



This dad and his son chose to help clean up the beach on Earth Day.

What Will You Do to Make a Difference on Earth Day?

By Gigi Appelbaum-Schwartz

For as long as we can remember, the Earth has provided us with everything we could possibly need for both our survival and our happiness, and for the most part, we have not responded with adequate reciprocity. Humanity has a long and tumultuous history of abusing our planet in the name of arbitrary profit, and so the Earth has suffered – gradually warming and degrading over the years. That

said, April 22 – Earth Day – is an opportunity for us to give back and to demonstrate our appreciation for this wonderful planet. It reminds us of the work that needs to be done in order to reverse the damage that has been done to the Earth, and encourages people to reflect on their relationships with the environment that surrounds them.

This year is the country's 54th

(Continued on Page 5)

Recognizing 30 Years of Santa Monica's Sustainable City Plan

By Isabel Filson, California Climate Action Corps Fellow

This Earth Month, Santa Monica's Community Garden Program wants to recognize and celebrate the 30-year anniversary of Santa Monica's Sustainable City Plan.

This comprehensive plan guides the city in making decisions that increase positive environmental impacts while supporting the community, managing resources, and ensuring health and well-being for all. The plan was initially adopted in 1994, and continually evolves to best address changing environmental challenges and concerns.

The plan focuses on nine areas: Resource Conservation; Environmental and Public Health; Transportation; Sustainable Local

Economy; Open Space and Land Use; Housing; Community Education and Civic Participation; Quality of Life; and Arts and Culture.

Each area has a set of goals and measurable statistics to analyze, such as acres of open space or total number of participants in the business greening program.

The Community Garden Program supports the goals of the Sustainable City Plan by providing local healthy food, expanding green spaces, diverting waste, and creating community and connections among residents.

Please join the Community Garden Program in celebrating the 30-year anniversary of this plan at our upcoming events. Stop by our monthly Main Street Community Garden Open House on Saturday, April 13, from 9 a.m.-11 a.m. Have a cup of coffee, meet

(Continued on Page 3)



Nicholas enjoys selecting his snacks from the colorful choice of vegetables and fruits displayed in a muffin tin. Try this method of introducing snacks to your child. See Page 4. Photos by Cheryl Thode

Take A Look Inside	
Good News	2
Byte by Byte	3
The Real Estate Advisor	3
Clergy Column	5
Discover What's Happening on the Westside	5
Love Links	6
Traveling With Tanya	8
Planning Ahead	10
Paws and Claws	11

Meals on Wheels West is Celebrating 50 Years of Service!



Meals on Wheels West brings more than meals to its appreciative clients who look forward to greeting the volunteers delivering the food. Above, Marianne and her dog, Ginger.



Volunteers get their food packed to deliver outside the MOWW office.



A client likes to visit with the volunteer who brings his meal.

By Stacy McClendon

It was enjoyable to sit down with Executive Director Chris Baca to learn all about what Meals on Wheels West (MOWW) provides for our community.

Meals on Wheels West was founded in 1974, and is celebrating its 50th anniversary this year. Chris Baca has been heading MOWW for 10 years.

This agency serves meals to all ages and veterans. Clients range from 35 years to 102 years! In the last 10 years, the number of meals served has grown 238%. There was a time where 65,000 meals were served. That number has since grown to 220,000 meals last year. Many new clients were enrolled during the pandemic.

Meals on Wheels West also noticed that their heritage clients (normal clientele) were already used to being isolated. However, the newer clients that signed up during the pandemic weren't used to this, and began struggling with loneliness and depression.

To help combat this, Meals on Wheels West decided to start a

Community Connections program that began calling clients twice a week to check up on them. This has since been reduced to once a week. This program also provides referrals and services, to more than 50 organizations, for clients who need assistance with other pressing issues.

Volunteers also provide a Wellness Check every time they deliver a meal, which allows them to report additional client assistance needs to the staff. Both programs have been able to close the gap of clients who might have otherwise fallen through the cracks, for additional services needed.

During the pandemic, MOWW also worked closely with the California Public County of Health to assist in getting over 90% of their clients and 100% of their staff vaccinated.

Meals on Wheels West also began a Food and Shelter program in 2020 that serves people who are now housed, after being homeless. This program aims to assist in helping get clients food, shelter,

(Continued on Page 5)

Optimize Your Brain Health for Enhancing Mood and Managing Cognitive Changes



By **Ryan Glatt, MS, CPT, NBC-HWC, Shannel Kassiss Elhelou, PsyD, and Karen Miller, PhD.**

Did you know that more than 20% of adults over the age of 55 experience depression, anxiety, or cognitive decline as they age? Have you noticed some of these symptoms or memory issues? Well, the good news is that it's possible to be proactive and change the course of your brain health for the better. Neuroscience offers insight into prioritizing brain wellness to address mood and cognitive changes. To optimize cognitive functioning and mental well-being, we offer courses that focus on sleep, stress management, nutrition, exercise, socialization, and cognitive training.

• **Stress Management:** Chronic stress can lead to memory difficul-

ties and mood disorders. Stress management techniques can optimize cognitive functioning and mental health.

• **Sleep:** Better mood and brain health are related to quality sleep and addressing sleep disorders.

• **Nutrition:** The Mediterranean diet (fruits, vegetables, whole grains, omega-3 fatty acids, and healthy fats) leads to living longer and healthier lives, along with improving hypertension and diabetes.

• **Exercise:** Engaging in >150 minutes of moderate-intensity exercise per week increases blood flow to the brain, encourages growth of new neurons, and improves memory. Exercise reduces stress levels and improves mood.

• **Socialization:** Engagement with friends and families reduces feelings of isolation and loneliness, provides mental stimulation, and reduces the risk of depression and anxiety. Creating and maintaining meaningful connections enhances purpose, resilience, and longevity.

• **Cognitive Training:** Aging

adults benefit from mental exercises that stimulate neural connections and enhance memory. Evidence-based techniques improve attention, memory, executive skills, and language. Customized cognitive training can manage cognitive changes related to normal aging and neurodegenerative diseases.

Join Free Workshops in May 2024 | YMCA Santa Monica

The Brain Wellness & Lifestyle Program at Pacific Neuroscience Institute provides aging adults with skills to take charge of mental and cognitive health. A free workshop series in May led by our experts and funded by the L.A. County Department of Mental Health, aims to improve mental and cognitive well-being. In-person workshops are at the Santa Monica YMCA (Thursdays May 9, 16, 23, 30 from 10 a.m.-12 p.m.) and virtual workshops are on Wednesdays May 8, 15, 22, and 29 from 11 a.m.-12:30 p.m.

You can attend any or all events! Please visit clearminds.com.

eventbrite.com for additional information and registration.

• **Ryan Glatt, MS, CPT, NBC-HWC, Senior Brain Health Coach & Fit-BrainSM Director, specializes in personalized interventions supporting individuals to optimize their cognitive health.**

• **Shannel Kassiss Elhelou, PsyD, a geropsychologist and neuropsychologist, delivers lifestyle interventions and memory training to proactively address and prevent cognitive decline.**

• **Karen Miller, PhD, Senior Director, Brain Wellness & Lifestyle Program at Pacific Neuroscience Institute, is a leading national expert in Memory/Cognitive Training. With more than three decades of experience in the field of aging and memory as a geropsychologist and clinical neuropsychologist, she develops and directs the implementation of programs aimed at providing a roadmap to brain wellness.**

Donations to Westside Food Bank Will Be Doubled Through April

Donations made to Westside Food Bank (WSFB) will receive a dollar-for-dollar match through April 30, 2024, as part of its 28th Annual Phantom Dinner.

For over two decades, WSFB has encouraged its community of supporters, volunteers, and friends to gather in spirit rather than in person to support its hunger relief work. WSFB's Phantom Dinner tradition enables the nonprofit to allocate 100% of the funds that would otherwise be spent on organizing a gala dinner to the Food Bank's mission of providing nutritious food for our neighbors in need.

This year, a pool of anonymous donors has pledged to match every dollar donated through the end of



This client is receiving fresh vegetables from a mobile food pantry that goes to Virginia Avenue Park on Thursday mornings.

April up to \$100,000. This means the impact of every gift will be doubled. Normally, \$1 is equiva-



lent to four meals, but because of the match, \$1 will provide eight nutritious meals for food-insecure children, adults, and seniors living in Los Angeles County.

"The extra assistance programs that helped vulnerable households get through the pandemic have ended, and now Los Angeles County is facing the worst hunger crisis of our lifetime with 30% of residents experiencing food insecurity," Westside Food Bank President and CEO Genevieve Riutort said. "People are turning to emergency food sources like Westside Food Bank's network of partner food pantries to survive."

Food insecurity rates are up another 13% since the height of the pandemic in 2021. The fresh produce, protein foods, and pantry staples that WSFB provides nour-

ish the bodies and spirits of local individuals and families, while the \$300 per month that they save on groceries often makes the difference between paying rent or losing their housing.

To donate to Westside Food Bank's Phantom Dinner, visit wsfb.org/pd2024. Together, we can create a stronger, more resilient, and well-nourished Los Angeles.

The Westside Food Bank is located at 1710 22nd Street in Santa Monica. To find out more about their programs, or to become a volunteer, please call 310-828-6016.



Happy April Birthdays to: Marlene Dobkin, Klaus Brandt, Paul Gaulke, Mervyn Hecht, Carol Jackson, Xavier Banister, Sarah Young Shepard, Alan Rich, Rena McKinzie, Sharon Croskery, Frank Vespe, Cameron Khoury, Beth Field, Jennifer George, Matt Williams, Jessica Heffernan, Kathleen Fish, Isabelle Viguier, Jason Nadler, Jamie Menzies, Jenna Analco Gilliland, Raul Gomez Salazar, Lenn Hilario Chowdhury, Steve Litvack, Martyn Crown, James Fleming, and Linda Greenberg

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The Real Estate Advisor

Unveiling the Controversy: Real Estate Commissions in Today's Market



By Richard Lombardi

This is part two of a series about the real estate sales industry and compensation.

The real estate landscape has become a battleground for the debate over commissions, long considered the industry's compensation standard. Traditionally, residential real estate rates have been negotiated between 5% and 7% of a property's sale price and split between buyer's and seller's agents. However, the rise of technology has empowered consumers with unprecedented access to information, ushering in a new era of discourse on commission structures.

Recent lawsuits in the real estate sector have amplified this ongoing debate, particularly regarding alleged antitrust violations by major brokerages accused of conspiring to fix commission rates and limit competition. Home sellers, in particular, have challenged the traditional commission model, arguing that it artificially inflates prices and restricts consumer choice. This legal scrutiny has prompted a reevaluation of commission practices within the industry, sparking discussions about alternative compensation models. In this evolving landscape, some agents are already adapting to this shift by offering a menu of

services, allowing clients to choose only the assistance they require at varied fee levels.

From the perspective of real estate professionals, the challenge lies in effectively communicating the value they provide amidst the abundance of online resources. While technology has democratized information, it hasn't replaced the expertise, personalized service, and comprehensive support agents offer throughout transactions. Their role encompasses market insight, marketing and negotiation skills, coordination of multiple vendor resources, and adept handling of complex transactions.

However, there's a perceptual gap between the value agents deliver and the commissions they charge, prompting calls for transparency and reconsideration of traditional commission structures. In navigating these complexities, collaboration within the industry is crucial. Agents must embrace innovation, advocate for their value, and prioritize transparency to collectively shape the future of real estate commissions, ensuring a rewarding and successful experience for clients.

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

Byte by Byte

Abu Dhabi, Running, and Social Media: From Loading Up to Lacing Up



By Dr. Miceala Shocklee

Over the past almost-year of exploring Abu Dhabi, one of the communities I've been pleased to discover that is unexpectedly robust is the running community. A desert city that rivals Los Angeles in its claim to the term concrete jungle, Abu Dhabi has nevertheless managed to build a strong penchant of people dedicated to pounding pavement, however it looks.

Social media has been integral to my discovery of the running community here. Gray area that it can be, Instagram's advertising algorithm quickly and correctly figured out that yes, I do want to know that there's not just one, but two weekly schedules for Abu Dhabi running teams that I can join.

Yes, I do want to know about the race that's happening at a local mangrove forest in a couple of weeks; and absolutely, yes, I am thrilled to learn that there's even an ultra-running scene here with a yearly trail marathon up in the mountains.

I've also been delighted to see that Abu Dhabi puts just as much effort and pride into advertising and celebrating its local neighborhood runs and park 5Ks. Abu

Dhabi's dedication to fostering its running community even goes so far as to have the various malls around town host indoor runs in the summer, when the temperatures outside soar. Electronic posters go up in the mall foyers, emails out from the government's sport sector, and social media quickly starts looping sponsored and non sponsored posts about the events out my way.

Technology, as much as it can be a crutch that keeps us in one spot, has been a surprising source of getting my shoes laced up and out exploring new roads.

Dr. Miceala Shocklee is a part-time freelance writer and editor and a full-time staff veterinarian with SeaWorld Abu Dhabi Yas Island in the United Arab Emirates. Miceala started her career in Santa Monica and West Los Angeles and now writes of her adventures from other shores.



-Joe Analco

Artwear, Jewelry, Beads, and Antiquities Coming to the Marriott Marina del Rey

Get ready for a bustling atmosphere of creativity, inspiration, and great shopping at the Bead & Design Show happening this April 19-21 at the Marriott Marina del Rey Hotel.

There will be over 150 artisans and tradespeople showcasing artisan supplies, jewelry, one-of-a-kind art wear, and antiquities.

Starting on Friday, April 19, the Marriott Hotel will come alive with an array of artisans and enthusi-

asts eager to showcase their latest creations and share their expertise. Visions of an old world bazaar come to mind as you browse the diverse displays with items such as lampwork beads, hand-cut gemstones, vintage findings and embellishments, hand-dyed silks, pearls, tribal textiles, eco-dyed clothing, and woodblock fabric.

Step into a world of handwork when you meet and talk directly

(Continued on Page 5)

Recognizing 30 Years

(Continued from Page 1)

gardeners and tour the space at this free event. This open house will also include a garden volunteer opportunity.

This April, our Pancakes in the Park event at Ishihara Park Learning Garden will be an Earth Day celebration. Visit the garden on Saturday, April 20, from 9 a.m.-11 a.m. for pancakes, crafts for kids, and more! These events are free and open to the public.

Find out more about these events and register to volunteer by visiting www.santamonica.gov/events. Read more about the Sustainable City Plan at <https://www.santamonica.gov/sustainable-city-plan>.



Ishihara Park Learning Garden volunteer, Martha Bardach, holds a pancake creation celebrating the 30 year anniversary of the Sustainable City Plan at the garden's monthly pancake breakfast.



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Rotary Club of Santa Monica Hosts Exciting 16th Annual Wine Fest



A part of the committee that put the amazing event together poses with coordinator, Andrea Gressinger, second from right. Not shown, Co-chair Vicky Curtis.

auction items, writing the descriptions of the items, getting sponsors, finding a featured charity, setting and cleaning up afterwards, etc., just to list part of what is involved.

Andrea Gressinger and her Co-chair Vicky Curtis have coordinated the event for the last several years and they seem to make it more successful every year. Members of their committee were Ken Waltzer, Mike Kallhoff, Suzan Allbritton, Carol Powell, Lan Nguyen, Karin Wallerstein, Kera Snell, Kinan Aljamal, Cynthia Kraus, Joe Metoyer, Diane Margolin, and Sharon Gavin.

Club President Ken Waltzer shared his thoughts after the event. "Our club held the 16th Annual Santa Monica Rotary Wine Fest two nights ago. And, what a night it was! We held it in a brand-new venue, The Skirball Cultural Center, which helped us substantially elevate the experience. The elegance of the attendees, decked



The John Travolta impersonator included some guests in his dance performance. Photos by Elias Mikaelian

out in their best evening attire, matched the beauty of the room. I suspect the Skirball will be our preferred venue for years to come. Although it will be a week or so before we have final numbers, it already looks as if this will be the highest-grossing Wine Fest ever! How far we have come from the first Wine Fest 16 years ago that we held in Con Oyler's backyard, and which raised \$5,000.

We're now regularly raising \$100,000 plus. During the main event, we had five wineries who generously poured selections from their portfolios. They were The Boisset Collection, Falkner Winery, Vinos Los Angeles (Wines of Mexico), Wine Guy & Wine Gal, and Europa Village.

The live auction followed and included a wildly successful Fund-a-Need for the Guardian Scholars of Santa Monica College. To make it real, we heard from Dr. Debra Joseph Locke, Dean of Special Programs, and Guardian Scholar Student Jeanee Keaton, who will be graduating from SMC with Honors and will then be transferring to either UCLA or USC."

For more information on this event and my very special Rotary Club of Santa Monica, go to the Santa Monica Daily Press issue from March 12 for a wonderful story by Thomas Leffler. —D.M.

Making Snacking Fun, Tasty, and Colorful



By Cheryl Thode

As a mom of a five-year-old and a one-year-old, food, snacks, and the "what, when, where, and how" to feed my kids

are top subjects occupying my mind 24/7. Are they getting enough protein? Does that item have too much sugar? Can I make their lunch before they have a meltdown? Some days, I feel like my boys don't stop eating. Then other days it seems like they haven't eaten for a week!

To add to the food battle, I have my own challenges deciding what I want and when to fit in a meal for myself in between naps, school, and after-school activities. It can be a pretty crazy, and sometimes unfortunate battle, to get food fixed and eaten.

It has become my quest to make mealtimes a little less challenging. On my journey, I have come across fantastic cookbooks, blogs, mom advice, and food prep ideas.

I've used a lot of what I have discovered. Recently, I have come across a strategy that I have found to be pretty pleasurable and successful in my household.

My older son is not that picky of an eater, but he has a hard time actually "selecting" what he wants to eat. My most successful meals for him are ones that have lots of different types of food, but in small quantities. This need for variety in small packages has made mealtime quite challenging. However, I recently came across a late afternoon snack idea that has made him excited to eat, me ecstatic with his eating choices, and both of us eager to be in the kitchen together. As an added bonus, my one-year-old, who follows almost anything my five-year-old does, has also shown great interest in this new snack idea.

I like to call it "Taste the Snack Rainbow." Basically, we take a 12-muffin cooking tin and fill each three-muffin column with proteins, grains, fruits, and vegeta-

bles. Once the tin is prepped, we pick out plates for both boys' meals, and then my sons get to pick one or two foods from each category to put on their plates. It is a super simple idea, but it has paid dividends for us. It has encouraged us to prepare food ahead, get a variety of foods to pick from, and even try to make a rainbow of colors on our plates.

For our latest version, we added silicone muffin cups into the tin to both aid with washing and to add further color to the snacks. Then, we chose our items for each category. For proteins we selected salami, hardboiled egg, and smoked gouda. For the grains/fats we picked out crackers, cut-up tortilla, and cashews. Our fruit choices were freeze-dried strawberries, grapes, and one peeled Cutie. Lastly, for our vegetables, Nicholas chose pickles, carrots, and arugula.

I think what I like most about this activity is that it is easy, allows my son to get excited about snack time, and it does not lead to



Your child may enjoy selecting his snacks when presented this way.

me wasting any food. As a parent, you know these are great measures of success!

In my role as "mom," I truly appreciate finding ways that help me keep my kids healthy while also creating memorable, fun experiences. This snack time idea is one such way. I encourage you to try this out with your kiddos. Heck, I enjoy it as my snack time treat, too! Keep healthy readers! God Bless!

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Clergy Corner

Try Listening With an Open Mind When You Might Not Agree



By Rev. Patricia Farris
A recent forum at the National Cathedral in Washington, D.C. brought together elected leaders from both major

political parties to discuss the "state of the union," we might say, and offer suggestions for our health going forward.

It was called "With Malice Toward None, With Charity for All: Reclaiming Civility in American Politics." The moderator began by noting: "As we head deeper into this election year, I can think of few topics more important than civility and the need for civil discourse in order for democracy to thrive."

I know that some pastors dread the internal conflict that can come within congregations in an election year. I like to look at it another way. It's precisely in the life of a diverse faith community that we can practice civility. Because we are held to a high standard of loving one another and loving our Creator, we can practice listening

to one another, working especially hard to listen, with an open and loving mind, to those with whom we might disagree on a variety of policies or social issues. We can do the hard work of trying to see things through their eyes. We can resolve to hold them in respect and treat them with kindness and dignity.

The work of speaking to the things we hold most dear while not denigrating another whose views may differ is hard work, very hard work. It takes practice, and sometimes we won't get it right. But, another of the gifts of a faith community is that we also practice forgiveness, of ourselves and one another. We can mess up and start over. We can get back on the path to a better future, together, a future built on trust, compassion, and dignity.

"Be the change you wish to see in the world," as it has been said. May that work begin now, within, and among us.

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

Passing Through the Pico Neighborhood

Meals on Wheels West is Celebrating

(Continued from Page 1)

and assistance to become integrated back into society.

Some Meals on Wheels West facts to remember:

- It's a volunteer-driven organization.
- There are 40 routes to deliver a day, which means they need 40 volunteers daily.
- You can volunteer as often as you like, whether it is for a day, a week, or a month. Are all appreciated.
- Most clients get meals for free or at a subsidy. The average donation received is under \$2. However, each meal costs over \$12. No one is EVER turned away for inability to pay. They do not have a waitlist.

Chris also shared that there is

Hidden Hunger, even in the most affluent communities. You will not see these people out in the streets, as most are homebound. Meals on Wheels West locates these clients in need through referrals, by leaving flyers at buildings, and through social media.

This agency definitely lives up to their tagline of *Delivering More Than a Meal*. Please visit www.mealsonwheelswest.org to sign up to volunteer, donate to this agency, and view a full list of programs offered.

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

What Will You Do? (Continued from Page 1)

official Earth Day, and as global warming intensifies, the holiday only becomes more and more vital each year. In honor of Earth Day, take some time to reflect on the ways that you can limit your environmental impact. One way you can do this is by calculating your carbon footprint – that is, the total amount of greenhouse gases that you emit in your everyday life.

Many resources exist online to help facilitate your calculations, and by identifying the ways in which you contribute to climate change, you might discover ways that you can begin to lower your personal impact.

Another great way to celebrate Earth Day is to take an active role

in helping out the planet, whether that's by picking up trash in your community, planting trees, or educating yourself about more environmentally conscious ways to live your life. Consider volunteering at a local garden or participating in a beach cleanup – the planet will thank you.

By keeping our planet clean and healthy, we can ensure that it is hospitable for the generations to come, and help to protect the people and animals that are already being impacted by climate change. This Earth Day, we hope you will play a part in facilitating that change!



Discover What's Happening on the Westside

By Gigi Appelbaum-Schwartz

• **April 1-6 - Bergamot Comedy Fest** - A week-long comedic arts festival featuring live performances, workshops, panels, and more. Event will take place from 8 p.m.-11:59 p.m. each night, at The Crow at 2525 Michigan Ave., Santa Monica. For more details, visit bergamotcomedyfest.com.

• **Saturday, April 6 - Orchestra Nova LA: "A Night at the Opera"** - Experience a collection of popular overtures and arias from the world of opera, featuring mezzo-soprano Christine Li. Event will take place at 8 p.m. at the Mount Olive Lutheran Church, 1343 Ocean Park Blvd., Santa Monica. For more information, visit orchnovala.org.

• **Wednesday, April 17 - Ocean Park Branch Library Open House** - The event kicks off at 11:30 a.m. with a preopening storytime for toddlers. At 4 p.m., Marc Griffiths presents an after-school family

puppet show. Additional activities, crafts, and treats for patrons of all ages will be available all day. From 11:30 a.m. to 8 p.m. Ocean Park Blvd. and Main Street.

• **Thursday, April 18 - Amor Film Festival** - Enjoy this screening of films celebrating the universal language of love! Event will take place from 6 p.m.-9:30 p.m. at Illusion Magic Lounge, 1418 Fourth Street, Santa Monica. For more details, amorfilmfestival.com.

• **Thursday, April 18 - National Geographic Live: The Untold Story of Sharks** - Dr. Jess Cramp discusses the work of pioneering women in shark science as well as her own work in shark research and conservation. Event will take place from 7:30 p.m.-10 p.m. at Broad Stage, 1310 11th Street. Details: broadstage.org.

• **Friday, April 19 - SMC Spring Jazz Series** - Experience an enchanting performance by Santa

(Continued on Page 11)

Artwear, Jewelry, Beads, and Antiquities

(Continued from Page 3)

to artists who have spent decades perfecting their skills. Visitors will discover a treasure trove of exquisite beads, gemstones, crystals, and unique findings from around the world.

They will be at the Marriott Marina del Rey, a convenient location with great parking options and easy access. Browse 150 exhibits, socialize with other artists, watch designers and craftspeople demonstrate their work. April 19- 21, Friday-Sunday. Tickets are \$8 online, or \$10 at the door, good for all days. Open to the public – everyone is welcome.

(www.beadanddesign.com, follow us @beadanddesign)



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Love Links

Couple Combines Love for Nature and Travel in Their Wedding Ceremony

By Gigi Appelbaum-Schwartz
Cori Glazer and Mason Copp both attended college at California Polytechnic at San Luis Obispo. Cori, who grew up in Palos Verdes, was pursuing a Bachelor in Science in Nutrition. Mason, a Coronado resident, pursued a Bachelor in Science in Mechanical Engineering.
While in school, their sorority and fraternity frequently hosted joint events - one of which brought the pair together, sprouting a close friendship which slowly grew into a long-lasting, life-changing romance.



Cori and Mason take a moment to themselves on their wedding day.

The pair loves to travel. Cori, in (Continued on Page 10)

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Traveling With Tanya

Discover the Hidden Jewel of the Middle East: Oman

By Tanya Gilbert

Nestled on the southeastern coast of the Arabian Peninsula lies Oman, a breathtaking destination that offers a unique blend of ancient charm and modern luxury. Oman stands out for its untouched natural beauty, rich cultural heritage, and the unmatched hospitality of its people. It is also one of the safest and cleanest countries in the world.

My intrigue with the road less traveled led me to Oman, initially sparked by N.A. Schnall's compelling narrative, *A Woman Alone in Oman: Three Weeks Along the Arabian Coast*, published in the *New York Times* in 2022. The nuanced observations of a solo female traveler unveiled the country's understated beauty, inspiring a deep appreciation for its stunning vistas, and the warmth of its people.

Oman's landscape is dotted with wadis, or riverbeds, which transform into lush oases after the rains. These hidden gems offer a tranquil escape and a paradise for nature lovers and adventurers.

For those seeking an authentic desert experience with a touch of luxury, glamping in the Wahiba Sands is a must. The vast expanse of golden dunes provides the perfect backdrop for a night under the stars in a traditional Bedouin tent.

The village-inspired resort in Oman offers a range of villas, suites, and beachfront retreats, each with a private pool, and traditional summer house.

Oman's diverse landscape offers a plethora of hiking opportunities for enthusiasts of all levels. The Jebel Akhdar, or Green Mountain,



Arrive at Oman's premier northern coast resort by 4x4 or paraglider! Just 75 miles from the Dubai airport, Six Senses Zighy Bay is a must. With natural beauty, an abundance of activities, and impeccable hospitality, you may not want to leave.

is renowned for its terraced gardens and traditional villages. For the more adventurous, the trek to the summit of Jebel Shams is a challenging, yet rewarding experience.

Oman's true essence, however, lies in the warmth and geniality of its people. Omanis are known for their friendliness and generosity, often inviting visitors into their homes for a cup of traditional Omani coffee and dates.

Oman is a destination that delivers an array of experiences to fill a few days to a few weeks. Whether you're an adventurer, a nature lover, or someone seeking a taste of authentic Arabian culture, Oman beckons with open arms.

I always love to talk about travel, so feel free to email me at Tanya@MariposaTravelAdvisors.com.

Thoughts From a Second-Time Father

Past Questions Now Being Answered



By Michael Margolin

I have written before about how often parents can get stuck looking at old photos of their kids that are on their smartphones.

Chances are that if your child was born in the last 10-15 years, you have a lot of photos on your phone of your child starting from when they were just hours old. When Alexa, 10, and Jake, seven, were very young, I often wondered what they would be like when they got older. And, I still do. What would their interests be and what would their personalities be like? Alexa is in fifth grade and will start middle school at a new school in the Fall.

And so, Enjoli and I have been looking at some of Alexa's pictures more and more because we had to choose one to send to her school to put in her yearbook. We can use several sentences to go along with that picture. Many parents will submit pictures and nice words as a dedication to their child. Some of those earlier questions about what she would be like in the future, are now starting to get answered.

Like most times when I think about her, I am thoroughly impressed. With both of them, I am continually excited and interested to see what the future holds.

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

Entertaining With Ease

Planning Ahead for Your Parties



By Maureen Molé

Here are some thoughts about how to plan your parties.

• Determine your own style. Plan a party that reflects your own personality, whether it is more casual or formal. Are you more comfortable hosting large cocktail parties, backyard get-togethers, or small dinner parties?

If you're reciprocating, you need not host the same style party that you attended. Develop your own.

• Parties at home vs. public restaurant. Gracious hospitality in your own home often surpasses expensive dining out. It's your chance to be creative and personal. It can turn a client into a friend. Parties at home resemble those childhood handmade birthday cards for Mom. Didn't she always prefer those to the store-bought kind?

• Overcome the obstacles. Whether you haven't finished remodeling your new home, or your apartment is very small, or your young children require a lot of attention, these excuses can all be ignored if you really want to host a party.

• Consider your budget. Whether your style is lush and lavish or modest and moderate, plan a party within your own financial means. Even millionaires can have dull parties. It's not about the money.

• Don't apologize. There is no reason to call attention to some-



This hostess preferred elegant place settings at her luncheon.

thing that might otherwise go unnoticed such as your inability to prepare gourmet dishes, the modesty of your wine, or the unmatched dining room chairs. New furnishings and expensive wine do not make a successful party, people do.

• Don't try to do it all in one day. Allow a period of several days to shop, cook, and tidy the house. A little each day lessens the work.

• Make lists for party planning. Create a shopping list, list of items to buy, rent, or borrow, things to do before the day of the party, and a last-minute to-do list. Don't have a million things on your mind for the party. Have only one thing on your mind: Don't lose the lists.

Maureen Molé is a lecturer, product spokesperson, and the author of *The Book of Entertaining at Home*. Email her at MaureenMolé@gmail.com.

Madison's Art Corner



Here's the latest drawing from Madison Kim, Age 8.

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Community Service on the Westside

Joys of Being a Lions Club Member



By Kingsley Fife
It's so fulfilling to be a Lion in the Santa Monica-Pacific Palisades Lions Club. Our Club, one of 47,000 Lions Clubs in 207

countries, is a family of working and retired men and women enjoying the camaraderie and spirit that comes from being together for a common cause.

Incidentally, since we just finished Women's History Month, I would like to note that in 1987, Lions Clubs International amended its bylaws and invited women to become Lions. Our Club, on July 1, 1987, inducted Dot Gelvin and Carol Ann Emmitt as our first women Lions. Lion Carol Ann ultimately became a District Governor, of which we're all very proud. Today, women are the fastest growing segment of new members.

Last year, our Club celebrated 100 years of service to the community by having a wonderful din-

ner dance centennial party. We want to congratulate our neighbor Lions Club, the Venice-Marina-LAX Lions who just had their 100th Anniversary which they celebrated in style at the Del Rey Yacht Club in Marina del Rey.

We have a busy schedule coming up. We have a booth at the Annual Santa Monica Arts and Literacy Festival at Virginia Park on Saturday, April 27 at 10 a.m. Here we have fun engaging with our youngsters in various educational activities. If anyone wants to join us, contact me as we are taking volunteers. Also, soon we will be planting a tree, in conjunction with the Santa Monica Urban Forest Department to honor National Arbor Day.

Are you curious about Lionism? Maybe joining us will fill that void in your life. Learn more by being our guest at one of our dinner meetings. Call Lion Kingsley Fife at 310-454-2960, or email jkfife88@yahoo.com.

Santa Monica Family YMCA to Hold Healthy Kids Day on Saturday, April 20



By Araceli Alejandre, COO
The YMCA is raising awareness and showing the community that healthy living habits start at a

young age. The Santa Monica Family YMCA is hosting the Y's annual Healthy Kids Day® on Saturday, April 20, from 10 a.m.-1 p.m. at 1332 Sixth Street. This free, annual event features a variety of family-friendly activities to encourage healthy kids, healthy families, and a healthy start to the Summer season.

Hosted at YMCAs across the nation, Healthy Kids Day's mission is to turn fun and play into lifelong memories and to help inspire

healthy habits in kids and families. Some featured activities include interactive booths, family yoga, family Zumba, games, giveaways, prizes, and more!

"It is so important for kids to stay active over the summer, both physically and mentally," says Santa Monica YMCA CEO, Hodge Patterson. "At the Y, we believe in providing resources for families to create healthy habits, no matter the time of year."

Healthy Kids Day is a free family event open to the community. (YMCA memberships not required). Families unable to attend the event are welcome to stop in to the Y throughout the week to learn about how the Y can engage with families this Summer and

(Continued on Page 12)

SMBWC Offers Many Choices of Activities



By Patricia Webber
The Santa Monica Bay Woman's Club (SMBWC) hosted the monthly business meeting and

luncheon of the California Federation of Women's Club Marina District on March 17. The District consists of nine clubs in addition to the SMBWC: Torrance, Culver City, Redondo Beach, South Bay Junior Woman's Club, Hermosa Beach, Beverly Hills, El Segundo, and Playa del Rey.

The Marina District was organized in March 1956 and the first meeting was held at our Santa Monica Bay Woman's Club building. It's noteworthy that two of our clubs have the El Camino Real Bells which were placed in 1906 by Mrs. A.S.C. Forbes of the California Federation of Women's Clubs.

March was National Women's History Month and our Club members were reminded of the many examples of women who are committed to embracing everyone and excluding no one in our common quest for freedom and opportunity. They know that people change with the help of families, teachers, and friends, and that young people in particular need to learn the value of hearing from different voices with different points of view as they grow up.

As members of families, civic and community groups, businesses and legislative bodies, women are in the forefront of reevaluating the status quo. They are looking anew at what harmful social policies and behaviors exist and, often subtly, determine our future. In response, women in

communities across the nation are helping to develop innovative programs and projects within corporations, the military, federal agencies, and educational organizations to address these injustices. Throughout 2024, we honor local women from the past and present who have taken the lead to show the importance of change and to establish firmer safeguards, practices, and legislation reflecting these values.

Following decades of discrimination, we are proud to celebrate women who work for basic inclusion, equality, and fairness.

Monthly Club activities continue to attract more members. Our lively group of readers will be reading *Absolution* by Alice McDermott at their April 23 meeting. For further information, contact Susan at sbarr1015@sbcglobal.net.

The New Writers' Group is held on the first and third Tuesdays of the month at 6 p.m., with April meetings on the 4th and 18th. The group is led by author and artist, Shirley Cannon. The first meeting had readings of a memoir, poetry, and a selection from Shirley's novel. The group is designed for writers of all stages and interests, to share in a warm, supportive atmosphere. For further information, contact Shirley at shirleycannonartist@gmail.com.

The Art, Craft, and Conversation Group meets on Tuesdays at 10:30 a.m. Contact Joan Temple at joanie.tee@gmail.com for details.

Bridge and canasta are on Mondays at noon. Contact for canasta is Becky Upchurch, and for bridge, it's Jennie Braun. Contact them through the Club at 310-395-1308. Duplicate Bridge is played on Thursdays at noon.

(Continued on Page 11)

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Planning Ahead

Can a Stepchild Inherit?



By Lisa C. Alexander, Esq.

A recent case confirms the importance of making a Will/Trust when there is a stepchild. In the Estate of Martino, Nick Martino died without a Will. He had two biological children and a stepchild, Nick Zambito. The stepchild Zambito brought a case in the Probate Court to be treated as an heir of Martino with a share equal to the shares of the biological children. He won his case.

There is a provision in the Probate Code that says for purpose of determining heirship when there is no Will, a stepchild can only inherit if there was a parent-child relationship that began while the stepchild was a minor child and the stepparent would have adopted the child if not for a "legal barrier." (For example, the biological parent won't consent to giving up their own parental rights.) In the Martino case, the parent-child relationship started when Zambito was a child. Eventually, Zambito's biological father died clearing the way for the stepfather Martino to adopt Zambito. But, that didn't happen. When Martino died, the two-part test for Zambito to be treated as a child for purposes of intestate inheritance wasn't met.

But, in an unusual turn, the Court considered the parentage rules in the Family Code used for purposes of determining such

things as the parent-child relationship in a divorce situation. The Court considered the fact that Martino the stepfather and Zambito the stepchild had a close father-son relationship throughout Martino's lifetime, up to the end when Zambito accompanied Martino to his doctor's appointments. Zambito had little contact with his biological father and considered Martino his true father. For his part, Martino always referred to Zambito as his son. Martino openly held Zambito out as his natural son throughout Zambito's life.

The Court held Martino to be Zambito's presumptive parent under the Family Code rules. Having determined a parent-child relationship existed, Zambito was entitled to inherit from Martino's estate along with Martino's two biological children. The Martino case expanded the "pathway to intestate succession available to a stepchild." It is likely Martino would have been happy with the result. If only he had made a Will to express his love and wishes for Zambito. Or, if that's not what he would have wanted, all the more reason to say so – in a Will or Trust.

Lisa C. Alexander, Esq.
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Couple Combines Love for Nature

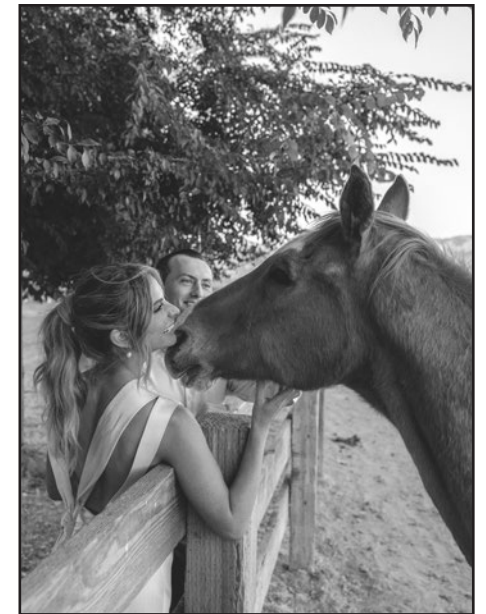
(Continued from Page 6)

particular loves to horseback ride, which is why Mason's proposal eight years into their relationship during a beach trail horseback ride in Valle de Guadalupe, Mexico, was so perfect. They both felt that it represented the unique aspects of their personalities that have come together to create their loving relationship.

Following the picture-perfect proposal, Cori and Mason were married on October 21, 2023 at La Cuesta Ranch in San Luis Obispo – just one mile away from where their relationship began. Cori wore an Adam Zohar strapless gown from NWLA. Their ranch-style wedding featured a quaint barn set against a stunning backdrop of rolling hills, as well as a number of farm-themed components. Instead of a traditional ring bearer, the couple had a goat deliver their rings, and at cocktail hour, they had miniature donkeys, called beer burros, with saddle bags filled with beers for their guests to enjoy.

The pair describes themselves as "experts when it comes to having a good time on the dance floor," and their wedding was a clear testament to that. According to Cori, they "danced the night away with their family and friends until 2 a.m.," offering late-night burritos and gelato as fuel to keep the celebration going!

Other important components of their wedding were the Jewish traditions which they sprinkled throughout – namely, breaking the glass and dancing the Hora. "It is a lot of pressure to keep up with trends or base your wedding off of a forecasted list. It is easy to



Cori and Mason greeting a four-legged guest at their ceremony.

Photos by Nadine Wendorff

be influenced and harder to be introspective," Cori shared.

"The beauty of things you intrinsically love will be recognized and last forever – just do what feels right for you!"

Cori, who is a registered dietician working in medical sales and becoming a Pilates instructor, and Mason, who is in an engineer for a spine company, frequently travel, and enjoy rescuing senior dogs from animal shelters and giving them loving homes. It appears that they are the perfect couple to do so. The love and care which forms the foundation of their relationship is palpable, and we're positive that their home is full of compassion and warmth. We wish Cori and Mason continued happiness in the years to come and are endlessly inspired by their love for each other!



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Paws and Claws

Stomach Issues With Cats



By Dr. Frank Lavac, MS, DVM
Q: My cat is losing weight even though she eats normally. We had an abdominal

ultrasound and she was diagnosed with IBD. Is that the same as IBS?

A: I'm sorry your cat is ill. IBD is generally an abbreviation for either Infiltrative Bowel Disease or Inflammatory Bowel Disease. The latter term is more of a subcategory of the Infiltrative Bowel Disease. Cats that have abnormal infiltrates and thickening of their intestine are usually presented for vomiting, diarrhea, and weight loss. These feline diseases have no relation to IBS (Irritable Bowel Syndrome) in humans.

Infiltrative Bowel Disease is initially diagnosed by an ultrasound that reveals abnormal thickening of the small intestine. A definitive diagnosis is reached via endoscopic biopsies of the stomach and small intestine. With Inflammatory Bowel Disease, the lining of the intestine is full of inflammatory cells that prevent proper absorption of nutrients. This is often treated by using a hypoallergenic diet.

Lymphoma is another manifestation of Infiltrative Bowel Disease. It is noted when endoscopic biopsies of the intestine reveal cancer-

ous lymphocytes. This is often treated with steroids and Chlorambucil, an oral chemotherapy drug.

For further information, go to www.VeterinaryPartner.com and search Infiltrative Bowel Disease in Cats.

If you have any questions, you can contact Dr. Lavac at 310-828-4587.

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From Me to You...



By Diane Margolin
 Recently, a friend told me about a sudden fire that had taken place in a former deli on Westwood

Boulevard that had been an important hangout for those of us who lived in West L.A. We met friends for a wonderful meal and attended the WLA Chamber committee meetings in a small room in the back. My mom was thrilled to speak to Mel Brooks once while he was having breakfast.

The deli was Junior's and the owner, Marvin Saul, greeted us by name when we entered. His sons spent time running the deli when he couldn't anymore. Not sure exactly what happened afterwards.

That made me think of places on Montana Avenue that were favorites. We always knew the owners and they knew us by name. A big favorite was 17th Street Cafe. They, too, had space for groups to meet. If you have lived

in the area for many years, you will remember Evans Hardware, Engel's TV, Soli's gas station on Montana and Lincoln, Antonio's, Sweet 16, Le Petit Moulin, and a mortuary office.

In the greater Santa Monica area, the Broken Drum on Lincoln and Wilshire was a restaurant we loved, and 1000 Wilshire served good food. But, there was also the Fox and Hounds, Madame Wu's, Biff's, Coogies, The Tudor House, the Boulangerie on Main Street – so many fond memories.

I remember buying two living room chairs for my first apartment from a furniture store that was where Ulta Beauty is now on Wilshire. Vienna Pastry was next to the alley between Euclid and 12th. Now they are in the big white building on Wilshire and Bundy.

As we look forward to Spring and Summer, do use this time to discover the beauty around us and to count your blessings.

SMBWC

(Continued from Page 9)

contact the Club and leave a message for Darlene.

Finally, as we head into Spring, we want to remind organizations to book your events as soon as possible to make sure the dates you want are available. For information on renting the Club, contact us at info@smbwc.org.

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An Update From ERBA Markets

How Effective is RSO?



By Stephen Freedman
 As California moves toward its 30th year of legalized cannabis, the medicinal benefits of the plant have

become well established in the mainstream. Getting relief for such ailments as body aches, stomach issues, skin problems, and insomnia are all within the reach of cannabis. What some may not be aware of is that there are other maladies, such as major surgeries, extreme pain, or terminal illness, to which cannabis can provide some relief for these heart-breaking issues. That is where Rick Simpson Oil, or RSO, comes in.

Rick Simpson was a Canadian engineer who started researching the effects of cannabis after suffering a serious workplace injury in the late '90s that left him with little relief from prescribed medication. In 2003, Simpson was diagnosed with skin cancer, thus accelerating his research and prompting the creation of RSO after reading about the possibility of cannabis inhibiting tumor growth.

So, what exactly is RSO? RSO is a cannabis-derived oil. Unlike other oils that remove trichomes with solvents, RSO captures the full spectrum of the cannabis plant. This means that all cannabinoids, terpenes, and all other beneficial elements are held in the oil. This creates a bouquet of potency and possibilities for the consumer.

There has been anecdotal evidence of RSO's success. Its high THC content makes it a very capable pain reliever. Rick Simpson adamantly professes its help with cancer cells. RSO opens a whole new frontier in the medicinal cannabis space.

However, like with most things cannabis, more research is vital. Legalities and funding are delaying studies that could potentially be helpful to not only humans, but animals as well. Like with everything medicinal, you should always consult your physician or specialist, and keep in mind that cannabis effects are all subjective, so plan ahead before taking anything with THC.

Stephen Freedman is the Regional Manager of the ERBA Markets, the WOODS, West LA, Venice, Culver City, and WeHo.

Discover What's Happening...

(Continued from Page 5)

Monica College's smooth jazz Lao Tizer Quartet. Event will take place from 7 p.m.-9 p.m. at the Performing Arts Center Music Building, 1310 11th Street, Santa Monica. Visit smc.edu for details.

- **Saturday, April 27 - PanCan PurpleStride Los Angeles Walk to End Pancreatic Cancer** - Participate in this walk to raise awareness and funds to fight pancreatic cancer, put on by the Pancreatic Cancer Action Network. Event will take place from 9 a.m. - 12 p.m. at the Santa Monica Pier West Half Pier Parking Deck, 200 Santa Monica Pier. For more details, visit pancan.org.

- **Saturday, April 27 - Annual Authors Forum at the Kaufman Brentwood Branch Library** - Watch a panel of four authors discuss their writing careers and recently published books. Event will take place at 2 p.m., 11820 San Vicente Blvd., Brentwood.
- **Ongoing through June 2 - Arte Chicano - Hecho en Los Angeles, 1970 to the Present** - The current exhibit at the California Heritage Museum is a retrospective look at the beginning of Chicano artwork in L.A. County, its artists and growth over the past five decades. More than 70 artworks are in this colorful exhibit. 2612 Main Street, Santa Monica.

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Santa Monica Family YMCA (Continued from Page 9)

all year long.

For more information about Healthy Kids Day, or to host a booth as a vendor, contact Erika Altshule at Erika@ymcasm.org, or call 310-393-2721.

So far, some of the organizations represented will be the American Red Cross, UCLA-Santa Monica Medical Center, Santa Monica Police Department, Vision to Learn, Subway, Santa Monica High School wrestling team, Lakeshore Learning, the Santa Monica Breakfast Club, the Venice Family Clinic, and Santa Monica Dentistry for Children. Activities include arts and crafts, a Bounce House, Yoga and Zumba classes for kids, Music and Me, the rock climbing wall, and so much more.




"We can't wait to learn about dental care at Healthy Kids Day at the Santa Monica Family YMCA on Saturday, April 20 from 10 a.m.-1 p.m."




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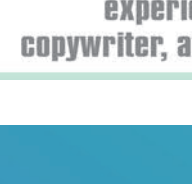
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Virtual on Zoom
Wednesdays: May 8, 15, 22 & 29
Time: 11am - 12:30pm
Location: Online
Led by Molly Rapozo, MS, RDN, CD



In-Person
Thursdays: May 9, 16, 23 & 30
Time: 10am - 12pm
Location: Santa Monica Family YMCA
Led by Dr. Shannel Elhelou, PsyD

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