

## Think Pink for Women's Wellness



This hard-working group of women make up the Irene Dunne Guild, whose focus is to raise funds for the Saint John's Health Center Foundation.

"Think Pink for Women's Wellness" is an annual Irene Dunne Guild event that focuses on health education and awareness for women and their families.

The Irene Dunne Guild, a support group of Saint John's Health Center Foundation, created Think Pink over 18 years ago as a gathering to educate women on important health issues.

This year's event is Wednesday, May 10, 8:30 a.m. - 3 p.m. at the Upper Bel-Air Bay Club. It will feature topical lectures with notable physicians and speakers. Over the years, topics have included healthy brain aging, addiction, urology, dermatology, and breast health. The event culminates with a luncheon held in the dining room of the Upper Bel-Air Bay Club overlooking the Pacific Ocean. Boutique shopping is

available throughout the event with net proceeds benefiting programs, equipment, and services provided at Providence Saint John's Health Center. Tickets are \$175 per person. Think Pink Co-Chairs are Lorena Craven and Susie DeWeese. For more information, contact Saint John's Foundation at 310-829-8424.

The Irene Dunne Guild is celebrating its 36th year as a major support group of Saint John's Health Center Foundation in Santa Monica. The guild is comprised of over 100 members committed to putting their hearts forward to find innovative ways to fundraise, comfort patients, educate their community, and nurture the mission of providing compassionate care. Visit [www.iredunneguild.org](http://www.iredunneguild.org) for more details.

## Santa Monica Family YMCA Names New Board Members

The incoming officers for the Santa Monica Family YMCA are President Sherri Lee-Lewis; Vice-President Norm Lantz; Secretary Sharon Gavin; and Treasurer Michael Peattie. New Board of Directors for 2025 are Veronica Castillo, Steve Weaver, Don Cohen, Pat Potter, and Cheryl Kanan. Returning Board members are Timur Berberoglu, Donna Byrd, Sharon Gavin, and Nat Trives. Aref Chmaytelli is also joining the Class of 2024.

## Take A Look Inside

Planning Ahead	2
Byte by Byte	3
Reflections from The East	4
Clergy Corner	5
Passing Through the Pico Neighborhood	5
From Me to You	7
Community Service	9
Paws and Claws	11

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



Every holiday, look towards the pier to see the beautiful light display on the ferris wheel. Photo from Pacific Park on the Santa Monica Pier.

## Senior Snapshot

### Longtime Franklin Elementary School Teacher to Celebrate 100th Birthday



Geraldine Webb sits at the head of her Classroom 7 at Franklin Elementary School in Santa Monica. She taught in that same room for 37 years!

**By Nancy Ramsey**

My mother, former Franklin Elementary School teacher Geraldine Webb, will turn 100 on March 18. Geraldine is the oldest SMMUSD retired teacher. She taught at Franklin Elementary School for 37 years in the same classroom, Room 7. She retired in 1988.

Geraldine still has many friends and former students in the community. Geraldine's two grandchildren are flying in for her big birthday celebration on March 18, along with her daughter-in-law. Geraldine is our family's oldest living relative and is about to set new records as we approach her 100th birthday.

I am also a retired SMMUSD teacher who taught at Grant Elementary for 28 years. I retired in 2014 to further assist my mom. In addition, my dad, Marvin Webb, served as a teacher, Dean of Boys, and later as assistant principal at John Adams Middle School for 35 years. My dad passed away



Geraldine Webb

in 1988 at the age of 68 due to a sudden heart attack, four months before Geraldine retired.

Combined, the three of us have 100 years of service to SMMUSD.

Geraldine came to Santa Monica in 1940 to live with her grandfather on 17th Street after graduating from Kellogg High School in Kellogg, Idaho in 1940. She met

(Continued on Page 6)

## Planning Ahead

# How One Estate Became Three



**By Lisa Alexander, Esq.**  
This story, or a variation, is more common than you may think. The deceased "Bill" was in his early 60s when he died.

After a divorce years earlier, Bill had moved back to the house where he grew up to care for his aging parents. First, his mother died, and then his father. Neither of Bill's parents had estate plans, and nothing was done when either parent died to settle their affairs. Bill never moved out of the house, and life went on, until Bill died unexpectedly three years ago.

Like his parents, Bill also never got around to making a Will. Bill never had children. His only heir was a cousin, Greg. As Greg was

gathering information for the probate of Bill's estate, Greg discovered the house was still in the name of Bill's deceased parents. Greg would first have to start a probate for Bill's father. Once Greg was appointed as Administrator of the father's estate, he could file a Spousal Property Petition for the estate of Bill's mother to get the house out of the mother's name. With that done, Greg could finish the probate of Bill's father's estate.

Before Greg could distribute the house and close Bill's father's probate, Greg had to start the probate for Bill's estate to receive the transfer of the house. The house then became part of the probate of Bill's estate. The whole process took over 2-1/2 years from the date of Bill's death to the date when Greg received the house out of the probate of Bill's estate. And,

the house went from the estate of Bill's mother to the probate of Bill's father's estate before it ended up in the probate of Bill's estate – three estates in total.

How could this have been avoided? Bill's parents should have made a Trust. The house would have transferred from the parents to Bill without any Court involvement. And, Bill should have had his own Trust to avoid the probate of his estate. The cost of estate planning for Bill's parents and Bill would have been a fraction of the expense of the three estates, and Greg could have received the house within months of Bill's death, instead of years.

**Lisa C. Alexander, Esq.**  
**Jakle, Alexander & Patton, LLP**  
**Direct Line: 310-656-4310**

## Discover What's Happening on the Westside

**By Pamela Lawrence**

• **Ongoing through Sunday, March 26 - Masters of the American West Art Exhibition and Sale** - With over 55 extraordinary artists, this exhibition and sale displays paintings, mixed media, and sculptures by nationally recognized artists. Autry Museum of the American West, 4700 Western Heritage Way, L.A. For more details, visit: [TheAutry.org](http://TheAutry.org).

• **Thursdays in March (2, 9, 16, 23, and 30) - Walk-in Tutoring** - Friendly volunteer tutors provide help with basic reading and writing skills, using the Internet, filling out online forms, using email, resume writing, and job searches. 1 p.m. to 3 p.m. Santa Monica-Main Library. For adults.

• **Sunday, March 5 - Julia Morgan Legacy** - Join the Santa Monica Conservancy in a special commemoration of California's first licensed female architect. Noted for her collaboration with William Randolph Hearst to create Hearst Castle in San Simeon, Morgan left a legacy of more than 700 projects in her nearly five decades of practice. Posthumously

awarded the AIA's highest honor, a Gold Medal, her brilliant and pioneering work continues to gain public recognition. Morgan designed the Guest House and pool, which comprise the historic core of the Beach House. 11 a.m. to 2 p.m. Annenberg Community Beach House, 415 Pacific Coast Hwy. Call 310-458-4904. Free event. All ages welcome.

• **Sunday, March 5 - California Bridal and Wedding Expo** - Features a large selection of wedding professionals ready to help you find the perfect gown, reception venue, invitations, photographer, music, menu, honeymoon destination, and more. 12 p.m. to 5 p.m. Los Angeles Convention Center, 1201 S Figueroa St, Hall B, L.A. Visit [www.cabridalshows-la.com](http://www.cabridalshows-la.com) for free passes.

• **Monday, March 6 - Purim**

• **Sunday, March 12 - Daylight Savings Time Starts** - Don't forget to turn your clocks ahead one hour as we Spring forward!

• **Tuesday, March 14 - Pi Day** - Learn a little about Pi, then assemble a no-bake mini pie in celebration of Pi Day. Santa Monica

Main Library, 3:30 p.m. - 4:30 p.m. 310-458-8600.

• **Wednesdays, March 15, 29 - Pali Knitting and Crocheting Group** - This program gathers knitters and crocheters to share their work, chit chat, and knit or crochet. There is no fee, and anyone 18 and older who already knits or crochets, no matter at what level, is welcome. You are invited to bring your current project to share with all. 2 p.m., in person, Palisades Branch Library, 861 Alma Real Dr. Call 310-459-2754 for details. For adults and seniors.

• **Thursday, March 16 - Reading to the Rescue** - Read aloud your favorite story books to some of the best dog friends. Kids are invited to practice reading aloud (or listening to a story) with a gentle therapy dog. 4 p.m., Baldwin Hills Branch Library, 2906 S. La Brea Ave., L.A. Call 323-733-1196 for details. For kids.

• **Friday, March 17 - Happy St. Patrick's Day!** Make sure to wear green today.

• **Saturday, March 18 - Friends of the Library Book Sale** - Support your local library! Monthly book sales are hosted where you can find great treasures for all ages. 11 a.m. to 2 p.m., Palms-Rancho Park Branch Library, 2920 Overland Avenue, L.A. Contact [friendsofthepalmsrancho.library@gmail.com](mailto:friendsofthepalmsrancho.library@gmail.com), or call 310-840-2142.

• **Saturday, March 18 - Stairway of the Stars**, Santa Monica High School Greek Theatre. 4 p.m.

• **Wednesday, March 22 - First Day of Ramadan.**

• **Saturday, March 25 - Writing Really Rad Comics with Ron Robbins** - Ron Robbins, writer for Archie Comics, teaches aspiring young authors how to write comics. Learn what it takes to be a comic book writing pro and find your literary voice. For ages 10 - 15. 2 p.m. to 3 p.m. Pico Branch, The Annex.

• **Friday, March 31 - Cesar Chavez Day**

## Help Bunnies This Easter in the Year of the Rabbit

**By Pamela Lawrence**

Last year, I read a post on Nextdoor about a family rescuing two abandoned pet rabbits in the rugged hills of a local state park. Most of us are sadly aware of the neighborhood coyote problem and pets that become their meals. Pets released in wilderness areas also face starvation and spread untreated diseases. In California, it is illegal to purposely abandon an animal (CA Penal Code Section 597s). Rabbits are prey animals and innately fearful.

On Martin Luther King Jr. Day, my son and I were hiking a trail at the highest point of the same park, where we spotted a large, white, lop-eared rabbit huddled next to a cement wall in the freezing cold wind. I was certain this was another incidence of someone abandoning their pet rabbit in a high-predator area. I rescued her, purchased essential supplies to feed and house "Bun Bun" overnight, and home we went.

The next morning, I contacted Michelle Kelly, president of Los Angeles Rabbit Foundation (LARF). She provided food, bedding, litter boxes, and bowls for "Bun Bun," as well as a wealth of information from her extensive rabbit knowledge and experience. Michelle strongly cautions, "With Easter approaching, LARF reinforces the message that it's unwise for anyone to acquire a live animal on impulse, just because it's a holiday. While rabbits can be wonderful companion animals, they're not for everyone. Rabbits

*(Continued on Page 5)*



**Happy March Birthday to Sharon Johnson, Kris Andresen, Blair Brandenburg, Donna Byrd, Alan Glick, Stan Fox, Larry Mortorff, Carol Ann Emmitt, Jeannie and Tebb Kusserow, Mike Cortrite, Pamela Lawrence, Margaret Talai, Jerry Harris, Pat Robles, Ellis O'Commor, Monika Armendariz, Helen McCullough, Ruth Zacarias, and Gail Litvack**

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**The Real Estate Advisor**

**Poorly Planned Legacies Cause Family Feuds**



**By Richard Lombardi**

Many seniors have real estate holdings that include residential units, commercial properties, or a combination of both. Most even have these assets in their wills for distribution to children or grandchildren. Often, careful consideration is given to minimizing tax implications in transferring these assets.

The concern that most seniors do not evaluate closely enough is what will happen when their heirs receive the properties. This oversight often causes serious family conflict in an emotionally charged time after the passing of a loved one.

Unlike stocks, bonds, and cash, real estate holdings are not liquid assets and are not easily dividable.

Let's use an example of a family with three adult children who inherit the family home together. The financial needs, capabilities, and emotional attachment of the three siblings are unlikely to be in perfect alignment. One may hope to sell the home to help with personal debts, another prefers the cash flow of renting the home to tenants, and the last simply can't imagine either of those options and would prefer to keep it to make it a primary residence.

The larger the legacy, in terms of number of real estate holdings, the more complicated the untangling of heirs' interests post inheritance. Managing multiple properties takes knowledge, skills

and teams of tradespeople and financial professionals. And, again, heirs and their spouses often have very different interests, desires, time availability, and capabilities.

There are multiple options to minimize family friction when passing on generational wealth. The best way to determine the correct path is communication with heirs and a team of specialized professionals.

I've seen where larger assets are sold, and then, using an IRS tax deferral process (1031 Exchange), several properties are purchased, then placed in individual trusts for each of the heirs. The eventual heirs could participate in the property selection process and be mentored by the elder in property management and investment strategies.

Another option that can be utilized in conjunction with the tax-advantageous 1031 Exchange is investing in Delaware Statutory Trusts. Investors have a beneficiary interest in the property/properties (owned in the trust with other investors but without management necessities).

The complexity of these investments varies, along with risks, potential upsides, management, time requirements, tax implications, and liquidity of assets, which makes it crucial to develop a team of professionals that you feel comfortable with and that communicate and work well together.

**Richard Lombardi is a 30+ year real estate veteran. He can be reached at 310-903-6509, or www.LombardiRealEstateWealthAdvisors.com.**

**From the Santa Monica History Museum**



Here's a Montgomery Ward store at 1318-1320 Third Street in 1945. The store sat between Gallenkamp's Super Shoe Market and Kay's Shoes. For a reprint of 3.2.4123, Bill Beebe Collection, contact the Santa Monica History Museum Online collections, or call 310-395-2290.

**Where to Shop For Santa Monica Thrift Store Treasures**

**By Zanny Jacobsen**

Thrifting is an experience. Sometimes nostalgic but always fun, it's ultimately heartwarming. And, who could ever deny that high that comes with getting a great deal? I like to think of thrifting as an afternoon well-spent as the best treasure hunt.

So, to get you started on your thrifting journey, I've handpicked three thrift stores that I feel are price perfect, curated with care, and stock quality finds. Additionally, I also think they're staffed by a pretty exceptional group of volunteers! When I spoke with staff from all three locations, they unanimously agreed that thrifting shopping is, and should always be, for everyone.

At their core, these stores are community-building spaces. Conversations between strangers feel so organic and welcome here. Thrifting at these shops is guaranteed to bring you a little bit of joy, even if only for the knowledge that



A fun way to go treasure hunting.

your purchase or donation is going a long way towards helping others in your community. And, you can start today.

A true Santa Monica establishment, St. Matthew's Thrift Shop has operated at its 2812 Main Street location since 1957. Now run by a friendly and dedicated team of volunteers that operate

*(Continued on Page 6)*

**Byte by Byte**

**Digital Discovery in Abu Dhabi**



**By Dr. Miceala Shocklee**

Abu Dhabi: it's a place that's been a name longer than it's been a reality to me. Airport, skyscrapers, sand, indoor opulence, and the external starkness of barren desert – these are the words that associations and assumptions had conjured up for me around the city name before I'd ever spent any real time here. Having been in Abu Dhabi for about a week now on a work-related trip, I'm finding that it's creating a very different set of linguistic locus in my mind – morn-

ings of bird song, pavements with bike paths, and an astounding leap of technological integration, just about everywhere.

From my very Western perspective, there are facets of technology here that feel more and less comfortable. Taxi apps that allow the industry to remain affordable while rivaling Uber, QR codes for pan-industry information services, and not only self-driving cars, but self-driving buses that are bafflingly both free and operate on bespoke routes based on the passengers riding them – all of these are strides that thrill my California heart. There are aspects of

*(Continued on Page 11)*

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Reflections From The East

# The World is a Tea Party and We Are All Invited



**By Qin Sun Stubis**

Being a Chinese American, tea has always been an important part of my life: During the cold days of winter, tea brings me warmth and comfort. In the hot months of summer, it keeps me cool and hydrated. When guests come to visit, I welcome them with cups of tea.

Growing up during hard times in 1960s Shanghai, China, tea was one of the few special treats my three sisters and I enjoyed. My mother would occasionally reward us with wild chrysanthemum flower tea with a touch of sugar, and we could never have enough of it.

My father especially loved tea. As a young child, I watched him

sprinkling the bottom of a large mason jar with rough tea leaves and then pouring in hot water all the way to the brim. He waited until the entire jar turned dark red, almost the color of soy sauce, before he started to drink it. He would sip it with his eyes half-closed.

Curious about what he was having that made him so happy, I begged for a taste. When he granted me my wish one day and I gleefully took a big gulp, I instantly regretted my curiosity. It was bitter beyond belief. I hung my tongue out in shock for a long time, and never asked for another sip again. I much preferred the sweet, gentle flower tea my mother prepared for us children.

When I grew older, I learned to love tea of all kinds and in all

forms: black tea bags packed in a box, loose green tea leaves in a can, flower teas in vibrant colors, fragrant roasted grain teas, and even some herbal medicinal teas.

Through international travel and friends from around the world, my tea experience has grown. I got to taste it in many exotic forms and learned about different cultures and traditions.

Meeta, my dear friend from India, taught me how to brew a lovely Indian tea of fresh ginger, cardamom, and a special kind of black tea, and serve it with milk and sugar. My Iranian friends added all sorts of toasted spices and herbs to their tea before they steeped it, making it mysterious and intensely interesting. They often paired their tea with intricate dishes of dried fruits, nuts, seeds,

and pastries.

Tea is an international treasure. From China to Latvia, South America to Europe, I have learned that our world can be connected through tea. In spite of our different skin colors, religions, and cultures, we are all linked together by one tiny leaf.

With the arrival of yet another Spring, I see through my mind's eye how tea plants are awakening on mountain slopes in faraway lands around the world, and how March's morning dews are gently coaxing the timid young buds to poke their heads out from bare branches to get ready to grow. The world is more wholesome and our lives are richer because of tea.

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).

# Let's Eat Some Math, With a Slice of "Pi"



**By Cheryl Thode**

Do any of you remember your days of high school geometry? For some of us, math was not our favorite subject. In fact, you may be quite happy to put the days of theorems, equations, and formulas behind you. Others may fondly remember learning the areas and perimeters of rhombuses and trapezoids.

For me, I can relate to both camps. I enjoyed memorizing the various formulas and equations, but I dreaded the endless math problems that required me to employ the theorems I learned. While I truly enjoyed math, geometry was rather dry and seemed to lack a real-world purpose. However, my whole opinion on math, geometry

in particular, changed after I was exposed to Pi Day!

For those of you who are not aware, in March, there is a delicious celebration that families can partake in that is both fun and educational: "Pi" Day. What is Pi Day, you ask? Pi Day is the annual March 14 celebration of the mathematical sign pi ( $\pi$ ). Founded by physicist Larry Shaw on March 14, 1988, Pi Day celebrates the first three digits of pi (3.14).

For those of us who are a little rusty on our geometry, we use pi to help us calculate a circle's circumference and area (among other values). Recall  $C=2\pi r$  and  $A= \pi r^2$ ?

So, what's so cool about pi? Our kids first learn about pi when measuring circles. However, outside of the classroom, pi is used in most calculations for building and

construction, music theory, computer speed, air travel, medical procedures, and space flight.

Pi is a very important number and deserving of its "day." Throw in the added benefit of family time and cementing some fun memories of math, and this celebration is a no-brainer.

So, parents, this Tuesday, March 14, I encourage you to make a pie or get one from your favorite bakery. Whether it be blueberry, pumpkin, rhubarb, or lemon, work with your kids to determine the circumference and area of your pies before you eat them. If you are feeling adventurous, throw in some angle calculations and determine the area of the slice you plan to eat. Remember, math can be fun and useful! Enjoy your "Pi" slices. God Bless!

## Answer to Neighborhood Celebrity

(Continued from Page 1)



Sandra Gomez-Masud will make an appointment for you in Dr. John Adomian's dental office.

# Mini Message Bulletin Board

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**Clergy Corner**

**Discover All the Joys of Spring**



**By Reverend Patricia Farris**  
 “Spring is sprung. The grass is ‘ris. I wonder where the birdies is?”

I don’t know if that’s even a real poem, but my Dad used to love saying it each Spring, concluding with a bright smile and wink. Maybe it’s because the advent of Spring can be subtle in the West. I’ve lived in the Midwest and on the East Coast, where Spring arrives with a stupendous burst of flowers of all kinds and green growing things that have been dormant through the Winter under the snow. The sight of blooming forsythia will shake you out of any lingering Winter lethargy, to be sure.

Spring comes in more quietly in the Western states. But, comes, it does. It calls us to pay attention to tiny new buds. To glimpse wild flowers strewn around. To hear the small birds that flit and peck and chirp in the yard. To feel a hint of warmth in the breeze. To note the changing of the light and

the lengthening days. Spring is a fertile time, a green- ing time, a growing time ... in nature and in our hearts. It’s the time of the vernal equinox and the crescent moon, a holy time of prayer and reflection in the tradi- tions of Islam, Judaism, and Christianity. As we watch for signs of Spring in nature around, I invite us to welcome Spring into our hearts and souls as well, catching glimpses of love and joy in those around us – in the smile on a baby’s face, the kindness of a neighbor, the treasured face of love, the generosity of a stranger, the dedication of a teacher, the steadfastness of a friend. As the poet Mary Oliver puts it: “Pay at- tention. Be astonished. Tell about it.”

Happy Spring!

**Rev. Patricia Farris**  
**Senior Minister**  
**Santa Monica First United**  
**Methodist Church**

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

**Help Bunnies This Easter (Continued from Page 2)**

are not low maintenance pets. Care and veterinary costs are high, including spay/neutering, and vaccinating for Rabbit Hemor- rhagic Disease.

“The cost of owning a rabbit is one of the primary reasons people resent being ‘gifted’ a live rabbit and end up abandoning it in the long run.” People thinking of get- ting a bunny should begin by fostering one from LARF. All supplies are provided, and vet bills are covered.

Michelle’s love and concern for rabbit welfare began 25 years ago, when she visited a local animal shelter and discovered that help and support were needed to care for the shelter rabbits. Working with other rescue groups, she then decided to be part of the House Rabbit Society and create a “safety net for rabbits adopted out.” As an educator, she then formed her own chapter, and in 2006, L.A. Rabbit Foundation was born. This enabled her to solicit donations and support from the public.

Michelle tells me that once neutered, rabbits can be easily litter box-trained and make excel- lent companion animals in the home. She shares that rabbits are better-suited pets for adults than for young children.

My exotics veterinarian gave “Bun Bun” a clean bill of health, and we decided to keep her. Watching and listening to her chow down on fresh greens is adorable. We saved her life, and she is a welcome addition to our pet family. After she is spayed and vaccinated, we hope she will settle in and know she is wanted and loved.

Easter is a lovely Spring holiday, but please be informed before ac- quiring a bunny to ensure you are able, capable, and willing to care for your new pet for up to 12 years. Michelle adds, “If you ab- solutely cannot keep your rabbits, you must make every effort to find them humane homes by contact- ing rabbit rescues first, and if full, then take them to public animal shelters.” LARF lists rabbits up for adoption on their website when owners cannot or do not want to keep them. If you would like to help the rabbits, and foster, donate, or volunteer, please visit: larabbits.org, or email: larabbits@gmail.com.



- Joe Analco

**Passing Through the Pico Neighborhood**

**Mt. Olive Jazz Vespers Welcomes You**



**By Stacy McClendon**  
 Janice Anderson has called Santa Monica home for four years. Janice’s life has been filled with the

love of dance, song, music, and community for as long as she can remember.

She has raised her family in the Ocean Park neighborhood of Santa Monica. Both of her children at- tended a local preschool. She found a great community there. So much so that she ended up singing in the Sunday choir, which helped grow her confidence while also allowing her to find her true voice.

Eighteen years ago, the clergy and church council encouraged Janice to start a Jazz Vespers Service for one service a month.

Historically, Vespers began as a prayer service in conjunction with the rising of the evening star. It was a Jewish tradition, and Chris- tians continued this custom. Jazz Vespers began as a concept worship service and outreach ministry in New York City in the 1960s. Pastor John Gensel of St. Peter’s Lutheran Church be- friended the city’s musicians and designed a prayer and jazz service in the late afternoon or evening for those who couldn’t make it to Sunday morning services after playing late night gigs on Saturday night.

Second Sunday Jazz at Mount Olive Lutheran Church began in January 2005. For the past 18 years, these jazz concerts have brought Santa Monica neighbors together to enjoy world class jazz from a variety of styles, such as Latin, traditional, and modern. Artists have had the opportunity



Janice Anderson

to perform in an intimate setting with great acoustics while being allowed to showcase their talents in a supportive environment.

There is a magical presence and quiet reverence created at these concerts. Attendees are encour- aged to get to know someone new, which in turn has grown the Jazz Vespers community. For many of the concert attendees, it is their first and only time stepping into a church.

Mount Olive Lutheran Church Second Sunday Jazz Vespers Series takes place every second Sunday of the month from 5 p.m. - 6:30 p.m. at 1343 Ocean Park Blvd. (at 14th Street) in the sanc- tuary. There is ample free parking in the back lot, and the concert is a free-will offering only.

The next concert, taking place on Sunday, March 12 from 5 p.m. - 6:30 p.m., will feature the gui- tarist Thom Rotella Quartet.

Please visit [https://www.mtolivelutheranchurch.org/commu- nity-fellowship/2nd-sunday-jazz](https://www.mtolivelutheranchurch.org/community-fellowship/2nd-sunday-jazz) to find out more about these popular concerts.

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



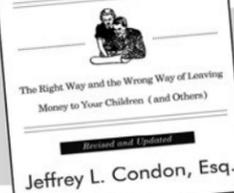
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### Longtime Franklin Elementary School Teacher to Celebrate

(Continued from Page 1)

my dad at UCLA, and they settled in our family home, also on 17th Street.

My mom loved working with children. She was a very social, warm, and caring person. While my brother and I were growing up, in her spare time she helped with our church bazaar, liked to take Emeritus classes at Santa Monica College, and to read mysteries, romance, and history books. She had the most beautiful handwriting. She also loved to travel. We went to Europe and we also toured the Eastern part of the United States. We even went to the White House, as tourists, not guests.

When my mom started teaching in the mid forties, teachers wore gloves, hats, high heels, and dresses to school. How things have changed!

In addition to daughter Nancy's thoughts about her mother, we spoke to Joan Kaczorowski,



Geraldine Webb at home with her beloved dog, Ladybug

who was known as Mrs. McGhee at Franklin School, when she taught with Geraldine.

"She was very popular," Joan recalls, "and a dedicated teacher, who was well-respected and loved her job. When her students left her classroom, they were well-prepared for the next grade level."

If you would like to send a birthday greeting or note to Geraldine Webb for her 100th birthday, please address it to her c/o The Santa Monica Star, 1112 Montana Avenue, #525, Santa Monica, CA 90403, and we will deliver it to her.



### Where to Shop (Continued from Page 3)

out of St. Matthew's Episcopal parish and school in the Pacific Palisades, St. Matthew's is an especially homey, cozy shop with a wide array of items on offer. All clothing, homeware, toys, and accessories are in good condition and reasonably priced. For me, St. Matthew's gets my vote because it's so well-organized, which makes spotting those great finds all the easier. Ladies, if you're in the market for great dresses and shoes, look no further. They even stock designer and vintage items, too. However, the best bit about this store is that all sales revenue goes towards providing grants to charitable organizations in need.

- **St. Matthew's Thrift Shop** 2812 Main Street. Hours: Tuesday - Sunday, 11 a.m. - 5 p.m., closed on Mondays. 310-396-9776.

Since 1937, the Assistance League of Santa Monica (AL) has provided resources for children and young adults of the Santa Monica Bay area. Now, the Assistance League thrift store on 15th Street (and their online website) is the primary fundraising activity that supports their incredible programs which provide science camp scholarships, college scholarships, and even vision care for Santa Monica public school students. If that isn't enough for you, maybe an extensive menswear section or vintage corner will?

The AL Thrift Shop also has a killer homeware section that includes crystal glasses, silver tea

services, and decorative bowls. This shop takes the prize for best prices, with items costing as little as \$1! Volunteer staff are incredibly welcoming and helpful, and whoever was in charge of the store playlist last time I dropped in has excellent taste!

- **Assistance League Thrift Shop**, 1453 15th Street, Open Thursday - Friday, 11 a.m. - 3 p.m. and first Saturday of the month 10 a.m. - 2 p.m. 310-395-2338.

The Discovery Shop is a must-shop stop for everyone. Every time I've popped in here, I've always been greeted with the absolute warmest of welcomes. Volunteer staff are quick to style me and point out newly donated merchandise. The team would like you to know that new items are put out daily, so you never shop the same shop twice. For a thrift shop, I think this service is pretty unique and personalized. It's easy to miss this Wilshire location, so I'd advise that you please don't. It feels akin to a boutique, with clothing items steamed and color-coded alongside artfully arranged window displays. Additional bonus, all revenue from the shop goes towards the American Cancer Society, which provides lodging and transportation for patients undergoing treatment.

- **American Cancer Society Discovery Shop**, 920 Wilshire Blvd. Hours: Monday - Saturday 9:30 a.m. - 5:30 p.m. and closed on Sundays. 310-458-4490.



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# From Me to You...



**By Diane Margolin**

This is Women's History Month. The national celebration started in 1981 when Congress requested that the President proclaim the week beginning March 7, 1982 as Women's History Week. Congress passed a resolution proclaiming March as Women's History Month in 1987. (The first Women's Day celebration was held in New York City in 1909.)

Each month has a theme. This year the theme is *Celebrating*

*Women Who Tell Our Stories.* Watch for women in the media who will be recognized.

The first place women got the right to vote was in the Wyoming Territory. It wasn't until 1974 that women could get credit cards in their own name. Sally Ride was the first woman in space in 1983 when she flew in the Challenger space shuttle. Girls' brains mature two years before boys' brains do. Women usually live two to five years longer than men live.

It could be fun to do some research and find out more facts about women during this special month. Enjoy the longer days.

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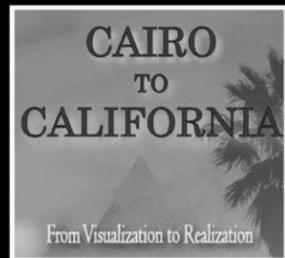


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Happy St. Patrick's Day

-Joe Analco

## Thoughts From a Second-Time Father

### Wanting What Other Friends Have



By Michael Margolin

Growing up, there were times when one of my friends had a toy or something I wanted but could not have for some reason.

Or, there were places they could go that I was not allowed to go, or things they could do that I was not permitted to take part in because I could not get permission from my parents.

For the very most part, I have no complaints about my childhood. Nothing is perfect, but I had a great time overall. And, looking back, anything I did not have or any place I could not go, did not have any huge effect on my life, then or now. Jake is in first grade and there is not much he asks for and does not get, and then complains because his friends have something he does not.

Alexa is in fourth grade, and although she does not really complain, the disparity between what we allow her to have, and watch, is beginning to grow between her and some of her friends. These things are not life-changing either. I am not critical about other parents and what they allow their kids to have or watch. Those are not my decisions. Alexa does not have a cell phone, and she has some friends who do. One of her friends was in the car with us the other day and asked why Alexa did not have one. My first thought was, well, she is nine-years-old,

and I did not have cell phone until I was about 25. I realize things are much different now than they were almost 20 years ago. Nevertheless, I had no such thing when I was nine. My wife Enjoli simply replied that she is not permitted to have one at this time.

Another thing she will not have access to for a while is social media. She can be mad at us the older she gets for not being able to have it. We would prefer some bitterness towards us over her being bullied or harassed by other students she is sure to encounter.

At some point, she will have a phone and an Instagram account, or whatever is popular when we allow her to have it. The whole idea here is that these are new waters to navigate as parents. Enjoli and I never really cared about or gave into peer pressure when we were younger. Perhaps Alexa seeing that she cannot have things, or watch shows that her friends watch, will help in her not giving into peer pressure when she is older. We are not apologetic about her not having these things and my parents were not necessarily too sorry, either. And, when I think about it, maybe that had more of a positive effect in the long run than I could have foreseen. Hopefully, it will for Alexa and Jake as well.

*Mike Margolin has been writing for us since 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.*

### "What KIND of Mom Are You?"



By Erin Surace

Grab a cup of something good and sit down with me for a minute. Do you ever think about what type of Mom you are? Hold

on. Let's try something different.

Instead of analyzing what type of mom you are or are not, ask yourself, "What kind of MOM am I?" Replace the word "type" and instead try to use the word "kind" – it is a double meaning for a reason. I want you to be "kind" to yourself when making this list.

It's easy to unintentionally judge when you make your list (especially when we are in an insecure place), so be kind. It is also easy to get discouraged by what you do and do not do, so take your time. And, at this point in my life, I don't wish to be the cause of weighing anyone else down and trapping them into a stereotype.

It is so important to choose to be kind. We say it all the time, and yet, we are still not there. But, we

should be. We should be for anyone who is watching us. Our children. Family members. Our children's friends. I often say, "If I can see you, then everyone can see you." For me, that's just role modeling 101.

So back to my question, because this is a great chance for you to look at yourself and realize how unique and wonderfully made you are as a mother. Now, roll up your sleeves, and let's get cracking on this list: I'm the kind of MOM who is....

Be proud of what you write! And may you always strive to be the kind of MOM you wish and dream to be. Even if you make mistakes. Brush it off. Learn from them. You are still YOU. This is the kind of MOM we all need. Peace.

Would you like to meet with other MOMs? To connect with our Mothers of Monica group, register at <https://stmonica.net/ministries/fellowship-groups/moms>. We meet every Tuesday from 7 p.m. - 8:15 p.m. PST.



### Why you need dental insurance in retirement.

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The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

#### Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.<sup>2</sup>

#### Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$189 for a filling, or \$1,219 for a crown<sup>3</sup> can be a real burden, especially if you're on a fixed income.

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▶ Shop for coverage with no annual maximum on cash benefits.

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.

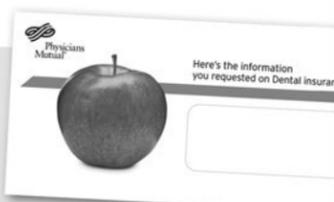
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# Community Service on the Westside

## Sign Up for the YMCA Summer Camp



**By Eduardo Lowe**  
Join the adventure at the Santa Monica Family YMCA Summer Camps, and create lasting memories! With registration now open, don't miss out on this incredible opportunity for fun, growth, and personal development. Our wide range of activities, from games to arts and crafts, guarantees that every camper will find something they love. Our experienced and dedicated staff are dedicated to providing a safe and enjoyable environment, where campers can have the time of their lives. At the Santa Monica Family YMCA, we understand the importance of promoting physical, mental, and social well-being for all. Our programs are designed to meet the unique needs of each individual, whether they are looking to develop new skills, make new friends, or simply have fun. We believe that summer camp should be a fun and educational experience, and our staff is committed to making that happen.

For adults, we offer personal training programs and group programs to help achieve health and fitness goals, with the support and guidance needed to succeed. The YMCA is a nonprofit organization, and our mission is to promote youth development, healthy living, and social responsibility. With the support of our local community, we are able to provide essential programs and services to those in need, from children to families and seniors.

Join the YMCA today, and become part of a positive community that is dedicated to making a difference. Our programs are designed to help everyone reach their full potential, and our summer camps are the perfect opportunity to start. So, don't hesitate!

Sign up for the Santa Monica Family YMCA Summer Camps at [www.ymcasm.org](http://www.ymcasm.org), and make lasting memories, new friends, and positive impacts in your local community.

**Eduardo Lowe is the new Member Engagement Director of the Santa Monica Family YMCA.**

## Contests Promise New Creations



**By Patricia Webber**  
The Santa Monica Bay Woman's Club (SMBWC) has had an eventful start to 2023. Our annual

Valentine Making & Music Day finally returned after a four-year hiatus. This event had become one of the Club's signature activities over the years and had to be mothballed until we were sure COVID would not be an issue.

This year's event was held on February 4 and was a delightful success! While Club members, friends, and parents enjoyed hours of card making, the Santa Monica High School (Samohi) Jazz Combo played on the ballroom stage. Eight accomplished musicians played a variety of jazz compositions. Sydney de Franco's vocals were matched by her talent playing the Club's Steinway grand piano. The Samohi Jazz Band

program is the recipient of this year's event, with matching funds donated to School on Wheels.

The event was preceded by a small get-together for members on the evening of February 3. Both events were co-chaired by the talented Susan Berry and Alicia Syres.

Coming up on March 17, our Club will once again host the Marina District monthly meeting and luncheon. There will also be Photography and Writing contests for members of the nine clubs that comprise the Marina District. The contests' goal is to encourage members to create and to inspire others through participation in the arts.

Our weekly bridge and canasta card games continue on Mondays; Arts, Crafts, and Conversation group meets on Tuesdays. For information, see [SMBWC.org](http://SMBWC.org) or call 310-395-1308.



The SAMOHI Jazz Combo performed at the Santa Monica Bay Woman's Club's Annual Valentine Making & Music Day event on February 4. They are, from left, Ken Rugprayoon, Sydney DeFranco, Ethan Clark, Theo Tobel, Julian Gordan, Chris Ravare, Max Bernstein, and Remy Rousselle.

## Lions Planning Upcoming Events



**By Linda Levee**  
We Lions love to discuss ideas and issues at our dinner meetings. The topic this year for our recent Annual Student Speakers Contest was "Social Media: Connects Us or Isolates Us?" Each of us took a turn for five minutes or less to express our opinion on this subject. It led to a very lively and stimulating discussion.

Besides our monthly dinner meetings, we enjoy the fact that we're always actively involved in various outreach projects to help the community. The two current ones that we're busily getting ready for are "Lions Eyes Across California" - Virginia Ave. Park, March 18, 9 a.m.-1 p.m. We are doing this with the Venice-Marina-LAX Lions Club.

We are offering free adult and child vision screenings, special diabetes screenings, and giving out reading glasses. Here's also a chance for any of you who have old eyeglasses or hearing aids to bring them in and donate to us.

For more information, contact [csmpplions@gmail.com](mailto:csmpplions@gmail.com).

Our other upcoming event is the "Santa Monica Arts and Literacy Festival" - Virginia Ave. Park, April 29, 10 a.m.- 2 p.m. This year's theme is "Ready, Set, Build." Under adult supervision and guidance, children will be able to construct and build personal items. It will be a wonderful learning experience for the youth.

Anyone interested in enriching their lives, developing new friends, and learning more about Lionism, we invite you to be our guest at one of our dinner meetings. Contact Dr. Kingsley Fife at 310-454-2960, or Lion Yoriko Fisher at [yorikofisher@gmail.com](mailto:yorikofisher@gmail.com).



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# March is National Women's History Month

Since I had created word search puzzles in past issues with places to go in Santa Monica, Carolyne Edwards reminded me about Women's History Month in March. She suggested doing a puzzle with the names of notable women on

the Westside whose creativity, dedication, and spirit of giving made a difference in the tapestry of their communities, today and in the past. There was only so much space, so if you know of a name we should include next year,

please send it to us. I asked each person to describe one thing they did, and it was hard because many of these women participated in many organizations.

I hope you enjoy doing the word search puzzle. —D.M.

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C	A	T	H	E	R	I	N	E	B	A	X	T	E	R	G	A	I	L	L	I	T	V	A	C	K

## Notable Women on the Westside

- Ann Greenspun** - Past president of the Santa Monica Chamber of Commerce. School nurse and PTA president at Santa Monica High School.
- Pam Brady** - Former president of California State PTA and SMMUSD School Board.
- Monika White, PhD** - Former President/CEO of Center for Healthy Aging and a USC Adjunct Professor, now retired, but continues to serve on a variety of nonprofit boards and lectures on aging topics and her experience as a Holocaust survivor.
- Elfie Mosse** - First female librarian in Santa Monica.
- May Bundy** - First American player to win the singles title at Wimbledon in 1905. Born 1886.
- Blanche Carter** - First African American elected to Santa Monica Board of Education.
- Vivian Valentine** - Member of Santa Monica Gems, which provided scholarships to youth, and member of Santa Monica College Emeritus Chorus.
- Thelma Terry** - In 1950s, created recreation and after-school programs for Black youth in Santa Monica which became a model for recreation programs throughout California. Building named for her in Virginia Avenue Park.
- Essie Tucker** - Successful African American business woman in real estate. Purchased Shore Hotel, 2nd and Broadway, Santa Monica, in 1957. Founder of S.M. Fair Housing Council.
- Kathleen Rawson** - Longtime CEO of Downtown Santa Monica - Coordinated all operations in downtown, the Third Street Promenade and beyond.
- Clo Hoover** - First Woman Mayor, 73-75, City Council 61-75.
- Christine Reed** - Mayor, 1984-1986, City Council, 1975-1990.
- Pam O'Connor** - Mayor, 1996-1997, and 1998-1999.
- Jacquie Seabrooks** - First Black female to serve as Inglewood police chief in 2007, and in Santa Monica in 2012.
- Catherine Baxter** - Samohi grad became a Dean, member of Hall of Fame. Named Woman of the Year in 2019 from Senator Ben Allen for 35 years dedication to the school and education.

- Diane Margolin** - Created *The City Scene*, the first family newspaper in Los Angeles while teaching elementary school, 1984. Wrote the SMPD Centennial Cookbook, 1987.
- Carolyne Edwards** - Carolyne and her husband Bill are founders of The Quinn Research Center in the Pico Neighborhood. Their focus is to preserve African American history in Santa Monica, Venice, and the Bay Area.
- Iao Katagiri** - For four decades, she was the face of RAND, Inc. as their Community Relations Officer and, in that position - as well as personally - supported countless organizations with finances, board members, expertise, and fundraising events.
- Doris Minter** - Member of the Santa Monica Airport Commission for eight years. Her two-year stint as volunteer surveillance pilot for the Santa Monica Police Dept allowed her to accumulate hundreds of hours in a Cessna 172.
- Margo Verge** - Volunteered at the Cancer Society's Discovery Shop. Always wore hat, gloves, and makeup. Looked for the good in others. Mother of six.
- Sally Ride** - First woman astronaut. Buried in Woodlawn Cemetery.
- Gail Litvack** - Coordinated annual Community Recognition dinners for the Lions Club of Santa Monica for many years.
- Mimi Hebert** - Owner and chef of wonderful French restaurants on the Westside from 1976 to present.
- Sally Young** - Executive Director from 1985 to 2008 of the YWCA Santa Monica/Westside.
- Rena McKinzie** - Original editor of the Santa Monica High School Alumni newsletter, the *Viking News*, from 1988 to 2013.
- Judi Barker** - Owner of Barker Hangar in the Santa Monica Airport where she coordinates special events.
- Madame Sylvia Wu** - Owned famous Chinese restaurant, Madame Wu's, on Wilshire Boulevard.
- Merle Norman** - Developed popular makeup line in studio on Main Street.
- Tara Pomposini** - Serving the Santa Monica Family YMCA since 1984. Became CEO in 2003.

- Kera Snell** - Santa Monica Rotarian, public relations specialist, and Board member, Santa Monica History Museum.
- Jean McNeil Wyner** - aka Mrs. Santa Monica. Former president, Santa Monica Chamber of Commerce, and Santa Monica YMCA Board.
- Becky Mejia** - Active member of the Santa Monica Y Service Group, Santa Monica Historical Society, and the Santa Monica-Pacific Palisades Lions Club.
- Patty Daley Caruso** - Helped with popular family business, Caruso's Men's store on 4th and Wilshire.
- Kris Andresen** - Architect of the Santa Monica History Museum.
- Anita Clark** - Was the first female African American teacher hired in the school district.
- Becky Upchurch** - Longtime president of the Santa Monica Bay Woman's Club.
- Maria Shriver** - Creator of the *Sunday Paper*, a wonderful resource on how to deal with the challenges we face in our lives.
- Julie Clark** - Roosevelt Elementary School teacher who has written three terrific novels that you won't want to put down once you start reading them.
- Susan Gabriel Potter** - Recipient of the Roy Naylor Lifetime Achievement Award from the Santa Monica Chamber of Commerce in 2012.
- Louise Gabriel** - With husband, Bob, created the Santa Monica Historical Society in 1975 which led to opening the Santa Monica History Museum at 1350 7th St. in 1988.
- Lucy Guerboian** - Made Christmas season more special by serving her famous baklava at Reader's Fine Jewelers - her son Eddie's store.
- Eula Fritz** - Santa Monica Police Activities League (PAL) director for 15 years.
- Shirley Temple** - Born in Santa Monica in 1928, became popular child actress, and later on a diplomat.
- Dee Menzies** - Head of Carlthorp School on San Vicente Boulevard for 33 years. Now, director of the First

# Legal and Illegal Cannabis Shops



By Stephen Freedman

Traveling around the Los Angeles area, it is a common sight to see the glowing green cross of cannabis dispensary. They

are seemingly everywhere these days, even popping up in some unexpected areas.

Unfortunately, most of these dispensaries are illegal, unlicensed shops, or "trap shops," and fail to abide by the safety and consumer information protocol the State mandates. Due to the lack of any consistent enforcement by authorities, these stores are permitted to conduct business as if they were licensed. When they are shut down by authorities, most just reopen the next day as if nothing happened and continue their deception to the general public.

The following is a handful of ways to tell if you are purchasing your product from a state-licensed shop:

The easiest way to tell is upon entry. All legal dispensaries are required to display their current license in an open and obvious space. Most licenses will also have a QR code so a patient can look up the licensing information immediately on their phone. You can also search the Bureau of Cannabis Control (BCC) website to see the current status of any dispensary in the state. The BCC oversees licensing and regulates all commercial cannabis activity in California.

All cannabis products sold in California must be tested for safety, potency, and content. This information will be on the product itself - THC and CBD content, the strain or strains used, packaging date, and other vital information. This is for the safety of the public. Most products sold at trap shops are not tested and may contain pesticides or other hazardous material that can be unsafe for ingestion.

Finally, you will be paying sales tax, as well as state excise tax, on your purchases. All commercial cannabis products are required to be taxed. Starting January 1, 2023, both sales and excise tax must be listed on all sales receipts.

Until law enforcement decides to stop this Wild West mentality, it is up to the consumer to be vigilant in where they purchase. Not only to help the growers, vendors, and retailers who are following the law, but for your own personal health and safety as well.

**Stephen Freedman is the General Manager at ERBA Markets. Locations include the Woods, Los Angeles, Venice, Lompoc, South Bay, and WeHo.**

## Notable Women

United Methodist Church Preschool.  
**45. Pat Samarge** - From 1963 to 2007, worked in every school in the SMMUSD as either a teacher, consultant, coordinator, assistant principal, or principal.



## Connect to Nature in March

By Julie Rensink Hanson

March is an exciting month for Southern California birdwatchers and anyone who enjoys nature. It's the time of year when nesting activity really picks up, migrants are seen along the Pacific Flyway, and visitors come to delight us for a new season.

Starting about the middle of the month, you may begin seeing some larger birds trying to drink from your hummingbird feeder. Don't be alarmed, these are the Hooded Orioles, taking in nutrition after the journey north. These master weavers are here to build nests in palm trees and will stay to raise their young through August. To attract them to your yard, you can put out a specialty oriole feeder with nectar and the grape-berry jelly they love.

Black-headed Grosbeaks also start moving through the area mid-to-late March. They love sunflower seeds and will be searching for feeders that offer them this treasure. You will enjoy seeing the bright orange and black color of both the Grosbeaks and Hooded Orioles as they flash through your yard.

The Lesser Goldfinches are very active at feeders this month, as they prepare for nesting ahead. This is a good time to keep your Nyjer feeder full and maybe add another one to accommodate the larger groups. The American Goldfinches have molted and are showing off their brightest yellow and black plumage for all to enjoy.



Black-headed Grosbeak

Parents and caregivers can take advantage of this active time to introduce their kids to nature and teach about our wild birds, migration, and nesting. One easy way to get started is to hang out a bird feeder in a location where you and your kids can see it easily, such as in a kitchen window or patio where you like to sit. Invest in a guide with pictures, such as *Backyard Birds of Southern California* to start identifying the birds you see. Don't worry so much about the names, just be a good observer of the sights, sounds, and activity around you. You can make a feeder together with your kids, or, if you can't do a feeder, consider a nesting box or bird bath and watch the fun begin.

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.



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Bosnian Dog Rescue: "Rocco" is about three years old and has been at the shelter (where it's 14 degrees F) for four months. He was rescued from the streets of Bosnia. Please send donations, or contact us for adoption at [www.HopeVMSElainesDogs.com](http://www.HopeVMSElainesDogs.com).

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## Paws and Claws

### My Dog Has a Heart Murmur



By Dr. Frank Lavac, MS, DVM  
Q: My eight-year-old Cavalier King Charles Spaniel has a significant heart murmur. What should I do to help him?

A: Cavalier King Charles Spaniels can develop heart disease at an earlier age than most other dogs. A heart murmur is an abnormal sound that the heart makes when there is a leak between the chambers of the heart. It can also be associated with valvular disease of the major vessels. In Cavaliers, it is most often associated with a leaky mitral valve (between the left ventricle and the left atrium). There are many causes of heart disease, including genetics, age, infection, and some are even associated with grain-free diets. The heart murmur sound is caused by turbulent blood flow. This is not dissimilar to turbulence or pressure changes when you kink a hose and hear the

sound as the water pressure gradient is altered.

Heart murmurs are usually graded 1-6. When a dog is identified as having a heart murmur, it does not mean that he is in heart failure. Typical signs of heart failure include weakness, exercise intolerance, coughing, increased respiratory rates, or labored breathing. A typical medical work-up might include chest radiographs and a blood/urine test.

Often, when the pet looks to be in heart failure, we refer them to a Board Certified cardiologist to get a more extensive evaluation of the heart. They will typically perform an Echo (ultrasound) of the heart to get more specific information about the nature of the heart disease.

For more information, go to [www.VeterinaryPartner.com](http://www.VeterinaryPartner.com) to view *Heart Murmurs in Dogs and Cats*.

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

## Digital Discovery (Continued from Page 3)

technological pervasion here that are more of an adjustment for me, too. Abu Dhabi has created a reputation for being an incredibly safe city – crime on any scale is almost unheard of – and it's a culture that's been created in part through a heavy utilization of surveillance tools. For example, highway speeds are monitored most often not by a person, but by a roadside camera in a distinctive black and grey striped pillar. These cameras capture car speed and some other traffic infractions, such as concurrent cell phone usage while driving. The cameras also document the car license plate, which is in turn linked with yet another phone application. Within minutes

of a camera registering a speeding violation, a fine is sent to the app on the driver's phone. It is not typical to contest it.

The merits and mires of technological monitoring is a topic well-worth reflection, but as a visitor here in the UAE, I am choosing to lean more into curiosity than criticism. Seeing the advances that such a young country has made in terms of technology as a tool is truly just as impressive as the rest of Abu Dhabi's high-rising, heatwave-riding infrastructure.

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

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