



Thanks to Julie Dobkin Gilberg for her lovely photo of the rose garden in Palisades Park on Ocean Avenue. Once the buds blossom, there are so many different colors and scents of roses to enjoy.

## Love Links

### Celebrating All the Way From Santa Monica to Tuscany, Italy

Like many couples today, Michael Byrne and Amanda Fakih met online through Hinge, a dating app.

“She lived in Brentwood,” described Michael. “She was working as a chief administrative officer in the pathology department at UCLA. I had just moved to L.A. from Austin, Texas.”

Soon after, they enjoyed good conversation at The Bodega Wine Bar in Santa Monica. Two weeks after their first date, which was during the pandemic, they began spending more and more time together.

“Amanda gave me a journal a couple of months after we met. I didn’t do much personal journaling so I used it to write about our relationship and how I felt about her,” Michael described. “Every two weeks from November 2020 to January 2022, I wrote a personal letter to her in the journal.”

By December, 2021, Michael started to think about his proposal to Amanda. He had planned an elaborate surprise with the help of his friends and family for January 22, 2022.



Amanda and Michael enjoying their wedding in Tuscany.

The two had gone on a date at LACMA. After the date, they returned to her apartment for tea. Michael gave her the journal wrapped in a big box. He wanted her to read it by herself. He went off to meet some friends. Amanda was told that she would be picked up by his roommate in about an

*(Continued on Page 12)*

## Save the Date

### Day Of The Dog Festival Coming to Main Street on September 9

An exciting new type of event will be coming to Santa Monica on Sunday, September 9, from 12 p.m. to 5 p.m. It will be on Main Street, between Strand and Ocean Park Blvd.

The Day Of The Dog is a fundraiser for the Just Love Animals Society, a non-profit organization with a focus on community outreach and animal welfare. The annual pet festival celebrates the unique bond we have with our pets.

The canine-focused, fun-filled activities make this an event with something for all dogs, big, small and in-between. It’s an opportunity to meet leaders in the industry, while viewing all the best trends for your dog.

The free and pet-friendly day features an 80-foot pool party for dogs, including a DJ and canine cabañas, a superhero-themed photo booth including capes, masks, and a wind machine, brunch for dogs with a selection of ACANA pet foods with fresh fruit and goats’ milk and, of course, the races.

There’s the running of the bulls for French and English bulldogs, Dachshund and Corgi races, a foam party, a 100-foot art installation, and dog blessings.

The day also includes yoga

#### Congratulations to Members of the Santa Monica Police Activities League (PAL)

A highlight of the summer each year is when Neil Carrey and Ed Simmons present scholarships in the name of his Neil’s son, Chris, to deserving members of the Santa Monica PAL.

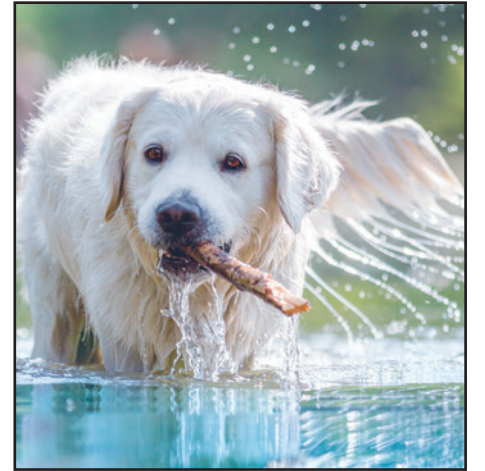
Friends and family attend the inspiring ceremony where honorees share their backgrounds.

This year, the recipients were Anyiah Evans, Chris Naelgas, Citli Arenas, Cristian Curiel, Edgar Gomez, Giselle Avila-Hengsathorn, Hawene Alomayehu, Jacobo Curiel, Jacqueline Morales-Lopez, Margarita Abril Chairez, Tia Hansen, and Wongiel Gebehu.

*(Continued on Page 3)*

## Take A Look Inside

Love Links	.....1
Good News	.....2
Reflections From The East	.. 4
Clergy Corner	..... 5
Passing Through the Pico Neighborhood	.....5
Community Service	..... 9
Paws and Claws	..... 11
Planning Ahead	.....11



This dog is looking forward to attending the Day Of The Dog festival to be held on Main Street.

with puppies. Each 30-minute class of light yoga has adorable puppies pouncing, and ends with a puppy adoption post event that boasts a 100% success rate.

The Day Of The Dog showcases local service providers, brings animal lovers together, supports small business, assists other non-profits in achieving their fundraising goals, features leading pet nutrition and care information, and most importantly, offers a wonderful fun-filled day out for the whole family.

The event producers, Jordan Illingworth and Leo Powell, formerly night club owners, got their

*(Continued on Page 3)*

## Do You Recognize This Neighborhood Celebrity?

*(Answer on Page 4)*



## Discover What's Happening on the Westside

By Pamela Lawrence

- **Ongoing through August 20 - Seaside Art by Kenton Nelson** - This beautiful collection of beach-themed paintings will be displayed in the museum's upstairs gallery. Wednesdays through Sundays, 11 a.m.-4 p.m. California Heritage Museum, 2612 Main Street. Call 310-392-8537 for details.
- **Ongoing until August 26 - L.A. - Oaxaca** - This art exhibition will include the work of five artists, all exploring themes of Mexican culture as well as its integration in L.A. lifestyle and heritage. Artist Talk is August 5, 11 a.m. Exhibition open Tuesday-Friday, 10 a.m.-5:30 p.m., Saturday, 11 a.m.-5:30 p.m. Craig Krull Gallery, 2525 Michigan Ave, Bldg. B-3. For details, call 310-828-6410.
- **National Night Out - Tuesday, August 1** - Meet the real superheroes of the various units of the Santa Monica Police Department as we join this nationwide event to show support for fighting crime in our community. 5:30 p.m. to 8:30 p.m. 1685 Main Street. In front of City Hall. Many people leave their porch lights on to show their support for the event.
- **Saturday, August 5 - The Arty Loon Show** - Arty takes everyone on a fun-filled adventure through their imagination with balloons, magic, juggling, and puppetry. 10:30 a.m. Pico Branch Library, Amphitheater. For families.
- **Saturday, August 5 - Introduction to Watercolor** - Join Melissa Elliot for this free 90-minute session on the fundamentals of this versatile, transparent, and colorful art; provided by the Friends of KBBL. 2 p.m. Kaufman Brentwood Branch Library, 11820 San Vicente Blvd.
- **Saturday, August 5 - Walk through Pier History: Walking Tour** - This in-person walking tour will be an extraordinary journey into the rich heritage of the

Pier. While still a good old-fashioned walk and talk, this program incorporates some great new, contemporary technology, and as such you'll get a chance to relive the Pier's captivating past like never before. 10 a.m. For more info, call 424-209-7570.

- **Saturday, August 5 - Soundwaves Concert: Wilfrido Terrazas** - Based in Mexico City and San Diego, this flautist explores spaces between composition and improvisation, contemporary classical music, and avant-garde jazz. 3:30 p.m.-4:30 p.m. Pico Branch Library, Annex.
- **Tuesday, August 8 - International Cat Day**
- **Wednesday, August 9 - National Book Lovers' Day**
- **Saturday, August 12 - Countdown to Kinder Club: Colors** - Explore the building blocks for kindergarten. Discover color mixing and color theory with Paint:LAB. 10:30 a.m.-11:30 a.m., Pico Branch Library, The Annex. Registration required. To register, email: library@santamonica.gov. For ages 2-5.
- **Wednesday, August 16 - Introduction to Birdwatching** - Lu Plauzoles, from the Santa Monica Bay Audubon Society, teaches birdwatching basics and leads a walk to discover the birds of Virginia Avenue Park. 3 p.m.-4 p.m. Pico Branch Library, Annex. This event coincides with the Library's launch of the Birdwatching RED (Read Engage Discover) Kit. For all ages.
- **Thursday, August 17 - Sunset Picnic** - Pack a dinner and head over, solo or with a crew, and bring tablecloths or brown bags. Grab a spot and relax into a beautiful evening. Bring your own fun-cards, board games, and puzzles. Please, no alcohol, glass, or dogs. 5 p.m.-8 p.m. Annenberg Community Beach House, 415 Pacific Coast Highway.
- **Monday, August 21 - Santa**

- **Monica Main Library Book Discussion Group** - Come discuss *A Crack in Creation: Gene Editing and the Unthinkable Power to Control Evolution* by Jennifer A. Doudna and Samuel Sternberg. Two UC Berkeley biochemists explain the CRISPR gene-editing technology, which has the potential to eliminate many common diseases, but also gives humans hard-to-imagine new power over nature. 7 p.m.-8:30 p.m. To register, library@santamonica.gov.
- **Thursday, August 24 - Kobe Bryant Day**
- **Saturday, August 26 - Women's Equality Day**
- **Saturday, August 26 - Dog Daze** - A celebration of International Dog Day. Raffle prizes, special treats, offers, and fun for our four-legged friends. Montana Avenue, 6th to 17th Streets, from 11 a.m. to 5 p.m.
- **Sunday, August 27 - 34th Annual Midsummer Poetry Fest** - Featuring readings of original poetry by local poets. 2 p.m., Kaufman Brentwood Branch Library. by the Friends of KBBL. Call 310-575-8273 for details.
- **Wednesday, August 30 - National Beach Day**

Tell us about your upcoming event. Send details to smstarnewspaper@gmail.com by August 10.



## Meeting a Good Samaritan This Spring

By Kathy Fjermedal

I gave my neighbor, a Vietnam War veteran, a \$50.00 gift check on Memorial Day to thank him for his service.

Several days later, he called to tell me he could not find my check anywhere! He was upset and embarrassed that he might cause me problems with my checking account.

I called my bank and asked them to place a "stop payment" on the check, explaining it had been lost. Several days later, my neighbor again called me to tell me the check he had lost had been found in the street by an employee at Woodley Tire Company. It is located on Pico Blvd., just west of 14th St. in Santa Monica.

The check had a note attached to it stating that an employee had found the check. Since I had printed the check on my computer with my neighbor's name and home address, it was easy to send the check back to my neighbor.

I called Woodley Tire Company to thank them and their honest employee, Alfonso. I then brought Alfonso a thank you card and gift. And, I thanked the Lord for this very honest employee.

## Alzheimer's Foundation of America Offers Tips For Family Caregivers During Heat Waves

With heat indexes well over 100 degrees creating dangerous conditions for millions of Americans during a prolonged heat wave, the Alzheimer's Foundation of America (AFA) is providing important tips for caregivers to keep their loved ones living with dementia safe.

"Triple digit temperatures and heat indexes are especially dangerous for someone with a dementia-related illness because effects of dementia may impair their ability to notice if they are developing heat stroke or dehydration," said Jennifer Reeder, LCSW, SIFI, Director of Educational and Social Services for the Alzheimer's Foundation of America. AFA advises family caregivers to:

- **Watch out for wandering.** Wandering is a common and potentially dangerous behavior for individuals with dementia, as they can get lost or become disoriented, and not know how or who to call for help. There are many reasons why someone with dementia wants to go outdoors. Being outside may provide a feeling of purposefulness or satisfaction; be a

(Continued on Page 10)



## Happy August Birthdays

Tammy Ito, James Casalor, Susan DeRemer, Suzan Allbritton, Roger Davis, Charley Follette, LaVonne Lawson, Tod Lipka, Myles Pritchard, Freya Rainsford, Jim Rushton, Rebekah Gould, Eddie Guerboian, Robert Segal, Ruth Schick, Jay Smith, Mariko Nakagiri, Eric Dobkin, Tish Tisherman, Pat Potter, Kathryn Boole, and Robert Trimborn.

The Santa Monica Star  
1112 Montana Ave. #525  
Santa Monica, CA 90403  
424-581-6005

©2023

Website:

www.thesantamonicastar.com  
Email: smstarenewspaper@gmail.com

Editor and Publisher:

Diane Margolin

Editorial Assistants:

Miceala Shocklee, Pamela Lawrence

Advertising Sales: Diane Margolin

Ad Graphics: Dynamic Graphic

Contributing Writers:

Dr. Frank Lavac, Qin Stubis, Michael Margolin, Lisa Alexander, Eduardo Lowe, Julia Abbott, Richard Lombardi, Pat Webber, Susan Barry, Michael Byrne, Stacy McClendon, Deborah Gray, and Cheryl Thode.

Distribution: Paper Pushers LA

Special thanks to Rufus Baker and Bernadette Lucier

## A better moving experience starts here.



Local and Long Distance Moving Services

- + Flexibility with hourly labor and last-minute moves
- + Competitive pricing and no hidden fees
- + Packing and storage services available

Get a Free Info Kit Today When You Call 1.855.982.0366



★★★★★

"The whole team was FANTASTIC. Very quick, helpful, clear in explaining what they were doing and the next steps and with a ready smile and laugh. They made the entire process as painless as possible and I would use them again in a heartbeat!"  
— Julia B.

Bellhop

**The Real Estate Advisor**

**Moving Households Made Easier for Seniors**



**By Richard Lombardi**

Among the most stressful times in people's lives is moving, but often moves are necessitated by other stressful causes.

This is especially true for seniors.

Failing health, death of a spouse, financial pressures, and even a rising trend of "silver divorces" are often the need behind senior moves. But, even in the best of circumstances, just the thought of moving can be overwhelming for seniors who have collected a lifetime of family treasures and memories.

A little-known specialty business, Senior Move Managers has cropped up to help seniors make easier transitions.

Senior Move Managers start with a detailed consultation to determine the specific needs of the client including timeframes, space available in the new location and which services the client may need, to devise an effective and easier move.

Managers help plan, coordinate, and supervise all aspects of a move. They can help sort things to keep, sell or give away. Once organized, the team can pack items,

arrange moving vans, and cancel, transfer, or set up utilities.

On the move-in side, the team unpacks, sets up all the rooms including hanging pictures, arranging furniture, making beds, and finding the perfect spots for all toiletries, and other personal items, such as clothing.

The cost of moves varies greatly based on the size of the move and the services provided. Some Senior Move Managers charge hourly, while others prefer to package the cost of the entire job at a single fee.

A resource to learn more about Move Managers is The National Association of Senior and Specialty Move Managers® (NASMM). NASMM is the leading membership organization for Move Managers whose members must maintain business liability insurance, complete an industry specific course, and abide by the organization's Code of Ethics. NASMM is at <https://www.nasmm.org/>.

**Richard Lombardi has been in real estate sales for over three decades. Richard is an author, speaker, coach, and trainer. To learn more about Richard visit <https://lombarirealestatewealthadvisors.com/about>, email [Richard@TheLombardiGroup.com](mailto:Richard@TheLombardiGroup.com), or call 310-903-6509.**

**From Me to You..**



**By Diane Margolin**

One of the topics I like to write about the most is businesses that offer the best customer service. I stopped by Merrihew Nursery and Sunset Gardens on Ocean Park Boulevard recently. New owner Frank Slamka took over in 2021. He has rearranged and labeled the plants into different sections. A man who was walking around near me said, "I would like to buy one of each of these plants!" They are so appealing. The staff will take time to answer your questions about the best care for what you buy.

Qin Stubis had a wonderful time meeting our readers and more new friends last month when she promoted her new book, *Once Our Lives*, at the Barnes & Noble book store in the popular Grove shopping center. She is shown, at right, with her local fans, readers Marlene and Jerry Dobkin.

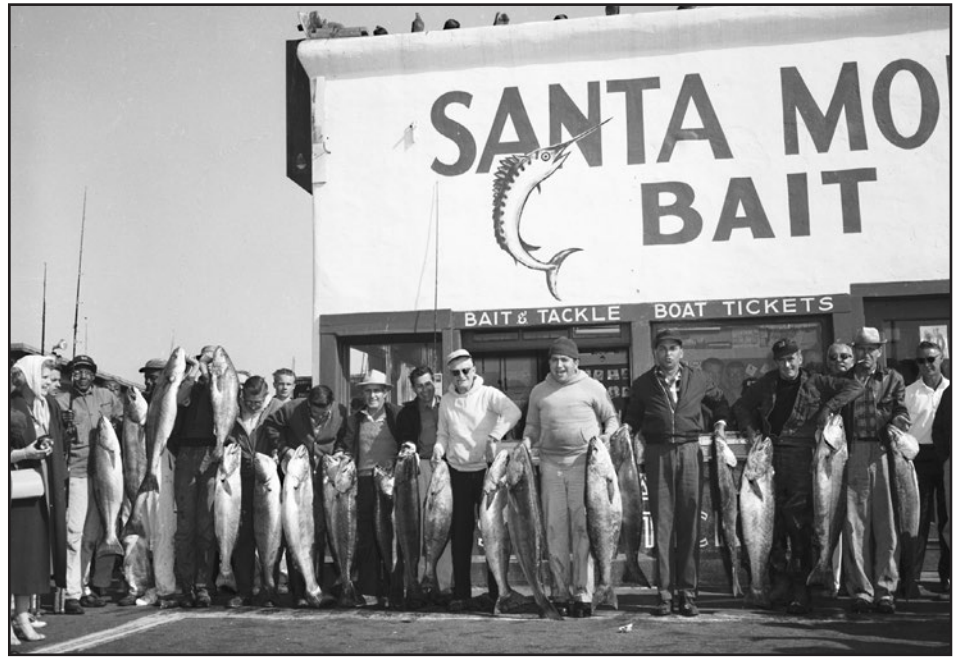
Enjoy the rest of your summer.



*Members of the Clara Bussey Women's Missionary Society of the FAME Church in Santa Monica were pleased with the turnout at their Recycled Fashion Giveaway last month. They collected many boxes of clothing, books, toys, and more that were given away.*



**From the Santa Monica History Museum**



*3.2.2670 Army Group, Santa Monica Pier - This Army Jeep Group in front of the Santa Monica Bait and Tackle Shop is displaying fish caught on a U.S. Army Recreation Camp, Santa Monica outing. Bill Beebe Collection, undated. Call the Santa Monica history Museum at 310-392-5590 for more details.*

**Day Of The Dog Festival (Continued from Page 1)**

first Great Dane, Floyd, more than 15 years ago, and their lives changed forever. The two quickly became morning people, and now focus on producing events for our four-legged partygoers.

The annual festival, which has expanded over the last decade to include Calgary, Victoria, Vancouver, Santa Monica, San Diego, San Francisco, and Scottsdale benefits the Just Love Animal Society and aims to educate dog lovers on everything from holistic health remedies to safe and ethical dog adoptions.

What started as an idea to host a street party, exploded into a cultural phenomenon.

The couple never dreamed it would impact so many people, create so many friendships, and allow them to do what they love.

For more information, or to become a vendor, please visit [www.thedayofthedog.com](http://www.thedayofthedog.com), or contact Leo Powell at 855-872-6797.

Please note: This is a free and pet-friendly event. Responsible pet ownership is encouraged. If your dogs are not good in crowds, or heat, please leave them at home for their safety.

**Congratulations to Members of Santa Monica PAL (Continued from Page 1)**



*Santa Monica PAL recipients of the Chris Carrey scholarships presented by Neil Carrey, center, and Ed Simmons, far right, last month, were honored at a dinner attended by PAL and Santa Monica City staff, parents, and friends.*



**\*BUY ONE MUFFIN, GET A FREE COFFEE!**  
Good for dine in or take out.



\*Offer only valid until August 31, 2023. Small size hot coffee offer only. Must take the SM Star paper to redeem.

**Catering & Restaurant**  
BREAKFAST & LUNCH CAFE  
310-477-0031  
Delivery, Take-Out, Dine In, Catering  
2214 Stoner Ave. W. Los Angeles  
Hours: Mon.-Fri. 8:00am-3:00pm

Order online:  
[neliscatering.com](http://neliscatering.com)  
*We Deliver!*



**alphagraphics®**  
SANTA MONICA - US763  
**WE'RE OPEN**

and here to assist you with all your printing and copying needs, including COVID-19 items:  
**BANNERS, SIGNS & FLOOR GRAPHICS**

**CALL US @ 310.453.7559**  
Hours: 9:30 am to 4 pm, Mon - Fri  
2717 WILSHIRE BLVD • SANTA MONICA, CA 90403

Reflections From The East

# Can Spiders Tell Our Futures?



**By Qin Sun Stubis**

For all my life, whether in Shanghai, China, Long Island, New York, or Bethesda, Maryland, August has always been the buggiest month. As intensifying heat and humidity threaten to melt the entire human race, they somewhat, much to my bewilderment, it seems to help outdoor critters, winged or not, to thrive.

August is a showdown with bugs. While bees dance amongst

blossoms and fireflies catch every child's imagination, mosquitos hunt us down to quench their everlasting thirst, and flies buzz their way into our homes and onto our cups and plates.

As a child, I was enchanted by these little creatures, whether poking a sow bug until it rolled itself tightly into the shape of a pea, or staring at the glistening, fluttering wings of a dragonfly. Even the extra-large eyes of a fly captured my imagination. I often wondered why it had such big, googly eyes and imagined myself having a pair

just like that ...

My mother taught me very early on in life not to kill any spiders. "Spiders are messengers," she told me. "You never kill them, or they won't bring you good news anymore." Whenever she saw one hanging over our front door, she would exclaim, "An honorable guest will be visiting us soon!"

When I was little, she told me that if a spider lowered itself down in front of me, it wanted to tell me some good news would soon be arriving. For many long hours and even days after a spider magically

appeared in front of me dangling on its thin thread, I waited for my good news. Sometimes, it came, like getting an "A" on my test. Often, nothing good happened. It was the time of the Cultural Revolution. Life was precarious. Sometimes no bad news was good news in itself.

After I came to America as a young woman, I learned a lot more about these small arthropods and how many of them can bite, leaving red, irritating bumps on our skin. Some of them can even be

*(Continued on Page 5)*

# Meditate for Stress Relief



**By Cheryl Thode**

Ok, so we are in the final month of summer before the kids go back to school. While we have all enjoyed having them home,

we do not miss the daily battle of getting our children dressed, ready, and out the door for school. By now, you may be looking forward to that first day of school and the "freeing" possibilities it can bring.

Mom burnout is real. It can creep up on the most doting of parents unsuspectingly and before you know it, you are in a full-blown anxiety-inducing, worry-provoking, crazy-making, adult meltdown. I speak from experience. With all the pressures on parents to be everything and anything our children need, it is very easy to put off the self-care activities or items we need to thrive.

I have written in the past about making sure we parents practice self-care, i.e. – take that coveted

morning shower, go for that early run, read the novel we have been longing to pick up, or even go and get that massage for our aching back. However, as much as we want and know that self-care is needed, it is very easy to put it on the back burner. Sometimes, we don't even address our lack of self-care until we have a Stage 4 Fire demanding that we focus on ourselves.

In that vein, knowing that time (especially in today's world) is fleeting and at times in a deficit, I wanted to remind us all that there is another very simple way we can recharge our batteries.

I'm talking about meditation. If, as you hit this month of August, you are stressed, anxious, tense, and/or worried about what tomorrow may bring, consider trying meditation. It's an easy practice that is simple, inexpensive, and malleable enough to fit your needs and life. More importantly, you can practice it wherever you are – whether you're out for a walk, driving your kids to camp, at the

beach, waiting at the doctor's office, or even in the middle of preparing dinner for your family.

The best part is that there is no wrong or perfect way to meditate. In fact, there are as many ways and strategies to meditate as there are people. Meditation by its nature is self-driven and adaptable to you. Some standard forms of meditation are Guided Meditation (you form mental images of places or situations you find relaxing and explore them in your mind); Mantra Meditation (you silently repeat a calming word, thought or phrase to prevent distracting thoughts); Mindfulness Meditation (you maintain an increased awareness and acceptance of living in the present moment (i.e. focusing on your breath); and Yoga, (you perform a series of postures with controlled breathing focused on flexibility and calming your mind).

The unifying elements of most meditations consist of relaxed and even-paced breathing, a quiet setting, a comfortable position, and

*(Continued on Page 5)*

## Do You Recognize This Neighborhood Celebrity?

*(Continued from Page 1)*



Frank Slamka worked at Merrihew Nursery for seven years. For the past two years, he has been the owner. He did a wonderful job of redesigning the nursery. His staff offers the best customer service.

# Mini Message Bulletin Board

### SANTA MONICA BAY WOMAN'S CLUB

1210 4th Street, Santa Monica  
310-395-1308  
Now Air-Conditioned  
Available to rent for your next event!

### Santa Monica Tailor by Bello ALTERATIONS FOR MEN & WOMEN

Specializing in Suede/Leather, Wedding and Bridesmaid's dresses  
724 Santa Monica Blvd. • 424-301-0146

**Finish the summer right. Get good legal advice.**

Call Bret R. Carter, Esq.  
213-629-5700

### Your ad could be here!

Let Our Readers Know About Your Special Service or Skill.

Call The Santa Monica Star  
424-581-6005 for more details.



### Music Lessons for All Ages!

FREE 30 minute trial lesson!

We offer: Piano, Voice, Guitar, Ukulele, Bass, Drums, Early Childhood Music, and Music Production.

www.sunsetparkmusic.com • 310-892-1989

Have questions about the wonderful summer programs at our local libraries?

Call 313-458-8600

or go to

library@santamonica.gov.



2111 Wilshire Bl.  
Santa Monica  
Sullivan Dituri 310-453-3341

**Residential / Income Apartment Rentals Property Management**



### Need a New Look for Back to School? Come to Cuttin' Up!

Mon-Sat:  
8:30am-8:00pm

1802 Broadway, Santa Monica • 310-461-9053

To receive *The Santa Monica Star* in your inbox, email your name & email to: smstarnewspaper@gmail.com



\*We do not sell your information. You can always opt out.

### Classic Headwear

Whether it's to keep your ears warm or to promote the name of your ball team, you can order quality-made hats from  
www.brimoftheworld.com

Looking for Freelance Writers Flexible Hours

Call The Santa Monica Star  
424-581-6005



**Santa Monica-Pacific Palisades Lions Club Dinner Program**

2nd Wednesday each month at 6 p.m.  
Santa Monica Elks Lodge  
1040 Pico Blvd., Santa Monica  
levelheadedlinda@yahoo.com

**Clergy Corner**

**Sharing Food Creates Community**



**By Rev. KC Robertson**

“What is your favorite family recipe?” is a question I ask often, as I love the joy that becomes aglow in the confider’s face

as they share their culture, their memories, their delights. The rapport that results from that question is both metaphorically and literally delicious, and always points back to the power of the universal experience of congregating and breaking bread together.

It’s a universal experience that I relished recently when meeting my cousin’s Italian in-laws. Food absolutely connected us, despite the language barriers, and was our common ground. No matter what, we all understood the goodness of an uttered “yum,” the necessity of good bread, the lightness of laughter, and the communal joy of sharing meals under the stars.

These recent meals reminded me that food recalls us, food congregates us, food emotes us, and food grounds us. Certain smells and flavors bring us right back into the comfort of our favorite nook

and safety net, wherever it may be. Most key moments in our lives revolve around a group of loved ones breaking a meal. And, recipes sometimes surprise us with grief for a lost loved one or provide a comforting familiarity when homesick.

It is in our very fibers that we long to gather around a meal, and is the reason that we are all called to address food scarcity as a society. So much so, that many faith communities, including St. Matthew’s, support neighborhood organizations working to help those suffering from food scarcity with meals provided in a communal setting. And, I pray that it’s your biggest reason too.

Since food is our deepest symbol of belovedness and community, I hope you, too, find some common ground with others over a heaping bowl of your favorite family recipe before we say goodbye to summer.

**Reverend KC Robertson, Assistant Priest at the Parish of Saint Matthew in Pacific Palisades. [www.stmatthews.com](http://www.stmatthews.com)**

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

**Meditate for Stress Relief (Continued from Page 4)**

an open attitude and mind. The point is that you perform some action that helps center your mind into a calming space.

For me, when I am crunched for time, but am really in need of a centering exercise, a breathing exercise works best. I start by calming my breath and focus my mind on my breath. I inhale for 5, counting 1-2-3-4-5, hold the breath for 5, counting 1-2-3-4-5, then I exhale for 5, counting 1-2-3-4-5. I repeat the practice for 3-5 rounds and in the end, I find myself to be in a more calm, relaxed state and ready to handle the task at hand. It truly is a simple yet powerful method, and I highly

recommend it for anyone needing a quick centering tool.

So, which meditation technique will you try? Are you already a meditation devotee or are you new to meditation? This August, I challenge you to explore meditation and see where it takes you.

You have today to enjoy, but no one is promised tomorrow. Live today well. God Bless.



- Joe Analco

**Can Spiders Tell Our Futures? (Continued from Page 4)**

poisonous, like a black widow, or scary like a hairy tarantula.

Much to my disappointment, spiders are just ordinary creatures without any inherent mysterious superpowers, although every time I see one hanging in front of me, I still wonder what kind of good news it will bring to me.

To get a copy of my book, *Once Our Lives*, you can order from Amazon online.

**You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com), or please visit me at [www.qinsunstubis.com](http://www.qinsunstubis.com).**



**Donate Your Vehicle**  
 Call (866) 943-9659 to donate your car, truck, boat, RV, and more today!

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

**Donate Your Vehicle Today**  
**866-943-9659**



While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (866) 943-9659.

**Passing Through the Pico Neighborhood**

**The Temecula Balloon & Wine Festival**



**By Stacy McClendon**

To jumpstart Spring, I went to the Temecula Balloon & Wine Festival at Lake Skinner.

I turned 50 this year and wanted to celebrate it by enjoying a variety of activities with the special people in my life, and this was one of them. This was also the festival’s 40th anniversary, which made it that much more special.

I had been planning to go to this festival since 2019. However, some unexpected personal and family challenges/commitments came up every year that forced me to cancel my hotel reservations. I had even paid for my tickets, one of the years, and had to eat the costs, as the unexpected event occurred within days of when I was to attend.

Being the person I am, I decided to keep planning until it happened. Well, obviously this was the year that I was supposed to go, because it all came together. I reached out to one of my girlfriends to see if she’d like to go, and she was ecstatic that I invited her as she loves country music.

This was my first time going to a country music concert. I love hearing all kinds of music and since then, I have been enjoying more country music.

This event is extremely robust and showcased 19 wineries, 10 breweries, 100 vendors, and 34 food court vendors over three days. There were also performances held on two stages daily – the Pala Casino Main stage and a wine stage.

On Saturday, I attended the performances of Brandon Calhoun, Tenille Arts, and Sara Evans with Brad Paisley headlining. The performers/musicians all delivered a



Stacy, right, and her friend on a recent summer adventure.

unique and energetic show. They sure had me up and dancing.

Attendees could also purchase tickets to ride in a hot air balloon. They even hold a balloon glow on Friday and Saturday night, where the hot air balloons are blown and lit up to showcase the color and variety of the shapes against the majestic night sky, while the performances ring on in the background.

Definitely, we had a wonderful time there and I am looking forward to attending their next event. My new cowboy boots and hat will be comfortably broken in by then!

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



- Joe Analco

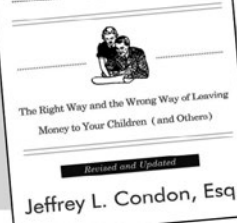
**JOHN LEHNE & SON INC.**  
**PAINTING CONTRACTORS**

LUIS FAJARDO Superintendent  
 310-261-3031 cell  
 310-280-0597 office  
 310-280-9172 fax



Family-owned and serving the Westside community since 1936

**Beyond the Grave**



**“The Best Estate Planning Book in America”**

—The Wall Street Journal

- Wills and Living Trusts
- Probate/Trust Administration
- Trust/Probate Litigation
- Conservatorships - Estate Tax Planning

Brought to you by Attorney and Author:

**Jeffrey L. Condon, Estate Planning Attorney**

Contact the Condon & Condon Law Office for a consultation today.

310-393-0701  
[jeff@condonandcondon.net](mailto:jeff@condonandcondon.net)  
[www.condonandcondon.net](http://www.condonandcondon.net)



Jeffrey’s “Really Helpful Inheritance Tips” at: [www.facebook.com/BEYONDTHEGRAVEBOOK](http://www.facebook.com/BEYONDTHEGRAVEBOOK)

3435 Ocean Park Blvd., Suite #108 • Santa Monica, CA 90405



# Flapjax Diner

Whether you're craving something decadent or healthy, our modern take on classic breakfast, brunch, and lunch fare is sure to appeal!

Appetizers - Pancakes - Omelettes - French Toast - Burritos  
Salads - Burgers/Sandwiches - Mimosas - Hot/Cold Drinks

2315 Wilshire Blvd. Santa Monica  
(424) 330-0340

Hours: Tues-Fri: 8am - 2pm • Sat-Sun: 8am - 3pm

Diner, Patio, & Outdoor Dining - We also deliver!

www.flapjacksamo.com • Follow us on Instagram @flapjaxdiner



THE STUFF IN YOUR DRAWERS  
COULD BE SITTING ON CASH!!



NOT SURE WHAT YOUR  
STUFF IS WORTH?  
COME IN OR CALL FOR  
A FREE ESTIMATE!

WE BUY & APPRAISE  
COINS & COLLECTIBLES  
GOLD JEWELRY  
DIAMONDS & GEMS



EST.

1947

(800) 463-4121

(310) 393-0661

**WILSHIRECOIN.COM**

1312 LINCOLN BLVD AT ARIZONA IN SANTA MONICA

## People 'n' Pets

Keep Your Pets Safe  
in the Summer Heat



Alanna Shepard is holding her dog, Wesley. He is a mutt, mostly poodle. Her family rescued him when he was three months old and he will be seven in August.

**How we love our pets!**  
Please send a high-resolution photo of you and your pet to [smstarnewspaper@gmail.com](mailto:smstarnewspaper@gmail.com).  
Include your name and phone number also.



Treasure, a 19-lb. tabby cat, and a six-and-a-half year old rescue from the Santa Monica Animal Shelter, smiles at Michelle Kessler, a longtime Santa Monica resident.

Here are some tips from American Humane for you to keep in mind this summer.

- Never leave your pet alone in a vehicle.
- Adjust exercise and walking schedules to cooler parts of the day.
- If it's too hot for your hand, it's too hot for their paws. Have booties on hand to protect their paws if the ground is too hot.
- Ensure that pets always have

(Continued on Page 8)



Miss Scarlette is a Maltese/Bichon mix that we have had for 13 years. She frequents Montana Avenue on her walks, and is well known at Williams Sonoma, Zolina's Hair Salon, and Margo's (where this picture was taken by Wesley Negus.) —Kristen Parks



Do You Need Help Caring For A Loved One?

At Home, Assisted Living, Hospice or as a Patient In The Hospital

Maintaining independence is an option. Let us help you or your loved one customize a care plan for assistance that maintains dignity and independence while enhancing the independent living experience.

### Services We Provide

- Light Housekeeping
- Personal Care
- Daily Health Reminders
- Transportation/Errands



310.313.0600 | [www.rahwestla.com](http://www.rahwestla.com)



**FREE DELIVERY**  
DAILY 9:00am - 9:15pm

**FREE Delivery no minimums**  
**Curbside Pickup & In Store**

**12320 WEST PICO BLVD**

**MARKETS | LOS ANGELES**



SERVING:

**VENICE | MARINA DEL REY | WEST LA**  
**CENTURY CITY | SANTA MONICA**  
**CULVER CITY | BEL AIR | MAR VISTA**  
**BEVERLY HILLS | BRENTWOOD**  
**MALIBU Now Delivering! | PACIFIC PALISADES Now Delivering!**

OBSERVING ALL CDC CONTROLS

**SKIP THE LINE!**

Quick and easy way to shop in app, get cannabis on demand for delivery or curbside pickup.



**SCAN QR CODE**

Or visit the app store to download and enjoy our products at your fingertips!

**STAY SAFE - ORDER ONLINE:**

**ErbaDelivered.com**

\*Text notifications for when your order is ready and you can remain in your car for express curbside pickup. Online menu closes at 9:15pm.

STORE: 310-207-1900 / 8am - 9:50pm

DELIVERY: 424-273-6753 / 9am - 9:15pm

CURBSIDE PICKUP HOURS / 9am - 9:50pm

 [ERBAMARKETS.COM](http://ERBAMARKETS.COM)

 [ERBAMARKETS](https://www.instagram.com/ERBAMARKETS)



**THOUSANDS OF CANNABIS PRODUCTS TO CHOOSE FROM**



C10-0000383-LIC



**Traveling With Tanya**

**Iceland: Ideal for the Solo Traveler**

**By Tanya Gilbert**

Seeing last month's post about solo travel, I was inspired to contribute. I am a travel advisor based in Santa Monica specializing in active, culinary, and solo travel. As an independent woman, I enjoy the freedom of solo travel.

Living in Los Angeles, I have a lot of single female friends who don't always have the opportunity to coordinate busy schedules with friends or family. In my opinion, going on your own is certainly better than not traveling at all. Time goes by quickly, and if you are like I am, my bucket list gets longer, not shorter.

There are many great destinations to suit every interest and some cultures are inherently safer for women. Iceland is one of those places, it consistently ranks among the safest destinations for solo travelers. The people are friendly and the tourism infrastructure is well-developed making it an inviting option for the solo traveler.

I just returned from a solo trip, a nine-day expedition cruise circumnavigating the island. What an incredible trip and totally different from the popular self-drive options. Being on a small ship, I was able to access remote fjords and islands unreachable by the ring road which gave me a different perspective of the majestic glaciers and dramatic waterfalls.

A couple of things about me, I love animals, good food and wine, so I will make quick mention of a couple of unique highlights from my trip.



*Did you know that puffins are wonderful swimmers and over half of the population breeds in Iceland?*

I took every opportunity to eat locally and I had some of the best experiences and meals. In fact, if you find yourself in Isafjörður, you must stop at family-owned Tjoruhúsid restaurant.

Puffins! Seeing puffins on Grimsey Island was definitely a highlight. I didn't realize that they are fabulous swimmers and over half of the population breeds in Iceland. Plus, they are adorable.

No matter your travel style, Iceland's natural wonders, outdoor activities, friendly locals, and safety make it ideal for travelers seeking an unforgettable experience and a chance to connect with nature.

I always love to talk about travel, so feel free to email me at [Tanya@MariposaTravelAdvisors.com](mailto:Tanya@MariposaTravelAdvisors.com).



**Thoughts From a Second-Time Father**

**Who Sleeps at a Slumber Party?**



**By Michael Margolin**

A couple of weeks ago my daughter, Alexa, was going to sleep over at a friend's house with some other friends. When

that plan fell through, they stayed overnight at our house.

Four of Alexa's friends stayed over and my son Jake even had one of his friends stay over. There were seven children in my house overnight. That is more than three times what we are used to!

This was an event my wife Enjoli agreed to, because if she had not, then of course it would not have happened. I stayed out of the way. It went fairly smoothly and nobody had to call their parents, and there was no squabbling.

There was late night giggling, but no rule infractions. It did take a bit longer to get to sleep just knowing that many people were in my house. And, even though they fell asleep after midnight, they all surfaced well before 7 a.m.

I reminded Alexa that the reason she gets to have sleepovers like this is because she is a good kid, is responsible, and respectful. She had so much fun, she wanted to have a double sleepover. What is that? That is when this group of friends all spend the night again!

There are certain things kids ask for when there is a need for contemplation and consideration. This answer took not a second of either of those. It was an easy

"No!" Not this time, I thought.

On top of that, Alexa fell asleep in the afternoon which she never, ever does. Obviously it was a byproduct of the wee hours of chuckling.

One thing she did have overnight was a TV in her room so she and her friends could watch a movie in there. We have a spare TV that is easily movable and so we put it in there for her, and she was ecstatic.

I never had a TV in my room growing up and I personally have no desire for my kids to have one in their rooms. Jake is only seven and Alexa just 10, so maybe my tune will change. But, not yet. She did ask if she could have the TV in her room until football season, when the TV is utilized on Sundays. We made a deal that she can have it until school starts as long as the stipulations we set out are followed.

She was so excited just to have it for a while and as a parent, it is exciting to tell your kids they are going to get something they really want. They really want a pet and while this is currently an easy, "No!" it sure would be exciting to surprise them with one. But, I do not think they are ready to deal with the surprises that come with a pet!

**Mike Margolin has been writing for us since his daughter Alexa was born ten years ago. He is an avid sports fan. Mike is also a coach for both of his children's soccer teams.**

**AUGUST at the PLAYHOUSE**

**A TIMELY PLAY!** ★ **THE NEW** ★  
**JEWS R2**  
**much fun.**

**JERRY MAYER HIT**  
**"Packed with laughter!"**  
 Shari Barrett, Culver City News  
**EXTENDED! July 8 - August 27**  
 Sat 7pm, Sun 2:30pm

★ **SUMMER THEATRE CAMP** ★  
 ages 4-6 • 7-11 • 11-16  
**"BEST IN LA!" LA PARENT**  
 Mon-Fri 9am-3pm, 7 one-week sessions  
 Create and perform an original play  
 Make new friends! Gain confidence!  
 Acting! Voice! Dance! Self-confidence!  
 Leadership! Imagination Building!

**Dorothy's Adventures**  
 in **OZ**

**DOROTHY'S ADVENTURES IN OZ**  
**"It's a hoot!"**  
 LA TIMES  
**"Delightful fun for kids of all ages!"**  
 Toluca Times  
 Sat 2pm • Sun 12:30 • July 15-Aug 27, 2023

★ **TICKETS & ENROLLMENT** ★  
**SANTAMONICAPLAYHOUSE.COM**  
**1.310-394.9779 x1**  
 ★ **SANTA MONICA PLAYHOUSE** ★  
**1211 4th St, Santa Monica, CA 90401**

**Keep Your Pets Safe** (Continued from Page 6)

access to shade and fresh water while outdoors.

- Familiarize yourself with the signs of heatstroke.
  - Offer your dog a bowl of cool water to drink in small servings.
- If your dog swallows a significant amount of water in a short period of time, it could get sick.

- Provide temporary relief to an overheated animal by applying cool (not icy) water on your pet's skin with either a bath, hose or sponge until medical assistance can be reached.

For more pet safety tips, visit [www.AmericanHumane.org/Prepare](http://www.AmericanHumane.org/Prepare).

**PROTECT**  
**WHAT MATTERS MOST**

Whether you are home or away, protect what matters most from unexpected power outages with a Generac Home Standby Generator.

**\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS**

Contact a Generac dealer for full terms and conditions

**REQUEST A FREE QUOTE**  
**CALL NOW BEFORE THE NEXT POWER OUTAGE**  
**(424) 902-6387**

**FREE 7-year Extended Warranty\*** - A \$735 Value!

**GENERAC**

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



# Community Service on the Westside

## Lions Club Planning Roaring Twenties Party for 100 Year Anniversary



**By J. Kingsley Fife**

Since Lions Club International is the largest service club in the world with 1.4 million members in some 47,000 clubs in

207 countries, having our annual convention every July somewhere around the world is a big event.

Recently, we held the 105th Convention in Boston. About 11,000 Lions invaded this historic city, all dedicated to helping people with vision or hearing problems, diabetes, hunger, and victims of disasters, in a spirit of giving to spread our Lions' motto of "We Serve!"

President Kathy Boole and Lion Phil Brock were there representing our Santa Monica-Pacific Palisades Lion Club. It was their first International Convention and they had an exciting, extraordinary experience. The convention featured daily presentations of inspiring stories of how Lions helped people around the world, break-out sessions on methods of expanding our clubs, and projects we can tackle at the community level.

The new International President,

Dr. Patti Hill from Edmonton, Canada was installed. There was a live performance by an astonishingly talented 11-year-old prodigy opera singer Victory Brinker.

The whole event was capped off with our famous four-hour International Parade of Nations down Boylston Street. It was an exciting, colorful, crowd-pleaser! Lions Kathy and Phil returned home exhausted, but utterly inspired by Lionism.

This year is the 100th Anniversary of our Santa Monica-Pacific Palisades Lions Club, so "Save the Date," of Sunday, October 29, from 7 p.m. to 10 p.m. We are going to return to 1923, the year our club was founded, for our "Roaring Twenties Speakeasy Lions Centennial Celebration!" Tickets for this spectacular event will be \$75 per person. More information will be forthcoming.

If you're interested in learning more about Lionism, meeting new friends and getting an opportunity to help your community, we'd love to have you be our guest at one of our monthly dinner meetings. Please contact Lion Kingsley Fife at jkfife88@yahoo.com, or call 310-454-2960.

## Santa Monica PONY Baseball 16U Colt National Team Advances to 2023 International World Series in Marion, Illinois

**By Michael Margolin**

When Vin Scully called Kirk Gibson's famous game winning home run in game one of the 1988 World Series against the Oakland A's, he said, "In a year that has been so improbable, the impossible has happened."

Ask Wes Terry about the baseball team he manages, the Santa Monica PONY Baseball 16U Colt National Team, if that statement could describe his team's season, and you would most likely get total agreement.

Last fall, Terry began to set plans in place to assemble a team with the goal of getting to the Pony International World Series in Chicago this summer. Having to overcome local skeptics and doubters, Terry and his crew were able to attract players and families

who believed in his philosophy and what he was trying to achieve.

Many of the players on the team remained loyal to the Santa Monica Baseball Academy and bought in to accomplishing the World Series goal together. Having only played and practiced together since late May, the team accomplished this goal on Saturday, July 22. The young men made history by becoming the first ever team from Santa Monica to make it to the Pony International World Series. It did not come easy. They had to win two tournaments to qualify for their spot in the World Series. The World Series-clinching game: down 9-2 and also their last out, Santa Monica rallied for a miraculous 10-9 victory. If sports can teach us anything, it's how to

*(Continued on Page 10)*

## Join Us on Fourth Street



**By Susan Barry**

As we frequently mention, Santa Monica Bay Woman's Club (SMBWC) has been a member of the General Federation of Women's Clubs (GFWC) for 117 years.

Our national organization has been at the forefront of issues relating to women, including health-care. During the 2023 GFWC Annual Convention in June, the prestigious Jane Cunningham Croly Award for Excellence in Journalism was presented to Anna Claire Vollers, a reporter of *Reckon News* (Alabama).

Jane Cunningham Croly, GFWC's founder, was a pioneering journalist who devoted her life to helping women improve their lives and expand their rights. Vollers has embodied the very essence of this award as reflected in her article reporting on the merits of low-risk pregnant people having the right to decide how they want to give birth, including the services of

midwives and birthing centers.

The concerns for maternal health relating to socioeconomics, race, and ethnicity are at the forefront of issues currently facing women, and are therefore receiving the focus of all GFWC member clubs. SMBWC is very proud of our history and our part in the General Federation of Woman's Clubs.

Please consider renting our beautiful historic building for your next event. There are special rates for other non-profit groups, and consider becoming a member.

We welcome everyone to our activities, including a monthly Book Group at 6 p.m. on the fourth Tuesday, weekly bridge, and canasta at 11 a.m. Mondays, and Crafts and Conversation at 11 a.m. Tuesdays.

For further details, contact us at info@SMBWC.org, and read more about GFWC at www.gfwc.org/news. You can also call 310-395-1308 weekdays between 9 a.m. and 11:30 a.m. if you would like more information on joining us.

## Did You Know About These New Laws?

**By Harmon Sieff  
Attorney at Law**

Here are some new laws that have been passed in 2023.

- Pay Transparency - Employers must provide applicants and workers with salary ranges for available job positions and follow new pay data reporting requirements based on gender and race.
- Bereavement Leave - It is illegal for even small companies to deny most workers five days unpaid leave upon the death of a family member.
- COVID - Employers must notify anyone at a work site of a potential COVID-19 exposure, in writing, within a day of discovery, and report cases to local health departments.

- Gun violence victims, prosecutors, and the state may sue firearms manufacturers for damage their weapons cause.
- Disclosure of a person's immigration status in a criminal courtroom is prohibited unless approved by the judge.
- All surplus state property shall be audited to determine what land might be suitable for housing construction.

Harmon says, "If we can be of any assistance with your legal issues, consider contacting us as soon as a question is identified. Your recent referrals have been greatly appreciated. Remember: Preventative lawyering is the most effective kind. Call us at 818-986-4563.

### Estate Planning, Trusts, Wills, Probates, Conservatorships



**Lisa C. Alexander  
Attorney At Law**

Jake, Alexander and Patton, LLP  
1250 6th Street, Suite 300  
Santa Monica, CA 90401

**Call: (310) 656-4310**



Mention this  
Promo Code: STAR  
and receive a  
FREE  
CONSULTATION



## Are you at risk?

Get Screened for Risks of Stroke  
and Cardiovascular Disease

Special Screening Package for \$149



Call 855-488-0131



*That Someday... is Today*

Need your logo in high-resolution format?

This term you might have discovered in your marketing endeavors is necessary for quality reproduction for printing.

Your low resolution logo can only go as far as your website!

For a nominal fee have your logo produced or just rebuilt professionally!

**Dynamic  
Graphic**



email: dynamicgraphic@rocketmail.com

FREE ESTIMATES  
805-402-0567

- Logos • Newsletters • Flyers • Advertising • Brochures • Websites
- Posters • Banners • Conceptual Layout/Design/Production

## Connect to Nature in August

By Julie Rensink Hanson

Summer is in full swing, and for many of us that includes lazy days at the beach or perhaps a long-awaited trip to a favorite vacation spot. For wild birds, August means finishing up with nesting and preparing for fall migration.

The Hooded Orioles, who have graced us with their wonderful yellow and orange plumage since March, have completed their breeding season and begin to leave mid-to-late August. The females and juveniles will remain a bit longer and look for food at local feeders to fill up for the journey south. It's a great time to see them if you have a specialty feeder set up with the nectar and the jelly they love.

Also departing soon are the equally charming Black-Headed Grosbeaks. You may see them by offering sunflower seeds, but don't be surprised if they visit your Oriole nectar feeder for a drink, too. Until they go, listen for their cheerful, chirpy song often described as, "a tipsy robin welcoming spring." (allaboutbirds.com).

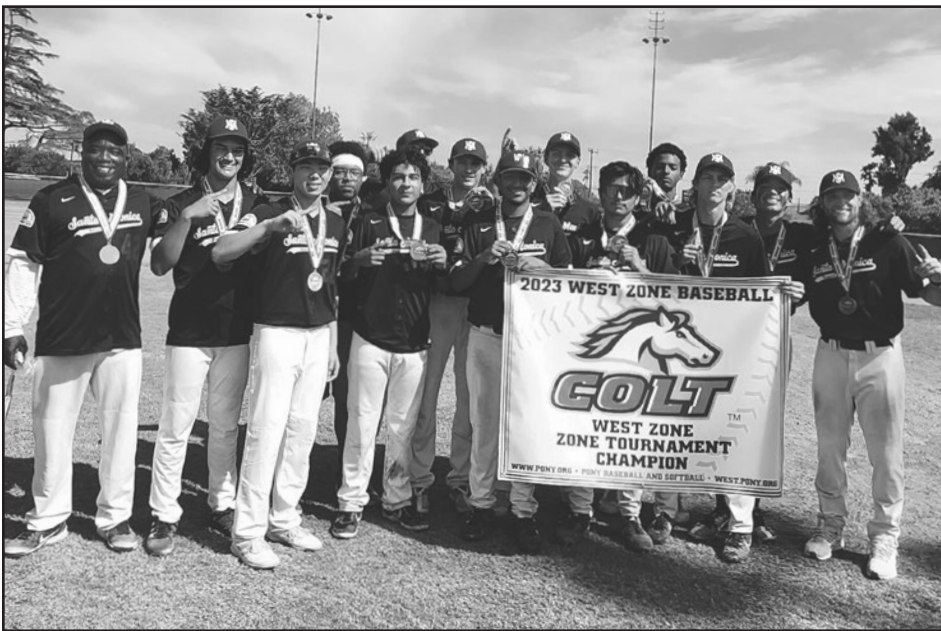
The earliest fall migrants begin

to show up this month. The yellow Wilson's Warblers with distinctive black caps on the males are often the first to pass through and many will stay for the winter. Also, soon to arrive are the Yellow Warblers and the Orange-crowned Warblers, followed by the flocks of Yellow-rumped Warblers. Watch for these distinctive colorful and entertaining birds in your yard, local parks, and mountains, as they search for insects and a drink of nectar from plants or a feeder.

Hummingbird activity remains strong in August. You may see Costa's Hummingbirds visiting your yard. These desert-loving gems with bright purple heads on the males, may flee the hottest desert areas to the cooler coast this time of year. We should see the last of the fledglings this month for our Anna's and Allen's Hummingbirds, but still best to wait until at least mid-September to do any of your yard pruning.

**Call the Wild Bird Unlimited Nature Shop at 424-272-9000, or go online to [www.wbu.com/santamonica](http://www.wbu.com/santamonica) for more information.**

### Santa Monica PONY Baseball 16U Colt National Team (Continued from Page 9)



Down seven runs in their last at-bat in a championship game, the Santa Monica PONY 16U Colt National Team rallied back to win! In doing so, Manager Wes Terry, far left, and his young men made history by becoming the first team ever from Santa Monica to reach the Pony International World Series! The games started Wednesday, July 26.

be resilient. If Wes Terry teaches you something, it's to always believe in yourself. If this season did not teach these boys that the improbable is possible, I do not know what will.

Congratulations and best wishes to team members and coaches: Gabriel Campbell, Nathaniel Chin, Elijah Horn, Edward Maxam, Jack

Waterstone, Tory Hampton, Eli Altamirano, Erick Gonzalez, Garrett Boyd, Charlie Nisbet, Jesse Dominguez, Issac Liberman, and Hernan Callahan.

In the photo above, Manager Wes Terry, left; Coach Mark Whitehead right; Coach Anthony Arreola, center; and not shown, Coach Tim Leary.

### An Update From ERBA Markets

## Delivery of Cannabis is Quite Different Than Delivery of Pizza



By Stephen Freedman

When most of us think about a same-day delivery service, we think about pizza. We've become conditioned to calling up our

local pizza joint, ordering a pie, and having it at our doorstep within the hour.

While other delivery services have mimicked this model, one that has become an outlier, and has caused great confusion, is the delivery of cannabis. Due to its federal classification, as well as the heavy state regulation on cannabis, the delivery of the product must comply with various rules and ordinances.

The first major difference is that all cannabis orders must be made online; no calling the shop and placing a phone order. Once orders are placed, an account must be made through the ordering platform and a valid ID uploaded. This is to confirm the identity and age of the purchaser. Once the order is confirmed, the purchase is packed and ready to go out with a driver.

The product must be locked in the delivery person's vehicle, with

access only available to the driver. The driver must be over 21, carry valid company ID, and a copy of the dispensary license. All transactions are also required to be recorded and updated after each delivery. Additionally, all shops must possess the capability to locate and track all drivers, with a log being kept as to when and where they went.

Upon delivery, the driver will scan and verify the ID of the purchaser (an order can only be completed by the individual who made the initial purchase), and payment requested. Most shops will accept cash, as well as debit or credit cards. The card payment will vary, as a financial institution's inability to allow cannabis banking makes it a roundabout, sometimes tedious, transaction.

One day, cannabis delivery may be like ordering dinner from the restaurant down the street. But, until then it's good to be aware of what a shop, and the drivers, must go through to get you your product in a speedy and compliant manner.

**Stephen Freedman is the Regional Manager of the ERBA Markets, the WOODS, West LA, Venice, South Bay, and WeHo.**

## Alzheimers Foundation of America

(Continued from Page 2)

response to excessive stimuli, be triggered by the need to get away from noises and people; or is a response to an unmet need (i.e., hunger, thirst, boredom).

- **Keep a recent photo and medical information on hand**, as well as information about familiar destinations that are currently, or formerly, frequented, that can be shared with emergency responders if the person wanders.

- **Monitor the person's fluid intake.** Alzheimer's disease and other dementia-related illnesses can affect a person's ability to know when they are thirsty, thus making it critically important for caregivers to monitor fluid intake and encourage them to drink frequently.

- **Observe the person for heat-stroke warning signs.** Watch for warning signs such as excessive sweating, exhaustion, hot, dry, or red skin, muscle cramps, rapid pulse, headaches, dizziness, nausea, or sudden changes in mental

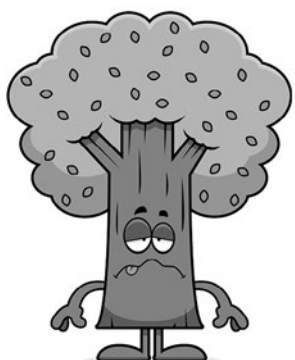
status. If the person is exhibiting these warning signs, such actions as resting in an air-conditioned room, removing clothing, applying cold compresses, and drinking fluids can all help cool the body. If the person faints, exhibits excessive confusion, or is unconscious, call 911 immediately.

- **Know where to cool down.**

Many municipalities will open up air-conditioned "cooling centers" so that people who do not have air-conditioning can go cool down.

- **Plan ahead.** Blackouts and other power failures can sometimes occur during heat waves. Make sure that cell phones, tablets, and other electrical devices are fully charged. Flashlights should be easily accessible in case of a power failure. Caregivers who need additional information can contact the AFA Helpline by phone 866-232-8484, or text 646-586-5283. The Helpline is available daily.

## Four Seasons Tree Specialists



### Sick Trees?

Joseph DiBernardo  
"The Tree Doctor"

- Tree Spraying & Trunk Injections
  - Deep Fertilizing
- Systemic & Organic Treatments
  - Olive Defruiting
- Lawn Treatments & Soil Analysis

(818) 355-4090 • 45+ years experience



## The Season for Big Savings Is Now!

Schedule Soon & Save Up to \$2000!

**\$49**  
Cooling or Heating  
System Tune Up

Price valid for one working unit. Excludes oil fired systems. Valid at participating ARS® Network locations. Not valid for third party, new construction, or commercial customers, with any other offers, discounts, or on prior sales. Call service center for details. Coupon required at time of service. Void if copied or transferred and where prohibited. Any other use may constitute fraud. Cash value \$.001. Offer expires 8/30/2023. License numbers available at [americanresidential.com/licenses](http://americanresidential.com/licenses)

SAVE UP TO **\$2000**

on a New Cooling and Heating System with our Buy Back Program!

Savings requires purchase and installation of select complete heating and cooling system. Removal and disposal by Company of existing heating and cooling system required. Valid at participating ARS® Network locations. Not valid for third party, new construction, or commercial customers, with any other offers, discounts, or on prior sales. Call service center for details. Coupon required at time of service. Void if copied or transferred and where prohibited. Any other use may constitute fraud. Cash value \$.001. Offer expires 8/30/2023. License numbers available at [americanresidential.com/licenses](http://americanresidential.com/licenses)

Call today! (855) 594-9476

**Planning Ahead**

# To Amend or Restate? That is the Question!



**By Lisa Alexander, Esq.**  
The beauty of a revocable Trust (the kind of Trust most of us have as part of our basic estate plan) is that it can be

amended when your estate plan needs to be updated. An update would be necessary when there are changes to the family due to death or divorce, or when you want to change Trustees or beneficiaries, or adjust the gifts you plan to leave. Or, an update may be prompted by changes in the tax laws.

But, what if you are a "serial" amender of your Trust? If your Trust has been amended more than once or twice, perhaps it's time to restate your Trust, instead of making another amendment.

Problems with amendments can arise where changes to one provision affect other provisions, and there's a chance that changes to other related provisions might be missed. There can also be a problem just keeping track of multiple documents, all of which when taken together make up the Trust. And, multiple amendments can be confusing when the same provision is changed repeatedly.

Whereas, an amendment changes one or more provisions of the Trust, a restatement com-

pletely replaces the entire original Trust document. Restating the Trust may be more efficient (and can be less costly) than amending provision by provision. And, a restatement should be done if there are major revisions, for example to change how the Trust will be administered after the death of a spouse.

Besides being more efficient, a restatement protects your privacy. When you are gone, all your heirs and all the beneficiaries named in the Trust are entitled to request a copy of the Trust. It can be hurtful for a beneficiary to see a larger gift in the original Trust be reduced or eliminated by a later amendment. When a Trust is restated, that is the only document the beneficiary will see, not any of the prior versions.

Finally, not to worry. Because a restatement is not a new Trust, just a replacement document, a restatement does not affect assets already titled in the name of the Trust. The question of whether to amend or restate is personal to you and the nature of the changes to your Trust. Your estate planning attorney can advise what's best for you.

**Lisa C. Alexander, Esq.**  
**Jakle, Alexander, and Patton, LLP**  
1250 Sixth Street, Suite 300  
Santa Monica  
Direct Line: 310-656-4310



Santa Monica Elks 906 awarded \$3,500 to the Santa Monica Breakfast Club. This money helps children in Santa Monica with much needed dental care. Exalted Ruler Gloria Kidd Steck and co-grant writer Donald Checchi, right, presented the check to, left, the Breakfast Club's Kathy Checchi and Co-president Pati Lacy.  
Photo by R.A. Pickett

**Paws and Claws**

# Online Resources to Help Your Pets



**By Dr. Frank Lavac, MS, DVM**  
**Q: What are the best online resources to research medical information for pets?**

**A:** That's a good question. Often pet owners just Google questions and get responses that may or may not be credible. These resources offer solid medical information:

- **The Best:** www.VeterinaryPartner.com
- **Others:**
  - Pet Poison Control at ASPCA.org

- www.merckvetmanual.com
- AAHA.org (Pet Owner Resources)
- Cornellfeline.com (Cornell Feline Health Center)
- Catfriendly.com
- VOHC.org - (Pet Dental information - www.avma.org/resources-tools/pet-owners/pet care), and
- http://publichealth.lacounty.gov/vet/.

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



- Joe Analco

# Adopt a Pet



Porsche is an energetic, fun, and interactive bunny girl for you! And, cute as a button, too. She loves doing Bunny 500s around the living room. Go to [www.larabbits.org](http://www.larabbits.org) rabbits/porsche to apply for her.

## COLLECTIONS ANTIQUES ...AND BOOKS!

**New Books, Classic Books, and Unique Gifts All Year Long!**

Ask for Jeff:  
Call: 310-459-9692, or 310-435-5782 for Appt.  
15326 Antioch Street  
PACIFIC PALISADES

## VCA Wilshire Animal Hospital

2421 Wilshire Blvd.  
Santa Monica  
310-828-4587



## SANTA MONICA BRAKE

COMPLETE AUTOMOTIVE REPAIR & SERVICE

VINTAGE TO CURRENT  
FOREIGN & DOMESTIC



TEL (310) 394-2076  
FAX (310) 395-5527

911 SANTA MONICA BLVD.  
SANTA MONICA, CA 90401

## Plan ahead so those you leave behind will definitely know your wishes.


**Wills, Trusts, Probate** made simple and convenient!



Meet me in person, by phone or via video conference; review your documents in person or online; sign your documents in my office, at home or at work. It's that easy!

**virtlegal** Call for appointment today  
**310-401-3111**

Timur M. Berberoglu, Esq.  
1112 Montana Ave., Suite C-2, Santa Monica, CA 90403



**LOMBARDI**  
**REAL ESTATE WEALTH ADVISORS**  
 LIFESTYLES | LEGACIES

**Real Estate Problems Solved.**  
**Uncertainty Resolved.**  
**You Thrive.**

**310.903.6509**  
 "Exemplary Real Estate Service Since 1989"  
 Richard Lombardi | DRE# 01496927 | Keller Williams

Guidance to Solutions in:  
 Relocation  
 Divorce  
 (Valuations & Marketing)  
 Death  
 (Probate & Trusts)  
 Pre-Foreclosure  
 Lifestyle Transitions  
 Complex Transactions  
 New Construction

### Celebrating All the Way (Continued from Page 1)



Michael and Amanda enjoy the performance known as a Zaffe by a Lebanese band at their wedding celebration in Tuscany.

**bgco**  
 BOB GABRIEL CO INSURANCE



**California's Business of the Year (2014)**

AUTO • HOME • BENEFITS • BUSINESS  
 WORKERS' COMP • EARTHQUAKE  
 APARTMENTS/CONDOS • E-COMMERCE  
 SPECIAL MARKETS FOR  
 HARD-TO-PLACE HOMEOWNERS

**Call Today! 310-829-0305**  
**Immediate Phone Quotes**

2325 WILSHIRE BOULEVARD • SANTA MONICA • www.bobgabrielinsurance.com

BlueCross, TRAVELERS, MERCURY INSURANCE GROUP, Safeco, TheZenith, Allied Insurance, CHUBB, STATE FUND, CSE, THE HARTFORD

Receive Up to 15% Discount When You Purchase Both Homeowner and an Auto Insurance Policy!

**Let your neighbors learn about your expertise.**  
**Advertise in The Santa Monica Star**  
**Call 424-581-6005 for details.**

hour. Meanwhile, members of both of their families and friends were hiding in the back patio at Birdie G's in Bergamot Station. His roommate brought her to the restaurant where she and Michael sat at a lone table in a private room where he proposed. After she said, "Yes!" he said, "It's hot in here!"

Michael then opened the door to the back patio and all of their family and friends spilled out giving congratulations to the couple. Imagine all of the coordination that took!

Amanda's family is from Lebanon and Michael's family is half Italian. Their actual wedding festivities took place in Tuscany at the Greve in Chianti on June 4. Over 200 guests attended the

magical event. Relatives from Lebanon were also able to attend. After a wonderful ceremony and dinner at 6, the celebration lasted until 3 a.m. Part of the entertainment was a Lebanese band. (See the photo above.)

We can only imagine what wonderful surprises Michael and Amanda will give each other as the years go by. Wishing them both much happiness and good health in the coming years! —D.M.

**If you would like to share your wedding memories with our readers, please email smstarnewspaper@gmail.com with your name and phone number, and we will send you our Love Links form to fill in.**  
 —D.M.

# DAY OF THE DOGS

**NORTH AMERICA'S LARGEST FESTIVAL FOR DOGS!**  
**SEPTEMBER 9 FROM 12:00 - 5:00 ON MAIN STREET**  
 (BETWEEN STRAND & OCEAN PARK)  
**SANTA MONICA | THEDAYOFTHEDOG.COM**