manifest in a number of ways. In this article, we'll focus on peripheral polyneuropathy, in which the nerves in the feet and sometimes later in the hands stop working well.

Symptoms include numbness,

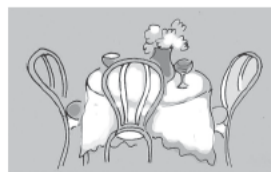
tingling, or altered feeling in the feet sometimes followed by weakness in the ankles and toes. Many conditions cause similar symptoms of numbness or weakness in the extremities, so it's important to get a diagnosis.

In developed countries, the two most common causes of peripheral neuropathy are diabetes (even pre-diabetes) and alcohol. If pre-diabetes is found during a blood test, exercise/weight loss and avoidance of sweets and simple carbohydrates will be essential steps you'll be glad you pursued.

Alcohol gives the nervous systems a one-two punch, affecting our nerves' ability to interact with our environments and directly causing damage to our brains. Anything more than one drink a day is toxic to the limbs and brain. That means only one glass of wine, one can of beer, or a single shot of liquor. Treatments are most effective soon after diagnosis, and by addressing neuropathy early, you can optimize your quality of physical and brain health.

Recognizing the interconnected roles of cognition, balance, and nerve and muscle function is essential to overall wellness, helping you maintain your health from mind to head to toe.

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



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Celebrating Successful Marriages



Santa Monica residents, Rex and Doris Minter, met while students at Santa Monica High School. He sat behind her in a geometry class.

Photo by Brendan Minto

Nadia Williamson, owner of the new bridal shop, *NW Loves LA* located on Montana Avenue near 11th St. had an idea to take photos of couples who had been married for many years. She then posted them in her shop window. Each month we will do a story on one of the couples whose photos were taken to appear in the window.

The longest-married couple, Rex and Doris Minter, recently celebrated their 73rd anniversary. Doris shared how they met and the road to their remarkable union.

"He sat in back of me in summer school in geometry at Samohi," she recalls. Each was dating someone else at the time. And, he asked her to help him pick out a tie for a date he was going to have. Eventu-

ally he asked her out for a date. He took her to a fancy restaurant in Beverly Hills. He was working part-time at Douglas Aircraft so he could afford to treat her well. She was impressed. She liked that he was tall and enjoyed dancing. Eventually they became engaged while he was in the Marine Corps.

When they decided to elope, he came up from Camp Pendleton. They had gotten the necessary shots to be married, but since he was not yet 18, his mother had to accompany them. Doris recalls awakening a bishop in Oceanside at 3 a.m. to perform the ceremony. Then Doris returned home to Santa Monica. Her parents were not too pleased with their elopement.

(Continued on Page 12)

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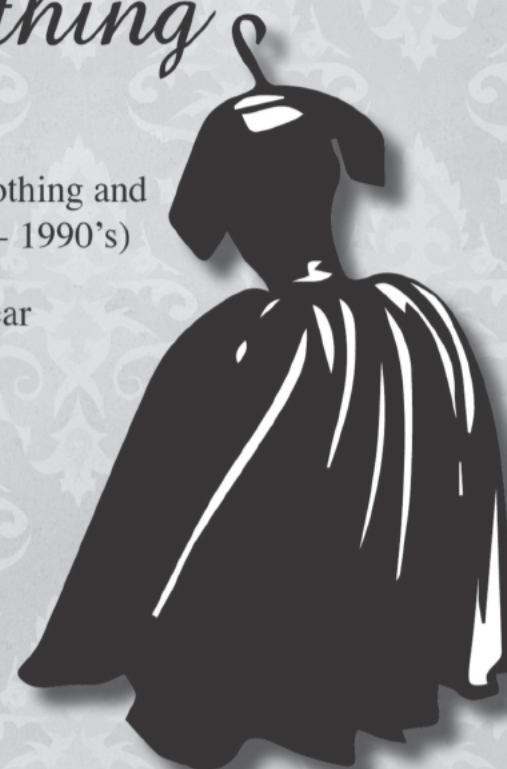
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Reflections From The East

Read Across America: Imagine Books in Every Newborn's Nursery....



By Qin Sun Stubis

During the first few months of their lives, infants are practically immobile and spend a lot of time lying on their backs in the crib. Their world is limited to their immediate surroundings, the crib, the nursery, the house, and you. And, their tender bodies and minds depend completely on you for nourishment.

When born with hearing and sight, babies can listen and see long before they are able to sit, stand, crawl and babble. When they are not asleep, they listen and survey what's around them. Imagine picking up your little precious bundle, cradling her in your loving

arms and reading to her. Your voice provides both stimulation and comfort. You've also made books part of your child's life from day one.

Babies' first books are as essential and vital to their existence as their infant formula and puréed vegetables and fruits. They are the nutrition to these young minds and souls. So, when you attend a baby shower, shower the expecting parents with your favorite childhood books. And, before you attend a child's birthday party, head to a bookstore and pick out some exciting, colorful reading.

As infants grow and evolve into toddlers, kindergarteners, and teenagers, their book collection should also grow with them, cater-

ing to their new needs and interests. Therefore, it is very important to review and update what is on their bookshelves, the way you do with racks of clothes in their closets.

Reading to your children is a wonderful way to spend meaningful family time. The more you read, the more they learn. Their curious minds go on expeditions with you, exploring every corner of the world right there in your own home. So, why not do it every day? Why not make reading together a family tradition?

We cannot wait and start to worry about our children's reading and writing ability only when we see them struggling with school assignments, getting a bad grade in

English, or performing poorly on the SAT. Reading every day for life promotes their language skills, scope of knowledge, and analytical ability. It also teaches them to be inquisitive and curious about much more of our world.

Books will always be our children's best friends. Learning starts right at home. This March, let's celebrate the Read Across America Day and Dr. Seuss's 115th birthday by reading books to our children. Let's make family reading part of our lives.

You can always reach me at qstubis@gmail.com

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

Santa Monica Sixth Grade Student Journalists Travel to Washington, D.C.

By KidUnity Students, Carlthorp School

Recently in Afghanistan, a school was opened. During the first week of school, a hand grenade was thrown over the wall of the school. Over 100 girls were killed. Over the next couple months, one girl had acid thrown in her face, and professors were kidnapped. Why do we care? Girls all over Afghanistan are willing to die for an education.

What are we willing to do? We are sixth grade students in Santa Monica called the Afghanistan Education Group (AEG), and we care because someone has to stand up for what's right. Many Afghan girls everywhere are being denied an education.

Afghanistan has the worst women's literacy rate in the world, 17%. In rural areas, it can drop to 1.6%. Thirty-three years ago, girls and boys both went to school. When the Taliban, an Islamic fun-



Student journalists at Carlthorp School hold a press conference on educating girls in Afghanistan. In March they will travel to Washington, D.C. to meet with lawmakers and policy experts to explore solutions.

damentalist group, took control in 1996, they stopped women and girls from going to school. Educa-

tion today is still dangerous to access. The schools are far away and are poor quality. Instead, girls

are expected to stay at home doing housework. For centuries, some people have been used to treating women like property and the idea of them being educated scares some people in less developed countries. Knowledge is power, and everyone deserves the right.

If left on its own, Afghanistan will continue to remain unsafe and violent and would lack the capacity to mitigate the opportunistic and ruthless intervention of transnational terror groups and state sponsored proxies.

We will travel to Washington D.C. in March to spread awareness for this cause and to investigate solutions. To contact us for questions and more information, email us at: peter@kidunity.us.



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From Me to You...



By Diane Margolin

Years ago when my mom first needed home-health care, we used the agency recommended by the hospital. There wasn't time to do any research. Since then I've learned what qualities to look for when choosing an agency for healthcare.

Last year a close friend lost her husband. She knew she wanted caregivers at that time, as she had some health issues and had stopped driving. She had the luxury of taking time to interview representatives from three agencies. The difference between their attitudes and prices was amazing.

After much thought, she selected the Right at Home healthcare agency. The owner Tim Petlin had impressed her with his answers to her questions. When he sends caregivers to meet a patient, he goes with the caregiver. He continues to check up to be sure the client and caregiver are a good fit. That hadn't happened with other agencies we had used.

Recently my friend had a high fever and had to go to the emergency room at her local hospital. Her caregiver stayed with her throughout most of the evening. My friend finally got a room in the main hospital. The agency sent staff to be sure she was settled in comfortably. They also went back to her house to bring things to her that she needed. While she was in the hospital, the agency staff was in touch with her. They were ready to send someone to be with her in the evenings, even though that wasn't her usual routine.

When my friend needed a fan during one of our incredibly hot bouts of weather, Tim brought one over. We were so impressed. That was above and beyond the service an agency usually offers, but that's why it is such a blessing to work with Tim and his staff.

Over the past several months

whenever a challenge would arise, she could call Tim for help. He, or his wonderful staff, has always found a solution. The Right at Home Staff really do treat their clients like family.

Many of you may be familiar with the Community Recognition Award presented each spring by the Santa Monica Lions Club. They select a person in the community who has given time to non-profit organizations as well as their own profession. I remember how honored I was to be given this award.

This year they have chosen to honor Evelyn Guerboian. If you congratulate her, she will be very modest, but is so deserving of receiving recognition for her community service. Active in the Irene Dunne Guild of Providence St. John's Health Center, Evelyn is mom to three children whom she is so proud of. She is excited about becoming a grandmother soon. She has also worked many hours with the gala committee to put on the fundraising dinners for the Santa Monica History Museum.

The event will be on Saturday, April 6 at 11:30 a.m. at the Double Tree Suites Hotel on 1707 Fourth St. in Santa Monica. The cost is \$60 per person. Valet or self parking will be available. Dress is business attire. Contact Lion Gail Litvack at 310-453-7559 by March 22 to let her know if you would like to attend the event.

Congratulations to our writer Julia Abbott for winning the Lions Student Speakers contest last month. The other contestants were two boys from St. Monica Catholic High School. They are juniors Adrian Reynoso and Keaton Rogers. The topic of their speech was "Freedom of the Press. What does it Mean?" We will let you know where Julia speaks when she enters the next level of the contest.

Enjoy the beautiful new flowers and leaves on the trees as we welcome spring on Wednesday, March 20.

P.E.O. Celebrates 150th Anniversary of Its Founding

By Mary Lois Roney

The Santa Monica Chapter IT of P.E.O. International (Philanthropic Educational Organization) recognized two events last month. There was a celebration of the 150th Anniversary of the founding of P.E.O. and the friendship shared by members by creating very special Valentines.

Ever since seven young women founded P.E.O. in Mount Pleasant, Iowa in 1869, it remains an organization where women celebrate the advancement of women; educate women through scholarships, grants, awards, loans and the stewardship of Cottey College; and motivate women to achieve their highest aspirations. Since its founding 81 years ago, Chapter IT has actively supported these goals.

During the evening, a tribute was paid to the founders and 150 years of P.E.O. service to others was recognized. The celebration continued with Valentine decorations and dessert was the same the young founders served at their first special party: marble cake, ice cream

and butterscotch candy.

The evening, which focused on history, was highlighted with a program by Sara Crown, MSLIS, Santa Monica History Museum Archivist.

She shared the challenges of preserving precious historic items and ways they can be protected.



Ann Wilson and Berneice Southcott celebrated the 150th anniversary of their organization last month.

From the Santa Monica History Museum



WWI Beach Patrol, 1942 -

A member of the West Los Angeles Auxiliary Policewomen's Force, above, patrols Santa Monica Beach during World War II. Courtesy: Santa Monica History Museum, Bill Beebe Collection [For historical reprints, please contact SMHM and specify image #3.2.2642.] A new exhibition highlighting Santa Monica photographers opens at the Santa Monica History Museum on March 9.

Jeff Daar to Run for 12th District City Council Seat

Long-time Los Angeles City Commissioner and community leader, Jeff Daar, recently announced his campaign for Los Angeles's 12th City Council District. The special election to succeed former Councilmember Mitch Englander is scheduled for Tuesday, June 4.

In announcing his campaign, Jeff released the following statement: "I'm running for City Council because old ideas won't solve new problems. We need to elect a Councilmember who not only shares the concerns of his neighbors, but has proven his leadership skills by bringing new ideas to solve tough problems.

"I grew up in the San Fernando Valley and have lived in the District for more than 30 years. I am honored to have served as a City Commissioner for the past 15 years. With my extensive experience, I am uniquely qualified to lead the District in improving the quality of life for its residents and implementing new solutions to meet the challenges of our changing world. Those who know me will attest that I have the courage to change the culture of how we do business in Los Angeles."

Jeff has been appointed by three different mayors as a City Commissioner. He currently serves on the seven-member Board of Airport Commissioners, which governs the



Jeff Daar with his wife, Ruth.

LAX and Van Nuys airports, and is the Chair of the International Trade Committee of the Valley Industry & Commerce Association. Jeff previously served for ten years as Chair of the City of Los Angeles Rent Adjustment Commission, was a member of the City's Municipal Election Reform Commission, and served on the boards of two different school site councils in Northridge. Between 2001 and 2007, Jeff served as chair of the Democratic Party of the San Fernando Valley.

Professionally, Jeff is a principal at the law firm Daar & Newman. He is an internationally recognized speaker and writer on international legal issues. He holds a law degree from the University of California, Davis, and a bachelor's degree from Claremont McKenna College. Jeff and his wife, Ruth, reside in Northridge and are the proud parents of four children.

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Suzanne Verge talks to members of the Remembering Santa Monica group about her dad, Art, at the Santa Monica History Museum last month.

Sharing Memories of Santa Monica's Past

Each month, members of the Remembering Santa Monica group get together at the Santa Monica History Museum to talk about the city of Santa Monica, now and in the past. Some are natives, others are people who moved to Santa Monica in their youth, or adulthood. Whichever, the meeting is a great way to share memories.

Often they have speakers. Last month Suzanne Verge entertained members with stories about her dad, Art. He and her family members have been an active part of the Santa Monica community for years. She explained, "As there were six

of us, my dad would always tell us stories to keep us entertained." She told the group about her dad playing with Shirley Temple, who was a neighbor. Except, she shared, she always wanted to play with dolls and he didn't.

Art's dad died when he was 17. Luckily, when he got out of the service, he ran into his dad's former law partners, who ended up mentoring him. Art became a life-guard who taught junior lifeguards. He did not want to follow in his dad's footsteps in law. Art ended up teaching at John Adams Middle

(Continued on Page 10)

Volunteers Recognized *(Continued from Page 1)*

Red Cross and we are thankful to them all!

Held at the Los Angeles Zoo, the Volunteer Excellence Awards event was attended by 550 of the region's 8,567 Red Cross volunteers who, after an intense year of responding to wild fires and other tragedies, were able to unwind, play games, mingle with their fellow humanitarians, and admire the exotic wildlife. Volunteers provide critical support to the American Red Cross mission. In fact, 90% of the Red Cross's humanitarian work is carried out by volunteers.

The full list of this year's award winners are:

Amisha Chowdhury – Outstanding Youth Services Volunteer Award - A youth leader on many boards locally and nationally, Amisha has grown her local Red Cross Youth Corps by more than 50 percent since she began and continues to motivate other youth to get involved.

Mark Stapf – Clara Barton Award for Meritorious Volunteer Leadership - With more than 30 years of Red Cross service under his belt, Mark has served across the organization from Disaster Action Teams to government liaison services to helping at Sound the Alarm Events and first aid stations.

Doug Wiita – International Services Award - A committed member of the Restoring Family Links program, Doug spares no effort to make sure people affected by disaster receive the assistance they need, no matter what it takes: whether contacting them by phone or letter, searching for them online, or going straight into the community to knock on doors. In addition to his casework responsibilities, Doug also trains new Red Cross volunteers.

Rajnita Jain – Special Citation for Exceptional Volunteer Service - Rajnita is an exceptional volunteer, as evidenced by the 1,500 hours she has served with the Red Cross in the last year alone. While she began her work with the Red Cross as a blood donor ambassador in 2013, she has since worked her way into Disaster Cycle Services, where she has become a leader in her territory.

Pam Haner – Volunteer Leadership Award - A 17-year Red Cross veteran, Pam plays a crucial role in on-boarding, training, engaging, and mentoring volunteers. She also demonstrates extraordinary commitment to her work in Disaster Mental Health, Disaster Action Teams, Bootcamp trainings, disaster deployments or local Sound the Alarm campaigns.

Jim Jones – Service to the Armed Forces Award - Jim is the epitome of a team player. Through his sincerity, empathy and honesty, Jim forms deep connections with his clients and in doing so, helps them heal and creates a positive impact in their lives.

Brenda Baker – Disaster Preparedness & Response Volunteer Award - Brenda is a dedicated disaster specialist with more than 1,000 disaster service-related hours in the books and has been deployed to six disasters – including the recent Woolsey Fire – in the last year alone. Her colleagues describe her as motivating, supportive, encouraging, and always ready to help.

Robert Ray – Biomedical Achievement Award - Robert is a committed member of the Red Cross Blood Services team, serving as a transportation specialist blood driver as well a trainer of new volunteer drivers. He's a proud Red Cross supporter who promotes the organization wherever he can, whether at Red Cross outreach events or through his own personal social media network.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information about the American Red Cross Los Angeles Region, please visit redcross.org/la or cruzrojaamerica.org, or visit us on Twitter at [@RedCrossLA](https://twitter.com/RedCrossLA) or [@CruzRojaLA](https://twitter.com/CruzRojaLA).

Discover the Benefits of a Virtual Trust Experience

By Taber Falconer

It's a common misconception that a will is enough to ensure that your property ends up in the hands of the intended recipient in event of your passing. Santa Monica lawyer and estate planning expert Timur Berberoglu helped clear things up for us.

"In reality, a living trust is the only thing that will save your loved ones from having to endure the costly and time-consuming probate process," he said. "That is, if you own property, and especially if you have your family."

Timur, who graduated from UC Santa Barbara and Southwestern University School of Law, has been practicing for almost two decades. Even though his colleagues cautioned him early in his career that estate planning was not a young person's practice area, he knew it

was his calling to help people prepare for whatever the future might hold.

In addition to estate planning, Timur's specialties include conservatorships, trust and will contests, and elder law. Busy families will appreciate that he is now offering a Virtual Trust Experience, which enables the client to complete every step of the trust setup process digitally while working closely with Timur. Of course, in-person meetings are also available at his office, conveniently located at 7th and Arizona Avenue.

Outside of work, Timur keeps things local. "Friends have called me the King of Santa Monica because I work here, play here. I do pretty much everything here. It's paradise," he said. Spending time

(Continued on Page 7)

Tasty Toast for Breakfast



A new combination of ingredients will get your day off to a good start.

Family Features - While many food trends come and go, some desired food traits seemingly never go out of style. For example, dishes that provide nutritional benefits will pretty much always be popular, along with types of dishes that can be customized to match personalized preferences and tastes.

Toast is a versatile option for nearly anyone seeking a bite for breakfast, especially those eaters looking for both nutrition and flavor. Because you can add a variety of toppings to your toast, it can be a simple way to add a healthy element to your morning routine.

These recipes, for example, include Sabra Hummus as a base spread, which adds protein and fiber perfect for breakfast, brunch or a mid-morning snack. Hummus Toast with Sun-dried Tomatoes and Parmesan brings with it the extra nutritional value of veggies, while Hummus Toast with Soft-Boiled Egg and Spinach packs ample protein for an ideal way to start the day.

Plus, because these quick-to-make recipes involve short amounts of time spent on preparation, you're able to enjoy a nutritious treat even on the busiest

of days.

Find more ways to take trendy toast to the next level at Sabra.com.

Hummus Toast with Sun-dried Tomatoes and Parmesan

Servings: 1

- 1 slice whole-grain bread
- 1/4 cup fresh arugula
- 2-3 sun-dried tomatoes
- 2 Tbsps. Sabra Classic Hummus
- Olive oil
- 2 Tbsps. pine nuts
- Fresh Parmesan curls
- Salt and pepper to taste.

Toast bread; set aside. Wash and pat dry arugula; set aside.

Remove sun-dried tomatoes from jar and lightly pat with paper towel to remove excess oil. Spread toast with hummus.

Lightly toss arugula with drizzle of olive oil; layer on top of hummus. Top with sun-dried tomatoes. Sprinkle with pine nuts and add Parmesan curls. Add salt and pepper, to taste.

Hummus Toast with Soft-Boiled Egg and Spinach

Servings: 1

- 1 slice artisan country white bread
- 1/4 cup fresh spinach, wilted
- Water
- 1 soft-boiled egg
- Ice

- 1 garlic clove, chopped
- 1 tsp. olive oil

- 2 Tbsps. Sabra Classic Hummus
- Red pepper flakes, for garnish
- Salt and pepper to taste

Toast bread; set aside. Wash spinach; set aside.

Fill small saucepan with enough water to barely cover egg; bring to boil, cover, and reduce heat. Cook egg 6 minutes, remove from heat and plunge into ice bath to stop cooking. Peel egg; set aside.

In medium skillet, sauté chopped garlic in olive oil approximately 3 minutes; add spinach and stir 2 minutes, or until spinach begins to wilt. Remove from heat.

Spread toast with hummus. Add wilted garlic-spinach. Cut egg in half and place on top of spinach. Sprinkle with red pepper flakes, salt and pepper.

Discover the Benefits (Continued from Page 6)



Attorney Timur Berberoglu

with his wife and children and giving back to the community through his work with the Rotary Club of Santa Monica are his passions, and he makes time for golf whenever he can.

To schedule an appointment with Timur Berberoglu, call 310-401-3111.

Star Comments

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Light & Shadow - Early Santa Monica Exhibit to Open March 9

The Santa Monica Public Library and the Santa Monica History Museum are excited to announce they will present a joint exhibition highlighting local Santa Monica photographers from Saturday, March 9, to Saturday, June 15. A portion of the exhibition will be on display in the lobby of the Main Library, located at 601 Santa Monica Blvd., and part will be on display next door at the Santa Monica History Museum, located at 1350 7th Street.

On Saturday, March 9, they invite you to join them for "Light & Shadow: Capturing Early Santa Monica." This exhibit will give viewers a peek into the extensive photographic archives of each institution. Each of their photographic archives houses a diverse selection

of photographers and subjects that capture the rich history of the Santa Monica Bay area.

The joint exhibition will highlight seven local photographers whose imagery documents our city's past. The Main Library will present work by Kenneth Strickfaden and Victor Barnaba. Best known as an electrical special-effects pioneer on films like Frankenstein (1931), Strickfaden as a young man photographed the natural beauty, piers, and street scenes in the Santa Monica Bay Area. Barnaba's illustrious career stretched decades, including his service as a military photographer during WWII. In Santa Monica, Barnaba built a studio photography business and was commissioned by the city to document the built environment, civic

affairs, and notable figures until his retirement in 1973.

The Santa Monica History Museum will present work by H.F. Rile, Adelbert Bartlett, Emerson Gaze, Bill Beebe, and George Tate. Rile was active in the 1880s through the 1910s and produced cabinet cards documenting everything from local businesses and school children to city events and views of Palisades Park. Bartlett, active in the 1920s, is known for his ethereal representations of daily life in Santa Monica. Emerson Gaze, active from the 1930s to the 1960s, and Bill Beebe, active from the 1940s through the 1990s, both worked for the *Evening Outlook* newspaper recording Santa Monica's notables and happenings. George Tate, who was active in the 1950s and 1960s, had an excellent eye for composition and his images express the exuberant energy of Muscle Beach.

For hours the exhibit will be open in the Main Library and the museum, contact each location. The Santa Monica Public Library and (Continued on Page 10)



Kingsley Fife surprised Santa Monica Lions Club member, Becky Mejia, with a plaque for her behind-the-scenes service to the club.



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Thoughts From a Second-Time Father

Parents Often Learn Language Patterns From Their Children



By Michael Margolin
In the past, I have written about how often my kids have mimicked each other, or me and my wife Enjoli.

And, I have also noted that Jake, at two-and-half, does and says whatever his five-year-old sister Alexa does or says.

Since before he could walk, Jake has been copying Alexa. Jake's reproduction of Alexa's words, games, and dance routines have been a constant source of entertainment for us. I wonder what exactly Jake thinks while he replicates her actions. I believe that he simply thinks she is the greatest thing walking on earth, besides his mother, and that what she does must be the coolest thing ever and that if he does what she does, he will be just as awesome.

Alexa does not copy Jake or use his words, but I have found myself doing that when I am not at home. I have come very close to sending text messages to colleagues that say, "ah-tay" instead of o.k. I have also nearly responded with, "fanks," instead of thanks.

When Alexa came along, she did not take up much space, and neither did her belongings. Then, toys took space in our living room and her shows began to take up space on our DVR. She ate up data on our phones and her tricycle took up space in my only room left in the house: the garage. Now, the two of them have infiltrated my vocabulary with their own words.

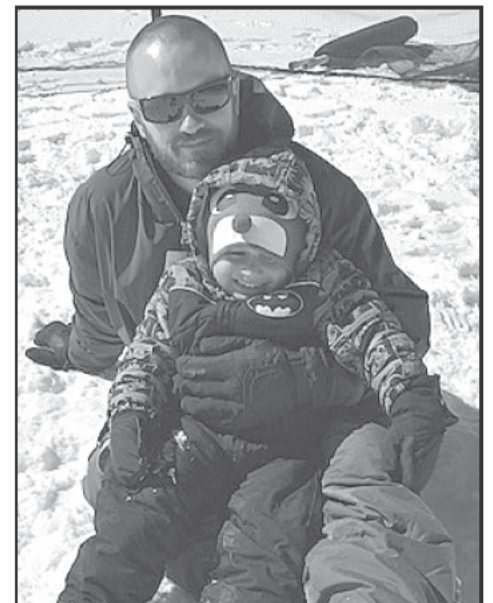
Although I never have been and never will be, I can confidently say that being pregnant has its challenges. Obviously, going through labor does too. When the child comes home, makes a lot of noise, costs a lot of money, and creates odd smells, it also supplies a seemingly unending amount of worry.

Then after a while, people have another one. Nothing else can fit the description I laid out and have people eager for more than one. I could not be more thankful that mine fit that description and have been so kind as to add to my lexicon.

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



Alexa and her brother, Jake, below with dad, Mike, enjoyed their first day ever in the snow.



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Community Service in Santa Monica

Join Lions on Their Journey of Service



By Kingsley Fife
We Lions are holding our big annual health fair, "Lions Eyes Across California," on Saturday March 16 at Virginia Ave. Park, 2200 Virginia Ave.

and Cloverfield, from 9:00 a.m. to 1:00 p.m.

It will include children's vision screening, adult refraction screening, free eyeglasses, diabetes screening and education, and eye-glass collection. Be sure to come and take advantage of this health service bonanza.

In addition to reaching out to the community with comprehensive services like this health fair, we Santa Monica Lions also enjoy informative, stimulating speakers at our luncheons, held the first and third Thursdays of the month at the Santa Monica Elks Lodge on Pico. Several weeks ago we had Andrew Carrillo, a fourth generation Californian, talk to us about early Santa Monica and Southern California. His family line goes back

to the original land grants in Los Angeles.

We also just had our very successful annual Student Speakers Contest, where local high school students compete for the ultimate prize of a college scholarship. The total accumulated value is \$103,500. The topic was: "Freedom of the Press, What Does It Mean?"

We recently had Ross Furukawa, the publisher of the *Santa Monica Daily Press* newspaper, as our speaker. He talked to us about the current news around town and brought us up to speed on all the hot issues. It was extremely informative. He described the many turn-overs and changes going on in the restaurant business of late. He said that scooters (Bird, etc.) are here to stay. He also added that Uber and Lyft haven't decreased traffic but have decreased the need for parking spaces in the Santa Monica downtown area.

Anyone interested in being our guest at a luncheon, contact Lion Marilyn Schalit at marilynnschalit@yahoo.com.

How the Santa Monica Bay Woman's Club Got Started



By Tesi Treuenfels
Our hearts are filled with gratitude. Our 10th annual Valentine Fundraiser at the Santa Monica Bay Woman's Club (SMBWC) was the

most successful ever. Thank you to all who attended and to all who made it possible. A special thanks to Susan Barry who coordinates this event. All proceeds were donated to the Santa Monica-Malibu Unified Education Foundation with matching funds donated to School on Wheels by SMBWC.

Our Book Club will be on March 21 at 6:30 p.m. We are excited to announce that our selection for March is *Becoming* by Michele Obama. *Becoming*, available on Audible, is read by Michele Obama! The SMBWC Book Group meets the third Thursday of the month.

We are on Facebook! Please follow us. We also have a very informative web page smbwc.org. From our web page, The Santa Monica

Bay Woman's Club was organized in 1905 by Elmira T. Stephens with an initial membership of 88 women. It was incorporated in 1911. Three years later, the new club house was completed. The club members led very efficient fundraising and recruiting campaigns, and by 1922 the original mortgage was fully paid off.

Next year, 2020 will be the 100th year anniversary of the 19th amendment which gave women the right to vote. If we think carefully about the dates of the founding of our club, we can only begin to imagine the swelling enthusiasm of our first members.

Our mission statement is to enrich the lives of members and the community through our legacy of women's fellowship and charitable service and, through stewardship of our historic building to provide a place for social, civic, and cultural programs and events.

Everyone is welcome to participate in our on-going weekly and monthly activities. We play bridge and canasta on Mondays from noon to 4:00 p.m. Also, bring in your arts and crafts projects to work on Tuesdays with us from 10:30 a.m. to 1:00 p.m.

Our historic landmark building is located at 1210 Fourth Street, Santa Monica, 310-395-1308. We welcome new members throughout the year.

Travel and Meet New Friends with WISE & Healthy Aging

By Grace Cheng Braun

WISE & Healthy Aging offers exclusive group travel opportunities for adults of all ages. These high-quality packages are available at competitive prices, and are a safe way to travel. Make new friends and see the sights. Relax, the planning is already done for you.

Travelers can sign up for local one-day excursions or multi-day trips internationally, or within the United States.

For those seeking local adventures, upcoming one-day trips include a visit to the Kimberly Crest Mansion and Glass Museum which comes with a tea lunch in Redlands on Wednesday, March 13. There's

also a day trip to the Camarillo Ranch and Somis Nut House with a farm tour, featuring strawberry picking and a barbecue lunch on Wednesday, May 22. And, on Friday, June 7, there's a day trip to Lake Arrowhead to see the beautiful flora and fauna with lunch in Alpine Village.

One multi-day adventure within the U.S. is a six-day tour to "Philadelphia, the Poconos and Brandywine Valley" that is departing on May 5. Within California, there's also a four-day trip to Monterey Bay, Santa Cruz, and the annual Gilroy Garlic Festival that is departing on July 24; a two-day trip for the "Apple Farm by Rail" on

September 25; a two-day Joshua Tree trip that includes Palm Springs and the Ariel Tramway on October 13, and "Yuletide Yosemite" for three days, departing **(Continued on Page 10)**

Rotarians Read to Local Students

By Drew Fleming

The Rotary Club of Santa Monica is excited to again be taking part in our annual Rotary Reads program at the end of March. For years, dozens of Rotarians team up with teachers at the seven local schools to share the joys of reading with the students right in their own classrooms.

The Rotarians get to read either their favorite books when they grew up or have the children choose their favorites of the day. Some even break out into sing alongs.

In addition to sharing the joys of reading with the kids, the Rotary

Club will donate over 100 titles from that year's award-winning books to the school's libraries.

Many local school budgets cannot support the funding for these new award winning books, so it is with much joy that the club gets to participate in trying to cover that need. If you are interested in learning more about Rotary, the Rotary Reads Program, or would like to donate books, please feel free to contact RotaryClubofSantaMonica@verizon.net, or call 310-917-3313. The meetings are Fridays at noon at the DoubleTree Hotel on 4th St.



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Paws and Claws

Feeding Rabbits Properly



By Dr. Frank Lavac MS, DVM, VCA
Q: What should I feed my one-year-old neutered male rabbit?

A: Adult rabbits should be fed primarily fresh hay. The best hay is timothy hay, but orchard grass hay and oat hay are also fine. It is best to avoid alfalfa hay, pellets and museli. They are very rich in calcium and can create kidney and bladder problems if fed as a primary diet. Rabbits have a unique calcium metabolism, and their intestine is very efficient in absorbing calcium. If they ingest too much calcium, they can develop problems in their kidneys and bladder due to stone formation or calcium sludge in the bladder.

The hay is an important source of fiber which keeps the intestine moving normally and promotes

healthy digestion. Rabbit's intestines are very different from dog, cat or human intestines.

Rabbits should be fed a small amount of timothy pellets daily, about 1/4 cup per 5 pounds of rabbit's weight per day. They can be fed one cup of loose leafy green vegetables per day, as well. Rabbits should eat frequently throughout the day and produce an abundance of droppings.

For more information on feeding as well a helpful video, "How to feed Hay," go to www.OxbowAnimalHealth.com.

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

Travel and Meet New Friends

(Continued from Page 9)

on December 9.

For international travel, there's a 10-day trip departing on October 28 to South America, featuring stops in Rio de Janeiro, Brazil and Buenos Aires in Argentina, along with Iguassu Falls.

Visit <http://www.wiseandhealthyaging.org/travel-programs> for itineraries and full reservation forms for all trips, or call 310-394-9871.

WISE & Healthy Aging is a non-profit, social services organization headquartered in Santa Monica.

Sharing Memories

(Continued from Page 6)

School after getting a degree at Oregon State. He explained about his love of teaching, "My job is not to fail students, but to raise them up," Art died in 2013.

His son, Art Jr., wrote a book about his dad's life. It is available at the museum.

The next meeting will be on March 12. Sara Crown, the museum's archivist, will speak on "Caring for and Preserving Your Family Memories."

For more details, and to RSVP, please call John Klopping at 310-395-2290.

Adopt a Pet



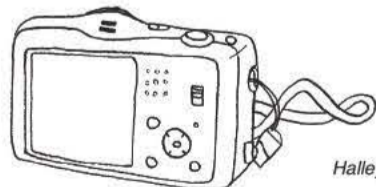
Meet Semaphor, with one ear up, and one ear down, all over gentleness and love. Semaphor has a nice disposition, though he's a bit shy until he gets to know you. He would likely bond with an easygoing girl rabbit. He's neutered, of course, and has excellent house habits. If you have a single girl rabbit looking for love, let us introduce her to Semaphor during our Saturday speed-dating sessions. Go to www.larabbits.org, or email larabbits@gmail.com for more info.

Light & Shadow Exhibit (Continued from Page 8)

Santa Monica History Museum are wheelchair accessible. For disability-related accommodations at the Main Library, call Library Administration at 310-458-8606 at least one week prior to the event.

Please direct any questions to Kathy Lo at the Santa Monica Public Library at 310-458-8687 or kathy.lo@smgov.net, or to John

Klopping at the Santa Monica History Museum at 310-395-2290, or email info@santamonicahistory.org.



Halley Stubis

Busy Families Can Find Ways to Give Back to Their Communities

Beyond the day-to-day grind of homework, limiting screen-time, and catching the school bus, lies a bigger challenge for parents: figuring out how to raise compassionate, generous, civic-minded children. In *Simple Acts: The Busy Family's Guide to Giving Back* by Natalie Silverstein, the New York volunteer coordinator of Doing Good Together, offers hundreds of practical ideas – from visiting the elderly to helping clean the playground on Earth Day for incorporating service and the spirit of giving into your family life. The book is both a call to action and a hands-on resource showing parents how to impart good values while helping those in need.

Natalie believes it's never too early to get kids in the habit of service. She also believes that being crazy-busy needn't prevent you from starting a routine of family volunteerism. Here are some acts of kindness from *Simple Acts* that even the busiest of parents can manage:

- Create a cloth "giving bag" to take to the grocery store. While grocery shopping, have your child pick out non-perishable food items and donate them to the local food pantry on the way home.
- Plant a tree or flowers in your backyard or sign up for a local park clean-up to encourage environmentalism and community beautification.
- Leave a stack of colored paper and markers at the dinner table for kids to create cards for active duty military, isolated seniors, or hospitalized children.
- Project Backpack: While shopping for back-to-school supplies, encourage kids to pick out a few extra items to donate to children who don't have the resources for the learning tools they need.

Natalie Silverstein, MPH, is the volunteer coordinator of Doing Good Together™ in New York City. She is a frequent consultant and presenter to parents, faculty, students, and community groups on the topic of family service, and is a contributor to parenting blogs *GrownAndFlown* and *MommyPoppins*. She holds a Master's Degree in Public Health from Yale University. She and her family regularly make time to volunteer in their community.

Author Natalie Silverstein was asked:

The biggest obstacle to incorporating service into family life, especially when there are two working parents, is the lack of time and brainspace. What advice do you give to overwhelmed parents to help them find time and get over that initial resistance?

The subtitle of the book says it all – *Simple Acts* is a resource for busy parents, because every family is pulled in a million directions during the week and schedules are packed every weekend, as well. I hope the book will inspire families to think about volunteerism differently, and to notice the many ways you can incorporate service into things you are already doing as you move through your day-to-day life.

It may seem daunting – just another thing on the to-do list – but it doesn't have to be. If parents set a positive intention, keep an open mind (and heart) and recognize that engaging in acts of kindness is a worthwhile use of your time – certainly as important as many of the other priorities that fill our calendars. It's a great way to set aside devices and spend quality time together with our kids, connecting around things that matter, and living our values.

You talk a lot about making a habit of service, and you present volunteerism as if it's a muscle that needs to be honed. Can you talk about that as it relates to children?

My mentor, Jenny Friedman, the founder of Doing Good Together, has said, "We don't wait to start reading to our kids. We want reading to be a habit. Giving back is very much the same way." This is so true. We start so many good habits with our kids when they are very small because we want these habits to become second nature.

Creating a love of service and a comfort level with hands-on volunteering requires early and frequent exposure. Just like developing a skill in athletics, or the ability to play a musical instrument, kids become comfortable and grow an appreciation for an activity if they practice. Parents should view volunteering in the same way. Each time you engage in family service together, especially if you let your growing children identify social justice issues that they care about, you are allowing them to flex their "empathy muscles." And, it is very empowering for kids to realize that they can make a difference.

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Members of the Rotary Club of Santa Monica like to help out at the Westside Food Bank in Santa Monica as part of their community service.

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Community Calendar

By Miceala Shocklee

• Ongoing in March - Stairway Performances at Barnum Hall - Enjoy choir, band, and orchestra performances by SMMUSD students in this year's Stairway series at Barnum Hall. For the full list of dates and how to book tickets, visit www.smmusd.org/vapa/stairway or contact Yvonne Kyle at ykyle@smmusd.org or 310-450-8338, extension 70281.

• Ongoing - Inheritance: Recent Video Art from Africa - Currently on exhibit till July 28, this UCLA Fowler Museum exhibit features work by post-independence era artists Kudzanai Chiurai, Zina Saro-Wiwa, and Mikhael Subotzky that focus on deconstructing the impacts of colonialism in their home countries. For more information, contact erinconnors@arts.ucla.edu, or 310-825-4288.

• Ongoing, Mondays in March - Who Runs the World? GIRLS! - A series of "Spotlight On" events at the Main Library will celebrate women's history month with thematic stories and activities suitable for kids ages 5-11. Events to start at 3:45 p.m. in the Activity Room. Call 310-458-8621 for details.

• Ongoing, Thursdays in March - Citizenship Classes - Beginning March 7, the Pico Branch Library will host an ongoing series of classes helping students complete and submit applications, as well as prepare for the official review. Enroll through the SMMUSD Adult Center by calling 310-664-6222, ext. 76203.

• Saturday, March 9 - The Divorce Hacker's Guide to Untying the Knot - As part of SMPL's women's history month program, Ann Grant, attorney and author, will discuss her new book's take on how to find freedom and financial independence throughout the tumult of divorce. Event to begin at 2 p.m. in the multipurpose room of the Main Library. Call 310-458-8621 with questions.

• Sunday, March 10 - Zine Workshop - The West Los Angeles Regional Branch is hosting a workshop from 1:30 p.m.-3 p.m. Learn what Zines are, how to make them, and how to share them with your community. For more information, call 310-575-8283.



Here is a behind the scenes shot of Lizard Girl getting her makeup. Samohi students are learning to do makeup from professional makeup designer and Samohi parent Gabrielle Cohen. This is in preparation for their "Side Show" musical on Saturday, March 9 at 7 p.m.

Photo by Denise Kato

• Tuesday, March 12 - Lincoln Middle School Jog-A-Thon - Go out and get running with your school community!

• Wednesday, March 13 - St. Patrick's Day Fun - Kids ages six-11 are invited to come celebrate St. Patrick's Day from 4 p.m.-4:45 p.m. at the Fairview Branch Library with crafts, snacks, and a reading of Gail Gibbon's book, *St. Patrick's Day*. Call 310-458-8681 for more information.

• Saturday, March 16 - Kerry Madden-Lunsford Storytime and Book Signing - Kids ages three to seven are invited to this reading and signing of Kerry Madden-Lunsford's new picture book about the Smoky Mountains, *Ernestine's Milky Way*. Event to begin at 10:30 a.m. at Children's Book World. Call 310-559-2665 for details.

• Saturday, March 16 - "The Top Shelf Vocal" Concert - Enjoy a free performance by an cappella choir "The Top Shelf Vocal" at the Kaufman Brentwood Branch Library, 11820 San Vicente Blvd. Concert to begin at 2 p.m. For details, call 310-575-8273.

• Saturday, March 16 - Bottom of the Pot: Diversity, Food, and Inclusion Opening Program - Get an introduction to this year's series of workshops on West L.A. Food Culture, with a special emphasis on Persian cuisine as featured in *Bottom of the Pot: Persian Recipes and Stories*. The launch event will also feature an apron-sewing session! Opening program to begin at 1 p.m. at the West Los Angeles Regional Branch Library. For more information on all the series' events happening in

March and April and to register for any you are interested in, call 310-575-8328.

• Monday, March 18 - "Appy Hour": Lyft App for MODE Workshop - This workshop for registered MODE users will teach participants how to install and use the Lyft app. Bring your fully-charged smartphone to the Montana Avenue Branch Library at 2 p.m. to participate. For more information on MODE, visit bigblubus.com/mode. For questions, call 310-458-8682.

• Thursday, March 21 - The Mommy Makeover - Plastic surgeon Dr. Jaco Festekjian will discuss procedures women choose after child bearing. 6-7:30 p.m. 200 UCLA Medical Plaza, Suite 206. RSVP: plastic_surgery@mednet.ucla.edu.

• Saturday, March 23 - The Secret Ingredient: Preserving Lemons - Learn how to make a cook's secret ingredient: preserved lemons! Master Gardener and Slow Food Preservation Advisor Susan Nickells will run this class at the Fairview Branch Library, starting at 3 p.m. Space is limited and must be reserved in advance. Call 310-458-8681 to book your spot.

• Saturday, March 23 - Ocean Park Branch 100th Anniversary Finale - Enjoy a celebration co-sponsored by the Santa Monica Conservancy and the Ocean Park Association honoring the end of the Ocean Park Branch Centennial with music, games, refreshments, and more on the lawn of the Ocean Park Branch Library. Celebration to run from 2 p.m.-4 p.m. Call 310-458-8683 with questions.

• Saturday, March 23 - Allegations and Accusations: Women Manipulated by Men - Enjoy dramatic readings of Actor Arnold Weiss's short stories, beginning at 2 p.m. at the Kaufman Brentwood Branch Library. Free admission. Call 310-575-8273 for more information.

• Saturday, March 23 - Will Rogers Live Auction - Enjoy a tropically-themed night out with Will Rogers Principal Bourque and the school community. This year's event will feature food, raffle, auction, a DJ spinning Caribbean and Latin beats, and more. For venue information and to get your ticket, email auctionnightlive@willrogerspta.com.

• Sunday, March 24 - Los Angeles Marathon - Come cheer on participants in the largest marathon on the West Coast. For details on start times and course-side entertainment, visit www.lamarathon.com.

• Friday, March 29 - Kathleen Van Duyk, Ph.D., UCLA geriatric psychiatrist and Alexia Holovatyk, MS, will discuss brain function in older adults living with cancer and strategies for improving cognitive function and health. Noon -1:30 p.m. Benjamin Center, 1990 S. Bundy Dr. Suite 100. RSVP: 800-516-5323.

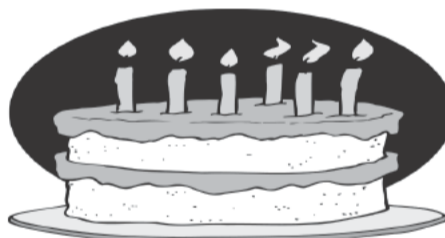
• Saturday, March 30 - Caroline Arnold Butterfly Storytime & Book Signing - Get a close-up look at the life cycle of butterflies as told through the story of real-life kindergartners who raised them in this reading of award-winning local author Caroline Arnold's new book, *Butterflies in Room 6: See How They Grow*. Activity is suitable for children, ages four to eight. Storytime to begin at 10:30 a.m. at Children's Book World. Call 310-559-2665 for details.

Healthy Kids Day April 27 at the Santa Monica Family YMCA

Awaken the healthy habits of your children and bring them to the free Healthy Kids Day next month on Saturday, April 27 from 10 a.m. to 1 p.m. at the Santa Monica Family YMCA, 1332 Sixth St.

There will be representatives from Santa Monica-UCLA Medical Center and Providence Saint John's Health Centers, Xavier the Barber giving free haircuts, eye care from the Santa Monica Lions Club, healthy savings from Wells Fargo Bank, and dental care from the Santa Monica Breakfast Club.

Enjoy some healthy giveaways and wonderful raffle prizes. One is a gift basket for kids from the new Pharmaca Pharmacy on Lincoln and Montana. For more details, or to participate, call Erika at 310-393-2721.



Happy March Birthdays

to Florence Kinney, Sharon Johnson, Kris Andresen, Blair Brandenburg, Donna Byrd, Bill Crookston, Alan Glick, Stan Fox, Larry Mortorff, Carol Ann Emmitt, Mike Cortrite, Gail Litvack, and Tim Shannon.

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

Answer to Neighborhood Celebrities

(Continued from Page 1)



Jose Soto, Gerardo Cruz, and Victor Montelongo are valet drivers at Providence St. John's Health Center on Santa Monica Blvd. Jose has worked for 14 years at this job, and Gerardo and Victor, 12 years. They are the best!

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March highlights

SAT 3/2 Vardan Ovsepian Trio
Vardan Ovsepian (p), Dave Robaire (b), Peter Erskine(d)
Armenian born pianist/composer brings trio featuring the great Peter Erskine.

THU 3/7 Larry Goldings Quartet feat. Joel Frahm
Larry Goldings (p), Joel Frahm (ts), Dave Robaire (b), Rick Montalbano (d)
NYC transplant Larry Goldings joins forces w/ NYC tenor master Joel Frahm.

FRI 3/8 & SAT 3/9 Otmaro Ruiz Quartet
Otmaro Ruiz (p), Larry Koonse (g), Ahmet Turkmenoglu (b), Ana Barreiro (d)
Multi-faceted pianist keyboardist returns to Sam First with his quartet.

SAT 3/30 LA Jazz Quartet 25th Anniversary Concert
Chuck Manning (ts), Larry Koonse (g), Darek Oles (b), Jason Harnell (d)
Help us celebrate 25 years of this amazing band!

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Paying Tribute (Continued from Page 1)

Tebb how his mentoring has affected them in their lives. Tony Todd explained, "Coach Kusserow always influenced part of our lives. The majority of us were in one-parent families. He was like a father figure to us. We always looked up to him."

Fernando, who coordinated the dinner, added, "Even though all of us had gone in different ways, we stayed in touch. The purpose to get together was to honor the man who had a profound influence on us on many levels," he explained. "Coach was a roll model, a mentor. He instilled in us discipline, confidence, and respect that enabled us to achieve what we have in our lives today. He made sure we stayed on track. We wanted to have the dinner to express our gratitude. Coach is a humble professional who takes in praise quietly. At our informal dinner we could speak from our hearts while we all reminisced."

Tebb described his response to the memorable dinner. "To hear them state individually what they learned about themselves and others, how those things influenced their life to this moment in time validated all that we were trying to teach them." Tebb's wife Jeannie had also been invited, as she, too, was so much a part of the men's lives.

As he continued to comment on the dinner, Tebb said, "I'm grateful for them. We were teachers of the game. We broke down football into the basic DNA and then we taught it. We knew if we could teach them

to be the best that they could be on the field, they would learn how to connect, engage, and sustain to the finish. I have compassion for who they are and where they are today. The element of faith is somewhere. If you keep doing the right thing, good things will happen. It's always about the process.

"When we beat Long Beach Poly, it was the first time in ten CIF title appearances that they lost the game!"

--D.M.



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Celebrating Successful Marriages

(Continued from Page 3)

Rex was sent overseas the next day to Pearl Harbor. Seven months later, Doris went to join him. She got a job at the phone company. It was in Hawaii that Doris got pregnant with their first child.

They finished his service with two years in San Francisco. They then returned to Santa Monica. Rex went to Loyola Marymount University and law school. He became an attorney, a commissioner, and then a judge for 40 years.

Rex was also on the Santa Mon-

ica City Council for 12 years. He also served as mayor. The couple eventually had another daughter and a son. They now have eight grandchildren.

Doris summarized their success, saying, "We are best friends. We do everything together. We even learned to fly together."

When I asked Rex what he thought their success was due to, he agreed that they were best friends. "I'd rather be with her than anybody else," he stated.

--D.M.



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