



It's so important that all of us keep moving as much as possible according to many of the health reports we read. Some of the activities below might be fun for seniors to try, too.

Keep Moving All Summer Long

Family Features - Everybody, no matter their age, can benefit from daily physical activity. According to the Centers for Disease Control and Prevention (CDC), young children should be physically active throughout the day for growth and development. Despite the common misconception that children are in perpetual motion, the CDC reminds caregivers to encourage children to be active when they play.

"Physical activity is important because it is critical in assisting with gross motor development and helps support development in other areas," said Khy Sline from KinderCare Learning Center's edu-

cation team. "Children thrive when we give them the tools to use their bodies and muscles in new ways and make mind-body connections."

Consider these five activities to encourage children to get moving:

- **Blow bubbles.** Appealing to children from infancy on up, seeing bubbles floating around can encourage babies to reach out and try to grab them, building arm strength and coordination. Toddlers and older children can run around the patio or lawn chasing bubbles and watching them pop.

- **Build a tunnel.** Whether indoors or out, made from furniture

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Dr. Antonio Shelton Named New SMMUSD Superintendent

Dr. Antonio Shelton brings 23 years of educational experience to his new position of SMMUSD Superintendent, with 18 years in administrative roles. For the past year, he has served SMMUSD as the executive director of secondary schools, and previously was the lead principal of Santa Monica High School for six years. He has concurrently taught instructional improvement for the USC doctorate program in educational leadership.

Dr. Shelton is known as a highly intelligent and innovative leader who is constantly seeking to improve educational outcomes for students. He has a deep understanding of the challenges facing TK-12 in public education and is committed to finding creative solutions that consider the diverse perspectives of educational partners, while maintaining the focus on meeting the needs of all students. His leadership style incorporates care and compassion for others, while supporting a creative and collaborative learning environment where students and staff



Dr. Shelton began his new job on July 1. Congratulations!

may reach their full potential.

"I am truly excited and humbled to serve as superintendent of the Santa Monica-Malibu Unified School District," said Dr. Shelton.

(Continued on Page 3)

Meet Our Columnist Qin Sun Stubis at Barnes & Noble at The Grove July 23 When She Launches Her New Book, Once Our Lives

Finally! After 15 years of reading her heartfelt, sometimes funny, and always wise monthly columns in *The Santa Monica Star*, our readers will be able to get to meet our longtime writer Qin Sun Stubis as she debuts her new, award-winning book, *Once Our Lives*, about four generations of Chinese women struggling to survive war, revolution, and the eerie power of an ancient superstition.

This visit is a part of her international book tour, which kicked off in Toronto, New York, and Washington, D.C. Qin will share exciting stories with her fans in the Los Angeles area involving pirates, prophecies, and other dramatic episodes from her real-life saga.

Mark your calendars to meet Qin in person at the Barnes & Noble book store at The Grove on Sunday, July 23, at 2 p.m., just east of the Farmers Market in



Qin Sun Stubis proudly holds her new book, "Once Our Lives."

Los Angeles.

After 15 years, she is looking forward to meeting all of you!

Travel Tips for Venturing Out Alone



The possibility of unexpected adventures and meeting new friends awaits when you travel alone.

Family Features - Whether you're a lone wolf at heart or looking to broaden your sense of independence, traveling solo can be a richly empowering and most satisfying experience.

Setting out on your own has many practical advantages. You're not worrying about accommodating another's schedule, interest, or needs, and you're free to decide what you want to do and when.

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Take A Look Inside

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Do You Recognize These Neighborhood Celebrities?

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Discover What's Happening on the Westside

By Pamela Lawrence

• Ongoing Thursdays through Sundays - Coming Out West: LGBTQ+ Elders Share Their Stories

Explore the history and empowering journey of eight revered LGBTQ+ elders with ties to Los Angeles and the Santa Monica Bay area. Thursdays, 2 p.m.-5 p.m., Fridays-Sundays, 11 a.m.-5 p.m., Santa Monica History Museum, 1350 7th St. Call 310-395-2290 for more information.

• Ongoing Tech and Tasks - Thursdays, July 6, 13, 20, and 27 - Volunteer tutors provide help with reading documents, using mobile devices, navigating government websites, filling out forms, using email, writing resumés, and more. The July 13 program includes transportation representatives from the Santa Monica Active Aging Program. 2 p.m.-4 p.m. Santa Monica Main Library, Tutoring Center. 310-458-8600.

• Ongoing through August, Fridays and Saturdays - Magic Show at Illusion Magic Lounge - Come enjoy weekly magic shows in Santa Monica. 7:30 p.m. - 9 p.m., 1418 4th St. Call 310-451-2241 for tickets.

• Ongoing until August 20 - Tim Walker Wonderful Things Exhibition - Journey into the fantastical worlds created by internationally acclaimed fashion photographer Tim Walker. The exhibition pays tribute to Walker's distinctive contribution to image-making while also highlighting the work of his creative collaborators: set designers, stylists, makeup artists, models, and muses. Daily, Getty Center, 1200 Getty Center Drive, L.A. Visit: tickets.getty.edu to reserve free tickets.

• Tuesday, July 4 - Independence Day - Celebrate the red, white, and blue!

• Thursday, July 6 - Lunchtime Line Dancing - Get fit and have fun line dancing. Learn old and

new dances in a variety of styles, including country, disco, soul, Latin, and more. All levels welcome. 12:30 p.m., in person Venice - Abbot Kinney Memorial Branch Library. For adults.

• Friday, July 7 - World Chocolate Day

• Monday, July 10 - Candy Jewelry Making Workshop - This workshop teaches participants the basics of jewelry making using candy. Material included is an array of recycled material, packaged candy, jewelry findings, beads, thread, yarn, fishing line, and needles, among many other options. 3 p.m., in person, Mar Vista Branch Library. For teens.

• Tuesday, July 11 - 7-Eleven Day - Free small slurpees. 11 a.m.- 7 p.m. 1600 Santa Monica Blvd. at 16th Street.

• Thursday, July 13 - City Hall Murals Project, "Town Destroyer" Documentary Screening and Discussion - This film explores the ways we look at art and history at a time of racial reckoning. The story focuses on the controversies over historic murals at a public high school depicting the life of George Washington: slaveowner, general, land speculator, President, and a man Seneca leaders called "Town Destroyer" after he ordered their villages razed during the Revolutionary War. The controversy becomes a community touchstone reflecting the national debate over public art and historic memory. 6:30 p.m.- 8 p.m., Thelma Terry Building at Virginia Avenue Park.

• Sunday, July 16 - National Ice Cream Day

• Sunday, July 16 - Pasion! Flamenco & Tango - Put fire in your steps at this exciting dance show. Tickets \$30 in advance, \$35 at the door. For tickets, visit Electric Lodge.org. 3 p.m. Electric Lodge, 1416 Electric Ave., Venice.

• Tuesday, July 18 - Drop-in Event: Hands-Only CPR - The

Los Angeles County Department of Public Health provides drop-in hands-only CPR training. Come anytime between 2 p.m. and 4 p.m., it only takes about 10 minutes to complete the training. Note: This is not a certified CPR course, you will not receive a certificate. If you need CPR certification, you must take a different course offered by a certified provider. This training is: A life-saving skill that will help you feel more confident to respond in an emergency, CPR without mouth-to-mouth breaths. Only to be used on teens or adults. Palisades Branch Library, 861 Alma Real Dr., Pacific Palisades. For details, call 310-459-2754.

• Wednesday, July 19 - Social Media Marketing - Curious about using social media to grow your



Karin Wallerstein of the Santa Monica Rotary Club hands a check for a grant to Lycia Naff of the Drive-By Do-Gooders organization.

One Person Can Make a Difference

Lycia Naff was concerned about the homeless people she used to see sitting along the streets with their pets as she drove to work. In 2013, she packaged up some basic human essentials and survival supplies and began dropping them off from her car window to the people on the streets. She paid for the supplies with her own money. Lycia had no agenda, it was just pure giving. (She had some homeless relatives and these people reminded her of them.)

Eventually her friends began contributing to her cause. She was encouraged to take the steps to become a non-profit organization, which she did in 2015. Their official name is Drive-By Do-Gooders.

This way she was able to reach out to middle and high schools to get students who needed to do community service to help with packaging and distribution. They now distribute about 150 packages a week 50 weeks of the year.

The packages she and her students give out include water, wipes, socks, dental and feminine hygiene products, protein bars, masks, and supplies for their pets such as dog food, collars,

(Continued on Page 3)

business? Join the Department of Economic Opportunity to get familiar with three widely-recognized social media platforms and learn how to use their services to better market your business. Virtual program, 3 p.m.-4 p.m. Presented by the L.A. County Library. To register and get Zoom link: visit.lacountylibrary.org.

• Friday, July 21 - SMPL at the Beach - The Santa Monica library returns to the beach! Grab your towel and sunscreen and meet them at the Annenberg Community Beach House for a day of family-friendly activities like Seaside Storytime (at 10:15 a.m.) and Nautical Crafts. Sign out books from their curated collection of beach reads, enjoy games like smash ball and ladder toss, or kick back, relax, and read in the shade of their Surfside Lounge. 10 a.m. to 3 p.m. Annenberg Community Beach House, 415 Pacific Coast Hwy.

• Saturday, July 22 - 29th Anniversary Celebration at the Kaufman Brentwood Branch Library - Enjoy "An Afternoon of Laughter and Magic" with comedian and magician, Phil Van Tee, of Magic Castle fame. 2 p.m., 11820 San Vicente Blvd. For more information, call 310-575-8273.



Happy July Birthdays to Kingsley Fife, Don Margolin, Jack Neworth, Sarah Margolin, Sally Gutierrez, Judy Scholer, Tony Dau, Manuella Selles, Ellen Horowitz, Pat Samarge, Florence Benjamin, Lisa Analco, Max Margolin, Bob Baker, Susan Potter, Spyros Dellaportas, Tara Pomposini, Qin Stubis, Robert Klein, Kinsley Gilliland, Carolyne Edwards, David Snow, Ann Greenspun, Monty Herring, Alexa Margolin, Tim Jackman, Jean McNeil Wyner, Pam Brady, Gerardo Reyes, and Julie Gilberg.

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The Real Estate Advisor

A Reverse Mortgage May Ease Seniors' Finances



By Richard Lombardi

A few weeks back, I was chatting with a man who's been working at his job for over 40 years. For the sake of this article, let's call him Peter. When I asked if he wanted more business, he explained that he works to cover his expenses and doesn't want or need to take on any more clients.

Peter bought his home many years ago for \$300,000 and he guesstimated that it's worth around \$3.5M. He has no mortgage and owns it free and clear. He went on to tell me that he's not married and has no heirs.

I asked if he ever considered a reverse mortgage. Peter said he had seen commercials about them, but didn't really understand how they worked. I gave him the brief outline that I'll share with you now.

The L.A. area, particularly the Westside, has experienced phenomenal appreciation over the last few decades. Like Peter, many seniors now have the comfort of owning their homes free and clear but are in a financial squeeze with their living expenses.

The reverse mortgage can help seniors stay in their homes by unlocking the equity in the home and/or help with medical expenses, other debt or simply to enjoy life. Best of all, there are no required payments. Here's a few

more points to consider:

- The borrower(s) must be 62 or older to be eligible for a reverse mortgage.
- You may borrow a lump sum, monthly payments, or a combination of both.
- You keep title to the home.
- Because it is a loan and not income, typically the money received is tax free and will not affect your Social Security or Medicare benefits.
- You can sell your home at any time, and pay the balance of the reverse mortgage.
- Upon the death of the last borrower on the loan, the estate would pay the balance usually from the proceeds of the sale.

In Peter's case, passing home equity to heirs wasn't a consideration. He could easily replace the income that he's earning through his business and never exhaust the equity in his home. And, during the years he's withdrawing equity, the home would likely continue to grow in value.

If a reverse mortgage sounds like it could work for you, I recommend talking to your CPA or financial planner, and then shop several reverse mortgage lenders to find the best fit for your needs.

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.

From Me to You...



By Diane Margolin

Hope you have plans to look forward to this summer. Be sure to share some of your vacation photos.

Thanks to realtor Kate Bransfield for sharing that the annual Second Saturday Movie Night at Reed Park will be starting at 6 p.m. on July 8. There will also be free music, popcorn, and lemonade. August 12 and September 9 are the other film dates. Reed Park is on Lincoln Boulevard and California, across from Saint Monica Church.

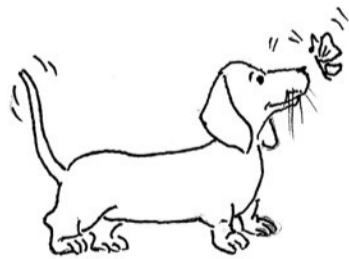
It was my goal to introduce three new features in the paper this summer. One is *Good News* on Page 2, *People 'n' Pets* on Page 6, and *Love Links*, on Page 12.

We ran a *Love Links* column many years ago, and it seemed like a good time to bring it back.

Each of these features depends on input from you, our readers, so please send in your contributions to smstarnewspaper@gmail.com.

The Police Activity League (PAL) will be holding their annual recognition celebration on Thursday, July 13. Twelve recipients will be awarded with a Chris Carrey PAL Education Scholarship. Congratulations to them all.

Have a wonderful summer.



- Joe Analco

From the Santa Monica History Museum



Picture these fit Santa Monica lifeguards above ready to keep watch over the ocean below their headquarters at the end of the Santa Monica Pier. Lifeguard Tad Devine is standing in the back row, fifth from the right. Captain Watkins is fourth from the right in the front row, kneeling. This Summer, 1952 photo, #36.2.3787, is available for purchase from the Santa Monica History Museum's Bill Beebe Collection.

Dr. Antonio Shelton (Continued from Page 1)

"I want to thank the school board for trusting me to lead this wonderful district. It is an honor to have been chosen to lead a district that is on the move in a positive direction. I envision a journey ahead with collaboration and

community built on trust between myself and the educational partners of SMMUSD. I look forward to leading the Santa Monica-Malibu Unified School District community, its faculty, staff, and students to greater heights."

Sally Ride Statue Unveiled at Reagan Library July 4

The Presidential Foundation and Institute was recently honored to install a statue of Sally Ride on the Reagan Library campus in Simi Valley to memorialize her historic feat.

The project was spearheaded by Santa Monica resident Steven Barber. Go online for more information on Steven and his work.

The statue was placed near the Reagan Library's Peace Through Strength Pavilion which honors President Reagan's successful buildup of our nation's military in his quest for worldwide peace.

The Peace Through Strength

Pavilion currently showcases an F-14 Fighter Jet (installed 2005), a F-117 Stealth Fighter Jet (installed 2019), and an Abrams M-1 Tank (installed 2021). The Sally Ride statue will symbolize President Reagan's exploration of Space for peaceful scientific, industrial, and commercial gain.

The statue unveiling was held on July 4 as part of the Reagan Library's annual 4th of July celebrations. For more information on activities, visit www.ReaganLibrary.com/Events, or give a call to 805-522-2977.

One Person Can Make A Difference

(Continued from Page 2)

medicine, and leashes.

The appreciative smiles and positive responses from the homeless people have made an impression on the teenagers who are able to look at their recipients in a different way than they might have

before they became part of this grassroots organization.

For more information, email Lycia@drivebydogooders.org, or go to their website at www.DriveByDogooders.org.

—D.M.



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Reflections From The East

Writing a Book: Rewards Await at the End of a Long, Lonely Journey



By Qin Sun Stubis

Many writers would agree with me that writing is mostly a lonely job. When you write, whether a short story or a long book, you sit in front of a computer in a quiet room focusing on ideas and thoughts, trying to turn them into coherent phrases, paragraphs, and chapters.

Twenty years ago, I embarked on a long, mostly solitary journey to write my newly-published Chinese

historical memoir, *Once Our Lives*. For so many hours, days, weeks, months, years, and even decades, I was accompanied only by loneliness in a still, quiet room.

Once Our Lives is the story of four generations of Chinese women struggling to survive war, revolution, and the seemingly unshakable power of an ancient Chinese superstition. It is about ordinary people doing extraordinary things in anything but ordinary times. There are stories of pirates roaming the sea, babies sold in opium dens, found jewels,

and lost fortunes....

Inspired by those who lived through the impossible and are now gone, I wrote to carry on their memory. Sometimes, I talked to myself to break that eerie silence; at other times, the only sounds I could hear were my own sighs and sobs accompanied by the rhythmic sound of the computer keys as my fingers tapped them and words magically emerged on the screen.

The greatest career hazard for a writer is being able to face that loneliness, in spite of which one has to perform with persistence

and perseverance until a project, no matter how hard, is done. I realized it only after I started my writing journey, and those 20 years were a testament to my will.

What I didn't know was how the birth of a book breaks loneliness' spell and how it brings people together – family and friends, colleagues and neighbors, classmates from decades ago, and friends of friends. Even strangers are not strangers anymore.

After my memoir was published in June, I set out on a global book

(Continued on Page 5)

STEM-Filled Memories



By Cheryl Thode

For most of us, we have had our kid-dos home from school for about a month. How has it gone? Between sports camps, swimming lessons, summer school, and all the other activities we have signed our kids up for, you may feel more like a chauffeur than a parent.

If you are like I am, and are looking for something that involves a little less driving around and more interaction with your child, I have a cool and fun option for you.

Constantly on the hunt for innovative and interesting ways to teach my kids about their world, this past year, my son and I discovered a new STEM (which stands for Science, Technology, Engineering, and Math) box/kit borrowing program at a couple of our libraries. Basically, the libraries took a particular topic like motion, light, magnets, the sea-

sons, etc., and compiled a bin with related books, activities, and functional toys on that topic. These kits could then be checked out for a period of 10 days.

When we first started borrowing the STEM kits, I was not sure how they would go over. However, over the last couple months, my son has thrived with them. He loves them, we get some good mother-son interaction, and the kits are actually fun and informational for me. In fact, I found them so successful in holding my son's attention and maintaining my own interests, that this summer I decided to make my own kits on topics both my son and I found interesting. We are currently diving into the world of water and water tables!

The whole process of learning about a topic, discussing it, and then exploring it in a hands-on way has been fun for both of us. So much so that I am writing this article to share it with you and encourage you to join in!

So, how do you get on the STEM

train? Well, like most activities, there is a vast range of STEM activities you can do from the fairly simple to the quite complicated. So, if you are new to this or have young kids, start simple and build up. I would suggest asking your child what topics they are interested in. Are they curious about weather? Do they want to know what lives in the ocean? Are they interested in growing things? Do they have a culinary appetite? Are they inspired to draw, color, or design?

There are so many things to learn about our world. Pick a couple of topics and choose one weekly to dive into. Then, either Google the topic, or if you want an excursion, go to your local library for books on the topic.

You and your child can learn about the subject together. Next, find some cool ways to explore the topic further. If you are learning about light, find some prisms to hold up to the sun and watch a rainbow appear. If you are

(Continued on Page 5)

Do You Recognize These Neighborhood Celebrities?

(Continued from Page 1)



You will get the best customer service on Montana Avenue from Montana Mail owner Jasmit Singh, right, and Justin Marcotte. They help with mailing your packages, plus there is a large selection of office supplies, stamps, snacks, and gifts in the pleasant store. And, visiting dogs get biscuits!

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Clergy Corner

Origin Stories and the Fourth of July



By Rev. Tim Vance
Rev. Dr. Martin Luther King Jr. began his *I Have a Dream* speech with, "Five score years ago" These words echo Abraham Lincoln's

Gettysburg Address which began with "Four score and seven years ago" Lincoln was recalling the vision of equality given at the birth of our nation, and Dr. King was recalling the beginning of emancipation. Both were pointing to these important origin stories to inspire a new movement for much-needed change.

The *Book of Genesis* (in the Hebrew Bible) and the story of Jesus (as told in *The Gospel of John*) both start with "In the beginning" These origin stories are not intended to be modern science; rather faith, art, and poetry that also have the creative power to animate change.

Justice, equality, and inclusion could spring from these stories because they hold two important realities together. First, they draw us into the wonder and celebration of all that is good and beautiful in us

and in our world. Second, we experience with each character the pain and destruction that comes from hiding behind what is good as a way of avoiding what is wrong. Lasting change, it seems, requires a courageous honesty that is sustained by a refreshing vision.

Each year, on the fourth day of July, the United States celebrates its origin story. In our different traditions and experiences of this holiday, is there anything that genuinely draws you into the wonder and celebration of all that is good and beautiful? And, if you dare, have you ever considered looking past the parades, fireworks, and cookouts to consider what movements of change still need our participation?

**Rev. Tim Vance, Pastor
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1220 2nd Street
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tim@fpcsantamonica.org**

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



STEM-Filled Memories (Continued from Page 4)

exploring trees, go on a nature walk and collect different leaves, and then discuss their colors, shapes and sizes. If you are learning about stars go up to the Griffith Observatory and attend one of their shows in the planetarium.

These types of activities not only help your children explore their world, but as the STEM word implies, they expose your child to science, technology, engineering, and math.

As a bonus, when you read about the topic and discuss it with your child, you are also helping them to develop their vocabulary and communication skills (and learning how your child

thinks, too).

So, for the rest of the summer, get out, learn, explore, and experience! In a world where there are constant demands on our time and energy, being able to show my sons the world in a simple and completely "free" way, has been very fulfilling and memorable.

Parents, go enjoy the world with your kids, and do some STEM together! God Bless!



- Joe Analco

Writing a Book (Continued from Page 4)

tour, going from Toronto, Canada to Chinatown in New York City to Washington D.C. I celebrated my literary firstborn's birth with so many people I hadn't seen for years, and so many others I would otherwise never have met. It opened my eyes to the true magical qualities of a book!

My next stop will be the Barnes & Noble at The Grove in Los Angeles, just a short drive from Santa Monica. The event will take place on Sunday, July 23 at 2 p.m. I want to invite all of you to attend,

using this opportunity not just to talk about my book, but also to meet you, talk with you, and thank you for being my readers for all these years.

After all the years of lonely work, I hope my book will finally, magically, bring all of us together in a celebration of discovery, joy, and friendship.

You can always reach me at qstubis@gmail.com, or please visit me at www.qinsunstubis.com.

Passing Through the Pico Neighborhood

Love, Dreams Fulfilled, and Dogs



By Stacy McClendon
I was blessed to meet up with Marilyn and Glyn at New York Bagel & Deli on Wilshire Boulevard in Santa

Monica for a yummy and filling bagel breakfast.

This is a place they have been frequenting with friends for over 25 years, since 1997. The owner has created an inviting and welcoming meet-up space for locals to enjoy.

Glyn and Marilyn have been married for 52 years. Glyn first laid eyes on Marilyn when she was 12. However, Marilyn didn't even realize he existed, due to the age gap. He was 17 years old at the time. They attended the same church youth group at the Santa Monica Presbyterian Church. Their friendship grew at church.

Marilyn invited Glyn to the prom in 1967. This was their first date. Marilyn thought he was just a nice guy friend until he kissed her on prom night. As a result, their friendship grew and blossomed into a dating relationship.

They dated for a year, but then Marilyn broke it off. Glyn was talking about marriage, but Marilyn wasn't ready for that. She had been accepted, and decided to go away to Chico State University for two years.

In 1969, Marilyn came back home and ran into Glyn at church. She had to make the move again and invite him out. He was hesitant to ask after she went away to college.

She went back to school, and they kept in touch over the phone for the next four to five months. They moved in together in May of 1970 in Santa Monica, and have been together ever since. They both had dreams. Marilyn wanted



Local couple Glyn, left, and Marilyn, right, and their dogs all give back to the community.

to be an environmentalist and Glyn wanted to be a photographer.

They applied to schools in Santa Barbara, were accepted, and moved up there in May, 1971. They both enjoy learning and saw it as joyful and fun.

Marilyn took Environmental Studies at UC Santa Barbara and continued on at Dominguez Hills where she received her Master's Degree. Glyn studied photography at the Brooks Institute of Photography where he received his degree. Marilyn became an environmentalist and worked in heavy industry for 21 years as an environmental compliance officer. Glyn became a photographer for Hughes Aircraft for 23 years.

After college, they moved back to Santa Monica, and have been here ever since.

One morning, while brushing their teeth, they decided to make their union official. When Glyn asked Marilyn to marry him, she said, "Yes!"

They had a very informal wedding ceremony. Marilyn took her grandmother's ring and Glyn found his special ring at Sears a while later for the sum total of \$11. Glyn wore overalls and Marilyn made herself a white velvet dress. They don't think they spent

(Continued on Page 10)

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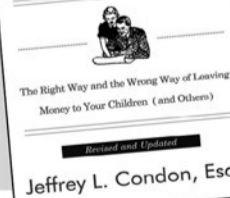


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People 'n' Pets



Bijan and Raven Hunter have had their guinea pigs, Mocha and Twinkie, for three years. They feed them hay, fruits, and vegetables, but their favorite treat is green apple. They say guinea pigs make the best companions.



Carol Bullock with her cat Benji. His name honors her dad, Ben and mom, Jean.



Summer Sanchez loves to pose with her dog, Bernie.



Celia's dog is Pucci Bonaduce. He's a five-year-old Apricot Mini Poodle. The best thing about Pucci is, even though he loves her above all others, he wakes her husband instead of her to take him out at 4 a.m. to answer nature's call.



Steve Litvack, left, is with Rosalyn, Mike with Noodles and Buddy, and Jackson. Noodles is Mike's family's dog, and Buddy is Steve's. The dogs get along great with each other.

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Meet Your Neighbors

Bru Caplan Brought Her Background in Hotel Management to Open Three Successful Westside Restaurants

At the end of 2000, Bru Caplan made the journey from Turkey to Santa Monica. She told her dad she wanted to open a doggy day care business. Her dad's response was that you do what you know. He said you know the food business. Open a restaurant.

Bru had graduated from studying hotel management. Her parents ran a boutique hotel on the Mediterranean which she and her sister helped run. They served breakfast, afternoon snacks, and their mom's cooking for dinner. Her brother was studying finance at CSU Long Beach. She joined him in California and ended up working in a restaurant for 10 years. By then she was ready to open her own business.

Bru's Waffle on Wilshire opened in 2010 after Thanksgiving, and has had a big following ever since. Often you see people lined up outside waiting to go inside. Bru's waffles are served with a choice of toppings you can add. She also serves chicken with the waffles. Her second restaurant opened at 3105 Washington Blvd. in Marina del Rey. It follows the same menu as Bru's Waffle in Santa Monica.

Flapjax opened last year at 2315 Wilshire. Bru likes to create new dishes. She says the ideas just naturally come to her. The portions at Flapjax are generous and appealing to your sight, as well as your taste buds.

You can tell by the decor of the restaurants, with its special touches, that Bru treats her



Bru Caplan, owner of Flapjax on Wilshire, is holding up one of her giant Apple Strudel pancakes. It is as delicious as you imagine, with the scoop of butter melting on the top.

restaurants as if they were her home. She tells her staff to think that way also. And, you will notice the gracious servers are very welcoming. There is also a wonderful patio in the back of the restaurant where you can relax and enjoy your meals.

Bru checks the menu periodically and if an item isn't doing well, she will change the menu. She also checks to be sure the various chefs are preparing the food as it should be made.

She works very hard, as you might imagine. But Bru shared, "I've lost a lot of people. I don't make big plans. I enjoy the moment. I want to be successful, and be nice to people, but I still want to enjoy my days." —D.M.

Thoughts From a Second-Time Father

The Importance of Setting Guidelines and Boundaries



By Michael Margolin

This month marks a full decade that Enjoli and I have been parents. And, like most parents, I remember the details of Alexa's birth quite vividly. When we left the hospital, Enjoli was being wheeled out holding Alexa, and Alexa was crying as if she did not want to leave the hospital. Not only could I have not cared if she was making too much noise, I was very proud of it. I remember thinking, "Yeah, that's right. That's MY kid making all that noise."

Jake came along three years later, and I have been blessed in that they have both done so many things to make me proud. There are times I mention to people how great I think my kids are, and they remind me that eventually they will become teenagers and get worse.

I am certain there will be new emotions and hurdles to cross as my children grow older. We will do our best to help our children face these hurdles. But, there is no guarantee they will turn into pubescent monsters. Enjoli was very easy to deal with as a teenager, and for the most part, I think I was too. What gives me faith in navigating the adolescent waters

is the confidence I have in my wife and how she parents.

I asked Enjoli what she has learned in the ten years that we have been parents. One thing she said was that she can see how the foundation and boundaries we laid with our kids are paying off.

The expectations we set when they were much younger are still the ones they follow, and the ones we expect them to live up to. I have learned that watching my children get older is one of the only things that make me feel like I am getting older. And, the older they get, the more fun they are.

Every stage of their lives has been fascinating to me. When I look at them at night, I still sometimes get a feeling that being a parent to these kids is kind of surreal. When they were infants, and listening to them breathe while they were sleeping was like a gift from God. They are louder now when they sleep, and maybe they had not brushed their teeth as well as should be expected, but the breaths are still gifts. And, if we continue to outline our principles and standards, previous experience would say we are trending in the right direction.

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

Travel Tips (Continued from Page 1)

If you're planning a solo journey, consider these tips from the book *101+ Tips for Solo Women Travelers*, which is offered by Overseas Adventure Travel in free digital and print editions.

- **Make Sure Your Passport is Updated**
- **Look for Trips with No Single Supplement**
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Community Service on the Westside

Welcoming All in Our Diverse Community to the Santa Monica Family YMCA



By Eduardo Lowe

In today's inter-connected and diverse society, embracing diversity and fostering a sense of belonging cannot be overstated. This understanding lies at the heart of our Santa Monica Family YMCA mission. We firmly believe that everyone, regardless of background, identity, or circumstances, deserves to feel a sense of belonging every day of the year.

At the core of the Santa Monica Family YMCA is our unwavering commitment to creating a warm and welcoming environment for all individuals. Within our YMCA community, people find a safe space to connect, access essential services, and thrive. We recognize the inherent value of providing equal opportunities for everyone, bridging the gaps between diverse communities, and promoting social inclusion and equity. Our dedication to helping individuals reach their full potential empowers community members to flourish with dignity and respect.

We actively participate in events like the SaMo Pride Festival, demonstrating our unwavering support and allyship to the LGBTQ+ community. Recognizing

the significance of supporting the well-being and safety of LGBTQ+ youth and adults, we collaborate with local organizations to foster inclusion and create a more accepting society. By continuously enhancing our organizational capacity, we improve our ability to deliver programs and services that address the specific needs of the LGBTQ+ community.

Looking ahead, the Santa Monica Family YMCA understands the importance of continually evolving and adapting to the changing needs of the community we serve. In a world where everyone longs to belong, the Santa Monica Family YMCA sends a powerful message: *You Belong Today and Every Day.*

By embracing diversity, empowering communities, and fostering inclusion, we can create a society where everyone feels valued, respected, and supported, not just on special occasions but every day. Let us unite in our commitment to fostering inclusivity, equality, and empowerment within our communities. Inspired by our dedication, we can make a tangible difference and create a world where everyone feels they truly belong.

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

A Review of Our Past Lions Events



By Linda Levee

We Santa Monica-Pacific Palisades Lions have been very active since enjoying the ending of the COVID Pandemic.

We recently inducted a new Lion to our Pride. His name is David Thompson and he is a teacher in the LAUSD. The inducting officer was Co-President Susan DeRemer.

Even though David is quite busy as a teacher, he wants to expand his reach in the community and be in a position to help those in need. We look forward to helping David achieve those goals.

We also had some special fun recently. To commemorate National

Donut Day and the 130th Anniversary of the Salvation Army, Santa Monica Corps Captain Lion James Fleming held a party at the Salvation Army Santa Monica headquarters on Fourth Street.

Several Lions attended, including President Kathy Boole and City Councilman Lion Phil Brock. Lion Phil gave a keynote speech and everyone had a wonderful time enjoying coffee and donuts. Then, we went over to the Third Street Promenade and gave out donuts.

At the Annual Santa Monica High School recognition ceremony, we awarded two graduating students college scholarships to help them with the pursuit of their higher education. The recipients

(Continued on Page 10)

Join Us on Fourth Street



By Pat Webber

Summer is here and activities at the Santa Monica Bay Women's Club are in full swing.

Candlelight Concerts have been held at the Club since July of 2022. These performances are spectacular! Three thousand candles light up the Club during these performances.

Our mission to serve our community, especially in support of women, children, and education, is through charitable support of organizations that serve those areas. This year we again contributed to Upward Bound House, Step-Up-On-Second, The Teen Project, Westside Food Bank, Beauty Bus Foundation, School on Wheels, My Stuff Bags, Fisher House, The Santa Monica History Museum, the Santa Monica Symphony, Heal The Bay Aquarium, and the UCLA Next Generation Doctors.

Also, for the first time, we donated to the World's Central Kitchen-Ukraine.

Member activities at the Club continue on Mondays with canasta and bridge, with the arts, crafts and conversation group on Tuesdays, and duplicate bridge on Thursdays. The Book Club also meets on Tuesdays, again in person at the Club.

Our Club is at 1210 4th St. just below Wilshire Boulevard. Look for our beautiful two-story historic building. Please consider us when planning your next event, especially for non-profit groups planning fundraising activities.

For further information, visit our website, www.smbwc.org, or call 310-395-1308 weekdays between 9 a.m. and 11:30 a.m. if you would like more information on joining us.



- Joe Analco

Keep Moving All Summer Long

(Continued from Page 1)

covered with sheets or cardboard boxes, tunnels encourage children to move over, under, around, and through, which helps them explore new ways of moving while also building coordination and balance.

• **Play hide and seek.** As they dash around trying to find the perfect hiding spot, children build spatial awareness, their understanding of where their bodies are in relation to other people and objects.

• **Play red light, green light.** This classic game helps children build coordination – connecting the verbal instruction with the physical movement – while also teaching

them impulse control, an essential executive function skill. Be sure to get creative with instructions and add variations like tip-toeing, crawling, hopping, and more.

• **Walk the line.** Draw a line on the ground using chalk outdoors or painter's tape indoors and encourage your children to walk along the line. This activity helps children improve balance and coordination. Get creative and add in a challenge by drawing a wavy or zigzag line. Once your children get the hang of following the line, ask them to think of other ways to travel along that space, such as hopping on one foot or skipping.

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Connect to Nature in July

By Julie Rensink Hanson

Summer temperatures are beginning to heat up, and for wildlife, finding reliable sources of fresh water will become increasingly challenging. Even without a drought this year, there are few natural water sources in our area, so the addition of a water feature to your space can be a lifeline over the next few months.

Birds must be ready to fly at all times, and bathing is a critical part of maintaining feathers in top-flight condition. Water is also vitally important for many birds to regulate their body temperature. Birds do not sweat and must remove excess body heat through their respiratory system. A reliable source of water is vital in helping them to replace fluids lost to this process.

You can offer water to birds in a variety of ways. It can be as simple as a birdbath or as elaborate as an artificial pool with rocks, plants, and flowing water. Our customers are aware of the need for reliable water in a bird-friendly habitat and have come up with creative solutions that, not only help birds, but also beautify their yards. One customer used just a painted galvanized laundry tub and added flat rocks in and around the tub to create different depths. A tiny pump gives the water motion, and the birds love it. Other customers have let their creativity flow for their bird habitats with water. One built a sort of bird paradise in his back yard with a multilevel water-



Providing a bowl of water for birds help them maintain their feathers.

fall, small trees, bushes, and bird feeders everywhere. His efforts brought in, among many other birds, a belted kingfisher, the only one reported to us locally in a backyard. Whatever you choose, you are sure to provide a fun and essential necessity of life for our visiting wildlife.

We continue to have many birds nesting in our area. Goldfinches are finally pairing off and heading to the coastal mountains to build their nests, but will soon return to feeders with the juveniles. Hummingbirds are now on their second or third clutch of eggs and will continue nesting all summer.

Reminder to hold off on any of your yard pruning until the Fall months because birds are still relying on the trees and shrubs to raise their young.

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

An Update From ERBA Markets

A Shift in Legalities Regarding Cannabis



By Stephen Freedman

Recent years have seen a major shift in the legalities governing cannabis. Nearly all states have passed legalization to some degree. (Only in Idaho, Kansas, and Nebraska is cannabis illegal in any form).

However, this creates a patchwork of varying legal statutes across the states. Taken with the substance's illegality in the eyes of federal law, this creates a complex legal system to navigate for the industry.

Federal law continues to classify cannabis as a Schedule I drug, meaning it is tagged as having no medicinal value and a high potential for abuse. This is the same category reserved for LSD and heroin. Because of this, cannabis-related businesses must navigate potential legal complications related to banking, production, transport, and sale of products. It even hinders the ability to research the medicinal benefits of cannabis. This is true even in states with legal recreational use.

The biggest obstacle facing cannabis businesses is financing. Despite the rigorous regulations,

there are a number of banks that provide banking services to these institutions. But, by providing these services, these banks are running the risk of being in violation of the Controlled Substance Act as well as potential money launderers under the Bank Secrecy Act. It is because of this that the majority of dispensaries are unable to open bank accounts and are forced to run their business with cash only. This increases the potential of robberies when perpetrators are aware of potentially large sums of cash on these premises.

There is some hope that things are finally changing. The Secure and Fair Enforcement Banking Act has been introduced in the legislature in updated formats since 2021. If passed, it would protect financial institutions that choose to do business with the cannabis community. There is also an effort to recategorize cannabis to a new Schedule VI classification. This would begin to remove the barriers preventing nationwide legalization and start down a path to more commonsense legislation.

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

A Review of Our Past Lions Events

(Continued from Page 9)

are Aidan Hernandez and Caleb Silver.

At the recent New Roads High School's annual awards ceremony, we gave out "Lions Young Leaders in Service Awards" to two students who had completed 100 hours of community service during the school year. This special recognition encourages the youth to develop positive life skills and helps

them to become the promising leaders of tomorrow.

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

Love, Dreams Fulfilled, and Dogs

(Continued from Page 5)

any more than \$500 for the wedding. Marilyn is all about doing things with simplicity.

Marilyn also taught a gardening and nature appreciation program for five years at the City's seven elementary school campuses through their afterschool (CREST) program back in 2006. This is where I first met her.

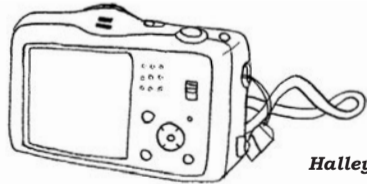
Marilyn and Glyn are both dog lovers. However, their dogs are much more than just house dogs. They both go out to help the community. Glyn spent 18 years as a volunteer with Guide Dogs of America. He raised and trained 14 guide dogs and had over 100 plus dogs come through their house (dog-sitting for other members, etc.). He had to stop recently due to health challenges.

Marilyn's dog Brandi is a therapy dog that she takes to Santa

Monica Hospital every two weeks. She visits with staff, residents, and patients. She even participates in the 'No One Dies Alone' program where her dog Brandi comes to visit the bedside of someone who doesn't get visitors, may not have any local relatives, or is homeless, etc.

Very little slows these two down, even with them both being in their 70s and having some health challenges. They are definitely role models for us all.

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



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Sunday, July 23 at 2 pm - Barnes & Noble at The Grove (second floor mezzanine), just east of the Farmers Market

Planning Ahead

Don't Set it and Forget it!



By Lisa Alexander, Esq.
You took care of your Estate Planning. You have a Trust, Pour Over Will, Durable Power of Attorney, and Advance

Health Care Directive neatly organized in a binder. Congratulations! But, don't forget to open your binder every few years to review its contents.

Here are real-life examples of what happens when you don't monitor your estate plan.

First is forgetting to title assets in the name of the Trust. When you first created your Trust, you may have transferred all your assets into the Trust. But, over the years, you may have taken your home out of the Trust to refinance, but did not transfer it back. Or, you may have purchased a new property or opened a new account, but forgot to take title in the name of your Trust. Assets left outside your Trust might trigger a Probate at death – which all your estate planning was intended to avoid.

Second is not updating your Health Care Directive, Power of Attorney, and Successor Trustees when your relationships with the people you named have changed (or worse, not confirming they would be willing to act in the first place!) If you made your Advance Health Care Directive ten years ago, but your named agent who was your neighbor and close

friend at the time has since moved away and is no longer in frequent contact, there's a good chance that person will not be willing or able to take on the responsibility today. If your Agents/Trustees decline to act and you don't have designated alternates, you could end up in a Conservatorship or a Court proceeding to name a Successor Trustee.

Third is forgetting your estate plan altogether. You may have created a Trust years ago and even transferred assets into the name of the Trust, but forgot you had the Trust. To complicate matters, you might create a completely new estate plan that is inconsistent with the old Trust. If the old Trust is not amended or revoked and if assets are left in the old Trust, the beneficiaries of the both the new estate plan and the old Trust may end up in Court sorting out which Trust is valid and how your estate should be distributed.

Don't just leave your estate plan binder on the shelf. Plan to review your documents every three to five years to confirm your estate plan remains current.

Lisa C. Alexander, Esq.
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Paws and Claws

How Should I Care for My New Female Rabbit?



By Dr. Frank Lavac, MS, DVM
Q: I adopted an adult female rabbit recently. What are the most important factors in her

health care?

A: Congratulations! Rabbits are good pets, but they have very unique needs compared to dogs and cats.

Diet is the most important part of their health care. Rabbits' intestines are quite different, compared to dogs and cats. Much normal fermentation occurs in their cecum.

They should be eating primarily grass hays like Timothy hay. A small amount of pellets and fresh greens are also healthy.

Hay should comprise about 90% of their diet. Avoid "Gourmet" pellet mixtures that have seed, grains, and nuts.

Rabbits should never be kept caged only. They also need an exercise area. This will help prevent obesity and be mentally enriching for her.

You should have her spayed. Female rabbits have a high incidence of uterine cancer and spaying eliminates that concern.

For more information on rabbit care, go to www.oxbowanimalhealth.com and www.VeterinaryPartner.com.

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



- Joe Analco

Adopt a Pet



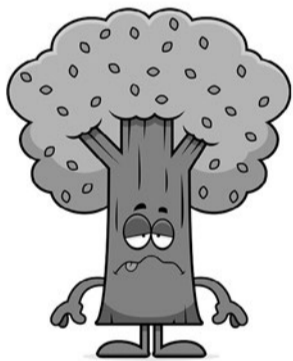
Anna is a very loving and loyal young terrier. She loves people and has her mellow moments as well as her playful ones. For more details, please contact Info@langefoundation.org.

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Love Links

Their Outdoor Wedding Went Just As She Planned



Phil Gaimon and Emily Alvarez at their wedding held at a friend's ranch in Agua Dulce, near Santa Clarita, in April, 2022.

her family is Cuban. She served s'mores also. There was a big dance floor and Emily was the DJ. She had put out board games and hula-hoops for their guests.

Many of the 200 guests stayed at a nearby Hyatt Regency Hotel from which they could take a shuttle bus to the ranch.

The bride's dress is always a topic of discussion. Emily said, "My dress is the best thing I've ever worn. It made me feel so beautiful and happy. It was so perfect. I'm getting it hemmed to be a cocktail dress that I can wear to a cousin's upcoming wedding." (Her dress is from Nadia's NWLA Bridal at 1627 Montana Avenue.)

While Phil was riding to the ranch, Emily's best friend did her make-up. Oh, she was wearing boots under her dress.

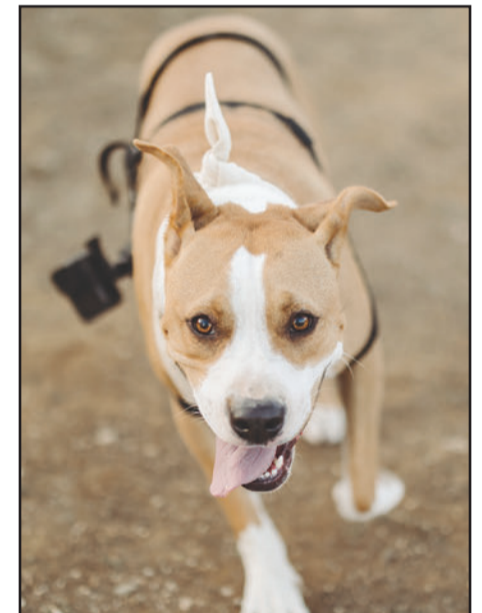
The starfilled evening was as fun for their guests as it was for Phil and Emily as the celebrating went on after midnight. Best wishes for many happy and healthy years to Emily and Phil.

Picture this. The groom, Phil Gaimon, is a retired professional cyclist who rode his bike to his wedding with his two best friends on their bikes. He made a video of the ride for his YouTube channel. As he noted at the beginning of the video, "Everything good to me happens by bike so this seemed to be the only way to do it." He let the viewers know that the ride should take under two hours. And, he assured us that his clothes were at the Shady Acres Ranch and he would take a shower before the ceremony was to take place.

The bride, Emily Alvarez, was at the ranch making sure everything was in place and greeting guests as they arrived at the unusual destination.


Emily, a south Florida native, had always wanted a wedding where people would be comfortable and have a lot of choices. They could wear whatever they liked. She didn't want a big ceremony so the two were married in front of their close family only. Afterwards, they then surprised the guests who had come to celebrate.

Emily had ordered a pizza truck and a Cuban coffee truck because



Their dog Creature was their wedding videographer with the GoPro camera attached to his side. Their other dog, Nala, was the ring bearer. Photos by Dylan M. Howell

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



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