



Halloween is one of the biggest holidays in our country. Jenna Analco Gilliland, left, has gone with her family to get their holiday pumpkin. Iao Katagiri, right, is showing the effect of popcorn hands at a Halloween party. For directions on making the popcorn hands, go to Page 8.



Santa Monica History Museum to Host Annual Gala Tribute Dinner

On Sunday, October 17, from 5 p.m. - 7 p.m., the Santa Monica History Museum will hold its annual Gala Tribute Dinner and Silent Auction. This year, the event will be virtual again, and you are invited to attend.

This is the Museum's top fundraiser, and it allows them to pay tribute to those who have contributed to the culture and history of Santa Monica.

This year's theme is *Hometown Heroes, Celebrating our Diverse Histories*. Those honored will be Kathleen Rawson, CEO of Downtown Santa Monica, Carolyne and Bill Edwards of the Quinn Research Center, and the Santa



Honorees Carolyne and Bill Edwards

Monica Black Lives Association.

Dinner tickets are \$150 per person and available for purchase online or by calling the museum. For sponsorship or donation information, please contact the Museum at 310-395-2290.

Halloween Eagerly Celebrated by All Ages

Because Halloween is such a popular holiday in our country, we chose to bring you some stories related to celebrating it. If you take any photos of people in costumes, or decorated homes or businesses, please send them to us. Have a safe Halloween. —D.M.



Guests at a past Gala dinner. Who will show up at this year's dinner?



Honoree Kathleen Rawson

Senior Snapshot

Meet New Orleans Native Dr. J. Kingsley Fife

By Luke Netzley

Dr. J. Kingsley Fife will become the new president of the Lions Club of Santa Monica this fall. In our new column, Senior Snapshot, we will highlight a senior who has been, or is still active in our local community. A Pacific Palisades resident, Kingsley and his wife Joanne have a daughter living in London. They enjoy visiting her family and playing with their two granddaughters.

Born and raised in New Orleans, retired Ob-Gyn Dr. J. Kingsley Fife describes his childhood as peaceful and pleasant. He recalls often spending time meandering the French Quarter, swimming in Lake Pontchartrain, and frequenting the amusement park with his younger brother and sister. He comes from a tight-knit family and says that his home life was very helpful to him in providing a lasting feeling of comfort.

Kingsley went to medical school in New Orleans at Louisiana State University, but during the summers of 1955 and 1956, he was an extern at California Lutheran Hospital in downtown Los Angeles, where he made close friends and enjoyed the West Coast weather.

Kingsley's time in California made an impression on him, so after he returned to New Orleans to complete his medical degree, he applied for an internship at Sacramento County Hospital as a rotating intern in 1957. This was the



Here's Kingsley with his wife, Joanne, at a Lions Club event.

year that the Salk vaccine eliminated the constant health threat of polio. He explained that it was a dramatic experience to see the impact of the vaccine firsthand, as there was only one polio patient in an iron lung during his entire internship.

During the next three years, Kingsley went on to complete his specialty training as an Ob-Gyn, short for obstetrician-gynecologist, at Highland Alameda County Hospital in Oakland, which took care of nearly all of the low-income patients on the east side of the San Francisco Bay area. He did nearly 300 deliveries a month.

His residency came at a difficult moment in American history, though, as the draft saw over one

(Continued on Page 10)

Tips to Safely Celebrate Halloween

(Family Features) Between fun costumes and tasty treats, Halloween is one of the most anticipated nights of the year for many children. However, the following precautions can be taken – by kids and parents alike – to help ensure an enjoyable, fun-filled time.

• Pick Proper Costumes

Before Halloween, choose a costume that doesn't pose safety risks. Look for costumes, wigs, and accessories that are flame-resistant and flexible. Ideally, costumes will be bright and reflective. If not, add reflective tape to costumes or bags and provide glow sticks or flash lights. Make sure shoes fit properly and costumes are not too long to help prevent tripping, entanglement or contact with flames.

• Prep Your Home for Visitors

To ensure you're ready for trick-or-treaters, remove tripping hazards from your yard and porch, including hoses, bikes, and other toys, and clear wet leaves or other debris from the sidewalk. Make it known



This mom goes over safety rules with her trick-or-treater. By Getty Images

you're home by turning on your porch light; test it early and replace burnt out bulbs, if necessary, to ensure visibility. Also consider substitutes for sweets, which may contain ingredients some trick-or-treaters are allergic to, opting instead for options such as stickers, coloring books, pencils, rubber insects or colored chalk.

• Trick-or-Treat with Care

Regardless of the age of your children, some extra precautions should be taken before they go out in search of treats. Remind children to walk in groups or with a trusted adult. If older children are going with a group of friends, plan and review an acceptable route and agree on a specific time for them to return home. Tell them to only visit homes with illuminated porch lights and always use direct paths,

(Continued on Page 9)

Take A Look Inside

Planning Ahead.....	2
Byte by Byte	3
Clergy Corner	3
Reflections from The East ...	4
Passing Through the Pico Neighborhood	5
Paws and Claws.....	10
From Me to You	11

Planning Ahead

Ghostbusters - Who You Gonna Call?



By Lisa C. Alexander, Esq.

One of my favorite Halloween movies is *Ghostbusters*. I especially love the theme song: "Who you gonna call? *Ghostbusters!*" As

an estate planning lawyer, I think of this song all the time. The relationships I have with my clients can be very personal and of utmost importance when there's a time of need. I am my client's *Ghostbuster!* Every week, I get calls such as:

My client is facing emergency surgery, but their draft estate plan documents are not signed, or something needs to be updated. I will drop everything and even run to the hospital with my notary in tow if necessary to get the documents signed. Or, my client is on hospice and family members need a copy of my client's health care directive for the doctor, and I can immediately provide it. Or, my grieving client has just lost her or his spouse, and my client doesn't know what to do first.

It is at times like these when I get intense satisfaction from my law practice. I'm helping my clients when they need me the most. And, I marvel at the importance of our attorney-client relationship at a critical time. They have someone to call, and I'll be there with whatever is needed.

The relationship with your estate planning attorney may be the most important relationship you can create. We hope to make it through life never needing a lawyer, except for estate planning. I am often the first

and only lawyer my client has worked with, and I am honored by the trust and confidence my client's place in me. I hope there will never be the question of "Who you gonna call?" As their estate planning attorney, they can call on me.

Lisa C. Alexander, Esq.
Jakel & Alexander,
1250 Sixth Street, Suite 300
Santa Monica, CA 90401
Main Line: 310-395-6555



Rotary Club of Santa Monica Invites Applications for Community and Youth Grants

The Rotary Club of Santa Monica is currently accepting applications for its Community and Youth Grants program from non-profit organizations serving the Santa Monica community. Applications are due by 5 p.m. on Friday, October 22.

Grants range from \$500 to \$3,500. Funds may be requested for sustainable projects, such as new construction or renovation materials as well as supplies, equipment, and furnishings, including items related to COVID-19 mitigation. Funds are not available for operating expenses, salaries, giving or endowment campaigns, fund-raising or other events, sectarian religious projects, political activities, and foundations that fund other non-profits.

Non-profit organizations may apply annually for funding. Applications and instructions can be obtained by contacting the Rotary Club of Santa Monica at 310-917-3313, by emailing admin@rotaryclubofsantamonica.org, or from the Rotary Club website at www.rotaryclubofsantamonica.org/grants.

Organizations must provide proof of non-profit 501(c)(3) status, requested supporting materials, and be able to verify that the funds benefit Santa Monica residents or community and align with Rotary's service mission.

Participate in Our Santa Monica Library October Programs

The Santa Monica Library staff has prepared a full month of programs for all ages this coming month. Here is a list for you of some of the many choices.

For Children and Teens:

• Available beginning Saturday, October 2 - Friends Sponsored Hispanic Heritage Month:

Champurrado/Mexican Hot Chocolate Take & Make Kit - Pick up at the Main Library, Montana Avenue Branch, or Pico Branch while supplies last. Adult supervision is recommended.

• Monday, October 4 - Story Time at the Main Library: Fire Safety - Central Courtyard.

It's Fire Prevention Week. Listen to stories, learn how to stay safe, and meet a fire fighter. Space is limited. From 11 a.m. - 11:30 a.m. To register, email ann.wilson@santamonica.gov.

• Thursday, October 7 - Friends Sponsored Hispanic Heritage Month: Storytime and Mexican Bingo - At this virtual event, author René Colato Laínez reads his book *Playing Lotería/El juego de*

la lotería. After the reading, play lotería for a chance to win prizes. From 6 - 7 p.m. For ages three and up. Pick up a lotería board at the Main Library, Montana Avenue Branch, or Pico Branch beginning Monday, September 27. Register in advance: bit.ly/2WLUecz.

• **October 28 - Halloween Trail at the Main Library** Central Courtyard - Kids and families are invited to walk through our not-too-scary trail of fun activities and receive a Halloween treat at the end. Costumes are encouraged.

For Adults:

• **Saturday, October 2 - Ocean Park Branch Book Group Discussion, *The World Without Us* by Alan Weisman.** 11 a.m. - 12:00 p.m. What would happen if the human race vanished? Weisman's book is a fascinating examination of the permanent and impermanent human impact on the earth. To register, email karen.reitz@santamonica.gov.

• Saturday, October 16 Notable Fiction Book Group

Discussion, *First Person Singular* by Haruki Murakami 11 a.m. - 12 p.m. Is it memoir or fiction? This collection of stories challenges the boundaries between our minds and the exterior world. To register, email karen.reitz@santamonica.gov.

• Main Library Book Group Discussion

• ***Caste* by Isabel Wilkerson** 7 p.m. to 8:30 p.m. Join a community-led conversation about this wide-ranging personal and historical exploration of race and status in the United States. To register, email jeff.schwartz@santamonica.gov.

• Tuesday, October 19 - Mystery Book Group Discussion *The Survivors* by Jane Harper - 7 p.m. to 8 p.m. A young man with a growing family returns to visit his parents at his coastal birthplace, only to have long-held secrets stirred up when a dead body washes up on the beach. To register, email karen.reitz@santamonica.gov.

• Wednesday, October 20 Montana Avenue Branch Book Group Discussion - *The Splendid and the Vile* by Erik Larson - 7 p.m. - 8:30 p.m. An intimate chronicle of Winston Churchill and London during the Blitz, from the author of *The Devil in the White City* and *Dead Wake*. To register, email stephanie.archer@santamonica.gov.

• Ongoing Classes

These classes are taught by Adult Education Center instructors. Students must be 18 years or older to attend. Community and SMMUSD parents have priority enrollment. Enrollment is through the SM-MUSD Adult Education Center, located at 2510 Lincoln Blvd., Room 203, Santa Monica. Contact Olga Saucedo at 310-664-6222, ext. 76203, or email osaucedo@smmusd.org to enroll.

Rotary
Club of Santa Monica
Leaders serving the community since 1922



People of Action

Join us for lunch to find out how you can make new friends, meet mentors, network for business and make a difference in your community. Visit our website for more information.

www.RotaryClubofSantaMonica.org

Sponsored by Quigley & Miron, CPAs



Subscribe to The Santa Monica Star



Just send a check for \$20 for a one-year subscription to The Santa Monica Star

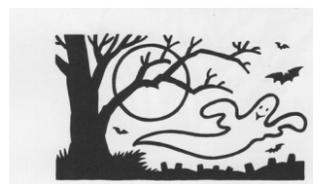
1112 Montana Ave. #525 - Santa Monica, CA 90403

NAME _____

ADDRESS _____

CITY _____ ZIP _____

October/2021



VCA Wilshire Animal Hospital

2421 Wilshire Boulevard

Santa Monica

310-828-4587



Animal Hospitals

The Santa Monica Star

1112 Montana Ave. #525

Santa Monica, CA 90403

424-581-6005 ©2021

Website: www.thesantamonicastar.com

Email: SMStarNewspaper@gmail.com

Editor and Publisher:

Diane Margolin

Editorial Assistant: Miceala Shocklee

Advertising Sales: Diane Margolin

Ad Graphics: Dynamic Graphic

Contributing Writers:

Dr. Frank Lavac, Qin Stubis, Michael Margolin, Lisa Alexander, Bob Rich, Julia Abbott, Jahrid Longworth, Dr. Sheila Forman, Tesi Treuenfels, Kalina Silverman, Stacy McClendon, Cheryl Thode, Luke Netzley, and Kera Snell.

Special thanks to Rufus Baker, Ron Robinson, and Becky Mejia.

Clergy Corner

Take Time to Fully Experience Each Moment



By Janet Cromwell

With a slight chill in the air, the sound of rustling leaves, and an awareness that the darkness encloses the sky a little earlier each night, we realize that the fall season is upon us. The pace of life accelerates as children resume in-classroom learning, rush hour traffic increases, and the trinity of fall holidays – Halloween, Thanksgiving, and Christmas – suddenly loom before us. If we're not careful, the season can quickly overwhelm us with "to do" lists and overscheduled calendars.

It can be hard to step back from this seasonal rush, especially when stores have been featuring bright orange pumpkins, festive turkey décor, and sparkling tree ornaments since the beginning of August. Yet, for our health and wellbeing, it's important to pause, take a deep breath, and enjoy the present moment before hustling to the next event.

If this sounds like practicing mindfulness, you are right. While, in some ways, mindfulness may seem to be a more recently emerging trend, the task of pausing, breathing, and appreciating the moment, has roots in the major religious movements, including Christianity.

Christians often reflect on the

words of Ecclesiastes 3 in which we read, "For everything there is a season, and a time for every matter under heaven." The author acknowledges that there is an appropriate time for each aspect of life's journey, from birth through death. By taking time to fully experience each moment, we grow in our appreciation of life's complexities and we gain wisdom by being attentive to all that is taking place.

It takes time and practice to slow down and notice the details of life, whether it be feeling the gentle ocean breeze, listening to the chatter of students on a playground, or truly savoring that pumpkin spice latte.

In the midst of busy lives, we often need reminders to "smell the roses" and cherish the little things that make life so rich with beauty and meaning. As a person of faith, I've discovered that God's goodness can be witnessed in these thoughtful and attentive moments. Taking time to pause, breathe, and appreciate these gifts makes for a blessed life.

Rev. Janet Cromwell
Associate Pastor
West Los Angeles United Methodist Church
1913 Purdue Avenue
Los Angeles, CA 90025
310-479-1379 ext. 102
jlcromwell8@gmail.com

Dealing With Mask Mandates



By Tim Kusserow

Several clients have asked me how they should approach this school year with the new mask mandate, which requires both K-12 students and their teachers to wear masks in the classroom.

In the 25 years that I spent working in school communities, never once did I have to teach students behind a mask. I cannot fathom how one begins to do that. Outstanding teachers rely upon their facial expressions – a reassuring smile, an affirming nod of approval, a kind word spoken softly to a child in need.

While I understand and respect the health and safety precautions of requiring all members of a school community to wear masks, I simul-

taneously cringe at the long-term effects of children being taught by teachers whose total faces they cannot see.

Nonetheless, one thing remains clear, and this is what I share with my clients. Over the past two school years, our children have been exposed to a tremendous amount of uncertainty, turmoil, fear, and tension. This causes anxiety and confusion, which directly conflicts with optimal learning. Simply put, for children to learn, they need to feel safe and seen.

With that in mind, I encourage parents to support their child's teachers and school community. Modeling a healthy respect, positive attitude, and authentic encouragement towards their child's school – even as concerns arise – is an important first step. To learn

(Continued on Page 4)

Byte by Byte

Tech Tools for Pumpkin Carving



By Dr. Miceala Shocklee

While pumpkin carving traditionally is a very low-tech endeavor with varying versions of pens and hand-carving tools being the mainstay of household production, there's no reason that common crafting need exclude technology. Depending on your background and comfort level, consider trying out one of these five tech-based add-ons to your jack-o-lantern formula this year.

1. Power tools - While these may not be the highest of technological boosts, they are a hefty addition nonetheless. Power tools should only be operated in a controlled, safe, and knowledgeable manner. For tips on how to carve your pumpkin with anything from a dremel to a power washer, visit <https://www.familyhandyman.com/list/the-best-power-tools-for-carving-pumpkins>.

2. LED Lights - LED lighting represents the massive strides that science and engineering have taken

since the candlelight that jack-o-lanterns usually feature. LEDs can be incorporated as simply as a string of fairy lights wrapped around or bundled up inside a pumpkin, or can get as complex as a whole lightboard incorporated into the pumpkin's sides. For more information on how to create a lightboard, check out: <https://www.instructables.com/Make-Your-Own-RGB-Led-Decoration-Light-DIY>.

3. QR Code - Rather than carving a face, why not carve a code? A QR code, or "quick response" code, is like a digital shortcut to a website, image, app, or other tech-based landing site. Free QR code generators abound on the internet and can be used to create a custom QR code that links to - well, anything. A photo of your favorite jack-o-lantern from last year, a website with a Halloween recipe, what seasonal spooky site you want the scanner to land on. To generate your own QR code, try visiting <https://www.qr-code-generator.com>.

4. Speak Up - Halloween decorations have included sound-

(Continued on Page 7)



BERKSHIRE HATHAWAY | California Properties HomeServices



Ian Brooks
REALTOR® - Sales Associate
310-428-6569

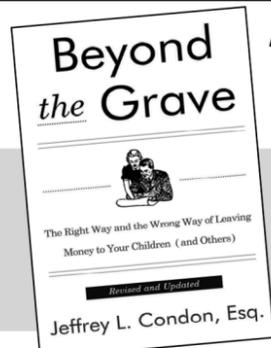
Lic#: 00954065
NRDS ID: 175515294

Ian is fluent in French, Italian, Spanish, and English. He has an MBA in finance. His clients expect and receive the best service when selling and buying real estate. Ian specializes in residential, multi family, and probate sales.

Ian Brooks is the #1 producer in the Santa Monica Berkshire Hathaway office, and he is ranked in the top half of 1% worldwide. He is a well-known luxury real estate agent committed to delivering a high level of expertise, excellent customer service, and extraordinary results in marketing properties on a global scale. His landmark sales are curated to achieve maximum financial results.

★★★★★ **Client Review**

"We were worried about selling our home during the pandemic, but Ian made it a breeze. His crew was attentive, creative and sold our house in eight days. I am overjoyed and amazed. No other Realtor comes close!" —Janet S.



"The Best Estate Planning Book in America"

—The Wall Street Journal

- Wills and Living Trusts
- Probate/Trust Administration
- Trust/Probate Litigation
- Conservatorships - Estate Tax Planning

Brought to you by Attorney and Author:
Jeffrey L. Condon, Estate Planning Attorney



Contact the Condon & Condon Law Office for a consultation today.

310-393-0701
jeff@condonandcondon.net
www.condonandcondon.net

Jeffrey's "Really Helpful Inheritance Tips" at: www.facebook.com/BEYONDTHEGRAVEBOOK

3435 Ocean Park Blvd., Suite #108 • Santa Monica, CA 90405

SANTA MONICA BRAKE
COMPLETE AUTOMOTIVE REPAIR & SERVICE

VINTAGE TO CURRENT FOREIGN & DOMESTIC

TEL (310) 394-2076
FAX (310) 395-5527

911 SANTA MONICA BLVD.
SANTA MONICA, CA 90401

Reflections From The East

The World Within the Word "Pandemic"

Publisher's note: The pandemic has been frightening and often hard to understand, so our long-time Santa Monica Star columnist Qin Sun Stubis thought she would use her pen to try and demystify the phenomenon just a bit by writing a poem that explores and breaks down the many words, meanings and feelings hidden within the word "pandemic." Her poem was recently selected to be published in the literary magazine, Paper Dragon and she is now sharing it with us.

By Qin Sun Stubis

If you're feeling somewhat sad and manic, don't just stay home and idly panic.

*Why not divert yourself, instead, with a game to **map** the world of words within the word "pandemic"?*

*Isolation **can dampen** anyone's day. Loneliness is **made** with **pain**. You wish to **nap** or **pace** the time away until life is normal yet again.*

*We've paid too dear a price How many still have yet to **die**? With the devil's own **dice**, it gambles with our lives The virus is a **damn** madman -- or to some, a lie. No use to wait idly by, our responses **anemic**, **pained**, or softly whined.*

*But through the power of each unbounded **mind**, instead, fight for the **pandemic** to be fully defined. It's time for the enemy to be undermined.*

*Arouse the brave **penman** within you Mince no words to conquer this sorrow and release the **pain** of all that emotion from your life today and tomorrow.*

*So, hold your **pen** tight, whether you're **mice** or **men**, **caped** heroes, or an academic.*

*Take up the fight wherever you've pitched your camp and battle with words to **mend** our souls, even **dance** away the fear until the **end** of this wretched **pandemic**.*

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

Qin Sun Stubis is a longtime columnist of ours who lives in Bethesda, MD.



Let's Welcome Fall Together



By Cheryl Thode

Fall is among us! Even in our sun-kissed town of Santa Monica, we will begin to see the leaves change colors, the temperatures drop, and the days get shorter. Even more, fall brings some wonderful opportunities for fun family activities.

In fact, a quick search on Google for "family fall ideas" provides countless options: visiting an apple orchard, having an apple cider "tea" party, picking and carving pumpkins, taking a nature walk.

The list goes on, but the major theme is to just get out into nature and experience fall. One of my favorite activities is my family's annual Pumpkin Patch outing. Watching my toddler and husband find our "Carving Pumpkin" just makes my fall.

The past year has certainly been one for the books. The challenges presented by the pandemic forced us to come up with new and creative ways to enjoy the world while also being safe. As we head into this fall season, take time to explore with your family the world around you.

We are raising the next generation! As the parents, caregivers and adults in our children's lives, we have the opportunity to share our favorite memories and fall activities with our children. What a blessing!

As I expressed in prior columns, experiencing gratitude is a powerful and productive feeling. Fall presents a wonderful opportunity for this. Getting out and exploring your surroundings, especially with your kids, is fun, informative, and a great way to appreciate the blessings all around. Plus, being outside brings an added health benefit.

So, get out there, take a walk, do a scavenger hunt, create a leaf rubbing, pick an apple, carve a pumpkin, fall into a pile of leaves! Share your joy with each other and help to make the world a better place. One belly laugh at a time.

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



Years ago at the Santa Monica History Museum, these girls participated in a children's crafts workshop to make placemats. You can make some with your family. Look for fall leaves in bright colors. There are many along Montana Avenue as fall is here. Lay them out on a piece of white poster paper cut to the size of a placemat. (12"x18") Get a piece of clear contact paper. Cut it about the size of the placemat. Lay it on top of the leaves carefully and press it with both hands from the center to the edge of the surface. You can have a bit of the contact paper over the edge and then trim off the excess contact paper.

Dealing With Mask Mandates

(Continued from Page 3)

more about how to navigate the upcoming school year, I invite you to explore www.kusserowconsulting.com.

Tim Kusserow, a third generation Santa Monica resident, has been an elementary school teacher, principal, and head of school for the past 25 years. He is the CEO/Founder of Kusserow Consulting and works with parents, school leaders, NPOs, and businesses as an educational advisor and parenting coach. Tim is at www.kusserowconsulting.com.



Openings Now for Skilled Caregivers
Join the team at Right at Home.
Call Tim Petlin at 310-313-0600 for details.

Mini Message Bulletin Board

Part-time Cashier Job Opportunity at Busy WLA Cafe

Two shifts available Monday - Friday
9:30 a.m. - 3:30 p.m. (or) 7:30 a.m. - 1:30 p.m.

Must apply in person.

Neli's - 2214 Stoner Ave. - 310-477-0031

1802 Broadway, Santa Monica • 310-461-9053
Monday-Saturday: 8:30 a.m. - 8 p.m.

Kuttin' Up!
**Is Your Hair a Halloween Scare?
We Cut it Square, a Wise Repair!**
HAIRCUTS \$25 ANYTIME

2111 Wilshire Bl.
Santa Monica
Sullivan Diturico 310-453-3341
**Residential / Income
Apartment Rentals
Property Management**

Serving Santa Monica
and its Surrounding
Communities Since 1949.
www.BradmoreGroup.com

**SANTA MONICA BAY
WOMAN'S CLUB**
1210 4th Street, Santa Monica
310-395-1308
Now Air-Conditioned
Available to rent for your next event!

**DISTRIBUTOR
Job Opportunity!**
First week of each month. Flexible hours.
Car and insurance necessary.
**Please call 424-581-6005
for more details.**

**To improve your fall harvest
and to avoid those ghoulish
results, get good legal advice.**
**Call Bret R. Carter, Esq.
at 213-629-5700**

bru's wiffle
Two locations to serve you!
2408 Wilshire Blvd. Santa Monica, CA 90403
3105 Washington Blvd. Marina del Rey, CA 90292

Handyman Available
30 Years on the Westside
Carpentry, repairs, renovation, fixup, minor
electrical, plumbing. *Respectful, reliable
service for all projects, large or small.*
Call Bill at 310-487-8201

**SANTA MONICA
LIONS CLUB**
Dinner Program
Second Wednesday of each month 6 p.m.
Santa Monica Elks Lodge
1040 Pico Blvd., Santa Monica
For details, email:
levelheadedlinda@yahoo.com

Passing Through the Pico Neighborhood

Jahrid's Cousin Inspires Him



By Jahrid Longsworth

Inspiration for this month is from Jahrid's cousin Bryton Codd. He is the first Belizean volleyball player to go pro who was signed by a Finland team. He is on a strict diet, which includes a lot of proteins from eggs. Jahrid wanted to have his cousin enjoy his cooking, so he made him an egg dish. Bryton is visiting us on his way to Finland to start his professional volleyball career. All the best to him!

Dairy-Free Deviled Eggs

Ingredients:

- 4 hard-cooked eggs, peeled
- 3 Tbsps. vegan mayonnaise
- 2 tsps. yellow mustard
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 tsp. paprika

Directions:

1. Cut eggs lengthwise in half. Remove yolks and mash with a fork.
2. Mix in mayonnaise, mustard,



Jahrid, right, is with his cousin Bryton Codd. Bryton is the first Belizean volleyball player to go pro.

- salt and pepper.
- 3. Fill whites with egg yolk mixture. Don't be afraid to have yolk mixture heaping over the edge of the egg white shell.
- 4. Sprinkle top with paprika.
- 5. Enjoy!

The Pandemic's Effect on Our Mental Health – How to Bounce Back from the Anxiety, Stress, and Depression

By Dr. Sheila Forman

Our global pandemic is bad news no matter how you look at it. Not only have we as a nation experienced unimaginable hardship, loss and an economic recession, the pandemic has also caused a huge mental health crisis.

Since the pandemic began over a year and a half ago, four out of every 10 adults in the U.S. have reported psychological issues including anxiety, depression, and substance abuse. These detrimental psychological effects impact our physical health, relationships, and overall life satisfaction. It has never been more important to take action to restore our psychological well-being. As we round the corner and start to come out from under the global fog, we must be vigilant in what we do and how we take care of ourselves if we are all to recover

and thrive.

Here are six tips for bouncing back from the psychological effects of the pandemic.

- 1. Limit the amount of news you hear every day.** Being informed is important, but too much information can damage one's mood and sense of safety.
- 2. Engage in self-care.** The mind-body connection is undeniable, so take care of yourself with meditation, exercise, a healthy diet, and good sleep.
- 3. Find time to relax and have some fun.** Board games, charades, and movie marathons are good medicine.
- 4. Continue to connect with others via ZOOM, FaceTime, and outdoor activities.** Be sure to avoid isolation as much as possible.
- 5. Develop resiliency, which is**

First African Methodist Church Celebrates 100th Anniversary

For many months, members of the First African Methodist Church (FAME) in Santa Monica planning committee have met to decide the best way to celebrate their 100th anniversary. Bill and Carolyn Edwards headed the busy committee. Doing it through a Zoom meeting was not the easiest way to make a big splash.

But last month, Rev. Carolyn Baskin-Bell welcomed guest preacher, the Right Reverend Clement W. Fugh and Rev. Dr. Allen L. Williams, presiding elder of LA North District to join her congregation in offering inspiring words about the past and the future of the church. Members wore a specially designed white T-shirts that heralded the church on its 100th anniversary.

Many commendations and good wishes were sent by local politicians and church members. Former teacher, Anita Clark, gave a fascinating history of the church. She talked about when improvements were made, such as when Rev. Alfred K. Quinn was in charge in 1936, or when they got their first



Chris Baca, head of Meals on Wheels West, meets with his neighbor Rev. Carolyn Baskin-Bell on the steps of the First Africa Methodist Church. They had been planning a joint event for the 100th anniversary, but it was cancelled.

organ, when the freeway was constructed in 1961 and when the church held two morning services. In 2004, Rev. Reuben Ford oversaw the senior housing project.

Rev. Baskin-Bell spoke about appreciating the opportunities for new beginnings while cherishing your past.

home until the world is ready for us to completely resume everyday activities. Until then, continue to take care of yourself and your loved ones. I look forward to seeing when the fog lifts.

Dr. Sheila Forman is a clinical psychologist based in Santa Monica who provides teletherapy services. For more information, call 310-828-8004 or go to www.DrSheilaForman.com.



the ability to adapt when faced with adversity by accepting the current situation, knowing that it is temporary; keeping things in perspective by counting your blessings; and remaining optimistic. Remember even in our darkest moments, there is always something to look forward to.

6. Get help. Talk with a psychologist about what you are feeling. Because of the pandemic and desperate needs for mental health services, tele-therapy is widely available. Make use of it. You can work with a psychologist from your

Teen Scene

Reminiscing About Fall Traditions



By Julia Abbott
Ahhhhh, October. Crisp fall air, pumpkins, and Julia writing fall activities in this paper. Hey, it's a tradition! My big tip for this year is a new one – a fall calendar. You can write a fall-themed activity for each day on the calendar and make a point to get it done. My calendar has a few big ones (apple picking, a possible trip to Disneyland) and a lot of small ones (a hot drink, reading a book, doing a puz-

zle, baking a fall treat). Per baking, if you're an awful cook (like I am) and don't have a culinary-talented sister (like I do), you can make simple mug cakes and drinks that don't sacrifice taste!

Fall is apple-picking season, even in Los Angeles. The Oak Glen area of SoCal is blooming with delicious apples, with some locations available to pick your own! If apples aren't your thing, a visit to a pumpkin patch is fun (and cheap) after Halloween. A more expensive option lies in going to any of the

(Continued on Page 10)

Estate Planning, Trusts, Wills, Probates, Conservatorships



Lisa C. Alexander
Attorney At Law

JAKLE & ALEXANDER, LLP
1250 6th Street, Suite 300
Santa Monica, CA 90401

Call: (310) 656-4310



Mention this
Promo Code: STAR
and receive a
FREE
CONSULTATION

*Free Delivery for the Month of October!

*When ordering directly online through our website www.neliscatering.com, not valid when ordering by phone or third parties, 2 mile delivery radius is free.

Expires 10/31/21.

SCAN ME



New Hours:
Mon-Fri:
8:00am-3:00pm



NeliCatering.com
Catering / Restaurant

310-477-0031
2214 Stoner Ave. W. Los Angeles

alphagraphics®

SANTA MONICA - US763

WE'RE OPEN

and here to assist you with all your printing and copying needs, including COVID-19 items:
BANNERS, SIGNS & FLOOR GRAPHICS

CALL US @ 310.453.7559

Temporary Hours: 9am to 2pm, Mon-Fri

2717 WILSHIRE BLVD • SANTA MONICA, CA 90403

A Do-It-Yourself Spooky Halloween

(Family Features) When it comes to family fun, it's hard to beat Halloween, and with all the candy flying around, it's an opportunity to add something nutritious and delicious to festive celebrations.

Chocolate milk can provide the best of both worlds. It satisfies kids' sweet tooth while providing all the nutrients of classic white milk, like calcium, vitamin D, and high-quality protein to help keep little skeletons strong, making it a Halloween hit for kids and parents alike.

Scary Sweet Cemetery

- Servings: 6
- pudding:
- 2 Tbsps. unsweetened cocoa powder
- 2 Tbsps. cornstarch
- 2 cups cold chocolate milk
- 1 pinch salt
- 1 large egg
- 4 ounces chopped semisweet chocolate (about 3/4 cup)
- 10 ounces chocolate vanilla sandwich cookies (about 20 cookies)
- 12 gummy worms

In a large saucepan over high heat, stir cocoa powder, cornstarch, chocolate milk and salt to incorporate dry ingredients into milk. Cook until mixture starts to boil, then reduce heat to simmer until mixture starts to thicken, about 3-5 minutes.

In a large bowl, using a whisk, beat egg, slowly drizzling hot



A Scary Sweet Cemetery may be a fun treat to try this Halloween.

chocolate mixture into bowl, whisking continuously. Fold in chopped chocolate and stir until chocolate has completely melted.

Pour pudding mixture into glass baking dish. Place piece of parchment paper on top of surface of pudding. Chill in refrigerator 3 hours, or overnight.

To prepare "dirt," place chocolate vanilla sandwich cookies in large re-sealable bag. Using rolling pin, crush cookies into crumbs.

When ready to serve, sprinkle cookie crumbs over pudding and place gummy worms on cookie crumb layer, making sure to "bury" parts of gummy worm ends as if worms are coming out of dirt.

(Recipe courtesy of MilkPEP)

THE STUFF IN YOUR DRAWERS COULD BE SITTING ON CASH!!



NOT SURE WHAT YOUR STUFF IS WORTH? COME IN OR CALL FOR A FREE ESTIMATE!

WE BUY & APPRAISE COINS & COLLECTIBLES GOLD JEWELRY DIAMONDS & GEMS



EST.

1947

(800) 463-4121

(310) 393-0661

WILSHIRECOIN

1312 LINCOLN BLVD AT ARIZONA IN SANTA MONICA

Santa Monica Rotarians Visit the Santa Cruz Islands



(Story on Page 10)

Create an **Autumn Habitat** for your birds



Wild Birds Unlimited
Nature Shop

**WILD BIRD FOOD • FEEDERS
GARDEN ACCENTS • UNIQUE GIFTS**

12433 Wilshire Blvd.
Los Angeles, CA 90025
(424) 272-9000
wbu.com/santamonica

Guarantee a forever home for you and your loved one in a seaside community

Two Pacific Crest Cemetery Crypts for Sale



Located in the Pine Court area of the beautiful Pacific Crest Cemetery in Redondo Beach.

Rare to find!

\$8000 each

Please call 310-613-3899 for details if you are seriously interested.



PLEASE VOLUNTEER TODAY!

Our caring volunteers not only deliver healthy nutritious meals, they provide companionship and Wellness Checks that monitor the health and wellness of our program recipients.

jen@mealsonwheelswest.org (310) 394-5133 x2

REFER - VOLUNTEER - DONATE

www.mealsonwheelswest.org



MEALS ON WHEELS WEST
Delivering More Than a Meal

More Memories From the Last 20 Years



There are so many photos that I have taken in the last 20 years. Each month, I will share more with you. From special events to service clubs to neighbors in business, our community is made up of so many wonderful, caring people. —D.M.

Connect to Nature in October

By Julie Rensink Hanson
Wild Birds Unlimited
Nature Shop

In October, days become shorter, making it a great month to think about nocturnal wildlife and how they contribute to our local biodiversity. One local resident, the Barn Owl, lives and hunts in the Santa Monica Mountains, as well as the surrounding urban and suburban areas. Barn Owls are one of our primary night-hunting raptors and do the important job of naturally reducing rodent populations. We don't need to use rat poison with owls doing the work. In fact, each season, a nesting family of Barn Owls can eat up to 3,000 rats.

Barn Owls are a small raptor with a white, heart-shaped face. Due to their silent night flight, they are rarely seen and can be identified through their vocal calls, which sounds like a "screech." To identify their unique sounds, visit www.alaboutbirds.org, then take a night hike in our local mountains for an up-close listen for these amazing raptors.

Barn Owl populations are declining, but we can help by putting up nesting boxes and refraining from using rat poison around our homes, which causes secondary poisoning and can kill the owls. Visit Ashland Park to see one of our city-sponsored nesting boxes.

October is the peak of the fall warbler migration. The familiar Yellow-rumped Warblers are here, joined by their Orange-crowned cousins and Townsend Warblers



Barn Owls reduce rodent populations naturally.

searching for insects. Some warblers will continue moving south after a brief stay, but others will remain for the winter season. In addition to insects, these fun, colorful birds also enjoy nectar and jelly.

Red-Breasted Sapsuckers also are arriving. For a woodpecker, they don't make much noise, but you can't miss that fiery head and throat. We have our own local subspecies of the Sapsucker in California, one that often shows the black and white face striping of the other sapsucker species, but all the facial feathers are tipped in red.

Hot, dry Santa Ana Winds bring the threat of fires, and some of the birds that show up in your yard may be fleeing them. Keep bird baths and feeders full this month and ready for these possible refugees. You might see some new and unusual visitors as your yard becomes a lifeline.

We are at 12433 Wilshire Blvd. Call us at 424-272-9000, or email www.wbu.com/santamonica.

Tech Tools (Continued from Page 3)

producing elements for years. Jack-o-lanterns can also be used to add some ambiance to your display by placing bluetooth speakers or motion-activated sound components co-opted from other decorations to the inside of your carving. Whatever speaker you use, consider wrapping the speaker in something weather- (and heat-) proof.

5. 3D Printing - Whether you're keen on coding your own 3D print-

ing layout or have the printer but need some help with the design, the possibilities of what kind of jack-o-lantern you can print are really only limited by your machine, your materials, and your imagination. If you need a boost to get started, check out the pre-made designs at <https://cults3d.com/en/tags/jack-o-lantern>.

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

Working on a thesis or dissertation?

Doing a term paper?

Or a screen play?

Writing a book?

NEED HELP with editing or copywriting?

Call Diane, a very experienced editor and copywriter, at 424-581-6005.

bgco
BOB GABRIEL CO INSURANCE

California's Business of the Year (2014)

AUTO • HOME • BENEFITS • BUSINESS WORKERS' COMP • EARTHQUAKE APARTMENTS/CONDOS • E-COMMERCE SPECIAL MARKETS FOR HARD-TO-PLACE HOMEOWNERS

Receive Up to 15% Discount When You Purchase Both Homeowner and an Auto Insurance Policy!

2325 WILSHIRE BOULEVARD • SANTA MONICA • www.bobgabrielinsurance.com

Call Today! 310-829-0305
Immediate Phone Quotes

Do You Need Help Caring For A Loved One?

At Home, Assisted Living, Hospice or as a Patient In The Hospital

Maintaining independence is an option. Let us help you or your loved one customize a care plan for assistance that maintains dignity and independence while enhancing the independent living experience.

Services We Provide

- Light Housekeeping
- Personal Care
- Daily Health Reminders
- Transportation/Errands

Right at Home
In Home Care & Assistance

310.313.0600 | www.rahwestla.com

Santa Monica Playhouse 2021

ONLINE AND IN-PERSON



ALEICHEM SHOLOM!
THE WEST AND WISDOM OF SHOLOM ALEICHEM

A NEW MUSICAL STARRING CHRIS DECARLO & EVELYN RUDIE

Sat 7:00 • Sun 2:30pm
Oct 2-30, 2021

ALL-NEW HYBRID ACTORS' WORKSHOP



SIMULTANEOUSLY IN-PERSON & ZOOM

Mondays 7-9pm • Oct 18-Dec 6
Multi-media culminating performance

"Absolutely Great!"
showmag.com



ABSOLUTELY HALLOWEEN

"Our Favorite!" Around Town

Fridays 6pm • Oct 1-29

SANTA MONICA PLAYHOUSE PRESENTS



THE BFF
BINGE FRINGE FESTIVAL OF FREE THEATRE

October 10 - November 9

1.310.394.9779 ext. 1
theatre@SantaMonicaPlayhouse.com

Thoughts From a Second-Time Father

Differences Among Teams



By Michael Margolin

There are certain projects or tasks that I have completed with my cars, or around the house that add to my appreciation for certain trades and professions.

For example, I do not like to paint. After I painted the rooms that Alexa and Jake would occupy when they were born, it gave me some more respect for painters that get the job done right and pay close attention to the details.

I am adding kindergarten teacher to that list of occupations. Certainly, I have always had respect for teachers and the dedication they have to their pupils. My gratitude has heightened since I have begun coaching Jake's soccer team.

Jake is five and playing for the first time. There are six boys on his team, and several are not five yet. I enjoy every second of coaching these kids. Do not get me wrong. But, I have these kids for 45 minutes to an hour once a week and we have games on Saturdays.

I consider myself a patient person. Five days a week for hours at a time? I do not know if I could

handle that – wait, I know I could not handle that.

I have also been told that coaching boys and girls is like night and day, and that girls are generally easier to coach. I am in agreement, so far. Alexa is eight and on a team with seven to nine year olds and we have nine players.

Practicing next to us is a team in the same age range but they are boys. Often, they are fooling around with each other and diving into the netting of the goals. I wish I had had a camera to photograph the looks on my girls' faces looking down their noses at those boys.

These boys were doing the same thing my four-and five-year-olds do. Doing the same things my friends and I might still do. The more things change, the more they stay the same.

I had also been told, from a young age, that girls mature faster than boys. I think it took me until I was about 12 or 13 to be able to admit that. And, since I had coached Alexa when she was Jake's age, I have a front row seat to see how some boys have a little catching up to do.

Michael Margolin is an avid sports fan who has been writing this column since the birth of his first child.

New Service to Help Men Dress for Success

By Luke Netzley

Over the years, there have been many organizations offering "gently used clothing" for women, along with services that would teach them make-up tips and hair styling. But, there has never been one to help men who are entering the job market and could use help in making a good impression.

Sharp Dressed Man is a non-profit that provides job training and individually-measured suits to men in difficult financial situations who may have lived on the streets or spent time in prison.

"I want to help give people the opportunity to see their own potential," says Seth Schafer, vice president and honoree of Baltimore Business Journal's "30 Under 30."

The program began a decade ago when his father, tailor and designer Christopher Schafer, identified a problem in his community and decided that he would create a service that would help men in need get back on their feet and provide the building blocks for a successful future. Since then, Sharp Dressed Man has dressed over 10,000 men and opened locations in both Baltimore and Los Angeles, where they are 100% volunteer-operated with around 75% of the volunteers coming through the program.

"You don't just get to see the change in the guy who's getting the suit," Seth explains, "But you get to see the change in the guy who's volunteering, too."

There's a community that surrounds Sharp Dressed Man where men are empowered, friendships are made, and lives are changed for the better. They have provided this incredible one-of-a-kind service since their founding in 2011 and now, a decade later, it is needed more than ever before, as there are currently over 66,000

homeless in Los Angeles alone.

The program has been able to adapt to the radical changes that have come with running an organization through an unprecedented global pandemic, but Seth shares that they will need the help of the local community if they are to survive on the West Coast.

"With the unemployment rising as high as it has, and us moving through the pandemic and trying to survive," he explains. "We're going to have the most need ever."

You can donate to the program and support Sharp Dressed Man by visiting their website at www.sharpdressedman.org, or contact Seth through his email and phone number listed below. He will also direct you to a Santa Monica location where you can drop off gently used clothing.

For more specifics, please contact Seth at seth@christopherschafer.com, or call him at 310-905-0244.

How to Make the Popcorn Hands for Halloween

The popcorn hands, shown on Iao Katagiri's neck, on Page 1 are very easy to make.

You will need a box of clear plastic gloves like food handlers wear. They and the popcorn are sold at Smart & Final. Buy a giant bag of already popped pop corn and a large bag of candy corn. You can also get a couple of packages of black orange plastic spider rings at a Halloween shop.

At the tip of each finger and thumb in the plastic glove, put in a piece of candy corn, the thin point up. Pour popcorn into the fingers of the plastic glove. You can put a spider ring over one of the fingers. Tie the "wrist" part of the glove closed with gift wrapping ribbon.

Get Agency Quality
...Without the Price!

Dynamic/Graphic!

Saves Money • Reduces Headaches • Taste Good

- Logos • Newsletters • Flyers • Layout/Design
- Brochures • Websites • Banners • Social Media

Free initial project consultation.
805/402-0567 • dynamicgraphic@rocketmail.com

JOB OPPORTUNITY

Newspaper distributor needed at end of each month.

- Flexible hours.
- Car and insurance necessary.
- Please call **424-581-6005** for more details.

EMPLOYMENT OPPORTUNITIES

For Freelance Writers

Call **424-581-6005**




Susan Gabriel Potter always likes to celebrate Halloween with her seasonal employees at Bob Gabriel Co. Insurance in Santa Monica.

Community Service in Santa Monica

All About Rotary

By Bret Carter and Judy Neveau

Rotary started with the vision of one man – Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on February 23, 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Over time, Rotary’s reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world. For more than 116 years, Rotarians have bridged cultures and connected continents to champion peace, fight illiteracy and poverty, promote clean water and sanitation and fight disease.

On February 22, 1922, the Rotary Club of Santa Monica was chartered. Just like the first Chicago Rotary Club, our club was founded by local professionals and business leaders. Today, as we approach our Centennial, the members of our club create global change starting within our own community. We host weekly meetings to allow local professionals

and business leaders to grow their networks and personal relationships, strengthening the community and striving for greater change.

Our Club completes service and humanitarian projects for those in need locally and around the world. We fund those projects by raising money for The Rotary Foundation (TRF).

The Rotary Club of Santa Monica also has its own Foundation which is used to fund service and humanitarian projects in our community. The priorities for all Foundation funds are to support: Basic education and literacy, community economic development, disease prevention and treatment, maternal and child health, peace building and conflict prevention, Rotary peace centers, water sanitation and hygiene and protecting the environment.

We are always looking for motivated individuals and business leaders ready to make a difference. Contact us today to learn more at Admin@rotaryclubofsantamonica.org or <http://www.rotaryclubofsantamonica.org>.

New Format For Popular Book Club



By Susan Barry

The Santa Monica Bay Woman’s Club (SMBWC) has a new book group. After meeting on Zoom for the past many months, our

SMBWC Book Group will return to in-person meetings beginning October 21 at 6:30 p.m. at our club.

The new format will begin with a discussion of what participants are reading now or books they’ve enjoyed in the past and would like to recommend. The second half of the meeting we will focus on the selection for that month. It will be an opportunity to talk about books in general and attract readers with new ideas, suggestions and perspectives. Everyone is welcome, and we hope the new format is a creative change from traditional book clubs. Our October selection is *Anxious People* by Fredrik Backman. If you enjoy reading, please join us to share books from your past, present, and what’s on your

list for the future!

The Santa Monica Bay Woman’s Club has reopened our ballroom for bridge and canasta each Monday beginning at noon; Artists’ League at 10 a.m. each Tuesday; and the Book Group each Thursday at 6:30 p.m. Due to our COVID protocols, everyone must show proof of vaccination at the door and bring a mask to comply with current rules for indoor meetings.

We welcome everyone back to our beautiful facility and activities. Please keep SMBWC in mind when looking for a place to host your upcoming event. We are available for large and small events, one or multiple day rentals, and are especially seeking other non-profit organizations looking for an event site.

Please reach out for further information on becoming a member, rentals or activities at info@SMBWC.org.

The Santa Monica Bay Woman’s Club is at 1210 4th Street, just south of Wilshire Blvd. Call 310-395-1308 for more details.

Lions Planning New Fundraiser



By Linda Levee

The Santa Monica Lions Club is progressing nicely with our one monthly meeting at the Santa Monica Elks Lodge. We have

changed our meetings to evening at 6 p.m. to help those working members. We meet on the second Wednesday of the month.

Already, we have one new member and have four prospective members. We have a monthly meeting on Zoom for our board members. Plans are now being formulated for a new fundraiser, as

we are no longer having our annual Lions Pancake Breakfast.

We are discussing new ideas for the Post-pandemic present and future. We recently had an informative meeting with Matt Hall of the *Santa Monica Daily Press* as guest speaker.

We are still collecting eye glasses for refurbishing, and we just need a call to Gail @ Alphagraphics to tell you where to drop them off. We have collection boxes at many places in the community as well.

If you are interested in finding out more about Lions Club, please contact our membership chair at yorikofisher@gmail.com.

Happy October Birthdays

Rudy Alvarez, Bill Buxton, Bret Carter, Martin Gottlieb, David Bohn, Micki Katz, Barbara Carson, Joseph Fitzsimons, Liam Kane, Anne Megowan, George Collins, Roger Goodman, Iao Katagiri, Gee Shin Lee, Scott Wagenseller, Janie Gates, Paul Leoni, Hal Quigley, Kay Lehne, Bill Wood, Allan Young, Cathy Davis, Howard Beckerman, Tom Loo, Harmon Sieff, Gerry Munck, Britani Flores, Claudia Wood, Carol David, Jonathan Weaver, John Klopping, Nate Foy, Kayleen Nightingale, Evie Harb, Marilyn Grossman, Bill Singley, Diane Margolin, Joe Analco, D’Lynn Waldron, Greg Hargrave, Arnie Levee, Brian Weiss, and Alexandrine Viguier.

Tips to Safely Celebrate Halloween

(Continued from Page 1)

crossing the street at corners, using sidewalks and crosswalks.

• Watch for Walkers

The risk for children being hit by cars is higher on Halloween than on any other day of the year, according to Safe Kids Worldwide. To help minimize that risk, slow down and be especially alert in residential neighborhoods – especially between the hours of 5-10 p.m. when most children are typically trick-or-treating – as excited kids may move in unpredictable ways.

• Inspect Candy

Though tampering is rare, a responsible adult should closely examine all treats and discard spoiled, unwrapped, or suspicious items once children return home. Teach your child to politely decline homemade items and always read ingredient labels as many popular candies contain common allergens.

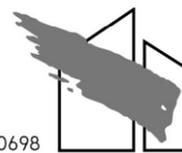
For more tips for a safe and fun Halloween at eLivingtoday.com.

JOHN LEHNE & SON INC.

PAINTING CONTRACTORS

LUIS FAJARDO Superintendent
310-261-3031 cel
310-280-0597 office
310-280-9172 fax

License #160698



Family-owned and serving the Westside community since 1936

FREE DATE CHANGES

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

Oahu • Hawaii Island • Kauai • Maui

— Enjoy a fully guided 4-island Hawaiian vacation with centrally located lodging in Waikiki on Oahu, and beachfront lodging on the “Big Island” of Hawaii, Kauai, and Maui. Guided throughout by our friendly Tour Directors—your local experts. Includes 3 inter-island flights.



FROM \$2,549*
\$2,299*

GRAND ALASKAN CRUISE & TOUR

12 days, departs May - Sep 2022

Seattle • Vancouver • Ketchikan • Juneau • Skagway • Glacier Bay • Anchorage • Denali • and more —

Visit Denali National Park and Glacier Bay National Park on the same incredible trip! Cruise through the Gulf of Alaska and the Inside Passage as you discover the best of the Frontier State by land and by sea.



FROM \$1,949*
\$1,699*

FREE ONBOARD CREDIT

CRIMSON CANYONS & MESAS NATIONAL PARKS TOUR

10 days, departs Apr - Sep 2022

Grand Canyon • Bryce Canyon Zion • Capitol Reef • Arches & Canyonlands • and more —

Experience the stunningly red rocks of these 6 iconic southwestern national parks. Travel through deserts, forests, mountains, and to the very edge of the Grand Canyon on this tour.



FROM \$1,849*
\$1,599*



promo code N7017

CALL 1-866-760-0867

* Prices are per person based on double occupancy plus up to \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Free date changes prior to final payment. Deposits and final payments are non-refundable. Onboard Credit requires purchase of Ocean View or Balcony Cabin. Offers apply to new bookings only, made by 12/31/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

Paws and Claws

Has There Been an Outbreak of Canine Flu?



By Dr. Frank Lavac MS, DVM
Q: I heard that there has been an outbreak of Canine Flu. What can you tell me about it?

A: The L.A. County Veterinary Public Health Department reported an outbreak of Canine Flu. Most of the cases have been associated with dog daycare or boarding kennels. There have been no human cases reported. As of September 17, there have been 200 canine cases reported.

The virus is spread primarily through direct contact with infected dogs or respiratory aerosols. Symptoms include coughing, sneezing, nasal discharge, and lethargy. There is a two-to four-day incubation prior to symptoms. This is the largest outbreak in Los Angeles County.

An effective vaccine is available. It is a two-part series with the booster given three weeks after the first vaccine.

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

Adopt a Pet



"Whiskey" is my name and handsome is my game! I'm a gorgeous brindle lab mix with a smile that will instantly melt your heart. I'm four years old and currently weigh about 100 pounds. Please contact Wags & Walks at 866-Luv-Wags for more details.

Reminiscing

(Continuing from Page 5)

local theme parks that "dress up" for fall. Universal Studios, Disneyland, and Knott's Berry Farm all have Halloween events and decorations. If you'd like another tip, try adding some cinnamon sticks, orange rind, whole cloves, and bay leaves in a pot of water and boil away. Your house will be filled with a beautiful autumn smell. A homemade Fall wreath is a great activity to spice up quarantine and will add a splash of color to your door.

All you need to do is glue acorns, mini pinecones, coffee beans, red leaves, walnuts, anything Autumn-themed in a wreath and place it on a door. To avoid chapped lips, put olive oil or almond oil on before going to bed. With COVID, I can't predict what Halloween will look like. But scary movies, hot chocolate, and candy even work indoors.

For my family, we're trying to prioritize the dressing up aspect of Halloween over any others that could be ruined by a rise in cases. All in all, get in the fall spirit. Be warned; my winter article is coming – "Leaves are falling; autumn is calling."

Meet New Orleans Native (Continued from Page 1)

and a half million young men called to service for the Korean War. Thankfully, Kingsley was involved in the Barry Plan, which the government had provided for medical students so that they could continue their medical training to completion without getting drafted in exchange for two years of military service after their residency.

So, once his time in Oakland came to an end, Kingsley was sent to Turkey to work as the chief Ob-Gyn for the Air Force Program in the capital city of Ankara. He was 29 years old.

Kingsley enjoyed his time in Ankara and was able to travel throughout the Mediterranean and the Middle East in the early 1960s. He recalled the tremendous experience of walking up the steps of the Acropolis in Athens, touring Beirut, "the pearl of the Mediterranean," and skiing at a Lebanese resort.

After his two years abroad, Kingsley returned to the U.S. to settle down and practice in either San Francisco or a beach community in L.A. As fate would have it, when Kingsley returned to Los Angeles he ran into an old friend that he had met during his externship in 1955 who was an Ob-Gyn in Santa Monica.

Kingsley went on to have his own office and remained a sole practitioner on Wilshire Boulevard in Santa Monica for 40 years, even practicing through the 1994 North-

ridge Earthquake.

He explains that, although Santa Monica is in L.A. County, it has its own personality. It's a self-enclosed town with a vibrant community, and though he hasn't practiced since 2002, to this day, Kingsley is still recognized by his former patients when they see each other on the street.

Reflecting on his time in Santa Monica, Kingsley describes his work as wonderful and fulfilling, as he was able to bring babies into the world, as well as catch and cure early-stage cervical cancers. With an enthusiasm for surgery, psychology, and an artistic flair, Kingsley was able to find the perfect mix of everything he loved and excelled at in the field of medicine.

So, what does the future hold for Kingsley? "You have to be involved," he describes, explaining that personal health is an utmost priority. He is Program Chairman at the Y Service Club and very active in the Santa Monica Lion's Club.

He is a man of many passions, enjoying surfing, snow skiing, and auto racing, even buying and shipping out a Porsche from Germany to the Port of San Francisco.

Our local resident Kingsley is an upstanding man with a fascinating story and an inspiration to the community of Santa Monica.



Santa Monica Rotarians (Continued from Page 6)

Under the guidance of members, "Captains" Larry Maher and Alan Glick, the Rotarians took a second annual tour of the Santa Cruz Islands and a kayaking trip through the caves for those more adventurous.

Member Connie McGuire wrote the following note to the captains: "Thanks so much for all your organizing in planning for an amazing day for all of

us in attendance. The kayakers came back with great stories of high adventure on their tour of some of the islands caves. And those of us on the hiking tour had a terrific guide and learned a lot in addition to an excellent hike with stunning views. And, best of all, as is the mission of our Healthy Living program, we got to know our newer and longtime Rotarians better and enjoy the treasured fellowship that we have within our Santa Monica Club."

DENTAL Insurance

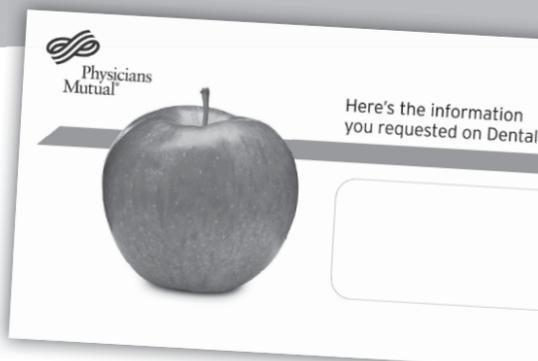
If you've put off dental care, it's easy to get back on track. Call Physicians Mutual Insurance Company now for inexpensive dental insurance. Get help paying for the dental care you need. Don't wait.

Getting back to the dentist couldn't be easier!

CALL TODAY
1-877-408-7476

Dental50Plus.com/smstar

Get your
FREE Information Kit



Product not available in all states. Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds: B438, B439 (GA: B439B). 6208-0721

Plan ahead so those you leave behind will definitely know your wishes.



Wills, Trusts, Probate
 made simple
 and convenient!

Meet me in person, by phone or via video conference; review your documents in person or online; sign your documents in my office, at home or at work. It's that easy!

virtlegal

Call for appointment today
310-401-3111

Timur M. Berberoglu, Esq.
 1112 Montana Ave., Suite C, Santa Monica, CA 90403

Calendar Events for October

By Bob Rich

• **Friday, October 1, Saturday, October 2, and Sunday, October 3 - The Big Avocado Roll**, Los Angeles's Third annual skating event – On Friday, October 1, enjoy a 10-15 mile skate through the West: 8 p.m. On Saturday, October 2, skate and dance at a roller rink in Mar Vista, from noon – 3 p.m. On Sunday, October 3, skate through downtown Los Angeles, starting at 7:30 p.m. Visit Bigavocadoroll.com for details.

• **Saturday, October 2 – Sunday, October 3 – L.A. Pedal & Synth Expo 2021** – Explore this free-of-charge interactive marketplace of guitar effect pedals and synthesizers. Visit Delicious-audio.com/outdoors-l-a-pedal-and-synth-expo-on-october-2-3/ for details.

• **Sunday, October 3 – Phil Salazar and The Kin Folk**, in the Americana in the Park 2021 Concert Series – The band will play a blend of traditional music, rock, blues, country, jazz, Irish, pop, and bluegrass. 3 p.m. – 6 p.m. Admission is free. Visit Santamonica.gov/blog/americana-in-the-park-2021-concert-series for details.

• **Sunday, October 10 – Song-writer and multi-instrumentalist Joachim Cooder** in the Americana in the Park 2021 Concert Series – Cooder will play Americana music with African influences on an African thumb piano, called a mbira. Joachim is the son of musician Ry Cooder. 3 p.m. – 6 p.m. Free. Santamonica.gov/blog/americana-in-the-park-2021-concert-series for details.

• **Sunday, October 17 – Sunday, October 24 – Westside Food Bank's 31st Annual 5K Hunger Walk** – The Hunger Walk is virtual, to support thousands of people in need because of COVID-19. Visit Walk.wsfb.org to register for free.

• **Thursday, October 28 – Japanese American National Museum, "City of Ghosts"** outdoor movie screening, part of this year's Haunted Little Tokyo – Creator Elizabeth Ito and special guests will discuss storytelling in the Japanese American community, prior to the screening of the movie about kids who encounter friendly ghosts. The film combines animation with

live-action settings. The talk begins at 6:30 p.m. Film at 7:30 p.m. Visit Janm.org/events/2021-10-28/outdoor-screening-city-ghosts for details.

• **Saturday, October 30 - Palisades Branch Library online event, Book Club for Middle Grade Readers: The View From Saturday by E.L. Konigsburg.** Middle grade readers are welcome to join these monthly book discussions. Begins at 10:30 a.m. Visit Lapl.org/whats-on/events/book-club-middle-grade-readers-view-saturday-el-konigsburg for details. Email Miss Gail at gkim@lapl.org for the Zoom login information, or call 213-228-7430.

• **Ongoing through Sunday, October 24 – The Fowler Museum at UCLA, The Map and the Territory: 100 Years of Collecting at UCLA** – A diverse collection of books, manuscripts, paintings, drawings, animations, ceramics, musical instruments, meteorites, and more, allows visitors to explore cultures from around the world. Museum is open Thursday, Noon – 5 p.m. Admission is free. Fowler.ucla.edu/exhibitions/the-map-and-the-territory-100-years-of-collecting-at-ucla/, call 310-825-4361, or e-mail fowlerinfo@arts.ucla.edu.

• **Ongoing through Sunday, November 7 – Los Angeles County Museum of Art, Acting Out: Cabinet Cards and the Making of Modern Photography, 1870-1900** – Explore these photographic cards which made portraits commonplace for the first time in America at the end of the 19th Century. No cost. In the Resnick Pavilion at LACMA. LACMA.org/art/exhibition/acting-out-cabinet-cards-and-making-modern-photography-1870-1900 for details, call 323 857-6000, or e-mail publicinfo@lacma.org.



Santa Monica Breakfast Club is Back Providing Necessary Dental Care for Santa Monica School Children.

Club members who meet once a month are active women making a difference in the community.

If interested in joining, please call 310-266-6703.

Suffer from... Anxiety... Depression, or Personal Issues? Experience Emotional Overeating?

Free Initial Consultation!



Get the help you need with Individual and Group Psychotherapy!

310-828-8004
www.DrSheilaForman.com

Sheila H. Forman, JD, PHD, CGP
Clinical Psychologist and Group Psychotherapist
PSY15265

From Me to You...



By Diane Margolin

There are always inspirational sayings online and in many magazines to encourage us during these challenging times.

One concern for those who work and raise a family is how to balance all there is to do each day. You may want to call your aunt or a dear friend, but when can you fit the call into your already full schedule. Sometimes I've thought about dropping the person a handwritten note to let them know I was thinking about them. People appreciate a short note. I received a lovely card from a friend about the newspaper's 20th anniversary. I thought how considerate it was of the person who sent it, knowing how busy his job and family life keep him.

My dad used to say, "It's good to have something to look forward to." I've found that phone conversations with good friends feel like gifts now. I haven't been able to socialize with my friends for some time, so the phone visits are really special.

Somehow we should find time to make the calls. One of my friends

I worked with when I lived in Manhattan, passed away recently. I had spoken to her the week before. She had several health issues, but was getting ready to move to Miami to be with her "kid" sister who would look after her. They had even bought a condo for her to live in. She was planning to move there a week after she went to the hospital where she died. I was very sad for her, and for me, as I kept thinking I won't be able to talk to her anymore. That is what I often thought about with some of my other older friends. I always seem to have a deadline, but I should still make the time to call. Now, it's too late.

So if someone is special to you, be sure let them know whenever you can. You may not always have the chance.

As we welcome the fall season, hoping for cooler weather, we think about the safest way to celebrate "the holidays." Make your lists early. Have you noticed that the stores are out of products that you usually can purchase? You may need to make some alternative choices. But, start now.

Here's to a happy, healthy, and safe holiday season to you all.



virtual
Annual Gala Dinner
October 17th, 2021

HOMETOWN HEROES

CELEBRATING OUR DIVERSE HISTORIES

Join us as we honor
Kathleen Rawson
Carolyne & Bill Edwards
Santa Monica Black Lives Association



rsvp@santamonicahistory.org
santamonicahistory.org/2021-gala
 310.395.2290

Shop Local - Buy Local

SwissMissRealtor.com

Call Evelyn Lauchenauer for All Your Real Estate Needs

*Reputation built on listening to client needs.
Charity Minded and Westside Native*



Berkshire Hathaway HomeServices
California Properties

Berkshire Hathaway HomeServices
California Properties
3130 Wilshire Blvd #100, Santa Monica



EVELYN
LAUCHENAUER
310.906.0163
DRE 01765753

©2020 Berkshire Hathaway HomeServices California Properties is a member of the franchise system of BHH Affiliates LLC.



Expert Handyman

SERVICES

REASONABLE RATES, DONE RIGHT, ON TIME,
YOUR LOCAL EXPERTS!

FIRST 4 HOURS OF WORK only...\$299

4 OR MORE HOURS will receive 15% OFF

Call Today! 213-758-3583

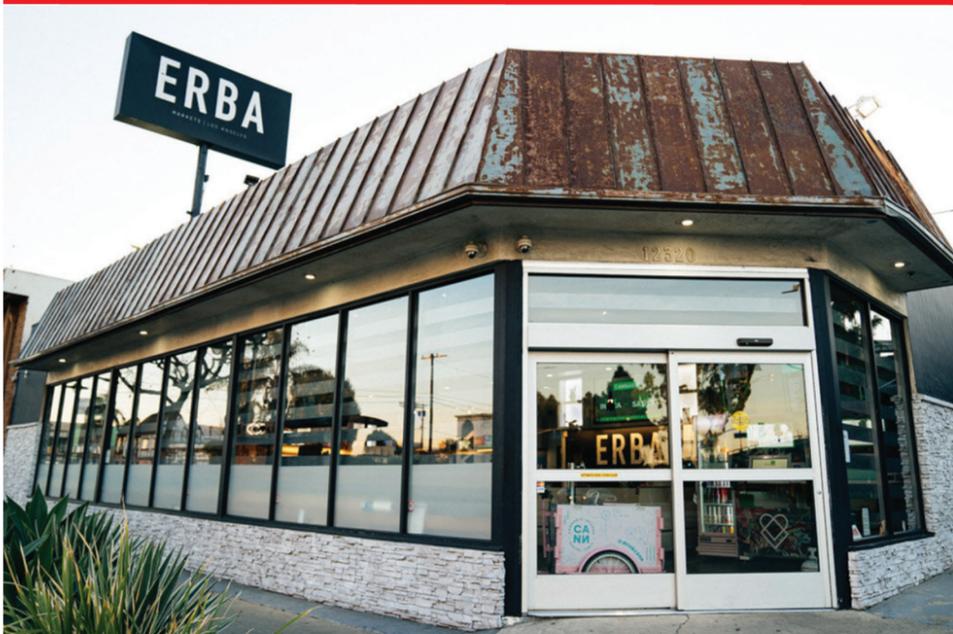
info@experthandyman.com
www.Experthandyman.com

FREE DELIVERY
DAILY 9:00am - 9:15pm

FREE Delivery no minimums
Curbside Pickup & In Store

12320 WEST PICO BLVD

MARKETS | LOS ANGELES



SERVING:

VENICE | MARINA DEL REY | WEST LA
CENTURY CITY | SANTA MONICA
CULVER CITY | BEL AIR | MAR VISTA
BEVERLY HILLS | BRENTWOOD
MALIBU Now Delivering! | **PACIFIC PALISADES** Now Delivering!

OBSERVING ALL CDC CONTROLS

STAY SAFE - ORDER ONLINE:
ErbaDelivered.com

*Text notifications for when your order is ready and you can remain in your car for express curbside pickup. Online menu closes at 9:15pm.

STORE: 310-207-1900 / 8am - 9:50pm
DELIVERY: 424-273-6753 / 9am - 9:15pm
CURBSIDE PICKUP HOURS / 9am - 9:50pm

ERBAMARKETS.COM

[ERBAMARKETS](https://www.instagram.com/ERBAMARKETS)



THOUSANDS OF CANNABIS PRODUCTS TO CHOOSE FROM



C10-0000383-LIC



Thank you to all First Responders, Medical Personnel & Essential Service Providers.