

## Learn About the History of the Merry-Go-Round on the Pier



Read Jim Harris' column on Page 8 to learn more about our Merry-Go-Round on the pier.

Photo by Julie Dobkin Gilberg

## Spring Into Wellness Fundraising Event to be Hosted by The SEWI Staff

The Social & Emotional Wellness Initiative (SEWI) staff is thrilled to be hosting their annual fundraising event, Spring Into Wellness, on Saturday, March 14 from 11 a.m.-2 p.m at Santa Monica's Annenberg Community Beach House.

SEWI is grateful for the opportunity to host this event in sponsorship of L.A. Care and Blue Shield Promise Community Resource Center, an organization that is dedicated to supporting Angelenos by increasing health care access and supporting community organizations that address health equity and the social determinants of health.

Spring Into Wellness will feature wellness workshops, movement activities, guest speakers, and interactive sessions designed to support holistic well-being. With an expected 100 guests, this uplifting day will raise critical funds for SEWI's ongoing initiatives to strengthen their efforts to ensure that mental health services are accessible and equitable for everyone.

All proceeds from this event will directly fund their organization's mental health and wellness programs supporting youth, families,

and youth-serving professionals across Southern California.

Schools in California are not required to have mental health workers on site, and many schools and youth-serving organizations rely on partnerships with organizations like SEWI to fill the gap that exists in the space of youth mental health. While working at a local Boys & Girls Club over 12 years ago, founder and Executive Director Sarah Young-Sheppard, MSW, saw this need firsthand and the negative impact it had on youth.

To meet these specific community needs, she started a direct youth mental health services program that grew to become its own non-profit organization. "Young people wanted to talk and they didn't have anyone with a mental health background to support them. We believe that all young people should have the support they need to deal with life challenges, no matter what," Sarah explained.

Since their inception, they have grown from offering solely direct youth services to include prevention-based programs, including

**(Continued on Page 8)**

## Come Meet Historian Richard Orton at the Santa Monica History Museum on March 7



Richard Orton, longtime Santa Monica resident and historian, has been doing a free monthly newsletter about local history since 2017. Now, all the newsletters are going to be compiled into two books.

This will be a two-volume set in

full color, about 470 pages full of great stories about Santa Monica and vicinity. The diverse assortment of stories covers everything from the 1903 effort to close all the saloons in Santa Monica, the famous 1970 MGM Auction, and the camouflaging of Douglas Aircraft during World War II to fool potential enemy bombers.

Richard started the newsletters

**(Continued on Page 8)**



## Celebrating the Accomplishments of Women in Our Country

By Michelle Li

March is Women's History Month, a time that celebrates the achievements and contributions of women throughout American history.

This month started as Women's History Week. It was a local celebration that began in 1978, when Sonoma County, California, selected the week of March 8 to celebrate, in lieu of International Women's Day. The celebration spread in the following years as other cities around the country adopted it.

The National Women's History Project, rebranded the National Women's History Alliance, led the charge, successfully, for the national recognition of Women's History Week in 1980. That year,

President Carter issued a statement imploring Americans to celebrate and recognize the week from March 2-8.

In 1981, Congress temporarily designated Women's History Week to begin on March 7, 1982. Throughout the following years, Congress continued to pass new resolutions around March 8, urging Americans to host their own celebrations and to honor women's history.

In 1987, Congress requested that the President declare March Women's History Month. Between 1988 and 1994, Congress continued to pass provisional resolutions declaring this month Women's History Month. Finally,

**(Continued on Page 6)**



Above photo shared by Heather Baze, Captain of the Salvation Army, was taken the week of the Palisades Fire.

## The Santa Monica Salvation Army: A Continuum of Care – From Crisis Response to Long-Term Stability

By Richard Lombardi

In moments of crisis, a community quickly learns who is prepared to show up. During the early stages of the Palisades Fire – when fear, displacement, and uncertainty spread faster than information – the Santa Monica Salvation Army was already in motion.

As evacuations began and families were forced from their homes, the Salvation Army mobilized immediately, providing meals, hydration, emotional support, and logistical assistance to evacuees and first responders alike. Those early days are often the most chaotic, when systems are over-

whelmed and people don't yet know where to turn. The Salvation Army's ability to respond quickly, calmly, and at scale

**(Continued on Page 10)**

<b>Take A Look Inside</b>	
<b>What's Happening on the Westside?</b>	2
<b>Reflections From the East</b>	4
<b>On the Menu</b>	5
<b>Senior Care</b>	5
<b>The Pier Guy</b>	8
<b>Community Service</b>	9
<b>Paws and Claws</b>	10
<b>Planning Ahead</b>	11

# What's Happening on the Westside

By Pamela Lawrence

**• The Whole Month of March (Monday, March 2-Tuesday March 31) - Take & Make Kit for Kids: Women's History Month -**

This take-home kit includes supplies to create and personalize a family tree to highlight women in your life. Available at the Santa Monica Main Library Youth Services desk and at all branch locations, while supplies last. 10 a.m.-8 p.m. For ages four and up.

**• First and Third Tuesdays in March (3, 17) - Stitch Happens: Knitting and Sewing Fiber Arts Meet-Up** - Knit, crochet, sew, quilt, or embroider? Come by to work on your projects with other fiber art enthusiasts and crafters in the community. All skill levels

are welcome. In Person. 12:30 p.m.-3 p.m. Palms - Rancho Park Branch Library. For Adults, Seniors. 310-840-2142.

**• Fridays in March (6, 13, 20, 27) - Community Yoga Class** - Come enjoy a free yoga class at Palms-Rancho Park Branch Library. Friday mornings at 10 a.m. Perfect for all levels, and mats are provided. In Person. RSVPs are encouraged. Please call the branch at 310-840-2142 or email prncho@lapl.org to sign up. The class is capped at 12 participants. For Adults, Seniors.

**• Saturday, March 7 - L.A. County's 5th Annual Marina del Rey Dragon Boat Festival** - Watch as 40 teams compete for glory as the fastest dragon boat!

7 a.m.-4 p.m., Burton Chase Park, 13650 Mindanao Way. There will also be arts and crafts, cultural performances, entertainment, and more. Free event, rain or shine. Visit: lacountydragonboatfestival.com.

**• Sunday, March 8 - Daylight Saving Time Begins at 2 a.m.** - Let's remember to Spring Forward! Set your clocks one hour ahead.

**• Thursday, March 12 - Blood Drive - Presented by L.A. County Beaches & Harbors** - Come help save lives at the Marina and see the lovely boats! The American Red Cross is holding this blood drive at Burton Chase Park, Community Room, 13650 Mindanao Way, Marina del Rey from 10 a.m.-4 p.m. Make your appointment at

RedCrossBlood.org, and enter sponsor code: LACBH.

**• Saturday, March 14 - Pi Day** - Celebrate the legendary number sequence that never repeats or ends!

**• Tuesday, March 17 - St. Patrick's Day** - Wear your green today!

**• Tuesday, March 17- Nonfiction Book Club** - Stop in on the third Tuesday of each month at 1 p.m. to discuss a different work of nonfiction. The club reads a wide variety of styles, genres, and authors. The book for March is *From Scratch*, by Tembi Locke. Donald Bruce Kaufman - Brentwood Branch Library. In Person, For Adults. 310-575-8273.

**• Saturday, March 28 - Spring Egg Hunt Adventure** - Bounce around your beloved Culver City Parks on a quest for hidden "eggs," then make your way to Veterans Memorial Park for prizes, live music, food trucks, photos with Mr. Bunny, and a whole lot more fun. 8 a.m.-2 p.m., Veterans Memorial Park, 4117 Overland Ave., Culver City. 310 -253-6650 or email: info.recreation@culvercity.org for details.

**• Saturday, March 28 - Making Herstory at City Hall: A Candid Conversation with Santa Monica's Women Mayors** - Celebrate Women's History Month with a

(Continued on Page 9)

## The Benefit of Community Gardens

By Elizabeth Armstead

Gardens are a green space that serve many purposes. They can be a source of food, a gathering space for the community, a place that tells stories, and so much more. Urban cities are known to be hotter and have worse air quality than their less urban counterparts. Santa Monica is so close to the ocean. If, as residents, you want to be outside and don't want to fight for parking and a spot on the sand, your nearest green space is a great option.

The City currently has seven community gardens - Main Street, Marine Park, Park Drive, Ishihara



Volunteers working in the Reed Park Community Garden.

Park, Euclid Park, Reed Park, and soon 19th Street community farm.

Each community garden is unique, but all help improve the quality of life in the community. Gardens improve food security through local food production. They increase positive mental well-being by reducing stress, and physical well-being by increasing mobility. Gardens help improve air quality and combat carbon emissions through carbon sequestration. Carbon sequestration is the action of absorbing and storing CO2 from the atmosphere. Not only do plants hold CO2, but so does the soil. Gardens also provide a cooling effects in places with lots of concrete and roads like major cities.

In addition to these human benefits, the gardens provide critical habitat for pollinating insects, which are vital for food production. Pollination helps plants reproduce and this gives us our fruits and vegetables! Gardens that have pollinator plants also provide a home!

For a chance to check out the beauty of Santa Monica's community gardens and events in celebration of 50 years of community gardens in your city, check out our events at [santamonica.gov/events](http://santamonica.gov/events).



**Happy March Birthday to**  
Kris Andresen,  
Donna Byrd, Alan Glick,  
Stan Fox, Larry Mortorff,  
Carol Ann Emmitt,  
Jeannie and Tebb Kusserow,  
Mike Cortrite, Pamela Lawrence,  
Margaret Talai, Jerry Harris,  
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# Discover the Arts and Activities

## SMC Emeritus Gallery to Host 2026 Annual Student Photography Exhibit in March

The Santa Monica College Emeritus Art Gallery announces its 2026 Annual Student Photography Exhibition. The free exhibition opens on March 5 and runs through April 24 in the Emeritus Art Gallery at 1227 Second St., Santa Monica.

The opening reception for the exhibit will be held on Thursday, March 5, from 5 p.m. to 6:30 p.m. in the gallery. Parking is available next door in Santa Monica Public Parking Structure No. 2. Gallery hours are 8:30 a.m. to 4:30 p.m. Monday through Friday. The exhibition and opening reception are free.

The opening reception will be hosted by Emeritus Art Gallery Curator Jesse Benson. "This is the first on-campus Emeritus Student Photography Exhibition in six years," said Benson. "The 2020 show closed prematurely due to the pandemic, so we established an online model. Moving forward, the beloved annual photography event will rotate yearly between in-gallery and online-only presentation. This year's show offers a long-anticipated opportunity to celebrate our talented Emeritus photography community in-person at Emeritus Gallery. Hope to see you at the opening

reception event."

The group exhibition features a remarkable variety of recent photographic works created by 32 students. The students are: Dian Andrews, Kathleen Battersby, Terry Brown, Dorli Burge, Angela Castellano, Caroline Gerstley, Jim Gerstley, Trude Haas, Kathleen Higgins, Jude, Marilyn Kabakov, Josephine La Rosa, Jeannie Lavoie, Carey Lundin, Fran Lyness, Nol Martin-tungpalan, Cindy Sanchez Mattson, Elaine Maxwell, Howard Meibach, Wendy Miller, Regina Pally, Allan Popelka, Doris Power, Linda Rosman, Karen Sandler, Ganna Shneydina, Nancy Rae Stone, Sandra Strength, Michael Telerant, James Wang, Shifra Wylder, and Yvonne Yao.

The widely-praised SMC Emeritus program – founded by Santa

Monica College in 1975, as a non-credit program to serve the lifelong learning interests of older adults – offers more than 120 noncredit adult education classes and special programs that serve more than 3,000 students each year.

More information is available by visiting [smc.edu/emergitusgallery](http://smc.edu/emergitusgallery) or calling 310-434-4306.

### You Can't Take it With You

March 7 - March 29  
Fridays, Saturdays, 8 p.m.  
Sundays, 2 p.m.

Morgan-Wixson Theatre  
2627 Pico Blvd.  
Tickets: 310-828-7519  
[www.morgan-wixson.org](http://www.morgan-wixson.org)

## Artist Reaches Out to Veterans to Expand Their Creativity

We heard from Phyllis T. Miller who wanted to remind us to once again to share a unique art project she founded in 2010. It is called "Paint & Snack" for the veteran community. Art is a great pathway to manage PTSD and related conditions – the therapeutic side of creating leads toward self-discovery and more.

The Paint & Snack class is held on the north side of the West Los Angeles VA Medical Center in Building 306 in The Peer Center. She hosts the art therapy sessions every second Tuesday of each month, from 12 noon to 3 p.m.

No past art experience is required, as Phyllis explains. "I bring out the artist in each veteran. The Paint & Snack art session is free

for veterans and their families.

"I am honored to claim Becky Lantry, our fellow Santa Monica resident, who is a constant participant at our "Paint & Snack" classes.

"I have attached my email address, and as a fellow veteran, I use art to empower the veteran community.

"Our next Paint & Snack classes are in March and April. There are veterans in our Santa Monica community, so I extend an open invitation to fellow veterans."

On March 10, the class will be at the Peer Center, as will the April 14 class.

To get in touch with Phyllis T. Miller, go to [phyl@visualbeyondwords.com](mailto:phyl@visualbeyondwords.com).

## Thoughts From a Second-Time Father

### When Your Child Impresses You



By Michael Margolin

Over the past 12 plus years I have forgotten how great the feeling is when your child really impresses you.

They may simply show a level of maturity you might not expect at certain ages whether it's fearlessly belting out lines in a school musical, or when they exude confidence when playing sports.

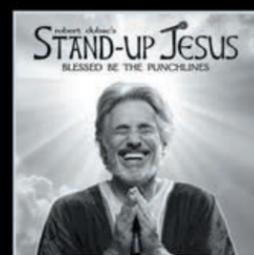
For the last eight months or so, Jake has been taking jiu-jitsu classes. Jake is the kind of student that pays attention, stays in line and is easily coached. In an effort to be with more students like that, Jake entered into what this jiu-jitsu academy calls the advanced class. They do not just call it advanced because the kids pay closer attention. The students are, well, more advanced. Jake is certainly progressing nicely and is learning a lot and can generally hold his own against the kids he is paired up with. This new class has tested Jake quite a bit. In a recent class, Jake was paired up with several kids who were more skilled and stronger than he is. They were also taller and knew how to take advantage of the benefits they had over Jake. This led Jake to face these kids just about every time they began to spar.

What impressed me was the willingness that Jake showed to continue. And, while Jake's partners did not get him to submit immediately at any turn, they would get the best of Jake in around a minute. Jake took a couple inadvertent legs across the face and was contorted into a number of uncomfortable angles. He continued to show strength and resilience and just plain toughness.

My ride home with Jake was mostly me telling him how much he gained from that class. When everything is roses and sunshine, sports and life can be pretty easy. Getting knocked down and getting back up, that is where a lot of lessons can be learned. And, sometimes you do not know if you have the strength and the hardiness to go on until you are really tested. I told Jake how utterly impressed I was with how he handled himself in that class. Jake looked better in the next class and has continued to learn and ascend. Not only was I impressed by Jake, I continue to gain confidence in him, knowing that no matter how he hits the deck, he will have the confidence in himself, and the wherewithal to get up and keep fighting.

**Mike Margolin has been writing for us since his daughter Alexa was born 12 years ago and son, Jake, nine years ago. He also coaches each child's soccer team.**

## MARCH AT THE PLAYHOUSE



**BOB DULAC'S STAND-UP JESUS**  
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All proceeds benefit the **Save the Main Stage Campaign! Hallelujah!**

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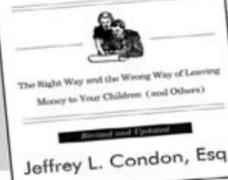
## Eddie Frierson's MATTY: An evening with Christy Mathewson

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## Rainbows, Green, and Little Moments That Matter



**By Cheryl Thode**  
March is kind of a funny month. One day it feels like Spring is finally here, the next day it's cold and gray again. Honestly, it feels a little like

real life – unpredictable, sometimes messy, but also, really beautiful. There's a certain charm in that unpredictability, a reminder that even when things feel unsettled, something wonderful can appear – often when you least expect it.

That's probably why St. Patrick's Day works so well in March. It's colorful. It's playful. And it reminds us – and our kids – that even when skies are gray, rainbows are still possible. Maybe it's a literal rainbow after a rare March shower, or maybe it's a little moment of laughter at the breakfast table, or a child proudly presenting a paper shamrock they made. Either way, there's magic to be found if you look for it. If you have young kids, you probably already know leprechauns are a big

deal. According to Irish folklore, they're tiny tricksters who guard pots of gold hidden at the end of rainbows. Sneaky, clever, and fond of a good prank, leprechauns are the perfect excuse to let kids – and adults – believe in a little magic. Most of us aren't expecting to actually catch one in the kitchen, but the idea sparks curiosity, imagination, and playful mischief.

One of my favorite, low-effort, high-fun St. Patrick's Day activities is turning kids into "rainbow seekers." If it happens to rain, great – head outside and start the very serious mission of spotting a rainbow before it disappears.

Track it across the sky. Point out the colors. Take pictures. If it doesn't rain (hello, Southern California), you still get fresh air running around, and some of that pent-up energy out.

However, rainbows and leprechauns are not exclusive to the outside. You can create all sorts of colorful mischief of your own at home leading up to St. Patrick's Day. Cut out paper rainbows. Make rainbow snacks – think

strawberries, oranges, bananas, kiwi, blueberries, or any colorful fruit you have on hand. Set up tiny "leprechaun footprints" with flour or glitter and act completely shocked when they appear overnight. Oh, and don't forget to set a tiny leprechaun trap – then wake up on the morning of March 17 to find he 'escaped,' leaving behind a little surprise treat (probably a piece of chocolate).

Why all the shenanigans? Well, because the best moments and memories are made when we are together with those we love and are acting a little silly. Celebrating and sharing holidays – like bringing out your "green," is more about who you are with than the actual activity. As most of us can attest, most days aren't giant pot-of-gold moments. They're small wins stacked together – a child hugging you without being asked, five quiet minutes with your coffee, a text from a friend checking in, laughing at something funny your kid says in the backseat, or finally getting the house quiet at night.

Ordinary, yes. But they feel like

gold because they remind us that we are not alone and that there are always things to enjoy in the world around us.

Interestingly, the Irish blessings recounted around this time of year are all about protection, hope, and light – not because life is easy, but because people have always needed reminders that storms pass. St. Patrick's Day is a gentle way to share that idea with kids without making it heavy. Storms happen. Feelings happen. Hard days happen. And, good things still show up too. Teaching kids to look for the good doesn't mean ignoring the challenges – it means noticing the rainbow after the rain – even if it's just a tiny one.

So this March, lean into the fun stuff. Wear the green. Make the cookies. Let the kids set leprechaun traps. Look for clovers. Look for rainbows. Tell the stories. And, if your own sky feels a little gray right now, that's okay, too.

Sometimes the rainbow you need is simply five minutes of quiet, a laugh shared, or a warm hug. Celebrate those moments. God bless!

### Reflections From The East

## My Mother and the Embroidery Goddess



**By Qin Sun Stubis**  
After months of what seems to be an endlessly long and extra cold Winter here in the east, I yearn for the arrival of

March and the first signs of Spring when crocuses and daffodils boldly poke their heads above the thawing ground and bring me cheerful shades of yellow and purple. Finally, I can dream again about warmer weather and outdoor fun.

March has always been extra special to me because of my Mother's birthday. When the important day arrives each and every year, I lift up my head, look into the sky, and whisper the words, "Happy birthday, Mother, wherever you may be!" I hold her

tenderly to my heart even though she left many years ago.

My Mother was born on the Spring equinox, the time of the year when day and night are equally divided. When I was little, I always looked forward to her birthday because longer days and warmer weather would come after it, and our unheated home would not be freezing anymore. At the time, we lived through challenging days of poverty and revolution.

I also learned that on the lunar calendar, Mother shared her birthday with that of the Embroidery Goddess. As her daughter, I knew how much she loved embroidery, even during the Cultural Revolution when our entire society was clothed in plain white, blue, and army green. Mother stitched tiny little flowers on my blouses in baby blue, pink, purple, or red,

making me feel special and loved.

Doing embroidery was a luxury for my Mother when she couldn't even have enough money and time to feed her four daughters and make them handsewn clothes. It was a struggle to keep her family afloat. She often had to cook and do her other chores, and only picked up her embroidery hoop to sneak in a few stitches at a time. She considered herself to be resting whenever she sat down with a needle and thread.

Unlike my Mother, I never learned to embroider. Growing up, she wanted me to read books instead of doing household work. Only recently did I suddenly have an urge to learn this craft. I missed seeing my Mother's needle with colorful threads flying through the top of a pillowcase, my blouse, and my sister's dress.

But, am I too old to learn this fine skill?

My daughter Halley encouraged me to try it and find out. For Christmas, she thoughtfully gave me six plain cotton napkins, a set of needles, some hoops, and a pile of colorful thread. So began my embroidery journey.

When I first started, my sweaty palms and stiff fingers were not very cooperative. The more I worried, the worse the stitches. Just as I thought about quitting, I imagined my Mother sitting by my side working on her embroidery. I could hear her saying, "You can do it, too, my daughter."

I picked up my threaded needle again, only this time I started to focus on my stitches and let them flow. Soon colorful flowers emerged on my napkins, sprout-

*(Continued on Page 6)*

## Mini Message Bulletin Board

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jkffe88@yahoo.com

**On The Menu**

**Old World Meets New at Spumoni**



**By Lori Berezin**  
Growing up in New Jersey, I remember dining at one of my family's favorite restaurants, Nicastro's. I recently learned actor Joe Pesci's father, Alfred, worked at the establishment.

I recall my favorite dish was a plate of melted cheese the chef concocted especially for this picky five-year-old eater. It was accompanied by a Shirley Temple soda made from ginger ale and grenadine syrup, and classic almond-flavored gelato, called Biscuit Tortoni, served in a small white paper cup for dessert.

Over the years, my tastes expanded as my love of Italian food grew. These days, one of my go-to spots is the popular Spumoni restaurant on Montana Avenue. From succulent antipasti and classic Caesar salad to homemade pasta and gnocchi, Spumoni transports me back to my childhood. Only this time, there's a bit of a modern twist on a classic Italian menu with such healthy fare as salads topped with grilled salmon or goat cheese and beets.

One of my favorite dishes is their devilishly delicious Scampi Fra Diavolo. Each time I bite into the jumbo tiger shrimp covered in spicy tomato sauce, my tastebuds sing like Pavarotti. Accompanied by rosemary roasted potatoes and sautéed veggies, it answers my craving for both seafood and Italian.

Pasta lovers (and who isn't?) should try their Lasagna Bolognese, layered in meat, creamy bechamel sauce, and cheese. Their homemade pasta includes such delicacies as Strozzapreti Carbonara with elongated cavatelli and pancetta, egg yolks, and Parmigiano Reggiano, and Cavatelli Broccoli Rabe with Italian sausage, roasted broccoli rabe, chili, white wine, and of course, garlic. And, it's all served up with love.

If you're like I am, the closest



Enjoy Spumoni's Scampi Fra Diavolo swimming in spicy red sauce.

thing to heaven, foodwise, is savory tomato sauce and melted cheese. Fortunately, Spumoni offers both wheat-based and gluten-free pizza with mouth-watering toppings. Desserts, such as traditional New York cheesecake, cannoli, tiramisù, and their signature Spumoni Bomba, round out the menu.

Spumoni provides indoor and outdoor seating plus delivery and take out seven days a week. You'll often find a line on Monday nights when they offer dine-in customers 50% off between 5 p.m. and 9 p.m. Enjoy Happy Hour Tuesday through Friday from 4 p.m. to 6 p.m., and Wine Wednesdays with free corkage, or 50% off any bottle. They also have wonderful servers such as Steven and Fausto, and Juliette to greet you. 713 Montana Avenue, 310-393-2944.



**Star Comments**



"At a recent community event, a woman introduced herself, saying she has enjoyed reading my monthly columns. I have gained several new clients who contacted me after reading my articles. My articles raise my visibility in the community and I enjoy writing them."

Lisa C. Alexander, Esq.  
Jakle, Alexander & Patton, LLP

**Senior Care**

**Senior Nutrition for Chronic Conditions**



**By Tim Petlin**  
"An apple a day keeps the doctor away."  
"Eat your veggies."  
"You are what you eat."

We've heard these sayings our whole lives – and they matter more than ever as we age. Food isn't just fuel. What we eat affects our energy, mood, and overall health, especially for seniors living with chronic conditions.

Many long-term illnesses, such as heart disease, Type 2 diabetes, and arthritis, are closely linked to diet. As we get older, our bodies become more sensitive to what we eat, and poor nutrition can make these conditions harder to manage. The good news? It's never too late to make healthier choices.

**• The Power of Real Food** - Good nutrition starts with eating whole, minimally-processed foods, including: Fresh fruits and vegetables, Whole grains, Lean proteins, and Healthy fats.

These foods provide essential vitamins, minerals, and fiber, and they may help reduce inflammation linked to many chronic conditions. Eating simply and closer to nature can make a real difference in how you feel day to day.

**• Watch Out for Ultra-Processed Foods** - One of the most helpful steps seniors can take is limiting ultra-processed foods. These items are often high in sodium, sugar, unhealthy fats, and artificial ingredients. They can raise blood sugar, increase inflammation, and offer little nutritional value.

Ultra-processed foods aren't just cookies and frozen pizza. Many canned soups, breakfast cereals, and jarred sauces also fall into this category. A good rule of thumb: if it comes in plastic packaging and has ingredients you wouldn't recognize or use at home, it's probably best to limit it.

**• Don't Be Fooled by "Healthy" Labels** - Food marketing can be misleading. Some snacks advertise added protein to sound healthy, but they're still loaded with sugar and preservatives. While protein is important for maintaining muscle as we age, it's best to get it from real foods like eggs, fish, beans, nuts, and lean meats – not cookies or processed bars.

**• Small Changes Add Up** - Eating well doesn't mean giving up everything you enjoy. The goal is progress, not perfection. Try small steps – replace one processed snack with fruit, add more vegetables to meals, or drink water instead of sugary beverages.

Always talk with your doctor or a registered dietitian before making major dietary changes, especially if you have chronic conditions or take medications. They can help tailor a plan that works for you.

As we age, they become simple reminders of an important truth – what you eat matters.

For more information, contact Right at Home of West Los Angeles at [www.rahwestla.com](http://www.rahwestla.com), at 310-313-0600, or email Tim Petlin at [timp@rahwestla.com](mailto:timp@rahwestla.com).

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## Adventure Awaits at YMCA Spring and Summer Camps!



**By Araceli Alejandre**

As families begin planning for school breaks and Summer adventures, the Santa Monica Family YMCA is excited to offer engaging and enriching out-of-school camps for local youth.

During SMMUSD Spring Break, the Santa Monica Family YMCA will host a weeklong, full-day camp designed to keep kids active, curious, and connected. Campers will enjoy swimming in our heated pool, climbing to new heights on our indoor rock wall, exploring hands-on science activities, and spending plenty of time outdoors playing and building friendships.

Our staff will create a safe, supportive environment where every child can try something new and build confidence along the way.

Looking ahead to summer, the YMCA will offer nine weeks of full-day camp packed with endless fun! Each week includes swimming, sports, STEM activities, creative projects, and exciting field

trips. Campers will participate in walking field trips throughout Santa Monica, giving them a chance to explore and appreciate our vibrant community.

Each week also features a highlight field trip connected to that week's unique theme – adding an extra layer of adventure and learning. The Santa Monica Family YMCA will also offer specialty camps that will encourage children to learn new skills. Offerings include: Guitar Stars (a camp focused on learning to play guitars), Splash Camp (learning to swim), Coding Camp (learning computer coding), and more!

Registration opens March 9 at 9 a.m., and spots are limited. Early Bird registration will be available through Saturday, April 18.

For more information or to register, visit [ymcasm.org](http://ymcasm.org), or contact Jessica Lopez at [jessica@ymcasm.org](mailto:jessica@ymcasm.org). We look forward to welcoming your family to an incredible Spring and Summer at the YMCA.

## Women's History Month

(Continued from Page 1)

in 1995, Congress made March Women's History Month. Since then, presidents have continued to issue proclamations imploring Americans to celebrate.

Elizabeth Cady Stanton, Marie Curie, Suzy B. Anthony, and Harriet Tubman are some of the most illustrious women celebrated during this month. Here are some women who are not as famous but have still made important contributions nonetheless.

Katherine Meyer Graham was one of the first female publishers of an American newspaper. She led the *Washington Post* from 1963 to 1991. She was in charge during the Watergate scandal, which caused Richard Nixon to resign. She was an excellent journalist and was the first female CEO of a Fortune 500 company.

Madam C.J. Walker was a

female entrepreneur who created a homemade line of hair care products for Black women. She was a philanthropist who contributed to many organizations, such as the National Association for the Advancement of Colored People and the National Association of Colored Women's Clubs. She is widely known as the first Black woman millionaire in America.

Jane Addams was a cofounder of Hull House, one of the first settlement houses in the United States. Settlement houses were established in the late 19th century to help poor urban immigrant communities. Addams was a progressive social activist and was the first woman to win a Nobel Peace Prize.

**Michelle Li is a Santa Monica High School student.**

## Reflections From the East

(Continued from Page 4)

ing roses, daisies, and Black-eyed Susans . . .

I feel closer to my Mother now more than ever because of embroidery. It has also made me more confident about trying new things. Happy Spring equinox and happy birthday, Mother, my goddess

of embroidery!

**You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com), or please visit me at [www.QinSunStubis.com](http://www.QinSunStubis.com). You can find a copy of my book, "Once Our Lives," online at [www.Amazon.com](http://www.Amazon.com).**

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**Entertaining With Ease**

**How to Display Appealing Foods**



**By Maureen Molé**  
 Many people ask me about various ways to present and serve food at a home party, so here are a few suggestions.

For a buffet, display the food on a table and guests can help themselves. If possible, utilize both sides of the table which will prevent a lengthy line of guests waiting to serve themselves. A space-saving idea is to wrap the utensils in a napkin and tie the bundle with a colorful ribbon. For the most eye-catching buffet, use pedestal or tiered serving platters. If you don't have any of those, you might turn a bowl upside down and place a dish that securely fits on top. Or, under an attractive tablecloth, you can place varied-size cardboard boxes that will help display the food at different heights.

Place the food in order of courses – appetizers, main course, and dessert. Place cold foods first, then hot. As an option, you may use a separate table for dessert. For maximum circulation and less crowdedness, definitely set up the bar with alcoholic and nonalcoholic beverages far away from the buffet table, or even in another room.

For sit-down dinners, there are several options for serving the food. The host can pass a platter of the main dish or bowls of the side dishes around the table and guests can help themselves. Personally, I don't like to place the

platters and bowls directly on the table. After everyone helps themselves, I prefer to place the serving dishes on a side table.

Also, I never place bottles of soda or condiments on the table. It is more elegant to transfer condiments into small serving bowls and place beverage bottles on a side table.

Another style of serving is for the host to stand at their place and serve the food to each guest. This ensures that one guest won't take too large a portion leaving less or nothing for the other guests. (Believe me, I've seen this happen.) When serving this way, I recommend that the host name a guest to whom to pass the dish.

Otherwise, the filled plate will be passed all around the table and end up right back next to the host. When I'm the host and serve this way, I usually name the person to receive the plate and ask that person what portion they would like.

Additionally, guests should wait for the host to begin eating first before they start. However, when I'm serving, I tell the guests to begin eating while the food is hot.

Regardless of how you serve the food, the most important thing is to host a party that you can enjoy and the guests can feel welcome and special.

**Maureen Molé is the author of *Entertaining at Home*, a product spokesperson, and lecturer. Follow her on Instagram #Entertain\_at\_Home\_with\_Maureen, or email [MaureenMole@optonline.net](mailto:MaureenMole@optonline.net).**

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 7:00 p.m. · Easter Vigil

**Easter Sunday: April 5**  
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**From the Santa Monica Pier**

**It's a Very Merry-Go-Round**



**By Jim Harris**

George Gordon, the late longtime owner of Playland Arcade and one time operator of several businesses on the Santa Monica Pier, once said of the Pier's antique merry-go-round, "We all go through stages, you know? First, we ride it as kids and stop. Then we ride it as teenagers and stop. Then we bring our kids, and when they stop, we stop ... And, then our grandchildren."

The enjoyment of riding the merry-go-round comes as a cycle for those of us fortunate enough to live near it – a wonderful, merry cycle. And, the building within which it sits, the Loeff Hippodrome (aka Merry-Go-Round Building), instantly catapults its visitors to a long-ago time upon viewing it, and even more so once one walks inside. A visit to the merry-go-round is truly a special experience.

The Hippodrome and merry-go-round offer so much more, too. Every weekend, families reserve a special section of the building to host birthday parties for their children. Many people have reserved the building after hours for wedding receptions, bar mitzvahs, bat

mitzvahs, special birthday parties, or other occasions. In recent years, the building has hosted stage plays, intimate musical performances, and comedy shows. It's really a wonderful event venue!

It's been, and continues to be, a great location for filming and video shoots. By now, most people know that the classic Paul Newman/Robert Redford movie *The Sting* was filmed there, and it also shone on the silver screen in Sandra Bullock's *The Net*, popular television shows like *CHiPs*, *Charlie's Angels*, and *CSI*, countless commercials, and even the occasional music video. The merry-go-round is a star in its own right!

Yes, it's quite a gem that we have here in Santa Monica – available to us all at any time of year, and at any time of our lives, whether we're kids, teenagers, parents, or grandparents. Aren't we the lucky ones?

**Jim Harris is the Executive Director of the Santa Monica Pier Corporation, a 501(c)(3) non-profit dedicated to the preservation, enhancement, and curation of the pier visitor experience. Also known as the "Pier Historian," he is the author of "Santa Monica Pier: America's Last Great Pleasure Pier."**

**Spring Into Wellness (Continued from Page 1)**

parent workshops, youth-serving staff trainings, and Social and Emotional Learning (SEL) curriculum. SEWI is proud to have made a positive impact on the lives of thousands of community members in numerous ways:

- More than 7,241 youth have been provided with direct youth mental health support services.
- More than 7,594 educators and youth development professionals have been provided with resources and training to support the youth they serve.
- More than 123 Master of Social Work (MSW) interns have been trained and placed at partner organizations to provide clinical mental health support services, group facilitation, crisis intervention, and other resources.

**About the Social & Emotional Wellness Initiative**

The Social & Emotional Wellness

Initiative's mission is to enhance the quality of life for youth and families by educating, motivating, and providing prevention programs through social and emotional wellness services.

Today, their work meets the needs of youth, families, and communities by providing diverse resources that build resilience, confidence, and success in an ever-changing world.

Spring Into Wellness is taking place on Saturday, March 14, from 11 a.m.- 2 p.m. at the Anenberg Community Beach House located at 415 Pacific Coast Highway in Santa Monica.

The day will feature food and drinks, wellness activities and workshops, games, a silent auction, and giveaways. To purchase tickets, please visit [SEWI.org/springintowellness](http://SEWI.org/springintowellness).

**Come Meet Local Historian Richard Orton at the Santa Monica History Museum on March 7 (Continued from Page 1)**

which are now called *Richard's History Newsletters Volume I and II*, and contain 100 completed issues.

Partial funding for the printing came in the form of a grant from the 150th Anniversary Group of the City of Santa Monica Cultural Affairs. Only a small quantity of books will be printed, all donated to local institutions where everyone can have access to them.

There will be a launch party at an Open House at the Santa Monica History Museum from 1 p.m. to 4 p.m. on Saturday, March 7 to introduce the books to the community.

There will be refreshments,

Richard Orton will say a few words, and it will be a good chance for history fans to enjoy these wonderful books before they head off to local libraries and museums. RSVP is required. Space limited.

Call the Santa Monica History Museum at 310-395-2290.

**Is Your Birthday on July 4?**  
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# Community Service on the Westside

## Santa Monica Elks Lodge Raises Funds for Disabled Children



**By Ilene Knebel**  
The community came together for a great cause at the recent "Mahjong Mania" event, raising over \$7,000 to support children with disabilities.

Affectionately known as the Purple Pig, this unique program funds 32 paid therapists and preschool vision screeners, to help disabled children when no other organizations can or will. These professional therapists and preschool vision screeners travel sometimes great distances, to help children get the care they need. Many times the children will have tests, e.g. Vision Screening, that catches early signs of amblyopia ("Lazy Eye"), a medical problem that, once caught, can be corrected early on and save a child from going blind, quite literally.

Enthusiastic players filled the room for a day of fun, games, lunch, and philanthropy. Organizers thank everyone who participated, donated, and helped make a significant difference in the lives of children.

In more Mahjong news, The Westside Winds Mahjong Group meets at the Santa Monica Elks Lodge on Wednesdays, March 11 and 18, from 6 p.m.-8:30 p.m. And, coming up in April, don't miss our next Mahjong Event – Bams and Bubbles Brunch on Saturday, April 4 from 10 a.m.-12 p.m. Both events are open to Elk members and their guests. Sign up for all Mahjong events at <https://elks-westsidewinds.cheddarup.com>.

We also have newly-renovated facilities available for your next event. Call our office at 310-452-3557 to schedule a visit.

## The Santa Monica - Pacific Palisades Lions Are Always on the Go



**By J. Kingsley Fife**  
A little more than a year ago a firestorm ripped through the Pacific Palisades destroying 1,200 commercial and residential structures. An additional 200 were severely damaged.

It was the worst destructive fire in Los Angeles history. One thing that is overlooked in these terrible statistics is the tragic loss of flora in the area. The Palisades was noted for its beautiful trees that lined Sunset Boulevard and the other streets around all the homes. The gorgeous leafy umbrella or mantle that covered our beautiful town is now gone.

We Santa Monica-Pacific Palisades Lions are very proud to say we have made a successful attempt to help do something about this. Through the great effort of our Benevolent Chair, Lion

Susan DeRemer, we have secured a grant from Lions International for \$36,200.00 for the planting and maintenance of many new trees.

This was given to David Card, President of the Pacific Palisades Forestry Committee, for their beautification and recovery program. President Card will be the speaker at our next dinner meeting this month.

Trees are vital to the health of our planet and all living beings. They combat global warming by absorbing carbon dioxide, produce oxygen to sustain life, and improve air quality by filtering pollutants.

We feel our Lions Club's efforts are other important steps in restoring what was tragically taken from us.

Interested in learning more about Lionism? Be our guest at one of our dinner meetings. For further info, contact me at [jkfife88@yahoo.com](mailto:jkfife88@yahoo.com).

## An Update From the SMBWC



**By Patricia Webber**  
The Santa Monica Bay Woman's Club (SMBWC) will be hosting the monthly meeting of the Marina District clubs

on Friday, March 20. The Marina District includes the SMBWC, Culver City, El Segundo, Redondo Beach, Hermosa Beach, Playa del Rey, and Torrance. We are delighted to share our clubhouse with our sister clubs again. This is an annual tradition going back many years.

Our SMBWC newsletter editor, Jodi Summers, recently celebrated having her new book as a #1 release on Amazon. It is titled *We Dig Ammonites: Fact, Folklore, and History*, a definitive guide for anyone curious about ammonites. What are they, you ask? An ammonite is an extinct mollusk, a former marine creature that roamed the oceans for 400 million years, only to disappear with the mass extinction that ended the Cretaceous Period. Enough science! Get the book!

Our weekly and monthly Club

activities continue to attract new members. As a reminder, for canasta, bridge, and Mahjong, Club members are asked to pay \$3 per session, and nonmembers pay \$5 per session. This money goes into the Club's Elmira T. Stephens Scholarship Fund. This fund provides scholarships to selected graduating seniors from Santa Monica High School. For anyone interested in Monday card playing, who just wants to play or learn, please contact the Club at [info@smbwc.org](mailto:info@smbwc.org) or call 310-395-1308.

Do your heart good with a bit of exercise with our group of members and friends. These brisk walks and lively conversations take place on the first Saturday of the month outside the Club at 8:45 a.m. and start walking at 9 a.m. Confirmed future dates are March 7 and April 4. Walkers are reminded to use the public parking structure next to the Club those days as our lot is rented to a parking service. Contact the Club if you are interested and leave a message for Alicia.

Finally, Happy St. Patrick's Day!

## Opportunity for Community Service



**By Mitchell Kraus**  
March is an especially full and engaging time for the Rotary Club of Santa Monica, bringing to

gether celebration, conversation, and hands-on service in ways that reflect Rotary at its best.

This month includes the club's annual wine festival, La Fête Divine, a signature event that supports Rotary's philanthropic work locally and around the world. While the evening is known for its wine, entertainment, and creative energy, its real importance lies in what it funds – community grants, scholarships, food security initiatives, homelessness support, environmental projects, and international efforts focused on clean water and education. The event underscores how Rotary turns fellowship into lasting impact.

Rotary's Friday lunch meetings

at the Hilton Santa Monica continue in March with engaging programs that are open to members and guests alike. One highlight this month is speaker Todd Rosenberg, a screenwriter whose career reflects creativity, resilience, and reinvention. Rosenberg is known for creating *Odd Todd*, a series of widely shared cartoons that humorously captured the realities of unemployment during the dot-com crash, as well as for his work as a screenwriter, including the film *All My Life*. His talk offers a thoughtful look at storytelling, perseverance, and finding new paths through change.

Service is also front and center this month. At the March 20 lunch meeting, Rotary members will participate in a hands-on community service project during the meeting itself, turning fellowship into immediate action and reinforcing Rotary's commitment

*(Continued on Page 10)*

## What's Happening on The Westside

*(Continued from Page 2)*

panel of Santa Monica's women mayors, featuring current Mayor Caroline Torosis and former mayors Glean Davis, Judy Abdo, Lana Negrete, and Pam O'Connor. They'll share their personal

stories, offer advice for women looking to succeed in local politics, and answer audience questions. 2 p.m.-3:30 p.m., SM Main Library, MLK JR. Auditorium.

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## The Santa Monica Salvation Army

(Continued from Page 1)

made a meaningful difference for many in our community.

That rapid response is not accidental. It is the product of more than a century of experience serving Southern California through fires, earthquakes, economic downturns, and personal crises.

The Salvation Army has been part of the fabric of Santa Monica for generations, and that longevity matters. It brings institutional memory, trained teams, and readiness that cannot be improvised in the middle of an emergency. What is less visible – but just as important – is what happens after the immediate crisis passes.

In Santa Monica, the Salvation Army operates not as a single-purpose charity, but as a continuum of care that supports people at very different stages of life and stability. Disaster relief is the frontline, but it is only one piece of a much larger system.

**Silvercrest provides safe, affordable, independent living for older adults.**

One essential part of that system is Silvercrest Salvation Army Senior Housing. Silvercrest provides safe, affordable, independent living for older adults – many of whom live on fixed or limited incomes. In a city where housing costs continue to rise, Silvercrest offers stability, community, and dignity for seniors who might otherwise face displacement or isolation, especially following disruptive events like wildfires.

Another critical component is the Santa Monica Adult Rehabilitation Center (ARC). The ARC is a free, residential recovery program for adults struggling with addiction and life instability. It combines housing, meals, counseling, spiritual support, and structured work therapy into a comprehensive recovery environment. For some participants, disasters like wildfires are the tipping point that leads them to seek help. The ARC provides a path forward focused not just on sobriety, but on responsibility, routine, and long-term independence.

Food insecurity is another area where the Salvation Army's role is constant and essential. Through regular meal programs, the organization serves individuals experiencing homelessness, seniors, and families under financial strain. During emergencies like the Palisades Fire, those meal services expand rapidly. In quieter times, they continue just as steadily. Meals are often the first point of connection, opening the door to

## Opportunity for Community Service

(Continued from Page 9)

to serving others.

March captures the spirit of Rotary's three F's – Fun, Fellowship, and Philanthropy – all working together to strengthen Santa Monica and beyond.

Visit [www.rotaryclubofsantamonica.org](http://www.rotaryclubofsantamonica.org) to learn more information.

additional support and referrals.

Supporting all of this work is the Salvation Army Thrift Store at 1658 11th Street in Santa Monica. Far more than a retail outlet, the thrift store is a mission engine. Donations of clothing, furniture, and household goods are transformed into funding for the Adult Rehabilitation Center (ARC). For ARC participants, the thrift operation also provides meaningful work therapy and job-readiness skills. It is a model built on second chances – where donated goods help rebuild lives and fund a free-of-cost rehabilitation program.

Financial support is equally critical. Monetary donations allow the Santa Monica Salvation Army to respond quickly during emergencies and sustain long-term programs year-round. Contributions can be made online through the Salvation Army's Santa Monica giving page, by mail, or in person at the local corps. Importantly, donors can designate gifts to support local programs, ensuring resources stay focused on the needs of the Santa Monica community.

What distinguishes the Santa Monica Salvation Army is not only the breadth of its services, but the consistency with which it delivers them. In the immediate aftermath of the Palisades Fire and in the long months that follow – there has been a steady, professional presence focused on dignity, coordination, and real-world help.

As Santa Monica continues to recover and prepare for future challenges, organizations like the Salvation Army remain indispensable. They are there at the beginning of a crisis, and they stay long after the spotlight moves on.

That kind of commitment – quiet, durable, and human-centered – is what turns emergency response into long-term resilience.

**Richard Lombardi is a Pacific Palisades resident, Real Estate Wealth International Realty, 2nd Vice Commander of American Legion Post 283, Vice Chair of the Pacific Palisades Long Term Recovery Group (LTRG), and Board member of the Santa Monica Family YMCA.**



Joe Analco

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

## Paws and Claws

### What's the Best Diet for My Parrot?



By Dr. Frank

Lavac, MS, DVM

**Q: I have a green-cheeked conure.**

**What is the best diet for her? I presently feed her a seed mixture with**

**fruits and vegetables.**

**A:** Diet plays a key role in your conure's health. Seed diets are often quite inadequate. Conures eat fresh seeds and nuts as well as

vegetables in the wild. It's unlikely that the items they eat in the wild are similar to what they are offered in store-bought seed.

Bags of seed/nuts don't have any "eat by" dates. The key components of seed/nuts are oils and protein. Both of these deteriorate quickly with prolonged or improper storage.

It's best to feed a pelletized diet. At least 70% of a parrot's diet should be pellets to assure balanced, nutritious meals. About 20% of the diet should be dark green vegetables. Remove them from the cage after a couple of hours to avoid bacterial contamination. Transitioning from seed to pellets can be challenging, but there are many websites that can guide you in that process (Kaytee has helpful recommendations). Of course, clean fresh water should be provided at all times.

For more information, go to [www.VeterinaryPartner.com](http://www.VeterinaryPartner.com) and search for *Diets for Healthy Parrots*.

**If you have any questions, you can always contact Dr. Lavac at 310-828-4587.**

## Adopt a Pet



Adoptable Bucky is a one-year-old, 81-lb. Poodle/Great Pyrenees mix who was born with front leg deformities. He was found living in a junkyard before being brought to a local shelter and eventually rescued by Wags & Walks. This gentle, resilient boy is fully potty-trained, crate-trained, and loves dogs of all ages and sizes. Contact Wags & Walks at <https://www.wagsandwalks.org/la-adoption-application>.



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**Planning Ahead**

**Tips for Working With Your Estate**



**By Lisa Alexander, Esq.**  
2026 is the year for your Estate Planning! It may have been on your to-do list for months or years. Now you've made

the call and you have the appointment with the estate planning lawyer. Here are some tips to streamline the process:

- First are the preliminaries: Expect a clear fee agreement. Will the lawyer charge a flat fee? If so, what services/documents are included in the flat fee? If the lawyer will bill at his or her hourly rate, can you get a range of what you might expect to pay for your estate plan?

- Plan to provide information about your family, including family dynamics.

- Bring a complete list of your assets, including current values, even if only best estimates, and any encumbrances. Bring copies of statements and deeds. If you have an interest in a partnership, LLC, or corporation, bring copies of the organizational documents. Do you have accounts with "pay on death" beneficiaries? Who are the beneficiaries of your life insurance and retirement accounts? Do you own assets jointly with another person?

- If you have legal obligations to support or leave a portion of your estate to a child or spouse, such as in a premarital agreement or Court order, bring a copy to the meeting.

- Bring your notes about how you want your estate to be distributed when you die. Will there be restrictions or limitations on distribution? Will distribution for a younger beneficiary be delayed to

an older age?

- Who should be your Successor, Trustee, or Executor – the person in charge of settling your affairs and distributing your assets? Think about possible incapacity and who should make financial decisions for you when you cannot.

- What are your wishes for end-of-life medical treatment and who should make health care decisions for you when you cannot?

- Do you want a funeral or memorial? Would you want to be cremated or buried? Have you already paid for a burial plot or cremation?

- Bring all your questions - there are no dumb questions. Lean on the experience of the lawyer to explore solutions you haven't thought of or to provide options based on how others have approached a similar situation.

- Allow for a reasonable amount of time for the lawyer to prepare the documents. There is no one-size-fits-all estate plan where documents are produced at the touch of button. You can expect some boilerplate provisions; they are there for a reason. But the essential provisions of your estate plan documents will be tailored to you and your beneficiaries and to carry out your unique estate plan wishes.

**Lisa C. Alexander, Esq.**  
**JAKLE, ALEXANDER & PATTON, LLP**  
2001 Wilshire Blvd., Suite 420  
Main Line: 310-395-6555



-Joe Analco

**A Reuben Sandwich Recipe in Honor of St. Patrick's Day Lunch**

Make this Reuben Sandwich on the day when we think of the Irish. Servings: 2

- 2 Tbsp. butter, softened
- 4 slices rye and pumpernickel swirl bread
- 4 slices swiss cheese
- 6 ounces corned beef
- 2 Tsp. plus 2 tsp., Thousand Island Dressing, divided
- 4 Tbsp. sauerkraut

1. Heat nonstick skillet over medium heat.

2. Spread 1 Tbsp. butter on one side of two bread slices. Place buttered side down in heated skillet. Add two slices cheese to each bread slice. Spread 2 Tbsp. dressing over cheese slices. Add 3 ounces corned beef to each bread slice.

3. Spread 2 tsp. dressing over corned beef. Spread 2 Tbsp. sauerkraut over corned beef.

4. Spread remaining butter on one side of remaining bread slices. Place buttered side up on top of



Try this Reuben Sandwich in honor of the day when everyone is Irish.

the sauerkraut.

5. Cook 4-7 minutes each side, flipping once, until golden brown and cheese is melted.

Go to Culinary.net for more seasonal recipes.

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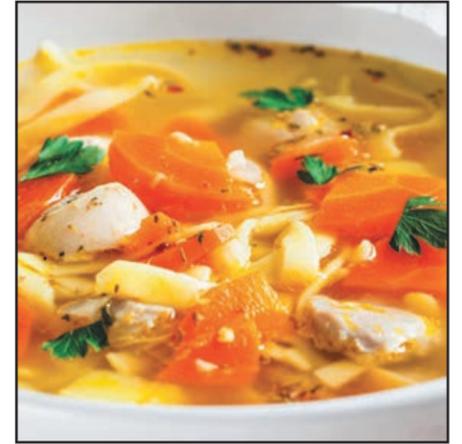


**!** Please DO NOT clean or polish. We buy everything as is.

**Make This Savory Chicken Soup Ahead of Time to Keep in Your Refrigerator**

**Feature Impact** - Coughs and sniffles don't have to derail you for long – not with a fresh, homemade stockpot full of Savory Chicken Soup. Loaded with rotisserie chicken, celery, and carrots, it's sure to warm you as a comforting meal. Plus, with eight servings, this dish can help solve dinner-time dilemmas throughout the week by storing leftovers in the refrigerator and reheating on the stove.

Prep time: 20 minutes  
Cook time: 20 minutes  
Servings: 8



Picture this hot bowl of soup to enjoy if you are not feeling well.

- 1/2 Tbsp. butter
- 2 ribs celery, diced
- 3-4 large carrots, diced
- 1 clove garlic, minced
- 10 cups chicken stock or broth
- 1/8 tsp. dried rosemary
- 1/8 tsp. dried thyme
- 1/8 tsp. crushed red pepper flakes
- Salt, to taste
- Pepper, to taste
- Chicken bouillon cubes (optional)
- 4 cups dry egg noodles
- 3 cups cooked rotisserie chicken

- Bring to a boil. Add noodles and cook until al dente. Remove from heat once noodles are tender.
- Add chicken. Taste and adjust seasoning as desired.

Photo courtesy of Shutterstock  
More tempting recipe ideas from Culinary.net.  
Recipe adapted from Tastes Better from Scratch

- In a large stockpot over medium-high heat, sauté butter, celery, and carrots for 3 minutes. Add garlic and cook 30 seconds.
- Add chicken stock or broth, and season with rosemary, thyme, and crushed red pepper. Add salt and pepper, to taste. Taste, and add chicken bouillon cubes, if desired, for flavor.

Bring your family and friends to one of the best events ever – **Healthy Kids Day**  
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