

The Latest Adventures of Santa Monica Resident Tony Todd



Tony Todd is in his costume from the first Black Panther movie.

By Deborah Gray

Local actor, popular athlete, and just about "everybody's friend," Tony Todd was born and raised in Santa Monica. While attending Santa Monica High School in the 1980s, he was taken under the wing of coach Dr. Tebb Kusserow. It was there that Tony's talents in both football and baseball began to shine, attracting a stream of college recruiters. Moving full

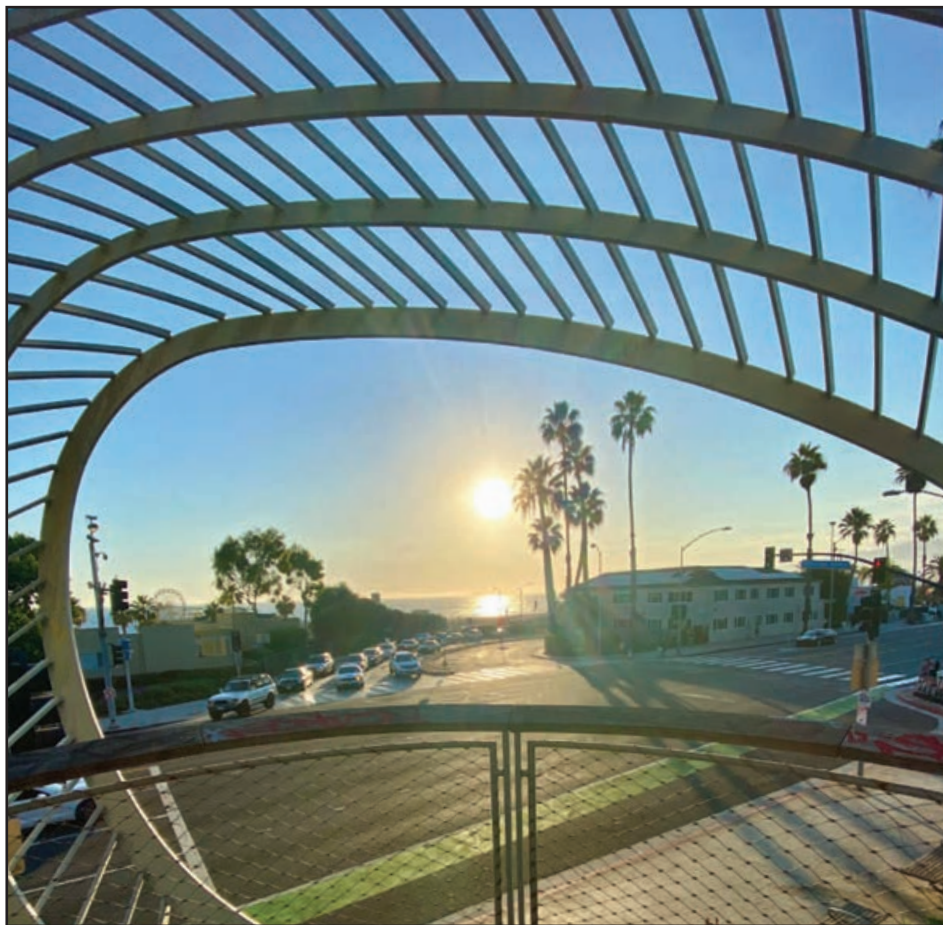
speed toward his dream to play for USC, Tony was suddenly stopped in his tracks by a severe ankle injury. But, it didn't keep him down. Instead, he began to channel his passions into helping others with their dreams, not only as a mentor, but by rallying financial support for them when needed.

However, the story doesn't end there. So, how does a young man go from being a promising star athlete to getting a shot at acting? One day, post college, Tony was driving past a local park when he noticed a crowd of kids dressed in baseball uniforms gathered on the field. Something was going on. As it turned out, Castle Rock was holding auditions for the movie *Little Big League*.

The fact that this former Samohi sensation didn't have acting experience, or an agent, did not deter him. Instead, he spirited home and quickly returned, dressed for the part and with the unflinching determination to get an audition.

Sporting his trademark smile and wily confidence, a few swings from the plate later, he was in. He had landed his first acting gig playing the role of Mickey Scales. Fast forward to 2018. Tony gets a surprise call from first assistant director, Lisa Satriano, a friend

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Here is a Fall view of the Pacific Ocean as seen through the center of the sculpture in Tongva Park.

Photo by Julie Dobkin Gilberg

Senior Snapshot

Jeff Jarow Leaving His Mark on the Santa Monica Community

Many of you may look forward to the annual Fourth of July Parade held on Main Street. That eagerly anticipated event was created 15 years ago by Jeff Jarow, a transplanted New Yorker. What made Jeff make the move to Santa Monica years ago?

In 1977, he had come to the West coast to visit a friend who lived in Marina del Rey. "I had the best two weeks in my life!" he shared.

Jeff returned home to his job in Manhattan where he wore a suit and tie to work each day. One cold morning, he stepped off the curb and his brand new shoes went into the ice. That did it! He went to a phone booth, put in a dime, called his office and said, "I quit!"



Jeff Jarow gets ready for the annual July 4th parade on Main St.

Next thing he knew, he was driving to California for a new life. He came to Santa Monica because it felt more like the neighborhood he had grown up in. As he met more people, he became more involved in the community.

This is in addition to the parade, which he says is genuine hometown fun, "Everyone wants to be in the parade," he smiles.

Since 1983, Jeff has been with PAR commercial real estate, specializing in sales and leasing in the office, retail, and industrial market sectors. While he discovered the treasures of the city for his job, he shared them with other business owners when he became a member of the Chamber of Commerce over 30 years ago.

(Continued on Page 8)

Dedicated CERT Volunteer Dennis Payne Will Be Missed

By Lindsay Call

The City of Santa Monica Office of Emergency Management (OEM) is saddened to share the death of Dennis Payne, one of Santa Monica's Community Emergency Response Team's (CERT) most dedicated and loyal CERT volunteers. Dennis valiantly battled cancer for several years.

He started his Santa Monica CERT career as part of Class #2. He was instrumental in improving Santa Monica's HAM Radio program. He helped identify and purchase radio equipment for the Santa Monica Public Safety Facility, recruited many new HAM members during CERT training



Dennis Payne

courses, and put together the first CERT/DCS Field Exercise in November last year. Dennis represented CERT/HAM at the Santa Monica Organizations Active in Disasters group and was a Map Your Neighborhood trainer, helping several Santa Monica neighborhoods to become better prepared.

Dennis is remembered for sharing his knowledge about earthquakes during the Map Your Neighborhood program and for giving direction to Santa Monica's HAM radio operators during

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Do You Recognize This Neighborhood Celebrity?

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Discover What’s Happening on the Westside

By Pamela Lawrence
• **Thursdays, November 3, 10, 17, 24 - Brick-Building Playtime** - Come enjoy a weekly drop-in playtime at the library for creative play with LEGO-style bricks and traditional building blocks. 3 p.m. to 4 p.m. In person, Donald Bruce Kaufman - Brentwood Branch Library. For kids 5-11.
• **Friday, November 4 - Classical Guitar Concert** - The Pepperdine Guitar Department presents an in person concert featuring musicians studying with world-renowned classical guitar virtuoso Christopher Parkening. A variety of works are presented in both solo and ensemble settings. 3 p.m. to 4 p.m. Malibu Library, Meeting Room, 23519 West Civic Center Way. Call 310-456-6438 for more

information. For adults.
• **Tuesday, November 8 - General Election** - Don’t forget to vote!
• **Thursday, November 10 - On-line Mystery Book Club** - New members welcome. Copies are available at the circulation desk and at lapl.org. 5 p.m. Presented by the Venice - Abbot Kinney Memorial Branch Library. Email: venice@lapl.org for Zoom link. For adults.
• **Tuesday, November 15 - Teen Book Club** - Do you love to read and talk about Young Adult Lit? Join the Palms Library Teen Book Club. Open to teens ages 13-17 and meets over Zoom. November book is *None Shall Sleep* by Ellie Marner. Presented by Palms - Rancho Park Branch Library. 4:30 p.m. to 5:30 p.m.

<https://tinyurl.com/ye5vthnt>.
• **Ongoing, Thursday, November 17 through January 14 - Titanic: The Exhibition** - This interactive experience allows you to step inside recreations of the Titanic’s interior. Immerse yourself in the stories of its passengers, see hundreds of artifacts, and discover the tale of the design, creation, launch, maiden voyage, and tragedy of the historic ship. Mondays to Thursdays: 10 a.m. to 7 p.m. (closed on Tuesdays), Fridays to Sundays: 10 a.m. to 8 p.m. Beverly Event Venue, 4327 Beverly Blvd, Los Angeles. For more info, visit: feverup.com. All ages.
• **Thursday, November 17 - ‘Appy Hour’ Device Workshop** - Bring in your smart phone, laptop or tablet for help using your device. 3:30 p.m. to 4:30 p.m. Santa Monica Main Library, Tutoring Center.
• **Friday, November 18 - Red Cross Blood Drive** - Make an appointment to donate blood and help provide hope and help for healthcare patients. Every two seconds, someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. 11 a.m. to 5 p.m. Culver City Julian Dixon Library, Meeting Room, 4975 Overland Ave. Schedule an appointment at: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=JulianDixon>.

• **Monday, November 21 through Wednesday, November 23 - Turkey Jam** - Camp for kids ages 5-13. Includes games, sports, arts and crafts, cooking, and more. 10 a.m. to 4 p.m. Cheviot Hills Recreation Center, 2551 Motor Ave. Details: 310-837-5186.
• **Thursday, November 24 - Turkey Trot Los Angeles** - Don’t miss L.A.’s best Thanksgiving tradition. Run/walk a 5k or 10k before you feast and help fundraise for The Midnight Mission. There’s also an adorable Widdle Wobble for the little trotters (ages 12 and under). Everyone is welcome. Packet pick up opens at 6:30 a.m. The 5k starts at 8 a.m., the 10k starts at 9 a.m., and the kids Widdle Wobble starts at 10:15 a.m. The race starts and finishes in front of City Hall at 200 N. Spring St, Los Angeles. Register here: <https://raceroster.com/events/2022/55946/turkey-trot-la-2022>.



Dedicated CERT Volunteer

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November’s drill.
Santa Monica OEM will greatly miss Dennis and his kindness, teaching skills, and love of all things important for disaster preparedness. We are so grateful for his service in making Santa Monica a more prepared place.
If you would like to make a donation in Dennis’ memory, suggestions are below. Dennis would also want us to strongly encourage everyone to attend the HAM course listed.
All of these organizations were important to Dennis: First United Methodist Church, 1008 11th Street, Santa Monica, CA 90405; HAM Radio Emergency Communications (make check out to LAEMCOMM, send c/o David Goldenberg, 22726 Mulholland Drive, Woodland Hills CA 91364); and Mesothelioma Cancer Research by the Pacific Heart, Lung & Blood Institute, (www.phlbi.org/get-involved/donate/). Follow links to donate and mention Dennis in the optional note section.

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Website:
www.thesantamonicastar.com
Email: SMStarNewspaper@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, Julia Abbott, Michael Byrne, Kalina Silverman, Dane Swanson, Stacy McClendon, Deborah Gray, Cheryl Thode, and Corinne Pagan.
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and former Samohi classmate whom he'd worked with some years earlier. Lisa was asking if he'd like to be in the new Marvel film, *Black Panther*. And, so it began.
His athletic prowess and streak of acting roles recently led Tony to the Atlanta set of *Black Panther*, where he worked for four and a half months as a stunt actor.
"I am so grateful that I was invited back to work on *Black Panther: Wakanda Forever*," he said, adding, "The experience was bitter sweet because we'd lost our leader, [actor Chadwick Boseman], as everyone knows."
These days Tony still lives in Santa Monica, and keeps his

connection to his alma mater through his nephew, a Samohi student and basketball player. "My heart and soul will always have a strong attachment to Samohi," he said, noting that he stays in this city because, "Santa Monica is where I lived during my formative years, and I cherish the ethnic diversity as well as the enviable weather. And, most importantly, because my family and friends are still here."
Appreciative, hopeful, and with an unwavering enthusiasm for life, when not on the set, or at a sporting event, you just might find Tony sitting on a bench on the pier, watching the sunrise, or a beautiful sunset.

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Santa Monica Library Changes This Month

On Tuesday, November 1, expanded Santa Monica Library hours begin. The Santa Monica City Council approved funding to enhance library operating hours, including new Saturday service at the Montana Avenue and Pico Branch libraries.

Happy November Birthdays to

Monty McCormick, Ron Call, Tammy Andrews, Mike Kallhoff, Patricia Farris, Melissa Dagodag, Andrew Lucier, Andrea Gressinger, Dyllen Andrews, Greg Abrams, Gary Hollander, Wei Chen, Ashli Mason-Johns Shapiro, Frances Bilak, Jay Trisler, Renee Kontos, Brenda Maher, Sydney Croskery, Bill Bubar, Linda Dubow Eifer, Richard Lombari, Tyrone Merriweather, and Kelly Reynolds

Byte by Byte

Thanksgiving Technology: Online Avenues for IRL Indigenous Support and Celebration



By Dr. Miceala Shocklee

While technology is now more often associated with Cyber Monday and online Black Friday Deals, the digital space still has a role to play in Thanksgiving and all its avenues of celebration.

Emphasizing restorative justice alongside gratitude during Thanksgiving is a much larger cultural conversation, but there are a plethora of easily accessible resources on platforms from YouTube to Instagram to traditional www-style URLs to learn about both the history and the current of the nation's native peoples, and to support ongoing social justice and entrepreneurial efforts. For example:

1. Long Comma Kelsey: <https://linktree/longcommakelsey> - Kelsey Long (she/her) is an ultra-runner with a long set of missions. Via her instagram platform, Long promotes awareness of women, and especially native women's place in the extreme outdoor arena. She also provides information on and ways to donate to causes like the National Native American Boarding School Healing Coalition.

2. Native Women's Wilderness: www.nativewomenswilderness.org - In their own words, Native Women's Wilderness "was created to bring Native women together to

share our stories, support each other, and learn from one another as we endeavor to explore and celebrate the wilderness and our native lands."

Founded by a tough and inspiring group of native people, Native Women's Wilderness offers community event organization and cultural education via Instagram, Facebook, and their website for those outside the groups their missions focus on.

3. Queer Nature: <https://www.queernature.org> - Queer Nature was originated by Native Women's Wilderness co-founder, the Indigenous, multi-talented, 2020 Audubon National Society's National Environmental Champion award recipient Pinar Sinopoulos-Lloyd (they/them) and their partner, self-described white, queer, Greek-American naturalist and scholar So Sinopoulos-Lloyd (they/them). Queer Nature fosters "nature-intimacy, naturalist studies, [and] place-based skills for LGBTQIA+, two-spirit, and non-binary people and allies." The organization provides classes, public education, art, and nature-based-wonder both in-person and across platforms like Instagram, the organization's website, and Patreon.

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

Planning Ahead

Operation London Bridge



By Lisa Alexander, Esq.

Operation London Bridge was the code name for plans made long in advance for the events that would follow Queen Elizabeth's death, including her state funeral. Flags may not be flown at half-mast at your death, but that doesn't mean you shouldn't think about and plan ahead for the events that will follow your own death.

Planning ahead, talking to your family and making your wishes known can be such a comfort when the time comes. Making advance arrangements for burial or cremation and paying for it now (called "preneed" planning) has the advantage of controlling expenses. And, with advance planning, a single call can set the plan in motion, providing comfort to the family.

If you've never given this much thought, there are new options, including a green or natural burial. Woodlawn Cemetery, Mausoleum & Mortuary here in Santa Monica offers a green/natural burial in its Eternal Meadow section.

Disposition of remains is only one piece of post-death planning. What are your thoughts about a remembrance? Do you want a funeral and if so, do you have religious preferences? Are there scriptures, poems, hymns, or songs that are meaningful to you that you would like included? Is there someone you want to officiate? If a funeral is not your choice, would you want some other form of celebration of life? Or leave instructions for a party?

The Queen's body was driven across Scotland and London following a route planned in advance. I know someone who has directed that his body be driven around his favorite places in Santa Monica. You can do that. It is entirely up to you. But, following the Queen's model of planning ahead, leaving few decisions left to be made during a time of grief can be a gift of comfort to your loved ones who will want to carry out your last wishes.

Lisa C. Alexander, Esq.
Main Line: 310-395-6555
Direct Line: 310-656-4310
Fax: 424-238-6140

Teen Scene

Elections Viewed in New England



By Julia Abbott

While the Caruso-Bass race will be close to conclusion by the time this article goes to print, I'm watching the same tensions

play out in the swing state of New Hampshire. Political signs dot my daily walks, and I can recite the slogans of several famous ads such as "Too extreme for New Hampshire," or "Bob Burns wants to ban abortion nationwide."

For me, it's been interesting to see the election play out in a swing state, compared to ocean blue California. Most of the attacks seem to focus on their opponent's political party, and voter registration is mostly decked out in blue or red.

Back home, I just assume most people are Democrats; here, political disagreements are much more

nuanced, and very rarely do people agree on most issues. Honestly, the mix has been a learning opportunity. The decisions made in New Hampshire will ripple throughout the United States, pushing or pulling Democrats and Republicans.

In Los Angeles, even though our elections feel so important, we are viewed as a solid blue cohort. In fact, I'm not too sure the rest of the country cares all that much.

Never have I seen an election so dependent on political parties as New Hampshire; while I could list most of the candidates' political parties, I could not say too much about their views. I'm very grateful that in dear Los Angeles, our elections depend on the person, more than blue or red.

Julia has been writing for us since she was ten years old. She is now in her freshman year in college.

From the Santa Monica History Museum



SMHM Beebe 3.2.7852 - Holiday Toys for British War Relief 1944 - Members of the Santa Monica Victoria Unit of the British War Relief pose with dolls and toys to be sent overseas for children in need. From the Evening Outlook: "Children who have been wounded by robot bombs and children who are ill in hospitals in England will have a visit from Santa Claus, who already is stocking his pack with the assistance of British War Relief volunteer workers in this country. From Santa Monica, the Victoria Unit of BWR will ship to Santa Claus next week 268 dolls, cats, dogs, and other 'cuddly' animal toys which the unit has made. The toys will go to refugee children as well as to English children. Seen here with part of the Santa Claus stock they have helped make are Mrs. T.H. Sterling (left), president of the unit, Mrs. Elanah Fairham of BWR, and Miss Nell Lyons, one of the leaders in the Christmas toy work." Contact the Santa Monica History Museum at 310-395-2290 for more details on vintage photos.

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Reflections From The East

On This Thanksgiving Day Remember Our Oldest Tradition



By Qin Stubis
This year's Thanksgiving will be extra special and meaningful to me. During the summer, I finally made it to the Plymouth Harbor and saw the site where in 1620, the Mayflower landed with her first 102 passengers, then America's newest immigrants. Because of the trip, I now have a deeper understanding and appreciation of our early American pioneers, the hardships they endured, and the profound meaning of



Plymouth Rock

celebrating Thanksgiving. Four hundred years ago, America didn't have any guarded border with customs checkpoints. When the new immigrants arrived, they carried no passports and visas,

but their hopes and determination to find a better life. Now only a rock, the famous "Plymouth Rock" engraved with "1620," is still there to give us the testimony of these brave people stepping ashore into the unknown and starting their new lives. Standing at the harbor, I imagined how the Mayflower's passengers, young and old, men and women, spent their first night in the wild without a roof over their heads. They most probably had to search for firewood before they could cook themselves a hot meal. For them, America was wild,

unfathomable, and full of uncertainty. And yet, they bet everything they had to go across the ocean and begin a new life. Since then and for the past four centuries, a steady flow of hope-seekers has streamed from all corners of the Earth to reach America, now a well-developed country and the envy of the world. These people may find newer ways to get here, but their hope and determination remains the same: To find a better life.

You can always reach me at qstubis@gmail.com.

The Art of Giving Thanks is a Lifelong Practice



By Cheryl Thode
November is the month of remembrance and gratitude. What or whom are you grateful for? As we all go through the hustle and bustle of the day (especially during the holidays), it is easy for us to forget that the art of giving thanks is more than just a polite thing to do, or a necessary manner to teach our children. Rather, at its heart, the entire practice of gratitude is a very healthy exercise for one's whole life, both as an adult and a child.

It is well-known that a practice of gratitude is positively linked to one's level of overall happiness. Furthermore, when gratitude is instilled at a young age, our children can grow into happier people. As parents, don't we all want our children to be happy? The practice of gratitude is emphasized throughout the year and especially throughout this month of November. However, at times, the "attitude of gratitude" appears to fall flat for some people, especially children. Why? Perhaps it's because, we as parents, have guided our children through the motions of saying, "thank you" and writing thank yous, but we

have forgotten to help our children reflect on why they are thankful, what they feel, and what they are truly grateful for. According to The Raising Grateful Children Project at UNC Chapel Hill, gratitude has four parts: Notice, Think, Feel, and Do. Specifically, the Project identified that when you are truly grateful you first notice and recognize what you have in your life. Next, you think about why you have received a gift, who played a role in making it possible, and why that person did so. Third, you feel the positive emotions that come from receiving a gift from another person and connect those feelings to the real gift you received (such as kindness, generosity or love shown by another). Lastly, you "do" some form of action that expresses your appreciation. In our world today, it seems that we as parents are very good at staying focused on this last step of "doing," having our children say, "thank you" for a gift. Whether it is due to a lack of time, lack of focus, multiple commitments, or just not realizing it, as parents we do not always ask or reflect with our children on why they believed they received a gift and what the gift-giver made them feel. These additional steps are crucial in truly expressing and feeling

gratitude and its exponential benefits. So, how do we get there? Well, start small. Teaching children the art of gratitude can be hard because by its nature, it is a very abstract topic. However, once your child exhibits a habit of "doing" the thanks, i.e. taking the actions of thanking another for something they received, you can begin a dialogue of asking reflection questions. Specifically, focus on their recognition of what they are grateful for, why they are grateful, how they feel about the thing they are grateful for, and then what they want to do in response to express their true feelings. You might also want to model for your child how you yourself thought, felt, and responded to another person for a gift you were grateful for in your life. In the end, the goal is to not increase the "tasks" we have to do, but rather expound upon the good things in our life and why they make us feel good. Happy Thanksgiving! God Bless!

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

Answer to Neighborhood Celebrity
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Dr. John Adomian is a popular dentist who is caring and understanding. He has been in his office on Montana Avenue since 2003.

Mini Message Bulletin Board

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Clergy Corner

A Reminder to Always Share and Care



By Rev. Carolyn Baskin-Bell

In a couple of weeks, this nation will celebrate Thanksgiving. Families, friends, and people of faith gather in corporate as well as private settings to offer thanks by participating in special rituals and worship activities. During this season, we are reminded to always share and care. The gatherings and rituals we experience during Thanksgiving remind us to extend expressions of concern and compassion in a consistent manner to those combating challenging situations. Every day is a day to share and care!

After the pumpkins and paper napkins decorated with turkeys are tossed away, there are people who continue to sleep on concrete sidewalks every night. When this Season concludes, individuals are still seeking support from food distribution centers. Some senior citizens make decisions regarding whether to purchase groceries or medication. These circumstances urge us to always share with those who are struggling economically. We are encouraged to donate regularly to equip shelters and agencies who share resources with those seeking assistance.

Every day is a day to give Thanks! Not only are we reminded to always share, but to care for individuals experiencing loss or loneliness. Often the holidays trigger emotions of anger, depression, and pain that are associated with grief. Since the Pandemic, many discover it easy to escape into

social isolation with feelings of void as a result of loss. Every day is a day to give Thanks by caring for that individual mourning the loss of a spouse, partner, friend, or relative. The loss of job, home, or personal property leaves a space of vacancy in our lives with room for depression and anger to reside. Caring is an act that expresses kindness and concern.

Some actions which demonstrate care are a phone call or an invitation to meet for coffee, lunch, or dinner; communicate by card, email, or text through words of encouragement and cheer; as well as offering or recommending support to complete necessary projects and chores. Every day is a day to give Thanks!

May this Thanksgiving generate a continuous flow of sharing and caring for all humankind. As 2023 approaches, we are reminded to always demonstrate care and compassion as an act of giving Thanks. The act of sharing and caring also provides a sense of peace and joy to those who offer time, talent, and treasure as deeds of Thanks. This Season is an opportunity to reinforce activities that we are taught to practice daily. Every day is a day to give Thanks!

Reverend Carolyn Baskin-Bell
Senior Pastor
First AME Church, Santa Monica
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Each month, we ask a member of the clergy to write a column for our readers.

Mar Vista: Neighbor to Neighbor

Get a New Look and New Friends at Salon On Barrington

By Deborah Gray

Tucked away in the Colonial Corners at National and Barrington in West Los Angeles, you will find a neighborhood hair salon that not only survived the Pandemic but continues to thrive as a local favorite. Owner Kris de la Vara talks about how she came to this spot and what makes it such a special place.

• How'd you get started?

"I opened Salon On Barrington at the beginning of 2017. I was working at a salon in Santa Monica for 11 years and heard that the space that we are in was available to lease. A few of the other hair-

dressers that I worked with were looking for a change as well, and so Salon On Barrington was born with four hairdressers, one of whom I have worked with for over 22 years. All stylists (there are ten now), have 30+ years of experience and continue their education with yearly classes to keep up to date on the latest styles and trends."

• What have been some of your recent challenges?

"I feel incredibly fortunate that our salon business made it through the Pandemic, when the personal care industry was hit so hard. One of my new stylists, Sandra,

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Passing Through the Pico Neighborhood

Getting Ready for the Holidays



By Stacy McClendon

Happy Fall, everyone! Once I decide to cover my toes and pull out my boots and Fall/Winter shoes, I know I'm a goner. I hung onto summer as long as I could, that being until the first week of October (don't judge me), and have now allowed Fall to infiltrate my world.

This time of year brings me into the holiday season and all its offerings – inclement weather, seasonal hot drinks, comfort foods and desserts, family, friends, fun, candles, cuddling, curling up in front of fireplaces under cozy blankets, and so on, and so on.

I have been revisiting some of my favorite recipes and thought I'd share one with you. I call it Screamin' Collards because it's collard greens the way I like them, with a kick of heat (a.k.a. peppers).

I typically serve this dish with chicken, leg of lamb, or some other roast meat, along with macaroni and cheese, candied yams, jalapeño cornbread, and/or whatever else my children request.

I hope you and your family enjoy this savory dish as much as my family and I do!

Screamin' Collards

Ingredients:

- 1 Tbsp. of olive oil
- 3 slices of thick applewood smoked bacon (or your favorite choice)
- 1 large onion, chopped (or ½ white and ½ sweet onion mixed)
- 2 cloves of minced garlic
- 1 Tbsp. of apple cider vinegar
- 1 tsp. of salt
- ¼ tsp. of cayenne pepper
- ¼ tsp. of black pepper
- ¼ tsp. of ground jalapeño pepper
- ¼ tsp. of ground ginger

- 3 cups of low sodium chicken broth
- 1 pinch of red pepper flakes
- 1 pound of fresh collards greens, cut into 2-inch pieces
- 1 smoked turkey leg or thigh (or your favorite smoked meat) for taste

Directions:

Heat oil in large pot over medium high heat. Add bacon and cook until crisp. Remove and crumble bacon. Add bacon back to pan with onion and cook for 5 minutes. Add garlic and cook 1-2 minutes longer. Add collards and cook, until leaves start to wilt. Add chicken broth and seasonings and simmer for 45 minutes, or until greens are tender.

I like heat, hence the mixture of multiple peppers. Feel free to reduce if you like less heat. I also like to mix different types of onions, as it expands the flavor.

Remember to double or triple the ingredients based on how many pounds of greens you decide to use. Enjoy!



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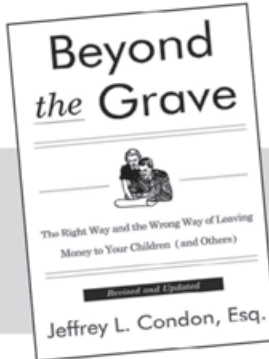
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SMC's Drescher Planetarium Presents Live Virtual Shows in November

Santa Monica College’s John Drescher Planetarium continues its Friday evening events in November with free, live virtual shows presented online at smc.edu/planetarium. This month's friendly presentations will explain how to buy a telescope and offer updated details on

Project Artemis and the effort to return to the Moon. Planetarium lecturers are currently using the Zoom platform to present shows. To attend the shows, the Zoom software must be installed on the viewer’s computer. A free download is available at zoom.com.

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In November, besides Thanksgiving and Veteran's Day, we can celebrate Aviation History Month, Dia de los Muertos, National Alzheimer's Disease Awareness Month, Peanut Butter Lovers Month, National Native-American Heritage Month, and more....

From StatePoint Media:

Puzzle Theme: Outdoor Fun

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
19						20			21	22			
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57	58	59	60					61				62	63
65						66	67			68			
69						70				71			
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- Clues:
ACROSS
1. Relating to Vatican’s Francis

6. Denouement

9. HVAC tunnel

13. Lesser Antilles destination

14. Big Island necklace

15. Truth without proof

16. Luciano Pavarotti, e.g.

17. Distressing acronym

18. Acrylic fiber

19. *Outing in a wagon

21. *Overnighting outdoors

23. “___ Te Ching”

24. RC or Jolt

25. Tax pro

28. Lowest brass instrument

30. *Alfredo meal

35. Kaa’s warning

37. This and that

39. Extended family member

40. “The Sun is ___ a Star”

41. Namely (2 words)

43. “The Parent Trap” child

44. Renter’s paper

46. H. H. Munro’s pseudonym

47. Snaky swimmers

48. Geisha’s garb

50. Kids’ construction block

52. Caustic chemical

53. Display displeasure

55. Blunder

57. *S’more cooker

61. *U-Pick destination

65. Yahoo! message

66. Hyperactivity acronym

68. Relating to hilum

69. To the point

70. Make a pigeon sound

71. Silly

72. Ancient eternal life symbol

73. H in British HMS

74. Socially inept
- DOWN
1. *Promenading route

2. Atlas stat

3. Small and weak

4. Cut short

5. Cowboy’s catcher

6. Additional

7. Opposite of paleo

8. “Xanadu” music genre

9. Village, mostly in South Africa

10. Tangerine plus grapefruit

11. Colloquial “Follow me!”

12. NASA’s orange drink

15. Master’s area

20. Meryl Streep/Philip Seymour Hoffman 2008 movie

22. *Climbing peak

24. Fashion week stage

25. *Sidewalk artist’s medium

26. Mushroom caps

27. Indian black tea

29. Unwelcome reception, pl.

31. Give a quote

32. Handrail post

33. In an unfriendly manner

34. Incense without prefix

36. Comme ci, comme Ça

38. *Nature walk

42. Detroit mascot

45. Store as fodder

49. Not their

51. Lady Slipper, e.g.

54. “Lifestyles of the Rich and Famous” host

56. Horny odd-toed ungulate, for short

57. Between Phi and Kappa

58. Bad luck predictor

59. Police informer

60. *Angling reward

61. O in b.o.

62. Having wings

63. Military status

64. Squirrel’s nest

67. Rudolph’s Clarice, e.g.
- *Clues with * relate to the
theme of the puzzle.

(Solution on Page 10)

Thoughts From a Second-Time Father

Dealing With Difficult People



By Michael Margolin
My daughter Alexa is nine years old, and for the past five years, I have been coaching her and her soccer teams. I played multiple sports growing up, and soccer was not one of them. So, I have taught myself technique and strategy along the way, and how to help make her and the teams I coach better. Not being an expert in those areas, I have also relied on teaching the teams what it means to be on a team and the accountability and responsibility that goes along with it.

I have written here several times about what I think sports can teach us. As I write this, our team has lost only once this year out of seven games. Our loss came in our most recent game. During this game, our team heard unsavory things from the other team. Generally, I tell our team to ignore such things and to let our playing do the talking.

And, I think about my children and the people they will deal with in life. If your kids are in school at any level, chances are there is somebody they do not really like dealing with who might be rude or annoying, or just not friendly.

Alexa has dealt with such people. While we want to protect our children the best we can, they are going to be dealing with these people in life and school and in sports

for a long time. As in life and on the field, do your best to ignore such distractions, deal with them when you have to, and move on. Keep playing. On top of any language we heard, we simply got our butts kicked.

When you are winning at sports or in life, things can be pretty easy. When you get knocked over and pushed around and things do not go your way, it is how you respond that can show true character. So, we will very soon see how our team responds. I have a feeling it will be well.

When I see videos that I am in of when our kids were younger, it seems a bit surreal because of how fast the time has gone, as if it is hard to imagine they were ever that young and that I was there to see it. The pictures of them sleeping are priceless. Alexa will now read and fall asleep with her light on. When we go to bed, Enjoli and I will look in on her to turn the light off. I feel as if I have not seen her sleeping face in brighter light in so long. And, how precious it is. I think one of the reasons I could stand there all night and stare at her is because it is as if I have gone back in time to see her sleeping face as a toddler. And, oh my, talk about something I want to protect.

Mike Margolin has been writing for us since Alexa was born nine years ago. He is an avid sports fan. He is also the soccer coach for both Alexa’s and his son Jake’s teams.

Jeff Jarow Leaving His Mark

(Continued from Page 1)

He is currently on their Board of Directors. “The city of Santa Monica does so many great things,” Jeff related. His volunteer work in many organizations gives him the opportunity to let others know about them.

When his son, Morgan, grew older, Jeff became his son’s high school PTA legislative rep and baseball coach. He was also on the board of the Santa Monica Family YMCA.

As he has traveled all over the world, Jeff became involved with the Sister City Organization, serving as president. The goal of the group is to develop international friendships through people-to-people contacts between countries. Santa Monica’s Sister cities are

Mazatlan, Mexico; Hamm, Germany; Fujunomiya, Japan; and Kizugawa, Japan.

Jeff is also the vice president of the Board of Directors of Sister City International in the Southern California Region. He is looking forward to the upcoming California Youth Leadership Summit to be live-streamed on Saturday, November 5 from 5 p.m. to 7 p.m. PST. There, they will discuss Peace, Kindness, and Cooperation. More topics to be covered include climate change and sustainability, racial and gender equity, world peace and cooperation, and adapting to a new normal. To register as a viewer, go to www.california.summit.org.

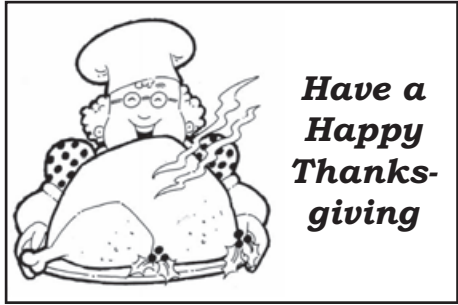
Locally, he is on the Board of Directors of the Santa Monica Pier Corporation. He was the chair of the Santa Monica Travel and Tourism Board for two years, and was also on the Board of the Santa Monica Symphony.

It is the City of Santa Monica and its residents who have certainly benefited from Jeff’s enthusiastic move to the West coast so many years ago.

—D.M.



Jeff poses outside his office.



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After 65 years of holding our Annual Pancake Breakfasts, we Santa Monica-Pacific Palisades Lions decided to replace it with an even more exciting event.

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A full bar, with wine at each table, added to everyone's spirits. Chef Gabriel and Edith served up a delicious spaghetti and meatball entrée, added a fresh green salad and finished off with a creamy frosted cake for dessert. The banquet room was gaily decorated with colorful balloons and banners carrying out the theme of the famous 1972 Oscar-winning film, *The Godfather*.

After President Susan DeRemer welcomed everyone, our emcee, Scott Parkin, took over, spicing up



the crowd with his clever humor. We were entertained by the world champion magician Johnny "Ace" Palmer after we enjoyed our wonderful dinner. Johnny is an award-winning Master Magician at the Magic



Castle, and his show included rabbits, doves, and baby chicks, appearing and disappearing. It featured unique magic tricks that no one had ever seen before, to the delight of all.

We also had a lively auction, led by Phil Brock, for a stay at the Fairmont Miramar Hotel, dinner for two at The FIG restaurant, a VIP pass to the Magic Castle, and two beautiful custom-made quilts.

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—J. Kingsley Fife

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Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.²

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Simply put — without dental insurance, there may be an important gap in your healthcare coverage.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2021. 2 "How might my oral and dental health change as I age?", www.usnews.com, 11/30/2018. 3 American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

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Puppies and Vaccinations



By Dr. Frank Lavac, MS, DVM
Q: How do I know what vaccinations to give my 12-week-old puppy?

A: Vaccination can be confusing, and often you hear various recommendations from the breeder, Google, and your veterinarian. Appropriate vaccination is very important, and even a critical part of the healthcare of your pet. There are multiple factors that determine which vaccines are given as well as the timing of vaccination. When I first started practice in 1980, Parvovirus was the cause of high mortality in puppies and we didn't have a vaccine at that time. Now, it is rare to see a puppy infected with Parvovirus, as most are vaccinated and protected.

Multiple vaccines are often given over several months to enhance the pet's own active immune system as the mother's antibody levels decrease. Your veterinarian is uniquely qualified to assess which vaccines are needed and when they should be given. Some of the factors that you discuss with your veterinarian include level of exposure to other dogs and what diseases are present in your geographic area. Develop a plan with your vet and know that you are protecting your precious new puppy. Here are two vaccination resources: <https://www.aaha.org/aaha-guidelines/2022-aaha-canine-vaccinationguidelines/home/> and <https://veterinarypartner.vin.com/default.aspx?pid=19239&id=4951406>.

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

Get a New Look and New Friends

(Continued from Page 5)



Meet the staff at the Salon On Barrington. From left, Noushin, Adriana, Amy, Kris, Chris May, Audrey, and Sandra. (Not pictured, Lili, Liz, and Caroline).

had owned her own salon in Santa Monica for 14 years, but she was unable to stay afloat during the Pandemic and had to close her shop. My heart breaks for her loss, but I am incredibly blessed she found my salon and has become part of our team."

• Can you tell us about your professional journey to the West coast? "I love doing hair; I knew I wanted to become a hairdresser since I was 12 years old. My mom even came across a school project I wrote in sixth grade saying that I wanted to become a hairdresser and move to sunny Florida. Here I am 47 years later, got the career path correct, but the wrong sunny state. I also love the area that the salon is located in. Although Colonial Corners is in the city of L.A., it feels like a small community, a bustling residential area where people are always out walking their kids or animals."

• What makes your work special to you? "The thing I love most about my job is the relationships that I have with my clients. I love learning about their lives and sharing in their adventures. Many years ago I had a client who was also from Michigan, and I discovered that her sister had dated my

cousin when they were in high school. I also love the network of my clients, as I am constantly asked if I know a good accountant, lawyer, tradesman, etc., so I am able to refer clients to each other and help them out with something besides their hair."

• So, what lies beyond your happy work life? "Relaxing with my family. I have been married to my husband Phil for 27 years. I have two children, my son Hunter and daughter Hailey. When I'm not working doing the job that I love, I enjoy spending quality time hanging out with them. We are huge Dodgers fans, so whether it's on TV or in-person, we enjoy watching a good game. I love all that Los Angeles has to offer, from a night out at the theatre, a concert, or museum, to exploring a new restaurant, hiking in the mountains and relaxing at the beach."

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Outdoor Fun on Page 8

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

—Lisa C. Alexander

Connect to Nature in November

By Julie Rensink Hanson
As the air cools and days become shorter in November, we are reminded that many birds have already made their way south to our coastal city to spend the winter and to raise their young here. Welcome your new neighbors with some of their favorite foods, and remember to keep the birdbath up all year.

Some of the more colorful winter visitors, Red-breasted nuthatches, are making their first appearances along the coast. We don't see them much in the summer, which they spend in the mountains to beat the heat. But, they're back for winter. They appreciate peanuts and mealworms. We are also seeing more frequent appearances of warblers, such as Yellow-rumped, Yellow-crowned, and Wilson's Warblers. And, there is no better sign that winter is close, than seeing a group of White-crowned Sparrows at your feeder or along the trail. If your Goldfinch feeder has been slow, prepare for the winter rush of activity.

As the native foods in the mountains run out, they will be looking for new sources, and a feeder filled with Nyjer seed will help to aid them through the coming months.

November is a great month to start watching the birds and sharing what you see for science. Join one of the biggest citizen science projects in the world, Project FeederWatch, which starts November 1



Red-breasted nuthatch

and continues until April 30, 2023. This nationwide project helps scientists understand how birds are faring, as monitors report what they are seeing in backyards, neighborhoods, and wild places. This year, the project needs your help more than ever and it's easy to get started. You can choose how long you participate and where. All you have to do is pick a couple of days or hours each week to watch the birds and submit your data into eBird, an online bird-tracking and data tool. Ask your neighbors, community and school groups to join you and enjoy birds while helping science and conservation.

For more information on this project, please visit us at the store, or www.birds.cornell.edu/pfw.

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

Californians Invited to Free Virtual Alzheimer's Educational Conference on November 15 Sponsored by the Alzheimer's Foundation of America

The Alzheimer's Foundation of America (AFA) will host a free virtual Alzheimer's educational conference for Californians on Tuesday, November 15 from 10 a.m to 1 p.m. PST as part of its 2022 national Educating America Tour. The free conference will allow participants to learn from health and caregiving experts in the fields of dementia, Alzheimer's Disease, and the legal concerns associated with the disease.

Sessions during the AFA conference will include *Understanding Alzheimer's Disease and Future Directions for Treatment and Prevention*; *Estate Planning for*

Incapacity; and *A Dementia Diagnosis: What Happens Next?*

For more information, or to register, go to www.alzfdn.org/tour. Those who cannot participate in the conference or have immediate questions about Alzheimer's Disease can connect with licensed social workers seven days a week through AFA's National Toll-Free Helpline by calling 866-232-8484, or web chatting at www.alzfdn.org by clicking the blue and white chat icon in the right-hand corner of the page.



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From Me to You...



By Diane Margolin
Often, when I drive around Santa Monica, I remember stores that used to be here and events we

held in various places. When I think of what I am thankful for, one thing is the number of friends I have made when being involved in community events over the years. On the front page, we wrote about Jeff Jarow who created a wonderful July 4th parade that grows larger each year.

Santa Monica is a city where if you have an idea for an event, chances are it may happen. And, if you want to be part of the planning, or the actual event, you can. How many of you remember the Montana Bed Races? The Octoberfest at Saint Monica Church? Or the July 4th Fireworks off the Santa Monica Pier?

One event I put on was the first health and safety fair for children in the parking lot at the corner of 15th and Montana when Wild Oats market was there. A fire truck and police motorcycle came. My friend, Dan Crow, and his band performed. Some community organizations gave out printed information from their tables. It was

such fun to see who would stop by. Meg Ryan brought her little boy who is now an adult making films.

At the Santa Monica History Museum, we held events for young children one Saturday morning a month. We invited school librarians to read a book related to our monthly theme, and then I put together an art project for the kids to do. They ranged in age from two to 11, so it was a challenge. But, it was such fun to help introduce the children and their parents to the museum.

A few years ago, I started "Remembering Santa Monica" at the museum. The group was for seniors who grew up in the area. We had speakers who shared their memories of what Santa Monica had been like years ago, how various businesses started, and which restaurants we wished were still open for customers.

My friend, Florence Kinney, was born in Santa Monica in 1912. We celebrated her 106th birthday at our meeting. Dr. Antonio Shelton, the principal of Santa Monica High where Florence graduated, came to the party to meet her.

Due to the Pandemic, our group stopped meeting. I hope someday we will get together again.

Have a Happy Thanksgiving!

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