



Evelyn Guerboian, center in pink jacket, poses with her family at the recent Lions luncheon. From left, Lucy, Natalie, Eddie, Evelyn, Avo, Christina, and Nicole Guerboian with Nova Sayadian.

Evelyn Guerboian Receives 37th Annual Lions Community Recognition Award

Evelyn Guerboian, who came to California at the age of four, was honored for all of her accomplishments in the local Santa Monica community by the Santa Monica Lions Club. The room was filled as we learned about her careers in banking, real estate and finance.

Currently, she is president of the Irene Dunne Guild at Providence St. John's Health Center. Bob Klein, head of the hospital



From Providence St. Johns, Bob and Jo Ann Klein and Marcel and Jane Loh.

(Continued on Page 10)

PAL Students of the Month Recognized for Their Community Service



Santa Monica Police Activities League (PAL) staff, Sam Tello and Ashley Origel, from left, brought PAL members to the Fairmont Miramar Hotel. Jade Morales, Kanaan Fritz, and Jessie Del Rio, center, were given a tour and certificates by Jennifer Bennett, Public Relations Manager, far right. They are in front of the hotel's famous Moreton Bay Fig Tree.

Celebrating the Joys of Motherhood



Pam Andrews with her daughter, Dyllen. Pam also has a son, Bryan.

Many families will be thinking of ways to appreciate their mothers even more this month. Being a mother is probably one of the most challenging and rewarding jobs there is.



Erika Altshule with her children, Mason and Addison.



Reading with children whenever possible is one of the best gifts you can give them. Gail Litvack, left, is given a treat by her grandchildren, Jackson and Rosalyn, who decided they wanted to read a book to her this time.

(Continued on Page 6)

Catherine Baxter Taking on a New Role at Santa Monica High School

By Taber Falconer

It's the end of an era for Santa Monica High School. Dean of Students Catherine Baxter will be retiring this spring after 35 years of service to the school district.

Catherine made it her mission throughout her career to have a positive impact on high schoolers through helping them reach their goals by providing support and guidance as an administrator and as a friend. She has been a constant presence on campus from

early morning to early evening.

"Now that I won't be around on a daily basis, my advice to students is to take advantage of all that Samohi has to offer," she said.

Catherine's enduring connection with Samohi began when she was just a kid. She attended Santa Monica schools from second grade on, and completed her high school education at - you guessed it - Samohi. After she received her diploma, she attended several University of California campuses and earned a Masters in Education before entering the workforce as an educator for the Los Angeles Unified School District.

It didn't take long before she decided to return to the district she loved for good. And, there were plenty of factors that influenced her decision to continue working for Santa Monica High all these years.

"Santa Monica is the smallest big town. There are so many opportu-

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Do You Recognize These Neighborhood Celebrities?

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Brain Matters

Dementia Caused By Normal Pressure Hydrocephalus Can Be Reversible



By Dr. Garni Barkhoudarian
As we age, one of the concerns is the potential onset of dementia.

As we have learned from previous "Brain Matters" columns, there are definitely some lifestyle adjustments that can be made to help stave off cognitive decline.

(CSF) build-up in structures called ventricles in the brain. In an unaffected brain, the fluid in the ventricles circulates and drains within the nervous system, bathing and cushioning the brain and spinal cord.

The triad of symptoms associated with NPH includes a specific type of walking difficulty (shuffling steps), urinary incontinence and memory loss. If you suspect NPH, your physician can do a work-up which includes an office evaluation as well as imaging studies, such as an MRI or CT scan, to confirm a diagnosis.

memory and walking evaluation.

Definitive treatment is by various surgical procedures, including placement of a ventriculo-peritoneal shunt draining brain fluid into the abdomen. In some cases, an endoscopic procedure may also be possible. A majority of patients experience relief and are able to return to a normal life.

Dr. Garni Barkhoudarian is an expert neurosurgeon and director of the Pacific Adult Hydrocephalus Center at Pacific Neuroscience Institute. His philosophy for virtually all intracranial procedures is to apply the keyhole concept of minimizing disturbance to the brain and its supporting structures. Reach out to PacificNeuro.org, or call 310-582-7450 for more details.

Byte by Byte

Treating with Tiny Tech



By Miceala Shocklee
Nanotechnology has been a hot word in biomedical science for well over a decade. It's a word that's been around long enough to now

have associated subtopics, like nanomedicine. But what does that jargon actually mean?

Nanomedicine is all about harnessing small-scale chemical and physical interactions. For example, researchers at the University of Drexel developed "achiral microswimmers" made up of corkscrew strings of self-assembling microbeads (no, not like the bad plastic ones in your facial scrub) that have the capacity to spiral their way through arteries while under the control of a rotating magnetic field, thus scrubbing the vasculature of fatty plaques in order to clean up atherosclerosis.

While the process has only been demonstrated in artificial blood vessels, the team last told Smithsonian that they hope to move forward with human clinical trials soon.

Arteries aren't the only place that nanotechnology can go. Other developments include the "lab-on-a-chip" set-ups, novel systems for delivering drugs to specific sites in the body, and nanocomposites under development for potential use as bone graft replacements.

To find out more about the work of the Kim group's Biological, Actuation, Sensing, and Technology lab and their exploits in nanotechnology, visit bastlabs.org.

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

Planning Ahead

Disinheriting a Child



By Lisa C. Alexander, Esq.
It is not a decision to be taken lightly, but there can be good reasons not to treat children equally. It is quite

want the child's inheritance going to the soon-to-be ex-daughter- or son-in-law as part of a divorce. Whatever the reason, the provisions of the Will must be carefully thought through.

First, in order to preserve the relationships between children, there may be ways to benefit one child over another outside the Will. For example, children could be given equal shares under the Will, but a favored child could be sole beneficiary of a "pay-on-death" bank account or an insurance policy passing outside the Will, making the unequal treatment less obvious to the disfavored child.

Second, rather than completely disinheriting a child, it may be possible to keep the child in the Will, but with provision for the child's share to be retained in trust for the child's benefit with only discretionary distributions. The Trustee of the child's trust could make distributions only if the Trustee determined the child would receive the benefit of the distribution. An ongoing trust for the child rather than outright distribution could protect the child's inheritance from bad judgment, creditors or divorce.

Finally, if the decision is made that one child will receive nothing, or only a token gift, consideration should be given to the effect of a "No Contest Clause." If a child will receive nothing, there is nothing for the child to lose in contesting the Will. On the other hand, if a child is left something, it should be a gift large enough to make the child think twice before forfeiting the gift by contesting. How large the gift must be in order to deter a contest depends on the child and his or her circumstances. If a child will be disinherited, the Will should clearly state the intent to disinherit the child.

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What Makes Successful Marriages?



Virginia and Jim Reidy are going to celebrate 68 years of marriage in July of this year. What is their secret?

Photo by Brendan Minto

For this interview, I spoke to Virginia and Jim Reidy at the same time. They told me that they met while they were students at the University of Arizona. Each was chair of a service club on campus. A friend of Jim's whom he had known since the first grade and whom Virginia knew since high school introduced them. Their job was to get their service club members to work together on planning a Christmas party.

After being introduced, Jim told his friend that he liked Virginia. "I liked everything about her," he remembered. "I still do. She was one heck of a nice girl."

Virginia later confided to the friend that she thought Jim was cute. "We just hit it off," she shared. They ended up dating for over two years.

Virginia went off to teach for a year, as she was ahead of Jim in school. He got called to the Marines

in May of 1951. They got married on July 20, two days after boot camp ended, Jim explained. He returned to the Marines, and Virginia taught. "We were going to save so much money," she recalls. "But, we spent our money on phone calls."

Jim didn't go to Korea. Instead, he went to radar school in San

(Continued on Page 10)



The Reidys on the day of their marriage.



Members of the Irene Dunne Guild of Saint John's Health Center Foundation pose above. Their president is Evelyn Guerboian, center. The "Think Pink" theme for the upcoming guild event will be co-chaired by Janis Gallo and Angela Vassallo. The May luncheon will be held at the Upper Bel Air Bay Club on Pacific Coast Highway.

Irene Dunne Guild from Saint John's Health Center Foundation Planning May Women's Wellness Lunch

"Think Pink" for Women's Wellness, an Irene Dunne Guild annual event, focuses on health education and awareness for women and their families. Held close to Mother's Day, it is a celebration of mothers, sisters, daughters, and dear friends. This year's event is Wednesday, May 8, 8:30 a.m.-3:00 p.m. at the Upper Bel Air Bay Club on Pacific Coast Highway.

Featuring morning break-out sessions with notable doctors and speakers, the event culminates with a wonderful luncheon and key note speaker presentation.

Over the years, topics have included dermatology, beauty and

aging, breast cancer, children's health, fitness, and addiction.

Boutique shopping is available throughout the event with net proceeds to benefit programs, equipment and services at Providence Saint John's Health Center.

The Irene Dunne Guild is celebrating its 32nd year as a support group of Saint John's Health Center Foundation in Santa Monica. Tickets are \$125 per person.

"Think Pink" Co-Chairs are Janis Gallo and Angela Vassallo. For more information, contact Esther Espinoza at stjohns.org, or go online to www.iredunneguild.org, or call 310-829-8424.

Release Yourself From the Past and Live For Today

Our memories help us relive life's most delightful moments, such as a trip to the Grand Canyon or a child's high school graduation.

But, not every memory is a happy one, and often people become so tied to the past - dwelling on mistakes they made or offenses committed against them - that they fail to enjoy and take advantage of the present.

"If we permit our past to hold us hostage from the change we deeply desire, we are stuck," says Tom Corner, a motivational speaker and author of *Borrowed Eyes and Feet: Finding Enlightenment After Rage* (www.tomcorner.net).

"It's important to be able to release your past and to see existence in the present moment. There is no future and there is no past, only the gift of now."

He knows from experience. For Corner, freeing himself from the past involved overcoming anger and rage that plagued him since his parents divorced when he was a young boy.

He was in his 40s, he says, before he learned to live in the moment - or perhaps, re-learn how to live in the moment.

Most people, as children, aren't so hung up on the past and the future, preferring to immerse themselves in the activity at hand,

whether that involves a game of tag, a hike in the woods, a favorite TV show or a captivating book.

"Unfortunately, children eventually grow up to become adults who live in a state of constant worry about what they did yesterday and what they will do tomorrow," Corner says. "We nudge the present moment to the side, making it something of an anomaly, until we return full circle later in life to try to recapture the gift of those moments."

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Reflections From The East

Growing Up: A Lifelong Mission



By Qin Sun Stubis

When we talk about growing up, we generally refer to the part of our lives transitioning from childhood to adulthood. We remember this period as our awkward years when our feet constantly outgrew our shoes, and our minds raced for new challenges about which we had no idea.

Growing up means seeing ourselves getting bigger and taller, older, and hopefully, wiser. We cannot wait for the day that we'd get a job, have an apartment and gain control of our own lives.

Growing up is exciting because we get to experience a lot of things

we never did before, like the first day of Little League or the first time we go to the beach. It is also awkward and scary in the sense that we are constantly challenged by the new and unpredictable. But, it helps to know that everyone has to go through this part of life.

I still remember the time when I graduated from high school and was being praised as "all grown up" and "so mature." It was wonderful to finally feel like an adult, being independent and living away from home, even though it was a college dorm, and I barely survived on my stipend.

At some point in life, we feel like newly minted adults after a celebratory event such as bar mitzvah,

sweet sixteen, high school prom, or casting a vote for the first time. We feel the obligation of starting to act maturely and behaving like members of the rank and file of the real world. After all, we are all grown up now.

The understated reality is that grown-ups are still challenged on a daily basis. Although we are more experienced in dealing with changes and obstacles, we still get caught off guard and don't find the right solution to every problem. In that regard, being adults doesn't really mean we don't have to grow up anymore.

As a matter of fact, how well we cope with change is often crucial to how successful we are as adults.

Think of when we become parents for the first time, launch a new career or move to a new place. Adaptability comes in handy, helping us cope with every crisis coming our way, even in our old age.

Our world is constantly changing and our lives constantly moving through new stages. In some ways, we should be thankful for our early awkward years and the tolerance and skills we acquired. To meet new challenges, we are forever growing up.

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

A longtime columnist of ours, Qin lives in Bethesda, MD.

How Do You Make Major Decisions Without the Conviction of Instinct?



By Taber Falconer

If you were in Santa Monica or West Los Angeles last month, you probably marveled, like I did, at the migration of the painted lady butterflies.

Over the course of several days, millions of these little creatures passed through our area on their way up to the Pacific Northwest - an annual migration that intensifies during wetter years. The last time they visited us in such

robust numbers was 2005.

As I enjoyed the display from my bedroom window, my car, and on walks, I grew envious of the butterflies' decisiveness. How do they know to fly north for weeks on end? And, why don't they care about the peril the journey will certainly entail? If only I possessed the same blind instinct as the butterflies.

I spent this winter applying to graduate programs, and the beginning of spring waiting to hear back. I'm now in the decision phase: I have to make a three-year commit-

ment based on information gathered mostly online and through correspondence with students and faculty. Even though I have a solid amount of intel to work with, doubt seeps in, causing me to second-guess my instincts.

I search for clarity within and come up empty. "Go with your gut" is the advice we often receive when the superior choice isn't obvious. I've gone with my gut many times and found my intuition to be correct, but there have been instances where I followed my gut down a

road of disappointment. My gut is hardly a dependable tiebreaker.

The fact is, whether I'm ready or not, time is running out and I have to decide, even if I don't feel pure excitement and confidence. It's okay to have doubts and to feel unsure about the future. I may not have the conviction of instinct, but like the butterflies, I will be making a commitment and sticking to it, no matter what happens along the way.

Feel free to reach out to me at taberfalconer@gmail.com.

New Book Introduces Mom Who Lived Life to Its Fullest

At a turbulent time in America, when personal connections are fleeting and shared values rare, award-winning journalist and author, Jo Giese, offers uplifting lessons in old-fashioned civility in her memoir, *Never Sit if You Can Dance:*

Lessons from My Mother, Babe. The lessons are wisdom from a mother of the 20th century for a daughter in the 21st century.

Jo's mother, Babe, was no goody two shoes. She drank, danced, and stayed up very late. She favored

colorful clothes, liked giving parties, adored her husband, and told her daughter, "Never sit if you can dance." Yet, Jo, a 70's bell-bottom wearing, *Ms. Magazine* writing daughter, was very disappointed with her stay-at-home housewife

mom. She seemed so behind the times.

Only later in life did Jo realize that she seriously underestimated Babe and that her own happiness was derived in large part from

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From Me to You...



By Diane Margolin
May always reminds us of our mothers, whether they are with us or not. What were their wishes and dreams? Were they able to achieve them?

My mother, Dr. Edythe Margolin, went back to college when my brother and I were in elementary school. She ended up getting a bachelors, masters and doctorate in education, becoming a college professor, and teaching child development. It was pretty unusual at that time for a parent to follow that path.

I decided to look at two of the textbooks she had written for her students. What a lot of work, I thought. So many references and footnotes!

She pointed out that life and our society continually pose more problems that are related to choices affecting how we live. And, because society is changing, we want to prepare our children for the future, as well as for the present. Parents have a lot to take into consideration when they make decisions on how to raise their children.

She also said that children need a balance of nurturing, information on various subjects and direction for future stages of development. Of course, teachers know that their students need encouragement, support, and patience in the classroom. We also need to

realize that each of us learns at different rates and often, some students may excel in academic areas, while others may prefer to work with technology or on projects with their hands.

I look at friends who have children and how their lives have turned out. Whether they were single parents or married, they are still very involved with their adult children and their grandchildren.

Many parents send their children off to college, only to have them return to home to live because they haven't found the right job.

Or, if the children are having problems, whether financial, or as a result of an unhappy marriage, the parents are still very involved, doing whatever they can to make the situation easier.

Today's society seems so complex at times, maybe as a result of many technological changes.

I believe I read that Mother's Day in restaurants is the busiest day of the year. Whatever you are doing, I hope you have a wonderful celebration with your family.

If you wondered what else is celebrated in May, it's Get Caught Reading Month, Home Schooling Awareness Month, Motorcycle Safety Month, National Hamburger Month, National Barbecue Month, National Foster Care Month, Women's Health Care Month, and National Salad Month.

Enjoy the beautiful flowers that are filling our gardens.

New Book Introduces Mom

(Continued from Page 4)

lessons that Babe taught her.

From arm-wrestling to thank-you notes, this book offers a breezy, inspiring and wise tribute to all mothers and how we only learn to appreciate their lessons later in life. Babe's timeless advice will ring true

with women of all ages and their families and inspire them to dance into Mother's Day and beyond. *Never Sit if You Can Dance* is available at the Diesel Bookstore in the Brentwood Country Mart.

A Partnership for Learning

By Grace Cheng Braun

WISE & Healthy Aging is proud to partner with The Oasis Institute, a national nonprofit organization, to promote healthy living among older adults. Oasis is dedicated to engaging retired and working older adults who want to continue to learn, to give back, and to keep their minds, bodies and perspectives healthy. "Oasis has been in Los Angeles since 1984, and we are delighted to expand our program offerings to active older adults," notes Candace Shivers, Chief Events & Activities Officer at WISE & Healthy Aging.

Here in Los Angeles, arts, current events, health and fitness, technology courses, and more are offered at both Westside (at the Ken Edwards Center in Santa Monica) and Baldwin Hills locations. In addition, travel and volunteer opportunities are available year-round.

WISE & Healthy Aging has been offering another program called Club 1527 for the past six years. It was formerly the Senior Recreation Center (SRC) "senior center" that the City of Santa Monica administered for 26 years. Because of the many similarities in the program-

ming of Club 1527 and Los Angeles Oasis, and to avoid further confusion, effective May 1, the two programs are now combined under one name - Los Angeles Oasis. A 12-month membership is \$10 for Santa Monica residents and \$20 for non-Santa Monica residents who are age 50 and older.

In an effort to create greater access to offerings, WISE & Healthy Aging has also established scholarship opportunities for Oasis members of limited financial means, to cover the membership fee and to take fee-based courses at no added cost.

Registration for the upcoming summer trimester begins May 1, 2019. For more information, or to receive the summer catalog, please call 310-857-1527.

For more information about Los Angeles Oasis and/or to sign up for a current course offering, visit www.oasisnet.org/la.

WISE & Healthy Aging is a non-profit social services organization that advances the dignity and quality of life of older adults through leadership, advocacy and high-quality, innovative services. Visit www.wisecandhealthyaging.org.

From the Santa Monica History Museum



*Cinco de Mayo Celebrants, 1969--
A group of Mexican Americans prepare for a Cinco de Mayo celebration at a local park. Courtesy: Santa Monica History Museum, Bill Beebe Collection. [For historical reprints, please contact SMHM and specify image #3.2.8011.]*

How to Be a Smart Home Buyer in a Seller's Market



By Carolyn Hemann

Buying a home for the first time in some U.S. markets is becoming increasingly challenging. In competitive housing markets, the supply of available homes is tight, which means sellers often have the upper hand and home prices are rising above what is typically considered their fair value. If you are contending with a seller's market, here are four tips to help avoid overpaying for your first home:


• Tip #1 - Do your homework. Before you are ready to become a homebuyer, study the market. Check out the neighborhoods you like and attend open houses. Get a feel for what's currently available and price ranges for various types of homes. Pay attention to the cost of your list of must haves - whether it's a finished deck, a certain type of hardware or hardwood floors throughout. Getting every item on your list may not be realistic for your price range, so be prepared to re-evaluate after seeing a few options.

• Tip #2 - Set a budget and stick with it. It can be tempting to go over budget in a highly competitive market. However, doing so can have ripple effects on your cash flow. Be realistic about the price range that works for you. Review your monthly budget and figure out


what you can afford in terms of monthly payments (for principal, interest, property taxes and insurance) on the home. Know what you have available for a down payment and determine the price range of houses that fits your budget.

• Tip #3 - Find a reputable realtor. Look for a quality realtor who can help you feel confident throughout the process. A good realtor should take the time to truly understand what you are looking for in a home, the neighborhoods you prefer and your price range. He or she should also be familiar with


(Continued on Page 9)



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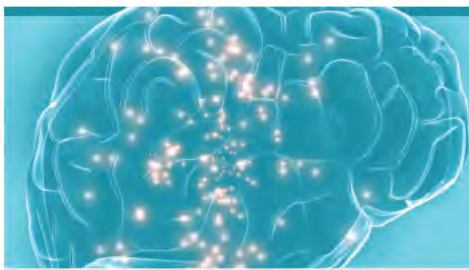
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Spring Fashion Show Raises Funds for P.E.O. Scholarships



Each year, the Philanthropic Educational Organization (P.E.O.) Chapter in Santa Monica holds its eagerly anticipated fashion show to raise funds for scholarships for women in college. This year, the event was held last month at Macy's in Century City. From left, back row, Kiana McCurry, in a light colored hat; Pam Andrews; Stephanie Dupre with the black hat; Savannah Yassin in a blue blazer with blue scarf; Dyllen Andrews in a blue plaid outfit with a dark hat; and Jane Young. Front row is Carol Currey in a yellow shirt and striped blazer, and Kathy Naylor, with the scarf accenting her stylish outfit. For more information on this active group, contact mlhronney@verizon.net.



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Remembering Santa Monica Group to Discuss Leisure Activities at May Meeting

By Taber Falconer

At April's Remembering Santa Monica Group meeting, members were treated to a private tour of the Santa Monica History Museum's latest photography exhibit: *Light & Shadow: Capturing Early Santa Monica History*. It will remain on display until June 15.

Archivist Sara Crown led the tour, providing detailed background information on each image. A photo of the Santa Monica Pier on the day it opened in 1909 was a particular favorite among attendees. As you might guess, it would be more than a few decades before the originally purely functional structure would become the family-friendly tourist hub we know and love.

The exhibit showcases seven photographers, each of whom had a talent for capturing both historical and slice-of-life moments in our city's past. Adelbert Bartlett, George Tate, Emerson Gaze, and

Bill Beebe are among the featured artists. Collectively, their work spans from the 1880s through the 1990s – more than a century!

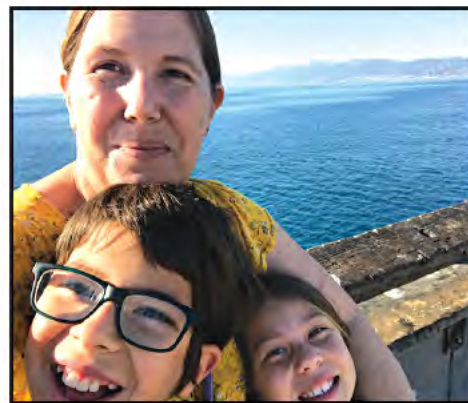
"Looking at these images, you really get a sense of what day-to-day life was like in Santa Monica at so many different points in time," John Lehne remarked.

In fact, most of our Remembering Santa Monica Group members had their own memories to share about the buildings, parks, and even celebrities that appear in the photos.

The next Remembering Santa Monica meeting is scheduled for 11:30 a.m. on Tuesday, May 14. They plan to discuss what activities they enjoyed during their leisure time.

As usual, it will be held at the Santa Monica History Museum, which is located at 1350 7th St. To RSVP, please call 310-613-3899.

Celebrating (Continued from Page 1)



More wonderful moms to remember. Above, Devon Barrett Guerra with Diego and Maya.



Right, Enjoli Margolin with Alexa and Jake are the family columnist Michael Margolin writes about.

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Catherine Baxter Taking on a New Role

(Continued from Page 1)



Catherine Baxter, above, second from right front row, with members of the Santa Monica High School Chorus.

nities, and the community truly supports education," she said. She has even earned a spot in the Samohi Alumni Hall of Fame.

Even though Catherine will no longer be working in a full-time capacity with the school, she will still participate in special projects in collaboration with Principal Dr. Antonio Shelton. In particular, she will be assisting with the construction and development of the Discovery Building. She plans on volunteering at the Santa Monica Education Foundation and State Senator Ben Allen's office, and there's also a bucket list trip on the horizon: a cruise to see the north-

ern lights in November.

Earlier this year, Catherine was honored as a California Woman of the Year by Senator Allen for her years of service and dedication to public education. The ceremony was held in Sacramento in Capitol Park. She especially enjoyed meeting the other women who were recognized for their many accomplishments.

"What I've learned at Samohi has made me the person I am today. I owe Samohi everything," Catherine stated.

The Santa Monica Star wishes her well as she begins this new chapter in her life.

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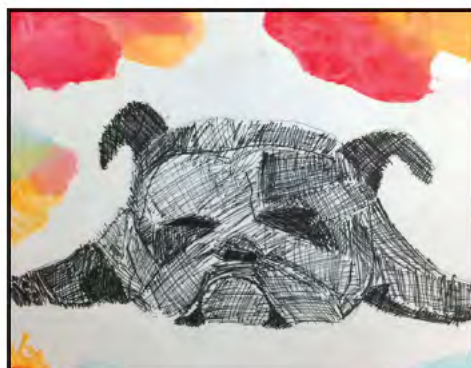
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Artwork from Upcoming Westside Young Artists



Thiebaud-inspired donuts



Crosshatch work



Ceramic fairy houses

The Brentwood Art Center offers a myriad of classes for all ages.

To the left are some samples of work done by their students.

Send your children's artwork to SMStarNewspaper@gmail.com.



The Friends Group ©SODOO

Westside resident, Sodoo, age 12, has been creating his unique cartoon characters on the computer.



The Dancing Donut Man ©SODOO

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Passing Through The Pico Neighborhood



By Clara Wright
As we welcome the beginning of Spring, let's take a look at the beautiful garden that is the focal point of the community as neighbors

the garden and sharing information with anyone who asks.

The most frequently asked questions are:

- How do you start a garden?
- How often should you water?
- How do you keep pests under control?

How often should you fertilize?

"Old Man" always takes the time to explain various gardening techniques and often gives fresh vegetables to the neighbors.

Gardening has been a hobby of "Old Man" since he was a young boy, and now he uses his hobby to feed the hungry in his community.

He has planted other beautiful and colorful gardens throughout the city of Santa Monica which include fresh kale, collard greens, turnips, mustard greens, red and

green peppers, tomatoes, onions, green beans, and various fresh flowers.

The neighborhood watch crews are also instrumental in assisting with the garden and keeping open dialogue with the neighbors to promote unity in the community.

Kudos to "Old Man" for feeding the hungry and for being a good neighbor in the Pico Neighborhood of Santa Monica.

Clara Wright is a longtime resident of the Pico Neighborhood area who has been involved in making a difference for her neighbors.



Halley Stubix

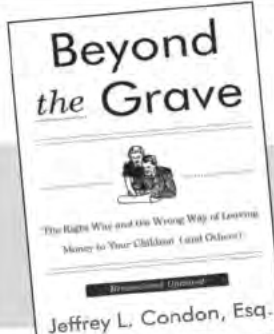


Bobby, better known as "Old Man," in the community, has planted community gardens in several locations in the city.

get to know one another while embracing the many changes in the area.

Many residents pass by on their way to school and work in the early mornings, as do neighbors walking their dogs. They often strike up a conversation with the originator of the 19th Street community garden and artistic expressions.

Each day you will find Bobby, "Old Man" as he is well known to the locals, along with his dog "Footie," hard at work tending to



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Thoughts From a Second-Time Father

Thinking About Traits of the Mothers I Know



By Michael Margolin

As parents, my wife Enjoli and I love giving our children opportunities to have new experiences. Jake is almost three years

old and Alexa is almost six. Especially for her, now is the time when she is experiencing and learning things that she could very well remember when she is older.

For example, Alexa's favorite animal is the leopard. She asked a device in our home to play a leopard song. The song that came out was "Pour Some Sugar On Me" by the band Def Leppard. She loves the song and dances and sings along to it, and cannot seem to get enough of it. So, I wonder when she gets older if she will remember how much she loved the song now.

Alexa also requested recently that we make time to go watch a sunset. So, the four of us ended up watching a sunset at the same beach where I proposed to Enjoli.

And, it reminded me again of how quickly time flies by. I was

down on one knee and in the blink of an eye, almost nine years later, there we were on that familiar beach with our children.

I am incredibly lucky in that I am married to a woman who is a spectacular mother. She has the patience of a saint (with all of us) and her love and support are most of what keeps our family running.

Many of us will not know the sacrifices, be they large or minimal, that our parents made for us. I will have no problem reminding my children of what their mother has done for them and what she most certainly will do in the future.

I am incredibly lucky to have been raised by a mother that loves us dearly, and to have a step-mother who is loving and supportive as well.

And, now parenting alongside a woman who does it so well, I am offered an insight into just how much a good mother loves, sacrifices, and cares about her children.

Michael Margolin is the father of two young children. He is an avid sports fan and now a soccer coach on Alexa's team.

Release Yourself From the Past

(Continued from Page 3)

But how do you recapture the ability to take pleasure in the present moment, and avoid letting the past and the future dominate your thoughts and cause you heartache and anguish? Corner has a few suggestions:

• **Practice forgiveness.** It's been said that the act of forgiveness isn't so much for the person we are forgiving, but for ourselves. Either way you look at it, it's not always an easy thing to do. "Are we courageous enough to see the world through the eyes of forgiveness, allowing us to release the many false expectations we unintentionally impose on ourselves and on others?" Corner asks.


• **Strive for self-acceptance.** If we are honest and brave enough to look deep within ourselves, Corner says, we will realize that, more often than we'd like to admit, we sabotage ourselves with negative self-talk. "The next time you feel doubt or a sense of failure, pay

attention to how you feel about yourself," he says. "If you are not being nice to yourself, be aware of these feelings and try to replace this doubt with positive thoughts or affirmations."

• **Recapture childlike wonder.** "When we were children, all things were possible because we did not know much about resistance or fear," Corner says. "As children, we did not allow our past to hold us hostage from the gift of joy in the present moment." Think about your past, he says, release whatever is holding you back from your dreams, your desires, and your ability to accomplish anything. "Too often, we wait for tomorrow to celebrate our yesterdays," Corner says. "Why not today? Why not celebrate what we have right now, right this minute?"

Tom Corner, is an inspirational author and motivational speaker.

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Community Service in Santa Monica

Lions Pay Tribute to Active Community Members



By Kingsley Fife
We Santa Monica Lions just had our 37th Annual Community Recognition Award Luncheon at the DoubleTree Suites Hotel. We always honor a special citizen who's been of great service to our community.

Litvack and Pam Andrews.
On a sad note, we had to say goodbye to our recently departed wonderful Lion, Jerry Bruver. Jerry finally succumbed to cancer after a heroic battle. Jerry, loved by everyone, cut a high profile in the local banking community. He started at First California Bank, then became Senior VP at Santa Monica Bank until it was sold in 1998. Then, he was Senior VP of First Regional Bank, and finally he retired from Union Bank in Brentwood. He was very active in the Santa Monica YMCA, being on the Board for many years. He joined the Santa Monica Lions Club in 1985 and has served in many capacities, including president, twice. A celebration of his life was held recently at St. Ambrose Church in West Hollywood. We will miss this wonderful Lion. Rest in peace, Jerry.

If you'd like to know more about the Lions Club, or be our guest at our luncheon (held the first and third Thursdays at the Santa Monica Elks Lodge, 1040 Pico), then contact YorikoFisher@gmail.com, or marilynschalit@yahoo.com.

This year, we honored Evelyn Guerboian. Evelyn is a pillar in our community. She and her husband, Eddie, have three children and are constantly "on the go" with all the activities they're involved with.

Evelyn is a member and very active in the Santa Monica Breakfast Club. She's also on the Santa Monica History Museum Board, and is a member of the Irene Dunne Guild of the Providence-St. Johns Health Center Foundation. At the luncheon, Evelyn received commendations from Santa Monica City, Los Angeles County and the state of California. Everyone had a wonderful time, and special thanks go to the chairs of this committee who made it all happen: Lions Gail

Local Santa Monica Rotary Club Members Fuel Community Resiliency

By Jillian Alexander

In keeping with Rotary International's "Service Above Self" motto, many people become Rotarians to build professional networks while strengthening the local community.

The Rotary Club of Santa Monica grants funds raised through members' contributions, the annual wine festival, and other sources to non-profit organizations serving Santa Monica residents and community for sustainable projects, such as equipment purchases and materials for building improvements. Its next Community & Youth Grants funding cycle closed April 30.

This fiscal year, the committee approved funding of four portable smart-tablet devices to assist A Sense of Home with improving its inventory management and increasing productivity. A Sense of Home creates first homes for youth who age out of the foster care system. It collects gently used furniture and essential home goods from donors; bulk furnishings from corporate partners; and funds from

sponsors; and coordinates volunteers who prepare homes for recipients. This helps young adults sleep, eat, and study with dignity, while inspiring love and hope.

Additionally, Orchestra Santa Monica received a grant to fund portable audio/visual presentation systems for use during pre-concert lectures and at community music appreciation and education events.

For disaster readiness, the Westside Food Bank received funding for a multi-energy source generator to power its refrigeration equipment should electrical power outage occur. Westside Food Bank supplies more than 70 agencies with a balanced variety of nutritious foods. Ninety percent of the food is distributed to individuals and families via food pantries, while ten percent is provided through group facilities. The nutrition reaches 108,000 unique individuals annually.

Our club meetings are Fridays at noon at the DoubleTree Hotel on 4th St. in Santa Monica.

How to Be a Smart Home Buyer

(Continued from Page 5)

the current state of the housing market where you want to live and suggest strategies to make your offer attractive.

• **Tip #4 - Find ways to appeal to sellers.** To keep the price within your reach, consider ways to sweeten your offer. This could include agreeing to a faster closing period, offering to pay closing costs, or, if you are able, making a cash purchase (no mortgage process required). Even writing a letter to the sellers detailing why you want the home could make your offer stand out.

As you prepare to purchase a home, consult with your financial advisor as well. He or she can help you plan the financial side of your home buying strategy so you can make a reasonable offer with confidence that doing so is aligned with your other financial goals.

Carolyn Hemann of Ameriprise Financial has been guiding clients towards financial independence for more than 30 years. She can be reached at 310-477-2500.

Scholarship Luncheon Coming Up



By Tesi Treuenfels
Happy Spring!

Our days are longer, and with the generous winter rains, our hills are blooming. See for yourself from the very accessible walk up to Inspiration Point in Will Rogers State Park.

Much activity is buzzing at the Santa Monica Bay Women's Club (SMBWC). One of the organizations the Club supports is Project Entrepreneurial Concepts/Hands On (ECHO). ECHO provides at-risk students with a dynamic alternative education. Echo's Business Plan Competition is upon us once again with 500 teens competing with their business teams. You can help judge this event on Sunday, May 5 from 8 a.m.-3 p.m. No prior experience or an MBA is needed. Call the club for more details at 310-395-1308.

Our scholarship luncheon will be held at 11:30 a.m. on Monday, May 13. This luncheon is a big fundraiser for the Club's Scholarship Fund that provides \$10,000 in scholarships to graduating Santa Monica High School senior girls.

Are you a craftsperson or an artist? Please join us to work on your art in good company. Every Tuesday, 10:30 a.m. to 1:30 p.m., members meet and work on their personal projects in our historic

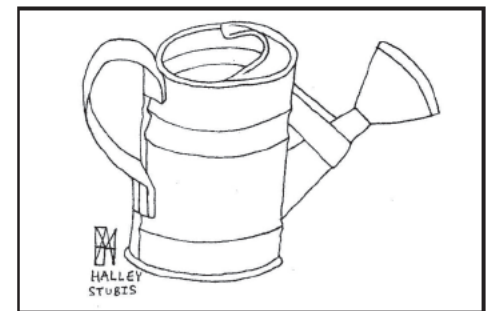
landmark building located at 1210 Fourth Street, Santa Monica.

Another opportunity for camaraderie is to join us when we play bridge and canasta on Mondays, from noon to 4:00 p.m. Our remaining 2019 Book Club dates are as follows: May 16, June 20, July 18, August 15, September 19, October 17, and November 21.

Leslie Dean, a much-loved member, passed away March 22 due to complications from cancer. Leslie contributed in many ways to our Club. She was an avid bridge player and also served on our board as first vice president for several years. We will miss her greatly and are sending prayers to her family at this time. A campaign has been set up in Leslie's name with the ACLU:

<https://action.aclu.org/teaclu/campaign/LeslieDean>.

Our historic landmark building is located at 1210 Fourth Street, Santa Monica. It is available to rent for special events. We have air conditioning now. We welcome new members throughout the year.



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www.RotaryClubofSantaMonica.org

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Paws and Claws

Does My Dog Have a Food Allergy?



**By Dr. Frank Lavac
MS, DVM, VCA**
Q: How do I know if my dog has a food allergy? He is a five-year-old lab and also has chronic ear infections.

single protein source that the dog is unlikely to have been exposed to previously; this is called a novel protein diet.

Examples include fish or duck-based diets, but there are many others. This diet should be fed for at least two months. This diet restriction should be very strict with no other exposure to other food or treats.

Other food trial diets contain proteins that are very small and do not stimulate the inflammatory reaction by the immune system. Check with your veterinarian or veterinary dermatologist if you are interested in evaluating for food allergies. Once your dog is on an appropriate diet, he will be more comfortable.

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

A: Itching is one of the most common reasons that dogs are presented to the hospital. Fleas, flea allergies, and inhaled allergens are the most common causes of itching. Food allergies are less common, but can certainly cause intense itching, and about 10% of chronic ear infections in dogs can be caused by food allergies.

Some dogs will have more frequent and soft stools as well. Food allergies can be linked to any dietary protein. Proteins from beef, dairy, chicken and lamb are the most common sources of the problem.

There are no good skin tests or blood tests to assess if a dog has a food allergy. Typically, a food allergy is diagnosed by making sure that the other common causes of allergies have been ruled out first. Then, a food trial can be started. In a food trial, we select a diet with a

**Evelyn Guerboian
(Continued from Page 1)**

foundation, commented on her beautiful smile and energy when he addressed the group.

Evelyn has been on the Santa Monica History Museum Board, chairing its gala dinner, member of the Kiwani-Annes group, and the Santa Monica Breakfast Club, where she helped bring guests to the famed Diamond Ball.

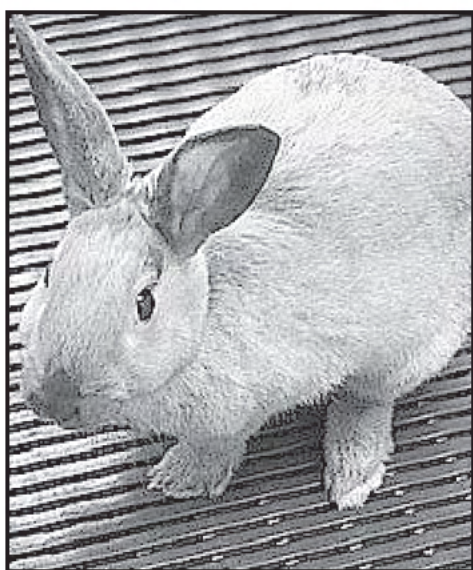
Kathy Boole, speaking on behalf of the Breakfast Club, noted that "Evelyn has elegance, poise, and generosity. She is always organized. She's a class act. She's a person who lives for her purpose."

Avo, Evelyn's son, said she is the "epitome of what this award is." He told her, "We're very proud of you. You are the glue that holds our family together."

Santa Monica City Manager Rick Cole concluded that "Evelyn's sense of community draws us together. Wherever we've come from, this is the place we share. All of us appreciate your compassion and generosity. There's a joy in your work."

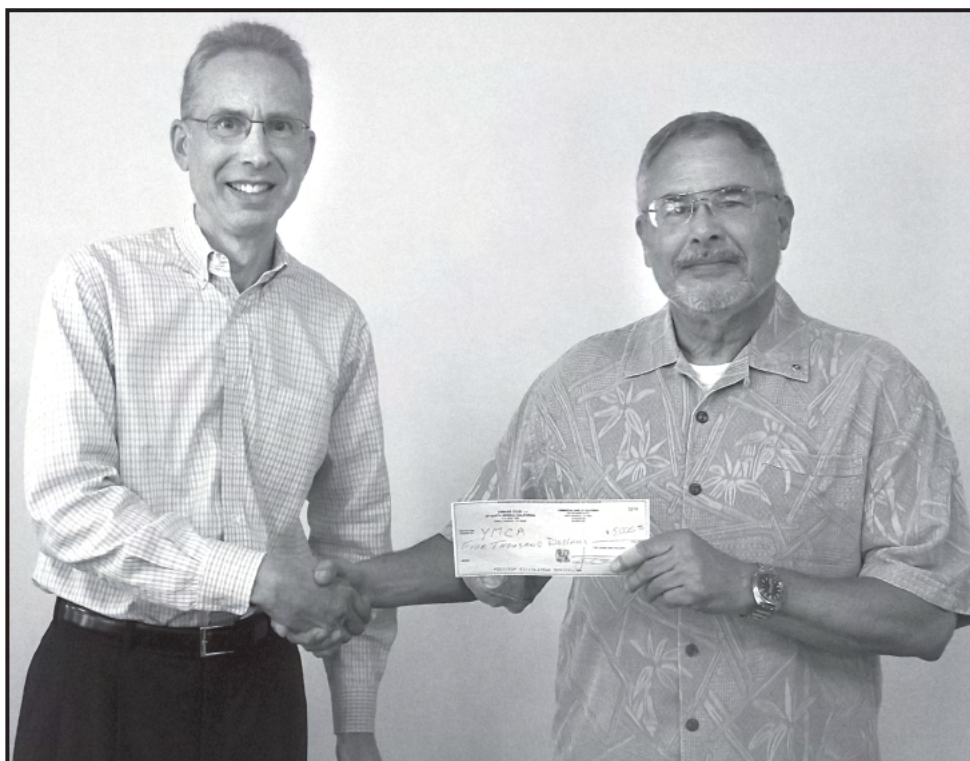
Evelyn's so proud of her family, and soon she will be enjoying her newest role of grandmother. All the best to the Guerboian family.

Adopt a Pet



"Ms. Universe" is a very sweet, friendly female rabbit. She loves attention and is about six months old. She will be spayed prior to adoption. Please contact Dr. Frank Lavac at 310-828-4587.

**Santa Monica Kiwanis Club
Presents Gift to YMCA**



The Kiwanis Club of Santa Monica continues its support of the Santa Monica Family YMCA with a \$5,000 grant to fund scholarships to low-income youth and families for the Y's Camp at Big Bear Lake. YMCA Board President Fred Kuhns is shown accepting the check from Kiwanis member Joe Palazzolo.

You may not know that on June 13, 1927, three Kiwanis Club members – Dr. Charles Lewis, Archer Moody, and W. F. Barnum, Principal of Samohi, along with George Nielsen, and M. W. Bartholomew – met in the Samohi cafeteria and started the YMCA. The club has been a strong support of the Y ever since, both as individual members and, as a whole. What's more, The YMCA's first office was located in the Dudley Building and was provided free by yet another Kiwanis Club member, and past YMCA president, Ward R. Dudley. The Boat House at Camp Big Bear was donated by the Kiwanis club in 1939 and is still in use today.

The Kiwanis Club not only supports the Y financially, it has also provided much needed leadership over the years. Several YMCA past presidents are currently or were former members of the club. To name a few: Dr. C. H. Lewis (1927),

Dr. Cyril Gayle (1933-35), Roy Naylor (1962), Duane Nightingale (1988-89), Linda Schuster (Linda Wheatman, 1998), Dave Nelson (2004), Jean McNeil Wyner (2005-06), Ray Carriere (2007), and Patty Loggins (2011-12).

Other Y board or advisory council members who are or were Kiwanians include Craig Collier, Joe Deering, Cynthia Hampton, Donna Alvarez, John Gilmore, John Drescher, John Richards, Henry Shishmanian, Judi Barker, Andy Layman, George McDonald, and Terry Vaughn.

Tara Pomposini, the CEO of the YMCA and past President of the Kiwanis Club of Santa Monica, says that Kiwanis provided many of the driving forces behind what the YMCA is today.

For more information about the Kiwanis Club of Santa Monica, go to KiwanisClubSM.org.

What Makes Successful Marriages?

(Continued from Page 3)

Francisco and San Diego. When Jim's enlistment was up, Virginia gave him a choice. "It's the Marine Corps, or it's me," she said.

The couple returned to Arizona where Virginia finished her masters degree, and he completed his undergraduate work and also got a masters degree. Jim then went to work for IBM in July of 1955 which sent him to California.

In February of 1956, Jim was given the responsibility of installing the largest computers IBM had into the local Douglas plant. The couple then settled in Santa Monica.

Virginia became a science teacher at Santa Monica High School. Jim did some community work, serving eight years on the Santa Monica City Council. But, Virginia focused on home, "I learned to say no. I was busy taking care of him," she said.

Summarizing what makes a marriage successful, Virginia notes, "You need a sense of humor. Don't fight over little things. Ask yourself, is this really important?"

"Never go to bed mad," Jim said. "We were lucky enough to marry our best friend," Virginia added. "That person is always there for you." --D.M.

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Community Calendar

By Miceala Shocklee

- **Ongoing, Wednesdays in May - Kaufman Brentwood Branch Library Storytime** - For babies and toddlers, beginning at 10:30 a.m. Call 310-575-8273 with questions.
- **Ongoing, Thursdays in May - Children's Weekly Craft Program** - Starting at 3:30 p.m. at the Kaufman Brentwood Branch Library. For more information, call 310-575-8273.
- **Saturday, May 4 - Isabel Brazon Spanish Music Fun** - Kids ages three to seven are invited to join Children's Book World for a fun and educational morning story and music session with Isabel Brazon, who created *Baila Baila Spanish Music* for children. This interactive and engaging 30-minute show will begin at 10:30 a.m. Call 310-559-2665 with questions.
- **Saturday, May 4 - Comic Book Giveaway** - All day, at all locations of the Santa Monica Libraries, all ages are welcome to come by and pick up a free comic book! Available while supplies last. Contact your local branch for more information.
- **Saturday, May 4 - Flower Arranging for Cinco De Mayo** - Learn how to create a colorful floral arrangement fit for Cinco De Mayo festivities at The Huntington with Flower Duet. Class to run from 10 a.m. - 12 p.m. Class is \$85 for members and \$100 for non-members. To register, visit huntington.org/calendar.
- **Sunday, May 5 - Happy Cinco De Mayo!**
- **Monday, May 6 - DIY Mother's Day Keepsake** - Kids are invited to come learn from Amy Muscoplat how to make a decorative plate that they can take home to bake and set in time to be gifted on Mother's Day. Materials are provided. Space is limited, and registration by phone or in person before the event is required. Call 310-458-8681, or visit the Fairview Branch Library at 2101 Ocean Park Blvd. to register.



Above, "Cinderella Topsy Turvy for Pride 2019," an upcoming show at the Santa Monica Playhouse. From left, Tiffany Haile, Graham Silbert, and Joseph Perez as the Stepmother. The show, in which all the genders are reversed, runs Fridays and Saturdays, 10 p.m., May 31-June 22. For times, call 310-394-9779. Photo by Cydne Moore

- **Monday, May 6 - Yoga at the Annenberg Community Beach House** - Drop in or sign up for the Annenberg Community Beach House's morning yoga series. Session runs from 9 a.m.-10 a.m. Drop in rate is \$15 per class. For more information, visit <https://www.santamonica.gov/events/2019/05/06/yoga>.
- **Saturday, May 11 - Under the Covers with Savi** - Gardenia Supper Club in West Hollywood. Created by Grammy-nominated producer Brad Benedict, this show takes you on a journey of songs, jokes, and stories backed by a phenomenal band. The show has tons of new music, and the theme is *Love Stories: The Good, The Bad, and The Ugly*. Doors open 8 p.m., show, 9 p.m. \$15 cover, plus \$12 drink minimum. Gardenia Supper Club, 7066 Santa Monica Blvd. West Hollywood.
- **Saturday, May 11 - LA Opera Talk** - Enjoy a talk on Manuel Penella's *El Gato Montes: the Wildcat* at the Kaufman Brentwood Branch Library. Event to begin at 2 p.m. Call 310-575-8273 for more information.
- **Saturday, May 11 - Trauma to Transformation** - Melissa Harris, health and lifestyle coach, will discuss how to not only cope, but flourish in the face of trauma-induced depression linked to major life change. Talk to begin at 3 p.m. in the Multipurpose Room of the Main Library, 601 Santa Monica Blvd. Call 310-458-8621 for more information.
- **Sunday, May 12 - Happy Mother's Day**
- **Monday, May 13 - Control Your Cholesterol** - Learn how to manage high cholesterol as an older adult from Angeline Renfrom of Independence at Home. Event to begin at 6 p.m. at the Montana Avenue Branch Library. Call 310-458-8682 for more information.
- **Lunes, 13 de Mayo - Manteniendo La Salud Física Y Mental A Través De Los Años** - De 6:30 p.m. - 7:30 p.m. en "The Annex" del Pico Branch Library.

Answer to Neighborhood Celebrities

(Continued from Page 1)



Celebrating the one year anniversary of the production "Aleichem Sholom" at the Santa Monica Playhouse are owners Evelyn Rudie and Chris DeCarlo. Evelyn is Olga, Sholom's wife, and Chris is Sholom in the play.

Photo by George J Vennes, III

Usted sabía el poder que tiene la nutrición, el ejercicio, el dormir bien y manejar los medicamentos adecuadamente en nuestra salud física y mental? Comparta una tarde con la Psicóloga Mirella Diaz-Santos de UCLA para conversar sobre como mantener una vida larga y saludable. Llama a 310-458-8684 para más información.

- **Wednesday, May 15 - Kid's Writer's Group** - Join The Once Upon a Time Project, a monthly group for kids who love writing! Kids ages eight to 12 will work together to publish an anthology of their own writing. Event runs for an hour, beginning at 3:45 p.m. at the Main Library. Call 310-458-8621 for more information.
- **Wednesday, May 15 - SMMUSD District-Wide Art Show** - On display at Santa Monica Art Studios, 3026 Airport Avenue.
- **Saturday, May 18 - Preserving and Fermenting Food at Home Safely** - Learn from Brie Wakeland, preservation specialist, about how to "master microbial alchemy" in your very own kitchen. Event to begin at 2 p.m. at the Kaufman

Brentwood Branch Library. For more information, call 310-575-8273.

- **Sunday, May 19 - Authors on Architecture** - Author Antonio Gonzales will discuss his newest book, *Architects Who Built Southern California*, at the Main Library in conjunction with the Society of Architectural Historians/Southern California Chapter. Event to begin at 2 p.m. in the Martin Luther King, Jr. Auditorium. Call 310-458-8621 for more information.
- **Tuesday, May 21 - Lincoln Middle School Jog-A-Thon.**
- **Monday, May 27 - Have a picnic on Memorial Day.**

Happy May Birthdays to:

Ed Rich, Barbara Bishop, Michael Cates, Don Dickerson, Donn Ueber, Jack Gregory, Dick Lawrence, Gia Mickey, Brian Linneken, Jake Margolin, Savi Labensart, Steve Litvack, Jim Menzies, Bill Randle, Thomas Woods, Jane Wall Rainsford, Cathryn Litvack Dhanatya, and Dan Ryan



One Heart - One Love

By Sunshine Banister

Dear Sunshine,
How are you? Tell me if I'm crazy.
I need to know. Is it me or not? Ever since my aunt came to live with my sister and me, my house has been in an uproar.
It seems as though my aunt is putting a wedge between me and my sister. My aunt doesn't like my choice in men and always puts me down even when I'm trying to be really nice to her.
She will try excluding me from the daily activities she does with my sister by saying, "Oh you would've been bored," or "We didn't think you'd like that." My sister says she is just being nice to her because she just lost her husband, and they're both old-fashioned.
I just feel that she is manipulating my sister into thinking that it's me with the problem when my aunt is making the problem. How do I address the issue without coming off needy?
Sincerely,
Left Out

Hello, Left Out,

Feeling left out of the family equation is never good. I would recommend expressing your feelings by saying "I feel this way when you do an action. It makes me feel this emotion."
By opening up dialogue, it will create active communication. In turn, you both will need to use active listening in order for your issues to be resolved.
Left Out, you stated your aunt doesn't like your choice of men. Could you do some self-reflecting and ask yourself if you were the aunt and she were the niece with the same quality of man, would you approve?
My point is that friends might tap dance around an issue, but family couldn't care less about your feelings, so you have to get over it. Oftentimes family and friends mean well, but go about the conversation inappropriately. Communication is the key to keep the conversation going between you and anyone you have an issue with, or the relationship will fail.
Best wishes,
Sunshine



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	THU 5/2 - Ben Winkerman Trio	SUN 5/12 - Scott Jeppesen Quartet	SAT 5/25 - Gilbert Castellanos Quartet
	FRI 5/3 - Tyler Blanton Trio	WED 5/15 - Terrell Stafford Quartet	SUN 5/26 - Shai Golan Quartet
	SAT 5/4 - Joshua White Trio	THU 5/16 - VDE West Coast Collective	WED 5/29 - David Roitstein and Larry Koonse duo
	SUN 5/5 - Randy Ingram and Drew Gress duo	FRI 5/17 - Daniel Szabo Trio	THU 5/30 - Justin Kauflin Trio
	WED 5/8 - Kevin Kanner Quintet	SAT 5/18 - TBA	FRI 5/31 & SAT 6/1 - Tony Tixier Trio
	THU 5/9 - YAYennings Quartet	SUN 5/19 - Jon Mayer Trio	
	FRI 5/10 - Steven Lugerner's "Jacknife"	WED 5/22 - AmyAna CD Release	
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I've been guiding clients toward financial independence for over 25 years. I am passionate about providing timely, quality financial advice / planning that can lead to peace of mind for my clients.



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