

What Do We Especially Appreciate During This Thanksgiving Holiday?



People of all ages shared that they were grateful for the opportunity to spend time again with their friends and family after experiencing the restrictions of the pandemic.

By Gigi Appelbaum-Schwartz
Approaching Thanksgiving in a post-pandemic world, gratitude is abundant. Though businesses and homes have generally opened themselves up to people again since 2020, it has been impossible to forget the loneliness and separation from humanity that the pandemic inflicted on everybody. Its impacts continue to linger even as families reunite around the Thanksgiving table. So, if there's one thing that everybody can agree on to be grateful for this year, it's the people in their lives who bring them love, and who they now get to hold close once again.

Eve May, 16, a high school student, expressed her immense gratitude for the people that surround her. "I'm grateful for so much. These last few years after the pandemic have been especially difficult for anyone and everyone, but I really think that the only reason I made it through that time was the people around me," she said. "I realized in that time when I was away from friends, family, teachers, that even the people that I didn't really like – they were still an important part of my life, and they made it what it is."

Eve, like most people, is thankful for the people who she interacts with on a daily basis, but she shared that she's also thankful for the people who play far less prominent roles in her life.

"It's really the people you might just pass by every day at the bus station, that really make everything different for you," she described. "Slowly integrating back into the real world. I'm really grateful for all the people that I don't know, all the people that I've seen, but I don't know their face, I don't know their name. They bring me so much joy and they

make my life what it is, and I'm grateful for my life, so I'm also grateful for them."

This appreciation for humanity seems to be a common thread linking people from all generations – whether children or seniors, teens or adults. Jonathon Andres, 10, shared a similar sentiment to Eve's. "I'm very grateful for my family, and for my friends," he commented.

Sienna Monnier, 16, agrees: "I'm grateful for my family, my dogs, and my friends. I'm grateful for my friends because they care about me and I care about them and I can be myself around them, and they always make me feel very loved. I'm grateful for my family because we're pretty close, as far as families go, and of course I'm grateful for my dogs because they make me happy," she shared.



Meeting with friends again was important to all ages.

Melissa Appelbaum, 52, is similarly thankful for the love her family brings her, but she also shared her appreciation for their dedication to having a positive impact on the world. "I'm grateful for my family, my kids, and my amazing husband. I'm grateful that everybody's kind in my family and is a hard worker, and sweet to each other and sweet to me, and cares about issues in the world, and

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Jeff looks forward to seeing his swimming buddies at the pools where they practice.



Jeff Condon emerges from the Pacific Ocean after participating in a pier to pier race.

Being Thankful for Swimming as a Way to Prolong My Life

By Jeff Condon

As I approach my 62nd birthday, I find myself yet again writing about swimming for these pages. The editor wants another swim article? Fine. I do what I'm told! Even though I'm a longtime Santa Monica estate planning attorney, I'll focus on the swimming articles, and I will leave it up to my colleague, Lisa Alexander, to continue to write her excellent monthly inheritance-related columns for this publication.

Hard for me to believe I'm in my 60s. Still woodburned in my mind is what my dad, the late great Gerald Condon, told me about aging when I was in my early 20s. "Jeff, I promise you, after being caught up in working, paying the mortgage, family-raising, kids' sports, and just general living, you turn around and you're 60."

I didn't believe him then. I sure do now. As is the usual observation from folks who approach later-in-life birthdays: "What the \$%#@ happened?"

Wasn't I just having the famed pepperoni pizza at LaBarbera's? Wasn't it just three weeks ago that I cruised the crowded sidewalks of Westwood Village on Friday and Saturday nights? Am I not still sandy after meeting my junior high buddies at the beach north of Station 8? Isn't Regular Jon's still in Brentwood with its silent movies and free lollipops?

Okay. Okay. Enough lamenting. Not much that can be done about getting older except this: Wha' cha' going to do about it NOW?

Well – there is only one thing that you can do about aging up: Do something every single day to keep your heart rate up! Why? Because being sedentary and still = an early grave. Which should not be news to you. All of us of a certain age have had that drilled into our brains everywhere we turn. From our children to articles in the latest AARP Magazine.

My "something" just happens to be swimming which I have done on a regular basis since 10th grade at Santa Monica High School. We are fortunate to have the Santa Monica Swim Center as our swim community's nerve

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Do You Recognize This Neighborhood Celebrity?

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Preserve Your Brain Health

How to Enjoy a Healthy-ish Holiday Meal



By Molly Rapozo, MS, RDN, CD

Holiday meals provide the perfect setting to connect with our loved ones and enjoy family foods.

These social events are very beneficial for our sense of connection and overall brain health. While I advocate that you savor the traditional foods that you truly enjoy this holiday season, overindulgence can lead to sleep disturbance, feelings of stress, and get in the way of your typical healthful behaviors, such as physical activity.

When it comes to nutrition and cognitive health, research shows that diets high in saturated fat (from full-fat dairy, red meats, and coconut) and refined carbohydrates (from sugar, sweet beverages, and white flour/rice/pasta) are associated with worse cognitive function. Alternatively, diets

with high intakes of vegetables and fruit, limited meat consumption, moderate intake of alcohol, and use of olive oil as a primary fat source are associated with decreased risk of cognitive decline. So how do we create some balance this season?

Try these tips for healthy-ish holiday meals:

1. Include low carbohydrate vegetables: Holiday meals have an excess of carbohydrates with desserts, sweetened beverages or alcohol, bread products, and starchy vegetables like potatoes. Crowd out some of these choices by offering vegetables which are low in carbs and high in nutrients. It's simple to do! Start your gathering with a crudité platter of fresh vegetables and your favorite dip. Carrots, snap peas, cherry tomatoes, and small cucumbers are popular and require very little preparation. Include a green salad with your meal using prewashed

greens, fruit, and nuts. Pear wedges, hazelnuts, and pomegranate arils are a festive combination. And, swap one of your high carb sides with a roasted vegetable like Brussels sprouts.

2. Eat your typical meals prior to the event: Avoid temptation to skip your regular meals. Breakfast or lunch prior to a holiday gathering is the perfect time to include brain healthy foods. In addition, showing up ravenous may result in less control over your appetite. Eating a nutritious meal with protein and fiber before you arrive allows you to be more discriminating in your food and beverage choices.

3. Stay hydrated: Recent studies have shown that water plays a crucial role in maintaining brain function. Even mild dehydration can affect mood, concentration, and reaction time. If you're hosting, have a water pitcher available and sparkling water as a beverage

choice. For those drinking alcohol, have a glass of water in between each serving of wine, beer, or liquor.

4. Focus on family and friends: Holiday meals are about so much more than the bounty of food. It's a time to cherish the people in our lives. So, eat slowly while enjoying conversation. Plan a group activity to keep you moving. Capture memories by taking photos. Savor all the joy this season can bring!

Molly Rapozo, MS, RDN, CD, is the Senior Nutrition & Health Educator at the Brain Wellness & Lifestyle Program at Pacific Neuroscience Institute. With years of experience counseling individuals and families, she provides nutrition coaching for those seeking to improve their cognitive wellness and overall health. PacificLifestyle.org / 213-566-1270.

WISE Volunteers Receive President's Volunteer Service Awards

Every day, Wise & Healthy Aging in Santa Monica benefits from the amazing work of their many volunteers. Assisting with everything from serving in their diner, teaching exercise classes, providing support to their clients through their Peer Counseling program or Adult Day Center, they couldn't do all they do without their valuable contributions.

President's Volunteer Service Awards are given to volunteers at qualifying organizations for 100+ hours of service within a 12-month period. This year, 19 volunteers at WISE were honored with the President's Award to recognize their vital role in impacting the community and inspiring others to do the same. WISE program leaders recognized awardees in their respective departments.

Barbara Browning received a gold medallion for volunteering more than 1,700 hours in the Adult Day Center, and as a Peer Counselor.

Other recipients were:



Mary Jo Dalton
Evan Diner
Nicholas Eisner
Clementina Fleshler
Mary Sue Foard
Lya Frank
Mary Lynn Gottfried
Roberta Holt

Mark Kaiserman
Doreen Klee
Catherine Lee
Evelyn Marcelo
Harry Palmer
Shifra Raz
Polly Ross
Midge Sanford
Ken Smith
Abdo Tajik

Departments in which these volunteers served were Peer Counseling, Member Services, and the Adult Day Center.

Wise & Healthy Aging is located at 1527 4th Street in Santa Monica. Call 310-394-9871 to find out about the myriad of services and courses they offer.



Happy November Birthdays

to

Monty McCormick, Ron Call, Tammy Andrews, Mike Kallhoff, Patricia Farris, Melissa Dagodag, Andrew Lucier, Andrea Gressinger, Dyllen Andrews, Greg Abrams, Gary Hollander, Wei Chen, Ashli Mason-Johns Shapiro, Frances Bilak, Jay Trisler, Renee Kontos, Brenda Maher, Sydney Croskery, Bill Bubar, Linda Dubow Eifer, Richard Lombari, Tyrone Merriweather, and Kelly Reynolds

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Distribution: Paper Pushers LA

Special thanks to Rufus Baker and Bernadette Lucier

Being Thankful for Swimming

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center. Terrific facility! Very friendly and approachable staff. Accessible hours.

There are hundreds of articles out there about the science of swimming. This ain't one of them! I assume you already know of the sport being the closest thing we have to the Fountain of Youth. (It's true! There are boatloads of research which support the oft-made claim that swimming staves off the inevitable physical and mental decline that comes with aging.) Rather, this is me getting you over your excuses to start swimming in the first place, such as:

"The water is wet and cold."
 "The water looks cold. You say it's not cold? It still looks cold."
 "Too much of a hassle. By the time, I drive there, suit up, swim, get dressed and drive home, I could have already been to the gym and back."

I get all of that. While swimming logistics are a pain – the actual swimming is not. If I can motivate even one person with this article to get into the water, that one person will thank me later for the pep talk. "No excuses! Swimming gets your blood pumping! It will make you temporarily forget all

your problems! You will feel lighter-than-air in the water! So, rearrange your life to get in there, and get in there!"

For that one person who reads this and jumps into the pool immediately thereafter – don't just do "old-man swimming" where you simply go back-and-forth with no plan. Here is your super-simple swim set that will get you going – and more importantly, keep you interested and motivated.

Do four laps. After you have done those four laps, look at one of the many pace clocks on deck to see how long it took you.

Two minutes? Okay. Then, wait 30 seconds and do that again. Then, rinse and repeat until you've done four laps 10 times. In swimming parlance, that's 10x100 on a 2:30 base.

Need more time for your base? Then, add more time to your base. You keep that up. You will inevitably find yourself able to do that on a shorter base. And, that's where the improvement and blood pump kicks in.

Happy Swimming! Because you WILL be a happier person when you start swimming and keep it going!

From Me to You...



By Diane Margolin

Even though our days may feel like summer, we are preparing for the favorite Fall holiday.

Expressing gratitude is often done on a daily basis, but on Thanksgiving, we may share what we are grateful for with others. I am thankful for our readers, writers, and advertisers who have helped me to continue publishing for 22 years. It means so much to make a positive difference in people's lives.

We wish you and your families a very happy Thanksgiving holiday. November is when my parents

were married so I often think of them and wonder how they would react to our world as it is today.

We also offer condolences to the families of local residents who passed away recently. Some are people who were involved in the community, and were a pleasure to work with. Monte Herring, Carole Currey, Lou Moench, Robert Segal, and Jay Decker will be missed.

Special thanks to FeFe at the Will Rogers post office. I had purchased several new stamps and was not certain which went where. She spent time with me explaining their value and made sure I knew the correct amount for each piece I was mailing. I appreciated her kindness and patience.

Enjoy your holidays.

The Real Estate Advisor

Investors: The Timeless Wisdom of Real Estate



By Richard Lombardi

In the realm of real estate, the mantra, "There is never a wrong time to buy the right property," reverberates like

a constant drumbeat. Yet, the fear of market turbulence often sidelines prospective buyers. Is this fear warranted? Let's delve deeper into this notion.

Warren Buffett, the iconic investor, famously remarked, "To be fearful when others are greedy and to be greedy only when others are fearful." His wisdom, initially applied to stock markets, holds true in the real estate arena. Buffett's insight is clear: prime opportunities often arise amidst market trepidation, as people tend to react disproportionately to uncertainty.

Successful investors, whether in stocks or real estate, possess a crystal-clear vision of opportunity, in alignment with their investment strategy. They perpetually scan over these golden moments, aware that motivated sellers may face personal challenges transcending market dynamics, such as loss, health, or financial woes. For the astute investor, a slower market presents an opportunity to negotiate advantageous prices and terms.

Today, in the face of rising interest rates, a popular adage among real estate experts is, "You date the rate, but you marry the property." This means that, even if you secure a property at a slightly higher interest rate than ideal, you retain the option to refinance later if rates decrease. Focus on the property's intrinsic value – location, growth potential, and suitability for your investment goals – rather than fleeting interest rate fluctuations.

However, the real essence of property investment transcends interest rates and market sentiments – it's time. Real estate appreciates over time, often countering inflation. Unlike volatile stocks, real estate typically offers steady, long-term growth. It leverages the power of time to build wealth incrementally.

The age-old wisdom that there is never a wrong time to buy the right property remains relevant. Market fear often conceals unique opportunities for those with a clear investment strategy and an eye for motivated sellers.

As we navigate rising interest rates, remember to focus on property quality and long-term potential. Time is your greatest ally in real estate, and it's never too late to seize the right opportunity. Investors, heed Buffett's counsel, and don't let fear hinder your wise real estate portfolio from expanding.

Richard Lombardi has been in real estate sales for over three decades. Richard is an author, speaker, coach, and trainer. To learn more about Richard, visit <https://lombardirealestatewealthadvisors.com/about>, email Richard@TheLombardiGroup.com, or call 310-903-6509.



Joe Analco

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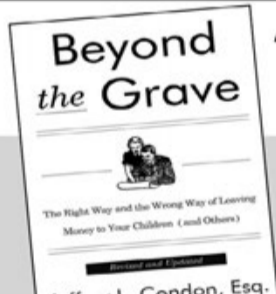
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Reflections From The East

A Passionate New Discovery of a Very Old Holiday



By Qin Sun Stubis
If you ever run out of ideas for something to celebrate on any given day, don't forget to consult your calendars,

especially those that are constantly updated online. For me, they are precious sources where I discover all the special celebratory days under the sun and find a seemingly inexhaustible number of surprises.

These calendars open my eyes to many uncommon, worthwhile, and even silly holidays I have never heard of before, such as International Talk Like a Pirate Day and National Swap Ideas Day. Stuffed with salutary and celebratory ideas from charitable organizations such as American Humane

and "holidates" from leading "eventologists" such as Adrienne Sioux Koopersmith, who, amazingly, has launched more than 1,900 new holidays, I will never run out of ways to have a good time and make my day a special one.

I must admit that sometimes I'm obsessed with finding new commemorative ideas, whimsically checking out specially marked days and chewing over their importance. Some make me chuckle, while others make me think.

As the years change, the months rotate, and the days go by, I'm always in awe of finding more holidays I never noticed before, some which were established a long time ago but that I am just learning about for the first time.

Recently, I stumbled upon a holiday that I didn't know existed

that stirred up my passion and found a special place in my heart. From this moment onward, I will mark it down on my personal calendar and celebrate it every year: National Authors Day on November 1.

What a coincidence that I happened to find it exactly five months after the publication of my historical memoir, Once Our Lives. I finally earned my authorship after some 20 years of labor, and now, I have found a perfect day to celebrate it every year!

Some say that the idea of National Authors Day stemmed from a women's club in Illinois in the 1920s. But, it was not until 1949 that the United States Department of Commerce officially recognized it as a holiday to celebrate American authors. Now, I am amongst them!

For me, inviting National Authors Day into my life is very special, for I can now dedicate a day of my life not only to celebrating the birth of my own work, but also to giving thanks to all the writers who have inspired me to read and write throughout my life.

I want to spend this day diving into the rich world of books and the vast sea of knowledge where humanity is eternal and wisdom is free for anyone to seek. I hope all of you will join me in celebrating this wonderful holiday, whether you are a writer, an aspiring author, or a reader. All you need is a book to make this day a special one.

You can always reach me at qstubis@gmail.com, or please visit me at www.QinSunStubis.com. You can find a copy of my book, Once Our Lives, online at www.Amazon.com.

Sharing Your Roots With Your Children



By Cheryl Thode
The month of November in many cultures is the month of remembrance. It is a designated time to honor both

those who have died and the family we still have with us. In the beginning of November there are celebrations for Dia De Los Muertos (Day of the Dead), All Souls Day, and All Saints Day. Traditionally, these days are a time of reflection, celebration, and remembrance. Towards the middle of November, we remember all of our veterans on Veterans Day. Then, we wrap up the month with the traditional holiday of Thanksgiving, a time to reflect and be grateful for our country, family, and friends.

Overall, the month of November is a wonderful time to remember those we love and to be grateful for their presence, memory, and blessing in our lives. In fact, as much as New Years is a time to plan and prepare resolutions for

the time ahead, the month of November is a perfect month for self-reflection; looking back at where and who we come from, while giving thanks for the journey.

This time of year is especially important for our children. Through stories, pictures, videos, books, recipes, and even music, you can share your "personal" history with your child and reminisce about family history, grandparents, cultures, and traditions.

At a time when there is a lot of turmoil in the world, remembering the good in our lives and the people who are a part of it, is a blessing. The month of November could not have come sooner.

So, what do you suggest, you may be asking. Well, during this month, I challenge you to once a week or more, sit down with your children, no matter the age (perhaps at dinner or before bed), and tell them a story or show them some old pictures of you and your family. Let them see where you come from; where they come from. Then, throughout the month have

gratitude check-ins. During these check-ins, reflect with your child on the good things in your lives and what you are grateful for.

If you want something a little more tangible, create a gratitude pumpkin and write down daily on the pumpkin everything you are thankful for, and then use the pumpkin(s) as Thanksgiving decorations. You could get everyone in the family their own pumpkin or have a big family one. In regard to remembering your ancestors and traditions, you could follow the Mexican culture and create an ofrenda, or a space in your home where you put pictures and mementos of those who have passed.

This not only keeps your loved ones' memories alive, but it will also help facilitate the discussion of your ancestry with your children. As a final suggestion, don't forget that our family members live on in the food and traditions they passed down to us. Make a family recipe, or take part in a special tradition during this month with your children.

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Do You Recognize This Neighborhood Celebrity?

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Jim Osorno, owner of Broadway Baker in Santa Monica, uses three generations of family recipes to produce his baked goods. He delivers locally and nationwide. Jim also offers a neighborhood discount.

Mini Message Bulletin Board

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Clergy Corner

Putting Your Concerns in Perspective



By Rev. Patricia Farris
Sometimes, it's really difficult to keep things in perspective, isn't it? There are so many challenges facing our nation, our planet, our community. Some of us are facing huge challenges in our personal lives or in our families. Life can get us down and wear us out. It can harden our hearts and constrict our creative spirits. The proverbial glass looks more than "half-empty," and rarely "half-full."

November can be for us a time to recalibrate and reset our inner compass. It brings a season of thankfulness which leads us into thanks-giving. We shift from the passive, reactive mode, to one of joyful and calm engagement with the world, around, and within.

It's interesting to see an explosion of interest in "Gratitude" journals these days. We're not alone in our desire to direct our attention and our energies to that which is positive and life-giving, not just for ourselves, but for everyone we meet and for the creation itself. There are many formats for these journals, but the practice of gratitude is the same for each.

Simply set aside some time each

day to become quiet and to focus your thoughts on the things and people for which you are grateful. Pause and take in the beauty all around. Experience a moment of awe and let your spirit soar.

Express your appreciation of someone who inspires you. Reach out in love to a friend or neighbor you might otherwise take for granted. Rejoice in the gift of life itself, and the multitude of possibilities that come with each new dawn.

Let yourself be filled with thanks. And, then generously give thanks back – to our Creator and to all in your circle of loved ones and friends. Let your heart be glad and your life illuminated by gratitude. As Dag Hammarskjöld wrote: "For all that has been – THANKS! For all that will be – YES!"

Rev. Patricia Farris
Senior Minister
Santa Monica First United Methodist Church

Each month we ask a different member of the clergy on the Westside to contribute to this column. If you know someone we should contact, please let us know.



Sharing Your Roots

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Really, there is no wrong way to celebrate your heritage and show gratitude. Be the role model you want to be for your children. Show them where they come from, and how appreciative you are to be where you are at.

As always, God Bless.



- Joe Analco

Passing Through the Pico Neighborhood

Inspiration is Meant to Be Shared



By Stacy McClendon
To meet someone who wants to share inspiration with others, for no specific reason other than to make someone's day

special, is a joy to see in this world we inhabit. It's extremely rare and very much needed. It means a great deal to me because I am also a person who likes to connect with others, for no other reason than to meet someone new while learning and enjoying a different perspective on life, while possibly forging a friendship or future connection.

So, It was a sheer pleasure to sit down with Colby Bakke. Colby works in the same department as I do. Not long after switching to my new department some years ago, I received this wonderful inspiring email filled with quotes, trivia, recipes, photos, beautiful travel destinations, pets, etc.

I wasn't sure who gave him my email, as I had never received this before. However, he was unaware that this email included all things I love. I immediately reached back out, and asked him to please keep me on this list moving forward, and have been receiving his inspiring emails ever since.

I asked Colby to sit with me as I wanted to find out just how this daily quote page came about.

Colby shared that he started this informative page six years ago when he was temp in another City department, as a quote on a whiteboard. Then, it turned into a quote and the national day.

He ended up getting a permanent position in the parking office where he worked for six months. Once there, he took it upon himself to make coffee every morning for the office as a means to start the morning off on the right foot.

He also set out a handmade page, next to the coffee, that had a quote, holiday, a fact, and something to be thankful for. Then, Colby moved to the City Manager's

Office, where he continues to work to this day.

When he moved over to the City Manager's Office, people from his prior office shared how much they would miss the daily quote page, so he began creating a digital version that could be sent out.

The page was always meant to be light and campy and filled with positive words, stickers, etc. Something simple that helps brighten the day. In the beginning they were made by hand. Then Colby found a scrapbooking app.

Now he has a formula that includes – just because, recipes, quotes, facts, random holidays, scenery photos, language of the week, etc. All week he gathers items, preparing for the upcoming week's email.

Colby noticed when there were off days when morale was down. He wanted to combat this by sharing something fun and positive with his co-workers. Then he noticed the positive responses he'd get. If he could make someone else's day better, it made his day better, too.

The recipient list continues to grow. There are many who not only get this email daily, but also share it with other co-workers, family, and friends (me included).

Knowing that people enjoy it is what makes him continue. Colby involves others and never claims the quote page as his own, as some of the items shared come from others. He also gives people the okay to opt out if they no longer want to receive it.

Colby believes in paying it forward. Holding the door and offering a smile to someone – getting out of your own bubble, and expanding from that.

A fun fact is that Colby has taken over 4,500 Uber and Lyft rides. He always speaks to each driver, and has learned commonalities that most people share. This has also shaped what he offers in the quote page.

Colby believes that, "Life's not a

(Continued on Page 6)

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The Santa Monica Public Library celebrates International Games Month with Gaming in the Library!

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- **Game Day for Kids and Family**
Tuesday, November 7 - 3 p.m.-5 p.m., Pico Branch Library, The Annex, 2201 Pico Blvd.
- **Game Days for Grownups**

Tuesday, November 14 - 1 p.m.-3 p.m., Main Library, Multipurpose Room, 601 Santa Monica Blvd.

Tuesday, November 28 - 5:30 p.m.-7:30 p.m., Main Library, Multipurpose Room.

• **Game Day for Teens**
Tuesday, November 21 - 4 p.m.-6 p.m., Pico Branch Library, The Annex.

Games and booklists will be tailored to each session. No reservations required. These programs are free and open to the public. Seating is limited and on a first arrival basis.

Inspiration is Meant to Be Shared

(Continued from Page 5)

race to the bottom." He wants to see everyone flourish and be happy, as he's tired of seeing what's going wrong in/with the world and to the people in it.

In this month, when we think of things to be thankful for, I think of Colby. I am thankful that he listened and created something beyond himself that could seem small in the grand scheme of things, but is so huge. His consistent action is affecting change

in his circle of influence and beyond.

Colby is somewhat of a local celebrity, thanks to his emails. I look forward to seeing his emails expand into something to help even more people on a much larger scale.

Stacey Clendon is a longtime Pico Neighborhood resident and Santa Monica City staff member.

Be Thankful for Your Slow Cooker

Family Features - Want to spend more time with loved ones this Thanksgiving? Ditch the perfectly timed oven schedule and put your slow cooker to work. It'll deliver the familiar flavors of your favorite holiday sauces and desserts in a new, more convenient way.



Oatmeal Apple Cobbler

Slow Cooker Oatmeal Apple Cobbler

Prep time: 15 minutes

Cook time: 3 hours

Servings: 10

Apple Filling:

- 5 medium Gala apples, peeled, cored, and thinly sliced
- 1 cup firmly packed brown sugar
- 1/4 cup all-purpose baking mix, such as Bisquick
- 1 tsp. ground cinnamon
- Oatmeal Cobbler Topping
- 1 cup all-purpose baking mix, such as Bisquick
- 1/2 cup quick-cooking oats
- 1/2 cup firmly packed brown sugar
- 1/3 cup granulated sugar
- 1/4 tsp. salt
- 1/2 tsp. ground cinnamon
- 1/2 cup (1 stick) cold butter, cut into pieces

- Spray inside of slow cooker with no stick cooking spray. For the Apple Filling, toss apple slices, brown sugar, baking mix, and cinnamon in large bowl. Place in slow cooker.

- For the Cobbler Topping, mix all ingredients, except butter, in medium bowl. Cut in butter with fork until crumbly. Sprinkle over Apple Filling. Cover. Cook 3 hours on high.



Cranberry Sauce

Slow Cooker Cranberry Sauce

Prep time: 5 minutes

Cook time: 3 hours, 45 minutes

Servings: 8

- 1 package (12 ounces) fresh or frozen cranberries
- 2/3 cup sugar
- 1 seedless orange, peeled and sectioned
- 2 bay leaves
- 1 cinnamon stick
- Place all ingredients in 4-quart slow cooker. Cover.
- Cook 3 hours on high, stirring every hour. Uncover. Stir well.
- Cook, uncovered, 30 to 45 minutes longer on high or until slightly thickened.

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What Do We Especially Appreciate?

(Continued from Page 1)

cares about other people and wants to make good contributions to society," she shared. "I'm grateful for all the love that I've been given and that surrounds me."

Andrea Schwartz agrees that there is much to be grateful for following the pandemic. "I'm grateful that I'm healthy, and not senile yet," she joked. "I'm also grateful that I can see my family again. We had holidays on Zoom (during the pandemic), which was better than nothing, but not exactly ideal. I get to see everybody sitting around my table for Thanksgiving again this year, and I will always be thankful for that."

It's evident that everybody, regardless of age, is immensely grateful for their friends and fam-

ily who they are once again allowed to connect with in-person, and who nurture them with love and companionship.

The pandemic thrust nearly everybody into an isolation that has had real and lasting impacts. But, in the years that follow, it's clear that the warmth and love of togetherness will continue to heal and give everybody a reason to be grateful.



-Joe Analco

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People 'n' Pets



Sally Pai with Bao Bao, her long haired mini dachshund who is 6.5 months old.



Elise Eriksen with her companion, Billie Jean, on a wonderful cruise.



Joe Shapiro at Bagel Nosh with his dog, Lucy.



Evelyn Lachenauer with Rhett ready to celebrate the holidays.

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From the Santa Monica History Museum

Pop-up Exhibition Set Up to Celebrate Día de los Muertos



Folklorico dancers bring their festive music and spirit to the pop-up exhibit at the Santa Monica History Museum.

The Santa Monica History Museum is set to host a captivating pop-up exhibition in celebration of Día de los Muertos, featuring a select group of students from local public high schools. Students will share thoughtfully crafted altars that will take center stage at the museum, offering a heartfelt tribute to the cherished tradition of Día de los Muertos.

The public is invited to this celebration of family, culture, connection, and history as we open our hearts and welcome our ancestors and loved ones to be part of our present. The exhibition will open to the public on November 1, with extended hours and special evening programming.

Participating high schools in this culturally-rich event include stu-

dents and faculty from Santa Monica High School, Venice High School, University High School, Hamilton High School, Culver City High School, and Fairfax High School.

Día de los Muertos, often described as a time when the veil between the spirit world and our own grows thin, provides a unique opportunity for individuals to reconnect with their departed loved ones emotionally. This occasion serves as a poignant and joyous remembrance, offering solace for those processing the loss of family and friends while simultaneously paying heartfelt tribute to their memory.

To learn more about the exhibition running through November 17, visit santamonicahistory.org.



Many Westside high school students participate in creating this wonderful exhibit.



An ofrenda is an altar of tributes and memories of those who have passed away.

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THE SANTA MONICA STAR

Traveling With Tanya

Culinary Quests: Delving Into Culture Through Food Markets

By Tanya Gilbert

Some of my most memorable travel experiences involve food. Food is a complex expression of culture, history, and identity and it connects us in so many ways. One of my favorite ways to get immersed in a destination is to explore the food markets. Not only do you get a glimpse of local life, but you also support local vendors, farmers, and artisans. Visiting food markets will make your journey more memorable and meaningful. These are a couple of my favorite markets:

Nothing is more authentically Catalan than La Boqueria located off Las Ramblas in Barcelona. Dating back to 1217, it is one of Europe's oldest markets. It can be touristy, but it is also where locals shop and it is filled with the highest quality produce and authentic Spanish products. I like to go in the morning before it gets too busy. Have fresh fruit juice while you wander through food stalls sampling along the way. Wait for a seat to open up at any of the busy



This open market with its wonderful scents and beautiful array of fruits and vegetables invites one to visit in person.

Photo by Tanya

bars or restaurants in the market to taste among the city's best tapas.

Zanzibar's unique blend of African, Arab, Indian, and Euro-

pean influences is so alluring. The Darajani market in Stone Town epitomizes all that is Zanzibar. It is an exotic and chaotic place and there is something so captivating

about the vibrant pyramids of spices at this market. I enjoy wandering through markets on my own, but this is one place where you can benefit from a guide or tour. A guide will help you get to know the vendors and gain an understanding of the food, culture, and how some of their favorite foods are prepared.

I have a few markets on my list to visit: the Tsukiji Market in Tokyo, Misir Çarşisi Market in Istanbul, and Mindil Beach Sunset Market in Darwin. What are some of your favorite markets? I always love to talk about travel, so feel free to email me at Tanya@MariposaTravelAdvisors.com.



The Current Change of Seasons Enables You to Explore the Joys of Gardening

By Deborah Gray

As a member of an organic community garden in West L.A., this year's warm season left a lot to be desired. Compared to most summer months when bountiful flowers and veggies provide an explosion of color and taste, this time around, we felt a little let down. The recent barrage of rainstorms and fluctuating temperatures seem to have put a damper on many of the star crops of summer (particularly, tomatoes and cucumbers).

But, whatever the reason, with Autumn's arrival and Winter just ahead, it's time to shake off the



Get your gardening tools ready before you start.

previous season's disappointments and, with an optimistic eye

toward the future, begin prepping for the cold weather crops. Bear in mind, a successful outcome lies mainly in the planning; the rest is up to Mother Nature. Our fingers are crossed.

Los Angeles is located in USDA Hardiness Zones 9 and 10, and some of the recommended crops to currently plant are listed below. As you can see, there is much variety on the venue: broccoli, cauliflower, radishes, arugula, bok choy, collards, peas, leafy greens, radish, carrots, Brussels sprouts, cabbage, kohlrabi, leeks, potato, beets, garlic, and celery. You can either sow from seed or from starters – from your local nursery or via your kitchen counter. A little research is always advisable in deciding which source(s) to choose from.

Tip: You can plan ahead for expected cooler nights by protecting less hardier crops with a wire mesh cage lined in clear plastic. This essentially creates a "mini hot house" effect. Once you decide

what it is you want to harvest, the next step is to create the best possible environment.

• Prepping soil:

The Weeding: Use proper gloves and tools, dig deep, and dig smart. If the soil is dry and dense, adding water a day ahead will make it so much easier to pull the weeds up and out.

Tip: Do be careful to toss weeds in the trash so they don't re-emerge in your garden. Or someone else's.

• The Tilling: Turn over the depleted top soil, which can later be blended with the "good stuff." If there are worms present, it means there is a certain amount of good underlying soil. The worms get most of the credit for that.

The Fertilizing: Go natural, amend the soil with organic compost. Plant nurseries, as well as home and garden stores carry the needed nutrients; or, you can use your own from home; The flesh, skins and bones of fish do very

(Continued on Page 10)

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Love Links

Young Woman Who Moves to Santa Monica Ends Up Falling in Love With Her Neighbor

By Gigi Appelbaum-Schwartz
Wendy Darby, youngest of five sisters, took a spring vacation from her childhood home in Michigan in 1990 to visit Jane, her oldest sister, a recent California transplant. Unexpectedly, Wendy fell in love with the beautiful weather, the beach, the tourist attractions, and everything the state had to offer. She was so moved that when she returned home, Wendy decided to relocate to California, too. The following year, she traveled cross-country in three days, driving ten to 12 hours each day. Her primary focus was moving into a new apartment with her sister's friend, who was coincidentally, also named Wendy. Wendy had arranged for our Wendy to have a phone interview and she had a job as soon as she moved here.

What she didn't know was that she would end up meeting her future husband, Steve, the very next day – changing the trajectory of her life completely. Steve lived in the apartment above where she would be living, and at first Wendy and Steve became friends. Then, after a year and a half, they began dating. Eventually their relationship got serious, and they knew they wanted to spend the rest of their lives together.

Steve's parents are originally from Canada. Unlike Wendy, he was used to moving – having grown up living all across the United States and Canada, relocating every three or so years for his father's engineering job. That said, he was finally able to settle down with Wendy in Rialto, Cali-



Wendy and Steve Navin on the way to celebrate their 25th anniversary with friends and family.

fornia, and in May of 1997, they decided to get married in hopes of starting a family.

Both Wendy and Steve agreed that they wouldn't buy an engagement ring, as they were paying for the wedding themselves and wanted to save money. They were living in Lake Arrowhead at the time, and had become regulars at a favorite restaurant they often ate dinner at.

In June, a month after deciding to get married, they were eating there when Steve got down on one knee and surprised Wendy with a ring he had designed himself, despite their earlier agreement. She remembers that she "kind of scolded him by saying, I told you not to buy me a ring!" Then, she continues, "Under his breath he said, quite sternly, just say Yes!"

the last-minute. They both had family fly in from across the country, as well as from Canada and France, in Steve's case. Wendy has four sisters, and they all came to support her on the big day. She recalls that she was incredibly nervous, and doesn't remember every part of the wedding because of that, though there are certain moments that will always stick with her.

"I remember my brother-in-law, Chuck, walking me down the stairs to the altar, and Steve at the end of the aisle looking so handsome," she shared. "We were gentle when we fed each other cake. Our first dance was beautiful and our song was *All I Ask of You* from *Phantom of the Opera*."

Today, they have been married for 25 years and are still best friends. After getting married, they were able to fulfill their dream of starting a family – having three kids. Their children are Stephen, Darby, and Kylee. When their kids were in school, Wendy volunteered in the classroom, worked for the PTA, and held offices at the elementary, middle school, and

(Continued on Page 14)

Of course, she did and the diners in the entire restaurant who had been eagerly watching, applauded the newly engaged couple.

The two were married a year later on April 4, 1998 at the Lake Arrowhead Resort Hotel. They planned on having the wedding outdoors, but there was so much snow the week before that they had to move the event indoors at



Steve and Wendy Navin with Darby, Kylee, and Stephen at their 25th anniversary celebration.

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Meet Your Neighbors

Discovering Santa Monica's Treasures

By Stacy McClendon

Hello all! Fall is here. Main Street was my choice to enjoy one lovely, warm, Sunday afternoon.

Holey Grail Donuts was my first stop. Ovi, the manager, and his staff were welcoming and very eager to share the story of how Holey Grail Donuts came to be.

Holey Grail began on a food cart on the north shore of Kauai. The owners noticed that a lot of taro was going unused, and decided to put it to greater use in their donut recipe.

As their following grew, the staff decided to share their donuts in California. They began selling the donuts at food truck pop-ups around Los Angeles. Their donuts have a different taste and consistency, as taro root, coconut, and beets are used as part of the base of the donut batter.

It makes the donut a little more light, airy and less sweet. Each donut is made fresh to order, and fried one at a time in coconut oil. The donuts stay the same, with new glaze and toppings dropping weekly. Now they have two locations in Kauai and Oahu, one in Santa Monica, and one in Larchmont. The glaze creations are beautiful to see, and the donuts are warm, sweet, and delectable to enjoy. Ovi added that Holey Grail uses their donuts to bring communities together. Visit www.holeygraildonuts.com for more details.

Next, I stopped at Ubatuba Açai. They serve Açai bowls, smoothies, empanadas, and more. Sarah is



Ovi at Holey Grail Donuts told me the backstory of the business.

the manager. She told me that Ubatuba is the city in Brazil that the owner of the shop is from.

The owner decided to bring the concept to the states 10 years ago. Now there are 19 locations, with Santa Monica being a more recent shop. It's been open for two years. The Açai is shipped from Brazil and blended with bananas and strawberries. This makes the taste less tart, than it would be if only Acai were used.

The shop has beautiful brightly-colored murals that adorn the walls and are filled with pictures of families, animals, and a backdrop reminiscent of Brazil. There is even a pleasant patio area to enjoy your order at the rear of the shop. I tried the Açai sorbet, which is a gorgeous deep purple that is wonderfully smooth with a slightly tart and sweet flavor.

You build your bowl by choosing

(Continued on Page 11)

An Update From ERBA Markets

How Does Cannabis Affect Creativity?



By Stephen Freedman

We have discussed in this space the benefits of cannabis to the individual, both physically and emotionally.

While research is still in its infancy, there is promising data showing the legitimacy of these claims. Additionally, numerous users swear to the spark of creativity cannabis provides. This is true regarding some of society's most celebrated artists and musicians, Lady Gaga among them. The creativity of artists like Gaga cannot be denied, but how influential is cannabis in aiding them with their gift?

There have actually been numerous studies to find the answer to this question. In one study performed in Washington (where cannabis is legal) participants were asked to come up with creative ideas for a stationary object, as well as ideas to promote a rock band. What the researchers found was that those who consumed cannabis became much more jovial, and thus found their ideas as well as those of other participants, more creative. However, to

outside judges there was no impact on the creativity of the ideas for both groups, only the perception of creativity.

Another study by the National Institute of Health (NIH) wanted to see the effects of creativity among high-potency users, low-potency users, and non-users. What they found was those who were in the high dose group performed significantly worse on divergent thinking tasks than the low and non-users. Their conclusion is that cannabis has no effect on low-potency users, and actually impairs creativity among high-potency users.

Like all cannabis research, there is still a great deal to discover. Like all substances, the individual users need to do what works best for them and their body. However, there is something to the placebo effect. If an artist feels that consuming some cannabis helps in their process, who are we to stand in the way of their methods? Especially when we, as a society, are able to enjoy the products of their craft.

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

The Current Change of Season (Continued from Page 8)

nicely. Also, coffee grounds, eggshells, decayed plants, and food scraps (nothing processed).

Tip: Some Starbucks locations provide bags of their coffee grounds for the taking.

Lastly, should you desire additional color and texture for your gardenscape, Autumn is the time to plant for a Spring bloom. Flowers can dazzle us with their variety of fragrance and hues, and the bonus is they also attract butterflies, bees, and birds. Gotta love that. So, consider sprinkling seeds from the California poppy, calendula, lupine, primrose, lilac, snapdragon, pansy, daisy, bachelor button, sweet William and even beyond!

To sum up, planting and harvesting your own garden is a lot of work and also, a lot of fun. There



is so much information available at the library, online, and at your local plant nursery to get you started and keep you interested.

Whether you are a novice grower, or have ten green fingers, whatever you include in this coming season's garden plan, it is my wish that you will happily reap what you sow.

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Submit artwork (as a high resolution 300 dpi scan, or best quality digital file) by November 15 and email to: wbusantamonica@gmail.com, or hand deliver a hard copy to the Wild Birds Unlimited store at 12433 Wilshire Blvd., Santa Monica. Free parking in the back off Centinela Ave. Note your name & phone number with entry.

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Planning Ahead

The Power of a Gift



By Lisa Alexander, Esq.
Robert Segal, real estate entrepreneur, philanthropist, and friend to so many in Santa Monica, has passed. He may

be best known for HelpGuide.org, cofounded with his wife, Jeanne Segal and Monika White, to provide accessible information and tools to deal with issues of mental health and well-being.

Robert was always a generous supporter of many educational and charitable organizations. In recent years, he experienced pride and pleasure when his donation to the Natural History Museum of Los Angeles County grew to support a featured exhibition called "LA Underwater." The exhibition explores the prehistoric past of Los Angeles during the 90 million years it was underwater.

It all started with a \$50,000 gift to the Museum, with Robert's only stipulation that it fund a project nobody else would fund, something "brave and innovative." That \$50,000 gift enabled the Museum to solicit a grant of more than \$1,000,000 devoted to uncovering fossil evidence of the marine history of Los Angeles. When the

Museum was ready to launch an entire exhibit featuring the scientific work he had funded, Robert gladly donated another \$50,000.

This second gift inspired museum board members to increase their own giving, and raised another \$2,500,000. Robert's initial \$50,000 gift grew in impact to \$3,600,000! The exhibition was launched and has been tremendously successful, attracting visitors to the Museum and educating thousands of school children on the wonders of scientific discovery.

The lesson of the story is the power of a single gift to enable and inspire additional support for a cause we are passionate about. Even the smallest gift made by any one of us can be impactful.

Many grants are awarded based on support of an organization's board and the community. The leverage of Robert's gift was evident. But, any individual donor, at whatever level of giving, should feel the same pride and delight that we are helping to make a difference.

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Paws and Claws

What Should I Know About Cat Scratch Disease?



By Dr. Frank Lavac, MS, DVM
Q: My doctor diagnosed me with Cat Scratch Disease. What can you tell me about the disease in cats and

how it is transferred to people?

A: Cat Scratch Disease (CSD) is caused by a bacteria called *Bartonella henselae*. People who get the disease usually have a compromised immune system. It occurs from a scratch from a cat that contains flea poop (referred to as flea dirt). After the scratch, swelling on the skin results, and the local lymph node starts to swell weeks later. Immunocompromised people can develop more

serious symptoms.

The most important factor in reducing the potential for this disease is appropriate and ongoing flea control on your cat. Cats themselves do not usually become infected with the disease.

It has been associated with fever and lymph node enlargement in cats. There are multiple tests for the disease in cats but it can still be tricky to diagnose if the cat is actually infected.

The most important takeaway message is that all cats should have a good quality flea prevention program. For further information on the disease in humans and cats, go to "Bartonella and Cat Scratch Disease" on www.veterinarypartner.com, and at www.cdc.gov/bartonella/index.html.

For further questions, you can contact Dr. Lavac at 310-828-4587.

Adopt a Pet



"Nutmeg" is an 11-year-old Sun Conure parrot. He is among many parrots available for adoption. If interested, please contact [Fine Feathered Friends Foundation @gmail.com](mailto:FineFeatheredFriendsFoundation@gmail.com).



Chamber Music Palisades Presents a Family-Oriented Afternoon Event

You and your family are invited on Sunday, November 19, at 3 p.m. to attend the Pacific Palisades United Methodist Church Chamber Music Palisades afternoon concert. The program includes several ever-popular pieces, as part of their outreach efforts to help people become familiar with and appreciate classical music.

This special concert features a woodwind quintet – flute, oboe, clarinet, bassoon, and horn – and Alan Chapman, host of KUSC-FM radio, who will narrate *Peter and the Wolf* by Sergei Prokofiev. Other works on the program are *Carmen Variations* by Georges Bizet, *Animalogy* by local composer Adrienne Albert, *The Entertainer* by Scott Joplin, *The Pink Panther* by Henry Mancini, and excerpts from *Quintet* by Jacques Ibert.

This concert is sponsored in part by Pacific Palisades Woman's Club. Admission is free, but donations are welcome at the door or via their website, cmpalisades.org.

The United Methodist Church is located at 801 Via de la Paz, Pacific Palisades. Parking is free behind the church.

Discovering Santa Monica's Treasures

(Continued from Page 10)

your base first and adding toppings. Visit www.ubatubaacai.com.

Lastly, I drifted into Toolbox which creates an inviting and elevated experience with treatments for men's nails and feet. The founders Alli and Saul opened the space in June, as a place where men can feel comfortable and indulge in adding consistent nail care to their regimen. The space is Boho Contemporary. The treatment chairs are very strong and plush and the bowl for foot treatments is made of polished stainless steel. There are three

treatments to choose from. You can even enjoy a drink during your treatment. There are also places within the space to sit and enjoy your visit while you wait for your appointment time.

Ava works for Toolbox and showed me around the space. She shared that the nail polish used is nontoxic, and that even though the space was designed with men in mind, that everyone is welcome to enjoy the treatments. Visit www.toolboxnails.com for more information.

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Discover What's Happening on the Westside

By Pamela Lawrence

• **Wednesday, November 1 through Thursday, November 30 - The Dr. Seuss Experience** in Santa Monica - An imaginative and interactive immersion into the wondrous world of Dr. Seuss. Watch the books come to life with Suess-themed rides, staff in costumes representing iconic characters, bespoke merchandise, and fun photo opportunities. Daily, 10 a.m.-5 p.m. 395 Santa Monica Place. To purchase tickets, visit: <https://losangeles.experience.seuss.com/#>. All ages.

• **Ongoing until Saturday, November 4 - Dia de los Muertos Ofrenda** - Visit the S.M. Main Library Youth Services department to contribute to an ofrenda, a traditional altar, celebrating life and death. 10 a.m.-8 p.m. Feel free to bring something to contribute like paper flowers, photos, or drawings of deceased loved ones. No perishable items, please.

• **Ongoing until Saturday, December 30 - Our Pico Photography** - The Pico Improvement Organization (PIO) partnered with renowned Los Angeles photographer Sam Comen to create Our Pico Photography, a portrait gallery celebrating the workers who invest their lives in the Pico neighborhood's economy and revealing the humanity behind the Pico storefronts. This collection highlights hands-on work, family entrepreneurship, artisan craft, and gig economy jobs - workers who roll up their sleeves or who open the shop each day, investing

in person-to-person civic engagement to keep Pico thriving. Our Pico Photography is on view indoors and visible outside the Pico Culture House, 3018 Pico Blvd, as well as in the windows and doors of twelve businesses along the Pico corridor. 10 a.m.-6 p.m.

- **Wednesday, November 1 - Native American Heritage Month begins**
- **Saturday, November 4 - Guided Painting Class with Viridian Art** - If you are in the mood to paint autumnal scenery, come join others at the library. Special guest, Maria Galloway, co-founder of Viridian Art Academy, will lead a one-hour guided painting session. All materials will be provided. 2 p.m.-3 p.m., in person. Donald Bruce Kaufman - Brentwood Library. Call 310-575-8273 to sign up. For teens and adults.
- **Sunday, November 5 - Daylight Savings Time Ends** - Time to fall back, turn your clocks back one hour, and earn an extra hour of sleep!
- **Tuesday, November 7 - L.A. Made: Sound Bath Meditation** - Sound bathing is a form of meditation, a massage for your brain, using crystal bowls, drums, elemental chimes, and other modalities. The frequency of sound transmutes and relaxes the subconscious to lighten our psyche. 6:30 p.m., in person. Donald Bruce Kaufman - Brentwood Branch Library. For adults.
- **Tuesday, November 7 - Election Day - Make your vote count!**
- **Tuesdays in November (7, 14, 21, 28) - Social Service Assistance Provided by Providence St. John's Community Health Program** - Trained community health workers will be available to meet in-person with community members at the Park Center Building in Virginia Avenue Park, to help with family nutrition and health care access. The staff can assist with enrollment in Cal-Fresh, the state of California's food subsidy program created to improve the nutrition of families through access to healthy foods. They can also help you navigate enrollment and answer questions about MediCal and Medicare. 9:30 a.m.-5 p.m. To make an appointment, call 310-458-8688. Drop-ins are also welcome.
- **Wednesday, November 8 - Stuart House Presents Simple Strategies to Prevent Child Sexual Abuse** - Conversations around body safety should happen in



One-Time-Only New Year's Eve Musical Revue, perfect for all ages, will be held on December 31 at 7:30 and 10:30 p.m. at the Santa Monica Playhouse.

Photo: George J Vennes III

every family and can be done with ease and without fear or discomfort. Come discover how you can start this conversation with your child today. 6 p.m.-7 p.m. On Zoom. Call 424-259-7208 for more information.

- **Friday, November 10 - Movie Fridays on the Promenade - Jurassic World** - Downtown Santa Monica, Inc. hosts outdoor movies on the Third Street Promenade every second Friday of the month. Enjoy dino-related activities before the film. 6:30 p.m., 1200 block of Third Street, between Arizona and Wilshire. The free, all-ages and dog-friendly screenings include fun photo ops, complimentary popcorn and a DJ playing music before each film. Guests are encouraged to bring low chairs and to enjoy a picnic with family and friends.
- **Saturday, November 11 - Veterans Day**
- **Saturday, November 11 - The Westside Chamber Orchestra** plays Haydn, Ravel, Stravinsky, and Prokofiev - Cellist John Walz joins conductor Brian Stone and the WCO in a series of masterworks inspired by historical styles. Haydn - *Cello Concerto in C Major*, Ravel - *Le Tombeau de Couperin*, Stravinsky - *Eight Instrumental Miniatures*, Prokofiev - *Classical Symphony*. 7 p.m.-10 p.m. St. Paul's Lutheran Church, 958 Lincoln Blvd. Order tickets on eventbrite.com. Suggested donation \$25, or free.
- **Tuesday, November 14 - Spanish Culinary History and Tasting** - From empanada gallega to salmorejo, Andalusian olives to Catalanian calçots, learn more about Spain's culinary traditions through its varied and lovely regions. Spanish food tasting hosted by El Merkat by Telefèric

on San Vicente. 6:30 p.m., in person. Donald Bruce Kaufman - Brentwood Branch Library. For adults.

- **Saturday, November 18 - Book Club for Middle Grade Readers** - Middle-grade readers are invited to participate in this fun monthly book discussion. This month they will be reading: *The Best We Could Do* by Thi Bui. 10:30 a.m.-11:30 a.m. Palisades Branch Library, 861 Alma Real Dr., Pacific Palisades. For details, call 310-459-2754.
- **Saturday, November 18 - Author George Geary on L.A.'s Landmark Restaurants** - Author, chef, and culinary educator George Geary discusses the iconic eateries and national restaurant chains featured in his books *L.A.'s Landmark Restaurants* and *Made in California*. A book sale and signing follows. 11 a.m.-noon. Santa Monica Main Library.



A Serenade of Love Letters, a concert starring Savion, will be on November 12 at 6:30 p.m., at the Santa Monica Playhouse.

Photo: Cydne Moore

- **Saturday, November 18 - U.C. Master Gardeners at Pico Farmers Market** - Visit with the U.C. Master Gardeners at the Saturday Pico Farmers Market. The booth is filled with free advice on how to troubleshoot a gardening problem, and much more. Free seeds and seedlings are available on a limited basis. 10 a.m.-12:30 p.m. Virginia Ave Park.
- **Thursday, November 23 - Happy Thanksgiving Day** Gobble Gobble!

I advertise in *The Santa Monica Star* because it is a community newspaper. Publisher Diane Margolin brings her readers and advertisers together as neighbors and friends. As a Trusts & Estates attorney, my law practice is relationship driven, just like this newspaper. I enjoy talking to prospective clients who call me after seeing my name in *The Santa Monica Star*. As members of this wonderful community, there is instant connection. It feels good when I can help my clients with estate planning or with a probate or trust settlement when there's been a death. *The Santa Monica Star* promotes the sense of community and personal connection that makes my work so satisfying.

—Lisa C. Alexander

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Become a Part of Project FeederWatch and Keep Track of How the Birds Are Faring

By Julie Rensink Hanson

There is a great reason to get out and enjoy local theater this month. The Los Angeles premiere production of *Birds of North America* is delighting audiences at the Odyssey Theatre now until November 19. The play takes a close look at the relationship of a father and daughter over the course of a decade as they struggle to understand more about themselves, each other, and the changing world around them.

John and his daughter Caitlyn are birders, and as years go by, they scan the skies over their backyard in suburban Maryland. Caitlyn grows up and her father ages. The climate and the world change in small and vast ways. *Birds of North America* is a moving, lyrical and funny play that explores the tenuous bonds that join and separate us. For tickets, visit: www.odysseytheatre.com.

Just as the characters do in the play, we look to the sky for the



Red-breasted Nuthatch

return of our fall migrants. 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. They appreciate 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 or sunflower feeder will be the answer to aid them through

the coming months.

The White-crowned Sparrows, with their distinctive black-and-white striped heads, are classic ground feeders and can be seen hopping beneath bushes or on the ground below your feeder. The return of these friendly and entertaining sparrows is a sure sign that Winter is close.

November is a great month to start watching the birds and sharing what you see for science. Join one of the biggest citizen-science projects in the world, Project FeederWatch, which starts November 1, and continues until April 30, 2024. This nationwide project helps scientists understand how birds are faring, as monitors report what they are seeing in backyards, neighborhoods, and wild places. This data helps us to understand where and when bird populations are declining and where they are thriving. But the project needs your help.

You can choose how long you

participate and where. All you have to do is pick a couple of days or hours each week to watch the birds and submit your data into eBird. Ask your neighbors, community and school groups to join you and enjoy birds while helping science and conservation. For more information on this project, please visit: www.feederwatch.org.

We invite children to get creative and show us what birds you see in our community this month. Please send us a drawing of birds you see in your yard, out the window, or on the schoolyard. The submission date as been extended to November 15. Please send your artwork (as a high resolution 300 dpi scan or best quality digital file) to wbusantamonica@gmail.com, or hand deliver a hard copy to the Wild Birds Unlimited store at 12433 Wilshire Blvd. Please see contest details in the ad on Page 10.

Thoughts From a Second-Time Father

How Our Children Demonstrate the Traits They May Have Inherited From Us



By Michael Margolin

When I was younger, I knew that I wanted to grow up, get married, and have kids. I have been fortunate enough to check those boxes. I also envisioned coaching teams that my kids played on and I have done that, and have enjoyed it thoroughly. Now, I can proudly say that I have successfully helped my children with their math homework. Alexa is 10 and in fifth grade and was having a quiz on long division. Math was never my strong suit and there are solid indications it never will be. Because of this everlasting self doubt, I did use a calculator to make sure we were solving her practice questions correctly. Once we finished, she let me know that the way I had her

doing it was not how she was taught in school, but that "she will always remember" how I taught her and that is how she will solve these problems.

This short lesson got her feeling much more comfortable. However, her statement caused me to pause when I thought of it later. I mentioned I am not a math whiz, so I thought to myself, I am sure I taught her the right way. I was even more confused. Is there another way to do long division? Maybe so. But I have not seen it.

Alexa has plenty of traits she gets from me, but when she belittles out how much she loves math, that part of the apple bounced far away from the tree and rolled down the hill.

Also evident are traits that our seven-year-old son Jake gets from me. A lot of characteristics he fortunately gets from his mom, and then he goes and does something

at school and it becomes very evident the boy is mine. The school called my wife Enjoli the other day because Jake had a bloody nose and was upset, and needed to be picked up. Most of that was true, except the bloody nose part.

Jake, admitting that he thinks the grass is always greener on the other side of the fence (you read that correctly), stuck his hand through said barrier to grab some grass and scratched his arm. He went to a band aid bucket to get a bandage and noticed a small, green, fuzzy ball that might be used for arts and crafts.

Before I go further, I would like to mention that our children did very well when they were young to not put items into their ears, eyes, mouth, or noses that did not belong there. Jake took the fuzzy ball and put it in his nose to show somebody what might look like some snot coming out of his nos-

tril. He never got the chance as this art supply got stuck in his little snout. Too embarrassed to admit this to his teacher or the office staff, he told them he had a bloody nose and needed to go home. He added, with plenty of emotional distress to help persuade the administration, that he could not go back to class.

In the end, a trip to the doctor's office was required to dislodge Jake's fuzzy booger. I will continue to give him some good-natured ribbing and it is apparent that he learned a lesson. My seven-year-old self would appreciate what he was trying to do to get a laugh. A part of my 44-year-old self does as well.

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

Five Tips to Enhance Your Wedding Decor

Family Features - Wedding days are meant to be filled with love and celebration, and what better way to ring in the new stage of life as newlyweds than with a well-decorated venue to match the joyous occasion. Whether a couple is on a tight budget or picky when it comes to theme ideas, these deco-

rating tips can help add more flair for the big day.

- **Use a natural venue.** Many couples choose wedding venues that require immense amounts of decorations, but a venue with organic scenery or a beautiful view can help alleviate the stress. Consider having the ceremony near a gar-

den or beach with enough natural surroundings to keep guests in awe.

- **Make the cake a centerpiece.** Wedding cakes are almost guaranteed to be filled with flavor, but they can also serve as a decorative centerpiece for the reception. Choosing a cake topped with flowers, highlighting bright colors and placing it in a prominent spot at the reception, can grab guests' attention while also keeping them eager for a bite.

- **Choose table accessories that**

pop. Leave guests in amazement as they make their way to their seats for the reception with beautifully decorated tables. Table accessories can be anything ranging from patterned table runners to flowers in full bloom placed in simple, elegant vases. If you are not having a formal sit-down reception, try using paper lanterns or hanging flowers from the ceiling to create an eye-catching atmosphere to remember.

- **Add classic lighting.** At times, *(Continued on Page 14)*

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Community Service on the Westside

Community Goals of the Lions Club



By Kingsley Fife
We Lions have always been associated with collecting used eye glasses. That's because in 1925 at the International Convention, the famous Helen Keller addressed us and challenged the Lions to become "Knights of the blind in the crusade against darkness." Ever since, we've been active in service to the visually impaired.

Today, modern times brings new additional challenges, and now the Lions are very involved in youth development and education. Every year, we give out scholarships to Santa Monica High School and Santa Monica College students who show need.

We're also noted for our very popular annual Student Speakers contest which will be occurring on Wednesday, February 14, 2024. The purpose is to provide an opportunity for competitive public speaking on a current subject of

vital interest and to stimulate self expression. It is open to all 9th through 12th grade high school students. Each year a new topic is chosen. This time it is: "For a Better World, What Would You Do?" The talk should not be shorter than five minutes, or longer than ten minutes.

The first contest is the Club level, and as the winner advances up the levels (zone, region, district, etc.) they collect prize money and scholarships as they go. It will be a wonderful experience for the student that will open up new opportunities for their future.

If you're interested in participating, discuss this with your language arts teacher who can assist you and function as your coach, and contact our Student Speakers Coordinator, Lion Gail at 31gaga.gail@gmail.com

Want to know more about Lionism? We'd love to have you be our guest at one of our dinner meetings. Please contact Lion Kingsley Fife at jkfife88@yahoo.com, or call 310-454-2960.

Looking Forward to Exciting Upcoming Holiday Events



By Patricia Webber
The Santa Monica Bay Woman's Club (SMBWC) is having a very busy fall. In October, our members of the Club participated in "Socktober" in conjunction with the Santa Monica Travel & Tourism Bureau, and collected new socks to be distributed to various homeless shelters. While last year's total collection was 103 pairs, by mid-month we had already surpassed that number. We will announce our final total next month.

Our first quarterly business meeting was held on September 18 and the next will be on December 11. The meeting will be followed by our eagerly-anticipated annual holiday luncheon. On Tuesday, December 5, the Club will again host a Wine & Cheese event for members and invited guests. Last year's was a huge success, so this year we expect nothing less. Delicious food and wine will be served, but the real enjoyment is getting to meet and mingle in our wonderful clubhouse. Invitations will go out in

mid-November, but the co-chairs are seeking members who wish to volunteer for set-up, clean-up, and guest-greeting.

The Book Club has selected *Dinosaurs: A Novel* by Lydia Millet for our November read. For Book Club information, contact sbarry1015@sbglobal.net.

Finally, The General Federation of Women's Clubs is urging members of women's clubs across the country to contact Congress, advocating for increased funding to combat hunger and food insecurity, helping seniors, families, children, and military personnel.

We are delighted to report that more than 25 new members have joined so far this year. The reasons are similar. Women are seeking the fellowship of other women, they're interested in supporting their community, and they want to participate in the SMBWC's programs and activities. For information on membership, please contact info@smbwc.org, go to our website at www.smbwc.org, or call 310-395-1308.

We especially encourage other non-profit organizations to host their events at SMBWC.

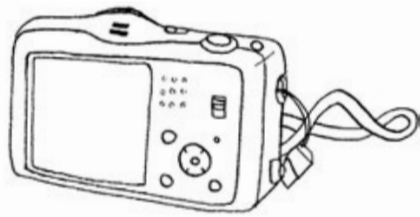
Five Tips to Enhance (Continued from Page 13)

finding the right lighting to match the mood of a wedding venue can be tricky. In this case, less may actually be more. Try opting for a classic candlelit ceremony or reception to create a more romantic setting. This can save both money and countless hours spent attempting to configure elaborate light fixtures, and also provide a timeless feel.

• **Place engagement photos around the venue.** With any wedding, you want the day to feel personal and intimate for the couple, and guests alike. Consider decorating the venue with engagement

photos of the soon-to-be spouses as they popped the question. This can allow the newlyweds to reminisce while guests view those cherished moments and revel in the occasion.

• For more tips to prepare for life's special moments like marital bliss, visit elivingtoday.com.



Halley Stubis

Young Woman Who Moves to Santa Monica (Continued from Page 9)

district levels. She was always inviting the friends of her children to their home for celebrations. As a result, Wendy is often treated like their mom by the friends of her children.

Steve owns a construction company with two partners, and Wendy currently works for the company doing submittals.

Their lives have changed and grown drastically since their wedding in 1998, and the longevity of their relationship can attest for the happiness they have carried with them over the years. We wish them continued happiness and fulfillment in the years to come, and are inspired by the love they hold for each other.

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