

## Santa Monica Travel & Tourism Presents 2021 Tourism Summit: The Power Of Travel – Connecting People

Santa Monica Travel & Tourism (SMTT) presented its “Recovery and Forecast Outlook” reflecting on Santa Monica’s recovery from the economic downturn and looking forward to what the future holds via Zoom last month.

Leading the program was President and CEO Misti Kerns, Santa Monica Travel & Tourism with special guests Mayor Sue Himmelrich, City Manager David White, and Danny Trejo, legendary actor and restaurateur of “Trejo’s Tacos,” joining the tourism summit.

A discussion on what’s been done and what’s to come for Santa Monica was led by a panel of industry experts including Chief Operating Officer at Pasjoli, Ann Hsing; Gen-

eral Manager, Fairmont Miramar Hotel & Bungalows, Sam Jagger; Vice President and General Manager at Pacific Park on the Santa Monica Pier, Jeff Klocke; and Vice President of Property Management at Macerich, Julia Ladd.

The panel also featured several industry leaders and subject aficionados, such as keynote speaker, Visit California President and CEO Caroline Beteta; Symphony Tourism Economics Client Manager Wendy Kheel; and Lauren Schlau, President of Lauren Schlau Consulting, who presented a travel outlook for the United States, California, and Santa Monica. She also discussed trends that are impact-

*(Continued on Page 2)*

## Senior Snapshot

# It’s a Long Way From Shanghai to Santa Monica

By Luke Netzley

It is a common belief that one of the best ways to learn more about yourself and the world around you is to listen and learn from the stories of others. It is this belief that is the driving force behind our column, Senior Snapshot, where we share the life story of a senior resident in Santa Monica each month.

This month, we are featuring Monika White, a member of the Rotary Club of Santa Monica for the past 26 years. Monika has been and remains an active part of our community. Although retired, she sits on the board of directors for several local nonprofits, knits for charity, performs music, and has traveled extensively with her husband, Roger Goodman.

Her story is rich, emotional, and inspirational. It takes us all around the globe. Monika was born in Shanghai, China, where her parents had fled from Nazi Germany in 1938. Shanghai was occupied by the Japanese military, and Monika’s family of four, including her mother, father, and twin sister, were forced into an internment camp along with tens of thousands of other Jewish refugees living in the ghetto until the end of WWII in 1945. “There were five families living in one room separated by a blanket or sheet for privacy,” Monika recounted of her time in the camp. There were bombings, soldiers, and hunger – it was a scary time, although the Jewish community always made sure there was a school for the children.

After the war, Monika’s family remained in the Shanghai ghetto in a single-room residency until an international relocation organization helped them move to the United



Monika White with her banjo.

States. Sadly, just before the war ended, Monika’s mother left, but soon her father married another German-Jewish refugee. Monika later reunited with her mother but when Monika took the arduous three-week boat journey across the Pacific, it was with her father, twin sister, stepmother, and stepsister. She was just eight years old.

Monika’s life changed drastically as she experienced a whole new world of marvels, such as a fully furnished five-room apartment, a radio, and water safe to drink without boiling it first, but there were also difficulties. The weather in their new home in Duluth, Minnesota, one of the coldest places in the country, was quite shocking. Knowing only German at the time, they also couldn’t yet speak a word of English.

Five years later, Monika’s family moved to Minneapolis, where her parents enrolled the twins in the Minneapolis Vocational High School. “Our parents sat us down

*(Continued on Page 10)*

## Getting Ready to Celebrate Thanksgiving



On one of her trips to visit her daughter, Claudia, when she lived in Santa Monica, Carol David explored a shop on Montana Avenue to find some decorative items for her Thanksgiving table. We may look to the shops for decorations or focus on creating some of our own decorations this year.

## What Are People Giving Thanks for This Year?

We asked some of our residents and columnists what they were grateful for this year. Here are their answers.

**Kera Blades-Snell:** I am grateful for my mom and aunties who taught me to value loving God first, family second, and career third. I am grateful for my sons as they are my inspiration and reason for waking up every morning. I am grateful for my husband, my rock, and for all the continued blessings in my life.

**Jahrid Longworth, 15:** I am grateful for my mom because she has always been there for me. I am grateful for my stepdad because he has helped me to realize that I love to play sports. I am grateful for my big brother and sister-in-law for loving me unconditionally and for my whole family for being so fun.

**Lana, 3:** I am thankful for my dog, Ace, and for going ice skating.

**Judy Neveau:** I am grateful every day for my family and friends, my fortune in living where I do and being able to contribute to my community, and for my health. How lucky are we, really and truly?

**Anna, 4:** I am thankful for my dog, Millie.

**Qin Stubis:** First and foremost, I’m thankful for my loving and supportive family: My husband, Mark, our children, Keaton and Halley,

and our puppy, Banjo. It has been a tremendous year for me and my writing career. I’m thankful that I have finally found a publisher, Guernica World Editions, for my historical memoir, *Once Our Lives*. I’m thankful for literary magazines such as *Paper Dragon*, *the other side of hope*, and *Mulberry Literary* that have published my writings. I’m thankful for *The Santa Monica Star*, which has given me a platform and a voice for the last 14 years. I’m thankful for all my faithful friends and readers.

**Noah, 4:** I am thankful for apple pie.

## Do You Recognize This Neighborhood Celebrity?

*(Answer on Page 4)*



## 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

Time to Make End of Year Charitable Gifts



**By Lisa C. Alexander, Esq.**  
We are now in the final months of the year. It's time to plan for year-end charitable contributions. If you can afford it, charitable contributions are a great way to combine gratitude with potential tax savings! This may be the year to be very generous.  
Required Minimum Distributions (RMD) from retirement accounts were temporarily waived for 2020, but not for 2021. If you are age 72 or older as of December 31, 2021, you must take your RMD before the end of this year. But, what if you don't need the money and want to avoid the tax hit that comes with taking your RMD? A "Qualified

Charitable Distribution" (QCD) may be a solution. With a QCD, you can direct funds, up to \$100,000, from your retirement account to be paid directly to a qualified charity. The amount counts towards your RMD, but it is not included in your taxable income. And, the qualified charity will benefit. It's a win-win! Give yourself some lead time to direct the plan administrator to make the distribution before December 31.  
The win-win of charitable gifts also applies in the face of the proposed reduction of the estate tax exemption under the "Build Back Better" Tax Act. Right now, the estate tax exemption amount is \$11,700,000. If the proposed reduction passes (as of the date of writing this article, nobody knows what Congress will do), the exemp-

tion amount would drop to approximately \$6,000,000 effective January 1, 2022 (four years earlier than under current law.) This has everyone talking about making gifts to get money out of their estates now, before the end of this year. But, gifting is not so simple. There are issues such as loss of control, loss of income from gifted assets, low carry-over basis, and using up precious exemptions that soon could be reduced.  
Gifts to charity will not reduce your available exemption from estate tax. A low basis asset donated to charity can be sold by the charity without capital gains tax, and larger gifts can even be structured to retain an income for yourself or others for a period of years, or for life with the remainder to the charity at the end (such as a Charitable

Gift Annuity or Charitable Remainder Trust). Note that a Charitable Gift Annuity or Charitable Remainder Trust take time to set up and only the actuarially determined value of the remainder gift to charity is tax deductible.  
A good old-fashioned check written to a charity is equally effective. Just make sure your envelope is postmarked by December 31. Or, go online to your favorite charity and make your donation by credit card, but make sure your account is charged by December 31. If charitable giving has not been your regular practice in the past, this may be the year to start.

**Contact Lisa C. Alexander, Esq. by calling 310-395-6555, or 310-656-4310.**



Discover the November Programs at the Santa Monica Public Libraries

Our Santa Monica libraries have a variety of wonderful programs for all ages. Be sure to look into them.  
**For Youngsters and Teens:**  
• Thursday, November 4, 4 p.m. to 5 p.m. in the Central Courtyard of the Main Library. **Celebrating Native American Heritage Month: Hoop Dancing with Terry Goedel.** The art of hoop dance honors cultural traditions from multiple Indigenous communities as an artistic expression to celebrate and share Indigenous traditions. Learn more from world champion hoop dancer Terry Goedel (Yakama/Tulalip). For Families. To register, email Myleen.DeJesus@santamonica.gov.  
**Available beginning Monday, November 8 - Kids Painting Series: Thanksgiving Turkey** Learn to draw and paint your own Thanksgiving Turkey with this step- by-step tutorial kit! Pick up at the Main Library Youth Services desk or at curbside pickup at the Montana Avenue Branch and Pico

Branch. Available while supplies last. For ages five and up.  
• Tuesday, November 16, 11 a.m. to 11:30 a.m. in The Annex. **Story Time at Pico Branch Library: Celebrate Fall** - Stories, songs, rhymes and fingerplays for ages two and up. Space is limited. To register, email ann.wilson@santamonica.gov.  
• Monday, November 22, 11 a.m. to 11:30 a.m., Central Courtyard. Stories, songs, rhymes and fingerplays for ages two and up. Space is limited. To register, email ann.wilson@santamonica.gov.  
**Story Time at the Main Library: Thanksgiving Is Coming For Teens:**  
• Thursday, November 11, 6:30 p.m.  
**Everything You Need To Know About College Admissions** Trevor Mizrahi, college advisor and President of Premier College Guidance, shares everything you need to know about the admissions process at selective schools and

how to land the scholarships to help cover your tuition. Register for this virtual event at: [shorturl.at/bnAOQ](https://shorturl.at/bnAOQ).  
**For Adults:**  
• Saturday, November 6, 11 a.m. to 12 p.m.  
**Ocean Park Branch Book Group Discussion, Ties by Domenico Starnone** - "The story of a marriage that has been subject to strain, to attrition, and to the burden of routine. Yet, it has sur-

vived intact. Or so things appear." To register, email [karen.reitz@santamonica.gov](mailto:karen.reitz@santamonica.gov).  
• Thursday, November 18, 6:30 p.m. to 7:30 p.m.  
**Social Justice Book Discussion: Finding Latinx: In Search of the Voices Redefining Latino Identity** by Paola Ramos - Register at <https://us02web.zoom.us/j/84612828282>

Santa Monica Travel & Tourism (Continued from Page 1)

ing domestic and international tourism.  
Santa Monica's successful tourism industry was comprised of 51% international visitors in 2019, which fell to 24.9% in 2020. While increasing international visitation remains the primary objective, a steady tourism recovery in 2021 now focuses on a drive market strategy with reach into California, Texas, Arizona, Nevada, and Florida.  
Lauren presented key points from the Santa Monica Visitor profile noting 2021 factors with the 2020 and 2021 market dynamics that COVID-19 triggered, including a visitor profile built on U.S. leisure versus international visitors – who are historically the majority.  
Looking to 2022, Lauren added that we can anticipate a growing international share through the year as the U.S. allows more countries to visit, starting in November; rising per-capita and total spending, still well below 2019, but above 2021 levels; destination product improvements in active planning, such as the Santa Monica Pier; continuing to encourage overnight and weekday visitation from all markets, and continuing

to monitor and manage the visitor experience.  
The rebound of travel will revive Santa Monica, California, and the United States. SMTT encourages visitors to travel responsibly by planning ahead, going car-free with public and alternative modes of transportation and bringing their patience and good vibes to its beaches and local businesses.  
For more information, visit [santamonica.com](http://santamonica.com), or email [info@santamonica.com](mailto:info@santamonica.com).



Tickets for the Dream Big Show at the Staples Center can be ordered through AXS.com or calling 888-9AXS-TIX, or at the box office.

Disney On Ice presents Dream Big From December 8 - January 2

Courage leads the way for Disney's most adventurous heroes when Dream Big skates this holiday season at Anaheim, Los Angeles, Ontario and Long Beach arenas. Dream Big features favorite Disney friends such as Mickey, Minnie, Miguel, Moana, Elsa, Belle, Genie, and more, highlighting all the magic and adventure of Disney's tales through world-class figure skating.  
Guests looking to purchase souvenirs will find the process easier than ever thanks to a new contactless shopping experience with touch-free payment and digital purchasing options.

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 \_\_\_\_\_

November/2021

VCA Wilshire Animal Hospital

2421 Wilshire Boulevard

Santa Monica

310-828-4587

The Santa Monica Star

1112 Montana Ave. #525

Santa Monica, CA 90403

424-581-6005 ©2021

Website: [www.thesantamonicastar.com](http://www.thesantamonicastar.com)

Email: [SMStarNewspaper@gmail.com](mailto: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, 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

Reflection from a Full-Length Mirror



**By Rev. Carolyn Baskin-Bell**  
As we approach the final weeks of 2021 and enter into the holiday season, it presents an excellent opportunity to exercise activities which address self-reflection. I recall entering a weight loss program which required every participant to pose for a photo before a full-length mirror. The group leader encouraged this activity in order to “view the total physical body.” As we reflect upon this year, we are challenged to view our total being. It’s not just the physical body, but our mental as well as spiritual state. Self-reflection requires examination, evaluation, and engagement in a plan.

The objective of this activity is to enhance our total being. Standing before a full-length mirror provides the avenue to observe the present condition of our physical, mental, and spiritual functioning levels. In examination, we take note of the amount of physical exercise; the involvement in activities which engage prayer and meditation; and the level of self-care on our agenda. Evaluation forces us to determine activities necessary to enhance our total being. This process of self-reflection encourages us to evaluate any adjust-

ments, additions, or alterations to occur in order to secure total well-ness. Self-reflection involves inquiring and requesting sometimes difficult task involving oneself. Would more exercise, healthy diet, meditation, self-pampering, a monthly massage, or a spiritual retreat create more of a balance of physical, mental, and spiritual well-being? After resolving the what and how, an individual must engage in a plan. Actions with specific goals and objectives provide results as we strive for wholeness. Often, consistent engagement practices require an accountability partner such as a mentor, coach, prayer partner, spiritual advisor, or support group to offer encouragement to stay on course. Examination, evaluation, and engaging a plan is an opportunity to enhance our total physical, mental, and spiritual being. This is an observation that proves we are all a work in progress as we are becoming whole – step by step and day by day. Blessings of Peace in this season!

**Reverend Carolyn Baskin-Bell, Senior Pastor**  
**First AME Church, Santa Monica**  
**Celebrating 100 Years of Service to the Santa Monica Community**

Santa Monica Youth Football Returns to Santa Monica High School Field



**By Tim Kusserow**  
What a refreshing scene to watch young fifth to eighth graders playing flag football on Saturday mornings at Santa Monica High School. Coach Jim Makris launched his non-profit sports program, Compete Forever, as a response to the COVID-19 global pandemic in the fall of last year. He recognized that our young people were not exercising and decided to take matters into his own hands. An invitation to a few of Santa Monica’s youth to meet down at Station #26 on the beach to play pick-up football games quickly morphed into over 75 student athletes eager to participate. From this foundation, Coach Makris organ-

ized a co-ed fall football league that consists of 130 players who form six teams of fifth and sixth graders and four teams of seventh and eighth graders. Compete Forever reflects the values that Coach Makris hopes to instill in these young student-athletes – to develop life-long competitors not only in their athletic careers but beyond – into all aspects of their futures. His staff consists of current and former high school and college football coaches, former college athletes, and football alumni from local high schools who volunteer their time and share their knowledge to benefit Santa Monica’s boys and girls. Safety is paramount – with players not only wearing face-covering masks but, also, a requirement that all players wear soft

(Continued on Page 10)

Byte by Byte

This Thanksgiving, Put Technology on the Table



**By Dr. Miceala Shocklee**  
When it comes to cooking up a tasty Thanksgiving turkey (or tofurkey), technology-based tools have come a long way from backyard deep-frying attempts. From water immersion to cooking with air, there are a number of tech tools to help spruce up this year’s Thanksgiving spread. Not sure where to start? Try out one of these three ideas:  
• **Sous-Vide Cooking**  
The literal translation of “sous vide” means “under vacuum” or “under pressure” and is a pretty on-the-nose description of what exactly sous-vide is about. Rather than seeking high heat or boiling temperatures, the sous-vide method slowly cooks food at a very low temperature. Food is vacuum-packed in reusable plastic bags, placed in a water bath, and kept cooking at a low, constant, and adjustable temperature using an immersion circulator. Ever thought of crockpotting a turkey? Sous-vide is the next-


generation answer.  
• **Wireless Probe Thermometers**  
They key to many recipes, from the perfect oven-roasted turkey to soft and succulent soufflés, is a consistent temperature. However, if checking the core temperature on a dish involves opening the oven door, it also inherently involves temperature fluctuation. Wireless probe thermometers connect the temperature probe to a transmitter that then speaks to a receiver, whether that’s a separate device or an app on a smartphone. The device or app may allow users to track the temperature as it climbs, or may set off an alarm when the desired temperature is reached.  
• **Infrared Fryer**  
Still keen on crisping up that turkey? Infrared fryers are an alternative to deep vats of bubbling oil. Infrared fryers work on the basis of using heated coils and a multi-walled chamber to evenly distribute heat around the center of the chamber. Where air fryers use conduction to distribute heat, infrared fryers use conduction,

(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.

Beyond the Grave



The Right Way and the Wrong Way of Leaving Money to Your Children (and Others)

Revised and Updated

Jeffrey L. Condon, Esq.

“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](https://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

November May Be a Perfect Time to Reflect



By Qin Sun Stubis

How am I doing? Have I met all my goals and expectations to make this year a great one? Most of us probably haven't gone down this path yet since we still have two months before the year comes to a close and we begin our annual lament about what we should have done with our lives. It is the joyous, end-of-the-year holiday celebrations that often coax out our nostalgic side. Suddenly, we have an urge to reflect, analyze and contemplate our lives as we sit by a cozy fire or lie in bed wide awake in the dark, revisiting our past but also brooding over what we have and have not done in life, and scheming up ways to improve ourselves in the coming new year.

All of us who yearn for change often come up with a list of ways to improve ourselves, such as drinking less, studying more, reading more books, or visiting our parents more often – what we commonly call our "New Year's resolutions." As adults, we have discovered that our list from year to year often contains many of the same things, taunting us about our inability to make ourselves more perfect. After we have reached a certain age, we're not even surprised anymore by their annual visits. They become our life-long unsolvable problems – not that we haven't tried to tackle them before. If only we had followed our commitments throughout the year, and if only we had listened to our own hearts and desires, the pesky items on this list of New Year's resolutions would be checked off and

done with once and for all. But, for the most part, they are not. Luckily for us, this harassment is short-lived, but they mar the beginning of each new chapter in our lives and leave us temporarily with a sense of helplessness, desperation, and sometimes even remorse. Though few of us find New Year's resolutions truly helpful to our lives and ambitions, we cannot help but keep making them year after year in the hope that this time they will somehow, miraculously, be kept. We don't want to give up on our desire that one day, we will be strong enough to carry out our own wishes and turn that list into concrete, day-to-day actions. Maybe making a New Year's resolution itself is at fault. Maybe it is more a romantic notion than a practical solution. After all, when we think about our lives at the very

end of a year, we never give ourselves any time to revise and improve our actions so as to reach the year end on a positive note. After all, a New Year's resolution is always about what we could have done and should do but never what we have already achieved. What if we all start to reflect on our lives in November? What if we try to make changes and begin to fulfill our wishes right now? By the time 2021 comes to an end, we won't even need to make New Year's resolutions, only congratulate ourselves and continue what we have already achieved into the next successful year.

You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com), and or please visit me at [www.qinsunstubis.com](http://www.qinsunstubis.com).

Hello, November. It's So Great to See You.



By Cheryl Thode

November is the time we as a nation gather to express gratitude. Family, generosity, and thankfulness are the core of this month. Centered around the Thanksgiving holiday, November is a month where we can all pause, be thankful, and focus on spending time with our loved ones. This year, I am especially grateful to finally be able to see, greet, and visit with family and friends for the holidays again, especially at Thanksgiving. No one could have foreseen the amount of change our city, state, nation, and world have been forced to make during the Pandemic. The uncertainty of the last couple of years has been challenging for families, children in particular. One major lesson from this time is that you cannot take your family, friends, and loved ones for granted. Thankfully, November gives us the opportunity to act on that lesson. November is a wonderful time of year to look at your life and appre-


ciate all the people who are a part of it. What's more, it is easy to get into the spirit of thankfulness! This November, to help get you in the mood of gratitude, I invite you to do some, or all of the following ideas: **1)** Make it your goal this month to spend time together (in person or through video) with your loved ones; **2)** Share family traditions and tell stories. If your celebration involves multiple generations or families, share your traditions and own childhood experiences with each other; **3)** Put aside differences. We are in a very polarizing time in our country and world. While we are all different, we all need community. Get-togethers are necessary for us to thrive, but tension and stress can be major obstacles to the warmth and enjoyment we are all craving. This month, vow to put aside your differences and instead focus on what you are grateful for in each person present; **4)** Be thankful. Turn your focus away from the negatives and on to the positives. When you sit down for a meal with your loved ones, ask

everyone to share what they are thankful for. Sharing in your own and others' gratitude will lead to more gratitude; and **5)** Last, work together. Whether you're cooking with your children, decorating your home, watching a football game, or celebrating with a Thanksgiving potluck, involve each other in the preparation and clean-up of the actual activities. Make a game of it. After all, these "bookend" times surrounding the actual event can be great opportunities to both celebrate and enjoy some additional family time. No matter how you choose to celebrate and enjoy this month, remember that we are all in this together, and that being grateful for one other, especially your family, is an action that we can no longer take for granted. 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>.



### Answer to Neighborhood Celebrity

(Continued from Page 1)



Samir Goli has been the owner of the Country Mart Shoe Repair in the Brentwood Country Mart for 40 years!

## Mini Message Bulletin Board



1802 Broadway, Santa Monica • 310-461-9053  
Monday-Saturday: 8:30 a.m. - 8 p.m.  
**Visit Our Barbers Today**  
**For Thanksgiving Trimmings!**  
**\$25 TURKEY CUTS EVERY DAY**

**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 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.**

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

**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](mailto:levelheadedlinda@yahoo.com)

**This Thanksgiving, be grateful you received good legal advice.**  
Call Bret R. Carter, Esq.  
at 213-629-5700

Serving Santa Monica and its Surrounding Communities Since 1949.  
[www.BradmoreGroup.com](http://www.BradmoreGroup.com)

**SULLIVAN DITURI CO.**  
2111 Wilshire Bl. Santa Monica  
310-453-3341  
**Residential / Income Apartment Rentals Property Management**



# Passing Through the Pico Neighborhood

## Try This Side for the Holidays



**By Jahrid Longsworth**  
This recipe is my favorite side dish. I could eat this rice everyday. I love the smell of it cooking.

### Coconut Rice

- Ingredients:**
- 2 cups white Jasmine Rice (You can use basmati, or any white rice)
  - 2 cups canned coconut milk
  - 1 tsp. salt
  - 1 tsp. coconut oil
- Directions:**
1. In a medium pot combine coconut milk, coconut oil, and salt together.
  2. On high heat, bring mixture to a boil.
  3. Turn to medium heat and add rice while stirring.
  4. Cover and let simmer for about 5 minutes. Do not stir.
  5. Reduce to low and simmer for another 5-8 minutes until liquid is



Jahrid loves the smell of Coconut Rice when it is cooking.

- not visible.
6. Use a fork, turn rice over and continue cooking with cover off until rice is dry and tender.
  7. Fluff with fork and let stand for 5 minutes.
- Serve and Enjoy!

## Teen Scene

### Be Sure Children Still Discover the Joy of Reading



**By Julia Abbott**  
My little brother Jonathan and I are very different. We share a “J” at the beginning of our names, but

that’s about it. Now, I love the little guy; I’d do just about anything for him. However, I’ve always wondered if we’d find an interest to share together. The interest ended up being pretty unexpected; it didn’t come in television, food, or even a sport. It came in books. After Jonathan went through the books in his classroom, he came for the haphazard piles in my room. I got him hooked on “Harry Potter,” and we found something to share.

Kids today are growing up with a level of technological access that is unparalleled. My local library looks more deserted than ever.

Of course, technology has bene-

fits; kids are learning to code as early as second grade. My brothers are better on computers than our own father. Although we may be in an age of technological advances, I would implore people to remember the books.

Reading is proven to improve cognitive skills and sharpen memory in children. Reading teaches creativity and allows children to develop a background of the world. Overuse of phones, especially in young children, is linked to improper mental growth. It can even lead to behavioral problems.

Now, I’m not saying drastic action should be taken. I’m not a Luddite! In fact, I used to love watching “Teen Titans” with my sister! But, maybe we can make sure kids have books in their hands just as often as they have their phones in them.

# Sofia’s Culinary Passions Come to Life During the Pandemic



**By Stacy McClendon**  
It was my pleasure to sit down with Sofia Ramirez as she shared her journey from Mexico to Santa Monica’s Pico Neighborhood some 26+ years ago.

Sofia came with her grandmother to Santa Monica from León Guajuato, Mexico. Her husband Mario Alarcon arrived from Acapulco Guerrero, Mexico in 1995. They eventually met and married a few years later in 1999. They have four children and are both active community members."

In Mexico, Sofia worked in the Adidas Factory. However, when she arrived in Santa Monica, she began taking jobs in the restaurant business as a dishwasher, and eventually learned how to prep and cook foods. Her husband Mario also worked in the restaurant business. He is currently working for a local restaurant.

Sofia’s love of cooking began to flourish when her mother came to Santa Monica 17 years ago. Upon arriving, she taught Sofia and her sister how to cook authentic recipes from their culture. Her mother had learned these recipes from her mother-in-law.

During the pandemic, Sofia’s love of cooking turned into a business opportunity. Prior to the pandemic, she cleaned houses for a living.

However, both she and her husband lost their jobs during the pandemic. Instead of letting this get them down, she decided to turn her love of cooking fresh and healthy recipes into a business. She knew firsthand about fresh food, as she had worked in the field with her grandfather planting organic corn, beans, and pumpkins in the town where she came from.

Thankfully, her husband fully supports this endeavor. They work together and enjoy exploring and combining different flavors from the states that they came from.

Sofia is very happy she decided to start this business as she not only found her passion, but has also received great feedback from community members and friends on the meals.

She has a dream to have her own place that she can cook meals in. However, until that happens, she will happily keep fulfilling orders placed.

Sofia loves and is very proud of the community she lives in and to her, “Santa Monica’s Pico Neighborhood is her other Mexico.”

To find more about her meals for the week, or to place a catering order, please visit Instagram: @con\_ramirez.

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

## Co-Parenting Dos and Don’ts

**By Dr. Sheila Forman**  
We celebrate Thanksgiving this month, and for many divorced families in our community, this could be stressful. Learning to co-parent well after a divorce is possible and certainly worth the effort. Here are some Dos and Don’ts to follow year-round so that every holiday can be one to be thankful for.

**• For Effective Co-Parenting Keep These “Dos” in Mind:**

Do create a co-parenting plan that both parents agree on and which meets needs of your children. This includes where the children spend Thanksgiving.

Do agree with your ex to make only positive comments about each other to your children.

Do be consistent with your discipline, rules, and boundaries so that both households are the same. Communicate proactively with your ex about all aspects of your children's lives.

Do be a united front so that your children can’t use one of you

against the other.

**• To Best Help Your Child, Avoid These “Don’ts”:**

Don’t use your children to "get back at" or hurt your ex.

Don’t use your children to gain information about your ex.

Don’t force your children to choose sides – ever.

Don’t depend on your children for companionship and support when you feel lonely.

Don’t treat your children like adults because you want or need help.

**Dr. Sheila Forman is a clinical psychologist and author of Self-Fullness: The Art of Loving and Caring for Yourself. She can be reached at 310-828-8004.**



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

**Neli's**  
BREAKFAST & LUNCH CAFE  
**is Open!**  
Delivery, Take-Out, Dine In,  
and Catering

**No delivery fee and no minimum (within 2 miles) if order placed directly through our website!**  
**www.neliscatering.com**

Offer expires 11/30/21.

SCAN ME

**CELEBRATING 37 YEARS ANNIVERSARY**

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

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

NelisCatering.com  
**Catering / Restaurant**

**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



## Desserts for Holiday Celebrations

**(Family Features)** With so many traditions and ways to celebrate the holiday season, the options are nearly endless for families looking to spend special moments together. One of the tastiest and most enjoyable activities you can engage in with family and friends is to team up and create sweet eats in the kitchen.

Cranberry Orange Bread Pudding provides a sweet, fruity, hearty dessert. Find more ways to celebrate the season with sweet eats at [milkmeansmore.org](http://milkmeansmore.org).

### Cranberry Orange Bread Pudding

Prep time: 20 minutes  
Cook time: 65 minutes  
Servings: 12  
Pudding:  
1 loaf toast or day-old bread  
1-2 Tbsps. softened butter  
1-1/2 cups fresh cranberries  
6 eggs  
3/4 cup granulated sugar  
3-1/2 cups 2% milk  
1 tsp. freshly grated orange zest  
1/4 cup fresh orange juice  
1/4 cup unsalted butter, melted and slightly cooled  
1-1/2 tps. vanilla extract  
1/8 tsp. ground cinnamon  
1-1/2 Tbsps. coarse granulated sugar (optional)  
**Orange Custard Sauce:**  
3 egg yolks  
1/4 cup granulated sugar  
1 cup half-and-half  
1/2 tsp. freshly grated orange zest

**To make pudding:** Cut bread into bite-sized cubes. If bread is soft and fresh, place cubes on half sheet pan and let stand at room temperature overnight to dry out.

- Preheat oven to 375 F.
- Grease 13-by-9-by-2-inch baking dish with softened butter. Place bread cubes in prepared baking pan. Scatter cranberries over bread.
- Beat eggs with sugar, milk, or-ange zest, orange juice, melted but-



Recipe is courtesy of Kirsten Kubert of “Comfortably Domestic.”

ter, vanilla and cinnamon until well blended. Pour evenly over bread and cranberries to coat. Sprinkle with coarse sugar, if desired. Bake 60-65 minutes, or until custard is set and edges of bread are browned.

**To make orange custard sauce:** In a small saucepan, whisk egg yolks with sugar until lightened to pale yellow color, about two minutes. Stir half-and-half into mixture until combined. Cook over low heat, stirring constantly, 15-20 minutes, or until sauce thickens enough to coat spoon. Stir orange zest into custard sauce.

Serve bread pudding with warm custard sauce over top.



Our columnist, Qin Stubis, was looking for pumpkins and gourds with her dog, Banjo, in a field near her home last month

Thank you  
to our dedicated  
volunteers!

**MEALS on WHEELS WEST**  
Delivering More Than a Meal



**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](mailto:jen@mealsonwheelswest.org) (310) 394-5133 x2

**REFER – VOLUNTEER – DONATE**

[www.mealsonwheelswest.org](http://www.mealsonwheelswest.org)

**MEALS on WHEELS WEST**  
Delivering More Than a Meal

Start your  
**Holiday Shopping**



Mountain Chickadee on Tray Feeder

with us!



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](http://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.

**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



More Memories From the Last 20 Years



This Thanksgiving  
(Continued from Page 3)

convection, and reflected heat waves. Both methods result in the crispy baked texture of frying with far less oil, if any.

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

Share Your Favorite  
Holiday Recipes

Do you have a favorite recipe that you always make for the holidays? Many of you are probably familiar with my Stained Glass Window Fudge which I often print. Please send in your favorite holiday recipes so we can share them with our readers who would like to try something new. Address them to smstarnewspaper@gmail.com. If you have a photo, please include it. Thanks very much. —D.M.

Connect to Nature in November

By Julie Rensink Hanson  
Wild Birds Unlimited  
Nature Shop

November is a great month to start watching birds and sharing what you see for science. Join one of the biggest citizen-science projects in the world, Project Feeder Watch, which starts November 13 and continues until April 30, 2022. This nationwide project helps scientists understand how birds are faring as participants report what they are seeing in backyards, neighborhoods, and wild places. You can choose how long you participate and where. Ask your neighbors, family, community and school groups to join, as you enjoy the birds while helping science and conservation. For more information on this important project, please visit: [www.birds.cornell.edu/pfw](http://www.birds.cornell.edu/pfw).

Fall migration will finish by the end of this month. The birds that are in our area late November will remain for the winter. Welcome your new neighbors with some of their favorite foods, and continue to keep fresh water in your birdbath.

Some of the more colorful winter visitors, Red-breasted nuthatches, are making their first appearances along the coast. We don't see them much in the summer, which they spend in the mountains to beat the heat. But, they're back for winter and enjoy peanuts and mealworms.

If your Goldfinch feeder has been slow, prepare for the winter onslaught. As the native foods in the mountains run out, they will be looking for new sources, and a Nyjer feeder aids them through the



Watch out for a red-breasted Nuthatch in the coming month.

coming months.

Something fun to check out this month further from home is the annual arrival of the 5000-pound bull male Elephant Seals at San Simeon State Park just north of Hearst Castle. Take the beautiful drive up the coast to see which of these big guys wins dominance for the best spot on the beach.

Enjoy the cooler November temperatures with a local bird walk to see the birds visiting and living in our local mountains and wetlands. The Los Angeles Audubon Chapter offers several guided bird walks on the weekends for both beginner and experienced birders. For a list of walks and other Audubon programs, go to: [www.laaudubon.org/events](http://www.laaudubon.org/events)

We are at 12433 Wilshire Blvd. Call us at 424-272-9000, or email [www.wbu.com/santamonica](mailto:www.wbu.com/santamonica).





BOB GABRIEL CO INSURANCE



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


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


Call Today! 310-829-0305  
Immediate Phone Quotes

2325 WILSHIRE BOULEVARD • SANTA MONICA • [www.bobgabrielinsurance.com](http://www.bobgabrielinsurance.com)

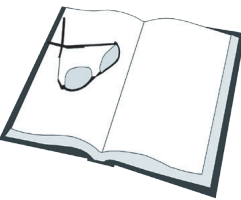




Working on a thesis or dissertation?



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.



# 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](http://www.rahwestla.com)



From the Santa Monica History Museum

How Wilshire Boulevard Looked Before Stores Began to Open



Wilshire Boulevard and Third Street seem like a quiet residential street in this photo from the early 1900s with houses and palm trees. How things have changed! To get a copy of this photo #36.2.3003 or others from the Santa Monica History Photo Collection, call 310-395-2290.



The Little Free Pantry created by now sixth graders in Girl Scout Troop #6525 has a sign on the side: "Take What You Need - Give What You Can."

West L.A. Girl Scout Troop Installs Little Free Pantry

Girl Scout Troop #6525 from West L.A. earned their Bronze Award by building a Little Free Pantry. The Bronze Award is the highest honor a Junior Girl Scout, who is in the fourth or fifth grade, can achieve. To earn the award, the girls had to complete a service project with at least 20 hours of work dedicated to it. They decided to help people who may be facing food insecurity due to the current COVID pandemic. They approached St. John's Presbyterian Church with their idea and requested permission to host the pantry on their property. With enthusiastic support from St. John's, the neighborhood HOA, and construction help from parent Randy Saumers, the girls started working on the pantry. They

shopped for materials, learned how to use power tools, painted, poured concrete, and successfully installed the pantry at the end of August. Almost all of the initial discussions happened over Zoom, and the troop was happy to be able to meet in-person to work on the pantry over the past summer. The girls will continue to stock the pantry and care for it in the coming months. Neighbors are encouraged to donate items or take something if they are in need. The pantry is located across the street from Clover Ave Elementary at 11020 Clover Ave. For more information or questions, please contact [gslatroup6525@gmail.com](mailto:gslatroup6525@gmail.com). To join, or volunteer with Girl Scouts, visit [girlscoutsla.org](http://girlscoutsla.org).

Thoughts From a Second-Time Father

The Differences in Parenting Teenagers



**By Michael Margolin**  
Recently, I have had conversations with parents who have teenage children and adult children. And, some of the things they talk about are relatable to my and En-joli's raising of Alexa, who is eight, and Jake, who is five.

I have been a parent for eight years, and I am reminded how parenting can be an emotional balancing act. My friend with an older son does not entirely approve of her son's current choice of a partner. However, she is afraid if she expresses her opinion too much, it might drive him further away from her, and closer to his new friend. A friend of mine with a young teenager is riding their own emotional rollercoaster. One minute, my friend is a hero, and the next he is a villain. This swing of status is accomplished without really even opening his mouth, and when it is open, he is in shock or simply asking himself, "What did I do?" I think of this balancing act and how exactly to explain things to my kids. For example, there is a boy in Jake's class who put his hands on Jake's face. This is not that big of a deal. Listening to several other relatively harmless examples, I let my kids know that if somebody has hands on them and is trying to hurt them that they can push the person away. Let me note that our household does not condone violence. I do condone defending one's self. Alexa told me that I do

not know what her school is like, and that you cannot push people. So, I need to make it clear that if somebody simply places a hand on your arm, that it is probably not appropriate to slug them in the face. I also do not want my kids to be pushovers. There is balance there, and so far, we are finding it. At the beginning of each football season since Alexa has been born, I have taken a picture of her with a football in the same spot on our couch. When Jake came along, he joined her. This is Alexa's ninth season and Jake's sixth – more reminders of how fast time goes. One of my best friends recently became a dad for the first time. Reminiscing about good times never gets old. Reminiscing about the day your children came along is in a class by itself.

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



Jake and Alexa in the first football photo.

Jake and Alexa in the most recent football photo.



Santa Monica Playhouse 2021

ONLINE AND IN-PERSON

ALEICHEN SHOLON!

THE WIT AND WISDOM OF SHOLOM ALEICHEM

A NEW MUSICAL STARRING CHRIS DECARLO & EVELYN RUDIE

Sat 7:30 • Sun 2:00pm

Nov 6 - 20, 2021

for ages 2 to 102

EverAfter Take Two

The Holiday Edition

Fridays 6pm • Dec 3, 10, 17

1.310.394.9779 ext. 1

theatre@SantaMonicaPlayhouse.com

IN-PERSON & ZOOM ACTORS' WORKSHOP

Monday evenings • Nov 1 - Dec 13

Multi-media culminating performance

SANTA MONICA PLAYHOUSE PRESENTS

THE BFF

BINGE FRINGE FESTIVAL OF FREE THEATRE

October 10 - November 13

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](mailto:dynamicgraphic@rocketmail.com)



# Community Service in Santa Monica

## More About Fun Rotary Events

**By Nora Bohn**

While the Rotary Club of Santa Monica is committed to the improvement of our community and the world, we are also quite committed to having fun and getting healthier together. Here are just some of the ways our club members have come together to do just that.

In September, our Healthy Living Committee went on an encore trip to Santa Cruz Island. The large group set out on a gorgeous day and were treated to the California coast's natural beauty and calm waters. Some in the group opted to spend time in kayaks, getting an upper-body workout, and others took to hiking. They came back exhilarated and refreshed, though a bit tired! See the October issue for photos.

Our Healthy Living Committee also organized our first Lawn Bowling outing when more than one dozen Rotarians and guests showed up and displayed some impressive bowling skills.

In August, our club organized an epic Taco Party Extravaganza in Topanga Canyon at a gorgeous actual working ranch, complete with exotic, rather friendly goats, and the most eclectic collection of chickens I've ever seen. Dozens of

our members, families, and guests were treated to freshly-made, custom tacos, our president Bill Powell's locally-world famous Presidente Margaritas, and a variety of activities that included the joyful breaking open of a candy-filled piñata.

Our First Tuesday Happy Hours, having been virtual for so many long months, are virtual no more! After a day at the office, or anywhere else really, so lovely to show up to a different and delicious happy hour to see our members' friendly faces and enjoy raising a glass to life, to each other, and to spending time together.

At the time of this writing, the Entertainment Committee is in the midst of planning a spooky, delicious and fun-filled Halloween Costume Party. This (nearly-yearly) annual event is always wildly entertaining and filled with surprises, as it seems inevitable that someone will show up wearing something very creative and surprisingly out of character.

If you would like to learn more about our club's social, philanthropic, and service activities, contact us at [admin@rotaryclubofsantamonica.org](mailto:admin@rotaryclubofsantamonica.org), or visit <http://www.rotaryclubofsantamonica.org>.

## Come Visit a Lions Club Meeting

**By Linda Levee**

The Santa Monica Lions now has Dr. Kingsley Fife as our president through the end of 2021.

We have firmed up our once monthly face-to-face meeting on the second Wednesday of each month at the Santa Monica Elks Lodge.

Thanks to their help, we are able to reach a new group of people of all ages who are willing to help us provide services to those who qualify for them. We need new members in order for us to rebuild and grow again into one of the largest Lions clubs on the Westside.

We have changed our meeting time to 6 p.m. in order to facilitate those who would like to join us for dinner and a meeting after work one day a month. Our primary purpose is to continue to serve the Santa Monica and adjacent areas with our primary purpose of serving the blind and vision impaired people locally.

Because of all of the fires, earthquakes, and disasters, including volcano eruptions and floods of huge proportions, we are still here to help. Our numbers have become smaller, but we are willing to work with other like-minded people who desire to help those who help others less fortunate.

If you have eye glasses to donate, please contact Lion Gail at Alpha-Graphics at 2717 Wilshire Blvd. in Santa Monica.

For more information, please call Lion King at 310-454-2960. He would like to invite you personally to join us at our meeting.

EMPLOYMENT OPPORTUNITIES

For Freelance Writers

Call 424-581-6005



Upcoming Activities at SMBWC

**By Susan Barry**

As the holiday season begins, Santa Monica Bay Woman's Club (SMBWC) members are thankful to finally see one another again, to expand activities, and to plan new events. Several events that have been on hold for more than a year are now on the calendar, including our annual Valentine Making and Music Day set for February 5, 2022.

We have reopened our ballroom for bridge and canasta each Monday, beginning at noon. And, if you have wanted to learn how to play bridge, now is the opportunity!

SMBWC will offer free bridge lessons for eight weeks at our Club. For more information, you may email us at [info@SMBWC.org](mailto:info@SMBWC.org) and leave your name for further details.

Our Artists' League continues at 10 a.m. each Tuesday, and Book Group meets each Thursday at 6:30 p.m. at the Club. Our new

Book Group format begins 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 will focus on our November 18 selection, *The Personal Librarian* by Marie Benedict. If you enjoy reading, please join us to share books from your past, present, and what's on your list for the future!

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](mailto:info@SMBWC.org). Due to our COVID protocols, everyone must show proof of vaccination at the door and bring a mask to comply with current rules for all indoor meetings.

JOHN LEHNE & SON INC.

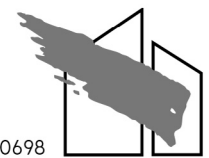
PAINTING CONTRACTORS

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\*

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\*

VMT vacations

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.

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](http://www.DrSheilaForman.com)

Sheila H. Forman, JD, PHD, CGP

Clinical Psychologist and Group Psychotherapist

PSY15265



## Should I Use CBD Oil With My Pets?



The California Veterinary Medical Board has provided guidelines to veterinarians regarding cannabis and various products at [https://vmb.ca.gov/forms\\_pubs/cannabis\\_discussion.pdf](https://vmb.ca.gov/forms_pubs/cannabis_discussion.pdf).

There have been recent studies suggesting that CBD may be helpful for arthritis in dogs. There is also much variability among CBD products, which makes testing more complicated. I think the jury is still out on CBD oil, but ongoing research may help determine if CBD oil is beneficial.

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

You can learn more about Compete Forever by following @compete forever on Instagram or by contacting Coach Jim Makris at [jmakris@compete forever.org](mailto:jmakris@compete forever.org).



*Gillian is a calico cat looking for a forever home. She is under three years of age. Please contact Best Friends at 818-643-3989 or [ADOPTLA@BESTFRIENDS.ORG](mailto:ADOPTLA@BESTFRIENDS.ORG).*

## Fruit Favorites Gift Box

**ONLY**  
**\$2399\***  
Special, limited-time offer!

**SAVE \$15!**  
Reg. Price ~~\$37.99~~

***Picked, packed & shipped  
with care from the Grove  
High in vitamins & antioxidants***

**Fruit so fresh, it's still on the tree when you order!**  
Our best-loved citrus and orchard fruits.

**What a gift** – our most popular high-quality citrus and orchard fruits in one delicious assortment! Handpicked to order so it's always fresh and perfect.

- **2 Grove Navels** Juicy, tangy-sweet, and seedless: the world's #1 orange!
- **1 Ruby Red Grapefruit** So sweet, they never need sugar.
- **2 Honey-Sweet Tangerines** Heavenly sweet and easy to peel. Kids love them!
- **2 Petite Red Navels** Gorgeous red flesh with berry undertones.
- **2 Petite Golden Navels** Snack-sized versions of the beloved classic.
- **2 Pears** Juicy, creamy, and perfectly ripe.
- **2 Orchard Fresh Apples** Crisp and fragrant with the sweet taste of fall.

**Call 1-855-671-3716 to order item 296X  
or Visit [HaleGroves.com/H2YF59](http://HaleGroves.com/H2YF59)**

Order Item #296X **Only \$23.99\*** (reg. ~~\$37.99~~) plus \$5.99 shipping & handling. Satisfaction completely guaranteed. This gift ships in December at the peak of freshness. Order by Dec. 17, 2021 for GUARANTEED Christmas delivery. AZ, CA, TX & LA order by Dec. 14, 2021.

Call now and  
**SAVE 43%!**

\*Plus \$5.99 handling per pack to the 48 contiguous states. Limited time offer, good while supplies last. Not valid with any other offer. Limit 5 boxes per customer.

## It's a Long Way From Shanghai

**(Continued from Page 1)**

With an MSW in hand, she was invited to teach and conduct research in social welfare at the school. Eventually, she won a scholarship to work on her doctorate and through her dissertation study conducted at the USC Gerontology Center – the first in the world – began a 45-year career in the field of aging. Her study was

Listening to Monika's life story was a truly inspiring experience. I feel honored to share it with our readers, and hope they are as moved by it as I was. Monika has overcome and achieved so much in her life, and her story is a powerful lesson in perseverance, possibilities, and strength.



**Happy November Birthdays  
to Monty McCormick, Ron Call, Tammy Andrews,  
Mike Kallhoff, Patricia Farris, Melissa Dagodag,  
Shirley Finston, Andrew Lucier, Andrea Gressinger,  
Dyllen Andrews, Greg Abrams, Gary Hollander,  
and Bill Bubar**



# Expert Handyman

## S E R V I C E S

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**

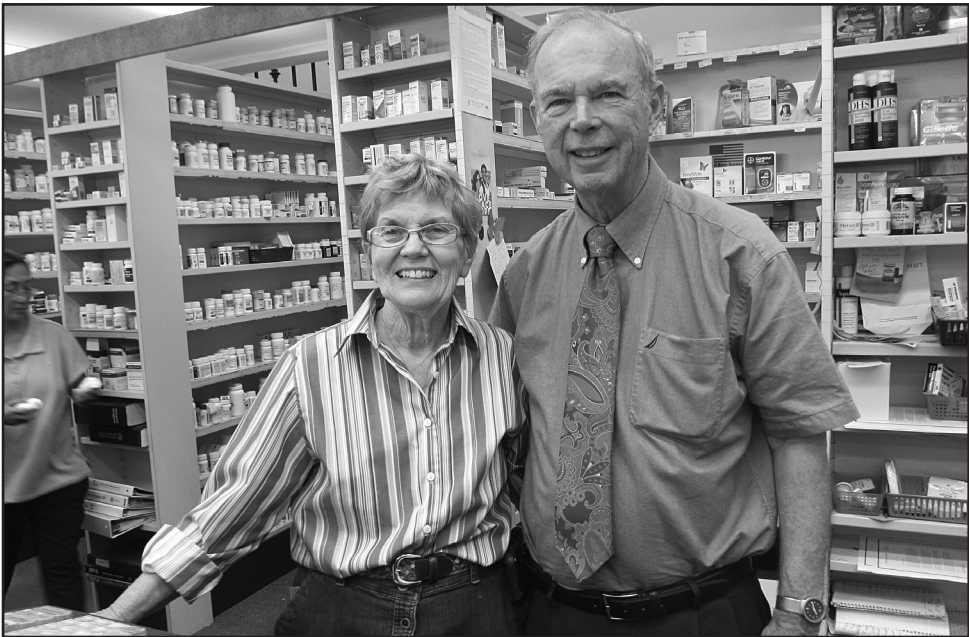
info@experthandymanservices.com  
www.Experthandymanservices.com



IC: H2YF59



# Marilyn and Paul Leoni: A Wonderful Example of What Community Meant in Santa Monica



Marilyn Leoni was always at her husband Paul's side in Patton's Pharmacy, which they owned, and at the many community events Paul was a part of. She passed away last month after an unexpected illness.

When I moved to Santa Monica in 1984, I was told to open a charge account at Patton's Pharmacy on Lincoln and Montana. This was in case I needed to get a prescription filled and delivered to my home if I was too sick to go in to pick up the medication. It was good advice. Once when I was interviewing co-owner Paul Leoni, I asked how he managed to run his business and be so active in the community. His ability to multi-task was most likely due to his wife, Marilyn, who was busy ordering and stocking gifts, cards, toys, books, personal items, and more. She was gracious and always as helpful as he was. And, because both were so caring and willing to share their knowledge, they often became friends with their many longtime customers. If you needed a gift, Marilyn had the perfect suggestions. Paul was happy to discuss your questions about your prescriptions. In the fall of 2018, Paul made the

tough but gratifying decision to retire. He had been running Patton's since 1980. Marilyn had retired after teaching for over 30 years to spend more time at the pharmacy. For a while, Paul still went in to the store to help the new staff from Pharmaca, who had bought his business. Customers would come up to him and tell him how they missed seeing him and Marilyn. "My favorite part of my career has been the people," Paul explained, "I've had the most amazing customers and employees anyone could ask for, and it's been my pleasure to work with everyone." Our community shares the loss of Marilyn's presence with Paul and their family. Many of our lives were enriched by their friendship for so many years. During this month of Thanksgiving, let's continue to show appreciation to the wonderful merchants and residents in our community. —D.M.

# From Me to You...



**By Diane Margolin**  
You may have noticed ships sitting in the Santa Monica Bay waiting to unload their cargo as my brother did when

he recently flew into the Santa Monica airport. We have been told for a while that we may experience a shortage of holiday items. It might be fun to give homemade gifts to your friends and family rather than giving store-bought items. If you are short on time, call Savi Labensart, who makes wonderful breads, from sourdough to challah to some dessert breads. She can be reached at 818-943-3150. She will also deliver the breads to your home. One of my friends moved into an independent living home to be closer to her daughter. She was hoping to make new friends when she went into the dining room. There are blocks of time when meals are served. She mentioned that at dinner the night before we spoke, she sat with two other people. And, no one spoke to the other. She felt she may as well be eating alone. But, she realized that she could have asked some questions, too. We discussed what you might ask people you haven't met before. Some ideas were to ask where they lived before, about their family,

what work they may have done or about what books they may have been reading, what places they like to travel to, or about their favorite foods. Kalina Silverman, who has written for our paper, created Big Talk, which suggests topics for conversation that may be more meaningful than some of the small talk that people often make at cocktail parties when they are trying to think of what to say. You can go to her website at [makebigtalk.com](http://makebigtalk.com) for more information. When I celebrated my birthday last month, I found that the calls from friends far and near meant so much. Because we've been inside for many months and not interacting socially, being able to talk to people in person was the best gift. We would often be on the phone for over an hour. It was like a visit that would happen if we were together. I heard a minister on the radio talking about the importance of being a good listener when people talk to you. He said to be curious about what they are saying, to look them in the eye if you are with them in person, and to make them feel you are really interested in the thoughts they are sharing. That seems to be a real blessing. We are grateful for all of you. Have a Happy Thanksgiving.

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

Berskshire Hathaway HomeServices California Properties

3130 Wilshire Blvd #100, Santa Monica

EVELYN LAUCHENAUER

310.906.0163

DRE 01765753

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

THE BEST STEAKS TASTE BETTER

AMERICA'S ORIGINAL BUTCHER

OMAHA STEAKS

SINCE 1917

The Delightful Gift

4 Butcher's Cut Top Sirloins (5 oz.)  
4 Filet Mignon Burgers (5.3 oz.)  
4 Boneless Chicken Breasts (1 lb. pkg.)  
4 Gourmet Jumbo Franks (3 oz.)  
4 Individual Scalloped Potatoes (3.8 oz.)  
4 Caramel Apple Tartlets (4 oz.)  
1 jar Signature Seasoning (3.1 oz. jar)  
8 FREE Filet Mignon Burgers (5.3 oz.)

65658NSW separately \$223.99  
SPECIAL INTRODUCTORY PRICE \$99.99

GET 8 FREE FILET MIGNON BURGERS

Shop online or call now to order »

OmahaSteaks.com/TheGift1168 | 1.833.706.2566

Ask for free burgers with offer 65658NSW

\*Savings shown over aggregated single item base price. Limit 2, 8 free (5.3 oz.) Filet Mignon Burgers will be sent to each shipping address that includes (65658). Free product(s) may be substituted. Standard S&H added per address. Offer available while supplies last. Items may be substituted due to inventory limitations. Cannot be combined with other offers. Other restrictions may apply. All purchases acknowledge acceptance of Terms of Use. Visit [omahasteaks.com/terms-of-use-OSI](http://omahasteaks.com/terms-of-use-OSI) or call 1-800-228-9872 for a copy. Expires 12/31/21. ©2021 OCG | Omaha Steaks, Inc.



FREE DELIVERY

DAILY 9:00am - 9:15pm

ERBA

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



THOUSANDS OF CANNABIS PRODUCTS TO CHOOSE FROM



C10-0000383-LIC

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