

The Santa Monica pier is a magical place to visit any time of the year. Thanks to Santa Monica Travel and Tourism for the above photo.

## Santa Monica Pleasure Pier: A Look Back to 1917 From Today

The Santa Monica History Museum is excited to announce it will display an exhibition of rare material about the Santa Monica Pier from the early 20th century from Tuesday, November 5, 2019, through Saturday, February 22, 2020, at the Santa Monica History Museum at 1350 7th Street.

On November 5, the Santa Monica History Museum invites you to join them for their newest exhibit, *Santa Monica Pleasure Pier: A Look Back to 1917 from Today*. The museum will present a series of rare historical photographs and artifacts that explore the transformation of Santa Monica's now world-famous pier from municipal utility into the "Pleasure Pier," the earliest iteration of the today's famous pier, from the turn of the century to the early 1930s.

In 1916, Charles Looff opened his "Pleasure Pier" – a hub for family entertainment and relaxation, from amusements to musical performances to picnics. In 1917, Mr. Looff prepared an elaborate "Prospectus Book" to entice investors. This detailed book, now in the collection of Stephen Raul Anaya, offers an intriguing glimpse into life in Santa Monica in 1917. The book includes rarely seen photographs, drawings for proposed structures, and some of the confidential financial information presented to potential investors. The Museum will display the original book and a full-size facsimile for visitors to review, as well as large reproductions of featured images alongside the contemporary photographs compiled by author Michael Murphy and

(Continued on Page 8)

## What to Say to Comfort Someone Who Has Experienced a Loss

By Anne Wallentine

Grief often finds us at a loss for words. Though it is an inevitable part of life, it can be difficult to express our pain and sympathy with others in a way that feels meaningful. We want to offer support, but may fear doing or saying the wrong thing. According to Our House Grief Support Center, this anxiety is natural in the face of uncertainty. However, it should not stop us from reaching out.

In moments of grief, any gesture of support is meaningful. Certain gestures, though, are more helpful than the traditional platitudes. If you're wondering what to say and do to support someone in the face of loss, here's how:

**Dos:**

- Offer your condolences or say, "I'm sorry to hear about [someone]'s death" rather than "I'm sorry."
- Ask "How are you today?" rather

than "How are you?" This more manageable question allows the mourner to respond in relation to that moment.

- Say "I can only imagine what you're feeling," rather than assuming "I know exactly how you feel." People grieve differently, and this

(Continued on Page 10)



Think ahead of what to say to a person who is grieving.

## Remembering Santa Monica Group to Learn the History of Fisher Hardware and Lumber at Next Meeting

By Anne Wallentine

For a city that is always changing, remembering the past is vital to understanding the present and future. The Remembering Santa Monica Group makes this their goal, meeting monthly at the Santa Monica History Museum to listen to a featured speaker and share their own memories of historic Santa Monica.

The group next meets on November 12 at 11:30 a.m. in the Santa Monica History Museum. The featured speaker will be Erik Jorgensborg. He will share the history and many photos of Fisher Hardware

and Lumber, a longtime Santa Monica business. Currently, the store is the only hardware store in the city. To reserve your spot, please call John Klopping at 310-395-2290.

On October 8, the group celebrated its two-year anniversary with a special talk by Nat Trives, better known as "Mr. Santa Monica." Nat's impressive career saw him serve as a sergeant on the SMPD, two-time City Council member, professor at Santa Monica College, and Mayor of Santa Monica. His love for the city to which he's

(Continued on Page 11)

## Training Opportunity in Tax Preparation

By Grace Cheng Braun

In collaboration with the IRS and the AARP Foundation, WISE & Healthy Aging offers free tax-filing help to seniors throughout the Los Angeles Westside. WISE & Healthy Aging's sponsored AARP Tax-Aide Program utilizes the talents and generosity of volunteers who provide support with tax counseling and preparation service.

"Our volunteers participate in an IRS-approved training course each fall, pass a qualifying exam, and become IRS-certified tax preparers," notes Renee McDavid, lead volunteer coordinator for the Westside. "We are starting training for the 2020 tax season, and are looking for volunteers!" There are eight locations on the Los Angeles Westside for volunteers to help out during the three-month tax season of February, March and April.

Volunteer tax preparers provide free, confidential services to middle and low-income residents, with special attention to those ages 60 and older. Services include tax return preparation and answering tax questions. Volunteers assist in preparing federal and state tax.

During the rest of the year, tax volunteers are available every Tuesday at WISE & Healthy Aging in Santa Monica.

For more information about becoming a tax-aide program volunteer, call 310-394-9871.

WISE & Healthy Aging is a non-profit social services organization that seeks to advance the dignity and quality of life of older adults through leadership, advocacy and high-quality, innovative services.

## Do You Recognize This Local Celebrity?

(Answer on Page 11)



## Take A Look Inside

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**Brain Matters**

**Wellness On a Cancer Journey is Possible With Support**



**By Shanthi Gowrinathan, MD**

Cancer can change everything. The way we think. The way we feel. The way we behave. These changes can be disorienting and distressing.

Unfortunately, for many people with cancer, the battle to regain a sense of self is fought alone, because there is still too little recognition of just how much it takes to rise up after a diagnosis of cancer or after treatment.

Psycho-Oncology, the interdisciplinary practice of treating the physical, psychological, social, and behavioral aspects of the cancer experience, is an important intervention for those patients who find their mental health and cognition adversely affected by cancer treatment. Studies show that 30-60 percent of cancer patients report significant symptoms of anxiety or depression.

Statistics vary from cancer to cancer, but a growing body of work since the 1980s has firmly established that psychological distress and untreated psychiatric illness can negatively impact the ability to both tolerate cancer treatment and recover. Medications and/or psychotherapy have been shown to be useful for a wide range of psychiatric issues, including depression, anxiety, irritability, and insomnia.

While it is essential to treat these common cancer-related psychiatric issues, there are many other areas that may require support to allow a person to regain overall wellness. Brain health (both cognitive and mental/emotional health), nutritional needs, pain and debilitation, and existential issues (spirituality or life-meaning/purpose) can all become barriers to successfully navigating cancer and its treatment. As a Psycho-Oncologist, my role is to identify and remove these barriers, through medication, psychotherapy, direct communication with the oncologist, or collaboration

with our larger Cancer Support Services team.

Cancer support services and Psycho-Oncology can change everything. Proper support positively impacts a person's ability to tolerate treatment and the speed of their recovery and gives a person with cancer a bridge back to their quality of life.

When I see how much our support helps cancer patients to overcome obstacles and thrive, the only question that remains is: Why should anyone have to do this alone?

**Dr. Shanthi Gowrinathan is an accomplished inpatient and outpatient psychiatrist, specializing in both Women's Psychiatry and Psycho-Oncology (Cancer Psychiatry). Dr. Gowrinathan integrates her recommendations with the patient's medical teams to ensure a whole person, interdisciplinary, and cohesive treatment approach. She can be reached by calling 310-582-7641 at the Pacific Brain Health Center.**

**Byte by Byte**

**Culture Tour: Farming Tech**



**By Miceala Shocklee**

In Los Angeles, mobile apps enable transport through traffic, wallet-free latte payment procedures, and on-the-go banking. Of course, mobile

technology is as far reaching and varied as are the humans who use it, and the kind of apps that make day to day life easier to manage are fascinatingly diverse. For example, even in a field as grounded as farming, shortcut-enabling apps abound.

For example, for crop farmers, Sirrus, a free iOS app, helps with tracking current weather conditions, keep records, and plan field patterns.

For cattle farmers, Herdwatch enables birth tracking for calves, estrus cycling patterns for cows, and entries for individual health records. The app has a setting for two different types of beef farms, dairy farms, sheep farms, and even some arable farm specs.

All livestock farmers face the prospect of a hefty amount of paperwork when they want to move their animals off of their holding. Stockmove Express speeds up the process, allowing some data direct to the statutory body instead of requiring paper-based snail mail.

The world around, the phone in the pocket has become a powerful tool. The ability to save, access, and send data fairly instantly is streamlining and organizing day to day tasks across lifestyles. Of course, with every shortcut comes the risks of a short out, so no matter what the job, it's best practice to have electronic records backed up somewhere.

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

**Planning Ahead**

**Myths and Truths About Trusts**



**By Lisa C. Alexander, Esq.**

People have common misconceptions about revocable living trusts. Here are a few myths along

with the truth.

The biggest misconception is that a trust will protect one from creditors. The truth is the common revocable living trust provides no creditor protection. The reason is

that during your lifetime, you still have control over all the trust assets, including the ability to revoke the trust and remove assets from the trust. Because you still have access to the trust assets, your creditors do too.

A second misconception is that a trust saves taxes. The truth is while provisions in a trust can minimize estate and income taxes and protect against property tax re-assessment, just having a trust

without such provisions does nothing to save taxes. The fact that a home is held in the name of a trust won't escape capital gains tax if sold during the trust creator's lifetime.

A third misconception is a trust cannot be challenged. The truth is that just like a Will Contest, heirs and beneficiaries may also file a Trust Contest.

So, what good is a trust? First and foremost, it avoids probate. A probate can tie up an estate for a year or longer and depending on the value of the probate assets can be very expensive. Compare the settlement of a trust which may be accomplished in as little as six months and for a fraction of the cost of a probate.

A second benefit as people live longer, often with diminished capacity, is a trust can provide continuity of access to and management of trust assets for the benefit of the trust creator, without the terrible expense and loss of legal rights that come with a Court conservatorship.

So, why doesn't everyone have a trust? They don't want to think about death and incapacity. They don't want to make the investment and it's easy to put off. The truth is, it's not that expensive, and it doesn't have to be hard. The reward is knowing your family will be taken care of according to your wishes.

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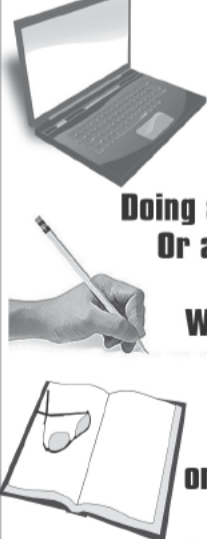
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## Celebrating 60 Years of Marriage

By Anne Wallentine

Like all the best love stories, it didn't start smoothly.

When John Lehne met his wife Kay in 1957, he had to ask her out "a couple of times" before she said yes. Four years her senior, she thought he was "a little too old" for her. They started dating when John was attending college on the GI Bill and Kay was in her first year of teaching. John graduated in 1958, and they married the following year.

This year, John and Kay celebrated their 60th anniversary with their tight-knit family. They now have three children – John, Carolyn, and Steven – and seven grandchildren, ages 10 to 23. Over the years, the family has not only traveled together but worked together, too.

John joined his father in the family contracting business, Lehne and Son, in 1965. He and Kay ran it for 54 years, with Kay managing the financial side of things. Son Steven is now in charge, and it will become a fifth-generation family business when one of their grandsons joins the company next year.

Kay and Carolyn also started KC Restoration, which focuses on art restoration and historic building

renovations. Carolyn and Steven now manage restoration projects that have included the Huntington Gallery, USC campus buildings, and Grand Central Market. For the Lehnes, it seems the family that works together, stays together.

John grew up in Santa Monica, having moved there as a boy in 1936. His family's duplex still stands on Euclid Street, and John passes by once in a while to reflect on the good memories there. He and Kay are very happy with the closeness of their children and grandchildren – and how far they've come from the initial bumps in the road of their courtship.

In college, John's fraternity had a tradition of going to Tijuana to see the start of bullfighting season. When he invited Kay, she told him he needed to ask her mother for permission. Her mother's succinct reply? "It'll be a cold day in hell when my daughter goes to Tijuana with an ex-sailor."

One year later, John asked her mother another question after the birth of their first child: "What do you think of the baby?" When she exclaimed about how wonderful her grandchild was, he replied, "Not bad for an ex-sailor."



Kay and John at their wedding on June 20, 1959.



Kay's wedding dress was on display at the Lehne's 50th anniversary celebration.

## Dog That Serves as a Lifeline Wins Nation's Top Title of "American Hero Dog" at the 2019 American Humane Hero Dog Awards®

When we count our blessings, we think of American Humane. This organization recognizes the wonderful people who heal dogs after they have been abused and then find better life situations for them. The Hero Dog Awards were created to celebrate the powerful relationship between dogs and people and recognize extraordinary acts of heroism performed by ordinary dogs.

Each fall, the Hero Dog Awards are held at the Beverly Hilton Hotel and filmed by the Hallmark Channel. They are then aired the following month.

It is almost impossible not to be teary-eyed when you learn about the experiences the nominated dogs have had. After a video of each dog's story, their owners, dressed up for the occasion, appear on the stage with them to accept their awards. This is one time a dog may be joining you at dinner.

Based on more than a million votes by the American public and the deliberations of a panel of celebrity animal lovers and dog experts, Alice, a five-year-old German Shepherd from Nicholasville, Ken-

tucky, was named the nation's most heroic canine, besting 360 other competitors across the country.

In 2015, Antonio was a normal, playful nine-year old who loved soccer and his friends. Then, on a normal day, while riding in the back of his parents' SUV with his younger brothers on the way to a family dinner, a man fired three to five bullets into their car and shot him in the head. Since that day, Antonio has been fighting the battle of a lifetime. He spent 18 days in a coma and has endured five brain surgeries. Nearly four years later, an artificial skull covers half of Antonio's brain, because a seizure causing a fall could be fatal. Antonio not only battles seizures, but migraines, balance issues, spells and more. In October of 2016, Antonio was paired with his service dog, Alice, from Guardian Angels Medical Service Dogs in Florida.

His mom, Tara, says, "Alice is a hero in our eyes, because without her, Antonio would not be able to do the simple things in life that we take for granted." Going to school,

(Continued on Page 4)



Renewing their vows for their 50th anniversary, from left, John Lehne, his good friend Allison Riggs, officiant Monsignor Lloyd Torgerson, George Riggs, and John's wife, Kay.



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## BIG THANKS!

A note from Co-presidents

Char Lawrence & Kathy Checchi



We are indebted to the Santa Monica Breakfast Club members and event chairs, *Kathy Boole* and *Jeannie Kusserow*, for making our *Mad Hatter Tea Party* a success this year. Our annual fundraiser honored *Ray Carriere* and was held at Hilton Doubletree. The festive balloon bouquets were made by *Balloon Concepts*. The support of our donors and contributors for silent and live auction items was very much appreciated!

*We will be able to provide much needed dental care for children in Santa Monica schools with the funds raised.*

Reflections From The East

# Growing Up As a Girl in China: Can the Shape of a Word Shape Your Life?



**By Qin Sun Stubis**  
Babies, arriving in this world fragile and vulnerable, depend on the care of their parents and family. In a perfect world, each and every one is meant to be cuddled, loved and nurtured. Sadly, infants are abandoned at birth in all corners of the Earth due to many unimaginable circumstances.

Over the past two decades, America has been embracing these unwanted children, many from China. In just the last 15 years, generous, loving American families have welcomed almost 80,000 Chinese babies into their households, nearly all of them girls.

These girls were abandoned by their birth families not because of wars or droughts, but because of a five-thousand-year-old cultural tradition that boys are needed to keep

the family and its name alive. For those living in rural China, having many boys has always been a symbol of family prosperity.

Historically, Chinese families welcomed having girls as long as they could produce one son or more. In the 1980s, the Chinese government started to carry out a rigorous one-child-per-family policy to curtail its population explosion. Suddenly, the abandonment of newborn baby girls began to surge, especially in the rural parts of the country.

I can't imagine the everlasting pain and guilt these young parents endured after deserting their daughters, sacrificing them in order to give their families another "chance" to have a boy. And yet, more and more pink swaddled bundles keep on appearing on door steps all over China.

Why do people choose ancient

doctrine over humanity? Why are girls deemed less important to a family? I constantly struggle with such questions, for in the 1930s, my mother was given away to a relative by her own mother, just like a piece of furniture. She suffered from the pain of abandonment until the end of her life.

Culture and its traditions are often complicated and it is difficult to pinpoint why certain things happen, and maybe even harder to change, especial in countries with a long and rich history. It even occurred to me one day that the all-too-common fate of girls being abandoned is written into the very language.

The way the word "grandson" is written in Chinese, for instance, can have very different meanings, depending on whether the boy is descended from a son or a daughter. If your son has a son, he is

called a sunzi, 孙子. The word sun 孙 contains two parts, zi 子 (son), and xiao 小 (little), meaning the next generation son. On the other hand, when your daughter has a son, he will be called waisung 外孙, meaning the next generation son outside the family. The word wai literally means "outside," or "not yours," which clearly conveys the message that a daughter and her children are less important to the family.

I always knew that words could be powerful. And even after five thousand years, for a girl growing up in China, the shape of a word can still shape her life.

You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com).

**Qin Stubis has been a regular contributor for several years. She lives near our nation's capital city.**

## Dog That Serves as a Lifeline Wins Nation's Top Title of "American Hero Dog"

(Continued from Page 3)

the store, or even just a walk outside would be impossible for him.

Never once has Alice failed to alert to an oncoming seizure or "spell," and she assists him with his balance issues. Alice has given Antonio the chance at a new normal life he couldn't have had without her. She is a loyal and loving hero every day. She's saved Antonio's life many times. She is his guardian angel and helps him live

his new normal to the fullest extent possible. For her extraordinary bravery and good works, Alice won the American Humane Hero Dog Awards' Hero Service Dog category.

Other hero dogs include Dax, a law enforcement/arson Hero Dog; Gus, a Shelter Hero Dog; Leader Dog Lady, a Guide/Hearing Hero Dog; Sgt. Yeager, a Military Hero Dog; Piglet, a Search and Rescue Dog, and Jeanie, a Therapy Hero

Dog. Also recognized were Hero Veterinarian Dr. Terry Morse and Angel Marti, Hero Veterinary Nurse.

"It is an honor to support an effort to recognize the best of our best friends," said philanthropist Lois Pope, the awards' Platinum Presenting Sponsor. "From those who defend our country to those who help us heal, guide us, protect us, and help find the lost, every single contender exemplifies the

courage and heroism we seek to spotlight in the Hero Dog Awards campaign. Through this national forum, we have helped underscore the lifesaving, life-affirming work of our nation's canine heroes."

For pictures of the dogs and more information about the celebrities and sponsors at the event, please go to [www.americanhumane.org](http://www.americanhumane.org).



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**From the Santa Monica History Museum**



**The Loeff Pier, circa 1917--** An electric tram, right, carries passengers near the Loeff Pier, today part of the Santa Monica Pier. The Blue Streak Racer roller coaster and the Hippodrome are both visible. Courtesy: Santa Monica History Museum, SMHM Collection [For historical reprints, please contact SMHM and specify image #36.2.4861.]

## Five Reasons to Pay Attention to the Federal Reserve



**By Carolyn Hemann, CFP**

We hear frequent references in the news to the Federal Reserve (or the “Fed,” as it is more commonly called). Yet, for many individual investors and consumers, the way the Fed affects their lives is a bit cloudy. So, let’s clear the air.

Decisions by the Federal Reserve can have major impacts to your financial life. The Fed serves as the nation’s central bank and while it has a fair degree of independence, it is directly accountable to Congress. Among its primary duties, it provides oversight of the banking and financial services industries and establishes monetary policy.

Here are five key ways the actions of the Federal Reserve can impact your financial life:

**1. The interest you pay for a mortgage, auto loan, or other borrowing** - One of the key monetary policy functions of the Federal Reserve’s Open Market Committee is to set the Federal Funds interest rate. This is a rate charged when banks borrow and lend funds from one another. That does not directly determine what banks and other institutions will charge for consumer loans like mortgages or auto financing, but it does have an indirect impact. If the Fed is lowering or raising interest rates, a similar trend is likely to follow for other types of borrowing.

**2. Changes in your cost of living** - One of the mandates of the Federal Reserve is to try to manage the inflation rate. The level of change in the cost of living from year to year can have a major impact on your bottom line. The Fed seeks to keep the annual inflation rate at two percent or less. It has generally succeeded in maintaining that level in recent years. But it structures monetary policy to respond to current economic conditions in order to keep the inflation rate in check.

**3. The employment environment** - Another of the Fed’s mandates is to maintain what is referred to as “full employment,” an environment where most who are seeking work

can find it. The Fed tries to accomplish this by managing monetary policy to create favorable conditions so employers can hire more workers. This mandate has to be balanced with the desire to maintain a modest rate of inflation.

**4. Short-term investment performance** - Again, the Fed does not have any direct impact on investment markets, but its monetary policy stances, including interest rate policies, are closely watched, particularly by investment professionals. Stock and bond markets can fluctuate depending on expectations of Fed actions or the specific policies it implements.

**5. Earnings on bank savings** - Banks will often adjust the rates they pay for Certificates of Deposit (CDs) or interest-bearing accounts based on the Fed’s interest rate policy. Yields will improve when the Fed is raising short-term interest rates, but will decline if the Fed decides to cut rates.

To determine your financial position in light of the current state of the Fed’s policies, it may make sense to sit down with a financial advisor and review your portfolio.

*Carolyn Hemann, CFP, is a Private Wealth Advisor with Hemann, Preator & Associates, a private wealth advisory practice of Ameriprise Financial, Inc. in West Los Angeles, CA. She specializes in fee-based financial planning and asset management strategies and has been in practice for over 25 years. Visit her website at [Carolynhemann.com](http://Carolynhemann.com), or call 310-477-2500. 11835 W. Olympic Blvd, Suite 735E, Los Angeles, CA 90064.*

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## From Me to You...



**By Diane Margolin**

Some of us are grateful for our blessings all of the time, but during this month of Thanksgiving, we may focus on them a bit more.

I think about how I appreciate our advertisers and readers who respond to the images and words we share each month.

During her Yom Kippur sermon, Rabbi Angela Buchdahl from Central Synagogue in Manhattan told her congregants to remember people who have affected our lives. She said we can keep them alive by sharing their stories. One friend once said our lives are like a tapestry. Each experience adds another “piece of fabric,” so to speak, to the large collection of our memories.

I often remember some of the people in the community who were a big part of the newspaper when I started it 18 years ago. And, then I think about the many people now and then who worked with me to make the paper special and how grateful I am for their participation over the years.

As the years go by, we find ourselves wanting to offer comfort to friends who are experiencing a loss. Sometimes, it’s really hard to know what to say. We certainly know what not to say. I heard one man asking his friend, “Did you do the closet yet?” The man who asked lost his wife six years ago. His

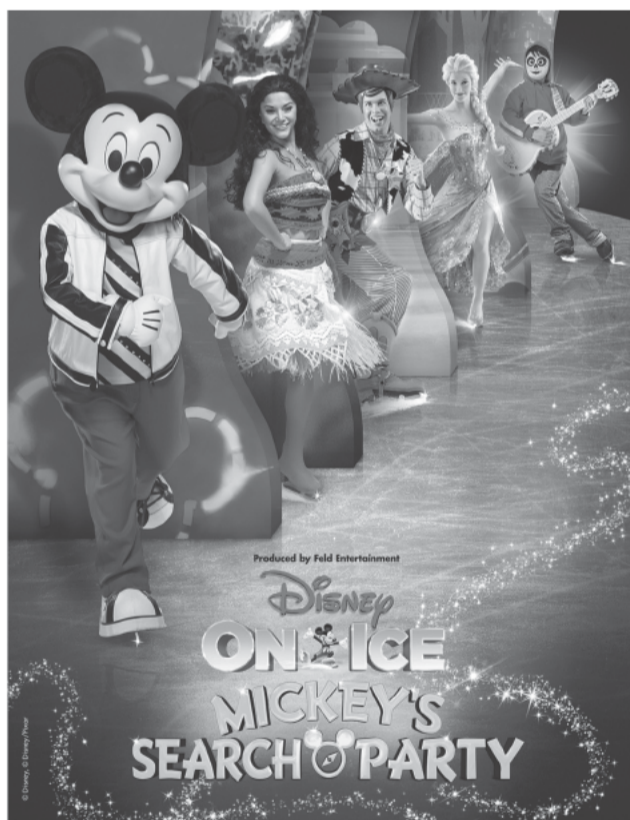
friend lost his wife almost two months ago. A friend had told the first man, “You’re taking too long to grieve.” Here’s another statement that shows lack of respect for the person mourning. She told him to go to a grief support group. He was glad he went because he met someone he has been dating. But, what worked for him may not work for his friend.

We contacted Our House, a grief counseling service in West Los Angeles, for suggestions on what to say. Our writer, Anne Wallentine, shares that information on Page 1.

Congratulations for former SMPD officer Jay Trisler for completing his walk across Route 66 from the Santa Monica Pier to Virginia Beach. He reports that he walked 2700 miles, rode 225 miles and wore out seven pairs of shoes. He made many new friends and memories. We’ll look forward to seeing what his next adventure will be.

How proud Steve Litvak and his Santa Monica Homeopathic Pharmacy staff must be on reaching their 75th anniversary. They had a ribbon cutting ceremony at the end of October. It is said to be the oldest family-owned pharmacy in the state of California.

Wishing you all fond memories to share with your friends and family as you prepare for the upcoming Thanksgiving holiday. We truly have many blessings.



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# Holiday Recipes Worth Sharing



A bowl of Rustic Minestrone would be appreciated on a cold day.

**(Family Features)** Most great holiday gatherings start with great food and end with quality time spent with loved ones. This holiday season, rely on simple recipes that let you spend less time in the kitchen and more time celebrating special moments with family and friends.

As a holiday host, it may be tempting to explore complicated new recipes to lend a festive air to your seasonal celebrations. However, with the right ingredients, a simple recipe can be equally impressive.

After a long day of checking items off your holiday shopping list, there's almost nothing better than a warm bowl of quick and easy Rustic Minestrone. This vegetarian classic is the perfect mix of marinara blended with aged cheeses, kale, zucchini, and beans. One of the best parts: It can be on the table in 10 minutes, meaning less time cooking and more time spent with family.

Finally, when it's time to wind down the evening, delight guests by bringing back a classic dessert: chocolate chunk banana bread. Served slightly warm with a side of fresh whipped cream or vanilla bean ice cream, it's a sweet finish to any gathering that family and friends are sure to love.

Find more simple recipes to enjoy during the holidays at Bertolli.com.

## Rustic Minestrone

- 3 Tbsp. Extra Virgin Olive Oil, divided
- 1 small zucchini, sliced in 1/2-inch half moons
- 2 cups tightly packed, thinly sliced Tuscan kale leaves
- 1 jar (23 ozs.) Bertolli Rustic Cut Three Cheese with Aged Asiago, Romano and Parmesan Sauce
- 1 carton (32 ozs.) vegetable broth
- 1 can (15 ozs.) cannellini beans, rinsed
- 1/3 cup shaved Parmigiano Reggiano cheese

In a 6-quart pot over medium-high heat, heat 2 teaspoons oil. Add zucchini and kale; cook, stirring frequently, about 1-2 minutes, or until kale begins to wilt. Reduce heat to medium; add sauce, broth and beans. Simmer 5-7 minutes, or until heated. Top with shaved cheese before serving.

**Tips:** Substitute garbanzo beans, kidney beans, pinto beans or tri-bean blend for cannellini beans. For heartier soup, add 3 cups (9 ozs.) refrigerated tortellini pasta with broth and beans. Simmer soup 8-10 minutes more, or until pasta is cooked through.

## Chocolate Chunk Banana Bread

Recipe courtesy of Justin Schuble on behalf of Bertolli Olive Oil

- 3/4 cup olive oil, plus additional oil for coating pan
- 3 ripe medium bananas, divided
- 1/2 cup applesauce
- 1 large egg
- 1 large egg white
- 1 tsp. vanilla extract



Chocolate Chunk Banana Bread looks very tempting.

Photos by Getty Images

- 1-1/2 cups all-purpose flour
- 1 cup sugar
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 cup semi-sweet chocolate chunks or chips
- 1/4 cup nut spread
- Heat oven to 350 F.
- Coat 9-by-5-inch loaf pan with olive oil.
- In a mixing bowl, mash 2 bananas. Add applesauce, egg, egg white and vanilla to bananas and whisk.
- In a separate bowl, combine flour, sugar, baking soda, salt and cinnamon. Slowly add wet ingredients to dry ingredients and mix. Add olive oil slowly and mix until combined.
- Fold in chocolate chunks. Pour batter into loaf pan.
- Heat nut spread in microwave until it reaches pourable consistency. Swirl spread into top of batter. Thinly slice long, flat strips of banana. Add slices to top of batter for decoration.
- Place loaf pan in oven and bake 1 hour. Remove bread and cool before slicing.

## Authors Gather at the Fairmont Miramar

The Fairmont Miramar Hotel recently hosted a celebration for Bed-side Readings' second anniversary. Authors of the books selected for the hotel guests to read were on-site for a reception.

Left, our writer Anne Wallentine, with author Laurie Gelman. *You've Been Volunteered* is Laurie's second book. Her wonderful sense of humor and sensitivity is evident in  
*(Continued on Page 10)*



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## Share Your Favorite Holiday Recipes With Our Readers



The Santa Monica Star would like to share more holiday recipes from readers in our upcoming issue.

Email them with your name to [smstarnewspaper@gmail.com](mailto:smstarnewspaper@gmail.com) before the 15th of November.

Call Diane at 424-581-6005.

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# Santa Monica Pleasure Pier

(Continued from Page 1)



Bathers at Santa Monica Beach, 1910, from the Santa Monica History Museum, Fred Basten Collection.

photographer Jens Lucking that merge the past and present in an original and enlightening way. In addition to the material about the 1917 pier, the exhibit will feature historical photos and ephemera from the museum's permanent col-

lection to give visitors a taste of life in Santa Monica from the turn of the century to the 1930s.

Please direct questions to John Klopping, Museum Manager, at 310-395-2290 or [info@santamonicahistory.com](mailto:info@santamonicahistory.com).

# Meals on Wheels West Monster Bash 2019

## Fond Memories From a Haunted Evening



Kevin McNulty and Chris Baca from Meals on Wheels West greeted guests at their annual Monster Bash held last month in the beautiful rooftop ballroom at the Marina del Rey Marriott Hotel.



The popular event featured casino games, a silent auction and door prizes, a live DJ and dancing, food, a costume contest, and plenty of fun! *Photos by Lauralee Asch*

## Thoughts From a Second-Time Father

### Getting Ready to Return to School



**By Michael Margolin**

One of the best things about being a parent is seeing the look on your child's face when they accomplish something for the first time, or are really excited about a new experience.

Recently, I took Alexa and Jake to the beach with an old friend of mine and a new friend of Alexa's. My old friend is somebody I went to kindergarten and first grade with whose daughter happens to be on Alexa's soccer team.

Our daughters are now about the same age we were when we first met. My friend brought his fishing pole to the beach, and we fished in the surf. The fish the kids caught were no bigger than your hand and were caught and released. It sure was fun to see the looks on the kids faces as they touched the little fish and caught a more close-up look at its eyes and mouth.

These were pretty simple things but new experiences for my kids. Jake is only three, so chances are he will not remember his first experience fishing, but Alexa might always remember.

Another new experience was us sitting in an out-of-town emergency room for about four hours. To make a long story short, Jake

ended up with a bit of Play-Doh in his ear, probably from having it on his finger and rubbing his ear at the initial signs of an ear infection.

We were on a family vacation, and since he had been complaining about his ear, we went to an urgent care where the staff could not get the Play-Doh out. Then, we headed to a very busy ER where the green Play-Doh was finally removed.

Alexa and I waited by ourselves for most of the time we were there, while my wife Enjoli was with Jake in the waiting room, and finally the exam room. Alexa did not complain much, and we played word games while we anxiously awaited Jake's return. I tried to explain to Alexa how in life events like this happen, and no amount of complaining or protesting is going to change the outcome.

Sometimes things happen, and there is no point in imagining the 'what-if' scenarios. You have to keep moving forward. Whether they are mistakes or experiences, I am determined to have my kids learn from both of them.

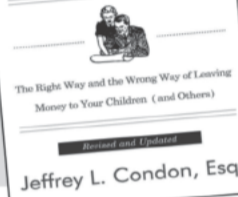
*Mike Margolin is an avid sports fan and a soccer coach on Alexa's team.*



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Jeffrey's "Really Helpful Inheritance Tips" at: [www.facebook.com/BEYONDTHEGRAVEBOOK](http://www.facebook.com/BEYONDTHEGRAVEBOOK)

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# Community Service in Santa Monica

## The Meaning of Being in the Lions Club



**By Marilyn Schalit**

"We Serve" is the Lions Club motto. The members of the Santa Monica Lions Club are thankful for the many opportunities we have had to serve the community. At Virginia Park, we provided vision screenings twice. On one of these occasions, we sponsored Lions Eyes Across California during which we also offered diabetes screening and provided free reading glasses and children's books. At the Santa Monica YMCA we did children's vision screening twice. At Hotchkiss Park, we bought and planted a tree. At Fisher House, we baked cookies, cakes, and other goodies to help veterans and their families celebrate Fathers' Day.

We are grateful to everyone who donated food, volunteered, and participated in our 65th annual Pancake Breakfast in September. Special thanks to Scott Andrews, club treasurer Pam Andrews's husband, for being an exceptional MC, and to volunteer Kim Finn, who helped the entire day. Proceeds from the breakfast will allow us to provide grants, scholarships, and charitable donations.

Thanks to the Santa Monica Elks Club for sharing their venue at 1040 Pico Blvd. for our meetings, and to their superb cook Gabriel for nutritious, delicious lunches.

If you'd like to join us there for lunch from 12:15-1:30 p.m. on the first and third Thursday of each month as our guest, please RSVP to marilynschalit@yahoo.com, or 310-903-8819. Or, contact Membership Co-chair Yoriko Fisher at yorikofisher@gmail.com. We hope to see you there.

## The Rotary Club of Santa Monica Focusing on Philanthropy, Fellowship and Fun!

**By Sharon Gavin  
President, Rotary Club  
of Santa Monica**

The next few months at the Rotary Club of Santa Monica will be filled with philanthropy, fellowship, and fun! On November 10, we will have our 12th annual Wine & Food Festival, where we raise funds to benefit the local and international causes that we support. In November, we also choose a number of local non-profits to be beneficiaries of our Rotary Club of Santa Monica Community & Youth grants.

Upcoming hands-on service activities will include our annual Thanksgiving program where we partner with other community organizations to provide a complete dinner to our officers working at the Santa Monica police station.

In December, we will continue our annual traditions of wrapping and distributing gifts to families in need as part of the Connections for Children "Holiday Angels" program, and raising money for the Salvation Army as part of our "Red Kettle" bell-ringing day in December.

There's lots of fun, too! We recently took a group eco-tour of Catalina Island. That was followed by a Halloween party at a member's home. We also enjoy fellowship at our monthly Happy Hours. And, one of the best ways to mix and mingle with our members is at our weekly meetings at the DoubleTree Suites by Hilton Hotel.

At these Friday luncheon meetings (from noon to 1:30 p.m.), we host a diversity of interesting speakers. Recently, we heard from Astrophysicist Dr. Ian McLean, "Mamas & Papas" band member Michelle Phillips, U.S.-China expert Clayton Dube, and author/businesswoman Mallika Chopra.

There is something for everyone at the Rotary Club of Santa Monica! To find out more, check out our website at rotaryclubofsantamonica.org, or email rotaryclubofsantamonica@verizon.net.

Our Rotary club meets on Fridays at noon at the DoubleTree Hotel on 4th Street in Santa Monica. Call 310-917-3313 for more details, and come join us.



Members of the Rotary Club of Santa Monica, family and friends, pose for a photo from their recent trip to Catalina Island. They saw buffalos and enjoyed exploring the island.

Photo by Carol Powell

## Santa Monica Bay Woman's Club a Home Away From Home



**By Tesi Treuenfels**

A simply marvelous resource was suggested to me at the Santa Monica Bay Woman's Club (SMBWC). It was Emeritus College, here in Santa Monica. At the enthusiastic suggestion from more than one club member, I am now enrolled in an opera appreciation class on Tuesday mornings. It's a fantastic way to start the day. The camaraderie and good conversations are constants at the club.

This month, in conjunction with Film Director Elena Miliareisis, the Santa Monica Bay Woman's Club will present a screening: *While Time Stands Still* on Saturday, November 9 from 9:30 a.m. - 12:30 p.m.

The film follows three military wives before, during, and after their husbands' combat deployment. Along the way, you meet amazing families whose daily bravery will inspire you. After the screening, there will be a panel discussion focusing on the daily challenges faced by families of deployed military personnel.

I stopped into our arts and crafts group which meets every Tuesday morning from 10 a.m. to 1:30 p.m. at the club located at 1210 Fourth St., just below Wilshire Blvd. We sit and work on independent projects at a "round" table. Holly Shaffer mentioned she is volunteering at the Veteran's Administration in Westwood and is accepting donations for new sweatsuits for veterans post-surgery.

If interested in donating funds or volunteering, call Holly at 310-478-5285. There was talk at the crafts table on everything from local community resources, current issues, travel, to the recent bat mitzvah presentation of my niece on

teenage immigration.

In her presentation, my sister's daughter included the fact that most of her grandparents had immigrated to the United States as teenagers. My niece made heartfelt suggestions to all of us to make time to stay aware of developing news impacting detainees and our immigration system. Help our fellow sisters and brothers in need through sponsorship and volunteer time. One resource she offered was <https://www.thelastmileaz.com>.

Winter gardens are being planted here in Southern California with lettuce, Brussels sprouts, cabbage, broccoli, Swiss chard, kale, celery, onions, garlic, peas, and spinach. Turnips, carrots, and radishes are best grown from seeds. What a wonder, planting sweet peas in the fall to get their fragrant blooms in the winter and early spring.

We continue with our regular activities of bridge every Monday from noon to 4 p.m. and our Book Club on the third Thursdays at 6:30 p.m.

Our most important role here at SMBWC is to give our members a home away from home, a place where they can meet other women and form friendships to share life's wonderful and sorrowful moments, as well.

Come join us. For more information, call 310-395-1308.



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**What Treats Can I Give My Dog?**



**By Dr. Frank Lavac MS, DVM, VCA**

**Q: What are dangerous treats for my dog?**

**A:** This is a very good question. There are many potentially dangerous treats.

Recently, both the FDA and CDC strongly suggested not buying pig ear treats. They are common carriers of Salmonella and have led to 143 human cases in a recent outbreak. It is difficult to know how many dog infections occurred during this outbreak.

Additionally, chicken, duck, and

sweet potato treats from China have been implicated in a large number of pet illnesses.

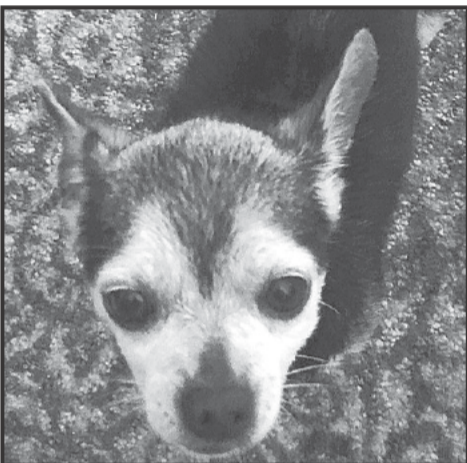
Hard treats, like antlers and hooves, can fracture teeth, leading to pain and tooth root infections. Almost any treat could potentially cause an intestinal obstruction if swallowed.

Monitor your dog when you give him a treat. Safe treats are listed under the Veterinary Oral Health Council, [www.VOHC.org](http://www.VOHC.org). Look for "Edible Chew Treats."

In talking to Dr. Julie Cho, who is a veterinary behaviorist, she recommended puzzle toys. Examples of these are "Busy Buddy Toys," "Amaze-a-Ball," and "Buster Cube."

**Dr. Frank Lavac can be reached by calling the VCA Animal Hospital at 310-828-4587.**

**Adopt a Pet**



*This rescued Chihuahua was found on a road. He was nearly hit by a car. We think he is about seven years old. We recently neutered him and cleaned his teeth. My hospital manager, Kristin, saved his life. We are looking for a good home for him. Please call Kristin at VCA Wilshire Animal Hospital at 310-828-4587.*

**--Dr. Lavac**

**Authors Gather**

*(Continued from Page 7)*

her writing. Laurie spent 25 years as a broadcaster in Canada and in the United States before deciding to write her first novel, *Class Mom*. She lives in New York City.

Other authors who attended the book signing were Geanna Culbertson, Mel Greenberg, and Brendan Kane.

The program, coordinated with Bedside Readings®, selects books to leave in the rooms of the hotel guests to read when they choose.



**One Heart - One Love 101**

**Dear Sunshine,**  
*I'm having a hard time dealing with being single. I've dated my boyfriend for eight years and realized I am not going to be happy in this relationship.*

*He has a job that is on-call. When the checks are steady, we have a great time. However, three months can go by and no work, no dates, and no happiness. I can't survive in a relationship with such instability, but I'm not happy single either.*

*He keeps trying to persuade me to take him back. Please help me make the right decision.*  
**Sincerely,**  
**Undecided**

**Dear Undecided,**  
*I can see how frustrating it can be to not be able to fulfill your happiness within the relationship. It's a big*

*risk getting in a relationship because you never know how the person is going to handle your heart, but the best thing you did, my friend, is take control.*

*That's a good thing. To have a good life, you have to be honest with yourself. There is a big world out there with a plethora of options to choose from. Be grateful you made the best decision to make yourself happy. I'd say you're off to a good start.*

**Good luck,**  
**Sunshine**

**Send your relationship questions to Sunshine at [sbanister598@gmail.com](mailto:sbanister598@gmail.com), or go to her YouTube Channel, ONE HEART ONE LOVE 101.**



**What to Say to Comfort Someone**

*(Continued from Page 1)*

statement allows the mourner to share his experience.

• If you don't know what to say, say that! A statement like, "I don't know what to say, but I'm here for you," shows your support and allows the griever to choose how much they'd like to share.

• Take the initiative and ask if you can help with specific tasks. In moments of grief, people may not have the energy to ask for or even know exactly what they need. Ask if you can bring food once a week, or if they want company at a certain point. Make it easy so the person can say yes or no to you.

• Be an attentive, respectful, and active listener. Allow someone to share their emotions with you without projecting your own expectations about the grieving process.

• Share your own memories in appropriate contexts over time. Shared reminiscence is a valuable way to keep a person alive long after they are gone.

• Remember that grief is ongoing. Many people will reach out in the immediate aftermath of a loss and then go back to their own lives. It's important to continue to check in with someone, whether at regular intervals or important anniversaries. Grief changes over time, but it never fully dissipates. Knowing that someone else remembers and acknowledges that fact is incredibly powerful.

**Don'ts:**

• Avoid pithy statements like "Everything happens for a reason" or "They're in a better place." These are not only impersonal, they serve to minimize and possibly invalidate the mourner's current experience of pain. They may also be at odds with the griever's beliefs.

• Offer unsolicited advice, such as "You should get back to work to

distract yourself." Your role as a friend or family member is to ask how they want to be supported, rather than to impose your own sense of appropriate behavior.

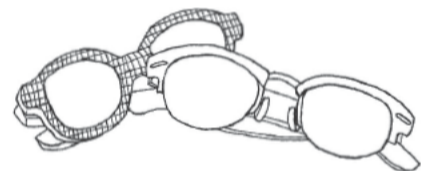
• Don't take it personally if the griever isn't immediately responsive or appreciative, especially in the early stages of grief. It's likely they will show their appreciation for your support over time.

• Don't avoid mentioning the name of the person who died out of fear of upsetting someone – it's not like they've forgotten. It's more likely that they want to speak about the person to not feel alone in their grief.

• Don't post on social media without first asking or understanding the family's preferences. Be thoughtful about sharing your condolences with a wider audience. Ultimately, when you're not sure what to do, the best thing you can do is ask. Listen and respect your friends' and family's requests.

Some may want space, while others may want company – and that may change day to day. Continue to ask questions and show up with care, time, and attention. When in doubt, call on the expert support services and resources of places like Our House. Though we will all experience loss, we don't have to be alone in it.

For more information on Our House's resources, visit [www.our-house-grief.org](http://www.our-house-grief.org). The nonprofit's annual House of Hope Gala will be held on November 16 at the Beverly Wilshire Hotel.



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# Community Calendar

By Miceala Shocklee

• **Saturday, November 2 and Sunday, November 3 - AltCar Expo** - The second annual AltCar Expo, featuring two days of speakers and exhibits on the intersection of cars and the latest alternative technology. Event will run from 10 a.m. on Saturday to 5 p.m. on Sunday at Santa Monica College, Bundy Campus, 3171 S. Bundy. For information and to purchase expo tickets, visit [altcarexposantamonica.com](http://altcarexposantamonica.com), or call 310-390-2930.

• **Saturday, November 3 - The Barn Ball** - From 6 p.m., enjoy an evening of food from veggie-friendly spots like True Food Kitchen, music spun by WeHo DJ Rosalie McIntire, an auction, an appearance by Kevin the Cow, and more with all proceeds benefiting the Farm Sanctuary and the Humane Society. To find out more about the ethos of this event and how you can attend, <https://www.facebook.com/events/2402228756697529/>.

• **Monday, November 4 - Stem Cell Research: Bench to Bedside, Discovery Pathway to Treatments** - Steve Peckman of UCLA's Broad Stem Cell Research Center will discuss the research and current practice in using stem cells to tackle diseases like macular degeneration, Stargardt's disease, genetic disorders, cancers, neurological diseases, tissue regeneration, and more. Talk will run from 3 p.m.-4:30 p.m. in the Community Room of the Santa Monica YMCA. For more information, call Lidia Magarian at 310-393-2721, ext. 129.

• **Wednesday, November 6 - NaNoWriMo Writing Workshop** - Join Juniper Ekman for a workshop of writing sprints, free writing, and more exercises that can help participants with finishing their novel during National Novel Writing Month. Event to begin at 6:30 p.m. at the Montana Avenue Branch Library. Call 310-458-8682, or email [MBUser@smgov.net](mailto:MBUser@smgov.net) for details.

• **Wednesday, November 6 - CREST Winter Sports Start at Will Rogers Elementary** - CREST Sports are a non-competitive opportunity for everyone, regardless of ability or experience level, to enjoy sports and learn the rules of the games. To register your child for a CREST sport, visit <https://www.smgov.net/Departments/CCS/content.aspx?id=32559>.

• **Wednesday, November 6 - See's Candy Fundraiser Starts at McKinley Elementary School**

• **Thursday, November 7 - Community Grand Opening of ICE at Santa Monica** - Enjoy a family-friendly night of free skating at this year's grand opening of Santa Monica's annual ice rink, also featuring food sampling, live music, and ice skating performances! Event to run from 6 p.m.-10 p.m. at the corner of 5th and Arizona. For more information and complete winter opening hours, visit <https://downtownsm.com/iceAtSantaMonica>.

• **Thursday, November 7 - Community Kids: Mayor Gleam Davis** - As part of the Community Kids series and Read for the Record campaign, Mayor Gleam Davis will read the book *Thank You, Omu!* and talk about her own social justice work. This event for kids ages eight to 13 will run from 5 p.m.-6 p.m. in the Activity Room at the Main Branch of the Santa Monica Public Library (SMPL). Call 310-458-8621 for details.

• **Saturday, November 9 - Cycle for Heroes** - Spend three hours rocking, rolling, and spinning in support of The Heroes Project, an organization that steps up to help the wounded and their families. The Heroes Project helps marines, soldiers, veterans, and civilians rediscover their own abilities post-injury. To find out more about the day of cycling at the Santa Monica pier and how to participate, visit [cycleforheroes.org](http://cycleforheroes.org).



Disney on Ice presents Mickey's Search Party at the Staples Center from Thursday, December 12 - Sunday, December 15. Ticket prices start at \$25, and are available by phone at 888-9AXS-TIX.

• **Monday, November 11 - Veteran's Day**

• **Tuesday, November 12 - Tim Mohr Presents Burning Down the Haus** - Tim Mohr's book *Burning Down the Haus: Punk Rock, Revolution, and the Fall of the Berlin Wall* tells the tales of young punk rockers who fought back against authoritarianism through their music. Book sale and signing to follow author talk. Event begins 7 p.m. at the Fairview Branch Library. 310-458-8681.

• **Tuesday, November 12 - Challenge Your Brain: Mental Fitness!** - Learn how to give your brain a workout with Recreational Therapist Cydney Kaplan from 1 p.m.-2 p.m. in the DeWind Room on the second floor of the Santa Monica YMCA. For more details, contact Lidia Magarian at 310-393-2721, ext. 129 or [lidiam@ymcasm.org](mailto:lidiam@ymcasm.org).

• **Wednesday, November 13 - Santa Monica Emeritus College Gospel Choir Performance** - Enjoy the Santa Monica Emeritus College Gospel Choir, led by chorus director William Bryant, as they perform at the Santa Monica YMCA from 1 p.m.-2 p.m. in the Community Room. Contact Lidia Magarian at [lidiam@ymcasm.org](mailto:lidiam@ymcasm.org), or 310-393-2721, ext. 129 for details.

• **Thursday, November 14 - Diabetes Awareness Month & World Diabetes Day** - From 10:30 a.m.-12:30 p.m., the community is welcome to come interact with local hospitals and clinic resource exhibitors in the Santa Monica YMCA

lobby. From 6 p.m.-7:30 p.m. in the Community Room, speakers Dr. Vikram Kamdar, UCLA SM Hospital endocrinologist, personal trainer Larry Panicali, and Travis Uriarte, doctor of physical therapy will talk about the impact that diabetes has on the body as a whole and how lifestyle, diet, and exercise can help strengthen your muscles and even reverse the disease process altogether. For details on how to register for the days' events, contact Lidia at 310-393-2721, ext. 129, or [lidiam@ymcasm.org](mailto:lidiam@ymcasm.org)

• **Friday, November 15 - John Adams Middle School Bands Concert** - The musicians in John Adams Middle School bands will perform at Barnum Hall from 7 p.m.-9 p.m. 310-452-2326.

• **Saturday, November 16 - Hispanic Heritage Month Celebration: Presentacion Del Libro: Tu Momento Estelar Por Luz Maria Doria** - De 11:30 a.m. en el Annex del Pico Branch Library, la vice-presidenta y productora ejecutiva de Despierta América (Univision) con su estilo único y personal, te llevara de las lágrimas a la risa. Luz Maria Doria nos cuenta qué ocurre justo antes de ese momento que cambiará tu vida.

• **Saturday, November 16 - Wellbeing Summit** - From 10 a.m.-4 p.m., the Santa Monica College Center for Art & Design, 1660 Stewart Street, will host

## Remembering Santa Monica Group to Learn (Continued from Page 1)

devoted his life was apparent as he shared his anecdotes and thoughts on its history.

"I'm a big believer that history portends the future," he said, reminding the group that "history is selectable" depending on who's researching, writing, or talking. It's vital, therefore, to ensure that marginalized voices are heard and recorded.

Nat's stories, as well as the rest of the attendees, serve as valuable additions to Santa Monica history.

For more information about the Santa Monica History Museum, call 310-395-2290.

## Answer to Neighborhood Celebrity

(Continued from Page 1)



Francis Ndoumbe has worked at the Kinecta Credit Union for the past 20 years. He specializes in business development and member relations. Previously, he spent ten years at Santa Monica Bank. Francis sings, writes, and composes music in his spare time.

the City of Santa Monica's inaugural wellbeing summit, featuring speakers, art displays, and activities suitable for all ages. The summit will have a special focus on *Civic Wellbeing* this year. For more information about the event and how to attend, visit [www.smgov.net/wellbeing](http://www.smgov.net/wellbeing).

• **Saturday, November 16, 2pm - LA Opera Talk** - Learn about Mozart's *The Magic Flute* at the Kaufman Brentwood Branch Library, 11820 San Vicente Blvd. 2 p.m. 310-575-8273.

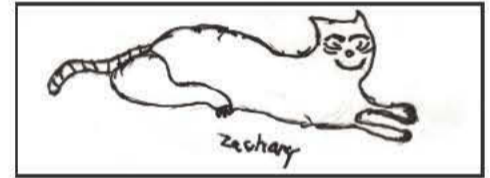
• **Saturday, September 23 - Certified Farmer's Market** - Enjoy coffee, produce, and more from California farmers at the Pico Farmer's Market in Virginia Avenue Park from 8 a.m.-1 p.m. Contact Lynette Miscione at 310-458-8712.

• **Monday, November 25 - First Nations: The Tongva in Santa Monica** - Special guest and Tongva tribal elder Julia Bogany will lead this hands-on and informational session for kids ages five to 10 through crafts and storytelling from 3:30 p.m.-4:30 p.m. at the Ocean Park Branch of the SMPL. Event is co-sponsored by the Santa Monica History Museum. 310-458-8683.

• **Thursday, November 21 - Multi-cultural Heritage Celebration Day at Grant Elementary School**

• **Thursday, November 21 - Lincoln Middle School Orchestra Concert** - The Lincoln Middle School Orchestra will perform in the school Auditorium from 7 p.m.-8 p.m. To find out more about how you can support these young musicians, call 310-393-9227.

• **Thursday, November 29 - Happy Thanksgiving!**



Happy November Birthdays to Monty McCormick, Ron Call, Tammy Andrews, Patricia Farris, Shirley Finston, Andrew Lucier, Andrea Gressinger, Dyllen Andrews, and Bill Bubar

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